

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



Klasyfikacja: K-OPEN

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	GŁOMBIOWSKA Zuzanna	46	BIGYELLOWFOOT ADVENTURE TEAM	K-18	1	00:00:02	00:00:16	00:13:53	00:28:35	00:43:23.10	00:43:26.05	+00:06:19 (14.6%)	4:20	13.8 (85.2%)
6	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%)
7	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%)
8	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%)
9	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%)
10	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%)
11	KONIECZNA Anka	113	ROZBIEGANY KOSZALIN	K-40	1	00:00:12	00:00:23	00:14:50	00:30:48	00:47:29.20	00:47:41.45	+00:10:25 (22.0%)	4:44	12.6 (77.8%)
12	PIĘTKO Joanna	208		K-40	2	00:00:12	00:00:24	00:15:46	00:31:45	00:47:56.70	00:48:09.30	+00:10:53 (22.7%)	4:47	12.5 (77.2%)
13	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%)
14	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h	
						startu	Finish_All 0.07km	Finish_All 3.38km						Finish_All 6.69km
15	WALIŃSKA Agnieszka	276	BBL SŁUPSK	K-40	3	00:00:09	00:00:22	00:16:14	00:32:26	00:48:53.20	00:49:03.00	+00:11:49 (24.2%)	4:53	12.3 (75.9%)
16	OSIŃSKA Anna	197	ACTIVE MALBORK	K-18	2	00:00:09	00:00:21	00:16:12	00:32:35	00:49:29.45	00:49:38.85	+00:12:25 (25.1%)	4:56	12.1 (74.7%)
17	HARBUTIAK Monika	66	ŻYJ Z ENERGIAŁ	K-18	3	00:00:06	00:00:17	00:16:29	00:33:44	00:50:05.10	00:50:11.40	+00:13:01 (26.0%)	5:00	12 (74.1%)
18	GARSKA Joanna	40	ŚWIAT PŁYTEK U KRYSPIŃA	K-40	4	00:00:13	00:00:25	00:15:56	00:32:37	00:50:05.30	00:50:18.85	+00:13:01 (26.0%)	5:00	12 (74.1%)
19	LASKA Agnieszka	146	MKS 'ŚWIĘC' SŁAWNO	K-40	5	00:00:10	00:00:20	00:16:34	00:33:24	00:50:15.40	00:50:25.75	+00:13:11 (26.3%)	5:01	11.9 (73.5%)
20	KONCEWICZ Aneta	112		K-18	4	00:00:08	00:00:21	00:16:08	00:33:04	00:50:29.30	00:50:37.80	+00:13:25 (26.6%)	5:02	11.9 (73.5%)
21	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%)
22	MIZERA Agnieszka	179	BYLEDOBIEC ANIN	K-40	6	00:00:09	00:00:23	00:16:27	00:33:23	00:51:27.10	00:51:36.90	+00:14:23 (28.0%)	5:08	11.7 (72.2%)
23	KOWAL Wiktoria	124	STOPA SŁUPSK	K-18	5	00:00:16	00:00:24	00:17:17	00:34:32	00:51:32.95	00:51:49.05	+00:14:29 (28.1%)	5:09	11.6 (71.6%)
24	ŁAKOMSKA Wanda	155		K-60	1	00:00:14	00:00:18	00:16:50	00:34:05	00:51:34.45	00:51:48.45	+00:14:30 (28.1%)	5:09	11.6 (71.6%)
25	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%)
26	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%)
27	DĄBROWSKA Alicja	27	TKKF KOSZALIN	K-50	1	00:00:13	00:00:24	00:17:25	00:34:38	00:51:54.25	00:52:08.20	+00:14:50 (28.6%)	5:11	11.6 (71.6%)
28	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%)
29	ZIELENIEWICZ Weronika	310		K-18	6	00:00:04	00:00:17	00:15:56	00:33:58	00:52:20.95	00:52:25.60	+00:15:17 (29.2%)	5:14	11.5 (71.0%)
30	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%)
31	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%)
32	LIGOCKA Aneta	149		K-40	7	00:00:20	00:00:25	00:17:39	00:35:08	00:52:42.80	00:53:03.20	+00:15:39 (29.7%)	5:16	11.4 (70.4%)
33	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%)
34	MACHŁAJ Sonia	158		K-18	7	00:00:13	00:00:23	00:16:30	00:34:48	00:52:53.20	00:53:06.60	+00:15:49 (29.9%)	5:17	11.3 (69.8%)
35	KOŚŁA Sara	122	ZSP1 SŁUPSK	K-18	8	00:00:02	00:00:17	00:16:35	00:35:44	00:52:54.70	00:52:57.50	+00:15:51 (30.0%)	5:17	11.3 (69.8%)
36	ROMAN Sylwia	222	MKS 'ŚWIĘC' SŁAWNO	K-40	8	00:00:14	00:00:22	00:16:46	00:34:57	00:52:58.00	00:53:12.10	+00:15:54 (30.0%)	5:17	11.3 (69.8%)
37	KOŁODZIEJCZYK Danuta	278	PRORUNNING PROMOTION	K-50	2	00:00:19	00:00:25	00:17:28	00:35:24	00:53:35.60	00:53:54.75	+00:16:32 (30.9%)	5:21	11.2 (69.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						startu	0.07km	3.38km	6.69km					
38	MALESZA-HOUSIN Joanna	163	ROZBIEGANY KOSZALIN	K-40	9	00:00:14	00:00:29	00:17:28	00:35:15	00:53:49.10	00:54:03.55	+00:16:45 (31.1%)	5:22	11.1 (68.5%)
39	LEMAŃSKA Katarzyna	148		K-18	9	00:00:17	00:00:26	00:17:41	00:35:58	00:53:53.50	00:54:11.00	+00:16:50 (31.2%)	5:23	11.1 (68.5%)
40	BOGACKA Lucyna	7	TKKF KOSZALIN	K-50	3	00:00:13	00:00:24	00:17:27	00:35:11	00:53:55.95	00:54:09.10	+00:16:52 (31.3%)	5:23	11.1 (68.5%)
41	KONKEL Joanna	114	MKS 'ŚWIĘC' SŁAWNO	K-50	4	00:00:15	00:00:24	00:17:36	00:35:33	00:54:11.70	00:54:27.20	+00:17:08 (31.6%)	5:25	11.1 (68.5%)
42	CYWIŃSKA Agnieszka	21		K-18	10	00:00:14	00:00:24	00:17:16	00:35:31	00:54:13.05	00:54:27.70	+00:17:09 (31.6%)	5:25	11.1 (68.5%)
43	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%)
44	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%)
45	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%)
46	NAZARKO Małgorzata	187	BBL SŁUPSK	K-40	10	00:00:11	00:00:25	00:18:37	00:36:52	00:54:38.95	00:54:50.15	+00:17:35 (32.2%)	5:27	11 (67.9%)
47	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%)
48	BRUSZEWSKA-GŁOMBIOWSKA Monika	12		K-40	11	00:00:10	00:00:23	00:17:43	00:36:25	00:54:39.70	00:54:50.65	+00:17:36 (32.2%)	5:28	11 (67.9%)
49	KUBIŃSKA Beata	138	NIGHT RUNNERS SŁUPSK	K-50	5	00:00:11	00:00:23	00:17:16	00:35:35	00:54:43.70	00:54:55.50	+00:17:40 (32.3%)	5:28	11 (67.9%)
50	STOJEWSKA Katarzyna	247	JA_BEZ_SILNA	K-18	11	00:00:11	00:00:23	00:17:15	00:36:02	00:55:01.55	00:55:12.75	+00:17:58 (32.7%)	5:30	10.9 (67.3%)
51	BUZE Małgorzata	18	KS OLSZEWSKI I SYNOWIE	K-40	12	00:00:11	00:00:23	00:17:57	00:36:27	00:55:07.00	00:55:18.80	+00:18:03 (32.8%)	5:30	10.9 (67.3%)
52	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%)
53	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%)
54	ZYCH Dorota	313		K-40	13	00:00:11	00:00:23	00:18:07	00:36:38	00:55:08.05	00:55:19.05	+00:18:04 (32.8%)	5:30	10.9 (67.3%)
54	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%)
56	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%)
57	PLATH-KOPERSKA Krystyna	211		K-50	6	00:00:19	00:00:26	00:18:04	00:36:52	00:56:23.00	00:56:42.65	+00:19:19 (34.3%)	5:38	10.6 (65.4%)
58	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%)
59	SULL Aga	252		K-40	14	00:00:11	00:00:25	00:18:50	00:38:21	00:57:19.80	00:57:31.50	+00:20:16 (35.4%)	5:44	10.5 (64.8%)
60	KACZMAREK Agnieszka	96		K-40	15	00:00:22	00:00:26	00:18:52	00:38:11	00:57:27.50	00:57:49.80	+00:20:24 (35.5%)	5:44	10.4 (64.2%)

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						startu	0.07km	3.38km	6.69km					
61	RASZPLA Ilona	215	CIOTECZKI.PL	K-40	16	00:00:20	00:00:26	00:19:33	00:39:00	00:58:03.65	00:58:24.05	+00:21:00 (36.2%)	5:48	10.3 (63.6%)
62	MIECZKOWSKA Małgorzata	176	ŻYJ Z ENERGIAŁ	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%)
63	WIKTOROWICZ Małgorzata	289	CIOTECZKI.PL	K-40	17	00:00:20	00:00:26	00:19:33	00:39:01	00:58:06.90	00:58:27.50	+00:21:03 (36.2%)	5:48	10.3 (63.6%)
64	KLEJDYSZ Beata	109	SŁUPSK	K-40	18	00:00:07	00:00:21	00:18:29	00:38:27	00:58:16.10	00:58:23.80	+00:21:12 (36.4%)	5:49	10.3 (63.6%)
65	KONARSKA Joanna	110		K-18	12	00:00:16	00:00:25	00:19:11	00:39:09	00:58:42.20	00:58:58.70	+00:21:38 (36.9%)	5:52	10.2 (63.0%)
66	KONARSKA Monika	111		K-18	13	00:00:16	00:00:26	00:19:11	00:39:09	00:58:42.60	00:58:59.10	+00:21:39 (36.9%)	5:52	10.2 (63.0%)
67	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%)
68	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%)
69	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%)
70	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%)
71	MARCZAK Małgorzata	165	AMATOR	K-50	7	00:00:05	00:00:20	00:18:51	00:39:09	00:59:31.05	00:59:36.80	+00:22:27 (37.7%)	5:57	10.1 (62.3%)
72	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%)
73	TKACZ-KRAŻKO Ewa	271		K-18	14	00:00:17	00:00:25	00:19:21	00:39:28	00:59:53.30	01:00:10.30	+00:22:49 (38.1%)	5:59	10 (61.7%)
74	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%)
75	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%)
76	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%)
77	STASZYŃSKA Marianna	8	BTC ORZEŁ	K-60	2	00:00:18	00:00:28	00:21:29	00:43:35	01:05:47.80	01:06:06.65	+00:28:44 (43.7%)	6:34	9.1 (56.2%)
78	WENCŁAW-JUSZCZAK Marta	280		K-40	19	00:00:17	00:00:26	00:20:06	00:44:02	01:06:26.25	01:06:44.20	+00:29:22 (44.2%)	6:38	9 (55.6%)
79	SZMIGIERO Agnieszka	260	W.P.K. SŁOŃ TEAM USTKA	K-40	20	00:00:16	00:00:26	00:20:45	00:44:03	01:09:04.15	01:09:20.15	+00:32:00 (46.3%)	6:54	8.7 (53.7%)
80	LASKA Hanna	147		K-18	15	00:00:15	00:00:27	00:20:58	00:44:27	01:09:05.25	01:09:20.40	+00:32:01 (46.4%)	6:54	8.7 (53.7%)
81	KRAWCZUK-KIEŁB Anna	132	ŻYJ Z ENERGIAŁ	K-40	21	00:00:21	00:00:28	00:24:01	00:49:09	01:14:44.00	01:15:05.90	+00:37:40 (50.4%)	7:28	8 (49.4%)
82	JAROCKA Małgorzata	84		K-18	16	00:00:25	00:00:27	00:24:18	00:49:27	01:15:00.25	01:15:25.50	+00:37:56 (50.6%)	7:30	8 (49.4%)
83	SOLAK Halina	241	ŚWIAT PŁYTEK U KRYSPIŃA	K-60	3	00:00:23	00:00:29	00:24:44	00:51:03	01:17:44.75	01:18:08.25	+00:40:41 (52.3%)	7:46	7.7 (47.5%)

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	ZBYSZYŃSKA Joanna	307		K-18		DNF	00:00:25 DNF	00:20:41 DNF	DNF	DNF	DNF		-	- (0.0%)
	RUBACHA Agata	226		K-18		DNF	00:00:22 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 85 wynik(ów)