



BIEG KRÓLI - 7KM

B4SPORT

Organizator: Rada Osiedla Jamno - Łabusz, Koszalińskie
Towarzystwo Krzewienia Kultury Fizycznej
Data: 2017-01-06
Miejsce: Jamno
Dystans: 7 km



Klasyfikacja: K-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike All 3.5km	Czas netto 7km	Czas brutto 7km	Różn	Tempo min/km	Tempo km/h
1	CHODOR Martyna	60	TKKF KOSZALIN	K-30	1	00:00:09	00:15:30	00:31:21.90	00:31:31.80		4:28	13.4 (100%)
2	NIECKARZ Monika	219		K-30	2	00:00:10	00:15:45	00:32:31.05	00:32:42.00	+00:01:09 (3.5%)	4:38	12.9 (96.3%)
3	CHODOR Izabela	59		K-30	3	00:00:25	00:17:07	00:34:30.85	00:34:56.65	+00:03:08 (9.1%)	4:55	12.2 (91.0%)
4	GŁUCH Katarzyna	99		K-30	4	00:00:23	00:17:28	00:34:41.45	00:35:05.00	+00:03:19 (9.6%)	4:57	12.1 (90.3%)
5	BORKOWSKA-KOWALCZYK Daria	45	WOMENS FIGHT CLUB KOSZALIN	K-30	5	00:00:17	00:16:53	00:34:49.45	00:35:07.15	+00:03:27 (9.9%)	4:58	12.1 (90.3%)
6	LEWICZ Ewa	182		K-30	6	00:00:14	00:17:30	00:35:47.75	00:36:02.20	+00:04:25 (12.4%)	5:06	11.7 (87.3%)
7	WEGNER Aneta	328	BRAK	K-30	7	00:00:29	00:17:25	00:35:53.35	00:36:22.35	+00:04:31 (12.6%)	5:07	11.7 (87.3%)
8	GRABOWSKA-LESISZ Aneta	105		K-30	8	00:00:13	00:17:18	00:36:05.45	00:36:19.35	+00:04:43 (13.1%)	5:09	11.6 (86.6%)
9	HOC Agnieszka	110		K-30	9	00:00:15	00:17:40	00:36:15.40	00:36:31.00	+00:04:53 (13.5%)	5:10	11.6 (86.6%)
10	SZUBERT Agnieszka	302	KOŁOBRZEG BIEGA	K-30	10	00:00:41	00:18:23	00:36:29.05	00:37:10.05	+00:05:07 (14.0%)	5:12	11.5 (85.8%)
11	HRYHOROWICZ Joanna	114	NIGHT RUNNERS SŁUPSK	K-30	11	00:00:33	00:18:49	00:37:05.95	00:37:39.10	+00:05:44 (15.5%)	5:18	11.3 (84.3%)
12	MICHALAK Anna	203		K-30	12	00:00:28	00:18:34	00:37:37.50	00:38:05.80	+00:06:15 (16.6%)	5:22	11.2 (83.6%)
13	BARANOWSKA Karolina	30		K-30	13	00:00:22	00:18:14	00:37:54.20	00:38:16.40	+00:06:32 (17.3%)	5:24	11.1 (82.8%)
14	PASEK Paula	238		K-30	14	00:00:21	00:18:24	00:38:12.45	00:38:33.45	+00:06:50 (17.9%)	5:27	11 (82.1%)
15	KACAŁA Olga	132		K-30	15	00:00:29	00:18:48	00:38:15.85	00:38:45.80	+00:06:53 (18.0%)	5:28	11 (82.1%)
16	MAZUREK Barbara	194	BABECZKI KOSZALIN	K-30	16	00:00:39	00:19:05	00:38:40.30	00:39:19.30	+00:07:18 (18.9%)	5:31	10.9 (81.3%)
17	JABŁOŃSKA Katarzyna	116		K-30	17	00:00:24	00:19:10	00:38:48.25	00:39:12.60	+00:07:26 (19.2%)	5:32	10.8 (80.6%)
18	NOWAK Sylwia	224	CZARNE BIEGA	K-30	18	00:00:20	00:19:01	00:38:48.40	00:39:09.00	+00:07:26 (19.2%)	5:32	10.8 (80.6%)
19	BRYGAŁA Magdalena	53		K-30	19	00:00:23	00:18:38	00:38:53.00	00:39:16.55	+00:07:31 (19.3%)	5:33	10.8 (80.6%)
20	MICHALAK Kamila	202		K-30	20	00:00:20	00:18:35	00:39:01.15	00:39:21.45	+00:07:39 (19.6%)	5:34	10.8 (80.6%)
21	PSTRĄGOWSKA Marlena	253	BIEGNIJMY.PL	K-30	21	00:00:30	00:19:17	00:39:05.40	00:39:35.85	+00:07:43 (19.8%)	5:35	10.7 (79.9%)
22	PAWŁOWSKA Urszula	243		K-30	22	00:00:27	00:19:41	00:39:25.60	00:39:53.10	+00:08:03 (20.4%)	5:38	10.7 (79.9%)
23	KOLIGAT Anna	150		K-30	23	00:00:16	00:19:51	00:39:40.95	00:39:57.25	+00:08:19 (21.0%)	5:40	10.6 (79.1%)
24	KOWALCZYK Karolina	161		K-30	24	00:00:25	00:19:51	00:40:05.25	00:40:30.85	+00:08:43 (21.8%)	5:43	10.5 (78.4%)
25	BONISŁAWSKA Małgorzata	44	ZUZA&ZOSIA TEAM	K-30	25	00:00:29	00:19:46	00:40:13.05	00:40:42.35	+00:08:51 (22.0%)	5:44	10.4 (77.6%)
26	DAMPS Julita	68	NIGHT RUNNERS SŁUPSK	K-30	26	00:00:31	00:19:43	00:41:02.95	00:41:34.75	+00:09:41 (23.6%)	5:51	10.2 (76.1%)
27	KOBUS-MAŁANECZ Agnieszka	148		K-30	27	00:00:16	00:20:05	00:41:58.00	00:42:14.95	+00:10:36 (25.3%)	5:59	10 (74.6%)

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28	BIEŁĘDA Karolina	40	RAMS TRAININ HOUSE KOŁOBRZEG	K-30	28	00:00:30	00:20:58	00:42:32.40	00:43:03.20	+00:11:10 (26.3%)	6:04	9.9 (73.9%)
29	STANCZEWSKA Karolina	278		K-30	29	00:00:32	00:21:19	00:42:53.30	00:43:25.30	+00:11:31 (26.9%)	6:07	9.8 (73.1%)
30	MALINOWSKA Agnieszka	190	CIOTECZKI.PL	K-30	30	00:00:27	00:21:22	00:43:41.60	00:44:09.40	+00:12:19 (28.2%)	6:14	9.6 (71.6%)
31	MIKLASIŃSKA Monika	205	SŁAWNO	K-30	31	00:00:28	00:21:28	00:44:48.50	00:45:16.65	+00:13:26 (30.0%)	6:24	9.4 (70.1%)
32	STEC Edyta	283	BABECZKI KOSZALIN	K-30	32	00:00:38	00:22:33	00:46:34.30	00:47:12.50	+00:15:12 (32.7%)	6:39	9 (67.2%)
33	MOŻEJKO Anna	209	BABECZKI KOSZALIN	K-30	33	00:00:37	00:22:34	00:46:34.40	00:47:12.30	+00:15:12 (32.7%)	6:39	9 (67.2%)
34	WOJCIK Ewa	341		K-30	34	00:00:14	00:23:47	00:51:23.20	00:51:38.00	+00:20:01 (39.0%)	7:20	8.2 (61.2%)

Znaleziono 34 wynik(ów)