



## BIEG MIKOŁAJKOWY - 5KM

B4SPORT

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



Klasyfikacja: K-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	KOTARA-PAŁKA Małgorzata	213		K-30	1	00:03:58	00:20:20.00	00:24:18.55		4:04	14.8 (100%)
2	CHODOR Martyna	442	4RUN TTKF KOSZALIN	K-30	2	00:03:57	00:22:16.50	00:26:14.10	+00:01:56 (8.7%)	4:27	13.5 (91.2%)
3	MERDA Katarzyna	283	MTS HAMER MIASTKO	K-30	3	00:04:02	00:22:41.80	00:26:44.05	+00:02:21 (10.4%)	4:32	13.2 (89.2%)
4	GÓRA Agnieszka	330		K-30	4	00:04:06	00:23:01.40	00:27:08.15	+00:02:41 (11.7%)	4:36	13 (87.8%)
5	SZABLA Ewelina	135		K-30	5	00:04:02	00:23:03.80	00:27:06.50	+00:02:43 (11.8%)	4:36	13 (87.8%)
6	MALINOWSKA Agnieszka	339	CIOTECZKI.PL	K-30	6	00:04:08	00:23:08.25	00:27:16.45	+00:02:48 (12.1%)	4:37	13 (87.8%)
7	MACHELSKA Sylwia	327	PGB SPORTOWA PACZKA	K-30	7	00:03:57	00:23:25.25	00:27:22.90	+00:03:05 (13.2%)	4:41	12.8 (86.5%)
8	HAŁAJKO Magdalena	365	BABECZKI	K-30	8	00:04:15	00:23:32.75	00:27:48.40	+00:03:12 (13.6%)	4:42	12.7 (85.8%)
9	JANICKA Katarzyna	122	BAJADERKI KOSZALIN	K-30	9	00:04:04	00:23:33.50	00:27:38.05	+00:03:13 (13.7%)	4:42	12.7 (85.8%)
10	SACHARZEWSKA Anna	210		K-30	10	00:04:11	00:24:12.70	00:28:24.55	+00:03:52 (16.0%)	4:50	12.4 (83.8%)
11	MĘDEL Marta	180		K-30	11	00:04:12	00:24:19.50	00:28:32.10	+00:03:59 (16.4%)	4:52	12.3 (83.1%)
12	DĄBROWSKA Anna	209		K-30	12	00:04:16	00:24:37.20	00:28:53.25	+00:04:17 (17.4%)	4:55	12.2 (82.4%)
13	PETA Renata	275	MTS HAMER MIASTKO	K-30	13	00:04:05	00:25:10.70	00:29:15.85	+00:04:50 (19.2%)	5:02	11.9 (80.4%)
14	HOC Agnieszka	1		K-30	14	00:04:06	00:25:15.70	00:29:21.85	+00:04:55 (19.5%)	5:03	11.9 (80.4%)
15	POLAŃSKA Katarzyna	105	DZIKI KOSZALIN	K-30	15	00:04:03	00:25:42.35	00:29:46.10	+00:05:22 (20.9%)	5:08	11.7 (79.1%)
16	ORŁOWSKA Małgorzata	101	DZIKI KOSZALIN	K-30	16	00:04:04	00:25:55.05	00:29:59.45	+00:05:35 (21.5%)	5:11	11.6 (78.4%)
17	WALCZAK Agnieszka	56		K-30	17	00:04:15	00:25:58.90	00:30:14.05	+00:05:38 (21.7%)	5:11	11.5 (77.7%)
18	JANKIEWICZ Helena	343	MTS HAMER MIASTKO	K-30	18	00:04:03	00:26:03.75	00:30:06.90	+00:05:43 (22.0%)	5:12	11.5 (77.7%)
19	FIJAŁKOWSKA Małgorzata	154	TEAM BIEGOWY SZCZECINEK	K-30	19	00:04:03	00:26:35.85	00:30:39.65	+00:06:15 (23.6%)	5:19	11.3 (76.4%)
20	MROCZKOWSKA Marta	39		K-30	20	00:04:19	00:27:21.85	00:31:41.65	+00:07:01 (25.7%)	5:28	11 (74.3%)
21	WAWRZYNIUK-NOWACZYK Anna	311		K-30	21	00:04:36	00:27:23.25	00:32:00.10	+00:07:03 (25.8%)	5:28	10.9 (73.6%)
22	HIROWICZ Agnieszka	17		K-30	22	00:04:14	00:27:25.50	00:31:39.50	+00:07:05 (25.9%)	5:29	10.9 (73.6%)
23	GZELA Olga	89	BIEGNIJMY.PL	K-30	23	00:04:21	00:27:38.95	00:32:00.90	+00:07:18 (26.5%)	5:31	10.8 (73.0%)

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24	<b>KOBUS Emilia</b>	<b>49</b>		K-30	24	00:04:05	<b>00:28:02.90</b>	<b>00:32:08.10</b>	+00:07:42 (27.5%)	5:36	10.7 (72.3%)
25	<b>PSTRAĞOWSKA Marlena</b>	<b>77</b>		K-30	25	00:04:07	<b>00:28:03.15</b>	<b>00:32:10.55</b>	+00:07:43 (27.5%)	5:36	10.7 (72.3%)
26	<b>KOMOROWSKA Beata</b>	<b>137</b>		K-30	26	00:04:31	<b>00:28:13.80</b>	<b>00:32:45.40</b>	+00:07:53 (28.0%)	5:38	10.6 (71.6%)
27	<b>KREIS-GROCHOWSKA Dominika</b>	<b>377</b>		K-30	27	00:04:09	<b>00:28:52.30</b>	<b>00:33:01.55</b>	+00:08:32 (29.6%)	5:46	10.4 (70.3%)
28	<b>SAWICKA Justyna</b>	<b>357</b>		K-30	28	00:04:33	<b>00:28:58.75</b>	<b>00:33:31.75</b>	+00:08:38 (29.8%)	5:47	10.4 (70.3%)
29	<b>WŁAŚNIAK Jowita</b>	<b>107</b>	DZIKI KOSZALIN	K-30	29	00:04:02	<b>00:29:11.60</b>	<b>00:33:14.40</b>	+00:08:51 (30.3%)	5:50	10.3 (69.6%)
30	<b>PLATA Katarzyna</b>	<b>12</b>		K-30	30	00:04:27	<b>00:29:24.35</b>	<b>00:33:52.15</b>	+00:09:04 (30.9%)	5:53	10.2 (68.9%)
31	<b>IWANKIEWICZ Justyna</b>	<b>316</b>		K-30	31	00:04:08	<b>00:30:12.45</b>	<b>00:34:20.95</b>	+00:09:52 (32.7%)	6:02	9.9 (66.9%)
32	<b>SZCZYGIELSKA Aleksandra</b>	<b>411</b>		K-30	32	00:04:32	<b>00:30:26.90</b>	<b>00:34:59.40</b>	+00:10:06 (33.2%)	6:05	9.9 (66.9%)
33	<b>JUSZCZYK Agnieszka</b>	<b>139</b>		K-30	33	00:04:32	<b>00:30:34.10</b>	<b>00:35:06.15</b>	+00:10:14 (33.5%)	6:06	9.8 (66.2%)
34	<b>WANAGO Anna</b>	<b>380</b>	DORIAN TEAM	K-30	34	00:04:24	<b>00:30:45.80</b>	<b>00:35:09.95</b>	+00:10:25 (33.9%)	6:09	9.8 (66.2%)
35	<b>SZAFIROWICZ-CHOJNACKA Paulina</b>	<b>118</b>		K-30	35	00:04:03	<b>00:31:00.45</b>	<b>00:35:04.05</b>	+00:10:40 (34.4%)	6:12	9.7 (65.5%)
36	<b>NOWACKA Elżbieta</b>	<b>138</b>		K-30	36	00:04:29	<b>00:31:04.20</b>	<b>00:35:33.70</b>	+00:10:44 (34.6%)	6:12	9.7 (65.5%)
37	<b>FELKOWSKA Karolina</b>	<b>11</b>		K-30	37	00:04:27	<b>00:31:05.90</b>	<b>00:35:33.40</b>	+00:10:45 (34.6%)	6:13	9.6 (64.9%)
38	<b>ŁUKASZEWICZ Aleksandra</b>	<b>95</b>	DZIKI KOSZALIN	K-30	38	00:04:07	<b>00:31:07.20</b>	<b>00:35:14.50</b>	+00:10:47 (34.7%)	6:13	9.6 (64.9%)
39	<b>KRAMARZ Aneta</b>	<b>80</b>	ROSSBIEGANI	K-30	39	00:04:24	<b>00:31:23.95</b>	<b>00:35:48.45</b>	+00:11:03 (35.2%)	6:16	9.6 (64.9%)
40	<b>FORNAL- ZIENKIEWICZ Aneta</b>	<b>306</b>		K-30	40	00:04:24	<b>00:31:38.85</b>	<b>00:36:03.60</b>	+00:11:18 (35.8%)	6:19	9.5 (64.2%)
41	<b>MOŻEJKO Anna</b>	<b>35</b>	BABECZKI.PL	K-30	41	00:04:25	<b>00:31:46.10</b>	<b>00:36:11.75</b>	+00:11:26 (36.0%)	6:21	9.4 (63.5%)
41	<b>STEC Edyta</b>	<b>65</b>	BABECZKI.PL	K-30	42	00:04:25	<b>00:31:46.10</b>	<b>00:36:11.75</b>	+00:11:26 (36.0%)	6:21	9.4 (63.5%)
43	<b>ŁUBNIEWSKA Natalia</b>	<b>141</b>		K-30	43	00:04:32	<b>00:32:21.90</b>	<b>00:36:54.05</b>	+00:12:01 (37.2%)	6:28	9.3 (62.8%)
44	<b>CHODOR Izabela</b>	<b>443</b>	4RUN TTKF KOSZALIN	K-30	44	00:04:28	<b>00:32:37.45</b>	<b>00:37:05.85</b>	+00:12:17 (37.7%)	6:31	9.2 (62.2%)
45	<b>KRUK Anna</b>	<b>278</b>	BABECZKI KOSZALIN	K-30	45	00:04:25	<b>00:32:40.65</b>	<b>00:37:05.95</b>	+00:12:20 (37.8%)	6:32	9.2 (62.2%)
46	<b>KOŁODZIEJCZAK Agnieszka</b>	<b>247</b>	PARKRUN SZCZECINEK	K-30	46	00:04:18	<b>00:32:49.60</b>	<b>00:37:07.95</b>	+00:12:29 (38.1%)	6:33	9.1 (61.5%)
47	<b>ZASIMOWSKA Edyta</b>	<b>82</b>	LILAART	K-30	47	00:04:22	<b>00:33:23.30</b>	<b>00:37:45.40</b>	+00:13:03 (39.1%)	6:40	9 (60.8%)
48	<b>BORYSIEWICZ Joanna</b>	<b>236</b>	CIOTECZKI.PL	K-30	48	00:04:10	<b>00:37:50.50</b>	<b>00:42:00.95</b>	+00:17:30 (46.3%)	7:34	7.9 (53.4%)
49	<b>WADAS Magdalena</b>	<b>348</b>	CIOTECZKI.PL	K-30	49	00:04:09	<b>00:37:51.15</b>	<b>00:42:01.05</b>	+00:17:31 (46.3%)	7:34	7.9 (53.4%)
50	<b>WILKOWSKA Małgorzata</b>	<b>74</b>		K-30	50	00:04:22	<b>00:37:57.60</b>	<b>00:42:20.50</b>	+00:17:37 (46.4%)	7:35	7.9 (53.4%)
51	<b>WILKOWSKA Beata</b>	<b>157</b>		K-30	51	00:04:24	<b>00:38:56.60</b>	<b>00:43:20.70</b>	+00:18:36 (47.8%)	7:47	7.7 (52.0%)
52	<b>KALOCIŃSKA Sylwia</b>	<b>46</b>	ROZBIEGANY KOSZALIN	K-30	52	00:04:19	<b>00:40:28.00</b>	<b>00:44:47.65</b>	+00:20:08 (49.8%)	8:05	7.4 (50.0%)

Znaleziono 52 wynik(ów)