



VIII KOSZALIŃSKI BIEG SYLWESTROWY - 5 KM

B4SPORT

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



Klasyfikacja: K50-59

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	KRZEWIŃSKA Małgorzata	180	TKKF KOSZALIN	K50-59	1	00:00:20	00:07:56	00:16:00	00:23:59	00:24:44.15	00:25:05.00		4:40	12.8 (100%)
2	BOGACKA Lucyna	38	TKKF KOSZALIN	K50-59	2	00:00:19	00:08:14	00:16:44	00:25:21	00:26:12.80	00:26:32.70	+00:01:28 (5.6%)	4:56	12.1 (94.5%)
3	DĄBROWSKA Alicja	67	TKKF KOSZALIN	K50-59	3	00:00:33	00:09:01	00:18:03	00:26:47	00:27:35.55	00:28:08.70	+00:02:51 (10.4%)	5:12	11.5 (89.8%)
4	KONKEL Joanna	157	MKS 'ŚWIĘC SŁAWNO'	K50-59	4	00:00:23	00:09:03	00:17:59	00:26:50	00:27:43.25	00:28:06.75	+00:02:59 (10.8%)	5:13	11.5 (89.8%)
5	BROMIŃSKA Wiesława	44	BIEGNIJMY.PL	K50-59	5	00:00:31	00:09:42	00:19:26	00:29:16	00:30:16.00	00:30:47.30	+00:05:31 (18.3%)	5:42	10.5 (82.0%)
6	KOSIŃSKA Małgorzata	163		K50-59	6	00:00:28	00:10:00	00:20:02	00:29:59	00:31:00.90	00:31:28.95	+00:06:16 (20.2%)	5:50	10.3 (80.5%)
7	BUDZYŃSKA Elżbieta	438		K50-59	7	00:00:23	00:09:38	00:19:51	00:30:03	00:31:03.75	00:31:26.90	+00:06:19 (20.4%)	5:51	10.2 (79.7%)
8	MARSCZAŁKOWSKA Dorota	206	TKKF KOSZALIN	K50-59	8	00:00:27	00:10:12	00:20:44	00:31:13	00:32:14.30	00:32:41.50	+00:07:30 (23.3%)	6:04	9.9 (77.3%)
9	MYSZKOWSKA Grażyna	225	NIGHT RUNNERS SŁUPSK	K50-59	9	00:00:22	00:09:36	00:20:13	00:31:13	00:32:18.45	00:32:41.30	+00:07:34 (23.4%)	6:05	9.8 (76.6%)
10	KOZŁOWIECKA Małgorzata	168	TKKF KOSZALIN	K50-59	10	00:00:27	00:10:44	00:22:17	00:33:50	00:34:50.70	00:35:17.85	+00:10:06 (29.0%)	6:34	9.1 (71.1%)
11	RAMA Ewa	268		K50-59	11	00:00:39	00:11:35	00:22:50	00:34:03	00:34:57.25	00:35:36.70	+00:10:13 (29.2%)	6:35	9.1 (71.1%)

Znaleziono 11 wynik(ów)