



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-OPEN

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	LITWINOWICZ Renata	128	KB WYGAN	K-40	1	00:22:13.55	+00:01:58 (8.9%)	4:26	13.5 (91.2%)
3	CHODOR Martyna	27	TKKF KOSZALIN	K-30	2	00:22:25.30	+00:02:09 (9.7%)	4:29	13.4 (90.5%)
4	HERING Aleksandra	118		K-16	1	00:22:41.70	+00:02:26 (10.7%)	4:32	13.2 (89.2%)
5	NIEWIŃSKA SĘK Monika	155		K-30	3	00:22:46.55	+00:02:31 (11.1%)	4:33	13.2 (89.2%)
6	KĘSIK Agnieszka	104	ŚWIAT PŁYTEK U KRYSPINA	K-30	4	00:22:47.10	+00:02:31 (11.1%)	4:33	13.2 (89.2%)
7	CHORAŻY Karolina	31		K-16	2	00:23:10.50	+00:02:55 (12.6%)	4:38	12.9 (87.2%)
8	MEJER Aleksandra	139		K-16	3	00:23:12.05	+00:02:56 (12.7%)	4:38	12.9 (87.2%)
9	GARSKA Joanna	56	ŚWIAT PŁYTEK I KRYSPINA	K-40	2	00:23:32.10	+00:03:16 (13.9%)	4:42	12.7 (85.8%)
10	PRZYCHODA Anna	188	BALTIC SEALS	K-30	5	00:23:50.55	+00:03:35 (15.0%)	4:46	12.6 (85.1%)
11	KRZEWIŃSKA Małgorzata	124	TKKF KOSZALIN	K-50	1	00:23:52.65	+00:03:37 (15.2%)	4:46	12.6 (85.1%)
12	CHODOR Izabela	26	TKKF KOSZALIN	K-30	6	00:24:03.90	+00:03:48 (15.8%)	4:48	12.5 (84.5%)
13	KOSMALA Aleksandra	112		K-30	7	00:24:16.45	+00:04:01 (16.6%)	4:51	12.4 (83.8%)
14	SZNYTER Sabina	234	DECATHLON KOSZALIN	K-16	4	00:24:18.70	+00:04:03 (16.7%)	4:51	12.3 (83.1%)
15	KAŻMIERCZAK Agnieszka	102		K-40	3	00:24:28.20	+00:04:12 (17.2%)	4:53	12.3 (83.1%)
16	SZUBERT Agnieszka	235	KOŁOBRZEG BIEGA	K-30	8	00:24:30.25	+00:04:14 (17.3%)	4:54	12.2 (82.4%)
17	ROGALSKA Marta	197	ZAKWAS	K-30	9	00:24:40.90	+00:04:25 (17.9%)	4:56	12.2 (82.4%)
18	BIELEWICZ Anna	12	STOPA SŁUPSK	K-40	4	00:24:54.45	+00:04:39 (18.7%)	4:58	12 (81.1%)
19	JANKOWSKA Monika	81		K-16	5	00:25:03.45	+00:04:48 (19.2%)	5:00	12 (81.1%)
20	ROBAKOWSKA Żaneta	195	GABINET REHABILITACJI AKTYWNEJ	K-30	10	00:25:24.15	+00:05:08 (20.3%)	5:04	11.8 (79.7%)
21	KOZUB Daria	119	ŁOSOŚ T. E. A. M	K-16	6	00:25:32.25	+00:05:16 (20.7%)	5:06	11.7 (79.1%)
22	PACAN Mira	167	ŚWIAT PŁYTEK U KRYSPINA	K-30	11	00:25:51.60	+00:05:36 (21.7%)	5:10	11.6 (78.4%)
23	STRZELECKA Małgorzata	222	SAILING TEAM FERAJNA	K-40	5	00:26:19.30	+00:06:03 (23.0%)	5:16	11.4 (77.0%)
24	OSTAFI Joanna	162	ATF TEAM	K-30	12	00:26:29.70	+00:06:14 (23.5%)	5:18	11.3 (76.4%)
25	KOLIGAT Anna	107		K-30	13	00:26:33.85	+00:06:18 (23.7%)	5:18	11.3 (76.4%)
26	SZEWCZYK Paulina	231		K-16	7	00:26:51.65	+00:06:36 (24.6%)	5:22	11.2 (75.7%)
27	OSTROVSKA Yuliia	192		K-30	14	00:27:01.50	+00:06:46 (25.0%)	5:24	11.1 (75.0%)

Place	Participant	Number	Club	Category	MCat	Net	Gap	Pace	Pace
						time			
						5km			
28	MALINOWSKA-BURDA Aleksandra	133		K-16	8	00:27:04.80	+00:06:49 (25.2%)	5:25	11.1 (75.0%)
29	WĄSOWICZ Anna	255		K-30	15	00:27:10.95	+00:06:55 (25.5%)	5:26	11 (74.3%)
30	PAWŁOWSKA Urszula	237	KOŁOBRZEG BIEGA	K-16	9	00:27:22.75	+00:07:07 (26.0%)	5:28	11 (74.3%)
31	RASZPLA Ilona	193	CIOTECZKI.PL	K-40	6	00:27:26.10	+00:07:10 (26.2%)	5:29	10.9 (73.6%)
32	SULL Agnieszka	225	NIGHT RUNNERS SŁUPSK	K-40	7	00:27:37.30	+00:07:21 (26.7%)	5:31	10.9 (73.6%)
33	MONGIAŁO Aleksandra	147		K-30	16	00:27:57.00	+00:07:41 (27.5%)	5:35	10.7 (72.3%)
34	FIUK Agnieszka	48	ATF TEAM	K-30	17	00:28:18.25	+00:08:02 (28.4%)	5:39	10.6 (71.6%)
35	OZIMEK Iwona	166		K-30	18	00:28:20.15	+00:08:04 (28.5%)	5:40	10.6 (71.6%)
36	PŁOTKA Emilia	182		K-30	19	00:28:30.00	+00:08:14 (28.9%)	5:42	10.5 (70.9%)
37	LATOPOLSKA-OLEJNIK Kalina	127	ŻYTANIA TEAM	K-30	20	00:28:42.05	+00:08:26 (29.4%)	5:44	10.5 (70.9%)
38	ŁUSZCZEWSKA Agnieszka	130	ŻYTANIA TEAM	K-40	8	00:28:42.60	+00:08:27 (29.4%)	5:44	10.4 (70.3%)
39	KIJKO Anna	134		K-40	9	00:28:45.65	+00:08:30 (29.6%)	5:45	10.4 (70.3%)
40	BURSZTA Marta	25	KARLINO BIEGAJ	K-16	10	00:28:48.70	+00:08:33 (29.7%)	5:45	10.4 (70.3%)
41	SUSKA Joanna	227		K-16	11	00:28:48.90	+00:08:33 (29.7%)	5:45	10.4 (70.3%)
42	DOMAŃSKA Katarzyna	39		K-40	10	00:28:59.70	+00:08:44 (30.1%)	5:48	10.3 (69.6%)
43	BORSUK Dorota	18		K-40	11	00:29:03.35	+00:08:47 (30.3%)	5:48	10.3 (69.6%)
44	KILJAN Sylwia	105		K-30	21	00:29:03.90	+00:08:48 (30.3%)	5:48	10.3 (69.6%)
45	BEDNARZ Katarzyna	8		K-40	12	00:29:19.65	+00:09:04 (30.9%)	5:52	10.2 (68.9%)
46	CZERWIŃSKA Ania	35	BALTIC SEALS	K-40	13	00:29:29.05	+00:09:13 (31.3%)	5:53	10.2 (68.9%)
47	HOC Agnieszka	73		K-30	22	00:29:31.10	+00:09:15 (31.4%)	5:54	10.2 (68.9%)
48	ZIELIŃSKA Dorota	270		K-40	14	00:29:31.50	+00:09:16 (31.4%)	5:54	10.2 (68.9%)
49	MYSZKOWSKA Grażyna	150	NIGHT RUNNERS SŁUPSK	K-50	2	00:29:36.90	+00:09:21 (31.6%)	5:55	10.1 (68.2%)
50	TRACZ Jadwiga	242		K-30	23	00:29:53.00	+00:09:37 (32.2%)	5:58	10 (67.6%)
51	WEILAND Agnieszka	256		K-30	24	00:30:00.75	+00:09:45 (32.5%)	6:00	10 (67.6%)
52	KOSECKA Sylwia	110	ZAKWAS	K-30	25	00:30:09.65	+00:09:54 (32.8%)	6:01	10 (67.6%)
53	KOZŁOWSKA Karolina	117	ZABIEGANI NOCĄ	K-30	26	00:30:20.60	+00:10:05 (33.2%)	6:04	9.9 (66.9%)
54	HERBUŚ Małgorzata	70		K-16	12	00:30:27.35	+00:10:11 (33.5%)	6:05	9.9 (66.9%)
55	POKRZYWKA Olga	185		K-16	13	00:30:28.65	+00:10:13 (33.5%)	6:05	9.8 (66.2%)
56	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%)
57	BERNECKA Agnieszka	10		K-40	15	00:30:37.80	+00:10:22 (33.9%)	6:07	9.8 (66.2%)
58	NIEDBAŁA Dorota	152		K-40	16	00:30:37.85	+00:10:22 (33.9%)	6:07	9.8 (66.2%)
59	KOZŁOWIECKA Małgorzata	142		K-50	3	00:30:46.50	+00:10:31 (34.2%)	6:09	9.7 (65.5%)
60	WAŚNIEWSKA Ewa	253	FREERUNNER	K-40	17	00:31:02.10	+00:10:46 (34.7%)	6:12	9.7 (65.5%)
61	DAMPS Julita	37	NIGHT RUNNERS SŁUPSK	K-30	28	00:31:10.80	+00:10:55 (35.0%)	6:14	9.6 (64.9%)
62	PEŁKA Iwona	174		K-50	4	00:31:21.40	+00:11:06 (35.4%)	6:16	9.6 (64.9%)
63	GEBORYS Ewa	60		K-30	29	00:31:27.60	+00:11:12 (35.6%)	6:17	9.5 (64.2%)
64	PRYGIEL Ewa	187	PARKRUN ŚWIDWIN	K-40	18	00:31:29.15	+00:11:13 (35.7%)	6:17	9.5 (64.2%)
65	STANCZEWSKA Karolina	218		K-30	30	00:31:33.95	+00:11:18 (35.8%)	6:18	9.5 (64.2%)
66	KARPIŃSKA Hanna	98	AKADEMIA MALUCHA GOLENIÓW	K-40	19	00:32:03.35	+00:11:47 (36.8%)	6:24	9.4 (63.5%)
67	SŁODZIŃSKA Martyna	212	ŁOSOŚ T.E.A.M	K-16	14	00:32:08.15	+00:11:52 (37.0%)	6:25	9.3 (62.8%)
68	JADCZAK Magdalena	79		K-16	15	00:32:13.95	+00:11:58 (37.2%)	6:26	9.3 (62.8%)
69	SZKARŁAT Magdalena	232	ZABIEGANI NOCĄ	K-30	31	00:32:34.20	+00:12:18 (37.8%)	6:30	9.2 (62.2%)
70	TRĘBSKA Marta	243	ZABIEGANINOCĄ	K-40	20	00:32:34.95	+00:12:19 (37.8%)	6:31	9.2 (62.2%)
71	KALKOWSKA Julita	94		K-16	16	00:32:38.25	+00:12:22 (37.9%)	6:31	9.2 (62.2%)

Place	Participant	Number	Club	Category	MCat	Net time 5km	Gap	Pace min/km	Pace km/h
72	PIECYCHNA Agata	280		K-40	21	00:32:43.95	+00:12:28 (38.1%)	6:32	9.2 (62.2%)
73	KRYSTOSIK Paulina	123	KOSZALIN	K-16	17	00:32:48.85	+00:12:33 (38.3%)	6:33	9.1 (61.5%)
74	WALECKA Katarzyna	250	ATOMOWKI	K-30	32	00:33:06.40	+00:12:51 (38.8%)	6:37	9.1 (61.5%)
75	SOKOŁOWSKA Anna	214	ATOMOWKI	K-30	33	00:33:07.20	+00:12:51 (38.8%)	6:37	9.1 (61.5%)
76	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%)
77	MAŁYSZEWICZ Teresa	135		K-50	5	00:34:46.15	+00:14:30 (41.7%)	6:57	8.6 (58.1%)
78	WAŃTRUCKA Jolanta	278	ŚWIAT PŁYTEK I KRYSPINA	K-60	1	00:39:02.05	+00:18:46 (48.1%)	7:48	7.7 (52.0%)
79	SOLAK Halina	215	ŚWIAT PŁYTEK U KRYSPINA	K-60	2	00:39:03.25	+00:18:47 (48.1%)	7:48	7.7 (52.0%)

Total 79 results.