



BIEG TRZECH KRÓLI 5 KM

B4SPORT

Organizator: Rada Osiedla Jamno - Łabusz, Koszalińskie
Towarzystwo Krzewienia Kultury Fizycznej
Data: 2019-01-20
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: K-30

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------|-----------------------------------|-----------|------|----------------|-------------------|--------------|--------------|
| 1 | KONKEL Agnieszka | 90 | | K-30 | 1 | 00:20:19.53 | | 4:03 | 14.8 (100%) |
| 2 | CHORAŻY Karolina | 21 | LEO-TEAM | K-30 | 2 | 00:20:33.59 | +00:00:14 (1.1%) | 4:06 | 14.6 (98.6%) |
| 3 | ŁAWNICZAK Justyna | 113 | #ZABIEGANINOCA | K-30 | 3 | 00:21:40.35 | +00:01:20 (6.2%) | 4:20 | 13.8 (93.2%) |
| 4 | HAŁKA Justyna | 57 | | K-30 | 4 | 00:22:26.13 | +00:02:06 (9.4%) | 4:29 | 13.4 (90.5%) |
| 5 | KĘSIK Agnieszka | 207 | ŚWIAT PŁYTEK U KRYSPIŃ | K-30 | 5 | 00:22:43.81 | +00:02:24 (10.6%) | 4:32 | 13.2 (89.2%) |
| 6 | BORYS Justyna | 14 | JEDWABIŚCI | K-30 | 6 | 00:22:51.49 | +00:02:31 (11.1%) | 4:34 | 13.1 (88.5%) |
| 7 | ZAGALSKA Paulina | 224 | | K-30 | 7 | 00:23:29.19 | +00:03:09 (13.5%) | 4:42 | 12.8 (86.5%) |
| 8 | NIEWIŃSKA-SĘK Monika | 235 | | K-30 | 8 | 00:23:40.24 | +00:03:20 (14.1%) | 4:44 | 12.7 (85.8%) |
| 9 | CHODOR Izabela | 18 | TKKF KOSZALIN | K-30 | 9 | 00:24:00.28 | +00:03:40 (15.3%) | 4:48 | 12.5 (84.5%) |
| 10 | GŁUCH Katarzyna | 49 | | K-30 | 10 | 00:24:48.77 | +00:04:29 (18.1%) | 4:57 | 12.1 (81.8%) |
| 11 | KOLIGAT Anna | 88 | | K-30 | 11 | 00:25:19.93 | +00:05:00 (19.8%) | 5:04 | 11.8 (79.7%) |
| 12 | KUBIAK Monika | 105 | ELITARNA GRUPA BIEGOWO - ROWEROWA | K-30 | 12 | 00:25:56.37 | +00:05:36 (21.6%) | 5:11 | 11.6 (78.4%) |
| 13 | PAWŁOWSKA Urszula | 158 | | K-30 | 13 | 00:26:04.30 | +00:05:44 (22.0%) | 5:13 | 11.5 (77.7%) |
| 14 | JEWUŁA Agata | 67 | | K-30 | 14 | 00:26:06.61 | +00:05:47 (22.2%) | 5:13 | 11.5 (77.7%) |
| 15 | PACAN Mira | 150 | ŚWIAT PŁYTEK U KRYSPIŃ | K-30 | 15 | 00:26:13.99 | +00:05:54 (22.5%) | 5:14 | 11.4 (77.0%) |
| 16 | MONGIAŁO Aleksandra | 128 | FAST FEET K-LIN | K-30 | 16 | 00:26:24.57 | +00:06:05 (23.0%) | 5:16 | 11.4 (77.0%) |
| 17 | WĄSOWICZ Anna | 211 | | K-30 | 17 | 00:26:27.13 | +00:06:07 (23.2%) | 5:17 | 11.3 (76.4%) |
| 18 | NIEWIADOWSKA Urszula | 137 | | K-30 | 18 | 00:27:06.93 | +00:06:47 (25.0%) | 5:25 | 11.1 (75.0%) |
| 19 | SAŁAJ Angelika | 178 | METALCORP TEAM | K-30 | 19 | 00:27:51.94 | +00:07:32 (27.1%) | 5:34 | 10.8 (73.0%) |
| 20 | NAWROCKA Anna | 234 | | K-30 | 20 | 00:28:01.08 | +00:07:41 (27.5%) | 5:36 | 10.7 (72.3%) |
| 21 | OGRODOWCZYK Jagoda | 141 | | K-30 | 21 | 00:28:06.04 | +00:07:46 (27.7%) | 5:37 | 10.7 (72.3%) |
| 22 | MALINOWSKA-BURDA Aleksandra | 116 | | K-30 | 22 | 00:28:08.63 | +00:07:49 (27.8%) | 5:37 | 10.7 (72.3%) |
| 23 | PRZEDNÓWEK Mariola | 167 | CZARNE BIEGA | K-30 | 23 | 00:28:12.21 | +00:07:52 (27.9%) | 5:38 | 10.6 (71.6%) |
| 24 | PŁOTKA Emilia | 164 | | K-30 | 24 | 00:28:38.54 | +00:08:19 (29.0%) | 5:43 | 10.5 (70.9%) |
| 25 | KILJAN Sylwia | 83 | | K-30 | 25 | 00:29:07.56 | +00:08:48 (30.2%) | 5:49 | 10.3 (69.6%) |
| 26 | SAWICKA - WERS Urszula | 180 | | K-30 | 26 | 00:29:39.24 | +00:09:19 (31.5%) | 5:55 | 10.1 (68.2%) |
| 27 | KRYSZEWSKA Magdalena | 102 | | K-30 | 27 | 00:31:06.48 | +00:10:46 (34.7%) | 6:13 | 9.6 (64.9%) |

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|-----|------------------------------|------------|---------------------|-----------|------|--------------------|-------------------|--------------|-------------|
| 28 | ZAKOŚCIELNA Katarzyna | 225 | ZABIEGANE :) | K-30 | 28 | 00:31:06.58 | +00:10:47 (34.7%) | 6:13 | 9.6 (64.9%) |
| 29 | KLIMCZYK Magdalena | 85 | | K-30 | 29 | 00:32:03.09 | +00:11:43 (36.6%) | 6:24 | 9.4 (63.5%) |
| 30 | STANCZEWSKA Karolina | 191 | | K-30 | 30 | 00:38:45.45 | +00:18:25 (47.6%) | 7:45 | 7.7 (52.0%) |
| 31 | SZULC Martyna | 203 | SZULC RUNNERS TEAME | K-30 | 31 | 00:38:47.00 | +00:18:27 (47.6%) | 7:45 | 7.7 (52.0%) |

Znaleziono 31 wynik(ów)