



BIEG ZAKOCHANYCH - 10 KM

B4SPORT

Organizator: Rada Osiedla Jamno - Łąbusz, Koszalińskie
Towarzystwo Krzewienia Kultury Fizycznej
Data: 2017-02-12
Miejsce: Jamno
Dystans: 10 km



Klasyfikacja: K-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	CHODOR Martyna	50	TKKF KOSZALIN	K-30	1	00:00:08	00:22:51	00:45:14.75	00:45:23.70		4:31	13.3 (100%)
2	JANICKA Emilia	104		K-30	2	00:00:07	00:23:08	00:47:08.75	00:47:16.25	+00:01:54 (4.0%)	4:42	12.7 (95.5%)
3	NIECKARZ Monika	205		K-30	3	00:00:06	00:23:11	00:47:27.95	00:47:34.70	+00:02:13 (4.7%)	4:44	12.6 (94.7%)
4	CHODOR Izabela	49	TKKF KOSZALIN	K-30	4	00:00:09	00:24:29	00:48:33.20	00:48:42.90	+00:03:18 (6.8%)	4:51	12.4 (93.2%)
5	BORKOWSKA-KOWALCZYK Daria	37	WOMENS FIGHT CLUB KOSZALIN	K-30-Powiat	1	00:00:06	00:24:30	00:50:02.45	00:50:09.05	+00:04:47 (9.6%)	5:00	12 (90.2%)
6	BARANOWSKA Karolina	21		K-30-Powiat	2	00:00:07	00:25:02	00:50:42.45	00:50:49.45	+00:05:27 (10.8%)	5:04	11.8 (88.7%)
7	HAŁAJKO Magdalena	86		K-30	5	00:00:19	00:24:48	00:51:02.75	00:51:22.40	+00:05:48 (11.4%)	5:06	11.8 (88.7%)
8	GRABOWSKA-LESISZ Aneta	85		K-30	6	00:00:10	00:24:58	00:51:18.40	00:51:28.60	+00:06:03 (11.8%)	5:07	11.7 (88.0%)
9	WEGNER Aneta	296		K-30	7	00:00:18	00:25:30	00:51:27.75	00:51:46.60	+00:06:13 (12.1%)	5:08	11.7 (88.0%)
10	HRYHOROWICZ Joanna	97	NIGHT RUNNERS SŁUPSK	K-30	8	00:00:16	00:26:20	00:53:01.55	00:53:17.55	+00:07:46 (14.7%)	5:18	11.3 (85.0%)
11	MICHALAK Anna	189		K-30	9	00:00:18	00:26:12	00:53:35.50	00:53:54.35	+00:08:20 (15.6%)	5:21	11.2 (84.2%)
12	PSTRĄGOWSKA Marlena	235	BABECZKI	K-30	10	00:00:23	00:27:26	00:54:12.15	00:54:35.70	+00:08:57 (16.5%)	5:25	11.1 (83.5%)
13	LENKIEWICZ Marta	160		K-30	11	00:00:19	00:27:00	00:54:17.85	00:54:37.45	+00:09:03 (16.7%)	5:25	11 (82.7%)
14	NOWAK Sylwia	210	CZARNE BIEGA	K-30	12	00:00:04	00:27:03	00:54:43.70	00:54:48.60	+00:09:28 (17.3%)	5:28	11 (82.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	MICHALAK Kamila	188		K-30	13	00:00:09	00:26:32	00:55:12.75	00:55:22.20	+00:09:58 (18.1%)	5:31	10.9 (82.0%)
16	HOPPE Anna	94		K-30	14	00:00:15	00:27:40	00:55:27.10	00:55:42.10	+00:10:12 (18.4%)	5:32	10.8 (81.2%)
17	JABŁOŃSKA Katarzyna	99		K-30	15	00:00:11	00:27:42	00:55:52.10	00:56:03.20	+00:10:37 (19.0%)	5:35	10.7 (80.5%)
18	MAZUREK Barbara	180	BABECZKI KOSZALIN	K-30	16	00:00:25	00:28:06	00:56:05.55	00:56:30.65	+00:10:50 (19.3%)	5:36	10.7 (80.5%)
19	MOŻEJKO Anna	197	BABECZKI KOSZALIN	K-30	17	00:00:25	00:28:06	00:56:05.80	00:56:30.90	+00:10:51 (19.3%)	5:36	10.7 (80.5%)
20	ZAKRZEWSKA Agata	310	AT AKTYWNY TRZEBIATÓW	K-30	18	00:00:19	00:27:42	00:56:24.65	00:56:44.10	+00:11:09 (19.8%)	5:38	10.6 (79.7%)
21	SZUBERT Agnieszka	273	KOŁOBRZEG BIEGA	K-30	19	00:00:21	00:29:17	00:56:27.05	00:56:48.15	+00:11:12 (19.8%)	5:38	10.6 (79.7%)
22	PAWŁOWSKA Urszula	226		K-30	20	00:00:29	00:28:09	00:56:31.90	00:57:01.60	+00:11:17 (20.0%)	5:39	10.6 (79.7%)
23	WOLF Beata	305	TKKF KOSZALIN / BIG YELLOWFOOT ADVENTURE TEAM	K-30	21	00:00:19	00:28:00	00:56:35.00	00:56:54.55	+00:11:20 (20.0%)	5:39	10.6 (79.7%)
24	BRYGAŁA Magdalena	44		K-30	22	00:00:16	00:26:58	00:56:45.95	00:57:02.30	+00:11:31 (20.3%)	5:40	10.6 (79.7%)
25	KOWALCZYK Karolina	145		K-30	23	00:00:16	00:28:17	00:57:25.90	00:57:42.10	+00:12:11 (21.2%)	5:44	10.4 (78.2%)
26	BONISŁAWSKA Małgorzata	35	ZUZA&ZOSIA TEAM	K-30-Powiat	3	00:00:21	00:28:30	00:57:42.95	00:58:04.45	+00:12:28 (21.6%)	5:46	10.4 (78.2%)
27	KOLIGAT Anna	136		K-30	24	00:00:13	00:29:32	00:57:55.40	00:58:09.15	+00:12:40 (21.9%)	5:47	10.4 (78.2%)
28	KOBUS-MALAŃCZ Agnieszka	134		K-30	25	00:00:13	00:29:32	00:58:57.65	00:59:11.40	+00:13:42 (23.3%)	5:53	10.2 (76.7%)
29	JANKOWSKA Justyna	105	MRÓWECZKI	K-30	26	00:00:15	00:28:20	00:59:12.75	00:59:28.10	+00:13:58 (23.6%)	5:55	10.1 (75.9%)
30	MALINOWSKA Agnieszka	173	CIOTECZKI.PL	K-30	27	00:00:15	00:30:13	01:00:48.30	01:01:03.50	+00:15:33 (25.6%)	6:04	9.9 (74.4%)
31	BIELEDA Karolina	325	RAMS TRENING HOUSE KOŁOBRZEG	K-30-Powiat	4	00:00:28	00:29:47	01:00:54.60	01:01:22.75	+00:15:39 (25.7%)	6:05	9.9 (74.4%)
32	PASEK Paula	222		K-30	28	00:00:21	00:30:55	01:03:10.50	01:03:31.90	+00:17:55 (28.4%)	6:19	9.5 (71.4%)
33	ŁADYKO Natalia	168		K-30	29	00:00:59	00:31:26	01:05:22.10	01:06:21.10	+00:20:07 (30.8%)	6:32	9.2 (69.2%)
34	MIKLASIŃSKA Monika	194	SŁAWNO	K-30	30	00:00:20	00:31:53	01:05:55.25	01:06:15.80	+00:20:40 (31.4%)	6:35	9.1 (68.4%)
35	STANCZEWSKA Karolina	258		K-30	31	00:00:13	00:32:16	01:06:13.35	01:06:26.50	+00:20:58 (31.7%)	6:37	9.1 (68.4%)

Znaleziono 35 wynik(ów)