

MISTRZOSTWA 7 BOW - 5KM

Organizator: 7BOW
Data: 2023-10-04
Miejsce: SŁUPSK
Dystans: 5 km



Klasyfikacja: K 35

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	1.25km	2.5km	3.75km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	SZER. TOPKA Beata	356	2 BZ	K 35	1	00:04:53	00:09:55	00:15:01	00:20:04.03		4:00	15 (100%)
2	SZER. KULIŃSKA Justyna	166	1BZ	K 35	2	00:04:51	00:09:55	00:15:07	00:20:19.18	+00:00:15 (1.2%)	4:03	14.8 (98.7%)
3	SZER. METLICKA Wiktoria	26	DAS	K 35	3	00:04:56	00:10:01	00:15:13	00:20:30.78	+00:00:26 (2.2%)	4:06	14.6 (97.3%)
4	ST. SZER. LIS Marta	199	DPLOT	K 35	4	00:05:40	00:11:23	00:17:04	00:22:40.94	+00:02:36 (11.5%)	4:32	13.2 (88.0%)
5	SZER. JONIEC Angelika	167	1BZ	K 35	5	00:05:34	00:11:22	00:17:15	00:22:45.33	+00:02:41 (11.8%)	4:33	13.2 (88.0%)
6	SZER. IANKO Aleksandra	32	3 BZ	K 35	6	00:05:48	00:11:27	00:16:06	00:23:06.95	+00:03:02 (13.2%)	4:37	13 (86.7%)
7	SZER. TYREK Katarzyna	234	BLOG	K 35	7	00:05:37	00:11:19	00:17:28	00:23:32.76	+00:03:28 (14.8%)	4:42	12.7 (84.7%)
8	SZER. DZSW POLOCZEK Karolina	383	DPLOT	K 35	8	00:07:33	00:15:51	00:20:27	00:25:38.21	+00:05:34 (21.7%)	5:07	11.7 (78.0%)
9	KPT. KOŁODZIEJCZYK Lucyna	69	SZTAB	K 35	9	00:06:02	00:13:18	00:19:46	00:25:56.13	+00:05:52 (22.6%)	5:11	11.6 (77.3%)
10	SZER. PACUCHA Paulina	266	BDOW	K 35	10	00:06:16	00:13:19	00:19:38	00:26:47.38	+00:06:43 (25.1%)	5:21	11.2 (74.7%)
11	SZER. DZSW WYRWAŁ Marta	219	K.SZKOL.	K 35	11	00:07:06	00:13:56	00:20:36	00:27:12.16	+00:07:08 (26.2%)	5:26	11 (73.3%)
12	SZER. DZSW DUDEK Aleksandra	218	K.SZKOL.	K 35	12	00:06:14	00:13:32	00:21:13	00:28:16.20	+00:08:12 (29.0%)	5:39	10.6 (70.7%)
13	SZER. DZSW MAJER Agata	307	BDOW	K 35	13	00:06:59	00:13:55	00:22:04	00:29:41.75	+00:09:37 (32.4%)	5:56	10.1 (67.3%)
14	SZER. GISZKA Ewelina	325	BDOW	K 35	14	00:07:35	00:15:00	00:22:28	00:29:58.95	+00:09:54 (33.1%)	5:59	10 (66.7%)
15	SZER. DZSW BARTECZKO Paulina	317	DPLOT	K 35	15	00:07:20	00:14:54	00:22:50	00:30:16.14	+00:10:12 (33.7%)	6:03	9.9 (66.0%)
16	SZER. DZSW ELEND Karolina	216	K.SZKOL.	K 35	16	00:06:44	00:14:41	00:22:38	00:30:32.76	+00:10:28 (34.3%)	6:06	9.8 (65.3%)
17	SZER. DZSW GRZELCZYK Maksymiliana	217	K.SZKOL.	K 35	17	00:06:34	00:14:25	00:22:38	00:30:33.66	+00:10:29 (34.3%)	6:06	9.8 (65.3%)
18	SZER. DZSW LEWANDOWSKA Katarzyna	309	DAS	K 35	18	00:07:29	00:15:59	00:22:43	00:30:55.37	+00:10:51 (35.1%)	6:11	9.7 (64.7%)
19	SZER. DZSW JAKUSZ Paulina	315	K.SZKOL.	K 35	19	00:07:42	00:17:05	00:24:35	00:31:45.46	+00:11:41 (36.8%)	6:21	9.4 (62.7%)
20	SZER. MAKSYMIAK Wiktoria	61	DAS	K 35	20	00:07:07	00:15:34	00:24:20	00:31:50.76	+00:11:46 (37.0%)	6:22	9.4 (62.7%)
21	SZER. TEJCHMAN Martyna	273	BDOW	K 35	21	00:07:30	00:15:19	00:24:07	00:32:07.38	+00:12:03 (37.5%)	6:25	9.3 (62.0%)
22	SZER. KURUSIEWICZ Magdalena	106	2 BZ	K 35	22	00:06:51	00:15:53	00:24:16	00:32:14.26	+00:12:10 (37.8%)	6:26	9.3 (62.0%)
23	SZER. FLOREK Oliwia	358	BDOW	K 35	23	00:07:02	00:15:18	00:24:08	00:32:16.73	+00:12:12 (37.8%)	6:27	9.3 (62.0%)
24	SZER. KOTŁOWSKA Agata	68	2 BZ	K 35	24	00:07:13	00:15:54	00:24:17	00:32:41.21	+00:12:37 (38.6%)	6:32	9.2 (61.3%)
25	SZER. DZSW PARYSZ Mariola	306	BDOW	K 35	25	00:08:02	00:16:18	00:24:28	00:32:45.26	+00:12:41 (38.7%)	6:33	9.2 (61.3%)
26	SZER. DZSW HLIWSKA Daria	305	BDOW	K 35	26	00:08:01	00:16:18	00:24:28	00:32:47.82	+00:12:43 (38.8%)	6:33	9.2 (61.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	1.25km	2.5km	3.75km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
27	SZER. DZSW SOBIERAŃSKA Wiktoria	371	BLOG	K 35	27	00:07:15	00:15:32	00:24:53	00:32:48.03	+00:12:43 (38.8%)	6:33	9.1 (60.7%)
28	SZER. DZSW KĘDZIA Wiktoria	304	BDOW	K 35	28	00:08:02	00:16:39	00:25:20	00:33:13.34	+00:13:09 (39.6%)	6:38	9 (60.0%)
29	SZER. ŚLEDŹ Izabela	328	BDOW	K 35	29	00:07:56	00:16:39	00:25:15	00:33:20.53	+00:13:16 (39.8%)	6:40	9 (60.0%)
30	SZER. FODOROWSKA Natalia	126	2 BZ	K 35	30	00:07:26	00:16:21	00:25:15	00:33:43.77	+00:13:39 (40.5%)	6:44	8.9 (59.3%)
31	SZER. SZWEDEK Emilia	116	2 BZ	K 35	31	00:07:26	00:16:20	00:25:31	00:33:45.24	+00:13:41 (40.5%)	6:45	8.9 (59.3%)
32	SZER. DZSW STERNAL Wiktoria	214	K.SZKOL.	K 35	32	00:07:32	00:16:14	00:25:38	00:33:56.03	+00:13:51 (40.9%)	6:47	8.8 (58.7%)
33	SZER. DZSW ZASŁUBIK Wioleta	175	K.SZKOL.	K 35	33	00:07:31	00:16:13	00:25:38	00:33:59.66	+00:13:55 (41.0%)	6:47	8.8 (58.7%)
34	SZER. DZSW JODZIEWICZ Zuzanna	322	K.SZKOL.	K 35	34	00:07:57	00:17:06	00:25:44	00:34:18.60	+00:14:14 (41.5%)	6:51	8.7 (58.0%)
35	SZER. ŻURAWSKA Nikola	131	2 BZ	K 35	35	00:07:39	00:16:40	00:25:17	00:34:18.76	+00:14:14 (41.5%)	6:51	8.7 (58.0%)
36	SZER. DZSW MEDWID Natalia	215	K.SZKOL.	K 35	36	00:07:13	00:16:00	00:25:21	00:34:19.83	+00:14:15 (41.5%)	6:51	8.7 (58.0%)
37	SZER. WIT Magdalena	168	KSAP.	K 35	37	00:07:50	00:17:15	00:26:25	00:35:44.53	+00:15:40 (43.9%)	7:08	8.4 (56.0%)
38	SZER. DZSW DOMALEWSKA Karolina	150	2 BZ	K 35	38	00:07:41	00:17:16	00:26:54	00:36:00.74	+00:15:56 (44.3%)	7:12	8.3 (55.3%)
39	SZER. DZSW SZKLARCZYK Estera	154	2 BZ	K 35	39	00:08:19	00:17:27	00:27:04	00:36:11.52	+00:16:07 (44.6%)	7:14	8.3 (55.3%)
40	SZER. ŁYSAKOWSKA Natalia	357	BDOW	K 35	40	00:08:25	00:17:15	00:26:39	00:36:15.00	+00:16:10 (44.6%)	7:15	8.3 (55.3%)
41	SZER. DZSW MAKURET Klaudia	314	BDOW	K 35	41	00:08:19	00:18:56	00:28:11	00:37:41.11	+00:17:37 (46.8%)	7:32	8 (53.3%)
42	SZER. NOWAK Amelia	60	DAS	K 35	42	00:08:26	00:19:03	00:28:18	00:37:47.24	+00:17:43 (46.9%)	7:33	7.9 (52.7%)
43	SZER. DZSW SZCZERBIŃSKA Monika	308	BDOW	K 35	43	00:08:58	00:18:56	00:28:55	00:38:40.11	+00:18:36 (48.1%)	7:44	7.8 (52.0%)
44	SZER. ZAJĄC Wiktoria	130	2 BZ	K 35	44	00:08:56	00:19:11	00:30:29	00:41:39.25	+00:21:35 (51.8%)	8:19	7.2 (48.0%)

Znaleziono 44 wynik(ów)