



XIX MIĘDZYNARODOWY BIEG WENEDÓW - 10 KM

B4SPORT

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej, Gmina Miasto Koszalin
Data: 2021-10-10
Miejsce: Koszalin
Dystans: 10 km



Klasyfikacja: K-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dobieg 0.08km	Lap_1 1.48km	Lap_2 2.9km	Lap_3 4.32km	Lap_4 5.74km	Lap_5 7.16km	Lap_6 8.58km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	KASZTELAN Ula	34	TKKF KOSZALIN	K30-39	1	00:00:19	00:05:41	00:11:11	00:16:43	00:22:19	00:27:58	00:33:38	00:39:13.95		3:55	15.3 (100%)
2	ZATOŃ Olga	96	KOCURY	K30-39	2	00:00:22	00:05:54	00:11:31	00:17:14	00:22:59	00:28:37	00:34:22	00:40:05.00	+00:00:51 (2.1%)	4:00	15 (98.0%)
3	KRYNICKA GRZYB Małgorzata	46	MLUKS TRZEBIATÓW	K30-39	3	00:00:19	00:05:50	00:11:29	00:17:10	00:22:54	00:28:41	00:34:32	00:40:05.10	+00:00:51 (2.1%)	4:00	15 (98.0%)
4	HISZCZYŃSKA Aleksandra	29	CSSP KOSZALIN	K18-29	1	00:00:22	00:06:05	00:11:55	00:17:57	00:24:01	00:30:10	00:36:18	00:42:03.05	+00:02:49 (6.7%)	4:12	14.3 (93.5%)
5	CYGAN Małgorzata	16	KOCURY	K30-39	4	00:00:22	00:06:06	00:12:00	00:18:02	00:24:06	00:30:11	00:36:16	00:42:18.65	+00:03:04 (7.3%)	4:13	14.2 (92.8%)
6	MAZIEC Beata	56	BIEGOLAS KOSZALIN	K30-39	5	00:00:22	00:06:15	00:12:27	00:18:39	00:24:52	00:30:59	00:37:05	00:43:06.35	+00:03:52 (9.0%)	4:18	13.9 (90.8%)
7	KRYNICKA Magdalena	45	MLUKS TRZEBIATÓW	K18-29	2	00:00:23	00:06:06	00:12:16	00:18:39	00:25:09	00:31:47	00:38:23	00:44:47.15	+00:05:33 (12.4%)	4:28	13.4 (87.6%)
8	DĄBROWSKA Alicja	20	TKKF KOSZALIN	K50-59	1	00:00:25	00:06:53	00:13:31	00:20:08	00:26:43	00:33:14	00:39:40	00:45:48.55	+00:06:34 (14.4%)	4:34	13.1 (85.6%)
9	SOCHACKA Marta	76		K30-39	6	00:00:27	00:06:47	00:13:24	00:20:04	00:26:42	00:33:14	00:39:45	00:45:58.80	+00:06:44 (14.7%)	4:35	13.1 (85.6%)
10	KRZEWIŃSKA Małgorzata	47	TKKF KOSZALIN	K60+	1	00:00:26	00:06:58	00:13:32	00:20:10	00:26:45	00:33:18	00:39:50	00:46:19.40	+00:07:05 (15.3%)	4:37	13 (85.0%)
11	GLEWICZ Sylwia	25	POMORSKIE WILKI	K30-39	7	00:00:25	00:06:30	00:13:08	00:19:52	00:26:39	00:33:27	00:40:16	00:46:38.30	+00:07:24 (15.9%)	4:39	12.9 (84.3%)
12	BUCZKO Katarzyna	9	TRIPAKA PRZECHELEWO	K18-29	3	00:00:26	00:06:50	00:13:29	00:20:20	00:27:18	00:34:16	00:40:59	00:47:32.00	+00:08:18 (17.5%)	4:45	12.6 (82.4%)
13	GEDROWICZ Aleksandra	24		K30-39	8	00:00:29	00:06:44	00:13:34	00:20:37	00:27:36	00:34:46	00:41:57	00:48:45.05	+00:09:31 (19.5%)	4:52	12.3 (80.4%)
14	KNEBLEWSKA Joanna	37		K40-49	1	00:00:30	00:06:50	00:13:34	00:20:25	00:27:24	00:34:38	00:41:52	00:48:58.00	+00:09:44 (19.9%)	4:53	12.3 (80.4%)

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15	DRULIK-HOŁUB Marta	21		K40-49	2	00:00:32	00:07:22	00:14:09	00:21:07	00:28:02	00:35:04	00:42:09	00:49:03.25	+00:09:49 (20.0%)	4:54	12.2 (79.7%)
16	TWORSKA Magdalena	84	OSP SIANÓW	K18-29	4	00:00:31	00:07:21	00:14:12	00:21:08	00:28:10	00:35:16	00:42:28	00:49:22.95	+00:10:09 (20.6%)	4:56	12.2 (79.7%)
17	BOGACKA Lucyna	6	TKKF KOSZALIN	K60+	2	00:00:28	00:07:38	00:14:46	00:21:58	00:29:14	00:36:37	00:44:01	00:51:14.50	+00:12:00 (23.4%)	5:07	11.7 (76.5%)
18	RYBAK Daria	71	RYBKA LUBI PŁYWAĆ	K40-49	3	00:00:32	00:07:43	00:14:57	00:22:15	00:29:39	00:36:59	00:44:21	00:51:25.85	+00:12:11 (23.7%)	5:08	11.7 (76.5%)
19	PAWŁOWSKA Magdalena	63	GAMMAX	K40-49	4	00:00:32	00:07:43	00:14:57	00:22:15	00:29:39	00:36:59	00:44:21	00:51:25.90	+00:12:11 (23.7%)	5:08	11.7 (76.5%)
20	WYSOCKA Urszula	93	SPORTOWE BIELICE	K30-39	9	00:00:35	00:07:44	00:15:05	00:22:22	00:29:46	00:37:11	00:44:37	00:52:05.60	+00:12:51 (24.7%)	5:12	11.5 (75.2%)
21	PEŁKA Iwona	65		K50-59	2	00:00:31	00:08:13	00:16:07	00:24:06	00:31:58	00:39:49	00:47:48	00:55:20.50	+00:16:06 (29.1%)	5:32	10.8 (70.6%)
22	KOCZOROWSKA Małgorzata	39	SKSG KORONA SZCZECIN	K50-59	3	00:00:27	00:07:53	00:15:41	00:23:43	00:31:52	00:40:03	00:48:02	00:55:55.85	+00:16:41 (29.9%)	5:35	10.7 (69.9%)
23	ŻYSZKIEWICZ Izabela	99	ROZBIEGANA USTKA	K50-59	4	00:00:32	00:08:30	00:16:32	00:24:24	00:32:21	00:40:26	00:48:29	00:56:22.45	+00:17:08 (30.4%)	5:38	10.6 (69.3%)
24	MRÓZ Małgorzata	101		K30-39	10	00:00:35	00:08:12	00:16:07	00:24:17	00:32:39	00:41:18	00:49:53	00:58:22.10	+00:19:08 (32.8%)	5:50	10.3 (67.3%)
25	CZYCZYN Angelika	18		K30-39	11	00:00:36	00:08:13	00:16:14	00:25:00	00:33:41	00:42:17	00:50:51	00:59:17.60	+00:20:03 (33.8%)	5:55	10.1 (66.0%)
26	WACHHOLZ Beata	86	KB BRYZA POSTOMINO	K50-59	5	00:00:31	00:08:19	00:16:31	00:24:54	00:33:32	00:42:13	00:50:56	00:59:35.15	+00:20:21 (34.2%)	5:57	10.1 (66.0%)
27	WÓJCICKA Sylwia	91		K30-39	12	00:00:38	00:09:15	00:18:13	00:27:20	00:36:26	00:45:51	00:54:54	01:04:07.65	+00:24:53 (38.8%)	6:24	9.4 (61.4%)

Znaleziono 27 wynik(ów)