



TROPEM WILCZYM BIEG PAMIĘCI ŻOŁNIERZY WYKLĘTYCH - 10KM

B4SPORT

Wydarzenie: Tropem Wilczym Bieg Pamięci Żołnierzy Wyklętych
Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2019-03-03
Miejsce: Koszalin
Dystans: 10 km



Klasyfikacja: K-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
						0.04km	1.6km	3.3km	4.9km	6.6km	8.3km				
1	KONKEL Agnieszka	199		K30-39	1	00:00:14	00:07:22	00:14:36	00:21:49	00:29:04	00:36:15	00:43:07.75		4:18	13.9 (100%)
2	CHORAŻY Karolina	144	LEO-TEAM	K30-39	2	00:00:11	00:07:23	00:14:38	00:21:49	00:29:04	00:36:23	00:43:39.91	+00:00:32 (1.2%)	4:21	13.7 (98.6%)
3	PEŁECHATA Julita	249	IG CONSULTING KOSZALIN TEAM	K18-29	1	00:00:13	00:07:27	00:14:51	00:22:26	00:30:04	00:37:45	00:45:21.26	+00:02:13 (4.9%)	4:32	13.2 (95.0%)
4	WOŁYŃSKA Wioletta	302	TKKF KOSZALIN	K40-49	1	00:00:13	00:07:52	00:15:36	00:23:14	00:31:01	00:38:37	00:45:57.43	+00:02:49 (6.2%)	4:35	13.1 (94.2%)
5	FILOWIAT Justyna	159	ULKST BORNE SULINOWO	K30-39	3	00:00:21	00:07:33	00:15:09	00:22:54	00:30:45	00:38:37	00:46:27.24	+00:03:19 (7.2%)	4:38	12.9 (92.8%)
6	HAŁKA Justyna	170	TRUCHT ŁOBEZ	K30-39	4	00:00:15	00:07:42	00:15:22	00:23:11	00:31:01	00:38:53	00:46:37.99	+00:03:30 (7.5%)	4:39	12.9 (92.8%)
7	KRZEWIŃSKA Małgorzata	212	TKKF KOSZALIN	K60+	1	00:00:13	00:07:51	00:15:40	00:23:32	00:31:28	00:39:21	00:47:13.57	+00:04:05 (8.7%)	4:43	12.7 (91.4%)
8	KAŻMIERCZAK Agnieszka	194		K40-49	2	00:00:13	00:07:52	00:15:44	00:23:37	00:31:33	00:39:36	00:47:35.22	+00:04:27 (9.4%)	4:45	12.6 (90.6%)
9	DĄBROWSKA Alicja	149	TKKF KOSZALIN	K50-59	1	00:00:13	00:08:19	00:16:32	00:24:50	00:33:11	00:41:23	00:48:57.60	+00:05:49 (11.9%)	4:53	12.3 (88.5%)
10	PERLIK Katarzyna	252	MTS HAMER MIASTKO	K18-29	2	00:00:12	00:08:13	00:16:28	00:24:44	00:32:58	00:41:19	00:49:00.47	+00:05:52 (12.0%)	4:54	12.2 (87.8%)
11	BORYS Justyna	136	JEDWABIŚCI	K30-39	5	00:00:15	00:08:21	00:16:27	00:24:51	00:33:06	00:41:33	00:49:41.59	+00:06:33 (13.2%)	4:58	12.1 (87.1%)
12	MICHALAK Natalia	227	CSSP KOSZALIN	K18-29	3	00:00:21	00:08:15	00:16:26	00:24:54	00:33:35	00:41:56	00:49:54.12	+00:06:46 (13.6%)	4:59	12 (86.3%)
13	ZAGALSKA Paulina	308		K30-39	6	00:00:15	00:08:10	00:16:25	00:24:49	00:33:15	00:41:45	00:50:15.65	+00:07:07 (14.2%)	5:01	11.9 (85.6%)
14	MOTYCZYŃSKA Patrycja	233		K18-29	4	00:00:17	00:08:28	00:16:38	00:25:00	00:33:25	00:42:02	00:50:25.67	+00:07:17 (14.5%)	5:02	11.9 (85.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start						Czas		Tempo min/km	Tempo km/h
						0.04km	1.6km	3.3km	4.9km	6.6km	8.3km	10km	Różn		
15	ZIÓŁKOWSKA Gosia	313		K30-39	7	00:00:14	00:08:24	00:16:46	00:25:18	00:33:57	00:42:32	00:50:56.46	+00:07:48 (15.3%)	5:05	11.8 (84.9%)
16	KORZENIOWSKA Ewa	202	JW1223	K18-29	5	00:00:13	00:08:33	00:17:03	00:25:34	00:34:06	00:42:42	00:51:01.86	+00:07:54 (15.5%)	5:06	11.8 (84.9%)
17	KASZUBOWSKA Martyna	191	MTS HAMER MIASTKO	K18-29	6	00:00:14	00:08:20	00:16:44	00:25:18	00:34:02	00:42:49	00:51:21.99	+00:08:14 (16.0%)	5:08	11.7 (84.2%)
18	GRABOWSKA-LESISZ Aneta	166	MODLITWA BIEGANIA	K40-49	3	00:00:19	00:08:12	00:16:47	00:25:33	00:34:16	00:43:02	00:51:50.33	+00:08:42 (16.8%)	5:11	11.6 (83.5%)
19	BIELEWICZ Anna	134	STOPA SŁUPSK	K40-49	4	00:00:19	00:08:35	00:17:03	00:25:49	00:34:44	00:43:47	00:52:30.75	+00:09:22 (17.9%)	5:15	11.4 (82.0%)
20	ZAKUTYŃSKA-KOWALCZYK Karolina	310		K40-49	5	00:00:23	00:09:03	00:17:44	00:26:30	00:35:21	00:44:17	00:52:57.09	+00:09:49 (18.5%)	5:17	11.3 (81.3%)
21	OLSZEWSKA Nina	78	KAMIEŃ RYMAŃSKI	K18-29	7	00:00:17	00:09:17	00:18:12	00:27:02	00:35:50	00:44:36	00:53:15.91	+00:10:08 (19.0%)	5:19	11.3 (81.3%)
22	WRÓBLEWSKA Marta	305		K40-49	6	00:00:26	00:09:04	00:17:50	00:26:40	00:35:34	00:44:43	00:53:42.28	+00:10:34 (19.7%)	5:22	11.2 (80.6%)
23	ROKITA Emilia	262		K30-39	8	00:00:14	00:08:20	00:17:12	00:26:20	00:35:35	00:45:00	00:53:55.05	+00:10:47 (20.0%)	5:23	11.1 (79.9%)
24	HAŁAJKO Magdalena	169		K30-39	9	00:00:28	00:09:19	00:17:58	00:26:51	00:35:50	00:45:04	00:54:27.16	+00:11:19 (20.8%)	5:26	11 (79.1%)
25	ŻEBROWSKA Sylwia	315		K30-39	10	00:00:19	00:08:38	00:17:29	00:26:34	00:35:48	00:45:11	00:54:36.12	+00:11:28 (21.0%)	5:27	11 (79.1%)
26	TRYBUŁA Magdalena	286		K40-49	7	00:00:12	00:08:35	00:18:01	00:27:35	00:37:05	00:46:34	00:55:56.86	+00:12:49 (22.9%)	5:35	10.7 (77.0%)
27	MONGIAŁO Aleksandra	231	FAST FEET K-LIN	K30-39	11	00:00:29	00:09:48	00:19:08	00:28:15	00:37:35	00:47:05	00:56:17.62	+00:13:09 (23.4%)	5:37	10.7 (77.0%)
28	DIKOLENKO Agnieszka	153		K30-39	12	00:00:18	00:09:11	00:18:26	00:27:50	00:39:02	00:48:41	00:57:56.64	+00:14:48 (25.6%)	5:47	10.4 (74.8%)
29	MALINOWSKA-BURDA Aleksandra	224		K30-39	13	00:00:22	00:09:31	00:19:02	00:28:51	00:38:40	00:48:32	00:58:00.40	+00:14:52 (25.6%)	5:48	10.3 (74.1%)
30	JEWUŁA Agata	183		K30-39	14	00:00:21	00:09:53	00:19:51	00:30:01	00:39:15	00:48:44	00:58:18.86	+00:15:11 (26.0%)	5:49	10.3 (74.1%)
31	MROZIK Joanna	234		K30-39	15	00:00:13	00:09:27	00:19:08	00:29:04	00:39:10	00:49:16	00:58:57.98	+00:15:50 (26.9%)	5:53	10.2 (73.4%)
32	GRABOWSKA Kinga	165	ORANGE POLSKA	K30-39	16	00:00:14	00:09:27	00:19:05	00:28:54	00:38:57	00:49:08	00:59:06.14	+00:15:58 (27.0%)	5:54	10.2 (73.4%)
33	WACHHOLZ Beata	290	KB BRYZA POSTOMINO	K40-49	8	00:00:23	00:09:47	00:19:30	00:29:22	00:39:15	00:49:06	00:59:44.65	+00:16:36 (27.8%)	5:58	10 (71.9%)
34	BORYSIEWICZ Joanna	137		K30-39	17	00:00:16	00:09:40	00:19:27	00:29:36	00:39:47	00:50:05	01:00:19.63	+00:17:11 (28.5%)	6:01	9.9 (71.2%)
35	DEPTUŁA-BILL Bożena	150		K30-39	18	00:00:23	00:09:36	00:19:20	00:29:18	00:39:37	00:49:59	01:00:23.00	+00:17:15 (28.6%)	6:02	9.9 (71.2%)
36	SUCHODOLSKA Aleksandra	278		K30-39	19	00:00:23	00:10:24	00:20:26	00:30:32	00:40:47	00:50:58	01:00:37.79	+00:17:30 (28.9%)	6:03	9.9 (71.2%)
37	DORAWA-ZIOMEK Anna	154		K30-39	20	00:00:22	00:10:09	00:20:17	00:30:35	00:41:00	00:51:34	01:01:39.75	+00:18:32 (30.1%)	6:09	9.7 (69.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Czas	Różn	Tempo min/km	Tempo km/h
						0.04km	1.6km	3.3km	4.9km	6.6km	8.3km	netto 10km			
38	WENTA Malwina	294		K30-39	21	00:00:21	00:09:53	00:19:52	00:30:12	00:40:33	00:51:04	01:02:04.17	+00:18:56 (30.5%)	6:12	9.7 (69.8%)
39	KUREK Magdalena	49	KAMIEŃ RYMAŃSKI	K18-29	8	00:00:25	00:10:10	00:20:10	00:30:52	00:42:23	00:53:16	01:04:05.68	+00:20:57 (32.7%)	6:24	9.4 (67.6%)
40	WŁODARCZYK Emilia	300		K30-39	22	00:00:28	00:10:08	00:20:17	00:30:32	00:41:49	00:53:26	01:04:47.56	+00:21:39 (33.4%)	6:28	9.3 (66.9%)
41	PEŁKA Iwona	250		K50-59	2	00:00:24	00:11:08	00:22:14	00:33:10	00:44:11	00:55:05	01:05:10.94	+00:22:03 (33.8%)	6:31	9.2 (66.2%)
42	ROMANOWICZ Monika	264	ZABIEGANE :)	K30-39	23	00:00:23	00:10:26	00:20:47	00:31:43	00:43:16	00:54:55	01:06:18.85	+00:23:11 (35.0%)	6:37	9 (64.7%)
43	ŁAGODZICZ-STACHURA Justyna	219		K30-39	24	00:00:16	00:11:05	00:22:33	00:34:10	00:46:03	00:57:42	01:08:02.17	+00:24:54 (36.6%)	6:48	8.8 (63.3%)
44	ZAKOŚCIELNA Katarzyna	309		K30-39	25	00:00:23	00:11:07	00:22:26	00:33:52	00:45:38	00:57:01	01:08:18.24	+00:25:10 (36.9%)	6:49	8.8 (63.3%)
45	GORCZYCA Agnieszka	27	KAMIEŃ RYMAŃSKI	K18-29	9	00:00:24	00:11:06	00:22:41	00:34:33	00:46:51	00:59:30	01:12:17.84	+00:29:10 (40.3%)	7:13	8.3 (59.7%)

Znaleziono 45 wynik(ów)