



Organizator:

Data:

Miejsce:

Dystans:

Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój

2022-09-17

Jastrzębie-Zdrój

10 km

JASTRZĘBSKA DZIESIĄTKA

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

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INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: Mistrzyni woj. śląskiego

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	MICHALAK Sandra	47	TRENUN Z SANDRĄ	K30-39	1		00:00:00	00:10:33	00:18:44	00:27:16	00:35:24	00:37:35.95	00:37:36.75		3:45	16 (100%)
2	MEDECKA-ZEJDLER Michalina	42		K30-39	2		00:00:01	00:10:56	00:19:04	00:27:27	00:35:35	00:37:50.15	00:37:51.15	+00:00:14 (0.6%)	3:47	15.9 (99.4%)
3	SUWAJ Aneta	12	ALPIN SPORT TEAM	K30-39	3		00:00:01	00:11:11	00:19:35	00:28:07	00:36:28	00:38:47.95	00:38:49.35	+00:01:12 (3.1%)	3:52	15.5 (96.9%)
4	STUCHLIK Magdalena	41	TRENUJ Z SANDRA / FIZJO SPORT SANDRA	K40-49	2		00:00:01	00:11:11	00:19:43	00:28:45	00:37:26	00:39:46.50	00:39:47.95	+00:02:10 (5.5%)	3:58	15.1 (94.4%)
5	CHROMIK Julia	189	LKS POGÓRZE	K20-29	1		00:00:02	00:11:22	00:20:01	00:29:02	00:38:00	00:40:34.40	00:40:36.40	+00:02:58 (7.3%)	4:03	14.8 (92.5%)
6	WYSŁUCH Iza	127		K20-29	2		00:00:02	00:11:38	00:20:48	00:30:04	00:39:00	00:41:26.45	00:41:29.30	+00:03:50 (9.3%)	4:08	14.5 (90.6%)
7	SIKORA Joanna	113	LKS POGÓRZE	K20-29	3		00:00:01	00:11:43	00:20:49	00:30:21	00:39:36	00:42:12.45	00:42:13.70	+00:04:36 (10.9%)	4:13	14.2 (88.8%)
8	WRONECKA Emilia	115	ALCHEMIA BIEGANIA	K30-39	4		00:00:01	00:12:15	00:21:35	00:31:03	00:40:08	00:42:32.80	00:42:34.35	+00:04:56 (11.6%)	4:15	14.1 (88.1%)
9	WARMIŃSKA Klaudia	295	INŻYNIERIA BIEGANIA/ TL „ROW” RYBNIK	K20-29	4	Inżynieria biegania	00:00:00	00:11:59	00:21:09	00:30:47	00:40:09	00:42:40.45	00:42:41.40	+00:05:04 (11.9%)	4:16	14.1 (88.1%)
10	MROWIEC Kinga	223	TL POGOŃ RUDA ŚLĄSKA	K20-29	5	TL Pogoń Ruda Śląska	00:00:02	00:12:52	00:22:41	00:32:28	00:41:50	00:44:19.20	00:44:21.60	+00:06:43 (15.2%)	4:25	13.5 (84.4%)
11	TYMAN Karolina	119	UKS DIAMENT GODÓW	K16-19	1		00:00:01	00:13:17	00:23:22	00:33:26	00:42:54	00:45:30.25	00:45:31.50	+00:07:54 (17.4%)	4:33	13.2 (82.5%)
12	FANGOR-GRAB Agata	194		K30-39	8		00:00:03	00:13:12	00:23:08	00:33:32	00:43:33	00:46:07.30	00:46:10.65	+00:08:31 (18.5%)	4:36	13 (81.3%)
13	CZYŻ Marlena	120	UKS DIAMENT GODÓW	K16-19	2		00:00:00	00:13:18	00:23:22	00:33:30	00:43:32	00:46:09.60	00:46:10.35	+00:08:33 (18.5%)	4:36	13 (81.3%)
14	MAZUREK Anna	197		K30-39	9		00:00:04	00:13:05	00:23:06	00:33:36	00:43:54	00:46:36.05	00:46:40.60	+00:09:00 (19.3%)	4:39	12.9 (80.6%)
15	PASŁAWSKA Katarzyna	358	KOBIETY NA 5 +	K40-49	7	Kobiety na 5+	00:00:02	00:13:15	00:23:36	00:34:34	00:45:08	00:48:04.25	00:48:07.15	+00:10:28 (21.8%)	4:48	12.5 (78.1%)
16	PAWLOK Anna	168	TRIATHLON TRAINING CENTER	K30-39	11		00:00:04	00:13:53	00:24:17	00:35:12	00:45:41	00:48:27.20	00:48:31.30	+00:10:51 (22.4%)	4:50	12.4 (77.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
17	WRÓBEL Katarzyna	283		K30-39	12		00:00:02	00:13:37	00:24:14	00:35:19	00:45:57	00:48:53.45	00:48:56.25	+00:11:17 (23.1%)	4:53	12.3 (76.9%)
18	NAWROT Aleksandra	447	BIEG Z CHRYSTUSEM!	K30-39	13		00:00:03	00:14:07	00:24:39	00:35:39	00:46:31	00:49:23.65	00:49:27.30	+00:11:47 (23.9%)	4:56	12.1 (75.6%)
19	POPEK Barbara	215		K50-59	3	Sobieski6	00:00:03	00:13:47	00:24:28	00:35:48	00:46:45	00:49:47.25	00:49:50.40	+00:12:11 (24.5%)	4:58	12.1 (75.6%)
20	HARAZIN Anna	179	2 TM 4,7	K30-39	15		00:00:07	00:14:08	00:25:04	00:36:27	00:47:16	00:49:57.50	00:50:04.55	+00:12:21 (24.7%)	4:59	12 (75.0%)
21	POŁOMSKA Edyta	239	POLOMSCY TEAM	K40-49	9	POLOMSCY TEAM	00:00:04	00:14:04	00:24:51	00:36:19	00:47:42	00:50:48.70	00:50:52.95	+00:13:12 (26.0%)	5:04	11.8 (73.8%)
22	GANCARCZYK Karolina	506		K30-39	18		00:00:03	00:14:16	00:25:28	00:37:07	00:48:25	00:51:27.35	00:51:30.85	+00:13:51 (26.9%)	5:08	11.7 (73.1%)
23	PIWISZKIS Barbara	4	STREET SPIRIT- TEAM NOWAK	K40-49	14	Street Spirit- Team Nowak	00:00:02	00:14:14	00:25:32	00:37:24	00:48:51	00:51:55.80	00:51:58.65	+00:14:19 (27.6%)	5:11	11.6 (72.5%)
24	PIWOŃSKA Ada	556	INTERAKTYWNI KROSTOSZOWICE	K40-49	15		00:00:06	00:14:37	00:25:54	00:37:45	00:49:07	00:52:15.40	00:52:21.75	+00:14:39 (28.0%)	5:13	11.5 (71.9%)
25	LERCH Maria	370	AKTYWNI NAKRĘCENI	K30-39	21		00:00:05	00:15:20	00:27:07	00:39:53	00:51:37	00:54:42.65	00:54:48.05	+00:17:06 (31.3%)	5:28	11 (68.8%)
26	JURKIEWICZ-FILIKS Basia	532		K40-49	21		00:00:09	00:16:12	00:28:13	00:40:32	00:52:35	00:55:40.55	00:55:50.15	+00:18:04 (32.5%)	5:34	10.8 (67.5%)
27	MIKOŁAJEC Paulina	183		K20-29	9		00:00:04	00:16:14	00:28:25	00:41:16	00:53:26	00:56:39.75	00:56:44.25	+00:19:03 (33.6%)	5:39	10.6 (66.3%)
28	BRAŃKA Barbara	555		K40-49	24		00:00:08	00:16:27	00:28:58	00:41:42	00:53:43	00:56:57.85	00:57:06.75	+00:19:21 (34.0%)	5:41	10.5 (65.6%)
29	BAJCAR Beata	379	KOBIETY NA 5+	K50-59	7	Kobiety na 5+	00:00:05	00:16:19	00:28:38	00:41:32	00:54:06	00:57:24.85	00:57:30.25	+00:19:48 (34.5%)	5:44	10.5 (65.6%)
30	KARBOWY Izabela	195	JEJKOWICE BIEGAJĄ	K30-39	27	Jejkowice Biegają	00:00:04	00:16:23	00:28:49	00:41:53	00:54:33	00:58:01.45	00:58:06.25	+00:20:25 (35.2%)	5:48	10.3 (64.4%)
31	GAŁKIEWICZ Monika	390		K40-49	27		00:00:08	00:16:01	00:28:31	00:41:52	00:54:53	00:58:08.90	00:58:17.45	+00:20:32 (35.3%)	5:48	10.3 (64.4%)
32	TARGOSZ Aneta	552	OLZA CIESZYN	K30-39	29	Olza Cieszyn	00:00:08	00:16:08	00:28:34	00:41:47	00:54:47	00:58:18.35	00:58:26.50	+00:20:42 (35.5%)	5:49	10.3 (64.4%)
33	SOCHA Marlena	528	TL POGOŃ RUDA ŚLĄSKA	K40-49	35	TL Pogoń Ruda Śląska	00:00:06	00:16:37	00:29:19	00:43:01	00:56:13	00:59:44.15	00:59:51.05	+00:22:08 (37.1%)	5:58	10 (62.5%)
34	OSOWSKA Katarzyna	451		K40-49	36		00:00:05	00:16:20	00:29:15	00:42:52	00:56:29	00:59:52.55	00:59:58.40	+00:22:16 (37.2%)	5:59	10 (62.5%)
35	ZIĘTARA Agata	460		K50-59	12		00:00:10	00:16:52	00:29:49	00:43:18	00:56:33	01:00:02.05	01:00:12.75	+00:22:26 (37.4%)	6:00	10 (62.5%)
36	ŻYŁA Bogumiła	553	KLUB BIEGACZA RTV EURO AGD	K30-39	38		00:00:09	00:17:38	00:30:29	00:44:03	00:57:23	01:01:11.25	01:01:20.65	+00:23:35 (38.6%)	6:07	9.8 (61.3%)
37	MARCZYNSKA Izabela	551	BEACHVOLLEYBALL	K30-39	39		00:00:05	00:17:13	00:30:23	00:44:16	00:57:50	01:01:18.50	01:01:24.05	+00:23:42 (38.7%)	6:07	9.8 (61.3%)
38	WYSOCKA Magdalena	583		K40-49	41		00:00:03	00:17:00	00:30:34	00:44:56	00:59:00	01:02:44.30	01:02:48.25	+00:25:08 (40.1%)	6:16	9.6 (60.0%)
39	KUBIK Aleksandra	545	-	K40-49	43		00:00:05	00:17:27	00:31:01	00:45:29	00:59:39	01:03:32.15	01:03:37.35	+00:25:56 (40.8%)	6:21	9.4 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
40	BRYCHCY Estera	389	WATAHA-ŁĄCZY NAS BIEGANIE	K30-39	41		00:00:06	00:17:24	00:32:03	00:46:34	01:00:08	01:03:54.85	01:04:01.65	+00:26:18 (41.2%)	6:23	9.4 (58.8%)
41	MALISZEWSKA Beata	469		K30-39	42		00:00:03	00:17:31	00:31:19	00:45:41	01:00:33	01:04:35.75	01:04:39.65	+00:26:59 (41.8%)	6:27	9.3 (58.1%)
42	NIEDZIOŁKO Bożena	457	KOBIETY NA 5+	K50-59	14	Kobiety na 5+	00:00:03	00:18:03	00:32:13	00:47:13	01:01:25	01:05:07.90	01:05:11.85	+00:27:31 (42.3%)	6:30	9.2 (57.5%)
43	WHITE Ashley	357	KLUB BIEGACZA FARTLEK	K40-49	46	Klub Biegacza Fartlek	00:00:09	00:18:14	00:32:13	00:46:51	01:01:19	01:05:16.75	01:05:26.65	+00:27:40 (42.4%)	6:31	9.2 (57.5%)
44	GŁÓWCZYK Izabella	548		K40-49	48	Kobiety na 5+	00:00:05	00:17:55	00:32:04	00:47:15	01:02:02	01:05:42.30	01:05:47.45	+00:28:06 (42.8%)	6:34	9.1 (56.9%)
45	ZAGÓRSKA Beata	569		K40-49	49	Olza Cieszyn	00:00:06	00:18:23	00:32:50	00:48:09	01:03:20	01:07:17.95	01:07:24.60	+00:29:42 (44.1%)	6:43	8.9 (55.6%)
46	LISOWSKA Agnieszka	434		K40-49	50		00:00:05	00:18:11	00:32:28	00:48:04	01:03:16	01:07:25.45	01:07:31.40	+00:29:49 (44.2%)	6:44	8.9 (55.6%)
47	ZIMNY Cecylia	484	SMAKI BIEGANIA	K40-49	51		00:00:05	00:18:10	00:32:51	00:48:45	01:03:51	01:07:59.40	01:08:05.25	+00:30:23 (44.7%)	6:47	8.8 (55.0%)
48	GAŃKO Grażyna	411		K60-69	3		00:00:10	00:19:33	00:34:15	00:49:59	01:04:53	01:09:00.80	01:09:10.95	+00:31:24 (45.5%)	6:54	8.7 (54.4%)
49	ZALEWSKA Barbara	464	KOBIETY NA 5+	K40-49	57	Kobiety na 5+	00:00:04	00:20:54	00:36:59	00:54:15	01:11:10	01:15:48.50	01:15:53.05	+00:38:12 (50.4%)	7:34	7.9 (49.4%)
50	MYŚLIWIEC Barbara	458	KOBIETY NA 5+	K20-29	13	Kobiety na 5+	00:00:04	00:21:11	00:38:47	00:58:27	01:17:28	01:22:53.95	01:22:57.95	+00:45:18 (54.6%)	8:17	7.2 (45.0%)
	MORAWSKA Julia	136		K20-29			DNF	00:12:25 DNF	00:22:40 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 51 wynik(ów)