



BIEG MIKOŁAJKOWY - 5KM

B4SPORT

Organizator: Rada Osiedla Jamno - Łabusz, Koszalińskie
Towarzystwo Krzewienia Kultury Fizycznej
Data: 2016-12-04
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: K-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike_All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	CHODOR Martyna	31	TKKF KOSZALIN	K-30	1	00:00:08	00:10:23	00:21:29.45	00:21:37.45		4:17	14 (100%)
2	NIEWIŃSKA-SĘK Monika	192		K-30	2	00:00:06	00:10:53	00:22:46.80	00:22:53.65	+00:01:17 (5.7%)	4:33	13.2 (94.3%)
3	SZABLA Ewelina	342		K-30	3	00:00:11	00:11:05	00:23:10.15	00:23:21.90	+00:01:40 (7.2%)	4:38	12.9 (92.1%)
4	NIECKARZ Monika	188		K-30	4	00:00:28	00:11:31	00:23:13.15	00:23:42.10	+00:01:43 (7.4%)	4:38	12.9 (92.1%)
5	CHODOR Izabela	30		K-30	5	00:00:12	00:11:37	00:23:29.30	00:23:42.20	+00:01:59 (8.5%)	4:42	12.8 (91.4%)
6	SZUBERT Agnieszka	276	KOŁOBRZEG BIEGA	K-30	6	00:00:22	00:12:05	00:24:23.60	00:24:46.30	+00:02:54 (11.9%)	4:52	12.3 (87.9%)
7	BORKOWSKA-KOWALCZYK Daria	341	WOMENS FIGHT CLUB KOSZALIN	K-30	7	00:00:19	00:11:51	00:24:39.55	00:24:59.10	+00:03:10 (12.8%)	4:56	12.2 (87.1%)
8	GRABOWSKA-LESISZ Aneta	64		K-30	8	00:00:16	00:11:51	00:24:49.60	00:25:06.25	+00:03:20 (13.4%)	4:58	12.1 (86.4%)
9	HOC Agnieszka	69		K-30	9	00:00:12	00:11:57	00:24:49.75	00:25:02.50	+00:03:20 (13.4%)	4:58	12.1 (86.4%)
10	HRYHOROWICZ Joanna	72	NIGHT RUNNERS SŁUPSK	K-30	10	00:00:37	00:12:31	00:25:19.70	00:25:57.00	+00:03:50 (15.2%)	5:04	11.8 (84.3%)
11	LEWICZ Ewa	148		K-30	11	00:00:15	00:12:06	00:25:23.40	00:25:39.25	+00:03:53 (15.4%)	5:04	11.8 (84.3%)
12	ORZEŁ Anna Justyna	200	TKKF KOSZALIN	K-30	12	00:00:09	00:12:34	00:25:42.65	00:25:52.10	+00:04:13 (16.4%)	5:08	11.7 (83.6%)
13	BRYGAŁA Magdalena	26		K-30	13	00:00:32	00:12:17	00:25:55.90	00:26:28.85	+00:04:26 (17.1%)	5:11	11.6 (82.9%)
14	PSTRAĞOWSKA Marlena	225	BIEGNIJMY.PL	K-30	14	00:00:12	00:12:38	00:26:11.70	00:26:24.00	+00:04:42 (18.0%)	5:14	11.5 (82.1%)
15	SZYMAŃSKA Agnieszka	282		K-30	15	00:00:12	00:12:53	00:26:12.85	00:26:25.75	+00:04:43 (18.0%)	5:14	11.4 (81.4%)
16	BARANOWSKA Karolina	6		K-30	16	00:00:13	00:12:26	00:26:21.90	00:26:35.20	+00:04:52 (18.5%)	5:16	11.4 (81.4%)
17	MICHALAK Anna	170		K-30	17	00:00:32	00:12:51	00:26:29.25	00:27:02.20	+00:04:59 (18.9%)	5:18	11.3 (80.7%)
18	ZAKIELARZ Anna	320		K-30	18	00:00:08	00:12:26	00:26:37.85	00:26:46.50	+00:05:08 (19.3%)	5:19	11.3 (80.7%)
19	JABŁOŃSKA Katarzyna	75		K-30	19	00:00:21	00:12:54	00:26:42.75	00:27:04.45	+00:05:13 (19.5%)	5:20	11.2 (80.0%)
20	WEJNER-POLASIK Ewelina	301	TEAM BIEGOWY SZCZECINEK	K-30	20	00:00:23	00:13:24	00:26:49.60	00:27:13.55	+00:05:20 (19.9%)	5:22	11.2 (80.0%)
21	KOLIGAT Anna	111		K-30	21	00:00:18	00:12:56	00:26:51.35	00:27:09.90	+00:05:21 (20.0%)	5:22	11.2 (80.0%)
22	NOWAK Sylwia	194	CZARNE BIEGA	K-30	22	00:00:19	00:12:36	00:26:52.25	00:27:11.90	+00:05:22 (20.0%)	5:22	11.2 (80.0%)
23	MAZUREK Barbara	162	BABECZKI KOSZALIN	K-30	23	00:00:36	00:12:56	00:26:55.30	00:27:31.50	+00:05:25 (20.2%)	5:23	11.1 (79.3%)
24	MOJSIEWICZ Anna	177		K-30	24	00:00:12	00:13:10	00:27:12.05	00:27:24.75	+00:05:42 (21.0%)	5:26	11 (78.6%)
25	PAWŁOWSKA Urszula	213		K-30	25	00:00:37	00:13:30	00:27:16.60	00:27:54.50	+00:05:47 (21.2%)	5:27	11 (78.6%)
26	DOMAŃSKA Katarzyna	42		K-30	26	00:00:24	00:13:26	00:27:29.55	00:27:53.90	+00:06:00 (21.8%)	5:29	10.9 (77.9%)
27	WOLF Beata	315	BIGYELLOWFOOT ADVENTURE TEAM	K-30	27	00:00:33	00:13:35	00:27:42.35	00:28:16.25	+00:06:12 (22.4%)	5:32	10.8 (77.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike_All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
28	MICHALAK Kamila	169		K-30	28	00:00:23	00:13:04	00:27:43.60	00:28:06.80	+00:06:14 (22.5%)	5:32	10.8 (77.1%)
29	URBAŃSKA Anetta	292		K-30	29	00:00:13	00:13:15	00:27:55.25	00:28:09.10	+00:06:25 (23.0%)	5:35	10.7 (76.4%)
30	KOMOROWSKA Beata	113	ROZBIEGANY KOSZALIN	K-30	30	00:00:29	00:13:38	00:28:00.15	00:28:29.30	+00:06:30 (23.3%)	5:36	10.7 (76.4%)
31	KOBUS-MALAŃCZ Agnieszka	109		K-30	31	00:00:18	00:13:27	00:28:05.60	00:28:24.50	+00:06:36 (23.5%)	5:37	10.7 (76.4%)
32	BONISŁAWSKA Małgorzata	20	ZUZIA&ZOSIA	K-30	32	00:00:29	00:13:36	00:28:20.85	00:28:49.85	+00:06:51 (24.2%)	5:40	10.6 (75.7%)
33	FIJAŁKOWSKA Małgorzata	50	TEAM BIEGOWY SZCZECINEK	K-30	33	00:00:24	00:14:16	00:28:29.20	00:28:53.75	+00:06:59 (24.6%)	5:41	10.5 (75.0%)
34	BACHORSKA Dorota	4		K-30	34	00:00:27	00:14:17	00:29:10.70	00:29:38.00	+00:07:41 (26.3%)	5:50	10.3 (73.6%)
35	MATUSZAK Agnieszka	160		K-30	35	00:00:13	00:13:30	00:29:31.25	00:29:44.50	+00:08:01 (27.2%)	5:54	10.2 (72.9%)
36	BIEŁĘDA Karolina	16	RAMS TRAINING HOUS KOŁOBRZEG	K-30	36	00:00:24	00:14:29	00:29:38.70	00:30:02.75	+00:08:09 (27.5%)	5:55	10.1 (72.1%)
37	PASEK Paula	209		K-30	37	00:00:28	00:14:27	00:29:50.30	00:30:18.50	+00:08:20 (28.0%)	5:58	10.1 (72.1%)
38	STANCZEWSKA Karolina	259		K-30	38	00:00:16	00:14:00	00:30:14.00	00:30:30.70	+00:08:44 (28.9%)	6:02	9.9 (70.7%)
39	KORZYŃIEWSKA Anna	119		K-30	39	00:00:30	00:14:58	00:30:21.15	00:30:51.40	+00:08:51 (29.2%)	6:04	9.9 (70.7%)
40	MALINOWSKA Agnieszka	156	CIOTECZKI.PL	K-30	40	00:00:20	00:14:43	00:30:22.20	00:30:42.90	+00:08:52 (29.2%)	6:04	9.9 (70.7%)
41	STEC Edyta	262	BABECZKI KOSZALIN	K-30	41	00:00:36	00:14:43	00:30:23.80	00:31:00.65	+00:08:54 (29.3%)	6:04	9.9 (70.7%)
42	MOŻEJKO Anna	181	BABECZKI KOSZALIN	K-30	42	00:00:36	00:14:43	00:30:23.85	00:31:00.70	+00:08:54 (29.3%)	6:04	9.9 (70.7%)
43	FELKOWSKA Karolina	353		K-30	43	00:00:30	00:14:57	00:32:07.35	00:32:37.90	+00:10:37 (33.1%)	6:25	9.3 (66.4%)
44	MIKLASIŃSKA Monika	175	SŁAWNO	K-30	44	00:00:28	00:17:58	00:35:03.25	00:35:31.80	+00:13:33 (38.7%)	7:00	8.6 (61.4%)
45	GARBACZ-ZATORSKA Milena	54		K-30	45	00:00:12	00:16:22	00:36:17.00	00:36:29.15	+00:14:47 (40.8%)	7:15	8.3 (59.3%)
	ZIÓŁKOWSKA Swietłana	331	OSP SYPNIEWO	K-30		DNF	DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 46 wynik(ów)