



XXX PÓŁMARATON LIPCOWY OKONEK

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

XXX PÓŁMARATON LIPCOWY OKONEK
Gmina Okonek
2017-07-15
Okonek
21.1 km



Klasyfikacja: K-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All 5.3km	Start_All 10.6km	Start_All 15.9km	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
1	WITKIEWICZ Magda	400	KB 10 BIAŁOGARD	K30-39	1	00:22:04	00:44:22	01:07:06	01:29:55.05		4:15	14.1 (100%)
2	SZABLA Ewelina	386		K30-39	2	00:24:46	00:49:21	01:14:13	01:39:36.85	+00:09:41 (9.7%)	4:43	12.7 (90.1%)
3	GÓRZYŃSKA Małgorzata	280	TRISPACE	K40-44	1	00:25:04	00:50:08	01:15:15	01:40:56.30	+00:11:01 (10.9%)	4:47	12.5 (88.7%)
4	FIŁONOWICZ Monika	276		K30-39	3	00:23:43	00:49:01	01:15:51	01:42:32.85	+00:12:37 (12.3%)	4:51	12.3 (87.2%)
5	KRZYŻANIAK Agnieszka	316	NIGHT RUNNERS	K30-39	4	00:25:21	00:50:49	01:17:10	01:43:40.30	+00:13:45 (13.3%)	4:54	12.2 (86.5%)
6	JAROSZEWSKA Justyna	294	4RUN TEAM	K30-39	5	00:25:24	00:51:39	01:18:35	01:45:38.30	+00:15:43 (14.9%)	5:00	12 (85.1%)
7	WITCZAK Jolanta	399	TARNOWO PODGÓRNE - POZIOM BLIŻEJ	K50-54	1	00:25:17	00:52:08	01:19:10	01:46:25.80	+00:16:30 (15.5%)	5:02	11.9 (84.4%)
8	OWCZARCZAK Monika	349	NIGHT RUNNERS	K30-39	6	00:25:21	00:51:53	01:19:19	01:47:01.40	+00:17:06 (16.0%)	5:04	11.8 (83.7%)
9	NIESPODZIANA Ania	341	ROGOZIŃSKI KLUB BIEGACZA	K30-39	7	00:27:39	00:55:15	01:22:40	01:49:56.55	+00:20:01 (18.2%)	5:12	11.5 (81.6%)
10	BORKOWSKA-KOWALCZYK Daria	257	BRAK	K30-39	8	00:25:32	00:53:16	01:22:16	01:51:31.95	+00:21:36 (19.4%)	5:17	11.4 (80.9%)
11	SIENKIEWICZ-GADZIKOWSKA Paulina	379		K30-39	9	00:28:09	00:56:40	01:25:39	01:54:48.85	+00:24:53 (21.7%)	5:26	11 (78.0%)
12	MAJŁOWSKA Irena	330	KS.TEAM.BARYŁA	K60+	1	00:27:15	00:55:33	01:25:05	01:55:56.80	+00:26:01 (22.4%)	5:29	10.9 (77.3%)
13	FIRLEJ Ewelina	277		K18-29	1	00:28:22	00:56:59	01:27:02	01:56:57.25	+00:27:02 (23.1%)	5:32	10.8 (76.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All			Czas	Różn	Tempo min/km	Tempo km/h
						5.3km	10.6km	15.9km	netto 21.1km			
14	SZULC Edyta	388		K40-44	2	00:29:36	00:59:35	01:29:48	02:00:30.85	+00:30:35 (25.4%)	5:42	10.5 (74.5%)
15	GZELA Olga	288	ROZBIEGANY KOSZALIN, BABECZKI KOSZALIN	K30-39	10	00:28:29	00:59:42	01:31:51	02:05:35.20	+00:35:40 (28.4%)	5:57	10.1 (71.6%)
16	MAŃKOWSKA Janina	332		K50-54	2	00:28:53	01:00:43	01:34:43	02:07:07.55	+00:37:12 (29.3%)	6:01	10 (70.9%)
17	SULEJA Joanna	385	SZWLA STARGARD	K55-59	1	00:29:00	01:00:04	01:33:32	02:07:28.05	+00:37:33 (29.5%)	6:02	9.9 (70.2%)
18	LASOTA Irena	415		K60+	2	00:30:22	01:02:26	01:34:52	02:07:45.85	+00:37:50 (29.6%)	6:03	9.9 (70.2%)
19	SZUMSKA Lidia	390	ZABIEGANI	K40-44	3	00:29:34	01:01:34	01:35:12	02:08:57.70	+00:39:02 (30.3%)	6:06	9.8 (69.5%)
20	KLEDZIK Joanna	306		K30-39	11	00:30:58	01:02:41	01:35:23	02:09:05.25	+00:39:10 (30.3%)	6:07	9.8 (69.5%)
21	GRABOWSKA-LESISZ Aneta	283		K30-39	12	00:28:52	01:01:12	01:35:53	02:12:12.45	+00:42:17 (32.0%)	6:15	9.6 (68.1%)
22	BUJAK Justyna	262	RUN PRO SPORT	K30-39	13	00:34:36	01:10:20	01:46:36	02:22:02.50	+00:52:07 (36.7%)	6:43	8.9 (63.1%)
23	MARCZAK Małgorzata	334	AMATOR	K55-59	2	00:30:29	01:07:42	01:45:51	02:25:36.95	+00:55:41 (38.3%)	6:54	8.7 (61.7%)
24	MOŹDŹEŃ Barbara	409		K55-59	3	00:34:20	01:08:25	01:47:28	02:26:57.65	+00:57:02 (38.8%)	6:57	8.6 (61.0%)
25	OKONEK Izabela	345		K45-49	1	00:36:17	01:16:48	01:58:52	02:41:31.80	+01:11:36 (44.3%)	7:39	7.8 (55.3%)
	MACIEJEWSKA Grażyna	328	SZWLA	K55-59		DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 26 wynik(ów)