BYDGOSKI BIEG NIEPODLEGŁOŚCI 2019

Organizator: Aktywna Bydgoszcz
Data: 2019-11-11
Miejsce: Bydgoszcz
Dystans: 5 km

Klasyfikacja: K-50

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	**PAPROCKA Małgosia**	**164**		K-50	1	00:00:06	**00:21:09.60**	**00:21:15.80**		4:13	14.2 (100%)
2	**WIŚNIEWSKA Lucyna**	**203**	TRISPACE/TREK	K-50	2	00:00:30	**00:26:30.60**	**00:27:00.65**	+00:05:21 (20.2%)	5:18	11.3 (79.6%)
3	**BRZOZOWSKA Jolanta**	**658**		K-50	3	00:00:30	**00:26:55.65**	**00:27:26.35**	+00:05:46 (21.4%)	5:23	11.1 (78.2%)
4	**DRZEWUCKA Anna**	**398**		K-50	4	00:01:00	**00:27:24.15**	**00:28:24.60**	+00:06:14 (22.8%)	5:28	10.9 (76.8%)
5	**FRYDRYCHOWICZ Lilianna**	**975**		K-50	5	00:00:25	**00:28:00.05**	**00:28:25.95**	+00:06:50 (24.4%)	5:36	10.7 (75.4%)
6	**WYDRZYNSKA Katarzyna**	**519**	SOLECCYBIEGACZE	K-50	6	00:00:35	**00:28:34.40**	**00:29:09.85**	+00:07:24 (25.9%)	5:42	10.5 (73.9%)
7	**KOLANOWSKA Grażyna**	**394**		K-50	7	00:01:01	**00:28:43.50**	**00:29:44.65**	+00:07:33 (26.3%)	5:44	10.4 (73.2%)
8	**BŁAŻEJEWSKA Anna**	**1170**		K-50	8	00:00:12	**00:29:10.60**	**00:29:23.15**	+00:08:01 (27.5%)	5:50	10.3 (72.5%)
9	**RADOWSKA Helena**	**1254**		K-50	9	00:00:52	**00:29:26.40**	**00:30:19.25**	+00:08:16 (28.1%)	5:53	10.2 (71.8%)
10	**LUZAK Jadwiga**	**557**		K-50	10	00:00:39	**00:29:33.40**	**00:30:13.15**	+00:08:23 (28.4%)	5:54	10.1 (71.1%)
11	**KOPACZ Elżbieta**	**960**		K-50	11	00:00:54	**00:29:52.05**	**00:30:46.40**	+00:08:42 (29.2%)	5:58	10 (70.4%)
12	**MALICKA Beata**	**475**		K-50	12	00:00:52	**00:29:59.70**	**00:30:51.95**	+00:08:50 (29.5%)	5:59	10 (70.4%)
13	**JURUŚ Jolanta**	**776**	HERBALIFE	K-50	13	00:00:38	**00:30:02.15**	**00:30:40.35**	+00:08:52 (29.6%)	6:00	10 (70.4%)
14	**KNIOŁA Lucyna**	**463**		K-50	14	00:01:27	**00:30:23.45**	**00:31:50.60**	+00:09:13 (30.4%)	6:04	9.9 (69.7%)
15	**WOŹNIACKA Beata**	**579**	AZYL DLA JEŻY	K-50	15	00:00:45	**00:31:21.90**	**00:32:07.60**	+00:10:12 (32.5%)	6:16	9.6 (67.6%)
16	**SZCZEPAŃSKA-DOLNA Edyta**	**1475**	FOREST GANG	K-50	16	00:01:33	**00:31:22.75**	**00:32:56.20**	+00:10:13 (32.6%)	6:16	9.6 (67.6%)
17	**ARENT Marzena**	**1138**		K-50	17	00:01:14	**00:32:32.05**	**00:33:46.15**	+00:11:22 (35.0%)	6:30	9.2 (64.8%)
18	**KLEWICZ Jolanta**	**852**		K-50	18	00:00:42	**00:32:36.50**	**00:33:18.50**	+00:11:26 (35.1%)	6:31	9.2 (64.8%)
19	**SZATKOWSKA Beata**	**509**		K-50	19	00:01:33	**00:32:52.80**	**00:34:25.90**	+00:11:43 (35.6%)	6:34	9.1 (64.1%)
20	**ASTUKIEWICZ Agnieszka**	**540**		K-50	20	00:01:08	**00:34:23.90**	**00:35:32.85**	+00:13:14 (38.5%)	6:52	8.7 (61.3%)
21	**KUZIAK Ola**	**329**		K-50	21	00:01:22	**00:34:25.45**	**00:35:48.30**	+00:13:15 (38.5%)	6:53	8.7 (61.3%)
22	**CHMURZYŃSKA Ewa**	**1329**		K-50	22	00:00:55	**00:38:51.55**	**00:39:47.15**	+00:17:41 (45.5%)	7:46	7.7 (54.2%)
23	**SROCZYŃSKA Aldona**	**967**	KS POLONIA BYDGOSZCZ SEKCJA LA	K-50	23	00:01:26	**00:38:59.85**	**00:40:26.10**	+00:17:50 (45.7%)	7:48	7.7 (54.2%)

Znaleziono 23 wynik(ów)