

KOBIETY NA 5+ :: BIEG

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie: "Kobiety na 5+" Jastrzębski Bieg Kobiet 2021
Organizator: Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
Data: 2021-09-19
Miejsce: Jastrzębie-Zdrój
Dystans: 5 km

Klasyfikacja: Najlepsza Żorzanka

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	**KUBIAK Izabela**	**475**		30-39	4		00:09:44	**00:19:37.40**		3:55	15.3 (100%)
2	**JANKO Anna**	**830**	HRMAX ŻORY	30-39	6	HRmax Dziołszki	00:10:43	**00:21:27.50**	+00:01:50 (8.6%)	4:17	14 (91.5%)
3	**NIEZGODA Lucyna**	**481**		40-49	68		00:13:35	**00:27:14.65**	+00:07:37 (28.0%)	5:26	11 (71.9%)
4	**KAŁUS Ewa**	**424**	HRMAX ŻORY	40-49	69	HRmax Dziołszki	00:13:47	**00:27:17.50**	+00:07:40 (28.1%)	5:27	11 (71.9%)
5	**SOKÓŁ-PISZCZEK Agnieszka**	**316**		30-39	47		00:13:47	**00:27:19.35**	+00:07:41 (28.2%)	5:27	11 (71.9%)
6	**NOWAK Magdalena**	**766**	NESSI TIME ŻORY	30-39	49	Nessi Time Żory	00:13:48	**00:27:23.50**	+00:07:46 (28.4%)	5:28	11 (71.9%)
7	**PIEKAR Adriana**	**339**		30-39	54		00:13:34	**00:27:43.10**	+00:08:05 (29.2%)	5:32	10.8 (70.6%)
8	**BASEK Marta**	**415**	HRMAX ŻORY	40-49	80	HRmax Dziołszki	00:13:46	**00:27:47.95**	+00:08:10 (29.4%)	5:33	10.8 (70.6%)
9	**JAKUBOWSKA Agnieszka**	**261**	HRMAX ŻORY	40-49	81	HRmax Dziołszki	00:13:48	**00:27:48.35**	+00:08:10 (29.4%)	5:33	10.8 (70.6%)
10	**WIDERA Elżbieta**	**104**	HRMAX ŻORY	40-49	82	HRmax Dziołszki	00:13:47	**00:27:48.90**	+00:08:11 (29.5%)	5:33	10.8 (70.6%)
11	**MACURA Ewa**	**280**	HRMAX ZORY	50-59	25	HRmax Dziołszki	00:15:10	**00:28:18.45**	+00:08:41 (30.7%)	5:39	10.6 (69.3%)
12	**KURIATA Katarzyna**	**273**		30-39	72		00:15:27	**00:28:49.30**	+00:09:11 (31.9%)	5:45	10.4 (68.0%)
13	**PASZEK Hania**	**392**	HRMAX ŻORY	40-49	113	HRmax Dziołszki	00:14:21	**00:28:56.75**	+00:09:19 (32.2%)	5:47	10.4 (68.0%)
14	**KACZORRK Anna**	**102**	HRMAX	40-49	129	HRmax Dziołszki	00:14:21	**00:29:36.00**	+00:09:58 (33.7%)	5:55	10.1 (66.0%)
15	**PETRYKOWSKA Magdalena**	**315**		16-19	5		00:15:05	**00:30:56.70**	+00:11:19 (36.6%)	6:11	9.7 (63.4%)
16	**PETRYKOWSKA Elżbieta**	**335**		40-49	154		00:15:05	**00:30:56.85**	+00:11:19 (36.6%)	6:11	9.7 (63.4%)
17	**SKROBOL Paulina**	**586**	SUSZECKA GRUPA BIEGOWA LET'S GO	30-39	108		00:15:11	**00:31:05.95**	+00:11:28 (36.9%)	6:13	9.7 (63.4%)
18	**STRZAŁKA - LECH Magdalena**	**305**	OPEL FIJAŁKOWSKI	30-39	109	Opel Fijałkowski	00:15:09	**00:31:07.20**	+00:11:29 (36.9%)	6:13	9.6 (62.7%)
19	**KUJAWA Marzena**	**259**		30-39	112		00:15:27	**00:31:15.95**	+00:11:38 (37.2%)	6:15	9.6 (62.7%)
20	**WINIARSKA Monika**	**9**		40-49	158		00:14:27	**00:31:18.50**	+00:11:41 (37.3%)	6:15	9.6 (62.7%)
21	**PEPEK Bożena**	**681**		30-39	123		00:15:50	**00:32:18.45**	+00:12:41 (39.3%)	6:27	9.3 (60.8%)
22	**ZDUNEK Dorota**	**576**		30-39	124		00:16:07	**00:32:28.35**	+00:12:50 (39.6%)	6:29	9.2 (60.1%)
23	**ŚLEDŹ Dorota**	**306**	HRMAX ŻORY	20-29	34	HRmax Dziołszki	00:16:14	**00:32:48.30**	+00:13:10 (40.2%)	6:33	9.1 (59.5%)
24	**MARYJOSZ Katarzyna**	**293**		40-49	178		00:16:53	**00:33:00.50**	+00:13:23 (40.6%)	6:36	9.1 (59.5%)
25	**BATKO Agnieszka**	**544**		30-39	143		00:17:19	**00:34:09.30**	+00:14:31 (42.5%)	6:49	8.8 (57.5%)
26	**BAJOR Aneta**	**493**		40-49	195		00:17:11	**00:34:57.00**	+00:15:19 (43.9%)	6:59	8.6 (56.2%)
27	**KWAŚNIEWSKA Kasia**	**593**		30-39	148		00:16:43	**00:34:57.85**	+00:15:20 (43.9%)	6:59	8.6 (56.2%)
28	**BALCERAK Beata**	**348**		30-39	151		00:17:04	**00:35:15.75**	+00:15:38 (44.4%)	7:03	8.5 (55.6%)
29	**DUDA Magdalena**	**652**		30-39	152		00:17:04	**00:35:15.90**	+00:15:38 (44.4%)	7:03	8.5 (55.6%)

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30	**DOMINIAK Monika**	**846**		40-49	234		00:26:40	**00:53:39.70**	+00:34:02 (63.4%)	10:43	5.6 (36.6%)

Znaleziono 30 wynik(ów)