



# XVIII MIĘDZYNARODOWY BIEG WENEDÓW - 10 KM

B4SPORT

**Wydarzenie:** XVIII MIĘDZYNARODOWY BIEG WENEDÓW  
**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej, Gmina Miasto Koszalin  
**Data:** 2020-09-12  
**Miejsce:** Koszalin  
**Dystans:** 10 km



Klasyfikacja: K-OPEN

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	ZATOŃ Olga	202	TRUCHCIKI	K30-39	1	00:00:16	00:05:47	00:11:38	00:17:44	00:23:51	00:30:03	00:36:18	<b>00:42:28.20</b>		4:14	14.1 (100%)
2	KRYNICKA GRZYB Małgorzata	91		K30-39	2	00:00:17	00:06:02	00:12:00	00:18:10	00:24:27	00:30:51	00:37:15	<b>00:43:19.70</b>	+00:00:51 (2.0%)	4:20	13.8 (97.9%)
3	TRZEBIATOWSKA Kinga	180		K18-29	1	00:00:15	00:05:50	00:12:05	00:18:37	00:25:11	00:31:54	00:38:29	<b>00:44:50.20</b>	+00:02:22 (5.3%)	4:29	13.4 (95.0%)
4	SPOLSKA Weronika	164		K18-29	2	00:00:17	00:06:16	00:12:34	00:19:01	00:25:36	00:32:07	00:38:42	<b>00:45:02.80</b>	+00:02:34 (5.7%)	4:30	13.3 (94.3%)
5	HAŁKA Justyna	45	TRUCHCIKI	K40-49	1	00:00:19	00:06:30	00:12:50	00:19:17	00:25:46	00:32:14	00:38:48	<b>00:45:11.30</b>	+00:02:43 (6.0%)	4:31	13.3 (94.3%)
6	BRYGAŁA Magdalena	10		K40-49	2	00:00:19	00:06:15	00:12:27	00:18:52	00:25:29	00:32:09	00:38:54	<b>00:45:26.75</b>	+00:02:58 (6.5%)	4:32	13.2 (93.6%)
7	KONKEL Agnieszka	71	MTS HAMER	K30-39	3	00:00:17	00:06:12	00:12:21	00:18:46	00:25:25	00:32:08	00:39:05	<b>00:45:34.20</b>	+00:03:06 (6.8%)	4:33	13.2 (93.6%)
8	PERLIK Katarzyna	132	MTS HAMER	K18-29	3	00:00:18	00:06:13	00:12:31	00:18:56	00:25:27	00:32:06	00:39:04	<b>00:45:49.00</b>	+00:03:20 (7.3%)	4:34	13.1 (92.9%)
9	KRZEWIŃSKA Małgorzata	92	TKKF KOSZALIN1	K60+	1	00:00:22	00:07:00	00:13:43	00:20:29	00:27:12	00:34:01	00:40:55	<b>00:47:39.60</b>	+00:05:11 (10.9%)	4:46	12.6 (89.4%)
10	DĄBROWSKA Alicja	26	TKKF KOSZALIN1	K50-59	1	00:00:21	00:07:08	00:13:51	00:20:41	00:27:37	00:34:32	00:41:26	<b>00:47:56.80</b>	+00:05:28 (11.4%)	4:47	12.5 (88.7%)
11	DRULIK-HOŁUB Marta	33	TORNADO KOSZALIN	K40-49	3	00:00:22	00:06:55	00:13:44	00:20:40	00:27:43	00:34:53	00:42:08	<b>00:49:13.75</b>	+00:06:45 (13.7%)	4:55	12.2 (86.5%)
12	KRUPIŃSKA Beata	88	E-UROLOG.EU	K50-59	2	00:00:23	00:07:09	00:13:53	00:20:52	00:27:54	00:35:01	00:42:18	<b>00:49:15.10</b>	+00:06:46 (13.8%)	4:55	12.2 (86.5%)
13	OLESIŃSKA Patrycja	126		K30-39	4	00:00:22	00:07:11	00:13:55	00:20:45	00:27:39	00:34:48	00:42:07	<b>00:49:20.95</b>	+00:06:52 (13.9%)	4:56	12.2 (86.5%)
14	GRUNWALD Karolina	42		K30-39	5	00:00:23	00:07:31	00:14:34	00:21:33	00:28:49	00:36:09	00:43:37	<b>00:50:21.35</b>	+00:07:53 (15.7%)	5:02	11.9 (84.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dobieg						Czas netto 10km	Różn	Tempo min/km	Tempo km/h	
						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
15	<b>SARAPUK Gabriela</b>	<b>152</b>	TKKF KOSZALIN	K40-49	4	00:00:23	00:07:02	00:13:53	00:21:05	00:28:38	00:36:21	00:44:08	<b>00:51:18.50</b>	+00:08:50 (17.2%)	5:07	11.7 (83.0%)
16	<b>MAZIEC Beata</b>	<b>112</b>		K30-39	6	00:00:26	00:07:33	00:14:54	00:22:19	00:29:51	00:37:22	00:44:46	<b>00:51:43.90</b>	+00:09:15 (17.9%)	5:10	11.6 (82.3%)
17	<b>KAMIŃSKA Karolina</b>	<b>58</b>		K40-49	5	00:00:21	00:07:05	00:14:11	00:21:31	00:29:01	00:36:41	00:44:25	<b>00:51:49.25</b>	+00:09:21 (18.0%)	5:11	11.6 (82.3%)
18	<b>BOGACKA Lucyna</b>	<b>8</b>	TKKF KOSZALIN	K60+	2	00:00:24	00:07:17	00:14:34	00:21:49	00:29:13	00:36:45	00:44:29	<b>00:52:00.55</b>	+00:09:32 (18.3%)	5:12	11.5 (81.6%)
19	<b>SŁUPECKA Aneta</b>	<b>162</b>		K30-39	7	00:00:30	00:07:34	00:14:55	00:22:20	00:29:53	00:37:24	00:44:54	<b>00:52:01.30</b>	+00:09:33 (18.4%)	5:12	11.5 (81.6%)
20	<b>POLETAJEW Wiktoria</b>	<b>141</b>		K30-39	8	00:00:25	00:07:44	00:15:21	00:22:49	00:30:27	00:38:10	00:45:20	<b>00:53:19.60</b>	+00:10:51 (20.4%)	5:19	11.3 (80.1%)
21	<b>LISOWSKA Monika</b>	<b>104</b>		K30-39	9	00:00:26	00:07:51	00:15:20	00:23:00	00:30:47	00:38:57	00:46:55	<b>00:54:38.45</b>	+00:12:10 (22.3%)	5:27	11 (78.0%)
22	<b>GRZELAK Karina</b>	<b>43</b>	ROZBIEGANY KOSZALIN	K40-49	6	00:00:27	00:07:52	00:15:21	00:23:01	00:30:48	00:38:57	00:46:56	<b>00:54:39.10</b>	+00:12:10 (22.3%)	5:27	11 (78.0%)
23	<b>KONKEL Joanna</b>	<b>73</b>	MKS 'ŚWIĘC' SŁAWNO	K50-59	3	00:00:22	00:07:30	00:14:45	00:22:14	00:29:59	00:38:03	00:46:16	<b>00:54:51.00</b>	+00:12:22 (22.6%)	5:29	10.9 (77.3%)
24	<b>WALESIEWICZ Julia</b>	<b>184</b>		K18-29	4	00:00:25	00:07:46	00:15:19	00:23:09	00:31:15	00:39:26	00:47:39	<b>00:55:11.65</b>	+00:12:43 (23.1%)	5:31	10.9 (77.3%)
25	<b>RASZPLA Ilona</b>	<b>146</b>	BIEGOLAS	K40-49	7	00:00:28	00:07:45	00:15:05	00:22:53	00:30:49	00:39:02	00:47:26	<b>00:55:17.10</b>	+00:12:48 (23.2%)	5:31	10.9 (77.3%)
26	<b>SAWICKA-WERS Urszula</b>	<b>156</b>		K30-39	10	00:00:23	00:07:53	00:16:05	00:24:52	00:33:49	00:42:58	00:52:05	<b>01:00:29.55</b>	+00:18:01 (29.8%)	6:02	9.9 (70.2%)
27	<b>MARCZAK Małgorzata</b>	<b>110</b>	NIGHTRUNNERS SŁUPSK	K60+	3	00:00:22	00:07:31	00:15:08	00:23:16	00:32:16	00:41:38	00:51:22	<b>01:00:29.65</b>	+00:18:01 (29.8%)	6:03	9.9 (70.2%)
28	<b>DUCHNOWSKA Grażyna</b>	<b>34</b>		K50-59	4	00:00:26	00:08:44	00:17:01	00:25:30	00:34:08	00:43:03	00:52:04	<b>01:00:41.45</b>	+00:18:13 (30.0%)	6:04	9.9 (70.2%)
29	<b>ZAWISKA Anna</b>	<b>205</b>		K18-29	5	00:00:24	00:08:04	00:16:00	00:24:12	00:32:55	00:42:38	00:51:55	<b>01:01:04.75</b>	+00:18:36 (30.5%)	6:06	9.8 (69.5%)
30	<b>SWAT Karolina</b>	<b>168</b>	KAMIEŃ RYMAŃSKI	K18-29	6	00:00:19	00:07:11	00:15:48	00:25:00	00:34:34	00:44:33	00:53:28	<b>01:02:51.65</b>	+00:20:23 (32.4%)	6:17	9.5 (67.4%)
31	<b>DOGODA Katarzyna</b>	<b>32</b>		K18-29	7	00:00:25	00:08:53	00:17:42	00:26:41	00:35:49	00:45:48	00:55:51	<b>01:04:46.85</b>	+00:22:18 (34.4%)	6:28	9.3 (66.0%)
32	<b>KOZŁOWIECKA Małgorzata</b>	<b>86</b>		K60+	4	00:00:21	00:09:02	00:18:19	00:28:09	00:38:09	00:48:28	00:58:29	<b>01:08:48.20</b>	+00:26:20 (38.3%)	6:52	8.7 (61.7%)
33	<b>SARBIEWSKA Gabriela</b>	<b>154</b>		K40-49	8	00:00:26	00:09:18	00:19:17	00:29:51	00:40:38	00:52:01	01:03:04	<b>01:13:28.15</b>	+00:30:59 (42.2%)	7:20	8.2 (58.2%)
	<b>MITUNIEWICZ Renata</b>	<b>121</b>		K50-59		00:00:25 DNF	00:08:40 DNF	00:17:18 DNF	00:26:26 DNF	00:35:58 DNF	DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>ORZADA Anna</b>	<b>128</b>	STOPA SŁUPSK	K40-49		00:00:24 DNF	00:07:19 DNF	00:14:49 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>MIERZEJEWSKA Karolina</b>	<b>119</b>		K30-39		00:00:22 DNF	00:08:32 DNF	00:18:07 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>		-	- (0.0%)