

KOBIETY NA 5+ :: BIEG

B4SPORT

Event: "Kobiety na 5+" Jastrzębski Bieg Kobiet
Organiser: Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
Date: 2018-05-27
Place: Jastrzębie-Zdrój
Distance: 5 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Classification: 50-59

Place	Participant	Number	Club	Category	MCat	Start time	Zawrotka 2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	SZAFARCZYK Eugenia	270	RUNSZ- TEAM	50-59	1	00:00:01	00:09:47	00:23:00.30	00:23:01.65		4:36	13 (100%)
2	FRANKE Ilona	815	STS BIEGATON MIKOŁÓW	50-59	2	00:00:04	00:10:14	00:24:45.20	00:24:49.20	+00:01:44 (7.1%)	4:57	12.1 (93.1%)
3	SOKOŁOWSKA Anna	465	BRAK	50-59	3	00:00:01	00:10:09	00:25:02.65	00:25:04.00	+00:02:02 (8.1%)	5:00	12 (92.3%)
4	KRYBUS Sylwia	987	STS BIEGATON MIKOŁÓW	50-59	4	00:00:03	00:10:35	00:25:59.40	00:26:02.40	+00:02:59 (11.5%)	5:11	11.5 (88.5%)
5	RZEPECKA Bożena	235	OLZA CIESZYN	50-59	5	00:00:10	00:10:59	00:26:42.30	00:26:52.70	+00:03:42 (13.9%)	5:20	11.2 (86.2%)
6	WILCZEK Monika	709		50-59	6	00:00:01	00:11:21	00:27:17.00	00:27:18.45	+00:04:16 (15.7%)	5:27	11 (84.6%)
7	WILCZEK Bogusława	491	STS BIEGATON MIKOŁÓW	50-59	7	00:00:10	00:11:40	00:27:42.90	00:27:53.45	+00:04:42 (17.0%)	5:32	10.8 (83.1%)
8	BARAN Irena	592	SZARE MORSY	50-59	8	00:00:18	00:11:37	00:27:50.05	00:28:08.55	+00:04:49 (17.3%)	5:34	10.8 (83.1%)
9	BARON Aniela	718		50-59	9	00:00:04	00:12:04	00:28:12.25	00:28:17.10	+00:05:11 (18.4%)	5:38	10.6 (81.5%)
10	GABRYEL Danuta	295	MIECHOWICKA GRUPA BIEGOWA	50-59	10	00:00:21	00:11:51	00:28:24.65	00:28:45.75	+00:05:24 (19.0%)	5:40	10.6 (81.5%)
11	CASTILLO-ŻARCZYŃSKI Luz	351	ULTRA BESKID SPORT	50-59	11	00:00:36	00:12:36	00:28:52.15	00:29:28.60	+00:05:51 (20.3%)	5:46	10.4 (80.0%)
12	RĘKAL Dorota	888		50-59	12	00:00:11	00:12:06	00:28:55.95	00:29:07.65	+00:05:55 (20.5%)	5:47	10.4 (80.0%)
13	SKOTNICKA Urszula	1205		50-59	13	00:00:04	00:11:34	00:29:02.05	00:29:06.90	+00:06:01 (20.8%)	5:48	10.3 (79.2%)
14	FRANKOWSKA Ania	102	MIECHOWICKA GRUPA BIEGOWA	50-59	14	00:00:06	00:11:37	00:29:05.40	00:29:11.65	+00:06:05 (20.9%)	5:49	10.3 (79.2%)
15	MUSIAŁ Maria	915		50-59	15	00:00:38	00:12:43	00:29:26.20	00:30:04.25	+00:06:25 (21.8%)	5:53	10.2 (78.5%)
16	ŚMIEJA Joanna	620	RUNTEAM PAWŁOWICE	50-59	16	00:00:18	00:12:42	00:29:54.15	00:30:12.90	+00:06:53 (23.1%)	5:58	10 (76.9%)
17	TYCZYŃSKA Małgorzata	183	SZYBKIE ŻÓŁWIE	50-59	17	00:00:28	00:13:27	00:30:52.55	00:31:20.90	+00:07:52 (25.5%)	6:10	9.7 (74.6%)
18	KOSOWSKA Grażyna	1215	KOBIETY NA 5+	50-59	18	00:00:25	00:13:29	00:31:06.50	00:31:32.05	+00:08:06 (26.0%)	6:13	9.6 (73.8%)
19	WAWRZYK Iwona	248	OLZA CIESZYN	50-59	19	00:00:26	00:13:06	00:31:28.10	00:31:54.85	+00:08:27 (26.9%)	6:17	9.5 (73.1%)
20	KLUSKA Sylwia	98		50-59	20	00:00:00	00:13:45	00:31:30.65	00:31:30.65	+00:08:30 (27.0%)	6:18	9.5 (73.1%)
21	NIEDZIOŁKO Bożena	72	KOBIETY NA 5+	50-59	21	00:00:14	00:12:47	00:31:36.00	00:31:50.00	+00:08:35 (27.2%)	6:19	9.5 (73.1%)
22	MLECZKO Monika	1189		50-59	22	00:00:37	00:13:27	00:31:42.95	00:32:19.95	+00:08:42 (27.5%)	6:20	9.5 (73.1%)
23	MACURA Ewa	493	HRMAX ŻORY	50-59	23	00:00:20	00:13:32	00:31:43.40	00:32:04.20	+00:08:43 (27.5%)	6:20	9.5 (73.1%)
24	BURNAGIEL Agata	292	HRMAX DZIOŁSZKI	50-59	24	00:00:19	00:13:33	00:31:44.55	00:32:04.15	+00:08:44 (27.5%)	6:21	9.4 (72.3%)
25	ŻUCHOWICZ Elzbieta	908	KOLOROWA DRUŻYNA NESSI	50-59	25	00:00:10	00:13:37	00:31:49.55	00:31:59.70	+00:08:49 (27.7%)	6:21	9.4 (72.3%)
26	WOJTOŃ-STAWICKA Małgorzata	246	RUNTEAM PAWŁOWICE	50-59	26	00:00:22	00:13:33	00:31:51.80	00:32:14.35	+00:08:51 (27.8%)	6:22	9.4 (72.3%)
27	BORIŃSKA Jadwiga	662		50-59	27	00:00:36	00:13:54	00:32:06.30	00:32:42.55	+00:09:06 (28.3%)	6:25	9.3 (71.5%)
28	M Beata	109	BB BIELSZCZANKI BIEGAJĄ	50-59	28	00:00:37	00:13:23	00:32:21.20	00:32:58.45	+00:09:20 (28.9%)	6:28	9.3 (71.5%)
29	SYPUŁA Danuta	713		50-59	29	00:00:04	00:13:11	00:33:27.60	00:33:31.80	+00:10:27 (31.2%)	6:41	9 (69.2%)

Place	Participant	Number	Club	Category	MCat	Start time	Zawrotka 2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
30	KOŁODZIEJ Ewa	867		50-59	30	00:00:22	00:13:50	00:33:39.90	00:34:02.15	+00:10:39 (31.7%)	6:44	8.9 (68.5%)
31	ZAWADA Teresa	890		50-59	31	00:00:35	00:14:24	00:33:42.15	00:34:17.85	+00:10:41 (31.7%)	6:44	8.9 (68.5%)
32	ROTTER Hanna	911	J TEAM	50-59	32	00:00:14	00:13:31	00:34:43.60	00:34:58.50	+00:11:43 (33.8%)	6:56	8.6 (66.2%)
33	KOWALSKA Małgorzata	907		50-59	33	00:00:41	00:14:30	00:34:56.55	00:35:38.20	+00:11:56 (34.2%)	6:59	8.6 (66.2%)
34	ROWICKA Joanna	383	KOBIETY NA 5+	50-59	34	00:00:51	00:15:15	00:35:25.35	00:36:16.35	+00:12:25 (35.1%)	7:05	8.5 (65.4%)
35	STEKLA Joanna	394		50-59	35	00:00:27	00:13:47	00:35:27.60	00:35:55.15	+00:12:27 (35.1%)	7:05	8.5 (65.4%)
36	PERKOWSKA Izabela	831		50-59	36	00:00:47	00:15:19	00:36:02.45	00:36:50.05	+00:13:02 (36.2%)	7:12	8.3 (63.8%)
37	KOCYAN Małgorzata	435	BIEGAJ Z TRENERAMI	50-59	37	00:00:40	00:14:54	00:36:50.75	00:37:31.60	+00:13:50 (37.6%)	7:22	8.1 (62.3%)
38	MECHA Dorota	618		50-59	38	00:00:00		00:39:01.05	00:39:01.05	+00:16:00 (41.0%)	7:48	7.7 (59.2%)
39	KOWALSKA Dorota	389	SBD ENERGETYK RYBNIK	50-59	39	00:00:43	00:16:12	00:39:06.10	00:39:49.60	+00:16:05 (41.2%)	7:49	7.7 (59.2%)
40	KIERMASZEK Barbara	917	J TEAM	50-59	40	00:00:16	00:17:14	00:39:15.80	00:39:32.10	+00:16:15 (41.4%)	7:51	7.6 (58.5%)
41	KURYŁO Dorota	1100	SBD ENERGETYK RYBNIK	50-59	41	00:00:39	00:16:45	00:40:44.70	00:41:24.15	+00:17:44 (43.5%)	8:09	7.4 (56.9%)
42	VAIDYAN Grażyna	827		50-59	42	00:00:02	00:15:52	00:41:05.20	00:41:07.75	+00:18:04 (44.0%)	8:13	7.3 (56.2%)
43	JANIA Małgorzata	1118		50-59	43	00:00:27	00:17:41	00:41:39.25	00:42:06.55	+00:18:38 (44.8%)	8:19	7.2 (55.4%)
44	MAJCHRZYK Lidia	900		50-59	44	00:00:51	00:19:06	00:45:56.25	00:46:47.35	+00:22:55 (49.9%)	9:11	6.5 (50.0%)

Total 44 results.