



Organizator:

Data:

Miejsce:

Dystans:

XXXII BIEG ZAŚLUBIN KOŁOBRZEG 15 KM

Stowarzyszenie "Bieg Zaślubin"; Miejski Ośrodek Sportu i Rekreacji w Kołobrzegu
2018-03-11
Kołobrzeg
15 km

B4SPORT



Klasyfikacja: K-OPEN-Powiat

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
1	MAKSYMOWICZ Kornelia	352		K35	2	00:03:00	00:31:28	00:34:42	01:04:29	01:07:37.00		4:30	13.3 (100%)
2	KOSECKA Katarzyna	267	KB WYGAN	K35	3	00:03:02	00:33:26	00:36:44	01:07:12	01:10:19.85	+00:02:42 (3.9%)	4:41	12.8 (96.2%)
3	LITWINOWICZ Renata	329	KB WYGAN	K40	5	00:03:20	00:33:22	00:36:43	01:07:18	01:10:26.05	+00:02:49 (4.0%)	4:41	12.8 (96.2%)
4	JUZYSZYN-BRAŃSKA Alicja	221		K30	2	00:02:57	00:33:32	00:36:59	01:09:17	01:12:37.75	+00:05:00 (6.9%)	4:50	12.4 (93.2%)
5	CHABOWSKA Karolina	70		K30	3	00:03:03	00:33:43	00:37:12	01:09:54	01:13:18.25	+00:05:41 (7.8%)	4:53	12.3 (92.5%)
6	WOJCIECHOWSKA-HRYCYK Agata	620		K50	2	00:03:16	00:34:42	00:38:13	01:10:55	01:14:15.85	+00:06:38 (9.0%)	4:57	12.1 (91.0%)
7	SZUBERT Julia	561	KOŁOBRZEG BIEGA	K16	1	00:03:12	00:34:54	00:38:24	01:12:41	01:16:06.45	+00:08:29 (11.2%)	5:04	11.8 (88.7%)
8	SZUBERT Agnieszka	562	KOŁOBRZEG BIEGA	K35	10	00:03:45	00:37:34	00:41:09	01:15:51	01:19:13.90	+00:11:36 (14.7%)	5:16	11.4 (85.7%)
9	KORNIOWSKA Ewelina	688	KOŁOBRZEG MARATON TEAM	K40	11	00:03:44	00:37:54	00:41:42	01:17:26	01:21:07.25	+00:13:30 (16.6%)	5:24	11.1 (83.5%)
10	SAJNÓG Joanna	500	KOŁOBRZEG MARATON TEAM	K30	7	00:03:48	00:38:44	00:42:33	01:18:55	01:22:14.75	+00:14:37 (17.8%)	5:29	10.9 (82.0%)
11	TRZECIAK Anna	583	KOŁOBRZEG BIEGA	K45	2	00:03:46	00:38:45	00:42:35	01:19:13	01:22:52.05	+00:15:15 (18.4%)	5:31	10.9 (82.0%)
12	KOSIDŁO Monika	268		K20	5	00:03:29	00:36:56	00:41:00	01:19:39	01:23:17.95	+00:15:40 (18.8%)	5:33	10.8 (81.2%)
13	KOZIARZ Anna	280		K35	16	00:03:45	00:38:24	00:42:18	01:19:40	01:23:27.10	+00:15:50 (19.0%)	5:33	10.8 (81.2%)
14	JANUSZEWSKA Anna	208		K35	19	00:03:18	00:39:06	00:43:00	01:20:29	01:24:09.20	+00:16:32 (19.7%)	5:36	10.7 (80.5%)
15	ŁANGOWSKA Iwona	335	KOŁOBRZEG MARATON TEAM	K50	7	00:03:55	00:39:17	00:43:17	01:20:41	01:24:14.30	+00:16:37 (19.7%)	5:36	10.7 (80.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bike_All	Spike_All	Bike_All	Spike_All	Czas netto	Różn	Tempo min/km	Tempo km/h
						0.698km	7.151km	7.849km	14.303km	15km			
16	UZNAŃSKA Agata	595		K50	8	00:03:56	00:39:18	00:43:18	01:20:42	01:24:18.25	+00:16:41 (19.8%)	5:37	10.7 (80.5%)
17	KUKIEŁKA Anna	301		K35	20	00:03:59	00:39:26	00:43:18	01:20:28	01:24:22.60	+00:16:45 (19.9%)	5:37	10.7 (80.5%)
18	MŁODZIEJSKA Iwona	374	KB WYGAN	K45	4	00:03:51	00:40:24	00:44:26	01:21:33	01:25:20.25	+00:17:43 (20.8%)	5:41	10.5 (78.9%)
19	JAZOWSKA Kamila	213	KOŁOBRZEG MARATON TEAM	K30	8	00:03:37	00:39:46	00:43:54	01:22:36	01:26:23.55	+00:18:46 (21.7%)	5:45	10.4 (78.2%)
20	ŻMUDA Monika	645	CW FANZA KOŁOBRZEG	K40	19	00:03:53	00:40:36	00:44:44	01:23:06	01:26:59.65	+00:19:22 (22.3%)	5:48	10.3 (77.4%)
21	KORNAK Wiktoria	264		K16	3	00:03:30	00:39:46	00:43:54	01:24:48	01:28:43.95	+00:21:06 (23.8%)	5:54	10.1 (75.9%)
22	MOTYCZYŃSKA Patrycja	381		K20	8	00:04:18	00:42:52	00:47:05	01:25:16	01:28:48.95	+00:21:11 (23.9%)	5:55	10.1 (75.9%)
23	STACHURSKA Agnieszka	526	BEM KOŁOBRZEG	K35	22	00:03:56	00:41:39	00:45:49	01:25:45	01:29:33.15	+00:21:56 (24.5%)	5:58	10.1 (75.9%)
24	OGRODOWCZYK Jagoda	395		K30	13	00:03:56	00:39:54	00:44:00	01:25:33	01:29:47.90	+00:22:10 (24.7%)	5:59	10 (75.2%)
25	PASZTOR Ania	418		K20	11	00:04:18	00:42:52	00:47:05	01:26:13	01:30:11.95	+00:22:34 (25.0%)	6:00	10 (75.2%)
26	KUBIAK Monika	655		K35	23	00:03:33	00:42:14	00:46:48	01:26:45	01:30:16.85	+00:22:39 (25.1%)	6:01	10 (75.2%)
27	DOBRUK Agnieszka	106		K45	5	00:04:11	00:42:01	00:46:21	01:27:15	01:31:20.35	+00:23:43 (26.0%)	6:05	9.9 (74.4%)
28	KROCZYŃSKA Kinga	288		K35	25	00:03:56	00:42:08	00:46:44	01:28:46	01:32:48.65	+00:25:11 (27.1%)	6:11	9.7 (72.9%)
29	PTASZYŃSKA Katarzyna	458	KOŁOBRZEG MARATON TEAM	K60	4	00:04:14	00:43:39	00:47:56	01:28:43	01:32:57.25	+00:25:20 (27.3%)	6:11	9.7 (72.9%)
30	KĘDZIORA Sara	244		K30	16	00:04:00	00:42:46	00:47:10	01:30:19	01:33:59.05	+00:26:22 (28.1%)	6:15	9.6 (72.2%)
31	DOMAŃSKA Katarzyna	108		K40	26	00:04:07	00:43:39	00:48:01	01:29:49	01:34:12.80	+00:26:35 (28.2%)	6:16	9.6 (72.2%)
32	GARBACZ-ZATORSKA Milena	141		K40	27	00:03:58	00:43:07	00:47:37	01:30:16	01:34:53.00	+00:27:16 (28.7%)	6:19	9.5 (71.4%)
33	WÓJCIK Aleksandra	626		K20	14	00:03:53	00:43:39	00:48:12	01:31:00	01:34:53.15	+00:27:16 (28.7%)	6:19	9.5 (71.4%)
34	BEDNARZ Katarzyna	29		K40	28	00:04:13	00:44:00	00:48:23	01:32:06	01:36:28.20	+00:28:51 (29.9%)	6:25	9.3 (69.9%)
35	ŁUKASZYK Eliza	343		K30	17	00:03:32	00:42:13	00:46:47	01:32:19	01:36:42.30	+00:29:05 (30.1%)	6:26	9.3 (69.9%)
36	STUDNIARZ Joanna	541		K50	13	00:04:13	00:44:36	00:49:04	01:32:43	01:37:19.80	+00:29:42 (30.5%)	6:29	9.2 (69.2%)
37	PYDYNOWSKA Elżbieta	461		K55	4	00:04:08	00:43:38	00:48:02	01:32:58	01:37:31.75	+00:29:54 (30.7%)	6:30	9.2 (69.2%)
38	KUSZKA Katarzyna	312		K20	15	00:04:20	00:46:17	00:50:42	01:32:59	01:37:36.60	+00:29:59 (30.7%)	6:30	9.2 (69.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bike_All	Spike_All	Bike_All	Spike_All	Czas netto	Różn	Tempo min/km	Tempo km/h
						0.698km	7.151km	7.849km	14.303km	15km			
39	PASTERNAK Magdalena	417		K35	29	00:04:13	00:44:38	00:49:10	01:34:20	01:38:43.15	+00:31:06 (31.5%)	6:34	9.1 (68.4%)
40	DURDA Małgorzata	659		K35	30	00:04:15	00:46:14	00:50:50	01:35:01	01:39:22.65	+00:31:45 (32.0%)	6:37	9.1 (68.4%)
41	STRYCZEWSKA Barbara	537		K40	31	00:04:05	00:46:25	00:51:00	01:35:37	01:40:01.35	+00:32:24 (32.4%)	6:40	9 (67.7%)
42	MORAWSKA Monika	379		K40	32	00:04:09	00:47:06	00:51:15	01:35:49	01:40:02.30	+00:32:25 (32.4%)	6:40	9 (67.7%)
43	RODAK Agnieszka	473		K55	5	00:04:17	00:45:57	00:50:34	01:35:29	01:40:03.35	+00:32:26 (32.4%)	6:40	9 (67.7%)
44	WĄSOWICZ Anna	602		K35	31	00:03:48	00:44:13	00:48:31	01:35:47	01:40:35.55	+00:32:58 (32.8%)	6:42	8.9 (66.9%)
45	TRYBUCH Joanna	582		K35	32	00:04:19	00:47:20	00:52:09	01:38:13	01:43:05.40	+00:35:28 (34.4%)	6:52	8.7 (65.4%)
46	KOZŁOWSKA Kinga	281		K40	36	00:04:11	00:47:47	00:52:52	01:40:59	01:45:46.00	+00:38:09 (36.1%)	7:03	8.5 (63.9%)
47	RAMA Ewa	466	KOŁOBRZEG BIEGA - PARKRUN	K50	14	00:04:42	00:52:06	00:57:06	01:47:59	01:53:14.45	+00:45:37 (40.3%)	7:33	7.9 (59.4%)

Znaleziono 47 wynik(ów)