



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

IX BIEG SYLWESTROWY

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-40

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	MOLTZAN-MAŁKOWSKA Magdalena	322		K-40	1	00:10:50	00:20:46	00:30:48	00:40:45	00:42:36.35	00:42:46.05		4:15	14.1 (100%)
2	STOLARÓW Agnieszka	630	ACTIVE MALBORK	K-40	2	00:10:44	00:20:52	00:31:09	00:41:23	00:43:21.70	00:43:25.30	+00:00:39 (1.5%)	4:20	13.8 (97.9%)
3	DUDEK Agnieszka	449		K-40	3	00:11:12	00:21:31	00:32:06	00:42:36	00:44:32.90	00:44:43.70	+00:01:57 (4.4%)	4:27	13.5 (95.7%)
4	DARPATOWA-HRUZEWICZ Donka	640	OBÓZ BIEGOWY	K-40	4	00:11:44	00:22:24	00:33:08	00:43:52	00:45:59.25	00:46:26.25	+00:03:40 (7.9%)	4:35	13 (92.2%)
5	SYREK Grażyna	680	OBÓZ BIEGOWY	K-40	5	00:12:30	00:23:45	00:35:09	00:46:23	00:48:28.30	00:48:55.15	+00:06:09 (12.6%)	4:50	12.4 (87.9%)
6	WALIGÓRA Karolina	377		K-40	6	00:12:15	00:23:42	00:35:15	00:49:19	00:50:10.40	00:50:13.65	+00:07:27 (14.9%)	5:01	12 (85.1%)
7	RYBKA Ilona	328	NIEZRZESZONY	K-40	7	00:12:21	00:24:10	00:36:14	00:48:05	00:50:13.30	00:50:26.90	+00:07:40 (15.2%)	5:01	11.9 (84.4%)
8	CICHOŃSKA- BAZAK Marzena	240		K-40	8	00:12:19	00:24:00	00:35:55	00:47:46	00:50:01.45	00:50:30.35	+00:07:44 (15.3%)	5:00	12 (85.1%)
9	GIERSZEWSKA Grażyna	128		K-40	9	00:12:53	00:24:36	00:36:22	00:48:07	00:50:13.45	00:50:42.15	+00:07:56 (15.7%)	5:01	11.9 (84.4%)
10	ZIENTARSKA Joanna	619	ŚWIAT PŁYTEK U KRYSPIŃA	K-40	10	00:12:38	00:24:28	00:36:15	00:48:21	00:50:38.65	00:50:59.85	+00:08:13 (16.1%)	5:03	11.8 (83.7%)
11	WROŃSKA Dorota	410	LUBAWA KOCHA BIEGAĆ	K-40	11	00:13:33	00:25:41	00:37:34	00:48:53	00:50:58.45	00:51:27.60	+00:08:41 (16.9%)	5:05	11.8 (83.7%)
12	WICZKOWSKA Jolanta	132	WKB MARATOŃCZYK	K-40	12	00:13:58	00:26:02	00:38:01	00:49:45	00:52:03.10	00:52:25.60	+00:09:39 (18.4%)	5:12	11.5 (81.6%)
13	MINDYKOWSKA Anna	150	RUN BYDGOSZCZ	K-40	13	00:13:30	00:25:56	00:38:14	00:50:22	00:52:31.25	00:52:52.15	+00:10:06 (19.1%)	5:15	11.4 (80.9%)
14	STASZKIEWICZ Lucyna	183	STASHKY TEAM	K-40	14	00:12:12	00:24:07	00:36:16	00:50:07	00:52:32.05	00:53:03.55	+00:10:17 (19.4%)	5:15	11.4 (80.9%)
15	WOJCIECHOWSKA Emilia	78		K-40	15	00:12:53	00:25:21	00:38:02	00:50:43	00:53:06.10	00:53:24.15	+00:10:38 (19.9%)	5:18	11.3 (80.1%)
16	CZUCZEJKO Jolanta	156	RUN BYDGOSZCZ	K-40	16	00:13:46	00:26:21	00:38:48	00:50:52	00:53:18.30	00:53:35.55	+00:10:49 (20.2%)	5:19	11.3 (80.1%)

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
17	KALLAS-LIPSKA Anetta	227	RUN BYDGOSZCZ	K-40	17	00:13:41	00:26:21	00:38:48	00:50:57	00:53:18.50	00:53:36.10	+00:10:50 (20.2%)	5:19	11.3 (80.1%)
18	ZABOROWSKA Beata	544		K-40	18	00:13:14	00:25:40	00:38:16	00:50:51	00:53:11.90	00:53:44.40	+00:10:58 (20.4%)	5:19	11.3 (80.1%)
19	KOŻUCHOWSKA Katarzyna	130	RUN BYDGOSZCZ	K-40	19	00:13:30	00:25:56	00:38:36	00:51:12	00:53:35.30	00:53:44.50	+00:10:58 (20.4%)	5:21	11.2 (79.4%)
20	WITKA Grażyna	44	KLUB ŁEBA MORS POLAND	K-40	20	00:13:24	00:25:31	00:38:40	00:50:59	00:53:17.35	00:53:44.80	+00:10:58 (20.4%)	5:19	11.3 (80.1%)
21	PURWIN Beata	502	CYTADELA GRUDZIĄDZ	K-40	21	00:13:11	00:25:38	00:38:10	00:50:56	00:53:23.35	00:53:47.30	+00:11:01 (20.5%)	5:20	11.2 (79.4%)
22	MAKUCH Urszula	487		K-40	22	00:14:04	00:26:30	00:38:55	00:51:09	00:53:44.20	00:54:25.70	+00:11:39 (21.4%)	5:22	11.2 (79.4%)
23	KWIATKOWSKA Bożena	255		K-40	23	00:13:19	00:26:01	00:39:02	00:51:52	00:54:12.40	00:54:32.45	+00:11:46 (21.6%)	5:25	11.1 (78.7%)
24	BUDZIK Justyna	97	BOZITA TEAM	K-40	24	00:13:42	00:26:42	00:39:28	00:52:32	00:55:01.40	00:55:19.60	+00:12:33 (22.7%)	5:30	10.9 (77.3%)
25	LENGIEWCZ Anna	635	OBÓZ BIEGOWY	K-40	25	00:13:33	00:26:27	00:39:32	00:52:35	00:54:59.95	00:55:20.45	+00:12:34 (22.7%)	5:30	10.9 (77.3%)
26	SADOWSKA Maria	123		K-40	26	00:14:05	00:26:58	00:39:52	00:52:49	00:55:15.70	00:55:46.15	+00:13:00 (23.3%)	5:31	10.9 (77.3%)
27	PORAZINSKA Viktoria	241		K-40	27	00:13:51	00:26:47	00:39:56	00:53:28	00:56:06.15	00:56:19.45	+00:13:33 (24.1%)	5:36	10.7 (75.9%)
28	STERNAL Elżbieta	62		K-40	28	00:13:23	00:26:18	00:39:34	00:52:54	00:56:10.05	00:56:25.00	+00:13:38 (24.2%)	5:37	10.7 (75.9%)
29	REPKA Anna	203	LUPUS TEAM	K-40	29	00:14:44	00:28:18	00:41:39	00:54:37	00:56:54.10	00:57:06.50	+00:14:20 (25.1%)	5:41	10.5 (74.5%)
30	MARKLIK Grayżyna	154		K-40	30	00:14:32	00:27:50	00:41:15	00:54:48	00:57:17.15	00:57:47.45	+00:15:01 (26.0%)	5:43	10.5 (74.5%)
31	KOBUSIŃSKA Sylwia	310		K-40	31	00:14:50	00:28:13	00:41:45	00:55:08	00:57:41.15	00:58:23.00	+00:15:36 (26.7%)	5:46	10.4 (73.8%)
32	ŚPICA Dorota	346	BBL	K-40	32	00:14:21	00:27:40	00:41:47	00:55:47	00:58:21.95	00:59:01.25	+00:16:15 (27.5%)	5:50	10.3 (73.0%)
33	BEDNAREK Grażyna	458	RUN-PASJA	K-40	33	00:14:39	00:28:51	00:42:48	00:56:37	00:59:00.10	00:59:32.15	+00:16:46 (28.2%)	5:54	10.2 (72.3%)
34	KALISZ Małgorzata	331		K-40	34	00:14:33	00:28:11	00:42:33	00:56:52	00:59:29.00	01:00:11.45	+00:17:25 (28.9%)	5:56	10.1 (71.6%)
35	BALCERZAK Dorota	596	BBL INOWROCŁAW	K-40	35	00:14:37	00:28:47	00:43:15	00:57:36	01:00:14.35	01:00:29.35	+00:17:43 (29.3%)	6:01	10 (70.9%)
36	RZETELNA Sylwia	617		K-40	36	00:14:49	00:28:51	00:43:07	00:57:37	01:00:13.30	01:00:57.80	+00:18:11 (29.8%)	6:01	10 (70.9%)
37	URBAŃSKA Magdalena	618		K-40	37	00:14:49	00:28:50	00:43:07	00:57:37	01:00:13.55	01:00:57.90	+00:18:11 (29.8%)	6:01	10 (70.9%)
38	JĘDRZEJCZYK Rita	564	NAKIELSKI KB	K-40	38	00:15:40	00:30:28	00:45:13	00:59:41	01:02:25.55	01:02:39.65	+00:19:53 (31.7%)	6:14	9.6 (68.1%)
39	KWIATKOWSKA Elżbieta	53		K-40	39	00:15:18	00:30:02	00:45:19	01:00:42	01:03:28.10	01:03:56.65	+00:21:10 (33.1%)	6:20	9.5 (67.4%)

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40	GRABOWSKA Lucyna	104	BRZOZA BIEGA	K-40	40	00:15:22	00:30:06	00:45:23	01:00:46	01:03:33.05	01:03:57.05	+00:21:11 (33.1%)	6:21	9.4 (66.7%)
41	SOWIŃSKA Justyna	391		K-40	41	00:15:48	00:31:12	00:46:41	01:02:12	01:05:04.45	01:05:34.05	+00:22:48 (34.8%)	6:30	9.2 (65.2%)
42	WIŚNIEWSKA RYBUS Roksana	373		K-40	42	00:16:11	00:31:34	00:47:04	01:02:36	01:05:36.80	01:06:18.15	+00:23:32 (35.5%)	6:33	9.1 (64.5%)
43	WIŚNIEWSKA Elżbieta	341	BRZOZA BIEGA	K-40	43	00:16:40	00:33:05	00:49:14	01:05:58	01:09:07.95	01:09:31.95	+00:26:45 (38.5%)	6:54	8.7 (61.7%)
44	LIBERA Sabina	20	PARKRUN BYDGOSZCZ	K-40	44	00:17:22	00:34:09	00:51:20	01:08:21	01:11:14.15	01:11:37.40	+00:28:51 (40.3%)	7:07	8.4 (59.6%)
45	KOISZEWSKA Izabela	350	MIRAP ŁĘBORK	K-40	45	00:17:06	00:33:47	00:50:50	01:08:02	01:11:06.30	01:11:43.15	+00:28:57 (40.4%)	7:06	8.4 (59.6%)
46	MIROWSKA Anna	352		K-40	46	00:17:05	00:33:46	00:50:49	01:08:01	01:11:06.20	01:11:43.35	+00:28:57 (40.4%)	7:06	8.4 (59.6%)
47	PEPLIŃSKA Iwona	682	ŁEBA MORS POLAND	K-40	47	00:17:26	00:34:42	00:52:35	01:09:58	01:12:57.80	01:13:25.90	+00:30:39 (41.8%)	7:17	8.2 (58.2%)

Znaleziono 47 wynik(ów)