



# BIEG WALENTYNKOWY - III ETAP JAMNEŃSKIEGO TOURU BIEGOWEGO

B4SPORT

**Organizator:** Rada Osiedla Jamno - Łabusz  
**Data:** 2020-02-09  
**Miejsce:** Koszalin  
**Dystans:** 5 km



Klasyfikacja: K-OPEN

| Msc | Zawodnik                  | Numer | Klub                      | Kategoria | Mkat | Czas netto 5km | Różn              | Tempo min/km | Tempo km/h   |
|-----|---------------------------|-------|---------------------------|-----------|------|----------------|-------------------|--------------|--------------|
| 1   | SZABAŁOWSKA Małgorzata    | 210   | MKL SZCZECINEK            | K-20      | 1    | 00:19:38.87    |                   | 3:55         | 15.3 (100%)  |
| 2   | KONKEL Agnieszka          | 95    | TAGER SPORT I PRZYJACIELE | K-30      | 1    | 00:20:43.53    | +00:01:04 (5.2%)  | 4:08         | 14.5 (94.8%) |
| 3   | KRYNICKA GRZYB Małgorzata | 114   |                           | K-30      | 2    | 00:20:43.90    | +00:01:05 (5.2%)  | 4:08         | 14.5 (94.8%) |
| 4   | ZIELIŃSKA Anna            | 246   | TRUCHT ŁOBEZ              | K-40      | 1    | 00:20:45.59    | +00:01:06 (5.4%)  | 4:09         | 14.4 (94.1%) |
| 5   | SKROBANEK Hanna           | 202   | MKP SZCZECINEK            | K-14      | 1    | 00:20:52.76    | +00:01:13 (5.9%)  | 4:10         | 14.4 (94.1%) |
| 6   | SZCZĘK Małgorzata         | 214   | 404 NOT FOUND             | K-30      | 3    | 00:21:01.26    | +00:01:22 (6.5%)  | 4:12         | 14.3 (93.5%) |
| 7   | ŁAWNICZAK Justyna         | 126   | #ZABIEGANINOCA            | K-30      | 4    | 00:21:12.50    | +00:01:33 (7.4%)  | 4:14         | 14.1 (92.2%) |
| 8   | ZATOŃ Olga                | 243   |                           | K-30      | 5    | 00:21:20.03    | +00:01:41 (7.9%)  | 4:16         | 14.1 (92.2%) |
| 9   | NOWODWORSKA Justyna       | 162   | 7 DAYS                    | K-30      | 6    | 00:21:25.11    | +00:01:46 (8.3%)  | 4:17         | 14 (91.5%)   |
| 10  | GRUCHAŁA Natalia          | 53    | RUNTASTYCZNI TEAM BYTÓW   | K-30      | 7    | 00:21:26.46    | +00:01:47 (8.4%)  | 4:17         | 14 (91.5%)   |
| 11  | BARGAŃSKA Justyna         | 5     | 404 NOT FOUND             | K-40      | 2    | 00:21:34.72    | +00:01:55 (8.9%)  | 4:19         | 13.9 (90.8%) |
| 12  | HISZCZYŃSKA Aleksandra    | 62    | CSSP KOSZALIN             | K-20      | 2    | 00:21:37.42    | +00:01:58 (9.1%)  | 4:19         | 13.9 (90.8%) |
| 13  | HAŁKA Justyna             | 56    | TRUCHT ŁOBEZ              | K-40      | 3    | 00:21:50.45    | +00:02:11 (10.0%) | 4:22         | 13.7 (89.5%) |
| 14  | KLUCZEWSKA Emilia         | 94    | 7 DAYS                    | K-30      | 8    | 00:21:55.96    | +00:02:17 (10.4%) | 4:23         | 13.7 (89.5%) |
| 15  | PAŁASZEWSKA Karolina      | 172   | KOŁOBRZEG BIEGA           | K-30      | 9    | 00:21:59.85    | +00:02:20 (10.7%) | 4:24         | 13.6 (88.9%) |
| 16  | BIAŁECKA Paula            | 8     | TGK                       | K-30      | 10   | 00:22:05.48    | +00:02:26 (11.1%) | 4:25         | 13.6 (88.9%) |
| 17  | KRYNICKA Magdalena        | 113   |                           | K-20      | 3    | 00:22:24.55    | +00:02:45 (12.3%) | 4:29         | 13.4 (87.6%) |
| 18  | GÓRA Agnieszka            | 51    | #ZABIEGANINOCA            | K-40      | 4    | 00:22:39.72    | +00:03:00 (13.3%) | 4:32         | 13.2 (86.3%) |
| 19  | KAŹMIERCZAK Agnieszka     | 89    |                           | K-40      | 5    | 00:22:46.95    | +00:03:08 (13.8%) | 4:33         | 13.2 (86.3%) |
| 20  | METEL Izabela             | 138   | POZYTYWNE NAKRĘCENI       | K-40      | 6    | 00:23:05.72    | +00:03:26 (14.9%) | 4:37         | 13 (85.0%)   |
| 21  | KRZEWIŃSKA Małgorzata     | 116   | TAGER SPORT I PRZYJACIELE | K-60      | 1    | 00:23:12.40    | +00:03:33 (15.3%) | 4:38         | 12.9 (84.3%) |
| 22  | NOSAL Martyna             | 160   | PENTATHLON SZCZECINEK     | K-14      | 2    | 00:23:13.58    | +00:03:34 (15.4%) | 4:38         | 12.9 (84.3%) |
| 23  | GIEDROWICZ Aleksandra     | 45    |                           | K-30      | 11   | 00:23:27.22    | +00:03:48 (16.2%) | 4:41         | 12.8 (83.7%) |
| 24  | BARTKOWSKA Ilona          | 6     |                           | K-30      | 12   | 00:23:47.27    | +00:04:08 (17.4%) | 4:45         | 12.6 (82.4%) |
| 25  | MONGIAŁO Aleksandra       | 149   | FAST FEET K-LIN           | K-30      | 13   | 00:23:52.58    | +00:04:13 (17.7%) | 4:46         | 12.6 (82.4%) |
| 26  | DRULIK-HOŁUB Marta        | 34    | TORNADO KOSZALIN          | K-40      | 7    | 00:24:00.11    | +00:04:21 (18.1%) | 4:48         | 12.5 (81.7%) |

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|-----|---------------------------------|-------|-----------------------------------|-----------|------|-------------|-------------------|--------------|--------------|
|     |                                 |       |                                   |           |      | 5km         |                   |              |              |
| 27  | LITWINOWICZ Renata              | 125   | KOŁOBRZEG BIEGA                   | K-40      | 8    | 00:24:06.81 | +00:04:27 (18.5%) | 4:49         | 12.4 (81.0%) |
| 28  | KOPIEC-PARYSIAK Joanna          | 99    |                                   | K-30      | 14   | 00:24:11.60 | +00:04:32 (18.8%) | 4:50         | 12.4 (81.0%) |
| 29  | DEJNAK Mariola                  | 29    |                                   | K-60      | 2    | 00:24:15.96 | +00:04:37 (19.0%) | 4:51         | 12.4 (81.0%) |
| 30  | RODZIEWICZ-CZAPLIŃSKA Agnieszka | 188   | TAGER SPORT                       | K-40      | 9    | 00:24:18.40 | +00:04:39 (19.2%) | 4:51         | 12.3 (80.4%) |
| 31  | DRABKOWSKA Agnieszka            | 32    |                                   | K-40      | 10   | 00:24:39.14 | +00:05:00 (20.3%) | 4:56         | 12.2 (79.7%) |
| 32  | PŁATOSZ Magda                   | 179   |                                   | K-20      | 4    | 00:24:55.05 | +00:05:16 (21.1%) | 4:59         | 12 (78.4%)   |
| 33  | GOLEC Anna                      | 48    | DZIKIE ŻÓŁWIE                     | K-40      | 11   | 00:24:56.65 | +00:05:17 (21.2%) | 4:59         | 12 (78.4%)   |
| 34  | SUCHODOLSKA Aleksandra          | 208   |                                   | K-30      | 15   | 00:25:08.95 | +00:05:30 (21.9%) | 5:01         | 11.9 (77.8%) |
| 35  | KOWALCZYK Karolina              | 102   |                                   | K-40      | 12   | 00:25:15.89 | +00:05:37 (22.2%) | 5:03         | 11.9 (77.8%) |
| 36  | KACZMARYK Jolanta               | 80    | JAMNO                             | K-40      | 13   | 00:25:21.48 | +00:05:42 (22.5%) | 5:04         | 11.8 (77.1%) |
| 37  | DZIOŁAK Elżbieta                | 38    |                                   | K-30      | 16   | 00:25:31.88 | +00:05:53 (23.0%) | 5:06         | 11.7 (76.5%) |
| 38  | KRUPIŃSKA Beata                 | 111   |                                   | K-50      | 1    | 00:25:59.80 | +00:06:20 (24.4%) | 5:12         | 11.5 (75.2%) |
| 39  | JUSZCZYK Agnieszka              | 78    | ANOX TEAM                         | K-40      | 14   | 00:26:15.16 | +00:06:36 (25.2%) | 5:15         | 11.4 (74.5%) |
| 40  | ROMANOWICZ Monika               | 189   | DZIKIE ŻÓŁWIE                     | K-30      | 17   | 00:26:20.19 | +00:06:41 (25.4%) | 5:16         | 11.4 (74.5%) |
| 41  | WOCH Małgorzata                 | 237   | JAMNO                             | K-50      | 2    | 00:26:23.92 | +00:06:45 (25.6%) | 5:16         | 11.4 (74.5%) |
| 42  | STRZELECKA Małgorzata           | 206   | SAILING TEAM FERAJNA              | K-40      | 15   | 00:26:32.90 | +00:06:54 (26.0%) | 5:18         | 11.3 (73.9%) |
| 43  | MAJSIUK Agnieszka               | 129   |                                   | K-40      | 16   | 00:26:37.40 | +00:06:58 (26.2%) | 5:19         | 11.3 (73.9%) |
| 44  | PACAN Mira                      | 169   |                                   | K-30      | 18   | 00:26:46.56 | +00:07:07 (26.6%) | 5:21         | 11.2 (73.2%) |
| 45  | FERET Alina                     | 39    | MAMUŚKI                           | K-20      | 5    | 00:26:55.84 | +00:07:16 (27.0%) | 5:23         | 11.1 (72.5%) |
| 46  | BRZOZOWSKA Barbara              | 17    | DZIKIE ŻÓŁWIE                     | K-40      | 17   | 00:27:21.99 | +00:07:43 (28.2%) | 5:28         | 11 (71.9%)   |
| 47  | PISKÓRZ Justyna                 | 178   |                                   | K-30      | 19   | 00:27:23.56 | +00:07:44 (28.3%) | 5:28         | 10.9 (71.2%) |
| 48  | DORAWA-ZIOMEK Anna              | 31    |                                   | K-30      | 20   | 00:27:24.31 | +00:07:45 (28.3%) | 5:28         | 10.9 (71.2%) |
| 49  | SALAWA Anna                     | 194   | MAMUŚKI                           | K-30      | 21   | 00:27:49.04 | +00:08:10 (29.4%) | 5:34         | 10.8 (70.6%) |
| 50  | MALINOWSKA-BURDA Aleksandra     | 130   | KOŁOBRZEG BIEGA                   | K-30      | 22   | 00:28:01.25 | +00:08:22 (29.9%) | 5:36         | 10.7 (69.9%) |
| 51  | PROKOPCZUK Monika               | 186   |                                   | K-40      | 18   | 00:28:04.80 | +00:08:25 (30.0%) | 5:37         | 10.7 (69.9%) |
| 52  | BEDNARZ Katarzyna               | 7     |                                   | K-40      | 19   | 00:28:16.93 | +00:08:38 (30.5%) | 5:39         | 10.6 (69.3%) |
| 53  | ŚLASKA Agnieszka                | 224   | SAILING TEAM FERAJNA              | K-30      | 23   | 00:28:18.68 | +00:08:39 (30.6%) | 5:39         | 10.6 (69.3%) |
| 54  | BOKOTA Katarzyna                | 12    |                                   | K-40      | 20   | 00:28:27.06 | +00:08:48 (30.9%) | 5:41         | 10.5 (68.6%) |
| 55  | MARCZAK Małgorzata              | 135   |                                   | K-60      | 3    | 00:28:29.50 | +00:08:50 (31.0%) | 5:41         | 10.5 (68.6%) |
| 56  | WOJTKOWIAK Wioleta              | 241   | SAILING TEAM FERAJNA              | K-30      | 24   | 00:28:42.69 | +00:09:03 (31.6%) | 5:44         | 10.4 (68.0%) |
| 57  | GROCHOWSKA Agnieszka            | 52    |                                   | K-40      | 21   | 00:28:51.04 | +00:09:12 (31.9%) | 5:46         | 10.4 (68.0%) |
| 58  | HRYNCEWICZ Anna                 | 64    |                                   | K-40      | 22   | 00:28:55.07 | +00:09:16 (32.1%) | 5:47         | 10.4 (68.0%) |
| 59  | MITUNIEWICZ Renata              | 146   | MAMUŚKI                           | K-50      | 3    | 00:29:16.24 | +00:09:37 (32.9%) | 5:51         | 10.3 (67.3%) |
| 60  | SUDER-MAKSYMOWICZ Monika        | 209   |                                   | K-30      | 25   | 00:29:36.49 | +00:09:57 (33.6%) | 5:55         | 10.1 (66.0%) |
| 61  | KRAWCZYK Marta                  | 110   |                                   | K-30      | 26   | 00:30:09.02 | +00:10:30 (34.8%) | 6:01         | 10 (65.4%)   |
| 62  | GRZESIAK Magdalena              | 54    | MAMUŚKI                           | K-30      | 27   | 00:30:09.49 | +00:10:30 (34.9%) | 6:02         | 9.9 (64.7%)  |
| 63  | WENTA Malwina                   | 232   | PRESS GLASS - BIEGAMY I WSPIERAMY | K-30      | 28   | 00:30:10.38 | +00:10:31 (34.9%) | 6:02         | 9.9 (64.7%)  |
| 64  | KOPEĆ Magdalena                 | 98    |                                   | K-40      | 23   | 00:30:10.62 | +00:10:31 (34.9%) | 6:02         | 9.9 (64.7%)  |
| 65  | HUBKO Janina                    | 66    |                                   | K-30      | 29   | 00:30:13.74 | +00:10:34 (35.0%) | 6:02         | 9.9 (64.7%)  |
| 66  | WOJANOWSKA Maryla               | 239   | SPORT I REKREACJA DELFIN          | K-60      | 4    | 00:30:17.86 | +00:10:38 (35.2%) | 6:03         | 9.9 (64.7%)  |
| 67  | BRZEZIŃSKA Beata                | 14    | TEAM PIOTRUŚ                      | K-50      | 4    | 00:30:30.27 | +00:10:51 (35.6%) | 6:06         | 9.8 (64.1%)  |
| 68  | ZBOROWSKA-SKROBANEK Justyna     | 245   | MKP SZCZECINEK                    | K-40      | 24   | 00:30:37.64 | +00:10:58 (35.8%) | 6:07         | 9.8 (64.1%)  |
| 69  | JOŃCA Klaudia                   | 75    | BEST BEASTS                       | K-14      | 3    | 00:30:52.83 | +00:11:13 (36.4%) | 6:10         | 9.7 (63.4%)  |
| 70  | JĄCZKOWSKA Wioleta              | 72    |                                   | K-40      | 25   | 00:31:01.03 | +00:11:22 (36.7%) | 6:12         | 9.7 (63.4%)  |

| Msc | Zawodnik               | Numer | Klub                               | Kategoria | Mkat | Czas netto 5km | Różn              | Tempo min/km | Tempo km/h  |
|-----|------------------------|-------|------------------------------------|-----------|------|----------------|-------------------|--------------|-------------|
| 71  | MOŻEJKO Anna           | 150   |                                    | K-40      | 26   | 00:31:07.91    | +00:11:29 (36.9%) | 6:13         | 9.6 (62.7%) |
| 72  | KOROL Elżbieta         | 101   |                                    | K-40      | 27   | 00:31:09.15    | +00:11:30 (36.9%) | 6:13         | 9.6 (62.7%) |
| 73  | STEC Edyta             | 204   |                                    | K-40      | 28   | 00:31:09.46    | +00:11:30 (36.9%) | 6:14         | 9.6 (62.7%) |
| 74  | KOZŁOWIECKA Małgorzata | 105   |                                    | K-60      | 5    | 00:32:08.65    | +00:12:29 (38.9%) | 6:25         | 9.3 (60.8%) |
| 75  | BUDZYŃSKA Elżbieta     | 19    |                                    | K-50      | 5    | 00:32:40.43    | +00:13:01 (39.9%) | 6:32         | 9.2 (60.1%) |
| 76  | KRAWCZUK Joanna        | 108   |                                    | K-30      | 30   | 00:32:43.84    | +00:13:04 (40.0%) | 6:32         | 9.2 (60.1%) |
| 77  | SARBIEWSKA Gabriela    | 195   |                                    | K-40      | 29   | 00:32:45.50    | +00:13:06 (40.0%) | 6:33         | 9.2 (60.1%) |
| 78  | KRYSTOSIK Paulina      | 115   | BIEGAM BO LUBIĘ, BIEGAM DLA SIEBIE | K-20      | 6    | 00:33:04.00    | +00:13:25 (40.6%) | 6:36         | 9.1 (59.5%) |
| 79  | MIŁASZEWSKA Jolanta    | 144   |                                    | K-40      | 30   | 00:33:51.75    | +00:14:12 (42.0%) | 6:46         | 8.9 (58.2%) |
| 80  | WEISS-SZULC Barbara    | 231   |                                    | K-40      | 31   | 00:33:56.87    | +00:14:18 (42.1%) | 6:47         | 8.8 (57.5%) |
| 81  | PAŁASZ Karolina        | 171   | FUNDACJA ZASTOPUJ                  | K-30      | 31   | 00:34:23.22    | +00:14:44 (42.9%) | 6:52         | 8.7 (56.9%) |
| 82  | OLCZAK Magdalena       | 164   |                                    | K-30      | 32   | 00:34:35.18    | +00:14:56 (43.2%) | 6:55         | 8.7 (56.9%) |
| 83  | MAŁYSZEWICZ Teresa     | 132   |                                    | K-50      | 6    | 00:35:21.85    | +00:15:42 (44.4%) | 7:04         | 8.5 (55.6%) |
| 84  | KACZYŃSKA Adrianna     | 83    | ADA&TOMEK                          | K-30      | 33   | 00:37:40.92    | +00:18:02 (47.9%) | 7:32         | 8 (52.3%)   |

Znaleziono 84 wynik(ów)