



KOBIETY NA 5+ :: BIEG

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

"Kobiety na 5+" Jastrzębski Bieg Kobiet
Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
2023-05-21
Jastrzębie-Zdrój
5.3 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: 20-29 lat

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
1	MROWIEC Kinga	515	TL POGOŃ RUDA ŚLĄSKA	20-29 lat	1		Biegające Wirusy	00:00:00	00:09:30	00:21:31.45	00:21:31.45		4:03	14.8 (100%)
2	FILEC Wiktoria	141	RMKS RYBNIK	20-29 lat	2			00:00:00	00:09:32	00:22:02.30	00:22:02.30	+00:00:30 (2.3%)	4:09	14.4 (97.3%)
3	POZNIAK Maria	631		20-29 lat	3			00:00:00	00:10:30	00:24:21.20	00:24:21.20	+00:02:49 (11.6%)	4:35	13.1 (88.5%)
4	SIKORA Wiktoria	678		20-29 lat	4			00:00:00	00:10:10	00:24:40.65	00:24:40.65	+00:03:09 (12.8%)	4:39	12.9 (87.2%)
5	KRZYSTAŁA Alicja	377		20-29 lat	5			00:00:00	00:11:02	00:25:31.30	00:25:31.30	+00:03:59 (15.7%)	4:48	12.5 (84.5%)
6	POZNIAK Małgorzata	630		20-29 lat	6			00:00:00	00:10:50	00:25:35.85	00:25:35.85	+00:04:04 (15.9%)	4:49	12.4 (83.8%)
7	WIECZOREK Marta	803	PIRATKI Z SZARLOTY	20-29 lat	7	Piratki z Szarloty	Kangurzyce	00:00:00	00:11:10	00:26:39.45	00:26:39.45	+00:05:08 (19.3%)	5:01	11.9 (80.4%)
8	MIKULAK Natalia	498		20-29 lat	8			00:00:00	00:11:37	00:26:46.35	00:26:46.35	+00:05:14 (19.6%)	5:03	11.9 (80.4%)
9	LEPA Klaudia	424	WARTKIE PIERONY	20-29 lat	9			00:00:00	00:11:10	00:27:10.05	00:27:10.05	+00:05:38 (20.8%)	5:07	11.7 (79.1%)
10	JANOSZ Katarzyna	257		20-29 lat	10		K&M	00:00:00	00:11:44	00:27:13.05	00:27:13.05	+00:05:41 (20.9%)	5:08	11.7 (79.1%)
11	PIEKARCZYK Katarzyna	605		20-29 lat	11			00:00:00	00:11:55	00:27:41.45	00:27:41.45	+00:06:10 (22.3%)	5:13	11.5 (77.7%)
12	GAJEWSKA Martyna	160	RMKS RYBNIK	20-29 lat	12		Rmks	00:00:00	00:11:06	00:27:45.55	00:27:45.55	+00:06:14 (22.5%)	5:14	11.5 (77.7%)
13	KOBIELUSZ Martyna	328		20-29 lat	13			00:00:00	00:11:21	00:27:49.10	00:27:49.10	+00:06:17 (22.6%)	5:14	11.4 (77.0%)
14	ŁAPA Julia	442		20-29 lat	14			00:00:00	00:12:44	00:29:02.95	00:29:02.95	+00:07:31 (25.9%)	5:28	11 (74.3%)
15	RATAJCZYK Dominika	1191		20-29 lat	15			00:00:00	00:11:35	00:29:06.80	00:29:06.80	+00:07:35 (26.1%)	5:29	10.9 (73.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
16	KRAWCZYK Urszula	371		20-29 lat	16			00:00:00	00:11:38	00:29:11.35	00:29:11.35	+00:07:39 (26.3%)	5:30	10.9 (73.6%)
17	SZCZĘSNA Kinga	749	RUNSZ-TEAM	20-29 lat	17	runSZ-Team		00:00:00	00:11:50	00:29:17.60	00:29:17.60	+00:07:46 (26.5%)	5:31	10.9 (73.6%)
18	DĘBICKA Aneta	1190		20-29 lat	18			00:00:00	00:11:39	00:29:19.10	00:29:19.10	+00:07:47 (26.6%)	5:31	10.8 (73.0%)
19	MARCISZ Natalia	464		20-29 lat	19			00:00:00	00:12:46	00:29:59.25	00:29:59.25	+00:08:27 (28.2%)	5:39	10.6 (71.6%)
20	KOWALONEK Aleksandra	360		20-29 lat	20		O&K	00:00:00	00:12:36	00:30:18.10	00:30:18.10	+00:08:46 (29.0%)	5:43	10.5 (70.9%)
21	JASIK Karolina	263	BIEGAM BO LUBIĘ RUDA ŚLĄSKA	20-29 lat	21	Wartkie Pierony		00:00:00	00:12:36	00:30:45.10	00:30:45.10	+00:09:13 (30.0%)	5:48	10.3 (69.6%)
22	GOŁOFIT Edyta	190	OPEL FIJAŁKOWSKI	20-29 lat	22	OPEL FIJAŁKOWSKI		00:00:00	00:13:55	00:31:00.55	00:31:00.55	+00:09:29 (30.6%)	5:50	10.3 (69.6%)
23	KONIECZNY Marta	341		20-29 lat	23			00:00:00	00:13:05	00:31:04.10	00:31:04.10	+00:09:32 (30.7%)	5:51	10.2 (68.9%)
24	RADWAŃSKA Agata	640		20-29 lat	24			00:00:00	00:13:37	00:31:05.75	00:31:05.75	+00:09:34 (30.8%)	5:51	10.2 (68.9%)
25	MAĆKÓW Klaudia	452		20-29 lat	25			00:00:00	00:13:11	00:31:12.00	00:31:12.00	+00:09:40 (31.0%)	5:53	10.2 (68.9%)
26	FECZKO Monika	140		20-29 lat	26			00:00:00	00:12:51	00:31:45.85	00:31:45.85	+00:10:14 (32.2%)	5:59	10 (67.6%)
27	KARWOT Martyna	298		20-29 lat	27			00:00:00	00:13:39	00:31:54.90	00:31:54.90	+00:10:23 (32.6%)	6:01	10 (67.6%)
28	TRYBAŁA Weronika	781	WATAHA	20-29 lat	28	WATAHA		00:00:00	00:12:56	00:32:01.80	00:32:01.80	+00:10:30 (32.8%)	6:02	9.9 (66.9%)
29	PETRYKOWSKA Magda	600		20-29 lat	29			00:00:00	00:13:49	00:32:05.20	00:32:05.20	+00:10:33 (32.9%)	6:03	9.9 (66.9%)
30	CELER Justyna	81		20-29 lat	30			00:00:00	00:14:17	00:32:31.65	00:32:31.65	+00:11:00 (33.8%)	6:08	9.8 (66.2%)
31	GŁĄBEK Edyta	184	SPOT PSZCZYNA	20-29 lat	31			00:00:00	00:13:47	00:32:33.65	00:32:33.65	+00:11:02 (33.9%)	6:08	9.8 (66.2%)
32	ŁUSZCZ Ewelina	447		20-29 lat	32			00:00:00	00:13:43	00:32:38.45	00:32:38.45	+00:11:07 (34.1%)	6:09	9.7 (65.5%)
33	KUPCZYŃSKA Patrycja	399		20-29 lat	33			00:00:00	00:14:18	00:33:48.80	00:33:48.80	+00:12:17 (36.3%)	6:22	9.4 (63.5%)
34	SKORUPA Martyna	684		20-29 lat	34			00:00:00	00:13:33	00:33:50.60	00:33:50.60	+00:12:19 (36.4%)	6:23	9.4 (63.5%)
35	PIĄTKOWSKA Aleksandra	601		20-29 lat	35			00:00:00	00:14:32	00:34:11.60	00:34:11.60	+00:12:40 (37.1%)	6:26	9.3 (62.8%)
36	ŻYREK Danusia	867		20-29 lat	36	JustfeelfitTEAM		00:00:00	00:14:35	00:34:14.40	00:34:14.40	+00:12:42 (37.1%)	6:27	9.3 (62.8%)
37	SMYCZEK Dominika	702		20-29 lat	37			00:00:00	00:13:22	00:34:36.75	00:34:36.75	+00:13:05 (37.8%)	6:31	9.2 (62.2%)
38	MARON Honorata	466		20-29 lat	38			00:00:00	00:15:42	00:35:24.85	00:35:24.85	+00:13:53 (39.2%)	6:40	9 (60.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
39	KRUCEK Ewelina	374		20-29 lat	39			00:00:00	00:16:01	00:35:59.60	00:35:59.60	+00:14:28 (40.2%)	6:47	8.8 (59.5%)
40	MITURA Patrycja	506		20-29 lat	40			00:00:00	00:15:34	00:36:14.30	00:36:14.30	+00:14:42 (40.6%)	6:50	8.8 (59.5%)
41	KŁAPTOCZ Anna	321		20-29 lat	41	Rozbiegamy to miasto-Czechowice Dziedzice		00:00:00	00:15:55	00:36:19.75	00:36:19.75	+00:14:48 (40.8%)	6:51	8.8 (59.5%)
42	ABRACHAMCZYK Agnieszka	1		20-29 lat	42			00:00:00	00:16:14	00:36:31.80	00:36:31.80	+00:15:00 (41.1%)	6:53	8.7 (58.8%)
43	KRYSIAK Marcelina	375		20-29 lat	43			00:00:00	00:15:05	00:36:49.20	00:36:49.20	+00:15:17 (41.5%)	6:56	8.6 (58.1%)
44	BIELA Adrianna	37		20-29 lat	44			00:00:00	00:15:20	00:37:06.70	00:37:06.70	+00:15:35 (42.0%)	7:00	8.6 (58.1%)
45	MAĆKÓW Małgorzata	451		20-29 lat	45			00:00:00	00:15:00	00:37:34.15	00:37:34.15	+00:16:02 (42.7%)	7:05	8.5 (57.4%)
46	ZIEJA Martyna	852		20-29 lat	46	Sądówki		00:00:00	00:16:04	00:37:42.25	00:37:42.25	+00:16:10 (42.9%)	7:06	8.4 (56.8%)
47	IDZIKOWSKA Urszula	236		20-29 lat	47	Oribanda		00:00:00	00:16:05	00:37:44.80	00:37:44.80	+00:16:13 (43.0%)	7:07	8.4 (56.8%)
48	TYRYTKO Joanna	784	WATAHA	20-29 lat	48	WATAHA		00:00:00	00:13:54	00:37:47.85	00:37:47.85	+00:16:16 (43.1%)	7:07	8.4 (56.8%)
49	ROJEK Natalia	652		20-29 lat	49			00:00:00	00:16:25	00:38:47.75	00:38:47.75	+00:17:16 (44.5%)	7:19	8.2 (55.4%)
50	KMIECIAK Dominika	324		20-29 lat	50			00:00:00	00:15:13	00:39:12.25	00:39:12.25	+00:17:40 (45.1%)	7:23	8.1 (54.7%)
51	MYŚLIWIEC Barbara	524	KOBIETY NA 5+	20-29 lat	51	Kobiety na 5+		00:00:00	00:16:10	00:39:16.45	00:39:16.45	+00:17:45 (45.2%)	7:24	8.1 (54.7%)
52	MROWCZYK Kamila	513		20-29 lat	52		O&K	00:00:00	00:16:59	00:39:51.15	00:39:51.15	+00:18:19 (46.0%)	7:31	8 (54.1%)
53	NIEDZIELA Roksana	535		20-29 lat	53	Wiewiórki Zimnokrwiste		00:00:00	00:16:49	00:40:40.45	00:40:40.45	+00:19:09 (47.1%)	7:40	7.8 (52.7%)
54	HANUSA Beata	227		20-29 lat	54			00:00:00	00:17:26	00:41:29.70	00:41:29.70	+00:19:58 (48.1%)	7:49	7.7 (52.0%)
55	SUJEWICZ Klaudia	736		20-29 lat	55			00:00:00	00:18:20	00:41:53.90	00:41:53.90	+00:20:22 (48.6%)	7:54	7.6 (51.4%)
56	RYŚ Weronika	666		20-29 lat	56			00:00:00	00:18:11	00:42:40.15	00:42:40.15	+00:21:08 (49.6%)	8:03	7.5 (50.7%)
57	RYŚ Aga	665		20-29 lat	57			00:00:00	00:18:12	00:42:42.15	00:42:42.15	+00:21:10 (49.6%)	8:03	7.4 (50.0%)
58	ŻEBROWSKA Weronika	865	MORS HUBERTUS	20-29 lat	58	Mors Hubertus		00:00:00	00:17:58	00:42:53.25	00:42:53.25	+00:21:21 (49.8%)	8:05	7.4 (50.0%)
59	FIRLEJ Hanna	144		20-29 lat	59			00:00:00	00:18:24	00:44:52.20	00:44:52.20	+00:23:20 (52.0%)	8:27	7.1 (48.0%)
60	WOJTAS Paulina	818		20-29 lat	60			00:00:00	00:18:25	00:44:53.25	00:44:53.25	+00:23:21 (52.0%)	8:28	7.1 (48.0%)
61	BIAŁEK Maria	34		20-29 lat	61			00:00:00	00:19:06	00:45:45.95	00:45:45.95	+00:24:14 (53.0%)	8:37	7 (47.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
62	NIEDŹWIEDŹ Julia	539		20-29 lat	62			00:00:00	00:18:38	00:47:26.55	00:47:26.55	+00:25:55 (54.6%)	8:56	6.7 (45.3%)
63	NIESTRÓJ Żaneta	542		20-29 lat	63			00:00:00	00:20:53	00:49:18.80	00:49:18.80	+00:27:47 (56.4%)	9:18	6.5 (43.9%)
64	BUDA Klaudia	1193		20-29 lat	64			00:00:00	00:20:44	00:49:48.65	00:49:48.65	+00:28:17 (56.8%)	9:23	6.4 (43.2%)

Znaleziono 64 wynik(ów)