



Organizator:
Data:
Miejsce:
Dystans:

V ĆWIERĆMARATON MUZYCZNY 10KM

Stowarzyszenie Klub Biegowy 4 RUN Team Piła
2016-05-01
Piła
10 km

B4SPORT

 **HERKULES**
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Klasyfikacja: K40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	PAWŁOWSKA Aneta	567		K40	1	00:00:14	00:08:23	00:27:35	00:47:20.70	00:47:35.35		4:44	12.7 (100%)
2	PAKULSKA Magdalena	346	PIĄTKOWO NA BIEGOWO	K40	2	00:00:08	00:08:08	00:27:35	00:47:41.60	00:47:49.60	+00:00:20 (0.7%)	4:46	12.6 (99.2%)
3	SKRZYPCZAK Hanna	438	MIŁOŚLAW FORTUNA TEAM	K40	3	00:00:19	00:08:40	00:28:06	00:48:09.95	00:48:29.80	+00:00:49 (1.7%)	4:49	12.5 (98.4%)
4	GOTLIB Iwona	142		K40	4	00:00:05	00:08:15	00:27:53	00:48:15.90	00:48:20.95	+00:00:55 (1.9%)	4:49	12.4 (97.6%)
5	BALCEROWICZ Beata	27	4RUN TEAM PIŁA	K40	5	00:00:06	00:08:39	00:28:43	00:48:57.45	00:49:03.90	+00:01:36 (3.3%)	4:53	12.3 (96.9%)
6	GLAZER Anna	135	CZARNKÓW	K40	6	00:00:12	00:08:42	00:28:39	00:49:07.20	00:49:20.00	+00:01:46 (3.6%)	4:54	12.2 (96.1%)
7	SKIBIŃSKA Aldona	432	CZARNKÓW	K40	7	00:00:13	00:08:42	00:28:38	00:49:22.60	00:49:35.80	+00:02:01 (4.1%)	4:56	12.2 (96.1%)
8	KURZAJCZYK Joanna	262	4RUN TEAM	K40	8	00:00:04	00:08:37	00:29:30	00:50:53.90	00:50:58.65	+00:03:33 (7.0%)	5:05	11.8 (92.9%)
9	ZYGMUNT Angelika	538		K40	9	00:00:14	00:09:02	00:30:03	00:51:36.25	00:51:51.15	+00:04:15 (8.3%)	5:09	11.6 (91.3%)
10	JĘSIEK Agnieszka	190	PSEUDOBIEGCZKI	K40	10	00:00:26	00:09:04	00:30:09	00:51:38.25	00:52:04.40	+00:04:17 (8.3%)	5:09	11.6 (91.3%)
11	BARBUSIŃSKA Alicja	30		K40	11	00:00:12	00:09:11	00:30:18	00:51:56.45	00:52:09.30	+00:04:35 (8.8%)	5:11	11.5 (90.6%)
12	KLUGE Ewa	216		K40	12	00:00:05	00:08:39	00:29:20	00:52:06.15	00:52:12.05	+00:04:45 (9.1%)	5:12	11.5 (90.6%)
13	RYCHŁOWSKA Magdalena	407		K40	13	00:00:08	00:08:43	00:29:54	00:52:23.15	00:52:31.35	+00:05:02 (9.6%)	5:14	11.5 (90.6%)
14	DZIEWIATOWSKA Agnieszka	105		K40	14	00:00:26	00:09:03	00:30:12	00:53:20.80	00:53:47.50	+00:06:00 (11.3%)	5:20	11.2 (88.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	WALCZAK Agnieszka	572	TKKF KOSZALIN	K40	15	00:00:26	00:09:22	00:30:31	00:53:34.20	00:54:00.45	+00:06:13 (11.6%)	5:21	11.2 (88.2%)
16	STRZELCZYK Wioletta	452		K40	16	00:00:17	00:09:36	00:31:29	00:54:25.45	00:54:42.60	+00:07:04 (13.0%)	5:26	11 (86.6%)
17	BORUC Barbara	51		K40	17	00:00:11	00:09:19	00:31:23	00:54:48.75	00:55:00.20	+00:07:28 (13.6%)	5:28	10.9 (85.8%)
18	SZULC Edyta	469		K40	18	00:00:20	00:10:05	00:32:33	00:55:12.15	00:55:32.45	+00:07:51 (14.2%)	5:31	10.9 (85.8%)
19	KARABASZ Ewa	202		K40	19	00:00:15	00:09:51	00:32:43	00:55:53.35	00:56:08.75	+00:08:32 (15.3%)	5:35	10.7 (84.3%)
20	BANACZYK Wioletta	29		K40	20	00:00:12	00:09:45	00:32:57	00:55:54.25	00:56:06.75	+00:08:33 (15.3%)	5:35	10.7 (84.3%)
21	ŻEBROWSKA Katarzyna	540		K40	21	00:00:24	00:10:13	00:33:03	00:55:56.65	00:56:21.20	+00:08:35 (15.4%)	5:35	10.7 (84.3%)
22	JEZIOR Mirosława	189		K40	22	00:00:19	00:09:48	00:32:29	00:56:03.80	00:56:23.75	+00:08:43 (15.6%)	5:36	10.7 (84.3%)
23	SUSKA-SZCZERBICKA Magdalena	455		K40	23	00:00:18	00:10:04	00:33:04	00:56:25.50	00:56:43.55	+00:09:04 (16.1%)	5:38	10.6 (83.5%)
24	STEFANOWICZ Agnieszka	448		K40	24	00:00:03	00:09:44	00:33:08	00:57:45.40	00:57:49.10	+00:10:24 (18.0%)	5:46	10.4 (81.9%)
25	FILIPIAK Agnieszka	115		K40	25	00:00:16	00:09:40	00:33:29	00:58:31.60	00:58:48.05	+00:11:10 (19.1%)	5:51	10.3 (81.1%)
26	STRZELECKA Małgorzata	453	SAILING TEAM FERAJNA	K40	26	00:00:30	00:10:46	00:34:25	00:58:48.75	00:59:19.25	+00:11:28 (19.5%)	5:52	10.2 (80.3%)
27	GAPIŃSKA Marzena	122		K40	27	00:00:30	00:10:46	00:34:25	00:58:48.95	00:59:19.00	+00:11:28 (19.5%)	5:52	10.2 (80.3%)
28	SAFON Alicja	412		K40	28	00:00:03	00:09:33	00:33:50	00:58:53.95	00:58:57.75	+00:11:33 (19.6%)	5:53	10.2 (80.3%)
29	CZARNECKA Danuta	79		K40	29	00:00:21	00:10:08	00:34:13	00:58:58.60	00:59:19.95	+00:11:37 (19.7%)	5:53	10.2 (80.3%)
30	POMPAŁA Iwona	373		K40	30	00:00:14	00:09:58	00:33:55	00:59:11.55	00:59:26.05	+00:11:50 (20.0%)	5:55	10.1 (79.5%)
31	PABICH Magdalena	10	4RUN TEAM PIŁA	K40	31	00:00:36	00:10:36	00:34:27	00:59:45.50	01:00:21.60	+00:12:24 (20.8%)	5:58	10 (78.7%)
32	BRAMORSKA Mariola	367		K40	32	00:00:30	00:10:19	00:34:27	00:59:54.00	01:00:24.05	+00:12:33 (21.0%)	5:59	10 (78.7%)
33	SZYMCZAK Anna	477	SYSTEM 11 WAŁCZ	K40	33	00:00:10	00:10:03	00:34:39	01:00:00.70	01:00:11.15	+00:12:40 (21.1%)	6:00	10 (78.7%)
34	ANTOSZ Aneta	18	DRUŻYNA SZPIKU	K40	34	00:00:32	00:10:45	00:35:10	01:00:33.70	01:01:05.85	+00:13:13 (21.8%)	6:03	9.9 (78.0%)
35	GROCHALSKA Miranda	154		K40	35	00:00:27	00:10:53	00:36:11	01:00:35.70	01:01:03.55	+00:13:15 (21.9%)	6:03	9.9 (78.0%)
36	JANKA Aleksandra	181		K40	36	00:00:22	00:10:38	00:35:20	01:00:37.35	01:01:00.25	+00:13:16 (21.9%)	6:03	9.9 (78.0%)
37	CZARNECKA Małgorzata	78		K40	37	00:00:27	00:09:53	00:34:27	01:00:49.30	01:01:17.00	+00:13:28 (22.2%)	6:05	9.9 (78.0%)

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38	SAMSEL Dorota	417		K40	38	00:00:38	00:10:36	00:34:42	01:01:10.80	01:01:49.60	+00:13:50 (22.6%)	6:07	9.8 (77.2%)
39	PORANKIEWICZ Renata	375		K40	39	00:00:30	00:10:03	00:34:53	01:01:10.90	01:01:40.90	+00:13:50 (22.6%)	6:07	9.8 (77.2%)
40	SZCZEPAŃSKA Magdalena	459	POLSKA	K40	40	00:00:15	00:09:59	00:33:52	01:01:11.10	01:01:26.65	+00:13:50 (22.6%)	6:07	9.8 (77.2%)
41	RATAJCZYK Ewa	395	HEFALUMPY	K40	41	00:00:10	00:10:05	00:35:11	01:01:20.30	01:01:31.00	+00:13:59 (22.8%)	6:08	9.8 (77.2%)
42	LUZKOWSKA Edyta	277	KB KATORŻNIK MUROWANA GOŚLINA	K40	42	00:00:26	00:10:43	00:35:12	01:01:34.75	01:02:01.50	+00:14:14 (23.1%)	6:09	9.7 (76.4%)
43	SZYMAŃSKA Hanna	543		K40	43	00:00:18	00:10:31	00:35:20	01:01:44.00	01:02:02.80	+00:14:23 (23.3%)	6:10	9.7 (76.4%)
44	GODLEWSKA Agnieszka	138		K40	44	00:00:22	00:11:03	00:36:45	01:02:30.45	01:02:53.30	+00:15:09 (24.3%)	6:15	9.6 (75.6%)
45	SIKORSKA-RYBARSKA Kasia	427		K40	45	00:00:25	00:10:40	00:36:21	01:02:54.25	01:03:19.75	+00:15:33 (24.7%)	6:17	9.5 (74.8%)
46	RATAJCZAK Anna	393	NIGHT RUNNERS	K40	46	00:00:31	00:10:39	00:36:31	01:03:51.15	01:04:22.25	+00:16:30 (25.9%)	6:23	9.4 (74.0%)
47	NATONIEWSKA Małgorzata	314		K40	47	00:00:16	00:10:35	00:37:38	01:03:51.45	01:04:08.25	+00:16:30 (25.9%)	6:23	9.4 (74.0%)
48	WRUK Alicja	516		K40	48	00:00:14	00:10:19	00:36:18	01:03:52.25	01:04:06.55	+00:16:31 (25.9%)	6:23	9.4 (74.0%)
49	WYRWIŃSKA Adriana	520		K40	49	00:00:08	00:10:51	00:37:06	01:04:56.95	01:05:05.15	+00:17:36 (27.1%)	6:29	9.2 (72.4%)
50	CYLWA Monika	77		K40	50	00:00:27	00:11:20	00:38:18	01:07:20.10	01:07:47.15	+00:19:59 (29.7%)	6:44	8.9 (70.1%)
51	CZEMPIŃSKA Ludmiła	83	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	K40	51	00:00:23	00:10:59	00:39:02	01:08:58.25	01:09:21.65	+00:21:37 (31.4%)	6:53	8.7 (68.5%)
52	JANOWICZ Violetta	183		K40	52	00:00:35	00:11:59	00:40:41	01:09:02.75	01:09:38.55	+00:21:42 (31.4%)	6:54	8.7 (68.5%)
53	KSZAK-KRZYŻANOWSKA Anna	252		K40	53	00:00:05	00:08:04				+	4:44	12.6 (99.2%)
54	USZKO Joanna	552		K40	54	00:00:28	00:12:36				+00:04:13	7:24	8.1 (63.8%)

Znaleziono 54 wynik(ów)