



SILESIA HIGHLAND MARATHON - 10 KM

B4SPORT

Organizator:
Data:
Miejsce:
Dystans:

Qualifit
2016-07-30
Nowa Wieś
10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	MENDECKA Michalina	224	MOSIR ŁAZISKA GÓRNE	K18	1	00:00:03	00:46:44.50	00:46:47.90		4:40	12.8 (100%)
2	DALEWSKA Dalia	259		K30	1	00:00:02	00:47:02.00	00:47:04.65	+00:00:17 (0.6%)	4:42	12.8 (100%)
3	GOLBA Kasia	270	AZS AWF KATOWICE /1SECONDTEAM	K18	2	00:00:03	00:47:03.05	00:47:06.05	+00:00:18 (0.7%)	4:42	12.8 (100%)
4	KAPALA Patrycja	280		K18	3	00:00:04	00:52:22.70	00:52:26.70	+00:05:38 (10.8%)	5:14	11.5 (89.8%)
5	NIEMCZYK Magdalena	271		K18	4	00:00:04	00:54:33.45	00:54:37.90	+00:07:48 (14.3%)	5:27	11 (85.9%)
6	STAŃCZYK Agnieszka	265	O CO BIEGA W KALETACH	K30	2	00:00:07	00:55:41.00	00:55:48.20	+00:08:56 (16.1%)	5:34	10.8 (84.4%)
7	CIENIAWSKA Ewa	220		K30	3	00:00:09	00:55:57.00	00:56:06.95	+00:09:12 (16.5%)	5:35	10.7 (83.6%)
8	DĘBSKA Joanna	18	NIGHT RUNNERS GLIWICE	K40+	1	00:00:18	00:56:00.55	00:56:19.15	+00:09:16 (16.5%)	5:36	10.7 (83.6%)
9	CICHOŃ Joanna	225	BRAK	K30	4	00:00:04	00:58:56.80	00:59:01.55	+00:12:12 (20.7%)	5:53	10.2 (79.7%)
10	PYKA Monika	83		K30	5	00:00:07	01:01:15.50	01:01:22.50	+00:14:31 (23.7%)	6:07	9.8 (76.6%)
11	KUŁAKOWSKA Monika	42	W POGONI ZA DUCHEM	K30	6	00:00:09	01:02:08.15	01:02:17.85	+00:15:23 (24.8%)	6:12	9.7 (75.8%)
12	MATYSIAK Aleksandra	40	W POGONI ZA DUCHEM	K40+	2	00:00:09	01:03:10.15	01:03:19.70	+00:16:25 (26.0%)	6:19	9.5 (74.2%)
13	SMOLARCCZYK Agnieszka	234		K30	7	00:00:17	01:04:29.00	01:04:46.50	+00:17:44 (27.5%)	6:26	9.3 (72.7%)
14	BUJOCZEK Magdalena	21	RUNAWAYS	K30	8	00:00:13	01:04:52.10	01:05:05.50	+00:18:07 (27.9%)	6:29	9.2 (71.9%)
15	PAUL Violetta	17	NIGHT RUNNERS GLIWICE	K40+	3	00:00:18	01:05:18.70	01:05:37.65	+00:18:34 (28.4%)	6:31	9.2 (71.9%)
16	DZIERŻANOWSKA Blanka	76	NIGHT RUNNERS ZABRZE	K18	5	00:00:04	01:05:33.45	01:05:38.25	+00:18:48 (28.7%)	6:33	9.2 (71.9%)
17	JARZĘBOWSKA Marlena	36	W POGONI ZA DUCHEM	K30	9	00:00:09	01:05:36.00	01:05:45.55	+00:18:51 (28.7%)	6:33	9.1 (71.1%)
18	KRAWCZYK Beata	106		K18	6	00:00:18	01:05:56.95	01:06:15.15	+00:19:12 (29.1%)	6:35	9.1 (71.1%)
19	MUSIELAK Wioleta	239		K40+	4	00:00:06	01:06:43.00	01:06:49.40	+00:19:58 (29.9%)	6:40	9 (70.3%)
20	STANUSZEK Agnieszka	87		K18	7	00:00:15	01:07:05.10	01:07:20.75	+00:20:20 (30.3%)	6:42	8.9 (69.5%)
21	PREJS Beata Marta	56	NIGHT RUNNERS	K30	10	00:00:13	01:07:28.85	01:07:42.55	+00:20:44 (30.7%)	6:44	8.9 (69.5%)
22	PERLAK Magdalena	63		K18	8	00:00:12	01:07:41.00	01:07:53.70	+00:20:56 (30.9%)	6:46	8.9 (69.5%)
23	ZAWADZKA Anna	6		K30	11	00:00:17	01:08:41.65	01:08:59.10	+00:21:57 (32.0%)	6:52	8.7 (68.0%)
24	KOCOT Patrycja	249		K30	12	00:00:13	01:09:09.20	01:09:22.95	+00:22:24 (32.4%)	6:54	8.7 (68.0%)
25	WOJDAS Izabela			K30	13	00:00:09	01:09:33.75	01:09:43.10	+00:22:49 (32.8%)	6:57	8.6 (67.2%)
26	MAZAN Justyna	214		K30	14	00:00:18	01:09:39.50	01:09:58.15	+00:22:55 (32.9%)	6:58	8.6 (67.2%)
27	GOŚCINIAK Małgorzata	55	ALOE TEAM	K40+	5	00:00:15	01:10:20.70	01:10:35.85	+00:23:36 (33.6%)	7:02	8.5 (66.4%)
28	WOJCIECHOWSKA Karolina	61		K18	9	00:00:07	01:10:47.40	01:10:54.90	+00:24:02 (34.0%)	7:04	8.5 (66.4%)

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29	PIOTROWSKA-TRONINA Joanna	108	TRNX TRIATHLON TEAM	K30	15	00:00:17	01:11:08.25	01:11:25.75	+00:24:23 (34.3%)	7:06	8.4 (65.6%)
30	BRZEZIŃSKA Teresa	16	NIGHT RUNNERS GLIWICE	K40+	6	00:00:18	01:11:27.65	01:11:46.35	+00:24:43 (34.6%)	7:08	8.4 (65.6%)
31	COP Martyna	50		K18	10	00:00:08	01:12:46.95	01:12:55.20	+00:26:02 (35.8%)	7:16	8.2 (64.1%)
32	PRZYBYŁO Sonia	72	NIGHT RUNNERS GLIWICE	K18	11	00:00:18	01:14:13.20	01:14:31.85	+00:27:28 (37.0%)	7:25	8.1 (63.3%)
33	GORYJEWSKA Iza	94		K18	12	00:00:07	01:14:48.40	01:14:55.70	+00:28:03 (37.5%)	7:28	8 (62.5%)
34	GARNOWSKA Anetta	84		K40+	7	00:00:20	01:14:51.25	01:15:11.60	+00:28:06 (37.6%)	7:29	8 (62.5%)
35	WILSZ Ewa	4	UNISONO	K40+	8	00:00:11	01:17:17.90	01:17:29.10	+00:30:33 (39.5%)	7:43	7.8 (60.9%)
36	JUREK Anna	51		K18	13	00:00:04	01:23:49.65	01:23:54.20	+00:37:05 (44.2%)	8:23	7.2 (56.3%)
37	MAREK Ewa	62		K30	16	00:00:17	01:24:12.25	01:24:29.75	+00:37:27 (44.5%)	8:25	7.1 (55.5%)
38	KRAWCZYK Marta	65		K30	17	00:00:12	01:25:14.90	01:25:27.75	+00:38:30 (45.2%)	8:31	7 (54.7%)
39	KAPAŁA Aleksandra	82		K18	14	00:00:04	01:28:22.90	01:28:27.10	+00:41:38 (47.1%)	8:50	6.8 (53.1%)
40	WICHER Katarzyna	14		K18	15	00:00:10	01:29:49.80	01:30:00.25	+00:43:05 (48.0%)	8:59	6.7 (52.3%)
41	JANIGA Beata	75	W POGONI ZA DUCHEM	K30	18	00:00:13	01:41:29.40	01:41:43.05	+00:54:44 (53.9%)	10:09	5.9 (46.1%)

Znaleziono 41 wynik(ów)