

Organiser: Ośrodek Sportu i Rekreacji w Sławnie
Date: 2016-07-02
Place: Sławno
Distance: 7.5 km



Classification: K-OPEN

Place	Participant	Number	Club	Category	MCat	Net time 7.5km	Czas brutto 7.5km	Gap	Pace min/km	Pace km/h
1	NEMCHENKO Maryna	342	MK LUCESK	K-20	1	00:28:11.35	00:28:11.35		3:45	16 (100%)
2	BYBNAK Iryna	346	MK LUCESK	K-20	2	00:28:11.65	00:28:11.65	+00:00:00 (0.0%)	3:45	16 (100%)
3	POTERIUK Vita	341	MK LUCESK	K-30	1	00:28:16.65	00:28:16.65	+00:00:05 (0.3%)	3:46	15.9 (99.4%)
4	RAITO Oksana	345	MK LUCESK	K-20	3	00:28:27.15	00:28:27.15	+00:00:15 (0.9%)	3:47	15.8 (98.8%)
5	SHCHENSNA-RADZIKOWSKA Kalyna	321	KB SOBÓTKA	K-30	2	00:31:02.40	00:31:02.40	+00:02:51 (9.2%)	4:08	14.5 (90.6%)
6	KAROLAK Asia	94	STOPA SŁUPSK	K-30	3	00:32:40.60	00:32:40.60	+00:04:29 (13.7%)	4:21	13.8 (86.3%)
7	CHORAŻY Karolina	29	FADOMODA TEAM	K-20	4	00:33:45.00	00:33:45.00	+00:05:33 (16.5%)	4:30	13.3 (83.1%)
8	KAROLAK Ania	93	STOPA SŁUPSK	K-30	4	00:34:42.85	00:34:42.85	+00:06:31 (18.8%)	4:37	13 (81.3%)
9	KASPROWICZ Małgorzata	96	STOPA SŁUPSK	K-30	5	00:36:06.25	00:36:06.25	+00:07:54 (21.9%)	4:48	12.5 (78.1%)
10	SZCZYGIELSKA Edyta	316	KS OLSZEWSKI I SYNOWIE SŁAWSKO	K-40	1	00:36:09.00	00:36:09.00	+00:07:57 (22.0%)	4:49	12.4 (77.5%)
11	GOŁĘBIEWSKA Sylwia	322	KB SOBÓTKA	K-40	2	00:36:17.75	00:36:17.75	+00:08:06 (22.3%)	4:50	12.4 (77.5%)
12	SZABLA Ewelina	279	MTS HAMER MIASTKO	K-30	6	00:36:27.15	00:36:27.15	+00:08:15 (22.7%)	4:51	12.3 (76.9%)
13	KULCZYK Katarzyna	135	KB BRYZA POSTOMINO	K-30	7	00:37:15.00	00:37:15.00	+00:09:03 (24.3%)	4:58	12.1 (75.6%)
14	BARGAŃSKA Justyna	2		K-30	8	00:37:35.70	00:37:35.70	+00:09:24 (25.0%)	5:00	12 (75.0%)
15	LASKA Agnieszka	147	MKS ŚWIĘC SŁAWNO	K-40	3	00:38:15.30	00:38:15.30	+00:10:03 (26.3%)	5:06	11.8 (73.8%)
16	ŁUKOWICZ Aneta	56	KB SOBÓTKA	K-40	4	00:38:17.70	00:38:17.70	+00:10:06 (26.4%)	5:06	11.8 (73.8%)
17	OSIŃSKA Anna	208	ACTIVE MALBORK	K-20	5	00:38:29.65	00:38:29.65	+00:10:18 (26.8%)	5:07	11.7 (73.1%)
18	SOBCZYŃSKA Magdalena	262		K-20	6	00:39:02.70	00:39:02.70	+00:10:51 (27.8%)	5:12	11.5 (71.9%)
19	ANTOSIK Grażyna	1	KS OLSZEWSKI I SYNOWIE SŁAWSKO	K-30	9	00:39:37.15	00:39:37.15	+00:11:25 (28.8%)	5:16	11.4 (71.3%)
20	BORKOWSKA-KOWALCZYK Daria	14	WOMENS FIGHTCLUBU KOSZALIN	K-30	10	00:39:54.25	00:39:54.25	+00:11:42 (29.4%)	5:19	11.3 (70.6%)
21	MIKINKA Magdalena	178		K-30	11	00:39:57.05	00:39:57.05	+00:11:45 (29.4%)	5:19	11.3 (70.6%)
22	ROMAN Sylwia	241	MKS ŚWIĘC SŁAWNO	K-30	12	00:40:09.65	00:40:09.65	+00:11:58 (29.8%)	5:21	11.2 (70.0%)
23	MUSIELAK Wioleta	191		K-40	5	00:40:13.60	00:40:13.60	+00:12:02 (29.9%)	5:21	11.2 (70.0%)
24	HRYHOROWICZ Joanna	75	NIGHT RUNNERS SŁUPSK	K-30	13	00:40:29.40	00:40:29.40	+00:12:18 (30.4%)	5:23	11.1 (69.4%)
25	ŁAŻNIAK Agata	153		K-30	14	00:40:36.45	00:40:36.45	+00:12:25 (30.6%)	5:24	11.1 (69.4%)
26	HRANKOWSKA Monika	73		K-20	7	00:40:42.95	00:40:42.95	+00:12:31 (30.8%)	5:25	11.1 (69.4%)
27	WALCZAK Agnieszka	297	TKKF KOSZALIN	K-40	6	00:40:43.05	00:40:43.05	+00:12:31 (30.8%)	5:25	11.1 (69.4%)

Place	Participant	Number	Club	Category	MCat	Net time 7.5km	Czas brutto 7.5km	Gap	Pace min/km	Pace km/h
28	KONKEL Joanna	108	MKS ŚWIĘC SŁAWNO	K-50	1	00:41:12.85	00:41:12.85	+00:13:01 (31.6%)	5:29	10.9 (68.1%)
29	MAZUREK Barbara	167	BABECZKI KOSZALIN	K-30	15	00:41:24.95	00:41:24.95	+00:13:13 (31.9%)	5:31	10.9 (68.1%)
30	KAWECKA Katarzyna	98		K-30	16	00:41:43.85	00:41:43.85	+00:13:32 (32.5%)	5:33	10.8 (67.5%)
31	STANKIEWICZ Iwona	335	KB SOBÓTKA	K-50	2	00:41:54.70	00:41:54.70	+00:13:43 (32.7%)	5:35	10.7 (66.9%)
32	TARNIONEK Katarzyna	291		K-30	17	00:43:34.35	00:43:34.35	+00:15:23 (35.3%)	5:48	10.3 (64.4%)
33	MŁYNARCZYK Aneta	181		K-40	7	00:43:42.05	00:43:42.05	+00:15:30 (35.5%)	5:49	10.3 (64.4%)
34	VON BARDELEBEN Agnieszka	296	BABECZKI KOSZALIN	K-40	8	00:43:45.95	00:43:45.95	+00:15:34 (35.6%)	5:50	10.3 (64.4%)
35	MARCZAK Małgorzata	162		K-50	3	00:43:57.85	00:43:57.85	+00:15:46 (35.9%)	5:51	10.2 (63.8%)
36	MIECZKOWSKA Małgorzata	175	ŻYJ Z ENERGIA	K-30	18	00:44:00.20	00:44:00.20	+00:15:48 (35.9%)	5:52	10.2 (63.8%)
37	DZIUBKOWSKA Anna	48	ŻYJ Z ENERGIA	K-40	9	00:44:04.10	00:44:04.10	+00:15:52 (36.0%)	5:52	10.2 (63.8%)
38	ZIELENIEWICZ Weronika	331		K-17	1	00:44:13.60	00:44:13.60	+00:16:02 (36.3%)	5:53	10.2 (63.8%)
39	NIECKARZ Monika	195		K-30	19	00:44:16.35	00:44:16.35	+00:16:05 (36.3%)	5:54	10.2 (63.8%)
40	BUZE Małgorzata	339	KS OLSZEWSKI I SYNOWIE SŁAWSKO	K-40	10	00:44:19.90	00:44:19.90	+00:16:08 (36.4%)	5:54	10.2 (63.8%)
41	DYRCZ Marika	47	MKS ŚWIĘC SŁAWNO	K-30	20	00:44:26.35	00:44:26.35	+00:16:15 (36.6%)	5:55	10.1 (63.1%)
42	RYBA Anna	249		K-40	11	00:45:11.35	00:45:11.35	+00:17:00 (37.6%)	6:01	10 (62.5%)
43	KURCZYK Elżbieta	139	MKS ŚWIĘC SŁAWNO	K-40	12	00:45:32.15	00:45:32.15	+00:17:20 (38.1%)	6:04	9.9 (61.9%)
44	GAWIECKA Mariola	58	ROZBIEGANY KOSZALIN	K-40	13	00:46:15.00	00:46:15.00	+00:18:03 (39.1%)	6:10	9.7 (60.6%)
45	BUDZYŃSKA Elżbieta	21	BBL SŁUPSK	K-50	4	00:46:54.05	00:46:54.05	+00:18:42 (39.9%)	6:15	9.6 (60.0%)
46	PIASECKA Karolina	219		K-30	21	00:47:00.15	00:47:00.15	+00:18:48 (40.0%)	6:16	9.6 (60.0%)
47	KOROLCZUK Karolina	114		K-30	22	00:47:04.05	00:47:04.05	+00:18:52 (40.1%)	6:16	9.6 (60.0%)
48	CHMIELEWSKA Małgorzata	28		K-20	8	00:47:34.90	00:47:34.90	+00:19:23 (40.8%)	6:20	9.5 (59.4%)
49	MOTOWIDŁO-ZAWADZKA Izabella	185		K-30	23	00:48:04.05	00:48:04.05	+00:19:52 (41.4%)	6:24	9.4 (58.8%)
50	STĘPIEŃ Karolina	266	BK	K-30	24	00:48:13.30	00:48:13.30	+00:20:01 (41.5%)	6:25	9.3 (58.1%)
51	WITKOWSKA Ilona	312	ŻYJ Z ENERGIA	K-30	25	00:48:18.45	00:48:18.45	+00:20:07 (41.6%)	6:26	9.3 (58.1%)
52	FELKOWSKA Karolina	50		K-30	26	00:48:25.65	00:48:25.65	+00:20:14 (41.8%)	6:27	9.3 (58.1%)
53	JAKUBCZYK Agnieszka	84	ROZBIEGANY KOSZALIN	K-20	9	00:48:59.55	00:48:59.55	+00:20:48 (42.5%)	6:31	9.2 (57.5%)
54	OLSZEWSKA Renata	206		K-40	14	00:49:06.70	00:49:06.70	+00:20:55 (42.6%)	6:32	9.2 (57.5%)
55	STRÓŻYNA Marta	272		K-20	10	00:49:23.75	00:49:23.75	+00:21:12 (42.9%)	6:35	9.1 (56.9%)
56	ZDUNEK Katarzyna	326		K-50	5	00:49:29.50	00:49:29.50	+00:21:18 (43.0%)	6:35	9.1 (56.9%)
57	KRAWCZUK-KIEŁB Anna	123	ŻYJ Z ENERGIA	K-40	15	00:49:32.90	00:49:32.90	+00:21:21 (43.1%)	6:36	9.1 (56.9%)
58	STASZYŃSKA Marianna	264	BTC,,ORZEŁ" BIALOGARD	K-60	1	00:50:16.90	00:50:16.90	+00:22:05 (43.9%)	6:42	9 (56.3%)
59	KOPREK Marzena	112		K-20	11	00:51:53.90	00:51:53.90	+00:23:42 (45.7%)	6:55	8.7 (54.4%)
60	MIKLASIŃSKA-KAMELSKA Monika	179	KS OLSZEWSKI I SYNOWIE SŁAWSKO	K-30	27	00:52:18.55	00:52:18.55	+00:24:07 (46.1%)	6:58	8.6 (53.8%)

Total 60 results.