

V OGÓLNOPOLSKI BIEG ULICZNY IM. BRACI MIKRUT

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Organizator: Gmina Koronowo
Data: 2015-04-25
Miejsce: Koronowo
Dystans: 10 km

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Klasyfikacja: K30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3km	7km	9.6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	PAWŁOWSKA Dorota	219		K30-39	1	00:11:47	00:27:30	00:38:12	00:39:29	00:39:32		3:56	15.2 (100%)
2	MURAWIEC Izabela	66		K30-39	2	00:13:52	00:31:57	00:44:08	00:45:38	00:45:45	+00:06:13 (13.6%)	4:33	13.1 (86.2%)
3	PALACZ Wioletta	161		K30-39	3	00:13:40	00:32:21	00:44:54	00:46:22	00:46:29	+00:06:57 (15.0%)	4:38	12.9 (84.9%)
4	URBAŃSKA Ewa	310	TRISPACE	K30-39	4	00:14:13	00:33:01	00:45:14	00:46:37	00:46:45	+00:07:13 (15.4%)	4:39	12.9 (84.9%)
5	WÓJCIK-DĄBROWSKA Marta	186		K30-39	5	00:14:01	00:32:38	00:45:14	00:46:43	00:46:51	+00:07:19 (15.6%)	4:40	12.8 (84.2%)
6	WINKLEWSKA Magdalena	180		K30-39	6	00:14:30	00:33:36	00:46:11	00:47:40	00:47:51	+00:08:19 (17.4%)	4:46	12.6 (82.9%)
7	REMBACZ Agnieszka	166	RUNEDA	K30-39	7	00:14:09	00:33:37	00:47:04	00:48:43	00:48:59	+00:09:27 (19.3%)	4:52	12.3 (80.9%)
8	NOWAK Agnieszka	159		K30-39	8	00:15:40	00:35:38	00:48:24	00:49:49	00:50:10	+00:10:38 (21.2%)	4:58	12 (78.9%)
9	SUCHOMSKA Beata	171	OPENTAX24.PL	K30-39	9	00:14:50	00:34:54	00:48:25	00:50:08	00:50:18	+00:10:46 (21.4%)	5:00	12 (78.9%)
10	CHODUR Agnieszka	76		K30-39	10	00:15:24	00:36:17	00:50:12	00:51:54	00:52:08	+00:12:36 (24.2%)	5:11	11.6 (76.3%)
11	DĄBROWSKA Ewelina	36	PRO-RUN WROCŁAW	K30-39	11	00:15:23	00:36:25	00:50:38	00:52:19	00:52:30	+00:12:58 (24.7%)	5:13	11.5 (75.7%)
12	ZAGOŹDŻON Wioleta	187	RUN BYDGOSZCZ	K30-39	12	00:14:42	00:35:44	00:50:40	00:52:21	00:52:39	+00:13:07 (24.9%)	5:14	11.5 (75.7%)
13	ŁAPIŃSKA Katarzyna	64		K30-39	13	00:15:10	00:36:43	00:50:59	00:52:45	00:52:52	+00:13:20 (25.2%)	5:16	11.4 (75.0%)
14	KAŻMIERCZAK-MYSZYŃSKA Paulina	93	TKKF KUBUŚ SIERPC	K30-39	14	00:15:40	00:36:55	00:51:01	00:52:39	00:53:02	+00:13:30 (25.5%)	5:15	11.4 (75.0%)
15	MACIEJEWSKA-BŁACHEWICZ Joanna	242	ZESPÓŁ SZKÓŁ ZAWODOWYCH W KORONOWIE	K30-39	15	00:15:47	00:37:31	00:51:51	00:53:29	00:53:46	+00:14:14 (26.5%)	5:20	11.2 (73.7%)
16	LATOS Aleksandra	325		K30-39	16	00:16:09	00:38:05	00:52:48	00:54:32	00:54:42	+00:15:10 (27.7%)	5:27	11 (72.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3km	7km	9.6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
17	SŁOMA Edyta	274		K30-39	17	00:27:39		00:52:10	00:55:41	00:56:07	+00:16:35 (29.6%)	5:34	10.8 (71.1%)
18	GNIOT Bożena	79		K30-39	18	00:16:36	00:39:15	00:54:17	00:56:00	00:56:14	+00:16:42 (29.7%)	5:36	10.7 (70.4%)
19	OZIMKOWSKA Hanna	270		K30-39	19	00:27:53		00:53:44	00:57:14	00:57:41	+00:18:09 (31.5%)	5:43	10.5 (69.1%)
20	LOTA Aleksandra	151	LOTKI	K30-39	20	00:16:56	00:40:32	00:56:34	00:58:36	00:58:52	+00:19:20 (32.8%)	5:51	10.2 (67.1%)
21	NOWAK-MACIEJEWSKA Eliza	259	KS KORONOWO	K30-39	21	00:16:42	00:40:55	00:57:46	00:59:33	00:59:41	+00:20:09 (33.8%)	5:57	10.1 (66.4%)
22	JAKUBOWSKA Anna	138		K30-39	22	00:17:44	00:42:01	00:58:09	01:00:05	01:00:25	+00:20:53 (34.6%)	6:00	10 (65.8%)
23	SZTEJKA Jolanta	117	BENEFITKSO ODSZKODOWANIA	K30-39	23	00:17:56	00:42:18	00:58:34	01:00:11	01:00:35	+00:21:03 (34.7%)	6:01	10 (65.8%)
24	KĘSKRAWIEC Roma	95		K30-39	24	00:17:21	00:42:02	00:58:35	01:00:32	01:00:52	+00:21:20 (35.0%)	6:03	9.9 (65.1%)
25	WOŹNIAK Monika	185		K30-39	25	00:17:20	00:42:56	01:00:18	01:01:59	01:02:16	+00:22:44 (36.5%)	6:11	9.7 (63.8%)
26	ŚWIERCZEWSKA Sylwia	268		K30-39	26	00:18:38	00:43:52	01:00:20	01:02:21	01:02:43	+00:23:11 (37.0%)	6:14	9.6 (63.2%)
27	BONA-SZWEDA Justyna	55		K30-39	27	00:18:11	00:43:05	01:01:01	01:03:00	01:03:27	+00:23:55 (37.7%)	6:18	9.5 (62.5%)
28	RADZIŃSKA Aleksandra	108	NIEZRZESZONA	K30-39	28	00:18:35	00:43:48	01:01:14	01:03:18	01:03:37	+00:24:05 (37.9%)	6:19	9.5 (62.5%)
29	BRZEZINSKA-HAFFKE Sylwia			K30-39	29	00:18:10	00:44:22	01:02:00	01:04:15	01:04:35	+00:25:03 (38.8%)	6:25	9.3 (61.2%)
30	KRASICKA-ĆWIKŁA Wiesława	203		K30-39	30	00:33:37			01:06:38	01:07:07	+00:27:35 (41.1%)	6:39	9 (59.2%)
31	KLISZEWSKA Katarzyna	240		K30-39	31	00:33:39			01:06:40	01:07:08	+00:27:36 (41.1%)	6:40	9 (59.2%)
32	WŁODARCZYK Aleksandra	248		K30-39	32	00:20:33	00:48:28	01:07:42	01:10:12	01:10:37	+00:31:05 (44.0%)	7:01	8.5 (55.9%)

Znaleziono 32 wynik(ów)