



BIEG WALENTYNKOWY 5 KM (JAMNEŃSKI TOUR BIEGOWY)

B4SPORT

Organiser: Rada Osiedla Jamno - Łabusz, Koszalińskie
Towarzystwo Krzewienia Kultury Fizycznej
Date: 2018-02-11
Place: Koszalin
Distance: 5 km



Classification: K-30

Place	Participant	Number	Club	Category	MCat	Net time 5km	Gap	Pace min/km	Pace km/h
1	BORYCHOWSKA Marlena	19	KB TUPOT USTKA	K-30	1	00:20:15.40		4:03	14.8 (100%)
2	CHODOR Martyna	27	TKKF KOSZALIN	K-30	2	00:22:25.30	+00:02:09 (9.7%)	4:29	13.4 (90.5%)
3	NIEWIŃSKA SEK Monika	155		K-30	3	00:22:46.55	+00:02:31 (11.1%)	4:33	13.2 (89.2%)
4	KĘSIK Agnieszka	104	ŚWIAT PŁYTEK U KRYPINA	K-30	4	00:22:47.10	+00:02:31 (11.1%)	4:33	13.2 (89.2%)
5	PRZYCHODA Anna	188	BALTIC SEALS	K-30	5	00:23:50.55	+00:03:35 (15.0%)	4:46	12.6 (85.1%)
6	CHODOR Izabela	26	TKKF KOSZALIN	K-30	6	00:24:03.90	+00:03:48 (15.8%)	4:48	12.5 (84.5%)
7	KOSMALA Aleksandra	112		K-30	7	00:24:16.45	+00:04:01 (16.6%)	4:51	12.4 (83.8%)
8	SZUBERT Agnieszka	235	KOŁOBRZEG BIEGA	K-30	8	00:24:30.25	+00:04:14 (17.3%)	4:54	12.2 (82.4%)
9	ROGALSKA Marta	197	ZAKWAS	K-30	9	00:24:40.90	+00:04:25 (17.9%)	4:56	12.2 (82.4%)
10	ROBAKOWSKA Żaneta	195	GABINET REHABILITACJI AKTYWNEJ	K-30	10	00:25:24.15	+00:05:08 (20.3%)	5:04	11.8 (79.7%)
11	PACAN Mira	167	ŚWIAT PŁYTEK U KRYPINA	K-30	11	00:25:51.60	+00:05:36 (21.7%)	5:10	11.6 (78.4%)
12	OSTAFI Joanna	162	ATF TEAM	K-30	12	00:26:29.70	+00:06:14 (23.5%)	5:18	11.3 (76.4%)
13	KOLIGAT Anna	107		K-30	13	00:26:33.85	+00:06:18 (23.7%)	5:18	11.3 (76.4%)
14	OSTROVSKA Yuliia	192		K-30	14	00:27:01.50	+00:06:46 (25.0%)	5:24	11.1 (75.0%)
15	WĄSOWICZ Anna	255		K-30	15	00:27:10.95	+00:06:55 (25.5%)	5:26	11 (74.3%)
16	MONGIAŁO Aleksandra	147		K-30	16	00:27:57.00	+00:07:41 (27.5%)	5:35	10.7 (72.3%)
17	FIUK Agnieszka	48	ATF TEAM	K-30	17	00:28:18.25	+00:08:02 (28.4%)	5:39	10.6 (71.6%)
18	OZIMEK Iwona	166		K-30	18	00:28:20.15	+00:08:04 (28.5%)	5:40	10.6 (71.6%)
19	PŁOTKA Emilia	182		K-30	19	00:28:30.00	+00:08:14 (28.9%)	5:42	10.5 (70.9%)
20	LATOPOLSKA-OLEJNIK Kalina	127	ŻYTANIA TEAM	K-30	20	00:28:42.05	+00:08:26 (29.4%)	5:44	10.5 (70.9%)
21	KILJAN Sylwia	105		K-30	21	00:29:03.90	+00:08:48 (30.3%)	5:48	10.3 (69.6%)
22	HOC Agnieszka	73		K-30	22	00:29:31.10	+00:09:15 (31.4%)	5:54	10.2 (68.9%)
23	TRACZ Jadwiga	242		K-30	23	00:29:53.00	+00:09:37 (32.2%)	5:58	10 (67.6%)
24	WEILAND Agnieszka	256		K-30	24	00:30:00.75	+00:09:45 (32.5%)	6:00	10 (67.6%)
25	KOSECKA Sylwia	110	ZAKWAS	K-30	25	00:30:09.65	+00:09:54 (32.8%)	6:01	10 (67.6%)
26	KOZŁOWSKA Karolina	117	ZABIEGANI NOCĄ	K-30	26	00:30:20.60	+00:10:05 (33.2%)	6:04	9.9 (66.9%)
27	PASEK Paula	171	KLUB BIEGOWY JANTAR ŚWIESZYNO	K-30	27	00:30:31.15	+00:10:15 (33.6%)	6:06	9.8 (66.2%)

Place	Participant	Number	Club	Category	MCat	Net time 5km	Gap	Pace min/km	Pace km/h
28	DAMPS Julita	37	NIGHT RUNNERS SŁUPSK	K-30	28	00:31:10.80	+00:10:55 (35.0%)	6:14	9.6 (64.9%)
29	GEBORYS Ewa	60		K-30	29	00:31:27.60	+00:11:12 (35.6%)	6:17	9.5 (64.2%)
30	STANCZEWSKA Karolina	218		K-30	30	00:31:33.95	+00:11:18 (35.8%)	6:18	9.5 (64.2%)
31	SZKARŁAT Magdalena	232	ZABIEGANI NOCĄ	K-30	31	00:32:34.20	+00:12:18 (37.8%)	6:30	9.2 (62.2%)
32	WALECKA Katarzyna	250	ATOMOWKI	K-30	32	00:33:06.40	+00:12:51 (38.8%)	6:37	9.1 (61.5%)
33	SOKOŁOWSKA Anna	214	ATOMOWKI	K-30	33	00:33:07.20	+00:12:51 (38.8%)	6:37	9.1 (61.5%)
34	BROLL Wioletta	23	ŁOSOŚ T.E.A.M	K-30	34	00:33:16.55	+00:13:01 (39.1%)	6:39	9 (60.8%)

Total 34 results.