



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: K30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.6km	Lap 3.3km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	ZATOŃ Olga	60		K30	1	00:06:01	00:12:47	00:19:30.10		3:54	15.4 (100%)
2	KASZTELAN Urszula	146	TRIATHLON TKKF KOSZALIN	K30	2	00:06:22	00:14:10	00:21:39.10	+00:02:09 (9.9%)	4:19	13.9 (90.3%)
3	MAZIEC Beata	190	TKKF KOSZALIN	K30	3	00:06:50	00:14:22	00:21:46.60	+00:02:16 (10.4%)	4:21	13.8 (89.6%)
4	GUDANIEC Katarzyna	119	TRIATHLON TKKF KOSZALIN	K30	4	00:06:54	00:14:25	00:23:00.25	+00:03:30 (15.2%)	4:36	13 (84.4%)
5	FLIS Anna	106	WŚCIEKŁE PIĘŚCI MOPSÓW	K30	5	00:07:54	00:16:08	00:23:55.30	+00:04:25 (18.5%)	4:47	12.5 (81.2%)
6	GIEDROWICZ Aleksandra	112		K30	6	00:07:03	00:15:36	00:24:01.10	+00:04:31 (18.8%)	4:48	12.5 (81.2%)
7	MRUGALSKA Magdalena	199	JW1223	K30	7	00:07:33	00:16:01	00:24:25.60	+00:04:55 (20.2%)	4:53	12.3 (79.9%)
8	WALCZAK Anna	284		K30	8	00:07:40	00:16:14	00:24:36.65	+00:05:06 (20.8%)	4:55	12.2 (79.2%)
9	BAHR Marzena	65		K30	9	00:08:00	00:16:54	00:25:33.90	+00:06:03 (23.7%)	5:06	11.7 (76.0%)
10	CHOMA Edyta	91		K30	10	00:08:47	00:18:38	00:28:33.70	+00:09:03 (31.7%)	5:42	10.5 (68.2%)
11	BŁAŻEJCZAK-BOGUCKA Paulina	71		K30	11	00:08:45	00:18:52	00:28:45.45	+00:09:15 (32.2%)	5:45	10.4 (67.5%)
12	GAŁKOWSKA Hanna	109	BIEGOLAS	K30	12	00:09:09	00:19:13	00:29:39.50	+00:10:09 (34.2%)	5:55	10.1 (65.6%)
13	CHINC Agnieszka	88		K30	13	00:09:32	00:21:03	00:32:28.70	+00:12:58 (40.0%)	6:29	9.2 (59.7%)
14	FELIŃSKA Anna	105	LION STRONG TEAM	K30	14	00:11:02	00:23:39	00:36:52.80	+00:17:22 (47.1%)	7:22	8.1 (52.6%)
15	JANAS Karolina	130	TKKF MASTERS KOSZALIN	K30	15	00:11:15	00:24:40	00:38:23.15	+00:18:53 (49.2%)	7:40	7.8 (50.6%)
16	ZARZYCKA Weronika	50		K30	16	00:09:49			+00:03:48	6:08	9.8 (63.6%)

Znaleziono 16 wynik(ów)