

**Organizator:**

Fundacja Wolność i Demokracja, Koszalińskie  
Towarzystwo Krzewienia Kultury Fizycznej

**Data:**

2017-02-26

**Miejsce:**

Koszalin

**Dystans:**

10 km

## BIEG PAMIĘCI ŻOŁNIERZY WYKLĘTYCH - 10KM



Klasyfikacja: K30-39

| Msc | Zawodnik                         | Numer      | Klub                       | Kategoria | Mkat | Czas startu | Start_All 2.45km | Start_All 4.9km | Start_All 7.35km | Start_All 9.8km | Czas netto 10km    | Czas brutto 10km   | Różn              | Tempo min/km | Tempo km/h   |
|-----|----------------------------------|------------|----------------------------|-----------|------|-------------|------------------|-----------------|------------------|-----------------|--------------------|--------------------|-------------------|--------------|--------------|
| 1   | <b>KONKEL Agnieszka</b>          | <b>130</b> |                            | K30-39    | 1    | 00:00:05    | 00:10:10         | 00:21:05        | 00:32:17         | 00:43:22        | <b>00:44:05.25</b> | <b>00:44:10.80</b> |                   | 4:24         | 13.6 (100%)  |
| 2   | <b>CHODOR Martyna</b>            | <b>334</b> | TKKF KOSZALIN              | K30-39    | 2    | 00:00:05    | 00:11:09         | 00:22:30        | 00:33:49         | 00:45:11        | <b>00:45:53.90</b> | <b>00:45:59.30</b> | +00:01:48 (3.9%)  | 4:35         | 13.1 (96.3%) |
| 3   | <b>SZABLA Ewelina</b>            | <b>273</b> |                            | K30-39    | 3    | 00:00:05    | 00:11:05         | 00:22:38        | 00:34:20         | 00:46:03        | <b>00:46:50.10</b> | <b>00:46:55.30</b> | +00:02:44 (5.9%)  | 4:41         | 12.8 (94.1%) |
| 4   | <b>KASPROWICZ Małgorzata</b>     | <b>118</b> | STOPA SŁUPSK               | K30-39    | 4    | 00:00:10    | 00:11:27         | 00:23:19        | 00:35:23         | 00:47:19        | <b>00:48:02.25</b> | <b>00:48:12.50</b> | +00:03:57 (8.2%)  | 4:48         | 12.5 (91.9%) |
| 5   | <b>CHODOR Izabela</b>            | <b>33</b>  | TKKF KOSZALIN              | K30-39    | 5    | 00:00:20    | 00:12:24         | 00:24:38        | 00:36:46         | 00:48:42        | <b>00:49:25.95</b> | <b>00:49:46.35</b> | +00:05:20 (10.8%) | 4:56         | 12.1 (89.0%) |
| 6   | <b>ROGANOWSKA Danuta</b>         | <b>237</b> | ROZBIEGANY KOSZALIN        | K30-39    | 6    | 00:00:18    | 00:13:02         | 00:25:27        | 00:37:40         | 00:49:33        | <b>00:50:17.60</b> | <b>00:50:36.35</b> | +00:06:12 (12.3%) | 5:01         | 11.9 (87.5%) |
| 7   | <b>RUDZIEWICZ Urszula</b>        | <b>245</b> | FIZJOBIEGACZE SZCZECIN     | K30-39    | 7    | 00:00:11    | 00:12:03         | 00:24:25        | 00:36:57         | 00:49:37        | <b>00:50:21.25</b> | <b>00:50:32.60</b> | +00:06:16 (12.4%) | 5:02         | 11.9 (87.5%) |
| 8   | <b>TUCHORSKA Julita</b>          | <b>293</b> |                            | K30-39    | 8    | 00:00:09    | 00:11:52         | 00:24:22        | 00:37:06         | 00:49:53        | <b>00:50:43.05</b> | <b>00:50:52.05</b> | +00:06:37 (13.1%) | 5:04         | 11.8 (86.8%) |
| 9   | <b>ZIÓŁKOWSKA Małgorzata</b>     | <b>327</b> |                            | K30-39    | 9    | 00:00:06    | 00:12:18         | 00:24:56        | 00:37:29         | 00:49:56        | <b>00:50:43.15</b> | <b>00:50:49.30</b> | +00:06:37 (13.1%) | 5:04         | 11.8 (86.8%) |
| 10  | <b>KOSECKA Katarzyna</b>         | <b>134</b> | KB WYGAN                   | K30-39    | 10   | 00:00:09    | 00:11:35         | 00:24:30        | 00:37:27         | 00:50:09        | <b>00:50:59.70</b> | <b>00:51:09.20</b> | +00:06:54 (13.5%) | 5:06         | 11.8 (86.8%) |
| 11  | <b>MAZURKIEWICZ Jolanta</b>      | <b>176</b> |                            | K30-39    | 11   | 00:00:14    | 00:12:25         | 00:25:00        | 00:37:50         | 00:50:32        | <b>00:51:19.80</b> | <b>00:51:34.50</b> | +00:07:14 (14.1%) | 5:08         | 11.7 (86.0%) |
| 12  | <b>RATAJCZYK Monika</b>          | <b>229</b> |                            | K30-39    | 12   | 00:00:18    | 00:12:28         | 00:24:59        | 00:37:46         | 00:50:40        | <b>00:51:28.75</b> | <b>00:51:46.80</b> | +00:07:23 (14.4%) | 5:08         | 11.7 (86.0%) |
| 13  | <b>BĄCZYK Monika</b>             | <b>5</b>   | MONIA TEAM                 | K30-39    | 13   | 00:00:22    | 00:12:19         | 00:24:57        | 00:38:04         | 00:50:55        | <b>00:51:45.70</b> | <b>00:52:08.65</b> | +00:07:40 (14.8%) | 5:10         | 11.6 (85.3%) |
| 14  | <b>BORKOWSKA-KOWALCZYK Daria</b> | <b>17</b>  | WOMENS FIGHT CLUB KOSZALIN | K30-39    | 14   | 00:00:12    | 00:12:12         | 00:25:04        | 00:38:19         | 00:50:59        | <b>00:51:46.95</b> | <b>00:51:59.25</b> | +00:07:41 (14.9%) | 5:10         | 11.6 (85.3%) |

| Msc | Zawodnik                      | Numer      | Klub                                   | Kategoria | Mkat | Czas startu | Start_All 2.45km | Start_All 4.9km | Start_All 7.35km | Start_All 9.8km | Czas netto 10km    | Czas brutto 10km   | Różn              | Tempo min/km | Tempo km/h   |
|-----|-------------------------------|------------|----------------------------------------|-----------|------|-------------|------------------|-----------------|------------------|-----------------|--------------------|--------------------|-------------------|--------------|--------------|
| 15  | <b>SZUBERT Agnieszka</b>      | <b>280</b> |                                        | K30-39    | 15   | 00:00:16    | 00:12:54         | 00:26:04        | 00:39:13         | 00:52:13        | <b>00:52:58.50</b> | <b>00:53:14.75</b> | +00:08:53 (16.8%) | 5:17         | 11.3 (83.1%) |
| 16  | <b>GRABOWSKA-LESISZ Aneta</b> | <b>72</b>  |                                        | K30-39    | 16   | 00:00:07    | 00:12:13         | 00:25:24        | 00:38:58         | 00:52:39        | <b>00:53:29.40</b> | <b>00:53:37.15</b> | +00:09:24 (17.6%) | 5:21         | 11.2 (82.4%) |
| 17  | <b>KUROWSKA Izabela</b>       | <b>157</b> | FITOSKA                                | K30-39    | 17   | 00:00:12    | 00:13:18         | 00:26:44        | 00:39:56         | 00:53:14        | <b>00:54:00.40</b> | <b>00:54:12.55</b> | +00:09:55 (18.4%) | 5:24         | 11.1 (81.6%) |
| 18  | <b>MICHALAK Kamila</b>        | <b>179</b> | KLUB BIEGACZY JYSK                     | K30-39    | 18   | 00:00:08    | 00:12:22         | 00:26:16        | 00:40:18         | 00:54:18        | <b>00:55:11.05</b> | <b>00:55:19.60</b> | +00:11:05 (20.1%) | 5:31         | 10.9 (80.1%) |
| 19  | <b>PANEK Urszula</b>          | <b>208</b> |                                        | K30-39    | 19   | 00:00:22    | 00:13:19         | 00:26:59        | 00:40:53         | 00:54:31        | <b>00:55:20.00</b> | <b>00:55:42.55</b> | +00:11:14 (20.3%) | 5:32         | 10.8 (79.4%) |
| 20  | <b>BRYGAŁA Magdalena</b>      | <b>24</b>  |                                        | K30-39    | 20   | 00:00:18    | 00:12:53         | 00:26:37        | 00:40:37         | 00:54:33        | <b>00:55:25.70</b> | <b>00:55:44.35</b> | +00:11:20 (20.5%) | 5:32         | 10.8 (79.4%) |
| 21  | <b>PSTRĄGOWSKA Marlena</b>    | <b>222</b> | BABECZKI KOSZALIN                      | K30-39    | 21   | 00:00:15    | 00:13:21         | 00:27:04        | 00:40:53         | 00:54:37        | <b>00:55:31.35</b> | <b>00:55:46.35</b> | +00:11:26 (20.6%) | 5:33         | 10.8 (79.4%) |
| 22  | <b>WASZEK Marzena</b>         | <b>302</b> |                                        | K30-39    | 22   | 00:00:11    | 00:13:19         | 00:27:10        | 00:40:49         | 00:54:46        | <b>00:55:41.45</b> | <b>00:55:52.95</b> | +00:11:36 (20.8%) | 5:34         | 10.8 (79.4%) |
| 23  | <b>MAZUREK Barbara</b>        | <b>175</b> | BABECZKI KOSZALIN                      | K30-39    | 23   | 00:00:21    | 00:13:11         | 00:26:54        | 00:40:53         | 00:55:07        | <b>00:55:58.40</b> | <b>00:56:20.30</b> | +00:11:53 (21.2%) | 5:35         | 10.7 (78.7%) |
| 24  | <b>BAK Halszka</b>            | <b>7</b>   |                                        | K30-39    | 24   | 00:00:14    | 00:13:19         | 00:27:15        | 00:41:02         | 00:55:16        | <b>00:56:07.95</b> | <b>00:56:22.10</b> | +00:12:02 (21.5%) | 5:36         | 10.7 (78.7%) |
| 25  | <b>NOWAK Sylwia</b>           | <b>195</b> | CZARNE BIEGA                           | K30-39    | 25   | 00:00:07    | 00:13:18         | 00:27:17        | 00:41:19         | 00:55:26        | <b>00:56:19.35</b> | <b>00:56:27.30</b> | +00:12:14 (21.7%) | 5:38         | 10.7 (78.7%) |
| 26  | <b>GZELA Olga</b>             | <b>79</b>  | BABECZKI KOSZALIN, ROZBIEGANY KOSZALIN | K30-39    | 26   | 00:00:18    | 00:13:08         | 00:26:58        | 00:41:40         | 00:55:48        | <b>00:56:36.70</b> | <b>00:56:55.65</b> | +00:12:31 (22.1%) | 5:39         | 10.6 (77.9%) |
| 27  | <b>SOBALA Anna</b>            | <b>261</b> |                                        | K30-39    | 27   | 00:00:11    | 00:13:09         | 00:27:08        | 00:42:35         | 00:56:32        | <b>00:57:27.15</b> | <b>00:57:38.75</b> | +00:13:21 (23.3%) | 5:44         | 10.4 (76.5%) |
| 28  | <b>REMLAKOWSKA Małgorzata</b> | <b>233</b> | WE RUN                                 | K30-39    | 28   | 00:00:18    | 00:13:49         | 00:28:01        | 00:42:39         | 00:57:05        | <b>00:57:58.30</b> | <b>00:58:16.95</b> | +00:13:53 (23.9%) | 5:47         | 10.4 (76.5%) |
| 29  | <b>WOLF Beata</b>             | <b>333</b> | TKKF KOSZALIN                          | K30-39    | 29   | 00:00:19    | 00:13:36         | 00:28:04        | 00:42:38         | 00:57:15        | <b>00:58:10.20</b> | <b>00:58:29.65</b> | +00:14:04 (24.2%) | 5:49         | 10.3 (75.7%) |
| 30  | <b>OGRODOWCZYK Jagoda</b>     | <b>197</b> |                                        | K30-39    | 30   | 00:00:23    | 00:13:11         | 00:27:27        | 00:42:20         | 00:57:50        | <b>00:58:52.40</b> | <b>00:59:15.75</b> | +00:14:47 (25.1%) | 5:53         | 10.2 (75.0%) |
| 31  | <b>PAWLAK Ewelina</b>         | <b>212</b> |                                        | K30-39    | 31   | 00:00:17    | 00:13:22         | 00:28:13        | 00:43:10         | 00:58:44        | <b>00:59:51.15</b> | <b>01:00:08.35</b> | +00:15:45 (26.3%) | 5:59         | 10 (73.5%)   |
| 32  | <b>SZULTKA Sylwia</b>         | <b>282</b> |                                        | K30-39    | 32   | 00:00:18    | 00:14:24         | 00:29:07        | 00:44:24         | 01:00:28        | <b>01:01:26.45</b> | <b>01:01:44.90</b> | +00:17:21 (28.2%) | 6:08         | 9.8 (72.1%)  |
| 33  | <b>CYRKLEWICZ Weronika</b>    | <b>40</b>  |                                        | K30-39    | 33   | 00:00:17    | 00:14:25         | 00:29:08        | 00:44:25         | 01:00:28        | <b>01:01:26.70</b> | <b>01:01:44.65</b> | +00:17:21 (28.2%) | 6:08         | 9.8 (72.1%)  |
| 34  | <b>RATAJEWSKA Agnieszka</b>   | <b>230</b> | PANI                                   | K30-39    | 34   | 00:00:12    | 00:14:10         | 00:29:31        | 00:45:18         | 01:01:15        | <b>01:02:12.70</b> | <b>01:02:25.30</b> | +00:18:07 (29.1%) | 6:13         | 9.6 (70.6%)  |
| 35  | <b>MALINOWSKA Agnieszka</b>   | <b>168</b> | CIOTECZKI.PL                           | K30-39    | 35   | 00:00:15    | 00:14:35         | 00:30:04        | 00:45:53         | 01:01:31        | <b>01:02:41.35</b> | <b>01:02:56.70</b> | +00:18:36 (29.7%) | 6:16         | 9.6 (70.6%)  |
| 36  | <b>PASEK Paula</b>            | <b>209</b> |                                        | K30-39    | 36   | 00:00:20    | 00:14:11         | 00:29:42        | 00:46:07         | 01:02:06        | <b>01:03:05.75</b> | <b>01:03:26.70</b> | +00:19:00 (30.1%) | 6:18         | 9.5 (69.9%)  |
| 37  | <b>KONDRATOWICZ Agnieszka</b> | <b>129</b> |                                        | K30-39    | 37   | 00:00:19    | 00:15:01         | 00:31:44        | 00:50:02         | 01:09:33        | <b>01:10:51.10</b> | <b>01:11:10.55</b> | +00:26:45 (37.8%) | 7:05         | 8.5 (62.5%)  |