



# XIX MIĘDZYNARODOWY BIEG WENEDÓW - 10 KM

B4SPORT

**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej, Gmina Miasto Koszalin  
**Data:** 2021-10-10  
**Miejsce:** Koszalin  
**Dystans:** 10 km



Klasyfikacja: K30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dobieg 0.08km	Lap_1 1.48km	Lap_2 2.9km	Lap_3 4.32km	Lap_4 5.74km	Lap_5 7.16km	Lap_6 8.58km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>KASZTELAN Ula</b>	<b>34</b>	TKKF KOSZALIN	K30-39	1	00:00:19	00:05:41	00:11:11	00:16:43	00:22:19	00:27:58	00:33:38	<b>00:39:13.95</b>		3:55	15.3 (100%)
2	<b>ZATOŃ Olga</b>	<b>96</b>	KOCURY	K30-39	2	00:00:22	00:05:54	00:11:31	00:17:14	00:22:59	00:28:37	00:34:22	<b>00:40:05.00</b>	+00:00:51 (2.1%)	4:00	15 (98.0%)
3	<b>KRYNICKA GRZYB Małgorzata</b>	<b>46</b>	MLUKS TRZEBIATÓW	K30-39	3	00:00:19	00:05:50	00:11:29	00:17:10	00:22:54	00:28:41	00:34:32	<b>00:40:05.10</b>	+00:00:51 (2.1%)	4:00	15 (98.0%)
4	<b>CYGAN Małgorzata</b>	<b>16</b>	KOCURY	K30-39	4	00:00:22	00:06:06	00:12:00	00:18:02	00:24:06	00:30:11	00:36:16	<b>00:42:18.65</b>	+00:03:04 (7.3%)	4:13	14.2 (92.8%)
5	<b>MAZIEC Beata</b>	<b>56</b>	BIEGOLAS KOSZALIN	K30-39	5	00:00:22	00:06:15	00:12:27	00:18:39	00:24:52	00:30:59	00:37:05	<b>00:43:06.35</b>	+00:03:52 (9.0%)	4:18	13.9 (90.8%)
6	<b>SOCHACKA Marta</b>	<b>76</b>		K30-39	6	00:00:27	00:06:47	00:13:24	00:20:04	00:26:42	00:33:14	00:39:45	<b>00:45:58.80</b>	+00:06:44 (14.7%)	4:35	13.1 (85.6%)
7	<b>GLEWICZ Sylwia</b>	<b>25</b>	POMORSKIE WILKI	K30-39	7	00:00:25	00:06:30	00:13:08	00:19:52	00:26:39	00:33:27	00:40:16	<b>00:46:38.30</b>	+00:07:24 (15.9%)	4:39	12.9 (84.3%)
8	<b>GIEDROWICZ Aleksandra</b>	<b>24</b>		K30-39	8	00:00:29	00:06:44	00:13:34	00:20:37	00:27:36	00:34:46	00:41:57	<b>00:48:45.05</b>	+00:09:31 (19.5%)	4:52	12.3 (80.4%)
9	<b>WYSOCKA Urszula</b>	<b>93</b>	SPORTOWE BIELICE	K30-39	9	00:00:35	00:07:44	00:15:05	00:22:22	00:29:46	00:37:11	00:44:37	<b>00:52:05.60</b>	+00:12:51 (24.7%)	5:12	11.5 (75.2%)
10	<b>MRÓZ Małgorzata</b>	<b>101</b>		K30-39	10	00:00:35	00:08:12	00:16:07	00:24:17	00:32:39	00:41:18	00:49:53	<b>00:58:22.10</b>	+00:19:08 (32.8%)	5:50	10.3 (67.3%)
11	<b>CZYCZYN Angelika</b>	<b>18</b>		K30-39	11	00:00:36	00:08:13	00:16:14	00:25:00	00:33:41	00:42:17	00:50:51	<b>00:59:17.60</b>	+00:20:03 (33.8%)	5:55	10.1 (66.0%)
12	<b>WÓJCICKA Sylwia</b>	<b>91</b>		K30-39	12	00:00:38	00:09:15	00:18:13	00:27:20	00:36:26	00:45:51	00:54:54	<b>01:04:07.65</b>	+00:24:53 (38.8%)	6:24	9.4 (61.4%)

Znaleziono 12 wynik(ów)