



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: K30-39

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	CAŁA Małgorzata	22		K30-39	3	00:23:02.97	+00:02:21 (10.2%)	4:36	13 (89.7%)
4	MIGALSKA STANKIEWICZ Lucyna	160		K30-39	4	00:23:19.71	+00:02:37 (11.3%)	4:39	12.9 (89.0%)
5	WOŹNIAK Monika	258		K30-39	5	00:23:24.07	+00:02:42 (11.6%)	4:40	12.8 (88.3%)
6	HAŁKA Justyna	65		K30-39	6	00:23:57.03	+00:03:15 (13.6%)	4:47	12.5 (86.2%)
7	KAMIŃSKA Aleksandra	95		K30-39	7	00:24:26.82	+00:03:45 (15.3%)	4:53	12.3 (84.8%)
8	BORYS Justyna	18		K30-39	8	00:24:50.45	+00:04:08 (16.7%)	4:58	12.1 (83.4%)
9	KALISZ Roksana	94		K30-39	9	00:24:51.59	+00:04:09 (16.8%)	4:58	12.1 (83.4%)
10	JERMAKOWICZ Anna	84		K30-39	10	00:25:39.57	+00:04:57 (19.3%)	5:07	11.7 (80.7%)
11	ZACHACZEWSKA Justyna	266		K30-39	11	00:25:43.87	+00:05:02 (19.6%)	5:08	11.7 (80.7%)
12	DRZEWIECKA Justyna	45		K30-39	12	00:26:34.87	+00:05:53 (22.1%)	5:18	11.3 (77.9%)
13	SAŁAJ Angelika	209		K30-39	13	00:27:00.43	+00:06:18 (23.4%)	5:24	11.1 (76.6%)
14	PIÓRCZYŃSKA Katarzyna	184		K30-39	14	00:27:09.71	+00:06:27 (23.8%)	5:25	11 (75.9%)
15	PSTRĄGOWSKA Marlena	190		K30-39	15	00:27:12.10	+00:06:30 (23.9%)	5:26	11 (75.9%)
16	WĄSOWICZ Anna	245		K30-39	16	00:27:38.59	+00:06:56 (25.1%)	5:31	10.9 (75.2%)
17	HAŁAJKO Magdalena	63		K30-39	17	00:27:40.22	+00:06:58 (25.2%)	5:32	10.8 (74.5%)
18	JEWUŁA Agata	85		K30-39	18	00:28:07.79	+00:07:26 (26.4%)	5:37	10.7 (73.8%)
19	HOC Agnieszka	70		K30-39	19	00:28:09.39	+00:07:27 (26.5%)	5:37	10.7 (73.8%)
20	BRZOZOWSKA Barbara	19		K30-39	20	00:28:19.21	+00:07:37 (26.9%)	5:39	10.6 (73.1%)
21	LABUDDA Katarzyna	135		K30-39	21	00:28:21.83	+00:07:40 (27.0%)	5:40	10.6 (73.1%)
22	PŁOTKA Emilia	186		K30-39	22	00:28:26.73	+00:07:44 (27.2%)	5:41	10.6 (73.1%)
23	SUCHODOLSKA Aleksandra	231		K30-39	23	00:29:04.09	+00:08:22 (28.8%)	5:48	10.3 (71.0%)
24	DORAWA-ZIOMEK Anna	43		K30-39	24	00:29:05.83	+00:08:24 (28.9%)	5:49	10.3 (71.0%)
25	KUCHTA Emilia	130		K30-39	25	00:29:52.89	+00:09:11 (30.7%)	5:58	10 (69.0%)
26	GŁUCH Katarzyna	124		K30-39	26	00:30:12.16	+00:09:30 (31.5%)	6:02	9.9 (68.3%)
27	MAZUREK Barbara	152		K30-39	27	00:30:12.51	+00:09:30 (31.5%)	6:02	9.9 (68.3%)

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28	ROMANOWICZ Monika	200		K30-39	28	00:30:23.14	+00:09:41 (31.9%)	6:04	9.9 (68.3%)
29	JUSZCZYK Agnieszka	88		K30-39	29	00:31:03.45	+00:10:21 (33.4%)	6:12	9.7 (66.9%)
30	ZAKOŚCIELNA Katarzyna	267		K30-39	30	00:31:59.65	+00:11:17 (35.3%)	6:23	9.4 (64.8%)
31	KRYSZEWSKA Magdalena	128		K30-39	31	00:32:11.47	+00:11:29 (35.7%)	6:26	9.3 (64.1%)
32	GRĄBCZEWSKA Agnieszka	308		K30-39	32	00:34:45.53	+00:14:03 (40.5%)	6:57	8.6 (59.3%)
33	DAMPS Julita	35		K30-39	33	00:35:34.45	+00:14:52 (41.8%)	7:06	8.4 (57.9%)
34	MARTKO Agnieszka	437	REVOLTA	K30-39	34	00:35:59.73	+00:15:17 (42.5%)	7:11	8.3 (57.2%)
35	ŚWIDERSKA Monika	239		K30-39	35	00:39:34.35	+00:18:52 (47.7%)	7:54	7.6 (52.4%)

Znaleziono 35 wynik(ów)