



Organizator: Hotel Brzoza
Data: 2015-12-31
Miejsce: Brzoza
Dystans: 10 km

IX BIEG SYLWESTROWY

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	4.85km	7.2km	9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	SZENK Marta	187	ZAWISZA BYDGOSZCZ	K-30	1	00:09:30	00:18:24	00:27:24	00:36:34	00:38:20.00	00:38:21.90		3:50	15.7 (100%)
2	ARSENIUK Anna	649	T.S.OPATRUNKI TORUŃ	K-30	2	00:09:50	00:19:27	00:29:09	00:38:46	00:40:31.05	00:40:33.25	+00:02:11 (5.4%)	4:03	14.8 (94.3%)
3	MACIEJEWSKA Kamila	117	ŚLIMAKI BARCIN	K-30	3	00:10:46	00:20:41	00:30:48	00:40:44	00:42:41.10	00:42:51.45	+00:04:29 (10.5%)	4:16	14.1 (89.8%)
4	PALACZ Wioletta	572		K-30	4	00:11:12	00:21:33	00:32:10	00:42:41	00:44:35.80	00:44:51.40	+00:06:29 (14.5%)	4:27	13.5 (86.0%)
5	WOŹNIAKOWSKA Agata	667	RUNERS BYDGOSZCZ	K-30	5	00:11:33	00:22:01	00:32:29	00:42:51	00:44:47.10	00:44:55.00	+00:06:33 (14.6%)	4:28	13.4 (85.4%)
6	WRÓBLEWSKA Dagmara	236	TKKF KOLEJARZ BYDGOSZCZ	K-30	6	00:11:42	00:22:20	00:33:02	00:43:37	00:45:34.55	00:45:41.50	+00:07:19 (16.0%)	4:33	13.2 (84.1%)
7	SUCHOMSKA Beata	76	OPENTAX24.PL	K-30	7	00:11:31	00:22:20	00:33:12	00:44:08	00:46:14.40	00:46:22.80	+00:08:00 (17.3%)	4:37	13 (82.8%)
8	DUDEK Joanna	157	RUN BYDGOSZCZ	K-30	8	00:11:41	00:22:14	00:33:01	00:44:03	00:46:26.20	00:46:36.70	+00:08:14 (17.7%)	4:38	12.9 (82.2%)
9	KOWALSKA Angelika	142	BRZOZA BIEGA	K-30	9	00:11:57	00:23:02	00:34:15	00:45:24	00:47:28.10	00:47:33.15	+00:09:11 (19.3%)	4:44	12.6 (80.3%)
10	NAWROCKA Ewelina	493		K-30	10	00:11:35	00:22:40	00:33:58	00:45:19	00:47:26.70	00:47:34.15	+00:09:12 (19.3%)	4:44	12.6 (80.3%)
11	EWALD Karolina	586		K-30	11	00:12:09	00:23:48	00:35:23	00:46:51	00:48:58.80	00:49:13.00	+00:10:51 (22.0%)	4:53	12.2 (77.7%)
12	KRAJEWSKA Lucyna	656	PAŁUKI RUNNING TEAM	K-30	12	00:12:19	00:23:49	00:35:24	00:46:49	00:48:57.65	00:49:29.30	+00:11:07 (22.5%)	4:53	12.3 (78.3%)
13	KRUCZKOWSKA Magdalena	232	RUN BYDGOSZCZ	K-30	13	00:12:43	00:24:25	00:36:21	00:47:54	00:49:50.50	00:50:00.35	+00:11:38 (23.3%)	4:59	12 (76.4%)
14	KONOPIŃSKA Agnieszka	152	RUN BYDGOSZCZ	K-30	14	00:13:01	00:24:50	00:36:28	00:48:06	00:50:20.25	00:50:53.55	+00:12:31 (24.6%)	5:02	11.9 (75.8%)
15	KUŹMIŃSKA Maryla	661	BRZOZA BIEGA	K-30	15	00:13:59	00:25:40	00:37:18	00:48:59	00:51:01.20	00:51:02.55	+00:12:40 (24.8%)	5:06	11.8 (75.2%)
16	STĘPIEŃ Monika	84		K-30	16	00:12:30	00:24:09	00:36:18	00:48:27	00:50:46.05	00:51:06.65	+00:12:44 (24.9%)	5:04	11.8 (75.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	4.85km	7.2km	9.55km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
										10km	10km			
17	HUTEK Agnieszka	523		K-30	17	00:12:52	00:24:34	00:36:21	00:48:28	00:50:48.85	00:51:09.15	+00:12:47 (25.0%)	5:04	11.8 (75.2%)
18	DOMARADZKA Anita	643	OBÓZ BIEGOWY	K-30	18	00:13:06	00:24:56	00:36:51	00:48:36	00:50:53.05	00:51:19.40	+00:12:57 (25.2%)	5:05	11.8 (75.2%)
19	BZDAWKA-OSIŃSKA Anna	441	NKB	K-30	19	00:13:27	00:25:20	00:37:18	00:49:06	00:51:24.70	00:51:57.40	+00:13:35 (26.2%)	5:08	11.7 (74.5%)
20	MAZANOWSKA Ewa	29	REBELRUNNERS	K-30	20	00:12:47	00:25:08	00:37:33	00:49:32	00:51:50.25	00:52:09.85	+00:13:47 (26.5%)	5:11	11.6 (73.9%)
21	BANASZAK Monika	651	RUN-PASJA	K-30	21	00:13:31	00:25:47	00:37:55	00:49:42	00:51:55.70	00:52:26.90	+00:14:05 (26.9%)	5:11	11.6 (73.9%)
22	WARCZAK Katarzyna	669	TEAMOCHAL	K-30	22	00:13:14	00:25:23	00:37:44	00:49:54	00:52:09.55	00:52:48.70	+00:14:26 (27.4%)	5:12	11.5 (73.2%)
23	STANKOWSKA Justyna	536	MKS TRZEMESZNO	K-30	23	00:13:53	00:26:26	00:38:40	00:50:12	00:52:23.65	00:52:51.65	+00:14:29 (27.4%)	5:14	11.5 (73.2%)
24	FARBICKA-ŻYWICA Paulina	568	BRZOZA BIEGA	K-30	24	00:14:04	00:26:14	00:38:44	00:50:45	00:52:51.00	00:52:53.20	+00:14:31 (27.5%)	5:17	11.4 (72.6%)
25	STASZEWSKA Monika	421		K-30	25	00:13:24	00:25:30	00:37:54	00:50:07	00:52:23.85	00:53:00.10	+00:14:38 (27.6%)	5:14	11.5 (73.2%)
26	JEZIORSKA Monika	244	ANIOŁY	K-30	26	00:13:17	00:25:39	00:38:05	00:50:47	00:53:17.70	00:53:35.15	+00:15:13 (28.4%)	5:19	11.3 (72.0%)
27	MRUK-WAWRZYNIAK Patrycja	297		K-30	27	00:13:14	00:25:33	00:38:16	00:51:01	00:53:24.95	00:53:43.45	+00:15:21 (28.6%)	5:20	11.2 (71.3%)
28	CHECHŁA Agata	206		K-30	28	00:14:19	00:26:41	00:38:55	00:51:14	00:53:33.25	00:54:11.95	+00:15:50 (29.2%)	5:21	11.2 (71.3%)
29	DALKE Jowita	460		K-30	29	00:13:15	00:25:53	00:38:41	00:51:42	00:54:09.85	00:54:15.50	+00:15:53 (29.3%)	5:25	11.1 (70.7%)
30	LORENS Paula	360	TEAMOCHAL	K-30	30	00:13:53	00:26:29	00:39:12	00:51:45	00:54:07.70	00:54:45.80	+00:16:23 (29.9%)	5:24	11.1 (70.7%)
31	ŁUKOMSKA Monika	677	PAŁUKI RUNNING TEAM	K-30	31	00:13:23	00:25:53	00:38:48	00:51:58	00:54:20.35	00:54:50.75	+00:16:28 (30.0%)	5:26	11 (70.1%)
32	STUDZIŃSKA Justyna	279		K-30	32	00:14:13	00:27:13	00:40:08	00:53:01	00:55:30.30	00:55:46.80	+00:17:24 (31.2%)	5:33	10.8 (68.8%)
33	TATULIŃSKA Aleksandra	283	RUN BDG	K-30	33	00:14:15	00:27:11	00:40:26	00:53:02	00:55:27.25	00:56:00.75	+00:17:38 (31.5%)	5:32	10.8 (68.8%)
34	MISUN-NOWAK Katarzyna	194	ORTIMED RUNNERS TEAM	K-30	34	00:14:02	00:26:57	00:40:38	00:53:38	00:55:55.90	00:56:27.90	+00:18:06 (32.1%)	5:35	10.7 (68.2%)
35	LOKS WIŚNIEWSKA Joanna	496		K-30	35	00:14:16	00:27:26	00:40:28	00:53:34	00:56:01.70	00:56:32.25	+00:18:10 (32.1%)	5:36	10.7 (68.2%)
36	JANISZEWSKA Zuzanna	510		K-30	36	00:13:51	00:26:56	00:40:27	00:53:58	00:56:27.10	00:56:38.85	+00:18:16 (32.3%)	5:38	10.6 (67.5%)
37	KOSECKA Justyna	195	ORTIMED RUNNERS TEAM	K-30	37	00:14:03	00:26:58	00:40:40	00:53:46	00:56:09.75	00:56:41.70	+00:18:19 (32.3%)	5:37	10.7 (68.2%)
38	NIKOŁAJEW Monika	93		K-30	38	00:13:38	00:26:43	00:40:01	00:53:39	00:56:08.80	00:56:42.30	+00:18:20 (32.3%)	5:36	10.7 (68.2%)
39	KALISZEWSKA Małgorzata	313	RUN PASJA	K-30	39	00:13:34	00:26:32	00:40:07	00:53:51	00:56:27.40	00:56:59.65	+00:18:37 (32.7%)	5:38	10.6 (67.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	4.85km	7.2km	9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
40	DROŹDŹ Małgorzata	524	KLONIKTEAM	K-30	40	00:14:19	00:27:36	00:41:07	00:54:34	00:57:04.90	00:57:40.50	+00:19:18 (33.5%)	5:42	10.5 (66.9%)
41	GAJEK Agnieszka	175		K-30	41	00:14:32	00:27:51	00:41:15	00:54:48	00:57:17.10	00:57:47.25	+00:19:25 (33.6%)	5:43	10.5 (66.9%)
42	WASIŃSKA Eliza	639	OBÓZ BIEGOWY	K-30	42	00:14:33	00:28:15	00:41:44	00:54:57	00:57:33.85	00:58:00.10	+00:19:38 (33.9%)	5:45	10.4 (66.2%)
43	MICHAŁEK Ania	430	RUN BYDGOSZCZ	K-30	43	00:15:15	00:29:08	00:43:03	00:55:23	00:57:42.00	00:58:21.15	+00:19:59 (34.3%)	5:46	10.4 (66.2%)
44	CUDAK Małgorzata	456	AQUA 4	K-30	44	00:13:51	00:27:58	00:42:07	00:55:53	00:58:30.00	00:59:00.10	+00:20:38 (35.0%)	5:51	10.3 (65.6%)
45	GROCHOWIAK Karolina	51	ŚLIMAKI BARCIN	K-30	45	00:14:30	00:28:32	00:42:36	00:56:30	00:59:05.75	00:59:12.40	+00:20:50 (35.2%)	5:54	10.2 (65.0%)
46	BUJAK Justyna	409	KUJATT RUNNERS TEAM	K-30	46	00:14:28	00:28:07	00:42:03	00:56:05	00:58:44.25	00:59:17.40	+00:20:55 (35.3%)	5:52	10.2 (65.0%)
47	LEWANDOWSKA Sylwia	329		K-30	47	00:14:59	00:28:40	00:42:34	00:56:28	00:58:55.95	00:59:31.55	+00:21:09 (35.5%)	5:53	10.2 (65.0%)
48	KŁOPOTEK Anna	485		K-30	48	00:15:17	00:29:10	00:43:05	00:56:53	00:59:20.50	00:59:59.00	+00:21:37 (36.0%)	5:56	10.1 (64.3%)
49	ADAMCZAK Marta	141	RUN PASJA BYDGOSZCZ	K-30	49	00:15:01	00:29:33	00:43:08	00:57:00	00:59:23.55	01:00:00.70	+00:21:38 (36.1%)	5:56	10.1 (64.3%)
50	PITUŁA Monika	546		K-30	50	00:14:41	00:28:20	00:42:30	00:56:58	00:59:36.85	01:00:14.85	+00:21:52 (36.3%)	5:57	10.1 (64.3%)
51	KOŹLIKOWSKA Magdalena	102	ES-TEAM	K-30	51	00:14:51	00:28:52	00:43:17	00:57:54	01:00:06.85	01:00:20.30	+00:21:58 (36.4%)	6:00	10 (63.7%)
52	KUGACZ Aneta	471	RUN BYDGOSZCZ	K-30	52	00:14:02	00:28:09	00:42:33	00:57:37	01:00:22.65	01:00:31.65	+00:22:09 (36.6%)	6:02	9.9 (63.1%)
53	KOLASIŃSKA Joanna	561	RUN BYDGOSZCZ	K-30	53	00:15:41	00:30:02	00:43:43	00:57:46	01:00:12.00	01:00:45.10	+00:22:23 (36.8%)	6:01	10 (63.7%)
54	LUWAŃSKA Aleksandra	574	WILD AND ...	K-30	54	00:14:22	00:28:23	00:42:43	00:57:44	01:00:41.05	01:00:52.15	+00:22:30 (37.0%)	6:04	9.9 (63.1%)
55	MAGDZIARZ Katarzyna	256	KANCELARIA HMM	K-30	55	00:14:57	00:28:53	00:43:00	00:57:08	01:00:22.55	01:01:07.85	+00:22:45 (37.2%)	6:02	9.9 (63.1%)
56	KOWAL Magdalena	634	OBÓZ BIEGOWY	K-30	56	00:15:52	00:30:51	00:44:20	00:58:10	01:00:39.10	01:01:15.55	+00:22:53 (37.4%)	6:03	9.9 (63.1%)
57	PISKORSKA Marta	575		K-30	57	00:14:52	00:29:28	00:44:08	00:59:13	01:02:06.85	01:02:25.20	+00:24:03 (38.5%)	6:12	9.7 (61.8%)
57	KUBIAK Małgorzata	162		K-30	58	00:14:55	00:29:30	00:44:10	00:59:16	01:02:08.40	01:02:25.20	+00:24:03 (38.5%)	6:12	9.7 (61.8%)
59	KLATECKA Emilia	8		K-30	59	00:15:25	00:29:56	00:44:47	00:59:23	01:02:25.80	01:03:07.90	+00:24:46 (39.2%)	6:14	9.6 (61.1%)
60	ĆWIKLIŃSKA Anna	292	KLONIKTEAM	K-30	60	00:15:06	00:29:47	00:44:44	01:00:00	01:02:53.40	01:03:29.10	+00:25:07 (39.6%)	6:17	9.5 (60.5%)
61	SIĘBOR Agnieszka	298		K-30	61	00:14:51	00:29:54	00:45:11	01:00:52	01:03:42.50	01:04:03.10	+00:25:41 (40.1%)	6:22	9.4 (59.9%)
62	LEWANDOWSKA Katarzyna	424		K-30	62	00:16:04	00:30:56	00:45:57	01:01:27	01:04:18.75	01:04:55.60	+00:26:33 (40.9%)	6:25	9.3 (59.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	4.85km	7.2km	9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
63	KUZIEMSKA Anna	638	OBÓZ BIEGOWY	K-30	63	00:16:34	00:32:26	00:47:53	01:02:37	01:05:23.05	01:05:48.95	+00:27:27 (41.7%)	6:32	9.2 (58.6%)
64	CZYŻEWSKA Justyna	134		K-30	64	00:15:05	00:31:00	00:46:27	01:02:25	01:05:30.00	01:05:52.90	+00:27:31 (41.8%)	6:33	9.2 (58.6%)
65	MOROSZCZAK Dominika	387	4RUN TEAM BYDGOSZCZ	K-30	65	00:15:24	00:30:24	00:46:37	01:03:20	01:06:07.05	01:06:47.05	+00:28:25 (42.6%)	6:36	9.1 (58.0%)
66	KARDACH Magdalena	535		K-30	66	00:16:29	00:32:07	00:47:58	01:03:26	01:06:17.30	01:06:50.70	+00:28:28 (42.6%)	6:37	9.1 (58.0%)
67	LUTKOWSKA Katarzyna	166	TEAMOCHAL	K-30	67	00:13:58	00:32:59	00:49:07	01:05:24	01:08:29.55	01:09:07.85	+00:30:45 (44.5%)	6:50	8.8 (56.1%)
68	LATOS Sandra	12	TEAMOCHAL	K-30	68	00:16:51	00:32:59	00:49:06	01:05:24	01:08:28.55	01:09:08.15	+00:30:46 (44.5%)	6:50	8.8 (56.1%)
69	CENTKOWSKA Ewelina	404		K-30	69	00:16:02	00:32:06	00:48:42	01:05:31	01:08:36.05	01:09:21.90	+00:31:00 (44.7%)	6:51	8.7 (55.4%)
70	BRÓZDA Karolina	381		K-30	70	00:17:48	00:36:19	00:57:00	01:14:25	01:17:33.80	01:18:04.60	+00:39:42 (50.9%)	7:45	7.7 (49.0%)

Znaleziono 70 wynik(ów)