



BIEG MIKOŁAJKOWY - 5KM

B4SPORT

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



Klasyfikacja: K-OPEN

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	SZABAŁOWSKA Małgorzata	268		K-16	1	00:00:08	00:09:15	00:19:20.05	00:19:28.50		3:52	15.5 (100%)
2	PASIEKA Agnieszka	211	K.B. SPRINT ŚWIDWIN	K-16	2	00:00:11	00:10:15	00:20:57.30	00:21:08.45	+00:01:37 (7.7%)	4:11	14.3 (92.3%)
3	FRONTCZAK Izabela	53	TKKF KOSZALIN	K-16	3	00:00:10	00:10:13	00:21:08.30	00:21:18.55	+00:01:48 (8.5%)	4:13	14.2 (91.6%)
4	CHODOR Martyna	31	TKKF KOSZALIN	K-30	1	00:00:08	00:10:23	00:21:29.45	00:21:37.45	+00:02:09 (10.0%)	4:17	14 (90.3%)
5	SZUBERT Julia	277	KOŁOBRZEG BIEGA	K-16	4	00:00:22	00:11:04	00:22:14.75	00:22:37.30	+00:02:54 (13.1%)	4:27	13.5 (87.1%)
6	BENTKOWSKA Natalia	349	CSSP KOSZALIN	K-16	5	00:00:07	00:10:53	00:22:32.10	00:22:39.35	+00:03:12 (14.2%)	4:30	13.3 (85.8%)
7	NIEWIŃSKA-SĘK Monika	192		K-30	2	00:00:06	00:10:53	00:22:46.80	00:22:53.65	+00:03:26 (15.1%)	4:33	13.2 (85.2%)
8	OSIŃSKA Anna	201	ACTIVE MALBORK	K-16	6	00:00:16	00:11:28	00:22:55.80	00:23:12.10	+00:03:35 (15.7%)	4:35	13.1 (84.5%)
9	SZABLA Ewelina	342		K-30	3	00:00:11	00:11:05	00:23:10.15	00:23:21.90	+00:03:50 (16.6%)	4:38	12.9 (83.2%)
10	NIECKARZ Monika	188		K-30	4	00:00:28	00:11:31	00:23:13.15	00:23:42.10	+00:03:53 (16.7%)	4:38	12.9 (83.2%)
11	MRUGALSKA Magdalena	344	JW1223	K-16	7	00:00:21	00:11:15	00:23:15.50	00:23:37.00	+00:03:55 (16.9%)	4:39	12.9 (83.2%)
12	GARSKA Joanna	55	ŚWIAT PŁYTEK U KRYSPIŃSKA	K-40	1	00:00:14	00:11:21	00:23:19.35	00:23:33.35	+00:03:59 (17.1%)	4:39	12.9 (83.2%)
13	KRZEWIŃSKA Małgorzata	131	TKKF KOSZALIN	K-50	1	00:00:17	00:11:18	00:23:20.95	00:23:38.35	+00:04:00 (17.2%)	4:40	12.8 (82.6%)
14	CHODOR Izabela	30		K-30	5	00:00:12	00:11:37	00:23:29.30	00:23:42.20	+00:04:09 (17.7%)	4:42	12.8 (82.6%)

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15	SZUBERT Agnieszka	276	KOŁOBRZEG BIEGA	K-30	6	00:00:22	00:12:05	00:24:23.60	00:24:46.30	+00:05:03 (20.7%)	4:52	12.3 (79.4%)
16	MEJER Aleksandra	164		K-16	8	00:00:06	00:11:50	00:24:29.00	00:24:35.80	+00:05:08 (21.0%)	4:53	12.3 (79.4%)
17	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	+00:05:19 (21.6%)	4:56	12.2 (78.7%)
18	MĘDEL Marta	165		K-40	2	00:00:35	00:12:16	00:24:47.95	00:25:23.65	+00:05:27 (22.0%)	4:57	12.1 (78.1%)
19	GRABOWSKA-LESISZ Aneta	64		K-30	8	00:00:16	00:11:51	00:24:49.60	00:25:06.25	+00:05:29 (22.1%)	4:58	12.1 (78.1%)
20	HOC Agnieszka	69		K-30	9	00:00:12	00:11:57	00:24:49.75	00:25:02.50	+00:05:29 (22.1%)	4:58	12.1 (78.1%)
21	KUBIŃSKA Beata	133	NIGHT RUNNERS SŁUPSK	K-40	3	00:00:13	00:11:54	00:24:50.15	00:25:03.50	+00:05:30 (22.2%)	4:58	12.1 (78.1%)
22	WOJTUCH Małgorzata	314	-	K-16	9	00:00:21	00:11:52	00:25:06.05	00:25:27.35	+00:05:46 (23.0%)	5:01	12 (77.4%)
23	UZNAŃSKA Agata	294	KOŁOBRZEG BIEGA	K-50	2	00:00:23	00:12:18	00:25:09.10	00:25:32.40	+00:05:49 (23.1%)	5:01	11.9 (76.8%)
24	WOCH Małgorzata	309		K-50	3	00:00:20	00:12:18	00:25:16.45	00:25:37.15	+00:05:56 (23.5%)	5:03	11.9 (76.8%)
25	HRYHOROWICZ Joanna	72	NIGHT RUNNERS SŁUPSK	K-30	10	00:00:37	00:12:31	00:25:19.70	00:25:57.00	+00:05:59 (23.7%)	5:04	11.8 (76.1%)
26	LEWICZ Ewa	148		K-30	11	00:00:15	00:12:06	00:25:23.40	00:25:39.25	+00:06:03 (23.9%)	5:04	11.8 (76.1%)
27	NOWAK-IGNACAK Monika	195		K-40	4	00:00:13	00:12:16	00:25:30.00	00:25:43.00	+00:06:09 (24.2%)	5:06	11.8 (76.1%)
28	ORZEŁ Anna Justyna	200	TKKF KOSZALIN	K-30	12	00:00:09	00:12:34	00:25:42.65	00:25:52.10	+00:06:22 (24.8%)	5:08	11.7 (75.5%)
29	SOBALA Anna	254		K-16	10	00:00:26	00:12:44	00:25:44.15	00:26:10.75	+00:06:24 (24.9%)	5:08	11.7 (75.5%)
30	JUSIŃSKA Anna	90		K-40	5	00:00:19	00:12:25	00:25:48.75	00:26:08.10	+00:06:28 (25.1%)	5:09	11.6 (74.8%)
31	WALCZAK Agnieszka	297	TKKF KOSZALIN	K-40	6	00:00:28	00:12:23	00:25:53.05	00:26:21.75	+00:06:33 (25.3%)	5:10	11.6 (74.8%)
32	BRYGAŁA Magdalena	26		K-30	13	00:00:32	00:12:17	00:25:55.90	00:26:28.85	+00:06:35 (25.4%)	5:11	11.6 (74.8%)
33	DĄBROWSKA Alicja	39	TKKF KOSZALIN	K-50	4	00:00:34	00:12:58	00:25:57.10	00:26:31.55	+00:06:37 (25.5%)	5:11	11.6 (74.8%)
34	KUREK Aneta	141		K-40	7	00:00:14	00:12:44	00:26:07.40	00:26:22.20	+00:06:47 (26.0%)	5:13	11.5 (74.2%)
35	PSTRĄGOWSKA Marlena	225	BIEGNIJMY.PL	K-30	14	00:00:12	00:12:38	00:26:11.70	00:26:24.00	+00:06:51 (26.2%)	5:14	11.5 (74.2%)
36	SZYMAŃSKA Agnieszka	282		K-30	15	00:00:12	00:12:53	00:26:12.85	00:26:25.75	+00:06:52 (26.2%)	5:14	11.4 (73.5%)
37	JAROSZ Marzena	87		K-50	5	00:00:13	00:12:52	00:26:14.30	00:26:27.65	+00:06:54 (26.3%)	5:14	11.4 (73.5%)

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38	STOJEWSKA Katarzyna	263	JA_BEZ_SILNA	K-16	11	00:00:13	00:12:26	00:26:21.70	00:26:35.10	+00:07:01 (26.7%)	5:16	11.4 (73.5%)
39	BARANOWSKA Karolina	6		K-30	16	00:00:13	00:12:26	00:26:21.90	00:26:35.20	+00:07:01 (26.7%)	5:16	11.4 (73.5%)
40	OLSZAK Monika	198		K-16	12	00:00:21	00:12:31	00:26:24.25	00:26:45.30	+00:07:04 (26.8%)	5:16	11.4 (73.5%)
41	MICHALAK Anna	170		K-30	17	00:00:32	00:12:51	00:26:29.25	00:27:02.20	+00:07:09 (27.0%)	5:18	11.3 (72.9%)
42	MALINOWSKA Małgorzata	155		K-50	6	00:00:20	00:12:42	00:26:35.65	00:26:55.75	+00:07:15 (27.3%)	5:19	11.3 (72.9%)
43	ZAKIELARZ Anna	320		K-30	18	00:00:08	00:12:26	00:26:37.85	00:26:46.50	+00:07:17 (27.4%)	5:19	11.3 (72.9%)
44	JABŁOŃSKA Katarzyna	75		K-30	19	00:00:21	00:12:54	00:26:42.75	00:27:04.45	+00:07:22 (27.6%)	5:20	11.2 (72.3%)
45	MALINOWSKA-BURDA Aleksandra	157		K-16	13	00:00:31	00:13:18	00:26:47.50	00:27:19.30	+00:07:27 (27.8%)	5:21	11.2 (72.3%)
46	WEJNER-POLASIK Ewelina	301	TEAM BIEGOWY SZCZECINEK	K-30	20	00:00:23	00:13:24	00:26:49.60	00:27:13.55	+00:07:29 (27.9%)	5:22	11.2 (72.3%)
47	KOLIGAT Anna	111		K-30	21	00:00:18	00:12:56	00:26:51.35	00:27:09.90	+00:07:31 (28.0%)	5:22	11.2 (72.3%)
48	NOWAK Sylwia	194	CZARNE BIEGA	K-30	22	00:00:19	00:12:36	00:26:52.25	00:27:11.90	+00:07:32 (28.0%)	5:22	11.2 (72.3%)
49	MAZUREK Barbara	162	BABECZKI KOSZALIN	K-30	23	00:00:36	00:12:56	00:26:55.30	00:27:31.50	+00:07:35 (28.2%)	5:23	11.1 (71.6%)
50	MOJSIEWICZ Anna	177		K-30	24	00:00:12	00:13:10	00:27:12.05	00:27:24.75	+00:07:52 (28.9%)	5:26	11 (71.0%)
51	PAWŁOWSKA Urszula	213		K-30	25	00:00:37	00:13:30	00:27:16.60	00:27:54.50	+00:07:56 (29.1%)	5:27	11 (71.0%)
52	DOMAŃSKA Katarzyna	42		K-30	26	00:00:24	00:13:26	00:27:29.55	00:27:53.90	+00:08:09 (29.7%)	5:29	10.9 (70.3%)
53	CZYŻEWSKA Beata	34	KOŁOBRZEG BIEGA	K-40	8	00:00:23	00:13:15	00:27:30.65	00:27:53.65	+00:08:10 (29.7%)	5:30	10.9 (70.3%)
54	WOLF Beata	315	BIGYELLOWFOOT ADVENTURE TEAM	K-30	27	00:00:33	00:13:35	00:27:42.35	00:28:16.25	+00:08:22 (30.2%)	5:32	10.8 (69.7%)
55	MICHALAK Kamila	169		K-30	28	00:00:23	00:13:04	00:27:43.60	00:28:06.80	+00:08:23 (30.3%)	5:32	10.8 (69.7%)
56	BORUC Barbara	22	PARKRUN SZCZECINEK	K-40	9	00:00:22	00:13:34	00:27:45.75	00:28:07.95	+00:08:25 (30.4%)	5:33	10.8 (69.7%)
57	JARKIEWICZ Marlena	84		K-16	14	00:00:31	00:13:18	00:27:49.15	00:28:20.55	+00:08:29 (30.5%)	5:33	10.8 (69.7%)
58	URBAŃSKA Anetta	292		K-30	29	00:00:13	00:13:15	00:27:55.25	00:28:09.10	+00:08:35 (30.8%)	5:35	10.7 (69.0%)
59	KOMOROWSKA Beata	113	ROZBIEGANY KOSZALIN	K-30	30	00:00:29	00:13:38	00:28:00.15	00:28:29.30	+00:08:40 (31.0%)	5:36	10.7 (69.0%)
60	KOBUS-MAŁANECZ Agnieszka	109		K-30	31	00:00:18	00:13:27	00:28:05.60	00:28:24.50	+00:08:45 (31.2%)	5:37	10.7 (69.0%)

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61	MŁYNARCZYK Aneta	176		K-40	10	00:00:19	00:13:29	00:28:07.50	00:28:26.85	+00:08:47 (31.3%)	5:37	10.7 (69.0%)
62	BONISŁAWSKA Małgorzata	20	ZUZIA&ZOSIA	K-30	32	00:00:29	00:13:36	00:28:20.85	00:28:49.85	+00:09:00 (31.8%)	5:40	10.6 (68.4%)
63	PTASZYŃSKA Katarzyna	227	KOŁOBRZEG BIEGA	K-50	7	00:00:23	00:13:55	00:28:22.85	00:28:46.35	+00:09:02 (31.9%)	5:40	10.6 (68.4%)
64	FIJAŁKOWSKA Małgorzata	50	TEAM BIEGOWY SZCZECINEK	K-30	33	00:00:24	00:14:16	00:28:29.20	00:28:53.75	+00:09:09 (32.1%)	5:41	10.5 (67.7%)
65	NIEMCZUK Anna	190		K-50	8	00:00:16	00:13:26	00:28:32.55	00:28:49.15	+00:09:12 (32.3%)	5:42	10.5 (67.7%)
66	PACAN Mirosława	205	ŚWIAT PŁYTEK U KRYSPIŃ	K-16	15	00:00:29	00:13:58	00:28:34.95	00:29:04.70	+00:09:14 (32.4%)	5:43	10.5 (67.7%)
67	KĘPA Marta	104	FIT UP CLUB	K-16	16	00:00:27	00:14:16	00:28:42.45	00:29:09.45	+00:09:22 (32.7%)	5:44	10.5 (67.7%)
68	DĘBOWSKA-SZCZYTKOWSKA Izabella	41	KB SPRINT ŚWIDWIN	K-40	11	00:00:26	00:14:12	00:28:51.20	00:29:17.95	+00:09:31 (33.0%)	5:46	10.4 (67.1%)
69	PIOR Ewa	219	MORSY Z GRUDZIĄDZA	K-50	9	00:00:33	00:14:13	00:28:54.20	00:29:28.05	+00:09:34 (33.1%)	5:47	10.4 (67.1%)
70	BEDNARZ Katarzyna	13		K-40	12	00:00:18	00:13:34	00:28:54.85	00:29:13.70	+00:09:34 (33.1%)	5:47	10.4 (67.1%)
71	BACHORSKA Dorota	4		K-30	34	00:00:27	00:14:17	00:29:10.70	00:29:38.00	+00:09:50 (33.7%)	5:50	10.3 (66.5%)
72	DANIELSKA Monika	36	CONTRA PRIMEFOOD	K-40	13	00:00:28	00:14:15	00:29:22.25	00:29:51.20	+00:10:02 (34.2%)	5:52	10.2 (65.8%)
73	WENCŁAW-JUSZCZAK Marta	302		K-40	14	00:00:12	00:14:58	00:29:30.80	00:29:43.30	+00:10:10 (34.5%)	5:54	10.2 (65.8%)
74	MATUSZAK Agnieszka	160		K-30	35	00:00:13	00:13:30	00:29:31.25	00:29:44.50	+00:10:11 (34.5%)	5:54	10.2 (65.8%)
75	BIEŁĘDA Karolina	16	RAMS TRAINING HOUS KOŁOBRZEG	K-30	36	00:00:24	00:14:29	00:29:38.70	00:30:02.75	+00:10:18 (34.8%)	5:55	10.1 (65.2%)
76	TREJDER Maria	289	BAJADERKI	K-40	15	00:00:23	00:14:22	00:29:42.65	00:30:06.45	+00:10:22 (34.9%)	5:56	10.1 (65.2%)
77	KANIA Beata	99		K-40	16	00:00:19	00:13:55	00:29:48.20	00:30:08.15	+00:10:28 (35.1%)	5:57	10.1 (65.2%)
78	PASEK Paula	209		K-30	37	00:00:28	00:14:27	00:29:50.30	00:30:18.50	+00:10:30 (35.2%)	5:58	10.1 (65.2%)
79	MICHALCZYK Małgorzata	171	WOJOWNICY WÓDY	K-16	17	00:00:12	00:13:43	00:29:51.25	00:30:03.75	+00:10:31 (35.2%)	5:58	10.1 (65.2%)
80	NIEZGODA Agata	347	KLUB BIEGOWY B-RUN-EK	K-16	18	00:00:27	00:14:28	00:29:53.85	00:30:20.90	+00:10:33 (35.3%)	5:58	10 (64.5%)
81	BORSUK Dorota	21		K-40	17	00:00:14	00:14:13	00:30:04.40	00:30:19.35	+00:10:44 (35.7%)	6:01	10 (64.5%)
82	SZULC Martyna	278	SZULC RUNNERS TEAM / GRYF BIAŁOGARD	K-16	19	00:00:16	00:14:17	00:30:13.75	00:30:30.65	+00:10:53 (36.0%)	6:02	9.9 (63.9%)
83	STANCZEWSKA Karolina	259		K-30	38	00:00:16	00:14:00	00:30:14.00	00:30:30.70	+00:10:53 (36.1%)	6:02	9.9 (63.9%)

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84	OLEJNIK Paulina	196		K-16	20	00:00:30	00:14:58	00:30:20.85	00:30:51.10	+00:11:00 (36.3%)	6:04	9.9 (63.9%)
85	KORZYNIIEWSKA Anna	119		K-30	39	00:00:30	00:14:58	00:30:21.15	00:30:51.40	+00:11:01 (36.3%)	6:04	9.9 (63.9%)
86	VON BARDELEBEN Agnieszka	296	BABECZKI KOSZALIN	K-40	18	00:00:36	00:14:44	00:30:22.10	00:30:58.70	+00:11:02 (36.3%)	6:04	9.9 (63.9%)
87	MALINOWSKA Agnieszka	156	CIOTECZKI.PL	K-30	40	00:00:20	00:14:43	00:30:22.20	00:30:42.90	+00:11:02 (36.3%)	6:04	9.9 (63.9%)
88	RASZPLA Ilona	233		K-40	19	00:00:20	00:14:42	00:30:22.25	00:30:42.50	+00:11:02 (36.3%)	6:04	9.9 (63.9%)
89	SULIGA-KRAKOWIAK Agnieszka	267	CZARNE BIEGA	K-40	20	00:00:32	00:14:57	00:30:22.65	00:30:55.45	+00:11:02 (36.4%)	6:04	9.9 (63.9%)
90	KURCZ Barbara	139	BABECZKI KOSZALIN	K-40	21	00:00:37	00:14:43	00:30:23.45	00:31:00.85	+00:11:03 (36.4%)	6:04	9.9 (63.9%)
91	STEC Edyta	262	BABECZKI KOSZALIN	K-30	41	00:00:36	00:14:43	00:30:23.80	00:31:00.65	+00:11:03 (36.4%)	6:04	9.9 (63.9%)
92	MOŻEJKO Anna	181	BABECZKI KOSZALIN	K-30	42	00:00:36	00:14:43	00:30:23.85	00:31:00.70	+00:11:03 (36.4%)	6:04	9.9 (63.9%)
93	STASZYŃSKA Marianna	260	BTC'ORZEŁ,,BIAŁOGARD	K-60	1	00:00:27	00:14:45	00:30:48.40	00:31:16.00	+00:11:28 (37.2%)	6:09	9.7 (62.6%)
94	FELKOWSKA Karolina	353		K-30	43	00:00:30	00:14:57	00:32:07.35	00:32:37.90	+00:12:47 (39.8%)	6:25	9.3 (60.0%)
95	MARCHEWKA Katarzyna	158		K-16	21	00:00:30	00:14:57	00:32:07.55	00:32:38.05	+00:12:47 (39.8%)	6:25	9.3 (60.0%)
96	DĄBROWSKA Katarzyna	38	TKKF KOSZALIN	K-16	22	00:00:32	00:15:02	00:32:24.90	00:32:57.70	+00:13:04 (40.4%)	6:29	9.3 (60.0%)
97	ZUKAL Aleksandra	333		K-40	22	00:00:29	00:15:24	00:32:40.60	00:33:09.85	+00:13:20 (40.8%)	6:32	9.2 (59.4%)
98	KRAWCZUK-KIEŁB Anna	127	ŻYJ Z ENERGIA	K-40	23	00:00:33	00:15:30	00:33:04.05	00:33:37.05	+00:13:44 (41.5%)	6:36	9.1 (58.7%)
99	JAKUBOWSKA Anna	79		K-16	23	00:00:29	00:15:56	00:33:22.80	00:33:52.10	+00:14:02 (42.1%)	6:40	9 (58.1%)
100	MIKLASIŃSKA Monika	175	SŁAWNO	K-30	44	00:00:28	00:17:58	00:35:03.25	00:35:31.80	+00:15:43 (44.8%)	7:00	8.6 (55.5%)
101	NAPIONTEK Elżbieta	187	ŚWIAT PŁYTEK U KRYSPIŃA	K-60	2	00:00:37	00:16:40	00:35:03.35	00:35:40.55	+00:15:43 (44.8%)	7:00	8.6 (55.5%)
102	GÓRSKA Dorota	62		K-50	10	00:00:25	00:17:04	00:35:40.30	00:36:05.60	+00:16:20 (45.8%)	7:08	8.4 (54.2%)
103	GARBACZ-ZATORSKA Milena	54		K-30	45	00:00:12	00:16:22	00:36:17.00	00:36:29.15	+00:16:56 (46.7%)	7:15	8.3 (53.5%)
104	SOLAK Halina	256	ŚWIAT PŁYTEK U KRYSPIŃA	K-60	3	00:00:37	00:17:58	00:39:20.00	00:39:57.15	+00:19:59 (50.8%)	7:52	7.6 (49.0%)
	ZIÓŁKOWSKA Swietłana	331	OSP SYPNIEWO	K-30		DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 105 wynik(ów)