



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-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	IWANEJKO Martyna	74	AZS POZNAŃ	K-20	1	00:19:16.23		3:51	15.6 (100%)
2	SKROBANEK Hanna	207	MKP SZCZECINEK	K-14	1	00:20:29.59	+00:01:13 (6.0%)	4:06	14.6 (93.6%)
3	KONKEL Agnieszka	110		K-30	1	00:20:41.07	+00:01:24 (6.8%)	4:08	14.5 (92.9%)
4	ZATOŃ Olga	257		K-30	2	00:20:46.32	+00:01:30 (7.2%)	4:09	14.4 (92.3%)
5	NOWODWORSKA Justyna	168	7 DAYS	K-30	3	00:21:04.44	+00:01:48 (8.6%)	4:13	14.2 (91.0%)
6	ŁAWNICZAK Justyna	137	#ZABIEGANINOCA	K-30	4	00:21:15.60	+00:01:59 (9.4%)	4:15	14.1 (90.4%)
7	HISZCZYŃSKA Aleksandra	70	CSSP	K-20	2	00:21:16.07	+00:01:59 (9.4%)	4:15	14.1 (90.4%)
8	BARGAŃSKA Justyna	8	404 NOT FOUND	K-40	1	00:21:22.60	+00:02:06 (9.9%)	4:16	14 (89.7%)
9	KLUCZEWSKA Emilia	107	7 DAYS	K-30	5	00:21:23.92	+00:02:07 (9.9%)	4:16	14 (89.7%)
10	HAŁKA Justyna	65	TRUCHT ŁOBEZ	K-40	2	00:21:28.20	+00:02:11 (10.2%)	4:17	14 (89.7%)
11	BIAŁECKA Paula	13		K-30	6	00:21:49.00	+00:02:32 (11.7%)	4:21	13.8 (88.5%)
12	SZCZĘK Małgorzata	224	404 NOT FOUND	K-30	7	00:22:00.35	+00:02:44 (12.4%)	4:24	13.6 (87.2%)
13	PAŁASZEWSKA Karolina	176		K-30	8	00:22:03.99	+00:02:47 (12.7%)	4:24	13.6 (87.2%)
14	GÓRA Agnieszka	60	#ZABIEGANINOCA	K-40	3	00:22:30.37	+00:03:14 (14.4%)	4:30	13.3 (85.3%)
15	KRYNICKA Magdalena	126		K-20	3	00:22:34.73	+00:03:18 (14.7%)	4:31	13.3 (85.3%)
16	WOŹNIECKA Karolina	253	SEASIDE TEAM RUN	K-30	9	00:22:39.65	+00:03:23 (15.0%)	4:32	13.2 (84.6%)
17	KAŹMIERCZAK Agnieszka	102		K-40	4	00:22:44.16	+00:03:27 (15.2%)	4:32	13.2 (84.6%)
18	KRZEWIŃSKA Małgorzata	129	TKKF KOSZALIN	K-60	1	00:23:05.86	+00:03:49 (16.6%)	4:37	13 (83.3%)
19	ZAGALSKA Paulina	255		K-30	10	00:23:17.02	+00:04:00 (17.2%)	4:39	12.9 (82.7%)
20	NOSAL Martyna	166	PENTATHLON SZCZECINEK	K-14	2	00:23:19.47	+00:04:03 (17.4%)	4:39	12.9 (82.7%)
21	GIEDROWICZ Aleksandra	55		K-30	11	00:23:39.64	+00:04:23 (18.6%)	4:44	12.7 (81.4%)
22	KNUT-POTOCZNIK Gabriela	108	STOWARZYSZENIE KIERUNEK POLANÓW	K-30	12	00:23:52.57	+00:04:36 (19.3%)	4:46	12.6 (80.8%)
23	DRULIK-HOŁUB Marta	46	TORNADO KOSZALIN	K-40	5	00:24:02.04	+00:04:45 (19.8%)	4:48	12.5 (80.1%)
24	USTJANOWSKA Katarzyna	238		K-30	13	00:24:07.41	+00:04:51 (20.1%)	4:49	12.4 (79.5%)
25	KOPIEC-PARYSIK Joanna	114		K-30	14	00:24:15.91	+00:04:59 (20.6%)	4:51	12.4 (79.5%)
26	KRUPIŃSKA Beata	124	E-UROLOG.EU	K-50	1	00:24:16.25	+00:05:00 (20.6%)	4:51	12.4 (79.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo min/km	Tempo km/h
						netto 5km	Różn		
27	SZOSTAK Marta	226		K-20	4	00:24:20.38	+00:05:04 (20.8%)	4:52	12.3 (78.8%)
28	CZAPLA Paulina	38		K-30	15	00:24:22.29	+00:05:06 (20.9%)	4:52	12.3 (78.8%)
29	DRABKOWSKA Agnieszka	44	CUDAKI♥	K-40	6	00:24:36.14	+00:05:19 (21.7%)	4:55	12.2 (78.2%)
30	DEJNAK Mariola	41		K-60	2	00:24:39.45	+00:05:23 (21.8%)	4:55	12.2 (78.2%)
31	WĄSOWICZ Anna	240		K-30	16	00:24:39.70	+00:05:23 (21.9%)	4:56	12.2 (78.2%)
32	MONGIAŁO Aleksandra	157	FAST FEET K-LIN	K-30	17	00:24:48.23	+00:05:32 (22.3%)	4:57	12.1 (77.6%)
33	GOLEC Anna	57		K-40	7	00:25:03.83	+00:05:47 (23.1%)	5:00	12 (76.9%)
34	KACZMARYK Jolanta	90		K-40	8	00:25:04.04	+00:05:47 (23.1%)	5:00	12 (76.9%)
35	METEL Izabela	150	POZYTYWNE NAKRĘCENI	K-40	9	00:25:08.72	+00:05:52 (23.4%)	5:01	11.9 (76.3%)
36	PACAN Mira	174	POZYTYWNE NAKRĘCENI	K-30	18	00:25:08.87	+00:05:52 (23.4%)	5:01	11.9 (76.3%)
37	KOWALCZYK Karolina	118		K-40	10	00:25:21.23	+00:06:05 (24.0%)	5:04	11.8 (75.6%)
38	KOLIGAT Anna	109		K-40	11	00:25:35.44	+00:06:19 (24.7%)	5:07	11.7 (75.0%)
39	JUSZCZYK Agnieszka	87	ANOX TEAM	K-40	12	00:25:47.15	+00:06:30 (25.3%)	5:09	11.6 (74.4%)
40	PŁATOSZ Magda	184		K-20	5	00:25:57.11	+00:06:40 (25.7%)	5:11	11.6 (74.4%)
41	MAJEWSKA Dorota	140		K-50	2	00:25:58.19	+00:06:41 (25.8%)	5:11	11.6 (74.4%)
42	JAGŁA Żaneta	75		K-40	13	00:25:59.01	+00:06:42 (25.8%)	5:11	11.5 (73.7%)
43	SUCHODOLSKA Aleksandra	219	DZIKIE ŻÓŁWIE	K-30	19	00:26:08.54	+00:06:52 (26.3%)	5:13	11.5 (73.7%)
44	STRZELECKA Małgorzata	217	SAILING TEAM FERAJNA	K-40	14	00:26:08.78	+00:06:52 (26.3%)	5:13	11.5 (73.7%)
45	ROMANOWICZ Monika	191	DZIKIE ŻÓŁWIE	K-30	20	00:26:09.12	+00:06:52 (26.3%)	5:14	11.5 (73.7%)
46	BUCZKO Katarzyna	24		K-20	6	00:26:17.85	+00:07:01 (26.7%)	5:15	11.4 (73.1%)
47	MARCZAK Małgorzata	147		K-60	3	00:26:22.13	+00:07:05 (26.9%)	5:16	11.4 (73.1%)
48	BRZOZOWSKA Barbara	23		K-40	15	00:26:38.17	+00:07:21 (27.7%)	5:19	11.3 (72.4%)
49	MIELEWCZYK Magdalena	153	GRUPA BIEGOWA MRT	K-30	21	00:26:56.49	+00:07:40 (28.5%)	5:23	11.1 (71.2%)
50	JOŃCA Klaudia	84	BEST BEASTS	K-14	3	00:27:06.45	+00:07:50 (28.9%)	5:25	11.1 (71.2%)
51	PŁAŻALSKA Sylwia	185	RUNGRYF	K-30	22	00:27:07.31	+00:07:51 (28.9%)	5:25	11.1 (71.2%)
52	DORAWA-ZIOMEK Anna	43	DZIKIE ŻÓŁWIE	K-30	23	00:27:10.78	+00:07:54 (29.1%)	5:26	11 (70.5%)
53	PISKÓRZ Justyna	183		K-30	24	00:27:12.29	+00:07:56 (29.2%)	5:26	11 (70.5%)
54	BARANEK Aleksandra	7	MKP SZCZECINEK	K-14	4	00:27:20.18	+00:08:03 (29.5%)	5:28	11 (70.5%)
55	CZUPAJŁO Marta	39		K-40	16	00:27:24.59	+00:08:08 (29.7%)	5:29	10.9 (69.9%)
56	HUBKO Janina	73	PRESS GLASS - BIEGAMY I WSPIERAMY	K-30	25	00:28:01.62	+00:08:45 (31.2%)	5:36	10.7 (68.6%)
57	WŁODARCZYK Emilia	249		K-30	26	00:28:03.99	+00:08:47 (31.3%)	5:36	10.7 (68.6%)
58	GROCHOWSKA Agnieszka	63	SAILING TEAM FERAJNA	K-40	17	00:28:11.33	+00:08:55 (31.6%)	5:38	10.6 (67.9%)
59	MITUNIEWICZ Renata	154		K-50	3	00:28:18.08	+00:09:01 (31.9%)	5:39	10.6 (67.9%)
60	BOKOTA Katarzyna	16		K-40	18	00:28:18.77	+00:09:02 (31.9%)	5:39	10.6 (67.9%)
61	MALINOWSKA-BURDA Aleksandra	142		K-30	27	00:28:22.89	+00:09:06 (32.1%)	5:40	10.6 (67.9%)
62	GÓRALSKA Monika	62		K-40	19	00:28:30.36	+00:09:14 (32.4%)	5:42	10.5 (67.3%)
63	NOSAL Anna	167		K-30	28	00:28:30.71	+00:09:14 (32.4%)	5:42	10.5 (67.3%)
64	SUDER-MAKSYMOWICZ Monika	220		K-30	29	00:28:33.69	+00:09:17 (32.5%)	5:42	10.5 (67.3%)
65	WIDERA Anna	245		K-30	30	00:28:38.34	+00:09:22 (32.7%)	5:43	10.5 (67.3%)
66	WOJTKOWIAK Wioleta	252		K-30	31	00:28:40.37	+00:09:24 (32.8%)	5:44	10.5 (67.3%)
67	HRYNCEWICZ Anna	71	SAILING TEAM FERAJNA	K-40	20	00:28:45.61	+00:09:29 (33.0%)	5:45	10.4 (66.7%)
68	BEDNARZ Katarzyna	12		K-40	21	00:28:46.46	+00:09:30 (33.0%)	5:45	10.4 (66.7%)
69	BORSUK Dorota	18		K-40	22	00:28:57.47	+00:09:41 (33.5%)	5:47	10.4 (66.7%)
70	JĄCZKOWSKA Wioleta	81		K-40	23	00:29:05.70	+00:09:49 (33.8%)	5:49	10.3 (66.0%)

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71	MITUNIEWICZ Natalia	155		K-30	32	00:29:10.59	+00:09:54 (34.0%)	5:50	10.3 (66.0%)
72	SOROCZYŃSKA Kamila	208	AKADEMIA MALUCHA	K-30	33	00:29:15.60	+00:09:59 (34.1%)	5:51	10.3 (66.0%)
73	WENTA Malwina	243		K-30	34	00:29:16.12	+00:09:59 (34.2%)	5:51	10.3 (66.0%)
74	ZAKOŚCIELNA Katarzyna	256	DZIKIE ŻÓŁWIE	K-30	35	00:29:16.64	+00:10:00 (34.2%)	5:51	10.3 (66.0%)
75	JEWUŁA Agata	82	DRUŻYNA SZPIKU	K-30	36	00:29:18.93	+00:10:02 (34.3%)	5:51	10.2 (65.4%)
76	KOPEĆ Magdalena	112		K-40	24	00:29:19.62	+00:10:03 (34.3%)	5:51	10.2 (65.4%)
77	RYBA Milena	195		K-30	37	00:29:25.79	+00:10:09 (34.5%)	5:53	10.2 (65.4%)
78	ZBOROWSKA-SKROBANEK Justyna	258	MKP SZCZECINEK	K-40	25	00:29:27.82	+00:10:11 (34.6%)	5:53	10.2 (65.4%)
79	STRACH Martyna	215	NIE	K-20	7	00:29:36.13	+00:10:19 (34.9%)	5:55	10.1 (64.7%)
80	KARPIŃSKA Hanna	98	AKADEMIA MALUCHA	K-40	26	00:29:40.87	+00:10:24 (35.1%)	5:56	10.1 (64.7%)
81	ZYGMAŃSKA Justyna	260	AKADEMIA MALUCHA	K-30	38	00:29:42.04	+00:10:25 (35.1%)	5:56	10.1 (64.7%)
82	WOJANOWSKA Maryla	250	SPORT I REKREACJA DELFIN	K-60	4	00:29:43.33	+00:10:27 (35.2%)	5:56	10.1 (64.7%)
83	BRZEZIŃSKA Beata	20	TEAM PIOTRUŚ	K-50	4	00:29:51.23	+00:10:35 (35.5%)	5:58	10.1 (64.7%)
84	GIEDO Joanna	54		K-30	39	00:30:16.55	+00:11:00 (36.4%)	6:03	9.9 (63.5%)
85	BUDZYŃSKA Elżbieta	26		K-50	5	00:30:39.36	+00:11:23 (37.1%)	6:07	9.8 (62.8%)
86	PEŁKA Iwona	179		K-50	6	00:30:50.00	+00:11:33 (37.5%)	6:10	9.7 (62.2%)
87	STEC Edyta	212	BIEGAM BO LUBIE CIASTKA	K-40	27	00:31:09.39	+00:11:53 (38.1%)	6:14	9.6 (61.5%)
88	SWOROWSKA Katarzyna	221		K-30	40	00:31:10.19	+00:11:53 (38.2%)	6:14	9.6 (61.5%)
89	MOŻEJKO Anna	159		K-40	28	00:31:10.58	+00:11:54 (38.2%)	6:14	9.6 (61.5%)
90	KOROL Elżbieta	116		K-40	29	00:31:10.70	+00:11:54 (38.2%)	6:14	9.6 (61.5%)
91	KRYSTOSIK Paulina	128	BIEGAM BO LUBIĘ BIEGAM DLA SIEBIE	K-20	8	00:31:39.73	+00:12:23 (39.1%)	6:20	9.5 (60.9%)
92	STRACH Agnieszka	214	NIE	K-50	7	00:31:43.43	+00:12:27 (39.3%)	6:20	9.5 (60.9%)
93	SARBIEWSKA Gabriela	199		K-40	30	00:32:03.06	+00:12:46 (39.9%)	6:24	9.4 (60.3%)
94	BOROŃ Aleksandra	17		K-30	41	00:32:21.90	+00:13:05 (40.5%)	6:28	9.3 (59.6%)
95	KOZŁOWIECKA Małgorzata	121		K-60	5	00:32:27.03	+00:13:10 (40.6%)	6:29	9.2 (59.0%)
96	WEISS-SZULC Barbara	242		K-40	31	00:32:32.92	+00:13:16 (40.8%)	6:30	9.2 (59.0%)
97	MAŁYSZEWICZ Teresa	145		K-50	8	00:32:49.54	+00:13:33 (41.3%)	6:34	9.1 (58.3%)
98	SIENKIEWICZ Ewelina	202		K-20	9	00:33:10.99	+00:13:54 (41.9%)	6:38	9 (57.7%)
99	SIENKIEWICZ Monika	203		K-50	9	00:33:11.01	+00:13:54 (41.9%)	6:38	9 (57.7%)
100	KACZMAREK Dominika	89	PRESS GLASS - BIEGAMY I WSPIERAMY	K-20	10	00:33:47.65	+00:14:31 (43.0%)	6:45	8.9 (57.1%)
101	PAŁASZ Karolina	175	FUNDACJA ZASTOPIJ	K-30	42	00:33:56.28	+00:14:40 (43.2%)	6:47	8.8 (56.4%)
102	JANUS- KHOURI Ewa	247	KLUB ROGATEGO MORSA	K-30	43	00:35:31.70	+00:16:15 (45.8%)	7:06	8.4 (53.8%)
103	SZULC Martyna	227	SZULC RUNNERS TEAM	K-30	44	00:35:58.81	+00:16:42 (46.4%)	7:11	8.3 (53.2%)
104	STANCZEWSKA Karolina	211		K-30	45	00:35:59.77	+00:16:43 (46.5%)	7:12	8.3 (53.2%)

Znaleziono 104 wynik(ów)