



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

## XXXI BIEG ZAŚLUBIN KOŁOBRZEG 15 KM

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

B4SPORT



Klasyfikacja: K45

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	FELSKA Anna	174	MŻS WOŁCZA MAŁA	K45	1	00:00:14	00:25:16	00:43:45	01:03:59.65	01:04:14.05		4:16	14.1 (100%)
2	MURAWSKA Wioletta	495	PARKRUN SZCZECIN	K45	2	00:00:08	00:24:27	00:43:02	01:04:29.70	01:04:38.20	+00:00:30 (0.8%)	4:18	14 (99.3%)
3	JACHNIK Sabina	268		K45	3	00:00:07	00:25:04	00:44:37	01:08:28.45	01:08:36.35	+00:04:28 (6.5%)	4:33	13.1 (92.9%)
4	POBŁOCKA Bożena	580	UKS EKONOMIK MARATONCZYK LEBORK	K45	4	00:00:05	00:26:34	00:47:02	01:09:53.75	01:09:58.75	+00:05:54 (8.4%)	4:39	12.9 (91.5%)
5	MICHALSKA Małgorzata	483	KURY Z WOLNEGO WYBIEGU .	K45	5	00:00:34	00:26:15	00:47:06	01:10:48.05	01:11:22.65	+00:06:48 (9.6%)	4:43	12.7 (90.1%)
6	WOJCIECHOWSKA-HRYCYK Agata	834		K45	6	00:00:14	00:26:48	00:48:15	01:12:30.30	01:12:44.90	+00:08:30 (11.7%)	4:50	12.4 (87.9%)
7	SIDORKIEWICZ Anna	666	KLUB BIEGACZA KAMIEŃ POMORSKI	K45	7	00:00:19	00:27:28	00:49:17	01:14:14.15	01:14:33.25	+00:10:14 (13.8%)	4:56	12.1 (85.8%)
8	ORŁOWSKA Beata	529	BEAUTYZONE	K45	8	00:00:37	00:28:13	00:49:53	01:14:35.50	01:15:12.60	+00:10:35 (14.2%)	4:58	12.1 (85.8%)
9	WALTER Joanna	800	KB 10 BIAŁOGARD	K45	9	00:00:30	00:28:18	00:50:24	01:15:08.45	01:15:38.85	+00:11:08 (14.8%)	5:00	12 (85.1%)
10	KAZIMIERSKA Żaneta	318		K45	10	00:00:39	00:28:08	00:50:38	01:16:25.90	01:17:05.65	+00:12:26 (16.3%)	5:05	11.8 (83.7%)
11	KURZAJCZYK Joanna	410	4RUN TEAM PIŁA	K45	11	00:00:12	00:28:13	00:51:02	01:17:02.30	01:17:14.90	+00:13:02 (16.9%)	5:08	11.7 (83.0%)
12	ZAWADZKA Marzena	869	4RUN TEAM PIŁA	K45	12	00:00:55	00:29:36	00:52:28	01:17:52.25	01:18:48.15	+00:13:52 (17.8%)	5:11	11.6 (82.3%)
13	RUTKOWSKA Anna	644		K45	13	00:00:35	00:29:30	00:53:00	01:18:26.25	01:19:01.80	+00:14:26 (18.4%)	5:13	11.5 (81.6%)
14	HOK Bożena	254		K45	14	00:00:39	00:30:05	00:53:33	01:19:17.10	01:19:56.20	+00:15:17 (19.3%)	5:17	11.4 (80.9%)

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
15	<b>JUSIŃSKA Anna</b>	<b>895</b>		K45	15	00:00:22	00:30:19	00:54:23	<b>01:21:06.75</b>	<b>01:21:28.95</b>	+00:17:07 (21.1%)	5:24	11.1 (78.7%)
16	<b>SOWISZ Danuta</b>	<b>702</b>	SOWISZ TEAM	K45	16	00:00:37	00:30:24	00:55:29	<b>01:23:34.75</b>	<b>01:24:12.55</b>	+00:19:35 (23.4%)	5:34	10.8 (76.6%)
17	<b>WODNICKA Ewa</b>	<b>831</b>	RUNGRYF GRYFICE	K45	17	00:00:44	00:32:04	00:57:56	<b>01:25:38.90</b>	<b>01:26:23.45</b>	+00:21:39 (25.3%)	5:42	10.5 (74.5%)
18	<b>NITA Katarzyna</b>	<b>504</b>	VILLAGE PUNK RUN	K45	18	00:00:44	00:31:02	00:57:02	<b>01:26:11.50</b>	<b>01:26:55.85</b>	+00:22:11 (25.8%)	5:44	10.4 (73.8%)
19	<b>WACHHOLZ Beata</b>	<b>795</b>	KB BRYZA POSTOMINO	K45	19	00:00:46	00:32:19	00:58:08	<b>01:26:41.75</b>	<b>01:27:27.80</b>	+00:22:42 (26.2%)	5:46	10.4 (73.8%)
20	<b>SOBKOWIAK Magda</b>	<b>688</b>	KURY Z WOLNEGO WYBIEGU .	K45	20	00:00:57	00:31:45	00:57:58	<b>01:27:28.30</b>	<b>01:28:25.55</b>	+00:23:28 (26.8%)	5:49	10.3 (73.0%)
21	<b>ŻELAZEK Beata</b>	<b>885</b>	KURY Z WOLNEGO WYBIEGU .	K45	21	00:00:56	00:31:46	00:57:58	<b>01:27:28.80</b>	<b>01:28:25.75</b>	+00:23:29 (26.8%)	5:49	10.3 (73.0%)
22	<b>TRZECIAK Anna</b>	<b>782</b>	KOŁOBRZEG BIEGA	K45	22	00:00:41	00:29:38	00:53:44	<b>01:29:31.45</b>	<b>01:30:12.55</b>	+00:25:31 (28.5%)	5:58	10.1 (71.6%)
23	<b>OKOŁO-KUŁAK Ola</b>	<b>940</b>	GRABOWO	K45	23	00:00:28	00:33:23	01:00:33	<b>01:30:08.60</b>	<b>01:30:36.70</b>	+00:26:08 (29.0%)	6:00	10 (70.9%)
24	<b>MACKOJĆ Agnieszka</b>	<b>456</b>	RUNGRYF	K45	24	00:00:45	00:33:07	01:00:15	<b>01:30:48.85</b>	<b>01:31:33.95</b>	+00:26:49 (29.5%)	6:03	9.9 (70.2%)
25	<b>SOKÓŁ Katarzyna</b>	<b>695</b>		K45	25	00:00:49	00:34:26	01:01:58	<b>01:31:59.95</b>	<b>01:32:49.70</b>	+00:28:00 (30.4%)	6:08	9.8 (69.5%)
26	<b>CHAWZIUK Magdalena</b>	<b>90</b>	PUSZCZYK BUKOWY	K45	26	00:00:46	00:33:52	01:01:57	<b>01:32:33.40</b>	<b>01:33:19.80</b>	+00:28:33 (30.9%)	6:10	9.7 (68.8%)
27	<b>SADOWSKA Beata</b>	<b>657</b>		K45	27	00:00:32	00:33:28	01:01:59	<b>01:33:16.50</b>	<b>01:33:49.00</b>	+00:29:16 (31.4%)	6:13	9.6 (68.1%)
28	<b>OLEJNIK Marzena</b>	<b>520</b>	NIEZRZESZONA	K45	28	00:00:17	00:33:43	01:02:05	<b>01:33:26.50</b>	<b>01:33:44.25</b>	+00:29:26 (31.5%)	6:13	9.6 (68.1%)
29	<b>NOWACZYK Dorota</b>	<b>505</b>		K45	29	00:00:37	00:33:05	01:01:47	<b>01:33:41.15</b>	<b>01:34:19.05</b>	+00:29:41 (31.7%)	6:14	9.6 (68.1%)
30	<b>KURCZ Barbara</b>	<b>409</b>	BABECZKI KOSZALIN	K45	30	00:00:59	00:34:50	01:03:57	<b>01:35:55.35</b>	<b>01:36:54.65</b>	+00:31:55 (33.3%)	6:23	9.4 (66.7%)
31	<b>CSULITS Claudia</b>	<b>115</b>		K45	31	00:00:45	00:34:21	01:04:09	<b>01:37:55.60</b>	<b>01:38:41.00</b>	+00:33:55 (34.7%)	6:31	9.2 (65.2%)
32	<b>DRZEWIECKA Agnieszka</b>	<b>154</b>	PARKRUN ŚWINOUJŚCIE	K45	32	00:00:52	00:33:27	01:01:04	<b>01:40:53.20</b>	<b>01:41:45.95</b>	+00:36:53 (36.6%)	6:43	8.9 (63.1%)
33	<b>DUSZA Anna</b>	<b>165</b>		K45	33	00:00:43	00:35:49	01:07:28	<b>01:41:58.75</b>	<b>01:42:42.25</b>	+00:37:59 (37.2%)	6:47	8.8 (62.4%)
34	<b>CHODOROWSKA Agnieszka</b>	<b>93</b>	NIE ZRZESZONA	K45	34	00:00:25	00:36:09	01:07:58	<b>01:42:26.60</b>	<b>01:42:51.65</b>	+00:38:26 (37.5%)	6:49	8.8 (62.4%)

Znaleziono 34 wynik(ów)