



I OTWARTE PRZEŁAJOWE MISTRZOSTWA SIANOWA - 5KM

B4SPORT

Organizator: Sianowska Fundacja Jesteśmy Razem, Urząd Gminy Sianów, KTKKF
Data: 2017-04-01
Miejsce: Kłos k. Sianowa
Dystans: 5 km



Klasyfikacja: K-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	FRONTCZAK Izabela	37	TKKF KOSZALIN	K30-39	1	00:00:04	00:21:36.60	00:21:40.65		4:19	13.9 (100%)
2	SZABLA Ewelina	189		K30-39	2	00:00:06	00:21:48.05	00:21:54.20	+00:00:11 (0.9%)	4:21	13.8 (99.3%)
3	CHODOR Martyna	22	TKKF KOSZALIN	K30-39	3	00:00:04	00:22:29.95	00:22:34.35	+00:00:53 (4.0%)	4:30	13.3 (95.7%)
4	GARSKA Joanna	38	ŚWIAT PŁYTEK U KRYSPINA	K40-49	1	00:00:05	00:23:11.30	00:23:16.50	+00:01:34 (6.8%)	4:38	12.9 (92.8%)
5	CHODOR Izabela	23	TKKF KOSZALIN	K30-39	4	00:00:07	00:23:30.05	00:23:37.40	+00:01:53 (8.0%)	4:42	12.8 (92.1%)
6	BORKOWSKA-KOWALCZYK Daria	14		K30-39	5	00:00:08	00:23:46.35	00:23:54.45	+00:02:09 (9.1%)	4:45	12.6 (90.6%)
7	KULCZYK Katarzyna	109	BRYZA POSTOMINO	K30-39	6	00:00:07	00:23:56.90	00:24:04.30	+00:02:20 (9.8%)	4:47	12.5 (89.9%)
8	PLATH-KOPERSKA Krystyna	157		K50-59	1	00:00:04	00:24:18.40	00:24:23.05	+00:02:41 (11.1%)	4:51	12.3 (88.5%)
9	GRABOWSKA-LESISZ Aneta	47		K30-39	7	00:00:04	00:24:37.55	00:24:42.40	+00:03:00 (12.2%)	4:55	12.2 (87.8%)
10	TWORSKA Magdalena	106		K16-29	1	00:00:09	00:25:25.20	00:25:34.65	+00:03:48 (15.0%)	5:05	11.8 (84.9%)
11	SUCHECKA Katarzyna	188	CROSSFIT KOSZALIN	K30-39	8	00:00:10	00:25:31.70	00:25:42.55	+00:03:55 (15.3%)	5:06	11.7 (84.2%)
12	LUBICZ Anna	117	CROSSFIT KOSZALIN	K30-39	9	00:00:10	00:25:33.10	00:25:43.65	+00:03:56 (15.4%)	5:06	11.7 (84.2%)
13	PIETRZYK Paulina	156		K16-29	2	00:00:10	00:25:45.70	00:25:56.35	+00:04:09 (16.1%)	5:09	11.6 (83.5%)
14	GOLEC Ania	42		K40-49	2	00:00:13	00:25:54.85	00:26:08.60	+00:04:18 (16.6%)	5:11	11.6 (83.5%)
15	KONKEL Joanna	92	MKS 'ŚWIĘC' SŁAWNO	K50-59	2	00:00:07	00:25:57.85	00:26:05.50	+00:04:21 (16.8%)	5:11	11.6 (83.5%)
16	HAŁAJKO Magdalena	51		K30-39	10	00:00:07	00:26:20.20	00:26:27.20	+00:04:43 (17.9%)	5:16	11.4 (82.0%)
17	PSTRĄGOWSKA Marlena	159	BABECZKI KOSZALIN	K30-39	11	00:00:06	00:26:33.70	00:26:40.25	+00:04:57 (18.6%)	5:18	11.3 (81.3%)
18	SOBALA Anna	181		K30-39	12	00:00:08	00:26:52.50	00:27:00.90	+00:05:15 (19.6%)	5:22	11.2 (80.6%)
19	WACHHOLZ Beata	201	KB BRYZA POSTOMINO	K40-49	3	00:00:06	00:27:18.65	00:27:25.30	+00:05:42 (20.9%)	5:27	11 (79.1%)
20	KOWALCZUK Natalia	97	ŚWIAT PŁYTEK U KRYSPINA	K30-39	13	00:00:12	00:27:46.00	00:27:58.20	+00:06:09 (22.2%)	5:33	10.8 (77.7%)
21	BONISŁAWSKA Małgorzata	13	ZUZA&ZOSIA TEAM	K30-39	14	00:00:10	00:27:48.75	00:27:58.80	+00:06:12 (22.3%)	5:33	10.8 (77.7%)
22	GAWIECKA Mariola	40	ROZBIEGANY KOSZALIN	K40-49	4	00:00:12	00:28:27.90	00:28:40.80	+00:06:51 (24.1%)	5:41	10.5 (75.5%)
23	WOJCIECHOWSKA Małgorzata	218		K40-49	5	00:00:12	00:29:39.15	00:29:52.05	+00:08:02 (27.1%)	5:56	10.1 (72.7%)
24	CZAPIEWSKA Justyna	26		K16-29	3	00:00:05	00:30:13.60	00:30:18.75	+00:08:37 (28.5%)	6:02	9.9 (71.2%)
25	BATYŃSKA Magdalena	6		K16-29	4	00:00:05	00:30:15.15	00:30:21.10	+00:08:38 (28.6%)	6:03	9.9 (71.2%)
26	MOŻEJKO Anna	131	BABECZKI KOSZALIN	K30-39	15	00:00:13	00:30:28.15	00:30:41.60	+00:08:51 (29.1%)	6:05	9.8 (70.5%)
27	STEC Edyta	186	BABECZKI KOSZALIN	K30-39	16	00:00:13	00:30:28.20	00:30:41.60	+00:08:51 (29.1%)	6:05	9.8 (70.5%)

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28	JAWORSKA Karolina	71		K30-39	17	00:00:10	00:31:06.20	00:31:16.35	+00:09:29 (30.5%)	6:13	9.6 (69.1%)
29	BŁOŃSKA Agnieszka	12	BABECZKI KOSZALIN	K40-49	6	00:00:14	00:31:23.20	00:31:37.20	+00:09:46 (31.1%)	6:16	9.6 (69.1%)
30	KOROL Elżbieta	95	BABECZKI KOSZALIN	K40-49	7	00:00:14	00:31:23.30	00:31:37.30	+00:09:46 (31.2%)	6:16	9.6 (69.1%)
31	SZULC Ola	237		K16-29	5	00:00:09	00:32:49.40	00:32:58.40	+00:11:12 (34.2%)	6:33	9.1 (65.5%)
32	VON BARDELEBEN Agnieszka	200	BABECZKI KOSZALIN	K40-49	8	00:00:13	00:32:54.60	00:33:08.00	+00:11:18 (34.3%)	6:35	9.1 (65.5%)
33	PEŁKA Iwona	152		K40-49	9	00:00:11	00:33:06.55	00:33:17.80	+00:11:29 (34.7%)	6:37	9.1 (65.5%)
34	MIKLASIŃSKA Monika	128	SŁAWNO	K30-39	18	00:00:12	00:34:15.30	00:34:28.10	+00:12:38 (36.9%)	6:51	8.8 (63.3%)
35	KOZŁOWIECKA Małgorzata	234		K60+	1	00:00:08	00:34:29.50	00:34:37.70	+00:12:52 (37.3%)	6:53	8.7 (62.6%)
36	SETNIK Monika	177	DECATHLON SŁUPSK	K40-49	10	00:00:20	00:35:40.65	00:36:01.40	+00:14:04 (39.4%)	7:08	8.4 (60.4%)
37	NARCZYK Eliza	135		K30-39	19	00:00:17	00:35:51.25	00:36:08.65	+00:14:14 (39.7%)	7:10	8.4 (60.4%)
38	JUSZCZYK Agnieszka	74		K30-39	20	00:00:14	00:36:55.35	00:37:09.65	+00:15:18 (41.5%)	7:23	8.1 (58.3%)
39	ŁUBNIEWSKA Natalia	119	ROZBIEGANY KOSZALIN	K30-39	21	00:00:14	00:36:55.45	00:37:10.10	+00:15:18 (41.5%)	7:23	8.1 (58.3%)
40	WÓJCIK Daria	221		K16-29	6	00:00:05	00:37:09.75	00:37:14.90	+00:15:33 (41.8%)	7:25	8.1 (58.3%)
41	RADOMSKA Iwona	162		K16-29	7	00:00:15	00:37:32.75	00:37:48.65	+00:15:56 (42.4%)	7:30	8 (57.6%)
42	SOLAK Halina	183	ŚWIAT PŁYTEK U KRYSPINA	K60+	2	00:00:12	00:38:40.70	00:38:52.90	+00:17:04 (44.1%)	7:44	7.8 (56.1%)
43	WĄTRUCKA Krystyna	207	ŚWIAT PŁYTEK U KRYSPINA	K60+	3	00:00:12	00:38:59.30	00:39:11.50	+00:17:22 (44.6%)	7:47	7.7 (55.4%)

Znaleziono 43 wynik(ów)