

# FIVE SEASIDE - KOŁOBRZESKI BIEG 5KM

B4SPORT

**Organizator:** Seaside Park Hotel Kołobrzeg  
**Data:** 2025-03-01  
**Miejsce:** Kołobrzeg  
**Dystans:** 5 km



Klasyfikacja: OPEN -K

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	KRYNICKA GRZYB Małgorzata	63	MLUKS TRZEBIATÓW	K-30	1	00:09:22	<b>00:19:11.25</b>		3:50	15.6 (100%)
2	WIĘKOWSKA Sandra	145		K-30	2	00:09:26	<b>00:19:37.85</b>	+00:00:26 (2.3%)	3:55	15.3 (98.1%)
3	LEMAŃSKA Maja	73	MKL SZCZECIN	K-15	1	00:09:39	<b>00:19:52.30</b>	+00:00:41 (3.4%)	3:58	15.1 (96.8%)
4	WIŚNIEWSKA Magdalena	146		K-40	1	00:10:24	<b>00:21:19.50</b>	+00:02:08 (10.0%)	4:15	14.1 (90.4%)
5	HAŁKA Justyna	27	TRUCHT ŁOBEZ	K-40	2	00:10:33	<b>00:21:44.05</b>	+00:02:32 (11.7%)	4:20	13.8 (88.5%)
6	NOWICKA Karolina	92	GIZA TEAM	K-40	3	00:11:19	<b>00:22:32.95</b>	+00:03:21 (14.9%)	4:30	13.3 (85.3%)
7	BENTKOWSKA Natalia	6		K-30	3	00:11:08	<b>00:22:36.45</b>	+00:03:25 (15.1%)	4:31	13.3 (85.3%)
8	LITWINOWICZ Renata	76		K-50	1	00:11:20	<b>00:22:42.20</b>	+00:03:30 (15.5%)	4:32	13.2 (84.6%)
9	BARTCZAK Martyna	4		K-30	4	00:11:33	<b>00:23:15.10</b>	+00:04:03 (17.5%)	4:39	12.9 (82.7%)
10	STANKIEWICZ Lucyna	124	GRYFICKA SIŁA BIEGOWA	K-40	4	00:11:48	<b>00:23:48.90</b>	+00:04:37 (19.4%)	4:45	12.6 (80.8%)
11	WĄSOWICZ Anna	142		K-40	5	00:11:50	<b>00:23:58.80</b>	+00:04:47 (20.0%)	4:47	12.5 (80.1%)
12	DĄBROWSKA Alicja	14	TKKF KOSZALIN	K-50	2	00:12:00	<b>00:24:08.75</b>	+00:04:57 (20.5%)	4:49	12.4 (79.5%)
13	OLESIŃSKA Patrycja	95		K-30	5	00:11:52	<b>00:24:28.20</b>	+00:05:16 (21.6%)	4:53	12.3 (78.8%)
14	KAŁUŻA Marta	41	NADMORSKIE STOWARZYSZENIE	K-40	6	00:11:58	<b>00:24:37.50</b>	+00:05:26 (22.1%)	4:55	12.2 (78.2%)
15	WERS-SAWICKA Urszula	144	NADMORSKY BIEGACZE KOŁOBRZEG	K-30	6	00:12:03	<b>00:24:41.20</b>	+00:05:29 (22.3%)	4:56	12.2 (78.2%)
16	SAWICZ Agnieszka	115	TRENING TANK	K-30	7	00:11:58	<b>00:24:48.25</b>	+00:05:37 (22.6%)	4:57	12.1 (77.6%)
17	RĘBELIŃSKA Anna	109	NADMORSKIE STOWARZYSZENIE	K-40	7	00:12:05	<b>00:24:56.15</b>	+00:05:44 (23.1%)	4:59	12 (76.9%)
18	KUBIAK Katarzyna	67		K-40	8	00:12:15	<b>00:25:07.70</b>	+00:05:56 (23.6%)	5:01	11.9 (76.3%)
19	KRZEWIŃSKA Małgorzata	65	TKKF KOSZALIN	K-60	1	00:12:33	<b>00:25:24.15</b>	+00:06:12 (24.5%)	5:04	11.8 (75.6%)
20	SACZKA Aneta	111	NADMORSKY BIEGACZE KOŁOBRZEG	K-40	9	00:12:37	<b>00:25:30.75</b>	+00:06:19 (24.8%)	5:06	11.8 (75.6%)
21	HALAJKO Magdalena	26	TKKF KOSZALIN	K-40	10	00:12:16	<b>00:25:33.55</b>	+00:06:22 (24.9%)	5:06	11.7 (75.0%)
22	MARKWANT Jagoda	81	TRAINING TANK	K-30	8	00:12:15	<b>00:25:44.60</b>	+00:06:33 (25.5%)	5:08	11.7 (75.0%)
23	KORYTOWSKA Magdalena	53		K-30	9	00:12:38	<b>00:25:57.95</b>	+00:06:46 (26.1%)	5:11	11.6 (74.4%)
24	KRYCIŃSKA Jolanta	62	NADMORSKIE STOWARZYSZENIE	K-40	11	00:12:46	<b>00:26:17.30</b>	+00:07:06 (27.0%)	5:15	11.4 (73.1%)
25	SŁUPCZEWSKA Małgorzata	120		K-40	12	00:12:43	<b>00:26:20.80</b>	+00:07:09 (27.2%)	5:16	11.4 (73.1%)
26	OCHWAT Barbara	94		K-30	10	00:13:04	<b>00:26:37.70</b>	+00:07:26 (27.9%)	5:19	11.3 (72.4%)
27	TRZECIAK Anna	136	NADMORSKIE STOWARZYSZENIE	K-50	3	00:13:15	<b>00:27:04.85</b>	+00:07:53 (29.1%)	5:24	11.1 (71.2%)

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28	<b>KIRAGA Iga</b>	<b>47</b>	TRAINING TANK	K-30	11	00:13:23	<b>00:27:24.90</b>	+00:08:13 (30.0%)	5:28	10.9 (69.9%)
29	<b>URZENDOWSKA Julia</b>	<b>139</b>		K-15	2	00:13:07	<b>00:27:30.55</b>	+00:08:19 (30.3%)	5:30	10.9 (69.9%)
30	<b>JĘDRZEJEWSKA Justyna</b>	<b>38</b>		K-30	12	00:13:13	<b>00:27:37.90</b>	+00:08:26 (30.6%)	5:31	10.9 (69.9%)
31	<b>KONDZIOŁKA Oliwia</b>	<b>157</b>		K-15	3	00:13:19	<b>00:27:43.35</b>	+00:08:32 (30.8%)	5:32	10.8 (69.2%)
32	<b>STĘPIEŃ Małgorzata</b>	<b>125</b>		K-30	13	00:13:26	<b>00:27:48.90</b>	+00:08:37 (31.0%)	5:33	10.8 (69.2%)
33	<b>KOWALCZYK Karolina</b>	<b>56</b>		K-40	13	00:13:37	<b>00:27:50.90</b>	+00:08:39 (31.1%)	5:34	10.8 (69.2%)
34	<b>ĆMOCH Anna</b>	<b>13</b>		K-30	14	00:13:20	<b>00:27:53.25</b>	+00:08:42 (31.2%)	5:34	10.8 (69.2%)
35	<b>PAWELCZYK Dominika</b>	<b>100</b>		K-15	4	00:13:30	<b>00:28:46.65</b>	+00:09:35 (33.3%)	5:45	10.4 (66.7%)
36	<b>KUCKIEL Monika</b>	<b>70</b>		K-30	15	00:14:21	<b>00:28:59.40</b>	+00:09:48 (33.8%)	5:47	10.4 (66.7%)
37	<b>CISEK-MUSOLF Stanisawa</b>	<b>12</b>		K-40	14	00:13:46	<b>00:29:28.40</b>	+00:10:17 (34.9%)	5:53	10.2 (65.4%)
38	<b>KOSSIŃSKA Magda</b>	<b>55</b>		K-40	15	00:15:04	<b>00:29:30.50</b>	+00:10:19 (35.0%)	5:54	10.2 (65.4%)
39	<b>BEDNARZ Katarzyna</b>	<b>5</b>		K-50	4	00:14:35	<b>00:29:46.65</b>	+00:10:35 (35.6%)	5:57	10.1 (64.7%)
40	<b>ROMANSKA Klaudia</b>	<b>110</b>	FUTHER BODY	K-30	16	00:13:27	<b>00:29:46.80</b>	+00:10:35 (35.6%)	5:57	10.1 (64.7%)
41	<b>AGNIESZKA Tomicka</b>	<b>1</b>	NADMORSKIE STOWARZYSZENIE	K-40	16	00:14:14	<b>00:30:01.80</b>	+00:10:50 (36.1%)	6:00	10 (64.1%)
42	<b>ŻDANOW Justyna</b>	<b>153</b>		K-40	17	00:15:43	<b>00:30:31.85</b>	+00:11:20 (37.2%)	6:06	9.8 (62.8%)
43	<b>NOWACKA Magdalena</b>	<b>90</b>		K-40	18	00:15:02	<b>00:30:41.95</b>	+00:11:30 (37.5%)	6:08	9.8 (62.8%)
44	<b>JABŁOŃSKA Ewa</b>	<b>33</b>	CARDIO DANCE	K-30	17	00:15:39	<b>00:31:33.05</b>	+00:12:21 (39.2%)	6:18	9.5 (60.9%)
45	<b>KLAWINOWSKA Anna</b>	<b>49</b>		K-40	19	00:15:45	<b>00:32:30.65</b>	+00:13:19 (41.0%)	6:30	9.2 (59.0%)
46	<b>GĘBALA Beata</b>	<b>22</b>		K-30	18	00:16:01	<b>00:32:32.85</b>	+00:13:21 (41.0%)	6:30	9.2 (59.0%)
47	<b>MOJSIEWICZ Anna</b>	<b>85</b>	CARDIO DANCE	K-40	20	00:16:02	<b>00:32:33.00</b>	+00:13:21 (41.1%)	6:30	9.2 (59.0%)
48	<b>HORNIATKIEWICZ Małgorzata</b>	<b>31</b>		K-60	2	00:15:54	<b>00:32:37.20</b>	+00:13:25 (41.2%)	6:31	9.2 (59.0%)
49	<b>KOZIEŁ Weronika</b>	<b>58</b>		K-15	5	00:16:16	<b>00:33:02.80</b>	+00:13:51 (41.9%)	6:36	9.1 (58.3%)
50	<b>SUDER-MAKSYMOWICZ Monika</b>	<b>128</b>		K-40	21	00:16:32	<b>00:33:20.70</b>	+00:14:09 (42.5%)	6:40	9 (57.7%)
51	<b>ŁADZIŃSKA Katarzyna Anna</b>	<b>77</b>	CARDIO DANCE	K-30	19	00:16:03	<b>00:33:52.75</b>	+00:14:41 (43.4%)	6:46	8.9 (57.1%)
52	<b>SUDAK Agata</b>	<b>126</b>	CARDIO DANCE	K-40	22	00:16:06	<b>00:34:15.00</b>	+00:15:03 (44.0%)	6:51	8.8 (56.4%)
53	<b>MICHALSKA Klementyna</b>	<b>83</b>	CARDIO DANCE	K-30	20	00:18:15	<b>00:38:30.00</b>	+00:19:18 (50.2%)	7:42	7.8 (50.0%)
54	<b>SZUBERT Dagmara</b>	<b>133</b>		K-40	23	00:18:14	<b>00:38:34.15</b>	+00:19:22 (50.3%)	7:42	7.8 (50.0%)
55	<b>DJURIĆ Aleksandra</b>	<b>16</b>	STUDIO TAŃCA KACPER GAJKOWSKI	K-40	24	00:18:14	<b>00:38:34.50</b>	+00:19:23 (50.3%)	7:42	7.8 (50.0%)
56	<b>PAWELCZYK Natalia</b>	<b>101</b>		K-15	6	00:19:32	<b>00:40:19.05</b>	+00:21:07 (52.4%)	8:03	7.4 (47.4%)
57	<b>JANKOWSKA Kamila</b>	<b>34</b>		K-40	25	00:21:00	<b>00:41:00.00</b>	+00:21:48 (53.2%)	8:12	7.3 (46.8%)

Znaleziono 57 wynik(ów)