



# X KOSZALIŃSKI BIEG SYLWESTROWY - 5 KM

B4SPORT

**Event:** X Koszaliński Bieg Sylwestrowy  
**Organiser:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Date:** 2018-12-29  
**Place:** Koszalin  
**Distance:** 5 km



Classification: K40-49

Place	Participant	Number	Club	Category	MCat	Net time 5km	Gap	Pace min/km	Pace km/h
1	JABŁOŃSKA-KIERSZK Beata	76		K40-49	1	<b>00:22:53.23</b>		4:34	13.1 (100%)
2	WOŁYŃSKA Wioletta	257	TKKF KOSZALIN	K40-49	2	<b>00:23:44.18</b>	+00:00:50 (3.6%)	4:44	12.6 (96.2%)
3	KAŻMIERCZAK Agnieszka	100		K40-49	3	<b>00:24:49.91</b>	+00:01:56 (7.8%)	4:57	12.1 (92.4%)
4	RODZIEWICZ-CZAPLIŃSKA Agnieszka	197		K40-49	4	<b>00:24:59.92</b>	+00:02:06 (8.4%)	4:59	12 (91.6%)
5	MĘDEL Marta	155	TKKF KOSZALIN	K40-49	5	<b>00:25:30.19</b>	+00:02:36 (10.3%)	5:06	11.8 (90.1%)
6	GRABOWSKA-LESISZ Aneta	57		K40-49	6	<b>00:25:39.59</b>	+00:02:46 (10.8%)	5:07	11.7 (89.3%)
7	WRÓBLEWSKA Marta	262		K40-49	7	<b>00:26:01.85</b>	+00:03:08 (12.1%)	5:12	11.5 (87.8%)
8	SARAPUK Gabriela	210		K40-49	8	<b>00:27:07.72</b>	+00:04:14 (15.6%)	5:25	11.1 (84.7%)
9	KURZAWIŃSKA-JABŁOŃSKA Kasia	134		K40-49	9	<b>00:27:15.66</b>	+00:04:22 (16.0%)	5:27	11 (84.0%)
10	LENIO Beata	138		K40-49	10	<b>00:27:42.46</b>	+00:04:49 (17.4%)	5:32	10.8 (82.4%)
11	ŻMUDA Monika	276		K40-49	11	<b>00:27:44.98</b>	+00:04:51 (17.5%)	5:32	10.8 (82.4%)
12	WOLF Beata	256	TKKF KOSZALIN	K40-49	12	<b>00:27:46.88</b>	+00:04:53 (17.6%)	5:33	10.8 (82.4%)
13	WOŹNIAK Iwona	259		K40-49	13	<b>00:28:13.49</b>	+00:05:20 (18.9%)	5:38	10.6 (80.9%)
14	WALCZAK Agnieszka	242	TKKF KOSZALIN	K40-49	14	<b>00:29:09.23</b>	+00:06:15 (21.5%)	5:49	10.3 (78.6%)
15	KURCZ Barbara	133		K40-49	15	<b>00:30:12.51</b>	+00:07:19 (24.2%)	6:02	9.9 (75.6%)
16	BORSUK Dorota	17		K40-49	16	<b>00:30:17.64</b>	+00:07:24 (24.4%)	6:03	9.9 (75.6%)
17	BEDNARZ Katarzyna	9		K40-49	17	<b>00:31:03.89</b>	+00:08:10 (26.3%)	6:12	9.7 (74.0%)
18	SULL Aga	232		K40-49	18	<b>00:31:58.48</b>	+00:09:05 (28.4%)	6:23	9.4 (71.8%)

Total 18 results.