



Organizator:
Data:
Miejsce:
Dystans:

XXXI BIEG ZAŚLUBIN KOŁOBRZEG 15 KM

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

B4SPORT



Klasyfikacja: K55

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	KARKOWSKA Wiesława	312		K55	1	00:00:15	00:27:46	00:49:54	01:14:23.80	01:14:39.35		4:57	12.1 (100%)
2	DEJNAK Mariola	139		K55	2	00:00:30	00:28:49	00:52:55	01:20:07.80	01:20:38.50	+00:05:44 (7.2%)	5:20	11.2 (92.6%)
3	KOLANOWSKA Grażyna	341		K55	3	00:00:34	00:30:12	00:54:27	01:21:32.05	01:22:06.50	+00:07:08 (8.8%)	5:26	11 (90.9%)
4	MALINOWSKA Małgorzata	461	KB.SPRINT.ŚWIDWIN	K55	4	00:00:21	00:30:10	00:55:04	01:23:47.35	01:24:08.65	+00:09:23 (11.2%)	5:35	10.7 (88.4%)
5	SODNOMGOMBO Alimaa	691	WIECZORNE BIEGANIE W SZCZECINIE	K55	5	00:00:09	00:30:03	00:55:27	01:24:46.85	01:24:56.15	+00:10:23 (12.2%)	5:39	10.6 (87.6%)
6	GUDANIEC Dorota	231	TRIATHLON KOSZALIN	K55	6	00:00:25	00:31:56	00:57:23	01:25:49.60	01:26:15.05	+00:11:25 (13.3%)	5:43	10.5 (86.8%)
7	PYDYNOWSKA Elżbieta	602		K55	7	00:00:55	00:32:59	01:00:08	01:30:15.90	01:31:11.45	+00:15:52 (17.6%)	6:01	10 (82.6%)
8	HRYNIEWICZ Ewa	260		K55	8	00:00:50	00:32:53	01:00:43	01:31:40.00	01:32:30.85	+00:17:16 (18.8%)	6:06	9.8 (81.0%)
9	ZIONTKOWSKA Jolanta	877		K55	9	00:00:55	00:33:59	01:01:58	01:33:02.25	01:33:58.20	+00:18:38 (20.0%)	6:12	9.7 (80.2%)
10	MICHALSKA Agnieszka	482		K55	10	00:00:53	00:36:05	01:08:07	01:43:54.65	01:44:48.50	+00:29:30 (28.4%)	6:55	8.7 (71.9%)
11	MACIEJEWSKA Grażyna	452	SZWLA	K55	11	00:00:48	00:38:25	01:11:21	01:47:30.85	01:48:18.90	+00:33:07 (30.8%)	7:10	8.4 (69.4%)

Znaleziono 11 wynik(ów)