

Organizator: Ośrodek Sportu i Rekreacji w Sławnie
Data: 2017-05-13
Miejsce: Sławno
Dystans: 10 km



Klasyfikacja: K-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 0.07km	Finish_All 3.38km	Finish_All 6.69km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	PAPROCKA Ewelina	202	GKS TĘCZA	K-30	1	00:00:02	00:00:15	00:12:08	00:24:40	00:37:03.50	00:37:06.45		3:42	16.2 (100%)
2	WITKIEWICZ Magda	295	KB 10 BIAŁOGARD	K-30	2	00:00:04	00:00:17	00:13:27	00:26:59	00:40:40.35	00:40:45.25	+00:03:36 (8.9%)	4:04	14.7 (90.7%)
3	KONKEL Agnieszka	115		K-30	3	00:00:05	00:00:19	00:13:45	00:27:53	00:42:01.45	00:42:07.25	+00:04:57 (11.8%)	4:12	14.3 (88.3%)
4	ŁAGUTKO Kamila	154	ŻYJ Z ENERGIA	K-30	4	00:00:05	00:00:17	00:13:40	00:27:57	00:42:32.30	00:42:37.50	+00:05:28 (12.9%)	4:15	14.1 (87.0%)
5	MERDA Katarzyna	170	MTS HAMER MIASTKO	K-30	5	00:00:06	00:00:17	00:14:28	00:29:15	00:44:00.10	00:44:06.10	+00:06:56 (15.8%)	4:24	13.6 (84.0%)
6	SZABLA Ewelina	255		K-30	6	00:00:09	00:00:19	00:14:43	00:29:47	00:45:01.05	00:45:10.10	+00:07:57 (17.7%)	4:30	13.3 (82.1%)
7	GOŁUŃSKA Renata	51		K-30	7	00:00:18	00:00:27	00:15:34	00:30:45	00:46:15.95	00:46:34.25	+00:09:12 (19.9%)	4:37	13 (80.2%)
8	STORCZYK-RAK Agnieszka	249		K-30	8	00:00:10	00:00:19	00:14:48	00:30:41	00:47:14.50	00:47:24.75	+00:10:11 (21.6%)	4:43	12.7 (78.4%)
9	DOMITRZ Katarzyna	30	ŻYJ Z ENERGIA	K-30	9	00:00:07	00:00:21	00:15:26	00:31:48	00:47:21.85	00:47:29.05	+00:10:18 (21.8%)	4:44	12.7 (78.4%)
10	JĘDRASZKO Magda	90	MTS HAMER MIASTKO	K-30	10	00:00:07	00:00:21	00:15:47	00:32:06	00:48:06.30	00:48:14.15	+00:11:02 (23.0%)	4:48	12.5 (77.2%)
11	KOTARA-PAŁKA Małgorzata	123		K-30	11	00:00:13	00:00:24	00:15:48	00:32:17	00:48:26.45	00:48:40.40	+00:11:22 (23.5%)	4:50	12.4 (76.5%)
12	HRYHOROWICZ Joanna	45	NIGHT RUNNERS SŁUPSK	K-30	12	00:00:11	00:00:24	00:16:28	00:33:42	00:50:30.15	00:50:42.10	+00:13:26 (26.6%)	5:03	11.9 (73.5%)
13	MIKINKA Magdalena	177		K-30	13	00:00:11	00:00:21	00:16:53	00:34:16	00:51:36.10	00:51:47.30	+00:14:32 (28.2%)	5:09	11.6 (71.6%)
14	GRABOWSKA-LESISZ Aneta	58		K-30	14	00:00:09	00:00:20	00:16:27	00:34:11	00:51:51.05	00:52:00.40	+00:14:47 (28.5%)	5:11	11.6 (71.6%)

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15	NOWAK Agnieszka	190		K-30	15	00:00:27	00:00:28	00:17:09	00:34:11	00:52:06.95	00:52:34.50	+00:15:03 (28.9%)	5:12	11.5 (71.0%)
16	JĘDRUSZCZAK Izabela	91		K-30	16	00:00:19	00:00:25	00:17:16	00:34:44	00:52:26.15	00:52:45.30	+00:15:22 (29.3%)	5:14	11.4 (70.4%)
17	ANTOSIK Grażyna	3	KS OLSZEWSKI I SYNOWIE	K-30	17	00:00:12	00:00:23	00:16:42	00:34:29	00:52:26.65	00:52:38.75	+00:15:23 (29.3%)	5:14	11.4 (70.4%)
18	GŁUCH Katarzyna	48	BIEGNIJMY.PL	K-30	18	00:00:10	00:00:23	00:17:20	00:35:16	00:52:43.30	00:52:54.00	+00:15:39 (29.7%)	5:16	11.4 (70.4%)
19	MAZIEC Magdalena	167		K-30	19	00:00:15	00:00:26	00:17:56	00:36:14	00:54:13.75	00:54:29.25	+00:17:10 (31.7%)	5:25	11.1 (68.5%)
20	MAZIEC Beata	166		K-30	20	00:00:15	00:00:26	00:17:57	00:36:15	00:54:14.15	00:54:29.30	+00:17:10 (31.7%)	5:25	11.1 (68.5%)
21	MICHNO Joanna	175		K-30	21	00:00:10	00:00:24	00:17:41	00:35:59	00:54:34.50	00:54:45.45	+00:17:31 (32.1%)	5:27	11 (67.9%)
22	HOLAK Kamila	72	BBL SŁUPSK	K-30	22	00:00:11	00:00:25	00:18:37	00:36:52	00:54:39.00	00:54:50.10	+00:17:35 (32.2%)	5:27	11 (67.9%)
23	KACZMAREK Marta	94		K-30	23	00:00:11	00:00:23	00:18:07	00:36:38	00:55:07.30	00:55:18.80	+00:18:03 (32.8%)	5:30	10.9 (67.3%)
24	WEGNER Aneta	279		K-30	24	00:00:15	00:00:25	00:17:48	00:36:24	00:55:07.70	00:55:23.50	+00:18:04 (32.8%)	5:30	10.9 (67.3%)
25	JANKIEWICZ Helena	80	MTS HAMER MIASTKO	K-30	25	00:00:07	00:00:23	00:17:48	00:36:50	00:55:08.05	00:55:15.60	+00:18:04 (32.8%)	5:30	10.9 (67.3%)
26	HRANKOWSKA Monika	74		K-30	26	00:00:23	00:00:26	00:18:59	00:37:46	00:56:00.55	00:56:23.70	+00:18:57 (33.8%)	5:36	10.7 (66.0%)
27	SUCHTA Monika	251		K-30	27	00:00:09	00:00:22	00:18:08	00:37:20	00:57:12.60	00:57:22.40	+00:20:09 (35.2%)	5:43	10.5 (64.8%)
28	MIECZKOWSKA Małgorzata	176	ŻYJ Z ENERGIA	K-30	28	00:00:22	00:00:26	00:19:05	00:38:29	00:58:05.40	00:58:27.45	+00:21:01 (36.2%)	5:48	10.3 (63.6%)
29	KOROLCZUK Karolina	120		K-30	29	00:00:14	00:00:25	00:19:11	00:39:24	00:58:48.40	00:59:02.40	+00:21:44 (37.0%)	5:52	10.2 (63.0%)
30	MODLISZEWSKA-BAJTEK Joanna	181	BANK SPÓŁDZIELCZY W SŁAWNIE	K-30	30	00:00:12	00:00:29	00:19:13	00:39:26	00:58:50.45	00:59:02.45	+00:21:46 (37.0%)	5:53	10.2 (63.0%)
31	ŚWIEBODA Alicja	266		K-30	31	00:00:13	00:00:25	00:19:31	00:39:17	00:58:58.90	00:59:12.85	+00:21:55 (37.2%)	5:53	10.2 (63.0%)
32	MAJ Agnieszka	159		K-30	32	00:00:17	00:00:26	00:19:30	00:39:34	00:59:23.45	00:59:41.40	+00:22:19 (37.6%)	5:56	10.1 (62.3%)
33	ORDAK Iwona	195		K-30	33	00:00:21	00:00:27	00:19:20	00:39:03	00:59:38.00	00:59:59.80	+00:22:34 (37.9%)	5:57	10.1 (62.3%)
34	BONISŁAWSKA Małgorzata	319	ZUZA&ZOSIA	K-30	34	00:00:21	00:00:26	00:19:26	00:40:01	01:01:45.40	01:02:07.30	+00:24:41 (40.0%)	6:10	9.7 (59.9%)
35	KOWALCZYK Justyna	127	W.P.K. SŁOŃ TEAM USTKA	K-30	35	00:00:16	00:00:26	00:19:36	00:40:36	01:02:08.00	01:02:24.70	+00:25:04 (40.4%)	6:12	9.7 (59.9%)
36	MOTOWIDŁO-ZAWADZKA Izabella	183		K-30	36	00:00:24	00:00:25	00:19:59	00:41:26	01:05:38.80	01:06:03.00	+00:28:35 (43.5%)	6:33	9.1 (56.2%)