

Organiser: Ośrodek Sportu i Rekreacji w Sławnie
Date: 2019-05-18
Place: Sławno
Distance: 10 km



Classification: K-Open

Place	Participant	Number	Club	Category	MCat	First All 0.07km	End All 3.38km	End All 6.69km	Net time 10km	Gap	Pace min/km	Pace km/h
1	WIRKUS Antonina	278	MKL SZCZECINEK	K-Open	1	00:00:15	00:12:38	00:25:14	00:37:53.10		3:47	15.8 (100%)
2	MATYSIAK Katarzyna	139	FIZJOBIEGACZE SZCZECIN	K-Open	2	00:00:16	00:13:52	00:28:23	00:42:48.65	+00:04:55 (11.5%)	4:16	14 (88.6%)
3	BENTKOWSKA Natalia	10		K-Open	3	00:00:18	00:14:16	00:28:42	00:42:53.85	+00:05:00 (11.7%)	4:17	14 (88.6%)
4	CHORAŻY Karolina	22	LEO-TEAM	K-Open	4	00:00:21	00:15:01	00:30:07	00:45:30.75	+00:07:37 (16.8%)	4:33	13.2 (83.5%)
5	NIECKARZ Monika	155	KB SPOKO SŁAWNO	K-Open	5	00:00:19	00:14:51	00:30:22	00:46:05.20	+00:08:12 (17.8%)	4:36	13 (82.3%)
6	KLUCZEWSKA Emilia	82	RUNTASTYCZNI TEAM BYTÓW	K-Open	6	00:00:31	00:15:42	00:31:08	00:46:29.95	+00:08:36 (18.5%)	4:38	12.9 (81.6%)
7	SKOCZYŃSKA Renata	207	USB USTKA	K-Open	7	00:00:17	00:15:18	00:30:59	00:46:45.30	+00:08:52 (19.0%)	4:40	12.8 (81.0%)
8	JAROSZEWICZ Barbara	61		K-Open	8	00:00:30	00:15:10	00:31:12	00:47:30.55	+00:09:37 (20.3%)	4:45	12.6 (79.7%)
9	HERMAN Karina	54		K-40	1	00:00:22	00:15:54	00:31:49	00:47:35.75	+00:09:42 (20.4%)	4:45	12.6 (79.7%)
10	KACZMAREK Marta	67	KB SPOKO SŁAWNO	K-Open	9	00:00:22	00:15:21	00:31:29	00:47:50.25	+00:09:57 (20.8%)	4:47	12.5 (79.1%)
11	KAŚNICKA Tamara	76		K-40	2	00:00:28	00:16:12	00:32:16	00:48:09.05	+00:10:15 (21.3%)	4:48	12.5 (79.1%)
12	LEMAŃSKA Katarzyna	117	USB USTKA	K-Open	10	00:00:22	00:15:36	00:32:01	00:48:22.05	+00:10:28 (21.7%)	4:50	12.4 (78.5%)
13	LEWANDOWSKA Beata	120	STOPA SŁUPSK	K-40	3	00:00:21	00:15:36	00:31:51	00:48:48.55	+00:10:55 (22.4%)	4:52	12.3 (77.8%)
14	KULCZYK Katarzyna	109	KB BRYZA POSTOMINO	K-Open	11	00:00:20	00:16:03	00:32:22	00:49:01.95	+00:11:08 (22.7%)	4:54	12.2 (77.2%)
15	SZEWCZYK Wioletta	220	ZABIEGANI Z LEŚNEJ	K-40	4	00:00:28	00:15:46	00:32:32	00:49:08.50	+00:11:15 (22.9%)	4:54	12.2 (77.2%)
16	ART Kamila	7		K-Open	12	00:00:40	00:17:15	00:33:36	00:49:55.90	+00:12:02 (24.1%)	4:59	12 (75.9%)
17	KĘSIK Agnieszka	79	ŚWIAT PŁYTEK U KRYPINA	K-Open	13	00:00:26	00:16:04	00:32:48	00:50:06.20	+00:12:13 (24.4%)	5:00	12 (75.9%)
18	MARKIEWICZ Barbara	136		K-Open	14	00:00:19	00:15:31	00:32:19	00:50:12.10	+00:12:19 (24.5%)	5:01	12 (75.9%)
19	DRULIK-HOŁUB Marta	29	TORNADO KOSZALIN	K-40	5	00:00:23	00:16:14	00:33:02	00:50:15.25	+00:12:22 (24.6%)	5:01	11.9 (75.3%)
20	MOTYKOWSKA Ksenia	149	KB SPOKO SŁAWNO	K-Open	15	00:00:23	00:16:09	00:33:01	00:50:28.75	+00:12:35 (24.9%)	5:02	11.9 (75.3%)
21	LASKA Agnieszka	116	MKS ŚWIĘC SŁAWNO	K-40	6	00:00:30	00:16:30	00:33:44	00:50:55.00	+00:13:01 (25.6%)	5:05	11.8 (74.7%)
22	DRZEWIECKA Justyna	31		K-Open	16	00:00:25	00:16:28	00:33:53	00:51:10.75	+00:13:17 (26.0%)	5:07	11.7 (74.1%)
23	SPOLSKA Weronika	211		K-Open	17	00:00:36	00:17:16	00:34:19	00:51:10.90	+00:13:17 (26.0%)	5:07	11.7 (74.1%)
24	MIKINKA Magdalena	145		K-Open	18	00:00:30	00:16:52	00:34:22	00:51:39.15	+00:13:46 (26.7%)	5:09	11.6 (73.4%)
25	PRYZWAN Karolina	186		K-Open	19	00:00:33	00:17:17	00:34:24	00:51:44.45	+00:13:51 (26.8%)	5:10	11.6 (73.4%)
26	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	+00:13:58 (26.9%)	5:11	11.6 (73.4%)
27	HARBUTIAK Monika	52	ŻYJ Z ENERGIA	K-Open	20	00:00:30	00:16:56	00:34:33	00:51:54.00	+00:14:00 (27.0%)	5:11	11.6 (73.4%)

Place	Participant	Number	Club	Category	MCat	First All 0.07km	End All 3.38km	End All 6.69km	Net	Gap	Pace	Pace
									time 10km		min/km	km/h
28	JĘDRUSZCZAK Izabela	64		K-40	8	00:00:26	00:17:08	00:34:42	00:52:30.60	+00:14:37 (27.9%)	5:15	11.4 (72.2%)
29	NOWAK Wioleta	160		K-Open	21	00:00:40	00:17:33	00:35:10	00:52:44.80	+00:14:51 (28.2%)	5:16	11.4 (72.2%)
30	KOPOWSKA Beata	91		K-Open	22	00:00:25	00:16:58	00:34:42	00:52:45.85	+00:14:52 (28.2%)	5:16	11.4 (72.2%)
31	ZIELIŃSKA Marzena	264	DECATHLON POWER SŁUPSK	K-40	9	00:00:27	00:17:49	00:35:32	00:52:53.65	+00:15:00 (28.4%)	5:17	11.3 (71.5%)
32	TYRKA Małgorzata	237		K-Open	23	00:00:27	00:17:13	00:34:50	00:53:13.30	+00:15:20 (28.8%)	5:19	11.3 (71.5%)
33	KONKEL Joanna	88	MKS ŚWIĘC SŁAWNO	K-50	1	00:00:31	00:17:24	00:35:10	00:53:21.90	+00:15:28 (29.0%)	5:20	11.2 (70.9%)
34	RATAJCZYK Monika	192		K-Open	24	00:00:38	00:17:55	00:35:34	00:53:31.60	+00:15:38 (29.2%)	5:21	11.2 (70.9%)
35	ŁAKOMSKA Wanda	126	ŁAKOMSCY NA BIEGANIE!	K-60	1	00:00:22	00:17:32	00:35:27	00:53:51.85	+00:15:58 (29.7%)	5:23	11.1 (70.3%)
36	KOŁODZIEJCZYK Danuta	85		K-50	2	00:00:27	00:17:21	00:35:21	00:53:58.80	+00:16:05 (29.8%)	5:23	11.1 (70.3%)
37	GAŁKOWSKA Patrycja	36	KB BRYZA POSTOMINO	K-Open	25	00:00:31	00:17:44	00:35:31	00:54:00.70	+00:16:07 (29.9%)	5:24	11.1 (70.3%)
38	PELA Hanna	170	USB USTKA	K-40	10	00:00:25	00:17:35	00:35:55	00:54:27.50	+00:16:34 (30.4%)	5:26	11 (69.6%)
39	HAŁAJKO Magdalena	280		K-Open	26	00:00:27	00:17:12	00:35:29	00:54:28.35	+00:16:35 (30.5%)	5:26	11 (69.6%)
40	BRODACKA Katarzyna	15		K-Open	27	00:00:29	00:17:07	00:35:51	00:55:00.25	+00:17:07 (31.1%)	5:30	10.9 (69.0%)
41	LEWANDOWSKA Maria	121	W.P.K SŁOŃ TEAM USTKA	K-Open	28	00:00:32	00:18:11	00:36:34	00:55:04.00	+00:17:10 (31.2%)	5:30	10.9 (69.0%)
42	ANTOSIK Grażyna	5	KS OLSZEWSKI I SYNOWIE SŁAWSKO	K-Open	29	00:00:31	00:18:05	00:36:44	00:55:36.40	+00:17:43 (31.9%)	5:33	10.8 (68.4%)
43	MROZIK Joanna	150		K-Open	30	00:00:27	00:18:01	00:36:53	00:55:45.20	+00:17:52 (32.0%)	5:34	10.8 (68.4%)
44	KOZA Joanna	98	USB USTKA	K-Open	31	00:00:26	00:18:41	00:37:13	00:56:14.00	+00:18:20 (32.6%)	5:37	10.7 (67.7%)
45	PRUSZAK Aneta	185	RUNTASTYCZNI TEAM BYTÓW	K-Open	32	00:00:31	00:17:36	00:36:47	00:56:33.80	+00:18:40 (33.0%)	5:39	10.6 (67.1%)
46	KOROLCZUK Karolina	92		K-Open	33	00:00:40	00:18:16	00:37:36	00:57:44.45	+00:19:51 (34.4%)	5:46	10.4 (65.8%)
47	RASZPLA Ilona	190	CIOTECZKI.PL	K-40	11	00:00:36	00:19:32	00:38:25	00:57:50.60	+00:19:57 (34.5%)	5:47	10.4 (65.8%)
48	KLEJDYSZ Beata	81		K-40	12	00:00:28	00:18:17	00:37:49	00:57:59.00	+00:20:05 (34.7%)	5:47	10.3 (65.2%)
49	BRZOSTOWSKA Ewa	16	KB BRYZA POSTOMINO	K-40	13	00:00:32	00:18:26	00:37:51	00:58:05.05	+00:20:11 (34.8%)	5:48	10.3 (65.2%)
50	ORDAK Iwona	37	SAM SOBIE	K-40	14	00:00:35	00:19:02	00:38:28	00:58:08.85	+00:20:15 (34.8%)	5:48	10.3 (65.2%)
51	MAJ Agnieszka	128		K-40	15	00:00:29	00:18:42	00:38:14	00:58:10.45	+00:20:17 (34.9%)	5:49	10.3 (65.2%)
52	MOTOWIDŁO-ZAWADZKA Izabella	148	DECATHLON POWER SŁUPSK	K-40	16	00:00:32	00:18:56	00:38:50	00:58:26.95	+00:20:33 (35.2%)	5:50	10.3 (65.2%)
53	WIKTOROWICZ Małgorzata	251	CIOTECZKI.PL	K-40	17	00:00:35	00:19:33	00:39:08	00:59:05.15	+00:21:12 (35.9%)	5:54	10.2 (64.6%)
54	BIERNAT Karolina	276		K-Open	34	00:00:36	00:17:58	00:38:02	00:59:08.95	+00:21:15 (36.0%)	5:54	10.1 (63.9%)
55	MICHALIK Agnieszka	142		K-Open	35	00:00:34	00:19:18	00:39:21	00:59:17.10	+00:21:24 (36.1%)	5:55	10.1 (63.9%)
56	RYBA Anna	200	USB USTKA	K-40	18	00:00:26	00:18:58	00:39:36	01:00:53.10	+00:23:00 (37.8%)	6:05	9.9 (62.7%)
57	KOMAR Agnieszka	86	KB SPOKO SŁAWNO	K-Open	36	00:00:35	00:19:54	00:40:47	01:01:25.10	+00:23:32 (38.3%)	6:08	9.8 (62.0%)
58	MEGGER Agata	272	ŻYJ Z ENERGIA	K-40	19	00:00:34	00:20:04	00:40:52	01:02:06.35	+00:24:13 (39.0%)	6:12	9.7 (61.4%)
59	GARBADZKA Agata	39		K-Open	37	00:00:35	00:19:35	00:40:54	01:02:24.65	+00:24:31 (39.3%)	6:14	9.6 (60.8%)
60	LACHOWICZ Joanna	115		K-Open	38	00:00:40	00:21:37	00:42:47	01:03:02.55	+00:25:09 (39.9%)	6:18	9.5 (60.1%)
61	ADAMCZYK Michalina	1		K-Open	39	00:00:40	00:21:38	00:42:47	01:03:02.85	+00:25:09 (39.9%)	6:18	9.5 (60.1%)
62	KURCZYK Elżbieta	111		K-40	20	00:00:40	00:21:38	00:42:47	01:03:02.95	+00:25:09 (39.9%)	6:18	9.5 (60.1%)
63	WACHHOLZ Beata	240	KB BRYZA POSTOMINO	K-40	21	00:00:36	00:19:41	00:41:07	01:03:15.50	+00:25:22 (40.1%)	6:19	9.5 (60.1%)
64	MARCZAK Małgorzata	133		K-50	3	00:00:30	00:19:49	00:41:36	01:03:56.45	+00:26:03 (40.7%)	6:23	9.4 (59.5%)
65	PROTASEWICZ Renata	184	KB SPOKO SŁAWNO	K-Open	40	00:00:40	00:21:11	00:42:59	01:04:35.35	+00:26:42 (41.3%)	6:27	9.3 (58.9%)
66	SUŁEK Dorota	218	KB BRYZA POSTOMINO	K-Open	41	00:00:30	00:19:48	00:42:21	01:05:25.15	+00:27:32 (42.1%)	6:32	9.2 (58.2%)
67	PEŁKA Iwona	171		K-50	4	00:00:39	00:22:19	00:44:40	01:08:12.35	+00:30:19 (44.5%)	6:49	8.8 (55.7%)

Total 67 results.