



BIEG KRÓLI - 7KM

B4SPORT

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



Klasyfikacja: K-OPEN

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	DZIWIŚIŃSKA Martyna	83		K-16	1	00:00:08	00:15:21	00:30:51.60	00:31:00.30		4:24	13.6 (100%)
2	PASIEKA Agnieszka	240	K.B. SPRINT ŚWIDWIN	K-16	2	00:00:11	00:15:06	00:31:09.85	00:31:21.75	+00:00:18 (1.0%)	4:27	13.5 (99.3%)
3	CHODOR Martyna	60	TKKF KOSZALIN	K-30	1	00:00:09	00:15:30	00:31:21.90	00:31:31.80	+00:00:30 (1.6%)	4:28	13.4 (98.5%)
4	SZUBERT Julia	303	KOŁOBRZEG BIEGA	K-16	3	00:00:41	00:15:35	00:31:39.70	00:32:20.70	+00:00:48 (2.5%)	4:31	13.3 (97.8%)
5	KONIECZNA Anka	153	ROZBIEGANY KOSZALIN	K-40	1	00:00:26	00:15:32	00:32:04.95	00:32:31.15	+00:01:13 (3.8%)	4:35	13.1 (96.3%)
6	NIECKARZ Monika	219		K-30	2	00:00:10	00:15:45	00:32:31.05	00:32:42.00	+00:01:39 (5.1%)	4:38	12.9 (94.9%)
7	OSIŃSKA Anna	229	ACTIVE MALBORK	K-16	4	00:00:12	00:16:17	00:32:39.65	00:32:51.80	+00:01:48 (5.5%)	4:39	12.9 (94.9%)
8	KRZEWIŃSKA Małgorzata	168	TKKF KOSZALIN	K-50	1	00:00:12	00:16:13	00:32:40.75	00:32:53.60	+00:01:49 (5.6%)	4:40	12.9 (94.9%)
9	GARSKA Joanna	90	ŚWIAT PŁYTEK U KRYSPIŃA	K-40	2	00:00:08	00:15:57	00:32:49.45	00:32:58.15	+00:01:57 (6.0%)	4:41	12.8 (94.1%)
10	BENTKOWSKA Natalia	357		K-16	5	00:00:09	00:16:13	00:33:20.50	00:33:30.10	+00:02:28 (7.4%)	4:45	12.6 (92.6%)
11	MRUGALSKA Magdalena	213	JW1223	K-16	6	00:00:15	00:16:21	00:34:04.50	00:34:19.50	+00:03:12 (9.4%)	4:52	12.3 (90.4%)
12	CHODOR Izabela	59		K-30	3	00:00:25	00:17:07	00:34:30.85	00:34:56.65	+00:03:39 (10.6%)	4:55	12.2 (89.7%)
13	GŁUCH Katarzyna	99		K-30	4	00:00:23	00:17:28	00:34:41.45	00:35:05.00	+00:03:49 (11.0%)	4:57	12.1 (89.0%)
14	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	+00:03:57 (11.4%)	4:58	12.1 (89.0%)

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15	MEJER Aleksandra	197		K-16	7	00:00:12	00:16:59	00:35:02.15	00:35:15.10	+00:04:10 (11.9%)	5:00	12 (88.2%)
16	KUBIŃSKA Beata	170	NIGHT RUNNERS SŁUPSK	K-50	2	00:00:19	00:17:10	00:35:10.25	00:35:29.50	+00:04:18 (12.3%)	5:01	11.9 (87.5%)
17	LEWICZ Ewa	182		K-30	6	00:00:14	00:17:30	00:35:47.75	00:36:02.20	+00:04:56 (13.8%)	5:06	11.7 (86.0%)
18	WEGNER Aneta	328	BRAK	K-30	7	00:00:29	00:17:25	00:35:53.35	00:36:22.35	+00:05:01 (14.0%)	5:07	11.7 (86.0%)
19	GRABOWSKA-LESISZ Aneta	105		K-30	8	00:00:13	00:17:18	00:36:05.45	00:36:19.35	+00:05:13 (14.5%)	5:09	11.6 (85.3%)
20	DĄBROWSKA Alicja	71	TKKF KOSZALIN	K-50	3	00:00:34	00:18:18	00:36:05.50	00:36:39.85	+00:05:13 (14.5%)	5:09	11.6 (85.3%)
21	MĘDEL Marta	198		K-40	3	00:00:26	00:17:51	00:36:12.90	00:36:39.50	+00:05:21 (14.8%)	5:10	11.6 (85.3%)
22	HOC Agnieszka	110		K-30	9	00:00:15	00:17:40	00:36:15.40	00:36:31.00	+00:05:23 (14.9%)	5:10	11.6 (85.3%)
23	SZUBERT Agnieszka	302	KOŁOBRZEG BIEGA	K-30	10	00:00:41	00:18:23	00:36:29.05	00:37:10.05	+00:05:37 (15.4%)	5:12	11.5 (84.6%)
24	JUSIŃSKA Anna	130		K-40	4	00:00:13	00:17:43	00:36:31.25	00:36:44.50	+00:05:39 (15.5%)	5:13	11.5 (84.6%)
25	HRYHOROWICZ Joanna	114	NIGHT RUNNERS SŁUPSK	K-30	11	00:00:33	00:18:49	00:37:05.95	00:37:39.10	+00:06:14 (16.8%)	5:18	11.3 (83.1%)
26	WALCZAK Agnieszka	326	TKKF KOSZALIN	K-40	5	00:00:34	00:18:27	00:37:33.85	00:38:08.40	+00:06:42 (17.8%)	5:22	11.2 (82.4%)
27	MICHALAK Anna	203		K-30	12	00:00:28	00:18:34	00:37:37.50	00:38:05.80	+00:06:45 (18.0%)	5:22	11.2 (82.4%)
28	NOWAK-IGNACAK Monika	226		K-40	6	00:00:26	00:18:49	00:37:46.30	00:38:13.00	+00:06:54 (18.3%)	5:23	11.1 (81.6%)
29	DRAB Beata	77		K-40	7	00:00:16	00:19:00	00:37:51.05	00:38:07.80	+00:06:59 (18.5%)	5:24	11.1 (81.6%)
30	BARANOWSKA Karolina	30		K-30	13	00:00:22	00:18:14	00:37:54.20	00:38:16.40	+00:07:02 (18.6%)	5:24	11.1 (81.6%)
31	STOJEWSKA Katarzyna	285		K-16	8	00:00:21	00:18:15	00:37:54.45	00:38:16.35	+00:07:02 (18.6%)	5:25	11.1 (81.6%)
32	BORUC Marika	50		K-16	9	00:00:20	00:18:56	00:37:58.60	00:38:19.40	+00:07:07 (18.7%)	5:25	11.1 (81.6%)
33	MALINOWSKA Małgorzata	191		K-50	4	00:00:13	00:18:11	00:38:03.45	00:38:17.35	+00:07:11 (18.9%)	5:26	11 (80.9%)
34	PASEK Paula	238		K-30	14	00:00:21	00:18:24	00:38:12.45	00:38:33.45	+00:07:20 (19.2%)	5:27	11 (80.9%)
35	KACAŁA Olga	132		K-30	15	00:00:29	00:18:48	00:38:15.85	00:38:45.80	+00:07:24 (19.4%)	5:28	11 (80.9%)
36	BORUC Barbara	48	PARKRUN SZCZECINEK	K-40	8	00:00:21	00:18:56	00:38:24.20	00:38:45.70	+00:07:32 (19.6%)	5:29	10.9 (80.1%)
37	MAZUREK Barbara	194	BABECZKI KOSZALIN	K-30	16	00:00:39	00:19:05	00:38:40.30	00:39:19.30	+00:07:48 (20.2%)	5:31	10.9 (80.1%)

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38	SODNOMGOMBO Alimaa	276	WIECZORNE BIEGANIE W SZCZECINIE	K-50	5	00:00:12	00:18:28	00:38:40.75	00:38:52.80	+00:07:49 (20.2%)	5:31	10.9 (80.1%)
39	JABŁOŃSKA Katarzyna	116		K-30	17	00:00:24	00:19:10	00:38:48.25	00:39:12.60	+00:07:56 (20.5%)	5:32	10.8 (79.4%)
40	NOWAK Sylwia	224	CZARNE BIEGA	K-30	18	00:00:20	00:19:01	00:38:48.40	00:39:09.00	+00:07:56 (20.5%)	5:32	10.8 (79.4%)
41	BRYGAŁA Magdalena	53		K-30	19	00:00:23	00:18:38	00:38:53.00	00:39:16.55	+00:08:01 (20.6%)	5:33	10.8 (79.4%)
42	MICHALAK Kamila	202		K-30	20	00:00:20	00:18:35	00:39:01.15	00:39:21.45	+00:08:09 (20.9%)	5:34	10.8 (79.4%)
43	PSTRĄGOWSKA Marlena	253	BIEGNIJMY.PL	K-30	21	00:00:30	00:19:17	00:39:05.40	00:39:35.85	+00:08:13 (21.1%)	5:35	10.7 (78.7%)
44	KUREK Aneta	176		K-40	9	00:00:32	00:19:06	00:39:16.45	00:39:49.30	+00:08:24 (21.4%)	5:36	10.7 (78.7%)
45	STRZELECKA Małgorzata	289	SAILING TEAM FERAJNA	K-40	10	00:00:30	00:19:56	00:39:22.05	00:39:52.65	+00:08:30 (21.6%)	5:37	10.7 (78.7%)
46	PAWŁOWSKA Urszula	243		K-30	22	00:00:27	00:19:41	00:39:25.60	00:39:53.10	+00:08:34 (21.7%)	5:38	10.7 (78.7%)
47	DOMAŃSKA Katarzyna	75		K-40	11	00:00:25	00:19:24	00:39:34.05	00:39:59.05	+00:08:42 (22.0%)	5:39	10.6 (77.9%)
48	MALINOWSKA-BURDA Aleksandra	192		K-16	10	00:00:22	00:19:24	00:39:37.10	00:39:59.25	+00:08:45 (22.1%)	5:39	10.6 (77.9%)
49	KOLIGAT Anna	150		K-30	23	00:00:16	00:19:51	00:39:40.95	00:39:57.25	+00:08:49 (22.2%)	5:40	10.6 (77.9%)
50	BIAŁEK Martyna	39		K-16	11	00:00:31	00:19:38	00:39:56.30	00:40:27.80	+00:09:04 (22.7%)	5:42	10.5 (77.2%)
51	ŻMIJA Julia	352		K-16	12	00:00:31	00:19:39	00:39:56.55	00:40:27.85	+00:09:04 (22.7%)	5:42	10.5 (77.2%)
52	KOWALCZYK Karolina	161		K-30	24	00:00:25	00:19:51	00:40:05.25	00:40:30.85	+00:09:13 (23.0%)	5:43	10.5 (77.2%)
53	BONISŁAWSKA Małgorzata	44	ZUZA&ZOSIA TEAM	K-30	25	00:00:29	00:19:46	00:40:13.05	00:40:42.35	+00:09:21 (23.3%)	5:44	10.4 (76.5%)
54	CZYŻEWSKA Beata	66	KOŁOBRZEG BIEGA	K-40	12	00:00:25	00:19:41	00:40:31.80	00:40:57.00	+00:09:40 (23.9%)	5:47	10.4 (76.5%)
55	PTASZYŃSKA Katarzyna	255	KOŁOBRZEG BIEGA	K-60	1	00:00:25	00:19:59	00:40:34.30	00:40:59.80	+00:09:42 (23.9%)	5:47	10.4 (76.5%)
56	SULL Agnieszka	292	NIGHTRUNNERS	K-40	13	00:00:32	00:19:41	00:41:01.60	00:41:34.45	+00:10:10 (24.8%)	5:51	10.2 (75.0%)
57	DAMPS Julita	68	NIGHT RUNNERS SŁUPSK	K-30	26	00:00:31	00:19:43	00:41:02.95	00:41:34.75	+00:10:11 (24.8%)	5:51	10.2 (75.0%)
58	PIOR Ewa	251	MORSY Z GRUDZIĄDZA	K-50	6	00:00:36	00:20:58	00:41:12.80	00:41:49.60	+00:10:21 (25.1%)	5:53	10.2 (75.0%)
59	ŁUKASIK Ewa	187	TEAM BIEGOWY SZCZECINEK	K-40	14	00:00:21	00:20:31	00:41:25.70	00:41:47.30	+00:10:34 (25.5%)	5:55	10.1 (74.3%)
60	KOMOROWSKA Beata	152	ROZBIEGANY KOSZALIN	K-40	15	00:00:30	00:19:48	00:41:38.85	00:42:09.15	+00:10:47 (25.9%)	5:57	10.1 (74.3%)

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61	BUDZYŃSKA Elżbieta	56		K-50	7	00:00:14	00:20:26	00:41:44.10	00:41:58.90	+00:10:52 (26.1%)	5:57	10.1 (74.3%)
62	BEDNARZ Katarzyna	36		K-40	16	00:00:33	00:20:14	00:41:44.20	00:42:17.20	+00:10:52 (26.1%)	5:57	10.1 (74.3%)
63	KOBUS-MAŁANECZ Agnieszka	148		K-30	27	00:00:16	00:20:05	00:41:58.00	00:42:14.95	+00:11:06 (26.5%)	5:59	10 (73.5%)
64	WENCŁAW-JUSZCZAK Marta	329		K-40	17	00:00:23	00:20:51	00:42:01.05	00:42:24.70	+00:11:09 (26.6%)	6:00	10 (73.5%)
65	MYSZKOWSKA Grażyna	217	NIGHT RUNNERS SŁUPSK	K-50	8	00:00:31	00:20:02	00:42:30.20	00:43:01.25	+00:11:38 (27.4%)	6:04	9.9 (72.8%)
66	BIEŁĘDA Karolina	40	RAMS TRAININ HOUSE KOŁOBRZEG	K-30	28	00:00:30	00:20:58	00:42:32.40	00:43:03.20	+00:11:40 (27.5%)	6:04	9.9 (72.8%)
67	NIEMCZUK Anna	221		K-50	9	00:00:19	00:20:24	00:42:34.05	00:42:53.70	+00:11:42 (27.5%)	6:04	9.9 (72.8%)
68	BORSUK Dorota	47		K-40	18	00:00:31	00:21:04	00:42:45.60	00:43:17.50	+00:11:54 (27.8%)	6:06	9.8 (72.1%)
69	KANIA Beata	138		K-40	19	00:00:17	00:19:54	00:42:49.55	00:43:07.10	+00:11:57 (27.9%)	6:07	9.8 (72.1%)
70	SZULC Martyna	304	SZULC RUNNERS TEAM / GRYF BIAŁOGARD	K-16	13	00:00:32	00:21:18	00:42:53.10	00:43:25.20	+00:12:01 (28.0%)	6:07	9.8 (72.1%)
71	STANCZEWSKA Karolina	278		K-30	29	00:00:32	00:21:19	00:42:53.30	00:43:25.30	+00:12:01 (28.0%)	6:07	9.8 (72.1%)
72	MŁYNARCZYK Aneta	206		K-40	20	00:00:16	00:21:15	00:43:08.00	00:43:24.60	+00:12:16 (28.5%)	6:09	9.7 (71.3%)
73	RASZPLA Ilona	259	CIOTECZKI.PL	K-40	21	00:00:27	00:21:22	00:43:41.30	00:44:09.10	+00:12:49 (29.4%)	6:14	9.6 (70.6%)
74	MALINOWSKA Agnieszka	190	CIOTECZKI.PL	K-30	30	00:00:27	00:21:22	00:43:41.60	00:44:09.40	+00:12:50 (29.4%)	6:14	9.6 (70.6%)
75	STASZYŃSKA Marianna	279	BTC,,ORZEŁ"	K-60	2	00:00:31	00:21:19	00:44:06.65	00:44:38.25	+00:13:15 (30.0%)	6:18	9.5 (69.9%)
76	TREJDER Maria	317	BAJADERKI	K-40	22	00:00:28	00:21:35	00:44:24.40	00:44:53.30	+00:13:32 (30.5%)	6:20	9.5 (69.9%)
77	MIKLASIŃSKA Monika	205	SŁAWNO	K-30	31	00:00:28	00:21:28	00:44:48.50	00:45:16.65	+00:13:56 (31.1%)	6:24	9.4 (69.1%)
78	RAMA Ewa	258		K-50	10	00:00:46	00:21:47	00:45:11.95	00:45:58.55	+00:14:20 (31.7%)	6:27	9.3 (68.4%)
79	VON BARDELEBEN Agnieszka	325	BABECZKI KOSZALIN	K-40	23	00:00:40	00:22:32	00:46:32.65	00:47:12.70	+00:15:41 (33.7%)	6:38	9 (66.2%)
80	KURCZ Barbara	174	BABECZKI KOSZALIN	K-40	24	00:00:39	00:22:33	00:46:33.35	00:47:12.80	+00:15:41 (33.7%)	6:39	9 (66.2%)
81	STEC Edyta	283	BABECZKI KOSZALIN	K-30	32	00:00:38	00:22:33	00:46:34.30	00:47:12.50	+00:15:42 (33.7%)	6:39	9 (66.2%)
82	MOŻEJKO Anna	209	BABECZKI KOSZALIN	K-30	33	00:00:37	00:22:34	00:46:34.40	00:47:12.30	+00:15:42 (33.7%)	6:39	9 (66.2%)
83	JAKUBOWSKA Anna	120		K-16	14	00:00:20	00:22:14	00:46:43.60	00:47:03.65	+00:15:52 (34.0%)	6:40	9 (66.2%)

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84	SULIGA-KRAKOWIAK Agnieszka	291	CZARNE BIEGA	K-40	25	00:00:34	00:23:07	00:47:33.95	00:48:08.65	+00:16:42 (35.1%)	6:47	8.8 (64.7%)
84	KRAWCZUK-KIEŁB Anna	164	ŻYJ Z ENERGIAŁ	K-40	26	00:00:34	00:23:10	00:47:33.95	00:48:08.45	+00:16:42 (35.1%)	6:47	8.8 (64.7%)
86	MATUSZAK Agnieszka	193		K-40	27	00:00:26	00:23:16	00:48:47.50	00:49:13.60	+00:17:55 (36.8%)	6:58	8.6 (63.2%)
87	CZOPIK Jowita	65		K-40	28	00:00:25	00:23:18	00:48:47.55	00:49:13.25	+00:17:55 (36.8%)	6:58	8.6 (63.2%)
88	SZYMAŃSKA Agnieszka	309		K-40	29	00:00:25	00:23:16	00:48:47.70	00:49:13.25	+00:17:56 (36.8%)	6:58	8.6 (63.2%)
89	URBAŃSKA Anetta	322		K-40	30	00:00:24	00:23:18	00:48:48.80	00:49:13.40	+00:17:57 (36.8%)	6:58	8.6 (63.2%)
90	JAROSZ Marzena	124		K-50	11	00:00:22	00:23:18	00:48:50.75	00:49:13.25	+00:17:59 (36.8%)	6:58	8.6 (63.2%)
91	WOJCIK Ewa	341		K-30	34	00:00:14	00:23:47	00:51:23.20	00:51:38.00	+00:20:31 (39.9%)	7:20	8.2 (60.3%)
92	KREFFT Lidia	165		K-40	31	00:00:14	00:23:50	00:51:23.25	00:51:37.60	+00:20:31 (39.9%)	7:20	8.2 (60.3%)
93	SOLAK Halina	277	ŚWIAT PŁYTEK U KRYSPIŃA	K-60	3	00:00:34	00:25:27	00:52:16.90	00:52:51.00	+00:21:25 (41.0%)	7:28	8 (58.8%)
94	JURCZAK Eulalia	127	KS HANZA GOLEŃIÓW	K-60	4	00:00:18	00:26:16	00:54:33.00	00:54:51.45	+00:23:41 (43.4%)	7:47	7.7 (56.6%)

Znaleziono 94 wynik(ów)