



## BIEG MIKOŁAJKOWY - 5KM

B4SPORT

**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury  
Fizycznej  
**Data:** 2015-12-06  
**Miejsce:** Jamno  
**Dystans:** 5 km



Klasyfikacja: K-18

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	FRONTCZAK Izabela	416	4RUN TKKF KOSZALIN	K-18	1	00:03:59	00:22:14.05	00:26:13.35		4:26	13.5 (100%)
2	ŁUKASIEWICZ Ewelina	414		K-18	2	00:04:09	00:23:46.20	00:27:55.20	+00:01:32 (6.5%)	4:45	12.6 (93.3%)
3	CHORAŻY Karolina	90		K-18	3	00:03:56	00:23:47.10	00:27:43.65	+00:01:33 (6.5%)	4:45	12.6 (93.3%)
4	SADOWSKA Justyna	91		K-18	4	00:04:01	00:23:49.15	00:27:51.00	+00:01:35 (6.7%)	4:46	12.6 (93.3%)
5	MRUGALSKA Magdalena	284	JW1223	K-18	5	00:04:24	00:24:34.15	00:28:59.05	+00:02:20 (9.5%)	4:55	12.2 (90.4%)
6	MAZURKIEWICZ Jolanta	232		K-18	6	00:04:10	00:24:49.80	00:29:00.75	+00:02:35 (10.5%)	4:58	12.1 (89.6%)
7	BROVCHENKO Sylwia	421	ŚWIAT PŁYTEK U KRYSPIŃA	K-18	7	00:04:12	00:25:35.95	00:29:48.50	+00:03:21 (13.1%)	5:07	11.7 (86.7%)
8	LEMAŃCZYK Alina	432	DORIAN TEAM	K-18	8	00:04:23	00:25:41.45	00:30:04.45	+00:03:27 (13.5%)	5:08	11.7 (86.7%)
9	SKOBIEJ Małgorzata	385		K-18	9	00:04:05	00:26:16.80	00:30:22.55	+00:04:02 (15.4%)	5:15	11.4 (84.4%)
10	BABIŃSKA Natalia	387		K-18	10	00:04:05	00:26:18.20	00:30:24.15	+00:04:04 (15.5%)	5:15	11.4 (84.4%)
11	HRANKOWSKA Monika	41		K-18	11	00:04:19	00:26:40.10	00:30:59.35	+00:04:26 (16.6%)	5:20	11.3 (83.7%)
12	JANKOWSKA Monika	254	FOLLOW ME SZCZECINEK	K-18	12	00:04:20	00:26:58.00	00:31:18.25	+00:04:43 (17.5%)	5:23	11.1 (82.2%)
13	RETKA Natalia	390		K-18	13	00:04:09	00:27:08.35	00:31:17.80	+00:04:54 (18.1%)	5:25	11.1 (82.2%)
14	CHOŁUJ Joanna	20		K-18	14	00:04:12	00:27:17.35	00:31:29.55	+00:05:03 (18.5%)	5:27	11 (81.5%)
15	SOKOŁOWSKA Małgorzata	24		K-18	15	00:04:14	00:27:35.55	00:31:49.90	+00:05:21 (19.4%)	5:31	10.9 (80.7%)
16	SZYCA Małgorzata	375		K-18	16	00:04:10	00:27:51.70	00:32:01.95	+00:05:37 (20.2%)	5:34	10.8 (80.0%)
17	NALEŚNIK Agata	59	MW CONSTRUCTION TEAM	K-18	17	00:04:33	00:28:46.00	00:33:19.15	+00:06:31 (22.7%)	5:45	10.4 (77.0%)
18	JACHNA Katarzyna	117		K-18	18	00:04:10	00:28:48.70	00:32:59.45	+00:06:34 (22.8%)	5:45	10.4 (77.0%)
19	ŁOSIEWICZ Paulina	353		K-18	19	00:03:56	00:28:56.20	00:32:52.55	+00:06:42 (23.2%)	5:47	10.4 (77.0%)
20	JAKUBCZYK Agnieszka	84	BABECZKI KOSZALIN	K-18	20	00:04:25	00:28:56.35	00:33:22.10	+00:06:42 (23.2%)	5:47	10.4 (77.0%)
21	KALECZYC Joanna	309		K-18	21	00:04:20	00:28:59.00	00:33:19.50	+00:06:44 (23.3%)	5:47	10.4 (77.0%)
22	GRAJ Joanna	265		K-18	22	00:04:30	00:29:00.00	00:33:30.75	+00:06:45 (23.3%)	5:48	10.3 (76.3%)
23	PASEK Paula	257		K-18	23	00:04:22	00:29:32.70	00:33:54.95	+00:07:18 (24.7%)	5:54	10.2 (75.6%)

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24	<b>PEWIŃSKA Justyna</b>	<b>248</b>		K-18	24	00:04:12	<b>00:29:45.05</b>	<b>00:33:57.95</b>	+00:07:31 (25.3%)	5:57	10.1 (74.8%)
25	<b>JAKUBOWSKA Anna</b>	<b>230</b>		K-18	25	00:04:16	<b>00:30:14.20</b>	<b>00:34:30.35</b>	+00:08:00 (26.5%)	6:02	9.9 (73.3%)
26	<b>DĄBROWSKA Katarzyna</b>	<b>5</b>	ROZBIEGANY KOSZALIN	K-18	26	00:04:15	<b>00:30:16.20</b>	<b>00:34:31.75</b>	+00:08:02 (26.5%)	6:03	9.9 (73.3%)
27	<b>MICHALCZYK Małgorzata</b>	<b>191</b>	KLUB	K-18	27	00:04:05	<b>00:30:42.65</b>	<b>00:34:48.40</b>	+00:08:28 (27.6%)	6:08	9.8 (72.6%)
28	<b>WESOŁY Małgorzata</b>	<b>76</b>		K-18	28	00:04:28	<b>00:31:34.10</b>	<b>00:36:02.20</b>	+00:09:20 (29.6%)	6:18	9.5 (70.4%)
29	<b>CZARNECKA Paulina</b>	<b>305</b>		K-18	29	00:04:25	<b>00:31:38.70</b>	<b>00:36:04.05</b>	+00:09:24 (29.7%)	6:19	9.5 (70.4%)
30	<b>BAGIŃSKA Agnieszka</b>	<b>143</b>	BAJADERKI KOSZALIN	K-18	30	00:04:28	<b>00:32:37.70</b>	<b>00:37:06.25</b>	+00:10:23 (31.9%)	6:31	9.2 (68.1%)
31	<b>KŁYK Olimpia</b>	<b>109</b>	DZIKI KOSZALIN	K-18	31	00:04:02	<b>00:34:25.05</b>	<b>00:38:27.25</b>	+00:12:11 (35.4%)	6:53	8.7 (64.4%)

Znaleziono 31 wynik(ów)