

Organizator: Ośrodek Sportu i Rekreacji w Sławnie
Data: 2016-05-14
Miejsce: Sławno
Dystans: 10 km



Klasyfikacja: K-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	0.07km	3.38km	6.69km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	OLIJNYK Switlana	391	ICE MAT TEAM	K-30	1	00:00:11	00:12:15	00:24:39	00:37:11.60	00:37:11.60		3:43	16.1 (100%)
2	PAZDA-POZORSKA Gosiunia	236	NIGHT RUNNERS SŁUPSK	K-30	2	00:00:12	00:12:42	00:25:45	00:39:01.15	00:39:01.15	+00:01:49 (4.7%)	3:54	15.4 (95.7%)
3	ŁAGUTKO Kamila	184		K-30	3	00:00:15	00:12:59	00:26:13	00:39:40.60	00:39:40.60	+00:02:29 (6.3%)	3:58	15.1 (93.8%)
4	KASPROWICZ Małgorzata	128	STOPA SŁUPSK	K-30	4	00:00:18	00:14:52	00:29:46	00:44:29.10	00:44:29.10	+00:07:17 (16.4%)	4:26	13.5 (83.9%)
5	TARNIOŃEK Katarzyna	323	ŻYJ Z ENERGIĄ	K-30	5	00:00:22	00:15:37	00:30:36	00:45:18.70	00:45:18.70	+00:08:07 (17.9%)	4:31	13.2 (82.0%)
6	SKOCZYŃSKA Renata	284		K-30	6	00:00:19	00:15:01	00:30:36	00:46:15.30	00:46:15.30	+00:09:03 (19.6%)	4:37	13 (80.7%)
7	RATAJCZYK Monika	257		K-30	7	00:00:25	00:15:36	00:30:59	00:46:36.35	00:46:36.35	+00:09:24 (20.2%)	4:39	12.9 (80.1%)
8	KULCZYK Katarzyna	166	KB BRYZA POSTOMINO	K-30	8	00:00:18	00:15:30	00:31:14	00:46:42.45	00:46:42.45	+00:09:30 (20.4%)	4:40	12.8 (79.5%)
9	HOLAK Kamila	94	BBL SŁUPSK	K-30	9	00:00:18	00:15:59	00:31:48	00:47:17.00	00:47:17.00	+00:10:05 (21.3%)	4:43	12.7 (78.9%)
10	SZABLA Ewelina	307	MTS HAMER MIASTKO	K-30	10	00:00:20	00:15:19	00:31:13	00:47:27.15	00:47:27.15	+00:10:15 (21.6%)	4:44	12.6 (78.3%)
11	HRYHOROWICZ Joanna	99	NIGHT RUNNERS SŁUPSK	K-30	11	00:00:28	00:16:02	00:32:11	00:48:17.35	00:48:17.35	+00:11:05 (23.0%)	4:49	12.4 (77.0%)
12	ROMAN Sylwia	261	MKS ŚWIĘC SŁAWNO	K-30	12	00:00:17	00:15:51	00:32:12	00:48:20.35	00:48:20.35	+00:11:08 (23.1%)	4:50	12.4 (77.0%)
13	KOSICKA Iwona	144	STOPA SŁUPSK	K-30	13	00:00:30	00:16:43	00:33:16	00:49:09.40	00:49:09.40	+00:11:57 (24.3%)	4:54	12.2 (75.8%)
14	JĘDRUSZCZAK Izabela	115		K-30	14	00:00:22	00:16:51	00:33:43	00:50:41.55	00:50:41.55	+00:13:29 (26.6%)	5:04	11.8 (73.3%)
15	SUCHTA Monika	306		K-30	15	00:00:23	00:16:55	00:34:21	00:51:33.45	00:51:33.45	+00:14:21 (27.9%)	5:09	11.6 (72.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	0.07km	3.38km	6.69km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	LEMAŃCZYK Alina	178	DORIAN TEAM	K-30	16	00:00:27	00:16:37	00:33:55	00:51:38.60	00:51:38.60	+00:14:27 (28.0%)	5:09	11.6 (72.0%)
17	JEŻAK Agata	114		K-30	17	00:00:21	00:16:36	00:33:45	00:51:51.10	00:51:51.10	+00:14:39 (28.3%)	5:11	11.6 (72.0%)
18	SAWICKA Małgorzata	277	BRAK	K-30	18	00:00:27	00:17:14	00:35:07	00:53:22.80	00:53:22.80	+00:16:11 (30.3%)	5:20	11.2 (69.6%)
19	KAWECKA Katarzyna	129		K-30	19	00:00:27	00:17:53	00:35:40	00:53:37.15	00:53:37.15	+00:16:25 (30.6%)	5:21	11.2 (69.6%)
20	ANTOSIK Grażyna	3	KS OLSZEWSKI I SYNOWIE SŁAWSKO	K-30	20	00:00:34	00:17:05	00:34:15	00:53:50.95	00:53:50.95	+00:16:39 (30.9%)	5:23	11.1 (68.9%)
21	SZCZYGIELSKA Edyta	388	KS OLSZEWSKI I SYNOWIE	K-30	21	00:00:34	00:17:05	00:34:15	00:53:51.65	00:53:51.65	+00:16:40 (30.9%)	5:23	11.1 (68.9%)
22	RADKO Sylwia	386		K-30	22	00:00:18	00:18:12	00:36:18	00:54:02.60	00:54:02.60	+00:16:51 (31.2%)	5:24	11.1 (68.9%)
23	NOWAK Agnieszka	226		K-30	23	00:00:52	00:18:10	00:36:08	00:55:00.50	00:55:00.50	+00:17:48 (32.4%)	5:30	10.9 (67.7%)
24	DYRCZ Marika	62	MKS ŚWIĘC SŁAWNO	K-30	24	00:00:33	00:18:48	00:37:04	00:55:01.85	00:55:01.85	+00:17:50 (32.4%)	5:30	10.9 (67.7%)
25	ZARZYCKA Izabela	367		K-30	25	00:00:29	00:18:01	00:36:45	00:55:45.95	00:55:45.95	+00:18:34 (33.3%)	5:34	10.8 (67.1%)
26	MAZUREK Barbara	197	BABECZKI KOSZALIN	K-30	26	00:00:29	00:18:23	00:37:03	00:55:54.15	00:55:54.15	+00:18:42 (33.5%)	5:35	10.7 (66.5%)
27	BRESZKA Monika	27	DRUŻYNA KSIĘŻNEJ ZOFII	K-30	27	00:00:35	00:20:08	00:39:39	00:58:16.45	00:58:16.45	+00:21:04 (36.2%)	5:49	10.3 (64.0%)
28	DALLMER Basia	52		K-30	28	00:00:25	00:18:45	00:39:28	00:59:25.75	00:59:25.75	+00:22:14 (37.4%)	5:56	10.1 (62.7%)
29	WOJCIECHOWSKA Izabela	357	ŻYJ Z ENERGIA	K-30	29	00:00:25	00:18:46	00:39:41	01:00:00.75	01:00:00.75	+00:22:49 (38.0%)	6:00	10 (62.1%)
30	MATKOWSKA Monika	195		K-30	30	00:00:21	00:19:48	00:43:53	01:08:29.10	01:08:29.10	+00:31:17 (45.7%)	6:50	8.8 (54.7%)
31	OSTROWSKA Sylwia	231		K-30	31	00:00:36	00:21:31	00:44:20	01:08:45.30	01:08:45.30	+00:31:33 (45.9%)	6:52	8.7 (54.0%)
32	MACHELSKA Sylwia	187	PGB SPORTOWA PACZKA	K-30	32	00:00:13	00:15:20				+00:03:05	4:32	13.2 (82.0%)

Znaleziono 32 wynik(ów)