



Organizator:
Data:
Miejsce:
Dystans:

Hotel Brzoza
2018-12-31
Brzoza
10 km

XII BIEG SYLWESTROWY

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	BRZEZIŃSKA Aleksandra	4	BRZEZIŃSKIRUNCLUB	K-20	1	00:00:01	00:08:38	00:16:38	00:24:40	00:32:55		00:34:26.85	00:34:28.55		3:26	17.4 (100%)
2	OCHAL Olga	399	PREFBET ŚNIADOWO ŁOMŻA	K-30	1	00:00:01	00:08:49	00:17:13	00:25:34	00:33:47		00:35:16.00	00:35:17.85	+00:00:49 (2.3%)	3:31	17 (97.7%)
3	SZENK Marta	2		K-30	2	00:00:01	00:09:42	00:18:55	00:28:12	00:37:24		00:39:03.20	00:39:04.65	+00:04:36 (11.8%)	3:54	15.4 (88.5%)
4	BARTKOWSKA Joanna	42	KM UMK TORUŃ	K-30	3	00:00:05	00:10:31	00:20:28	00:30:26	00:40:22		00:42:07.75	00:42:13.20	+00:07:40 (18.2%)	4:12	14.2 (81.6%)
5	TECŁAW Aleksandra	270		K-30	4	00:00:01	00:10:10	00:20:32	00:30:37	00:40:50		00:42:41.50	00:42:43.20	+00:08:14 (19.3%)	4:16	14.1 (81.0%)
6	CZAJKOWSKA Sylwia	283	ŻÓŁTOKRÓLEWSCY	K-40	1	00:00:03	00:10:40	00:20:49	00:30:53	00:41:03		00:42:50.70	00:42:54.15	+00:08:23 (19.6%)	4:17	14 (80.5%)
7	WADZIŃSKA Paulina	104	TRISPACE	K-30	5	00:00:04	00:10:21	00:20:22	00:30:41	00:41:04		00:42:51.25	00:42:55.65	+00:08:24 (19.6%)	4:17	14 (80.5%)
8	GOLAK Asia	272	GOGGLE PRO ACTIVE EYEWEAR	K-30	6	00:00:01	00:10:31	00:20:49	00:31:18	00:41:39		00:43:31.25	00:43:33.00	+00:09:04 (20.8%)	4:21	13.8 (79.3%)
9	MACIEJEWSKA Kamila	346	ŚLIMAKI BARCIN	K-30	7	00:00:11	00:11:06	00:21:22	00:31:48	00:42:02		00:43:39.85	00:43:51.15	+00:09:13 (21.1%)	4:22	13.7 (78.7%)
10	JAKUBOWSKA Anna	156	KS ZRYW RADZIEJÓW	K-30	8	00:00:04	00:10:39	00:20:53	00:31:20	00:42:00		00:43:49.05	00:43:53.85	+00:09:22 (21.4%)	4:22	13.7 (78.7%)
11	RATAJ Zuzanna	277	POLONIA BYDGOSZCZ SLA	K-30	9	00:00:05	00:11:05	00:21:29	00:32:04	00:42:41		00:44:37.05	00:44:42.10	+00:10:10 (22.8%)	4:27	13.4 (77.0%)
12	PALACZ Wioletta	299		K-40	2	00:00:04	00:11:08	00:21:37	00:32:16	00:43:06		00:45:02.15	00:45:06.20	+00:10:35 (23.5%)	4:30	13.3 (76.4%)
13	RYMARKIEWICZ Małgorzata	209	KLINIKA TRIATHLONU BYDGOSZCZ	K-30	10	00:00:05	00:11:28	00:22:24	00:33:25	00:44:34		00:46:33.60	00:46:39.10	+00:12:06 (26.0%)	4:39	12.9 (74.1%)
14	KUŹMIŃSKA Maryla	412	BRZOZA BIEGA	K-30	11	00:00:04	00:11:48	00:22:54	00:34:05	00:45:07		00:47:07.35	00:47:11.45	+00:12:40 (26.9%)	4:42	12.7 (73.0%)
15	PASTWA Donata	308	TRISPACE	K-40	3	00:00:04	00:11:54	00:22:56	00:34:05	00:45:09		00:47:10.50	00:47:14.75	+00:12:43 (27.0%)	4:43	12.7 (73.0%)
16	SAK Joanna	278	DECATHLON TEAM INOWROCŁAW	K-20	2	00:00:07	00:11:40	00:22:46	00:34:08	00:45:32		00:47:27.65	00:47:35.05	+00:13:00 (27.4%)	4:44	12.6 (72.4%)
17	WIŚNIEWSKA Żaneta	204	MKS TRZEMESZNO	K-20	3	00:00:09	00:11:46	00:23:11	00:34:41	00:45:59		00:47:58.25	00:48:07.60	+00:13:31 (28.2%)	4:47	12.5 (71.8%)
18	WALIGÓRA Karolina	381	BRZOZA BIEGA	K-40	4	00:00:06	00:11:36	00:23:03	00:34:49	00:46:32		00:48:30.70	00:48:37.55	+00:14:03 (29.0%)	4:51	12.4 (71.3%)
19	LUZAK Magdalena	164		K-20	4	00:00:09	00:12:04	00:23:25	00:35:03	00:46:51		00:48:56.25	00:49:06.00	+00:14:29 (29.6%)	4:53	12.3 (70.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
20	DRAG Amelia	384		K-1	1	00:00:06	00:12:10	00:23:23	00:35:06	00:46:55		00:48:56.50	00:49:02.55	+00:14:29 (29.6%)	4:53	12.3 (70.7%)
21	NASIENIAK-CZECH Anna	386	GRAZIA RUNNING	K-40	5	00:00:11	00:12:23	00:24:01	00:35:37	00:47:05		00:49:06.00	00:49:17.00	+00:14:39 (29.8%)	4:54	12.2 (70.1%)
22	STANKOWSKA Justyna	314	MKS TRZEMESZNO	K-40	6	00:00:07	00:12:28	00:24:05	00:35:44	00:47:13		00:49:09.30	00:49:17.10	+00:14:42 (29.9%)	4:55	12.2 (70.1%)
23	DOBRZAŃSKA Marta	187		K-30	12	00:00:14	00:12:15	00:23:37	00:35:31	00:47:18		00:49:27.75	00:49:41.75	+00:15:00 (30.4%)	4:56	12.1 (69.5%)
24	ZABOROWSKA Beata	212		K-40	7	00:00:11	00:12:12	00:23:56	00:35:51	00:47:40		00:49:44.80	00:49:55.95	+00:15:17 (30.8%)	4:58	12.1 (69.5%)
25	MAZIARZ Joanna	420		K-30	13	00:00:00	00:12:15	00:23:56	00:35:44	00:47:34		00:49:47.60	00:49:47.60	+00:15:20 (30.8%)	4:58	12.1 (69.5%)
26	KOLANOWSKA Grażyna	22		K-50	1	00:00:12	00:12:31	00:23:59	00:35:42	00:47:42		00:49:50.75	00:50:03.20	+00:15:23 (30.9%)	4:59	12 (69.0%)
27	MELER-LEWANDOWSKA Katarzyna	100	KS ZRYW RADZIEJÓW	K-30	14	00:00:14	00:12:14	00:23:58	00:35:50	00:47:49		00:49:56.90	00:50:11.35	+00:15:30 (31.0%)	4:59	12 (69.0%)
28	BICZKOWSKA Magdalena	213		K-30	15	00:00:06	00:12:31	00:24:09	00:36:04	00:48:04		00:50:12.95	00:50:19.25	+00:15:46 (31.4%)	5:01	11.9 (68.4%)
29	WASILEWSKA Agata	322	AMS TRIATHLON BYDGOSZCZ AKADEMIA MISTRZÓW SPORTU	K-30	16	00:00:21	00:13:10	00:25:08	00:37:07	00:48:20		00:50:15.75	00:50:37.50	+00:15:48 (31.5%)	5:01	11.9 (68.4%)
30	WASILEWSKA Martyna	329	AMS TRIATHLON BYDGOSZCZ AKADEMIA MISTRZÓW SPORTU	K-30	17	00:00:20	00:13:11	00:25:09	00:37:08	00:48:21		00:50:23.45	00:50:44.40	+00:15:56 (31.6%)	5:02	11.9 (68.4%)
31	DZIDO-MIELCAREK Ilona	397	KS ZRYW RADZIEJÓW	K-30	18	00:00:14	00:12:53	00:24:56	00:36:50	00:48:19		00:50:28.60	00:50:43.05	+00:16:01 (31.8%)	5:02	11.9 (68.4%)
32	SOWIŃSKA Justyna	194	SPÓJNIA BIAŁE BŁOTA	K-40	8	00:00:08	00:12:37	00:24:29	00:36:32	00:48:33		00:50:35.20	00:50:43.85	+00:16:08 (31.9%)	5:03	11.9 (68.4%)
33	MISUN-NOWAK Katarzyna	320	AMS TRIATHLON BYDGOSZCZ AKADEMIA MISTRZÓW SPORTU	K-30	19	00:00:21	00:13:10	00:25:09	00:37:08	00:48:44		00:50:47.35	00:51:09.25	+00:16:20 (32.2%)	5:04	11.8 (67.8%)
34	NOWACKA Małgorzata	348	BRZOZA BIEGA	K-30	20	00:00:07	00:12:11	00:24:19	00:36:37	00:48:45		00:50:50.30	00:50:58.10	+00:16:23 (32.2%)	5:05	11.8 (67.8%)
35	KOPROWICZ Katarzyna	342		K-40	9	00:00:07	00:12:37	00:24:33	00:36:45	00:48:56		00:51:07.70	00:51:14.90	+00:16:40 (32.6%)	5:06	11.7 (67.2%)
36	GRABOWSKA-LESISZ Aneta	345		K-40	10	00:00:09	00:12:21	00:24:35	00:36:56	00:49:03		00:51:15.85	00:51:25.30	+00:16:49 (32.8%)	5:07	11.7 (67.2%)
37	BONALSKA Magdalena	87		K-30	21	00:00:15	00:13:13	00:25:23	00:37:30	00:49:39		00:51:48.85	00:52:04.50	+00:17:22 (33.5%)	5:10	11.6 (66.7%)
38	BEDNAREK Marta	170	CZARNE STOPY.SM	K-40	11	00:00:13	00:12:39	00:24:54	00:37:24	00:49:57		00:52:12.00	00:52:25.15	+00:17:45 (34.0%)	5:13	11.5 (66.1%)
39	CZYŻEWSKA Justyna	47		K-30	22	00:00:10	00:12:39	00:24:58	00:37:34	00:50:15		00:52:35.20	00:52:46.05	+00:18:08 (34.5%)	5:15	11.4 (65.5%)
40	BRYWCZYŃSKA Justyna	246	#SLIMAKIBARCIN / RODOS TEAM	K-40	12	00:00:26	00:13:36	00:26:01	00:38:10	00:50:52		00:52:53.55	00:53:19.65	+00:18:26 (34.9%)	5:17	11.3 (64.9%)
41	KORBEL Ewa	390	OBÓZ BIEGOWY BRZOZA, GRAZIA-RUNNING	K-50	2	00:00:25	00:13:14	00:25:41	00:38:12	00:50:46		00:53:00.65	00:53:25.85	+00:18:33 (35.0%)	5:18	11.3 (64.9%)
42	BRACICHOWICZ Bogumiła	115		K-50	3	00:00:26	00:13:33	00:26:05	00:38:38	00:50:58		00:53:08.15	00:53:34.25	+00:18:41 (35.2%)	5:18	11.3 (64.9%)
43	MAGDZIARZ Kasia	318	KANCELARIA - HMM	K-30	23	00:00:26	00:13:09	00:25:13	00:38:13	00:51:09		00:53:21.30	00:53:47.50	+00:18:54 (35.4%)	5:20	11.2 (64.4%)
44	WĘGRZYN Wiktoria	385		K-1	2	00:00:05	00:13:04	00:25:53	00:38:34	00:51:03		00:53:24.05	00:53:29.40	+00:18:57 (35.5%)	5:20	11.2 (64.4%)
45	MICHNA Justyna	302		K-40	13	00:00:22	00:13:17	00:25:56	00:38:37	00:51:30		00:53:47.95	00:54:10.25	+00:19:21 (36.0%)	5:22	11.2 (64.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
46	STYKAŁA Adrianna	110		K-1	3	00:00:21	00:13:18	00:25:57	00:38:38	00:51:31		00:53:48.25	00:54:10.20	+00:19:21 (36.0%)	5:22	11.1 (63.8%)
47	STYKAŁA Magdalena	109		K-40	14	00:00:21	00:13:18	00:25:57	00:38:38	00:51:31		00:53:49.10	00:54:10.25	+00:19:22 (36.0%)	5:22	11.1 (63.8%)
48	DRÓŻDŻ Małgorzata	258		K-30	24	00:00:31	00:13:55	00:26:31	00:39:21	00:51:52		00:53:58.70	00:54:30.55	+00:19:31 (36.2%)	5:23	11.1 (63.8%)
49	PORAZINSKA Viktoria	275	BYDGOSZCZ NA START.	K-40	15	00:00:10	00:13:15	00:26:11	00:39:00	00:51:55		00:54:12.55	00:54:23.05	+00:19:45 (36.5%)	5:25	11.1 (63.8%)
50	BOROWIEC Wioleta	127	BBL SZUBIN	K-30	25	00:00:08	00:13:10	00:26:02	00:39:03	00:52:09		00:54:29.45	00:54:37.80	+00:20:02 (36.8%)	5:26	11 (63.2%)
51	LEWANDOWSKA Dorota	235		K-40	16	00:00:16	00:13:00	00:25:54	00:38:48	00:52:13		00:54:34.20	00:54:50.35	+00:20:07 (36.9%)	5:27	11 (63.2%)
52	KUCZEK Monika	311	KS ZRYW RADZIEJÓW	K-30	26	00:00:13	00:14:10	00:26:59	00:39:37	00:52:24		00:54:42.05	00:54:55.35	+00:20:15 (37.0%)	5:28	11 (63.2%)
53	STĘPIEŃ Monika	75	CZARNE STOPY.SM	K-40	17	00:00:13	00:13:27	00:26:08	00:39:08	00:52:24		00:54:48.05	00:55:01.95	+00:20:21 (37.1%)	5:28	10.9 (62.6%)
54	GÓRSKA Joanna	201	TASAK TEAM	K-30	27	00:00:17	00:14:01	00:27:02	00:40:03	00:52:47		00:54:54.80	00:55:12.05	+00:20:27 (37.3%)	5:29	10.9 (62.6%)
55	KONONOWICZ Zuzanna	40		K-1	4	00:00:15	00:13:57	00:26:54	00:39:55	00:52:38		00:54:57.05	00:55:12.65	+00:20:30 (37.3%)	5:29	10.9 (62.6%)
56	ANASZEWICZ Marzena	405		K-40	18	00:00:06	00:13:23	00:26:19	00:39:32	00:52:49		00:55:04.85	00:55:11.80	+00:20:38 (37.5%)	5:30	10.9 (62.6%)
57	STASZEWSKA Marzena	394	OBÓZ BIEGOWY BRZOZA, GRAZIA-RUNNING	K-30	28	00:00:22	00:13:32	00:26:35	00:39:52	00:52:59		00:55:07.20	00:55:29.95	+00:20:40 (37.5%)	5:30	10.9 (62.6%)
58	JAŹDŻEWSKA Grażyna	58		K-40	19	00:00:03	00:13:58	00:26:55	00:39:59	00:53:01		00:55:22.65	00:55:26.60	+00:20:55 (37.8%)	5:32	10.8 (62.1%)
59	CENTKOWSKA Iwona	175	KS ZRYW RADZIEJÓW	K-40	20	00:00:12	00:13:35	00:26:30	00:39:41	00:53:01		00:55:22.90	00:55:35.20	+00:20:56 (37.8%)	5:32	10.8 (62.1%)
60	PITUŁA Monika	113		K-30	29	00:00:31	00:14:13	00:27:11	00:40:08	00:53:12		00:55:23.65	00:55:55.40	+00:20:56 (37.8%)	5:32	10.8 (62.1%)
61	KUBIAK Małgorzata	418		K-50	4	00:00:30	00:13:50	00:26:49	00:39:56	00:53:09		00:55:26.85	00:55:57.60	+00:21:00 (37.9%)	5:32	10.8 (62.1%)
62	STAWOWSKA- WATRAS Marta	74	DELIKATESY RYBNE FISHKA.PL	K-30	30	00:00:33	00:14:04	00:26:56	00:39:55	00:53:25		00:55:46.25	00:56:19.65	+00:21:19 (38.2%)	5:34	10.8 (62.1%)
63	TOCZKIEWICZ Kaja	166		K-1	5	00:00:07	00:14:06	00:27:35	00:40:33	00:53:36		00:55:46.70	00:55:54.45	+00:21:19 (38.2%)	5:34	10.8 (62.1%)
64	KRUSZYNA Renata	92		K-30	31	00:00:08	00:13:33	00:26:43	00:40:09	00:53:30		00:55:53.20	00:56:01.45	+00:21:26 (38.4%)	5:35	10.7 (61.5%)
65	FARBICKA- ŻYWICA Paulina	367	BRZOZA BIEGA	K-40	21	00:00:05	00:13:49	00:27:04	00:40:26	00:53:56		00:56:17.45	00:56:23.25	+00:21:50 (38.8%)	5:37	10.7 (61.5%)
66	SŁOMA Maria	249		K-1	6	00:00:19	00:15:08	00:29:00	00:42:27	00:54:22		00:56:24.40	00:56:44.10	+00:21:57 (38.9%)	5:38	10.6 (60.9%)
67	ANDRYSZAK Vanessa	350	ROWEROWA BRZOZA	K-1	7	00:00:08	00:13:51	00:27:17	00:40:54	00:54:28		00:56:48.90	00:56:57.15	+00:22:22 (39.4%)	5:40	10.6 (60.9%)
68	MAKUCH- DOBOSZ Urszula	373		K-40	22	00:00:31	00:14:05	00:27:34	00:41:18	00:54:43		00:57:07.30	00:57:38.45	+00:22:40 (39.7%)	5:42	10.5 (60.3%)
69	CENTKOWSKA Ewelina	327	SPC	K-30	32	00:00:29	00:14:02	00:27:21	00:40:57	00:54:43		00:57:10.80	00:57:40.25	+00:22:43 (39.8%)	5:43	10.5 (60.3%)
70	SZTEJKA Jolanta	244		K-40	23	00:00:32	00:14:48	00:28:29	00:41:53	00:55:07		00:57:16.60	00:57:49.35	+00:22:49 (39.9%)	5:43	10.5 (60.3%)
71	NIKOŁAJEW Monika	96		K-30	33	00:00:17	00:14:07	00:27:34	00:41:16	00:55:10		00:57:34.20	00:57:51.80	+00:23:07 (40.2%)	5:45	10.4 (59.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
72	PAWLACZYK-MATELA Emilia	338		K-30	34	00:00:25	00:14:48	00:28:09	00:41:31	00:55:36		00:57:55.85	00:58:21.80	+00:23:29 (40.5%)	5:47	10.4 (59.8%)
73	JĘDRZEJCZYK Marzenna	230		K-50	5	00:00:20	00:14:31	00:28:08	00:41:54	00:55:36		00:58:05.55	00:58:26.00	+00:23:38 (40.7%)	5:48	10.3 (59.2%)
74	GADOMSKA Maria	221	RUN BYDGOSZCZ	K-60	1	00:00:13	00:14:01	00:27:13	00:42:13	00:55:49		00:58:07.50	00:58:20.50	+00:23:40 (40.7%)	5:48	10.3 (59.2%)
75	KOSAKOWSKA Barbara	7	OBÓZ BIEGOWY	K-50	6	00:00:24	00:14:17	00:28:33	00:42:10	00:56:05		00:58:36.00	00:59:00.15	+00:24:09 (41.2%)	5:51	10.2 (58.6%)
76	MAZUR Justyna	332		K-20	5	00:00:16	00:14:16	00:28:42	00:42:53	00:56:37		00:59:00.40	00:59:16.55	+00:24:33 (41.6%)	5:54	10.2 (58.6%)
77	SKRZĄTEK Anna	286		K-40	24	00:00:21	00:14:15	00:28:09	00:42:20	00:56:54		00:59:21.15	00:59:43.05	+00:24:54 (42.0%)	5:56	10.1 (58.0%)
78	CYBUL Anna	361		K-40	25	00:00:23	00:14:26	00:28:09	00:42:22	00:56:52		00:59:22.95	00:59:46.30	+00:24:56 (42.0%)	5:56	10.1 (58.0%)
79	KUKAWKA Aleksandra	268		K-40	26	00:00:19	00:15:19	00:29:42	00:43:57	00:57:39		00:59:56.10	01:00:15.55	+00:25:29 (42.5%)	5:59	10 (57.5%)
80	PISZCZYGŁOWA Bernadeta	57		K-40	27	00:00:16	00:14:11	00:28:33	00:43:04	00:57:44		01:00:19.80	01:00:36.05	+00:25:52 (42.9%)	6:02	9.9 (56.9%)
81	BIELECKA Dorota	391	OBÓZ BIEGOWY BRZOZA, GRAZIA-RUNNING	K-40	28	00:00:25	00:16:50	00:32:44	00:45:54	00:58:28		01:00:35.95	01:01:01.15	+00:26:09 (43.2%)	6:03	9.9 (56.9%)
82	POBIEDZIŃSKA Marta	362	POLONIA BYDGOSZCZ SLA	K-20	6	00:00:28	00:15:20	00:29:09	00:43:56	00:58:17		01:00:43.80	01:01:12.00	+00:26:16 (43.3%)	6:04	9.9 (56.9%)
83	HĘSIAK Marta	375		K-20	7	00:00:15	00:14:46	00:29:25	00:44:20	00:59:01		01:01:34.95	01:01:50.65	+00:27:08 (44.1%)	6:09	9.7 (55.7%)
84	KŁOBUKOWSKA Patrycja	323	LOTOS RUNNING TEAM	K-20	8	00:00:30	00:14:36	00:29:06	00:44:11	00:59:05		01:01:44.15	01:02:14.65	+00:27:17 (44.2%)	6:10	9.7 (55.7%)
85	KNIOŁA Lucyna	52		K-50	7	00:00:23	00:14:44	00:28:58	00:44:03	00:59:04		01:01:45.55	01:02:08.90	+00:27:18 (44.2%)	6:10	9.7 (55.7%)
86	WINIECKA Dorota	76		K-40	29	00:00:20	00:14:53	00:29:16	00:44:09	00:59:07		01:01:51.85	01:02:11.90	+00:27:25 (44.3%)	6:11	9.7 (55.7%)
87	NALEWALSKA Justyna	182	SERCE TYBETU	K-20	9	00:00:27	00:15:18	00:30:09	00:46:06	01:01:22		01:03:51.65	01:04:19.25	+00:29:24 (46.1%)	6:23	9.4 (54.0%)
88	SZYMAŃSKA Adrianna	225	LATAJĄCE BIZONY	K-30	35	00:00:16	00:15:18	00:30:28	00:46:22	01:02:47		01:05:39.10	01:05:56.05	+00:31:12 (47.5%)	6:34	9.1 (52.3%)
89	OLSZEWSKA-PAWLACZYK Dorota	12		K-30	36	00:00:37	00:16:30	00:31:55	00:47:25	01:03:25		01:06:05.00	01:06:42.20	+00:31:38 (47.9%)	6:36	9.1 (52.3%)
90	MIAZGA Katarzyna	388		K-30	37	00:00:20	00:16:14	00:31:36	00:47:31	01:03:24		01:06:15.90	01:06:36.75	+00:31:49 (48.0%)	6:37	9.1 (52.3%)
91	ROŻYŃSKA Monika	368		K-20	10	00:00:27	00:16:10	00:31:52	00:47:52	01:04:24		01:07:04.45	01:07:31.50	+00:32:37 (48.6%)	6:42	8.9 (51.1%)
92	DUDEK Marzena	108		K-50	8	00:00:22	00:16:37	00:32:05	00:48:12	01:04:44		01:07:34.95	01:07:56.95	+00:33:08 (49.0%)	6:45	8.9 (51.1%)
93	OKOŃSKA Małgorzata	137		K-50	9	00:00:03	00:15:59	00:32:04	00:48:10	01:04:42		01:07:35.05	01:07:38.10	+00:33:08 (49.0%)	6:45	8.9 (51.1%)
94	KWIATKOWSKA Maja	106		K-20	11	00:00:21	00:16:38	00:32:06	00:48:13	01:04:45		01:07:35.90	01:07:57.20	+00:33:09 (49.0%)	6:45	8.9 (51.1%)
95	PAŚ Katarzyna	141	CHARTY SZELEJEWO	K-40	30	00:00:17	00:16:25	00:32:09	00:48:32	01:05:29		01:08:24.80	01:08:42.70	+00:33:57 (49.6%)	6:50	8.8 (50.6%)
96	NOWICKA Tatiana	365		K-40	31	00:00:08	00:16:08	00:32:26	00:49:08	01:05:52		01:08:48.85	01:08:57.30	+00:34:22 (49.9%)	6:52	8.7 (50.0%)
97	WRUK Justyna	294		K-40	32	00:00:08	00:16:08	00:32:26	00:49:08	01:05:52		01:08:49.10	01:08:57.15	+00:34:22 (49.9%)	6:52	8.7 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
98	GRZYWACZ Karolina	202		K-30	38	00:00:12	00:16:17	00:32:27	00:48:59	01:05:58		01:08:55.95	01:09:07.95	+00:34:29 (50.0%)	6:53	8.7 (50.0%)
99	SŁOMA Natasza	238		K-40	33	00:00:19	00:16:44	00:33:48	00:50:43	01:07:00		01:09:55.70	01:10:14.70	+00:35:28 (50.7%)	6:59	8.6 (49.4%)
100	SZYSZKA Joanna	295		K-30	39	00:00:14	00:16:37	00:32:54	00:49:44	01:07:12		01:10:20.45	01:10:34.85	+00:35:53 (51.0%)	7:02	8.5 (48.9%)
101	BŁASZKIEWICZ Marzena	291		K-40	34	00:00:18	00:15:55	00:33:49	00:51:52	01:07:52		01:10:23.55	01:10:42.10	+00:35:56 (51.1%)	7:02	8.5 (48.9%)
102	BARWIKOWSKA Bogusia	282		K-40	35	00:00:16	00:15:57	00:33:51	00:51:54	01:07:54		01:10:25.45	01:10:42.25	+00:35:58 (51.1%)	7:02	8.5 (48.9%)
103	WIŚNIEWSKA Ewa	123		K-50	10	00:00:24	00:16:52	00:33:06	00:49:58	01:07:41		01:10:52.20	01:11:16.80	+00:36:25 (51.4%)	7:05	8.5 (48.9%)
104	ROSIŃSKA Janina	414		K-70	1	00:00:05	00:28:34	00:54:33			00:46:15	01:45:17.00	01:45:22.00	+01:10:50 (67.3%)	5:54	10.2 (58.6%)
	KUZIEMSKA Anna	408		K-30		DNF	00:16:50 DNF	00:32:44 DNF	00:49:12 DNF	DNF		DNF	DNF		-	- (0.0%)
	SYREK Grażyna	389	OBÓZ BIEGOWY BRZOZA, GRAZIA-RUNNING	K-40		DNF	00:13:41 DNF	DNF	DNF	DNF		DNF	DNF		-	- (0.0%)

Znaleziono 106 wynik(ów)