



XVII MIĘDZYNARODOWY BIEG WENEDÓW - 10 KM

B4SPORT

Organiser: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej, Gmina Miasto Koszalin
Date: 2019-05-25
Place: Koszalin
Distance: 10 km



Classification: K-OPEN

Place	Participant	Number	Club	Category	MCat	Start 0.18km	Herk All 2.635km	Herk All 5.09km	Herk All 7.545km	Net time 10km	Gap	Pace min/km	Pace km/h
1	KASZTELAN Urszula	162	TRIATHLON KOSZALIN	K30-39	1	00:00:45	00:10:26	00:20:28	00:30:34	00:40:37.60		4:03	14.8 (100%)
2	CHORAŻY Karolina	23	LEO-TEAM	K30-39	2	00:00:58	00:11:32	00:22:03	00:32:54	00:43:44.15	+00:03:06 (7.1%)	4:22	13.7 (92.6%)
3	CHODOR Martyna	21	TKKF KOSZALIN	K30-39	3	00:01:01	00:12:00	00:23:04	00:34:09	00:45:08.70	+00:04:31 (10.0%)	4:30	13.3 (89.9%)
4	CHODOR Izabela	20	TKKF KOSZALIN	K30-39	4	00:01:02	00:12:21	00:23:51	00:35:11	00:46:08.20	+00:05:30 (11.9%)	4:36	13 (87.8%)
5	KRZEWIŃSKA Małgorzata	80	TKKF KOSZALIN	K60+	1	00:01:02	00:12:20	00:23:51	00:35:11	00:46:09.95	+00:05:32 (12.0%)	4:36	13 (87.8%)
6	KONKEL Agnieszka	68		K30-39	5	00:01:01	00:12:00	00:23:23	00:35:05	00:46:16.25	+00:05:38 (12.2%)	4:37	13 (87.8%)
7	WOŁYŃSKA Wioletta	154	TKKF KOSZALIN	K40-49	1	00:00:56	00:11:59	00:23:25	00:35:05	00:46:32.65	+00:05:55 (12.7%)	4:39	12.9 (87.2%)
8	BIELIŃSKA Iwona	8	ROZBIEGANY KOSZALIN	K40-49	2	00:01:04	00:12:37	00:24:01	00:35:30	00:46:42.90	+00:06:05 (13.0%)	4:40	12.8 (86.5%)
9	WIŚNIEWSKA Magdalena	149		K30-39	6	00:01:02	00:12:25	00:24:10	00:36:05	00:48:02.15	+00:07:24 (15.4%)	4:48	12.5 (84.5%)
10	ZIÓLKOWSKA Gosia	158		K30-39	7	00:00:58	00:12:31	00:24:28	00:36:36	00:48:28.30	+00:07:50 (16.2%)	4:50	12.4 (83.8%)
11	ART Kamila	3		K30-39	8	00:01:08	00:13:00	00:25:00	00:37:00	00:48:43.85	+00:08:06 (16.6%)	4:52	12.3 (83.1%)
12	RODZIEWICZ-CZAPLIŃSKA Agnieszka	120		K40-49	3	00:00:59	00:12:23	00:24:23	00:36:44	00:49:06.95	+00:08:29 (17.3%)	4:54	12.2 (82.4%)
13	DRULIK-HOŁUB Marta	37	TORNADO KOSZALIN	K40-49	4	00:00:54	00:12:50	00:24:53	00:37:06	00:49:18.70	+00:08:41 (17.6%)	4:55	12.2 (82.4%)
14	BLICHARZ Monika	11	TAGER KOSZALIN	K30-39	9	00:01:16	00:13:40	00:26:01	00:38:06	00:49:25.55	+00:08:47 (17.8%)	4:56	12.1 (81.8%)

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										10km			
15	KNUT-POTOCZNIL Gabriela	64	STOWARZYSZENIE KIERUNEK POLANÓW	K30-39	10	00:01:04	00:12:37	00:24:44	00:37:16	00:49:27.35	+00:08:49 (17.9%)	4:56	12.1 (81.8%)
16	MOTYCZYŃSKA Patrycja	101		K18-29	1	00:01:10	00:13:22	00:25:18	00:37:32	00:49:36.65	+00:08:59 (18.1%)	4:57	12.1 (81.8%)
17	DĄBROWSKA Alicja	31	TKKF KOSZALIN	K50-59	1	00:01:04	00:13:24	00:25:50	00:38:05	00:49:37.25	+00:08:59 (18.1%)	4:57	12.1 (81.8%)
18	BORYS Justyna	15	JEDWABIŚCI	K30-39	11	00:00:59	00:12:25	00:24:41	00:37:22	00:49:45.45	+00:09:07 (18.4%)	4:58	12.1 (81.8%)
19	SARAPUK Gabriela	129	TKKF KOSZALIN	K40-49	5	00:01:04	00:13:24	00:25:50	00:38:34	00:51:02.40	+00:10:24 (20.4%)	5:06	11.8 (79.7%)
20	KURZAWIŃSKA-JABŁOŃSKA Kasia	83	CZARNE BIEGA	K40-49	6	00:01:05	00:13:28	00:26:15	00:39:06	00:51:55.00	+00:11:17 (21.7%)	5:11	11.6 (78.4%)
21	WOJTOWICZ-SANDER Sylwia	169		K18-29	2	00:01:00	00:13:45	00:26:51	00:39:37	00:51:57.75	+00:11:20 (21.8%)	5:11	11.5 (77.7%)
22	BALIŃSKA Justyna	4	DRAWSKI BIEGACZ	K18-29	3	00:01:07	00:13:33	00:26:39	00:39:49	00:52:15.45	+00:11:37 (22.3%)	5:13	11.5 (77.7%)
23	LEWICZ Ewa	86	GMINA SŁUPSK	K30-39	12	00:01:08	00:13:35	00:26:37	00:39:48	00:53:04.10	+00:12:26 (23.4%)	5:18	11.3 (76.4%)
24	SIERANT Maria	131		K18-29	4	00:01:05	00:13:26	00:26:33	00:40:16	00:53:28.40	+00:12:50 (24.0%)	5:20	11.2 (75.7%)
25	DZIUBA Monika	39		K30-39	13	00:01:05	00:13:51	00:27:04	00:40:33	00:53:55.30	+00:13:17 (24.7%)	5:23	11.1 (75.0%)
26	RADZIUSZ Ilona	118		K30-39	14	00:01:07	00:13:44	00:27:12	00:41:27	00:54:47.35	+00:14:09 (25.8%)	5:28	11 (74.3%)
27	BOGACKA Lucyna	13	TKKF KOSZALIN	K60+	2	00:01:06	00:14:05	00:27:31	00:41:16	00:54:57.45	+00:14:19 (26.1%)	5:29	10.9 (73.6%)
28	KRZEWIŃSKA Monika	166	TKKF KOSZALIN	K30-39	15	00:01:06	00:14:20	00:28:04	00:42:16	00:55:05.95	+00:14:28 (26.3%)	5:30	10.9 (73.6%)
29	JEWUŁA Agata	56	DRUŻYNA SZPIKU	K30-39	16	00:01:05	00:14:05	00:27:50	00:41:41	00:55:41.10	+00:15:03 (27.0%)	5:34	10.8 (73.0%)
30	MAJSIUK Agnieszka	91		K40-49	7	00:01:15	00:14:40	00:28:36	00:42:41	00:56:22.15	+00:15:44 (27.9%)	5:38	10.6 (71.6%)
31	WĄSOWICZ Anna	145		K30-39	17	00:01:10	00:14:04	00:28:13	00:42:59	00:56:46.15	+00:16:08 (28.4%)	5:40	10.6 (71.6%)
32	KOROL Dominika	71		K18-29	5	00:01:07	00:14:20	00:28:40	00:43:11	00:57:08.90	+00:16:31 (28.9%)	5:42	10.5 (70.9%)
33	MALINOWSKA-BURDA Aleksandra	92		K30-39	18	00:01:13	00:14:55	00:28:59	00:43:04	00:57:17.40	+00:16:39 (29.1%)	5:43	10.5 (70.9%)
34	KUHN Karin	82	SV TURBINE NEUBRANDENBURG	K60+	3	00:01:11	00:14:56	00:29:08	00:43:33	00:57:58.10	+00:17:20 (29.9%)	5:47	10.4 (70.3%)
35	BEDNARZ Katarzyna	7		K40-49	8	00:01:13	00:15:16	00:29:47	00:44:32	00:58:59.90	+00:18:22 (31.1%)	5:53	10.2 (68.9%)
36	WACHHOLZ Beata	144	KB BRYZA	K40-49	9	00:01:15	00:15:25	00:30:27	00:45:40	01:00:48.05	+00:20:10 (33.2%)	6:04	9.9 (66.9%)
37	KRYSTOSIK Paulina	79	BIEGAM BO LUBIE,BIEGAM DLA SIEBIE	K18-29	6	00:01:14	00:15:01	00:30:29	00:45:56	01:01:57.90	+00:21:20 (34.4%)	6:11	9.7 (65.5%)

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38	PEŁKA Iwona	113		K50-59	2	00:01:23	00:17:30	00:33:42	00:49:32	01:04:55.55	+00:24:17 (37.4%)	6:29	9.2 (62.2%)
39	KOZŁOWIECKA Małgorzata	36		K50-59	3	00:01:14	00:16:48	00:33:12	00:49:51	01:06:55.10	+00:26:17 (39.3%)	6:41	9 (60.8%)
40	STASZYŃSKA Marianna	135	BTC,,ORZEŁ'	K60+	4	00:01:13	00:17:50	00:35:02	00:52:37	01:10:34.50	+00:29:56 (42.4%)	7:03	8.5 (57.4%)

Total 40 results.