



## 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	<b>00:19:58.90</b>		3:54	15.3 (100%)
2	KRYNICKA GRZYB Małgorzata	81		K14-39	2	00:06:25	00:13:14	<b>00:20:10.65</b>	+00:00:11 (1.0%)	3:57	15.2 (99.3%)
3	FOLTYNIEWICZ Hanna	35	MKP SZCZECINEK	K14-39	3	00:06:47	00:13:40	<b>00:20:35.60</b>	+00:00:36 (3.0%)	4:02	14.9 (97.4%)
4	NERC Patrycja	109	7PRO SIÓDMIAK TEAM / MKP SZCZECINEK	K14-39	4	00:07:28	00:14:55	<b>00:22:18.50</b>	+00:02:19 (10.4%)	4:22	13.7 (89.5%)
5	MAZIEC Beata	96	BIEGOLAS KOSZALIN	K14-39	5	00:07:27	00:15:04	<b>00:22:34.55</b>	+00:02:35 (11.5%)	4:25	13.6 (88.9%)
6	KRYNICKA Magdalena	80		K14-39	6	00:07:28	00:15:27	<b>00:23:16.00</b>	+00:03:17 (14.1%)	4:33	13.2 (86.3%)
7	KRZEWIŃSKA Małgorzata	84	TKKF KOSZALIN	K60+	1	00:08:02	00:16:15	<b>00:24:13.60</b>	+00:04:14 (17.5%)	4:44	12.6 (82.4%)
8	WAŚOWICZ Anna	166		K40-59	1	00:07:44	00:16:04	<b>00:24:14.20</b>	+00:04:15 (17.6%)	4:45	12.6 (82.4%)
9	GEDROWICZ Aleksandra	41		K14-39	7	00:07:36	00:16:17	<b>00:24:34.80</b>	+00:04:35 (18.7%)	4:49	12.5 (81.7%)
10	TALKOWSKA Oliwia	161	7PRO SIÓDMIAK TEAM	K14-39	8	00:07:28	00:15:59	<b>00:24:37.10</b>	+00:04:38 (18.8%)	4:49	12.4 (81.0%)
11	SARAPUK Gabriela	142	TKKF KOSZALIN	K40-59	2	00:08:34	00:17:04	<b>00:25:22.90</b>	+00:05:24 (21.3%)	4:58	12.1 (79.1%)
12	KRZEWIŃSKA Monika	85	TKKF KOSZALIN	K14-39	9	00:08:34	00:17:03	<b>00:25:23.05</b>	+00:05:24 (21.3%)	4:58	12.1 (79.1%)
13	WYSOCKA Urszula	179	SPORTOWE BIELICE	K14-39	10	00:08:23	00:17:12	<b>00:26:01.45</b>	+00:06:02 (23.2%)	5:06	11.8 (77.1%)
14	RYBAK Daria	141		K40-59	3	00:08:41	00:17:33	<b>00:26:24.05</b>	+00:06:25 (24.3%)	5:10	11.6 (75.8%)
15	PAWŁOWSKA Magdalena	124	GAMMAX	K40-59	4	00:08:41	00:17:33	<b>00:26:24.15</b>	+00:06:25 (24.3%)	5:10	11.6 (75.8%)
16	DRULIK-HOŁUB Marta	29		K40-59	5	00:08:41	00:17:42	<b>00:26:35.90</b>	+00:06:37 (24.9%)	5:12	11.5 (75.2%)
17	GRABOWSKA-LESISZ Aneta	43	4ROWERY	K40-59	6	00:08:43	00:17:41	<b>00:26:43.55</b>	+00:06:44 (25.2%)	5:14	11.5 (75.2%)
18	KUBIAK Katarzyna	86		K40-59	7	00:08:50	00:17:52	<b>00:27:05.15</b>	+00:07:06 (26.2%)	5:18	11.3 (73.9%)
19	SUCHODOLSKA Aleksandra	148		K14-39	11	00:08:49	00:17:56	<b>00:27:12.35</b>	+00:07:13 (26.6%)	5:20	11.3 (73.9%)
20	KOLIGAT Anna	69		K40-59	8	00:08:57	00:18:02	<b>00:27:17.45</b>	+00:07:18 (26.8%)	5:20	11.2 (73.2%)
21	MRUGALSKA Magdalena	108	JW1223	K14-39	12	00:08:44	00:18:04	<b>00:27:29.70</b>	+00:07:30 (27.3%)	5:23	11.1 (72.5%)
22	NOSAL Martyna	112	KS PENTATHLON SZCZECINEK	K14-39	13	00:08:49	00:18:49	<b>00:27:58.40</b>	+00:07:59 (28.6%)	5:29	10.9 (71.2%)
23	ROMANOWICZ Monika	139	DZIKIE ŻÓŁWIE	K14-39	14	00:09:03	00:19:10	<b>00:28:36.60</b>	+00:08:37 (30.2%)	5:36	10.7 (69.9%)
24	BORUSIŃSKA Marta	13		K14-39	15	00:09:36	00:19:24	<b>00:28:50.25</b>	+00:08:51 (30.7%)	5:39	10.6 (69.3%)
25	KANIEWSKA Anetta	59		K40-59	9	00:09:06	00:19:15	<b>00:29:22.40</b>	+00:09:23 (32.0%)	5:45	10.4 (68.0%)
26	SIKORSKA-LÖWE Katarzyna	143		K40-59	10	00:09:51	00:19:46	<b>00:29:27.25</b>	+00:09:28 (32.2%)	5:46	10.4 (68.0%)
27	MARSZAŁEK Małgorzata	94		K40-59	11	00:09:24	00:19:25	<b>00:29:43.15</b>	+00:09:44 (32.8%)	5:49	10.3 (67.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.7km	Lap 3.4km	Czas netto 5.1km	Różn	Tempo min/km	Tempo km/h
28	<b>ZAKOŚCIELNA Katarzyna</b>	<b>180</b>	DZIKIE ŻÓŁWIE	K14-39	16	00:09:34	00:19:34	<b>00:29:57.35</b>	+00:09:58 (33.3%)	5:52	10.2 (66.7%)
29	<b>DORAWA-ZIOMEK Anna</b>	<b>27</b>	DZIKIE ŻÓŁWIE	K14-39	17	00:09:34	00:19:34	<b>00:29:57.45</b>	+00:09:58 (33.3%)	5:52	10.2 (66.7%)
30	<b>FLIS Anna</b>	<b>34</b>		K14-39	18	00:10:16	00:20:30	<b>00:30:03.40</b>	+00:10:04 (33.5%)	5:53	10.2 (66.7%)
31	<b>MRÓZ Małgorzata</b>	<b>107</b>		K14-39	19	00:10:01	00:20:13	<b>00:30:16.40</b>	+00:10:17 (34.0%)	5:56	10.1 (66.0%)
32	<b>WRÓBLEWSKA Marta</b>	<b>177</b>		K40-59	12	00:10:19	00:20:34	<b>00:30:32.00</b>	+00:10:33 (34.6%)	5:59	10 (65.4%)
33	<b>BORSUK Dorota</b>	<b>12</b>		K40-59	13	00:10:20	00:20:35	<b>00:30:37.20</b>	+00:10:38 (34.7%)	6:00	10 (65.4%)
34	<b>BEDNARZ Katarzyna</b>	<b>7</b>		K40-59	14	00:10:07	00:20:31	<b>00:30:47.85</b>	+00:10:48 (35.1%)	6:02	9.9 (64.7%)
35	<b>PAŃCZYK Justyna</b>	<b>121</b>		K40-59	15	00:09:50	00:20:07	<b>00:30:53.90</b>	+00:10:55 (35.3%)	6:03	9.9 (64.7%)
36	<b>WOLF Beata</b>	<b>175</b>	TKKF KOSZALIN	K40-59	16	00:10:11	00:20:39	<b>00:31:18.25</b>	+00:11:19 (36.2%)	6:08	9.8 (64.1%)
37	<b>MONDRON Katarzyna</b>	<b>103</b>		K40-59	17	00:09:55	00:20:42	<b>00:31:23.00</b>	+00:11:24 (36.3%)	6:09	9.8 (64.1%)
38	<b>NOSAL Anna</b>	<b>113</b>		K14-39	20	00:10:08	00:20:54	<b>00:31:35.80</b>	+00:11:36 (36.8%)	6:11	9.7 (63.4%)
39	<b>WACHHOLZ Beata</b>	<b>164</b>	KB BRYZA POSTOMINO	K40-59	18	00:10:23	00:21:04	<b>00:31:40.90</b>	+00:11:42 (36.9%)	6:12	9.7 (63.4%)
40	<b>PEŁKA Iwona</b>	<b>127</b>		K40-59	19	00:10:23	00:21:04	<b>00:31:40.95</b>	+00:11:42 (36.9%)	6:12	9.7 (63.4%)
41	<b>MERKIS Małgorzata</b>	<b>100</b>	FPP	K40-59	20	00:10:59	00:21:56	<b>00:32:02.30</b>	+00:12:03 (37.6%)	6:16	9.6 (62.7%)
42	<b>SWOROWSKA Katarzyna</b>	<b>150</b>		K14-39	21	00:10:21	00:21:23	<b>00:32:33.15</b>	+00:12:34 (38.6%)	6:22	9.4 (61.4%)
43	<b>PAWELEC Marta</b>	<b>122</b>		K14-39	22	00:10:21	00:21:23	<b>00:32:33.50</b>	+00:12:34 (38.6%)	6:22	9.4 (61.4%)
44	<b>KOROL Elżbieta</b>	<b>72</b>		K40-59	21	00:10:22	00:21:25	<b>00:32:35.55</b>	+00:12:36 (38.7%)	6:23	9.4 (61.4%)
45	<b>KRYSEWSKA Magdalena</b>	<b>82</b>		K14-39	23	00:10:20	00:21:46	<b>00:33:12.95</b>	+00:13:14 (39.8%)	6:30	9.2 (60.1%)
46	<b>PALONEK Małgorzata</b>	<b>120</b>		K40-59	22	00:11:00	00:22:37	<b>00:34:43.35</b>	+00:14:44 (42.5%)	6:48	8.8 (57.5%)
47	<b>DERDA Katarzyna</b>	<b>25</b>	VELO BALTIC	K14-39	24	00:10:11	00:22:50	<b>00:34:50.40</b>	+00:14:51 (42.6%)	6:49	8.8 (57.5%)
48	<b>KOZŁOWIECKA Małgorzata</b>	<b>75</b>		K60+	2	00:11:47	00:24:26	<b>00:37:18.30</b>	+00:17:19 (46.4%)	7:18	8.2 (53.6%)

Znaleziono 48 wynik(ów)