



KOSZALIŃSKI BIEG NIEPODLEGŁOŚCI

B4SPORT

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



Klasyfikacja: K40-49

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	DRULIK-HOŁUB Marta	13		K40-49	1	00:05:06	00:10:16	00:15:27	00:20:34	00:25:34.30		5:06	11.7 (100%)
2	KUBIAK Katarzyna	39		K40-49	2	00:05:07	00:10:35	00:16:03	00:21:33	00:26:59.05	+00:01:24 (5.2%)	5:23	11.1 (94.9%)
3	KOLIGAT Anna	31		K40-49	3	00:05:38	00:11:05	00:16:27	00:21:54	00:27:14.05	+00:01:39 (6.1%)	5:26	11 (94.0%)
4	MAJ Agnieszka	45		K40-49	4	00:05:36	00:11:16	00:16:52	00:22:29	00:27:54.80	+00:02:20 (8.4%)	5:34	10.8 (92.3%)
5	SIKORSKA-LÖWE Katarzyna	64		K40-49	5	00:05:38	00:11:39	00:17:42	00:23:41	00:29:22.75	+00:03:48 (13.0%)	5:52	10.2 (87.2%)
6	MONDRON Katarzyna	47		K40-49	6	00:05:28	00:11:20	00:17:24	00:23:31	00:29:28.60	+00:03:54 (13.2%)	5:53	10.2 (87.2%)
7	KOBUS-MAŁANECZ Agnieszka	30		K40-49	7	00:05:38	00:11:34	00:17:34	00:23:36	00:29:30.55	+00:03:56 (13.3%)	5:54	10.2 (87.2%)
8	GAWIECKA Mariola	17	ROZBIEGANY KOSZALIN	K40-49	8	00:06:17	00:13:05	00:20:03	00:26:50	00:33:37.15	+00:08:02 (23.9%)	6:43	8.9 (76.1%)
9	PLATA Katarzyna	62		K40-49	9	00:06:50	00:14:28	00:22:01	00:29:25	00:36:42.20	+00:11:07 (30.3%)	7:20	8.2 (70.1%)
10	BECHLER Zofia	4	GWIAZDY PÓŁNOCY	K40-49	10	00:09:04	00:18:04	00:27:01	00:35:47	00:44:09.05	+00:18:34 (42.1%)	8:49	6.8 (58.1%)

Znaleziono 10 wynik(ów)