



BIEG ZAKOCHANYCH - 10.2KM

B4SPORT

Organizator:

Koszalińskie Towarzystwo Krzewienia Kultury

Data:

Fizycznej

2016-02-14

Miejsce:

Jamno

Dystans:

10.2 km



Klasyfikacja: K-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	3.94km	Czas netto 10.2km	Czas brutto 10.2km	Różn	Tempo min/km	Tempo km/h
1	KONIECZNA Anka	148	ROZBIEGANY KOSZALIN	K-40	1	00:00:08	00:18:10	00:46:09.40	00:46:17.60		4:31	13.3 (100%)
2	LITWINOWICZ Renata	187		K-40	2	00:00:02	00:18:31	00:47:35.65	00:47:38.60	+00:01:26 (3.0%)	4:40	12.9 (97.0%)
3	MĘDEL Marta	214		K-40	3	00:00:08	00:18:44	00:48:15.40	00:48:23.40	+00:02:06 (4.4%)	4:43	12.7 (95.5%)
4	ZIENTARSKA Joanna	420	ŚWIAT PŁYTEK U KRYSPINA	K-40	4	00:00:05	00:18:34	00:49:19.00	00:49:24.50	+00:03:09 (6.4%)	4:50	12.4 (93.2%)
5	WOLF Weronika	386		K-40	5	00:00:15	00:19:32	00:51:07.20	00:51:22.50	+00:04:57 (9.7%)	5:00	12 (90.2%)
6	WALCZAK Agnieszka	356		K-40	6	00:00:14	00:20:01	00:52:57.85	00:53:12.00	+00:06:48 (12.9%)	5:11	11.6 (87.2%)
7	SZYMAŃSKA Ewa	337	TEAM BIEGOWY SZCZECINEK	K-40	7	00:00:12	00:20:57	00:53:09.00	00:53:21.30	+00:06:59 (13.2%)	5:12	11.5 (86.5%)
8	NOWAK-IGNACAK Monika	240		K-40	8	00:00:13	00:21:27	00:54:24.70	00:54:38.20	+00:08:15 (15.2%)	5:20	11.2 (84.2%)
9	JABŁOŃSKA Katarzyna	97		K-40	9	00:00:23	00:22:15	00:55:36.45	00:56:00.35	+00:09:27 (17.0%)	5:27	11 (82.7%)
10	MALESZA-HOUSIN Joanna	201		K-40	10	00:00:17	00:21:48	00:56:08.35	00:56:26.30	+00:09:58 (17.8%)	5:30	10.9 (82.0%)
11	WITKA Grażyna	373	KLUB ŁEBA MORS POLAND	K-40	11	00:00:08	00:21:30	00:56:41.70	00:56:50.25	+00:10:32 (18.6%)	5:33	10.8 (81.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	3.94km	Czas netto 10.2km	Czas brutto 10.2km	Różn	Tempo min/km	Tempo km/h
12	BORUC Barbara	14		K-40	12	00:00:14	00:22:12	00:57:57.10	00:58:11.95	+00:11:47 (20.4%)	5:40	10.6 (79.7%)
13	VON BARDELEBEN Agnieszka	354	BABECZKI KOSZALIN	K-40	13	00:00:19	00:23:07	00:59:35.95	00:59:55.10	+00:13:26 (22.6%)	5:50	10.3 (77.4%)
14	KOŁODZIEJCZAK Agnieszka	144	PARKRUN SZCZECINEK	K-40	14	00:00:31	00:23:12	00:59:55.90	01:00:27.30	+00:13:46 (23.0%)	5:52	10.2 (76.7%)
15	BŁOŃSKA Agnieszka	9	BABECZKI KOSZALIN	K-40	15	00:00:18	00:23:27	01:00:10.50	01:00:29.30	+00:14:01 (23.3%)	5:54	10.2 (76.7%)
16	ZWOLAK Basia	400		K-40	16	00:00:22	00:24:22	01:00:13.10	01:00:35.65	+00:14:03 (23.4%)	5:54	10.2 (76.7%)
17	GAWIECKA Mariola	62		K-40	17	00:00:02	00:23:03	01:01:08.00	01:01:10.35	+00:14:58 (24.5%)	5:59	10 (75.2%)
18	STASZEWSKA Aneta	308	BRAK	K-40	18	00:00:31	00:23:12	01:02:03.30	01:02:34.75	+00:15:53 (25.6%)	6:05	9.9 (74.4%)
19	DĘBOWSKA-SZCZYTKOWSKA Izabella	43	K.B.SPRINT ŚWIDWIN	K-40	19	00:00:20	00:24:06	01:02:05.75	01:02:26.40	+00:15:56 (25.7%)	6:05	9.9 (74.4%)
20	NOWACKA Elżbieta	238		K-40	20	00:00:16	00:23:29	01:02:24.75	01:02:41.45	+00:16:15 (26.0%)	6:07	9.8 (73.7%)
21	SULIGA-KRAKOWIAK Agnieszka	321		K-40	21	00:00:15	00:23:39	01:02:26.30	01:02:41.35	+00:16:16 (26.1%)	6:07	9.8 (73.7%)
22	TREJDER Maria	347	BAJADERKI KOSZALIN	K-40	22	00:00:31	00:23:50	01:03:01.05	01:03:32.25	+00:16:51 (26.8%)	6:10	9.7 (72.9%)
23	PACZYŃSKA Iwona	248		K-40	23	00:00:26	00:24:09	01:03:13.00	01:03:39.25	+00:17:03 (27.0%)	6:11	9.7 (72.9%)
24	BORSUK Dorota	13		K-40	24	00:00:19	00:24:20	01:04:17.85	01:04:37.80	+00:18:08 (28.2%)	6:18	9.5 (71.4%)
25	WOŹNIAK Honorata	387	WWW.LIMO300C.COM	K-40	25	00:00:22	00:24:33	01:05:28.10	01:05:50.90	+00:19:18 (29.5%)	6:25	9.3 (69.9%)
26	GÓRECKA Joanna	404		K-40	26	00:00:25	00:24:40	01:05:32.55	01:05:57.60	+00:19:23 (29.6%)	6:25	9.3 (69.9%)
27	KRAWCZUK-KIEŁB Anna	166		K-40	27	00:00:15	00:24:09	01:05:56.25	01:06:12.10	+00:19:46 (30.0%)	6:27	9.3 (69.9%)
28	WIKTOROWICZ Małgorzata	366	CIOTECZKI.PL	K-40	28	00:00:24	00:24:55	01:06:01.50	01:06:26.45	+00:19:52 (30.1%)	6:28	9.3 (69.9%)
29	RASZPLA Ilona	279	CIOTECZKI.PL	K-40	29	00:00:24	00:24:55	01:06:02.40	01:06:26.65	+00:19:53 (30.1%)	6:28	9.3 (69.9%)
30	POLAŃSKA Małgorzata	267	KLUB	K-40	30	00:00:19	00:24:29	01:06:44.65	01:07:04.00	+00:20:35 (30.8%)	6:32	9.2 (69.2%)
31	KURCZ Barbara	177	BABECZKI KOSZALIN	K-40	31	00:00:20	00:26:07	01:07:50.00	01:08:10.35	+00:21:40 (32.0%)	6:39	9 (67.7%)
32	PEŁKA Iwona	255		K-40	32	00:00:27	00:27:35	01:10:10.90	01:10:38.30	+00:24:01 (34.2%)	6:52	8.7 (65.4%)
33	ZIĘTALA Danuta	397	KOŁOBRZEG POLSKIE CENTRUM SPA	K-40	33	00:00:31	00:28:00	01:11:14.80	01:11:45.95	+00:25:05 (35.2%)	6:59	8.6 (64.7%)