



Organiser:

Fundacja Wolność i Demokracja, Koszalińskie
Towarzystwo Krzewienia Kultury Fizycznej

Date:

2017-02-26

Place:

Koszalin

Distance:

10 km

BIEG PAMIĘCI ŻOŁNIERZY WYKLĘTYCH - 10KM

B4SPORT
MULTISPORT SERVICE ORGANIZER



Classification: K-OPEN

Place	Participant	Number	Club	Category	MCat	Start time	Start_All 2.45km	Start_All 4.9km	Start_All 7.35km	Start_All 9.8km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	MURAWSKA Wioletta	190	PARKRUN SZCZECIN	K40-49	1	00:00:02	00:10:09	00:20:36	00:31:18	00:42:08	00:42:50.90	00:42:53.85		4:17	14 (100%)
2	KONKEL Agnieszka	130		K30-39	1	00:00:05	00:10:10	00:21:05	00:32:17	00:43:22	00:44:05.25	00:44:10.80	+00:01:14 (2.8%)	4:24	13.6 (97.1%)
3	CHODOR Martyna	334	TKKF KOSZALIN	K30-39	2	00:00:05	00:11:09	00:22:30	00:33:49	00:45:11	00:45:53.90	00:45:59.30	+00:03:03 (6.6%)	4:35	13.1 (93.6%)
4	SZABLA Ewelina	273		K30-39	3	00:00:05	00:11:05	00:22:38	00:34:20	00:46:03	00:46:50.10	00:46:55.30	+00:03:59 (8.5%)	4:41	12.8 (91.4%)
5	MISZEWSKA Aleksandra	500		K18-29	1	00:00:06	00:11:08	00:22:41	00:34:35	00:46:48	00:47:34.60	00:47:40.85	+00:04:43 (9.9%)	4:45	12.6 (90.0%)
6	KASPROWICZ Małgorzata	118	STOPA SŁUPSK	K30-39	4	00:00:10	00:11:27	00:23:19	00:35:23	00:47:19	00:48:02.25	00:48:12.50	+00:05:11 (10.8%)	4:48	12.5 (89.3%)
7	KRZEWIŃSKA Małgorzata	150	TKKF KOSZALIN	K50-59	1	00:00:05	00:11:40	00:23:42	00:35:46	00:47:50	00:48:35.80	00:48:41.60	+00:05:44 (11.8%)	4:51	12.3 (87.9%)
8	OTOKA Kasia	205	MONIA TEAM	K40-49	2	00:00:15	00:11:21	00:23:30	00:35:48	00:47:54	00:48:39.55	00:48:55.30	+00:05:48 (11.9%)	4:52	12.3 (87.9%)
9	LITWINOWICZ Renata	159	KB WYGAN	K40-49	3	00:00:15	00:11:52	00:23:52	00:35:59	00:48:13	00:48:57.45	00:49:13.05	+00:06:06 (12.5%)	4:53	12.3 (87.9%)
10	CHODOR Izabela	33	TKKF KOSZALIN	K30-39	5	00:00:20	00:12:24	00:24:38	00:36:46	00:48:42	00:49:25.95	00:49:46.35	+00:06:35 (13.3%)	4:56	12.1 (86.4%)
11	RUTKOWSKA Anna	247		K40-49	4	00:00:10	00:11:33	00:23:57	00:36:42	00:48:54	00:49:41.25	00:49:51.80	+00:06:50 (13.8%)	4:58	12.1 (86.4%)
12	CZYŻ Izabella	44	STOPA SŁUPSK	K40-49	5	00:00:11	00:12:09	00:24:35	00:37:00	00:49:27	00:50:16.40	00:50:27.40	+00:07:25 (14.8%)	5:01	11.9 (85.0%)
13	ROGANOWSKA Danuta	237	ROZBIEGANY KOSZALIN	K30-39	6	00:00:18	00:13:02	00:25:27	00:37:40	00:49:33	00:50:17.60	00:50:36.35	+00:07:26 (14.8%)	5:01	11.9 (85.0%)
14	RUDZIEWICZ Urszula	245	FIZJOBIEGACZE SZCZECIN	K30-39	7	00:00:11	00:12:03	00:24:25	00:36:57	00:49:37	00:50:21.25	00:50:32.60	+00:07:30 (14.9%)	5:02	11.9 (85.0%)
15	TUCHORSKA Julita	293		K30-39	8	00:00:09	00:11:52	00:24:22	00:37:06	00:49:53	00:50:43.05	00:50:52.05	+00:07:52 (15.5%)	5:04	11.8 (84.3%)

Place	Participant	Number	Club	Category	MCat	Start time	Start_All 2.45km	Start_All 4.9km	Start_All 7.35km	Start_All 9.8km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
											10km	10km			
16	ZIÓŁKOWSKA Małgorzata	327		K30-39	9	00:00:06	00:12:18	00:24:56	00:37:29	00:49:56	00:50:43.15	00:50:49.30	+00:07:52 (15.5%)	5:04	11.8 (84.3%)
17	ORŁOWSKA Beata	199	KĄPIELE NA SPONTANIE	K40-49	6	00:00:11	00:11:53	00:24:32	00:37:22	00:50:09	00:50:55.85	00:51:07.05	+00:08:04 (15.9%)	5:05	11.8 (84.3%)
18	KOSECKA Katarzyna	134	KB WYGAN	K30-39	10	00:00:09	00:11:35	00:24:30	00:37:27	00:50:09	00:50:59.70	00:51:09.20	+00:08:08 (16.0%)	5:06	11.8 (84.3%)
19	MAZURKIEWICZ Jolanta	176		K30-39	11	00:00:14	00:12:25	00:25:00	00:37:50	00:50:32	00:51:19.80	00:51:34.50	+00:08:28 (16.5%)	5:08	11.7 (83.6%)
20	RATAJCZYK Monika	229		K30-39	12	00:00:18	00:12:28	00:24:59	00:37:46	00:50:40	00:51:28.75	00:51:46.80	+00:08:37 (16.8%)	5:08	11.7 (83.6%)
21	BĄCZYK Monika	5	MONIA TEAM	K30-39	13	00:00:22	00:12:19	00:24:57	00:38:04	00:50:55	00:51:45.70	00:52:08.65	+00:08:54 (17.2%)	5:10	11.6 (82.9%)
22	BORKOWSKA-KOWALCZYK Daria	17	WOMENS FIGHT CLUB KOSZALIN	K30-39	14	00:00:12	00:12:12	00:25:04	00:38:19	00:50:59	00:51:46.95	00:51:59.25	+00:08:56 (17.3%)	5:10	11.6 (82.9%)
23	KLUPŚ Monika	124		K40-49	7	00:00:32	00:12:55	00:25:54	00:38:59	00:52:06	00:52:55.65	00:53:27.90	+00:10:04 (19.0%)	5:17	11.3 (80.7%)
24	SZUBERT Agnieszka	280		K30-39	15	00:00:16	00:12:54	00:26:04	00:39:13	00:52:13	00:52:58.50	00:53:14.75	+00:10:07 (19.1%)	5:17	11.3 (80.7%)
25	GRABOWSKA-LESISZ Aneta	72		K30-39	16	00:00:07	00:12:13	00:25:24	00:38:58	00:52:39	00:53:29.40	00:53:37.15	+00:10:38 (19.9%)	5:21	11.2 (80.0%)
26	KUROWSKA Izabela	157	FITOSKA	K30-39	17	00:00:12	00:13:18	00:26:44	00:39:56	00:53:14	00:54:00.40	00:54:12.55	+00:11:09 (20.7%)	5:24	11.1 (79.3%)
27	GUDANIEC Dorota	338	TKKF TRIATHLON KOSZALIN	K50-59	2	00:00:06	00:12:57	00:26:17	00:39:41	00:53:28	00:54:20.85	00:54:27.05	+00:11:29 (21.2%)	5:26	11 (78.6%)
28	DĄBROWSKA Alicja	46	TKKF KOSZALIN	K50-59	3	00:00:19	00:13:04	00:26:42	00:40:14	00:53:38	00:54:28.15	00:54:47.45	+00:11:37 (21.3%)	5:26	11 (78.6%)
29	HAŁKA Ola	80		K18-29	2	00:00:24	00:13:06	00:26:19	00:39:55	00:53:48	00:54:36.45	00:55:00.95	+00:11:45 (21.5%)	5:27	11 (78.6%)
30	MACHŁAJ Sonia	164		K18-29	3	00:00:16	00:12:59	00:26:28	00:40:14	00:54:02	00:54:52.90	00:55:09.25	+00:12:02 (21.9%)	5:29	10.9 (77.9%)
31	MICHALAK Kamila	179	KLUB BIEGACZY JYSK	K30-39	18	00:00:08	00:12:22	00:26:16	00:40:18	00:54:18	00:55:11.05	00:55:19.60	+00:12:20 (22.4%)	5:31	10.9 (77.9%)
32	PANEK Urszula	208		K30-39	19	00:00:22	00:13:19	00:26:59	00:40:53	00:54:31	00:55:20.00	00:55:42.55	+00:12:29 (22.6%)	5:32	10.8 (77.1%)
33	BRYGAŁA Magdalena	24		K30-39	20	00:00:18	00:12:53	00:26:37	00:40:37	00:54:33	00:55:25.70	00:55:44.35	+00:12:34 (22.7%)	5:32	10.8 (77.1%)
34	GRAJ Joanna	74		K18-29	4	00:00:24	00:13:18	00:27:11	00:41:02	00:54:41	00:55:26.35	00:55:50.35	+00:12:35 (22.7%)	5:32	10.8 (77.1%)
35	PSTRĄGOWSKA Marlena	222	BABECZKI KOSZALIN	K30-39	21	00:00:15	00:13:21	00:27:04	00:40:53	00:54:37	00:55:31.35	00:55:46.35	+00:12:40 (22.8%)	5:33	10.8 (77.1%)
36	WASZEK Marzena	302		K30-39	22	00:00:11	00:13:19	00:27:10	00:40:49	00:54:46	00:55:41.45	00:55:52.95	+00:12:50 (23.1%)	5:34	10.8 (77.1%)
37	MALINOWSKA Małgorzata	167		K50-59	4	00:00:08	00:13:05	00:26:33	00:40:33	00:54:57	00:55:52.45	00:56:00.45	+00:13:01 (23.3%)	5:35	10.7 (76.4%)
38	MAZUREK Barbara	175	BABECZKI KOSZALIN	K30-39	23	00:00:21	00:13:11	00:26:54	00:40:53	00:55:07	00:55:58.40	00:56:20.30	+00:13:07 (23.4%)	5:35	10.7 (76.4%)
39	BAK Halszka	7		K30-39	24	00:00:14	00:13:19	00:27:15	00:41:02	00:55:16	00:56:07.95	00:56:22.10	+00:13:17 (23.7%)	5:36	10.7 (76.4%)

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											10km	10km			
40	NOWAK Sylwia	195	CZARNE BIEGA	K30-39	25	00:00:07	00:13:18	00:27:17	00:41:19	00:55:26	00:56:19.35	00:56:27.30	+00:13:28 (23.9%)	5:38	10.7 (76.4%)
41	KĘPKA Karolina	121	STOPA SŁUPSK	K40-49	8	00:00:15	00:13:18	00:27:21	00:41:41	00:55:45	00:56:33.75	00:56:49.35	+00:13:42 (24.2%)	5:39	10.6 (75.7%)
42	GZELA Olga	79	BABECZKI KOSZALIN, ROZBIEGANY KOSZALIN	K30-39	26	00:00:18	00:13:08	00:26:58	00:41:40	00:55:48	00:56:36.70	00:56:55.65	+00:13:45 (24.3%)	5:39	10.6 (75.7%)
43	PIÓRO Ewa	345		K40-49	9	00:00:15	00:13:13	00:27:06	00:41:51	00:56:08	00:56:59.10	00:57:14.60	+00:14:08 (24.8%)	5:41	10.5 (75.0%)
44	MALINOWSKA-BURDA Aleksandra	169		K18-29	5	00:00:15	00:13:41	00:28:04	00:42:17	00:56:21	00:57:10.90	00:57:25.90	+00:14:20 (25.1%)	5:43	10.5 (75.0%)
45	SOBALA Anna	261		K30-39	27	00:00:11	00:13:09	00:27:08	00:42:35	00:56:32	00:57:27.15	00:57:38.75	+00:14:36 (25.4%)	5:44	10.4 (74.3%)
46	WOCH Małgorzata	313		K50-59	5	00:00:21	00:13:36	00:27:48	00:42:16	00:56:44	00:57:35.95	00:57:57.20	+00:14:45 (25.6%)	5:45	10.4 (74.3%)
47	KACZMAREK Agnieszka	108		K40-49	10	00:00:21	00:13:36	00:27:48	00:42:17	00:56:44	00:57:36.10	00:57:57.65	+00:14:45 (25.6%)	5:45	10.4 (74.3%)
48	SZYMAŃSKA Agnieszka	284		K40-49	11	00:00:24	00:14:19	00:28:36	00:42:53	00:57:04	00:57:58.20	00:58:23.05	+00:15:07 (26.1%)	5:47	10.3 (73.6%)
49	REMLAKOWSKA Małgorzata	233	WE RUN	K30-39	28	00:00:18	00:13:49	00:28:01	00:42:39	00:57:05	00:57:58.30	00:58:16.95	+00:15:07 (26.1%)	5:47	10.4 (74.3%)
50	JAROSZ Marzena	97		K50-59	6	00:00:24	00:14:19	00:28:36	00:42:53	00:57:05	00:57:58.45	00:58:23.35	+00:15:07 (26.1%)	5:47	10.3 (73.6%)
51	WOLF Beata	333	TKKF KOSZALIN	K30-39	29	00:00:19	00:13:36	00:28:04	00:42:38	00:57:15	00:58:10.20	00:58:29.65	+00:15:19 (26.3%)	5:49	10.3 (73.6%)
52	OGRODOWCZYK Jagoda	197		K30-39	30	00:00:23	00:13:11	00:27:27	00:42:20	00:57:50	00:58:52.40	00:59:15.75	+00:16:01 (27.2%)	5:53	10.2 (72.9%)
53	BEDNARZ Katarzyna	8		K40-49	12	00:00:29	00:13:49	00:28:16	00:43:03	00:57:57	00:58:59.90	00:59:28.95	+00:16:09 (27.4%)	5:53	10.2 (72.9%)
54	PAWLAK Ewelina	212		K30-39	31	00:00:17	00:13:22	00:28:13	00:43:10	00:58:44	00:59:51.15	01:00:08.35	+00:17:00 (28.4%)	5:59	10 (71.4%)
55	BARA Monika	2	JW 1223/3DPLOT	K18-29	6	00:00:15	00:13:51	00:28:37	00:44:02	01:00:05	01:00:59.35	01:01:14.40	+00:18:08 (29.7%)	6:05	9.8 (70.0%)
56	STANULA Matylda	267		K18-29	7	00:00:14	00:13:52	00:28:38	00:43:58	00:58:56	01:00:59.60	01:01:14.40	+00:18:08 (29.7%)	6:06	9.8 (70.0%)
57	SZULTKA Sylwia	282		K30-39	32	00:00:18	00:14:24	00:29:07	00:44:24	01:00:28	01:01:26.45	01:01:44.90	+00:18:35 (30.3%)	6:08	9.8 (70.0%)
58	CYRKLEWICZ Weronika	40		K30-39	33	00:00:17	00:14:25	00:29:08	00:44:25	01:00:28	01:01:26.70	01:01:44.65	+00:18:35 (30.3%)	6:08	9.8 (70.0%)
59	RATAJEWSKA Agnieszka	230	PANI	K30-39	34	00:00:12	00:14:10	00:29:31	00:45:18	01:01:15	01:02:12.70	01:02:25.30	+00:19:21 (31.1%)	6:13	9.6 (68.6%)
60	KURCZ Barbara	156	BABECZKI KOSZALIN	K40-49	13	00:00:22	00:14:59	00:30:37	00:46:22	01:01:41	01:02:39.75	01:03:02.45	+00:19:48 (31.6%)	6:16	9.6 (68.6%)
61	MALINOWSKA Agnieszka	168	CIOTECZKI.PL	K30-39	35	00:00:15	00:14:35	00:30:04	00:45:53	01:01:31	01:02:41.35	01:02:56.70	+00:19:50 (31.6%)	6:16	9.6 (68.6%)
62	RASZPLA Ilona	228		K40-49	14	00:00:14	00:14:36	00:30:05	00:45:54	01:01:32	01:02:42.15	01:02:56.40	+00:19:51 (31.7%)	6:16	9.6 (68.6%)
63	PASEK Paula	209		K30-39	36	00:00:20	00:14:11	00:29:42	00:46:07	01:02:06	01:03:05.75	01:03:26.70	+00:20:14 (32.1%)	6:18	9.5 (67.9%)

Place	Participant	Number	Club	Category	MCat	Start time	Start_All 2.45km	Start_All 4.9km	Start_All 7.35km	Start_All 9.8km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
64	URBAŃSKA Anetta	294		K40-49	15	00:00:25	00:14:27	00:29:38	00:45:32	01:02:04	01:03:05.95	01:03:31.10	+00:20:15 (32.1%)	6:18	9.5 (67.9%)
65	STASZYŃSKA Marianna	268	BTC,,ORZEŁ'	K60+	1	00:00:24	00:15:52	00:32:23	00:49:18	01:06:15	01:07:25.60	01:07:49.75	+00:24:34 (36.5%)	6:44	8.9 (63.6%)
66	KONDRATOWICZ Agnieszka	129		K30-39	37	00:00:19	00:15:01	00:31:44	00:50:02	01:09:33	01:10:51.10	01:11:10.55	+00:28:00 (39.5%)	7:05	8.5 (60.7%)
67	KRAWCZUK-KIEŁB Anna	144	ŻYJ Z ENERGIA	K40-49	16	00:00:20	00:16:14	00:33:46	00:51:33	01:10:14	01:11:21.90	01:11:42.60	+00:28:31 (40.0%)	7:08	8.4 (60.0%)
	WAWRZYŃIAK Karolina	303		K18-29		DNF	00:14:27 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Total 68 results.