



Wydarzenie:
Organizator:

Data:
Miejsce:
Dystans:

XI KOSZALIŃSKI BIEG SYLWESTROWY - 5 KM

XI Koszaliński Bieg Sylwestrowy
Koszalińskie Towarzystwo Krzewienia Kultury
Fizycznej
2019-12-28
Koszalin
5 km

B4SPORT



Klasyfikacja: K40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.7km	Lap 3.4km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	JABŁOŃSKA-KIERSZK Beata	121		K40-49	1	00:07:27	00:15:02	00:22:10.02		4:26	13.5 (100%)
2	OBARA Żaneta	285		K40-49	2	00:07:19	00:15:04	00:22:24.67	+00:00:14 (1.1%)	4:29	13.4 (99.3%)
3	KAŻMIERCZAK Agnieszka	155		K40-49	3	00:07:31	00:15:30	00:22:58.91	+00:00:48 (3.5%)	4:35	13.1 (97.0%)
4	TOMASZEWICZ Magdalena	396		K40-49	4	00:07:31	00:15:52	00:23:47.55	+00:01:37 (6.8%)	4:45	12.6 (93.3%)
5	RODZIEWICZ-CZAPLIŃSKA Agnieszka	338		K40-49	5	00:08:02	00:16:25	00:24:21.73	+00:02:11 (9.0%)	4:52	12.3 (91.1%)
6	DRABKOWSKA Agnieszka	62		K40-49	6	00:08:02	00:16:33	00:24:38.62	+00:02:28 (10.0%)	4:55	12.2 (90.4%)
7	DRULIK-HOŁUB Marta	64		K40-49	7	00:08:14	00:16:45	00:24:45.46	+00:02:35 (10.5%)	4:57	12.1 (89.6%)
8	SARAPUK Gabriela	347		K40-49	8	00:08:39	00:17:04	00:24:59.11	+00:02:49 (11.3%)	4:59	12 (88.9%)
9	PISKORZ-WILCZAK Iwona	314		K40-49	9	00:08:30	00:16:56	00:25:14.53	+00:03:04 (12.2%)	5:02	11.9 (88.1%)
10	KACZMARYK Jolanta	140		K40-49	10	00:08:19	00:17:05	00:25:21.28	+00:03:11 (12.6%)	5:04	11.8 (87.4%)
11	SZOT Ewa	382		K40-49	11	00:08:19	00:16:58	00:25:26.88	+00:03:16 (12.9%)	5:05	11.8 (87.4%)
12	GRABOWSKA-LESISZ Aneta	94		K40-49	12	00:08:25	00:17:17	00:25:40.52	+00:03:30 (13.7%)	5:08	11.7 (86.7%)
13	KOWALCZYK Karolina	187		K40-49	13	00:08:42	00:17:28	00:25:45.12	+00:03:35 (13.9%)	5:09	11.7 (86.7%)
14	WRÓBLEWSKA Marta	432		K40-49	14	00:08:56	00:17:46	00:26:02.84	+00:03:52 (14.9%)	5:12	11.5 (85.2%)
15	OWCZARKA-TUCKA Monika	295		K40-49	15	00:09:01	00:18:02	00:26:27.99	+00:04:17 (16.2%)	5:17	11.3 (83.7%)
16	JUSINSKA Anna	134		K40-49	16	00:09:05	00:18:20	00:27:11.98	+00:05:01 (18.5%)	5:26	11 (81.5%)
17	BRZOZOWSKA Barbara	28		K40-49	17	00:09:17	00:18:34	00:27:15.38	+00:05:05 (18.7%)	5:27	11 (81.5%)
18	MAJSIUK Agnieszka	238		K40-49	18	00:09:20	00:18:45	00:27:30.95	+00:05:20 (19.4%)	5:30	10.9 (80.7%)
19	RASZPLA Ilona	331		K40-49	19	00:09:24	00:18:43	00:27:37.37	+00:05:27 (19.8%)	5:31	10.9 (80.7%)
20	ŻMUDA Monika	555		K40-49	20	00:09:37	00:19:16	00:27:58.38	+00:05:48 (20.8%)	5:35	10.7 (79.3%)
21	WOLF Beata	427		K40-49	21	00:09:44	00:19:09	00:28:08.68	+00:05:58 (21.2%)	5:37	10.7 (79.3%)
22	RADOSZ Katarzyna	329		K40-49	22	00:09:41	00:19:12	00:28:20.23	+00:06:10 (21.8%)	5:40	10.6 (78.5%)
23	BEDNARZ Katarzyna	16		K40-49	23	00:09:38	00:19:18	00:28:28.56	+00:06:18 (22.2%)	5:41	10.5 (77.8%)
24	SERAFIN Asia	355		K40-49	24	00:09:29	00:19:44	00:29:15.75	+00:07:05 (24.2%)	5:51	10.3 (76.3%)
25	BORSUK Dorota	25		K40-49	25	00:10:06	00:20:07	00:29:19.31	+00:07:09 (24.4%)	5:52	10.2 (75.6%)
26	KOPEĆ Magdalena	175		K40-49	26	00:09:45	00:19:52	00:29:30.11	+00:07:20 (24.9%)	5:54	10.2 (75.6%)
27	KOROL Elżbieta	181		K40-49	27	00:09:59	00:20:07	00:29:31.95	+00:07:21 (24.9%)	5:54	10.2 (75.6%)

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28	MISZCZYSZYN Ilona	262		K40-49	28	00:09:53	00:19:55	00:29:33.37	+00:07:23 (25.0%)	5:54	10.2 (75.6%)
29	GRAJCZAK Dagmara	95		K40-49	29	00:10:30	00:20:41	00:30:16.87	+00:08:06 (26.8%)	6:03	9.9 (73.3%)
30	WAGA Żaneta	400		K40-49	30	00:09:58	00:20:32	00:30:42.41	+00:08:32 (27.8%)	6:08	9.8 (72.6%)
31	MERKIS Małgorzata	252		K40-49	31	00:10:33	00:21:06	00:30:42.81	+00:08:32 (27.8%)	6:08	9.8 (72.6%)
32	STANKIEWICZ Joanna	372		K40-49	32	00:10:34	00:21:07	00:30:46.34	+00:08:36 (28.0%)	6:09	9.8 (72.6%)
33	GIL Beata	84		K40-49	33	00:10:01	00:20:44	00:31:02.42	+00:08:52 (28.6%)	6:12	9.7 (71.9%)
34	SOBKA Monika	364		K40-49	34	00:10:23	00:21:10	00:31:07.02	+00:08:57 (28.8%)	6:13	9.6 (71.1%)
35	MACIEJCZAK Karolina	232		K40-49	35	00:10:23	00:21:21	00:31:20.98	+00:09:10 (29.3%)	6:16	9.6 (71.1%)
36	WEISS-SZULC Barbara	407		K40-49	36	00:10:14	00:20:59	00:31:30.40	+00:09:20 (29.6%)	6:18	9.5 (70.4%)
37	KORUBA Monika	183		K40-49	37	00:10:40	00:21:41	00:32:26.53	+00:10:16 (31.7%)	6:29	9.2 (68.1%)
38	KOŁODZIEJCZAK Joanna	171		K40-49	38	00:11:00	00:22:20	00:33:02.53	+00:10:52 (32.9%)	6:36	9.1 (67.4%)
39	WALCZAK Agnieszka	401		K40-49	39	00:11:01	00:22:39	00:33:21.34	+00:11:11 (33.5%)	6:40	9 (66.7%)
40	HEDDERGOTT Katarzyna	111		K40-49	40	00:11:38	00:24:18	00:35:50.86	+00:13:40 (38.2%)	7:10	8.4 (62.2%)
41	LUBIERSKA Ewa	226		K40-49	41	00:12:43	00:27:46	00:41:17.08	+00:19:07 (46.3%)	8:15	7.3 (54.1%)
42	WOŹNIAK Iwona	430		K40-49	42	00:13:20	00:27:20	00:41:45.99	+00:19:35 (46.9%)	8:21	7.2 (53.3%)

Znaleziono 42 wynik(ów)