



# XIV KOSZALIŃSKI BIEG SYLWESTROWY - 5 KM - ATEST PZLA

B4SPORT

**Wydarzenie:** XIV Koszaliński Bieg Sylwestrowy oraz Marsz Nordic Walking  
**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2023-12-30  
**Miejsce:** Koszalin  
**Dystans:** 5 km



Klasyfikacja: K18

| Msc | Zawodnik                    | Numer      | Klub              | Kategoria | Mkat | Lap<br>1.6km | Lap<br>3.3km | Czas<br>netto<br>5km | Różn              | Tempo<br>min/km | Tempo<br>km/h |
|-----|-----------------------------|------------|-------------------|-----------|------|--------------|--------------|----------------------|-------------------|-----------------|---------------|
| 1   | <b>SZKOŁUDA Sabina</b>      | <b>266</b> | NICE'SRUNNERSTEAM | K18       | 1    | 00:06:31     | 00:13:43     | <b>00:20:50.30</b>   |                   | 4:10            | 14.4 (100%)   |
| 2   | <b>KĘPA Martyna</b>         | <b>150</b> | BRAK              | K18       | 2    | 00:07:00     | 00:14:44     | <b>00:22:06.95</b>   | +00:01:16 (5.8%)  | 4:25            | 13.6 (94.4%)  |
| 3   | <b>BOJANOWSKA Nikola</b>    | <b>77</b>  |                   | K18       | 3    | 00:08:02     | 00:17:15     | <b>00:26:33.85</b>   | +00:05:43 (21.6%) | 5:18            | 11.3 (78.5%)  |
| 4   | <b>DZIUGA Dagmara</b>       | <b>104</b> |                   | K18       | 4    | 00:08:36     | 00:18:43     | <b>00:28:41.05</b>   | +00:07:50 (27.4%) | 5:44            | 10.5 (72.9%)  |
| 5   | <b>MISZTAL Wiktoria</b>     | <b>196</b> |                   | K18       | 5    | 00:08:53     | 00:18:59     | <b>00:29:26.55</b>   | +00:08:36 (29.2%) | 5:53            | 10.2 (70.8%)  |
| 6   | <b>PAWŁOWSKA Małgorzata</b> | <b>215</b> |                   | K18       | 6    | 00:09:12     | 00:20:20     | <b>00:31:21.85</b>   | +00:10:31 (33.6%) | 6:16            | 9.6 (66.7%)   |
| 7   | <b>MAKSYLEWICZ Daniela</b>  | <b>185</b> | DANIELA           | K18       | 7    | 00:09:32     | 00:20:46     | <b>00:31:32.15</b>   | +00:10:41 (33.9%) | 6:18            | 9.5 (66.0%)   |

Znaleziono 7 wynik(ów)