



XIII KOSZALIŃSKI BIEG SYLWESTROWY - 5.1 KM

B4SPORT

Wydarzenie:
Organizator:

XIII Koszaliński Bieg Sylwestrowy
Koszalińskie Towarzystwo Krzewienia Kultury
Fizycznej
2022-12-31
Koszalin
5.1 km

Data:
Miejsce:
Dystans:



Klasyfikacja: K-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.6km	Lap 3.35km	Czas netto 5.1km	Różn	Tempo min/km	Tempo km/h
1	MIERZLIKIN Natalia	128		K30	1	00:05:41	00:11:50	00:17:57.05		3:31	17 (100%)
2	FOLTYNIEWICZ Hanna	49	7PRO TEAM/LITWIN TRIATHLON ELITE	K14	1	00:06:05	00:12:37	00:19:03.85	+00:01:06 (5.8%)	3:44	16.1 (94.7%)
3	HISZCZYŃSKA Aleksandra	65	SPORT GENERATION	K18	1	00:06:21	00:13:25	00:20:42.90	+00:02:45 (13.3%)	4:03	14.8 (87.1%)
4	HAŁKA Justyna	61		K40	1	00:06:40	00:14:07	00:21:36.05	+00:03:39 (16.9%)	4:14	14.2 (83.5%)
5	KLUCZEWSKA Emilia	93	RUNASTYCZNI TEAM BYTÓW	K30	2	00:06:49	00:14:17	00:21:41.25	+00:03:44 (17.2%)	4:15	14.1 (82.9%)
6	DĄBROWSKA Alicja	35	TKKF KOSZALIN	K50	1	00:07:13	00:15:13	00:22:58.40	+00:05:01 (21.9%)	4:30	13.3 (78.2%)
7	MAZIEC Beata	122	BIEGOLAS / TKKF KOSZALIN	K30	3	00:07:33	00:15:31	00:23:18.15	+00:05:21 (23.0%)	4:34	13.1 (77.1%)
8	FEDORCZAK Joanna	46	BIEGOLAS KOSZALIN	K40	2	00:07:38	00:16:16	00:24:40.50	+00:06:43 (27.3%)	4:50	12.4 (72.9%)
9	KRUPIŃSKA Beata	103	E-UROLOG.EU	K50	2	00:07:42	00:16:18	00:24:49.20	+00:06:52 (27.7%)	4:51	12.3 (72.4%)
10	DRABKOWSKA Agnieszka	40	CUDAKI♥	K40	3	00:07:36	00:16:08	00:24:49.35	+00:06:52 (27.7%)	4:51	12.3 (72.4%)
11	WALCZAK Anna	203		K30	4	00:07:51	00:16:25	00:25:09.65	+00:07:12 (28.7%)	4:55	12.2 (71.8%)
12	RYBAK Daria	166		K40	4	00:08:11	00:17:11	00:25:14.50	+00:07:17 (28.9%)	4:56	12.1 (71.2%)
13	GIEDROWICZ Aleksandra	239		K30	5	00:07:19	00:16:00	00:25:15.00	+00:07:17 (28.9%)	4:57	12.1 (71.2%)
14	FLIS Anna	48		K30	6	00:08:18	00:16:36	00:25:16.00	+00:07:18 (29.0%)	4:57	12.1 (71.2%)
15	DRULIK-HOŁUB Marta	42		K40	5	00:07:59	00:16:44	00:25:24.90	+00:07:27 (29.4%)	4:58	12 (70.6%)
16	WĄSOWICZ Anna	206		K40	6	00:07:48	00:16:37	00:25:29.30	+00:07:32 (29.6%)	4:59	12 (70.6%)
17	GRABAREK Ewelina	53		K30	7	00:07:54	00:16:42	00:25:29.80	+00:07:32 (29.6%)	4:59	12 (70.6%)
18	KUBIAK Katarzyna	106		K40	7	00:08:10	00:16:57	00:25:32.30	+00:07:35 (29.7%)	5:00	12 (70.6%)
19	GUDANIEC Katarzyna	56	TKKF TRIATHLON KOSZALIN	K30	8	00:08:33	00:17:35	00:25:50.50	+00:07:53 (30.5%)	5:03	11.8 (69.4%)
20	GRABOWSKA-LESISZ Aneta	54		K40	8	00:07:50	00:16:56	00:25:51.40	+00:07:54 (30.6%)	5:04	11.8 (69.4%)
21	BOGACKA Lucyna	18	TKKF KOSZALIN	K60+	1	00:08:10	00:16:58	00:25:54.15	+00:07:57 (30.7%)	5:04	11.8 (69.4%)
22	KOLIGAT Anna	95		K40	9	00:08:17	00:17:06	00:25:56.65	+00:07:59 (30.8%)	5:05	11.8 (69.4%)
23	NOSAL Martyna	135	KS PENTATHLON SZCZECINEK	K14	2	00:07:55	00:17:03	00:25:56.75	+00:07:59 (30.8%)	5:05	11.8 (69.4%)
24	PAWŁOWSKA Magdalena	147	GAMMAX	K40	10	00:08:11	00:17:12	00:26:23.50	+00:08:26 (32.0%)	5:10	11.6 (68.2%)
25	MALINOWSKA Małgorzata	118		K60+	2	00:08:40	00:17:44	00:26:33.50	+00:08:36 (32.4%)	5:12	11.5 (67.6%)
26	STOCKA-PODŁYSKA Żaneta	184	ZASAPANI HYDRO	K40	11	00:08:39	00:17:45	00:26:42.90	+00:08:45 (32.8%)	5:14	11.5 (67.6%)
27	SIERGIEJ Iwona	173		K40	12	00:08:33	00:17:36	00:26:44.75	+00:08:47 (32.9%)	5:14	11.4 (67.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						Lap 1.6km	Lap 3.35km			
28	GUDANIEC Dorota	57	TKKF TRIATHLON KOSZALIN	K60+	3	00:08:33	00:17:35	00:26:45.20	+00:08:48 (32.9%)	5:14 11.4 (67.1%)
29	SOCHA Ewa	182		K30	9	00:08:42	00:18:16	00:27:07.30	+00:09:10 (33.8%)	5:19 11.3 (66.5%)
30	JASIAKIEWICZ-JELEŃ Natalia	74		K30	10	00:08:31	00:17:49	00:27:08.95	+00:09:11 (33.9%)	5:19 11.3 (66.5%)
31	OLEJARCZYK Sylwia	137		K18	2	00:08:38	00:18:02	00:27:54.00	+00:09:56 (35.7%)	5:28 11 (64.7%)
32	PELKA Iwona Pełka	149		K50	3	00:08:54	00:18:47	00:28:03.65	+00:10:06 (36.0%)	5:30 10.9 (64.1%)
33	HAŁAJKO Magdalena	60		K40	13	00:08:54	00:18:28	00:28:12.20	+00:10:15 (36.4%)	5:31 10.9 (64.1%)
34	SKRZYPCZYK Joanna	176	DARŁOWSKIE CHARTY	K40	14	00:08:20	00:17:56	00:28:18.20	+00:10:21 (36.6%)	5:32 10.8 (63.5%)
35	BARTON Krystyna	11	PRZECHELEWO	K60+	4	00:08:20	00:18:08	00:28:30.70	+00:10:33 (37.0%)	5:35 10.7 (62.9%)
36	WÓJCIK Edyta	220		K30	11	00:08:59	00:18:52	00:28:45.45	+00:10:48 (37.6%)	5:38 10.6 (62.4%)
37	KANIEWSKA Anetta	80		K40	15	00:08:45	00:18:54	00:28:58.50	+00:11:01 (38.0%)	5:40 10.6 (62.4%)
38	SUDER-MAKSYMOWICZ Monika	186	:~)	K40	16	00:09:20	00:19:24	00:28:59.10	+00:11:02 (38.1%)	5:40 10.6 (62.4%)
39	WRÓBLEWSKA Marta	222		K40	17	00:09:17	00:19:20	00:29:01.60	+00:11:04 (38.2%)	5:41 10.5 (61.8%)
40	SŁUPECKA Aneta	178		K30	12	00:09:34	00:19:52	00:29:25.45	+00:11:28 (39.0%)	5:46 10.4 (61.2%)
41	BEDNARZ Katarzyna	13		K40	18	00:09:18	00:19:29	00:29:30.40	+00:11:33 (39.2%)	5:47 10.4 (61.2%)
42	URBAN Ewelina	200	ANANASY Z 3 FAL	K30	13	00:10:05	00:20:11	00:29:49.00	+00:11:51 (39.8%)	5:50 10.3 (60.6%)
43	SAGAŁA Patrycja	169	ANANASY Z 3 FAL	K40	19	00:10:05	00:20:11	00:29:53.05	+00:11:56 (39.9%)	5:51 10.2 (60.0%)
44	ANDRZEJCZYK Ewelina	236	ANANASY Z 3 FAL	K30	14	00:10:04	00:20:11	00:29:55.35	+00:11:58 (40.0%)	5:51 10.2 (60.0%)
45	SEREJ Daria	172		K18	3	00:09:14	00:19:18	00:30:01.60	+00:12:04 (40.2%)	5:53 10.2 (60.0%)
46	SZULTKA Sylwia	194		K30	15	00:08:59	00:19:15	00:30:03.90	+00:12:06 (40.3%)	5:53 10.2 (60.0%)
46	WÓJCIK Anna	218		K30	15	00:09:35	00:19:55	00:30:03.90	+00:12:06 (40.3%)	5:53 10.2 (60.0%)
48	WOLF Beata	217	TKKF KOSZALIN	K40	20	00:09:19	00:20:00	00:30:30.80	+00:12:33 (41.2%)	5:58 10 (58.8%)
49	MARSCHAŁKOWSKA Dorota	121	TKKF KOSZALIN	K50	4	00:09:36	00:20:30	00:31:23.20	+00:13:26 (42.8%)	6:09 9.8 (57.6%)
50	MARCZAK Małgorzata	120		K60+	5	00:09:26	00:20:26	00:31:56.20	+00:13:59 (43.8%)	6:15 9.6 (56.5%)
51	WALCZAK Magdalena	201		K40	21	00:10:11	00:21:13	00:32:44.45	+00:14:47 (45.2%)	6:25 9.3 (54.7%)
52	PAŃCZYK Justyna	144		K40	22	00:10:11	00:21:13	00:32:44.70	+00:14:47 (45.2%)	6:25 9.3 (54.7%)
53	SIWAK Kinga	174		K18	4	00:09:56	00:21:22	00:33:23.80	+00:15:26 (46.2%)	6:32 9.2 (54.1%)
54	CHRYSTOFIAK Janina	26		K40	23	00:08:58	00:21:52	00:33:54.00	+00:15:56 (47.0%)	6:38 9 (52.9%)
55	DROZDA Sandra	41		K18	5	00:10:46	00:24:07	00:35:57.70	+00:18:00 (50.1%)	7:02 8.5 (50.0%)
56	WÓJCIK Karolina	219		K18	6	00:10:57	00:23:44	00:37:26.90	+00:19:29 (52.1%)	7:20 8.2 (48.2%)
57	WESOŁOWSKA Justyna	208		K30	17	00:11:13	00:24:43	00:37:42.40	+00:19:45 (52.4%)	7:23 8.1 (47.6%)
58	WOJTKOWIAK Agata	216		K18	7	00:10:09	00:24:48	00:38:59.30	+00:21:02 (54.0%)	7:38 7.8 (45.9%)
59	JUSZCZYK Agnieszka	78		K40	24	00:11:17	00:25:09	00:39:10.45	+00:21:13 (54.2%)	7:40 7.8 (45.9%)
60	KOZŁOWIECKA Małgorzata	255	TKKF KOSZALIN	K60+	6	00:11:47	00:25:33	00:39:38.85	+00:21:41 (54.7%)	7:46 7.7 (45.3%)

Znaleziono 60 wynik(ów)