



# ZIMOWA MILA GÓRSKA 2019 - PO 3 EDYCJACH

B4SPORT

**Organiser:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Date:** 2019-02-06  
**Place:** Koszalin  
**Distance:** 4.828 km



Classification: K-OPEN

| Place | Participant              | Number | Club               | Category | MCat | Etap 1             | Etap 2             | Etap 3             | Net time<br>4.828km | Czas brutto<br>4.828km | Gap                  | Pace<br>min/km | Pace<br>km/h    |
|-------|--------------------------|--------|--------------------|----------|------|--------------------|--------------------|--------------------|---------------------|------------------------|----------------------|----------------|-----------------|
| 1     | KONKEL Agnieszka         | 3044   |                    | K30-39   | 1    | 00:07:32.13        | 00:07:31.52        | 00:07:25.75        | 00:22:29.40         | 00:23:37.66            |                      | 4:39           | 12.9<br>(100%)  |
| 2     | CHORAŻY Karolina         | 3015   | LEO-TEAM           | K30-39   | 2    | 00:07:45.42        | 00:07:56.34        | 00:07:20.68        | 00:23:02.44         | 00:24:11.09            | +00:00:33<br>(2.4%)  | 4:46           | 12.6<br>(97.7%) |
| 3     | SZNYTER Sabina           | 3090   | DECATHLON KOSZALIN | K18-29   | 1    | 00:07:47.75        | 00:07:39.43        | 00:07:44.38        | 00:23:11.56         | 00:24:21.81            | +00:00:42<br>(3.0%)  | 4:48           | 12.5<br>(96.9%) |
| 4     | KULCZYK Katarzyna        | 3055   | BRYZA POSTOMINO    | K30-39   | 3    | 00:08:37.96        | 00:08:28.27        | 00:08:28.04        | 00:25:34.27         | 00:27:09.87            | +00:03:04<br>(12.0%) | 5:17           | 11.3<br>(87.6%) |
| 5     | DĄBROWSKA Alicja         | 3018   | TKKF KOSZALIN      | K50+     | 1    | 00:08:41.09        | 00:08:33.61        | 00:08:28.48        | 00:25:43.18         | 00:27:04.73            | +00:03:13<br>(12.6%) | 5:19           | 11.3<br>(87.6%) |
| 6     | KRZEWIŃSKA Małgorzata    | 3053   | TKKF KOSZALIN      | K50+     | 2    | 00:09:10.48        | 00:09:20.89        | 00:09:05.79        | 00:27:37.16         | 00:28:57.85            | +00:05:07<br>(18.6%) | 5:43           | 10.5<br>(81.4%) |
| 7     | GRABOWSKA-LESISZ Aneta   | 3024   |                    | K40-49   | 1    | 00:09:20.99        | 00:09:28.99        | 00:09:08.48        | 00:27:58.46         | 00:29:13.84            | +00:05:29<br>(19.6%) | 5:47           | 10.4<br>(80.6%) |
| 8     | WOLF Beata               | 3098   | TKKF KOSZALIN      | K40-49   | 2    | 00:09:35.19        | 00:10:22.95        | 00:09:59.54        | 00:29:57.68         | 00:31:27.94            | +00:07:28<br>(24.9%) | 6:12           | 9.7<br>(75.2%)  |
| 9     | KASZUBIAK Julia          | 3036   |                    | K10-13   | 1    | 00:10:37.60        | 00:10:13.62        | 00:10:29.89        | 00:31:21.11         | 00:32:58.20            | +00:08:51<br>(28.3%) | 6:29           | 9.2<br>(71.3%)  |
| 10    | ZUKAL Aleksandra         | 3105   |                    | K40-49   | 3    | 00:11:07.32        | 00:11:43.56        | 00:11:16.02        | 00:34:06.90         | 00:35:27.95            | +00:11:37<br>(34.1%) | 7:03           | 8.5<br>(65.9%)  |
| 11    | SUDER-MAKSYMOWICZ Monika | 3088   |                    | K30-39   | 4    | 00:12:36.39        | 00:12:01.89        | 00:11:59.79        | 00:36:38.07         | 00:37:50.67            | +00:14:08<br>(38.6%) | 7:35           | 7.9<br>(61.2%)  |
| 12    | KOZŁOWIECKA Małgorzata   | 3050   |                    | K50+     | 3    | 00:12:22.04        | 00:12:39.98        | 00:12:01.95        | 00:37:03.97         | 00:38:28.84            | +00:14:34<br>(39.3%) | 7:40           | 7.8<br>(60.5%)  |
|       | CHODOR Martyna           | 3013   | TKKF KOSZALIN      | K30-39   |      | 00:08:22.27<br>DNF | 00:00:00.00<br>DNF | 00:00:00.00<br>DNF | DNF                 | DNF                    |                      | -              | - (0.0%)        |
|       | SZOSTAK Marta            | 3091   |                    | K18-29   |      | 00:00:00.00<br>DNF | 00:08:58.30<br>DNF | 00:00:00.00<br>DNF | DNF                 | DNF                    |                      | -              | - (0.0%)        |

| Place | Participant       | Number | Club          | Category | MCat | Etap 1             | Etap 2             | Etap 3             | Net time<br>4.828km | Czas brutto<br>4.828km | Gap | Pace<br>min/km | Pace<br>km/h |
|-------|-------------------|--------|---------------|----------|------|--------------------|--------------------|--------------------|---------------------|------------------------|-----|----------------|--------------|
|       | MĘDEL Marta       | 3065   | TKKF KOSZALIN | K40-49   |      | 00:08:59.48<br>DNF | 00:00:00.00<br>DNF | 00:00:00.00<br>DNF | DNF                 | DNF                    |     | -              | - (0.0%)     |
|       | SARAPUK Gabriela  | 3082   | TKKF KOSZALIN | K40-49   |      | 00:00:00.00<br>DNF | 00:09:25.93<br>DNF | 00:00:00.00<br>DNF | DNF                 | DNF                    |     | -              | - (0.0%)     |
|       | ZIÓŁKOWSKA Gosia  | 3103   |               | K30-39   |      | 00:10:16.86<br>DNF | 00:00:00.00<br>DNF | 00:00:00.00<br>DNF | DNF                 | DNF                    |     | -              | - (0.0%)     |
|       | STRACH Martyna    | 3086   |               | K18-29   |      | 00:10:47.71<br>DNF | 00:00:00.00<br>DNF | 00:00:00.00<br>DNF | DNF                 | DNF                    |     | -              | - (0.0%)     |
|       | MACUDZIŃSKA Iza   | 3062   |               | K18-29   |      | 00:11:26.50<br>DNF | 00:00:00.00<br>DNF | 00:00:00.00<br>DNF | DNF                 | DNF                    |     | -              | - (0.0%)     |
|       | HAMALA Monika     | 3026   |               | K30-39   |      | 00:00:00.00<br>DNF | 00:12:10.83<br>DNF | 00:00:00.00<br>DNF | DNF                 | DNF                    |     | -              | - (0.0%)     |
|       | KLIMKOWSKA Maria  | 3042   |               | K40-49   |      | 00:12:16.20<br>DNF | 00:00:00.00<br>DNF | 00:00:00.00<br>DNF | DNF                 | DNF                    |     | -              | - (0.0%)     |
|       | PEŁECHATA Julita  | 3075   | FOR-REST-RUN  | K18-29   |      | 00:08:18.49<br>DNF | 00:08:13.99<br>DNF | 00:00:00.00<br>DNF | DNF                 | DNF                    |     | -              | - (0.0%)     |
|       | CHODOR Izabela    | 3012   | TKKF KOSZALIN | K30-39   |      | 00:08:37.78<br>DNF | 00:08:28.10<br>DNF | 00:00:00.00<br>DNF | DNF                 | DNF                    |     | -              | - (0.0%)     |
|       | WOŁYŃSKA Wioletta | 3099   | TKKF KOSZALIN | K40-49   |      | 00:00:00.00<br>DNF | 00:09:10.37<br>DNF | 00:08:27.59<br>DNF | DNF                 | DNF                    |     | -              | - (0.0%)     |

Total 24 results.