

# MISTRZOSTWA 7 BOW - 5KM

B4SPORT  
INTELEGENE ZAWODY SPORTOWE

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



Klasyfikacja: K OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	1.25km	2.5km	3.75km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>SZER. TOPKA Beata</b>	<b>356</b>	2 BZ	K 35	1	00:04:53	00:09:55	00:15:01	<b>00:20:04.03</b>		4:00	15 (100%)
2	<b>SZER. KULIŃSKA Justyna</b>	<b>166</b>	1BZ	K 35	2	00:04:51	00:09:55	00:15:07	<b>00:20:19.18</b>	+00:00:15 (1.2%)	4:03	14.8 (98.7%)
3	<b>SZER. METLICKA Wiktoria</b>	<b>26</b>	DAS	K 35	3	00:04:56	00:10:01	00:15:13	<b>00:20:30.78</b>	+00:00:26 (2.2%)	4:06	14.6 (97.3%)
4	<b>SZER. NOWAK Agnieszka</b>	<b>74</b>	DPLOT	Drużynówka	4	00:05:15	00:10:51	00:16:43	<b>00:22:34.17</b>	+00:02:30 (11.1%)	4:30	13.3 (88.7%)
5	<b>ST. SZER. LIS Marta</b>	<b>199</b>	DPLOT	K 35	4	00:05:40	00:11:23	00:17:04	<b>00:22:40.94</b>	+00:02:36 (11.5%)	4:32	13.2 (88.0%)
6	<b>SZER. JONIEC Angelika</b>	<b>167</b>	1BZ	K 35	5	00:05:34	00:11:22	00:17:15	<b>00:22:45.33</b>	+00:02:41 (11.8%)	4:33	13.2 (88.0%)
7	<b>SZER. IANKO Aleksandra</b>	<b>32</b>	3 BZ	K 35	6	00:05:48	00:11:27	00:16:06	<b>00:23:06.95</b>	+00:03:02 (13.2%)	4:37	13 (86.7%)
8	<b>SZER. SAMP Agnieszka</b>	<b>186</b>	DPLOT	Drużynówka	6	00:05:52	00:11:44	00:17:35	<b>00:23:24.10</b>	+00:03:20 (14.2%)	4:40	12.8 (85.3%)
9	<b>SZER. TYREK Katarzyna</b>	<b>234</b>	BLOG	K 35	7	00:05:37	00:11:19	00:17:28	<b>00:23:32.76</b>	+00:03:28 (14.8%)	4:42	12.7 (84.7%)
10	<b>SZER. KĘSIK Agnieszka</b>	<b>45</b>	DAS	Drużynówka	10	00:05:57	00:12:16	00:18:59	<b>00:25:27.81</b>	+00:05:23 (21.2%)	5:05	11.8 (78.7%)
11	<b>SZER. DZSW POLOCZEK Karolina</b>	<b>383</b>	DPLOT	K 35	8	00:07:33	00:15:51	00:20:27	<b>00:25:38.21</b>	+00:05:34 (21.7%)	5:07	11.7 (78.0%)
12	<b>KPT. KOŁODZIEJCZYK Lucyna</b>	<b>69</b>	SZTAB	K 35	9	00:06:02	00:13:18	00:19:46	<b>00:25:56.13</b>	+00:05:52 (22.6%)	5:11	11.6 (77.3%)
13	<b>SZER. PACUCHA Paulina</b>	<b>266</b>	BDOW	K 35	10	00:06:16	00:13:19	00:19:38	<b>00:26:47.38</b>	+00:06:43 (25.1%)	5:21	11.2 (74.7%)
14	<b>SZER. DZSW WYRWAŁ Marta</b>	<b>219</b>	K.SZKOL.	K 35	11	00:07:06	00:13:56	00:20:36	<b>00:27:12.16</b>	+00:07:08 (26.2%)	5:26	11 (73.3%)
15	<b>SZER. ROSZKOWSKA Monika</b>	<b>318</b>	1BZ	Drużynówka	14	00:06:19	00:12:53	00:20:04	<b>00:27:12.46</b>	+00:07:08 (26.2%)	5:26	11 (73.3%)
16	<b>SZER. DZSW KUZIMIŃSKA Aneta</b>	<b>152</b>	2 BZ	Drużynówka	15	00:07:12	00:14:07	00:21:15	<b>00:27:33.11</b>	+00:07:29 (27.2%)	5:30	10.9 (72.7%)
17	<b>SZER. DZSW DUDEK Aleksandra</b>	<b>218</b>	K.SZKOL.	K 35	12	00:06:14	00:13:32	00:21:13	<b>00:28:16.20</b>	+00:08:12 (29.0%)	5:39	10.6 (70.7%)
18	<b>KPR. DUDKIEWICZ Maria</b>	<b>260</b>	BDOW	Drużynówka	17	00:06:59	00:14:03	00:21:15	<b>00:28:21.48</b>	+00:08:17 (29.2%)	5:40	10.6 (70.7%)
19	<b>SZER. SUCHAN Kamila</b>	<b>183</b>	DPLOT	Drużynówka	19	00:06:17	00:13:41	00:22:02	<b>00:28:51.47</b>	+00:08:47 (30.5%)	5:46	10.4 (69.3%)
20	<b>KPR. KOMAR Beata</b>	<b>90</b>	2 BZ	Drużynówka	20	00:07:45	00:15:25	00:22:37	<b>00:29:11.54</b>	+00:09:07 (31.3%)	5:50	10.3 (68.7%)
21	<b>SZER. DZSW MAJER Agata</b>	<b>307</b>	BDOW	K 35	13	00:06:59	00:13:55	00:22:04	<b>00:29:41.75</b>	+00:09:37 (32.4%)	5:56	10.1 (67.3%)
22	<b>SZER. GISZKA Ewelina</b>	<b>325</b>	BDOW	K 35	14	00:07:35	00:15:00	00:22:28	<b>00:29:58.95</b>	+00:09:54 (33.1%)	5:59	10 (66.7%)
23	<b>KPR. WIERZBICKA Kornelia</b>	<b>81</b>	2 BZ	Drużynówka	22	00:07:08	00:14:31	00:22:19	<b>00:30:09.40</b>	+00:10:05 (33.5%)	6:01	10 (66.7%)
24	<b>SZER. RATAJSKA Marta</b>	<b>57</b>	DAS	Drużynówka	23	00:06:56	00:14:05	00:22:27	<b>00:30:14.72</b>	+00:10:10 (33.7%)	6:02	9.9 (66.0%)
25	<b>SZER. DZSW BARTECZKO Paulina</b>	<b>317</b>	DPLOT	K 35	15	00:07:20	00:14:54	00:22:50	<b>00:30:16.14</b>	+00:10:12 (33.7%)	6:03	9.9 (66.0%)
26	<b>SZER. DZSW ELEND Karolina</b>	<b>216</b>	K.SZKOL.	K 35	16	00:06:44	00:14:41	00:22:38	<b>00:30:32.76</b>	+00:10:28 (34.3%)	6:06	9.8 (65.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	1.25km	2.5km	3.75km	Czas netto		Tempo min/km	Tempo km/h
									5km	Różn		
27	<b>SZER. DZSW GRZELCZYK Maksymiliana</b>	<b>217</b>	K.SZKOL.	K 35	17	00:06:34	00:14:25	00:22:38	<b>00:30:33.66</b>	+00:10:29 (34.3%)	6:06	9.8 (65.3%)
28	<b>SZER. DZSW LEWANDOWSKA Katarzyna</b>	<b>309</b>	DAS	K 35	18	00:07:29	00:15:59	00:22:43	<b>00:30:55.37</b>	+00:10:51 (35.1%)	6:11	9.7 (64.7%)
29	<b>KPR. CHADZIEWICZ Marzena</b>	<b>261</b>	BDOW	Drużynówka	27	00:07:26	00:15:07	00:23:01	<b>00:30:59.27</b>	+00:10:55 (35.2%)	6:11	9.7 (64.7%)
30	<b>SZER. SUCHAN Kamila</b>	<b>350</b>	DPLOT	Drużynówka	28	00:08:09	00:17:20	00:26:34	<b>00:31:03.51</b>	+00:10:59 (35.4%)	6:12	9.7 (64.7%)
31	<b>SZER. DZSW PYTLOS Katarzyna</b>	<b>153</b>	2 BZ	Drużynówka	29	00:07:36	00:15:15	00:23:22	<b>00:31:29.96</b>	+00:11:25 (36.3%)	6:17	9.5 (63.3%)
32	<b>SZER. DZSW JAKUSZ Paulina</b>	<b>315</b>	K.SZKOL.	K 35	19	00:07:42	00:17:05	00:24:35	<b>00:31:45.46</b>	+00:11:41 (36.8%)	6:21	9.4 (62.7%)
33	<b>SZER. MAKSYMIOUK Wiktoria</b>	<b>61</b>	DAS	K 35	20	00:07:07	00:15:34	00:24:20	<b>00:31:50.76</b>	+00:11:46 (37.0%)	6:22	9.4 (62.7%)
34	<b>SZER. TEJCHMAN Martyna</b>	<b>273</b>	BDOW	K 35	21	00:07:30	00:15:19	00:24:07	<b>00:32:07.38</b>	+00:12:03 (37.5%)	6:25	9.3 (62.0%)
35	<b>SZER. KURUSIEWICZ Magdalena</b>	<b>106</b>	2 BZ	K 35	22	00:06:51	00:15:53	00:24:16	<b>00:32:14.26</b>	+00:12:10 (37.8%)	6:26	9.3 (62.0%)
36	<b>SZER. FLOREK Oliwia</b>	<b>358</b>	BDOW	K 35	23	00:07:02	00:15:18	00:24:08	<b>00:32:16.73</b>	+00:12:12 (37.8%)	6:27	9.3 (62.0%)
37	<b>SZER. KOTŁOWSKA Agata</b>	<b>68</b>	2 BZ	K 35	24	00:07:13	00:15:54	00:24:17	<b>00:32:41.21</b>	+00:12:37 (38.6%)	6:32	9.2 (61.3%)
38	<b>SZER. DZSW PARYSZ Mariola</b>	<b>306</b>	BDOW	K 35	25	00:08:02	00:16:18	00:24:28	<b>00:32:45.26</b>	+00:12:41 (38.7%)	6:33	9.2 (61.3%)
39	<b>SZER. DZSW HLIWSKA Daria</b>	<b>305</b>	BDOW	K 35	26	00:08:01	00:16:18	00:24:28	<b>00:32:47.82</b>	+00:12:43 (38.8%)	6:33	9.2 (61.3%)
40	<b>SZER. DZSW SOBIERAŃSKA Wiktoria</b>	<b>371</b>	BLOG	K 35	27	00:07:15	00:15:32	00:24:53	<b>00:32:48.03</b>	+00:12:43 (38.8%)	6:33	9.1 (60.7%)
41	<b>SZER. DZSW KĘDZIA Wiktoria</b>	<b>304</b>	BDOW	K 35	28	00:08:02	00:16:39	00:25:20	<b>00:33:13.34</b>	+00:13:09 (39.6%)	6:38	9 (60.0%)
42	<b>SZER. ŚLEDŹ Izabela</b>	<b>328</b>	BDOW	K 35	29	00:07:56	00:16:39	00:25:15	<b>00:33:20.53</b>	+00:13:16 (39.8%)	6:40	9 (60.0%)
43	<b>SZER. KOSZAŁKA Monika</b>	<b>56</b>	DAS	Drużynówka	31	00:07:44	00:16:07	00:24:48	<b>00:33:30.03</b>	+00:13:26 (40.1%)	6:42	9 (60.0%)
44	<b>SZER. DZSW STĘPIEC Joanna</b>	<b>320</b>	DPLOT	Drużynówka	32	00:07:44	00:16:07	00:24:48	<b>00:33:30.31</b>	+00:13:26 (40.1%)	6:42	9 (60.0%)
45	<b>SZER. FODOROWSKA Natalia</b>	<b>126</b>	2 BZ	K 35	30	00:07:26	00:16:21	00:25:15	<b>00:33:43.77</b>	+00:13:39 (40.5%)	6:44	8.9 (59.3%)
46	<b>SZER. SZWEDEK Emilia</b>	<b>116</b>	2 BZ	K 35	31	00:07:26	00:16:20	00:25:31	<b>00:33:45.24</b>	+00:13:41 (40.5%)	6:45	8.9 (59.3%)
47	<b>SZER. DZSW STERNAL Wiktoria</b>	<b>214</b>	K.SZKOL.	K 35	32	00:07:32	00:16:14	00:25:38	<b>00:33:56.03</b>	+00:13:51 (40.9%)	6:47	8.8 (58.7%)
48	<b>SZER. DZSW ZASŁUBIK Wioleta</b>	<b>175</b>	K.SZKOL.	K 35	33	00:07:31	00:16:13	00:25:38	<b>00:33:59.66</b>	+00:13:55 (41.0%)	6:47	8.8 (58.7%)
49	<b>SZER. DZSW JODZIEWICZ Zuzanna</b>	<b>322</b>	K.SZKOL.	K 35	34	00:07:57	00:17:06	00:25:44	<b>00:34:18.60</b>	+00:14:14 (41.5%)	6:51	8.7 (58.0%)
50	<b>SZER. ŻURAWSKA Nikola</b>	<b>131</b>	2 BZ	K 35	35	00:07:39	00:16:40	00:25:17	<b>00:34:18.76</b>	+00:14:14 (41.5%)	6:51	8.7 (58.0%)
51	<b>SZER. DZSW MEDWID Natalia</b>	<b>215</b>	K.SZKOL.	K 35	36	00:07:13	00:16:00	00:25:21	<b>00:34:19.83</b>	+00:14:15 (41.5%)	6:51	8.7 (58.0%)
52	<b>SZER. WIT Magdalena</b>	<b>168</b>	KSAP.	K 35	37	00:07:50	00:17:15	00:26:25	<b>00:35:44.53</b>	+00:15:40 (43.9%)	7:08	8.4 (56.0%)
53	<b>SZER. DZSW DOMALEWSKA Karolina</b>	<b>150</b>	2 BZ	K 35	38	00:07:41	00:17:16	00:26:54	<b>00:36:00.74</b>	+00:15:56 (44.3%)	7:12	8.3 (55.3%)
54	<b>SZER. DZSW SZKLARCZYK Estera</b>	<b>154</b>	2 BZ	K 35	39	00:08:19	00:17:27	00:27:04	<b>00:36:11.52</b>	+00:16:07 (44.6%)	7:14	8.3 (55.3%)
55	<b>SZER. ŁYSAKOWSKA Natalia</b>	<b>357</b>	BDOW	K 35	40	00:08:25	00:17:15	00:26:39	<b>00:36:15.00</b>	+00:16:10 (44.6%)	7:15	8.3 (55.3%)
56	<b>SZER. DZSW MAKURET Klaudia</b>	<b>314</b>	BDOW	K 35	41	00:08:19	00:18:56	00:28:11	<b>00:37:41.11</b>	+00:17:37 (46.8%)	7:32	8 (53.3%)
57	<b>SZER. NOWAK Amelia</b>	<b>60</b>	DAS	K 35	42	00:08:26	00:19:03	00:28:18	<b>00:37:47.24</b>	+00:17:43 (46.9%)	7:33	7.9 (52.7%)
58	<b>SZER. DZSW SZCZERBIŃSKA Monika</b>	<b>308</b>	BDOW	K 35	43	00:08:58	00:18:56	00:28:55	<b>00:38:40.11</b>	+00:18:36 (48.1%)	7:44	7.8 (52.0%)
59	<b>SZER. ZAJĄC Wiktoria</b>	<b>130</b>	2 BZ	K 35	44	00:08:56	00:19:11	00:30:29	<b>00:41:39.25</b>	+00:21:35 (51.8%)	8:19	7.2 (48.0%)

Znaleziono 59 wynik(ów)