



BIEG HERKULESA 6 KM

B4SPORT

Wydarzenie: Bieg Herkulesa
Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2019-08-11
Miejsce: Koszalin
Dystans: 6 km



Klasyfikacja: K-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	4km	Czas netto 6km	Różn	Tempo min/km	Tempo km/h
1	LACHOWICZ Blanka	93	HUSARIA RACE TEAM	K18-39	1	00:12:43	00:26:00	00:39:23.35		6:33	9.1 (100%)
2	GDANIEC Katarzyna	13	TKKF TRIATHLON KOSZALIN	K18-39	2	00:12:16	00:25:54	00:39:37.72	+00:00:14 (0.6%)	6:36	9.1 (100%)
3	METEL Izabela	27	RUNTASTYCZNI TEAM BYTÓW	K40-54	1	00:13:24	00:27:04	00:40:40.46	+00:01:17 (3.2%)	6:46	8.9 (97.8%)
4	CAŁA Małgorzata	23	RUNTASTYCZNI TEAM BYTÓW	K40-54	2	00:13:59	00:28:42	00:43:11.23	+00:03:47 (8.8%)	7:12	8.3 (91.2%)
5	KACZMAREK Marta	80	KB SPOKO SŁAWNO	K18-39	3	00:14:51	00:30:12	00:45:00.46	+00:05:37 (12.5%)	7:30	8 (87.9%)
6	KALISZ Roksana	83		K40-54	3	00:14:42	00:30:19	00:45:03.37	+00:05:40 (12.6%)	7:30	8 (87.9%)
7	DORAWA-ZIOMEK Anna	4	ZABIEGANE	K18-39	4	00:14:35	00:30:46	00:45:48.02	+00:06:24 (14.0%)	7:38	7.9 (86.8%)
8	SZOSTAK Marta	115		K18-39	5	00:15:48	00:31:17	00:46:09.31	+00:06:45 (14.7%)	7:41	7.8 (85.7%)
9	KRZEWIŃSKA Małgorzata	73	TKKF KOSZALIN	K55+	1	00:15:21	00:30:53	00:46:09.57	+00:06:46 (14.7%)	7:41	7.8 (85.7%)
10	CHODAK Monika	94	HUSARIA RACE TEAM	K40-54	4	00:14:58	00:30:37	00:46:23.73	+00:07:00 (15.1%)	7:44	7.8 (85.7%)
11	PACAN Mira	10	ŚWIAT PŁYTEK U KRYSPIŃA	K18-39	6	00:14:21	00:31:34	00:47:36.33	+00:08:12 (17.3%)	7:56	7.6 (83.5%)
12	KUCHARSKA Małgorzata	18		K18-39	7	00:16:41	00:32:38	00:48:03.96	+00:08:40 (18.1%)	8:00	7.5 (82.4%)
13	DEPTA Katarzyna	201		K40-54	5	00:16:03	00:32:36	00:48:59.44	+00:09:36 (19.6%)	8:10	7.3 (80.2%)
14	SIERANT Maria	85		K18-39	8	00:15:40	00:32:25	00:49:01.83	+00:09:38 (19.7%)	8:10	7.3 (80.2%)
15	WEILAND Agnieszka	16	NIGHT WOLVES SŁUPSK	K18-39	9	00:16:01	00:33:19	00:49:44.12	+00:10:20 (20.8%)	8:17	7.2 (79.1%)
16	ROMANOWICZ Monika	12	ZABIEGANE :)	K18-39	10	00:15:43	00:32:48	00:50:22.23	+00:10:58 (21.8%)	8:23	7.1 (78.0%)
17	FABRYKIEWICZ Joanna	114		K18-39	11	00:16:56	00:33:44	00:50:44.00	+00:11:20 (22.4%)	8:27	7.1 (78.0%)
18	BASŁYK Agnieszka	220		K18-39	12	00:18:25	00:34:50	00:51:24.27	+00:12:00 (23.4%)	8:34	7 (76.9%)
19	USTJANOWSKA Katarzyna	41		K18-39	13	00:17:50	00:35:05	00:51:52.61	+00:12:29 (24.1%)	8:38	6.9 (75.8%)
20	SUCHODOLSKA Aleksandra	34	ZABIEGANE :)	K18-39	14	00:16:43	00:34:16	00:52:18.06	+00:12:54 (24.7%)	8:43	6.9 (75.8%)
21	KRYSZEWSKA Magdalena	3		K18-39	15	00:16:48	00:34:25	00:52:18.62	+00:12:55 (24.7%)	8:43	6.9 (75.8%)
22	ZAKOŚCIELNA Katarzyna	5	ZABIEGANE :)	K18-39	16	00:17:00	00:34:31	00:52:19.35	+00:12:56 (24.7%)	8:43	6.9 (75.8%)
23	NIEWIADOWSKA Urszula	8	WWW.ARTE-IT.PL	K18-39	17	00:18:52	00:36:09	00:53:18.11	+00:13:54 (26.1%)	8:53	6.8 (74.7%)
24	JAGIELSKA Daria	72	SEW	K18-39	18	00:18:18	00:36:20	00:54:07.95	+00:14:44 (27.2%)	9:01	6.7 (73.6%)
25	WOŹNIECKA Karolina	233		K18-39	19	00:19:27	00:36:59	00:54:34.62	+00:15:11 (27.8%)	9:05	6.6 (72.5%)
26	MARCZAK Małgorzata	77		K55+	2	00:18:48	00:36:34	00:55:12.67	+00:15:49 (28.7%)	9:12	6.5 (71.4%)
27	BUDZYŃSKA Elżbieta	98		K40-54	6	00:18:49	00:37:06	00:55:42.86	+00:16:19 (29.3%)	9:17	6.5 (71.4%)

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28	URBAN Joanna	62		K40-54	7	00:17:56	00:36:41	00:55:53.77	+00:16:30 (29.5%)	9:19	6.4 (70.3%)
29	RADZIUSZ Ilona	116		K18-39	20	00:19:12	00:37:28	00:55:53.99	+00:16:30 (29.5%)	9:19	6.4 (70.3%)
30	WÓJCIK Anna	59	ŻYTANIA TEAM	K18-39	21	00:19:34	00:38:10	00:56:55.09	+00:17:31 (30.8%)	9:29	6.3 (69.2%)
31	SZULTKA Sylwia	58		K18-39	22	00:19:34	00:38:11	00:56:55.21	+00:17:31 (30.8%)	9:29	6.3 (69.2%)
32	SUDER-MAKSYMOWICZ Monika	106		K18-39	23	00:19:39	00:38:34	00:57:33.48	+00:18:10 (31.6%)	9:35	6.3 (69.2%)
33	WALKOWIAK Daria	124		K18-39	24	00:19:08	00:38:03	00:57:37.56	+00:18:14 (31.6%)	9:36	6.2 (68.1%)
34	SEEWALD Agnieszka	125	ZAKWAS	K18-39	25	00:19:08	00:38:03	00:57:37.77	+00:18:14 (31.7%)	9:36	6.2 (68.1%)
35	ŚWIĘTANOWSKA Joanna	89		K40-54	8	00:20:44	00:40:18	00:59:34.36	+00:20:11 (33.9%)	9:55	6 (65.9%)
36	HAŁAJKO Magdalena	84		K18-39	26	00:20:44	00:40:19	00:59:35.21	+00:20:11 (33.9%)	9:55	6 (65.9%)
37	RĘBISZ Aneta	237		K18-39	27	00:20:08	00:39:50	00:59:41.28	+00:20:17 (34.0%)	9:56	6 (65.9%)
38	GRYGLEWSKA Magdalena	236		K18-39	28	00:20:09	00:39:50	00:59:42.06	+00:20:18 (34.0%)	9:57	6 (65.9%)
39	STRZYŻ Dorota	25	WWW.ARTE-IT.PL	K18-39	29	00:21:20	00:42:08	01:01:49.64	+00:22:26 (36.3%)	10:18	5.8 (63.7%)
40	POZORSKA Katarzyna	117		K18-39	30	00:21:06	00:41:22	01:01:50.11	+00:22:26 (36.3%)	10:18	5.8 (63.7%)
41	MOŁDAWA Karolina	56	LUMBERJACKS CROSS GARAGE KOSZALIN	K18-39	31	00:21:08	00:41:51	01:01:50.13	+00:22:26 (36.3%)	10:18	5.8 (63.7%)
42	ZASIMOWSKA Edyta	54	BIEGAM BO LUBIĘ	K40-54	9	00:21:19	00:42:12	01:01:50.21	+00:22:26 (36.3%)	10:18	5.8 (63.7%)
43	BARUSIŃSKA Marta	24		K18-39	32	00:21:09	00:41:23	01:01:50.27	+00:22:26 (36.3%)	10:18	5.8 (63.7%)
44	SOKOŁOWSKA Tola	118		K18-39	33	00:21:07	00:41:25	01:01:50.61	+00:22:27 (36.3%)	10:18	5.8 (63.7%)
45	KRZEWIŃSKA Monika	78	TKKF KOSZALIN	K18-39	34	00:20:21	00:41:33	01:03:01.46	+00:23:38 (37.5%)	10:30	5.7 (62.6%)
46	JAKUBCZYK Agnieszka	79		K18-39	35	00:20:51	00:41:37	01:03:42.23	+00:24:18 (38.2%)	10:37	5.7 (62.6%)
47	PEWIŃSKA Justyna	30	PORSHE	K18-39	36	00:20:39	00:42:38	01:03:49.20	+00:24:25 (38.3%)	10:38	5.6 (61.5%)
48	GRZESZCZAK Małgorzata	42	PORSHE	K18-39	37	00:20:39	00:42:40	01:03:49.82	+00:24:26 (38.3%)	10:38	5.6 (61.5%)
49	WILK Dominika	29	PORSHE	K18-39	38	00:20:39	00:42:37	01:03:50.16	+00:24:26 (38.3%)	10:38	5.6 (61.5%)

Znaleziono 49 wynik(ów)