



Ludowy Klub Sportowy  
OSTROMECKO

# XXVIII BIEG ULICZNY DĄBROWA CHEŁMIŃSKA - OSTROMECKO

B4SPORT

**Organizator:** LKS Ostromecko  
**Data:** 2015-10-11  
**Miejsce:** Ostromecko  
**Dystans:** 7,5 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
1	<b>SZENK Marta</b>	<b>134</b>		K30	1	<b>00:26:17.05</b>	<b>00:26:17.05</b>		3:30	17.1 (100%)
2	<b>ARSENIUK Anna</b>	<b>212</b>	T.S.OPATRUNKI TORUŃ	K30	2	<b>00:27:50.50</b>	<b>00:27:50.50</b>	+00:01:33 (5.6%)	3:42	16.2 (94.7%)
3	<b>WOJCIECHOWSKA Elżbieta</b>	<b>220</b>	T.G.SOKÓŁ GNIEWKOWO	K30	3	<b>00:29:12.30</b>	<b>00:29:12.30</b>	+00:02:55 (10.0%)	3:53	15.4 (90.1%)
4	<b>WOŹNIAKOWSKA Agata</b>	<b>228</b>	RUN BYDGOSZCZ	K30	4	<b>00:31:28.75</b>	<b>00:31:28.75</b>	+00:05:11 (16.5%)	4:11	14.3 (83.6%)
5	<b>PALACZ Wioletta</b>	<b>22</b>		K30	5	<b>00:31:39.75</b>	<b>00:31:39.75</b>	+00:05:22 (17.0%)	4:13	14.2 (83.0%)
6	<b>SZRAJDA Monika</b>	<b>172</b>		K30	6	<b>00:33:17.70</b>	<b>00:33:17.70</b>	+00:07:00 (21.1%)	4:26	13.5 (78.9%)
7	<b>JAROCKA Beata</b>	<b>13</b>	NIEZRZESZONA	K30	7	<b>00:33:28.05</b>	<b>00:33:28.05</b>	+00:07:11 (21.5%)	4:27	13.4 (78.4%)
8	<b>GRACZYK-GRZYBOWSKA Ilona</b>	<b>219</b>	ACTI-VIT	K30	8	<b>00:33:36.75</b>	<b>00:33:36.75</b>	+00:07:19 (21.8%)	4:28	13.4 (78.4%)
9	<b>SOSIŃSKA Izabela</b>	<b>14</b>	NIEZRZESZONA	K30	9	<b>00:35:06.85</b>	<b>00:35:06.85</b>	+00:08:49 (25.1%)	4:40	12.8 (74.9%)
10	<b>RAJCZYK Wiktoria</b>	<b>198</b>		K30	10	<b>00:35:09.00</b>	<b>00:35:09.00</b>	+00:08:51 (25.2%)	4:41	12.8 (74.9%)
11	<b>RYMARKIEWICZ Małgorzata</b>	<b>170</b>	WII TEAM	K30	11	<b>00:35:12.65</b>	<b>00:35:12.65</b>	+00:08:55 (25.4%)	4:41	12.8 (74.9%)
12	<b>DZIEDZIC Agnieszka</b>	<b>21</b>		K30	12	<b>00:37:41.85</b>	<b>00:37:41.85</b>	+00:11:24 (30.3%)	5:01	11.9 (69.6%)
13	<b>ZAMIATOWSKA Kinga</b>	<b>71</b>	RUN BYDGOSZCZ	K30	13	<b>00:40:06.00</b>	<b>00:40:06.00</b>	+00:13:48 (34.5%)	5:20	11.2 (65.5%)
14	<b>PAWSKA Elżbieta</b>	<b>82</b>	NIEZRZESZONA	K30	14	<b>00:40:53.85</b>	<b>00:40:53.85</b>	+00:14:36 (35.7%)	5:27	11 (64.3%)
15	<b>NIKOŁAJEW Monika</b>	<b>66</b>		K30	15	<b>00:41:17.00</b>	<b>00:41:17.00</b>	+00:14:59 (36.3%)	5:30	10.9 (63.7%)
16	<b>GRYŃ-MAŚLIJ Katarzyna</b>	<b>215</b>		K30	16	<b>00:42:14.65</b>	<b>00:42:14.65</b>	+00:15:57 (37.8%)	5:37	10.7 (62.6%)
17	<b>KUZIOŁA Sylwia</b>	<b>203</b>		K30	17	<b>00:42:57.35</b>	<b>00:42:57.35</b>	+00:16:40 (38.8%)	5:43	10.5 (61.4%)
18	<b>ZAWADZKA Małgorzata</b>	<b>126</b>		K30	18	<b>00:43:05.70</b>	<b>00:43:05.70</b>	+00:16:48 (39.0%)	5:44	10.4 (60.8%)
19	<b>SZTEJKA Jolanta</b>	<b>62</b>		K30	19	<b>00:43:23.60</b>	<b>00:43:23.60</b>	+00:17:06 (39.4%)	5:47	10.4 (60.8%)
20	<b>RĘPALSKA Izabela</b>	<b>4</b>		K30	20	<b>00:43:37.35</b>	<b>00:43:37.35</b>	+00:17:20 (39.7%)	5:48	10.3 (60.2%)
21	<b>STAROŃ Monika</b>	<b>101</b>		K30	21	<b>00:49:13.40</b>	<b>00:49:13.40</b>	+00:22:56 (46.6%)	6:33	9.1 (53.2%)

Znaleziono 21 wynik(ów)