KOSZALIŃSKI BIEG NIEPODLEGŁOŚCI

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

Klasyfikacja: K30-39

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	**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%)
6	**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%)
7	**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%)
8	**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%)
9	**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%)
10	**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%)
11	**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%)
12	**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%)
13	**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%)
14	**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%)
15	**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%)
16	**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 16 wynik(ów)