



## 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-OPEN

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	PASIEKA Agnieszka	224	K.B. SPRINT ŚWIDWIN	K-16	1	00:00:04	00:22:06	00:43:51.45	00:43:55.85		4:23	13.7 (100%)
2	CHODOR Martyna	50	TKKF KOSZALIN	K-30	1	00:00:08	00:22:51	00:45:14.75	00:45:23.70	+00:01:23 (3.1%)	4:31	13.3 (97.1%)
3	SZUBERT Julia	274	KOŁOBRZEG BIEGA	K-16	2	00:00:04	00:23:07	00:45:48.20	00:45:52.90	+00:01:56 (4.2%)	4:34	13.1 (95.6%)
4	KONIECZNA Anka	140	ROZBIEGANY KOSZALIN	K-40	1	00:00:09	00:22:51	00:46:27.15	00:46:36.40	+00:02:35 (5.6%)	4:38	12.9 (94.2%)
5	JANICKA Emilia	104		K-30	2	00:00:07	00:23:08	00:47:08.75	00:47:16.25	+00:03:17 (7.0%)	4:42	12.7 (92.7%)
6	NIECKARZ Monika	205		K-30	3	00:00:06	00:23:11	00:47:27.95	00:47:34.70	+00:03:36 (7.6%)	4:44	12.6 (92.0%)
7	OSIŃSKA Anna	215	ACTIVE MALBORK	K-16	3	00:00:04	00:23:42	00:47:35.30	00:47:40.10	+00:03:43 (7.8%)	4:45	12.6 (92.0%)
8	KRZEWIŃSKA Małgorzata	152	TKKF KOSZALIN	K-50	1	00:00:07	00:23:39	00:47:45.20	00:47:52.40	+00:03:53 (8.2%)	4:46	12.6 (92.0%)
9	CHODOR Izabela	49	TKKF KOSZALIN	K-30	4	00:00:09	00:24:29	00:48:33.20	00:48:42.90	+00:04:41 (9.7%)	4:51	12.4 (90.5%)
10	MĘDEL Marta	184	TKKF KOSZALIN	K-40	2	00:00:16	00:24:50	00:49:21.05	00:49:37.95	+00:05:29 (11.1%)	4:56	12.2 (89.1%)
11	GARSKA Joanna	233	ŚWIAT PŁYTEK U KRYSPINA	K-40	3	00:00:16	00:24:33	00:49:42.10	00:49:59.05	+00:05:50 (11.8%)	4:58	12.1 (88.3%)
12	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	+00:06:11 (12.4%)	5:00	12 (87.6%)
13	MRUGALSKA Magdalena	200	JW1223	K-16	4	00:00:10	00:25:15	00:50:30.90	00:50:41.60	+00:06:39 (13.2%)	5:03	11.9 (86.9%)
14	BARANOWSKA Karolina	21		K-30-Powiat	2	00:00:07	00:25:02	00:50:42.45	00:50:49.45	+00:06:51 (13.5%)	5:04	11.8 (86.1%)

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	<b>HAŁAJKO Magdalena</b>	<b>86</b>		K-30	5	00:00:19	00:24:48	<b>00:51:02.75</b>	<b>00:51:22.40</b>	+00:07:11 (14.1%)	5:06	11.8 (86.1%)
16	<b>GRABOWSKA-LESISZ Aneta</b>	<b>85</b>		K-30	6	00:00:10	00:24:58	<b>00:51:18.40</b>	<b>00:51:28.60</b>	+00:07:26 (14.5%)	5:07	11.7 (85.4%)
17	<b>SZYMAŃSKA Agnieszka</b>	<b>279</b>		K-40	4	00:00:26	00:25:13	<b>00:51:20.40</b>	<b>00:51:46.70</b>	+00:07:28 (14.6%)	5:08	11.7 (85.4%)
18	<b>WEGNER Aneta</b>	<b>296</b>		K-30	7	00:00:18	00:25:30	<b>00:51:27.75</b>	<b>00:51:46.60</b>	+00:07:36 (14.8%)	5:08	11.7 (85.4%)
19	<b>KUBIŃSKA Beata</b>	<b>153</b>	NIGHT RUNNERS SŁUPSK	K-50	2	00:00:11	00:25:27	<b>00:51:29.45</b>	<b>00:51:40.75</b>	+00:07:38 (14.8%)	5:08	11.7 (85.4%)
20	<b>MEJER Aleksandra</b>	<b>182</b>	BRONEK	K-16	5	00:00:10	00:25:30	<b>00:51:52.15</b>	<b>00:52:02.15</b>	+00:08:00 (15.4%)	5:11	11.6 (84.7%)
21	<b>DĄBROWSKA Alicja</b>	<b>61</b>	TKKF KOSZALIN	K-50	3	00:00:18	00:25:31	<b>00:52:16.15</b>	<b>00:52:34.25</b>	+00:08:24 (16.1%)	5:13	11.5 (83.9%)
22	<b>HRYHOROWICZ Joanna</b>	<b>97</b>	NIGHT RUNNERS SŁUPSK	K-30	8	00:00:16	00:26:20	<b>00:53:01.55</b>	<b>00:53:17.55</b>	+00:09:10 (17.3%)	5:18	11.3 (82.5%)
23	<b>RYNKIEWICZ Aldona</b>	<b>249</b>		K-16	6	00:00:36	00:25:46	<b>00:53:33.45</b>	<b>00:54:10.20</b>	+00:09:42 (18.1%)	5:21	11.2 (81.8%)
24	<b>MICHALAK Anna</b>	<b>189</b>		K-30	9	00:00:18	00:26:12	<b>00:53:35.50</b>	<b>00:53:54.35</b>	+00:09:44 (18.2%)	5:21	11.2 (81.8%)
25	<b>WOCH Małgorzata</b>	<b>300</b>		K-50	4	00:00:07	00:26:50	<b>00:53:51.25</b>	<b>00:53:58.30</b>	+00:09:59 (18.6%)	5:23	11.1 (81.0%)
26	<b>JUSIŃSKA Anna</b>	<b>114</b>		K-40-Powiat	1	00:00:05	00:26:30	<b>00:53:58.10</b>	<b>00:54:03.60</b>	+00:10:06 (18.7%)	5:23	11.1 (81.0%)
27	<b>PSTRĄGOWSKA Marlena</b>	<b>235</b>	BABECZKI	K-30	10	00:00:23	00:27:26	<b>00:54:12.15</b>	<b>00:54:35.70</b>	+00:10:20 (19.1%)	5:25	11.1 (81.0%)
28	<b>SULL Agnieszka</b>	<b>267</b>	NIGHT RUNNERS SŁUPSK	K-40	5	00:00:16	00:26:26	<b>00:54:13.45</b>	<b>00:54:29.80</b>	+00:10:22 (19.1%)	5:25	11.1 (81.0%)
29	<b>LENKIEWICZ Marta</b>	<b>160</b>		K-30	11	00:00:19	00:27:00	<b>00:54:17.85</b>	<b>00:54:37.45</b>	+00:10:26 (19.2%)	5:25	11 (80.3%)
30	<b>NOWAK-IGNACAK Monika</b>	<b>212</b>		K-40	6	00:00:11	00:26:51	<b>00:54:18.75</b>	<b>00:54:30.20</b>	+00:10:27 (19.2%)	5:25	11 (80.3%)
31	<b>NOWAK Sylwia</b>	<b>210</b>	CZARNE BIEGA	K-30	12	00:00:04	00:27:03	<b>00:54:43.70</b>	<b>00:54:48.60</b>	+00:10:52 (19.9%)	5:28	11 (80.3%)
32	<b>WALCZAK Agnieszka</b>	<b>294</b>	TKKF KOSZALIN	K-40	7	00:00:19	00:27:37	<b>00:55:09.85</b>	<b>00:55:29.40</b>	+00:11:18 (20.5%)	5:31	10.9 (79.6%)
33	<b>KUREK Aneta</b>	<b>159</b>		K-40	8	00:00:21	00:27:36	<b>00:55:10.05</b>	<b>00:55:31.90</b>	+00:11:18 (20.5%)	5:31	10.9 (79.6%)
34	<b>MICHALAK Kamila</b>	<b>188</b>		K-30	13	00:00:09	00:26:32	<b>00:55:12.75</b>	<b>00:55:22.20</b>	+00:11:21 (20.6%)	5:31	10.9 (79.6%)
35	<b>SZYC Krystyna</b>	<b>278</b>	MIASTKO	K-50	5	00:00:03	00:26:39	<b>00:55:26.65</b>	<b>00:55:30.50</b>	+00:11:35 (20.9%)	5:32	10.8 (78.8%)
36	<b>HOPPE Anna</b>	<b>94</b>		K-30	14	00:00:15	00:27:40	<b>00:55:27.10</b>	<b>00:55:42.10</b>	+00:11:35 (20.9%)	5:32	10.8 (78.8%)
37	<b>JABŁOŃSKA Katarzyna</b>	<b>99</b>		K-30	15	00:00:11	00:27:42	<b>00:55:52.10</b>	<b>00:56:03.20</b>	+00:12:00 (21.5%)	5:35	10.7 (78.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
38	<b>MAZUREK Barbara</b>	<b>180</b>	BABECZKI KOSZALIN	K-30	16	00:00:25	00:28:06	<b>00:56:05.55</b>	<b>00:56:30.65</b>	+00:12:14 (21.8%)	5:36	10.7 (78.1%)
39	<b>MOŻEJKO Anna</b>	<b>197</b>	BABECZKI KOSZALIN	K-30	17	00:00:25	00:28:06	<b>00:56:05.80</b>	<b>00:56:30.90</b>	+00:12:14 (21.8%)	5:36	10.7 (78.1%)
40	<b>MALINOWSKA Małgorzata</b>	<b>174</b>		K-50	6	00:00:05	00:27:31	<b>00:56:09.05</b>	<b>00:56:14.95</b>	+00:12:17 (21.9%)	5:36	10.7 (78.1%)
41	<b>DOMAŃSKA Katarzyna</b>	<b>63</b>		K-40	9	00:00:13	00:27:40	<b>00:56:10.65</b>	<b>00:56:23.80</b>	+00:12:19 (21.9%)	5:37	10.7 (78.1%)
42	<b>ZAKRZEWSKA Agata</b>	<b>310</b>	AT AKTYWNY TRZEBIATÓW	K-30	18	00:00:19	00:27:42	<b>00:56:24.65</b>	<b>00:56:44.10</b>	+00:12:33 (22.3%)	5:38	10.6 (77.4%)
43	<b>SZUBERT Agnieszka</b>	<b>273</b>	KOŁOBRZEG BIEGA	K-30	19	00:00:21	00:29:17	<b>00:56:27.05</b>	<b>00:56:48.15</b>	+00:12:35 (22.3%)	5:38	10.6 (77.4%)
44	<b>PAWŁOWSKA Urszula</b>	<b>226</b>		K-30	20	00:00:29	00:28:09	<b>00:56:31.90</b>	<b>00:57:01.60</b>	+00:12:40 (22.4%)	5:39	10.6 (77.4%)
45	<b>WOLF Beata</b>	<b>305</b>	TKKF KOSZALIN / BIG YELLOWFOOT ADVENTURE TEAM	K-30	21	00:00:19	00:28:00	<b>00:56:35.00</b>	<b>00:56:54.55</b>	+00:12:43 (22.5%)	5:39	10.6 (77.4%)
46	<b>BRYGAŁA Magdalena</b>	<b>44</b>		K-30	22	00:00:16	00:26:58	<b>00:56:45.95</b>	<b>00:57:02.30</b>	+00:12:54 (22.7%)	5:40	10.6 (77.4%)
47	<b>BIAŁEK Martyna</b>	<b>31</b>		K-16	7	00:00:13	00:28:01	<b>00:56:53.75</b>	<b>00:57:07.50</b>	+00:13:02 (22.9%)	5:41	10.5 (76.6%)
48	<b>ŻMIJA Julia</b>	<b>317</b>	CONTRA PRIMEFOOD PRZECHELEWO	K-16	8	00:00:14	00:28:00	<b>00:56:57.00</b>	<b>00:57:11.05</b>	+00:13:05 (23.0%)	5:41	10.5 (76.6%)
49	<b>BREK Ania</b>	<b>42</b>	OGIEŃ W SZOPIE	K-16	9	00:00:26	00:29:09	<b>00:56:57.10</b>	<b>00:57:23.40</b>	+00:13:05 (23.0%)	5:41	10.5 (76.6%)
50	<b>KOWALCZYK Karolina</b>	<b>145</b>		K-30	23	00:00:16	00:28:17	<b>00:57:25.90</b>	<b>00:57:42.10</b>	+00:13:34 (23.6%)	5:44	10.4 (75.9%)
51	<b>BONISŁAWSKA Małgorzata</b>	<b>35</b>	ZUZA&ZOSIA TEAM	K-30-Powiat	3	00:00:21	00:28:30	<b>00:57:42.95</b>	<b>00:58:04.45</b>	+00:13:51 (24.0%)	5:46	10.4 (75.9%)
52	<b>DACZKOWSKA Ewelina</b>	<b>58</b>		K-16	10	00:00:26	00:28:54	<b>00:57:44.10</b>	<b>00:58:10.90</b>	+00:13:52 (24.0%)	5:46	10.4 (75.9%)
53	<b>MALINOWSKA-BURDA Aleksandra</b>	<b>175</b>		K-16	11	00:00:12	00:28:38	<b>00:57:50.30</b>	<b>00:58:02.85</b>	+00:13:58 (24.2%)	5:47	10.4 (75.9%)
54	<b>KOLIGAT Anna</b>	<b>136</b>		K-30	24	00:00:13	00:29:32	<b>00:57:55.40</b>	<b>00:58:09.15</b>	+00:14:03 (24.3%)	5:47	10.4 (75.9%)
55	<b>JAROSZ Marzena</b>	<b>110</b>		K-50	7	00:00:26	00:28:55	<b>00:57:57.20</b>	<b>00:58:23.30</b>	+00:14:05 (24.3%)	5:47	10.4 (75.9%)
56	<b>ŁUKASIK Ewa</b>	<b>170</b>	TEAM BIEGOWY SZCZECINEK	K-40	10	00:00:14	00:29:05	<b>00:58:46.70</b>	<b>00:59:01.35</b>	+00:14:55 (25.4%)	5:52	10.2 (74.5%)
57	<b>KOBUS-MAŁANECZ Agnieszka</b>	<b>134</b>		K-30	25	00:00:13	00:29:32	<b>00:58:57.65</b>	<b>00:59:11.40</b>	+00:15:06 (25.6%)	5:53	10.2 (74.5%)
58	<b>JARKIEWICZ Marlena</b>	<b>108</b>		K-16	12	00:00:07	00:29:18	<b>00:59:04.50</b>	<b>00:59:11.50</b>	+00:15:13 (25.8%)	5:54	10.2 (74.5%)
59	<b>KOMOROWSKA Beata</b>	<b>139</b>	ROZBIEGANY KOSZALIN	K-40	11	00:00:22	00:28:53	<b>00:59:07.20</b>	<b>00:59:29.95</b>	+00:15:15 (25.8%)	5:54	10.1 (73.7%)
60	<b>JANKOWSKA Justyna</b>	<b>105</b>	MRÓWECZKI	K-30	26	00:00:15	00:28:20	<b>00:59:12.75</b>	<b>00:59:28.10</b>	+00:15:21 (25.9%)	5:55	10.1 (73.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
61	<b>BEDNARZ Katarzyna</b>	<b>28</b>		K-40-Powiat	2	00:00:15	00:28:51	<b>00:59:13.65</b>	<b>00:59:28.75</b>	+00:15:22 (26.0%)	5:55	10.1 (73.7%)
62	<b>PTASZYŃSKA Katarzyna</b>	<b>237</b>	KOŁOBRZEG BIEGA	K-60	1	00:00:13	00:29:28	<b>00:59:37.65</b>	<b>00:59:50.80</b>	+00:15:46 (26.4%)	5:57	10.1 (73.7%)
63	<b>MALINOWSKA Agnieszka</b>	<b>173</b>	CIOTECZKI.PL	K-30	27	00:00:15	00:30:13	<b>01:00:48.30</b>	<b>01:01:03.50</b>	+00:16:56 (27.9%)	6:04	9.9 (72.3%)
64	<b>RASZPLA Ilona</b>	<b>242</b>	CIOTECZKI.PL	K-40	12	00:00:14	00:30:14	<b>01:00:49.05</b>	<b>01:01:03.55</b>	+00:16:57 (27.9%)	6:04	9.9 (72.3%)
65	<b>URBAŃSKA Anetta</b>	<b>289</b>		K-40	13	00:00:27	00:29:48	<b>01:00:52.10</b>	<b>01:01:19.10</b>	+00:17:00 (27.9%)	6:05	9.9 (72.3%)
66	<b>BIELEDA Karolina</b>	<b>325</b>	RAMS TRENING HOUSE KOŁOBRZEG	K-30-Powiat	4	00:00:28	00:29:47	<b>01:00:54.60</b>	<b>01:01:22.75</b>	+00:17:03 (28.0%)	6:05	9.9 (72.3%)
67	<b>DANIELSKA Monika</b>	<b>59</b>	CONTRA PRIMEFOOD PRZECHELEWO	K-40-Powiat	3	00:00:20	00:30:18	<b>01:01:55.55</b>	<b>01:02:16.05</b>	+00:18:04 (29.2%)	6:11	9.7 (70.8%)
68	<b>BUDZYŃSKA Elżbieta</b>	<b>46</b>		K-50	8	00:00:12	00:31:02	<b>01:02:36.30</b>	<b>01:02:48.35</b>	+00:18:44 (29.9%)	6:15	9.6 (70.1%)
69	<b>BORSUK Dorota</b>	<b>39</b>		K-40-Powiat	4	00:00:23	00:30:50	<b>01:02:40.80</b>	<b>01:03:04.25</b>	+00:18:49 (30.0%)	6:16	9.6 (70.1%)
70	<b>PASEK Paula</b>	<b>222</b>		K-30	28	00:00:21	00:30:55	<b>01:03:10.50</b>	<b>01:03:31.90</b>	+00:19:19 (30.6%)	6:19	9.5 (69.3%)
71	<b>VON BARDELEBEN Agnieszka</b>	<b>293</b>	BABECZKI KOSZALIN	K-40	14	00:00:25	00:31:19	<b>01:03:30.35</b>	<b>01:03:56.25</b>	+00:19:38 (30.9%)	6:21	9.4 (68.6%)
72	<b>KURCZ Barbara</b>	<b>157</b>	BABECZKI KOSZALIN	K-40	15	00:00:24	00:31:20	<b>01:03:32.00</b>	<b>01:03:56.00</b>	+00:19:40 (31.0%)	6:21	9.4 (68.6%)
73	<b>MŁYNARCZYK Aneta</b>	<b>195</b>		K-40	16	00:00:14	00:31:43	<b>01:05:11.70</b>	<b>01:05:25.75</b>	+00:21:20 (32.7%)	6:31	9.2 (67.2%)
74	<b>ŁADYKO Natalia</b>	<b>168</b>		K-30	29	00:00:59	00:31:26	<b>01:05:22.10</b>	<b>01:06:21.10</b>	+00:21:30 (32.9%)	6:32	9.2 (67.2%)
75	<b>MIKLASIŃSKA Monika</b>	<b>194</b>	SŁAWNO	K-30	30	00:00:20	00:31:53	<b>01:05:55.25</b>	<b>01:06:15.80</b>	+00:22:03 (33.5%)	6:35	9.1 (66.4%)
76	<b>SZULC Martyna</b>	<b>275</b>	SZULC RUNNERS TEAM / GRYF BIAŁOGARD	K-16	13	00:00:13	00:32:16	<b>01:06:12.85</b>	<b>01:06:26.35</b>	+00:22:21 (33.8%)	6:37	9.1 (66.4%)
77	<b>STANCZEWSKA Karolina</b>	<b>258</b>		K-30	31	00:00:13	00:32:16	<b>01:06:13.35</b>	<b>01:06:26.50</b>	+00:22:21 (33.8%)	6:37	9.1 (66.4%)
78	<b>STASZYŃSKA Marianna</b>	<b>259</b>	BTC,,ORZEŁ' BIAŁOGARD	K-60	2	00:00:18	00:32:51	<b>01:08:24.90</b>	<b>01:08:43.60</b>	+00:24:33 (35.9%)	6:50	8.8 (64.2%)
79	<b>KOZŁOWIECKA Małgorzata</b>	<b>142</b>		K-50	9	00:00:22	00:33:22	<b>01:08:51.15</b>	<b>01:09:14.10</b>	+00:24:59 (36.3%)	6:53	8.7 (63.5%)
80	<b>JAKUBOWSKA Anna</b>	<b>103</b>		K-16	14	00:00:26	00:34:29	<b>01:11:05.50</b>	<b>01:11:31.50</b>	+00:27:14 (38.3%)	7:06	8.4 (61.3%)
81	<b>SULIGA-KRAKOWIAK Agnieszka</b>	<b>265</b>		K-40	17	00:00:28	00:35:30	<b>01:14:13.10</b>	<b>01:14:41.60</b>	+00:30:21 (40.9%)	7:25	8.1 (59.1%)
82	<b>KRAWCZUK-KIEŁB Anna</b>	<b>149</b>	ŻYJ Z ENERGIA	K-40	18	00:00:27	00:35:31	<b>01:14:14.00</b>	<b>01:14:41.55</b>	+00:30:22 (40.9%)	7:25	8.1 (59.1%)
83	<b>SOLAK Halina</b>	<b>324</b>	ŚWIAT PŁYTEK U KRYSPIŃSKA	K-60	3	00:00:24	00:36:30	<b>01:15:21.80</b>	<b>01:15:46.70</b>	+00:31:30 (41.8%)	7:32	8 (58.4%)

Znaleziono 83 wynik(ów)