



MARYNARSKA DYCHA - BIEG 10KM

B4SPORT

Wydarzenie: IV BIEG PRZEŁAJOWY "MARYNARSKA DYCHA" im. admirała floty Andrzeja KARWETY
Organizator: CENTRUM SZKOLENIA MARYNARKI WOJENNEJ (CSMW)
Data: 2019-04-13
Miejsce: Ustka
Dystans: 10 km



Klasyfikacja: K-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	TEREFENKO Joanna	203	LKS JANTAR USTKA	K18-29	1	00:47:14.72		4:43	12.7 (100%)
2	GARAPUCZYK Agnieszka	46		K30-39	1	00:52:10.34	+00:04:55 (9.4%)	5:13	11.5 (90.6%)
3	KUKLIŃSKA-NURKOWSKA Lucyna	102	USB USTKA	K40-49	1	00:53:45.87	+00:06:31 (12.1%)	5:22	11.2 (88.2%)
4	BARGAŃSKA Justyna	11	RUNTASTYCZNI TEAM BYTÓW	K40-49	2	00:54:42.59	+00:07:27 (13.6%)	5:28	11 (86.6%)
5	SKOCZYŃSKA Renata	180	USB USTKA	K30-39	2	00:55:18.23	+00:08:03 (14.6%)	5:31	10.8 (85.0%)
6	LANGNER-KAPCZYŃSKA Edyta	111	BEST BEASTS	K30-39	3	00:56:21.47	+00:09:06 (16.2%)	5:38	10.6 (83.5%)
7	KLUCZEWSKA Emilia	78	RUNTASTYCZNI TEAM BYTÓW	K30-39	4	00:57:23.37	+00:10:08 (17.7%)	5:44	10.5 (82.7%)
8	KRUKOWSKA Magdalena	97	12 BRYGADA ZMECHANIZOWANA	K30-39	5	00:58:14.73	+00:11:00 (18.9%)	5:49	10.3 (81.1%)
9	ŚWIERCZ Iwona	201	BYLEDOBIEC ANIN	K50-59	1	00:59:22.44	+00:12:07 (20.4%)	5:56	10.1 (79.5%)
10	KĘSIK Agnieszka	254		K30-39	6	00:59:25.49	+00:12:10 (20.5%)	5:56	10.1 (79.5%)
11	KULCZYK Katarzyna	103	KB BRYZA POSTOMINO	K30-39	7	00:59:33.06	+00:12:18 (20.7%)	5:57	10.1 (79.5%)
12	KRZOSKA Dorota	100		K40-49	3	01:00:19.32	+00:13:04 (21.7%)	6:01	9.9 (78.0%)
13	PELA Hanna	154	USB USTKA	K40-49	4	01:01:48.86	+00:14:34 (23.6%)	6:10	9.7 (76.4%)
14	BOGUSZ Marietta	17	NIGHT RUNNERS	K18-29	2	01:02:06.25	+00:14:51 (23.9%)	6:12	9.7 (76.4%)

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15	ZIELIŃSKA Marzena	236	DECATHLON POWER SŁUPSK	K40-49	5	01:02:31.02	+00:15:16 (24.4%)	6:15	9.6 (75.6%)
16	MIZERA Agnieszka	124		K50-59	2	01:02:40.47	+00:15:25 (24.6%)	6:16	9.6 (75.6%)
17	PACAN Mira	145	ŚWIAT PŁYTEK U KRYSPIŃ	K30-39	8	01:03:08.56	+00:15:53 (25.2%)	6:18	9.5 (74.8%)
18	GERTNER Anna	48	BŁĘKITNE MORSY ŁEBA	K40-49	6	01:03:15.74	+00:16:01 (25.3%)	6:19	9.5 (74.8%)
19	RUTECKA Sylwia	175	TUPOT USTKA	K30-39	9	01:03:17.54	+00:16:02 (25.4%)	6:19	9.5 (74.8%)
20	ĆWIGOŃ-SZYMCZAK Kinga	247	USB USTKA	K30-39	10	01:03:29.22	+00:16:14 (25.6%)	6:20	9.5 (74.8%)
21	SIECIŃSKA Emilia	248	USB USTKA	K30-39	11	01:03:29.27	+00:16:14 (25.6%)	6:20	9.5 (74.8%)
22	REMUS Monika	172	BEST BEASTS	K40-49	7	01:04:21.39	+00:17:06 (26.6%)	6:26	9.3 (73.2%)
23	ŻYCKA Ewelina	239		K30-39	12	01:04:43.57	+00:17:28 (27.0%)	6:28	9.3 (73.2%)
24	KOZA Joanna	93	USB USTKA	K30-39	13	01:05:15.35	+00:18:00 (27.6%)	6:31	9.2 (72.4%)
25	KURZAWIŃSKA-JABŁOŃSKA Kasia	108	CZARNE BIEGA	K40-49	8	01:05:26.26	+00:18:11 (27.8%)	6:32	9.2 (72.4%)
26	BORUC Barbara	19		K50-59	3	01:05:34.83	+00:18:20 (28.0%)	6:33	9.1 (71.7%)
27	MOCNY Adriana	126		K18-29	3	01:05:36.28	+00:18:21 (28.0%)	6:33	9.1 (71.7%)
28	TYRKA Małgorzata	336		K30-39	14	01:05:55.10	+00:18:40 (28.3%)	6:35	9.1 (71.7%)
29	JAŹDŹEWSKA Elżbieta	243	BEST BEASTS	K30-39	15	01:05:56.77	+00:18:42 (28.4%)	6:35	9.1 (71.7%)
30	BIELEWICZ Anna	12	STOPA SŁUPSK	K40-49	9	01:05:58.93	+00:18:44 (28.4%)	6:35	9.1 (71.7%)
31	DĄBROWSKA Dagmara	31	BALTIC SEALS IGMAR AD	K30-39	16	01:06:03.27	+00:18:48 (28.5%)	6:36	9.1 (71.7%)
32	PRUSZAK Aneta	167	RUNTASTYCZNI TEAM BYTOW	K30-39	17	01:06:06.60	+00:18:51 (28.5%)	6:36	9.1 (71.7%)
33	KLUK Sylwia	79		K40-49	10	01:06:58.74	+00:19:44 (29.5%)	6:41	9 (70.9%)
34	BOBOWICZ Katarzyna	14		K40-49	11	01:07:46.43	+00:20:31 (30.3%)	6:46	8.9 (70.1%)
35	MARCZEWSKA Małgorzata	244	JW3775	K40-49	12	01:08:13.69	+00:20:58 (30.8%)	6:49	8.8 (69.3%)
36	GOŁGOWSKA Małgorzata	51	USB USTKA	K40-49	13	01:08:36.32	+00:21:21 (31.1%)	6:51	8.7 (68.5%)
37	MÜLLER Patrycja	129		K18-29	4	01:09:14.26	+00:21:59 (31.8%)	6:55	8.7 (68.5%)

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38	KONKEL Joanna	85	MKS 'ŚWIĘC' SŁAWNO	K50-59	4	01:09:39.90	+00:22:25 (32.2%)	6:58	8.6 (67.7%)
39	FURSEWICZ-WRÓBEL Monika	45	BEST BEASTS	K30-39	18	01:10:02.49	+00:22:47 (32.5%)	7:00	8.6 (67.7%)
40	NIZIOŁ Małgorzata	133	BEST BEASTS	K40-49	14	01:12:13.94	+00:24:59 (34.6%)	7:13	8.3 (65.4%)
41	PIETRZYCKA Renata	158	RUNEDA	K40-49	15	01:13:11.26	+00:25:56 (35.4%)	7:19	8.2 (64.6%)
42	PRZEDNÓWEK Mariola	168	CZARNE BIEGA	K30-39	19	01:14:26.34	+00:27:11 (36.5%)	7:26	8.1 (63.8%)
43	JÓSKOWSKA Beata	64	REKOWO BIEGA	K30-39	20	01:15:12.32	+00:27:57 (37.2%)	7:31	8 (63.0%)
44	BRODALA Jola	20		K40-49	16	01:15:39.24	+00:28:24 (37.6%)	7:34	7.9 (62.2%)
45	POLEWIK Małgorzata	164		K40-49	17	01:16:35.29	+00:29:20 (38.3%)	7:39	7.8 (61.4%)
46	MARCZAK Małgorzata	119	-	K50-59	5	01:16:36.14	+00:29:21 (38.3%)	7:39	7.8 (61.4%)
47	KOWALCZYK Justyna	89	WPK SŁOŃ TEAM USTKA	K30-39	21	01:18:02.29	+00:30:47 (39.5%)	7:48	7.7 (60.6%)
48	KURCZ Barbara	105	BABECZKI KOSZALIN	K40-49	18	01:19:54.51	+00:32:39 (40.9%)	7:59	7.5 (59.1%)
49	BUDZYŃSKA Ełżbieta	22	PRACOWNIA POLIGRAFICZNO-REKLAMOWA ' SERITEXT ' TOMASZ SMOCZYŃSKI	K50-59	6	01:23:05.79	+00:35:51 (43.1%)	8:18	7.2 (56.7%)
50	LABRYGA Wioletta	110		K40-49	19	01:32:03.30	+00:44:48 (48.7%)	9:12	6.5 (51.2%)
51	KLAWA Marta	76		K30-39	22	01:32:03.73	+00:44:49 (48.7%)	9:12	6.5 (51.2%)
52	WASILEWSKA Agata	214		K30-39	23	01:32:03.95	+00:44:49 (48.7%)	9:12	6.5 (51.2%)
53	JEZIERSKA Eliza	62		K30-39	24	01:35:50.08	+00:48:35 (50.7%)	9:35	6.3 (49.6%)
54	FIGIEL Dominika	40	NIGHT RUNNERS SŁUPSK	K18-29	5	01:39:15.80	+00:52:01 (52.4%)	9:55	6 (47.2%)
55	DAMPS Julita	30	NIGHT RUNNERS SŁUPSK	K30-39	25	01:39:16.47	+00:52:01 (52.4%)	9:55	6 (47.2%)
56	PAZDA-POZORSKA Małgorzata	246	NIGHT RUNNERS SŁUPSK	K30-39	26	01:39:17.25	+00:52:02 (52.4%)	9:55	6 (47.2%)
	ŁUBKOWSKA Magdalena	115		K40-49		DNF		-	- (0.0%)

Znaleziono 57 wynik(ów)