

Event: Weekend sportowy - Ostromecko, Dąbrowa
Chełmińska
Organiser: Ludowy Klub Sportowy Ostromecko
Date: 2023-10-01
Place: Ostromecko
Distance: 7.5 km

Classification: K40

Place	Participant	Number	Club	Category	MCat	Mieszkaniec Gminy Dąbrowa Chełmińska	Net time 7.5km	Czas brutto 7.5km	Gap	Pace min/km	Pace km/h
1	KOWALSKA Angelika	158	TRISPACE TREK TOOLMAX BIAŁE BŁOTA	K40	1		00:30:20.80	00:30:20.80		4:02	14.8 (100%)
2	HINCA Magdalena	504		K40	2		00:31:09.60	00:31:09.60	+00:00:48 (2.6%)	4:09	14.4 (97.3%)
3	WASILEWSKA Martyna	527	AKADEMIA MISTRZÓW SPORTU	K40	3		00:33:55.70	00:33:55.70	+00:03:34 (10.6%)	4:31	13.3 (89.9%)
4	JAROCKA Beata	26	GREENYARD	K40	4	Tak	00:34:03.95	00:34:03.95	+00:03:43 (10.9%)	4:32	13.2 (89.2%)
5	MROTEK Katarzyna	542	AKADEMIA MISTRZÓW SPORTU	K40	5		00:34:07.65	00:34:07.65	+00:03:46 (11.1%)	4:32	13.2 (89.2%)
6	WUJEK Magdalena	544		K40	6		00:34:14.05	00:34:14.05	+00:03:53 (11.4%)	4:33	13.1 (88.5%)
7	WASILEWSKA Agata	122	AKADEMIA MISTRZÓW SPORTU	K40	7		00:35:09.00	00:35:09.00	+00:04:48 (13.7%)	4:41	12.8 (86.5%)
8	ZIELIŃSKA Barbara	180	SHUGO	K40	8		00:37:12.50	00:37:12.50	+00:06:51 (18.4%)	4:57	12.1 (81.8%)
9	MUŚ-NOWAK Katarzyna	332		K40	9		00:37:13.50	00:37:13.50	+00:06:52 (18.5%)	4:57	12.1 (81.8%)
10	DAWGUL Hanna	124	AKADEMIA MISTRZÓW SPORTU	K40	10		00:38:33.00	00:38:33.00	+00:08:12 (21.3%)	5:08	11.7 (79.1%)
11	KLIMCZAK Justyna	216		K40	11		00:38:44.70	00:38:44.70	+00:08:23 (21.7%)	5:09	11.6 (78.4%)
12	KACZOR-DRABIK Joanna	213		K40	12	Tak	00:39:06.20	00:39:06.20	+00:08:45 (22.4%)	5:12	11.5 (77.7%)
13	NAGORZYSKA Sylwia	185	MUD FOXES	K40	13		00:39:28.65	00:39:28.65	+00:09:07 (23.1%)	5:15	11.4 (77.0%)
14	SZTEJKA Jolanta	165		K40	14		00:39:38.75	00:39:38.75	+00:09:17 (23.5%)	5:17	11.4 (77.0%)
15	GROBELNA Monika	177		K40	15		00:40:08.10	00:40:08.10	+00:09:47 (24.4%)	5:21	11.2 (75.7%)

Place	Participant	Number	Club	Category	MCat	Mieszkaniec Gminy Dąbrowa Chełmińska	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
							7.5km	7.5km			
16	WIEWIÓRA Agata	57		K40	16		00:40:33.20	00:40:33.20	+00:10:12 (25.2%)	5:24	11.1 (75.0%)
17	SALACH Agnieszka	325	-	K40	17		00:41:46.85	00:41:46.85	+00:11:26 (27.4%)	5:34	10.8 (73.0%)
18	HALAREWICZ Joanna	105		K40	18	Tak	00:41:50.20	00:41:50.20	+00:11:29 (27.5%)	5:34	10.8 (73.0%)
18	PRIETZ Monika	19	W2 RUN TEAM	K40	18		00:41:50.20	00:41:50.20	+00:11:29 (27.5%)	5:34	10.8 (73.0%)
20	GOŁATA Agnieszka	503	LKS OSTROMECKO	K40	20	Tak	00:42:05.20	00:42:05.20	+00:11:44 (27.9%)	5:36	10.7 (72.3%)
21	ĆWIKLIŃSKA Anna	194	ASSECO ACTIVE TEAM	K40	21		00:42:06.10	00:42:06.10	+00:11:45 (27.9%)	5:36	10.7 (72.3%)
22	ZGLIŃSKA Anna	109		K40	22		00:42:17.20	00:42:17.20	+00:11:56 (28.2%)	5:38	10.6 (71.6%)
23	DZIEDZIC Agnieszka	110		K40	23		00:43:06.95	00:43:06.95	+00:12:46 (29.6%)	5:44	10.4 (70.3%)
24	MICHALAK Anna	219		K40	24		00:43:29.45	00:43:29.45	+00:13:08 (30.2%)	5:47	10.3 (69.6%)
25	CEBULAK Agnieszka	320		K40	25		00:44:01.50	00:44:01.50	+00:13:40 (31.1%)	5:52	10.2 (68.9%)
26	SKONIECZNA Marlena	8	BIEGIEM PO MARZENIA -NESSI TEAM	K40	26		00:44:43.25	00:44:43.25	+00:14:22 (32.1%)	5:57	10.1 (68.2%)
27	FILARECKA Joanna	286	OSTATNI SMOK	K40	27		00:45:04.25	00:45:04.25	+00:14:43 (32.7%)	6:00	10 (67.6%)
28	OLSZEWSKA Ewa	549		K40	28		00:45:09.55	00:45:09.55	+00:14:48 (32.8%)	6:01	10 (67.6%)
29	IGNASIAK Bernadeta	51		K40	29		00:45:25.15	00:45:25.15	+00:15:04 (33.2%)	6:03	9.9 (66.9%)
30	ZMUDA Aleksandra	53		K40	30	Tak	00:46:29.05	00:46:29.05	+00:16:08 (34.7%)	6:11	9.7 (65.5%)
31	ZIMMERMANN Justyna	257	PIEŁĘGNIARKI NA START	K40	31		00:46:57.70	00:46:57.70	+00:16:36 (35.4%)	6:15	9.6 (64.9%)
32	WOJTYSIAK Dorota	197		K40	32		00:47:38.75	00:47:38.75	+00:17:17 (36.3%)	6:21	9.4 (63.5%)
33	KURDYNOWSKA Magdalena	235	PIORUN	K40	33	Tak	00:47:51.05	00:47:51.05	+00:17:30 (36.6%)	6:22	9.4 (63.5%)
34	ZAWADZKA Małgorzata	289		K40	34	Tak	00:47:54.65	00:47:54.65	+00:17:33 (36.7%)	6:23	9.4 (63.5%)
35	PIJANOWSKA Marta	294		K40	35		00:48:11.50	00:48:11.50	+00:17:50 (37.0%)	6:25	9.3 (62.8%)
36	POLIWODZIŃSKA Agnieszka	10	WISŁA FORDON	K40	36		00:49:02.95	00:49:02.95	+00:18:42 (38.1%)	6:32	9.2 (62.2%)
37	KOHUTEK Violetta	315		K40	37	Tak	00:49:14.15	00:49:14.15	+00:18:53 (38.4%)	6:33	9.1 (61.5%)
38	WOJTYSZYN Barbara	64		K40	38		00:49:18.40	00:49:18.40	+00:18:57 (38.5%)	6:34	9.1 (61.5%)

Place	Participant	Number	Club	Category	MCat	Mieszkaniec Gminy Dąbrowa Chełmińska	Net time 7.5km	Czas brutto 7.5km	Gap	Pace min/km	Pace km/h
39	WITUCKA Joanna	63		K40	39		00:49:30.75	00:49:30.75	+00:19:09 (38.7%)	6:36	9.1 (61.5%)
40	KWIATKOWSKA Małgorzata	107	RUNMORS	K40	40		00:50:13.95	00:50:13.95	+00:19:53 (39.6%)	6:41	9 (60.8%)
41	ROGOZIŃSKA Karolina	49	RUNMORS	K40	41		00:50:14.10	00:50:14.10	+00:19:53 (39.6%)	6:41	9 (60.8%)
42	GORGOL Renata	12		K40	42		00:57:28.65	00:57:28.65	+00:27:07 (47.2%)	7:39	7.8 (52.7%)
43	ŁADNIAK Bernadeta	121	RUNMORS	K40	43		00:59:40.45	00:59:40.45	+00:29:19 (49.1%)	7:57	7.5 (50.7%)
44	SOKOŁOWSKA Joanna	112		K40	44		01:01:41.75	01:01:41.75	+00:31:20 (50.8%)	8:13	7.3 (49.3%)

Total 44 results.