



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: K40

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	WITKIEWICZ Magda	616		K40	1	00:02:57	00:29:53	00:32:49	00:59:49	01:02:34.85		4:10	14.4 (100%)
2	RUTKOWSKA Joanna	491	GKS KASZUBI LUZINO	K40	2	00:02:45	00:29:01	00:32:01	00:59:58	01:02:53.05	+00:00:18 (0.5%)	4:11	14.3 (99.3%)
3	DUDZIŃSKA Maja	115		K40	3	00:02:55	00:29:50	00:32:47	01:00:05	01:03:04.70	+00:00:29 (0.8%)	4:12	14.3 (99.3%)
4	FIŁONOWICZ Monika	131		K40	4	00:02:59	00:31:40	00:34:57	01:05:24	01:08:36.15	+00:06:01 (8.8%)	4:34	13.1 (91.0%)
5	LITWINOWICZ Renata	329	KB WYGAN	K40	5	00:03:20	00:33:22	00:36:43	01:07:18	01:10:26.05	+00:07:51 (11.1%)	4:41	12.8 (88.9%)
6	OTOKA Kasia	411		K40	6	00:03:11	00:34:02	00:37:31	01:09:24	01:12:40.65	+00:10:05 (13.9%)	4:50	12.4 (86.1%)
7	KACHNOWICZ-BUKAŁA Izabela	223	ROZBIEGANY GOLENIÓW	K40	7	00:03:30	00:36:59	00:40:37	01:14:48	01:18:20.05	+00:15:45 (20.1%)	5:13	11.5 (79.9%)
8	CIESZYŃSKA Marta	82	BEAUTY STUDIO LĘBORK	K40	8	00:03:31	00:36:44	00:40:26	01:16:30	01:20:27.35	+00:17:52 (22.2%)	5:21	11.2 (77.8%)
9	PRUSS Kasia	451	WKURW_TEAM	K40	9	00:03:51	00:38:25	00:42:16	01:17:23	01:20:49.60	+00:18:14 (22.6%)	5:23	11.1 (77.1%)
10	BIELEWICZ Anna	37	STOPA SŁUPSK	K40	10	00:03:26	00:37:07	00:40:58	01:17:19	01:20:51.20	+00:18:16 (22.6%)	5:23	11.1 (77.1%)
11	KORNIOWSKA Ewelina	688	KOŁOBRZEG MARATON TEAM	K40	11	00:03:44	00:37:54	00:41:42	01:17:26	01:21:07.25	+00:18:32 (22.9%)	5:24	11.1 (77.1%)
12	KĘPKA Karolina	247	STOPA SŁUPSK	K40	12	00:03:49	00:38:27	00:42:23	01:18:23	01:22:02.20	+00:19:27 (23.7%)	5:28	11 (76.4%)
13	CHORAŻEWSKA Andżelika	75		K40	13	00:03:42	00:38:38	00:42:31	01:18:25	01:22:10.85	+00:19:36 (23.8%)	5:28	11 (76.4%)
14	NOWAK-IGNACAK Monika	391		K40	14	00:03:39	00:38:55	00:42:51	01:20:55	01:25:02.45	+00:22:27 (26.4%)	5:40	10.6 (73.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat					Czas	Różn	Tempo min/km	Tempo km/h
						Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	15km			
15	ŚLIWIŃSKA Małgorzata	572	KPW ŚWINOUJŚCIE	K40	15	00:03:52	00:39:31	00:43:29	01:21:43	01:25:23.00	+00:22:48 (26.7%)	5:41	10.5 (72.9%)
16	REPKA Anna	471	LUPUS TEAM	K40	16	00:03:51	00:40:23	00:44:24	01:22:01	01:25:50.50	+00:23:15 (27.1%)	5:43	10.5 (72.9%)
17	MĄCZKOWSKA Wioletta	364	JATRENUJE	K40	17	00:04:01	00:39:55	00:43:49	01:22:24	01:26:40.25	+00:24:05 (27.8%)	5:46	10.4 (72.2%)
18	ZAROBIAK Katarzyna	632	WIECZORNE BIEGANIE W SZCZECINIE	K40	18	00:03:48	00:39:40	00:43:39	01:22:46	01:26:54.90	+00:24:20 (28.0%)	5:47	10.4 (72.2%)
19	ŻMUDA Monika	645	CW FANZA KOŁOBRZEG	K40	19	00:03:53	00:40:36	00:44:44	01:23:06	01:26:59.65	+00:24:24 (28.1%)	5:48	10.3 (71.5%)
20	KUREK Aneta	309		K40	20	00:03:56	00:40:44	00:44:53	01:23:54	01:27:56.45	+00:25:21 (28.8%)	5:51	10.2 (70.8%)
21	GRZELAK Karina	174	ROZBIEGANY KOSZALIN	K40	21	00:03:55	00:40:55	00:45:05	01:24:05	01:28:00.55	+00:25:25 (28.9%)	5:52	10.2 (70.8%)
22	KUJAWA Ewelina	298		K40	22	00:03:49	00:40:35	00:44:48	01:25:33	01:29:51.00	+00:27:16 (30.3%)	5:59	10 (69.4%)
23	STRZELCZYK Wioletta	539		K40	23	00:04:02	00:42:15	00:46:28	01:26:25	01:30:42.50	+00:28:07 (31.0%)	6:02	9.9 (68.8%)
24	KUBIK Monika	294		K40	24	00:04:05	00:42:50	00:47:09	01:27:37	01:31:49.65	+00:29:14 (31.8%)	6:07	9.8 (68.1%)
25	STASIAK Sylwia	528	BRAK	K40	25	00:03:55	00:42:42	00:47:02	01:28:36	01:32:53.30	+00:30:18 (32.6%)	6:11	9.7 (67.4%)
26	DOMAŃSKA Katarzyna	108		K40	26	00:04:07	00:43:39	00:48:01	01:29:49	01:34:12.80	+00:31:37 (33.6%)	6:16	9.6 (66.7%)
27	GARBACZ-ZATORSKA Milena	141		K40	27	00:03:58	00:43:07	00:47:37	01:30:16	01:34:53.00	+00:32:18 (34.0%)	6:19	9.5 (66.0%)
28	BEDNARZ Katarzyna	29		K40	28	00:04:13	00:44:00	00:48:23	01:32:06	01:36:28.20	+00:33:53 (35.1%)	6:25	9.3 (64.6%)
29	MACIOSZEK Agnieszka	347		K40	29	00:04:06	00:43:36	00:47:58	01:33:47	01:37:48.60	+00:35:13 (36.0%)	6:31	9.2 (63.9%)
30	KACZMAREK Agnieszka	685		K40	30	00:03:45	00:43:06	00:47:51	01:34:13	01:39:02.70	+00:36:27 (36.8%)	6:36	9.1 (63.2%)
31	STRYCZEWSKA Barbara	537		K40	31	00:04:05	00:46:25	00:51:00	01:35:37	01:40:01.35	+00:37:26 (37.4%)	6:40	9 (62.5%)
32	MORAWSKA Monika	379		K40	32	00:04:09	00:47:06	00:51:15	01:35:49	01:40:02.30	+00:37:27 (37.4%)	6:40	9 (62.5%)
33	KRANZMANN-ŻELEPIEŃ Anna	285		K40	33	00:03:51	00:45:30	00:50:03	01:35:16	01:40:08.20	+00:37:33 (37.5%)	6:40	9 (62.5%)
34	PELC Marzena	424	RUNGRYF GRYFICE	K40	34	00:04:02	00:45:56	00:50:55	01:37:04	01:41:22.25	+00:38:47 (38.3%)	6:45	8.9 (61.8%)
35	LEWANDOWSKA Izabela	322		K40	35	00:04:13	00:49:27	00:54:08	01:39:50	01:44:20.65	+00:41:45 (40.0%)	6:57	8.6 (59.7%)
36	KOZŁOWSKA Kinga	281		K40	36	00:04:11	00:47:47	00:52:52	01:40:59	01:45:46.00	+00:43:11 (40.8%)	7:03	8.5 (59.0%)
37	SZYMAŃSKA Irmína	678		K40	37	00:04:16	00:47:40				+00:17:46	6:40	9 (62.5%)

