



BIEG KRÓLI - 7.4KM

B4SPORT

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury
Fizycznej
Data: 2016-01-06
Miejsce: Jamno
Dystans: 7.4 km



Klasyfikacja: K-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 7.4km	Czas brutto 7.4km	Różn	Tempo min/km	Tempo km/h
1	CHODOR Martyna	18	TKKF KOSZALIN	K-30	1	00:00:06	00:33:11.75	00:33:18.05		4:29	13.4 (100%)
2	SZABLA Ewelina	287		K-30	2	00:00:06	00:34:22.65	00:34:29.55	+00:01:10 (3.4%)	4:38	12.9 (96.3%)
3	MERDA Katarzyna	201	MTS HAMER	K-30	3	00:00:20	00:35:09.05	00:35:29.25	+00:01:57 (5.6%)	4:45	12.6 (94.0%)
4	KOTARA-PAŁKA Małgorzata	145		K-30	4	00:00:19	00:35:52.85	00:36:12.80	+00:02:41 (7.5%)	4:50	12.4 (92.5%)
5	DĄBROWSKA Anna	32		K-30	5	00:00:17	00:36:07.55	00:36:25.05	+00:02:55 (8.1%)	4:52	12.3 (91.8%)
6	MACHELSKA Sylwia	185	PGB SPORTOWA GRUPA BIEGOWA	K-30	6	00:00:05	00:36:08.40	00:36:14.15	+00:02:56 (8.1%)	4:53	12.3 (91.8%)
7	HAŁAJKO Magdalena	74	BABECZKI	K-30	7	00:00:32	00:36:24.30	00:36:56.35	+00:03:12 (8.8%)	4:55	12.2 (91.0%)
8	TYLUŚ Sylwia	315	TEAM BIEGOWY SZCZECINEK	K-30	8	00:00:21	00:37:04.05	00:37:25.80	+00:03:52 (10.4%)	5:00	12 (89.6%)
9	SACHARZEWSKA Anna	260		K-30	9	00:00:16	00:37:45.50	00:38:01.90	+00:04:33 (12.1%)	5:06	11.8 (88.1%)
10	GIEMZA Agnieszka	60		K-30	10	00:00:13	00:38:00.30	00:38:13.95	+00:04:48 (12.7%)	5:08	11.7 (87.3%)
11	FIJAŁKOWSKA Małgorzata	49	TEAM BIEGOWY SZCZECINEK	K-30	11	00:00:10	00:38:53.10	00:39:03.70	+00:05:41 (14.6%)	5:15	11.4 (85.1%)
12	POLAŃSKA Katarzyna	241	DZIKI KOSZALIN	K-30	12	00:00:15	00:39:02.65	00:39:18.60	+00:05:50 (15.0%)	5:16	11.4 (85.1%)
13	MAZUREK Barbara	412	BIEGNIJMY.PL	K-30	13	00:00:35	00:39:15.70	00:39:51.05	+00:06:03 (15.4%)	5:18	11.3 (84.3%)
14	LEMAŃCZYK Alina	401		K-30	14	00:00:28	00:39:52.25	00:40:20.45	+00:06:40 (16.7%)	5:23	11.1 (82.8%)
15	ORŁOWSKA Małgorzata	225	DZIKI KOSZALIN	K-30	15	00:00:14	00:39:57.35	00:40:11.60	+00:06:45 (16.9%)	5:23	11.1 (82.8%)
16	SZUBERT Agnieszka	295		K-30	16	00:00:32	00:40:19.35	00:40:51.65	+00:07:07 (17.7%)	5:26	11 (82.1%)
17	HOC Agnieszka	79		K-30	17	00:00:31	00:40:32.70	00:41:03.95	+00:07:20 (18.1%)	5:28	11 (82.1%)
18	HIROWICZ Agnieszka	374		K-30	18	00:00:25	00:41:05.70	00:41:31.10	+00:07:53 (19.2%)	5:33	10.8 (80.6%)
19	GZELA Olga	72	BIEGNIJMY.PL	K-30	19	00:00:28	00:41:29.35	00:41:58.30	+00:08:17 (20.0%)	5:36	10.7 (79.9%)
20	PSTRĄGOWSKA Marlena	243		K-30	20	00:00:10	00:41:33.70	00:41:44.60	+00:08:21 (20.1%)	5:37	10.7 (79.9%)
21	KOMOROWSKA Beata	137	BEZ KLUBU	K-30	21	00:00:33	00:41:49.80	00:42:22.80	+00:08:38 (20.6%)	5:39	10.6 (79.1%)
22	STEC Edyta	280	BABECZKI.PL	K-30	22	00:00:35	00:42:05.60	00:42:41.25	+00:08:53 (21.1%)	5:41	10.5 (78.4%)
23	KRUK Anna	418		K-30	23	00:00:35	00:42:06.50	00:42:42.35	+00:08:54 (21.2%)	5:41	10.5 (78.4%)

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24	MOŻEJKO Anna	210	BABECZKI.PL	K-30	24	00:00:35	00:42:07.70	00:42:42.85	+00:08:55 (21.2%)	5:41	10.5 (78.4%)
25	IWANKIEWICZ Justyna	86		K-30	25	00:00:10	00:42:21.90	00:42:32.30	+00:09:10 (21.6%)	5:43	10.5 (78.4%)
26	KOBUS Emilia	131		K-30	26	00:00:09	00:42:31.60	00:42:40.65	+00:09:19 (21.9%)	5:44	10.4 (77.6%)
27	KREIS-GROCHOWSKA Dominika	156		K-30	27	00:00:16	00:42:53.00	00:43:09.40	+00:09:41 (22.6%)	5:47	10.4 (77.6%)
28	WŁAŚNIAK Jowita	342	DZIKI KOSZALIN	K-30	28	00:00:14	00:42:56.95	00:43:11.65	+00:09:45 (22.7%)	5:48	10.3 (76.9%)
29	WOJTKIEWICZ-BAKOWSKA Dorota	349	BABECZKI KOSZALIN	K-30	29	00:00:34	00:43:12.65	00:43:47.30	+00:10:00 (23.2%)	5:50	10.3 (76.9%)
30	WIKIERSKA Agnieszka	428		K-30	30	00:00:08	00:45:22.90	00:45:31.55	+00:12:11 (26.9%)	6:07	9.8 (73.1%)
31	MALINOWSKA Agnieszka	190	CIOTECZKI.PL	K-30	31	00:00:39	00:45:56.75	00:46:36.30	+00:12:45 (27.8%)	6:12	9.7 (72.4%)
32	PASEK Paula	228		K-30	32	00:00:08	00:46:11.25	00:46:19.80	+00:12:59 (28.1%)	6:14	9.6 (71.6%)
33	JUSZCZYK Agnieszka	105		K-30	33	00:00:33	00:46:36.35	00:47:09.95	+00:13:24 (28.8%)	6:17	9.5 (70.9%)
34	ŁUBNIEWSKA Natalia	180		K-30	34	00:00:32	00:46:37.25	00:47:09.60	+00:13:25 (28.8%)	6:17	9.5 (70.9%)
35	KAMIŃSKA Joanna	112		K-30	35	00:00:32	00:46:39.50	00:47:12.25	+00:13:27 (28.9%)	6:18	9.5 (70.9%)
36	ŁUKASIEWICZ Aleksandra	182	DZIKI KOSZALIN	K-30	36	00:00:22	00:46:41.10	00:47:04.00	+00:13:29 (28.9%)	6:18	9.5 (70.9%)
37	KRAMARZ Aneta	153	ROSSBIEGANI	K-30	37	00:00:35	00:47:59.45	00:48:34.65	+00:14:47 (30.8%)	6:29	9.3 (69.4%)
38	SZAFIROWICZ-CHOJNACKA Paulina	288		K-30	38	00:00:39	00:48:21.60	00:49:00.95	+00:15:09 (31.4%)	6:32	9.2 (68.7%)
39	RÓG Krystyna	258	JW 1223	K-30	39	00:00:29	00:48:42.75	00:49:11.90	+00:15:31 (31.9%)	6:34	9.1 (67.9%)
40	PEWIŃSKA Justyna	234	JW 1223	K-30	40	00:00:28	00:48:43.80	00:49:12.20	+00:15:32 (31.9%)	6:35	9.1 (67.9%)
41	FELKOWSKA Karolina	48		K-30	41	00:00:36	00:49:12.95	00:49:49.55	+00:16:01 (32.6%)	6:39	9 (67.2%)
42	CHODOR Izabela	19		K-30	42	00:00:38	00:49:45.00	00:50:23.85	+00:16:33 (33.3%)	6:43	8.9 (66.4%)
43	BAGIŃSKA Agnieszka	1	BAJADERKI KOSZALIN	K-30	43	00:00:38	00:50:40.50	00:51:19.25	+00:17:28 (34.5%)	6:50	8.8 (65.7%)
44	GAWRON Barbara	408		K-30	44	00:00:20	00:52:18.00	00:52:38.70	+00:19:06 (36.5%)	7:04	8.5 (63.4%)

Znaleziono 44 wynik(ów)