



XII KOSZALIŃSKI BIEG SYLWESTROWY - 5 KM

B4SPORT

Wydarzenie: XII Koszaliński Bieg Sylwestrowy
Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2021-12-29
Miejsce: Koszalin
Dystans: 5.1 km



Klasyfikacja: K-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.7km	Lap 3.4km	Czas netto 5.1km	Różn	Tempo min/km	Tempo km/h
1	ZATOŃ Olga	181		K14-39	1	00:06:30	00:13:13	00:19:58.90		3:54	15.3
2	KRYNICKA GRZYB Małgorzata	81		K14-39	2	00:06:25	00:13:14	00:20:10.65	+00:00:11	3:57	15.2
3	FOLTYNIEWICZ Hanna	35	MKP SZCZECINEK	K14-39	3	00:06:47	00:13:40	00:20:35.60	+00:00:36	4:02	14.9
4	NERĆ Patrycja	109	7PRO SIÓDMIAK TEAM / MKP SZCZECINEK	K14-39	4	00:07:28	00:14:55	00:22:18.50	+00:02:19	4:22	13.7
5	MAZIEC Beata	96	BIEGOLAS KOSZALIN	K14-39	5	00:07:27	00:15:04	00:22:34.55	+00:02:35	4:25	13.6
6	KRYNICKA Magdalena	80		K14-39	6	00:07:28	00:15:27	00:23:16.00	+00:03:17	4:33	13.2
7	KRZEWIŃSKA Małgorzata	84	TKKF KOSZALIN	K60+	1	00:08:02	00:16:15	00:24:13.60	+00:04:14	4:44	12.6
8	WĄSOWICZ Anna	166		K40-59	1	00:07:44	00:16:04	00:24:14.20	+00:04:15	4:45	12.6
9	GIEDROWICZ Aleksandra	41		K14-39	7	00:07:36	00:16:17	00:24:34.80	+00:04:35	4:49	12.5
10	TALKOWSKA Oliwia	161	7PRO SIÓDMIAK TEAM	K14-39	8	00:07:28	00:15:59	00:24:37.10	+00:04:38	4:49	12.4
11	SARAPUK Gabriela	142	TKKF KOSZALIN	K40-59	2	00:08:34	00:17:04	00:25:22.90	+00:05:24	4:58	12.1
12	KRZEWIŃSKA Monika	85	TKKF KOSZALIN	K14-39	9	00:08:34	00:17:03	00:25:23.05	+00:05:24	4:58	12.1
13	WYSOCKA Urszula	179	SPORTOWE BIELICE	K14-39	10	00:08:23	00:17:12	00:26:01.45	+00:06:02	5:06	11.8
14	RYBAK Daria	141		K40-59	3	00:08:41	00:17:33	00:26:24.05	+00:06:25	5:10	11.6
15	PAWŁOWSKA Magdalena	124	GAMMAX	K40-59	4	00:08:41	00:17:33	00:26:24.15	+00:06:25	5:10	11.6
16	DRULIK-HOŁUB Marta	29		K40-59	5	00:08:41	00:17:42	00:26:35.90	+00:06:37	5:12	11.5
17	GRABOWSKA-LESISZ Aneta	43	4ROWERY	K40-59	6	00:08:43	00:17:41	00:26:43.55	+00:06:44	5:14	11.5
18	KUBIAK Katarzyna	86		K40-59	7	00:08:50	00:17:52	00:27:05.15	+00:07:06	5:18	11.3
19	SUCHODOLSKA Aleksandra	148		K14-39	11	00:08:49	00:17:56	00:27:12.35	+00:07:13	5:20	11.3
20	KOLIGAT Anna	69		K40-59	8	00:08:57	00:18:02	00:27:17.45	+00:07:18	5:20	11.2
21	MRUGALSKA Magdalena	108	JW1223	K14-39	12	00:08:44	00:18:04	00:27:29.70	+00:07:30	5:23	11.1
22	NOSAL Martyna	112	KS PENTATHLON SZCZECINEK	K14-39	13	00:08:49	00:18:49	00:27:58.40	+00:07:59	5:29	10.9
23	ROMANOWICZ Monika	139	DZIKIE ŻÓŁWE	K14-39	14	00:09:03	00:19:10	00:28:36.60	+00:08:37	5:36	10.7
24	BORUSIŃSKA Marta	13		K14-39	15	00:09:36	00:19:24	00:28:50.25	+00:08:51	5:39	10.6
25	KANIEWSKA Anetta	59		K40-59	9	00:09:06	00:19:15	00:29:22.40	+00:09:23	5:45	10.4
26	SIKORSKA-LÖWE Katarzyna	143		K40-59	10	00:09:51	00:19:46	00:29:27.25	+00:09:28	5:46	10.4
27	MARSZAŁEK Małgorzata	94		K40-59	11	00:09:24	00:19:25	00:29:43.15	+00:09:44	5:49	10.3

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28	ZAKOŚCIELNA Katarzyna	180	DZIKIE ŻÓŁWE	K14-39	16	00:09:34	00:19:34	00:29:57.35	+00:09:58	5:52	10.2
29	DORAWA-ZIOMEK Anna	27	DZIKIE ŻÓŁWE	K14-39	17	00:09:34	00:19:34	00:29:57.45	+00:09:58	5:52	10.2
30	FLIS Anna	34		K14-39	18	00:10:16	00:20:30	00:30:03.40	+00:10:04	5:53	10.2
31	MRÓZ Małgorzata	107		K14-39	19	00:10:01	00:20:13	00:30:16.40	+00:10:17	5:56	10.1
32	WRÓBLEWSKA Marta	177		K40-59	12	00:10:19	00:20:34	00:30:32.00	+00:10:33	5:59	10
33	BORSUK Dorota	12		K40-59	13	00:10:20	00:20:35	00:30:37.20	+00:10:38	6:00	10
34	BEDNARZ Katarzyna	7		K40-59	14	00:10:07	00:20:31	00:30:47.85	+00:10:48	6:02	9.9
35	PAŃCZYK Justyna	121		K40-59	15	00:09:50	00:20:07	00:30:53.90	+00:10:55	6:03	9.9
36	WOLF Beata	175	TKKF KOSZALIN	K40-59	16	00:10:11	00:20:39	00:31:18.25	+00:11:19	6:08	9.8
37	MONDRON Katarzyna	103		K40-59	17	00:09:55	00:20:42	00:31:23.00	+00:11:24	6:09	9.8
38	NOSAL Anna	113		K14-39	20	00:10:08	00:20:54	00:31:35.80	+00:11:36	6:11	9.7
39	WACHHOLZ Beata	164	KB BRYZA POSTOMINO	K40-59	18	00:10:23	00:21:04	00:31:40.90	+00:11:42	6:12	9.7
40	PEŁKA Iwona	127		K40-59	19	00:10:23	00:21:04	00:31:40.95	+00:11:42	6:12	9.7
41	MERKIS Małgorzata	100	FPP	K40-59	20	00:10:59	00:21:56	00:32:02.30	+00:12:03	6:16	9.6
42	SWOROWSKA Katarzyna	150		K14-39	21	00:10:21	00:21:23	00:32:33.15	+00:12:34	6:22	9.4
43	PAWELEC Marta	122		K14-39	22	00:10:21	00:21:23	00:32:33.50	+00:12:34	6:22	9.4
44	KOROL Elżbieta	72		K40-59	21	00:10:22	00:21:25	00:32:35.55	+00:12:36	6:23	9.4
45	KRYSZEWSKA Magdalena	82		K14-39	23	00:10:20	00:21:46	00:33:12.95	+00:13:14	6:30	9.2
46	PALONEK Małgorzata	120		K40-59	22	00:11:00	00:22:37	00:34:43.35	+00:14:44	6:48	8.8
47	DERDA Katarzyna	25	VELO BALTIC	K14-39	24	00:10:11	00:22:50	00:34:50.40	+00:14:51	6:49	8.8
48	KOZŁOWIECKA Małgorzata	75		K60+	2	00:11:47	00:24:26	00:37:18.30	+00:17:19	7:18	8.2

Znaleziono 48 wynik(ów)