



BIEG TRZECH KRÓLI 5 KM

B4SPORT

Organiser: Rada Osiedla Jamno - Łabusz, Koszalińskie
Towarzystwo Krzewienia Kultury Fizycznej
Date: 2019-01-20
Place: Koszalin
Distance: 5 km



Classification: K-OPEN

Place	Participant	Number	Club	Category	MCat	Net time 5km	Gap	Pace min/km	Pace 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	SZNYTER Sabina	198	DECATHLON KOSZALIN	K-20	1	00:20:51.55	+00:00:32 (2.6%)	4:10	14.4 (97.3%)
4	ŁAWNICZAK Justyna	113	#ZABIEGANINOCA	K-30	3	00:21:40.35	+00:01:20 (6.2%)	4:20	13.8 (93.2%)
5	BORUC Marika	12	RAZ SZCZECIN	K-20	2	00:22:14.57	+00:01:55 (8.6%)	4:27	13.5 (91.2%)
6	HAŁKA Justyna	57		K-30	4	00:22:26.13	+00:02:06 (9.4%)	4:29	13.4 (90.5%)
7	GÓRA Agnieszka	50	#ZABIEGANINOCA	K-40	1	00:22:39.19	+00:02:19 (10.3%)	4:31	13.2 (89.2%)
8	KĘSIK Agnieszka	207	ŚWIAT PŁYTEK U KRYSPINA	K-30	5	00:22:43.81	+00:02:24 (10.6%)	4:32	13.2 (89.2%)
9	BORYS Justyna	14	JEDWABIŚCI	K-30	6	00:22:51.49	+00:02:31 (11.1%)	4:34	13.1 (88.5%)
10	PERKOWSKA Oktawia	160	DECATHLON KOSZALIN	K-20	3	00:22:59.82	+00:02:40 (11.6%)	4:36	13 (87.8%)
11	KAŻMIERCZAK Agnieszka	80		K-40	2	00:23:20.19	+00:03:00 (12.9%)	4:40	12.9 (87.2%)
12	ZAGALSKA Paulina	224		K-30	7	00:23:29.19	+00:03:09 (13.5%)	4:42	12.8 (86.5%)
13	NIEWIŃSKA-SĘK Monika	235		K-30	8	00:23:40.24	+00:03:20 (14.1%)	4:44	12.7 (85.8%)
14	GARSKA Joanna	44	ŚWIAT PŁYTEK U KRYSPINA	K-40	3	00:23:52.43	+00:03:32 (14.9%)	4:46	12.6 (85.1%)
15	KRZEWIŃSKA Małgorzata	104	TKKF KOSZALIN	K-60	1	00:23:59.98	+00:03:40 (15.3%)	4:48	12.5 (84.5%)
16	CHODOR Izabela	18	TKKF KOSZALIN	K-30	9	00:24:00.28	+00:03:40 (15.3%)	4:48	12.5 (84.5%)
17	SZOSTAK Marta	199		K-20	4	00:24:04.97	+00:03:45 (15.6%)	4:49	12.5 (84.5%)
18	MEJER Aleksandra	123		K-14	1	00:24:27.85	+00:04:08 (16.9%)	4:53	12.3 (83.1%)
19	GŁUCH Katarzyna	49		K-30	10	00:24:48.77	+00:04:29 (18.1%)	4:57	12.1 (81.8%)
20	KORZENIOWSKA Ewa	92		K-20	5	00:25:00.79	+00:04:41 (18.7%)	5:00	12 (81.1%)
21	KOLIGAT Anna	88		K-30	11	00:25:19.93	+00:05:00 (19.8%)	5:04	11.8 (79.7%)
22	RÓJ Barbara	173		K-40	4	00:25:22.92	+00:05:03 (19.9%)	5:04	11.8 (79.7%)
23	CZUPAJŁO Karolina	27		K-20	6	00:25:54.13	+00:05:34 (21.5%)	5:10	11.6 (78.4%)
24	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%)
25	DRABKOWSKA Agnieszka	36		K-40	5	00:26:02.64	+00:05:43 (22.0%)	5:12	11.5 (77.7%)
26	PAWŁOWSKA Urszula	158		K-30	13	00:26:04.30	+00:05:44 (22.0%)	5:13	11.5 (77.7%)
27	JEWUŁA Agata	67		K-30	14	00:26:06.61	+00:05:47 (22.2%)	5:13	11.5 (77.7%)

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28	BORUC Barbara	13	PARKRUN	K-50	1	00:26:06.63	+00:05:47 (22.2%)	5:13	11.5 (77.7%)
29	PACAN Mira	150	ŚWIAT PŁYTEK U KRYPINA	K-30	15	00:26:13.99	+00:05:54 (22.5%)	5:14	11.4 (77.0%)
30	WRÓBLEWSKA Marta	222		K-40	6	00:26:24.50	+00:06:04 (23.0%)	5:16	11.4 (77.0%)
31	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%)
32	WĄSOWICZ Anna	211		K-30	17	00:26:27.13	+00:06:07 (23.2%)	5:17	11.3 (76.4%)
33	GRABSKA Iwona	53		K-40	7	00:26:43.41	+00:06:23 (23.9%)	5:20	11.2 (75.7%)
34	NOWAK Ania	140	JEDWABIŚCI	K-40	8	00:26:48.86	+00:06:29 (24.2%)	5:21	11.2 (75.7%)
35	NIEWIADOWSKA Urszula	137		K-30	18	00:27:06.93	+00:06:47 (25.0%)	5:25	11.1 (75.0%)
36	DZIEMIANKO Ilona	38		K-20	7	00:27:30.06	+00:07:10 (26.1%)	5:30	10.9 (73.6%)
37	SAŁAJ Angelika	178	METALCORP TEAM	K-30	19	00:27:51.94	+00:07:32 (27.1%)	5:34	10.8 (73.0%)
38	NAWROCKA Anna	234		K-30	20	00:28:01.08	+00:07:41 (27.5%)	5:36	10.7 (72.3%)
39	OGRODOWCZYK Jagoda	141		K-30	21	00:28:06.04	+00:07:46 (27.7%)	5:37	10.7 (72.3%)
40	MALINOWSKA-BURDA Aleksandra	116		K-30	22	00:28:08.63	+00:07:49 (27.8%)	5:37	10.7 (72.3%)
41	KURZAWIŃSKA-JABŁOŃSKA Kasia	107	TEAM CZARNE BIEGA	K-40	9	00:28:12.10	+00:07:52 (27.9%)	5:38	10.6 (71.6%)
42	PRZEDNÓWEK Mariola	167	CZARNE BIEGA	K-30	23	00:28:12.21	+00:07:52 (27.9%)	5:38	10.6 (71.6%)
43	BOKOTA Katarzyna	9		K-40	10	00:28:17.88	+00:07:58 (28.2%)	5:39	10.6 (71.6%)
44	WALCZAK Agnieszka	209	TKKF KOSZALIN	K-40	11	00:28:32.69	+00:08:13 (28.8%)	5:42	10.5 (70.9%)
45	PŁOTKA Emilia	164		K-30	24	00:28:38.54	+00:08:19 (29.0%)	5:43	10.5 (70.9%)
46	CZUPAJŁO Marta	28		K-40	12	00:28:51.37	+00:08:31 (29.6%)	5:46	10.4 (70.3%)
47	DOMAŃSKA Katarzyna	32		K-40	13	00:28:55.08	+00:08:35 (29.7%)	5:47	10.4 (70.3%)
48	ZUKAL Aleksandra	229		K-40	14	00:28:59.14	+00:08:39 (29.9%)	5:48	10.3 (69.6%)
49	FINSTER Joanna	42		K-20	8	00:29:06.94	+00:08:47 (30.2%)	5:49	10.3 (69.6%)
50	KILJAN Sylwia	83		K-30	25	00:29:07.56	+00:08:48 (30.2%)	5:49	10.3 (69.6%)
51	ZWOLIŃSKA Anna	230		K-40	15	00:29:29.33	+00:09:09 (31.1%)	5:53	10.2 (68.9%)
52	BORSUK Dorota	11		K-40	16	00:29:29.71	+00:09:10 (31.1%)	5:54	10.2 (68.9%)
53	SAWICKA - WERS Urszula	180		K-30	26	00:29:39.24	+00:09:19 (31.5%)	5:55	10.1 (68.2%)
54	KRAWIECKA Klaudia	99	AKADEMIA BIEGOWA KIEŁPINO	K-14	2	00:29:40.04	+00:09:20 (31.5%)	5:56	10.1 (68.2%)
55	PAWŁOWICZ Aleksandra	156		K-20	9	00:29:49.55	+00:09:30 (31.9%)	5:57	10.1 (68.2%)
56	DUDKA Agata	232		K-20	10	00:29:55.24	+00:09:35 (32.1%)	5:59	10 (67.6%)
57	WIKIERSKA Agnieszka	216	JAMNO	K-40	17	00:30:22.07	+00:10:02 (33.1%)	6:04	9.9 (66.9%)
58	BEDNARZ Katarzyna	5		K-40	18	00:30:44.75	+00:10:25 (33.9%)	6:09	9.8 (66.2%)
59	PEŁKA Iwona	159		K-50	2	00:30:59.37	+00:10:39 (34.4%)	6:11	9.7 (65.5%)
60	BUDZYŃSKA Elżbieta	16		K-50	3	00:31:04.43	+00:10:44 (34.6%)	6:12	9.7 (65.5%)
61	KRYSEWSKA Magdalena	102		K-30	27	00:31:06.48	+00:10:46 (34.7%)	6:13	9.6 (64.9%)
62	ZAKOŚCIELNA Katarzyna	225	ZABIEGANE :)	K-30	28	00:31:06.58	+00:10:47 (34.7%)	6:13	9.6 (64.9%)
63	KOZŁOWIECKA Małgorzata	157		K-50	4	00:31:13.11	+00:10:53 (34.9%)	6:14	9.6 (64.9%)
64	TRACZ Jadwiga	206		K-40	19	00:32:02.04	+00:11:42 (36.6%)	6:24	9.4 (63.5%)
65	KLIMCZYK Magdalena	85		K-30	29	00:32:03.09	+00:11:43 (36.6%)	6:24	9.4 (63.5%)
66	STRACH Martyna	240		K-14	3	00:32:09.30	+00:11:49 (36.8%)	6:26	9.3 (62.8%)
67	PIECYCHNA Agata	162		K-40	20	00:32:11.10	+00:11:51 (36.8%)	6:26	9.3 (62.8%)
68	ŚLEDŹ Joanna	205		K-40	21	00:32:32.42	+00:12:12 (37.5%)	6:30	9.2 (62.2%)
69	STASZYŃSKA Marianna	193	BTC,,ORZEŁ"	K-60	2	00:34:39.52	+00:14:19 (41.4%)	6:56	8.7 (58.8%)
70	GÓRSKA Dorota	52		K-50	5	00:36:33.03	+00:16:13 (44.4%)	7:18	8.2 (55.4%)
71	STANCZEWSKA Karolina	191		K-30	30	00:38:45.45	+00:18:25 (47.6%)	7:45	7.7 (52.0%)

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72	SZULC Martyna	203	SZULC RUNNERS TEAME	K-30	31	00:38:47.00	+00:18:27 (47.6%)	7:45	7.7 (52.0%)
73	SOLAK Halina	185	ŚWIAT PŁYTEK U KRYSPINA	K-60	3	00:42:25.59	+00:22:06 (52.1%)	8:29	7.1 (48.0%)

Total 73 results.