



ZIMOWA MILA GÓRSKA 2020 - PO 3 EDYCJACH

B4SPORT

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2020-02-19
Miejsce: Koszalin
Dystans: 4.827 km



Klasyfikacja: K-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 1	Etap 2	Etap 3	Czas netto 4.827km	Czas brutto 4.827km	Różn	Tempo min/km	Tempo km/h
1	KONKEL Agnieszka	5036		K30-39	1	00:07:17.00	00:07:16.00	00:07:21.00	00:21:54.00	00:22:06.00		4:32	13.2 (100%)
2	KRYNICKA GRZYB Małgorzata	5045		K30-39	2	00:07:59.00	00:07:38.00	00:07:53.00	00:23:30.00	00:23:37.00	+00:01:36 (6.8%)	4:52	12.3 (93.2%)
3	HAŁKA Justyna	5020	TRUCHT ŁOBEZ	K40-49	1	00:08:18.00	00:07:54.00	00:07:53.00	00:24:05.00	00:24:15.00	+00:02:11 (9.1%)	4:59	12 (90.9%)
4	KRYNICKA Magdalena	5044		K18-29	1	00:08:23.00	00:08:08.00	00:08:12.00	00:24:43.00	00:24:51.00	+00:02:49 (11.4%)	5:07	11.7 (88.6%)
5	DĄBROWSKA Alicja	5009	TKKF KOSZALIN	K50-59	1	00:08:24.00	00:08:21.00	00:08:22.00	00:25:07.00	00:25:28.00	+00:03:13 (12.8%)	5:12	11.5 (87.1%)
6	GIEDROWICZ Aleksandra	5015		K30-39	3	00:08:34.00	00:08:21.00	00:08:14.00	00:25:09.00	00:25:39.00	+00:03:15 (12.9%)	5:12	11.5 (87.1%)
7	SARAPUK Gabriela	5073	TKKF KOSZALIN	K40-49	2	00:08:43.00	00:08:17.00	00:08:26.00	00:25:26.00	00:26:09.00	+00:03:32 (13.9%)	5:16	11.4 (86.4%)
8	KULCZYK Katarzyna	5048	KB BRYZA POSTOMINO	K30-39	4	00:09:00.00	00:08:38.00	00:08:42.00	00:26:20.00	00:26:53.00	+00:04:26 (16.8%)	5:27	11 (83.3%)
9	MADAJCZYK Emilia	5051	AKS BIAŁOGARD	K10-13	1	00:09:14.00	00:08:37.00	00:08:37.00	00:26:28.00	00:26:33.00	+00:04:34 (17.3%)	5:28	10.9 (82.6%)
10	KRZEWIŃSKA Małgorzata	5046	TKKF KOSZALIN	K60+	1	00:08:53.00	00:08:50.00	00:08:50.00	00:26:33.00	00:26:55.00	+00:04:39 (17.5%)	5:30	10.9 (82.6%)
11	GRABOWSKA-LESISZ Aneta	5017		K40-49	3	00:09:03.00	00:08:50.00	00:08:56.00	00:26:49.00	00:27:12.00	+00:04:55 (18.3%)	5:33	10.8 (81.8%)
12	GOLEC Anna	5016		K40-49	4	00:09:19.00	00:09:05.00	00:09:04.00	00:27:28.00	00:27:57.00	+00:05:34 (20.3%)	5:41	10.5 (79.5%)
13	HAŁAJKO Magdalena	5019		K30-39	5	00:09:27.00	00:09:08.00	00:08:54.00	00:27:29.00	00:27:54.00	+00:05:35 (20.3%)	5:41	10.5 (79.5%)
14	PŁATOSZ Magda	5064		K18-29	2	00:09:45.00	00:09:40.00	00:09:17.00	00:28:42.00	00:28:54.00	+00:06:48 (23.7%)	5:56	10.1 (76.5%)
15	KASZUBIAK Julia	5030		K10-13	2	00:11:18.00	00:08:58.00	00:09:00.00	00:29:16.00	00:29:40.00	+00:07:22 (25.2%)	6:03	9.9 (75.0%)

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16	NAWROCKA Anna	5058		K30-39	6	00:10:25.00	00:10:09.00	00:09:58.00	00:30:32.00	00:32:23.00	+00:08:38 (28.3%)	6:19	9.5 (72.0%)
17	DOBOSZ Izabella	5011		K40-49	5	00:10:06.00	00:10:10.00	00:10:18.00	00:30:34.00	00:31:10.00	+00:08:40 (28.4%)	6:19	9.5 (72.0%)
18	RADOSZ Katarzyna	5068		K50-59	2	00:10:26.00	00:10:18.00	00:10:00.00	00:30:44.00	00:31:29.00	+00:08:50 (28.7%)	6:22	9.4 (71.2%)
19	RADZIUSZ Ilona	5069	MORSACZEBIEGACZE	K30-39	7	00:11:07.00	00:10:15.00	00:10:38.00	00:32:00.00	00:32:29.00	+00:10:06 (31.6%)	6:37	9.1 (68.9%)
20	SUDER-MAKSYMOWICZ Monika	5081		K30-39	8	00:10:46.00	00:10:46.00	00:11:12.00	00:32:44.00	00:33:11.00	+00:10:50 (33.1%)	6:46	8.8 (66.7%)
21	MIKOŁAJCZYK Lidia	5056	#MORSACZEBIEGACZE	K30-39	9	00:12:03.00	00:10:57.00	00:10:56.00	00:33:56.00	00:34:23.00	+00:12:02 (35.5%)	7:01	8.5 (64.4%)
22	KOZŁOWIECKA Małgorzata	5041		K60+	2	00:12:19.00	00:12:13.00	00:12:04.00	00:36:36.00	00:37:16.00	+00:14:42 (40.2%)	7:34	7.9 (59.8%)

Znaleziono 22 wynik(ów)