



XXXII BIEG ZAŚLUBIN KOŁOBRZEG 15 KM

B4SPORT

Organiser: Stowarzyszenie "Bieg Zaślubin"; Miejski Ośrodek Sportu i Rekreacji w Kołobrzegu
Date: 2018-03-11
Place: Kołobrzeg
Distance: 15 km



Classification: K50

Place	Participant	Number	Club	Category	MCat					Net time 15km	Gap	Pace min/km	Pace km/h
						Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km				
1	ROMEJ Elżbieta	481	LŁKB TRUCHT ŁOBEZ	K50	1	00:03:02	00:32:43	00:36:04	01:07:44	01:11:19.45		4:45	12.6 (100%)
2	WOJCIECHOWSKA-HRYCYK Agata	620		K50	2	00:03:16	00:34:42	00:38:13	01:10:55	01:14:15.85	+00:02:56 (4.0%)	4:57	12.1 (96.0%)
3	ŻURKOWSKA Iwona	649	BIEGAM Z MĘŻEM	K50	3	00:03:27	00:36:20	00:40:03	01:15:49	01:19:26.25	+00:08:06 (10.2%)	5:17	11.3 (89.7%)
4	WODNICKA Ewa	619	RUNGRYF GRYFICE	K50	4	00:03:58	00:39:14	00:43:07	01:16:53	01:20:17.30	+00:08:57 (11.2%)	5:21	11.2 (88.9%)
5	KANIEWSKA Alicja	234	AKADEMIA BIEGANIA	K50	5	00:03:41	00:38:00	00:41:47	01:17:02	01:20:46.10	+00:09:26 (11.7%)	5:23	11.1 (88.1%)
6	GRABOWSKA Elżbieta	166		K50	6	00:03:48	00:39:20	00:43:19	01:20:21	01:24:08.30	+00:12:48 (15.2%)	5:36	10.7 (84.9%)
7	ŁANGOWSKA Iwona	335	KOŁOBRZEG MARATON TEAM	K50	7	00:03:55	00:39:17	00:43:17	01:20:41	01:24:14.30	+00:12:54 (15.3%)	5:36	10.7 (84.9%)
8	UZNAŃSKA Agata	595		K50	8	00:03:56	00:39:18	00:43:18	01:20:42	01:24:18.25	+00:12:58 (15.4%)	5:37	10.7 (84.9%)
9	LAL Monika	315	RUNGRYF GRYFICE	K50	9	00:03:58	00:40:12	00:44:13	01:22:06	01:25:53.45	+00:14:34 (17.0%)	5:43	10.5 (83.3%)
10	GAJDZIS Magdalena	137		K50	10	00:04:11	00:42:16	00:46:27	01:23:49	01:27:41.40	+00:16:21 (18.7%)	5:50	10.3 (81.7%)
11	PIETRZAK Mariola	430	BABECZKI KOSZALIN	K50	11	00:03:56	00:40:32	00:44:42	01:24:07	01:27:57.25	+00:16:37 (18.9%)	5:51	10.2 (81.0%)
12	BANASZKIEWICZ Kasia	17		K50	12	00:03:49	00:42:43	00:47:02	01:29:16	01:33:46.00	+00:22:26 (23.9%)	6:15	9.6 (76.2%)
13	STUDNIARZ Joanna	541		K50	13	00:04:13	00:44:36	00:49:04	01:32:43	01:37:19.80	+00:26:00 (26.7%)	6:29	9.2 (73.0%)
14	RAMA Ewa	466	KOŁOBRZEG BIEGA - PARKRUN	K50	14	00:04:42	00:52:06	00:57:06	01:47:59	01:53:14.45	+00:41:55 (37.0%)	7:33	7.9 (62.7%)

Total 14 results.