



TRENING SYLWESTROWY 2020

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Trening Sylwestrowy 2020
Rowerowa Brzoza
2020-12-31
Brzoza
10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Klub	Czas startu	Split 3.2km	Split 6.5km	Split 9.9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	TOMCZYK Agata	4		K-30	1	Polonia Bydgoszcz SLA	Polonia Bydgoszcz SLA	00:00:05	00:14:20	00:28:58	00:43:35	00:43:43.25	00:43:48.25		4:22	13.7 (100%)
2	JAGODZIŃSKA Magdalena	116		K-30	2	Bydgoskie Okonie	Bydgoskie Okonie	00:00:07	00:14:29	00:29:13	00:43:48	00:43:56.35	00:44:04.10	+00:00:13 (0.5%)	4:23	13.7 (100%)
3	CZAJKOWSKA Sylwia	121		K-40	1		#Żółtokrólewscy	00:00:07	00:14:29	00:29:18	00:44:18	00:44:26.70	00:44:33.95	+00:00:43 (1.6%)	4:26	13.5 (98.5%)
4	WASILEWSKA Martyna	33		K-30	3		AMS Triathlon	00:00:18	00:14:15	00:29:44	00:45:28	00:45:37.75	00:45:56.35	+00:01:54 (4.2%)	4:33	13.2 (96.4%)
5	WASILEWSKA Agata	31		K-30	4	AMS Triathlon	AMS Triathlon	00:00:17	00:15:41	00:31:53	00:47:54	00:48:03.85	00:48:21.35	+00:04:20 (9.0%)	4:48	12.5 (91.2%)
6	BIERNAT Magdalena	7		K-30	5		TG SOKÓŁ GNIEWKOWO	00:00:20	00:16:20	00:33:23	00:50:36	00:50:46.70	00:51:07.15	+00:07:03 (13.9%)	5:04	11.8 (86.1%)
7	FULARA Nadia	47		K-30	6			00:03:17	00:16:49	00:33:55	00:51:28	00:51:40.40	00:54:58.30	+00:07:57 (15.4%)	5:10	11.6 (84.7%)
8	STASZKIEWICZ Lucyna	25		K-50	1		STASHKY TEAM	00:00:19	00:16:37	00:33:44	00:51:14	00:51:43.25	00:52:03.05	+00:08:00 (15.5%)	5:10	11.6 (84.7%)
9	BRYWCZYŃSKA Justyna	17		K-40	2		#slimakibarcin / Rodos Team	00:00:15	00:17:21	00:34:52	00:52:14	00:52:24.15	00:52:39.20	+00:08:40 (16.6%)	5:14	11.5 (83.9%)
10	ŻYŁA Magdalena	23		K-30	7			00:18:04	00:17:35	00:35:19	00:52:35	00:52:44.00	01:10:48.35	+00:09:00 (17.1%)	5:16	11.4 (83.2%)
11	KRUBER Karolina	164		K-30	8		TEAMOCHAL	00:18:04	00:17:34	00:35:18	00:52:44	00:52:54.30	01:10:58.45	+00:09:11 (17.4%)	5:17	11.3 (82.5%)
12	STEJUK Aleksandra	36		K-40	3	AMS Triathlon		00:00:18	00:17:28	00:35:34	00:54:01	00:54:11.25	00:54:29.40	+00:10:28 (19.3%)	5:25	11.1 (81.0%)
12	MISUN-NOWAK Katarzyna	30		K-40	3	AMS Triathlon		00:00:18	00:17:28	00:35:34	00:54:01	00:54:11.25	00:54:29.40	+00:10:28 (19.3%)	5:25	11.1 (81.0%)
14	GROBELNA Monika	72		K-30	9		G Team	00:01:13	00:18:13	00:36:07	00:54:58	00:55:08.15	00:56:21.90	+00:11:24 (20.7%)	5:30	10.9 (79.6%)
15	CZYŻEWSKA Justyna	16		K-30	10			00:00:22	00:18:05	00:36:36	00:55:10	00:55:25.50	00:55:48.25	+00:11:42 (21.1%)	5:32	10.8 (78.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Klub	Czas startu	Split 3.2km	Split 6.5km	Split 9.9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	MACIOSZEK Ewa	78		K-40	5			00:00:14	00:18:07	00:36:37	00:55:22	00:55:33.20	00:55:48.10	+00:11:49 (21.3%)	5:33	10.8 (78.8%)
17	DROZDOWSKA Paulina	104		K-30	11			00:00:14	00:18:08	00:36:38	00:55:29	00:55:39.10	00:55:53.75	+00:11:55 (21.4%)	5:33	10.8 (78.8%)
18	RÓŻYCZKA Joanna	67		K-30	12			00:00:35	00:18:29	00:36:53	00:55:33	00:55:47.30	00:56:22.70	+00:12:04 (21.6%)	5:34	10.8 (78.8%)
19	SKRZĄTEK Anna	53		K-40	6			00:00:19	00:18:52	00:37:55	00:57:01	00:57:11.15	00:57:30.15	+00:13:27 (23.5%)	5:43	10.5 (76.6%)
20	ZAMIATOWSKA Kinga	169		K-40	7			00:00:18	00:18:51	00:37:54	00:57:02	00:57:12.20	00:57:30.55	+00:13:28 (23.6%)	5:43	10.5 (76.6%)
21	MALATYŃSKA Barbara	94		K-40	8			00:02:28	00:19:18	00:38:39	00:57:58	00:58:09.30	01:00:37.50	+00:14:26 (24.8%)	5:48	10.3 (75.2%)
22	PODLEWSKA Angelika	154		K-20	1	Brzoza Biega	Brzoza Biega	00:00:27	00:19:49	00:39:01	00:58:02	00:58:12.65	00:58:40.55	+00:14:29 (24.9%)	5:49	10.3 (75.2%)
23	DRÓŻDŻ Małgosia	5		K-30	13			00:00:13	00:19:54	00:39:26	00:58:25	00:58:35.40	00:58:49.25	+00:14:52 (25.4%)	5:51	10.2 (74.5%)
24	OLSZEWSKA Beata	45		K-30	14			00:00:20	00:20:09	00:39:42	00:58:54	00:59:10.35	00:59:30.85	+00:15:27 (26.1%)	5:55	10.1 (73.7%)
25	NADRAJKOWSKA Joanna	80		K-30	15		Dzikie Kuny	00:00:20	00:20:09	00:39:40	00:59:03	00:59:14.40	00:59:35.15	+00:15:31 (26.2%)	5:55	10.1 (73.7%)
26	CHROBAK Małgorzata	133		K-30	16			00:00:21	00:19:59	00:39:35	00:59:11	00:59:22.65	00:59:44.30	+00:15:39 (26.4%)	5:56	10.1 (73.7%)
27	BŁAŻEK Kasia	68		K-30	17			00:00:35	00:19:47	00:39:24	00:59:19	00:59:28.45	01:00:03.55	+00:15:45 (26.5%)	5:56	10.1 (73.7%)
28	PIONTEK Elżbieta	52		K-60	1			00:12:34	00:20:20	00:40:36	01:00:17	01:00:29.55	01:13:03.60	+00:16:46 (27.7%)	6:02	9.9 (72.3%)
29	BERKA Wiktoria	38		K-1	1			00:00:20	00:18:53	00:39:10	01:00:32	01:00:43.45	01:01:03.55	+00:17:00 (28.0%)	6:04	9.9 (72.3%)
30	CZYŻAK Joanna	35		K-40	9	AMS Triathlon	AMS Triathlon Bydgoszcz Akademia Mistrzów Sportu	00:00:18	00:19:49	00:40:42	01:01:45	01:01:56.90	01:02:15.35	+00:18:13 (29.4%)	6:11	9.7 (70.8%)
31	ZUPA Martyna	129		K-20	2		SISU-OWB rowertour.com	00:01:35	00:19:36	00:41:07	01:02:39	01:02:50.05	01:04:26.00	+00:19:06 (30.4%)	6:17	9.5 (69.3%)
32	LEWANDOWSKA Sylwia	64		K-40	10			00:00:35	00:21:02	00:41:58	01:03:02	01:03:15.95	01:03:51.70	+00:19:32 (30.9%)	6:19	9.5 (69.3%)
33	PISKORSKA Marta	43		K-30	18			00:00:10	00:21:26	00:42:21	01:03:27	01:03:37.75	01:03:47.95	+00:19:54 (31.3%)	6:21	9.4 (68.6%)
34	NOSKOWIAK-BAJNO Alicja	131		K-40	11		ChoźeKłóliki	00:00:13	00:21:23	00:43:54	01:07:33	01:07:45.00	01:07:58.75	+00:24:01 (35.5%)	6:46	8.9 (65.0%)
35	BŁASZKIEWICZ Marzena	130		K-40	12			00:00:13	00:21:32	00:44:00	01:07:33	01:07:45.55	01:07:58.95	+00:24:02 (35.5%)	6:46	8.9 (65.0%)
36	ŚLESINSKA Ewa	136		K-40	13			00:00:21	00:22:37	00:45:34	01:08:10	01:08:23.65	01:08:44.80	+00:24:40 (36.1%)	6:50	8.8 (64.2%)
37	SZWARC Agnieszka	124		K-30	19		Aktywne Lniano	00:00:06	00:22:44	00:47:14	01:11:09	01:11:23.85	01:11:29.90	+00:27:40 (38.8%)	7:08	8.4 (61.3%)
38	AUGUSTYNOWICZ Katarzyna	49		K-40	14			00:00:20	00:22:35	00:47:03	01:11:11	01:11:32.95	01:11:52.95	+00:27:49 (38.9%)	7:09	8.4 (61.3%)

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39	JURECKA Ewa	40		K-50	2			00:00:22	00:22:44	00:46:38	01:11:44	01:11:58.00	01:12:20.05	+00:28:14 (39.2%)	7:11	8.3 (60.6%)
40	OTREBSKA Agata	145		K-30	20			00:00:13	00:22:31	00:47:15	01:11:47	01:11:59.85	01:12:13.75	+00:28:16 (39.3%)	7:11	8.3 (60.6%)
41	MISUN Mariola	89		K-60	2	AMS Triathlon		00:00:19	00:24:01	00:48:29	01:12:38	01:12:50.45	01:13:09.65	+00:29:07 (40.0%)	7:17	8.2 (59.9%)
DNC	BUDAJ Agnieszka	111		K-20				00:00:42	00:20:40			00:21:01.25	00:21:44.00		0:00	28.5 (208.0%)
DNC	LEWICKA Dagmara	152		K-30				00:00:42	00:20:41			00:21:01.90	00:21:44.00		0:00	28.5 (208.0%)
DNC	POGORZELSKA Bogusia	37		K-40				00:00:27	00:23:52			00:26:27.60	00:26:54.95		0:00	22.7 (165.7%)
DNC	GRABOWSKA Lucyna	2021		K-50				00:00:21	00:20:51	00:43:07		00:43:30.55	00:43:52.40		0:00	13.8 (101%)
DNC	PAŚ Katarzyna	55		K-40				00:00:25	00:29:03	00:56:22		00:56:40.00	00:57:05.95		0:00	10.6 (77.4%)

Znaleziono 46 wynik(ów)