



BYDGOSKI BIEG NIEPODLEGŁOŚCI 2023

B4SPORT

Organizator: Aktywna Bydgoszcz
Data: 2023-11-11
Miejsce: Bydgoszcz
Dystans: 5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-60+

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 0.2km | 2.5km | 4.6km | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|-------------|-----------------|-----------|------|-------------|----------|----------|----------|--------------------|--------------------|-------------------|--------------|--------------|
| 1 | MAJEWSKA Ryszarda | 976 | | K-60+ | 1 | 00:00:19 | 00:01:09 | 00:13:12 | 00:24:50 | 00:26:15.15 | 00:26:34.65 | | 5:15 | 11.4 (100%) |
| 2 | KOLANOWSKA Grażyna | 1441 | | K-60+ | 2 | 00:00:14 | 00:00:56 | 00:12:55 | 00:25:02 | 00:26:35.95 | 00:26:50.80 | +00:00:20 (1.3%) | 5:19 | 11.3 (99.1%) |
| 3 | PIONTEK Elżbieta | 292 | | K-60+ | 3 | 00:01:13 | 00:01:19 | 00:15:41 | 00:29:56 | 00:31:44.60 | 00:32:57.90 | +00:05:29 (17.3%) | 6:20 | 9.5 (83.3%) |
| 4 | LUZAK Jadwiga | 842 | | K-60+ | 4 | 00:00:16 | 00:01:06 | 00:15:31 | 00:30:35 | 00:32:28.95 | 00:32:45.25 | +00:06:13 (19.2%) | 6:29 | 9.2 (80.7%) |
| 5 | MARKOWSKA-BAUMGART Aneta | 46 | BIEGAJ Z DĘBAMI | K-60+ | 5 | 00:01:31 | 00:01:14 | 00:16:07 | 00:31:28 | 00:33:19.55 | 00:34:51.25 | +00:07:04 (21.2%) | 6:39 | 9 (78.9%) |
| 6 | KRZESZEWSKA Dorota | 987 | | K-60+ | 6 | 00:00:43 | 00:01:25 | 00:16:46 | 00:31:58 | 00:33:43.55 | 00:34:26.95 | +00:07:28 (22.2%) | 6:44 | 8.9 (78.1%) |
| 7 | KWIATKOWSKA Małgorzata | 463 | | K-60+ | 7 | 00:00:34 | 00:01:26 | 00:16:46 | 00:32:01 | 00:33:50.20 | 00:34:24.55 | +00:07:35 (22.4%) | 6:46 | 8.9 (78.1%) |
| 8 | MALCZEWSKA Mirka | 159 | FORDONRUNNERS | K-60+ | 8 | 00:01:09 | 00:01:27 | 00:17:48 | 00:34:19 | 00:36:16.30 | 00:37:25.50 | +00:10:01 (27.6%) | 7:15 | 8.3 (72.8%) |
| 9 | KOWALSKA Irena | 1198 | | K-60+ | 9 | 00:00:47 | 00:01:16 | 00:19:28 | 00:39:22 | 00:41:55.45 | 00:42:42.70 | +00:15:40 (37.4%) | 8:23 | 7.2 (63.2%) |
| 10 | SCHMIDT Małgorzata | 1205 | BB ACTIVE TEAM | K-60+ | 10 | 00:00:13 | 00:01:19 | | 00:44:54 | 00:47:59.05 | 00:48:12.40 | +00:21:43 (45.3%) | 9:35 | 6.3 (55.3%) |

Znaleziono 10 wynik(ów)