



LETNIE MILE BIEGOWE 04.08.2021 - 1609M

B4SPORT

Wydarzenie: KOSZALIŃSKIE LETNIE MILE BIEGOWE 2/3 - KOSZALIN 2021
Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2021-08-04
Miejsce: Koszalin
Dystans: 1.609 km



Klasyfikacja: K-Open

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Lap_9m 0.009km | Lap_409m 0.409km | Lap_809m 0.809km | Lap_1209m 1.209km | Czas netto 1.609km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|------------|--------------------|-----------|------|-------------------|---------------------|---------------------|----------------------|--------------------------|-------------------|-----------------|---------------|
| 1 | NOWAKOWSKA Katarzyna | 80 | AML SŁUPSK | 1 Seria | 1 | 00:00:03 | 00:01:18 | 00:02:38 | 00:03:58 | 00:05:15.25 | | 3:15 | 18.4 (100%) |
| 2 | KRYNICKA-GRZYB Małgorzat | 71 | | 1 Seria | 2 | 00:00:03 | 00:01:20 | 00:02:51 | 00:04:27 | 00:05:56.80 | +00:00:41 (11.6%) | 3:41 | 16.3 (88.6%) |
| 3 | SZCZEGIELNIAK Natalia | 92 | AML SŁUPSK | 1 Seria | 3 | 00:00:03 | 00:01:29 | 00:03:02 | 00:04:36 | 00:05:57.40 | +00:00:42 (11.8%) | 3:41 | 16.2 (88.0%) |
| 4 | ZATOŃ Olga | 99 | | 1 Seria | 4 | 00:00:03 | 00:01:24 | 00:02:57 | 00:04:31 | 00:06:01.20 | +00:00:45 (12.7%) | 3:44 | 16 (87.0%) |
| 5 | SPOLSKA Weronika | 91 | SOBASTEAM | 1 Seria | 5 | 00:00:04 | 00:01:26 | 00:02:57 | 00:04:31 | 00:06:06.60 | +00:00:51 (14.0%) | 3:47 | 15.8 (85.9%) |
| 6 | DĄBROWSKA Alicja | 51 | TKKF KOSZALIN | 1 Seria | 7 | 00:00:03 | 00:01:36 | 00:03:12 | 00:04:47 | 00:06:16.65 | +00:01:01 (16.3%) | 3:53 | 15.4 (83.7%) |
| 7 | MAZIEC Beata | 78 | BIEGOLAS KOSZALIN | 1 Seria | 8 | 00:00:03 | 00:01:31 | 00:03:07 | 00:04:44 | 00:06:18.35 | +00:01:03 (16.7%) | 3:54 | 15.3 (83.2%) |
| 8 | BIELIŃSKA Iwona | 106 | NOCNA ŚCIEMA | 1 Seria | 10 | 00:00:04 | 00:01:38 | 00:03:20 | 00:05:06 | 00:06:51.55 | +00:01:36 (23.4%) | 4:15 | 14.1 (76.6%) |
| 9 | KULCZYK Katarzyna | 75 | KB BRYZA POSTOMINO | 1 Seria | 13 | 00:00:04 | 00:01:45 | 00:03:32 | 00:05:18 | 00:06:57.60 | +00:01:42 (24.5%) | 4:19 | 13.9 (75.5%) |
| 10 | KRUPIŃSKA Beata | 69 | E-UROLOG.EU | 1 Seria | 14 | 00:00:05 | 00:01:45 | 00:03:31 | 00:05:19 | 00:07:05.45 | +00:01:50 (25.9%) | 4:24 | 13.6 (73.9%) |
| 11 | KRZEWIŃSKA Małgorzata | 72 | TKKF KOSZALIN | 1 Seria | 15 | 00:00:05 | 00:01:46 | 00:03:33 | 00:05:23 | 00:07:08.50 | +00:01:53 (26.4%) | 4:26 | 13.5 (73.4%) |
| 12 | ŚWITALSKA Sandra | 105 | | 1 Seria | 17 | 00:00:00 | 00:02:06 | 00:03:36 | 00:05:19 | 00:08:31.00 | +00:03:15 (38.3%) | 5:17 | 11.3 (61.4%) |
| 13 | KOZŁOWIECKA Małgorzata | 67 | | 1 Seria | 18 | 00:00:04 | 00:02:12 | 00:04:42 | 00:07:24 | 00:10:00.45 | +00:04:45 (47.5%) | 6:12 | 9.7 (52.7%) |

Znaleziono 13 wynik(ów)