



# BIEG TRZECH KRÓLI 5 KM (JAMNEŃSKI TOUR BIEGOWY)

B4SPORT

**Organiser:** Rada Osiedla Jamno - Łąbusz, Koszalińskie  
Towarzystwo Krzewienia Kultury Fizycznej  
**Date:** 2018-01-06  
**Place:** Koszalin  
**Distance:** 5 km



Classification: K-40

| Place | Participant                  | Number     | Club                     | Category | MCat | Net time 5km       | Gap               | Pace min/km | Pace km/h    |
|-------|------------------------------|------------|--------------------------|----------|------|--------------------|-------------------|-------------|--------------|
| 1     | <b>GARSKA Joanna</b>         | <b>48</b>  | ŚWIAT PŁYTEK U KRYSPIŃNA | K-40     | 1    | <b>00:23:20.75</b> |                   | 4:40        | 12.8 (100%)  |
| 2     | <b>KAŹMIERCZAK Agnieszka</b> | <b>87</b>  |                          | K-40     | 2    | <b>00:24:08.50</b> | +00:00:47 (3.3%)  | 4:49        | 12.4 (96.9%) |
| 3     | <b>STRZELECKA Małgorzata</b> | <b>196</b> | SAILING TEAM FERAJNA     | K-40     | 3    | <b>00:26:24.95</b> | +00:03:04 (11.6%) | 5:17        | 11.4 (89.1%) |
| 4     | <b>KOWALCZYK Karolina</b>    | <b>106</b> |                          | K-40     | 4    | <b>00:26:37.65</b> | +00:03:16 (12.3%) | 5:19        | 11.3 (88.3%) |
| 5     | <b>RASZPLA Ilona</b>         | <b>170</b> | CIOTECZKI.PL             | K-40     | 5    | <b>00:26:57.05</b> | +00:03:36 (13.4%) | 5:23        | 11.1 (86.7%) |
| 6     | <b>KOMOROWSKA Beata</b>      | <b>98</b>  | ROZBIEGANY KOSZALIN      | K-40     | 6    | <b>00:28:27.90</b> | +00:05:07 (18.0%) | 5:41        | 10.5 (82.0%) |
| 7     | <b>SULL Agnieszka</b>        | <b>198</b> | NIGHT RUNNERS SŁUPSK     | K-40     | 7    | <b>00:28:35.85</b> | +00:05:15 (18.4%) | 5:43        | 10.5 (82.0%) |
| 8     | <b>DOMAŃSKA Katarzyna</b>    | <b>33</b>  |                          | K-40     | 8    | <b>00:28:53.75</b> | +00:05:33 (19.2%) | 5:46        | 10.4 (81.3%) |
| 9     | <b>BEDNARZ Katarzyna</b>     | <b>5</b>   |                          | K-40     | 9    | <b>00:29:42.60</b> | +00:06:21 (21.4%) | 5:56        | 10.1 (78.9%) |
| 10    | <b>BORSUK Dorota</b>         | <b>14</b>  |                          | K-40     | 10   | <b>00:30:01.30</b> | +00:06:40 (22.2%) | 6:00        | 10 (78.1%)   |
| 11    | <b>NIEDBAŁA Dorota</b>       | <b>136</b> |                          | K-40     | 11   | <b>00:31:05.10</b> | +00:07:44 (24.9%) | 6:13        | 9.7 (75.8%)  |
| 12    | <b>BERNECKA Agnieszka</b>    | <b>7</b>   |                          | K-40     | 12   | <b>00:31:06.15</b> | +00:07:45 (24.9%) | 6:13        | 9.6 (75.0%)  |
| 13    | <b>MICKIEWICZ Kinga</b>      | <b>129</b> |                          | K-40     | 13   | <b>00:32:11.45</b> | +00:08:50 (27.5%) | 6:26        | 9.3 (72.7%)  |
| 14    | <b>TRĘBSKA Marta</b>         | <b>216</b> | #ZABIEGANINOCA           | K-40     | 14   | <b>00:32:11.95</b> | +00:08:51 (27.5%) | 6:26        | 9.3 (72.7%)  |
| 15    | <b>KARPIŃSKA Hanna</b>       | <b>83</b>  |                          | K-40     | 15   | <b>00:33:29.70</b> | +00:10:08 (30.3%) | 6:41        | 9 (70.3%)    |

Total 15 results.