



VI BIEG WIOSENNY MANOWO - 5 KM

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Vi Bieg Wiosenny Manowo
Wójt Gminy Manowo
2019-05-18
Manowo
5.3 km



Klasyfikacja: K-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5.3km	Różn	Tempo min/km	Tempo km/h
1	KAMIŃSKA Weronika	307	KL ISKRA BIAŁOGARD	K-OPEN	1	00:22:11.20		4:11	14.3 (100%)
2	CHORAŻY Karolina	262	LEO-TEAM	K-OPEN	2	00:22:18.78	+00:00:07 (0.6%)	4:12	14.2 (99.3%)
3	WOŁYŃSKA Wioletta	414	TKKF KOSZALIN	K-OPEN	3	00:23:28.61	+00:01:17 (5.5%)	4:25	13.5 (94.4%)
4	KONKEL Agnieszka	315		K-OPEN	4	00:23:53.80	+00:01:42 (7.2%)	4:30	13.3 (93.0%)
5	KOTARA-PAŁKA Małgorzata	440		K-OPEN	5	00:24:21.38	+00:02:10 (8.9%)	4:35	13.1 (91.6%)
6	ZIOMEK Joanna	423	LUMBERJACKS	K-OPEN	6	00:24:28.68	+00:02:17 (9.4%)	4:36	13 (90.9%)
7	RODZIEWICZ-CZAPLIŃSKA Agnieszka	368		K-OPEN	7	00:25:34.55	+00:03:23 (13.3%)	4:49	12.4 (86.7%)
8	MEJER Aleksandra	339		K-OPEN	8	00:25:48.05	+00:03:36 (14.0%)	4:52	12.3 (86.0%)
9	BORYS Justyna	433		K-OPEN	9	00:26:27.97	+00:04:16 (16.2%)	4:59	12 (83.9%)
10	KRUPIŃSKA Beata	322	WWW.E-UROLOG.EU	K-OPEN	10	00:27:00.31	+00:04:49 (17.8%)	5:05	11.8 (82.5%)
11	WOŁOSZYN Aurelia	412	LUMBERJACKS CROSS GARAGE KOSZALIN	K-OPEN	11	00:27:35.77	+00:05:24 (19.6%)	5:12	11.5 (80.4%)
12	BORKOWSKA-KOWALCZYK Daria	260	KOSZALIŃSKI KLUB MORSÓW POSEJDON	K-OPEN	12	00:27:43.72	+00:05:32 (20.0%)	5:13	11.5 (80.4%)
13	RADZIUSZ Ilona	364		K-OPEN	13	00:28:16.50	+00:06:05 (21.5%)	5:20	11.3 (79.0%)
14	GŁUCH Katryzna	280	FORMA	K-OPEN	14	00:28:20.23	+00:06:09 (21.7%)	5:20	11.2 (78.3%)
15	KANIK Małgorzata	309		K-OPEN	15	00:28:47.06	+00:06:35 (22.9%)	5:26	11 (76.9%)
16	GOLEC Anna	282		K-OPEN	16	00:28:50.06	+00:06:38 (23.1%)	5:26	11 (76.9%)
17	PISKORZ-WILCZAK Iwona	360		K-OPEN	17	00:28:59.93	+00:06:48 (23.5%)	5:28	11 (76.9%)
18	DEJNAK Dagmara	269		K-OPEN	18	00:29:03.45	+00:06:52 (23.6%)	5:28	10.9 (76.2%)
19	PSTRĄGOWSKA Marlena	362	BIEGNIJMY.PL	K-OPEN	19	00:29:11.52	+00:07:00 (24.0%)	5:30	10.9 (76.2%)
20	WOLF Beata	411	TKKF KOSZALIN	K-OPEN	20	00:29:29.61	+00:07:18 (24.8%)	5:33	10.8 (75.5%)
21	WRÓBLEWSKA Marta	416		K-OPEN	21	00:29:47.62	+00:07:36 (25.5%)	5:37	10.7 (74.8%)
22	KUREK Aneta	327	SZKOŁA PODSTAWOWA W MANOWIE	K-OPEN	22	00:29:59.66	+00:07:48 (26.0%)	5:39	10.6 (74.1%)
23	MICHALAK Anna	341		K-OPEN	23	00:30:06.90	+00:07:55 (26.3%)	5:40	10.6 (74.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5.3km	Różn	Tempo min/km	Tempo km/h
24	JEWUŁA Agata	296	DRUŻYNA SZPIKU	K-OPEN	24	00:30:11.97	+00:08:00 (26.5%)	5:41	10.5 (73.4%)
25	JUSZCZYK Agnieszka	302		K-OPEN	25	00:30:45.16	+00:08:33 (27.9%)	5:48	10.3 (72.0%)
26	BORSUK Dorota	427		K-OPEN	26	00:30:48.25	+00:08:37 (28.0%)	5:48	10.3 (72.0%)
27	PIETRZAK Mariola	359	ROZBIEGANY KOSZALIN	K-OPEN	27	00:30:55.77	+00:08:44 (28.3%)	5:50	10.3 (72.0%)
28	ULMAN Weronika	400		K-OPEN	28	00:30:56.70	+00:08:45 (28.3%)	5:50	10.3 (72.0%)
29	SEEWALD Julia	375	ZAKWAS	K-OPEN	29	00:31:16.47	+00:09:05 (29.1%)	5:54	10.2 (71.3%)
30	SULIMA Monika	430		K-OPEN	30	00:31:18.38	+00:09:07 (29.1%)	5:54	10.2 (71.3%)
31	SUDER-MAKSYMOWICZ Monika	390		K-OPEN	31	00:31:48.01	+00:09:36 (30.2%)	6:00	10 (69.9%)
32	ANTOSZKO Barbara	432	ZEFIR WYSZEWO	K-OPEN	32	00:31:52.97	+00:09:41 (30.4%)	6:00	10 (69.9%)
33	SEEWALD Agnieszka	374	ZAKWAS !!	K-OPEN	33	00:32:20.55	+00:10:09 (31.4%)	6:06	9.8 (68.5%)
34	KOSECKA Sylwia	365		K-OPEN	34	00:32:21.22	+00:10:10 (31.4%)	6:06	9.8 (68.5%)
35	NOGA Sylwia	445		K-OPEN	35	00:32:39.26	+00:10:28 (32.1%)	6:09	9.7 (67.8%)
36	KEMBROWSKA Sylwia	311	LUMBERJACKS CROSS GARAGE	K-OPEN	36	00:32:39.46	+00:10:28 (32.1%)	6:09	9.7 (67.8%)
37	CYBULSKA Agnieszka	263		K-OPEN	37	00:32:39.47	+00:10:28 (32.1%)	6:09	9.7 (67.8%)
38	LIPSKA Joanna	330	LUMBERJACKS CROSS GARAGE	K-OPEN	38	00:32:39.53	+00:10:28 (32.1%)	6:09	9.7 (67.8%)
39	DOBOSZ Izabella	270		K-OPEN	39	00:33:04.22	+00:10:53 (32.9%)	6:14	9.6 (67.1%)
40	JASIENIECKA Beata	253		K-OPEN	40	00:33:10.53	+00:10:59 (33.1%)	6:15	9.6 (67.1%)
41	KACZMAREK Agata	304		K-OPEN	41	00:33:10.92	+00:10:59 (33.1%)	6:15	9.6 (67.1%)
42	KUJAWA Natalia	299		K-OPEN	42	00:33:17.91	+00:11:06 (33.4%)	6:16	9.5 (66.4%)
43	CZARNOTKA Sabina	292		K-OPEN	43	00:33:26.71	+00:11:15 (33.7%)	6:18	9.5 (66.4%)
44	KRYSTOSIK Paulina	324	BIEGAMBO LUBIE,BIEGAM DLA SIEBIE	K-OPEN	44	00:33:53.34	+00:11:42 (34.5%)	6:23	9.4 (65.7%)
45	WRZOSEK Karolina	418		K-OPEN	45	00:34:34.88	+00:12:23 (35.8%)	6:31	9.2 (64.3%)
46	GAMUS Ewelina	277		K-OPEN	46	00:34:34.97	+00:12:23 (35.8%)	6:31	9.2 (64.3%)
47	MICHIEJEW-HANASZ Monika	343		K-OPEN	47	00:34:37.31	+00:12:26 (35.9%)	6:32	9.2 (64.3%)
48	JAWORSKA Antonina	434		K-OPEN	48	00:37:20.32	+00:15:09 (40.6%)	7:02	8.5 (59.4%)
49	JAWORSKA Judyta	435		K-OPEN	49	00:38:57.40	+00:16:46 (43.0%)	7:21	8.2 (57.3%)
50	MOŁDAWA Karolina	344	LUMBERJACKS CROSS GARAGE KOSZALIN	K-OPEN	50	00:38:59.72	+00:16:48 (43.1%)	7:21	8.2 (57.3%)
51	PASEK Paula	354	KLUB BIEGOWY JANTAR ŚWIESZYNO	K-OPEN	51	00:39:19.41	+00:17:08 (43.6%)	7:25	8.1 (56.6%)
52	RUMIANEK Wiktoria	293		K-OPEN	52	00:41:57.08	+00:19:45 (47.1%)	7:54	7.6 (53.1%)
53	ILECKA Joanna	429		K-OPEN	53	00:42:14.22	+00:20:03 (47.5%)	7:58	7.5 (52.4%)
54	NIEMIADOWSKA Urszula	348	WWW.ARTE-IT.PL	K-OPEN	54	00:48:39.78	+00:26:28 (54.4%)	9:10	6.5 (45.5%)
55	MALINOWSKA Agnieszka	334	CIOTECZKI	K-OPEN	55	00:48:40.56	+00:26:29 (54.4%)	9:10	6.5 (45.5%)

Znaleziono 55 wynik(ów)