

# TROPEM WILCZYM BIEG PAMIĘCI ŻOŁNIERZY WYKLĘTYCH - 10 KM

B4SPORT  
INTELEGENE 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: K30-39

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	<b>00:42:31.50</b>		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	<b>00:43:33.00</b>	+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	<b>00:43:51.80</b>	+00:01:20 (3.1%)	4:23	13.7 (97.2%)
4	CHABOWSKA Karolina	172	KB WYGAN	K30-39	4	00:07:22	00:14:55	00:22:38	00:30:24	00:38:14	<b>00:46:02.45</b>	+00:03:30 (7.6%)	4:36	13 (92.2%)
5	GLEWICZ Sylwia	193		K30-39	5	00:07:52	00:15:40	00:23:34	00:31:31	00:39:30	<b>00:47:12.20</b>	+00:04:40 (9.9%)	4:43	12.7 (90.1%)
6	BIAŁECKA Paula	164	TGK	K30-39	6	00:07:26	00:15:14	00:23:15	00:31:34	00:39:51	<b>00:47:40.20</b>	+00:05:08 (10.8%)	4:46	12.6 (89.4%)
7	SMOCZYŃSKA Emilia	308	MBC TEAM	K30-39	7	00:07:26	00:15:20	00:23:29	00:31:55	00:40:24	<b>00:48:27.20</b>	+00:05:55 (12.2%)	4:50	12.4 (87.9%)
8	GIEDROWICZ Aleksandra	191		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%)
9	MONGIAŁO Aleksandra	267	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%)
10	CZAPLA Paulina	178		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%)
11	SŁOMSKA Dorota	307		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%)
12	HAŁAJKO Magdalena	200		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%)
13	USTJANOWSKA Katarzyna	328		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%)
14	ROMANOWICZ Monika	293	DZIKIE ŻOŁWIE	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%)
15	SUCHODOLSKA Aleksandra	316		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%)
16	SZUDERA Kamila	320		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%)
17	BORYS Justyna	167	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%)
18	PISKÓRZ Justyna	286		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%)
19	SADOWSKA Justyna	302		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%)
20	DORAWA-ZIOMEK Anna	185	DZIKIE ŻOŁWIE	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%)
21	MALINOWSKA-BURDA Aleksandra	257		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%)
22	JEWUŁA Agata	215	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%)
23	KRAWCZUK Aleksandra	239		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%)
24	ZAKOŚCIELNA Katarzyna	341	DZIKIE ŻOŁWIE	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%)

Znaleziono 24 wynik(ów)

