



# 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: K40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.6km	Lap 3.3km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>WIZE Małgorzata</b>	<b>52</b>		K40	1	00:06:26	00:13:50	<b>00:21:19.55</b>		4:15	14.1 (100%)
2	<b>RYBAK Daria</b>	<b>237</b>	GAMMAXRUN	K40	2	00:06:57	00:14:37	<b>00:22:25.95</b>	+00:01:06 (4.9%)	4:29	13.4 (95.0%)
3	<b>TOMASZEWICZ Magdalena</b>	<b>276</b>		K40	3	00:07:05	00:15:36	<b>00:23:59.35</b>	+00:02:39 (11.1%)	4:47	12.5 (88.7%)
4	<b>JAROSIK Monika</b>	<b>134</b>		K40	4	00:07:21	00:16:05	<b>00:24:49.50</b>	+00:03:29 (14.1%)	4:57	12.1 (85.8%)
5	<b>KUBIAK Katarzyna</b>	<b>171</b>		K40	5	00:07:47	00:16:27	<b>00:25:05.20</b>	+00:03:45 (15.0%)	5:01	12 (85.1%)
6	<b>GRABOWSKA-LESISZ Aneta</b>	<b>117</b>		K40	6	00:07:36	00:16:20	<b>00:25:07.40</b>	+00:03:47 (15.1%)	5:01	11.9 (84.4%)
7	<b>HAŁAJKO Magdalena</b>	<b>122</b>	TKKF KOSZALIN	K40	7	00:07:43	00:16:23	<b>00:25:08.90</b>	+00:03:49 (15.2%)	5:01	11.9 (84.4%)
8	<b>BADOWSKA Agnieszka</b>	<b>64</b>		K40	8	00:07:33	00:16:30	<b>00:25:22.50</b>	+00:04:02 (16.0%)	5:04	11.8 (83.7%)
9	<b>GÓRALSKA Monika</b>	<b>116</b>	BIAŁOGARD BIEGA	K40	9	00:08:10	00:17:08	<b>00:25:35.20</b>	+00:04:15 (16.7%)	5:07	11.7 (83.0%)
10	<b>BOGUSZEWSKA-KAŻMIERCZAK Agnieszka</b>	<b>76</b>	ZASAPANI HYDRO TRZCIANKA	K40	10	00:08:12	00:17:06	<b>00:25:43.50</b>	+00:04:23 (17.1%)	5:08	11.7 (83.0%)
11	<b>PAWŁOWSKA Magdalena</b>	<b>214</b>	GAMMAXRUN	K40	11	00:07:51	00:16:47	<b>00:25:57.65</b>	+00:04:38 (17.9%)	5:11	11.6 (82.3%)
12	<b>KOWALCZYK Karolina</b>	<b>160</b>		K40	12	00:09:10	00:19:16	<b>00:28:47.00</b>	+00:07:27 (25.9%)	5:45	10.4 (73.8%)
13	<b>SKRZYPCZYK Joanna</b>	<b>246</b>	DARŁOWSKIE CHARTY	K40	13	00:09:06	00:18:54	<b>00:28:56.85</b>	+00:07:37 (26.3%)	5:47	10.4 (73.8%)
14	<b>BORUSIŃSKA Marta</b>	<b>80</b>		K40	14	00:09:19	00:19:24	<b>00:29:59.30</b>	+00:08:39 (28.9%)	5:59	10 (70.9%)
15	<b>SOKOŁOWSKA Tola</b>	<b>251</b>		K40	15	00:09:19	00:19:24	<b>00:29:59.95</b>	+00:08:40 (28.9%)	5:59	10 (70.9%)
16	<b>BUTYŃSKA-RADZIWON Edyta</b>	<b>87</b>		K40	16	00:09:07	00:19:39	<b>00:30:19.35</b>	+00:08:59 (29.7%)	6:03	9.9 (70.2%)
17	<b>BEDNARZ Katarzyna</b>	<b>69</b>		K40	17	00:09:48	00:20:55	<b>00:31:31.00</b>	+00:10:11 (32.3%)	6:18	9.5 (67.4%)
18	<b>SUDER-MAKSYMOWICZ Monika</b>	<b>260</b>		K40	18	00:10:15	00:21:15	<b>00:31:58.90</b>	+00:10:39 (33.3%)	6:23	9.4 (66.7%)
19	<b>TOMASZEWICZ Agnieszka</b>	<b>275</b>		K40	19	00:09:32	00:21:02	<b>00:32:28.80</b>	+00:11:09 (34.3%)	6:29	9.2 (65.2%)
20	<b>DAMASZEK-TECLAF Maria</b>	<b>98</b>	LION STRONG TEAM	K40	20	00:11:03	00:23:40	<b>00:36:53.00</b>	+00:15:33 (42.2%)	7:22	8.1 (57.4%)

Znaleziono 20 wynik(ów)