# MISTRZOSTWA IWSZ RP W BIEGU ULICZNYM - 10KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

**Organizator:** 1BLog
**Data:** 2022-11-16
**Miejsce:** Bydgoszcz
**Dystans:** 10 km




## Klasyfikacja: OPEN -K

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | 5km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | **ST. KPR.EJDYS -TOMASZEWSKA Sylwia** | **80** | 4 RBLOG | K36+ | 1 | 00:18:40 | **00:37:15.15** | **00:37:18.35** | | 3:43 | 16.1 (100%) |
| 2 | **SZER.NOWAKOWSKA Anna** | **90** | 1BLOG | K35 | 1 | 00:18:38 | **00:37:48.60** | **00:37:51.95** | +00:00:33 (1.5%) | 3:46 | 15.9 (98.8%) |
| 3 | **ST.SZER.KORALEWSKA Barbara** | **74** | 10 BLOG | K35 | 2 | 00:20:39 | **00:41:21.15** | **00:41:24.80** | +00:04:06 (9.9%) | 4:08 | 14.5 (90.1%) |
| 4 | **KPR.CYPRYCH Katarzyna** | **50** | 1 RBLOG | K35 | 3 | 00:21:55 | **00:43:27.30** | **00:43:31.00** | +00:06:12 (14.3%) | 4:20 | 13.8 (85.7%) |
| 5 | **PPOR.BRYŚ Daria** | **75** | 10 BLOG | K35 | 4 | 00:21:46 | **00:43:40.20** | **00:43:44.30** | +00:06:25 (14.7%) | 4:22 | 13.7 (85.1%) |
| 6 | **PPOR. ZATORSKA - SKUBIS Paulina** | **72** | 10 BLOG | K35 | 5 | 00:21:36 | **00:43:47.90** | **00:43:52.80** | +00:06:34 (15.0%) | 4:22 | 13.7 (85.1%) |
| 7 | **POR.SZUBA Jagoda** | **73** | 10 BLOG | K35 | 6 | 00:21:37 | **00:44:57.50** | **00:45:01.30** | +00:07:42 (17.1%) | 4:29 | 13.3 (82.6%) |
| 8 | **POR.LESISZ Agata** | **57** | 1 RBLOG | K36+ | 2 | 00:22:35 | **00:45:25.10** | **00:45:29.40** | +00:08:11 (18.0%) | 4:32 | 13.2 (82.0%) |
| 9 | **SZER.DULAT Agnieszka** | **88** | 1BLOG | K35 | 7 | 00:22:34 | **00:45:26.60** | **00:45:31.20** | +00:08:12 (18.0%) | 4:32 | 13.2 (82.0%) |
| 10 | **POR.KOWALCZYK Kamila** | **2** | BDOW IWSP SZ | K35 | 8 | 00:22:53 | **00:46:00.90** | **00:46:08.00** | +00:08:49 (19.1%) | 4:36 | 13 (80.7%) |
| 11 | **KPT.KURZAWA Maria** | **1** | BDOW IWSP SZ | K35 | 9 | 00:23:29 | **00:47:05.00** | **00:47:11.30** | +00:09:52 (20.9%) | 4:42 | 12.7 (78.9%) |
| 12 | **KPT.ULAN Natalia** | **91** | 1BLOG | K35 | 10 | 00:23:28 | **00:47:17.95** | **00:47:23.35** | +00:10:05 (21.3%) | 4:43 | 12.7 (78.9%) |
| 13 | **PPOR.ŚWIERCZYŃSKA Justyna** | **89** | 1BLOG – PK | K35 | 11 | 00:22:46 | **00:47:39.90** | **00:47:44.80** | +00:10:26 (21.9%) | 4:45 | 12.6 (78.3%) |
| 14 | **PPOR. ZAMORA - REMBIASZ Katarzyna** | **71** | 10 BLOG | K36+ | 3 | 00:24:13 | **00:48:20.10** | **00:48:25.50** | +00:11:07 (23.0%) | 4:50 | 12.4 (77.0%) |
| 15 | **KPT.KASPRZYK Ewelina** | **70** | 10 BLOG | K36+ | 4 | 00:24:26 | **00:49:13.90** | **00:49:19.70** | +00:12:01 (24.4%) | 4:55 | 12.2 (75.8%) |
| 16 | **KPT. BIERNACKA Magdalena** | **92** | 1BLOG | K35 | 12 | 00:24:39 | **00:50:20.40** | **00:50:25.60** | +00:13:07 (26.0%) | 5:02 | 11.9 (73.9%) |
| 17 | **ST.SZER.PARDEJ Liliana** | **47** | 1 RBLOG | K35 | 13 | 00:25:49 | **00:52:22.95** | **00:52:29.85** | +00:15:11 (28.9%) | 5:14 | 11.5 (71.4%) |
| 18 | **PPOR.KWIATKOWSKA Dominika** | **69** | 10 BLOG – PK | K35 | 14 | 00:25:46 | **00:52:55.60** | **00:53:01.40** | +00:15:43 (29.6%) | 5:17 | 11.3 (70.2%) |
| 19 | **PPOR.MIELCARSKA Marcelina** | **19** | CENTRUM SZKOLENIA LOGISTYKI | K35 | 15 | 00:29:25 | **01:00:49.25** | **01:00:58.00** | +00:23:39 (38.8%) | 6:04 | 9.9 (61.5%) |
| 20 | **ST.SZER.WOJTALAK Monika** | **42** | 2 RBLOG | K35 | 16 | 00:33:09 | **01:06:48.00** | **01:06:56.60** | +00:29:38 (44.3%) | 6:40 | 9 (55.9%) |
| 21 | **SZER.DELIKAT Aleksandra** | **43** | 2 RBLOG | K35 | 17 | 00:33:09 | **01:08:51.50** | **01:09:00.05** | +00:31:41 (45.9%) | 6:53 | 8.7 (54.0%) |
| 22 | **ST.SZER.NIEWIADOMA Żaklina** | **44** | 2 RBLOG | K36+ | 5 | 00:34:23 | **01:10:00.65** | **01:10:10.20** | +00:32:51 (46.8%) | 7:00 | 8.6 (53.4%) |
| 22 | **ST.SZER.CZARKOWSKA Katarzyna** | **45** | 2 RBLOG | K36+ | 5 | 00:34:23 | **01:10:00.60** | **01:10:10.20** | +00:32:51 (46.8%) | 7:00 | 8.6 (53.4%) |

Znaleziono 23 wynik(ów)