



ZIMOWA MILA GÓRSKA 2019 - PO 4 EDYCJACH

B4SPORT

Organiser: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Date: 2019-02-20
Place: Koszalin
Distance: 6.437 km



Classification: K-OPEN

| Place | Participant | Number | Club | Category | MCat | Etap 1 | Etap 2 | Etap 3 | Etap 4 | Net time 6.437km | Czas brutto 6.437km | Gap | Pace min/km | Pace km/h |
|-------|---------------------------------|-------------|--------------------|----------|------|-------------|-------------|-------------|-------------|---------------------|---------------------------|----------------------|----------------|-----------------|
| 1 | KONKEL Agnieszka | 4039 | | K30-39 | 1 | 00:07:32.13 | 00:07:31.52 | 00:07:25.75 | 00:07:18.28 | 00:29:47.68 | 00:31:02.22 | | 4:37 | 13 (100%) |
| 2 | CHORAŻY Karolina | 4074 | LEO-TEAM | K30-39 | 2 | 00:07:45.42 | 00:07:56.34 | 00:07:20.68 | 00:07:37.83 | 00:30:40.27 | 00:31:54.35 | +00:00:52 (2.9%) | 4:45 | 12.6 (96.9%) |
| 3 | SZNYTER Sabina | 4079 | DECATHLON KOSZALIN | K18-29 | 1 | 00:07:47.75 | 00:07:39.43 | 00:07:44.38 | 00:07:41.28 | 00:30:52.84 | 00:32:09.68 | +00:01:05 (3.5%) | 4:47 | 12.5 (96.2%) |
| 4 | DĄBROWSKA Alicja | 4056 | TKKF KOSZALIN | K50+ | 1 | 00:08:41.09 | 00:08:33.61 | 00:08:28.48 | 00:08:13.59 | 00:33:56.77 | 00:35:26.60 | +00:04:09 (12.2%) | 5:16 | 11.4 (87.7%) |
| 5 | KULCZYK Katarzyna | 4018 | BRYZA POSTOMINO | K30-39 | 3 | 00:08:37.96 | 00:08:28.27 | 00:08:28.04 | 00:08:23.04 | 00:33:57.31 | 00:35:43.09 | +00:04:09 (12.3%) | 5:16 | 11.4 (87.7%) |
| 6 | KRZEWIŃSKA Małgorzata | 4041 | TKKF KOSZALIN | K50+ | 2 | 00:09:10.48 | 00:09:20.89 | 00:09:05.79 | 00:08:47.37 | 00:36:24.53 | 00:37:54.13 | +00:06:36 (18.2%) | 5:39 | 10.6 (81.5%) |
| 7 | GRABOWSKA-LESISZ Aneta | 4045 | | K40-49 | 1 | 00:09:20.99 | 00:09:28.99 | 00:09:08.48 | 00:08:51.34 | 00:36:49.80 | 00:38:14.47 | +00:07:02 (19.1%) | 5:43 | 10.5 (80.8%) |
| 8 | WOLF Beata | 4008 | TKKF KOSZALIN | K40-49 | 2 | 00:09:35.19 | 00:10:22.95 | 00:09:59.54 | 00:10:09.74 | 00:40:07.42 | 00:41:51.02 | +00:10:19 (25.7%) | 6:13 | 9.6 (73.8%) |
| 9 | KASZUBIAK Julia | 4040 | | K10-13 | 1 | 00:10:37.60 | 00:10:13.62 | 00:10:29.89 | 00:09:58.57 | 00:41:19.68 | 00:43:12.37 | +00:11:32 (27.9%) | 6:25 | 9.3 (71.5%) |
| 10 | ZUKAL Aleksandra | 4062 | | K40-49 | 3 | 00:11:07.32 | 00:11:43.56 | 00:11:16.02 | 00:11:07.00 | 00:45:13.90 | 00:46:46.10 | +00:15:26 (34.1%) | 7:01 | 8.5 (65.4%) |
| 11 | SUDER-MAKSYMOWICZ Monika | 4002 | | K30-39 | 4 | 00:12:36.39 | 00:12:01.89 | 00:11:59.79 | 00:10:55.02 | 00:47:33.09 | 00:48:51.38 | +00:17:45 (37.3%) | 7:23 | 8.1 (62.3%) |
| 12 | KOZŁOWIECKA Małgorzata | 4077 | | K50+ | 3 | 00:12:22.04 | 00:12:39.98 | 00:12:01.95 | 00:11:39.68 | 00:48:43.65 | 00:50:24.10 | +00:18:55 (38.9%) | 7:34 | 7.9 (60.8%) |

Total 12 results.