



BIEG WALENTYNKOWY - III ETAP JAMNEŃSKIEGO TOURU BIEGOWEGO

B4SPORT

Organizator:

Rada Osiedla Jamno - Łąbusz

Data:

2020-02-09

Miejsce:

Koszalin

Dystans:

5 km



Klasyfikacja: K-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	KONKEL Agnieszka	95	TAGER SPORT I PRZYJACIELE	K-30	1	00:20:43.53		4:08	14.5 (100%)
2	KRYNICKA GRZYB Małgorzata	114		K-30	2	00:20:43.90	+00:00:00 (0.0%)	4:08	14.5 (100%)
3	SZCZĘK Małgorzata	214	404 NOT FOUND	K-30	3	00:21:01.26	+00:00:17 (1.4%)	4:12	14.3 (98.6%)
4	ŁAWNICZAK Justyna	126	#ZABIEGANINOCA	K-30	4	00:21:12.50	+00:00:28 (2.3%)	4:14	14.1 (97.2%)
5	ZATOŃ Olga	243		K-30	5	00:21:20.03	+00:00:36 (2.9%)	4:16	14.1 (97.2%)
6	NOWODWORSKA Justyna	162	7 DAYS	K-30	6	00:21:25.11	+00:00:41 (3.2%)	4:17	14 (96.6%)
7	GRUCHAŁA Natalia	53	RUNTASTYCZNI TEAM BYTÓW	K-30	7	00:21:26.46	+00:00:42 (3.3%)	4:17	14 (96.6%)
8	KLUCZEWSKA Emilia	94	7 DAYS	K-30	8	00:21:55.96	+00:01:12 (5.5%)	4:23	13.7 (94.5%)
9	PAŁASZEWSKA Karolina	172	KOŁOBRZEG BIEGA	K-30	9	00:21:59.85	+00:01:16 (5.8%)	4:24	13.6 (93.8%)
10	BIAŁECKA Paula	8	TGK	K-30	10	00:22:05.48	+00:01:21 (6.2%)	4:25	13.6 (93.8%)
11	GEDROWICZ Aleksandra	45		K-30	11	00:23:27.22	+00:02:43 (11.6%)	4:41	12.8 (88.3%)
12	BARTKOWSKA Ilona	6		K-30	12	00:23:47.27	+00:03:03 (12.9%)	4:45	12.6 (86.9%)
13	MONGIAŁO Aleksandra	149	FAST FEET K-LIN	K-30	13	00:23:52.58	+00:03:09 (13.2%)	4:46	12.6 (86.9%)
14	KOPIEC-PARYSIK Joanna	99		K-30	14	00:24:11.60	+00:03:28 (14.3%)	4:50	12.4 (85.5%)
15	SUCHODOLSKA Aleksandra	208	DZIKIE ŻÓŁWIE	K-30	15	00:25:08.95	+00:04:25 (17.6%)	5:01	11.9 (82.1%)
16	DZIOŁAK Elżbieta	38		K-30	16	00:25:31.88	+00:04:48 (18.8%)	5:06	11.7 (80.7%)
17	ROMANOWICZ Monika	189	DZIKIE ŻÓŁWIE	K-30	17	00:26:20.19	+00:05:36 (21.3%)	5:16	11.4 (78.6%)
18	PACAN Mira	169	POZYTYWNE NAKRĘCENI	K-30	18	00:26:46.56	+00:06:03 (22.6%)	5:21	11.2 (77.2%)
19	PISKÓRZ Justyna	178		K-30	19	00:27:23.56	+00:06:40 (24.3%)	5:28	10.9 (75.2%)
20	DORAWA-ZIOMEK Anna	31	DZIKIE ŻÓŁWIE	K-30	20	00:27:24.31	+00:06:40 (24.4%)	5:28	10.9 (75.2%)
21	SALAWA Anna	194	MAMUŚKI	K-30	21	00:27:49.04	+00:07:05 (25.5%)	5:34	10.8 (74.5%)
22	MALINOWSKA-BURDA Aleksandra	130		K-30	22	00:28:01.25	+00:07:17 (26.0%)	5:36	10.7 (73.8%)
23	ŚLASKA Agnieszka	224		K-30	23	00:28:18.68	+00:07:35 (26.8%)	5:39	10.6 (73.1%)
24	WOJTKOWIAK Wioleta	241		K-30	24	00:28:42.69	+00:07:59 (27.8%)	5:44	10.4 (71.7%)
25	SUDER-MAKSYMOWICZ Monika	209		K-30	25	00:29:36.49	+00:08:52 (30.0%)	5:55	10.1 (69.7%)
26	KRAWCZYK Marta	110	MAMUŚKI	K-30	26	00:30:09.02	+00:09:25 (31.3%)	6:01	10 (69.0%)

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27	GRZESIAK Magdalena	54	MAMUŚKI	K-30	27	00:30:09.49	+00:09:25 (31.3%)	6:02	9.9 (68.3%)
28	WENTA Malwina	232		K-30	28	00:30:10.38	+00:09:26 (31.3%)	6:02	9.9 (68.3%)
29	HUBKO Janina	66	PRESS GLASS - BIEGAMY I WSPIERAMY	K-30	29	00:30:13.74	+00:09:30 (31.4%)	6:02	9.9 (68.3%)
30	KRAWCZUK Joanna	108		K-30	30	00:32:43.84	+00:12:00 (36.7%)	6:32	9.2 (63.4%)
31	PAŁASZ Karolina	171	FUNDACJA ZASTOPUJ	K-30	31	00:34:23.22	+00:13:39 (39.7%)	6:52	8.7 (60.0%)
32	OLCZAK Magdalena	164		K-30	32	00:34:35.18	+00:13:51 (40.1%)	6:55	8.7 (60.0%)
33	KACZYŃSKA Adrianna	83	ADA&TOMEK	K-30	33	00:37:40.92	+00:16:57 (45.0%)	7:32	8 (55.2%)

Znaleziono 33 wynik(ów)