



XXIX PÓŁMARATON LIPCOWY OKONEK

B4SPORT

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

 **HERKULES**
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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%)

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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)