

**Wydarzenie:** II DECARUN KOSZALIN  
**Organizator:** Decathlon Koszalin  
**Data:** 2018-08-15  
**Miejsce:** Koszalin  
**Dystans:** 5 km



Klasyfikacja: K-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All 1.667km	Start_All 3.333km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>BRYNKIEWICZ Dorota</b>	<b>115</b>	POLISH TRIATHLES IN UK	K18-39	1	00:07:13	00:14:39	<b>00:21:47.40</b>		4:21	13.8 (100%)
2	<b>KOWALIK Natalia</b>	<b>127</b>	MKL SZCZECINEK	K14-17	1	00:07:13	00:14:40	<b>00:21:47.75</b>	+00:00:00 (0.0%)	4:21	13.8 (100%)
3	<b>KSIĄŻEK Daria</b>	<b>139</b>	AML SŁUPSK	K14-17	2	00:07:29	00:15:23	<b>00:23:04.20</b>	+00:01:16 (5.5%)	4:36	13 (94.2%)
4	<b>CHODOR Martyna</b>	<b>35</b>	TKKF KOSZALIN	K18-39	2	00:07:58	00:16:00	<b>00:23:38.35</b>	+00:01:50 (7.8%)	4:43	12.7 (92.0%)
5	<b>PEŁECHATA Julita</b>	<b>197</b>	KOSZALIŃSKI RANKING BIEGACZY	K18-39	3	00:07:58	00:16:00	<b>00:23:47.00</b>	+00:01:59 (8.4%)	4:45	12.6 (91.3%)
6	<b>GOŹDZIK-ZARĘBA Aneta</b>	<b>75</b>	ŁKS ŁÓDŹ	K18-39	4	00:07:57	00:15:58	<b>00:24:00.65</b>	+00:02:13 (9.2%)	4:48	12.5 (90.6%)
7	<b>SZNYTER Sabina</b>	<b>297</b>	DECATHLON KOSZALIN	K18-39	5	00:07:51	00:16:01	<b>00:24:05.95</b>	+00:02:18 (9.6%)	4:49	12.4 (89.9%)
8	<b>MEJER Aleksandra</b>	<b>169</b>		K18-39	6	00:08:22	00:16:45	<b>00:24:45.35</b>	+00:02:57 (12.0%)	4:57	12.1 (87.7%)
9	<b>PIETRZYK Paulina</b>	<b>205</b>		K18-39	7	00:08:05	00:16:40	<b>00:25:04.20</b>	+00:03:16 (13.1%)	5:00	12 (87.0%)
10	<b>PERKOWSKA Oktawia</b>	<b>198</b>	DECATHLON KOSZALIN	K18-39	8	00:08:08	00:16:46	<b>00:25:07.65</b>	+00:03:20 (13.3%)	5:01	11.9 (86.2%)
11	<b>KULCZYK Katarzyna</b>	<b>318</b>	KB BRYZA POSTOMINO	K18-39	9	00:08:32	00:17:01	<b>00:25:07.85</b>	+00:03:20 (13.3%)	5:01	11.9 (86.2%)
12	<b>CHODOR Izabela</b>	<b>34</b>	TKKF KOSZALIN	K18-39	10	00:08:32	00:17:02	<b>00:25:11.05</b>	+00:03:23 (13.5%)	5:02	11.9 (86.2%)
13	<b>ZAGALSKA Paulina</b>	<b>302</b>		K18-39	11	00:08:17	00:16:44	<b>00:25:13.95</b>	+00:03:26 (13.6%)	5:02	11.9 (86.2%)
14	<b>DĄBROWSKA Alicja</b>	<b>48</b>	TKKF KOSZALIN	K50-59	1	00:08:39	00:17:10	<b>00:25:19.20</b>	+00:03:31 (13.9%)	5:03	11.8 (85.5%)
15	<b>KAŹMIERCZAK Agnieszka</b>	<b>110</b>		K40-49	1	00:08:07	00:16:45	<b>00:25:19.75</b>	+00:03:32 (14.0%)	5:03	11.8 (85.5%)
16	<b>SZUBERT Agnieszka</b>	<b>261</b>	KOŁOBRZEG BIEGA	K18-39	12	00:08:48	00:17:54	<b>00:26:41.85</b>	+00:04:54 (18.4%)	5:20	11.2 (81.2%)
17	<b>GOLEC Ania</b>	<b>72</b>		K40-49	2	00:08:35	00:17:26	<b>00:26:44.55</b>	+00:04:57 (18.5%)	5:21	11.2 (81.2%)
18	<b>CZEPIEL Iwona</b>	<b>42</b>	KORZYBSKIE REKINY	K18-39	13	00:09:02	00:18:11	<b>00:26:49.35</b>	+00:05:01 (18.8%)	5:22	11.2 (81.2%)
19	<b>KONKEL Joanna</b>	<b>122</b>	MKS 'ŚWIĘC' SŁAWNO	K50-59	2	00:08:48	00:17:50	<b>00:26:55.30</b>	+00:05:07 (19.1%)	5:23	11.1 (80.4%)
20	<b>BOGACKA Lucyna</b>	<b>20</b>	TKKF KOSZALIN	K50-59	3	00:08:46	00:17:48	<b>00:26:56.20</b>	+00:05:08 (19.1%)	5:23	11.1 (80.4%)
21	<b>ZAKRZEWSKA Elżbieta</b>	<b>303</b>		K50-59	4	00:09:09	00:18:22	<b>00:27:17.25</b>	+00:05:29 (20.1%)	5:27	11 (79.7%)
22	<b>MICHALAK Anna</b>	<b>171</b>		K18-39	14	00:09:13	00:18:24	<b>00:27:35.15</b>	+00:05:47 (21.0%)	5:31	10.9 (79.0%)
23	<b>ŻMUDA Monika</b>	<b>313</b>	CW FANZA KOŁOBRZEG	K40-49	3	00:08:57	00:18:18	<b>00:27:35.65</b>	+00:05:48 (21.0%)	5:31	10.9 (79.0%)
24	<b>WAŚOWICZ Anna</b>	<b>251</b>		K18-39	15	00:08:58	00:18:19	<b>00:27:48.85</b>	+00:06:01 (21.7%)	5:33	10.8 (78.3%)
25	<b>STRZELECKA Dorota</b>	<b>252</b>		K18-39	16	00:08:54	00:18:27	<b>00:28:05.45</b>	+00:06:18 (22.4%)	5:37	10.7 (77.5%)
26	<b>GAWIECKA Mariola</b>	<b>66</b>		K40-49	4	00:09:16	00:18:56	<b>00:28:17.85</b>	+00:06:30 (23.0%)	5:39	10.6 (76.8%)
27	<b>KILJAN Sylwia</b>	<b>116</b>	PEPSPORT	K18-39	17	00:09:21	00:18:56	<b>00:28:23.55</b>	+00:06:36 (23.3%)	5:40	10.6 (76.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start		Czas		Tempo min/km	Tempo km/h
						1.667km	3.333km	netto 5km	Różn		
28	<b>MAKSYMOWICZ Kasia</b>	<b>158</b>	TEAM ZABIEGANE DNI	K18-39	18	00:09:14	00:18:57	<b>00:28:43.65</b>	+00:06:56 (24.1%)	5:44	10.4 (75.4%)
29	<b>BRZOZOWSKA Barbara</b>	<b>323</b>		K18-39	19	00:09:31	00:19:12	<b>00:28:50.45</b>	+00:07:03 (24.4%)	5:46	10.4 (75.4%)
30	<b>KOMAR Agnieszka</b>	<b>119</b>	KB SPOKO SŁAWNO	K18-39	20	00:09:13	00:19:06	<b>00:28:57.20</b>	+00:07:09 (24.7%)	5:47	10.4 (75.4%)
31	<b>ROKITA Emilia</b>	<b>226</b>		K18-39	21	00:09:34	00:19:35	<b>00:29:09.35</b>	+00:07:21 (25.3%)	5:50	10.3 (74.6%)
32	<b>PIETRZAK Mariola</b>	<b>321</b>		K50-59	5	00:09:47	00:19:29	<b>00:29:14.60</b>	+00:07:27 (25.5%)	5:51	10.3 (74.6%)
33	<b>MALINOWSKA-BURDA Aleksandra</b>	<b>159</b>		K18-39	22	00:09:39	00:19:27	<b>00:29:16.95</b>	+00:07:29 (25.6%)	5:51	10.2 (73.9%)
34	<b>KURZAWIŃSKA-JABŁOŃSKA Kasia</b>	<b>146</b>		K40-49	5	00:09:36	00:19:37	<b>00:29:19.70</b>	+00:07:32 (25.7%)	5:52	10.2 (73.9%)
35	<b>DUCH Weronika</b>	<b>53</b>	DECATHLON CAR ŁÓDŹ	K18-39	23	00:09:50	00:19:50	<b>00:29:23.50</b>	+00:07:36 (25.9%)	5:52	10.2 (73.9%)
36	<b>LIS Milena</b>	<b>153</b>	DECATHLON CAR ŁÓDŹ	K18-39	24	00:09:50	00:19:51	<b>00:29:23.60</b>	+00:07:36 (25.9%)	5:52	10.2 (73.9%)
37	<b>DEPTUŁA-BILL Bożena</b>	<b>49</b>		K18-39	25	00:09:33	00:19:28	<b>00:29:28.65</b>	+00:07:41 (26.1%)	5:53	10.2 (73.9%)
38	<b>BOŻEK Marta</b>	<b>28</b>	40%	K18-39	26	00:09:44	00:19:37	<b>00:29:32.30</b>	+00:07:44 (26.2%)	5:54	10.2 (73.9%)
39	<b>MARCZAK Małgorzata</b>	<b>163</b>	DECATHLON SŁUPSK	K50-59	6	00:09:21	00:19:00	<b>00:29:34.25</b>	+00:07:46 (26.3%)	5:54	10.1 (73.2%)
40	<b>SZEWCZYK Paulina</b>	<b>256</b>		K18-39	27	00:09:33	00:19:44	<b>00:29:40.35</b>	+00:07:52 (26.6%)	5:56	10.1 (73.2%)
41	<b>BORSUK Dorota</b>	<b>24</b>		K40-49	6	00:09:52	00:19:58	<b>00:30:01.40</b>	+00:08:14 (27.4%)	6:00	10 (72.5%)
42	<b>ADAMCZYK Milena</b>	<b>1</b>	HUSARIA RACE TEAM SZCZECINEK	K18-39	28	00:09:54	00:20:22	<b>00:30:10.55</b>	+00:08:23 (27.8%)	6:02	9.9 (71.7%)
43	<b>KURCZ Barbara</b>	<b>144</b>	BABECZKI KOSZALIN	K40-49	7	00:09:55	00:20:03	<b>00:30:14.95</b>	+00:08:27 (28.0%)	6:03	9.9 (71.7%)
44	<b>OLCZAK Magdalena</b>	<b>192</b>		K18-39	29	00:10:05	00:20:15	<b>00:30:29.05</b>	+00:08:41 (28.5%)	6:05	9.8 (71.0%)
45	<b>BARSKA Barbara</b>	<b>9</b>		K18-39	30	00:10:22	00:20:54	<b>00:30:43.95</b>	+00:08:56 (29.1%)	6:08	9.8 (71.0%)
46	<b>ZUKAL Aleksandra</b>	<b>310</b>		K40-49	8	00:09:57	00:20:12	<b>00:30:56.55</b>	+00:09:09 (29.6%)	6:11	9.7 (70.3%)
47	<b>ROKITA Joanna</b>	<b>185</b>		K18-39	31	00:10:16	00:20:54	<b>00:30:59.95</b>	+00:09:12 (29.7%)	6:12	9.7 (70.3%)
48	<b>KRZYŻEWSKA Karolina</b>	<b>138</b>	#BBKTS	K18-39	32	00:09:57	00:20:19	<b>00:31:00.15</b>	+00:09:12 (29.7%)	6:12	9.7 (70.3%)
49	<b>PODRAZA-OLECH Dagmara</b>	<b>212</b>		K40-49	9	00:10:12	00:20:36	<b>00:31:05.65</b>	+00:09:18 (29.9%)	6:13	9.6 (69.6%)
50	<b>BIERNAT Marta</b>	<b>16</b>		K18-39	33	00:10:16	00:21:04	<b>00:31:23.20</b>	+00:09:35 (30.6%)	6:16	9.6 (69.6%)
51	<b>PROTASEWICZ Renata</b>	<b>218</b>	SŁAWNO	K18-39	34	00:10:17	00:21:08	<b>00:31:50.80</b>	+00:10:03 (31.6%)	6:22	9.4 (68.1%)
52	<b>KAŻMIERCZAK Monika</b>	<b>112</b>		K18-39	35	00:10:28	00:21:25	<b>00:32:01.55</b>	+00:10:14 (32.0%)	6:24	9.4 (68.1%)
53	<b>SADOSKA Mirosława</b>	<b>233</b>		K18-39	36	00:10:23	00:21:21	<b>00:32:01.85</b>	+00:10:14 (32.0%)	6:24	9.4 (68.1%)
54	<b>CIŻMOWSKA Barbara</b>	<b>40</b>		K-60+	1	00:10:36	00:21:33	<b>00:32:54.50</b>	+00:11:07 (33.8%)	6:35	9.1 (65.9%)
55	<b>TUROWSKA Agata</b>	<b>275</b>	DECATHLON SŁUPSK	K18-39	37	00:10:53	00:21:47	<b>00:32:54.60</b>	+00:11:07 (33.8%)	6:35	9.1 (65.9%)
56	<b>WIELIKDZIEN Aleksandra</b>	<b>286</b>	DECATHLON SŁUPSK	K18-39	38	00:10:54	00:21:49	<b>00:32:56.10</b>	+00:11:08 (33.8%)	6:35	9.1 (65.9%)
57	<b>DROZD Magdalena</b>	<b>52</b>	DECATHLON SŁUPSK	K18-39	39	00:10:52	00:21:47	<b>00:32:57.15</b>	+00:11:09 (33.9%)	6:35	9.1 (65.9%)
58	<b>WIERZBICKA Magdalena</b>	<b>287</b>		K18-39	40	00:10:14	00:21:42	<b>00:33:11.85</b>	+00:11:24 (34.4%)	6:38	9 (65.2%)
59	<b>PRYGIEL Ewa</b>	<b>220</b>	PARKRUN ŚWIDWIN	K40-49	10	00:10:35	00:22:11	<b>00:33:55.45</b>	+00:12:08 (35.8%)	6:47	8.8 (63.8%)
60	<b>MATUSIAK Ania</b>	<b>322</b>		K18-39	41	00:11:08	00:22:38	<b>00:34:11.40</b>	+00:12:24 (36.3%)	6:50	8.8 (63.8%)
61	<b>MARTKO Agnieszka</b>	<b>325</b>	#SPRĘŻYNATEAM	K18-39	42	00:10:08	00:21:46	<b>00:34:26.15</b>	+00:12:38 (36.7%)	6:53	8.7 (63.0%)
62	<b>MIKLASIŃSKA Monika</b>	<b>175</b>		K18-39	43	00:10:32	00:22:16	<b>00:34:33.70</b>	+00:12:46 (37.0%)	6:54	8.7 (63.0%)
63	<b>JAWORSKA Judyta</b>	<b>97</b>		K18-39	44	00:10:46	00:22:55	<b>00:34:50.95</b>	+00:13:03 (37.5%)	6:58	8.6 (62.3%)
64	<b>TRZEŚNIEWSKA Izabela</b>	<b>272</b>		K40-49	11	00:10:51	00:22:36	<b>00:34:53.65</b>	+00:13:06 (37.6%)	6:58	8.6 (62.3%)
65	<b>STASZYŃSKA Marianna</b>	<b>250</b>	BTC,,ORZEŁ"	K-60+	2	00:11:12	00:23:18	<b>00:35:06.30</b>	+00:13:18 (37.9%)	7:01	8.5 (61.6%)
66	<b>STRZELECKA Agnieszka</b>	<b>253</b>		K18-39	45	00:10:45	00:23:06	<b>00:35:08.05</b>	+00:13:20 (38.0%)	7:01	8.5 (61.6%)
67	<b>GRZYMALA Angelika</b>	<b>82</b>	BABECZKI KOSZALIN	K40-49	12	00:10:05	00:19:37	<b>00:35:53.35</b>	+00:14:05 (39.3%)	7:10	8.4 (60.9%)
68	<b>RULEWICZ Anna</b>	<b>262</b>		K40-49	13	00:11:46	00:24:30	<b>00:37:22.00</b>	+00:15:34 (41.7%)	7:28	8 (58.0%)
69	<b>ZYCHOWICZ Aga</b>	<b>342</b>		K18-39	46	00:11:44	00:24:28	<b>00:37:23.35</b>	+00:15:35 (41.7%)	7:28	8 (58.0%)