



# VIII KOSZALIŃSKI BIEG SYLWESTROWY - 5 KM

B4SPORT

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



Klasyfikacja: K40-49

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	KONIECZNA Anka	156	ROZBIEGANY KOSZALIN	K40-49	1	00:00:20	00:07:24	00:15:08	00:22:50	<b>00:23:37.80</b>	<b>00:23:58.20</b>		4:27	13.5 (100%)
2	ZACHCIAŁ-PEC Joanna	419		K40-49	2	00:00:11	00:07:44	00:15:48	00:23:48	<b>00:24:34.80</b>	<b>00:24:46.45</b>	+00:00:57 (3.9%)	4:38	12.9 (95.6%)
3	GARSKA Joanna	85	ŚWIAT PŁYTEK U KRYSPIŃSKA	K40-49	3	00:00:20	00:07:37	00:15:40	00:23:49	<b>00:24:38.45</b>	<b>00:24:58.55</b>	+00:01:00 (4.1%)	4:38	12.9 (95.6%)
4	WALTER Joanna	335	10 BIAŁOGARD	K40-49	4	00:00:25	00:08:19	00:16:28	00:24:12	<b>00:24:57.95</b>	<b>00:25:23.70</b>	+00:01:20 (5.4%)	4:42	12.7 (94.1%)
5	WOJCIECHOWSKA-HRYCIK Agata	409		K40-49	5	00:00:20	00:07:56	00:16:13	00:24:28	<b>00:25:13.55</b>	<b>00:25:33.55</b>	+00:01:35 (6.3%)	4:45	12.6 (93.3%)
6	KUBIŃSKA Beata	183	NIGHT RUNNERS SŁUPSK	K40-49	6	00:00:20	00:08:32	00:17:08	00:25:44	<b>00:26:35.55</b>	<b>00:26:55.95</b>	+00:02:57 (11.1%)	5:00	12 (88.9%)
7	MĘDEL Marta	215		K40-49	7	00:00:29	00:08:34	00:17:18	00:25:55	<b>00:26:40.85</b>	<b>00:27:10.75</b>	+00:03:03 (11.4%)	5:02	11.9 (88.1%)
8	CHROSTEK Dorota	51		K40-49	8	00:00:24	00:08:52	00:17:48	00:26:33	<b>00:27:21.95</b>	<b>00:27:46.90</b>	+00:03:44 (13.7%)	5:09	11.6 (85.9%)
9	WALCZAK Agnieszka	334	TKKF KOSZALIN	K40-49	9	00:00:29	00:08:47	00:17:53	00:27:09	<b>00:28:02.35</b>	<b>00:28:31.75</b>	+00:04:24 (15.7%)	5:17	11.3 (83.7%)
10	WACHHOLZ Beata	332	KB BRYZA POSTOMINO	K40-49	10	00:00:22	00:09:10	00:18:17	00:27:34	<b>00:28:33.20</b>	<b>00:28:55.20</b>	+00:04:55 (17.2%)	5:23	11.1 (82.2%)
11	WOLF Weronika	416	TKKF KOSZALIN	K40-49	11	00:00:32	00:09:36	00:19:42	00:29:44	<b>00:30:47.20</b>	<b>00:31:19.80</b>	+00:07:09 (23.2%)	5:48	10.3 (76.3%)
12	RADOSZ Katarzyna	267		K40-49	12	00:00:30	00:10:03	00:20:33	00:30:46	<b>00:31:48.10</b>	<b>00:32:19.00</b>	+00:08:10 (25.7%)	6:00	10 (74.1%)
13	WENCŁAW-JUSZCZAK Marta	340		K40-49	13	00:00:39	00:10:18	00:20:21	00:30:55	<b>00:31:52.90</b>	<b>00:32:32.00</b>	+00:08:15 (25.9%)	6:00	10 (74.1%)
14	BORSUK Dorota	42		K40-49	14	00:00:26	00:10:13	00:20:45	00:31:14	<b>00:32:15.45</b>	<b>00:32:41.95</b>	+00:08:37 (26.7%)	6:05	9.9 (73.3%)

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
15	<b>WOJCIECHOWSKA Małgorzata</b>	<b>408</b>		K40-49	15	00:00:42	00:10:57	00:22:03	00:33:33	<b>00:34:35.20</b>	<b>00:35:17.20</b>	+00:10:57 (31.7%)	6:31	9.2 (68.1%)
16	<b>VON BARDELEBEN Agnieszka</b>	<b>331</b>	BABECZKI KOSZALIN	K40-49	16	00:00:41	00:11:16	00:22:38	00:33:48	<b>00:35:23.55</b>	<b>00:36:04.75</b>	+00:11:45 (33.2%)	6:40	9 (66.7%)
17	<b>BŁOŃSKA Agnieszka</b>	<b>36</b>	BABECZKI KOSZALIN	K40-49	17	00:00:41	00:11:17	00:22:38	00:33:49	<b>00:35:24.30</b>	<b>00:36:05.65</b>	+00:11:46 (33.3%)	6:40	9 (66.7%)
18	<b>PEŁKA Iwona</b>	<b>253</b>		K40-49	18	00:00:34	00:11:43	00:34:26		<b>00:35:24.40</b>	<b>00:35:58.95</b>	+00:11:46 (33.3%)	6:40	9 (66.7%)
19	<b>KURCZ Barbara</b>	<b>187</b>	BABECZKI KOSZALIN	K40-49	19	00:00:40	00:11:18	00:22:40	00:33:50	<b>00:35:24.55</b>	<b>00:36:05.15</b>	+00:11:46 (33.3%)	6:40	9 (66.7%)
20	<b>KOROL Elżbieta</b>	<b>158</b>	BABECZKI KOSZALIN	K40-49	20	00:00:39	00:11:19	00:22:40	00:33:51	<b>00:35:25.15</b>	<b>00:36:05.10</b>	+00:11:47 (33.3%)	6:41	9 (66.7%)
21	<b>KRAWCZUK-KIEŁB Anna</b>	<b>175</b>	ŻYJ Z ENERGIAŁ	K40-49	21	00:00:35	00:11:51	00:24:01	00:36:23	<b>00:37:28.65</b>	<b>00:38:03.90</b>	+00:13:50 (36.9%)	7:04	8.5 (63.0%)

Znaleziono 21 wynik(ów)