



## BIEG KRÓLI - 7.4KM

B4SPORT

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



Klasyfikacja: K-OPEN

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	KONIECZNA Anka	139	ROZBIEGANY KOSZALIN	K-40	1	00:00:12	00:33:20.20	00:33:32.30	+00:00:08 (0.4%)	4:30	13.3 (99.3%)
3	FRONTCZAK Iza	397	TKKF KOSZALIN	K-18	1	00:00:08	00:33:35.80	00:33:44.35	+00:00:24 (1.2%)	4:32	13.2 (98.5%)
4	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%)
5	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%)
6	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%)
7	MĘDEL Marta	202		K-40	2	00:00:11	00:36:00.15	00:36:11.85	+00:02:48 (7.8%)	4:51	12.3 (91.8%)
8	KRZEWIŃSKA Małgorzata	160	TKKF KOSZALIN	K-50	1	00:00:08	00:36:03.10	00:36:11.85	+00:02:51 (7.9%)	4:52	12.3 (91.8%)
9	ZIENTARSKA Joanna	362	ŚWIAT PŁYTEK U KRYSPIŃ	K-40	3	00:00:15	00:36:05.55	00:36:20.85	+00:02:53 (8.0%)	4:52	12.3 (91.8%)
10	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%)
11	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%)
12	MRUGALSKA Magdalena	405		K-18	2	00:00:33	00:36:08.60	00:36:41.80	+00:02:56 (8.2%)	4:52	12.3 (91.8%)
13	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%)
14	ŁUKASIEWICZ Ewelina	183		K-18	3	00:00:42	00:36:34.65	00:37:16.75	+00:03:22 (9.2%)	4:56	12.1 (90.3%)
15	CHORAŻY Karolina	372		K-18	4	00:00:20	00:37:01.50	00:37:22.05	+00:03:49 (10.3%)	5:00	12 (89.6%)
16	MAZURKIEWICZ Jolanta	198		K-18	5	00:00:28	00:37:03.50	00:37:32.35	+00:03:51 (10.4%)	5:00	12 (89.6%)
17	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%)
18	ŁANGOWSKA Iwona	177	KOŁOBRZEG BIEGA	K-50	2	00:00:33	00:37:14.15	00:37:47.35	+00:04:02 (10.8%)	5:01	11.9 (88.8%)
19	GAWIN Paulina	403		K-18	6	00:00:37	00:37:37.25	00:38:14.45	+00:04:25 (11.8%)	5:05	11.8 (88.1%)
20	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%)
21	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%)
22	WOLF Weronika	352		K-40	4	00:00:31	00:38:45.05	00:39:16.65	+00:05:33 (14.3%)	5:14	11.5 (85.8%)
23	WALCZAK Agnieszka	322		K-40	5	00:00:29	00:38:46.60	00:39:16.15	+00:05:34 (14.4%)	5:14	11.4 (85.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 7.4km	Czas brutto 7.4km	Różn	Tempo min/km	Tempo km/h
24	<b>SZTORC-KACHLICKA Marzena</b>	<b>294</b>		K-40	6	00:00:29	<b>00:38:47.55</b>	<b>00:39:17.25</b>	+00:05:35 (14.4%)	5:14	11.4 (85.1%)
25	<b>BROVCHENKO Sylwia</b>	<b>13</b>	ŚWIAT PŁYTEK U KRYSPIŃ	K-18	7	00:00:15	<b>00:38:50.40</b>	<b>00:39:05.55</b>	+00:05:38 (14.5%)	5:14	11.4 (85.1%)
26	<b>SZYMAŃSKA Ewa</b>	<b>302</b>	TEAM BIEGOWY SZCZECINEK	K-40	7	00:00:09	<b>00:38:50.95</b>	<b>00:39:00.90</b>	+00:05:39 (14.6%)	5:15	11.4 (85.1%)
27	<b>FIJAŁKOWSKA Małgorzata</b>	<b>49</b>	TEAM BIEGOWY SZCZECINEK	K-30	11	00:00:10	<b>00:38:53.10</b>	<b>00:39:03.70</b>	+00:05:41 (14.6%)	5:15	11.4 (85.1%)
28	<b>WITKA Grażyna</b>	<b>338</b>	KLUB ŁEBA MORS POLAND	K-40	8	00:00:12	<b>00:38:56.50</b>	<b>00:39:09.05</b>	+00:05:44 (14.8%)	5:15	11.4 (85.1%)
29	<b>CZYŻEWSKA Beata</b>	<b>28</b>	KOŁOBRZEG BIEGA MARATON TEAM	K-40	9	00:00:32	<b>00:39:01.95</b>	<b>00:39:34.65</b>	+00:05:50 (15.0%)	5:16	11.4 (85.1%)
30	<b>POLAŃSKA Katarzyna</b>	<b>241</b>	DZIKI KOSZALIN	K-30	12	00:00:15	<b>00:39:02.65</b>	<b>00:39:18.60</b>	+00:05:50 (15.0%)	5:16	11.4 (85.1%)
31	<b>MATYJASEK Lucyna</b>	<b>196</b>	MATJASY	K-40	10	00:00:17	<b>00:39:09.50</b>	<b>00:39:26.85</b>	+00:05:57 (15.2%)	5:17	11.3 (84.3%)
32	<b>MALESZA-HOUSIN Joanna</b>	<b>419</b>		K-40	11	00:00:35	<b>00:39:12.85</b>	<b>00:39:48.65</b>	+00:06:01 (15.3%)	5:17	11.3 (84.3%)
33	<b>MAZUREK Barbara</b>	<b>412</b>	BIEGNIJMY.PL	K-30	13	00:00:35	<b>00:39:15.70</b>	<b>00:39:51.05</b>	+00:06:03 (15.4%)	5:18	11.3 (84.3%)
34	<b>UZNAŃSKA Agata</b>	<b>317</b>		K-50	3	00:00:14	<b>00:39:35.20</b>	<b>00:39:49.90</b>	+00:06:23 (16.1%)	5:20	11.2 (83.6%)
35	<b>LEMAŃCZYK Alina</b>	<b>401</b>		K-30	14	00:00:28	<b>00:39:52.25</b>	<b>00:40:20.45</b>	+00:06:40 (16.7%)	5:23	11.1 (82.8%)
36	<b>ORŁOWSKA Małgorzata</b>	<b>225</b>	DZIKI KOSZALIN	K-30	15	00:00:14	<b>00:39:57.35</b>	<b>00:40:11.60</b>	+00:06:45 (16.9%)	5:23	11.1 (82.8%)
37	<b>SZUBERT Agnieszka</b>	<b>295</b>		K-30	16	00:00:32	<b>00:40:19.35</b>	<b>00:40:51.65</b>	+00:07:07 (17.7%)	5:26	11 (82.1%)
38	<b>MALINOWSKA Małgorzata</b>	<b>189</b>	STR- ŚWIDWIN	K-50	4	00:00:13	<b>00:40:19.65</b>	<b>00:40:33.30</b>	+00:07:07 (17.7%)	5:27	11 (82.1%)
39	<b>JANKOWSKA Monika</b>	<b>95</b>	FOLLOW ME SZCZECINEK	K-18	8	00:00:28	<b>00:40:25.25</b>	<b>00:40:53.35</b>	+00:07:13 (17.9%)	5:27	11 (82.1%)
40	<b>HOC Agnieszka</b>	<b>79</b>		K-30	17	00:00:31	<b>00:40:32.70</b>	<b>00:41:03.95</b>	+00:07:20 (18.1%)	5:28	11 (82.1%)
41	<b>WOCH Małgorzata</b>	<b>343</b>		K-50	5	00:00:18	<b>00:40:43.15</b>	<b>00:41:02.10</b>	+00:07:31 (18.5%)	5:30	10.9 (81.3%)
42	<b>SOKOŁOWSKA Małgorzata</b>	<b>272</b>		K-18	9	00:00:25	<b>00:40:51.65</b>	<b>00:41:16.90</b>	+00:07:39 (18.8%)	5:31	10.9 (81.3%)
43	<b>DĄBROWSKA Alicja</b>	<b>30</b>	ROZBIEGANY KOSZALIN	K-50	6	00:00:24	<b>00:41:02.05</b>	<b>00:41:26.70</b>	+00:07:50 (19.1%)	5:32	10.8 (80.6%)
44	<b>HIROWICZ Agnieszka</b>	<b>374</b>		K-30	18	00:00:25	<b>00:41:05.70</b>	<b>00:41:31.10</b>	+00:07:53 (19.2%)	5:33	10.8 (80.6%)
45	<b>NOWAK-IGNACAK Monika</b>	<b>223</b>		K-40	12	00:00:36	<b>00:41:26.60</b>	<b>00:42:02.65</b>	+00:08:14 (19.9%)	5:35	10.7 (79.9%)
46	<b>GZELA Olga</b>	<b>72</b>	BIEGNIJMY.PL	K-30	19	00:00:28	<b>00:41:29.35</b>	<b>00:41:58.30</b>	+00:08:17 (20.0%)	5:36	10.7 (79.9%)
47	<b>PSTRĄGOWSKA Marlena</b>	<b>243</b>		K-30	20	00:00:10	<b>00:41:33.70</b>	<b>00:41:44.60</b>	+00:08:21 (20.1%)	5:37	10.7 (79.9%)
48	<b>PTASZYŃSKA Katarzyna</b>	<b>245</b>	KOŁOBRZEG BIEGA	K-50	7	00:00:21	<b>00:41:44.15</b>	<b>00:42:05.50</b>	+00:08:32 (20.5%)	5:38	10.6 (79.1%)
49	<b>KOMOROWSKA Beata</b>	<b>137</b>	BEZ KLUBU	K-30	21	00:00:33	<b>00:41:49.80</b>	<b>00:42:22.80</b>	+00:08:38 (20.6%)	5:39	10.6 (79.1%)
50	<b>VON BARDELEBEN Agnieszka</b>	<b>319</b>	BABECZKI KOSZALIN	K-40	13	00:00:35	<b>00:41:54.90</b>	<b>00:42:30.70</b>	+00:08:43 (20.8%)	5:39	10.6 (79.1%)
51	<b>SZYCA Małgorzata</b>	<b>301</b>		K-18	10	00:00:35	<b>00:42:05.55</b>	<b>00:42:41.35</b>	+00:08:53 (21.1%)	5:41	10.5 (78.4%)
52	<b>STEC Edyta</b>	<b>280</b>	BABECZKI.PL	K-30	22	00:00:35	<b>00:42:05.60</b>	<b>00:42:41.25</b>	+00:08:53 (21.1%)	5:41	10.5 (78.4%)
53	<b>KRUK Anna</b>	<b>418</b>		K-30	23	00:00:35	<b>00:42:06.50</b>	<b>00:42:42.35</b>	+00:08:54 (21.2%)	5:41	10.5 (78.4%)
54	<b>MOŻEJKO Anna</b>	<b>210</b>	BABECZKI.PL	K-30	24	00:00:35	<b>00:42:07.70</b>	<b>00:42:42.85</b>	+00:08:55 (21.2%)	5:41	10.5 (78.4%)
55	<b>TROSKOWSKA Ewa</b>	<b>409</b>		K-40	14	00:00:16	<b>00:42:19.65</b>	<b>00:42:36.50</b>	+00:09:07 (21.6%)	5:43	10.5 (78.4%)
56	<b>IWANKIEWICZ Justyna</b>	<b>86</b>		K-30	25	00:00:10	<b>00:42:21.90</b>	<b>00:42:32.30</b>	+00:09:10 (21.6%)	5:43	10.5 (78.4%)
57	<b>KOBUS Emilia</b>	<b>131</b>		K-30	26	00:00:09	<b>00:42:31.60</b>	<b>00:42:40.65</b>	+00:09:19 (21.9%)	5:44	10.4 (77.6%)
58	<b>KREIS-GROCHOWSKA Dominika</b>	<b>156</b>		K-30	27	00:00:16	<b>00:42:53.00</b>	<b>00:43:09.40</b>	+00:09:41 (22.6%)	5:47	10.4 (77.6%)
59	<b>MARCZAK Małgorzata</b>	<b>192</b>		K-50	8	00:00:09	<b>00:42:54.60</b>	<b>00:43:04.55</b>	+00:09:42 (22.6%)	5:47	10.3 (76.9%)
60	<b>WŁAŚNIAK Jowita</b>	<b>342</b>	DZIKI KOSZALIN	K-30	28	00:00:14	<b>00:42:56.95</b>	<b>00:43:11.65</b>	+00:09:45 (22.7%)	5:48	10.3 (76.9%)
61	<b>TRYBUCHOWICZ Zuzanna</b>	<b>313</b>		K-18	11	00:00:30	<b>00:43:04.45</b>	<b>00:43:34.45</b>	+00:09:52 (22.9%)	5:49	10.3 (76.9%)
62	<b>MICHALCZYK Małgorzata</b>	<b>377</b>		K-18	12	00:00:08	<b>00:43:11.90</b>	<b>00:43:20.70</b>	+00:10:00 (23.2%)	5:50	10.3 (76.9%)
63	<b>WOJTKIEWICZ-BAKOWSKA Dorota</b>	<b>349</b>	BABECZKI KOSZALIN	K-30	29	00:00:34	<b>00:43:12.65</b>	<b>00:43:47.30</b>	+00:10:00 (23.2%)	5:50	10.3 (76.9%)
64	<b>NALEŚNIK Agata</b>	<b>380</b>	MW CONSTRUCTION TEAM	K-18	13	00:00:37	<b>00:43:37.25</b>	<b>00:44:14.50</b>	+00:10:25 (23.9%)	5:53	10.2 (76.1%)
65	<b>PIOR Ewa</b>	<b>237</b>	NIEZRZESZONA	K-50	9	00:00:19	<b>00:43:38.55</b>	<b>00:43:58.30</b>	+00:10:26 (23.9%)	5:53	10.2 (76.1%)
66	<b>GAWIECKA Mariola</b>	<b>55</b>		K-40	15	00:00:06	<b>00:43:41.90</b>	<b>00:43:48.40</b>	+00:10:30 (24.0%)	5:54	10.2 (76.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 7.4km	brutto 7.4km			
67	<b>BŁOŃSKA Agnieszka</b>	<b>7</b>	BABECZKI KOSZALIN	K-40	16	00:00:30	<b>00:43:48.95</b>	<b>00:44:19.55</b>	+00:10:37 (24.2%)	5:55	10.1 (75.4%)
68	<b>BORSUK Dorota</b>	<b>10</b>		K-40	17	00:00:28	<b>00:43:58.30</b>	<b>00:44:26.40</b>	+00:10:46 (24.5%)	5:56	10.1 (75.4%)
69	<b>DĄBROWSKA Katarzyna</b>	<b>31</b>	ROZBIEGANY KOSZALIN	K-18	14	00:00:24	<b>00:43:58.75</b>	<b>00:44:22.80</b>	+00:10:47 (24.5%)	5:56	10.1 (75.4%)
70	<b>TREJDER Maria</b>	<b>311</b>	BAJADERKI KOSZALIN	K-40	18	00:00:37	<b>00:44:02.45</b>	<b>00:44:40.15</b>	+00:10:50 (24.6%)	5:57	10.1 (75.4%)
71	<b>ZWOLAK Basia</b>	<b>367</b>		K-40	19	00:00:21	<b>00:44:07.65</b>	<b>00:44:29.45</b>	+00:10:55 (24.8%)	5:57	10.1 (75.4%)
72	<b>WACHHOLZ Beata</b>	<b>320</b>		K-40	20	00:00:33	<b>00:44:08.70</b>	<b>00:44:42.65</b>	+00:10:56 (24.8%)	5:57	10.1 (75.4%)
73	<b>SULIGA-KRAKOWIAK Agnieszka</b>	<b>286</b>		K-40	21	00:00:27	<b>00:44:09.40</b>	<b>00:44:36.50</b>	+00:10:57 (24.8%)	5:57	10.1 (75.4%)
74	<b>CHOŁUJ Joanna</b>	<b>21</b>		K-18	15	00:00:19	<b>00:44:14.15</b>	<b>00:44:34.05</b>	+00:11:02 (25.0%)	5:58	10 (74.6%)
75	<b>LIPIŃSKA Małgorzata</b>	<b>171</b>		K-18	16	00:00:30	<b>00:44:16.70</b>	<b>00:44:46.95</b>	+00:11:04 (25.0%)	5:58	10 (74.6%)
76	<b>TRYBUCHOWICZ Monika</b>	<b>312</b>		K-18	17	00:00:29	<b>00:44:17.95</b>	<b>00:44:47.20</b>	+00:11:06 (25.1%)	5:59	10 (74.6%)
77	<b>LEWANDOWSKA Dominika</b>	<b>169</b>	KLUB	K-18	18	00:00:26	<b>00:45:15.55</b>	<b>00:45:42.05</b>	+00:12:03 (26.7%)	6:07	9.8 (73.1%)
78	<b>DEBOWSKA-SZCZYTKOWSKI Izabella</b>	<b>35</b>	K.B.SPRINT ŚWIDWIN	K-40	22	00:00:23	<b>00:45:15.70</b>	<b>00:45:38.90</b>	+00:12:03 (26.7%)	6:06	9.8 (73.1%)
79	<b>WIKIERSKA Agnieszka</b>	<b>428</b>		K-30	30	00:00:08	<b>00:45:22.90</b>	<b>00:45:31.55</b>	+00:12:11 (26.9%)	6:07	9.8 (73.1%)
80	<b>JAKUBCZYK Agnieszka</b>	<b>88</b>	BABECZKI KOSZALIN	K-18	19	00:00:30	<b>00:45:48.40</b>	<b>00:46:19.20</b>	+00:12:36 (27.5%)	6:11	9.7 (72.4%)
81	<b>NOWACKA Elżbieta</b>	<b>389</b>		K-40	23	00:00:30	<b>00:45:48.75</b>	<b>00:46:19.05</b>	+00:12:37 (27.5%)	6:11	9.7 (72.4%)
82	<b>MALINOWSKA Agnieszka</b>	<b>190</b>	CIOTECZKI.PL	K-30	31	00:00:39	<b>00:45:56.75</b>	<b>00:46:36.30</b>	+00:12:45 (27.8%)	6:12	9.7 (72.4%)
83	<b>GÓRECKA Joanna</b>	<b>66</b>		K-40	24	00:00:37	<b>00:45:59.40</b>	<b>00:46:36.60</b>	+00:12:47 (27.8%)	6:12	9.7 (72.4%)
84	<b>PASEK Paula</b>	<b>228</b>		K-30	32	00:00:08	<b>00:46:11.25</b>	<b>00:46:19.80</b>	+00:12:59 (28.1%)	6:14	9.6 (71.6%)
85	<b>WOŹNIAK Honorata</b>	<b>353</b>	WWW.LIMO300C.COM	K-40	25	00:00:29	<b>00:46:26.65</b>	<b>00:46:56.50</b>	+00:13:14 (28.5%)	6:16	9.6 (71.6%)
86	<b>CYRUK Izabela</b>	<b>424</b>		K-18	20	00:00:29	<b>00:46:30.00</b>	<b>00:46:59.00</b>	+00:13:18 (28.6%)	6:17	9.5 (70.9%)
87	<b>JUSZCZYK Agnieszka</b>	<b>105</b>		K-30	33	00:00:33	<b>00:46:36.35</b>	<b>00:47:09.95</b>	+00:13:24 (28.8%)	6:17	9.5 (70.9%)
88	<b>ŁUBNIEWSKA Natalia</b>	<b>180</b>		K-30	34	00:00:32	<b>00:46:37.25</b>	<b>00:47:09.60</b>	+00:13:25 (28.8%)	6:17	9.5 (70.9%)
89	<b>KAMIŃSKA Joanna</b>	<b>112</b>		K-30	35	00:00:32	<b>00:46:39.50</b>	<b>00:47:12.25</b>	+00:13:27 (28.9%)	6:18	9.5 (70.9%)
90	<b>ŁUKASIEWICZ Aleksandra</b>	<b>182</b>	DZIKI KOSZALIN	K-30	36	00:00:22	<b>00:46:41.10</b>	<b>00:47:04.00</b>	+00:13:29 (28.9%)	6:18	9.5 (70.9%)
91	<b>KRAWCZUK-KIEŁB Anna</b>	<b>155</b>		K-40	26	00:00:26	<b>00:47:12.45</b>	<b>00:47:39.25</b>	+00:14:00 (29.7%)	6:22	9.4 (70.1%)
92	<b>KORPAL Grażyna</b>	<b>143</b>	ROZBIEGANY KOSZALIN	K-50	10	00:00:28	<b>00:47:36.60</b>	<b>00:48:04.95</b>	+00:14:24 (30.3%)	6:25	9.3 (69.4%)
93	<b>KOŁODZIEJCZAK Agnieszka</b>	<b>135</b>	PARKRUN SZCZECINEK	K-40	27	00:00:38	<b>00:47:39.80</b>	<b>00:48:18.70</b>	+00:14:28 (30.4%)	6:26	9.3 (69.4%)
94	<b>WIKTOROWICZ Małgorzata</b>	<b>331</b>	CIOTECZKI.PL	K-40	28	00:00:38	<b>00:47:44.85</b>	<b>00:48:23.65</b>	+00:14:33 (30.5%)	6:27	9.3 (69.4%)
95	<b>RASZPLA Ilona</b>	<b>252</b>	CIOTECZKI.PL	K-40	29	00:00:37	<b>00:47:45.50</b>	<b>00:48:23.45</b>	+00:14:33 (30.5%)	6:27	9.3 (69.4%)
96	<b>SZULC Martyna</b>	<b>297</b>	GRYF LOK BIAŁOGARD	K-18	21	00:00:26	<b>00:47:51.95</b>	<b>00:48:18.25</b>	+00:14:40 (30.6%)	6:28	9.3 (69.4%)
97	<b>BUDZYŃSKA Elżbieta</b>	<b>16</b>	BBL SŁUPSK	K-50	11	00:00:21	<b>00:47:56.60</b>	<b>00:48:17.60</b>	+00:14:44 (30.8%)	6:28	9.3 (69.4%)
98	<b>KRAMARZ Aneta</b>	<b>153</b>	ROSSBIEGANI	K-30	37	00:00:35	<b>00:47:59.45</b>	<b>00:48:34.65</b>	+00:14:47 (30.8%)	6:29	9.3 (69.4%)
99	<b>RAMA Ewa</b>	<b>251</b>	KOŁOBRZEG	K-50	12	00:00:37	<b>00:48:10.95</b>	<b>00:48:48.75</b>	+00:14:59 (31.1%)	6:30	9.2 (68.7%)
100	<b>KURCZ Barbara</b>	<b>166</b>	BABECZKI KOSZALIN	K-40	30	00:00:35	<b>00:48:12.65</b>	<b>00:48:47.80</b>	+00:15:00 (31.1%)	6:30	9.2 (68.7%)
101	<b>SZAFIROWICZ-CHOJNACKA Paulina</b>	<b>288</b>		K-30	38	00:00:39	<b>00:48:21.60</b>	<b>00:49:00.95</b>	+00:15:09 (31.4%)	6:32	9.2 (68.7%)
102	<b>STASZEWSKA Aneta</b>	<b>278</b>	BRAK	K-40	31	00:00:38	<b>00:48:24.05</b>	<b>00:49:02.80</b>	+00:15:12 (31.4%)	6:32	9.2 (68.7%)
103	<b>WESOŁY Małgorzata</b>	<b>324</b>		K-18	22	00:00:31	<b>00:48:28.05</b>	<b>00:48:59.25</b>	+00:15:16 (31.5%)	6:32	9.2 (68.7%)
104	<b>PLATA Katarzyna</b>	<b>239</b>		K-40	32	00:00:36	<b>00:48:36.40</b>	<b>00:49:13.00</b>	+00:15:24 (31.7%)	6:34	9.1 (67.9%)
105	<b>RÓG Krystyna</b>	<b>258</b>	JW 1223	K-30	39	00:00:29	<b>00:48:42.75</b>	<b>00:49:11.90</b>	+00:15:31 (31.9%)	6:34	9.1 (67.9%)
106	<b>PEWIŃSKA Justyna</b>	<b>234</b>	JW 1223	K-30	40	00:00:28	<b>00:48:43.80</b>	<b>00:49:12.20</b>	+00:15:32 (31.9%)	6:35	9.1 (67.9%)
107	<b>FELKOWSKA Karolina</b>	<b>48</b>		K-30	41	00:00:36	<b>00:49:12.95</b>	<b>00:49:49.55</b>	+00:16:01 (32.6%)	6:39	9 (67.2%)
108	<b>KALECZYC Joanna</b>	<b>109</b>		K-18	23	00:00:29	<b>00:49:28.30</b>	<b>00:49:57.85</b>	+00:16:16 (32.9%)	6:41	9 (67.2%)
109	<b>JARZEMBIŃSKA Beata</b>	<b>407</b>		K-50	13	00:00:20	<b>00:49:38.60</b>	<b>00:49:58.95</b>	+00:16:26 (33.1%)	6:42	8.9 (66.4%)
110	<b>CHODOR Izabela</b>	<b>19</b>		K-30	42	00:00:38	<b>00:49:45.00</b>	<b>00:50:23.85</b>	+00:16:33 (33.3%)	6:43	8.9 (66.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 7.4km	Czas brutto 7.4km	Różn	Tempo min/km	Tempo km/h
111	<b>KOZŁOWIECKA Małgorzata</b>	<b>149</b>		K-50	14	00:00:32	<b>00:49:56.95</b>	<b>00:50:29.40</b>	+00:16:45 (33.5%)	6:45	8.9 (66.4%)
112	<b>JAKUBOWSKA Anna</b>	<b>89</b>		K-18	24	00:00:36	<b>00:50:03.20</b>	<b>00:50:39.90</b>	+00:16:51 (33.7%)	6:45	8.9 (66.4%)
113	<b>PEŁKA Iwona</b>	<b>232</b>		K-40	33	00:00:33	<b>00:50:29.65</b>	<b>00:51:02.90</b>	+00:17:17 (34.3%)	6:49	8.8 (65.7%)
114	<b>BAGIŃSKA Agnieszka</b>	<b>1</b>	BAJADERKI KOSZALIN	K-30	43	00:00:38	<b>00:50:40.50</b>	<b>00:51:19.25</b>	+00:17:28 (34.5%)	6:50	8.8 (65.7%)
115	<b>BRZozowska Dominika</b>	<b>15</b>	ROSSBIEGANI	K-18	25	00:00:35	<b>00:51:14.35</b>	<b>00:51:49.50</b>	+00:18:02 (35.2%)	6:55	8.7 (64.9%)
116	<b>ZIĘTALA Danuta</b>	<b>364</b>	KOŁOBRZEG POLSKIE CENTRUM SPA	K-40	34	00:00:26	<b>00:51:39.85</b>	<b>00:52:06.10</b>	+00:18:28 (35.7%)	6:58	8.6 (64.2%)
117	<b>GAWRON Barbara</b>	<b>408</b>		K-30	44	00:00:20	<b>00:52:18.00</b>	<b>00:52:38.70</b>	+00:19:06 (36.5%)	7:04	8.5 (63.4%)
118	<b>JURCZAK Eulalia</b>	<b>103</b>	KS HANZA GOLENIÓW	K-50	15	00:00:14	<b>00:52:19.10</b>	<b>00:52:34.05</b>	+00:19:07 (36.6%)	7:04	8.5 (63.4%)
119	<b>LORENZ Renata</b>	<b>173</b>		K-40	35	00:00:12	<b>00:52:45.35</b>	<b>00:52:57.75</b>	+00:19:33 (37.1%)	7:07	8.4 (62.7%)
120	<b>MALĄG -BAIK Anna</b>	<b>188</b>		K-18	26	00:00:37	<b>00:53:24.30</b>	<b>00:54:01.40</b>	+00:20:12 (37.8%)	7:12	8.3 (61.9%)

Znaleziono 120 wynik(ów)