



Wydarzenie:
Organizator:

Data:
Miejsce:
Dystans:

XI SYLWESTROWY NORDIC WALKING - 3 KM

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

B4SPORT



Klasyfikacja: K-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.7km	Czas netto 3km	Różn	Tempo min/km	Tempo km/h
1	OKRZESIK-FRĄCKOWIAK Izabela	286		K-OPEN	1	00:11:04	00:22:18.14		7:26	8.1 (100%)
2	POTRZEBOWSKA Agata	323		K-OPEN	2	00:11:25	00:22:48.78	+00:00:30 (2.1%)	7:36	7.9 (97.5%)
3	WILKOŁEK-SZUDARSKA Saturnina	417		K-OPEN	3	00:12:28	00:23:57.95	+00:00:52 (3.6%)	7:59	7.5 (92.6%)
4	KORYBSKA Aleksandra	185		K-OPEN	4	00:12:48	00:24:42.33	+00:01:33 (6.3%)	8:14	7.3 (90.1%)
5	WIECZORKOWSKA Dagmara	413		K-OPEN	5	00:12:05	00:24:01.08	+00:01:44 (6.9%)	8:00	7.5 (92.6%)
6	KNITTER Monika	164		K-OPEN	6	00:12:22	00:25:00.63	+00:02:42 (10.4%)	8:20	7.2 (88.9%)
7	TOCZYŁOWSKA Wiesława	395		K-OPEN	7	00:12:59	00:25:56.18	+00:03:38 (13.5%)	8:38	6.9 (85.2%)
8	RODZIEWICZ Wioletta	337		K-OPEN	8	00:13:15	00:26:00.00	+00:03:43 (13.8%)	8:40	6.9 (85.2%)
9	MARIAŃSKA Anna	246		K-OPEN	9	00:13:41	00:26:46.76	+00:04:29 (16.1%)	8:55	6.7 (82.7%)
10	JANEK Agnieszka	125		K-OPEN	10	00:13:43	00:26:52.42	+00:04:36 (16.5%)	8:57	6.7 (82.7%)
11	KURCZ Barbara	211		K-OPEN	11	00:13:51	00:27:19.26	+00:05:04 (17.9%)	9:06	6.6 (81.5%)
12	KORBAN- WICHER Katarzyna	179		K-OPEN	12	00:13:06	00:27:39.05	+00:05:20 (18.6%)	9:13	6.5 (80.2%)
13	PIECYCHNA Michalina	309		K-OPEN	13	00:15:05	00:28:49.06	+00:05:41 (19.6%)	9:36	6.2 (76.5%)
14	PIECYCHNA Agata	310		K-OPEN	14	00:14:22	00:28:00.00	+00:05:42 (19.7%)	9:20	6.4 (79.0%)
15	JANEK Justyna	127		K-OPEN	15	00:14:14	00:28:20.62	+00:06:05 (20.7%)	9:27	6.3 (77.8%)
16	KASZUBA Adriana	152		K-OPEN	16	00:15:13	00:29:39.10	+00:06:35 (22.0%)	9:53	6.1 (75.3%)
17	GRZESIK Maria	99		K-OPEN	17	00:14:35	00:29:04.29	+00:06:46 (22.5%)	9:41	6.2 (76.5%)
18	LEDZION Dagmara	217		K-OPEN	18	00:15:16	00:30:19.41	+00:08:02 (25.6%)	10:06	5.9 (72.8%)
19	POŁOCZAŃSKA Marta	206		K-OPEN	19	00:15:37	00:30:21.57	+00:08:05 (25.7%)	6:04	9.9 (122.2%)
20	KOMAR Marlena	173		K-OPEN	20	00:15:50	00:31:20.55	+00:09:05 (28.0%)	10:26	5.7 (70.4%)
21	CAŁA Lena	34		K-OPEN	21	00:16:30	00:31:31.39	+00:09:18 (28.5%)	10:30	5.7 (70.4%)
22	CAŁA Małgorzata	36		K-OPEN	22	00:16:30	00:31:33.36	+00:09:20 (28.6%)	10:31	5.7 (70.4%)
23	KOŁODZIEJ Felicja	170		K-OPEN	23	00:16:24	00:31:38.16	+00:09:23 (28.7%)	10:32	5.7 (70.4%)
24	KALOCIŃSKA Sylwia	145		K-OPEN	24	00:21:20	00:34:56.01	+00:12:46 (35.4%)	11:38	5.2 (64.2%)
25	KRAWCZUK-KIEŁB Anna	198		K-OPEN	25	00:18:03	00:35:08.71	+00:12:52 (35.6%)	11:43	5.1 (63.0%)
26	CHOJNACKA Justyna	39		K-OPEN	26	00:18:04	00:35:09.00	+00:12:52 (35.6%)	11:43	5.1 (63.0%)

