

# WILCZYM TROPEM - 10 KM

B4SPORT

**Wydarzenie:** Wilczym Tropem 2019  
**Organizator:** Stowarzyszenie Ko Liber  
**Data:** 2019-03-03  
**Miejsce:** Gdańsk  
**Dystans:** 10 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 2.5km	Finish_All 5km	Finish_All 7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	JABŁOŃSKA Natalia	109		K-Open	1	00:00:03	00:09:21	00:18:56	00:28:43	<b>00:38:34.35</b>	<b>00:38:38.00</b>		3:51	15.6 (100%)
2	TUWALSKA Elżbieta	378	LKS ZANTYR SZTUM	K-Open	2	00:00:02	00:09:34	00:19:28	00:29:32	<b>00:39:40.95</b>	<b>00:39:43.70</b>	+00:01:06 (2.8%)	3:58	15.1 (96.8%)
3	TUWALSKA Małgorzata	379	LKS ZANTYR SZTUM	K-Open	3	00:00:02	00:09:35	00:19:44	00:30:12	<b>00:40:42.10</b>	<b>00:40:44.85</b>	+00:02:07 (5.2%)	4:04	14.7 (94.2%)
4	SZUMACHER Marta	353		K-Open	4	00:00:08	00:10:38	00:21:20	00:32:10	<b>00:43:03.10</b>	<b>00:43:11.35</b>	+00:04:28 (10.4%)	4:18	13.9 (89.1%)
5	LELIWA Sylwia	192	RUN BEACH MORNING TEAM	K-Open	5	00:00:05	00:11:18	00:22:55	00:34:43	<b>00:46:25.45</b>	<b>00:46:30.45</b>	+00:07:51 (16.9%)	4:38	12.9 (82.7%)
6	KRZYŻANOWSKA Roksana	169	ŻARTA WATAHA	K-Open	6	00:00:10	00:11:59	00:24:16	00:36:34	<b>00:48:54.65</b>	<b>00:49:05.25</b>	+00:10:20 (21.1%)	4:53	12.3 (78.8%)
7	POCHOPIEŃ Mira	286		K-Open	7	00:00:21	00:12:17	00:24:27	00:36:49	<b>00:49:11.85</b>	<b>00:49:33.25</b>	+00:10:37 (21.6%)	4:55	12.2 (78.2%)
8	PUCHOWSKA Ewelina	298	APTEKA GEMINI	K-Open	8	00:00:14	00:12:29	00:24:56	00:37:29	<b>00:49:54.75</b>	<b>00:50:09.55</b>	+00:11:20 (22.7%)	4:59	12 (76.9%)
9	GAPSKA Anna	73	GRUBA BIEGOWA 65	K-Open	9	00:00:11	00:12:21	00:24:51	00:37:36	<b>00:50:04.90</b>	<b>00:50:16.50</b>	+00:11:30 (23.0%)	5:00	12 (76.9%)
10	SOŁTYSIAK Natalia	333		K-Open	10	00:00:05	00:11:51	00:24:41	00:37:52	<b>00:50:46.10</b>	<b>00:50:51.60</b>	+00:12:11 (24.0%)	5:04	11.8 (75.6%)
11	ROGALSKA Magdalena	335	RUN BEACH MORNING TEAM	K-Open	11	00:00:02	00:12:53	00:26:10	00:39:44	<b>00:52:12.45</b>	<b>00:52:14.45</b>	+00:13:38 (26.1%)	5:13	11.5 (73.7%)
12	MACIAG Monika	217		K-Open	12	00:00:06	00:12:18	00:25:24	00:39:05	<b>00:52:50.85</b>	<b>00:52:56.85</b>	+00:14:16 (27.0%)	5:17	11.4 (73.1%)
13	PAWLA Krystyna	268		K-Open	13	00:00:05	00:13:10	00:26:27	00:39:51	<b>00:52:56.35</b>	<b>00:53:02.15</b>	+00:14:22 (27.1%)	5:17	11.3 (72.4%)
14	KOWSZ Gabriela	157		K-Open	14	00:00:26	00:13:49	00:27:24	00:40:46	<b>00:53:21.50</b>	<b>00:53:47.50</b>	+00:14:47 (27.7%)	5:20	11.2 (71.8%)
15	ŁUKASZEWICZ Barbara	216		K-Open	15	00:00:15	00:13:09	00:26:21	00:39:45	<b>00:53:25.40</b>	<b>00:53:41.00</b>	+00:14:51 (27.8%)	5:20	11.2 (71.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 2.5km	Finish_All 5km	Finish_All 7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	<b>GRABOWSKA Małgorzata</b>	<b>88</b>		K-Open	16	00:00:08	00:13:03	00:26:33	00:40:10	<b>00:53:48.15</b>	<b>00:53:57.00</b>	+00:15:13 (28.3%)	5:22	11.1 (71.2%)
17	<b>DĄBKOWSKA Aleksandra</b>	<b>42</b>		K-Open	17	00:00:16	00:13:48	00:27:10	00:40:55	<b>00:54:32.85</b>	<b>00:54:48.85</b>	+00:15:58 (29.3%)	5:27	11 (70.5%)
18	<b>KOMIN Ewa</b>	<b>141</b>		K-Open	18	00:00:11	00:13:18	00:26:42	00:40:53	<b>00:54:37.65</b>	<b>00:54:49.25</b>	+00:16:03 (29.4%)	5:27	11 (70.5%)
19	<b>WALENTYNOWICZ Aneta</b>	<b>385</b>		K-Open	19	00:00:13	00:13:50	00:27:23	00:41:19	<b>00:55:24.25</b>	<b>00:55:38.20</b>	+00:16:49 (30.4%)	5:32	10.8 (69.2%)
20	<b>RUCHLEWICZ Urszula</b>	<b>310</b>		K-Open	20	00:00:08	00:13:27	00:27:34	00:41:52	<b>00:56:25.20</b>	<b>00:56:33.35</b>	+00:17:50 (31.6%)	5:38	10.6 (67.9%)
21	<b>KUCHTA Małgorzata</b>	<b>172</b>		K-Open	21	00:00:15	00:14:00	00:28:15	00:42:34	<b>00:56:55.10</b>	<b>00:57:10.50</b>	+00:18:20 (32.2%)	5:41	10.5 (67.3%)
22	<b>WIŚNIEWSKA Kinga</b>	<b>401</b>		K-Open	22	00:00:23	00:14:53	00:29:08	00:43:25	<b>00:57:22.75</b>	<b>00:57:46.30</b>	+00:18:48 (32.8%)	5:44	10.5 (67.3%)
23	<b>KOZDEMBA Emilia</b>	<b>159</b>		K-Open	23	00:00:20	00:14:02	00:28:41	00:43:35	<b>00:58:24.75</b>	<b>00:58:44.95</b>	+00:19:50 (34.0%)	5:50	10.3 (66.0%)
24	<b>GADOMSKA Ewa</b>	<b>70</b>		K-Open	24	00:00:15	00:14:00	00:28:15	00:43:16	<b>00:58:42.60</b>	<b>00:58:58.25</b>	+00:20:08 (34.3%)	5:52	10.2 (65.4%)
25	<b>WYSOCKA Dorota</b>	<b>415</b>		K-Open	25	00:00:07	00:13:57	00:28:41	00:43:51	<b>00:59:10.95</b>	<b>00:59:18.30</b>	+00:20:36 (34.8%)	5:55	10.1 (64.7%)
26	<b>RYDZEWSKA Barbara</b>	<b>314</b>		K-Open	26	00:00:05	00:14:02	00:28:34	00:43:48	<b>00:59:21.50</b>	<b>00:59:27.20</b>	+00:20:47 (35.0%)	5:56	10.1 (64.7%)
27	<b>GOLASZ Halina</b>	<b>81</b>	3MIEJSKIE KOLOROWE BIEGACZKI	K-Open	27	00:00:14	00:14:10	00:29:02	00:44:16	<b>00:59:26.00</b>	<b>00:59:40.45</b>	+00:20:51 (35.1%)	5:56	10.1 (64.7%)
28	<b>GALLAS Ewa</b>	<b>72</b>		K-Open	28	00:00:14	00:15:58	00:31:53	00:48:04	<b>01:04:14.35</b>	<b>01:04:28.70</b>	+00:25:40 (40.0%)	6:25	9.3 (59.6%)
29	<b>BRUSKA Justyna</b>	<b>26</b>	MŁODE WILKI	K-Open	29	00:00:13	00:15:24	00:31:50	00:48:14	<b>01:04:56.55</b>	<b>01:05:09.70</b>	+00:26:22 (40.6%)	6:29	9.2 (59.0%)
30	<b>JANECZKO Małgorzata</b>	<b>115</b>	PARAMORALNI	K-Open	30	00:00:18	00:15:35	00:32:08	00:48:45	<b>01:05:28.60</b>	<b>01:05:47.40</b>	+00:26:54 (41.1%)	6:32	9.2 (59.0%)
31	<b>FALKOWSKA Alicja</b>	<b>61</b>		K-Open	31	00:00:10	00:15:32	00:32:30	00:49:30	<b>01:06:14.40</b>	<b>01:06:24.55</b>	+00:27:40 (41.8%)	6:37	9.1 (58.3%)
32	<b>WAWRYNIUK Emilia</b>	<b>391</b>		K-Open	32	00:00:13	00:17:36	00:34:49	00:53:07	<b>01:10:21.85</b>	<b>01:10:35.50</b>	+00:31:47 (45.2%)	7:02	8.5 (54.5%)
33	<b>DĄBKOWSKA Anna</b>	<b>43</b>		K-Open	33	00:00:19	00:17:04	00:35:02	00:54:16	<b>01:11:31.15</b>	<b>01:11:50.30</b>	+00:32:56 (46.1%)	7:09	8.4 (53.8%)
34	<b>KOJRO Aleksandra</b>	<b>140</b>		K-Open	34	00:00:19	00:17:04	00:35:02	00:54:16	<b>01:11:31.20</b>	<b>01:11:50.60</b>	+00:32:56 (46.1%)	7:09	8.4 (53.8%)
35	<b>DUDANIEC Emilia</b>	<b>54</b>		K-Open	35	00:00:00	00:12:57	00:27:46				+	5:33	10.8 (69.2%)
36	<b>PIASECKA Agata</b>	<b>273</b>		K-Open	36	00:00:26	00:15:26	00:31:10				+00:12:14	6:14	9.6 (61.5%)
37	<b>URBAŃSKA Beata</b>	<b>383</b>		K-Open	37	00:00:17	00:15:33	00:33:09				+00:14:12	6:37	9 (57.7%)