



BIEG WALENTYNKOWY

B4SPORT

Event: Bieg Walentynkowy
Organiser: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Date: 2023-02-18
Place: Koszalin
Distance: 5 km



Classification: K-OPEN

| Place | Participant | Number | Club | Category | MCat | Lap 1.6km | Start Premii 2.3km | Lap 3.3km | Net time 5km | Gap | Pace min/km | Pace km/h |
|-------|-----------------------|--------|------------------------------|-----------------|------|-----------|--------------------|-----------|--------------------|-------------------|-------------|--------------|
| 1 | KONKEL Agnieszka | 39 | | Premia K - 1 km | 1 | 00:05:54 | 00:08:54 | 00:13:02 | 00:20:08.55 | | 4:01 | 14.9 (100%) |
| 2 | MRÓWKA Katarzyna | 65 | KAMIENNOGÓRSKA GRUPA BIEGOWA | Premia K - 1 km | 2 | 00:06:17 | 00:09:23 | 00:13:37 | 00:21:00.80 | +00:00:52 (4.1%) | 4:12 | 14.3 (96.0%) |
| 3 | GUDANIEC Katarzyna | 25 | | Premia K - 1 km | 3 | 00:06:24 | 00:09:37 | 00:14:03 | 00:21:49.20 | +00:01:40 (7.7%) | 4:21 | 13.8 (92.6%) |
| 4 | MAZIEC Beata | 59 | BIEGOLAS/TKKF KOSZALIN | Premia K - 1 km | 4 | 00:06:45 | 00:10:03 | 00:14:34 | 00:22:10.80 | +00:02:02 (9.2%) | 4:26 | 13.5 (90.6%) |
| 5 | KRZEWIŃSKA Małgorzata | 46 | TKKF KOSZALIN | Premia K - 1 km | 5 | 00:07:01 | 00:10:24 | 00:15:04 | 00:22:59.25 | +00:02:50 (12.4%) | 4:35 | 13.1 (87.9%) |
| 6 | FEDORCZAK Joanna | 16 | BIEGOLAS KOSZALIN | Premia K - 1 km | 6 | 00:07:01 | 00:10:38 | 00:15:30 | 00:23:51.20 | +00:03:42 (15.6%) | 4:46 | 12.6 (84.6%) |
| 7 | RYBAK Daria | 85 | | Premia K - 1 km | 7 | 00:07:13 | 00:10:42 | 00:15:37 | 00:24:11.75 | +00:04:03 (16.8%) | 4:50 | 12.4 (83.2%) |
| 8 | GIĘDROWICZ Aleksandra | 23 | | Premia K - 1 km | 8 | 00:07:09 | 00:10:41 | 00:15:40 | 00:24:13.25 | +00:04:04 (16.8%) | 4:50 | 12.4 (83.2%) |
| 9 | DRULIK-HOŁUB Marta | 14 | | Premia K - 1 km | 9 | 00:07:28 | 00:11:08 | 00:15:44 | 00:24:19.80 | +00:04:11 (17.2%) | 4:51 | 12.3 (82.6%) |
| 10 | ADAMOWICZ Kinga | 2 | | Premia K - 1 km | 10 | 00:07:10 | 00:10:49 | 00:15:51 | 00:24:38.20 | +00:04:29 (18.2%) | 4:55 | 12.2 (81.9%) |
| 11 | FOLTYNIEWICZ Grażyna | 19 | | Premia K - 1 km | 11 | 00:07:20 | 00:10:57 | 00:16:11 | 00:24:54.95 | +00:04:46 (19.2%) | 4:58 | 12 (80.5%) |
| 12 | DRABKOWSKA Agnieszka | 13 | CUDAK ♥ | Premia K - 1 km | 12 | 00:07:22 | 00:11:01 | 00:16:02 | 00:25:02.60 | +00:04:54 (19.6%) | 5:00 | 12 (80.5%) |
| 13 | KOLIGAT Anna | 38 | | Premia K - 1 km | 13 | 00:07:37 | 00:11:21 | 00:16:32 | 00:25:24.40 | +00:05:15 (20.7%) | 5:04 | 11.8 (79.2%) |
| 14 | KUROWSKA Olga | 51 | SHELTIES RACE | Premia K - 1 km | 14 | 00:07:44 | 00:11:32 | 00:16:47 | 00:25:41.60 | +00:05:33 (21.6%) | 5:08 | 11.7 (78.5%) |

| Place | Participant | Number | Club | Category | MCat | Lap 1.6km | Start_Premii 2.3km | Lap 3.3km | Net time 5km | Gap | Pace min/km | Pace km/h |
|-------|-------------------------------------|------------|-----------------|--------------------|------|--------------|-----------------------|--------------|--------------------|----------------------|----------------|-----------------|
| 15 | TOBER-REKSA Edyta | 98 | | Premia K - 1 km | 15 | 00:08:14 | 00:12:07 | 00:17:26 | 00:26:28.15 | +00:06:19 (23.9%) | 5:17 | 11.3 (75.8%) |
| 16 | GANNON Julia | 21 | KAMIEŃ RYMAŃSKI | Premia K - 1 km | 16 | 00:08:16 | 00:12:00 | 00:17:28 | 00:26:34.65 | +00:06:26 (24.2%) | 5:18 | 11.3 (75.8%) |
| 17 | BARTON Krystyna | 4 | PRZECHLEWO | Premia K - 1 km | 17 | 00:07:44 | 00:11:32 | 00:16:53 | 00:26:34.80 | +00:06:26 (24.2%) | 5:18 | 11.3 (75.8%) |
| 18 | PAWŁOWSKA Urszula | 71 | | Premia K - 1 km | 18 | 00:08:06 | 00:12:05 | 00:17:28 | 00:26:41.70 | +00:06:33 (24.5%) | 5:20 | 11.2 (75.2%) |
| 19 | FLIS Anna | 17 | | Premia K - 1 km | 19 | 00:08:21 | 00:12:15 | 00:17:38 | 00:26:57.30 | +00:06:48 (25.3%) | 5:23 | 11.1 (74.5%) |
| 20 | MALISZEWSKA Natalia | 62 | KAMIEŃ RYMAŃSKI | Premia K - 1 km | 20 | 00:07:58 | 00:12:21 | 00:18:37 | 00:27:58.50 | +00:07:49 (28.0%) | 5:35 | 10.7 (71.8%) |
| 21 | MIŁEK Emilia | 64 | KAMIEŃ RYMAŃSKI | Premia K - 1 km | 21 | 00:09:16 | 00:13:13 | 00:19:08 | 00:27:58.65 | +00:07:50 (28.0%) | 5:35 | 10.7 (71.8%) |
| 22 | PEŁKA Iwona | 72 | | Premia K - 1 km | 22 | 00:08:31 | 00:12:37 | 00:18:17 | 00:28:02.35 | +00:07:53 (28.2%) | 5:36 | 10.7 (71.8%) |
| 23 | KUKLIŃSKA Beata | 49 | DREAM TEAM | Premia K - 1 km | 23 | 00:08:31 | 00:12:58 | 00:18:48 | 00:28:30.95 | +00:08:22 (29.4%) | 5:42 | 10.5 (70.5%) |
| 24 | WOLF Beata | 106 | TKKF KOSZALIN | Premia K - 1 km | 24 | 00:08:52 | 00:13:07 | 00:18:57 | 00:28:36.90 | +00:08:28 (29.6%) | 5:43 | 10.5 (70.5%) |
| 25 | KANIEWSKA Anetta | 30 | | Premia K - 1 km | 25 | 00:08:27 | 00:12:43 | 00:18:37 | 00:28:47.55 | +00:08:39 (30.0%) | 5:45 | 10.4 (69.8%) |
| 26 | SUDER-MAKSYMOWICZ Monika | 93 | | Premia K - 1 km | 26 | 00:08:57 | 00:13:13 | 00:19:10 | 00:29:18.20 | +00:09:09 (31.3%) | 5:51 | 10.2 (68.5%) |
| 27 | BEDNARZ Katarzyna | 5 | | Premia K - 1 km | 27 | 00:09:00 | 00:13:24 | 00:19:22 | 00:29:37.05 | +00:09:28 (32.0%) | 5:55 | 10.1 (67.8%) |
| 28 | STĘPIEŃ Karolina | 92 | | Premia K - 1 km | 28 | 00:09:08 | 00:13:47 | 00:20:22 | 00:31:33.70 | +00:11:25 (36.2%) | 6:18 | 9.5 (63.8%) |
| 29 | ADAMEK Kamila | 1 | | Premia K - 1 km | 29 | 00:09:43 | 00:14:33 | 00:21:18 | 00:32:53.00 | +00:12:44 (38.7%) | 6:34 | 9.1 (61.1%) |
| 30 | ZENGOTA Dominika | 109 | KAMIEŃ RYMAŃSKI | Premia K - 1 km | 30 | 00:10:21 | 00:15:11 | 00:22:00 | 00:33:37.65 | +00:13:29 (40.1%) | 6:43 | 8.9 (59.7%) |
| 31 | WALKOWIAK Daria | 100 | | Premia K - 1 km | 31 | 00:09:32 | 00:15:22 | 00:22:33 | 00:34:36.85 | +00:14:28 (41.8%) | 6:55 | 8.7 (58.4%) |
| 32 | KRZYSZTOFIK Katarzyna | 47 | | Premia K - 1 km | 32 | 00:09:32 | 00:15:22 | 00:22:33 | 00:34:38.05 | +00:14:29 (41.8%) | 6:55 | 8.7 (58.4%) |
| 33 | MAKSYLEWICZ Daniela | 55 | | Premia K - 1 km | 33 | 00:08:52 | 00:13:34 | 00:19:43 | | + | 5:58 | 10 (67.1%) |

Total 33 results.