



XXIX PÓŁMARATON LIPCOWY OKONEK

B4SPORT

Organizator: Burmistrz Okonka
Data: 2016-07-17
Miejsce: Okonek
Dystans: 21.1 km

 **HERKULES**
www.herkules.org.pl

Klasyfikacja: K-OPEN

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 5.3km | 10.6km | 15.9km | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|---------------------------|-----------|------|-------------|----------|----------|----------|--------------------|--------------------|-------------------|--------------|--------------|
| 1 | SKRZYPCZAK Anna | 408 | LOKATOR NIERUCHOMOŚCI | K40-44 | 1 | 00:00:03 | 00:23:55 | 00:47:44 | 01:10:50 | 01:34:07.20 | 01:34:10.85 | | 4:27 | 13.5 (100%) |
| 2 | GAŃSKA Magdalena | 326 | MKS FIGHTER | K40-44 | 2 | 00:00:02 | 00:23:56 | 00:47:48 | 01:11:39 | 01:35:36.45 | 01:35:39.20 | +00:01:29 (1.6%) | 4:31 | 13.2 (97.8%) |
| 3 | CHODOR Martyna | 311 | TKKF KOSZALIN | K30-39 | 1 | 00:00:06 | 00:25:11 | 00:49:34 | 01:14:01 | 01:38:25.85 | 01:38:32.70 | +00:04:18 (4.4%) | 4:39 | 12.9 (95.6%) |
| 4 | CHORAŻY Karolina | 312 | FADOMODA TEAM | K20-29 | 1 | 00:00:07 | 00:25:41 | 00:50:23 | 01:15:20 | 01:40:25.10 | 01:40:33.05 | +00:06:17 (6.3%) | 4:45 | 12.6 (93.3%) |
| 5 | JAROSZEWSKA Justyna | 335 | 4RUNTEAM | K30-39 | 2 | 00:00:07 | 00:26:00 | 00:52:06 | 01:18:36 | 01:45:03.90 | 01:45:10.90 | +00:10:56 (10.4%) | 4:58 | 12.1 (89.6%) |
| 6 | WALTER Joanna | 393 | KB 'DZIESIĄTKA' BIAŁOGARD | K40-44 | 3 | 00:00:11 | 00:27:13 | 00:54:21 | 01:20:54 | 01:46:38.85 | 01:46:50.45 | +00:12:31 (11.7%) | 5:03 | 11.9 (88.1%) |
| 7 | FIŁONOWICZ Monika | 322 | | K30-39 | 3 | 00:00:05 | 00:25:16 | 00:51:21 | 01:19:37 | 01:48:57.35 | 01:49:02.55 | +00:14:50 (13.6%) | 5:09 | 11.6 (85.9%) |
| 8 | WALIŃSKA Agnieszka | 391 | WOLNA JAK PTAK | K40-44 | 4 | 00:00:08 | 00:27:05 | 00:54:23 | 01:21:46 | 01:50:18.80 | 01:50:27.10 | +00:16:11 (14.7%) | 5:13 | 11.5 (85.2%) |
| 9 | BRYSEWSKA Alicja | 402 | | K30-39 | 4 | 00:00:10 | 00:28:44 | 00:56:09 | 01:23:05 | 01:50:41.65 | 01:50:52.05 | +00:16:34 (15.0%) | 5:14 | 11.4 (84.4%) |
| 10 | STANASIUK Edyta | 382 | FIZJOBIEGACZE SZCZECIN | K30-39 | 5 | 00:00:11 | 00:29:22 | 00:58:44 | 01:27:48 | 01:56:40.35 | 01:56:51.95 | +00:22:33 (19.3%) | 5:31 | 10.9 (80.7%) |
| 11 | SZULC Edyta | 384 | | K40-44 | 5 | 00:00:12 | 00:29:20 | 00:58:52 | 01:28:43 | 01:59:36.25 | 01:59:48.85 | +00:25:29 (21.3%) | 5:40 | 10.6 (78.5%) |
| 12 | MAŃKOWSKA Janina | 359 | | K50-54 | 1 | 00:00:09 | 00:29:45 | 01:00:26 | 01:32:07 | 02:03:29.85 | 02:03:39.60 | +00:29:22 (23.8%) | 5:51 | 10.3 (76.3%) |
| 13 | SZUMSKA Lidia | 385 | | K40-44 | 6 | 00:00:07 | 00:28:46 | 00:58:26 | 01:31:46 | 02:05:57.25 | 02:06:04.95 | +00:31:50 (25.3%) | 5:58 | 10.1 (74.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 5.3km | 10.6km | 15.9km | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|------------|----------------|-----------|------|-------------|----------|----------|----------|--------------------|--------------------|----------------------|--------------|----------------|
| 14 | LASOTA Irena | 355 | | K65-69 | 1 | 00:00:09 | 00:30:00 | 01:01:54 | 01:35:58 | 02:13:22.00 | 02:13:31.95 | +00:39:14 (29.4%) | 6:19 | 9.5 (70.4%) |
| 15 | OKONEK Izabela | 368 | | K45-49 | 1 | 00:00:09 | 00:36:02 | 01:15:52 | 01:56:39 | 02:41:32.00 | 02:41:41.85 | +01:07:24 (41.7%) | 7:39 | 7.8 (57.8%) |
| 16 | CHROŚCICKA-MICHALAK Anna | 313 | PARKRUN GDYNIA | K30-39 | 6 | 00:00:07 | 00:36:04 | 01:18:26 | 02:00:42 | 02:49:07.90 | 02:49:15.20 | +01:15:00 (44.4%) | 8:00 | 7.5 (55.6%) |

Znaleziono 16 wynik(ów)