



Wydarzenie:
Organizator:

Data:
Miejsce:
Dystans:

XI KOSZALIŃSKI BIEG SYLWESTROWY - 5 KM

XI Koszaliński Bieg Sylwestrowy
Koszalińskie Towarzystwo Krzewienia Kultury
Fizycznej
2019-12-28
Koszalin
5 km

B4SPORT



Klasyfikacja: K30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.7km	Lap 3.4km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	KRYNICKA-GRZYB Małgorzata	202		K30-39	1	00:06:32	00:13:36	00:20:40.67		4:08	14.5 (100%)
2	KONKEL Agnieszka	559		K30-39	2	00:07:00	00:14:28	00:21:24.73	+00:00:44 (3.4%)	4:16	14 (96.6%)
3	HAŁKA Justyna	107		K30-39	3	00:07:18	00:14:49	00:21:50.55	+00:01:09 (5.3%)	4:22	13.7 (94.5%)
4	LITWIN Barbara	225		K30-39	4	00:07:55	00:16:06	00:23:27.00	+00:02:46 (11.8%)	4:41	12.8 (88.3%)
5	WOŹNIECKA Karolina	431		K30-39	5	00:07:53	00:16:00	00:23:28.10	+00:02:47 (11.9%)	4:41	12.8 (88.3%)
6	KACZMAREK Marta	139		K30-39	6	00:07:33	00:15:50	00:23:29.71	+00:02:49 (12.0%)	4:42	12.8 (88.3%)
7	GEDROWICZ Aleksandra	83		K30-39	7	00:07:32	00:15:52	00:23:39.27	+00:02:58 (12.6%)	4:44	12.7 (87.6%)
8	GLEWICZ Sylwia	85		K30-39	8	00:08:06	00:16:12	00:23:50.97	+00:03:10 (13.3%)	4:46	12.6 (86.9%)
9	WĄSOWICZ Anna	405		K30-39	9	00:08:26	00:16:44	00:24:29.76	+00:03:49 (15.6%)	4:54	12.2 (84.1%)
10	KNUT POTOCZNIK Gabriela	165		K30-39	10	00:08:38	00:17:00	00:24:50.48	+00:04:09 (16.8%)	4:58	12.1 (83.4%)
11	WOŹNIAK Monika	428		K30-39	11	00:08:39	00:17:25	00:25:25.76	+00:04:45 (18.7%)	5:05	11.8 (81.4%)
12	SUCHODOLSKA Aleksandra	376		K30-39	12	00:09:20	00:18:01	00:25:42.19	+00:05:01 (19.6%)	5:08	11.7 (80.7%)
13	MONGIAŁO Aleksandra	266		K30-39	13	00:08:53	00:17:37	00:25:47.15	+00:05:06 (19.8%)	5:09	11.6 (80.0%)
14	KOLIGAT Anna	168		K30-39	14	00:09:01	00:17:40	00:25:53.62	+00:05:12 (20.1%)	5:10	11.6 (80.0%)
15	BOJAR Natalia	24		K30-39	15	00:08:55	00:17:39	00:25:58.65	+00:05:17 (20.4%)	5:11	11.6 (80.0%)
16	PAWŁOWSKA Anna	301		K30-39	16	00:08:32	00:17:30	00:26:01.70	+00:05:21 (20.6%)	5:12	11.5 (79.3%)
17	SŁUPECKA Aneta	363		K30-39	17	00:09:03	00:18:00	00:26:13.62	+00:05:32 (21.2%)	5:14	11.4 (78.6%)
18	HAŁAJKO Magdalena	106		K30-39	18	00:09:07	00:17:52	00:26:27.71	+00:05:47 (21.9%)	5:17	11.3 (77.9%)
19	MILLENNIUM Milena Pięta	260		K30-39	19	00:09:01	00:18:02	00:26:28.29	+00:05:47 (21.9%)	5:17	11.3 (77.9%)
20	SŁOMSKA Dorota	362		K30-39	20	00:09:28	00:18:36	00:26:48.30	+00:06:07 (22.9%)	5:21	11.2 (77.2%)
21	PISKÓRZ Justyna	315		K30-39	21	00:08:41	00:18:07	00:26:48.98	+00:06:08 (22.9%)	5:21	11.2 (77.2%)
22	KOPIEC-PARYSIK Iwona	177		K30-39	22	00:09:10	00:18:20	00:26:54.73	+00:06:14 (23.2%)	5:23	11.1 (76.6%)
23	ŚWITOŃ Magdalena	394		K30-39	23	00:09:05	00:18:12	00:26:55.56	+00:06:14 (23.2%)	5:23	11.1 (76.6%)
24	JUSZCZYK Agnieszka	137		K30-39	24	00:09:23	00:18:30	00:26:56.62	+00:06:15 (23.3%)	5:23	11.1 (76.6%)
25	ROMANOWICZ Monika	340		K30-39	25	00:09:18	00:18:40	00:27:19.79	+00:06:39 (24.3%)	5:28	11 (75.9%)
26	NAWROCKA Anna	276		K30-39	26	00:09:00	00:18:27	00:27:20.62	+00:06:39 (24.4%)	5:28	11 (75.9%)
27	DEJNAK Dagmara	55		K30-39	27	00:09:33	00:18:40	00:27:21.32	+00:06:40 (24.4%)	5:28	11 (75.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.7km	Lap 3.4km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
28	DERLIŃSKA Kasia	57		K30-39	28	00:09:09	00:18:40	00:27:38.86	+00:06:58 (25.2%)	5:31	10.8 (74.5%)
29	SADOWSKA Justyna	346		K30-39	29	00:09:29	00:19:03	00:27:49.21	+00:07:08 (25.7%)	5:33	10.8 (74.5%)
30	PŁAŻALSKA Sylwia	317		K30-39	30	00:09:28	00:19:22	00:27:51.95	+00:07:11 (25.8%)	5:34	10.8 (74.5%)
31	DORAWA-ZIOMEK Anna	60		K30-39	31	00:09:55	00:19:35	00:28:01.59	+00:07:20 (26.2%)	5:36	10.7 (73.8%)
32	MALINOWSKA-BURDA Aleksandra	239		K30-39	32	00:09:14	00:19:07	00:28:20.81	+00:07:40 (27.1%)	5:40	10.6 (73.1%)
33	ZAKOŚCIELNA Katarzyna	436		K30-39	33	00:09:57	00:19:36	00:28:28.58	+00:07:47 (27.4%)	5:41	10.5 (72.4%)
34	MICHALAK Anna	254		K30-39	34	00:09:36	00:19:37	00:28:50.66	+00:08:09 (28.3%)	5:46	10.4 (71.7%)
35	WESOŁOWSKA Justyna	410		K30-39	35	00:09:17	00:19:46	00:29:02.43	+00:08:21 (28.8%)	5:48	10.3 (71.0%)
36	NOSAL Anna	282		K30-39	36	00:10:10	00:20:13	00:29:15.69	+00:08:35 (29.3%)	5:51	10.3 (71.0%)
37	SWOROWSKA Katarzyna	378		K30-39	37	00:09:30	00:19:30	00:29:17.88	+00:08:37 (29.4%)	5:51	10.2 (70.3%)
38	WENTA Malwina	409		K30-39	38	00:09:46	00:19:52	00:29:29.78	+00:08:49 (29.9%)	5:54	10.2 (70.3%)
39	JEWUŁA Agata	132		K30-39	39	00:09:45	00:19:51	00:29:29.85	+00:08:49 (29.9%)	5:54	10.2 (70.3%)
40	KRYSZEWSKA Magdalena	204		K30-39	40	00:09:59	00:20:15	00:30:07.34	+00:09:26 (31.4%)	6:01	10 (69.0%)
41	CHREBOR Joanna	41		K30-39	41	00:09:18	00:19:41	00:30:10.90	+00:09:30 (31.5%)	6:02	9.9 (68.3%)
42	SUDER-MAKSYMOWICZ Monika	377		K30-39	42	00:10:20	00:20:46	00:30:22.07	+00:09:41 (31.9%)	6:04	9.9 (68.3%)
43	GAPIŃSKA Agnieszka	77		K30-39	43	00:10:23	00:21:21	00:30:27.76	+00:09:47 (32.1%)	6:05	9.9 (68.3%)
44	PAWELEC Marta	300		K30-39	44	00:09:50	00:20:46	00:30:36.29	+00:09:55 (32.4%)	6:07	9.8 (67.6%)
45	KARASIUK Renata	149		K30-39	45	00:09:52	00:20:41	00:30:59.65	+00:10:18 (33.3%)	6:11	9.7 (66.9%)
46	KOPEĆ Dagmara	58		K30-39	46	00:09:57	00:21:20	00:31:58.44	+00:11:17 (35.3%)	6:23	9.4 (64.8%)
47	PACYNA Izabela	296		K30-39	47	00:10:45	00:21:43	00:32:18.77	+00:11:38 (36.0%)	6:27	9.3 (64.1%)
48	KRAWCZUK Joanna	197		K30-39	48	00:10:52	00:22:05	00:32:22.37	+00:11:41 (36.1%)	6:28	9.3 (64.1%)
49	SARBIEWSKA Gabriela	349		K30-39	49	00:10:58	00:22:47	00:33:40.16	+00:12:59 (38.6%)	6:44	8.9 (61.4%)
50	PAŁASZ Karolina	297		K30-39	50	00:10:51	00:22:51	00:33:50.46	+00:13:09 (38.9%)	6:46	8.9 (61.4%)
51	KAZIMIERCZAK Izabela	153		K30-39	51	00:11:00	00:23:12	00:34:38.44	+00:13:57 (40.3%)	6:55	8.7 (60.0%)
52	SIENKIEWICZ Ewelina	343		K30-39	52	00:11:48	00:24:18	00:36:12.58	+00:15:31 (42.9%)	7:14	8.3 (57.2%)

Znaleziono 52 wynik(ów)