



**Wydarzenie:**  
**Organizator:**

**Data:**  
**Miejsce:**  
**Dystans:**

## SYLWESTROWY NORDIC WALKING - 3 KM

IX Bieg Sylwestrowy  
Koszalińskie Towarzystwo Krzewienia Kultury  
Fizycznej  
2017-12-30  
Koszalin  
3 km

B4SPORT



Klasyfikacja: K-OPEN

| Msc | Zawodnik                           | Numer      | Klub             | Kategoria | Mkat | Start_All<br>1.71km | Czas<br>netto<br>3km | Różn              | Tempo<br>min/km | Tempo<br>km/h |
|-----|------------------------------------|------------|------------------|-----------|------|---------------------|----------------------|-------------------|-----------------|---------------|
| 1   | <b>OKRZESIK-FRĄCKOWIAK Izabela</b> | <b>367</b> | ROSKO WIELEŃ     | K-OPEN    | 1    | 00:11:20            | <b>00:22:03.20</b>   |                   | 7:21            | 8.2 (100%)    |
| 2   | <b>KULKA Józefa</b>                | <b>364</b> |                  | K-OPEN    | 2    | 00:13:04            | <b>00:25:50.90</b>   | +00:03:47 (14.7%) | 8:37            | 7 (85.4%)     |
| 3   | <b>WIECZORKOWSKA Dagmara</b>       | <b>375</b> |                  | K-OPEN    | 3    | 00:13:20            | <b>00:26:09.75</b>   | +00:04:06 (15.7%) | 8:43            | 6.9 (84.1%)   |
| 4   | <b>POLKIEWICZ Iwona</b>            | <b>369</b> |                  | K-OPEN    | 4    | 00:13:49            | <b>00:26:46.00</b>   | +00:04:42 (17.6%) | 8:55            | 6.7 (81.7%)   |
| 5   | <b>JABŁOŃSKA Danuta</b>            | <b>359</b> | STARGARD         | K-OPEN    | 5    | 00:13:49            | <b>00:27:37.50</b>   | +00:05:34 (20.2%) | 9:12            | 6.5 (79.3%)   |
| 6   | <b>GRZESIK Maria</b>               | <b>357</b> |                  | K-OPEN    | 6    | 00:14:06            | <b>00:27:58.05</b>   | +00:05:54 (21.1%) | 9:19            | 6.4 (78.0%)   |
| 7   | <b>SAPA Stefania</b>               | <b>373</b> | BYDGOSKIE ŻÓŁWIE | K-OPEN    | 7    | 00:14:45            | <b>00:29:05.10</b>   | +00:07:01 (24.2%) | 9:41            | 6.2 (75.6%)   |
| 8   | <b>MIKITIUK Beata</b>              | <b>365</b> | KIJOWA PARA      | K-OPEN    | 8    | 00:15:12            | <b>00:29:29.15</b>   | +00:07:25 (25.2%) | 9:49            | 6.1 (74.4%)   |
| 9   | <b>REGENT Wioleta</b>              | <b>371</b> |                  | K-OPEN    | 9    | 00:15:03            | <b>00:29:49.10</b>   | +00:07:45 (26.0%) | 9:56            | 6 (73.2%)     |
| 10  | <b>PIECHUCKA Karolina</b>          | <b>368</b> |                  | K-OPEN    | 10   | 00:15:36            | <b>00:30:19.90</b>   | +00:08:16 (27.3%) | 10:06           | 5.9 (72.0%)   |
| 11  | <b>FIURST-STECENKO Irena</b>       | <b>354</b> |                  | K-OPEN    | 11   | 00:16:41            | <b>00:32:01.35</b>   | +00:09:58 (31.1%) | 10:40           | 5.6 (68.3%)   |
| 12  | <b>KARWAN Ewa</b>                  | <b>360</b> | NA ZDROWIE TEAM  | K-OPEN    | 12   | 00:17:31            | <b>00:35:41.90</b>   | +00:13:38 (38.2%) | 11:54           | 5 (61.0%)     |

Znaleziono 12 wynik(ów)