



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-40

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	KONIECZNA Anka	153	ROZBIEGANY KOSZALIN	K-40	1	00:00:26	00:15:32	00:32:04.95	00:32:31.15		4:35	13.1 (100%)
2	GARSKA Joanna	90	ŚWIAT PŁYTEK U KRYSPIŃ	K-40	2	00:00:08	00:15:57	00:32:49.45	00:32:58.15	+00:00:44 (2.3%)	4:41	12.8 (97.7%)
3	MĘDEL Marta	198		K-40	3	00:00:26	00:17:51	00:36:12.90	00:36:39.50	+00:04:07 (11.4%)	5:10	11.6 (88.5%)
4	JUSIŃSKA Anna	130		K-40	4	00:00:13	00:17:43	00:36:31.25	00:36:44.50	+00:04:26 (12.2%)	5:13	11.5 (87.8%)
5	WALCZAK Agnieszka	326	TKKF KOSZALIN	K-40	5	00:00:34	00:18:27	00:37:33.85	00:38:08.40	+00:05:28 (14.6%)	5:22	11.2 (85.5%)
6	NOWAK-IGNACAK Monika	226		K-40	6	00:00:26	00:18:49	00:37:46.30	00:38:13.00	+00:05:41 (15.1%)	5:23	11.1 (84.7%)
7	DRAB Beata	77		K-40	7	00:00:16	00:19:00	00:37:51.05	00:38:07.80	+00:05:46 (15.2%)	5:24	11.1 (84.7%)
8	BORUC Barbara	48	PARKRUN SZCZECINEK	K-40	8	00:00:21	00:18:56	00:38:24.20	00:38:45.70	+00:06:19 (16.5%)	5:29	10.9 (83.2%)
9	KUREK Aneta	176		K-40	9	00:00:32	00:19:06	00:39:16.45	00:39:49.30	+00:07:11 (18.3%)	5:36	10.7 (81.7%)
10	STRZELECKA Małgorzata	289	SAILING TEAM FERAJNA	K-40	10	00:00:30	00:19:56	00:39:22.05	00:39:52.65	+00:07:17 (18.5%)	5:37	10.7 (81.7%)
11	DOMAŃSKA Katarzyna	75		K-40	11	00:00:25	00:19:24	00:39:34.05	00:39:59.05	+00:07:29 (18.9%)	5:39	10.6 (80.9%)
12	CZYŻEWSKA Beata	66	KOŁOBRZEG BIEGA	K-40	12	00:00:25	00:19:41	00:40:31.80	00:40:57.00	+00:08:26 (20.8%)	5:47	10.4 (79.4%)
13	SULL Agnieszka	292	NIGHTRUNNERS	K-40	13	00:00:32	00:19:41	00:41:01.60	00:41:34.45	+00:08:56 (21.8%)	5:51	10.2 (77.9%)
14	ŁUKASIK Ewa	187	TEAM BIEGOWY SZCZECINEK	K-40	14	00:00:21	00:20:31	00:41:25.70	00:41:47.30	+00:09:20 (22.6%)	5:55	10.1 (77.1%)
15	KOMOROWSKA Beata	152	ROZBIEGANY KOSZALIN	K-40	15	00:00:30	00:19:48	00:41:38.85	00:42:09.15	+00:09:33 (23.0%)	5:57	10.1 (77.1%)
16	BEDNARZ Katarzyna	36		K-40	16	00:00:33	00:20:14	00:41:44.20	00:42:17.20	+00:09:39 (23.1%)	5:57	10.1 (77.1%)
17	WENCŁAW-JUSZCZAK Marta	329		K-40	17	00:00:23	00:20:51	00:42:01.05	00:42:24.70	+00:09:56 (23.6%)	6:00	10 (76.3%)
18	BORSUK Dorota	47		K-40	18	00:00:31	00:21:04	00:42:45.60	00:43:17.50	+00:10:40 (25.0%)	6:06	9.8 (74.8%)
19	KANIA Beata	138		K-40	19	00:00:17	00:19:54	00:42:49.55	00:43:07.10	+00:10:44 (25.1%)	6:07	9.8 (74.8%)
20	MŁYNARCZYK Aneta	206		K-40	20	00:00:16	00:21:15	00:43:08.00	00:43:24.60	+00:11:03 (25.6%)	6:09	9.7 (74.0%)
21	RASZPLA Ilona	259	CIOTECZKI.PL	K-40	21	00:00:27	00:21:22	00:43:41.30	00:44:09.10	+00:11:36 (26.6%)	6:14	9.6 (73.3%)
22	TREJDER Maria	317	BAJADERKI	K-40	22	00:00:28	00:21:35	00:44:24.40	00:44:53.30	+00:12:19 (27.8%)	6:20	9.5 (72.5%)
23	VON BARDELEBEN Agnieszka	325	BABECZKI KOSZALIN	K-40	23	00:00:40	00:22:32	00:46:32.65	00:47:12.70	+00:14:27 (31.1%)	6:38	9 (68.7%)
24	KURCZ Barbara	174	BABECZKI KOSZALIN	K-40	24	00:00:39	00:22:33	00:46:33.35	00:47:12.80	+00:14:28 (31.1%)	6:39	9 (68.7%)
25	SULIGA-KRAKOWIAK Agnieszka	291	CZARNE BIEGA	K-40	25	00:00:34	00:23:07	00:47:33.95	00:48:08.65	+00:15:29 (32.6%)	6:47	8.8 (67.2%)
25	KRAWCZUK-KIEŁB Anna	164	ŻYJ Z ENERGIA	K-40	26	00:00:34	00:23:10	00:47:33.95	00:48:08.45	+00:15:29 (32.6%)	6:47	8.8 (67.2%)
27	MATUSZAK Agnieszka	193		K-40	27	00:00:26	00:23:16	00:48:47.50	00:49:13.60	+00:16:42 (34.2%)	6:58	8.6 (65.6%)

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28	CZOPIK Jowita	65		K-40	28	00:00:25	00:23:18	00:48:47.55	00:49:13.25	+00:16:42 (34.2%)	6:58	8.6 (65.6%)
29	SZYMAŃSKA Agnieszka	309		K-40	29	00:00:25	00:23:16	00:48:47.70	00:49:13.25	+00:16:42 (34.3%)	6:58	8.6 (65.6%)
30	URBAŃSKA Anetta	322		K-40	30	00:00:24	00:23:18	00:48:48.80	00:49:13.40	+00:16:43 (34.3%)	6:58	8.6 (65.6%)
31	KREFFT Lidia	165		K-40	31	00:00:14	00:23:50	00:51:23.25	00:51:37.60	+00:19:18 (37.6%)	7:20	8.2 (62.6%)

Znaleziono 31 wynik(ów)