



BIEG MIKOŁAJKOWY - I ETAP JAMNEŃSKIEGO TOURU BIEGOWEGO

B4SPORT

Organizator: Rada Osiedla Jamno - Łabusz
Data: 2019-12-01
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: K-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	KRYNICKA GRZYB Małgorzata	119	TRZEBIATÓW	K-30	1	00:20:04.92		4:01	14.9 (100%)
2	KONKEL Agnieszka	104	TAGER SPORT	K-30	2	00:20:17.16	+00:00:12 (1.0%)	4:03	14.8 (99.3%)
3	NOWODWORSKA Justyna	168	7 DAYS	K-30	3	00:21:11.00	+00:01:06 (5.2%)	4:14	14.2 (95.3%)
4	SZCZEK Małgorzata	221	404 NOT FOUND	K-30	4	00:21:27.59	+00:01:22 (6.4%)	4:17	14 (94.0%)
5	ŁAWNICZAK Justyna	133	#ZABIEGANINOCA	K-30	5	00:21:29.35	+00:01:24 (6.5%)	4:18	14 (94.0%)
6	HAŁKA Justyna	64	TRUCHT ŁOBEZ	K-30	6	00:21:30.13	+00:01:25 (6.6%)	4:18	14 (94.0%)
7	KLUCZEWSKA Emilia	101	7 DAYS	K-30	7	00:21:39.34	+00:01:34 (7.3%)	4:19	13.9 (93.3%)
8	SOCHACKA Marta	207	KLUB NORD TAURUS KOŁOBRZEG	K-30	8	00:21:47.56	+00:01:42 (7.8%)	4:21	13.8 (92.6%)
9	GIEDROWICZ Aleksandra	49		K-30	9	00:23:31.16	+00:03:26 (14.6%)	4:42	12.8 (85.9%)
10	NIEWIŃSKA SĘK Monika	163		K-30	10	00:24:15.49	+00:04:10 (17.2%)	4:51	12.4 (83.2%)
11	USTJANOWSKA Katarzyna	236		K-30	11	00:24:22.13	+00:04:17 (17.6%)	4:52	12.3 (82.6%)
12	CZAPLA Paulina	35		K-30	12	00:24:49.73	+00:04:44 (19.1%)	4:57	12.1 (81.2%)
13	MONGIAŁO Aleksandra	157	FAST FEET K-LIN	K-30	13	00:24:54.16	+00:04:49 (19.4%)	4:58	12 (80.5%)
14	KOLIGAT Anna	103		K-30	14	00:24:55.18	+00:04:50 (19.4%)	4:59	12 (80.5%)
15	DORAWA-ZIOMEK Anna	39	DZIKIE ŻÓŁWIE	K-30	15	00:24:57.68	+00:04:52 (19.5%)	4:59	12 (80.5%)
16	SUCHODOLSKA Aleksandra	216		K-30	16	00:25:11.72	+00:05:06 (20.3%)	5:02	11.9 (79.9%)
17	PISKÓRZ Justyna	181		K-30	17	00:25:50.46	+00:05:45 (22.3%)	5:10	11.6 (77.9%)
18	ROMANOWICZ Monika	189	DZIKIE ŻÓŁWIE	K-30	18	00:25:51.20	+00:05:46 (22.3%)	5:10	11.6 (77.9%)
19	PACAN Mira	172	POZYTYWNIENIE NAKRĘCENI	K-30	19	00:26:00.84	+00:05:55 (22.8%)	5:12	11.5 (77.2%)
20	ZAKOŚCIELNA Katarzyna	252	DZIKIE ŻÓŁWIE	K-30	20	00:26:42.52	+00:06:37 (24.8%)	5:20	11.2 (75.2%)
21	SOROCZYŃSKA Kamila	208	AKADEMIA MALUCHA	K-30	21	00:27:36.07	+00:07:31 (27.2%)	5:31	10.9 (73.2%)
22	SAWICKA - WERS Urszula	196		K-30	22	00:27:53.29	+00:07:48 (28.0%)	5:34	10.8 (72.5%)
23	ZYGMAŃSKA Justyna	257	AKADEMIA MALUCHA	K-30	23	00:28:13.45	+00:08:08 (28.8%)	5:38	10.6 (71.1%)
24	WŁODARCZYK Emilia	244		K-30	24	00:28:17.97	+00:08:13 (29.0%)	5:39	10.6 (71.1%)
25	HUBKO Janina	74	PRESS GLASS - BIEGAMY I WSPIERAMY	K-30	25	00:28:20.53	+00:08:15 (29.1%)	5:40	10.6 (71.1%)
26	WOJTKOWIAK Wioleta	250		K-30	26	00:29:03.00	+00:08:58 (30.9%)	5:48	10.3 (69.1%)
27	MALINOWSKA-BURDA Aleksandra	139		K-30	27	00:29:04.47	+00:08:59 (30.9%)	5:49	10.3 (69.1%)

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28	CHREBOR Joanna	26		K-30	28	00:29:15.87	+00:09:10 (31.4%)	5:51	10.3 (69.1%)
29	KRYSZEWSKA Magdalena	121	DZIKIE ŻÓŁWIE	K-30	29	00:29:19.05	+00:09:14 (31.5%)	5:51	10.2 (68.5%)
30	RYBA Milena	191		K-30	30	00:29:20.48	+00:09:15 (31.6%)	5:52	10.2 (68.5%)
31	SUDER-MAKSYMOWICZ Monika	217		K-30	31	00:29:29.12	+00:09:24 (31.9%)	5:53	10.2 (68.5%)
32	JUSZCZYK Agnieszka	83	ANOX TEAM	K-30	32	00:29:31.38	+00:09:26 (32.0%)	5:54	10.2 (68.5%)
33	MOŻEJKO Anna	158		K-30	33	00:30:10.86	+00:10:05 (33.5%)	6:02	9.9 (66.4%)
34	SWOROWSKA Katarzyna	218	BIEGAM BO LUBIE CIASTKA	K-30	34	00:30:12.26	+00:10:07 (33.5%)	6:02	9.9 (66.4%)
35	GIEDO Joanna	48		K-30	35	00:30:15.34	+00:10:10 (33.6%)	6:03	9.9 (66.4%)
36	JEWUŁA Agata	78	DRUŻYNA SZPIKU	K-30	36	00:30:27.96	+00:10:23 (34.1%)	6:05	9.8 (65.8%)
37	WENTA Malwina	239		K-30	37	00:30:28.46	+00:10:23 (34.1%)	6:05	9.8 (65.8%)
38	NOSAL Anna	167		K-30	38	00:30:50.73	+00:10:45 (34.9%)	6:10	9.7 (65.1%)
39	SARBIEWSKA Gabriela	194		K-30	39	00:32:33.61	+00:12:28 (38.3%)	6:30	9.2 (61.7%)
40	SZAFIROWICZ-CHOJNACKA Paulina	219		K-30	40	00:32:51.45	+00:12:46 (38.9%)	6:34	9.1 (61.1%)
41	BOROŃ Aleksandra	14		K-30	41	00:32:55.63	+00:12:50 (39.0%)	6:35	9.1 (61.1%)
42	STANCZEWSKA Karolina	211		K-30	42	00:33:07.78	+00:13:02 (39.4%)	6:37	9.1 (61.1%)
43	SZULC Martyna	225	SZULC RUNNERS TEAM	K-30	43	00:33:09.01	+00:13:04 (39.4%)	6:37	9 (60.4%)
44	PAŁASZ Karolina	222	FUNDACJA ZASTOPUJ	K-30	44	00:33:57.49	+00:13:52 (40.9%)	6:47	8.8 (59.1%)

Znaleziono 44 wynik(ów)