

Organizator: Ośrodek Sportu i Rekreacji w Sławnie
Data: 2019-05-18
Miejsce: Sławno
Dystans: 10 km



Klasyfikacja: K-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	First_All 0.07km	End_All 3.38km	End_All 6.69km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	HERMAN Karina	54		K-40	1	00:00:22	00:15:54	00:31:49	00:47:35.75		4:45	12.6 (100%)
2	KAŚNICKA Tamara	76		K-40	2	00:00:28	00:16:12	00:32:16	00:48:09.05	+00:00:33 (1.2%)	4:48	12.5 (99.2%)
3	LEWANDOWSKA Beata	120	STOPA SŁUPSK	K-40	3	00:00:21	00:15:36	00:31:51	00:48:48.55	+00:01:12 (2.5%)	4:52	12.3 (97.6%)
4	SZEWCZYK Wioletta	220	ZABIEGANI Z LEŚNEJ	K-40	4	00:00:28	00:15:46	00:32:32	00:49:08.50	+00:01:32 (3.1%)	4:54	12.2 (96.8%)
5	DRULIK-HOŁUB Marta	29	TORNADO KOSZALIN	K-40	5	00:00:23	00:16:14	00:33:02	00:50:15.25	+00:02:39 (5.3%)	5:01	11.9 (94.4%)
6	LASKA Agnieszka	116	MKS ŚWIĘC SŁAWNO	K-40	6	00:00:30	00:16:30	00:33:44	00:50:55.00	+00:03:19 (6.5%)	5:05	11.8 (93.7%)
7	ZARZYCKA Izabela	260	W.P.K SŁOŃ TEAM USTKA	K-40	7	00:00:36	00:16:48	00:34:18	00:51:51.20	+00:04:15 (8.2%)	5:11	11.6 (92.1%)
8	JĘDRUSZCZAK Izabela	64		K-40	8	00:00:26	00:17:08	00:34:42	00:52:30.60	+00:04:54 (9.4%)	5:15	11.4 (90.5%)
9	ZIELIŃSKA Marzena	264	DECATHLON POWER SŁUPSK	K-40	9	00:00:27	00:17:49	00:35:32	00:52:53.65	+00:05:17 (10.0%)	5:17	11.3 (89.7%)
10	PELA Hanna	170	USB USTKA	K-40	10	00:00:25	00:17:35	00:35:55	00:54:27.50	+00:06:51 (12.6%)	5:26	11 (87.3%)
11	RASZPLA Ilona	190	CIOTECZKI.PL	K-40	11	00:00:36	00:19:32	00:38:25	00:57:50.60	+00:10:14 (17.7%)	5:47	10.4 (82.5%)
12	KLEJDYSZ Beata	81		K-40	12	00:00:28	00:18:17	00:37:49	00:57:59.00	+00:10:23 (17.9%)	5:47	10.3 (81.7%)
13	BRZOSTOWSKA Ewa	16	KB BRYZA POSTOMINO	K-40	13	00:00:32	00:18:26	00:37:51	00:58:05.05	+00:10:29 (18.1%)	5:48	10.3 (81.7%)
14	ORDAK Iwona	37	SAM SOBIE	K-40	14	00:00:35	00:19:02	00:38:28	00:58:08.85	+00:10:33 (18.1%)	5:48	10.3 (81.7%)
15	MAJ Agnieszka	128		K-40	15	00:00:29	00:18:42	00:38:14	00:58:10.45	+00:10:34 (18.2%)	5:49	10.3 (81.7%)
16	MOTOWIDŁO-ZAWADZKA Izabella	148	DECATHLON POWER SŁUPSK	K-40	16	00:00:32	00:18:56	00:38:50	00:58:26.95	+00:10:51 (18.6%)	5:50	10.3 (81.7%)
17	WIKTOROWICZ Małgorzata	251	CIOTECZKI.PL	K-40	17	00:00:35	00:19:33	00:39:08	00:59:05.15	+00:11:29 (19.4%)	5:54	10.2 (81.0%)
18	RYBA Anna	200	USB USTKA	K-40	18	00:00:26	00:18:58	00:39:36	01:00:53.10	+00:13:17 (21.8%)	6:05	9.9 (78.6%)
19	MEGGER Agata	272	ŻYJ Z ENERGIA	K-40	19	00:00:34	00:20:04	00:40:52	01:02:06.35	+00:14:30 (23.4%)	6:12	9.7 (77.0%)
20	KURCZYK Elżbieta	111		K-40	20	00:00:40	00:21:38	00:42:47	01:03:02.95	+00:15:27 (24.5%)	6:18	9.5 (75.4%)
21	WACHHOLZ Beata	240	KB BRYZA POSTOMINO	K-40	21	00:00:36	00:19:41	00:41:07	01:03:15.50	+00:15:39 (24.8%)	6:19	9.5 (75.4%)

Znaleziono 21 wynik(ów)