



Organizator:
Data:
Miejsce:
Dystans:

XXXI BIEG ZAŚLUBIN KOŁOBRZEG 15 KM

Stowarzyszenie "Bieg Zaślubin"
2017-03-12
Kołobrzeg
15 km

B4SPORT



Klasyfikacja: K40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike5_All 6km	Bike10_All 10km	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
1	ŻARNOWSKA Katarzyna	884		K40	1	00:00:27	00:27:07	00:47:51	01:11:30.65	01:11:57.95		4:46	12.6 (100%)
2	OTOKA Kasia	538	MONIA TEAM	K40	2	00:00:20	00:26:47	00:47:59	01:12:11.05	01:12:31.85	+00:00:40 (0.9%)	4:48	12.5 (99.2%)
3	LITWINOWICZ Beata	905		K40	3	00:00:38	00:27:37	00:49:12	01:13:44.35	01:14:23.15	+00:02:13 (3.0%)	4:55	12.2 (96.8%)
4	GARSKA Joanna	187	ŚWIAT PŁYTEK U KRYSPINA	K40	4	00:00:14	00:27:39	00:49:24	01:13:59.65	01:14:14.45	+00:02:29 (3.4%)	4:56	12.2 (96.8%)
5	SZCZERBA Beata	734	BEZA TEAM	K40	5	00:00:59	00:28:21	00:50:01	01:14:47.35	01:15:46.60	+00:03:16 (4.4%)	4:59	12 (95.2%)
6	SAPIKOWSKA Magdalena	662	ROZBIEGANY GOLENIÓW	K40	6	00:00:16	00:27:38	00:49:22	01:14:56.10	01:15:12.85	+00:03:25 (4.6%)	4:59	12 (95.2%)
7	KACHNOWICZ-BUKAŁA Izabela	295	ROZBIEGANY GOLENIÓW	K40	7	00:00:17	00:28:20	00:50:58	01:16:05.40	01:16:22.55	+00:04:34 (6.0%)	5:04	11.8 (93.7%)
8	BUKOWIECKA-ANDRYSIAK Małgorzata	80		K40	8	00:00:19	00:27:56	00:50:41	01:16:06.35	01:16:25.75	+00:04:35 (6.0%)	5:04	11.8 (93.7%)
9	MĘDEL Marta	478	TKKF KOSZALIN	K40	9	00:00:17	00:28:25	00:51:00	01:16:22.20	01:16:39.55	+00:04:51 (6.4%)	5:05	11.8 (93.7%)
10	HŁYWA Beata	248	KB WYGAN	K40	10	00:00:26	00:30:02	00:53:48	01:18:14.30	01:18:40.55	+00:06:43 (8.6%)	5:12	11.5 (91.3%)
11	NOWAK-IGNACAK Monika	510		K40	11	00:00:35	00:30:26	00:53:58	01:20:36.40	01:21:11.55	+00:09:05 (11.3%)	5:22	11.2 (88.9%)
12	MACIOSZEK Agnieszka	455		K40	12	00:00:37	00:29:08	00:54:05	01:21:08.85	01:21:46.20	+00:09:38 (11.9%)	5:24	11.1 (88.1%)
13	PIÓRO Ewa	573		K40	13	00:00:40	00:30:54	00:55:39	01:22:23.95	01:23:04.25	+00:10:53 (13.2%)	5:29	10.9 (86.5%)
14	KORNIOWSKA Ewelina	353	KOŁOBRZEG BIEGA	K40	14	00:00:56	00:31:28	00:56:13	01:23:03.45	01:23:59.70	+00:11:32 (13.9%)	5:32	10.8 (85.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike5_All 6km	Bike10_All 10km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 15km	brutto 15km			
15	KLEINSZMID Marta	334	OSP BIAŁY BÓR	K40	15	00:00:20	00:30:22	00:54:43	01:23:13.30	01:23:34.10	+00:11:42 (14.1%)	5:32	10.8 (85.7%)
16	RZĄDKOWSKA Maria	652		K40	16	00:00:21	00:30:25	00:54:50	01:23:23.00	01:23:44.00	+00:11:52 (14.2%)	5:33	10.8 (85.7%)
17	WALCZAK Agnieszka	797	TKKF KOSZALIN	K40	17	00:00:16	00:29:21	00:54:58	01:24:42.65	01:24:59.10	+00:13:12 (15.6%)	5:38	10.6 (84.1%)
18	STRZELCZYK Wioletta	721		K40	18	00:00:11	00:30:38	00:56:50	01:25:30.50	01:25:41.50	+00:13:59 (16.4%)	5:42	10.5 (83.3%)
19	MACKOWICZ Aneta	457	REHABILITACJA WOMP SZCZECIN	K40	19	00:00:33	00:31:37	00:57:08	01:25:55.60	01:26:28.65	+00:14:24 (16.8%)	5:43	10.5 (83.3%)
20	JABŁOŃSKA Katarzyna	264		K40	20	00:00:40	00:31:14	00:57:42	01:26:10.40	01:26:50.80	+00:14:39 (17.0%)	5:44	10.4 (82.5%)
21	PELC Marzena	557	RUN GRYF GRYFICE	K40	21	00:00:44	00:32:04	00:58:04	01:26:24.65	01:27:08.85	+00:14:54 (17.2%)	5:45	10.4 (82.5%)
22	SZELEŹNIAK Monika	741		K40	22	00:00:46	00:31:34	00:57:35	01:26:50.05	01:27:36.95	+00:15:19 (17.6%)	5:47	10.4 (82.5%)
23	JEDLECKA Magdalena	288	LUB WYBIERZ Z LISTY	K40	23	00:00:50	00:32:52	00:58:50	01:26:52.45	01:27:43.20	+00:15:21 (17.7%)	5:47	10.4 (82.5%)
24	ELBIŃSKA-KRAWCZUK Monika	171		K40	24	00:00:52	00:32:43	00:59:05	01:27:51.15	01:28:43.60	+00:16:20 (18.6%)	5:51	10.2 (81.0%)
25	GRZELAK Karina	225		K40	25	00:00:37	00:32:50	01:00:14	01:29:20.90	01:29:58.20	+00:17:50 (20.0%)	5:57	10.1 (80.2%)
26	GRZESIUK Anna	228		K40	26	00:00:50	00:33:59	01:00:32	01:29:22.70	01:30:13.00	+00:17:52 (20.0%)	5:57	10.1 (80.2%)
27	LIPERTOWICZ Adrianna	436	RUNGRYF GRYFICE	K40	27	00:01:02	00:32:21	00:59:28	01:29:33.55	01:30:36.25	+00:18:02 (20.2%)	5:58	10 (79.4%)
28	SIOŁA Danuta	671	GRA RUNNERS	K40	28	00:00:42	00:30:48	00:57:58	01:29:52.10	01:30:34.10	+00:18:21 (20.4%)	5:59	10 (79.4%)
29	DOMAŃSKA Katarzyna	149		K40	29	00:00:55	00:32:59	01:00:08	01:30:18.40	01:31:13.70	+00:18:47 (20.8%)	6:01	10 (79.4%)
30	RZOŃCA Izabela	655		K40	30	00:00:59	00:33:19	01:00:28	01:31:17.75	01:32:17.30	+00:19:47 (21.7%)	6:05	9.9 (78.6%)
31	KUBIK Monika	391		K40	31	00:01:01	00:34:14	01:01:07	01:31:26.30	01:32:27.80	+00:19:55 (21.8%)	6:05	9.8 (77.8%)
32	STYGAR Ewa	723		K40	32	00:00:36	00:33:13	01:01:01	01:31:40.65	01:32:16.85	+00:20:10 (22.0%)	6:06	9.8 (77.8%)
33	BEDNARZ Katarzyna	38		K40	33	00:00:41	00:33:20	01:01:19	01:31:56.70	01:32:38.40	+00:20:26 (22.2%)	6:07	9.8 (77.8%)
34	CHOŚCIŃSKA Agnieszka	99	HAIRBOX	K40	34	00:00:34	00:34:24	01:02:39	01:34:41.50	01:35:15.95	+00:23:10 (24.5%)	6:18	9.5 (75.4%)
35	MASZEROWSKA Marta	472	POZNANIANKA	K40	35	00:00:50	00:35:14	01:03:57	01:34:43.85	01:35:34.65	+00:23:13 (24.5%)	6:18	9.5 (75.4%)
36	ODWROT-LEGAWIEC Barbara	515	3:33 TEAM	K40	36	00:00:40	00:35:22	01:04:21	01:36:51.20	01:37:31.35	+00:25:20 (26.2%)	6:27	9.3 (73.8%)
37	MACIEJEWSKA Anna	906		K40	37	00:00:42	00:34:37	01:04:14	01:37:22.00	01:38:04.10	+00:25:51 (26.6%)	6:29	9.2 (73.0%)

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38	JÓŻWICKA Aneta	291		K40	38	00:00:31	00:35:01	01:04:54	01:37:26.90	01:37:58.80	+00:25:56 (26.6%)	6:29	9.2 (73.0%)
39	SKOWROŃSKA Anna	677		K40	39	00:00:23	00:37:23	01:08:06	01:43:38.85	01:44:02.75	+00:32:08 (31.0%)	6:54	8.7 (69.0%)
40	KLESZCZ Bożena	335		K40	40	00:00:51	00:36:15	01:08:54	01:43:59.55	01:44:50.90	+00:32:28 (31.2%)	6:55	8.7 (69.0%)
41	WENCŁAW-JUSZCZAK Marta	912		K40	41	00:01:01	00:37:08	01:10:13	01:46:33.60	01:47:35.05	+00:35:02 (32.9%)	7:06	8.4 (66.7%)
42	MORAWSKA Monika	491		K40	42	00:01:05	00:43:55	01:45:03	02:13:57.70	02:15:02.80	+01:02:27 (46.6%)	8:55	6.7 (53.2%)

Znaleziono 42 wynik(ów)