



BIEG WALENTYNKOWY 5 KM

B4SPORT

Organizator: Rada Osiedla Jamno - Łabusz, Koszalińskie
Towarzystwo Krzewienia Kultury Fizycznej
Data: 2019-02-10
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	SZABAŁOWSKA Małgorzata	189	MKL SZCZECINEK	K-20	1	00:19:38.52		3:55	15.3 (100%)
2	KONKEL Agnieszka	89		K-30	1	00:20:11.80	+00:00:33 (2.7%)	4:02	14.9 (97.4%)
3	CHORAŻY Karolina	22	LEO-TEAM	K-30	2	00:20:49.26	+00:01:10 (5.7%)	4:09	14.4 (94.1%)
4	HAŁKA Justyna	58		K-30	3	00:22:25.88	+00:02:47 (12.4%)	4:29	13.4 (87.6%)
5	LITWINOWICZ Renata	110	KB WYGAN	K-40	1	00:22:32.79	+00:02:54 (12.9%)	4:30	13.3 (86.9%)
6	KAŹMIERCZAK Agnieszka	81		K-40	2	00:22:46.60	+00:03:08 (13.8%)	4:33	13.2 (86.3%)
7	MALISZEWSKA Anita	114		K-20	2	00:22:53.07	+00:03:14 (14.2%)	4:34	13.1 (85.6%)
8	AGAPOW Emilia	1		K-30	4	00:22:54.89	+00:03:16 (14.3%)	4:34	13.1 (85.6%)
9	STANKIEWICZ Lucyna	181		K-30	5	00:22:56.62	+00:03:18 (14.4%)	4:35	13.1 (85.6%)
10	PERKOWSKA Oktawia	150	DECATHLON KOSZALIN	K-20	3	00:23:01.91	+00:03:23 (14.7%)	4:36	13 (85.0%)
11	ZAGALSKA Paulina	221		K-30	6	00:23:06.79	+00:03:28 (15.0%)	4:37	13 (85.0%)
12	KĘSIK Agnieszka	233	ŚWIAT PŁYTEK U KRYSPINA	K-30	7	00:23:12.14	+00:03:33 (15.3%)	4:38	12.9 (84.3%)
13	SZOSTAK Marta	193		K-20	4	00:23:17.88	+00:03:39 (15.7%)	4:39	12.9 (84.3%)
14	BORYS Justyna	14	JEDWABIŚCI	K-30	8	00:23:32.57	+00:03:54 (16.6%)	4:42	12.7 (83.0%)
15	KRZEWIŃSKA Małgorzata	100	TKKF KOSZALIN	K-60	1	00:23:53.97	+00:04:15 (17.8%)	4:46	12.6 (82.4%)
16	GARSKA Joanna	237	ŚWIAT PŁYTEK U KRYSPINA	K-40	3	00:23:56.88	+00:04:18 (18.0%)	4:47	12.5 (81.7%)
17	KORZENIOWSKA Ewa	90		K-20	5	00:24:10.17	+00:04:31 (18.7%)	4:50	12.4 (81.0%)
18	RODZIEWICZ-CZAPLIŃSKA Agnieszka	162		K-40	4	00:24:17.17	+00:04:38 (19.1%)	4:51	12.4 (81.0%)
19	KUBIAK Monika	101		K-30	9	00:24:34.52	+00:04:56 (20.1%)	4:55	12.2 (79.7%)
20	DEJNAK Mariola	33		K-60	2	00:24:35.10	+00:04:56 (20.1%)	4:55	12.2 (79.7%)
21	OLSZEWSKA Nina	135	KAMIEŃ RYMAŃSKI	K-14	1	00:24:40.53	+00:05:02 (20.4%)	4:56	12.2 (79.7%)
22	MEJER Aleksandra	117		K-14	2	00:24:52.04	+00:05:13 (21.0%)	4:58	12.1 (79.1%)
23	PACAN Mira	140	ŚWIAT PŁYTEK U KRYSPINA	K-30	10	00:25:07.49	+00:05:28 (21.8%)	5:01	11.9 (77.8%)
24	SPOLSKA Weronika	177	KAMIEŃ RYMAŃSKI	K-20	6	00:25:11.63	+00:05:33 (22.0%)	5:02	11.9 (77.8%)
25	RÓJ Barbara	164		K-40	5	00:25:27.27	+00:05:48 (22.8%)	5:05	11.8 (77.1%)
26	SERKOWSKA Magdalena	172		K-20	7	00:25:31.23	+00:05:52 (23.0%)	5:06	11.8 (77.1%)
27	GRABSKA Iwona	192		K-40	6	00:25:38.45	+00:05:59 (23.4%)	5:07	11.7 (76.5%)

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						5km	Różn		
28	KOLIGAT Anna	87		K-30	11	00:25:49.88	+00:06:11 (24.0%)	5:10	11.6 (75.8%)
29	DRABKOWSKA Agnieszka	42		K-40	7	00:26:07.11	+00:06:28 (24.8%)	5:13	11.5 (75.2%)
30	NOWAK Ania	132	JEDWABIŚCI	K-40	8	00:26:11.22	+00:06:32 (25.0%)	5:14	11.5 (75.2%)
31	CHILLA Danuta	18		K-30	12	00:26:14.18	+00:06:35 (25.1%)	5:14	11.4 (74.5%)
32	BORUC Barbara	13	PARKRUN SZCZECINEK	K-50	1	00:26:22.56	+00:06:44 (25.5%)	5:16	11.4 (74.5%)
33	SAŁAJ Angelika	170	METALCORP TEAM	K-30	13	00:26:22.98	+00:06:44 (25.6%)	5:16	11.4 (74.5%)
34	HAŁAJKO Magdalena	57	HAISENBERG TEAM	K-30	14	00:26:33.47	+00:06:54 (26.0%)	5:18	11.3 (73.9%)
35	HELAK Małgorzata	61		K-30	15	00:26:49.67	+00:07:11 (26.8%)	5:22	11.2 (73.2%)
36	WĄSOWICZ Anna	205		K-30	16	00:26:55.10	+00:07:16 (27.0%)	5:23	11.1 (72.5%)
37	ROMANOWICZ Monika	163	ZABIEGANE :)	K-30	17	00:27:03.42	+00:07:24 (27.4%)	5:24	11.1 (72.5%)
38	SUCHODOLSKA Aleksandra	186		K-30	18	00:27:04.02	+00:07:25 (27.4%)	5:24	11.1 (72.5%)
39	JEWUŁA Agata	70		K-30	19	00:27:23.93	+00:07:45 (28.3%)	5:28	10.9 (71.2%)
40	TERELAK Anna	200	SKB DZIK POLICE	K-20	8	00:27:36.02	+00:07:57 (28.8%)	5:31	10.9 (71.2%)
41	KNUT-POTOCZNIK Gabriela	86		K-30	20	00:27:44.71	+00:08:06 (29.2%)	5:33	10.8 (70.6%)
42	MALINOWSKA-BURDA Aleksandra	113		K-30	21	00:27:49.65	+00:08:11 (29.4%)	5:34	10.8 (70.6%)
43	BOKOTA Katarzyna	11		K-40	9	00:27:53.02	+00:08:14 (29.6%)	5:34	10.8 (70.6%)
44	DORAWA-ZIOMEK Anna	40		K-30	22	00:27:54.92	+00:08:16 (29.6%)	5:35	10.7 (69.9%)
45	KILJAN Sylwia	83		K-30	23	00:27:59.76	+00:08:21 (29.8%)	5:36	10.7 (69.9%)
46	MONGIAŁO Aleksandra	125	FAST FEET K-LIN	K-30	24	00:27:59.96	+00:08:21 (29.8%)	5:36	10.7 (69.9%)
47	PRZEDNÓWEK Mariola	157	CZARNE BIEGA	K-30	25	00:28:13.74	+00:08:35 (30.4%)	5:38	10.6 (69.3%)
48	KURZAWIŃSKA-JABŁOŃSKA Kasia	104	TEAM CZARNE BIEGA	K-40	10	00:28:14.05	+00:08:35 (30.4%)	5:38	10.6 (69.3%)
49	PAWŁOWICZ Aleksandra	147		K-20	9	00:28:17.67	+00:08:39 (30.6%)	5:39	10.6 (69.3%)
50	DOMAŃSKA Katarzyna	37		K-40	11	00:28:28.38	+00:08:49 (31.0%)	5:41	10.5 (68.6%)
51	DEPTUŁA-BILL Bożena	34		K-30	26	00:28:29.72	+00:08:51 (31.1%)	5:42	10.5 (68.6%)
52	ZUKAL Aleksandra	226		K-40	12	00:28:47.51	+00:09:08 (31.8%)	5:45	10.4 (68.0%)
53	DUDA Róża	239	BEST BEAST	K-30	27	00:28:48.80	+00:09:10 (31.8%)	5:45	10.4 (68.0%)
54	DZIEMIANKO Ilona	44		K-20	10	00:28:56.41	+00:09:17 (32.1%)	5:47	10.4 (68.0%)
55	OGRODOWCZYK Jagoda	133		K-30	28	00:28:57.31	+00:09:18 (32.2%)	5:47	10.4 (68.0%)
56	PŁOTKA Emilia	154		K-30	29	00:29:07.54	+00:09:29 (32.6%)	5:49	10.3 (67.3%)
57	BORSUK Dorota	12		K-40	13	00:29:09.95	+00:09:31 (32.7%)	5:50	10.3 (67.3%)
58	WRÓBLEWSKA Marta	218		K-40	14	00:29:10.48	+00:09:31 (32.7%)	5:50	10.3 (67.3%)
59	ZAKOŚCIELNA Katarzyna	222	ZABIEGANE :)	K-30	30	00:29:29.35	+00:09:50 (33.4%)	5:53	10.2 (66.7%)
60	BEDNARZ Katarzyna	5		K-40	15	00:29:55.81	+00:10:17 (34.4%)	5:59	10 (65.4%)
61	PITURA Katarzyna	153		K-20	11	00:30:01.14	+00:10:22 (34.6%)	6:00	10 (65.4%)
62	WYSOCKA Dominika	219		K-20	12	00:30:01.74	+00:10:23 (34.6%)	6:00	10 (65.4%)
63	MICHALCZYK Małgorzata	118	JW1223	K-30	31	00:30:16.62	+00:10:38 (35.1%)	6:03	9.9 (64.7%)
64	PIECYCHNA Agata	152		K-40	16	00:30:49.67	+00:11:11 (36.3%)	6:09	9.7 (63.4%)
65	SAWICZ- WERS Urszula	216		K-30	32	00:30:50.96	+00:11:12 (36.3%)	6:10	9.7 (63.4%)
66	KRAWIECKA Klaudia	97	AKADEMIA BIEGOWA KIEŁPINO	K-14	3	00:30:54.56	+00:11:16 (36.5%)	6:11	9.7 (63.4%)
67	KOZŁOWIECKA Małgorzata	232		K-50	2	00:30:54.71	+00:11:16 (36.5%)	6:11	9.7 (63.4%)
68	BUDZYŃSKA Elżbieta	240		K-50	3	00:30:57.19	+00:11:18 (36.5%)	6:11	9.7 (63.4%)
69	MOLENDAN Anna	123		K-30	33	00:31:01.92	+00:11:23 (36.7%)	6:12	9.7 (63.4%)
70	PEŁKA Iwona	149		K-50	4	00:31:19.58	+00:11:41 (37.3%)	6:16	9.6 (62.7%)
71	ŚLEDŹ Joanna	199	WĘZEŁEK	K-40	17	00:31:33.69	+00:11:55 (37.8%)	6:18	9.5 (62.1%)

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72	WOJANOWSKA Maryla	214	SPORT I REKREACJA DELFIN GRUDZIĄDZ	K-60	3	00:32:08.07	+00:12:29 (38.9%)	6:25	9.3 (60.8%)
73	KUREK Magdalena	103	KAMIEŃ RYMAŃSKI	K-14	4	00:32:17.46	+00:12:38 (39.2%)	6:27	9.3 (60.8%)
74	PRZYBYSZ Joanna	159	ROZBIEGANY NIEMICA	K-30	34	00:32:28.67	+00:12:50 (39.5%)	6:29	9.2 (60.1%)
75	TRACZ Jadwiga	201		K-40	18	00:32:55.02	+00:13:16 (40.3%)	6:35	9.1 (59.5%)
76	HEDDERGOTT Katarzyna	60	JEDWABIŚCI	K-40	19	00:34:59.90	+00:15:21 (43.9%)	7:00	8.6 (56.2%)
77	STANCZEWSKA Karolina	180		K-30	35	00:35:38.91	+00:16:00 (44.9%)	7:07	8.4 (54.9%)
78	SZULC Martyna	194	SZULC RUNNERS TEAM	K-30	36	00:35:41.70	+00:16:03 (45.0%)	7:08	8.4 (54.9%)
79	SOLAK Halina	236	ŚWIAT PŁYTEK U KRYSPINA	K-60	4	00:43:55.00	+00:24:16 (55.3%)	8:47	6.8 (44.4%)

Znaleziono 79 wynik(ów)