



Organizator: Fundacja Wolność i Demokracja, Koszalińskie
Towarzystwo Krzewienia Kultury Fizycznej
Data: 2017-02-26
Miejsce: Koszalin
Dystans: 10 km

BIEG PAMIĘCI ŻOŁNIERZY WYKLĘTYCH - 10KM

B4SPORT



Klasyfikacja: K40-49

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	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	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%)
3	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%)
4	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%)
5	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%)
6	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%)
7	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%)
8	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%)
9	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%)
10	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%)
11	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%)
12	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%)
13	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%)
14	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%)

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15	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%)
16	KRAWCZUK-KIEŁB Anna	144	ŻYJ Z ENERGIAŁ	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%)

Znaleziono 16 wynik(ów)