



XII SŁUPSKI BIEG NIEPODLEGŁOŚCI

B4SPORT

Organizator: Słupski Ośrodek Sportu i Rekreacji
Data: 2024-11-11
Miejsce: Słupsk
Dystans: 10 km



Klasyfikacja: K4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	GRYGOROWICZ Marta	96	BIEGAM BO LUBIĘ SŁUPSK	K4	1	00:22:08	00:44:02.80		4:24	13.6 (100%)
2	KUROWSKA Olga	192	IUSTITIA POLSKA	K4	2	00:23:52	00:47:28.80	+00:03:26 (7.2%)	4:44	12.6 (92.6%)
3	ZDUNEK Katarzyna	393	W.P.K SŁOŃ TEAM USTKA	K4	3	00:23:52	00:48:02.25	+00:03:59 (8.3%)	4:48	12.5 (91.9%)
4	RZEPECKA-GONTAR Anna	303		K4	4	00:23:55	00:48:02.30	+00:03:59 (8.3%)	4:48	12.5 (91.9%)
5	SZYBUT Wioleta	345		K4	5	00:24:24	00:48:51.85	+00:04:49 (9.9%)	4:53	12.3 (90.4%)
6	GRABOWSKA Kinga	91	ANANASY Z 3 FAL	K4	6	00:24:30	00:49:03.35	+00:05:00 (10.2%)	4:54	12.2 (89.7%)
7	CHABOWSKA Agnieszka	39		K4	7	00:26:01	00:49:57.00	+00:05:54 (11.8%)	4:59	12 (88.2%)
8	KAŁUŻA Marta	125	NADMORSCY BIEGACZE KOŁOBRZEG	K4	8	00:25:39	00:51:36.55	+00:07:33 (14.7%)	5:09	11.6 (85.3%)
9	LASZCZYK Kasia	203	AKTYWNA FABRYKA	K4	9	00:26:06	00:51:52.80	+00:07:50 (15.1%)	5:11	11.6 (85.3%)
10	ZIELIŃSKA Danuta	394	USB USTKA	K4	10	00:26:35	00:51:59.10	+00:07:56 (15.3%)	5:11	11.5 (84.6%)
11	BOSIACKA Aneta	31		K4	11	00:25:49	00:51:59.80	+00:07:57 (15.3%)	5:11	11.5 (84.6%)
12	FRUBA Karina	74	STOPA SŁUPSK / KORONA SZCZECIN	K4	12	00:25:58	00:53:02.90	+00:09:00 (17.0%)	5:18	11.3 (83.1%)
13	KOLUCH Sylwia	147		K4	13	00:27:30	00:54:26.95	+00:10:24 (19.1%)	5:26	11 (80.9%)
14	ŻULIŃSKA Monika	399		K4	14	00:26:07	00:54:27.00	+00:10:24 (19.1%)	5:26	11 (80.9%)
15	GIERESZ Agnieszka	84		K4	15	00:27:21	00:54:38.50	+00:10:35 (19.4%)	5:27	11 (80.9%)
15	ZABOROWSKA Kinga	389		K4	15	00:26:36	00:54:38.50	+00:10:35 (19.4%)	5:27	11 (80.9%)
17	LISIECKA Karolina	209	73BLP	K4	17	00:27:09	00:54:48.25	+00:10:45 (19.6%)	5:28	10.9 (80.1%)
18	FURSEWICZ Ewa	76		K4	18	00:26:59	00:54:50.05	+00:10:47 (19.7%)	5:29	10.9 (80.1%)
19	SAWYER Martyna	308	AKTYWNA FABRYKA	K4	19	00:26:39	00:54:57.85	+00:10:55 (19.9%)	5:29	10.9 (80.1%)
20	SAGAŁA Patrycja	304		K4	20	00:27:26	00:55:15.50	+00:11:12 (20.3%)	5:31	10.9 (80.1%)
21	TĘSNA Magdalena	349		K4	21	00:27:35	00:55:20.70	+00:11:17 (20.4%)	5:32	10.8 (79.4%)
22	KOSICKA Iwona	153	STOPA SŁUPSK	K4	22	00:28:30	00:55:44.05	+00:11:41 (21.0%)	5:34	10.8 (79.4%)
23	WILKOWSKA Marta	374		K4	23	00:27:54	00:56:02.40	+00:11:59 (21.4%)	5:36	10.7 (78.7%)
24	NAZARKO Małgorzata	245		K4	24	00:27:53	00:56:04.15	+00:12:01 (21.4%)	5:36	10.7 (78.7%)
25	SZAREK Marta	333	FIT SAUSAGES	K4	25	00:27:35	00:56:34.65	+00:12:31 (22.1%)	5:39	10.6 (77.9%)
26	PATYNA Marta	266		K4	26	00:29:02	00:56:51.35	+00:12:48 (22.5%)	5:41	10.6 (77.9%)
27	MUCHOCKA Paulina	375	GRAND LUBICZ 5* UZDROWISKO USTKA	K4	27	00:28:16	00:57:14.80	+00:13:12 (23.1%)	5:43	10.5 (77.2%)

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28	BARAŃSKA Kamila	11		K4	28	00:28:09	00:57:29.00	+00:13:26 (23.4%)	5:44	10.4 (76.5%)
29	KĘPKA Karolina	140	STOPA SŁUPSK	K4	29	00:29:25	00:57:30.45	+00:13:27 (23.4%)	5:45	10.4 (76.5%)
30	BLUMA Marta	24	KRZYSIO TEAM	K4	30	00:28:02	00:57:31.35	+00:13:28 (23.4%)	5:45	10.4 (76.5%)
31	ZARZYCKA Izabela	391	W.P.K.SŁOŃ TEAM USTKA	K4	31	00:28:40	00:57:45.65	+00:13:42 (23.7%)	5:46	10.4 (76.5%)
32	MOLIS Joanna	234		K4	32	00:29:43	00:58:33.75	+00:14:30 (24.8%)	5:51	10.2 (75.0%)
33	LEŃSKA Agnieszka	204		K4	33	00:29:42	00:59:04.55	+00:15:01 (25.4%)	5:54	10.2 (75.0%)
34	MOTOWIDŁO-ZAWADZKA Izabella	236		K4	34	00:30:01	01:01:14.35	+00:17:11 (28.1%)	6:07	9.8 (72.1%)
35	STAHL Anna	322	WYŻSZA SZKOŁA POLICJI W ORANIENBURGU	K4	35	00:27:57	01:01:18.00	+00:17:15 (28.1%)	6:07	9.8 (72.1%)
36	BORODZIUK Aneta	29		K4	36	00:30:35	01:01:20.85	+00:17:18 (28.2%)	6:08	9.8 (72.1%)
37	WIŚNIEWSKA Dorota	376		K4	37	00:30:24	01:01:21.65	+00:17:18 (28.2%)	6:08	9.8 (72.1%)
38	KOWAL Maria	161		K4	38	00:30:25	01:01:22.00	+00:17:19 (28.2%)	6:08	9.8 (72.1%)
39	GRODZKA Kinga	93		K4	39	00:30:47	01:02:39.85	+00:18:37 (29.7%)	6:15	9.6 (70.6%)
40	LIS-WRÓBLEWSKA Iwona	211	KUŹNIA SPORTU SŁUPSK	K4	40	00:29:58	01:02:57.45	+00:18:54 (30.0%)	6:17	9.5 (69.9%)
41	MURAWSKA Katarzyna	239		K4	41	00:31:06	01:04:16.50	+00:20:13 (31.5%)	6:25	9.3 (68.4%)
42	SITKIEWICZ Agnieszka	311	#SIŁADLAPOLI	K4	42	00:31:14	01:04:21.10	+00:20:18 (31.6%)	6:26	9.3 (68.4%)
43	GRAJCAK-MIKŁASZEWICZ Dagmara	92	PARAFIA EWANGELICKO-AUGSBURSKA W SŁUPSKU	K4	43	00:31:35	01:05:31.65	+00:21:28 (32.8%)	6:33	9.2 (67.6%)
44	SKORUPSKA Anna	314	STOPA SŁUPSK	K4	44	00:32:43	01:06:15.35	+00:22:12 (33.5%)	6:37	9.1 (66.9%)
45	PODLECKA Agnieszka	285		K4	45	00:33:42	01:11:36.35	+00:27:33 (38.5%)	7:09	8.4 (61.8%)

Znaleziono 45 wynik(ów)