

Organizator: HVACR.pl
Data: 2016-05-08
Miejsce: Bydgoszcz
Dystans: 10 km

Klasyfikacja: K-40

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 5km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------|-------|-------------------------|-----------|------|-------------|----------|-----------------|------------------|-------------------|--------------|--------------|
| 1 | MARTIN Amanda | 236 | TEWKESBURY RUNNING CLUB | K-40 | 1 | 00:00:12 | 00:22:47 | 00:46:56.55 | 00:47:09.30 | | 4:41 | 12.8 (100%) |
| 2 | JURCZYK Ewa | 136 | HYDRO-VACUUM S.A. | K-40 | 2 | 00:00:28 | 00:24:19 | 00:48:54.45 | 00:49:23.10 | +00:01:57 (4.0%) | 4:53 | 12.3 (96.1%) |
| 3 | STASZKIEWICZ Lucyna | 375 | STASHKY TEAM | K-40 | 3 | 00:00:09 | 00:23:27 | 00:49:36.95 | 00:49:46.15 | +00:02:40 (5.4%) | 4:57 | 12.1 (94.5%) |
| 4 | GACKOWSKA Beata | 85 | MWIK BYDGOSZCZ | K-40 | 4 | 00:00:07 | 00:25:15 | 00:51:02.45 | 00:51:09.80 | +00:04:05 (8.0%) | 5:06 | 11.8 (92.2%) |
| 5 | STYKAŁA Magdalena | 379 | | K-40 | 5 | 00:00:24 | 00:25:01 | 00:52:22.70 | 00:52:47.00 | +00:05:26 (10.4%) | 5:14 | 11.5 (89.8%) |
| 6 | POLANSKA Beata | 319 | CIEPŁOBUD BYDGOSZCZ | K-40 | 6 | 00:00:23 | 00:26:41 | 00:54:23.05 | 00:54:46.45 | +00:07:26 (13.7%) | 5:26 | 11 (85.9%) |
| 7 | KOZIAK Karolina | 169 | | K-40 | 7 | 00:00:16 | 00:25:38 | 00:54:51.20 | 00:55:07.20 | +00:07:54 (14.4%) | 5:29 | 10.9 (85.2%) |
| 8 | RUDOL Magdalena | 347 | | K-40 | 8 | 00:00:19 | 00:25:57 | 00:56:10.10 | 00:56:29.10 | +00:09:13 (16.4%) | 5:37 | 10.7 (83.6%) |
| 9 | REPKA Anna | 337 | LUPUS TEAM | K-40 | 9 | 00:00:20 | 00:27:32 | 00:56:23.65 | 00:56:44.60 | +00:09:27 (16.8%) | 5:38 | 10.6 (82.8%) |
| 10 | RZEPKA Ewa | 356 | BRODNICA BIEGA | K-40 | 10 | 00:00:22 | 00:27:01 | 00:56:49.90 | 00:57:11.95 | +00:09:53 (17.4%) | 5:40 | 10.6 (82.8%) |
| 11 | MINDYKOWSKA Anna | 254 | RUN BYDGOSZCZ | K-40 | 11 | 00:00:23 | 00:26:50 | 00:57:14.65 | 00:57:38.60 | +00:10:18 (18.0%) | 5:43 | 10.5 (82.0%) |
| 12 | MARKLIK Grażyna | 234 | | K-40 | 12 | 00:00:34 | 00:28:52 | 00:58:37.00 | 00:59:11.60 | +00:11:40 (19.9%) | 5:51 | 10.2 (79.7%) |
| 13 | KALINOWSKA Kamila | 140 | RUN BYDGOSZCZ | K-40 | 13 | 00:00:27 | 00:27:29 | 00:58:58.25 | 00:59:25.85 | +00:12:01 (20.4%) | 5:53 | 10.2 (79.7%) |
| 14 | STOŹEK Grażyna | 376 | | K-40 | 14 | 00:00:40 | 00:27:59 | 00:59:09.15 | 00:59:49.35 | +00:12:12 (20.6%) | 5:54 | 10.1 (78.9%) |
| 15 | NITA Katarzyna | 272 | VILLAGE PUNK RUN | K-40 | 15 | 00:00:39 | 00:27:49 | 00:59:28.70 | 01:00:08.00 | +00:12:32 (21.1%) | 5:56 | 10.1 (78.9%) |
| 16 | MAŁANIN Dorota | 223 | | K-40 | 16 | 00:00:40 | 00:28:52 | 01:01:31.05 | 01:02:11.60 | +00:14:34 (23.7%) | 6:09 | 9.8 (76.6%) |
| 17 | PLISZCZYŃSKA Joanna | 547 | | K-40 | 17 | 00:00:33 | 00:29:38 | 01:01:41.10 | 01:02:15.05 | +00:14:44 (23.9%) | 6:10 | 9.7 (75.8%) |
| 18 | LORKOWSKA Beata | 209 | RUN BYDGOSZCZ | K-40 | 18 | 00:00:32 | 00:29:32 | 01:01:59.00 | 01:02:31.10 | +00:15:02 (24.3%) | 6:11 | 9.7 (75.8%) |
| 19 | KOZUCHOWSKA Katarzyna | 171 | RUN BDG | K-40 | 19 | 00:00:27 | 00:28:20 | 01:02:07.70 | 01:02:35.60 | +00:15:11 (24.4%) | 6:12 | 9.7 (75.8%) |
| 20 | CZUCZEJKO Jolanta | 55 | RUN BYDGOSZCZ | K-40 | 20 | 00:00:54 | 00:30:44 | 01:02:27.95 | 01:03:22.30 | +00:15:31 (24.9%) | 6:14 | 9.6 (75.0%) |
| 21 | ORYSIĄK Agnieszka | 285 | RYNEK INSTALACYJNY | K-40 | 21 | 00:00:37 | 00:31:32 | 01:03:44.10 | 01:04:22.05 | +00:16:47 (26.3%) | 6:22 | 9.4 (73.4%) |
| 22 | RATAJCZYK Ewa | 333 | HEFALUMPY | K-40 | 22 | 00:00:38 | 00:33:23 | 01:09:14.00 | 01:09:52.80 | +00:22:17 (32.2%) | 6:55 | 8.7 (68.0%) |
| 23 | GORGOL Renata | 98 | RUN BYDGOSZCZ | K-40 | 23 | 00:00:56 | 00:33:35 | 01:10:15.90 | 01:11:12.20 | +00:23:19 (33.2%) | 7:01 | 8.5 (66.4%) |

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|-----|------------------------|------------|-------------------|-----------|------|-------------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| 24 | PAKULSKA Dorota | 293 | | K-40 | 24 | 00:00:35 | 00:33:37 | 01:11:03.85 | 01:11:39.75 | +00:24:07 (33.9%) | 7:06 | 8.4 (65.6%) |
| 25 | BOŚ Hania | 25 | AMATORKA | K-40 | 25 | 00:00:44 | 00:35:37 | 01:16:06.00 | 01:16:50.20 | +00:29:09 (38.3%) | 7:36 | 7.9 (61.7%) |
| 26 | LIBERA Sabina | 207 | PARKRAN BYDGOSZCZ | K-40 | 26 | 00:00:46 | 00:36:39 | 01:17:38.95 | 01:18:25.90 | +00:30:42 (39.5%) | 7:45 | 7.7 (60.2%) |

Znaleziono 26 wynik(ów)