



X KOSZALIŃSKI BIEG SYLWESTROWY - 5 KM

B4SPORT

Wydarzenie: X Koszaliński Bieg Sylwestrowy
Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2018-12-29
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: K-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	GOŁEK Diana	54		K30-39	1	00:20:41.74		4:08	14.5 (100%)
2	KONKEL Agnieszka	114		K30-39	2	00:21:09.23	+00:00:27 (2.2%)	4:13	14.2 (97.9%)
3	CHORAŻY Karolina	26		K18-29	1	00:21:22.35	+00:00:40 (3.2%)	4:16	14 (96.6%)
4	JABŁOŃSKA-KIERSZK Beata	76		K40-49	1	00:22:53.23	+00:02:11 (9.6%)	4:34	13.1 (90.3%)
5	CAŁA Małgorzata	22		K30-39	3	00:23:02.97	+00:02:21 (10.2%)	4:36	13 (89.7%)
6	MIGALSKA STANKIEWICZ Lucyna	160		K30-39	4	00:23:19.71	+00:02:37 (11.3%)	4:39	12.9 (89.0%)
7	WOŹNIAK Monika	258		K30-39	5	00:23:24.07	+00:02:42 (11.6%)	4:40	12.8 (88.3%)
8	WOŁYŃSKA Wioletta	257	TKKF KOSZALIN	K40-49	2	00:23:44.18	+00:03:02 (12.8%)	4:44	12.6 (86.9%)
9	WOJCIECHOWSKA Agata	349		K50-59	1	00:23:50.33	+00:03:08 (13.2%)	4:46	12.6 (86.9%)
10	PERKOWSKA Oktawia	179		K18-29	2	00:23:50.95	+00:03:09 (13.2%)	4:46	12.6 (86.9%)
11	HAASE Anna	62		K50-59	2	00:23:54.59	+00:03:12 (13.4%)	4:46	12.6 (86.9%)
12	HAŁKA Justyna	65		K30-39	6	00:23:57.03	+00:03:15 (13.6%)	4:47	12.5 (86.2%)
13	DĄBROWSKA Alicja	36	TKKF KOSZALIN	K50-59	3	00:24:16.09	+00:03:34 (14.7%)	4:51	12.4 (85.5%)
14	KRZEWIŃSKA Małgorzata	129	TKKF KOSZALIN	K50-59	4	00:24:20.61	+00:03:38 (15.0%)	4:52	12.3 (84.8%)
15	KAMIŃSKA Aleksandra	95		K30-39	7	00:24:26.82	+00:03:45 (15.3%)	4:53	12.3 (84.8%)
16	KAŻMIERCZAK Agnieszka	100		K40-49	3	00:24:49.91	+00:04:08 (16.7%)	4:57	12.1 (83.4%)
17	BORYS Justyna	18		K30-39	8	00:24:50.45	+00:04:08 (16.7%)	4:58	12.1 (83.4%)
18	KALISZ Roksana	94		K30-39	9	00:24:51.59	+00:04:09 (16.8%)	4:58	12.1 (83.4%)
19	DEJNAK Mariola	37		K50-59	5	00:24:56.07	+00:04:14 (17.0%)	4:59	12 (82.8%)
20	RODZIEWICZ-CZAPLIŃSKA Agnieszka	197		K40-49	4	00:24:59.92	+00:04:18 (17.2%)	4:59	12 (82.8%)
21	MĘDEL Marta	155	TKKF KOSZALIN	K40-49	5	00:25:30.19	+00:04:48 (18.9%)	5:06	11.8 (81.4%)
22	JERMAKOWICZ Anna	84		K30-39	10	00:25:39.57	+00:04:57 (19.3%)	5:07	11.7 (80.7%)
23	GRABOWSKA-LESISZ Aneta	57		K40-49	6	00:25:39.59	+00:04:57 (19.3%)	5:07	11.7 (80.7%)
24	ZACHACZEWSKA Justyna	266		K30-39	11	00:25:43.87	+00:05:02 (19.6%)	5:08	11.7 (80.7%)
25	MEJER Aleksandra	154		K18-29	3	00:26:01.26	+00:05:19 (20.5%)	5:12	11.5 (79.3%)
26	WRÓBLEWSKA Marta	262		K40-49	7	00:26:01.85	+00:05:20 (20.5%)	5:12	11.5 (79.3%)
27	WIERZBICKA Katarzyna	249		K18-29	4	00:26:03.97	+00:05:22 (20.6%)	5:12	11.5 (79.3%)

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28	HRYCYK Agnieszka	346		K18-29	5	00:26:22.71	+00:05:40 (21.5%)	5:16	11.4 (78.6%)
29	BOGACKA Lucyna	15	TKKF KOSZALIN	K50-59	6	00:26:28.62	+00:05:46 (21.8%)	5:17	11.3 (77.9%)
30	DRZEWIECKA Justyna	45		K30-39	12	00:26:34.87	+00:05:53 (22.1%)	5:18	11.3 (77.9%)
31	BARTON Krystyna	7		K50-59	7	00:26:38.86	+00:05:57 (22.3%)	5:19	11.3 (77.9%)
32	SAŁAJ Angelika	209		K30-39	13	00:27:00.43	+00:06:18 (23.4%)	5:24	11.1 (76.6%)
33	SARAPUK Gabriela	210		K40-49	8	00:27:07.72	+00:06:25 (23.7%)	5:25	11.1 (76.6%)
34	PIÓRCZYŃSKA Katarzyna	184		K30-39	14	00:27:09.71	+00:06:27 (23.8%)	5:25	11 (75.9%)
35	KORZENIOWSKA Ewa	120		K18-29	6	00:27:10.64	+00:06:28 (23.8%)	5:26	11 (75.9%)
36	PSTRĄGOWSKA Marlena	190		K30-39	15	00:27:12.10	+00:06:30 (23.9%)	5:26	11 (75.9%)
37	KURZAWIŃSKA-JABŁOŃSKA Kasia	134		K40-49	9	00:27:15.66	+00:06:33 (24.1%)	5:27	11 (75.9%)
38	WĄSOWICZ Anna	245		K30-39	16	00:27:38.59	+00:06:56 (25.1%)	5:31	10.9 (75.2%)
39	HAŁAJKO Magdalena	63		K30-39	17	00:27:40.22	+00:06:58 (25.2%)	5:32	10.8 (74.5%)
40	LENIO Beata	138		K40-49	10	00:27:42.46	+00:07:00 (25.3%)	5:32	10.8 (74.5%)
41	ŻMUDA Monika	276		K40-49	11	00:27:44.98	+00:07:03 (25.4%)	5:32	10.8 (74.5%)
42	WOLF Beata	256	TKKF KOSZALIN	K40-49	12	00:27:46.88	+00:07:05 (25.5%)	5:33	10.8 (74.5%)
43	KONDRAT Joanna	113		K18-29	7	00:27:49.70	+00:07:07 (25.6%)	5:33	10.8 (74.5%)
44	KONKEL Joanna	116		K50-59	8	00:27:51.78	+00:07:10 (25.7%)	5:34	10.8 (74.5%)
45	MALINOWSKA-BURDA Aleksandra	146		K18-29	8	00:28:02.28	+00:07:20 (26.2%)	5:36	10.7 (73.8%)
46	MILAS Wiktoria	161		K14-17	1	00:28:06.34	+00:07:24 (26.4%)	5:37	10.7 (73.8%)
47	JEWUŁA Agata	85		K30-39	18	00:28:07.79	+00:07:26 (26.4%)	5:37	10.7 (73.8%)
48	HOC Agnieszka	70		K30-39	19	00:28:09.39	+00:07:27 (26.5%)	5:37	10.7 (73.8%)
49	LENCZEWSKA Klaudia	137		K18-29	9	00:28:12.07	+00:07:30 (26.6%)	5:38	10.6 (73.1%)
50	WOŹNIAK Iwona	259		K40-49	13	00:28:13.49	+00:07:31 (26.7%)	5:38	10.6 (73.1%)
51	BRZOZOWSKA Barbara	19		K30-39	20	00:28:19.21	+00:07:37 (26.9%)	5:39	10.6 (73.1%)
52	LABUDDA Katarzyna	135		K30-39	21	00:28:21.83	+00:07:40 (27.0%)	5:40	10.6 (73.1%)
53	PŁOTKA Emilia	186		K30-39	22	00:28:26.73	+00:07:44 (27.2%)	5:41	10.6 (73.1%)
54	KOWAL Natalia	121		K18-29	10	00:28:32.94	+00:07:51 (27.5%)	5:42	10.5 (72.4%)
55	BARSKA Barbara	5		K18-29	11	00:28:33.75	+00:07:52 (27.5%)	5:42	10.5 (72.4%)
56	SUCHODOLSKA Aleksandra	231		K30-39	23	00:29:04.09	+00:08:22 (28.8%)	5:48	10.3 (71.0%)
57	STRZELECKA - DRAGUN Halina	230		K60+	1	00:29:04.97	+00:08:23 (28.8%)	5:48	10.3 (71.0%)
58	DORAWA-ZIOMEK Anna	43		K30-39	24	00:29:05.83	+00:08:24 (28.9%)	5:49	10.3 (71.0%)
59	WALCZAK Agnieszka	242	TKKF KOSZALIN	K40-49	14	00:29:09.23	+00:08:27 (29.0%)	5:49	10.3 (71.0%)
60	MARSCHAŁKOWSKA Dorota	149	TKKF KOSZALIN	K50-59	9	00:29:14.63	+00:08:32 (29.2%)	5:50	10.3 (71.0%)
61	KONDRAT Aleksandra	112		K18-29	12	00:29:29.90	+00:08:48 (29.8%)	5:53	10.2 (70.3%)
62	ZUBEL Beata	272		K50-59	10	00:29:31.56	+00:08:49 (29.9%)	5:54	10.2 (70.3%)
63	KUCHTA Emilia	130		K30-39	25	00:29:52.89	+00:09:11 (30.7%)	5:58	10 (69.0%)
64	MARCZAK Małgorzata	148		K50-59	11	00:30:08.66	+00:09:26 (31.3%)	6:01	10 (69.0%)
65	GŁUCH Katarzyna	124		K30-39	26	00:30:12.16	+00:09:30 (31.5%)	6:02	9.9 (68.3%)
66	KURCZ Barbara	133		K40-49	15	00:30:12.51	+00:09:30 (31.5%)	6:02	9.9 (68.3%)
67	MAZUREK Barbara	152		K30-39	27	00:30:12.51	+00:09:30 (31.5%)	6:02	9.9 (68.3%)
68	BORSUK Dorota	17		K40-49	16	00:30:17.64	+00:09:35 (31.7%)	6:03	9.9 (68.3%)
69	SIENKIEWICZ Ewelina	214		K18-29	13	00:30:19.50	+00:09:37 (31.8%)	6:03	9.9 (68.3%)
70	ROMANOWICZ Monika	200		K30-39	28	00:30:23.14	+00:09:41 (31.9%)	6:04	9.9 (68.3%)
71	JUSZCZYK Agnieszka	88		K30-39	29	00:31:03.45	+00:10:21 (33.4%)	6:12	9.7 (66.9%)

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72	BEDNARZ Katarzyna	9		K40-49	17	00:31:03.89	+00:10:22 (33.4%)	6:12	9.7 (66.9%)
73	NAWROCKA Anna	371		K18-29	14	00:31:42.07	+00:11:00 (34.7%)	6:20	9.5 (65.5%)
74	SULL Aga	232		K40-49	18	00:31:58.48	+00:11:16 (35.3%)	6:23	9.4 (64.8%)
75	ZAKOŚCIELNA Katarzyna	267		K30-39	30	00:31:59.65	+00:11:17 (35.3%)	6:23	9.4 (64.8%)
76	BUDZYŃSKA Elżbieta	20		K50-59	12	00:32:01.60	+00:11:19 (35.4%)	6:24	9.4 (64.8%)
77	PEŁKA Iwona	178		K50-59	13	00:32:05.06	+00:11:23 (35.5%)	6:25	9.4 (64.8%)
78	KISIELEWICZ Katarzyna	435	KORZYBSKIE REKINY	K14-17	2	00:32:05.23	+00:11:23 (35.5%)	6:25	9.4 (64.8%)
79	KISIELEWICZ Martyna	103		K18-29	15	00:32:05.25	+00:11:23 (35.5%)	6:25	9.4 (64.8%)
80	KRYSZEWSKA Magdalena	128		K30-39	31	00:32:11.47	+00:11:29 (35.7%)	6:26	9.3 (64.1%)
81	KOZŁOWIECKA Małgorzata	292		K50-59	14	00:32:15.11	+00:11:33 (35.8%)	6:27	9.3 (64.1%)
82	REGENT Katarzyna	191		K18-29	16	00:32:39.77	+00:11:58 (36.6%)	6:31	9.2 (63.4%)
83	GRĄBCZEWSKA Agnieszka	308		K30-39	32	00:34:45.53	+00:14:03 (40.5%)	6:57	8.6 (59.3%)
84	DAMPS Julita	35		K30-39	33	00:35:34.45	+00:14:52 (41.8%)	7:06	8.4 (57.9%)
85	MARTKO Agnieszka	437	REVOLTA	K30-39	34	00:35:59.73	+00:15:17 (42.5%)	7:11	8.3 (57.2%)
86	STASZYŃSKA Marianna	226		K60+	2	00:36:55.04	+00:16:13 (43.9%)	7:23	8.1 (55.9%)
87	ŚWIDERSKA Monika	239		K30-39	35	00:39:34.35	+00:18:52 (47.7%)	7:54	7.6 (52.4%)
88	KORZEKWA Aleksandra	119		K18-29	17	00:44:56.83	+00:24:15 (54.0%)	8:59	6.7 (46.2%)
89	KORZEKWA Kalina	118		K18-29	18	00:44:57.01	+00:24:15 (54.0%)	8:59	6.7 (46.2%)

Znaleziono 89 wynik(ów)