



# XX BIEG WENEDÓW - 10 KM

B4SPORT  
POLSKIE STOWOZISKO BIEGOWE

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

XX BIEG WENEDÓW  
Koszalińskie Towarzystwo Krzewienia Kultury  
Fizycznej

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

2022-10-08  
Koszalin  
10 km



Klasyfikacja: K40-49

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	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>		5:00	12 (100%)
2	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>	+00:01:46 (3.4%)	5:10	11.6 (96.7%)
3	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>	+00:03:14 (6.1%)	5:19	11.3 (94.2%)
4	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>	+00:03:33 (6.6%)	5:21	11.2 (93.3%)
5	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>	+00:08:51 (15.0%)	5:53	10.2 (85.0%)
6	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>	+00:10:28 (17.3%)	6:02	9.9 (82.5%)
7	SUDER- MAKSYMOWICZ Monika	61		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>	+00:10:32 (17.4%)	6:03	9.9 (82.5%)
8	BEDNARZ Katarzyna	3	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>	+00:12:11 (19.6%)	6:13	9.6 (80.0%)
9	KUKLIŃSKA Beata	34	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>	+00:16:55 (25.3%)	6:41	9 (75.0%)
10	KOSMAN Katarzyna	30		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>	+00:17:20 (25.7%)	6:44	8.9 (74.2%)

Znaleziono 10 wynik(ów)