



KOSZALIŃSKI BIEG NIEPODLEGŁOŚCI

B4SPORT

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury
Data: 2021-11-13
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: K30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap1 1km	Lap2 2km	Lap3 3km	Lap4 4km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	POCHRANOWICZ Aleksandra	88	7PRO SIÓDMIAK TEAM	K30-39	1	00:03:49	00:07:42	00:11:46	00:15:58	00:20:06.95		4:01	14.9 (100%)
2	ZATOŃ Olga	92		K30-39	2	00:03:59	00:08:11	00:12:27	00:16:44	00:20:55.00	+00:00:48 (3.8%)	4:11	14.3 (96.0%)
3	MAZIEC Beata	46	BIEGOLAS KOSZALIN	K30-39	3	00:04:19	00:08:57	00:13:38	00:18:17	00:22:54.15	+00:02:47 (12.2%)	4:34	13.1 (87.9%)
4	ZYG-SIÓDMIAK Kamila	84	7PRO SIÓDMIAK TEAM	K30-39	4	00:04:27	00:09:23	00:14:24	00:19:20	00:24:10.60	+00:04:03 (16.8%)	4:50	12.4 (83.2%)
5	GRYGLEWSKA Magdalena	22	142BLP TRZEBIATÓW	K30-39	5	00:04:48	00:09:53	00:15:03	00:19:45	00:25:17.50	+00:05:10 (20.5%)	5:03	11.9 (79.9%)
6	GRUNWALD Karolina	21		K30-39	6	00:04:28	00:09:31	00:14:50	00:20:15	00:25:25.15	+00:05:18 (20.9%)	5:05	11.8 (79.2%)
7	WYSOCKA Urszula	81		K30-39	7	00:05:12	00:10:31	00:15:49	00:21:05	00:26:14.35	+00:06:07 (23.3%)	5:14	11.4 (76.5%)
8	BORUSIŃSKA Marta	100		K30-39	8	00:05:23	00:10:52	00:16:13	00:21:37	00:26:50.20	+00:06:43 (25.0%)	5:22	11.2 (75.2%)
9	MRUGAŁA Magdalena	50	RUNGRYF GRYFICE	K30-39	9	00:05:27	00:10:55	00:16:23	00:22:01	00:27:26.75	+00:07:19 (26.7%)	5:29	10.9 (73.2%)
10	SUCHODOLSKA Aleksandra	68		K30-39	10	00:05:23	00:10:58	00:16:31	00:22:02	00:27:34.10	+00:07:27 (27.0%)	5:30	10.9 (73.2%)
11	CZYCZYN Angelika	10		K30-39	11	00:05:15	00:10:58	00:16:40	00:22:35	00:28:30.00	+00:08:23 (29.4%)	5:42	10.5 (70.5%)
12	DEPTA Kasia	12		K30-39	12	00:05:29	00:11:20	00:17:25	00:23:24	00:29:15.10	+00:09:08 (31.2%)	5:51	10.3 (69.1%)
13	MRÓZ Małgorzata	96		K30-39	13	00:05:33	00:11:16	00:17:15	00:23:20	00:29:15.45	+00:09:08 (31.2%)	5:51	10.3 (69.1%)
14	FELKOWSKA Karolina	14		K30-39	14	00:06:50	00:14:29	00:22:01	00:29:25	00:36:42.35	+00:16:35 (45.2%)	7:20	8.2 (55.0%)
15	PASEK Paula	56	KLUB BIEGOWY JANTAR ŚWIESZYNO	K30-39	15	00:07:20	00:15:51	00:24:51	00:33:43	00:42:11.70	+00:22:04 (52.3%)	8:26	7.1 (47.7%)
16	GRZEBIELUCHA Ewa	97	GWIAZDY PÓŁNOCY	K30-39	16	00:08:59	00:18:02	00:26:57	00:35:44	00:44:09.25	+00:24:02 (54.4%)	8:49	6.8 (45.6%)

Znaleziono 16 wynik(ów)