



VIII KOSZALIŃSKI BIEG SYLWESTROWY - 5 KM

B4SPORT

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2016-12-31
Miejsce: Koszalin
Dystans: 5.3 km



Klasyfikacja: K30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 1.7km	Start_All 3.4km	Start_All 5.1km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
1	GOŁUŃSKA Renata	93		K30-39	1	00:00:21	00:07:33	00:15:14	00:22:59	00:23:40.90	00:24:02.35		4:28	13.4 (100%)
2	JĘDRASZKO Magda	130	MTS HAMER	K30-39	2	00:00:20	00:07:31	00:15:14	00:23:03	00:23:48.45	00:24:09.20	+00:00:07 (0.5%)	4:29	13.4 (100%)
3	KOSECKA Katarzyna	159	KB WYGAN	K30-39	3	00:00:38	00:07:36	00:15:31		00:24:16.30	00:24:54.65	+00:00:35 (2.4%)	4:34	13.1 (97.8%)
4	SHTEFAN Yuliia	285	KU AZS PWSZ KOSZALIN	K30-39	4	00:00:17	00:07:19	00:15:22	00:23:31	00:24:27.15	00:24:44.60	+00:00:46 (3.2%)	4:36	13 (97.0%)
5	NIECKARZ Monika	231		K30-39	5	00:00:17	00:07:48	00:15:48	00:23:46	00:24:30.75	00:24:48.05	+00:00:49 (3.4%)	4:37	13 (97.0%)
6	SZABLA Ewelina	304		K30-39	6	00:00:19	00:07:35	00:15:38	00:23:43	00:24:34.05	00:24:53.50	+00:00:53 (3.6%)	4:38	12.9 (96.3%)
7	BORKOWSKA-KOWALCZYK Daria	40	WOMEN'S FIGHT CLUB KOSZALIN	K30-39	7	00:00:21	00:08:10	00:16:34	00:24:58	00:25:48.60	00:26:10.20	+00:02:07 (8.2%)	4:52	12.3 (91.8%)
8	DĄBROWSKA Anna	68		K30-39	8	00:00:22	00:08:13	00:16:42	00:25:12	00:26:05.00	00:26:27.35	+00:02:24 (9.2%)	4:55	12.2 (91.0%)
9	GRABOWSKA-LESISZ Aneta	98		K30-39	9	00:00:19	00:08:01	00:16:50	00:25:28	00:26:26.45	00:26:46.05	+00:02:45 (10.4%)	4:59	12 (89.6%)
10	GŁUCH Katarzyna	91		K30-39	10	00:00:25	00:08:27	00:17:08	00:25:45	00:26:35.80	00:27:01.75	+00:02:54 (11.0%)	5:01	12 (89.6%)
11	DRABKOWSKA Agnieszka	71		K30-39	11	00:00:16	00:08:08	00:16:59	00:26:02	00:26:57.60	00:27:14.00	+00:03:16 (12.2%)	5:05	11.8 (88.1%)
12	RABKA Monika	265		K30-39	12	00:00:29	00:08:44	00:17:35	00:26:04	00:27:05.20	00:27:35.10	+00:03:24 (12.6%)	5:06	11.7 (87.3%)
12	RADECKA Katarzyna	266		K30-39	13	00:00:26	00:08:39	00:17:26	00:26:12	00:27:05.20	00:27:31.40	+00:03:24 (12.6%)	5:06	11.7 (87.3%)
14	HOC Agnieszka	111		K30-39	14	00:00:24	00:08:48	00:17:48	00:26:44	00:27:31.40	00:27:56.35	+00:03:50 (14.0%)	5:11	11.5 (85.8%)

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15	JANKOWSKA Justyna	122		K30-39	15	00:00:30	00:08:39	00:17:48	00:27:00	00:27:54.25	00:28:24.60	+00:04:13 (15.1%)	5:15	11.4 (85.1%)
16	KACAŁA Olga	133		K30-39	16	00:00:24	00:08:45	00:18:11	00:27:22	00:28:10.15	00:28:35.00	+00:04:29 (15.9%)	5:19	11.3 (84.3%)
17	MICHALAK Kamila	217		K30-39	17	00:00:28	00:09:05	00:18:36	00:28:09	00:29:06.15	00:29:34.30	+00:05:25 (18.6%)	5:29	10.9 (81.3%)
18	FRUBA Karina	83	STOPA SŁUPSK	K30-39	18	00:00:24	00:09:01	00:18:29	00:28:16	00:29:13.95	00:29:38.30	+00:05:33 (19.0%)	5:30	10.9 (81.3%)
19	KOMOROWSKA Beata	155	ROZBIEGANY KOSZALIN	K30-39	19	00:00:29	00:09:29	00:18:58	00:28:33	00:29:29.80	00:29:59.05	+00:05:48 (19.7%)	5:33	10.8 (80.6%)
20	DYRCZ Marika	74	VEGE RUNNERS	K30-39	20	00:00:34	00:09:56	00:19:18	00:28:44	00:29:38.35	00:30:12.40	+00:05:57 (20.1%)	5:35	10.7 (79.9%)
21	PSTRĄGOWSKA Marlena	260	BIEGNIJMY.PL	K30-39	21	00:00:32	00:09:33	00:19:11	00:28:49	00:29:49.50	00:30:21.70	+00:06:08 (20.6%)	5:37	10.7 (79.9%)
22	PAWŁOWSKA Urszula	250		K30-39	22	00:00:35	00:09:49	00:19:27	00:28:56	00:29:53.65	00:30:29.35	+00:06:12 (20.8%)	5:38	10.6 (79.1%)
23	MAZUREK Barbara	211	BABECZKI KOSZALIN	K30-39	23	00:00:40	00:10:07	00:19:35	00:29:08	00:30:03.15	00:30:43.85	+00:06:22 (21.2%)	5:40	10.6 (79.1%)
24	CAŁA Małgorzata	46		K30-39	24	00:00:36	00:09:48	00:19:39	00:29:17	00:30:09.90	00:30:46.80	+00:06:29 (21.5%)	5:41	10.5 (78.4%)
25	CHODNICZAK Joanna	49		K30-39	25	00:00:38	00:09:56	00:19:51	00:29:18	00:30:12.05	00:30:50.20	+00:06:31 (21.6%)	5:41	10.5 (78.4%)
26	URBAŃSKA Anetta	328		K30-39	26	00:00:25	00:09:21	00:19:20	00:29:26	00:30:25.45	00:30:51.10	+00:06:44 (22.2%)	5:44	10.4 (77.6%)
27	HAŁAJKO Magdalena	105		K30-39	27	00:00:33	00:09:35	00:19:41	00:29:43	00:30:45.50	00:31:19.05	+00:07:04 (23.0%)	5:48	10.3 (76.9%)
28	WOLF Beata	66	TKKF KOSZALIN	K30-39	28	00:00:33	00:09:36	00:19:41	00:29:43	00:30:45.80	00:31:19.15	+00:07:04 (23.0%)	5:48	10.3 (76.9%)
29	BIEŁĘDA Karolina	33		K30-39	29	00:00:19	00:09:35	00:20:08	00:30:26	00:31:25.55	00:31:45.00	+00:07:44 (24.6%)	5:55	10.1 (75.4%)
30	KACZKOWSKA Justyna	135	RAMS	K30-39	30	00:00:19	00:09:30	00:20:08	00:30:26	00:31:28.00	00:31:47.00	+00:07:47 (24.7%)	5:56	10.1 (75.4%)
31	WILKOWSKA Beata	350		K30-39	31	00:00:31	00:10:22	00:21:17	00:32:08	00:33:10.65	00:33:42.35	+00:09:29 (28.6%)	6:15	9.6 (71.6%)
32	STANCZEWSKA Karolina	295		K30-39	32	00:00:38	00:10:42	00:22:05	00:32:23	00:33:22.95	00:34:01.70	+00:09:42 (29.1%)	6:17	9.5 (70.9%)
33	DAMPS Julita	63	NIGHT RUNNERS SŁUPSK	K30-39	33	00:00:23	00:11:18	00:22:53	00:34:22	00:35:17.55	00:35:41.30	+00:11:36 (32.9%)	6:39	9 (67.2%)
34	STEC Edyta	299	BABECZKI KOSZALIN	K30-39	34	00:00:40	00:11:17	00:22:39	00:33:50	00:35:23.85	00:36:04.75	+00:11:42 (33.1%)	6:40	9 (67.2%)
35	MOŻEJKO Anna	222	BABECZKI KOSZALIN	K30-39	35	00:00:39	00:11:18	00:22:40	00:33:51	00:35:24.95	00:36:04.80	+00:11:44 (33.1%)	6:40	9 (67.2%)
36	ŁUBNIEWSKA Natalia	197	ROZBIEGANY KOSZALIN	K30-39	36	00:00:31	00:10:42	00:22:38	00:34:28	00:35:36.00	00:36:07.10	+00:11:55 (33.5%)	6:43	8.9 (66.4%)
37	KASPRZAK Małgorzata	143		K30-39	37	00:00:39	00:10:41	00:22:20	00:34:17	00:36:00.25	00:36:39.60	+00:12:19 (34.2%)	6:47	8.8 (65.7%)

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38	WOJTKIEWICZ-BAKOWSKA Dorota	413	BABECZKI KOSZALIN	K30-39	38	00:00:40	00:11:19	00:23:24	00:35:30	00:36:53.00	00:37:33.45	+00:13:12 (35.8%)	6:57	8.6 (64.2%)
39	GARBACZ-ZATORSKA Milena	84	KOŁOBRZEG BIEGA	K30-39	39	00:00:39	00:11:45	00:24:44	00:37:56	00:39:11.30	00:39:50.80	+00:15:30 (39.6%)	7:23	8.1 (60.4%)

Znaleziono 39 wynik(ów)