



# BIEG MIKOŁAJKOWY - I ETAP JAMNEŃSKIEGO TOURU BIEGOWEGO

B4SPORT

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



Klasyfikacja: K-OPEN

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	SKROBANEK Hanna	204	MKP SZCZECINEK	K-14	1	00:20:10.12	+00:00:05 (0.4%)	4:02	14.9 (100%)
3	KONKEL Agnieszka	104	TAGER SPORT	K-30	2	00:20:17.16	+00:00:12 (1.0%)	4:03	14.8 (99.3%)
4	HISZCZYŃSKA Aleksandra	69	CSSP	K-20	1	00:21:07.26	+00:01:02 (4.9%)	4:13	14.2 (95.3%)
5	NOWODWORSKA Justyna	168	7 DAYS	K-30	3	00:21:11.00	+00:01:06 (5.2%)	4:14	14.2 (95.3%)
6	BARGAŃSKA Justyna	6	404 NOT FOUND	K-40	1	00:21:14.48	+00:01:09 (5.5%)	4:15	14.1 (94.6%)
7	SZCZĘK Małgorzata	221	404 NOT FOUND	K-30	4	00:21:27.59	+00:01:22 (6.4%)	4:17	14 (94.0%)
8	ŁAWNICZAK Justyna	133	#ZABIEGANINOCA	K-30	5	00:21:29.35	+00:01:24 (6.5%)	4:18	14 (94.0%)
9	HAŁKA Justyna	64	TRUCHT ŁOBEZ	K-30	6	00:21:30.13	+00:01:25 (6.6%)	4:18	14 (94.0%)
10	KLUCZEWSKA Emilia	101	7 DAYS	K-30	7	00:21:39.34	+00:01:34 (7.3%)	4:19	13.9 (93.3%)
11	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%)
12	PAŁASZEWSKA Karolina	174		K-20	2	00:21:47.78	+00:01:42 (7.9%)	4:21	13.8 (92.6%)
13	METEL Izabela	150	POZYTYWNIENIE NAKRĘCENI	K-40	2	00:21:55.92	+00:01:51 (8.4%)	4:23	13.7 (91.9%)
14	KAŹMIERCZAK Agnieszka	94		K-40	3	00:22:28.64	+00:02:23 (10.7%)	4:29	13.4 (89.9%)
15	KRYNICKA Magdalena	118	TRZEBIATÓW	K-20	3	00:22:28.96	+00:02:24 (10.7%)	4:29	13.3 (89.3%)
16	GÓRA Agnieszka	55	#ZABIEGANINOCA	K-40	4	00:23:09.77	+00:03:04 (13.3%)	4:38	12.9 (86.6%)
17	SZOSTAK Marta	224		K-20	4	00:23:12.78	+00:03:07 (13.5%)	4:38	12.9 (86.6%)
18	KRZEWIŃSKA Małgorzata	124	TKKF KOSZALIN	K-60	1	00:23:19.34	+00:03:14 (13.9%)	4:40	12.9 (86.6%)
19	GIEDROWICZ Aleksandra	49		K-30	9	00:23:31.16	+00:03:26 (14.6%)	4:42	12.8 (85.9%)
20	NOSAL Martyna	166	PENTATHLON SZCZECINEK	K-14	2	00:24:07.35	+00:04:02 (16.7%)	4:49	12.4 (83.2%)
21	NIEWIŃSKA SĘK Monika	163		K-30	10	00:24:15.49	+00:04:10 (17.2%)	4:51	12.4 (83.2%)
22	USTJANOWSKA Katarzyna	236		K-30	11	00:24:22.13	+00:04:17 (17.6%)	4:52	12.3 (82.6%)
23	DRULIK-HOŁUB Marta	41	TORNADO KOSZALIN	K-40	5	00:24:23.93	+00:04:19 (17.7%)	4:52	12.3 (82.6%)
24	KRUPIŃSKA Beata	116	E-UROLOG.EU	K-40	6	00:24:37.97	+00:04:33 (18.5%)	4:55	12.2 (81.9%)
25	DEJNAK Mariola	37		K-60	2	00:24:38.51	+00:04:33 (18.5%)	4:55	12.2 (81.9%)
26	MAJEWSKA Dorota	137		K-40	7	00:24:40.19	+00:04:35 (18.6%)	4:56	12.2 (81.9%)
27	KACZMARYK Jolanta	85	TAGER SPORT	K-40	8	00:24:47.02	+00:04:42 (19.0%)	4:57	12.1 (81.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
28	<b>CZAPLA Paulina</b>	<b>35</b>		K-30	12	<b>00:24:49.73</b>	+00:04:44 (19.1%)	4:57	12.1 (81.2%)
29	<b>MONGIAŁO Aleksandra</b>	<b>157</b>	FAST FEET K-LIN	K-30	13	<b>00:24:54.16</b>	+00:04:49 (19.4%)	4:58	12 (80.5%)
30	<b>KOLIGAT Anna</b>	<b>103</b>		K-30	14	<b>00:24:55.18</b>	+00:04:50 (19.4%)	4:59	12 (80.5%)
31	<b>DORAWA-ZIOMEK Anna</b>	<b>39</b>	DZIKIE ŻÓŁWIE	K-30	15	<b>00:24:57.68</b>	+00:04:52 (19.5%)	4:59	12 (80.5%)
32	<b>PŁATOSZ Magda</b>	<b>182</b>		K-20	5	<b>00:25:02.41</b>	+00:04:57 (19.8%)	5:00	12 (80.5%)
33	<b>BARANEK Aleksandra</b>	<b>5</b>	MKP SZCZECINEK	K-14	3	<b>00:25:10.04</b>	+00:05:05 (20.2%)	5:02	11.9 (79.9%)
34	<b>SUCHODOLSKA Aleksandra</b>	<b>216</b>		K-30	16	<b>00:25:11.72</b>	+00:05:06 (20.3%)	5:02	11.9 (79.9%)
35	<b>MIELEWCZYK Magdalena</b>	<b>153</b>	GRUPA BIEGOWA MRT	K-20	6	<b>00:25:40.49</b>	+00:05:35 (21.8%)	5:08	11.7 (78.5%)
36	<b>KOWALCZYK Karolina</b>	<b>110</b>		K-40	9	<b>00:25:49.22</b>	+00:05:44 (22.2%)	5:09	11.6 (77.9%)
37	<b>PISKÓRZ Justyna</b>	<b>181</b>		K-30	17	<b>00:25:50.46</b>	+00:05:45 (22.3%)	5:10	11.6 (77.9%)
38	<b>ROMANOWICZ Monika</b>	<b>189</b>	DZIKIE ŻÓŁWIE	K-30	18	<b>00:25:51.20</b>	+00:05:46 (22.3%)	5:10	11.6 (77.9%)
39	<b>PACAN Mira</b>	<b>172</b>	POZYTYWNIENIE NAKRĘCENI	K-30	19	<b>00:26:00.84</b>	+00:05:55 (22.8%)	5:12	11.5 (77.2%)
40	<b>STRZELECKA Małgorzata</b>	<b>214</b>	SAILING TEAM FERAJNA	K-40	10	<b>00:26:07.66</b>	+00:06:02 (23.1%)	5:13	11.5 (77.2%)
41	<b>WOCH Małgorzata</b>	<b>246</b>	JAMNO	K-50	1	<b>00:26:15.24</b>	+00:06:10 (23.5%)	5:15	11.4 (76.5%)
42	<b>GOLEC Anna</b>	<b>52</b>		K-40	11	<b>00:26:36.94</b>	+00:06:32 (24.5%)	5:19	11.3 (75.8%)
43	<b>JOŃCA Klaudia</b>	<b>81</b>	BEST BEASTS	K-14	4	<b>00:26:37.19</b>	+00:06:32 (24.6%)	5:19	11.3 (75.8%)
44	<b>ZAKOŚCIELNA Katarzyna</b>	<b>252</b>	DZIKIE ŻÓŁWIE	K-30	20	<b>00:26:42.52</b>	+00:06:37 (24.8%)	5:20	11.2 (75.2%)
45	<b>SKIBIŃSKA Edyta</b>	<b>201</b>	STRAŻ GRANICZNA	K-40	12	<b>00:26:43.53</b>	+00:06:38 (24.9%)	5:20	11.2 (75.2%)
46	<b>BRZOZOWSKA Barbara</b>	<b>20</b>		K-40	13	<b>00:26:46.03</b>	+00:06:41 (25.0%)	5:21	11.2 (75.2%)
47	<b>MITUNIEWICZ Renata</b>	<b>154</b>		K-50	2	<b>00:26:49.17</b>	+00:06:44 (25.1%)	5:22	11.2 (75.2%)
48	<b>MARCZAK Małgorzata</b>	<b>145</b>		K-50	3	<b>00:27:16.93</b>	+00:07:12 (26.4%)	5:27	11 (73.8%)
49	<b>LENCZEWSKA Klaudia</b>	<b>130</b>		K-14	5	<b>00:27:33.58</b>	+00:07:28 (27.1%)	5:30	10.9 (73.2%)
50	<b>SOROCZYŃSKA Kamila</b>	<b>208</b>	AKADEMIA MALUCHA	K-30	21	<b>00:27:36.07</b>	+00:07:31 (27.2%)	5:31	10.9 (73.2%)
51	<b>BEDNARZ Katarzyna</b>	<b>9</b>		K-40	14	<b>00:27:40.55</b>	+00:07:35 (27.4%)	5:32	10.8 (72.5%)
52	<b>DUŚKO Katarzyna</b>	<b>42</b>	CSSP	K-40	15	<b>00:27:47.92</b>	+00:07:43 (27.8%)	5:33	10.8 (72.5%)
53	<b>SAWICKA - WERS Urszula</b>	<b>196</b>		K-30	22	<b>00:27:53.29</b>	+00:07:48 (28.0%)	5:34	10.8 (72.5%)
54	<b>ZYGMAŃSKA Justyna</b>	<b>257</b>	AKADEMIA MALUCHA	K-30	23	<b>00:28:13.45</b>	+00:08:08 (28.8%)	5:38	10.6 (71.1%)
55	<b>BOKOTA Katarzyna</b>	<b>12</b>		K-40	16	<b>00:28:15.41</b>	+00:08:10 (28.9%)	5:39	10.6 (71.1%)
56	<b>WŁODARCZYK Emilia</b>	<b>244</b>		K-30	24	<b>00:28:17.97</b>	+00:08:13 (29.0%)	5:39	10.6 (71.1%)
57	<b>HUBKO Janina</b>	<b>74</b>	PRESS GLASS - BIEGAMY I WSPIERAMY	K-30	25	<b>00:28:20.53</b>	+00:08:15 (29.1%)	5:40	10.6 (71.1%)
58	<b>KARPIŃSKA Hanna</b>	<b>90</b>	AKADEMIA MALUCHA	K-40	17	<b>00:28:56.98</b>	+00:08:52 (30.6%)	5:47	10.4 (69.8%)
59	<b>HRYNCEWICZ Anna</b>	<b>72</b>	SAILING TEAM FERAJNA	K-40	18	<b>00:28:58.10</b>	+00:08:53 (30.7%)	5:47	10.4 (69.8%)
60	<b>GROCHOWSKA Agnieszka</b>	<b>60</b>	SAILING TEAM FERAJNA	K-40	19	<b>00:28:58.66</b>	+00:08:53 (30.7%)	5:47	10.4 (69.8%)
61	<b>PACH Magdalena</b>	<b>173</b>		K-20	7	<b>00:29:00.17</b>	+00:08:55 (30.8%)	5:48	10.3 (69.1%)
62	<b>WOJTKOWIAK Wioleta</b>	<b>250</b>		K-30	26	<b>00:29:03.00</b>	+00:08:58 (30.9%)	5:48	10.3 (69.1%)
63	<b>JĄCZKOWSKA Wioleta</b>	<b>77</b>		K-40	20	<b>00:29:04.32</b>	+00:08:59 (30.9%)	5:48	10.3 (69.1%)
64	<b>MALINOWSKA-BURDA Aleksandra</b>	<b>139</b>		K-30	27	<b>00:29:04.47</b>	+00:08:59 (30.9%)	5:49	10.3 (69.1%)
65	<b>CHREBOR Joanna</b>	<b>26</b>		K-30	28	<b>00:29:15.87</b>	+00:09:10 (31.4%)	5:51	10.3 (69.1%)
66	<b>BRZEZIŃSKA Beata</b>	<b>17</b>	TEAM PIOTRUŚ	K-50	4	<b>00:29:18.43</b>	+00:09:13 (31.5%)	5:51	10.2 (68.5%)
67	<b>KRYSZEWSKA Magdalena</b>	<b>121</b>	DZIKIE ŻÓŁWIE	K-30	29	<b>00:29:19.05</b>	+00:09:14 (31.5%)	5:51	10.2 (68.5%)
68	<b>RYBA Milena</b>	<b>191</b>		K-30	30	<b>00:29:20.48</b>	+00:09:15 (31.6%)	5:52	10.2 (68.5%)
69	<b>ZBOROWSKA-SKROBANEK Justyna</b>	<b>255</b>	MKP SZCZECINEK	K-40	21	<b>00:29:23.56</b>	+00:09:18 (31.7%)	5:52	10.2 (68.5%)
70	<b>SUDER-MAKSYMOWICZ Monika</b>	<b>217</b>		K-30	31	<b>00:29:29.12</b>	+00:09:24 (31.9%)	5:53	10.2 (68.5%)
71	<b>JUSZCZYK Agnieszka</b>	<b>83</b>	ANOX TEAM	K-30	32	<b>00:29:31.38</b>	+00:09:26 (32.0%)	5:54	10.2 (68.5%)

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72	<b>MARCINKIEWICZ Magda</b>	<b>142</b>		K-20	8	<b>00:29:38.60</b>	+00:09:33 (32.3%)	5:55	10.1 (67.8%)
73	<b>PERKOWSKA Oktawia</b>	<b>178</b>		K-20	9	<b>00:29:38.79</b>	+00:09:33 (32.3%)	5:55	10.1 (67.8%)
74	<b>WOJANOWSKA Maryla</b>	<b>247</b>	SPORT I REKREACJA DELFIN	K-60	3	<b>00:29:57.13</b>	+00:09:52 (33.0%)	5:59	10 (67.1%)
75	<b>MOŻEJKO Anna</b>	<b>158</b>		K-30	33	<b>00:30:10.86</b>	+00:10:05 (33.5%)	6:02	9.9 (66.4%)
76	<b>KACZMAREK Dominika</b>	<b>84</b>	PRESS GLASS - BIEGAMY I WSPIERAMY	K-20	10	<b>00:30:11.71</b>	+00:10:06 (33.5%)	6:02	9.9 (66.4%)
77	<b>STEC Edyta</b>	<b>212</b>	BIEGAM BO LUBIE CIASTKA	K-40	22	<b>00:30:11.83</b>	+00:10:06 (33.5%)	6:02	9.9 (66.4%)
78	<b>KOROL Elżbieta</b>	<b>109</b>		K-40	23	<b>00:30:11.97</b>	+00:10:07 (33.5%)	6:02	9.9 (66.4%)
79	<b>SOBKA Monika</b>	<b>206</b>		K-40	24	<b>00:30:12.11</b>	+00:10:07 (33.5%)	6:02	9.9 (66.4%)
80	<b>SWOROWSKA Katarzyna</b>	<b>218</b>	BIEGAM BO LUBIE CIASTKA	K-30	34	<b>00:30:12.26</b>	+00:10:07 (33.5%)	6:02	9.9 (66.4%)
81	<b>GIEDO Joanna</b>	<b>48</b>		K-30	35	<b>00:30:15.34</b>	+00:10:10 (33.6%)	6:03	9.9 (66.4%)
82	<b>PEŁKA Iwona</b>	<b>177</b>		K-50	5	<b>00:30:22.68</b>	+00:10:17 (33.9%)	6:04	9.9 (66.4%)
83	<b>KOPEĆ Magdalena</b>	<b>106</b>		K-40	25	<b>00:30:27.54</b>	+00:10:22 (34.1%)	6:05	9.8 (65.8%)
84	<b>JEWUŁA Agata</b>	<b>78</b>	DRUŻYNA SZPIKU	K-30	36	<b>00:30:27.96</b>	+00:10:23 (34.1%)	6:05	9.8 (65.8%)
85	<b>WENTA Malwina</b>	<b>239</b>		K-30	37	<b>00:30:28.46</b>	+00:10:23 (34.1%)	6:05	9.8 (65.8%)
86	<b>NOSAL Anna</b>	<b>167</b>		K-30	38	<b>00:30:50.73</b>	+00:10:45 (34.9%)	6:10	9.7 (65.1%)
87	<b>WEISS-SZULC Barbara</b>	<b>238</b>		K-40	26	<b>00:31:14.09</b>	+00:11:09 (35.7%)	6:15	9.6 (64.4%)
88	<b>SAMIEC Karolina</b>	<b>193</b>		K-20	11	<b>00:31:34.73</b>	+00:11:29 (36.4%)	6:18	9.5 (63.8%)
89	<b>KOZŁOWIECKA Małgorzata</b>	<b>113</b>		K-50	6	<b>00:31:39.36</b>	+00:11:34 (36.6%)	6:19	9.5 (63.8%)
90	<b>KRYSTOSIK Paulina</b>	<b>120</b>	BIEGAM BO LUBIE CIASTKA	K-20	12	<b>00:32:18.03</b>	+00:12:13 (37.8%)	6:27	9.3 (62.4%)
91	<b>SARBIEWSKA Gabriela</b>	<b>194</b>		K-30	39	<b>00:32:33.61</b>	+00:12:28 (38.3%)	6:30	9.2 (61.7%)
92	<b>SZAFIROWICZ-CHOJNACKA Paulina</b>	<b>219</b>		K-30	40	<b>00:32:51.45</b>	+00:12:46 (38.9%)	6:34	9.1 (61.1%)
93	<b>BOROŃ Aleksandra</b>	<b>14</b>		K-30	41	<b>00:32:55.63</b>	+00:12:50 (39.0%)	6:35	9.1 (61.1%)
94	<b>STANCZEWSKA Karolina</b>	<b>211</b>		K-30	42	<b>00:33:07.78</b>	+00:13:02 (39.4%)	6:37	9.1 (61.1%)
95	<b>SZULC Martyna</b>	<b>225</b>	SZULC RUNNERS TEAM	K-30	43	<b>00:33:09.01</b>	+00:13:04 (39.4%)	6:37	9 (60.4%)
96	<b>BRZEZIŃSKA Magdalena</b>	<b>16</b>	FUNDACJA ZASTOPIJ	K-14	6	<b>00:33:53.13</b>	+00:13:48 (40.7%)	6:46	8.9 (59.7%)
97	<b>PAŁASZ Karolina</b>	<b>222</b>	FUNDACJA ZASTOPIJ	K-30	44	<b>00:33:57.49</b>	+00:13:52 (40.9%)	6:47	8.8 (59.1%)
98	<b>MAŁYSZEWICZ Teresa</b>	<b>140</b>		K-50	7	<b>00:34:06.50</b>	+00:14:01 (41.1%)	6:49	8.8 (59.1%)

Znaleziono 98 wynik(ów)