



BIEG MIKOŁAJKOWY - 5KM

B4SPORT

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



Klasyfikacja: K-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	KONIECZNA Anka	324	ROZBIEGANY KOSZALIN	K-40	1	00:04:14	00:22:53.40	00:27:07.75		4:34	13.1 (100%)
2	ŁANGOWSKA Iwona	294	KOŁOBRZEG BIEGA	K-40	2	00:04:00	00:25:16.50	00:29:17.05	+00:02:23 (9.4%)	5:03	11.9 (90.8%)
3	MATYJASEK Lucyna	280		K-40	3	00:04:07	00:25:24.85	00:29:32.15	+00:02:31 (9.9%)	5:05	11.8 (90.1%)
4	ZIENTARSKA Joanna	420	WIAT PŁYTEK U KRYSPIŃ	K-40	4	00:04:12	00:25:36.65	00:29:49.15	+00:02:43 (10.6%)	5:07	11.7 (89.3%)
5	SZTORC-KACHLIĆKA Marzena	94		K-40	5	00:04:16	00:25:38.95	00:29:55.10	+00:02:45 (10.8%)	5:07	11.7 (89.3%)
6	NOWAK-IGNACAK Monika	129		K-40	6	00:04:17	00:25:56.35	00:30:13.50	+00:03:02 (11.8%)	5:11	11.6 (88.5%)
7	CZYŻEWSKA Beata	126	KOŁOBRZEG BIEGA MARATON TEAM	K-40	7	00:04:01	00:26:22.40	00:30:23.70	+00:03:29 (13.2%)	5:16	11.4 (87.0%)
8	MOMOT Anetta	228		K-40	8	00:04:21	00:26:23.40	00:30:44.95	+00:03:30 (13.3%)	5:16	11.4 (87.0%)
9	VON BARDELEBEN Agnieszka	44	BABECZKI KOSZALIN	K-40	9	00:04:20	00:26:23.95	00:30:44.90	+00:03:30 (13.3%)	5:16	11.4 (87.0%)
10	WITKA Grażyna	193	KLUB ŁEBA MORS POLAND	K-40	10	00:04:17	00:26:24.60	00:30:42.10	+00:03:31 (13.3%)	5:17	11.4 (87.0%)
11	RADLIŃSKA Alicja	360	PUPIL KOSZALIN	K-40	11	00:04:03	00:26:28.35	00:30:31.95	+00:03:34 (13.5%)	5:17	11.3 (86.3%)
12	SZYMAŃSKA Ewa	229	TEAM BIEGOWY SZCZECINEK	K-40	12	00:04:03	00:26:35.65	00:30:39.60	+00:03:42 (13.9%)	5:19	11.3 (86.3%)
13	TROSKOWSKA Ewa	323		K-40	13	00:04:06	00:26:47.40	00:30:54.25	+00:03:54 (14.6%)	5:21	11.2 (85.5%)
14	DĄBROWSKA Alicja	4	ROZBIEGANY KOSZALIN	K-40	14	00:04:14	00:27:06.00	00:31:20.95	+00:04:12 (15.5%)	5:25	11.1 (84.7%)
15	WOCH Małgorzata	102		K-40	15	00:04:06	00:27:34.15	00:31:40.50	+00:04:40 (17.0%)	5:30	10.9 (83.2%)
16	DUK Magdalena	325		K-40	16	00:04:07	00:27:34.65	00:31:41.65	+00:04:41 (17.0%)	5:30	10.9 (83.2%)
17	TREJDER Maria	121	BAJADERKI KOSZALIN	K-40	17	00:04:29	00:28:29.75	00:32:59.05	+00:05:36 (19.7%)	5:42	10.5 (80.2%)
18	BORSUK Dorota	244		K-40	18	00:04:11	00:28:49.85	00:33:01.00	+00:05:56 (20.6%)	5:46	10.4 (79.4%)
19	SULIGA-KRAKOWIAK Agnieszka	173		K-40	19	00:04:21	00:28:53.65	00:33:14.70	+00:06:00 (20.8%)	5:46	10.4 (79.4%)
20	BŁOŃSKA Agnieszka	81	BABECZKI KOSZALIN	K-40	20	00:04:26	00:28:56.35	00:33:22.35	+00:06:02 (20.9%)	5:47	10.4 (79.4%)
21	RASZPLA Ilona	337	CIOTECZKI.PL	K-40	21	00:04:09	00:28:57.80	00:33:06.80	+00:06:04 (21.0%)	5:47	10.4 (79.4%)
22	WIKTOROWICZ Małgorzata	336	CIOTECZKI.PL	K-40	22	00:04:09	00:28:58.50	00:33:08.05	+00:06:05 (21.0%)	5:47	10.4 (79.4%)
23	DĘBOWSKA-SZCZYTKOWSKA Izabella	202	K.B.SPRINT WIDWIN	K-40	23	00:04:14	00:29:22.80	00:33:37.30	+00:06:29 (22.1%)	5:52	10.2 (77.9%)

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24	BUDZYŃSKA Elżbieta	388	BBL SŁUPSK	K-40	24	00:04:06	00:29:40.30	00:33:46.65	+00:06:46 (22.9%)	5:56	10.1 (77.1%)
25	GAWIECKA Mariola	7		K-40	25	00:04:00	00:29:49.05	00:33:49.60	+00:06:55 (23.2%)	5:57	10.1 (77.1%)
26	WOŹNIAK Honorata	169	WWW.LIMO300C.COM	K-40	26	00:04:29	00:30:14.70	00:34:44.30	+00:07:21 (24.3%)	6:03	9.9 (75.6%)
27	POLAŃSKA Małgorzata	239		K-40	27	00:04:08	00:30:17.10	00:34:25.50	+00:07:23 (24.4%)	6:03	9.9 (75.6%)
28	GÓRECKA Joanna	342		K-40	28	00:04:09	00:30:41.10	00:34:50.30	+00:07:47 (25.4%)	6:08	9.8 (74.8%)
29	KURCZ Barbara	19	BABECZKI KOSZALIN	K-40	29	00:04:26	00:31:22.55	00:35:49.00	+00:08:29 (27.0%)	6:16	9.6 (73.3%)
30	KUREK Iwona	307	ROZBIEGANY KOSZALIN	K-40	30	00:04:33	00:32:06.55	00:36:40.35	+00:09:13 (28.7%)	6:25	9.3 (71.0%)
31	STASZEWSKA Aneta	406		K-40	31	00:04:18	00:32:50.10	00:37:08.45	+00:09:56 (30.3%)	6:34	9.1 (69.5%)
32	ZIĘTALA Danuta	261	KĄPIELE NA SPONTANIE	K-40	32	00:04:21	00:33:29.95	00:37:51.50	+00:10:36 (31.7%)	6:42	9 (68.7%)
33	KRAWCZUK-KIEŁB Anna	172		K-40	33	00:04:21	00:34:31.05	00:38:52.70	+00:11:37 (33.7%)	6:54	8.7 (66.4%)
34	LORENZ Renata	362		K-40	34	00:04:22	00:34:31.90	00:38:54.85	+00:11:38 (33.7%)	6:54	8.7 (66.4%)
35	FORNALAK Elżbieta	218		K-40	35	00:04:34	00:36:38.85	00:41:12.95	+00:13:45 (37.5%)	7:19	8.2 (62.6%)

Znaleziono 35 wynik(ów)