



# IX KOSZALIŃSKI BIEG SYLWESTROWY - 5 KM

B4SPORT

**Wydarzenie:** IX Bieg Sylwestrowy  
**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2017-12-30  
**Miejsce:** Koszalin  
**Dystans:** 5 km



Klasyfikacja: K-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All 1.71km	Start_All 3.42km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>HRYCYK Anna</b>	<b>274</b>		K14-17	1	00:06:33	00:13:26	<b>00:19:53.70</b>		3:58	15.1 (100%)
2	<b>BORYCHOWSKA Marlena</b>	<b>284</b>		K18-29	1	00:06:58	00:14:07	<b>00:20:54.70</b>	+00:01:01 (4.9%)	4:11	14.3 (94.7%)
3	<b>JĘDRASZKO Magda</b>	<b>79</b>	MTS HAMER	K30-39	1	00:07:33	00:15:13	<b>00:22:22.65</b>	+00:02:28 (11.1%)	4:28	13.4 (88.7%)
4	<b>SZABLA Ewelina</b>	<b>220</b>	TKKF KOSZALIN	K30-39	2	00:07:30	00:15:17	<b>00:22:38.05</b>	+00:02:44 (12.1%)	4:31	13.3 (88.1%)
5	<b>DOLNA Ewelina</b>	<b>36</b>	KSK KOŁCZYĞŁOWY	K30-39	3	00:07:46	00:15:42	<b>00:22:51.80</b>	+00:02:58 (13.0%)	4:34	13.1 (86.8%)
6	<b>KĘSIK Agnieszka</b>	<b>96</b>	ŚWIAT PŁYTEK U KRYSPIŃA	K30-39	4	00:07:24	00:15:25	<b>00:23:06.10</b>	+00:03:12 (13.9%)	4:37	13 (86.1%)
7	<b>NOWODWORSKA Justyna</b>	<b>171</b>	ŚCIGAŁ TEAM	K30-39	5	00:07:55	00:15:56	<b>00:23:08.05</b>	+00:03:14 (14.0%)	4:37	13 (86.1%)
8	<b>MIGALSKA STANKIEWICZ Lucyna</b>	<b>163</b>		K30-39	6	00:07:34	00:15:44	<b>00:23:15.55</b>	+00:03:21 (14.5%)	4:39	12.9 (85.4%)
9	<b>KRZEWIŃSKA Małgorzata</b>	<b>127</b>	TKKF KOSZALIN	K50-59	1	00:07:55	00:16:02	<b>00:23:29.05</b>	+00:03:35 (15.3%)	4:41	12.8 (84.8%)
10	<b>WOŹNIAK Monika</b>	<b>255</b>		K30-39	7	00:07:34	00:15:51	<b>00:23:35.30</b>	+00:03:41 (15.7%)	4:43	12.7 (84.1%)
11	<b>WOJCIECHOWSKA-HRYCYK Agata</b>	<b>273</b>		K40-49	1	00:07:54	00:16:17	<b>00:24:00.95</b>	+00:04:07 (17.2%)	4:48	12.5 (82.8%)
12	<b>DĄBROWSKA Alicja</b>	<b>33</b>	TKKF KOSZALIN	K50-59	2	00:08:19	00:16:42	<b>00:24:16.25</b>	+00:04:22 (18.0%)	4:51	12.4 (82.1%)
13	<b>KAŹMIERCZAK Agnieszka</b>	<b>93</b>		K40-49	2	00:07:56	00:16:27	<b>00:24:16.55</b>	+00:04:22 (18.0%)	4:51	12.4 (82.1%)
14	<b>MEJER Aleksandra</b>	<b>158</b>		K14-17	2	00:07:54	00:16:37	<b>00:24:34.40</b>	+00:04:40 (19.0%)	4:55	12.2 (80.8%)
15	<b>BIELEWICZ Anna</b>	<b>9</b>	STOPA SŁUPSK	K40-49	3	00:08:12	00:16:42	<b>00:24:39.80</b>	+00:04:46 (19.3%)	4:56	12.2 (80.8%)
16	<b>CAŁA Małgorzata</b>	<b>20</b>	ŚWIAT PŁYTEK U KRYSPIŃA	K30-39	8	00:08:24	00:16:58	<b>00:24:57.50</b>	+00:05:03 (20.3%)	4:59	12 (79.5%)
17	<b>KUBICKA Karolina</b>	<b>128</b>		K30-39	9	00:08:21	00:17:10	<b>00:25:22.90</b>	+00:05:29 (21.6%)	5:04	11.8 (78.1%)
18	<b>ŹMUDA Monika</b>	<b>267</b>	CW FANZA KOŁOBRZEG	K40-49	4	00:08:43	00:17:32	<b>00:25:31.75</b>	+00:05:38 (22.1%)	5:06	11.7 (77.5%)
19	<b>SZNYTER Sabina</b>	<b>224</b>	DECATHLON KOSZALIN	K18-29	2	00:08:31	00:17:25	<b>00:25:32.05</b>	+00:05:38 (22.1%)	5:06	11.7 (77.5%)
20	<b>ZIÓŁKOWSKA Gosia</b>	<b>262</b>		K30-39	10	00:08:28	00:17:19	<b>00:25:32.80</b>	+00:05:39 (22.1%)	5:06	11.7 (77.5%)
21	<b>ROBAKOWSKA Źaneta</b>	<b>199</b>	GABINET REHABILITACJI AKTYWNEJ	K30-39	11	00:08:55	00:17:46	<b>00:26:09.05</b>	+00:06:15 (23.9%)	5:13	11.5 (76.2%)
22	<b>JUSIŃSKA Anna</b>	<b>81</b>		K40-49	5	00:08:28	00:17:36	<b>00:26:09.40</b>	+00:06:15 (23.9%)	5:13	11.5 (76.2%)
23	<b>DEJNAK Mariola</b>	<b>34</b>		K50-59	3	00:08:34	00:17:34	<b>00:26:21.65</b>	+00:06:27 (24.5%)	5:16	11.4 (75.5%)
24	<b>ŁOZIŃSKA Karolina</b>	<b>140</b>		K18-29	3	00:08:52	00:18:00	<b>00:26:26.20</b>	+00:06:32 (24.7%)	5:17	11.3 (74.8%)
25	<b>MALINOWSKA Małgorzata</b>	<b>150</b>	KB SPRINT ŚWIDWIN	K50-59	4	00:08:57	00:18:10	<b>00:26:27.75</b>	+00:06:34 (24.8%)	5:17	11.3 (74.8%)
26	<b>CHROSTEK Dorota</b>	<b>23</b>		K40-49	6	00:08:57	00:18:10	<b>00:26:30.40</b>	+00:06:36 (24.9%)	5:18	11.3 (74.8%)
27	<b>BOGACKA Lucyna</b>	<b>11</b>	TKKF KOSZALIN	K50-59	5	00:08:51	00:17:57	<b>00:26:33.85</b>	+00:06:40 (25.1%)	5:18	11.3 (74.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					
						Start_All 1.71km	Start_All 3.42km	netto 5km	Różn	Tempo min/km	Tempo km/h
28	MICHALSKA Agata	160	UAM TRIATHLON POZNAŃ	K30-39	12	00:08:53	00:18:15	<b>00:26:52.30</b>	+00:06:58 (26.0%)	5:22	11.2 (74.2%)
29	JUSZCZYK Agnieszka	84	ANOX TEAM	K30-39	13	00:09:03	00:18:15	<b>00:26:52.35</b>	+00:06:58 (26.0%)	5:22	11.2 (74.2%)
30	GŁUCH Katarzyna	55	ELEKTRONIK	K30-39	14	00:09:06	00:18:36	<b>00:26:54.45</b>	+00:07:00 (26.1%)	5:23	11.1 (73.5%)
31	PIASECKA Dagmara	183		K14-17	3	00:09:07	00:18:22	<b>00:27:01.40</b>	+00:07:07 (26.4%)	5:24	11.1 (73.5%)
32	CULKOWSKA Beata	27		K30-39	15	00:09:17	00:18:46	<b>00:27:30.00</b>	+00:07:36 (27.7%)	5:30	10.9 (72.2%)
33	LATOPOLSKA-OLEJNIK Kalina	135	ŻYTANIA TEAM	K30-39	16	00:09:22	00:18:53	<b>00:27:36.60</b>	+00:07:42 (27.9%)	5:31	10.9 (72.2%)
34	OSTAFI Joanna	176	ATF TEAM	K30-39	17	00:09:16	00:18:44	<b>00:27:41.00</b>	+00:07:47 (28.1%)	5:32	10.8 (71.5%)
35	MALINOWSKA-BURDA Aleksandra	151		K18-29	4	00:09:21	00:19:03	<b>00:27:49.65</b>	+00:07:55 (28.5%)	5:34	10.8 (71.5%)
36	GIERSEWSKA Magdalena	52	KSK KOŁCZYGŁOWY	K40-49	7	00:09:33	00:19:14	<b>00:27:54.10</b>	+00:08:00 (28.7%)	5:34	10.8 (71.5%)
37	PACAN Mira	178	ŚWIAT PŁYTEK U KRYSPIA	K30-39	18	00:09:43	00:19:27	<b>00:27:54.60</b>	+00:08:00 (28.7%)	5:34	10.8 (71.5%)
38	BURSZTA Marta	18	KARLINO BIEGAJ	K18-29	5	00:09:20	00:19:04	<b>00:27:55.10</b>	+00:08:01 (28.7%)	5:35	10.7 (70.9%)
39	WALCZAK Agnieszka	241	TKKF KOSZALIN	K40-49	8	00:09:29	00:19:06	<b>00:27:59.90</b>	+00:08:06 (28.9%)	5:36	10.7 (70.9%)
40	BRZOZOWSKA Barbara	17		K30-39	19	00:09:42	00:19:26	<b>00:28:00.90</b>	+00:08:07 (29.0%)	5:36	10.7 (70.9%)
41	SZEWCZYK Paulina	221		K18-29	6	00:09:26	00:19:16	<b>00:28:07.50</b>	+00:08:13 (29.3%)	5:37	10.7 (70.9%)
42	KROCZYŃSKA Kinga	124	BWM KOŁOBRZEG	K30-39	20	00:09:40	00:19:26	<b>00:28:14.70</b>	+00:08:21 (29.6%)	5:39	10.6 (70.2%)
43	STACHURSKA Agnieszka	275		K30-39	21	00:09:48	00:19:32	<b>00:28:16.65</b>	+00:08:22 (29.6%)	5:39	10.6 (70.2%)
44	KOCHMAN Iwona	108	VEGE RUNNER	K50-59	6	00:09:25	00:19:17	<b>00:28:26.50</b>	+00:08:32 (30.0%)	5:41	10.6 (70.2%)
45	WĄSOWICZ Anna	244		K30-39	22	00:09:29	00:19:21	<b>00:28:35.65</b>	+00:08:41 (30.4%)	5:43	10.5 (69.5%)
46	BRYŁA Katarzyna	16	DB-ACTIVE	K40-49	9	00:09:07	00:19:13	<b>00:28:43.10</b>	+00:08:49 (30.7%)	5:44	10.4 (68.9%)
47	REMPLAKOWSKA Małgorzata	196	WE RUN	K30-39	23	00:09:27	00:19:20	<b>00:28:44.50</b>	+00:08:50 (30.8%)	5:45	10.4 (68.9%)
48	CHODNICZAK Joanna	21		K30-39	24	00:09:44	00:19:29	<b>00:28:45.25</b>	+00:08:51 (30.8%)	5:45	10.4 (68.9%)
49	DOMAŃSKA Katarzyna	37		K40-49	10	00:09:42	00:19:35	<b>00:29:12.15</b>	+00:09:18 (31.9%)	5:50	10.3 (68.2%)
50	SULL Agnieszka	219	NIGHT RUNNERS SŁUPSK	K40-49	11	00:09:46	00:20:10	<b>00:29:38.15</b>	+00:09:44 (32.9%)	5:55	10.1 (66.9%)
51	KIJKO Anna	97		K30-39	25	00:09:47	00:19:58	<b>00:29:39.65</b>	+00:09:45 (32.9%)	5:56	10.1 (66.9%)
52	SAMOIŁ-KOWALSKA Irena	207	TKKF KOSZALIN	K40-49	12	00:09:35	00:19:55	<b>00:29:43.10</b>	+00:09:49 (33.1%)	5:56	10.1 (66.9%)
53	PTASZYŃSKA Katarzyna	192	KOŁOBRZEG MARATON TEAM	K60+	1	00:10:11	00:20:21	<b>00:29:44.80</b>	+00:09:51 (33.1%)	5:57	10.1 (66.9%)
54	BEDNARZ Katarzyna	5		K40-49	13	00:09:47	00:20:14	<b>00:29:58.65</b>	+00:10:04 (33.6%)	5:59	10 (66.2%)
55	ŁAPKO Anna	139		K30-39	26	00:09:53	00:20:21	<b>00:30:00.40</b>	+00:10:06 (33.7%)	6:00	10 (66.2%)
56	PRYGIEL Ewa	191	PARKRUN ŚWIDWIN	K40-49	14	00:09:44	00:20:19	<b>00:30:18.50</b>	+00:10:24 (34.4%)	6:03	9.9 (65.6%)
57	URBAŃSKA Anetta	238		K40-49	15	00:09:39	00:20:15	<b>00:30:21.65</b>	+00:10:27 (34.5%)	6:04	9.9 (65.6%)
58	REGENT Katarzyna	195		K18-29	7	00:10:13	00:20:42	<b>00:30:25.05</b>	+00:10:31 (34.6%)	6:05	9.9 (65.6%)
59	PAWLIK Danuta	278		K40-49	16	00:09:58	00:20:19	<b>00:30:43.70</b>	+00:10:50 (35.3%)	6:08	9.8 (64.9%)
60	BIELAŃSKA Dorota	6	STARGARD	K50-59	7	00:09:59	00:20:49	<b>00:30:45.35</b>	+00:10:51 (35.3%)	6:09	9.8 (64.9%)
61	KOWAL Natalia	116		K18-29	8	00:09:22	00:20:35	<b>00:30:45.75</b>	+00:10:52 (35.3%)	6:09	9.8 (64.9%)
62	KOROL Elżbieta	112	BABECZKI KOSZALIN	K40-49	17	00:10:10	00:20:45	<b>00:30:55.00</b>	+00:11:01 (35.6%)	6:11	9.7 (64.2%)
63	KURCZ Barbara	130	BABECZKI KOSZALIN	K40-49	18	00:10:09	00:20:44	<b>00:30:55.10</b>	+00:11:01 (35.7%)	6:11	9.7 (64.2%)
64	FIUK Agnieszka	44	ATF TEAM	K30-39	27	00:10:25	00:21:31	<b>00:30:55.25</b>	+00:11:01 (35.7%)	6:11	9.7 (64.2%)
65	GRZYMAŁA Angelika	60	BABECZKI KOSZALIN	K40-49	19	00:10:10	00:20:45	<b>00:30:55.30</b>	+00:11:01 (35.7%)	6:11	9.7 (64.2%)
66	MYSZKOWSKA Grażyna	167	NIGHT RUNNERS SŁUPSK	K50-59	8	00:09:42	00:20:35	<b>00:31:09.45</b>	+00:11:15 (36.1%)	6:14	9.6 (63.6%)
67	KOZŁOWIECKA Małgorzata	120		K50-59	9	00:10:22	00:21:40	<b>00:31:53.85</b>	+00:12:00 (37.6%)	6:22	9.4 (62.3%)
68	BORSUK Dorota	13		K40-49	20	00:10:31	00:21:33	<b>00:32:01.95</b>	+00:12:08 (37.9%)	6:24	9.4 (62.3%)
69	KOSIŃSKA Małgorzata	113	NA ZDROWIE TEAM	K50-59	10	00:10:38	00:21:33	<b>00:32:03.15</b>	+00:12:09 (37.9%)	6:24	9.4 (62.3%)
70	WDOWIAK Katarzyna	245	WKURW_TEAM	K30-39	28	00:10:17	00:21:40	<b>00:32:12.35</b>	+00:12:18 (38.2%)	6:26	9.3 (61.6%)
70	GRZYSTEK Madzia	61	WQURW TEAM	K30-39	29	00:10:17	00:21:40	<b>00:32:12.35</b>	+00:12:18 (38.2%)	6:26	9.3 (61.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All		Czas netto 5km	Różn	Tempo min/km	Tempo km/h
						1.71km	3.42km				
72	<b>PEŁKA Iwona</b>	<b>181</b>		K40-49	21	00:11:15	00:22:28	<b>00:32:15.00</b>	+00:12:21 (38.3%)	6:27	9.3 (61.6%)
73	<b>STANCZEWSKA Karolina</b>	<b>214</b>		K30-39	30	00:10:24	00:21:35	<b>00:32:35.90</b>	+00:12:42 (39.0%)	6:31	9.2 (60.9%)
74	<b>STASZYNSKA Marianna</b>	<b>216</b>	BTC,,ORZEŁ,,	K60+	2	00:10:39	00:22:02	<b>00:32:56.20</b>	+00:13:02 (39.6%)	6:35	9.1 (60.3%)
75	<b>KŁOCZKO Agnieszka</b>	<b>105</b>		K14-17	4	00:10:00	00:22:34	<b>00:32:56.70</b>	+00:13:03 (39.6%)	6:35	9.1 (60.3%)
76	<b>KŁOCZKO Beata</b>	<b>104</b>		K40-49	22	00:10:27	00:22:33	<b>00:33:31.15</b>	+00:13:37 (40.6%)	6:42	9 (59.6%)
77	<b>MEGGER Agata</b>	<b>156</b>	ŻYJ Z ENERGIA	K40-49	23	00:10:55	00:22:49	<b>00:33:53.65</b>	+00:13:59 (41.3%)	6:46	8.8 (58.3%)
78	<b>JANCZYSZYN Dorota</b>	<b>287</b>		K30-39	31	00:11:07	00:22:52	<b>00:34:00.70</b>	+00:14:07 (41.5%)	6:48	8.8 (58.3%)
79	<b>WEISS-SZULC Barbara</b>	<b>288</b>		K40-49	24	00:11:08	00:22:52	<b>00:34:00.80</b>	+00:14:07 (41.5%)	6:48	8.8 (58.3%)
80	<b>NAWROCKA Anna</b>	<b>286</b>		K18-29	9	00:11:07	00:22:52	<b>00:34:00.85</b>	+00:14:07 (41.5%)	6:48	8.8 (58.3%)
81	<b>MICHIEJEW-HANASZ Monika</b>	<b>162</b>		K30-39	32	00:11:11	00:23:08	<b>00:34:30.35</b>	+00:14:36 (42.3%)	6:54	8.7 (57.6%)
82	<b>MAŚLACH Julia</b>	<b>155</b>		K14-17	5	00:10:48	00:23:44	<b>00:34:31.25</b>	+00:14:37 (42.4%)	6:54	8.7 (57.6%)
83	<b>LASKOWSKA Magdalena</b>	<b>134</b>		K30-39	33	00:11:10	00:23:32	<b>00:34:33.65</b>	+00:14:39 (42.4%)	6:54	8.7 (57.6%)
84	<b>LASKOWSKA Katarzyna</b>	<b>133</b>		K40-49	25	00:11:10	00:23:32	<b>00:34:33.70</b>	+00:14:40 (42.4%)	6:54	8.7 (57.6%)
85	<b>MACIEJEWSKA Agnieszka</b>	<b>144</b>	SZTORM KOŁOBRZEG	K14-17	6	00:10:48	00:23:44	<b>00:34:47.30</b>	+00:14:53 (42.8%)	6:57	8.6 (57.0%)
86	<b>ŁUBNIEWSKA Natalia</b>	<b>141</b>	ANOX TEAM	K30-39	34	00:11:16	00:24:05	<b>00:35:54.65</b>	+00:16:00 (44.6%)	7:11	8.4 (55.6%)
87	<b>MAJEWSKA Katarzyna</b>	<b>147</b>		K18-29	10	00:12:28	00:26:18	<b>00:39:16.70</b>	+00:19:23 (49.3%)	7:51	7.6 (50.3%)
88	<b>SZYSZKOWSKA Kasia</b>	<b>231</b>		K30-39	35	00:13:14	00:26:58	<b>00:39:30.50</b>	+00:19:36 (49.6%)	7:54	7.6 (50.3%)
89	<b>DAMPS Julita</b>	<b>31</b>	NIGHT RUNNERS SŁUPSK	K30-39	36	00:13:57	00:28:35	<b>00:41:36.50</b>	+00:21:42 (52.2%)	8:19	7.2 (47.7%)

Znaleziono 89 wynik(ów)