



XXXII BIEG ZAŚLUBIN KOŁOBRZEG 15 KM

B4SPORT

Organizator: Stowarzyszenie "Bieg Zaślubin"; Miejski Ośrodek Sportu i Rekreacji w Kołobrzegu
Data: 2018-03-11
Miejsce: Kołobrzeg
Dystans: 15 km



Klasyfikacja: K30

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	KAMIŃSKA Agata	231	PARKRUN SZCZECIN	K30	1	00:02:59	00:31:52	00:34:57	01:03:59	01:06:56.55		4:27	13.4 (100%)
2	JUZYSZYN-BRAŃSKA Alicja	221		K30	2	00:02:57	00:33:32	00:36:59	01:09:17	01:12:37.75	+00:05:41 (7.8%)	4:50	12.4 (92.5%)
3	CHABOWSKA Karolina	70		K30	3	00:03:03	00:33:43	00:37:12	01:09:54	01:13:18.25	+00:06:21 (8.7%)	4:53	12.3 (91.8%)
4	JĘDRASZKO Magda	214	MTS HAMER MIASTKO	K30	4	00:03:30	00:35:14	00:38:41	01:11:04	01:14:20.30	+00:07:23 (9.9%)	4:57	12.1 (90.3%)
5	KUCZER Agata	660		K30	5	00:03:27	00:35:48	00:39:26	01:12:53	01:16:07.90	+00:09:11 (12.1%)	5:04	11.8 (88.1%)
6	PARADOWSKA Ewelina	414	ZA - BIEGANE BABECZKI. NOWOGARD	K30	6	00:03:48	00:36:53	00:40:31	01:14:13	01:17:46.45	+00:10:49 (13.9%)	5:11	11.6 (86.6%)
7	SAJNÓG Joanna	500	KOŁOBRZEG MARATON TEAM	K30	7	00:03:48	00:38:44	00:42:33	01:18:55	01:22:14.75	+00:15:18 (18.6%)	5:29	10.9 (81.3%)
8	JAZOWSKA Kamila	213	KOŁOBRZEG MARATON TEAM	K30	8	00:03:37	00:39:46	00:43:54	01:22:36	01:26:23.55	+00:19:27 (22.5%)	5:45	10.4 (77.6%)
9	ŻUKOWSKA Małgorzata	647		K30	9	00:04:08	00:41:29	00:45:29	01:22:45	01:26:34.15	+00:19:37 (22.7%)	5:46	10.4 (77.6%)
10	TYLKA Małgosia	588		K30	10	00:03:51	00:41:59	00:46:05	01:23:59	01:27:51.60	+00:20:55 (23.8%)	5:51	10.2 (76.1%)
11	BRZUSZKIEWICZ Agata	53	ROZBIEGANY GOLENIÓW	K30	11	00:03:42	00:40:09	00:44:14	01:23:48	01:27:53.30	+00:20:56 (23.8%)	5:51	10.2 (76.1%)
12	JANISZEWSKA Marlena	202	BULK-CARGO PORT SZCZECIN	K30	12	00:03:55	00:40:46	00:44:57	01:24:03	01:27:59.95	+00:21:03 (23.9%)	5:52	10.2 (76.1%)
13	OGRODOWCZYK Jagoda	395		K30	13	00:03:56	00:39:54	00:44:00	01:25:33	01:29:47.90	+00:22:51 (25.5%)	5:59	10 (74.6%)
14	CZARNECKA Teresa	88		K30	14	00:03:56	00:40:25	00:44:36	01:26:04	01:30:04.50	+00:23:07 (25.7%)	6:00	10 (74.6%)
15	LEPPERT Katarzyna	320		K30	15	00:03:58	00:43:02	00:47:21	01:28:04	01:32:29.50	+00:25:32 (27.6%)	6:10	9.7 (72.4%)

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	KĘDZIORA Sara	244		K30	16	00:04:00	00:42:46	00:47:10	01:30:19	01:33:59.05	+00:27:02 (28.8%)	6:15	9.6 (71.6%)
17	ŁUKASZYK Eliza	343		K30	17	00:03:32	00:42:13	00:46:47	01:32:19	01:36:42.30	+00:29:45 (30.8%)	6:26	9.3 (69.4%)
18	PRENDECKA Sylwia	445		K30	18	00:03:40	00:44:25	00:48:52	01:34:32	01:39:16.85	+00:32:20 (32.6%)	6:37	9.1 (67.9%)
19	ŁABUŃ Aleksandra	334		K30	19	00:04:07	00:45:15	00:49:48	01:36:09	01:40:46.55	+00:33:50 (33.6%)	6:43	8.9 (66.4%)

Znaleziono 19 wynik(ów)