



# ZIMOWA MILA GÓRSKA 2020 - PO 2 EDYCJACH

B4SPORT

**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2020-02-05  
**Miejsce:** Koszalin  
**Dystans:** 3.218 km



Klasyfikacja: K-OPEN

| Msc | Zawodnik                  | Numer | Klub               | Kategoria | Mkat | Etap 1      | Etap 2      | Czas netto<br>3.218km | Czas brutto<br>3.218km | Różn              | Tempo<br>min/km | Tempo<br>km/h |
|-----|---------------------------|-------|--------------------|-----------|------|-------------|-------------|-----------------------|------------------------|-------------------|-----------------|---------------|
| 1   | KONKEL Agnieszka          | 4101  |                    | K30-39    | 1    | 00:07:17.00 | 00:07:16.00 | 00:14:33.00           | 00:14:41.00            |                   | 4:31            | 13.3 (100%)   |
| 2   | KRYNICKA GRZYB Małgorzata | 4103  |                    | K30-39    | 2    | 00:07:59.00 | 00:07:38.00 | 00:15:37.00           | 00:15:42.00            | +00:01:04 (6.8%)  | 4:51            | 12.4 (93.2%)  |
| 3   | HAŁKA Justyna             | 4019  | TRUCHT ŁOBEZ       | K40-49    | 1    | 00:08:18.00 | 00:07:54.00 | 00:16:12.00           | 00:16:19.00            | +00:01:39 (10.2%) | 5:02            | 11.9 (89.5%)  |
| 4   | KRYNICKA Magdalena        | 4048  |                    | K18-29    | 1    | 00:08:23.00 | 00:08:08.00 | 00:16:31.00           | 00:16:36.00            | +00:01:58 (11.9%) | 5:07            | 11.7 (88.0%)  |
| 5   | DĄBROWSKA Alicja          | 4083  | TKKF KOSZALIN      | K50-59    | 1    | 00:08:24.00 | 00:08:21.00 | 00:16:45.00           | 00:17:00.00            | +00:02:12 (13.1%) | 5:12            | 11.5 (86.5%)  |
| 6   | GIEDROWICZ Aleksandra     | 4017  |                    | K30-39    | 3    | 00:08:34.00 | 00:08:21.00 | 00:16:55.00           | 00:17:13.00            | +00:02:22 (14.0%) | 5:15            | 11.4 (85.7%)  |
| 7   | SARAPUK Gabriela          | 4009  | TKKF KOSZALIN      | K40-49    | 2    | 00:08:43.00 | 00:08:17.00 | 00:17:00.00           | 00:17:31.00            | +00:02:27 (14.4%) | 5:16            | 11.4 (85.7%)  |
| 8   | KULCZYK Katarzyna         | 4010  | KB BRYZA POSTOMINO | K30-39    | 4    | 00:09:00.00 | 00:08:38.00 | 00:17:38.00           | 00:18:00.00            | +00:03:05 (17.5%) | 5:28            | 10.9 (82.0%)  |
| 9   | KRZEWIŃSKA Małgorzata     | 4094  | TKKF KOSZALIN      | K60+      | 1    | 00:08:53.00 | 00:08:50.00 | 00:17:43.00           | 00:17:58.00            | +00:03:10 (17.9%) | 5:30            | 10.9 (82.0%)  |
| 10  | MADAJCZYK Emilia          | 4063  | AKS BIAŁOGARD      | K10-13    | 1    | 00:09:14.00 | 00:08:37.00 | 00:17:51.00           | 00:17:54.00            | +00:03:18 (18.5%) | 5:32            | 10.8 (81.2%)  |
| 11  | GRABOWSKA-LESISZ Aneta    | 4100  |                    | K40-49    | 3    | 00:09:03.00 | 00:08:50.00 | 00:17:53.00           | 00:18:09.00            | +00:03:20 (18.6%) | 5:33            | 10.8 (81.2%)  |
| 12  | GOLEC Anna                | 4080  |                    | K40-49    | 4    | 00:09:19.00 | 00:09:05.00 | 00:18:24.00           | 00:18:46.00            | +00:03:51 (20.9%) | 5:43            | 10.5 (78.9%)  |
| 13  | HAŁAJKO Magdalena         | 4024  |                    | K30-39    | 5    | 00:09:27.00 | 00:09:08.00 | 00:18:35.00           | 00:18:53.00            | +00:04:02 (21.7%) | 5:46            | 10.4 (78.2%)  |
| 14  | PŁATOSZ Magda             | 4035  |                    | K18-29    | 2    | 00:09:45.00 | 00:09:40.00 | 00:19:25.00           | 00:19:32.00            | +00:04:52 (25.1%) | 6:02            | 9.9 (74.4%)   |
| 15  | KASZUBIAK Julia           | 4012  |                    | K10-13    | 2    | 00:11:18.00 | 00:08:58.00 | 00:20:16.00           | 00:20:32.00            | +00:05:43 (28.2%) | 6:17            | 9.5 (71.4%)   |
| 15  | DOBOSZ Izabella           | 4058  |                    | K40-49    | 5    | 00:10:06.00 | 00:10:10.00 | 00:20:16.00           | 00:20:41.00            | +00:05:43 (28.2%) | 6:17            | 9.5 (71.4%)   |
| 17  | NAWROCKA Anna             | 4003  |                    | K30-39    | 6    | 00:10:25.00 | 00:10:09.00 | 00:20:34.00           | 00:22:20.00            | +00:06:01 (29.3%) | 6:23            | 9.4 (70.7%)   |
| 18  | RADOSZ Katarzyna          | 4098  |                    | K50-59    | 2    | 00:10:26.00 | 00:10:18.00 | 00:20:44.00           | 00:21:12.00            | +00:06:11 (29.8%) | 6:26            | 9.3 (69.9%)   |
| 19  | RADZIUSZ Ilona            | 4041  | MORSACZEBIEGACZE   | K30-39    | 7    | 00:11:07.00 | 00:10:15.00 | 00:21:22.00           | 00:21:40.00            | +00:06:49 (31.9%) | 6:38            | 9 (67.7%)     |
| 20  | SUDER-MAKSYMOWICZ Monika  | 4026  |                    | K30-39    | 8    | 00:10:46.00 | 00:10:46.00 | 00:21:32.00           | 00:21:50.00            | +00:06:59 (32.4%) | 6:41            | 9 (67.7%)     |
| 21  | MIKOŁAJCZYK Lidia         | 4040  | MORSACZEBIEGACZE   | K30-39    | 9    | 00:12:03.00 | 00:10:57.00 | 00:23:00.00           | 00:23:18.00            | +00:08:27 (36.7%) | 7:08            | 8.4 (63.2%)   |
| 22  | PAZIEWSKA Agnieszka       | 4038  | TKKF KOSZALIN      | K40-49    | 6    | 00:12:05.00 | 00:11:25.00 | 00:23:30.00           | 00:23:45.00            | +00:08:57 (38.1%) | 7:18            | 8.2 (61.7%)   |
| 23  | KOZŁOWIECKA Małgorzata    | 4016  |                    | K60+      | 2    | 00:12:19.00 | 00:12:13.00 | 00:24:32.00           | 00:24:58.00            | +00:09:59 (40.7%) | 7:37            | 7.9 (59.4%)   |

Znaleziono 23 wynik(ów)