



## IV BIEG WIOSENNY MANOWO 2017 - 5 KM

B4SPORT

**Organizator:** Wójt Gminy Manowo  
**Data:** 2017-05-07  
**Miejsce:** Manowo  
**Dystans:** 5.3 km

 **HERKULES**  
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Klasyfikacja: K-OPEN

| Msc | Zawodnik               | Numer | Klub                | Kategoria | Mkat | Czas startu | Czas netto<br>5.3km | Czas brutto<br>5.3km | Różn              | Tempo<br>min/km | Tempo<br>km/h |
|-----|------------------------|-------|---------------------|-----------|------|-------------|---------------------|----------------------|-------------------|-----------------|---------------|
| 1   | KONKEL Agnieszka       | 68    |                     | K-OPEN    | 1    | 00:00:05    | 00:21:08.85         | 00:21:14.05          |                   | 3:59            | 15 (100%)     |
| 2   | SZABLA Ewelina         | 137   |                     | K-OPEN    | 2    | 00:00:04    | 00:22:51.80         | 00:22:56.45          | +00:01:42 (7.5%)  | 4:18            | 13.9 (92.7%)  |
| 3   | KONIECZNA Anka         | 65    | ROZBIEGANY KOSZALIN | K-OPEN    | 3    | 00:00:10    | 00:23:27.15         | 00:23:37.25          | +00:02:18 (9.8%)  | 4:25            | 13.6 (90.7%)  |
| 4   | PIĘTKO Joanna          | 112   |                     | K-OPEN    | 4    | 00:00:10    | 00:24:46.90         | 00:24:57.15          | +00:03:38 (14.7%) | 4:40            | 12.8 (85.3%)  |
| 5   | PEŁECHATA Julita       | 181   |                     | K-OPEN    | 5    | 00:00:11    | 00:24:59.55         | 00:25:11.10          | +00:03:50 (15.4%) | 4:43            | 12.7 (84.7%)  |
| 6   | KULCZYK Katarzyna      | 77    | KB BRYZA POSTOMINO  | K-OPEN    | 6    | 00:00:10    | 00:25:14.00         | 00:25:24.15          | +00:04:05 (16.2%) | 4:45            | 12.6 (84.0%)  |
| 7   | ROGANOWSKA Danuta      | 124   | ROZBIEGANY KOSZALIN | K-OPEN    | 7    | 00:00:09    | 00:25:26.65         | 00:25:36.50          | +00:04:17 (16.9%) | 4:48            | 12.5 (83.3%)  |
| 8   | GRABOWSKA-LESISZ Aneta | 37    |                     | K-OPEN    | 8    | 00:00:06    | 00:25:38.65         | 00:25:45.05          | +00:04:29 (17.5%) | 4:50            | 12.4 (82.7%)  |
| 9   | JAROSIK Natalia        | 175   |                     | K-OPEN    | 9    | 00:00:11    | 00:25:42.70         | 00:25:54.55          | +00:04:33 (17.8%) | 4:51            | 12.4 (82.7%)  |
| 10  | MEJER Aleksandra       | 169   |                     | K-OPEN    | 10   | 00:00:04    | 00:25:46.25         | 00:25:50.95          | +00:04:37 (17.9%) | 4:51            | 12.3 (82.0%)  |
| 11  | MALESZA-HOUSIN Joanna  | 86    | ROZBIEGANY KOSZALIN | K-OPEN    | 11   | 00:00:11    | 00:26:15.00         | 00:26:26.35          | +00:05:06 (19.4%) | 4:57            | 12.1 (80.7%)  |
| 12  | POLAK Monika           | 115   |                     | K-OPEN    | 12   | 00:00:17    | 00:26:19.25         | 00:26:36.50          | +00:05:10 (19.7%) | 4:57            | 12.1 (80.7%)  |
| 13  | GŁUCH Katarzyna        | 33    |                     | K-OPEN    | 13   | 00:00:12    | 00:26:24.60         | 00:26:36.65          | +00:05:15 (19.9%) | 4:58            | 12 (80.0%)    |
| 14  | DĄBROWSKA Alicja       | 19    | TKKF KOSZALIN       | K-OPEN    | 14   | 00:00:09    | 00:26:37.40         | 00:26:47.30          | +00:05:28 (20.6%) | 5:01            | 11.9 (79.3%)  |
| 15  | BIELAK Małgorzata      | 189   |                     | K-OPEN    | 15   | 00:00:06    | 00:27:00.70         | 00:27:07.35          | +00:05:51 (21.7%) | 5:05            | 11.8 (78.7%)  |
| 16  | PSTRĄGOWSKA Marlena    | 119   | BABECZKI KOSZALIN   | K-OPEN    | 16   | 00:00:11    | 00:28:02.40         | 00:28:13.55          | +00:06:53 (24.6%) | 5:17            | 11.3 (75.3%)  |
| 17  | MAZUREK Barbara        | 91    | BABECZKI KOSZALIN   | K-OPEN    | 17   | 00:00:17    | 00:28:02.60         | 00:28:19.85          | +00:06:53 (24.6%) | 5:17            | 11.3 (75.3%)  |
| 18  | KONKEL Joanna          | 66    | MKS 'ŚWIĘC SŁAWNO'  | K-OPEN    | 18   | 00:00:10    | 00:28:04.20         | 00:28:14.70          | +00:06:55 (24.7%) | 5:17            | 11.3 (75.3%)  |
| 19  | KUREK Aneta            | 80    |                     | K-OPEN    | 19   | 00:00:14    | 00:28:15.60         | 00:28:29.65          | +00:07:06 (25.2%) | 5:19            | 11.3 (75.3%)  |
| 20  | MIŁOSZEWICZ Aleksandra | 100   |                     | K-OPEN    | 20   | 00:00:04    | 00:28:15.75         | 00:28:20.65          | +00:07:06 (25.2%) | 5:20            | 11.3 (75.3%)  |
| 21  | ANTOSZKO Barbara       | 191   |                     | K-OPEN    | 21   | 00:00:06    | 00:28:34.70         | 00:28:41.65          | +00:07:25 (26.0%) | 5:23            | 11.1 (74.0%)  |
| 22  | DACZKOWSKA Ewelina     | 116   |                     | K-OPEN    | 22   | 00:00:20    | 00:28:45.15         | 00:29:05.65          | +00:07:36 (26.4%) | 5:25            | 11.1 (74.0%)  |
| 23  | SZEWCZYK Paulina       | 141   |                     | K-OPEN    | 23   | 00:00:15    | 00:28:48.60         | 00:29:03.75          | +00:07:39 (26.6%) | 5:26            | 11 (73.3%)    |

| Msc | Zawodnik                        | Numer      | Klub                  | Kategoria | Mkat | Czas startu | Czas netto<br>5.3km | Czas brutto<br>5.3km | Różn              | Tempo<br>min/km | Tempo<br>km/h |
|-----|---------------------------------|------------|-----------------------|-----------|------|-------------|---------------------|----------------------|-------------------|-----------------|---------------|
| 24  | <b>MICHALCZYK Małgorzata</b>    | <b>96</b>  | 1989.                 | K-OPEN    | 24   | 00:00:09    | <b>00:29:21.90</b>  | <b>00:29:31.45</b>   | +00:08:13 (28.0%) | 5:32            | 10.8 (72.0%)  |
| 25  | <b>TOMICKA Małgorzata</b>       | <b>149</b> |                       | K-OPEN    | 25   | 00:00:10    | <b>00:29:35.40</b>  | <b>00:29:45.55</b>   | +00:08:26 (28.5%) | 5:34            | 10.7 (71.3%)  |
| 26  | <b>MAŃKOWSKA Janina</b>         | <b>88</b>  | JASTROWIE             | K-OPEN    | 26   | 00:00:14    | <b>00:29:36.75</b>  | <b>00:29:51.50</b>   | +00:08:27 (28.6%) | 5:35            | 10.7 (71.3%)  |
| 27  | <b>BORTNIK Joanna</b>           | <b>8</b>   |                       | K-OPEN    | 27   | 00:00:19    | <b>00:30:04.05</b>  | <b>00:30:23.20</b>   | +00:08:55 (29.7%) | 5:40            | 10.6 (70.7%)  |
| 28  | <b>WIKTOROWICZ Małgorzata</b>   | <b>154</b> | CIOTECZKI.PL          | K-OPEN    | 28   | 00:00:13    | <b>00:30:08.65</b>  | <b>00:30:22.45</b>   | +00:08:59 (29.8%) | 5:41            | 10.5 (70.0%)  |
| 29  | <b>RASZPLA Ilona</b>            | <b>123</b> | CIOTECZKI.PL          | K-OPEN    | 29   | 00:00:13    | <b>00:30:08.75</b>  | <b>00:30:22.35</b>   | +00:08:59 (29.8%) | 5:41            | 10.5 (70.0%)  |
| 30  | <b>MALINOWSKA Agnieszka</b>     | <b>87</b>  | CIOTECZKI.PL          | K-OPEN    | 30   | 00:00:13    | <b>00:30:20.90</b>  | <b>00:30:34.40</b>   | +00:09:12 (30.3%) | 5:43            | 10.5 (70.0%)  |
| 31  | <b>STEC Edyta</b>               | <b>135</b> | BABECZKI KOSZALIN     | K-OPEN    | 31   | 00:00:19    | <b>00:30:24.70</b>  | <b>00:30:43.70</b>   | +00:09:15 (30.5%) | 5:44            | 10.5 (70.0%)  |
| 32  | <b>MOŻEJKO Anna</b>             | <b>103</b> | BABECZKI KOSZALIN     | K-OPEN    | 32   | 00:00:18    | <b>00:30:24.75</b>  | <b>00:30:43.15</b>   | +00:09:15 (30.5%) | 5:44            | 10.5 (70.0%)  |
| 33  | <b>BONISŁAWSKA Małgorzata</b>   | <b>5</b>   | ZUZIA&ZOSIA TEAM      | K-OPEN    | 33   | 00:00:07    | <b>00:30:38.10</b>  | <b>00:30:46.05</b>   | +00:09:29 (31.0%) | 5:46            | 10.4 (69.3%)  |
| 34  | <b>PIETRZAK Mariola</b>         | <b>113</b> | BABECZKI KOSZALIN     | K-OPEN    | 34   | 00:00:16    | <b>00:30:38.40</b>  | <b>00:30:55.30</b>   | +00:09:29 (31.0%) | 5:46            | 10.4 (69.3%)  |
| 35  | <b>WOJCIECHOWSKA Małgorzata</b> | <b>159</b> |                       | K-OPEN    | 35   | 00:00:17    | <b>00:31:15.65</b>  | <b>00:31:33.30</b>   | +00:10:06 (32.4%) | 5:53            | 10.2 (68.0%)  |
| 36  | <b>MATUSZAK Agnieszka</b>       | <b>10</b>  |                       | K-OPEN    | 36   | 00:00:10    | <b>00:31:31.45</b>  | <b>00:31:41.90</b>   | +00:10:22 (32.9%) | 5:56            | 10.1 (67.3%)  |
| 37  | <b>JAROSZ Marzena</b>           | <b>7</b>   |                       | K-OPEN    | 37   | 00:00:09    | <b>00:31:32.15</b>  | <b>00:31:41.60</b>   | +00:10:23 (32.9%) | 5:56            | 10.1 (67.3%)  |
| 38  | <b>URBAŃSKA Anetta</b>          | <b>101</b> |                       | K-OPEN    | 38   | 00:00:20    | <b>00:31:35.50</b>  | <b>00:31:55.80</b>   | +00:10:26 (33.1%) | 5:57            | 10.1 (67.3%)  |
| 39  | <b>KRUK Anna</b>                | <b>90</b>  |                       | K-OPEN    | 39   | 00:00:19    | <b>00:31:48.05</b>  | <b>00:32:07.30</b>   | +00:10:39 (33.5%) | 6:00            | 10 (66.7%)    |
| 40  | <b>JUSZCZYK Agnieszka</b>       | <b>54</b>  |                       | K-OPEN    | 40   | 00:00:12    | <b>00:33:10.95</b>  | <b>00:33:23.10</b>   | +00:12:02 (36.3%) | 6:15            | 9.6 (64.0%)   |
| 41  | <b>SZMIGIERO Agnieszka</b>      | <b>143</b> | W.P.K SŁOŃ TEAM USTKA | K-OPEN    | 41   | 00:00:15    | <b>00:33:26.55</b>  | <b>00:33:42.35</b>   | +00:12:17 (36.8%) | 6:18            | 9.5 (63.3%)   |
| 42  | <b>BŁOŃSKA Agnieszka</b>        | <b>4</b>   | BABECZKI KOSZALIN     | K-OPEN    | 42   | 00:00:18    | <b>00:33:33.75</b>  | <b>00:33:52.10</b>   | +00:12:24 (37.0%) | 6:20            | 9.5 (63.3%)   |
| 43  | <b>JAKUBCZYK Agnieszka</b>      | <b>45</b>  | BABECZKI KOSZALIN     | K-OPEN    | 43   | 00:00:16    | <b>00:33:35.10</b>  | <b>00:33:51.90</b>   | +00:12:26 (37.0%) | 6:20            | 9.5 (63.3%)   |
| 44  | <b>GAWIECKA Mariola</b>         | <b>27</b>  | ROZBIEGANY KOSZALIN   | K-OPEN    | 44   | 00:00:09    | <b>00:33:42.15</b>  | <b>00:33:52.00</b>   | +00:12:33 (37.3%) | 6:21            | 9.4 (62.7%)   |
| 45  | <b>IGNACIK Anna</b>             | <b>82</b>  |                       | K-OPEN    | 45   | 00:00:10    | <b>00:34:15.30</b>  | <b>00:34:25.95</b>   | +00:13:06 (38.3%) | 6:27            | 9.3 (62.0%)   |
| 46  | <b>PEŁKA Iwona</b>              | <b>110</b> |                       | K-OPEN    | 46   | 00:00:20    | <b>00:34:20.30</b>  | <b>00:34:41.15</b>   | +00:13:11 (38.4%) | 6:28            | 9.3 (62.0%)   |
| 47  | <b>MIKLASIŃSKA Monika</b>       | <b>99</b>  | SŁAWNO                | K-OPEN    | 47   | 00:00:08    | <b>00:34:32.65</b>  | <b>00:34:40.85</b>   | +00:13:23 (38.8%) | 6:30            | 9.2 (61.3%)   |
| 48  | <b>STASZYŃSKA Mariana</b>       | <b>186</b> |                       | K-OPEN    | 48   | 00:00:19    | <b>00:34:36.50</b>  | <b>00:34:55.80</b>   | +00:13:27 (38.9%) | 6:31            | 9.2 (61.3%)   |
| 49  | <b>MŁYNARCZYK Aneta</b>         | <b>199</b> |                       | K-OPEN    | 49   | 00:00:20    | <b>00:35:55.45</b>  | <b>00:36:16.00</b>   | +00:14:46 (41.1%) | 6:46            | 8.8 (58.7%)   |
| 50  | <b>GLIŃSKA Anna</b>             | <b>30</b>  |                       | K-OPEN    | 50   | 00:00:18    | <b>00:35:57.95</b>  | <b>00:36:16.65</b>   | +00:14:49 (41.2%) | 6:47            | 8.8 (58.7%)   |
| 51  | <b>ZASIMOWSKA Emilka</b>        | <b>52</b>  |                       | K-OPEN    | 51   | 00:00:19    | <b>00:41:38.05</b>  | <b>00:41:57.25</b>   | +00:20:29 (49.2%) | 7:51            | 7.6 (50.7%)   |
| 52  | <b>ZASIMOWSKA Edyta</b>         | <b>56</b>  |                       | K-OPEN    | 52   | 00:00:20    | <b>00:41:41.20</b>  | <b>00:42:01.75</b>   | +00:20:32 (49.3%) | 7:51            | 7.6 (50.7%)   |
| 53  | <b>CZAPLEWSKA Alicja</b>        | <b>12</b>  |                       | K-OPEN    | 53   | 00:00:06    |                     |                      |                   |                 | (0.0%)        |

Znaleziono 53 wynik(ów)