



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: K14-39

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 (100%)
2	KRYNICKA GRZYB Małgorzata	81		K14-39	2	00:06:25	00:13:14	00:20:10.65	+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	00:20:35.60	+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	00:22:18.50	+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	00:22:34.55	+00:02:35 (11.5%)	4:25	13.6 (88.9%)
6	KRYNICKA Magdalena	80		K14-39	6	00:07:28	00:15:27	00:23:16.00	+00:03:17 (14.1%)	4:33	13.2 (86.3%)
7	GEDROWICZ Aleksandra	41		K14-39	7	00:07:36	00:16:17	00:24:34.80	+00:04:35 (18.7%)	4:49	12.5 (81.7%)
8	TALKOWSKA Oliwia	161	7PRO SIÓDMIAK TEAM	K14-39	8	00:07:28	00:15:59	00:24:37.10	+00:04:38 (18.8%)	4:49	12.4 (81.0%)
9	KRZEWIŃSKA Monika	85	TKKF KOSZALIN	K14-39	9	00:08:34	00:17:03	00:25:23.05	+00:05:24 (21.3%)	4:58	12.1 (79.1%)
10	WYSOCKA Urszula	179	SPORTOWE BIELICE	K14-39	10	00:08:23	00:17:12	00:26:01.45	+00:06:02 (23.2%)	5:06	11.8 (77.1%)
11	SUCHODOLSKA Aleksandra	148		K14-39	11	00:08:49	00:17:56	00:27:12.35	+00:07:13 (26.6%)	5:20	11.3 (73.9%)
12	MRUGALSKA Magdalena	108	JW1223	K14-39	12	00:08:44	00:18:04	00:27:29.70	+00:07:30 (27.3%)	5:23	11.1 (72.5%)
13	NOSAL Martyna	112	KS PENTATHLON SZCZECINEK	K14-39	13	00:08:49	00:18:49	00:27:58.40	+00:07:59 (28.6%)	5:29	10.9 (71.2%)
14	ROMANOWICZ Monika	139	DZIKIE ŻÓŁWIE	K14-39	14	00:09:03	00:19:10	00:28:36.60	+00:08:37 (30.2%)	5:36	10.7 (69.9%)
15	BORUSIŃSKA Marta	13		K14-39	15	00:09:36	00:19:24	00:28:50.25	+00:08:51 (30.7%)	5:39	10.6 (69.3%)
16	ZAKOŚCIELNA Katarzyna	180	DZIKIE ŻÓŁWIE	K14-39	16	00:09:34	00:19:34	00:29:57.35	+00:09:58 (33.3%)	5:52	10.2 (66.7%)
17	DORAWA-ZIOMEK Anna	27	DZIKIE ŻÓŁWIE	K14-39	17	00:09:34	00:19:34	00:29:57.45	+00:09:58 (33.3%)	5:52	10.2 (66.7%)
18	FLIS Anna	34		K14-39	18	00:10:16	00:20:30	00:30:03.40	+00:10:04 (33.5%)	5:53	10.2 (66.7%)
19	MRÓZ Małgorzata	107		K14-39	19	00:10:01	00:20:13	00:30:16.40	+00:10:17 (34.0%)	5:56	10.1 (66.0%)
20	NOSAL Anna	113		K14-39	20	00:10:08	00:20:54	00:31:35.80	+00:11:36 (36.8%)	6:11	9.7 (63.4%)
21	SWOROWSKA Katarzyna	150		K14-39	21	00:10:21	00:21:23	00:32:33.15	+00:12:34 (38.6%)	6:22	9.4 (61.4%)
22	PAWELEC Marta	122		K14-39	22	00:10:21	00:21:23	00:32:33.50	+00:12:34 (38.6%)	6:22	9.4 (61.4%)
23	KRYSZEWSKA Magdalena	82		K14-39	23	00:10:20	00:21:46	00:33:12.95	+00:13:14 (39.8%)	6:30	9.2 (60.1%)
24	DERDA Katarzyna	25	VELO BALTIC	K14-39	24	00:10:11	00:22:50	00:34:50.40	+00:14:51 (42.6%)	6:49	8.8 (57.5%)

Znaleziono 24 wynik(ów)