

# KOBIETY DO 30 LAT

**Wydarzenie:** Mistrzostwa 7 BOW w biegach przełajowych  
**Organizator:** 7 BOW  
**Data:** 2024-02-01  
**Miejsce:** Słupsk  
**Dystans:** 2 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1km	Czas netto 2km	Czas brutto 2km	Różn	Tempo min/km	Tempo km/h
1	SZER. METLICKA Wiktoria	2	DAS			00:00:07	00:03:46	00:07:54.63	00:08:01.73		3:57	15.2 (100%)
2	KPR. LIS Marta	10	DPLOT			00:00:08	00:04:28	00:08:47.19	00:08:56.09	+00:00:52 (10.0%)	4:23	13.7 (90.1%)
3	SZER. JONIEC Angelica	16	1 BZ			00:00:07	00:04:25	00:08:48.89	00:08:56.33	+00:00:54 (10.3%)	4:24	13.6 (89.5%)
4	ST.SZER. TYREK Katarzyna	187	BLOG			00:00:03	00:04:00	00:09:00.00	00:09:03.00	+00:01:05 (12.1%)	4:30	13.3 (87.5%)
5	SZER. TOMASZWEWSKA Żaneta	19	2 BZ			00:00:07	00:04:31	00:09:43.03	00:09:50.15	+00:01:48 (18.6%)	4:51	12.3 (80.9%)
6	SZER. BEDNASZEWSKA Aleksandra	20	2 BZ			00:00:07	00:04:37	00:09:59.34	00:10:06.56	+00:02:04 (20.8%)	4:59	12 (78.9%)
7	SZER. POLOCZEK Karolina	11	DPLOT			00:00:07	00:05:05	00:10:18.28	00:10:25.88	+00:02:23 (23.2%)	5:09	11.7 (77.0%)
8	SZER. HINCA Daria	17	1 BZ			00:00:07	00:05:01	00:10:26.69	00:10:34.38	+00:02:32 (24.3%)	5:13	11.5 (75.7%)
9	SZER. KĘDZIA Wiktoria	7	BDOW			00:00:07	00:05:15	00:10:36.70	00:10:44.55	+00:02:42 (25.5%)	5:18	11.3 (74.3%)
10	SZER. TARASIEWICZ Lidia	3	DAS			00:00:07	00:04:59	00:10:51.84	00:10:58.86	+00:02:57 (27.2%)	5:25	11.1 (73.0%)
11	SZER. SIWIEC Aleksandra	14	KSAP			00:00:07	00:05:03	00:11:07.32	00:11:15.04	+00:03:12 (28.9%)	5:33	10.8 (71.1%)
12	SZER. ELEND Karolina	8	BDOW			00:00:08	00:05:23	00:11:33.83	00:11:42.00	+00:03:39 (31.6%)	5:46	10.4 (68.4%)
13	SZER. RÓŻYCKA Patrycja	24	SZTAB			00:00:08	00:05:55	00:11:35.21	00:11:43.58	+00:03:40 (31.7%)	5:47	10.4 (68.4%)
14	SZER. BARTECZKO Patrycja	12	DPLOT			00:00:08	00:05:41	00:11:50.77	00:11:58.88	+00:03:56 (33.2%)	5:55	10.1 (66.4%)
15	SZER. KOZACZUK Kornelia	39	SZTAB			00:00:08	00:05:56	00:11:57.49	00:12:05.78	+00:04:02 (33.8%)	5:58	10 (65.8%)
16	SZER. MAKSYMIAK Wiktoria	4	DAS			00:00:08	00:08:25	00:12:01.22	00:12:09.49	+00:04:06 (34.2%)	6:00	10 (65.8%)
17	SZER. TEJCHMAN Martyna	6	BDOW			00:00:08	00:08:58	00:12:18.89	00:12:27.42	+00:04:24 (35.8%)	6:09	9.8 (64.5%)
18	SZER. MACZUGA Wioletta	9	BDOW			00:00:07	00:08:58	00:12:21.65	00:12:29.13	+00:04:27 (36.0%)	6:10	9.7 (63.8%)
19	KPR. PORĘBSKA Karolina	5	SZTAB			00:00:08	00:08:56	00:12:33.69	00:12:42.26	+00:04:39 (37.0%)	6:16	9.6 (63.2%)
20	SZER. DOMASZK Wiktoria	15	KSAP			00:00:07	00:08:25	00:12:42.11	00:12:49.44	+00:04:47 (37.7%)	6:21	9.4 (61.8%)
21	SZER. SZDKOWSKA Kinga	177	BLOG			00:00:07	00:08:27	00:12:42.81	00:12:50.73	+00:04:48 (37.8%)	6:21	9.4 (61.8%)
22	SZER. KURUSIEWICZ Magdalena	18	2 BZ			00:00:08	00:08:55	00:12:44.66	00:12:53.13	+00:04:50 (37.9%)	6:22	9.4 (61.8%)
23	SZER. WIT Magdalena	13	KSAP			00:00:08	00:08:38	00:12:44.94	00:12:53.67	+00:04:50 (38.0%)	6:22	9.4 (61.8%)