



## BIEG ZAKOCHANYCH - 10.2KM

B4SPORT

**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury  
**Data:** Fizycznej 2016-02-14  
**Miejsce:** Jamno  
**Dystans:** 10.2 km



Klasyfikacja: K-30

| Msc | Zawodnik                 | Numer | Klub                    | Kategoria | Mkat | Czas startu | 3.94km   | Czas netto<br>10.2km | Czas brutto<br>10.2km | Różn              | Tempo<br>min/km | Tempo<br>km/h |
|-----|--------------------------|-------|-------------------------|-----------|------|-------------|----------|----------------------|-----------------------|-------------------|-----------------|---------------|
| 1   | KOTARA-PAŁKA Małgorzata  | 155   |                         | K-30      | 1    | 00:00:03    | 00:16:48 | 00:43:51.45          | 00:43:55.15           |                   | 4:18            | 14 (100%)     |
| 2   | MERDA Katarzyna          | 213   | MTS HAMER               | K-30      | 2    | 00:00:04    | 00:17:48 | 00:46:25.05          | 00:46:29.20           | +00:02:33 (5.5%)  | 4:33            | 13.2 (94.3%)  |
| 3   | CHODOR Martyna           | 27    | TKKF KOSZALIN           | K-30      | 3    | 00:00:04    | 00:18:18 | 00:46:28.00          | 00:46:32.25           | +00:02:36 (5.6%)  | 4:33            | 13.2 (94.3%)  |
| 4   | SZABLA Ewelina           | 414   | MTS HAMER               | K-30      | 4    | 00:00:07    | 00:17:55 | 00:47:26.65          | 00:47:33.85           | +00:03:35 (7.6%)  | 4:39            | 12.9 (92.1%)  |
| 5   | MACHELSKA Sylwia         | 199   | PGB SPORTOWA PACZKA     | K-30      | 5    | 00:00:06    | 00:18:28 | 00:47:42.25          | 00:47:48.25           | +00:03:50 (8.1%)  | 4:40            | 12.8 (91.4%)  |
| 6   | GÓRA Agnieszka           | 74    |                         | K-30      | 6    | 00:00:14    | 00:18:45 | 00:47:51.35          | 00:48:05.50           | +00:03:59 (8.4%)  | 4:41            | 12.8 (91.4%)  |
| 7   | ŁUKASIEWICZ Aleksandra   | 196   | DZIKI KOSZALIN          | K-30      | 7    | 00:00:04    | 00:18:31 | 00:48:17.20          | 00:48:22.00           | +00:04:25 (9.2%)  | 4:44            | 12.7 (90.7%)  |
| 8   | JANICKA Katarzyna        | 104   | BAJADERKI KOSZALIN      | K-30      | 8    | 00:00:08    | 00:18:33 | 00:49:00.55          | 00:49:08.70           | +00:05:09 (10.5%) | 4:48            | 12.5 (89.3%)  |
| 9   | DĄBROWSKA Anna           | 40    |                         | K-30      | 9    | 00:00:15    | 00:19:16 | 00:50:23.90          | 00:50:39.85           | +00:06:32 (13.0%) | 4:56            | 12.1 (86.4%)  |
| 10  | HAŁAJKO Magdalena        | 429   |                         | K-30      | 10   | 00:00:23    | 00:19:23 | 00:52:23.95          | 00:52:47.45           | +00:08:32 (16.3%) | 5:08            | 11.7 (83.6%)  |
| 11  | PETA Renata              | 257   | MTS HAMER MIASTKO       | K-30      | 11   | 00:00:03    | 00:20:11 | 00:52:28.90          | 00:52:32.20           | +00:08:37 (16.4%) | 5:08            | 11.7 (83.6%)  |
| 12  | LENKIEWICZ Marta         | 180   |                         | K-30      | 12   | 00:00:10    | 00:20:07 | 00:53:02.25          | 00:53:12.40           | +00:09:10 (17.3%) | 5:11            | 11.5 (82.1%)  |
| 13  | ZAKRZEWSKA Agata         | 390   |                         | K-30      | 13   | 00:00:10    | 00:20:22 | 00:53:08.00          | 00:53:18.25           | +00:09:16 (17.5%) | 5:12            | 11.5 (82.1%)  |
| 14  | GIEMZA Agnieszka         | 66    |                         | K-30      | 14   | 00:00:04    | 00:19:58 | 00:53:15.75          | 00:53:20.50           | +00:09:24 (17.7%) | 5:13            | 11.5 (82.1%)  |
| 15  | SACHARZEWSKA Anna        | 289   |                         | K-30      | 15   | 00:00:14    | 00:20:47 | 00:54:03.65          | 00:54:17.65           | +00:10:12 (18.9%) | 5:17            | 11.3 (80.7%)  |
| 16  | TYLUŚ Sylwia             | 349   | TEAM BIEGOWY SZCZECINEK | K-30      | 16   | 00:00:12    | 00:21:03 | 00:54:10.35          | 00:54:23.15           | +00:10:18 (19.0%) | 5:18            | 11.3 (80.7%)  |
| 17  | HOC Agnieszka            | 87    |                         | K-30      | 17   | 00:00:11    | 00:21:46 | 00:54:14.15          | 00:54:25.70           | +00:10:22 (19.1%) | 5:19            | 11.3 (80.7%)  |
| 18  | WAWRZYNIUK-NOWACZYK Anna | 358   |                         | K-30      | 18   | 00:00:18    | 00:21:16 | 00:54:36.70          | 00:54:55.10           | +00:10:45 (19.7%) | 5:21            | 11.2 (80.0%)  |
| 19  | MAZUREK Barbara          | 209   | BABECZKI KOSZALIN       | K-30      | 19   | 00:00:19    | 00:21:18 | 00:55:42.60          | 00:56:01.65           | +00:11:51 (21.3%) | 5:27            | 11 (78.6%)    |
| 20  | KOBUS Emilia             | 140   |                         | K-30      | 20   | 00:00:33    | 00:21:13 | 00:55:48.00          | 00:56:21.95           | +00:11:56 (21.4%) | 5:28            | 11 (78.6%)    |
| 21  | KOMOROWSKA Beata         | 146   | BEZ KLUBU               | K-30      | 21   | 00:00:18    | 00:21:10 | 00:56:05.85          | 00:56:24.25           | +00:12:14 (21.8%) | 5:30            | 10.9 (77.9%)  |
| 22  | JANKIEWICZ Helena        | 106   | MTS HAMER               | K-30      | 22   | 00:00:15    | 00:21:16 | 00:56:30.45          | 00:56:45.45           | +00:12:39 (22.4%) | 5:32            | 10.8 (77.1%)  |

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|-----|-------------------------------|-------|-------------------------|-----------|------|-------------|----------|----------------------|-----------------------|-------------------|-----------------|---------------|
| 23  | POLAŃSKA Katarzyna            | 266   | DZIKI KOSZALIN          | K-30      | 23   | 00:00:08    | 00:21:15 | 00:56:36.95          | 00:56:45.45           | +00:12:45 (22.5%) | 5:33            | 10.8 (77.1%)  |
| 24  | HIROWICZ Agnieszka            | 408   |                         | K-30      | 24   | 00:00:09    | 00:21:36 | 00:57:05.80          | 00:57:14.95           | +00:13:14 (23.2%) | 5:35            | 10.7 (76.4%)  |
| 25  | ORŁOWSKA Małgorzata           | 244   | DZIKI KOSZALIN          | K-30      | 25   | 00:00:09    | 00:21:14 | 00:57:07.40          | 00:57:17.05           | +00:13:15 (23.2%) | 5:36            | 10.7 (76.4%)  |
| 26  | MĄDRZYK Magdalena             | 211   | KLUB                    | K-30      | 26   | 00:00:07    | 00:22:30 | 00:57:53.10          | 00:58:00.60           | +00:14:01 (24.2%) | 5:40            | 10.6 (75.7%)  |
| 27  | CHODOR Izabela                | 28    |                         | K-30      | 27   | 00:00:31    | 00:23:38 | 00:57:54.80          | 00:58:26.50           | +00:14:03 (24.3%) | 5:40            | 10.6 (75.7%)  |
| 28  | PSTRĄGOWSKA Marlena           | 269   |                         | K-30      | 28   | 00:00:18    | 00:22:24 | 00:58:36.95          | 00:58:55.00           | +00:14:45 (25.2%) | 5:44            | 10.4 (74.3%)  |
| 29  | ZARZYCKA Izabela              | 391   |                         | K-30      | 29   | 00:00:11    | 00:21:30 | 00:58:38.15          | 00:58:49.15           | +00:14:46 (25.2%) | 5:44            | 10.4 (74.3%)  |
| 30  | WŁAŚNIAK Jowita               | 376   | DZIKI KOSZALIN          | K-30      | 30   | 00:00:09    | 00:23:22 | 00:58:58.95          | 00:59:08.90           | +00:15:07 (25.6%) | 5:46            | 10.4 (74.3%)  |
| 31  | GZELA Olga                    | 81    | BIEGNIJMY.PL            | K-30      | 31   | 00:00:16    | 00:22:00 | 00:58:59.90          | 00:59:16.70           | +00:15:08 (25.7%) | 5:47            | 10.4 (74.3%)  |
| 32  | PAWŁOWSKA Urszula             | 254   |                         | K-30      | 32   | 00:00:26    | 00:22:21 | 00:59:15.45          | 00:59:41.95           | +00:15:24 (26.0%) | 5:48            | 10.3 (73.6%)  |
| 33  | ŁUSZCZEWSKA Agnieszka         | 197   | ŻYTANIA TEAM            | K-30      | 33   | 00:00:19    | 00:22:34 | 00:59:30.45          | 00:59:49.90           | +00:15:39 (26.3%) | 5:50            | 10.3 (73.6%)  |
| 34  | MOŻEJKO Anna                  | 224   | BABECZKI.PL             | K-30      | 34   | 00:00:17    | 00:23:09 | 00:59:37.25          | 00:59:54.85           | +00:15:45 (26.4%) | 5:50            | 10.3 (73.6%)  |
| 35  | SZUBERT Agnieszka             | 331   |                         | K-30      | 35   | 00:00:07    | 00:22:30 | 01:00:18.20          | 01:00:26.15           | +00:16:26 (27.3%) | 5:54            | 10.1 (72.1%)  |
| 36  | BOGACZ Katarzyna              | 10    | B/K                     | K-30      | 36   | 00:00:06    | 00:21:38 | 01:00:37.70          | 01:00:43.75           | +00:16:46 (27.7%) | 5:56            | 10.1 (72.1%)  |
| 37  | IWANKIEWICZ Justyna           | 95    |                         | K-30      | 37   | 00:00:10    | 00:23:37 | 01:02:47.75          | 01:02:57.75           | +00:18:56 (30.2%) | 6:09            | 9.7 (69.3%)   |
| 38  | FIJAŁKOWSKA Małgorzata        | 56    | TEAM BIEGOWY SZCZECINEK | K-30      | 38   | 00:00:12    | 00:21:47 | 01:03:53.20          | 01:04:06.00           | +00:20:01 (31.4%) | 6:15            | 9.6 (68.6%)   |
| 39  | PASEK Paula                   | 250   |                         | K-30      | 39   | 00:00:02    | 00:23:10 | 01:04:16.55          | 01:04:18.70           | +00:20:25 (31.8%) | 6:18            | 9.5 (67.9%)   |
| 40  | PEWIŃSKA Justyna              | 259   | JW 1223                 | K-30      | 40   | 00:00:23    | 00:24:01 | 01:04:51.85          | 01:05:15.10           | +00:21:00 (32.4%) | 6:21            | 9.4 (67.1%)   |
| 41  | STEC Edyta                    | 310   | BABECZKI.PL             | K-30      | 41   | 00:00:17    | 00:24:09 | 01:04:52.70          | 01:05:10.30           | +00:21:01 (32.4%) | 6:21            | 9.4 (67.1%)   |
| 42  | SZCZYGIELSKA Aleksandra       | 326   |                         | K-30      | 42   | 00:00:12    | 00:24:06 | 01:04:59.95          | 01:05:12.25           | +00:21:08 (32.5%) | 6:22            | 9.4 (67.1%)   |
| 43  | ŁOSIAK Liliana                | 422   |                         | K-30      | 43   | 00:00:27    | 00:24:35 | 01:05:52.20          | 01:06:19.90           | +00:22:00 (33.4%) | 6:27            | 9.3 (66.4%)   |
| 44  | ŁUBNIEWSKA Natalia            | 194   |                         | K-30      | 44   | 00:00:19    | 00:24:05 | 01:06:00.90          | 01:06:20.65           | +00:22:09 (33.6%) | 6:28            | 9.3 (66.4%)   |
| 44  | JUSZCZYK Agnieszka            | 115   |                         | K-30      | 45   | 00:00:19    | 00:24:21 | 01:06:00.90          | 01:06:20.85           | +00:22:09 (33.6%) | 6:28            | 9.3 (66.4%)   |
| 46  | MALINOWSKA Agnieszka          | 203   | CIOTECZKI.PL            | K-30      | 46   | 00:00:24    | 00:24:55 | 01:06:02.25          | 01:06:26.40           | +00:22:10 (33.6%) | 6:28            | 9.3 (66.4%)   |
| 47  | OSIOWY Ewa                    | 432   |                         | K-30      | 47   | 00:00:26    | 00:25:45 | 01:06:25.25          | 01:06:51.90           | +00:22:33 (34.0%) | 6:30            | 9.2 (65.7%)   |
| 48  | KRAMARZ Aneta                 | 164   | ROSSBIEGANI             | K-30      | 48   | 00:00:21    | 00:26:02 | 01:06:25.45          | 01:06:47.10           | +00:22:34 (34.0%) | 6:30            | 9.2 (65.7%)   |
| 49  | SZAFIROWICZ-CHOJNACKA Paulina | 323   |                         | K-30      | 49   | 00:00:12    | 00:26:31 | 01:07:54.20          | 01:08:06.90           | +00:24:02 (35.4%) | 6:39            | 9 (64.3%)     |
| 50  | BAGIŃSKA Agnieszka            | 1     | BAJADERKI KOSZALIN      | K-30      | 50   | 00:00:30    | 00:25:39 | 01:08:50.45          | 01:09:20.90           | +00:24:59 (36.3%) | 6:44            | 8.9 (63.6%)   |

Znaleziono 50 wynik(ów)