

XXVIII PÓŁMARATON LIPCOWY

B4SPORT

Organizator: Urząd Miejski w Okonku
Data: 2015-07-19
Miejsce: Okonek
Dystans: 21,1 km



Klasyfikacja: K-3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.3km	10.6km	15.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1	PAZDA-POZORSKA Gosiunia	85	NIGHT RUNNERS SŁUPSK	K-3	1	00:21:39	00:44:09	01:07:00	01:29:40	01:29:42		4:14	14.1 (100%)
2	URBAŃSKA Emilia	155		K-3	2	00:26:08	00:52:56	01:21:14	01:50:16	01:50:28	+00:20:46 (18.8%)	5:13	11.5 (81.6%)
3	GÓRA Agnieszka	28	MARATOŃCZYK OKONEK	K-3	3	00:26:49	00:54:33	01:22:28	01:51:06	01:51:18	+00:21:36 (19.4%)	5:15	11.4 (80.9%)
4	JANICKA Katarzyna	32	BAJADERKI KOSZALIN	K-3	4	00:27:10	00:54:40	01:23:18	01:51:54	01:52:00	+00:22:18 (19.9%)	5:18	11.3 (80.1%)
5	MROCZKOWSKA Marta	76		K-3	5	00:26:58	00:55:21	01:24:46	01:54:38	01:54:52	+00:25:10 (21.9%)	5:25	11 (78.0%)
6	GRZELAK Karina	26	BIEGNIJMY.PL	K-3	6	00:26:59	00:55:22	01:25:16	01:55:28	01:55:41	+00:25:59 (22.5%)	5:28	11 (78.0%)
7	CHODOR Martyna	13	4RUN TKKF KOSZALIN	K-3	7	00:25:53	00:53:38	01:25:15	01:57:25	01:57:34	+00:27:52 (23.7%)	5:33	10.8 (76.6%)
8	ŻELECHOWSKA Magdalena	140		K-3	8	00:28:20	00:57:27	01:28:24	01:58:55	01:59:05	+00:29:23 (24.7%)	5:38	10.6 (75.2%)
9	HAŁAJKO Magdalena	30	BABECZKI	K-3	9	00:28:21	00:57:28	01:28:24	01:59:05	01:59:15	+00:29:33 (24.8%)	5:38	10.6 (75.2%)
10	DYRCZ Marika	21	MKS ŚWIĘC SŁAWNO	K-3	10	00:29:52	01:00:35	01:31:49	02:02:20	02:02:34	+00:32:52 (26.8%)	5:47	10.3 (73.0%)
11	BUJAK Justyna	10	KUJATT RUNNERS TEAM	K-3	11	00:32:08	01:06:20	01:41:16	02:16:58	02:17:04	+00:47:22 (34.6%)	6:29	9.2 (65.2%)

Znaleziono 11 wynik(ów)