

# TROPEM WILCZYM BIEG PAMIĘCI ŻOŁNIERZY WYKLĘTYCH - 10 KM

B4SPORT  
INTELEGENTE ZAWODY SPORTOWE

**Wydarzenie:** TROPEM WILCZYM BIEG PAMIĘCI ŻOŁNIERZY WYKLĘTYCH  
**Organizator:** Fundacja Wolność i Demokracja, KTKKF, Fundacja Herkules All Sports  
**Data:** 2020-03-01  
**Miejsce:** Koszalin  
**Dystans:** 10 km



Klasyfikacja: K-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.6km	Lap 3.3km	Lap 4.9km	Lap 6.6km	Lap 8.3km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	KONKEL Agnieszka	228		K30-39	1	00:06:58	00:14:03	00:21:00	00:28:16	00:35:32	00:42:31.50		4:15	14.1 (100%)
2	ZATOŃ Olga	342		K30-39	2	00:06:55	00:14:03	00:21:23	00:28:41	00:36:05	00:43:33.00	+00:01:01 (2.4%)	4:21	13.8 (97.9%)
3	PASIEKA Agnieszka	280		K30-39	3	00:07:14	00:14:28	00:21:50	00:29:11	00:36:39	00:43:51.80	+00:01:20 (3.1%)	4:23	13.7 (97.2%)
4	HAŁKA Justyna	201	TRUCHT ŁOBEZ	K40-49	1	00:07:20	00:14:55	00:22:37	00:30:19	00:38:00	00:45:29.05	+00:02:57 (6.5%)	4:32	13.2 (93.6%)
5	CHABOWSKA Karolina	172	KB WYGAN	K30-39	4	00:07:22	00:14:55	00:22:38	00:30:24	00:38:14	00:46:02.45	+00:03:30 (7.6%)	4:36	13 (92.2%)
6	KRZEWIŃSKA Małgorzata	240	TKKF KOSZALIN	K60+	1	00:07:36	00:15:23	00:23:10	00:30:58	00:38:47	00:46:27.90	+00:03:56 (8.5%)	4:38	12.9 (91.5%)
7	GLEWICZ Sylwia	193		K30-39	5	00:07:52	00:15:40	00:23:34	00:31:31	00:39:30	00:47:12.20	+00:04:40 (9.9%)	4:43	12.7 (90.1%)
8	BIAŁECKA Paula	164	TGK	K30-39	6	00:07:26	00:15:14	00:23:15	00:31:34	00:39:51	00:47:40.20	+00:05:08 (10.8%)	4:46	12.6 (89.4%)
9	SMOCZYŃSKA Emilia	308	MBC TEAM	K30-39	7	00:07:26	00:15:20	00:23:29	00:31:55	00:40:24	00:48:27.20	+00:05:55 (12.2%)	4:50	12.4 (87.9%)
10	DĄBROWSKA Alicja	181	TKKF KOSZALIN	K50-59	1	00:08:05	00:16:17	00:24:33	00:32:48	00:40:55	00:48:34.45	+00:06:02 (12.5%)	4:51	12.3 (87.2%)
11	GĄSECKA Agata	29		K18-29	1	00:08:18	00:16:25	00:24:38	00:32:55	00:41:00	00:48:59.50	+00:06:28 (13.2%)	4:54	12.2 (86.5%)
12	KAŹMIERCZAK Agnieszka	225	PROFESJONALNI AMATORZY	K40-49	2	00:07:32	00:15:38	00:23:57	00:32:22	00:40:53	00:49:14.45	+00:06:42 (13.6%)	4:55	12.2 (86.5%)
13	DRULIK-HOŁUB Marta	186	TORNADO KOSZALIN	K40-49	3	00:07:52	00:15:55	00:24:09	00:32:43	00:41:07	00:49:37.65	+00:07:06 (14.3%)	4:57	12.1 (85.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap	Lap	Lap	Lap	Lap	Czas	Różn	Tempo	Tempo
						1.6km	3.3km	4.9km	6.6km	8.3km	netto 10km		min/km	km/h
14	<b>GIEDROWICZ Aleksandra</b>	<b>191</b>		K30-39	8	00:07:28	00:15:39	00:24:06	00:32:45	00:41:26	<b>00:50:01.80</b>	+00:07:30 (15.0%)	5:00	12 (85.1%)
15	<b>MONGIAŁO Aleksandra</b>	<b>267</b>	FAST FEET K-LIN	K30-39	9	00:08:15	00:16:36	00:25:08	00:33:39	00:42:07	<b>00:50:32.75</b>	+00:08:01 (15.9%)	5:03	11.9 (84.4%)
16	<b>GOLEC Anna</b>	<b>194</b>		K40-49	4	00:08:06	00:16:33	00:25:08	00:33:46	00:42:24	<b>00:50:46.30</b>	+00:08:14 (16.2%)	5:04	11.8 (83.7%)
17	<b>CZAPLA Paulina</b>	<b>178</b>		K30-39	10	00:08:10	00:16:32	00:25:01	00:33:40	00:42:21	<b>00:50:49.80</b>	+00:08:18 (16.3%)	5:05	11.8 (83.7%)
18	<b>ZAKUTYŃSKA-KOWALCZYK Karolina</b>	<b>68</b>		K40-49	5	00:08:15	00:16:40	00:25:15	00:34:05	00:43:05	<b>00:51:52.35</b>	+00:09:20 (18.0%)	5:11	11.6 (82.3%)
19	<b>SŁOMSKA Dorota</b>	<b>307</b>		K30-39	11	00:08:16	00:16:40	00:25:16	00:34:08	00:43:11	<b>00:52:00.15</b>	+00:09:28 (18.2%)	5:12	11.5 (81.6%)
20	<b>HAŁAJKO Magdalena</b>	<b>200</b>		K30-39	12	00:08:13	00:16:36	00:25:25	00:34:16	00:43:10	<b>00:52:10.35</b>	+00:09:38 (18.5%)	5:13	11.5 (81.6%)
21	<b>USTJANOWSKA Katarzyna</b>	<b>328</b>		K30-39	13	00:08:37	00:17:15	00:26:00	00:35:07	00:44:21	<b>00:53:14.55</b>	+00:10:43 (20.1%)	5:19	11.3 (80.1%)
22	<b>ROMANOWICZ Monika</b>	<b>293</b>	DZIKIE ŻÓŁWIE	K30-39	14	00:08:48	00:18:03	00:27:28	00:36:59	00:46:04	<b>00:54:37.70</b>	+00:12:06 (22.2%)	5:27	11 (78.0%)
23	<b>SUCHODOLSKA Aleksandra</b>	<b>316</b>		K30-39	15	00:09:08	00:18:18	00:27:32	00:36:59	00:46:04	<b>00:54:38.45</b>	+00:12:06 (22.2%)	5:27	11 (78.0%)
24	<b>SZUDERA Kamila</b>	<b>320</b>		K30-39	16	00:08:59	00:18:15	00:27:33	00:36:51	00:46:08	<b>00:55:13.85</b>	+00:12:42 (23.0%)	5:31	10.9 (77.3%)
25	<b>MAJ Agnieszka</b>	<b>256</b>		K40-49	6	00:08:59	00:18:11	00:27:33	00:36:57	00:46:28	<b>00:55:51.65</b>	+00:13:20 (23.9%)	5:35	10.7 (75.9%)
26	<b>WOLF Beata</b>	<b>9</b>	TKKF KOSZALIN	K40-49	7	00:08:39	00:18:13	00:27:45	00:37:15	00:46:42	<b>00:56:09.50</b>	+00:13:38 (24.3%)	5:36	10.7 (75.9%)
27	<b>BORYS Justyna</b>	<b>167</b>	JEDWABIŚCI	K30-39	17	00:09:10	00:18:35	00:28:00	00:37:24	00:46:55	<b>00:56:22.95</b>	+00:13:51 (24.6%)	5:38	10.6 (75.2%)
27	<b>NOWAK Ania</b>	<b>273</b>	JEDWABIŚCI	K40-49	8	00:09:10	00:18:35	00:27:59	00:37:24	00:46:55	<b>00:56:23.25</b>	+00:13:51 (24.6%)	5:38	10.6 (75.2%)
29	<b>PISKÓRZ Justyna</b>	<b>286</b>		K30-39	18	00:09:24	00:18:36	00:28:09	00:37:52	00:47:19	<b>00:56:31.30</b>	+00:13:59 (24.8%)	5:39	10.6 (75.2%)
30	<b>SADOWSKA Justyna</b>	<b>302</b>		K30-39	19	00:08:46	00:18:21	00:28:08	00:38:00	00:47:46	<b>00:57:07.95</b>	+00:14:36 (25.6%)	5:42	10.5 (74.5%)
31	<b>DORAWA-ZIOMEK Anna</b>	<b>185</b>	DZIKIE ŻÓŁWIE	K30-39	20	00:09:54	00:19:56	00:29:56	00:39:15	00:48:46	<b>00:57:46.90</b>	+00:15:15 (26.4%)	5:46	10.4 (73.8%)
32	<b>MALINOWSKA-BURDA Aleksandra</b>	<b>257</b>		K30-39	21	00:08:53	00:18:24	00:28:16	00:38:16	00:48:19	<b>00:57:55.55</b>	+00:15:24 (26.6%)	5:47	10.4 (73.8%)
33	<b>MITUNIEWICZ Renata</b>	<b>264</b>		K50-59	2	00:09:22	00:18:59	00:29:03	00:39:02	00:49:21	<b>00:59:18.65</b>	+00:16:47 (28.3%)	5:55	10.1 (71.6%)
34	<b>TREJDER Maria</b>	<b>326</b>	BAJADERKI KOSZALIN	K40-49	9	00:09:45	00:19:33	00:29:32	00:39:35	00:49:39	<b>00:59:36.95</b>	+00:17:05 (28.7%)	5:57	10.1 (71.6%)
35	<b>KSIĄŻEK Teresa</b>	<b>241</b>	1960	K60+	2	00:09:41	00:19:32	00:29:34	00:39:49	00:50:18	<b>01:00:25.55</b>	+00:17:54 (29.6%)	6:02	9.9 (70.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap	Lap	Lap	Lap	Lap	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
						1.6km	3.3km	4.9km	6.6km	8.3km				
35	<b>BORKOWSKA Alicja</b>	<b>166</b>		K40-49	10	00:09:43	00:19:33	00:29:35	00:39:51	00:50:18	<b>01:00:25.55</b>	+00:17:54 (29.6%)	6:02	9.9 (70.2%)
37	<b>RADOMSKA Katarzyna</b>	<b>290</b>		K18-29	2	00:08:26	00:18:03	00:28:19	00:38:57	00:49:44	<b>01:00:38.25</b>	+00:18:06 (29.9%)	6:03	9.9 (70.2%)
38	<b>WACHHOLZ Beata</b>	<b>329</b>	KB BRYZA POSTOMINO	K50-59	3	00:09:37	00:19:36	00:29:49	00:40:12	00:50:49	<b>01:01:11.70</b>	+00:18:40 (30.5%)	6:07	9.8 (69.5%)
39	<b>KOPEĆ Magdalena</b>	<b>230</b>		K40-49	11	00:09:47	00:19:56	00:30:09	00:40:40	00:51:05	<b>01:01:16.35</b>	+00:18:44 (30.6%)	6:07	9.8 (69.5%)
40	<b>JEWUŁA Agata</b>	<b>215</b>	DRUŻYNA SZPIKU	K30-39	22	00:09:47	00:19:56	00:30:09	00:40:40	00:51:05	<b>01:01:16.50</b>	+00:18:45 (30.6%)	6:07	9.8 (69.5%)
41	<b>KRAWCZUK Aleksandra</b>	<b>239</b>		K30-39	23	00:09:59	00:20:10	00:30:31	00:41:10	00:51:59	<b>01:02:15.95</b>	+00:19:44 (31.7%)	6:13	9.6 (68.1%)
42	<b>NEUBAUER Adrianna</b>	<b>270</b>		K40-49	12	00:09:56	00:20:07	00:30:14	00:40:45	00:51:36	<b>01:02:24.85</b>	+00:19:53 (31.9%)	6:14	9.6 (68.1%)
43	<b>ŻERAŃSKA Iwona</b>	<b>47</b>		K18-29	3	00:10:05	00:20:13	00:30:31	00:41:01	00:51:50	<b>01:02:26.65</b>	+00:19:55 (31.9%)	6:14	9.6 (68.1%)
44	<b>ROGUCKA-KOPIJ Klaudia</b>	<b>48</b>		K18-29	4	00:10:06	00:20:13	00:30:31	00:41:01	00:51:51	<b>01:02:27.15</b>	+00:19:55 (31.9%)	6:14	9.6 (68.1%)
45	<b>ZAKOŚCIELNA Katarzyna</b>	<b>341</b>	DZIKIE ŻÓŁWIE	K30-39	24	00:09:55	00:19:57	00:29:57	00:40:38	00:51:54	<b>01:03:03.60</b>	+00:20:32 (32.6%)	6:18	9.5 (67.4%)
46	<b>PEŁKA Iwona</b>	<b>281</b>		K50-59	4	00:10:51	00:21:47	00:32:51	00:44:15	00:55:25	<b>01:06:00.95</b>	+00:23:29 (35.6%)	6:36	9.1 (64.5%)
47	<b>GRABSKA Natalia</b>	<b>197</b>		K18-29	5	00:10:25	00:21:55	00:33:42	00:46:11	00:58:38	<b>01:11:38.55</b>	+00:29:07 (40.6%)	7:09	8.4 (59.6%)
48	<b>STRUSIŃSKA Paulina</b>	<b>314</b>		K18-29	6	00:09:46	00:20:16	00:31:40	00:43:11	00:54:51		+00:19:19	6:36	9.1 (64.5%)
49	<b>HEDDERGOTT Katarzyna</b>	<b>204</b>		K40-49	13	00:10:30	00:21:53	00:33:28	00:45:18	00:57:31		+00:21:59	6:55	8.7 (61.7%)

Znaleziono 49 wynik(ów)