



# X KOSZALIŃSKI BIEG GÓRSKI - 5 KM

B4SPORT

**Wydarzenie:**  
**Organizator:**

KOSZALIŃSKI BIEG GÓRSKI  
Koszalińskie Towarzystwo Krzewienia Kultury  
Fizycznej  
2019-03-30  
Koszalin  
5 km

**Data:**  
**Miejsce:**  
**Dystans:**



Klasyfikacja: K-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	WOŁYŃSKA Wioletta	213	TKKF KOSZALIN	K-Open	1	00:29:45.72		5:57	10.1 (100%)
2	KAŹMIERCZAK Agnieszka	69		K-Open	2	00:30:15.44	+00:00:29 (1.6%)	6:03	9.9 (98.0%)
3	PIETRZYK Paulina	146		K-Open	3	00:30:26.01	+00:00:40 (2.2%)	6:05	9.9 (98.0%)
4	SZOSTAK Marta	188		K-Open	4	00:31:09.72	+00:01:24 (4.5%)	6:14	9.6 (95.0%)
5	WIŚNIEWSKA Magdalena	210		K-Open	5	00:31:33.70	+00:01:47 (5.7%)	6:18	9.5 (94.1%)
6	ZAGALSKA Paulina	220		K-Open	6	00:31:45.74	+00:02:00 (6.3%)	6:21	9.4 (93.1%)
7	PACAN Mira	133		K-Open	7	00:32:22.82	+00:02:37 (8.1%)	6:28	9.3 (92.1%)
8	DOLEŻAN Dominika	31		K-Open	8	00:32:27.45	+00:02:41 (8.3%)	6:29	9.2 (91.1%)
9	ZIÓLKOWSKA Gosia	225		K-Open	9	00:32:42.55	+00:02:56 (9.0%)	6:32	9.2 (91.1%)
10	PAWŁOWSKA Urszula	139		K-Open	10	00:32:57.50	+00:03:11 (9.7%)	6:35	9.1 (90.1%)
11	KUCHARSKA Małgorzata	93		K-Open	11	00:33:06.19	+00:03:20 (10.1%)	6:37	9.1 (90.1%)
12	SARAPUK Gabriela	171	TKKF KOSZALIN	K-Open	12	00:33:56.13	+00:04:10 (12.3%)	6:47	8.8 (87.1%)
13	ROMAN Sylwia	158		K-Open	13	00:34:21.23	+00:04:35 (13.4%)	6:52	8.7 (86.1%)
14	BOGACKA Lucyna	10	TKKF KOSZALIN	K-Open	14	00:34:54.63	+00:05:08 (14.7%)	6:59	8.6 (85.1%)
15	GOLEC Anna	42		K-Open	15	00:34:58.07	+00:05:12 (14.9%)	6:59	8.6 (85.1%)
16	GORBACZ Urszula	43		K-Open	16	00:35:03.87	+00:05:18 (15.1%)	7:00	8.6 (85.1%)
17	PŁATOSZ Magda	150		K-Open	17	00:35:23.62	+00:05:37 (15.9%)	7:04	8.5 (84.2%)
18	MACKIEWICZ Angelika	236		K-Open	18	00:35:28.11	+00:05:42 (16.1%)	7:05	8.5 (84.2%)
19	KRZEWIŃSKA Monika	242	TKKF KOSZALIN	K-Open	19	00:35:44.95	+00:05:59 (16.7%)	7:08	8.4 (83.2%)
20	KILJAN Sylwia	71	PEPSPORT	K-Open	20	00:35:52.87	+00:06:07 (17.1%)	7:10	8.4 (83.2%)
21	PIASECKA Dagmara	239		K-Open	21	00:36:36.94	+00:06:51 (18.7%)	7:19	8.2 (81.2%)
22	KONKEL Joanna	76	MKS 'ŚWIĘC' SŁAWNO	K-Open	22	00:36:41.18	+00:06:55 (18.9%)	7:20	8.2 (81.2%)
23	WOŹNIAK Iwona	215	RUNGRYF	K-Open	23	00:36:52.21	+00:07:06 (19.3%)	7:22	8.1 (80.2%)
24	SUCHODOLSKA Aleksandra	181	ZABIEGANE	K-Open	24	00:36:52.38	+00:07:06 (19.3%)	7:22	8.1 (80.2%)
25	MAZUREK Barbara	119	ROZBIEGANY KOSZALIN	K-Open	25	00:37:25.54	+00:07:39 (20.5%)	7:29	8 (79.2%)
26	MARKOWSKA Iwona	115	4FIT CROSS BIAŁOGARD	K-Open	26	00:37:35.38	+00:07:49 (20.8%)	7:31	8 (79.2%)
27	WÓJCIK Kamila	216		K-Open	27	00:37:37.01	+00:07:51 (20.9%)	7:31	8 (79.2%)

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28	<b>KWIATKOWSKA Joanna</b>	<b>97</b>		K-Open	28	<b>00:38:05.06</b>	+00:08:19 (21.9%)	7:37	7.9 (78.2%)
29	<b>MALINOWSKA-BURDA Aleksandra</b>	<b>113</b>		K-Open	29	<b>00:38:26.48</b>	+00:08:40 (22.6%)	7:41	7.8 (77.2%)
30	<b>ROMANOWICZ Monika</b>	<b>160</b>	ZABIEGANE :)	K-Open	30	<b>00:38:40.98</b>	+00:08:55 (23.1%)	7:44	7.8 (77.2%)
31	<b>ZAWADZKA Aleksandra</b>	<b>222</b>		K-Open	31	<b>00:38:53.26</b>	+00:09:07 (23.5%)	7:46	7.7 (76.2%)
32	<b>SAJEWICZ Renata</b>	<b>169</b>		K-Open	32	<b>00:39:03.06</b>	+00:09:17 (23.8%)	7:48	7.7 (76.2%)
33	<b>DEJNAK Dagmara</b>	<b>30</b>		K-Open	33	<b>00:39:11.13</b>	+00:09:25 (24.0%)	7:50	7.7 (76.2%)
34	<b>MARCZAK Małgorzata</b>	<b>114</b>		K-Open	34	<b>00:40:26.46</b>	+00:10:40 (26.4%)	8:05	7.4 (73.3%)
35	<b>ZAKOŚCIELNA Katarzyna</b>	<b>221</b>		K-Open	35	<b>00:40:28.38</b>	+00:10:42 (26.5%)	8:05	7.4 (73.3%)
36	<b>KUDŁACZ Renata</b>	<b>94</b>		K-Open	36	<b>00:40:46.10</b>	+00:11:00 (27.0%)	8:09	7.4 (73.3%)
37	<b>PEŁKA Iwona</b>	<b>140</b>		K-Open	37	<b>00:40:50.39</b>	+00:11:04 (27.1%)	8:10	7.3 (72.3%)
38	<b>WACHHOLZ Beata</b>	<b>199</b>	KB BRYZA	K-Open	38	<b>00:40:51.17</b>	+00:11:05 (27.1%)	8:10	7.3 (72.3%)
39	<b>BUDZYŃSKA Elżbieta</b>	<b>17</b>		K-Open	39	<b>00:44:27.05</b>	+00:14:41 (33.0%)	8:53	6.7 (66.3%)
40	<b>HEDDERGOTT Katarzyna</b>	<b>46</b>	JEDWABIŚCI	K-Open	40	<b>00:45:03.12</b>	+00:15:17 (33.9%)	9:00	6.7 (66.3%)
41	<b>MINDA Justyna</b>	<b>125</b>	WIECZORNE BIEGANIE W GOLENIOWIE	K-Open	41	<b>00:45:56.44</b>	+00:16:10 (35.2%)	9:11	6.5 (64.4%)
42	<b>SADOWSKA Karolina</b>	<b>168</b>		K-Open	42	<b>00:46:59.47</b>	+00:17:13 (36.7%)	9:24	6.4 (63.4%)

Znaleziono 42 wynik(ów)