



TROPEM WILCZYM BIEG PAMIĘCI ŻOŁNIERZY WYKLĘTYCH - 10KM

B4SPORT

Wydarzenie: Tropem Wilczym Bieg Pamięci Żołnierzy Wyklętych
Organizator: Fundacja Wolność i Demokracja; Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2018-03-04
Miejsce: Koszalin
Dystans: 10 km

 **HERKULES**
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Klasyfikacja: K-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start All 1.6km	Start All 3.3km	Start All 4.9km	Start All 6.6km	Start All 8.3km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KONKEL Agnieszka	84		K-30	1	00:00:07	00:07:01	00:14:01	00:21:07	00:28:20	00:35:35	00:42:50.85	00:42:58.00		4:17	14 (100%)
2	PASIEKA Agnieszka	138	K.B. SPRINT ŚWIDWIN / 21 BLT	K-30	2	00:00:14	00:07:36	00:14:54	00:22:14	00:29:35	00:36:59	00:44:13.95	00:44:28.20	+00:01:23 (3.1%)	4:25	13.6 (97.1%)
3	KOSECKA Katarzyna	86	KB WYGAN	K-30	3	00:00:06	00:07:15	00:14:44	00:22:21	00:29:51	00:37:28	00:44:54.50	00:45:01.40	+00:02:03 (4.6%)	4:29	13.4 (95.7%)
4	CHABOWSKA Karolina	249	KB WYGAN	K-30	4	00:00:07	00:07:20	00:14:48	00:22:21	00:30:00	00:37:40	00:45:14.25	00:45:21.25	+00:02:23 (5.3%)	4:31	13.3 (95.0%)
5	CHODOR Martyna	22	TKKF KOSZALIN	K-30	5	00:00:08	00:07:50	00:15:26	00:23:06	00:30:49	00:38:27	00:45:39.25	00:45:48.05	+00:02:48 (6.1%)	4:34	13.1 (93.6%)
6	SZABLA Ewelina	182	TKKF KOSZALIN	K-30	6	00:00:07	00:07:30	00:15:05	00:22:44	00:30:35	00:38:26	00:45:58.30	00:46:05.75	+00:03:07 (6.8%)	4:35	13.1 (93.6%)
7	STORCZYK-RAK Agnieszka	180		K-30	7	00:00:05	00:07:18	00:14:51	00:22:30	00:30:18	00:38:12	00:46:02.00	00:46:07.05	+00:03:11 (6.9%)	4:36	13 (92.9%)
8	KRZEWIŃSKA Małgorzata	97	TKKF KOSZALIN	K-50	1	00:00:04	00:07:43	00:15:35	00:23:35	00:31:35	00:39:32	00:47:18.00	00:47:22.00	+00:04:27 (9.4%)	4:43	12.7 (90.7%)
9	DUDZIK Frytarda	39	GIPO TEAM	K-30	8	00:00:09	00:07:33	00:15:25	00:23:36	00:31:44	00:39:50	00:48:05.40	00:48:14.45	+00:05:14 (10.9%)	4:48	12.5 (89.3%)
10	SZUBERT Agnieszka	186	KOŁOBRZEG BIEGA	K-30	9	00:00:04	00:07:43	00:15:38	00:23:54	00:32:04	00:40:15	00:48:08.50	00:48:12.50	+00:05:17 (11.0%)	4:48	12.5 (89.3%)
11	MEJER Aleksandra	118		K-18	1	00:00:03	00:07:33	00:15:32	00:23:40	00:32:00	00:40:19	00:48:21.95	00:48:25.60	+00:05:31 (11.4%)	4:50	12.4 (88.6%)
12	KASPROWICZ Małgorzata	78	STOPA SŁUPSK	K-30	10	00:00:09	00:07:53	00:15:58	00:24:13	00:32:27	00:40:38	00:48:29.00	00:48:38.35	+00:05:38 (11.6%)	4:50	12.4 (88.6%)
13	CHODOR Izabela	23	TKKF KOSZALIN	K-30	11	00:00:09	00:08:06	00:16:24	00:24:50	00:33:08	00:41:20	00:49:17.15	00:49:26.30	+00:06:26 (13.1%)	4:55	12.2 (87.1%)
14	DĄBROWSKA Alicja	32	TKKF KOSZALIN	K-50	2	00:00:05	00:08:20	00:16:53	00:25:28	00:34:05	00:42:27	00:50:24.20	00:50:29.45	+00:07:33 (15.0%)	5:02	11.9 (85.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h	
						Czas startu	Start All 1.6km	Start All 3.3km	Start All 4.9km	Start All 6.6km						Start All 8.3km
15	KAZMIERCZAK Agnieszka	80	PARKRUN ŚWIDWIN	K-40	1	00:00:06	00:08:09	00:16:39	00:25:20	00:33:59	00:42:37	00:51:21.45	00:51:27.95	+00:08:30 (16.6%)	5:08	11.7 (83.6%)
16	GRABOWSKA-LESISZ Aneta	50		K-40	2	00:00:16	00:08:04	00:16:31	00:25:10	00:33:54	00:42:45	00:51:24.60	00:51:41.00	+00:08:33 (16.7%)	5:08	11.7 (83.6%)
17	SZNYTER Sabina	233	DECATHLON KOSZALIN	K-18	2	00:00:05	00:08:31	00:17:16	00:26:03	00:34:49	00:43:26	00:51:35.65	00:51:41.25	+00:08:44 (17.0%)	5:09	11.6 (82.9%)
18	GOLEC Ania	47		K-40	3	00:00:14	00:08:47	00:17:32	00:26:21	00:35:17	00:44:18	00:52:59.05	00:53:13.15	+00:10:08 (19.1%)	5:17	11.3 (80.7%)
19	WRÓBLEWSKA Marta	216	WILKI KOSZALIN	K-40	4	00:00:16	00:08:36	00:17:32	00:26:14	00:35:10	00:44:12	00:53:01.25	00:53:17.55	+00:10:10 (19.2%)	5:18	11.3 (80.7%)
20	ZAKUTYŃSKA-KOWALCZYK Karolina	219		K-40	5	00:00:18	00:08:43	00:17:36	00:26:24	00:35:21	00:44:21	00:53:05.50	00:53:23.85	+00:10:14 (19.3%)	5:18	11.3 (80.7%)
21	BORYS Justyna	16		K-30	12	00:00:09	00:08:32	00:17:07	00:25:57	00:34:57	00:44:06	00:53:12.90	00:53:22.25	+00:10:22 (19.5%)	5:19	11.3 (80.7%)
22	BORYSIEWICZ Joanna	17		K-30	13	00:00:08	00:08:46	00:17:41	00:26:39	00:35:42	00:44:45	00:53:26.90	00:53:35.70	+00:10:36 (19.8%)	5:20	11.2 (80.0%)
23	BORUC Barbara	15	PARKRUN SZCZECINEK	K-40	6	00:00:18	00:09:04	00:18:16	00:27:25	00:36:42	00:46:00	00:55:09.85	00:55:28.35	+00:12:19 (22.3%)	5:31	10.9 (77.9%)
24	MALINOWSKA-BURDA Aleksandra	112		K-18	3	00:00:10	00:08:37	00:17:49	00:27:05	00:36:36	00:46:06	00:55:26.90	00:55:37.60	+00:12:36 (22.7%)	5:32	10.8 (77.1%)
25	PIETRZAK Mariola	143	BABECZKI KOSZALIN	K-50	3	00:00:13	00:08:54	00:18:03	00:27:15	00:36:44	00:46:19	00:55:34.55	00:55:48.35	+00:12:43 (22.9%)	5:33	10.8 (77.1%)
26	SZEWCZYK Paulina	185		K-18	4	00:00:07	00:08:36	00:17:57	00:27:40	00:37:04	00:46:44	00:56:01.05	00:56:08.20	+00:13:10 (23.5%)	5:36	10.7 (76.4%)
27	RASZPLA Ilona	154		K-40	7	00:00:11	00:08:44	00:17:59	00:27:26	00:37:02	00:46:42	00:56:12.70	00:56:23.70	+00:13:21 (23.8%)	5:37	10.7 (76.4%)
28	BURSZTA Marta	21	KARLINO BIEGAJ!	K-18	5	00:00:13	00:08:51	00:18:13	00:27:36	00:37:39	00:47:32	00:56:40.95	00:56:54.15	+00:13:50 (24.4%)	5:40	10.6 (75.7%)
29	BONIECKA Dominika	232		K-18	6	00:00:22	00:09:11	00:18:24	00:27:52	00:37:45	00:47:42	00:56:55.95	00:57:18.20	+00:14:05 (24.7%)	5:41	10.5 (75.0%)
30	WACHHOLZ Beata	197	KB BRYZA POSTOMINO	K-40	8	00:00:16	00:09:17	00:18:50	00:28:25	00:38:01	00:47:50	00:57:19.25	00:57:35.85	+00:14:28 (25.2%)	5:43	10.5 (75.0%)
31	PERIŻOK-KOWALCZYK Magdalena	140		K-40	9	00:00:20	00:09:34	00:19:01	00:28:38	00:38:17	00:47:51	00:57:29.65	00:57:49.95	+00:14:38 (25.5%)	5:44	10.4 (74.3%)
32	NAWROCKA Anna	131		K-18	7	00:00:14	00:09:39	00:19:07	00:28:50	00:38:40	00:48:41	00:58:13.60	00:58:28.20	+00:15:22 (26.4%)	5:49	10.3 (73.6%)
33	MAZUREK Barbara	117	BABECZKI KOSZALIN	K-30	14	00:00:14	00:08:54	00:18:08	00:27:44	00:38:26	00:48:25	00:58:16.95	00:58:31.35	+00:15:26 (26.5%)	5:49	10.3 (73.6%)
34	STACHURSKA Agnieszka	422	BWM KOŁOBRZEG	K-30	15	00:00:17	00:09:35	00:19:16	00:29:02	00:38:58	00:48:44	00:58:23.00	00:58:40.90	+00:15:32 (26.6%)	5:50	10.3 (73.6%)
35	BACHTIAK Joanna	4	AMATOR	K-30	16	00:00:12	00:09:10	00:18:31	00:28:13	00:38:14	00:48:32	00:58:52.25	00:59:04.25	+00:16:01 (27.2%)	5:53	10.2 (72.9%)
36	KROCZYŃSKA Kinga	419	BWM KOŁOBRZEG	K-30	17	00:00:18	00:09:34	00:19:18	00:29:01	00:38:59	00:49:09	00:59:06.95	00:59:25.15	+00:16:16 (27.5%)	5:54	10.1 (72.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 1.6km	Start_All 3.3km	Start_All 4.9km	Start_All 6.6km	Start_All 8.3km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
37	RUDNICKA Mariola	158		K-40	10	00:00:17	00:09:14	00:18:42	00:28:21	00:38:33	00:49:09	00:59:33.30	00:59:50.30	+00:16:42 (28.1%)	5:57	10.1 (72.1%)
38	BACHORSKA Dorota	3		K-40	11	00:00:21	00:09:42	00:19:29	00:29:33	00:39:44	00:50:02	00:59:49.95	01:00:11.65	+00:16:59 (28.4%)	5:59	10 (71.4%)
39	GZELA Olga	54	ROZBIEGANY KOSZALIN	K-30	18	00:00:14	00:09:06	00:18:43	00:28:30	00:38:55	00:49:25	00:59:53.30	01:00:07.70	+00:17:02 (28.5%)	5:59	10 (71.4%)
40	MARKOWSKA Iwona	116	KARLINO BIEGAJ!	K-40	12	00:00:04	00:08:49	00:18:47	00:29:01	00:39:22	00:49:53	00:59:53.90	00:59:58.80	+00:17:03 (28.5%)	5:59	10 (71.4%)
41	ZATORSKA Milena	220	SP5KOŁOBRZEG	K-40	13	00:00:16	00:09:17	00:19:02	00:29:00	00:39:15	00:49:46	00:59:57.50	01:00:14.00	+00:17:06 (28.5%)	5:59	10 (71.4%)
42	DĄBROWSKA Agnieszka	33	RUN DMB	K-30	19	00:00:09	00:09:02	00:18:52	00:29:04	00:39:28	00:50:12	01:00:52.45	01:01:01.95	+00:18:01 (29.6%)	6:05	9.9 (70.7%)
43	STEFANOWICZ Jola	177		K-30	20	00:00:20	00:10:07	00:20:29	00:31:12	00:42:01	00:52:34	01:02:24.00	01:02:44.20	+00:19:33 (31.3%)	6:14	9.6 (68.6%)
44	BEDNARZ Katarzyna	11		K-40	14	00:00:18	00:09:42	00:20:01	00:30:32	00:41:09	00:51:59	01:02:46.30	01:03:04.30	+00:19:55 (31.7%)	6:16	9.6 (68.6%)
45	WEISS-SZULC Barbara	203		K-40	15	00:00:14	00:09:52	00:20:40	00:31:30	00:42:27	00:53:15	01:04:13.55	01:04:28.50	+00:21:22 (33.3%)	6:25	9.3 (66.4%)
46	JANCZYSZYN Dorota	65		K-30	21	00:00:14	00:09:51	00:20:38	00:31:30	00:42:28	00:53:14	01:04:14.60	01:04:29.00	+00:21:23 (33.3%)	6:25	9.3 (66.4%)
47	PEŁKA Iwona	139		K-50	4	00:00:18	00:10:46	00:21:52	00:33:14	00:44:32	00:56:09	01:07:52.80	01:08:11.30	+00:25:01 (36.9%)	6:47	8.8 (62.9%)
48	MAŁYSZEWICZ Teresa	114		K-50	5	00:00:18	00:10:35	00:21:49	00:33:23	00:45:02	00:56:42	01:08:01.05	01:08:19.15	+00:25:10 (37.0%)	6:48	8.8 (62.9%)
DQ	KOZŁOWIECKA Małgorzata	239		K-50		DQ	00:09:56 DQ	00:20:27 DQ	00:31:38 DQ	00:42:43 DQ	00:53:54 DQ	00:54:09.60 DQ	DQ		-	- (0.0%)

Znaleziono 49 wynik(ów)