



# 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: K30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All 0.04km	Start_All 1.6km	Start_All 3.3km	Start_All 4.9km	Start_All 6.6km	Start_All 8.3km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
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	<b>00:43:07.75</b>		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	<b>00:43:39.91</b>	+00:00:32 (1.2%)	4:21	13.7 (98.6%)
3	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	<b>00:46:27.24</b>	+00:03:19 (7.2%)	4:38	12.9 (92.8%)
4	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	<b>00:46:37.99</b>	+00:03:30 (7.5%)	4:39	12.9 (92.8%)
5	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	<b>00:49:41.59</b>	+00:06:33 (13.2%)	4:58	12.1 (87.1%)
6	ZAGALSKA Paulina	308		K30-39	6	00:00:15	00:08:10	00:16:25	00:24:49	00:33:15	00:41:45	<b>00:50:15.65</b>	+00:07:07 (14.2%)	5:01	11.9 (85.6%)
7	ZIÓŁKOWSKA Gosia	313		K30-39	7	00:00:14	00:08:24	00:16:46	00:25:18	00:33:57	00:42:32	<b>00:50:56.46</b>	+00:07:48 (15.3%)	5:05	11.8 (84.9%)
8	ROKITA Emilia	262		K30-39	8	00:00:14	00:08:20	00:17:12	00:26:20	00:35:35	00:45:00	<b>00:53:55.05</b>	+00:10:47 (20.0%)	5:23	11.1 (79.9%)
9	HAŁAJKO Magdalena	169		K30-39	9	00:00:28	00:09:19	00:17:58	00:26:51	00:35:50	00:45:04	<b>00:54:27.16</b>	+00:11:19 (20.8%)	5:26	11 (79.1%)
10	ŻEBROWSKA Sylwia	315		K30-39	10	00:00:19	00:08:38	00:17:29	00:26:34	00:35:48	00:45:11	<b>00:54:36.12</b>	+00:11:28 (21.0%)	5:27	11 (79.1%)
11	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	<b>00:56:17.62</b>	+00:13:09 (23.4%)	5:37	10.7 (77.0%)
12	DIKOLENKO Agnieszka	153		K30-39	12	00:00:18	00:09:11	00:18:26	00:27:50	00:39:02	00:48:41	<b>00:57:56.64</b>	+00:14:48 (25.6%)	5:47	10.4 (74.8%)
13	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	<b>00:58:00.40</b>	+00:14:52 (25.6%)	5:48	10.3 (74.1%)
14	JEWUŁA Agata	183		K30-39	14	00:00:21	00:09:53	00:19:51	00:30:01	00:39:15	00:48:44	<b>00:58:18.86</b>	+00:15:11 (26.0%)	5:49	10.3 (74.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All						Czas netto 10km	Różn	Tempo min/km	Tempo km/h
						0.04km	1.6km	3.3km	4.9km	6.6km	8.3km				
15	<b>MROZIK Joanna</b>	<b>234</b>		K30-39	15	00:00:13	00:09:27	00:19:08	00:29:04	00:39:10	00:49:16	<b>00:58:57.98</b>	+00:15:50 (26.9%)	5:53	10.2 (73.4%)
16	<b>GRABOWSKA Kinga</b>	<b>165</b>	ORANGE POLSKA	K30-39	16	00:00:14	00:09:27	00:19:05	00:28:54	00:38:57	00:49:08	<b>00:59:06.14</b>	+00:15:58 (27.0%)	5:54	10.2 (73.4%)
17	<b>BORYSIEWICZ Joanna</b>	<b>137</b>		K30-39	17	00:00:16	00:09:40	00:19:27	00:29:36	00:39:47	00:50:05	<b>01:00:19.63</b>	+00:17:11 (28.5%)	6:01	9.9 (71.2%)
18	<b>DEPTUŁA-BILL Bożena</b>	<b>150</b>		K30-39	18	00:00:23	00:09:36	00:19:20	00:29:18	00:39:37	00:49:59	<b>01:00:23.00</b>	+00:17:15 (28.6%)	6:02	9.9 (71.2%)
19	<b>SUCHODOLSKA Aleksandra</b>	<b>278</b>		K30-39	19	00:00:23	00:10:24	00:20:26	00:30:32	00:40:47	00:50:58	<b>01:00:37.79</b>	+00:17:30 (28.9%)	6:03	9.9 (71.2%)
20	<b>DORAWA-ZIOMEK Anna</b>	<b>154</b>		K30-39	20	00:00:22	00:10:09	00:20:17	00:30:35	00:41:00	00:51:34	<b>01:01:39.75</b>	+00:18:32 (30.1%)	6:09	9.7 (69.8%)
21	<b>WENTA Malwina</b>	<b>294</b>		K30-39	21	00:00:21	00:09:53	00:19:52	00:30:12	00:40:33	00:51:04	<b>01:02:04.17</b>	+00:18:56 (30.5%)	6:12	9.7 (69.8%)
22	<b>WŁODARCZYK Emilia</b>	<b>300</b>		K30-39	22	00:00:28	00:10:08	00:20:17	00:30:32	00:41:49	00:53:26	<b>01:04:47.56</b>	+00:21:39 (33.4%)	6:28	9.3 (66.9%)
23	<b>ROMANOWICZ Monika</b>	<b>264</b>	ZABIEGANE :)	K30-39	23	00:00:23	00:10:26	00:20:47	00:31:43	00:43:16	00:54:55	<b>01:06:18.85</b>	+00:23:11 (35.0%)	6:37	9 (64.7%)
24	<b>ŁAGODZICZ-STACHURA Justyna</b>	<b>219</b>		K30-39	24	00:00:16	00:11:05	00:22:33	00:34:10	00:46:03	00:57:42	<b>01:08:02.17</b>	+00:24:54 (36.6%)	6:48	8.8 (63.3%)
25	<b>ZAKOŚCIELNA Katarzyna</b>	<b>309</b>		K30-39	25	00:00:23	00:11:07	00:22:26	00:33:52	00:45:38	00:57:01	<b>01:08:18.24</b>	+00:25:10 (36.9%)	6:49	8.8 (63.3%)

Znaleziono 25 wynik(ów)