



KOSZALIŃSKI BIEG NIEPODLEGŁOŚCI - 4.8280 KM

B4SPORT

Organizator: Urząd Miasta i Gminy Koszalin, Zarząd Obiektów Sportowych Sp. z o.o.
Data: 2016-11-11
Miejsce: Koszalin
Dystans: 4.828 km



Klasyfikacja: K-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 1.609km	Start_All 3.218km	Czas netto 4.828km	Czas brutto 4.828km	Różn	Tempo min/km	Tempo km/h
1	KOTARA-PAŁKA Małgorzata	88		K-30	1	00:00:09	00:06:53	00:13:40	00:20:34.85	00:20:44.80		4:15	14.1 (100%)
2	SZABLA Ewelina	174		K-30	2	00:00:10	00:07:21	00:15:06	00:22:45.45	00:22:55.80	+00:02:10 (9.6%)	4:42	12.7 (90.1%)
3	CHODOR Izabela	21		K-30	3	00:00:13	00:08:19	00:16:14	00:23:54.90	00:24:08.00	+00:03:20 (13.9%)	4:57	12.1 (85.8%)
4	CHODOR Martyna	22	TKKF KOSZALIN	K-30	4	00:00:12	00:08:20	00:16:15	00:23:56.50	00:24:09.10	+00:03:21 (14.0%)	4:57	12.1 (85.8%)
5	BORKOWSKA-KOWALCZYK Daria	12	BIEGAM BO LUBIĘ	K-30	5	00:00:11	00:08:18	00:16:35	00:24:47.05	00:24:58.35	+00:04:12 (17.0%)	5:07	11.7 (83.0%)
6	ZIÓŁKOWSKA Małgorzata	214		K-30	6	00:00:17	00:08:57	00:17:24	00:25:30.50	00:25:48.35	+00:04:55 (19.3%)	5:16	11.4 (80.9%)
7	SZYMAŃSKA Agnieszka	188		K-30	7	00:00:18	00:08:59	00:17:32	00:26:02.85	00:26:21.80	+00:05:28 (21.0%)	5:23	11.1 (78.7%)
8	PSTRĄGOWSKA Marlena	146	BIEGNIJMY.PL	K-30	8	00:00:12	00:08:47	00:17:43	00:26:11.95	00:26:24.35	+00:05:37 (21.4%)	5:25	11.1 (78.7%)
9	POLAŃSKA Katarzyna	144	DZIKI KOSZALIN	K-30	9	00:00:10	00:08:36	00:17:38	00:26:28.35	00:26:39.20	+00:05:53 (22.3%)	5:28	10.9 (77.3%)
10	KACAŁA Olga	69		K-30	10	00:00:17	00:09:05	00:18:07	00:26:45.75	00:27:02.80	+00:06:10 (23.1%)	5:32	10.8 (76.6%)
11	WIŚNIEWSKA Anna	203		K-30	11	00:00:13	00:08:42	00:17:58	00:26:55.35	00:27:08.40	+00:06:20 (23.6%)	5:34	10.8 (76.6%)
12	MAZUREK Barbara	111	BABECZKI KOSZALIN	K-30	12	00:00:15	00:08:51	00:17:52	00:26:58.20	00:27:14.10	+00:06:23 (23.7%)	5:35	10.7 (75.9%)
13	MICHALAK Anna	117		K-30	13	00:00:18	00:09:09	00:18:15	00:27:09.80	00:27:27.80	+00:06:34 (24.2%)	5:37	10.7 (75.9%)
14	BONISŁAWSKA Małgorzata	10	ZUZIA&ZOSIA	K-30	14	00:00:20	00:09:23	00:18:27	00:27:24.85	00:27:44.90	+00:06:50 (24.9%)	5:40	10.6 (75.2%)
15	GZELA Olga	50	ROZBIEGANY KOSZALIN	K-30	15	00:00:15	00:08:55	00:18:24	00:27:29.95	00:27:45.85	+00:06:55 (25.2%)	5:41	10.5 (74.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 1.609km	Start_All 3.218km	Czas netto 4.828km	Czas brutto 4.828km	Różn	Tempo min/km	Tempo km/h
16	KOMOROWSKA Beata	86	ROZBIEGANY KOSZALIN	K-30	16	00:00:21	00:08:59	00:18:19	00:27:39.60	00:28:00.60	+00:07:04 (25.6%)	5:43	10.5 (74.5%)
17	URBAŃSKA Anetta	196		K-30	17	00:00:19	00:09:04	00:18:41	00:28:29.70	00:28:49.35	+00:07:54 (27.8%)	5:54	10.2 (72.3%)
18	STEC Edyta	167		K-30	18	00:00:16	00:09:20	00:19:14	00:28:36.55	00:28:52.95	+00:08:01 (28.1%)	5:55	10.1 (71.6%)
19	MOŻEJKO Anna	121	BABECZKI KOSZALIN	K-30	19	00:00:16	00:09:20	00:19:13	00:28:36.75	00:28:53.10	+00:08:01 (28.1%)	5:55	10.1 (71.6%)
20	STANCZEWSKA Karolina	165		K-30	20	00:00:13	00:09:57	00:20:13	00:29:24.15	00:29:38.00	+00:08:49 (30.0%)	6:05	9.9 (70.2%)
21	SZAJDECKA Anna	177	BIAŁOGARD	K-30	21	00:00:20	00:09:47	00:20:02	00:29:34.15	00:29:54.95	+00:08:59 (30.4%)	6:07	9.8 (69.5%)
22	SZAFIROWICZ-CHOJNACKA Paulina	176		K-30	22	00:00:19	00:10:28	00:21:02	00:31:06.20	00:31:26.05	+00:10:31 (33.8%)	6:26	9.3 (66.0%)
23	PŁONKA Joanna	143		K-30	23	00:00:08	00:10:07	00:20:53	00:31:41.45	00:31:50.15	+00:11:06 (35.1%)	6:33	9.1 (64.5%)
24	KASPRZAK Małgorzata	78	BIEDRONKI	K-30	24	00:00:13	00:09:58	00:20:54	00:32:17.00	00:32:30.70	+00:11:42 (36.2%)	6:41	9 (63.8%)
25	KASPRZAK Karolina	79		K-30	25	00:00:14	00:10:10	00:21:09	00:32:21.15	00:32:35.65	+00:11:46 (36.4%)	6:41	9 (63.8%)
26	STACH Ewelina	164	JOANNA PŁONKA	K-30	26	00:00:08	00:11:06	00:23:33	00:36:24.70	00:36:33.20	+00:15:49 (43.5%)	7:32	8 (56.7%)

Znaleziono 26 wynik(ów)