



IV EDYCJA BIEGU TROPEM WILCZYM - KOSZALIN - 10 KM

B4SPORT

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2016-02-28
Miejsce: Koszalin
Dystans: 10 km

HERKULES
www.herkules.org.pl

Klasyfikacja: K-18

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.46km	4.92km	7.38km	9.84km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	PASIEKA Agnieszka	221	K.B. 'SPRINT' ŚWIDWIN	K-18	1	00:00:07	00:10:41	00:21:34	00:32:38	00:43:26	00:44:05.65	00:44:13.00		4:24	13.6 (100%)
2	ŁUKASIEWICZ Ewelina	173		K-18	2	00:00:10	00:11:29	00:23:19	00:34:51	00:46:18	00:46:57.15	00:47:08.00	+00:02:51 (6.1%)	4:41	12.8 (94.1%)
3	FELCHNER Agnieszka	55		K-18	3	00:00:11	00:12:13	00:24:43	00:37:14	00:49:59	00:50:46.05	00:50:58.00	+00:06:40 (13.1%)	5:04	11.8 (86.8%)
4	RUTKOWSKA Elżbieta	346		K-18	4	00:00:16	00:11:53	00:24:38	00:37:21	00:50:21	00:51:08.70	00:51:25.00	+00:07:03 (13.8%)	5:06	11.7 (86.0%)
5	KOŁODZIEJ Karolina	125		K-18	5	00:00:23	00:12:30	00:25:14	00:38:08	00:50:52	00:51:35.65	00:51:59.00	+00:07:30 (14.5%)	5:09	11.6 (85.3%)
6	CHORAŻY Karolina	32		K-18	6	00:00:30	00:13:05	00:26:01	00:38:54	00:51:30	00:52:10.55	00:52:41.00	+00:08:04 (15.5%)	5:13	11.5 (84.6%)
7	ONIÓW Aleksandra	363		K-18	7	00:00:21	00:13:21	00:26:37	00:39:41	00:52:59	00:53:41.25	00:54:03.00	+00:09:35 (17.9%)	5:22	11.2 (82.4%)
8	NOWAK Paulina	365		K-18	8	00:00:11	00:14:05	00:27:49	00:41:08	00:54:30	00:55:16.05	00:55:28.00	+00:11:10 (20.2%)	5:31	10.9 (80.1%)
9	MOTYCZYŃSKA Patrycja	197		K-18	9	00:00:12	00:12:21	00:25:51	00:40:15	00:54:35	00:55:29.15	00:55:42.00	+00:11:23 (20.5%)	5:33	10.8 (79.4%)
10	GRAJ Joanna	71		K-18	10	00:00:27	00:13:44	00:27:50	00:41:57	00:55:33	00:56:17.25	00:56:45.00	+00:12:11 (21.7%)	5:37	10.7 (78.7%)
11	LIPiŃSKA Małgorzata	166		K-18	11	00:00:25	00:13:36	00:27:50	00:42:11	00:56:39	00:57:28.00	00:57:53.00	+00:13:22 (23.3%)	5:44	10.4 (76.5%)
12	TRYBUCHOWICZ Monika	293		K-18	12	00:00:25	00:13:36	00:27:49	00:42:11	00:56:44	00:57:36.55	00:58:02.00	+00:13:30 (23.5%)	5:45	10.4 (76.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.46km	4.92km	7.38km	9.84km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
13	KOWALCZYK Kornelia	137		K-18	13	00:00:24	00:15:39	00:31:29	00:46:44	01:02:07	01:02:59.50	01:03:24.00	+00:18:53 (30.0%)	6:18	9.5 (69.9%)
14	SZULC Martyna	337	GRYF LOK BIAŁOGARD/SZULC RUNNERS TEAM	K-18	14	00:00:09	00:14:40	00:30:25	00:46:35	01:02:38	01:03:37.60	01:03:47.00	+00:19:31 (30.7%)	6:21	9.4 (69.1%)
15	LEWANDOWSKA Dominika	336		K-18	15	00:00:09	00:14:40	00:30:34	00:47:44	01:05:44	01:07:02.25	01:07:11.75	+00:22:56 (34.2%)	6:42	9 (66.2%)
16	MYCA Karolina	200		K-18	16	00:00:19	00:15:57	00:32:45	00:49:25	01:06:21	01:07:14.70	01:07:34.00	+00:23:09 (34.4%)	6:43	8.9 (65.4%)
17	SIEWIERA Aleksandra	259	RUNNERSCLUB.PL	K-18	17	00:00:27	00:16:14	00:32:43	00:49:24	01:06:51	01:07:56.45	01:08:24.00	+00:23:50 (35.1%)	6:47	8.8 (64.7%)
18	SŁOTA Renata	263		K-18	18	00:00:24	00:15:40	00:33:13	00:51:21	01:10:32	01:11:38.50	01:12:03.00	+00:27:32 (38.5%)	7:09	8.4 (61.8%)

Znaleziono 18 wynik(ów)