



# 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-40

Place	Participant	Number	Club	Category	MCat	Net time 5km	Gap	Pace min/km	Pace km/h
1	LITWINOWICZ Renata	128	KB WYGAN	K-40	1	00:22:13.55		4:26	13.5 (100%)
2	GARSKA Joanna	56	ŚWIAT PŁYTEK I KRYSPIŃA	K-40	2	00:23:32.10	+00:01:18 (5.6%)	4:42	12.7 (94.1%)
3	KAŹMIERCZAK Agnieszka	102		K-40	3	00:24:28.20	+00:02:14 (9.2%)	4:53	12.3 (91.1%)
4	BIELEWICZ Anna	12	STOPA SŁUPSK	K-40	4	00:24:54.45	+00:02:40 (10.8%)	4:58	12 (88.9%)
5	STRZELECKA Małgorzata	222	SAILING TEAM FERAJNA	K-40	5	00:26:19.30	+00:04:05 (15.6%)	5:16	11.4 (84.4%)
6	RASZPLA Ilona	193	CIOTECZKI.PL	K-40	6	00:27:26.10	+00:05:12 (19.0%)	5:29	10.9 (80.7%)
7	SULL Agnieszka	225	NIGHT RUNNERS SŁUPSK	K-40	7	00:27:37.30	+00:05:23 (19.5%)	5:31	10.9 (80.7%)
8	ŁUSZCZEWSKA Agnieszka	130	ŻYTŃIA TEAM	K-40	8	00:28:42.60	+00:06:29 (22.6%)	5:44	10.4 (77.0%)
9	KIJKO Anna	134		K-40	9	00:28:45.65	+00:06:32 (22.7%)	5:45	10.4 (77.0%)
10	DOMAŃSKA Katarzyna	39		K-40	10	00:28:59.70	+00:06:46 (23.3%)	5:48	10.3 (76.3%)
11	BORSUK Dorota	18		K-40	11	00:29:03.35	+00:06:49 (23.5%)	5:48	10.3 (76.3%)
12	BEDNARZ Katarzyna	8		K-40	12	00:29:19.65	+00:07:06 (24.2%)	5:52	10.2 (75.6%)
13	CZERWIŃSKA Ania	35	BALTIC SEALS	K-40	13	00:29:29.05	+00:07:15 (24.6%)	5:53	10.2 (75.6%)
14	ZIELIŃSKA Dorota	270		K-40	14	00:29:31.50	+00:07:17 (24.7%)	5:54	10.2 (75.6%)
15	BERNECKA Agnieszka	10		K-40	15	00:30:37.80	+00:08:24 (27.4%)	6:07	9.8 (72.6%)
16	NIEDBAŁA Dorota	152		K-40	16	00:30:37.85	+00:08:24 (27.4%)	6:07	9.8 (72.6%)
17	WAŚNIEWSKA Ewa	253	FREERUNNER	K-40	17	00:31:02.10	+00:08:48 (28.4%)	6:12	9.7 (71.9%)
18	PRYGIEL Ewa	187	PARKRUN ŚWIDWIN	K-40	18	00:31:29.15	+00:09:15 (29.4%)	6:17	9.5 (70.4%)
19	KARPIŃSKA Hanna	98	AKADEMIA MALUCHA GOLENIÓW	K-40	19	00:32:03.35	+00:09:49 (30.7%)	6:24	9.4 (69.6%)
20	TRĘBSKA Marta	243	ZABIEGANINOCA	K-40	20	00:32:34.95	+00:10:21 (31.8%)	6:31	9.2 (68.1%)
21	PIECYCHNA Agata	280		K-40	21	00:32:43.95	+00:10:30 (32.1%)	6:32	9.2 (68.1%)

Total 21 results.