



# KOSZALIŃSKI BIEG NIEPODLEGŁOŚCI - 4.8280 KM

B4SPORT

**Organiser:** Urząd Miasta i Gminy Koszalin, Zarząd Obiektów Sportowych Sp. z o.o.  
**Date:** 2016-11-11  
**Place:** Koszalin  
**Distance:** 4.828 km



Classification: K-OPEN

Place	Participant	Number	Club	Category	MCat	Start time	Start All 1.609km	Start All 3.218km	Net time 4.828km	Czas brutto 4.828km	Gap	Pace min/km	Pace km/h
1	<b>KOTARA-PAŁKA Małgorzata</b>	<b>88</b>		K-30	1	00:00:09	00:06:53	00:13:40	<b>00:20:34.85</b>	<b>00:20:44.80</b>		4:15	14.1 (100%)
2	<b>KONIECZNA Anka</b>	<b>216</b>	ROZBIEGANY KOSZALIN	K-40	1	00:00:13	00:07:15	00:14:33	<b>00:21:56.55</b>	<b>00:22:10.10</b>	+00:01:21 (6.2%)	4:32	13.2 (93.6%)
3	<b>BENTKOWSKA Natalia</b>	<b>7</b>	CSSP KOSZALIN	K-16	1	00:00:14	00:07:24	00:14:47	<b>00:22:04.80</b>	<b>00:22:19.15</b>	+00:01:29 (6.8%)	4:34	13.1 (92.9%)
4	<b>SZABLA Ewelina</b>	<b>174</b>		K-30	2	00:00:10	00:07:21	00:15:06	<b>00:22:45.45</b>	<b>00:22:55.80</b>	+00:02:10 (9.6%)	4:42	12.7 (90.1%)
5	<b>MRUGALSKA Magdalena</b>	<b>122</b>	JW1223	K-16	2	00:00:15	00:08:03	00:15:50	<b>00:23:07.10</b>	<b>00:23:22.70</b>	+00:02:32 (11.0%)	4:47	12.5 (88.7%)
6	<b>KOŚLA Sara</b>	<b>87</b>	ZSP1 SŁUPSK	K-16	3	00:00:07	00:07:44	00:15:50	<b>00:23:27.65</b>	<b>00:23:35.25</b>	+00:02:52 (12.3%)	4:51	12.3 (87.2%)
7	<b>ZACHCIAŁ-PEC Joanna</b>	<b>208</b>		K-40	2	00:00:06	00:07:46	00:15:51	<b>00:23:41.90</b>	<b>00:23:48.50</b>	+00:03:07 (13.2%)	4:54	12.2 (86.5%)
8	<b>CHODOR Izabela</b>	<b>21</b>		K-30	3	00:00:13	00:08:19	00:16:14	<b>00:23:54.90</b>	<b>00:24:08.00</b>	+00:03:20 (13.9%)	4:57	12.1 (85.8%)
9	<b>CHODOR Martyna</b>	<b>22</b>	TKKF KOSZALIN	K-30	4	00:00:12	00:08:20	00:16:15	<b>00:23:56.50</b>	<b>00:24:09.10</b>	+00:03:21 (14.0%)	4:57	12.1 (85.8%)
10	<b>MĘDEL Marta</b>	<b>113</b>		K-40	3	00:00:14	00:07:59	00:16:15	<b>00:24:08.70</b>	<b>00:24:23.05</b>	+00:03:33 (14.8%)	5:00	12 (85.1%)
11	<b>BORKOWSKA-KOWALCZYK Daria</b>	<b>12</b>	BIEGAM BO LUBIĘ	K-30	5	00:00:11	00:08:18	00:16:35	<b>00:24:47.05</b>	<b>00:24:58.35</b>	+00:04:12 (17.0%)	5:07	11.7 (83.0%)
12	<b>TROSKOWSKA Ewa</b>	<b>194</b>	KOSZALIN	K-40	4	00:00:14	00:08:21	00:17:02	<b>00:25:25.45</b>	<b>00:25:40.00</b>	+00:04:50 (19.1%)	5:15	11.4 (80.9%)
13	<b>ZIÓŁKOWSKA Małgorzata</b>	<b>214</b>		K-30	6	00:00:17	00:08:57	00:17:24	<b>00:25:30.50</b>	<b>00:25:48.35</b>	+00:04:55 (19.3%)	5:16	11.4 (80.9%)
14	<b>BRYŁA Katarzyna</b>	<b>15</b>		K-40	5	00:00:09	00:08:09	00:16:49	<b>00:25:32.75</b>	<b>00:25:41.90</b>	+00:04:57 (19.4%)	5:17	11.3 (80.1%)
15	<b>GRAJ Joanna</b>	<b>47</b>		K-16	4	00:00:17	00:08:19	00:17:13	<b>00:26:02.05</b>	<b>00:26:19.20</b>	+00:05:27 (20.9%)	5:23	11.1 (78.7%)

Place	Participant	Number	Club	Category	MCat	Start time	Start_All 1.609km	Start_All 3.218km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
									4.828km	4.828km			
16	<b>SZYMAŃSKA Agnieszka</b>	<b>188</b>		K-30	7	00:00:18	00:08:59	00:17:32	<b>00:26:02.85</b>	<b>00:26:21.80</b>	+00:05:28 (21.0%)	5:23	11.1 (78.7%)
17	<b>STOJEWSKA Katarzyna</b>	<b>169</b>	JA_BEZ_SILNA	K-16	5	00:00:19	00:08:30	00:17:20	<b>00:26:04.05</b>	<b>00:26:23.90</b>	+00:05:29 (21.0%)	5:23	11.1 (78.7%)
18	<b>PSTRĄGOWSKA Marlena</b>	<b>146</b>	BIEGNIJMY.PL	K-30	8	00:00:12	00:08:47	00:17:43	<b>00:26:11.95</b>	<b>00:26:24.35</b>	+00:05:37 (21.4%)	5:25	11.1 (78.7%)
19	<b>POLAŃSKA Katarzyna</b>	<b>144</b>	DZIKI KOSZALIN	K-30	9	00:00:10	00:08:36	00:17:38	<b>00:26:28.35</b>	<b>00:26:39.20</b>	+00:05:53 (22.3%)	5:28	10.9 (77.3%)
20	<b>WALCZAK Agnieszka</b>	<b>198</b>	TKKF KOSZALIN	K-40	6	00:00:13	00:08:45	00:17:45	<b>00:26:36.15</b>	<b>00:26:50.05</b>	+00:06:01 (22.6%)	5:30	10.9 (77.3%)
21	<b>HAŁKA Ola</b>	<b>51</b>		K-16	6	00:00:11	00:09:09	00:18:06	<b>00:26:39.50</b>	<b>00:26:50.50</b>	+00:06:04 (22.8%)	5:31	10.9 (77.3%)
22	<b>CYGAN Marta</b>	<b>32</b>		K-16	7	00:00:24	00:09:42	00:18:38	<b>00:26:43.15</b>	<b>00:27:07.90</b>	+00:06:08 (23.0%)	5:31	10.8 (76.6%)
23	<b>KACAŁA Olga</b>	<b>69</b>		K-30	10	00:00:17	00:09:05	00:18:07	<b>00:26:45.75</b>	<b>00:27:02.80</b>	+00:06:10 (23.1%)	5:32	10.8 (76.6%)
24	<b>WIŚNIEWSKA Anna</b>	<b>203</b>		K-30	11	00:00:13	00:08:42	00:17:58	<b>00:26:55.35</b>	<b>00:27:08.40</b>	+00:06:20 (23.6%)	5:34	10.8 (76.6%)
25	<b>MAZUREK Barbara</b>	<b>111</b>	BABECZKI KOSZALIN	K-30	12	00:00:15	00:08:51	00:17:52	<b>00:26:58.20</b>	<b>00:27:14.10</b>	+00:06:23 (23.7%)	5:35	10.7 (75.9%)
26	<b>MICHALAK Anna</b>	<b>117</b>		K-30	13	00:00:18	00:09:09	00:18:15	<b>00:27:09.80</b>	<b>00:27:27.80</b>	+00:06:34 (24.2%)	5:37	10.7 (75.9%)
27	<b>MACIEJCZYK Anna</b>	<b>105</b>	SAGORSI	K-16	8	00:00:18	00:09:18	00:18:26	<b>00:27:16.15</b>	<b>00:27:34.80</b>	+00:06:41 (24.5%)	5:38	10.6 (75.2%)
28	<b>BONISŁAWSKA Małgorzata</b>	<b>10</b>	ZUZIA&ZOSIA	K-30	14	00:00:20	00:09:23	00:18:27	<b>00:27:24.85</b>	<b>00:27:44.90</b>	+00:06:50 (24.9%)	5:40	10.6 (75.2%)
29	<b>GZELA Olga</b>	<b>50</b>	ROZBIEGANY KOSZALIN	K-30	15	00:00:15	00:08:55	00:18:24	<b>00:27:29.95</b>	<b>00:27:45.85</b>	+00:06:55 (25.2%)	5:41	10.5 (74.5%)
30	<b>KOMOROWSKA Beata</b>	<b>86</b>	ROZBIEGANY KOSZALIN	K-30	16	00:00:21	00:08:59	00:18:19	<b>00:27:39.60</b>	<b>00:28:00.60</b>	+00:07:04 (25.6%)	5:43	10.5 (74.5%)
31	<b>NOWACKA Elżbieta</b>	<b>130</b>	-	K-40	7	00:00:15	00:08:57	00:18:31	<b>00:28:06.45</b>	<b>00:28:22.40</b>	+00:07:31 (26.8%)	5:49	10.3 (73.0%)
32	<b>MALINOWSKA-BURDA Aleksandra</b>	<b>107</b>		K-16	9	00:00:23	00:09:45	00:19:07	<b>00:28:09.30</b>	<b>00:28:32.85</b>	+00:07:34 (26.9%)	5:49	10.3 (73.0%)
33	<b>JARKIEWICZ Marlena</b>	<b>64</b>		K-16	10	00:00:23	00:09:45	00:19:09	<b>00:28:14.85</b>	<b>00:28:38.45</b>	+00:07:40 (27.1%)	5:50	10.3 (73.0%)
34	<b>URBAŃSKA Anetta</b>	<b>196</b>		K-30	17	00:00:19	00:09:04	00:18:41	<b>00:28:29.70</b>	<b>00:28:49.35</b>	+00:07:54 (27.8%)	5:54	10.2 (72.3%)
35	<b>STEC Edyta</b>	<b>167</b>		K-30	18	00:00:16	00:09:20	00:19:14	<b>00:28:36.55</b>	<b>00:28:52.95</b>	+00:08:01 (28.1%)	5:55	10.1 (71.6%)
36	<b>MOŻEJKO Anna</b>	<b>121</b>	BABECZKI KOSZALIN	K-30	19	00:00:16	00:09:20	00:19:13	<b>00:28:36.75</b>	<b>00:28:53.10</b>	+00:08:01 (28.1%)	5:55	10.1 (71.6%)
37	<b>STANCZEWSKA Karolina</b>	<b>165</b>		K-30	20	00:00:13	00:09:57	00:20:13	<b>00:29:24.15</b>	<b>00:29:38.00</b>	+00:08:49 (30.0%)	6:05	9.9 (70.2%)
38	<b>SZAJDECKA Anna</b>	<b>177</b>	BIAŁOGARD	K-30	21	00:00:20	00:09:47	00:20:02	<b>00:29:34.15</b>	<b>00:29:54.95</b>	+00:08:59 (30.4%)	6:07	9.8 (69.5%)

Place	Participant	Number	Club	Category	MCat	Start time	Start_All 1.609km	Start_All 3.218km	Net time 4.828km	Czas brutto 4.828km	Gap	Pace min/km	Pace km/h
39	<b>TREJDER Maria</b>	<b>193</b>	BAJADERKI KOSZALIN	K-40	8	00:00:17	00:09:58	00:20:13	<b>00:30:19.90</b>	<b>00:30:37.75</b>	+00:09:45 (32.1%)	6:16	9.6 (68.1%)
40	<b>NEJMAN Małgorzata</b>	<b>127</b>	ORLEN RUNNING TEAM	K-40	9	00:00:18	00:10:13	00:20:20	<b>00:30:22.20</b>	<b>00:30:40.35</b>	+00:09:47 (32.2%)	6:17	9.5 (67.4%)
41	<b>JAKUBCZYK Agnieszka</b>	<b>58</b>	BABECZKI KOSZALIN	K-16	11	00:00:16	00:09:56	00:20:29	<b>00:30:59.00</b>	<b>00:31:15.25</b>	+00:10:24 (33.6%)	6:24	9.4 (66.7%)
42	<b>SZAFIROWICZ-CHOJNACKA Paulina</b>	<b>176</b>		K-30	22	00:00:19	00:10:28	00:21:02	<b>00:31:06.20</b>	<b>00:31:26.05</b>	+00:10:31 (33.8%)	6:26	9.3 (66.0%)
43	<b>KURCZ Barbara</b>	<b>100</b>	BABECZKI KOSZALIN	K-40	10	00:00:17	00:10:26	00:21:02	<b>00:31:21.50</b>	<b>00:31:38.95</b>	+00:10:46 (34.4%)	6:29	9.2 (65.2%)
44	<b>BŁOŃSKA Agnieszka</b>	<b>9</b>	BABECZKI KOSZALIN	K-40	11	00:00:16	00:09:56	00:20:29	<b>00:31:22.00</b>	<b>00:31:38.95</b>	+00:10:47 (34.4%)	6:29	9.2 (65.2%)
45	<b>PŁONKA Joanna</b>	<b>143</b>		K-30	23	00:00:08	00:10:07	00:20:53	<b>00:31:41.45</b>	<b>00:31:50.15</b>	+00:11:06 (35.1%)	6:33	9.1 (64.5%)
46	<b>MICHALCZYK Małgorzata</b>	<b>118</b>	WOJOWNICY WÓDZY	K-16	12	00:00:18	00:10:05	00:20:57	<b>00:31:47.90</b>	<b>00:32:06.20</b>	+00:11:13 (35.3%)	6:35	9.1 (64.5%)
47	<b>KASPRZAK Małgorzata</b>	<b>78</b>	BIEDRONKI	K-30	24	00:00:13	00:09:58	00:20:54	<b>00:32:17.00</b>	<b>00:32:30.70</b>	+00:11:42 (36.2%)	6:41	9 (63.8%)
48	<b>KASPRZAK Karolina</b>	<b>79</b>		K-30	25	00:00:14	00:10:10	00:21:09	<b>00:32:21.15</b>	<b>00:32:35.65</b>	+00:11:46 (36.4%)	6:41	9 (63.8%)
49	<b>KRAWCZUK-KIEŁB Anna</b>	<b>95</b>	ŻYJ Z ENERGIAŁ	K-40	12	00:00:16	00:10:04	00:21:10	<b>00:32:28.25</b>	<b>00:32:44.75</b>	+00:11:53 (36.6%)	6:43	8.9 (63.1%)
50	<b>JAKUBOWSKA Anna</b>	<b>59</b>		K-16	13	00:00:21	00:11:39	00:22:13	<b>00:32:35.55</b>	<b>00:32:56.60</b>	+00:12:00 (36.9%)	6:44	8.9 (63.1%)
51	<b>WOLSKA Magdalena</b>	<b>223</b>		K-16	14	00:00:14	00:10:28	00:21:14	<b>00:32:46.35</b>	<b>00:33:01.15</b>	+00:12:11 (37.2%)	6:47	8.8 (62.4%)
52	<b>PEŁECHATA Julita</b>	<b>140</b>		K-16	15	00:00:18	00:11:44	00:24:14	<b>00:36:14.70</b>	<b>00:36:33.35</b>	+00:15:39 (43.2%)	7:30	8 (56.7%)
53	<b>STACH Ewelina</b>	<b>164</b>	JOANNA PŁONKA	K-30	26	00:00:08	00:11:06	00:23:33	<b>00:36:24.70</b>	<b>00:36:33.20</b>	+00:15:49 (43.5%)	7:32	8 (56.7%)

Total 53 results.