



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

BIEG KRÓLI - 7.4KM

B4SPORT



Klasyfikacja: K-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 7.4km	Czas brutto 7.4km	Różn	Tempo min/km	Tempo km/h
1	KONIECZNA Anka	139	ROZBIEGANY KOSZALIN	K-40	1	00:00:12	00:33:20.20	00:33:32.30		4:30	13.3 (100%)
2	MĘDEL Marta	202		K-40	2	00:00:11	00:36:00.15	00:36:11.85	+00:02:39 (7.4%)	4:51	12.3 (92.5%)
3	ZIENTARSKA Joanna	362	ŚWIAT PŁYTEK U KRYSPIŃ	K-40	3	00:00:15	00:36:05.55	00:36:20.85	+00:02:45 (7.6%)	4:52	12.3 (92.5%)
4	WOLF Weronika	352		K-40	4	00:00:31	00:38:45.05	00:39:16.65	+00:05:24 (14.0%)	5:14	11.5 (86.5%)
5	WALCZAK Agnieszka	322		K-40	5	00:00:29	00:38:46.60	00:39:16.15	+00:05:26 (14.0%)	5:14	11.4 (85.7%)
6	SZTORC-KACHLICKA Marzena	294		K-40	6	00:00:29	00:38:47.55	00:39:17.25	+00:05:27 (14.1%)	5:14	11.4 (85.7%)
7	SZYMAŃSKA Ewa	302	TEAM BIEGOWY SZCZECINEK	K-40	7	00:00:09	00:38:50.95	00:39:00.90	+00:05:30 (14.2%)	5:15	11.4 (85.7%)
8	WITKA Grażyna	338	KLUB ŁĘBA MORS POLAND	K-40	8	00:00:12	00:38:56.50	00:39:09.05	+00:05:36 (14.4%)	5:15	11.4 (85.7%)
9	CZYŻEWSKA Beata	28	KOŁOBRZEG BIEGA MARATON TEAM	K-40	9	00:00:32	00:39:01.95	00:39:34.65	+00:05:41 (14.6%)	5:16	11.4 (85.7%)
10	MATYJASEK Lucyna	196	MATJASY	K-40	10	00:00:17	00:39:09.50	00:39:26.85	+00:05:49 (14.9%)	5:17	11.3 (85.0%)
11	MALESZA-HOUSIN Joanna	419		K-40	11	00:00:35	00:39:12.85	00:39:48.65	+00:05:52 (15.0%)	5:17	11.3 (85.0%)
12	NOWAK-IGNACAK Monika	223		K-40	12	00:00:36	00:41:26.60	00:42:02.65	+00:08:06 (19.6%)	5:35	10.7 (80.5%)
13	VON BARDELEBEN Agnieszka	319	BABECZKI KOSZALIN	K-40	13	00:00:35	00:41:54.90	00:42:30.70	+00:08:34 (20.5%)	5:39	10.6 (79.7%)
14	TROSKOWSKA Ewa	409		K-40	14	00:00:16	00:42:19.65	00:42:36.50	+00:08:59 (21.2%)	5:43	10.5 (78.9%)
15	GAWIECKA Mariola	55		K-40	15	00:00:06	00:43:41.90	00:43:48.40	+00:10:21 (23.7%)	5:54	10.2 (76.7%)
16	BŁOŃSKA Agnieszka	7	BABECZKI KOSZALIN	K-40	16	00:00:30	00:43:48.95	00:44:19.55	+00:10:28 (23.9%)	5:55	10.1 (75.9%)
17	BORSUK Dorota	10		K-40	17	00:00:28	00:43:58.30	00:44:26.40	+00:10:38 (24.2%)	5:56	10.1 (75.9%)
18	TREJDER Maria	311	BAJADERKI KOSZALIN	K-40	18	00:00:37	00:44:02.45	00:44:40.15	+00:10:42 (24.3%)	5:57	10.1 (75.9%)
19	ZWOLAK Basia	367		K-40	19	00:00:21	00:44:07.65	00:44:29.45	+00:10:47 (24.5%)	5:57	10.1 (75.9%)
20	WACHHOLZ Beata	320		K-40	20	00:00:33	00:44:08.70	00:44:42.65	+00:10:48 (24.5%)	5:57	10.1 (75.9%)
21	SULIGA-KRAKOWIAK Agnieszka	286		K-40	21	00:00:27	00:44:09.40	00:44:36.50	+00:10:49 (24.5%)	5:57	10.1 (75.9%)
22	DEBOWSKA-SZCZYTKOWSKI Izabella	35	K.B.SPRINT ŚWIDWIN	K-40	22	00:00:23	00:45:15.70	00:45:38.90	+00:11:55 (26.3%)	6:06	9.8 (73.7%)
23	NOWACKA Elżbieta	389		K-40	23	00:00:30	00:45:48.75	00:46:19.05	+00:12:28 (27.2%)	6:11	9.7 (72.9%)

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24	GÓRECKA Joanna	66		K-40	24	00:00:37	00:45:59.40	00:46:36.60	+00:12:39 (27.5%)	6:12	9.7 (72.9%)
25	WOŹNIAK Honorata	353	WWW.LIMO300C.COM	K-40	25	00:00:29	00:46:26.65	00:46:56.50	+00:13:06 (28.2%)	6:16	9.6 (72.2%)
26	KRAWCZUK-KIEŁB Anna	155		K-40	26	00:00:26	00:47:12.45	00:47:39.25	+00:13:52 (29.4%)	6:22	9.4 (70.7%)
27	KOŁODZIEJCZAK Agnieszka	135	PARKRUN SZCZECINEK	K-40	27	00:00:38	00:47:39.80	00:48:18.70	+00:14:19 (30.1%)	6:26	9.3 (69.9%)
28	WIKTOROWICZ Małgorzata	331	CIOTECZKI.PL	K-40	28	00:00:38	00:47:44.85	00:48:23.65	+00:14:24 (30.2%)	6:27	9.3 (69.9%)
29	RASZPLA Ilona	252	CIOTECZKI.PL	K-40	29	00:00:37	00:47:45.50	00:48:23.45	+00:14:25 (30.2%)	6:27	9.3 (69.9%)
30	KURCZ Barbara	166	BABECZKI KOSZALIN	K-40	30	00:00:35	00:48:12.65	00:48:47.80	+00:14:52 (30.9%)	6:30	9.2 (69.2%)
31	STASZEWSKA Aneta	278	BRAK	K-40	31	00:00:38	00:48:24.05	00:49:02.80	+00:15:03 (31.1%)	6:32	9.2 (69.2%)
32	PLATA Katarzyna	239		K-40	32	00:00:36	00:48:36.40	00:49:13.00	+00:15:16 (31.4%)	6:34	9.1 (68.4%)
33	PEŁKA Iwona	232		K-40	33	00:00:33	00:50:29.65	00:51:02.90	+00:17:09 (34.0%)	6:49	8.8 (66.2%)
34	ZIĘTAŁA Danuta	364	KOŁOBRZEG POLSKIE CENTRUM SPA	K-40	34	00:00:26	00:51:39.85	00:52:06.10	+00:18:19 (35.5%)	6:58	8.6 (64.7%)
35	LORENZ Renata	173		K-40	35	00:00:12	00:52:45.35	00:52:57.75	+00:19:25 (36.8%)	7:07	8.4 (63.2%)

Znaleziono 35 wynik(ów)