



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

III DecaRun Koszalin
Spółka Decathlon sp. z o.o. z siedzibą w Warszawie
2019-08-15
Koszalin
10 km

III DECARUN KOSZALIN 10 KM

B4SPORT



Klasyfikacja: K-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Laps 2.5km	Laps 5km	Laps 7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	MICHNOWICZ Ewelina	178		K-20	1	00:09:57	00:20:33	00:31:21	00:42:22.95		4:14	14.2 (100%)
2	CYGAN Małgorzata	41		K-30	1	00:10:40	00:21:34	00:32:34	00:43:41.90	+00:01:18 (3.0%)	4:22	13.7 (96.5%)
3	ŁAWNICZAK Justyna	160	#ZABIEGANINOCA	K-30	2	00:10:59	00:22:15	00:33:37	00:45:06.05	+00:02:43 (6.0%)	4:30	13.3 (93.7%)
4	SOCHACKA Marta	257		K-30	3	00:11:23	00:23:10	00:34:34	00:45:48.45	+00:03:25 (7.5%)	4:34	13.1 (92.3%)
5	KONKEL Agnieszka	130		K-30	4	00:10:43	00:22:10	00:34:01	00:46:01.10	+00:03:38 (7.9%)	4:36	13 (91.5%)
6	WOŁYŃSKA Wioletta	309	TKKF KOSZALIN	K-40	1	00:11:37	00:23:19	00:35:04	00:46:43.35	+00:04:20 (9.3%)	4:40	12.8 (90.1%)
7	ZAGALSKA Paulina	349		K-30	5	00:11:24	00:23:12	00:35:10	00:47:15.35	+00:04:52 (10.3%)	4:43	12.7 (89.4%)
8	KUROWSKA Izabela	206	UKL FENIKS ŚWIDWIN	K-40	2	00:11:10	00:22:59	00:35:03	00:47:28.10	+00:05:05 (10.7%)	4:44	12.6 (88.7%)
9	GUDANIEC Katarzyna	328	TRIATHLON TKKF KOSZALIN	K-30	6	00:10:49	00:22:40	00:35:06	00:47:42.85	+00:05:19 (11.2%)	4:46	12.6 (88.7%)
10	SPOLSKA Weronika	262		K-20	2	00:11:33	00:23:39	00:36:03	00:48:08.75	+00:05:45 (12.0%)	4:48	12.5 (88.0%)
11	RODZIEWICZ- CZAPLIŃSKA Agnieszka	336		K-40	3	00:11:49	00:23:41	00:35:58	00:48:26.95	+00:06:04 (12.5%)	4:50	12.4 (87.3%)
12	PIĘTKO Joanna	219		K-50	1	00:11:50	00:24:15	00:37:10	00:49:48.80	+00:07:25 (14.9%)	4:58	12 (84.5%)
13	KNUT-POTOCZNIK Gabriela	126	STOWARZYSZENIE KIERUNEK POLANÓW	K-30	7	00:11:54	00:24:35	00:37:45	00:50:57.20	+00:08:34 (16.8%)	5:05	11.8 (83.1%)
14	ZIÓŁKOWSKA Gosia	323		K-30	8	00:11:45	00:24:45	00:38:06	00:51:18.65	+00:08:55 (17.4%)	5:07	11.7 (82.4%)

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15	DRABKOWSKA Agnieszka	345		K-40	4	00:12:41	00:25:27	00:38:22	00:51:19.40	+00:08:56 (17.4%)	5:08	11.7 (82.4%)
16	DRULIK-HOŁUB Marta	53	TORNADO KOSZALIN	K-40	5	00:12:07	00:24:51	00:38:01	00:51:34.15	+00:09:11 (17.8%)	5:09	11.6 (81.7%)
17	MALESZA-HOUSIN Joanna	166	FORRESTRUN	K-40	6	00:12:35	00:25:23	00:39:01	00:52:51.90	+00:10:28 (19.8%)	5:17	11.3 (79.6%)
18	USTJANOWSKA Katarzyna	287		K-30	9	00:13:04	00:26:12	00:39:29	00:53:05.10	+00:10:42 (20.2%)	5:18	11.3 (79.6%)
19	DANIUK Kasia	46		K-40	7	00:12:25	00:25:56	00:39:48	00:53:31.15	+00:11:08 (20.8%)	5:21	11.2 (78.9%)
20	BORUC Barbara	22	PARKRUN SZCZECINEK	K-50	2	00:13:02	00:26:29	00:40:02	00:53:33.85	+00:11:10 (20.9%)	5:21	11.2 (78.9%)
21	WALCZAK Magdalena	288		K-40	8	00:12:35	00:25:24	00:39:36	00:53:39.20	+00:11:16 (21.0%)	5:21	11.2 (78.9%)
22	ZAKUTYŃSKA-KOWALCZYK Karolina	317		K-40	9	00:12:53	00:26:13	00:40:04	00:53:57.55	+00:11:34 (21.5%)	5:23	11.1 (78.2%)
23	OLSZEWSKA Nina	201	KAMIEŃ RYMAŃSKI	K-20	3	00:12:38	00:25:59	00:40:02	00:54:02.45	+00:11:39 (21.6%)	5:24	11.1 (78.2%)
24	WRÓBLEWSKA Marta	310		K-40	10	00:13:02	00:26:39	00:40:46	00:54:57.85	+00:12:34 (22.9%)	5:29	10.9 (76.8%)
25	KOLIGAT Anna	128		K-30	10	00:13:23	00:27:02	00:40:55	00:54:58.85	+00:12:35 (22.9%)	5:29	10.9 (76.8%)
26	PISKORZ-WILCZAK Iwona	222	NKD	K-40	11	00:13:06	00:26:29	00:40:51	00:55:30.10	+00:13:07 (23.6%)	5:33	10.8 (76.1%)
27	MICHALIK Agnieszka	177		K-20	4	00:13:58	00:28:01	00:42:08	00:55:32.20	+00:13:09 (23.7%)	5:33	10.8 (76.1%)
28	MONGIAŁO Aleksandra	188	FAST FEET K-LIN	K-30	11	00:13:21	00:27:17	00:41:20	00:55:37.15	+00:13:14 (23.8%)	5:33	10.8 (76.1%)
29	MIKOŁAJCZAK Luiza	180	FSD	K-30	12	00:13:20	00:27:22	00:41:57	00:56:34.15	+00:14:11 (25.1%)	5:39	10.6 (74.6%)
30	NAWROCKA Anna	194		K-30	13	00:12:47	00:27:01	00:41:39	00:56:38.15	+00:14:15 (25.2%)	5:39	10.6 (74.6%)
31	BUDZYŃSKA Elżbieta	30		K-50	3	00:14:33	00:29:51	00:45:58	01:02:14.15	+00:19:51 (31.9%)	6:13	9.6 (67.6%)
32	MURAWSKA Katarzyna	191		K-30	14	00:14:39	00:30:01	00:46:07	01:02:28.90	+00:20:05 (32.2%)	6:14	9.6 (67.6%)
33	KOZŁOWIECKA Małgorzata	141		K-50	4	00:15:24	00:31:40	00:48:46	01:06:08.60	+00:23:45 (35.9%)	6:36	9.1 (64.1%)
34	PEŁKA Iwona	212		K-50	5	00:16:25	00:33:34	00:50:58	01:07:24.80	+00:25:01 (37.1%)	6:44	8.9 (62.7%)
35	STRZELECKA Agnieszka	266		K-30	15	00:15:41	00:32:34	00:49:45	01:07:56.10	+00:25:33 (37.6%)	6:47	8.8 (62.0%)
36	CIŻMOWSKA Barbara	40	MTS HAMER MIASTKO	K-60+	1	00:15:44	00:32:50	00:50:16	01:08:00.70	+00:25:37 (37.7%)	6:48	8.8 (62.0%)
37	HARASIM Emila	84		K-30	16	00:15:33	00:32:55	00:50:37	01:08:03.20	+00:25:40 (37.7%)	6:48	8.8 (62.0%)

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38	KARASIUK Renata	107		K-30	17	00:16:17	00:33:41	00:51:27	01:09:09.05	+00:26:46 (38.7%)	6:54	8.7 (61.3%)
	CHORAŻY Karolina	339	LEO TEAM	K-30		00:11:21 DNF	00:22:50 DNF	DNF	DNF		-	- (0.0%)
	RADOMSKA Katarzyna	230		K-20		00:13:08 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 40 wynik(ów)