



# XX BIEG WENEDÓW - 10 KM

B4SPORT  
MULTISPORT & FITNESS SERVICES

**Wydarzenie:**  
**Organizator:**

XX BIEG WENEDÓW  
Koszalińskie Towarzystwo Krzewienia Kultury  
Fizycznej

**Data:**  
**Miejsce:**  
**Dystans:**

2022-10-08  
Koszalin  
10 km



Klasyfikacja: K-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap_1 0.75km	Lap_1 2km	Lap_1 2.75km	Lap_2 4km	Lap_1 4.75km	Lap_3 6km	Lap_1 6.75km	Lap_5 8km	Lap_5 8.75km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	KRZEWIŃSKA Małgorzata	33	TKKF KOSZALIN	K60+	1	00:03:24	00:09:29	00:13:00	00:19:07	00:22:35	00:28:42	00:32:15	00:38:14	00:41:43	<b>00:47:40.10</b>		4:46	12.6 (100%)
2	DĄBROWSKA Alicja	17	TKKF KOSZALIN	K50-59	1	00:03:34	00:09:45	00:13:25	00:19:44	00:23:22	00:29:02	00:33:10	00:39:22	00:42:56	<b>00:48:42.95</b>	+00:01:02 (2.2%)	4:52	12.3 (97.6%)
3	GRUNWALD Karolina	23		K30-39	1	00:03:20	00:09:14	00:12:43	00:19:05	00:22:52	00:29:30	00:33:11	00:39:56	00:43:38	<b>00:49:56.30</b>	+00:02:16 (4.5%)	4:59	12 (95.2%)
4	ZALIŃSKA Aneta	70	ROZBIEGANA USTKA	K40-49	1	00:03:44	00:10:05	00:13:45	00:19:58	00:23:36	00:30:02	00:33:41	00:40:04	00:43:49	<b>00:50:01.45</b>	+00:02:21 (4.7%)	5:00	12 (95.2%)
5	DRULIK-HOŁUB Marta	20		K40-49	2	00:03:41	00:10:06	00:13:50	00:20:19	00:24:09	00:30:48	00:34:40	00:41:28	00:45:20	<b>00:51:47.75</b>	+00:04:07 (8.0%)	5:10	11.6 (92.1%)
6	BOGACKA Lucyna	6	TKKF KOSZALIN	K60+	2	00:03:42	00:10:11	00:13:59	00:20:35	00:24:26	00:31:01	00:34:56	00:41:40	00:45:36	<b>00:52:06.00</b>	+00:04:25 (8.5%)	5:12	11.5 (91.3%)
7	WOJDA Paulina	66		K30-39	2	00:03:36	00:09:55	00:13:35	00:20:14	00:24:03	00:30:44	00:34:35	00:41:27	00:45:15	<b>00:52:06.35</b>	+00:04:26 (8.5%)	5:12	11.5 (91.3%)
8	KUROWSKA Olga	35	SHELTIES RACE	K40-49	3	00:03:57	00:10:48	00:14:40	00:21:31	00:25:21	00:32:06	00:35:58	00:42:50	00:46:51	<b>00:53:16.15</b>	+00:05:36 (10.5%)	5:19	11.3 (89.7%)
9	WOJCIECHOWSKA Kasia	65		K30-39	3	00:03:24	00:09:59	00:13:54	00:20:57	00:24:58	00:31:53	00:35:57	00:42:48	00:46:53	<b>00:53:31.10</b>	+00:05:51 (10.9%)	5:21	11.2 (88.9%)
10	ANTKOWIAK Joanna	2	#BIEGAJLESZNO	K40-49	4	00:03:54	00:10:45	00:14:39	00:21:29	00:25:19	00:32:04	00:35:58	00:43:07	00:47:03	<b>00:53:34.50</b>	+00:05:54 (11.0%)	5:21	11.2 (88.9%)
11	ZAWISKA Anna	71		K30-39	4	00:03:43	00:10:31	00:14:32	00:21:52	00:25:55	00:32:54	00:37:10	00:44:25	00:48:22	<b>00:55:05.25</b>	+00:07:25 (13.5%)	5:30	10.9 (86.5%)
12	LISZTWAN Anna	39		K30-39	5	00:04:03	00:11:29	00:15:37	00:22:34	00:26:31	00:33:26	00:37:26	00:44:54	00:49:11	<b>00:55:45.00</b>	+00:08:04 (14.5%)	5:34	10.8 (85.7%)
13	WYSOCKA Urszula	67	SPORTOWE BIELICE	K30-39	6	00:03:39	00:10:45	00:14:49	00:22:25	00:26:37	00:34:11	00:38:31	00:46:24	00:50:44	<b>00:58:01.95</b>	+00:10:21 (17.9%)	5:48	10.3 (81.7%)
14	CHRYSTOFIAK Janina	13		K40-49	5	00:04:06	00:11:57	00:16:22	00:23:58	00:28:09	00:35:41	00:40:07	00:47:33	00:51:57	<b>00:58:52.95</b>	+00:11:12 (19.0%)	5:53	10.2 (81.0%)
15	BROWKA Anna	8	SHELTIES RACE	K40-49	6	00:04:02	00:11:32	00:15:43	00:23:43	00:28:13	00:36:21	00:40:57	00:48:39	00:53:00	<b>01:00:29.70</b>	+00:12:49 (21.2%)	6:02	9.9 (78.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap_1 0.75km	Lap_1 2km	Lap_1 2.75km	Lap_2 4km	Lap_1 4.75km	Lap_3 6km	Lap_1 6.75km	Lap_5 8km	Lap_5 8.75km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
16	<b>SUDER- MAKSYMOWICZ Monika</b>	<b>61</b>		K40-49	7	00:04:15	00:11:59	00:16:28	00:24:01	00:28:32	00:36:14	00:40:58	00:48:54	00:53:24	<b>01:00:33.90</b>	+00:12:53 (21.3%)	6:03	9.9 (78.6%)
17	<b>ŻYSZKIEWICZ Izabela</b>	<b>73</b>	ROZBIEGANA USTKA	K50-59	2	00:04:11	00:11:55	00:16:16	00:24:05	00:28:42	00:36:45	00:41:13	00:48:58	00:53:26	<b>01:00:59.85</b>	+00:13:19 (21.9%)	6:05	9.8 (77.8%)
18	<b>BEDNARZ Katarzyna</b>	<b>3</b>	NESSI TEAM	K40-49	8	00:04:07	00:11:54	00:16:16	00:24:11	00:28:44	00:36:48	00:41:23	00:49:34	00:54:26	<b>01:02:12.65</b>	+00:14:32 (23.4%)	6:13	9.6 (76.2%)
19	<b>KUKLIŃSKA Beata</b>	<b>34</b>	DREAM TEAM	K40-49	9	00:04:06	00:11:57	00:16:22	00:25:10	00:30:01	00:39:06	00:43:55	00:52:59	00:58:02	<b>01:06:57.00</b>	+00:19:16 (28.8%)	6:41	9 (71.4%)
20	<b>KOSMAN Katarzyna</b>	<b>30</b>		K40-49	10	00:04:14	00:12:12	00:16:54	00:25:27	00:30:20	00:39:06	00:44:10	00:53:16	00:58:27	<b>01:07:22.25</b>	+00:19:42 (29.2%)	6:44	8.9 (70.6%)

Znaleziono 20 wynik(ów)