# KOSZALIŃSKI BIEG NIEPODLEGŁOŚCI

**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
**Data:** 2021-11-13
**Miejsce:** Koszalin
**Dystans:** 5 km

B4SPORT
HERKULES
www.herkules.org.pl

## Klasyfikacja: K-OPEN

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Lap1 1km | Lap2 2km | Lap3 3km | Lap4 4km | Czas netto 5km | Różn | Tempo min/km | Tempo km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | **POCHRANOWICZ Aleksandra** | **88** | 7PRO SIÓDMIAK TEAM | K30-39 | 1 | 00:03:49 | 00:07:42 | 00:11:46 | 00:15:58 | **00:20:06.95** | | 4:01 | 14.9 (100%) |
| 2 | **ZATOŃ Olga** | **92** | | K30-39 | 2 | 00:03:59 | 00:08:11 | 00:12:27 | 00:16:44 | **00:20:55.00** | +00:00:48 (3.8%) | 4:11 | 14.3 (96.0%) |
| 3 | **MAZIEC Beata** | **46** | BIEGOLAS KOSZALIN | K30-39 | 3 | 00:04:19 | 00:08:57 | 00:13:38 | 00:18:17 | **00:22:54.15** | +00:02:47 (12.2%) | 4:34 | 13.1 (87.9%) |
| 4 | **ZYG-SIÓDMIAK Kamila** | **84** | 7PRO SIÓDMIAK TEAM | K30-39 | 4 | 00:04:27 | 00:09:23 | 00:14:24 | 00:19:20 | **00:24:10.60** | +00:04:03 (16.8%) | 4:50 | 12.4 (83.2%) |
| 5 | **KRZEWIŃSKA Małgorzata** | **38** | TKKF KOSZALIN | K60+ | 1 | 00:04:53 | 00:09:46 | 00:14:37 | 00:19:28 | **00:24:13.60** | +00:04:06 (17.0%) | 4:50 | 12.4 (83.2%) |
| 6 | **GRYGLEWSKA Magdalena** | **22** | 142BLP TRZEBIATÓW | K30-39 | 5 | 00:04:48 | 00:09:53 | 00:15:03 | 00:19:45 | **00:25:17.50** | +00:05:10 (20.5%) | 5:03 | 11.9 (79.9%) |
| 7 | **GRUNWALD Karolina** | **21** | | K30-39 | 6 | 00:04:28 | 00:09:31 | 00:14:50 | 00:20:15 | **00:25:25.15** | +00:05:18 (20.9%) | 5:05 | 11.8 (79.2%) |
| 8 | **DRULIK-HOŁUB Marta** | **13** | | K40-49 | 1 | 00:05:06 | 00:10:16 | 00:15:27 | 00:20:34 | **00:25:34.30** | +00:05:27 (21.3%) | 5:06 | 11.7 (78.5%) |
| 9 | **WYSOCKA Urszula** | **81** | | K30-39 | 7 | 00:05:12 | 00:10:31 | 00:15:49 | 00:21:05 | **00:26:14.35** | +00:06:07 (23.3%) | 5:14 | 11.4 (76.5%) |
| 10 | **BOGACKA Lucyna** | **5** | TKKF KOSZALIN | K60+ | 2 | 00:05:19 | 00:10:33 | 00:15:49 | 00:21:06 | **00:26:23.00** | +00:06:16 (23.8%) | 5:16 | 11.4 (76.5%) |
| 11 | **BORUSIŃSKA Marta** | **100** | | K30-39 | 8 | 00:05:23 | 00:10:52 | 00:16:13 | 00:21:37 | **00:26:50.20** | +00:06:43 (25.0%) | 5:22 | 11.2 (75.2%) |
| 12 | **KUBIAK Katarzyna** | **39** | | K40-49 | 2 | 00:05:07 | 00:10:35 | 00:16:03 | 00:21:33 | **00:26:59.05** | +00:06:52 (25.5%) | 5:23 | 11.1 (74.5%) |
| 13 | **KOLIGAT Anna** | **31** | | K40-49 | 3 | 00:05:38 | 00:11:05 | 00:16:27 | 00:21:54 | **00:27:14.05** | +00:07:07 (26.1%) | 5:26 | 11 (73.8%) |
| 14 | **MRUGAŁA Magdalena** | **50** | RUNGRYF GRYFICE | K30-39 | 9 | 00:05:27 | 00:10:55 | 00:16:23 | 00:22:01 | **00:27:26.75** | +00:07:19 (26.7%) | 5:29 | 10.9 (73.2%) |
| 15 | **SUCHODOLSKA Aleksandra** | **68** | | K30-39 | 10 | 00:05:23 | 00:10:58 | 00:16:31 | 00:22:02 | **00:27:34.10** | +00:07:27 (27.0%) | 5:30 | 10.9 (73.2%) |
| 16 | **PEŁKA Iwona** | **59** | | K50-59 | 1 | 00:05:28 | 00:11:06 | 00:16:43 | 00:22:21 | **00:27:47.85** | +00:07:40 (27.6%) | 5:33 | 10.8 (72.5%) |
| 17 | **MAJ Agnieszka** | **45** | | K40-49 | 4 | 00:05:36 | 00:11:16 | 00:16:52 | 00:22:29 | **00:27:54.80** | +00:07:47 (27.9%) | 5:34 | 10.8 (72.5%) |
| 18 | **CZYCZYN Angelika** | **10** | | K30-39 | 11 | 00:05:15 | 00:10:58 | 00:16:40 | 00:22:35 | **00:28:30.00** | +00:08:23 (29.4%) | 5:42 | 10.5 (70.5%) |
| 19 | **ŻYSZKIEWICZ Izabela** | **86** | ROZBIEGANA USTKA | K50-59 | 2 | 00:05:32 | 00:11:15 | 00:16:57 | 00:22:50 | **00:28:45.30** | +00:08:38 (30.0%) | 5:45 | 10.4 (69.8%) |
| 20 | **DEPTA Kasia** | **12** | | K30-39 | 12 | 00:05:29 | 00:11:20 | 00:17:25 | 00:23:24 | **00:29:15.10** | +00:09:08 (31.2%) | 5:51 | 10.3 (69.1%) |
| 21 | **MRÓZ Małgorzata** | **96** | | K30-39 | 13 | 00:05:33 | 00:11:16 | 00:17:15 | 00:23:20 | **00:29:15.45** | +00:09:08 (31.2%) | 5:51 | 10.3 (69.1%) |
| 22 | **SIKORSKA-LÖWE Katarzyna** | **64** | | K40-49 | 5 | 00:05:38 | 00:11:39 | 00:17:42 | 00:23:41 | **00:29:22.75** | +00:09:15 (31.5%) | 5:52 | 10.2 (68.5%) |
| 23 | **MONDROŃ Katarzyna** | **47** | | K40-49 | 6 | 00:05:28 | 00:11:20 | 00:17:24 | 00:23:31 | **00:29:28.60** | +00:09:21 (31.8%) | 5:53 | 10.2 (68.5%) |
| 24 | **KOBUS-MAŁANECZ Agnieszka** | **30** | | K40-49 | 7 | 00:05:38 | 00:11:34 | 00:17:34 | 00:23:36 | **00:29:30.55** | +00:09:23 (31.8%) | 5:54 | 10.2 (68.5%) |
| 25 | **WACHHOLZ Beata** | **76** | KB BRYZA POSTOMINO | K50-59 | 3 | 00:05:55 | 00:12:04 | 00:18:18 | 00:24:33 | **00:30:36.90** | +00:10:29 (34.3%) | 6:07 | 9.8 (65.8%) |
| 26 | **GAWIECKA Mariola** | **17** | ROZBIEGANY KOSZALIN | K40-49 | 8 | 00:06:17 | 00:13:05 | 00:20:03 | 00:26:50 | **00:33:37.15** | +00:13:30 (40.2%) | 6:43 | 8.9 (59.7%) |
| 27 | **PLATA Katarzyna** | **62** | | K40-49 | 9 | 00:06:50 | 00:14:28 | 00:22:01 | 00:29:25 | **00:36:42.20** | +00:16:35 (45.2%) | 7:20 | 8.2 (55.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Lap1 1km | Lap2 2km | Lap3 3km | Lap4 4km | Czas netto 5km | Różn | Tempo min/km | Tempo km/h |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 28 | **FELKOWSKA Karolina** | **14** | | K30-39 | 14 | 00:06:50 | 00:14:29 | 00:22:01 | 00:29:25 | **00:36:42.35** | +00:16:35 (45.2%) | 7:20 | 8.2 (55.0%) |
| 29 | **KOZŁOWIECKA Małgorzata** | **35** | | K60+ | 3 | 00:07:07 | 00:14:38 | 00:22:04 | 00:29:45 | **00:37:15.75** | +00:17:08 (46.0%) | 7:27 | 8.1 (54.4%) |
| 30 | **PASEK Paula** | **56** | KLUB BIEGOWY JANTAR ŚWIESZYNO | K30-39 | 15 | 00:07:20 | 00:15:51 | 00:24:51 | 00:33:43 | **00:42:11.70** | +00:22:04 (52.3%) | 8:26 | 7.1 (47.7%) |
| 31 | **KWIATKOWSKA Małgorzata** | **41** | GWIAZDY PÓŁNOCY | K50-59 | 4 | 00:08:59 | 00:18:02 | 00:26:59 | 00:35:43 | **00:44:08.10** | +00:24:01 (54.4%) | 8:49 | 6.8 (45.6%) |
| 32 | **BECHLER Zofia** | **4** | GWIAZDY PÓŁNOCY | K40-49 | 10 | 00:09:04 | 00:18:04 | 00:27:01 | 00:35:47 | **00:44:09.05** | +00:24:02 (54.4%) | 8:49 | 6.8 (45.6%) |
| 33 | **GRZEBIELUCHA Ewa** | **97** | GWIAZDY PÓŁNOCY | K30-39 | 16 | 00:08:59 | 00:18:02 | 00:26:57 | 00:35:44 | **00:44:09.25** | +00:24:02 (54.4%) | 8:49 | 6.8 (45.6%) |

Znaleziono 33 wynik(ów)