



# ZIMOWA MILA GÓRSKA 2019 - PO 5 EDYCJACH

B4SPORT

**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2019-03-06  
**Miejsce:** Koszalin  
**Dystans:** 8.046 km



Klasyfikacja: K-OPEN

| Msc | Zawodnik                 | Numer | Klub            | Kategoria | Mkat | Etap 1      | Etap 2      | Etap 3      | Etap 4      | Etap5       | Czas netto<br>8.046km | Czas brutto<br>8.046km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|--------------------------|-------|-----------------|-----------|------|-------------|-------------|-------------|-------------|-------------|-----------------------|------------------------|----------------------|-----------------|-----------------|
| 1   | KONKEL Agnieszka         | 5065  |                 | K30-39    | 1    | 00:07:32.13 | 00:07:31.52 | 00:07:25.75 | 00:07:18.28 | 00:07:18.53 | 00:37:06.21           | 00:38:23.18            |                      | 4:36            | 13<br>(100%)    |
| 2   | CHORAŻY Karolina         | 5026  | LEO-TEAM        | K30-39    | 2    | 00:07:45.42 | 00:07:56.34 | 00:07:20.68 | 00:07:37.83 | 00:07:42.36 | 00:38:22.63           | 00:39:39.46            | +00:01:16<br>(3.3%)  | 4:46            | 12.6<br>(96.9%) |
| 3   | DĄBROWSKA Alicja         | 5021  | TKKF KOSZALIN   | K50+      | 1    | 00:08:41.09 | 00:08:33.61 | 00:08:28.48 | 00:08:13.59 | 00:08:03.52 | 00:42:00.29           | 00:43:33.76            | +00:04:54<br>(11.7%) | 5:13            | 11.5<br>(88.5%) |
| 4   | KULCZYK Katarzyna        | 5075  | BRYZA POSTOMINO | K30-39    | 3    | 00:08:37.96 | 00:08:28.27 | 00:08:28.04 | 00:08:23.04 | 00:08:36.78 | 00:42:34.09           | 00:44:28.26            | +00:05:27<br>(12.8%) | 5:17            | 11.3<br>(86.9%) |
| 5   | KRZEWIŃSKA Małgorzata    | 5020  | TKKF KOSZALIN   | K50+      | 2    | 00:09:10.48 | 00:09:20.89 | 00:09:05.79 | 00:08:47.37 | 00:08:56.62 | 00:45:21.15           | 00:46:56.19            | +00:08:14<br>(18.2%) | 5:38            | 10.6<br>(81.5%) |
| 6   | GRABOWSKA-LESISZ Aneta   | 5028  |                 | K40-49    | 1    | 00:09:20.99 | 00:09:28.99 | 00:09:08.48 | 00:08:51.34 | 00:09:05.51 | 00:45:55.31           | 00:47:23.49            | +00:08:49<br>(19.2%) | 5:42            | 10.5<br>(80.8%) |
| 7   | WOLF Beata               | 5060  | TKKF KOSZALIN   | K40-49    | 2    | 00:09:35.19 | 00:10:22.95 | 00:09:59.54 | 00:10:09.74 | 00:10:23.22 | 00:50:30.64           | 00:52:22.17            | +00:13:24<br>(26.5%) | 6:16            | 9.6<br>(73.8%)  |
| 8   | KASZUBIAK Julia          | 5066  |                 | K10-13    | 1    | 00:10:37.60 | 00:10:13.62 | 00:10:29.89 | 00:09:58.57 | 00:10:59.65 | 00:52:19.33           | 00:54:20.84            | +00:15:13<br>(29.1%) | 6:30            | 9.2<br>(70.8%)  |
| 9   | ZUKAL Aleksandra         | 5037  |                 | K40-49    | 3    | 00:11:07.32 | 00:11:43.56 | 00:11:16.02 | 00:11:07.00 | 00:11:13.43 | 00:56:27.33           | 00:58:05.80            | +00:19:21<br>(34.3%) | 7:01            | 8.6<br>(66.2%)  |
| 10  | SUDER-MAKSYMOWICZ Monika | 5051  |                 | K30-39    | 4    | 00:12:36.39 | 00:12:01.89 | 00:11:59.79 | 00:10:55.02 | 00:10:58.84 | 00:58:31.93           | 00:59:51.72            | +00:21:25<br>(36.6%) | 7:16            | 8.2<br>(63.1%)  |
| 11  | KOZŁOWIECKA Małgorzata   | 5001  |                 | K50+      | 3    | 00:12:22.04 | 00:12:39.98 | 00:12:01.95 | 00:11:39.68 | 00:11:32.72 | 01:00:16.37           | 01:02:05.27            | +00:23:10<br>(38.4%) | 7:29            | 8<br>(61.5%)    |

Znaleziono 11 wynik(ów)