



BIEG MIKOŁAJKOWY - 5KM (JAMNEŃSKI TOUR BIEGOWY)

B4SPORT

Organizator: Rada Osiedla Jamno - Łabusz
Data: 2018-12-02
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: K-OPEN

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|-------|-------------------------|-----------|------|----------------|-------------------|--------------|--------------|
| 1 | KONKEL Agnieszka | 71 | | K-30 | 1 | 00:20:35.58 | | 4:07 | 14.6 (100%) |
| 2 | CHORAŻY Karolina | 15 | LEO-TEAM | K-20 | 1 | 00:20:46.78 | +00:00:11 (0.9%) | 4:09 | 14.4 (98.6%) |
| 3 | SZNYTER Sabina | 166 | DECATHLON KOSZALIN | K-20 | 2 | 00:21:01.17 | +00:00:25 (2.0%) | 4:12 | 14.3 (97.9%) |
| 4 | GÓRA Agnieszka | 208 | #ZABIEGANINOCA | K-40 | 1 | 00:22:35.59 | +00:02:00 (8.9%) | 4:31 | 13.3 (91.1%) |
| 5 | KĘSIK Agnieszka | 200 | ŚWIAT PŁYTEK U KRYSPINA | K-30 | 2 | 00:22:56.24 | +00:02:20 (10.2%) | 4:35 | 13.1 (89.7%) |
| 6 | HAŁKA Justyna | 45 | TRUCHT ŁOBEZ | K-30 | 3 | 00:23:02.07 | +00:02:26 (10.6%) | 4:36 | 13 (89.0%) |
| 7 | BORYS Justyna | 10 | JEDWABIŚCI | K-30 | 4 | 00:23:03.70 | +00:02:28 (10.7%) | 4:36 | 13 (89.0%) |
| 8 | KRZEWIŃSKA Małgorzata | 84 | TKKF KOSZALIN | K-50 | 1 | 00:23:30.19 | +00:02:54 (12.4%) | 4:42 | 12.8 (87.7%) |
| 9 | CHODOR Izabela | 12 | TKKF KOSZALIN | K-30 | 5 | 00:23:30.34 | +00:02:54 (12.4%) | 4:42 | 12.8 (87.7%) |
| 10 | KAŻMIERCZAK Agnieszka | 63 | | K-40 | 2 | 00:23:41.39 | +00:03:05 (13.1%) | 4:44 | 12.7 (87.0%) |
| 11 | ZAGALSKA Paulina | 192 | | K-30 | 6 | 00:24:06.92 | +00:03:31 (14.6%) | 4:49 | 12.4 (84.9%) |
| 12 | GARSKA Joanna | 37 | ŚWIAT PŁYTEK U KRYSPINA | K-40 | 3 | 00:24:17.54 | +00:03:41 (15.2%) | 4:51 | 12.4 (84.9%) |
| 13 | RODZIEWICZ-CZAPLIŃSKA Agnieszka | 141 | | K-40 | 4 | 00:24:19.74 | +00:03:44 (15.4%) | 4:52 | 12.3 (84.2%) |
| 14 | PACAN Mira | 122 | ŚWIAT PŁYTEK U KRYSPINA | K-30 | 7 | 00:24:22.22 | +00:03:46 (15.5%) | 4:52 | 12.3 (84.2%) |
| 15 | MEJER Aleksandra | 101 | | K-14 | 1 | 00:24:28.71 | +00:03:53 (15.9%) | 4:53 | 12.3 (84.2%) |
| 16 | PERKOWSKA Oktawia | 129 | DECATHLON KOSZALIN | K-20 | 3 | 00:24:28.81 | +00:03:53 (15.9%) | 4:53 | 12.3 (84.2%) |
| 17 | PERLIK Katarzyna | 130 | MTS HAMER MIASTKO | K-20 | 4 | 00:24:39.81 | +00:04:04 (16.5%) | 4:56 | 12.2 (83.6%) |
| 18 | GŁUCH Katarzyna | 41 | FORMA | K-30 | 8 | 00:25:01.49 | +00:04:25 (17.7%) | 5:00 | 12 (82.2%) |
| 19 | LEWICZ Ewa | 91 | | K-30 | 9 | 00:25:02.96 | +00:04:27 (17.8%) | 5:00 | 12 (82.2%) |
| 20 | WRÓBLEWSKA Marta | 190 | | K-40 | 5 | 00:25:11.00 | +00:04:35 (18.2%) | 5:02 | 11.9 (81.5%) |
| 21 | SZOSTAK Marta | 167 | | K-20 | 5 | 00:25:23.24 | +00:04:47 (18.9%) | 5:04 | 11.8 (80.8%) |
| 22 | KOLIGAT Anna | 70 | | K-30 | 10 | 00:25:31.37 | +00:04:55 (19.3%) | 5:06 | 11.8 (80.8%) |
| 23 | KORZENIOWSKA Ewa | 73 | | K-20 | 6 | 00:25:37.52 | +00:05:01 (19.6%) | 5:07 | 11.7 (80.1%) |
| 24 | HAŁAJKO Magdalena | 44 | HEISENBERG TWAM | K-30 | 11 | 00:25:56.84 | +00:05:21 (20.6%) | 5:11 | 11.6 (79.5%) |
| 25 | DRABKOWSKA Agnieszka | 29 | | K-40 | 6 | 00:26:02.29 | +00:05:26 (20.9%) | 5:12 | 11.5 (78.8%) |
| 26 | SAŁAJ Angelika | 149 | METALCORP TEAM | K-30 | 12 | 00:26:02.98 | +00:05:27 (20.9%) | 5:12 | 11.5 (78.8%) |
| 27 | KURZAWIŃSKA-JABŁOŃSKA Kasia | 87 | TEAM CZARNE BIEGA | K-40 | 7 | 00:26:08.61 | +00:05:33 (21.2%) | 5:13 | 11.5 (78.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | Tempo min/km | Tempo km/h |
|-----|------------------------------------|------------|---------------------------|-----------|------|--------------------|-------------------|--------------|--------------|
| | | | | | | netto 5km | Różn | | |
| 28 | RÓJ Barbara | 144 | | K-40 | 8 | 00:26:11.20 | +00:05:35 (21.4%) | 5:14 | 11.5 (78.8%) |
| 29 | PRZEDNÓWEK Mariola | 135 | | K-20 | 7 | 00:26:20.33 | +00:05:44 (21.8%) | 5:16 | 11.4 (78.1%) |
| 30 | MONGIAŁO Aleksandra | 108 | FAST FEET K-LIN | K-30 | 13 | 00:26:51.08 | +00:06:15 (23.3%) | 5:22 | 11.2 (76.7%) |
| 31 | RASZPLA Ilona | 139 | | K-40 | 9 | 00:26:58.98 | +00:06:23 (23.7%) | 5:23 | 11.1 (76.0%) |
| 32 | KILJAN Sylwia | 213 | | K-30 | 14 | 00:27:24.32 | +00:06:48 (24.9%) | 5:28 | 10.9 (74.7%) |
| 33 | SUCHODOLSKA Aleksandra | 162 | | K-30 | 15 | 00:27:24.89 | +00:06:49 (24.9%) | 5:29 | 10.9 (74.7%) |
| 34 | DORAWA-ZIOMEK Anna | 27 | | K-30 | 16 | 00:27:29.12 | +00:06:53 (25.1%) | 5:29 | 10.9 (74.7%) |
| 35 | MALINOWSKA-BURDA Aleksandra | 94 | | K-20 | 8 | 00:27:29.37 | +00:06:53 (25.1%) | 5:29 | 10.9 (74.7%) |
| 36 | WĄSOWICZ Anna | 177 | | K-30 | 17 | 00:27:30.11 | +00:06:54 (25.1%) | 5:30 | 10.9 (74.7%) |
| 37 | MICHALAK Anna | 102 | | K-30 | 18 | 00:27:31.85 | +00:06:56 (25.2%) | 5:30 | 10.9 (74.7%) |
| 38 | PAWŁOWICZ Aleksandra | 127 | | K-20 | 9 | 00:27:33.68 | +00:06:58 (25.3%) | 5:30 | 10.9 (74.7%) |
| 39 | MARKOWSKA Iwona | 98 | 4FIT CROSS BIAŁOGARD | K-40 | 10 | 00:27:44.29 | +00:07:08 (25.8%) | 5:33 | 10.8 (74.0%) |
| 40 | PŁOTKA Emilia | 132 | | K-30 | 19 | 00:27:44.45 | +00:07:08 (25.8%) | 5:33 | 10.8 (74.0%) |
| 41 | WALCZAK Agnieszka | 175 | TKKF KOSZALIN | K-40 | 11 | 00:27:55.37 | +00:07:19 (26.2%) | 5:35 | 10.7 (73.3%) |
| 42 | DZIEMIANKO Ilona | 31 | | K-20 | 10 | 00:28:04.04 | +00:07:28 (26.6%) | 5:36 | 10.7 (73.3%) |
| 43 | DOMAŃSKA Katarzyna | 24 | | K-40 | 12 | 00:28:16.20 | +00:07:40 (27.2%) | 5:39 | 10.6 (72.6%) |
| 44 | ROMANOWICZ Monika | 142 | ZABIEGANE :) | K-30 | 20 | 00:28:28.08 | +00:07:52 (27.7%) | 5:41 | 10.5 (71.9%) |
| 45 | MICHALCZYK Małgorzata | 103 | JW1223 | K-20 | 11 | 00:28:29.48 | +00:07:53 (27.7%) | 5:41 | 10.5 (71.9%) |
| 46 | KRAWIECKA Klaudia | 81 | AKADEMIA BIEGOWA KIEŁPINO | K-14 | 2 | 00:28:31.26 | +00:07:55 (27.8%) | 5:42 | 10.5 (71.9%) |
| 47 | OGRODOWCZYK Jagoda | 116 | | K-30 | 21 | 00:28:37.49 | +00:08:01 (28.1%) | 5:43 | 10.5 (71.9%) |
| 48 | ZUKAL Aleksandra | 195 | | K-40 | 13 | 00:28:45.80 | +00:08:10 (28.4%) | 5:45 | 10.4 (71.2%) |
| 49 | BORSUK Dorota | 9 | | K-40 | 14 | 00:29:02.34 | +00:08:26 (29.1%) | 5:48 | 10.3 (70.5%) |
| 50 | NOWAK Ania | 115 | JEDWABIŚCI | K-40 | 15 | 00:29:09.21 | +00:08:33 (29.4%) | 5:49 | 10.3 (70.5%) |
| 51 | ZWOLIŃSKA Anna | 196 | | K-40 | 16 | 00:29:10.18 | +00:08:34 (29.4%) | 5:50 | 10.3 (70.5%) |
| 52 | BOKOTA Katarzyna | 8 | | K-40 | 17 | 00:29:14.79 | +00:08:39 (29.6%) | 5:51 | 10.3 (70.5%) |
| 53 | SULL Agnieszka | 164 | NIGHT RUNNERS SŁUPSK | K-40 | 18 | 00:29:20.38 | +00:08:44 (29.8%) | 5:52 | 10.2 (69.9%) |
| 54 | WÓJCIK Kamila | 189 | | K-20 | 12 | 00:29:21.68 | +00:08:46 (29.9%) | 5:52 | 10.2 (69.9%) |
| 55 | MAŁYSZEWICZ Teresa | 96 | | K-50 | 2 | 00:29:29.69 | +00:08:54 (30.2%) | 5:54 | 10.2 (69.9%) |
| 56 | HARASIM Emila | 47 | | K-30 | 22 | 00:30:21.35 | +00:09:45 (32.2%) | 6:04 | 9.9 (67.8%) |
| 57 | PAULIŃSKA-TYLEC Dominika | 125 | JAMNO | K-30 | 23 | 00:30:28.28 | +00:09:52 (32.4%) | 6:05 | 9.8 (67.1%) |
| 58 | BEDNARZ Katarzyna | 5 | | K-40 | 19 | 00:30:31.35 | +00:09:55 (32.5%) | 6:06 | 9.8 (67.1%) |
| 59 | KOZŁOWIECKA Małgorzata | 78 | | K-50 | 3 | 00:30:53.65 | +00:10:18 (33.3%) | 6:10 | 9.7 (66.4%) |
| 60 | BUDZYŃSKA Elżbieta | 216 | | K-50 | 4 | 00:30:57.57 | +00:10:21 (33.5%) | 6:11 | 9.7 (66.4%) |
| 61 | SAWICKA - WERS Urszula | 151 | | K-30 | 24 | 00:30:58.26 | +00:10:22 (33.5%) | 6:11 | 9.7 (66.4%) |
| 62 | TRACZ Jadwiga | 173 | | K-30 | 25 | 00:31:02.62 | +00:10:27 (33.7%) | 6:12 | 9.7 (66.4%) |
| 63 | ZAKOŚCIELNA Katarzyna | 193 | ZABIEGANE | K-30 | 26 | 00:31:03.48 | +00:10:27 (33.7%) | 6:12 | 9.7 (66.4%) |
| 64 | PEŁKA Iwona | 128 | | K-50 | 5 | 00:31:06.49 | +00:10:30 (33.8%) | 6:13 | 9.6 (65.8%) |
| 65 | DAMPS Julita | 20 | NIGHT RUNNERS SŁUPSK | K-30 | 27 | 00:31:32.89 | +00:10:57 (34.7%) | 6:18 | 9.5 (65.1%) |
| 66 | KLUCZYK Adrianna | 67 | KARLINO BIEGAJ | K-20 | 13 | 00:31:46.96 | +00:11:11 (35.2%) | 6:21 | 9.4 (64.4%) |
| 67 | GRZECZNOWSKA Anna | 43 | | K-30 | 28 | 00:31:48.00 | +00:11:12 (35.2%) | 6:21 | 9.4 (64.4%) |
| 68 | ŚLEDŹ Joanna | 172 | | K-40 | 20 | 00:31:48.91 | +00:11:13 (35.3%) | 6:21 | 9.4 (64.4%) |
| 69 | AUGUSTYNIAK Ewelina | 215 | KARLINOBIEGAJ | K-20 | 14 | 00:32:27.89 | +00:11:52 (36.6%) | 6:29 | 9.2 (63.0%) |
| 70 | GRĄBCZEWSKA Agnieszka | 218 | | K-30 | 29 | 00:33:23.23 | +00:12:47 (38.3%) | 6:40 | 9 (61.6%) |
| 71 | STRACH Martyna | 161 | | K-14 | 3 | 00:33:24.44 | +00:12:48 (38.4%) | 6:40 | 9 (61.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|---------------------------|-----------|------|--------------------|-------------------|--------------|-------------|
| 72 | STASZYŃSKA Marianna | 160 | BTC,,ORZEŁ' BIAŁOGARD | K-60 | 1 | 00:34:40.23 | +00:14:04 (40.6%) | 6:56 | 8.7 (59.6%) |
| 73 | SZULC Martyna | 168 | | K-20 | 15 | 00:35:25.26 | +00:14:49 (41.9%) | 7:05 | 8.5 (58.2%) |
| 74 | STANCZEWSKA Karolina | 158 | | K-30 | 30 | 00:35:25.97 | +00:14:50 (41.9%) | 7:05 | 8.5 (58.2%) |
| 75 | KRYSTOSIK Paulina | 201 | | K-20 | 16 | 00:35:49.06 | +00:15:13 (42.5%) | 7:10 | 8.4 (57.5%) |
| 76 | JANDURA Patrycja | 52 | | K-20 | 17 | 00:35:49.47 | +00:15:13 (42.5%) | 7:09 | 8.4 (57.5%) |
| 77 | WĄTRUCKA Jolanta | 180 | ŚWIAT PŁYTEK U KRYSPIŃSKA | K-60 | 2 | 00:41:04.16 | +00:20:28 (49.9%) | 8:13 | 7.3 (50.0%) |
| 78 | SOLAK Halina | 154 | ŚWIAT PŁYTEK U KRYSPIŃSKA | K-60 | 3 | 00:41:18.00 | +00:20:42 (50.1%) | 8:15 | 7.3 (50.0%) |

Znaleziono 78 wynik(ów)