

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



Klasyfikacja: K-Powiat

| 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 | ŁAGUTKO Kamila | 184 | | K-30 | 3 | 00:00:15 | 00:12:59 | 00:26:13 | 00:39:40.60 | 00:39:40.60 | | 3:58 | 15.1 (100%) |
| 2 | TARNIONEK Katarzyna | 323 | ŻYJ Z ENERGIA | K-30 | 5 | 00:00:22 | 00:15:37 | 00:30:36 | 00:45:18.70 | 00:45:18.70 | +00:05:38 (12.4%) | 4:31 | 13.2 (87.4%) |
| 3 | 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 | +00:07:01 (15.1%) | 4:40 | 12.8 (84.8%) |
| 4 | LASKA Agnieszka | 176 | MKS ŚWIĘC SŁAWNO | K-40 | 3 | 00:00:14 | 00:15:36 | 00:31:50 | 00:47:53.65 | 00:47:53.65 | +00:08:13 (17.2%) | 4:47 | 12.5 (82.8%) |
| 5 | 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 | +00:08:39 (17.9%) | 4:50 | 12.4 (82.1%) |
| 6 | KURCZYK Elżbieta | 169 | | K-40 | 5 | 00:00:14 | 00:16:44 | 00:33:40 | 00:50:13.95 | 00:50:13.95 | +00:10:33 (21.0%) | 5:01 | 11.9 (78.8%) |
| 7 | JĘDRUSZCZAK Izabela | 115 | | K-30 | 14 | 00:00:22 | 00:16:51 | 00:33:43 | 00:50:41.55 | 00:50:41.55 | +00:11:00 (21.7%) | 5:04 | 11.8 (78.1%) |
| 8 | 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 | +00:11:58 (23.2%) | 5:09 | 11.6 (76.8%) |
| 9 | KONKEL Joanna | 139 | MKS 'ŚWIĘC' SŁAWNO | K-50 | 1 | 00:00:24 | 00:17:20 | 00:34:40 | 00:51:53.35 | 00:51:53.35 | +00:12:12 (23.5%) | 5:11 | 11.6 (76.8%) |
| 10 | KAWECKA Katarzyna | 129 | | K-30 | 19 | 00:00:27 | 00:17:53 | 00:35:40 | 00:53:37.15 | 00:53:37.15 | +00:13:56 (26.0%) | 5:21 | 11.2 (74.2%) |
| 11 | 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 | +00:14:10 (26.3%) | 5:23 | 11.1 (73.5%) |
| 12 | STOJEWSKA Katarzyna | 302 | B/K | K-18 | 9 | 00:00:25 | 00:17:13 | 00:35:13 | 00:53:51.20 | 00:53:51.20 | +00:14:10 (26.3%) | 5:23 | 11.1 (73.5%) |
| 13 | 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 | +00:14:11 (26.3%) | 5:23 | 11.1 (73.5%) |
| 14 | ROMAN Paula | 262 | UKS BADMINTON SŁAWNO | K-18 | 10 | 00:00:17 | 00:16:44 | 00:35:00 | 00:54:01.40 | 00:54:01.40 | +00:14:20 (26.6%) | 5:24 | 11.1 (73.5%) |
| 15 | RADKO Sylwia | 386 | | K-30 | 22 | 00:00:18 | 00:18:12 | 00:36:18 | 00:54:02.60 | 00:54:02.60 | +00:14:22 (26.6%) | 5:24 | 11.1 (73.5%) |
| 16 | ZYCH Dorota | 393 | | K-40 | 6 | 00:00:18 | 00:18:12 | 00:36:18 | 00:54:14.95 | 00:54:14.95 | +00:14:34 (26.9%) | 5:25 | 11.1 (73.5%) |
| 17 | MACHŁAJ Sonia | 188 | | K-18 | 11 | 00:00:31 | 00:19:04 | 00:37:00 | 00:54:44.80 | 00:54:44.80 | +00:15:04 (27.5%) | 5:28 | 11 (72.8%) |
| 18 | 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 | +00:15:21 (27.9%) | 5:30 | 10.9 (72.2%) |
| 19 | 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 | +00:18:35 (31.9%) | 5:49 | 10.3 (68.2%) |
| 20 | 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 | +00:20:20 (33.9%) | 6:00 | 10 (66.2%) |
| 21 | KRAWCZUK-KIEŁB Anna | 155 | ŻYJ Z ENERGIA | K-40 | 11 | 00:00:25 | 00:20:00 | 00:40:44 | 01:01:14.40 | 01:01:14.40 | +00:21:33 (35.2%) | 6:07 | 9.8 (64.9%) |
| 22 | RUBACHA Agata | 378 | | K-18 | 13 | 00:00:19 | 00:19:26 | 00:40:09 | 01:01:23.30 | 01:01:23.30 | +00:21:42 (35.4%) | 6:08 | 9.8 (64.9%) |
| 23 | BRZEZIŃSKA Aleksandra | 379 | | K-18 | 15 | 00:00:32 | 00:18:15 | 00:40:21 | 01:04:57.40 | 01:04:57.40 | +00:25:16 (38.9%) | 6:29 | 9.2 (60.9%) |
| 24 | OSTROWSKA Sylwia | 231 | | K-30 | 31 | 00:00:36 | 00:21:31 | 00:44:20 | 01:08:45.30 | 01:08:45.30 | +00:29:04 (42.3%) | 6:52 | 8.7 (57.6%) |
| 25 | WRÓBEL Alicja | 363 | | K-18 | 17 | 00:00:36 | 00:21:31 | 00:44:20 | 01:08:45.35 | 01:08:45.35 | +00:29:04 (42.3%) | 6:52 | 8.7 (57.6%) |
| 26 | BIELENDA Malwina | 14 | | K-18 | 18 | 00:00:36 | 00:21:31 | 00:44:21 | 01:08:45.60 | 01:08:45.60 | +00:29:05 (42.3%) | 6:52 | 8.7 (57.6%) |
| 27 | WOŹNIAK Honorata | 361 | WWW.LIMO300C.COM | K-40 | 13 | 00:00:15 | | | | | +00:00:00 | 3:34 | 16.8 (111.3%) |

Znaleziono 27 wynik(ów)