

**Organiser:** Ośrodek Sportu i Rekreacji w Sławnie  
**Date:** 2016-05-14  
**Place:** Sławno  
**Distance:** 10 km



Classification: K-Miasto

Place	Participant	Number	Club	Category	MCat	0.07km	3.38km	6.69km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	LASKA Agnieszka	176	MKS ŚWIĘC SŁAWNO	K-40	3	00:00:14	00:15:36	00:31:50	<b>00:47:53.65</b>	<b>00:47:53.65</b>		4:47	12.5 (100%)
2	ROMAN Sylwia	261	MKS ŚWIĘC SŁAWNO	K-30	12	00:00:17	00:15:51	00:32:12	<b>00:48:20.35</b>	<b>00:48:20.35</b>	+00:00:26 (0.9%)	4:50	12.4 (99.2%)
3	KURCZYK Elżbieta	169		K-40	5	00:00:14	00:16:44	00:33:40	<b>00:50:13.95</b>	<b>00:50:13.95</b>	+00:02:20 (4.7%)	5:01	11.9 (95.2%)
4	JĘDRUSZCZAK Izabela	115		K-30	14	00:00:22	00:16:51	00:33:43	<b>00:50:41.55</b>	<b>00:50:41.55</b>	+00:02:47 (5.5%)	5:04	11.8 (94.4%)
5	KONKEL Joanna	139	MKS 'ŚWIĘC' SŁAWNO	K-50	1	00:00:24	00:17:20	00:34:40	<b>00:51:53.35</b>	<b>00:51:53.35</b>	+00:03:59 (7.7%)	5:11	11.6 (92.8%)
6	STOJEWSKA Katarzyna	302	B/K	K-18	9	00:00:25	00:17:13	00:35:13	<b>00:53:51.20</b>	<b>00:53:51.20</b>	+00:05:57 (11.1%)	5:23	11.1 (88.8%)
7	SZCZYGIELSKA Edyta	388	KS OLSZEWSKI I SYNOWIE	K-30	21	00:00:34	00:17:05	00:34:15	<b>00:53:51.65</b>	<b>00:53:51.65</b>	+00:05:58 (11.1%)	5:23	11.1 (88.8%)
8	ROMAN Paula	262	UKS BADMINTON SŁAWNO	K-18	10	00:00:17	00:16:44	00:35:00	<b>00:54:01.40</b>	<b>00:54:01.40</b>	+00:06:07 (11.3%)	5:24	11.1 (88.8%)
9	RADKO Sylwia	386		K-30	22	00:00:18	00:18:12	00:36:18	<b>00:54:02.60</b>	<b>00:54:02.60</b>	+00:06:08 (11.4%)	5:24	11.1 (88.8%)
10	ZYCH Dorota	393		K-40	6	00:00:18	00:18:12	00:36:18	<b>00:54:14.95</b>	<b>00:54:14.95</b>	+00:06:21 (11.7%)	5:25	11.1 (88.8%)
11	MACHŁAJ Sonia	188		K-18	11	00:00:31	00:19:04	00:37:00	<b>00:54:44.80</b>	<b>00:54:44.80</b>	+00:06:51 (12.5%)	5:28	11 (88.0%)
12	DYRCZ Marika	62	MKS ŚWIĘC SŁAWNO	K-30	24	00:00:33	00:18:48	00:37:04	<b>00:55:01.85</b>	<b>00:55:01.85</b>	+00:07:08 (13.0%)	5:30	10.9 (87.2%)
13	RUBACHA Agata	378		K-18	13	00:00:19	00:19:26	00:40:09	<b>01:01:23.30</b>	<b>01:01:23.30</b>	+00:13:29 (22.0%)	6:08	9.8 (78.4%)
14	BRZEZIŃSKA Aleksandra	379		K-18	15	00:00:32	00:18:15	00:40:21	<b>01:04:57.40</b>	<b>01:04:57.40</b>	+00:17:03 (26.3%)	6:29	9.2 (73.6%)
15	OSTROWSKA Sylwia	231		K-30	31	00:00:36	00:21:31	00:44:20	<b>01:08:45.30</b>	<b>01:08:45.30</b>	+00:20:51 (30.3%)	6:52	8.7 (69.6%)
16	WRÓBEL Alicja	363		K-18	17	00:00:36	00:21:31	00:44:20	<b>01:08:45.35</b>	<b>01:08:45.35</b>	+00:20:51 (30.3%)	6:52	8.7 (69.6%)
17	WOŹNIAK Honorata	361	WWW.LIMO300C.COM	K-40	13	00:00:15					+00:00:01	3:34	16.8 (134.4%)

Total 17 results.