



Organizator:

Data:

Miejsce:

Dystans:

Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój

2022-09-17

Jastrzębie-Zdrój

10 km

JASTRZĘBSKA DZIESIĄTKA

B4SPORT

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: **Najlepsza Jastrzębianka**

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	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		3:52	15.5 (100%)
2	WRÓBLEWSKA Judyta	171	ZAWIERUCHA TRAINING ACADEMY	K20-29	6	Zawierucha Training Academy	00:00:01	00:12:38	00:22:21	00:32:45	00:42:39	00:45:15.10	00:45:16.95	+00:06:27 (14.3%)	4:31	13.3 (85.8%)
3	PERKOWSKA Daria	410	KOBIETY NA 5+	K40-49	5	Kobiety na 5+	00:00:02	00:12:52	00:22:58	00:33:37	00:43:55	00:46:42.20	00:46:44.20	+00:07:54 (16.9%)	4:40	12.8 (82.6%)
4	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	+00:09:16 (19.3%)	4:48	12.5 (80.6%)
5	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	+00:10:59 (22.1%)	4:58	12.1 (78.1%)
6	MUSIAŁ Wioletta	356	GALOPUJĄCE ŚLIMAKI	K40-49	10	Galopujące Ślimaki	00:00:03	00:14:30	00:25:24	00:36:49	00:47:53	00:50:50.10	00:50:54.00	+00:12:02 (23.7%)	5:05	11.8 (76.1%)
7	RAŹNIAK Beata	444	KOBIETY NA 5+	K50-59	4	Kobiety na 5+	00:00:02	00:14:24	00:25:23	00:36:52	00:47:58	00:51:01.20	00:51:04.05	+00:12:13 (24.0%)	5:06	11.8 (76.1%)
8	LORENZ Agnieszka	385	GB GALOPUJĄCE ŚLIMAKI	K40-49	11	Galopujące Ślimaki	00:00:06	00:14:27	00:25:21	00:36:47	00:47:57	00:51:03.80	00:51:10.40	+00:12:15 (24.0%)	5:06	11.8 (76.1%)
9	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	+00:12:39 (24.6%)	5:08	11.7 (75.5%)
10	MAZUR Małgorzata	327		K40-49	12		00:00:07	00:14:43	00:25:47	00:37:22	00:48:33	00:51:30.55	00:51:38.05	+00:12:42 (24.7%)	5:09	11.7 (75.5%)
11	GMITRZUK-ZMORZYŃSKA Ewelina	409		K30-39	19		00:00:05	00:14:32	00:25:25	00:37:07	00:48:31	00:51:34.55	00:51:39.70	+00:12:46 (24.8%)	5:09	11.6 (74.8%)
12	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	+00:13:07 (25.3%)	5:11	11.6 (74.8%)
13	GORZELAK Joanna	453	KOBIETY NA 5+	K40-49	19	Kobiety na 5+	00:00:03	00:15:14	00:26:56	00:39:14	00:51:13	00:54:26.45	00:54:29.90	+00:15:38 (28.7%)	5:26	11 (71.0%)
14	LERCH Maria	370	AKTYWNIE 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	+00:15:54 (29.1%)	5:28	11 (71.0%)
15	JĘDRYKA Patrycja	547	GB GALOPUJĄCE ŚLIMAKI	K30-39	25		00:00:06	00:15:46	00:28:15	00:41:17	00:53:48	00:57:11.20	00:57:17.60	+00:18:23 (32.2%)	5:43	10.5 (67.7%)

												Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.9km	5km	7.3km	9.4km					
16	DROBIAK Kornelia	511	KOBIETY NA 5+	K30-39	26	Kobiety na 5+	00:00:04	00:16:04	00:28:33	00:41:43	00:54:20	00:57:35.45	00:57:40.35	+00:18:47 (32.6%)	5:45	10.4 (67.1%)
17	GAJDA Magdalena	351		K30-39	28		00:00:07	00:16:30	00:29:02	00:42:14	00:54:55	00:58:10.40	00:58:17.85	+00:19:22 (33.3%)	5:49	10.3 (66.5%)
18	GRZONKA Magdalena	359		K40-49	31		00:00:01	00:15:44	00:28:25	00:41:45	00:54:57	00:58:37.90	00:58:39.60	+00:19:49 (33.8%)	5:51	10.2 (65.8%)
19	PŁASKA Barbara	463		K50-59	9	Kobiety na 5+	00:00:02	00:16:02	00:28:34	00:41:46	00:55:06	00:58:47.45	00:58:49.45	+00:19:59 (34.0%)	5:52	10.2 (65.8%)
20	SOKÓŁ-OLEŚ Ewelina	427	RUNTEAM PAWŁOWICE	K50-59	10	RUNTEAM Pawłowice	00:00:08	00:16:59	00:29:35	00:42:44	00:55:29	00:59:01.40	00:59:09.95	+00:20:13 (34.3%)	5:54	10.2 (65.8%)
21	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	+00:21:14 (35.4%)	6:00	10 (64.5%)
22	NIESŁAŃCZYK Barbara	503		K30-39	32		00:00:11	00:16:51	00:29:34	00:43:02	00:56:24	01:00:05.65	01:00:16.75	+00:21:17 (35.4%)	6:00	10 (64.5%)
23	MAZUR Aleksandra	400		K30-39	33		00:00:03	00:16:24	00:29:21	00:43:14	00:56:38	01:00:09.60	01:00:12.75	+00:21:21 (35.5%)	6:00	10 (64.5%)
24	DOMAŃSKA Joanna	393		K30-39	34		00:00:09	00:16:32	00:29:33	00:43:28	00:56:43	01:00:22.80	01:00:32.35	+00:21:34 (35.7%)	6:02	9.9 (63.9%)
25	MARCZYŃSKA 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	+00:22:30 (36.7%)	6:07	9.8 (63.2%)
26	FECZKO Lucyna	578		K40-49	38		00:00:02	00:16:30	00:29:37	00:43:57	00:58:01	01:02:02.70	01:02:05.40	+00:23:14 (37.5%)	6:12	9.7 (62.6%)
27	KOLAT Jadzia	497	KOBIETY NA 5+	K40-49	40	Kobiety na 5+	00:00:05	00:17:17	00:30:38	00:44:50	00:58:51	01:02:35.05	01:02:40.10	+00:23:47 (38.0%)	6:15	9.6 (61.9%)
28	KOLORZ-STYŁOK Katarzyna	417		K40-49	45		00:00:06	00:17:18	00:31:10	00:46:09	01:00:09	01:04:06.60	01:04:12.85	+00:25:18 (39.5%)	6:24	9.4 (60.6%)
29	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	+00:25:47 (39.9%)	6:27	9.3 (60.0%)
30	ZIEJA Martyna	396		K20-29	12		00:00:11	00:17:43	00:31:33	00:46:10	01:00:53	01:04:59.25	01:05:10.80	+00:26:11 (40.3%)	6:29	9.2 (59.4%)
31	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	+00:26:19 (40.4%)	6:30	9.2 (59.4%)
32	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	+00:26:28 (40.6%)	6:31	9.2 (59.4%)
33	SPYRKA Monika	507	KLUB BIEGACZA FARTLEK	K30-39	44	Klub Biegacza Fartlek	00:00:10	00:18:14	00:32:13	00:46:51	01:01:19	01:05:19.10	01:05:29.10	+00:26:31 (40.6%)	6:31	9.2 (59.4%)
34	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	+00:26:54 (40.9%)	6:34	9.1 (58.7%)
35	JASTRZĘBSKA Ewa	542		K50-59	16		00:00:01	00:17:25	00:31:16	00:46:10	01:01:29	01:05:44.10	01:05:45.80	+00:26:56 (41.0%)	6:34	9.1 (58.7%)
36	KARAŚ Daria	508		K30-39	45		00:00:11	00:18:12	00:32:34	00:48:25	01:03:19	01:07:11.20	01:07:22.90	+00:28:23 (42.3%)	6:43	8.9 (57.4%)
37	PIPIRO Grażyna	540	KOBIETY NA5+	K60-69	2	Kobiety na 5+	00:00:03	00:19:00	00:33:39	00:49:26	01:04:22	01:08:24.55	01:08:27.75	+00:29:36 (43.3%)	6:50	8.8 (56.8%)

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
38	DYNIA Magdalena	502		K40-49	52		00:00:10	00:18:27	00:33:17	00:49:22	01:04:31	01:08:41.75	01:08:52.00	+00:29:53 (43.5%)	6:52	8.7 (56.1%)
39	IDZIKOWSKA Elżbieta	574		K40-49	53		00:00:01	00:18:35	00:33:25	00:49:29	01:04:38	01:08:53.10	01:08:54.95	+00:30:05 (43.7%)	6:53	8.7 (56.1%)
40	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	+00:30:12 (43.8%)	6:54	8.7 (56.1%)
41	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	+00:37:00 (48.8%)	7:34	7.9 (51.0%)
42	KUŚMIRSKA-KUBAS Alina	475	KLUB BIEGACZA FARTLEK	K50-59	18	Klub Biegacza Fartlek	00:00:09	00:21:51	00:39:01	00:57:56	01:15:38	01:20:38.30	01:20:48.20	+00:41:50 (51.9%)	8:03	7.4 (47.7%)
43	ROTTER Hanna	401		K60-69	5		00:00:02	00:20:37	00:38:02	00:57:40	01:16:47	01:22:06.25	01:22:08.65	+00:43:18 (52.7%)	8:12	7.3 (47.1%)
44	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	+00:44:06 (53.2%)	8:17	7.2 (46.5%)
45	OLCZYK Wioletta	491		K50-59	19	Kobiety na 5+	00:00:03	00:19:02	00:34:12					+00:14:37	6:50	8.8 (56.8%)

Znaleziono 45 wynik(ów)