



BIEG TRZECH KRÓLI - II ETAP JAMNEŃSKIEGO TOURU BIEGOWEGO

B4SPORT

Organizator: Rada Osiedla Jamno - Łabusz
Data: 2020-01-06
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	110		K-30	1	00:20:41.07		4:08	14.5 (100%)
2	ZATOŃ Olga	257		K-30	2	00:20:46.32	+00:00:05 (0.4%)	4:09	14.4 (99.3%)
3	NOWODWORSKA Justyna	168	7 DAYS	K-30	3	00:21:04.44	+00:00:23 (1.8%)	4:13	14.2 (97.9%)
4	ŁAWNICZAK Justyna	137	#ZABIEGANINOCA	K-30	4	00:21:15.60	+00:00:34 (2.7%)	4:15	14.1 (97.2%)
5	KLUCZEWSKA Emilia	107	7 DAYS	K-30	5	00:21:23.92	+00:00:42 (3.3%)	4:16	14 (96.6%)
6	BIAŁECKA Paula	13		K-30	6	00:21:49.00	+00:01:07 (5.2%)	4:21	13.8 (95.2%)
7	SZCZĘK Małgorzata	224	404 NOT FOUND	K-30	7	00:22:00.35	+00:01:19 (6.0%)	4:24	13.6 (93.8%)
8	PAŁASZEWSKA Karolina	176		K-30	8	00:22:03.99	+00:01:22 (6.3%)	4:24	13.6 (93.8%)
9	WOŹNIECKA Karolina	253	SEASIDE TEAM RUN	K-30	9	00:22:39.65	+00:01:58 (8.7%)	4:32	13.2 (91.0%)
10	ZAGALSKA Paulina	255		K-30	10	00:23:17.02	+00:02:35 (11.2%)	4:39	12.9 (89.0%)
11	GIĘDROWICZ Aleksandra	55		K-30	11	00:23:39.64	+00:02:58 (12.6%)	4:44	12.7 (87.6%)
12	KNUT-POTOCZNIK Gabriela	108	STOWARZYSZENIE KIERUNEK POLANÓW	K-30	12	00:23:52.57	+00:03:11 (13.4%)	4:46	12.6 (86.9%)
13	USTJANOWSKA Katarzyna	238		K-30	13	00:24:07.41	+00:03:26 (14.3%)	4:49	12.4 (85.5%)
14	KOPIEC-PARYSIAK Joanna	114		K-30	14	00:24:15.91	+00:03:34 (14.8%)	4:51	12.4 (85.5%)
15	CZAPLA Paulina	38		K-30	15	00:24:22.29	+00:03:41 (15.1%)	4:52	12.3 (84.8%)
16	WĄSOWICZ Anna	240		K-30	16	00:24:39.70	+00:03:58 (16.1%)	4:56	12.2 (84.1%)
17	MONGIAŁO Aleksandra	157	FAST FEET K-LIN	K-30	17	00:24:48.23	+00:04:07 (16.6%)	4:57	12.1 (83.4%)
18	PACAN Mira	174	POZYTYWNIENIE NAKRĘCENI	K-30	18	00:25:08.87	+00:04:27 (17.7%)	5:01	11.9 (82.1%)
19	SUCHODOLSKA Aleksandra	219	DZIKIE ŻÓŁWIE	K-30	19	00:26:08.54	+00:05:27 (20.9%)	5:13	11.5 (79.3%)
20	ROMANOWICZ Monika	191	DZIKIE ŻÓŁWIE	K-30	20	00:26:09.12	+00:05:28 (20.9%)	5:14	11.5 (79.3%)
21	MIELEWCZYK Magdalena	153	GRUPA BIEGOWA MRT	K-30	21	00:26:56.49	+00:06:15 (23.2%)	5:23	11.1 (76.6%)
22	PŁAŻAŁSKA Sylwia	185	RUNGRYF	K-30	22	00:27:07.31	+00:06:26 (23.7%)	5:25	11.1 (76.6%)
23	DORAWA-ZIOMEK Anna	43	DZIKIE ŻÓŁWIE	K-30	23	00:27:10.78	+00:06:29 (23.9%)	5:26	11 (75.9%)
24	PISKÓRZ Justyna	183		K-30	24	00:27:12.29	+00:06:31 (24.0%)	5:26	11 (75.9%)
25	HUBKO Janina	73	PRESS GLASS - BIEGAMY I WSPIERAMY	K-30	25	00:28:01.62	+00:07:20 (26.2%)	5:36	10.7 (73.8%)
26	WŁODARCZYK Emilia	249		K-30	26	00:28:03.99	+00:07:22 (26.3%)	5:36	10.7 (73.8%)

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27	MALINOWSKA-BURDA Aleksandra	142		K-30	27	00:28:22.89	+00:07:41 (27.1%)	5:40	10.6 (73.1%)
28	NOSAL Anna	167		K-30	28	00:28:30.71	+00:07:49 (27.5%)	5:42	10.5 (72.4%)
29	SUDER-MAKSYMOWICZ Monika	220		K-30	29	00:28:33.69	+00:07:52 (27.6%)	5:42	10.5 (72.4%)
30	WIDERA Anna	245		K-30	30	00:28:38.34	+00:07:57 (27.8%)	5:43	10.5 (72.4%)
31	WOJTKOWIAK Wioleta	252		K-30	31	00:28:40.37	+00:07:59 (27.9%)	5:44	10.5 (72.4%)
32	MITUNIEWICZ Natalia	155		K-30	32	00:29:10.59	+00:08:29 (29.1%)	5:50	10.3 (71.0%)
33	SOROCZYŃSKA Kamila	208	AKADEMIA MALUCHA	K-30	33	00:29:15.60	+00:08:34 (29.3%)	5:51	10.3 (71.0%)
34	WENTA Malwina	243		K-30	34	00:29:16.12	+00:08:35 (29.3%)	5:51	10.3 (71.0%)
35	ZAKOŚCIELNA Katarzyna	256	DZIKIE ŻÓŁWIE	K-30	35	00:29:16.64	+00:08:35 (29.4%)	5:51	10.3 (71.0%)
36	JEWUŁA Agata	82	DRUŻYNA SZPIKU	K-30	36	00:29:18.93	+00:08:37 (29.4%)	5:51	10.2 (70.3%)
37	RYBA Milena	195		K-30	37	00:29:25.79	+00:08:44 (29.7%)	5:53	10.2 (70.3%)
38	ZYGMAŃSKA Justyna	260	AKADEMIA MALUCHA	K-30	38	00:29:42.04	+00:09:00 (30.4%)	5:56	10.1 (69.7%)
39	GIEDO Joanna	54		K-30	39	00:30:16.55	+00:09:35 (31.7%)	6:03	9.9 (68.3%)
40	SWOROWSKA Katarzyna	221		K-30	40	00:31:10.19	+00:10:29 (33.6%)	6:14	9.6 (66.2%)
41	BOROŃ Aleksandra	17		K-30	41	00:32:21.90	+00:11:40 (36.1%)	6:28	9.3 (64.1%)
42	PAŁASZ Karolina	175	FUNDACJA ZASTOPIJ	K-30	42	00:33:56.28	+00:13:15 (39.1%)	6:47	8.8 (60.7%)
43	JANUS- KHOURI Ewa	247	KLUB ROGATEGO MORSA	K-30	43	00:35:31.70	+00:14:50 (41.8%)	7:06	8.4 (57.9%)
44	SZULC Martyna	227	SZULC RUNNERS TEAM	K-30	44	00:35:58.81	+00:15:17 (42.5%)	7:11	8.3 (57.2%)
45	STANCZEWSKA Karolina	211		K-30	45	00:35:59.77	+00:15:18 (42.5%)	7:12	8.3 (57.2%)

Znaleziono 45 wynik(ów)