



BIEG MIKOŁAJKOWY - 5KM (JAMNEŃSKI TOUR BIEGOWY)

B4SPORT

Organizator: Rada Osiedla Jamno - Łąbusz, Koszalińskie
Towarzystwo Krzewienia Kultury Fizycznej
Data: 2017-12-03
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: K-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	FRONTCZAK Izabela	39		K-30	1	00:21:59.65		4:24	13.6 (100%)
2	CHODOR Martyna	18	TKKF KOSZALIN	K-30	2	00:22:36.40	+00:00:36 (2.7%)	4:31	13.3 (97.8%)
3	NIEMIŃSKA SĘK Monika	121		K-30	3	00:22:57.30	+00:00:57 (4.2%)	4:35	13.1 (96.3%)
4	CHODOR Izabela	17	TKKF KOSZALIN	K-30	4	00:23:26.15	+00:01:26 (6.2%)	4:41	12.8 (94.1%)
5	KOSMALA Aleksandra	90		K-30	5	00:24:38.80	+00:02:39 (10.8%)	4:55	12.2 (89.7%)
6	GŁUCH Katarzyna	49	ELEKTRONIK	K-30	6	00:26:11.05	+00:04:11 (16.0%)	5:14	11.5 (84.6%)
7	ROBAKOWSKA Żaneta	148	GABINET REHABILITACJI AKTYWNEJ	K-30	7	00:26:39.20	+00:04:39 (17.5%)	5:19	11.3 (83.1%)
8	KOLIGAT Anna	85		K-30	8	00:26:39.50	+00:04:39 (17.5%)	5:20	11.3 (83.1%)
9	SZUBERT Agnieszka	181	KOŁOBRZEG BIEGA	K-30	9	00:26:39.95	+00:04:40 (17.5%)	5:20	11.3 (83.1%)
10	WĄSOWICZ Anna	196		K-30	10	00:27:02.15	+00:05:02 (18.6%)	5:24	11.1 (81.6%)
11	PACAN Mira	129	ŚWIAT PŁYTEK U KRYSPIŃSKA	K-30	11	00:27:03.40	+00:05:03 (18.7%)	5:24	11.1 (81.6%)
12	JUSZCZYK Agnieszka	70	ANOX TEAM	K-30	12	00:27:26.75	+00:05:27 (19.9%)	5:29	10.9 (80.1%)
13	LATOPOLSKA-OLEJNIK Kalina	101	ŻYTŃNIA TEAM	K-30	13	00:27:49.75	+00:05:50 (21.0%)	5:34	10.8 (79.4%)
14	PŁOTKA Emilia	140		K-30	14	00:28:50.85	+00:06:51 (23.8%)	5:46	10.4 (76.5%)
15	KILJAN Sylwia	213		K-30	15	00:29:06.60	+00:07:06 (24.4%)	5:49	10.3 (75.7%)
16	TRACZ Jadwiga	185		K-30	16	00:29:15.20	+00:07:15 (24.8%)	5:51	10.3 (75.7%)
17	FIDUN Anna	37		K-30	17	00:29:27.45	+00:07:27 (25.3%)	5:53	10.2 (75.0%)
18	OZIMEK Iwona	128		K-30	18	00:30:20.65	+00:08:21 (27.5%)	6:04	9.9 (72.8%)
19	BIEŁĘDA Karolina	212	RAMS TRAINING HOUSE	K-30	19	00:31:03.35	+00:09:03 (29.2%)	6:12	9.7 (71.3%)
20	PASEK Paula	132		K-30	20	00:31:07.90	+00:09:08 (29.4%)	6:13	9.6 (70.6%)
21	WALECKA Katarzyna	193	ATOMOWKI	K-30	21	00:31:14.70	+00:09:15 (29.6%)	6:15	9.6 (70.6%)
22	SOKOŁOWSKA Anna	160	ATOMOWKI	K-30	22	00:31:15.10	+00:09:15 (29.6%)	6:15	9.6 (70.6%)
23	KOT Aleksandra	91		K-30	23	00:31:43.15	+00:09:43 (30.7%)	6:20	9.5 (69.9%)
24	WODZYŃSKA Katarzyna	201		K-30	24	00:31:43.35	+00:09:43 (30.7%)	6:20	9.5 (69.9%)
25	STANCZEWSKA Karolina	164		K-30	25	00:32:14.50	+00:10:14 (31.8%)	6:27	9.3 (68.4%)
26	SZAFIROWICZ-CHOJNACKA Paulina	175		K-30	26	00:32:19.00	+00:10:19 (31.9%)	6:27	9.3 (68.4%)
27	BOCHNIAK Małgorzata	8	JAMNO	K-30	27	00:33:40.90	+00:11:41 (34.7%)	6:44	8.9 (65.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
28	KULASZEWICZ-HENGIER Sabina	100		K-30	28	00:35:15.80	+00:13:16 (37.6%)	7:03	8.5 (62.5%)
29	DAMPS Julita	27	NIGHT RUNNERS SŁUPSK	K-30	29	00:40:20.65	+00:18:21 (45.5%)	8:04	7.4 (54.4%)

Znaleziono 29 wynik(ów)