



Organiser: Hotel Brzoza
Date: 2016-12-31
Place: Brzoza
Distance: 10 km

X BIEG SYLWESTROWY

B4SPORT

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Classification: K-20

Place	Participant	Number	Club	Category	MCat	Start time	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	NAWROCLA Sylwia	680		K-20	1	00:00:03	00:10:22	00:20:03	00:29:48	00:39:34	00:41:17.00	00:41:20.95		4:07	14.5 (100%)
2	GRABIAS Aleksandra	370		K-20	2	00:00:03	00:10:30	00:20:25	00:30:19	00:40:05	00:41:52.45	00:41:55.55	+00:00:35 (1.4%)	4:11	14.3 (98.6%)
3	JAGODZIŃSKA Magdalena	134	BYDGOSKIE OKONIE	K-20	3	00:00:18	00:11:16	00:21:42	00:31:57	00:42:09	00:43:52.30	00:44:10.85	+00:02:35 (5.9%)	4:23	13.7 (94.5%)
4	WIŚNIEWSKA Marcjanna	78		K-20	4	00:00:04	00:11:23	00:22:08	00:32:54	00:43:31	00:45:16.40	00:45:21.00	+00:03:59 (8.8%)	4:31	13.2 (91.0%)
5	BENTKOWSKA Natalia	430		K-20	5	00:00:17	00:11:36	00:22:34	00:33:39	00:44:58	00:46:51.55	00:47:08.55	+00:05:34 (11.9%)	4:41	12.8 (88.3%)
6	KOWALCZYK Aleksandra	520		K-20	6	00:00:11	00:12:01	00:23:13	00:34:26	00:45:35	00:47:31.65	00:47:42.65	+00:06:14 (13.1%)	4:45	12.6 (86.9%)
7	JAKUBOWSKA Paulina	533		K-20	7	00:00:40	00:12:33	00:23:55	00:35:08	00:46:07	00:47:55.45	00:48:36.20	+00:06:38 (13.9%)	4:47	12.5 (86.2%)
8	BUDZYŃSKA Sylwia	710		K-20	8	00:00:36	00:12:21	00:23:57	00:35:19	00:46:52	00:48:50.40	00:49:26.55	+00:07:33 (15.5%)	4:53	12.3 (84.8%)
9	WIŚNIEWSKA Marta	649	BRZOZA BIEGA	K-20	9	00:00:12	00:12:29	00:24:19	00:36:08	00:47:43	00:49:35.50	00:49:48.25	+00:08:18 (16.8%)	4:57	12.1 (83.4%)
10	KUFEL Magdalena	523		K-20	10	00:00:40	00:12:33	00:23:56	00:35:27	00:47:29	00:49:40.55	00:50:21.30	+00:08:23 (16.9%)	4:58	12.1 (83.4%)
11	JARZEMSKA Alicja	731	BYDGOSZCZ TRIATHLON TEAM	K-20	11	00:00:11	00:11:41	00:23:02	00:35:30	00:47:59	00:50:00.25	00:50:11.75	+00:08:43 (17.4%)	5:00	12 (82.8%)
12	KRUK Małgorzata	252	KUJAWSKO-POMORSKIE.PL	K-20	12	00:00:19	00:12:32	00:24:18	00:36:29	00:48:42	00:50:37.75	00:50:57.40	+00:09:20 (18.5%)	5:03	11.8 (81.4%)
13	KOSTYRA Agnieszka	736	TORUŃSKI KLUB TRIATHLONOWY	K-20	13	00:00:33	00:12:19	00:24:19	00:36:47	00:48:41	00:50:57.50	00:51:31.00	+00:09:40 (19.0%)	5:05	11.8 (81.4%)
14	GRABOWSKA Marta	546		K-20	14	00:00:45	00:13:11	00:25:17	00:37:31	00:49:46	00:51:50.60	00:52:35.65	+00:10:33 (20.4%)	5:11	11.6 (80.0%)
15	NOWACKA Małgorzata	143	BRZOZA BIEGA	K-20	15	00:00:25	00:12:30	00:24:44	00:37:17	00:49:54	00:51:57.35	00:52:23.10	+00:10:40 (20.5%)	5:11	11.5 (79.3%)
16	GRODEK Roksana	448	CYTADELA-GRUDZIĄDZ	K-20	16	00:00:38	00:13:27	00:25:52	00:38:24	00:50:42	00:52:50.75	00:53:29.35	+00:11:33 (21.9%)	5:17	11.4 (78.6%)

Place	Participant	Number	Club	Category	MCat	Start time	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
17	GĄSIOROWSKA Anna	629		K-20	17	00:00:26	00:14:13	00:26:49	00:39:26	00:51:29	00:53:31.00	00:53:57.00	+00:12:14 (22.9%)	5:21	11.2 (77.2%)
18	GĄSIOROWSKA Marta	630		K-20	18	00:00:26	00:14:13	00:26:49	00:39:26	00:51:29	00:53:33.35	00:53:59.60	+00:12:16 (22.9%)	5:21	11.2 (77.2%)
19	LUZAK Magdalena	204		K-20	19	00:00:24	00:13:30	00:26:09	00:39:01	00:52:25	00:54:37.60	00:55:01.65	+00:13:20 (24.4%)	5:27	11 (75.9%)
20	CHABROS Małgorzata	504	THE RUNNERS ŚWIECIE	K-20	20	00:00:37	00:14:39	00:27:26	00:40:19	00:53:02	00:55:01.60	00:55:38.75	+00:13:44 (25.0%)	5:30	10.9 (75.2%)
21	NOWACKA Bożena	483		K-20	21	00:00:33	00:14:10	00:27:02	00:40:02	00:52:53	00:55:11.55	00:55:44.75	+00:13:54 (25.2%)	5:31	10.9 (75.2%)
22	CIEPLIŃSKA Marta	336		K-20	22	00:00:40	00:14:30	00:27:38	00:40:47	00:54:00	00:56:18.40	00:56:59.30	+00:15:01 (26.7%)	5:37	10.7 (73.8%)
23	KUBIAK Katarzyna	720		K-20	23	00:00:13	00:13:59	00:27:11	00:40:48	00:54:05	00:56:21.85	00:56:35.60	+00:15:04 (26.8%)	5:38	10.6 (73.1%)
24	ŚWIĄTEK Karolina	442	CYTADELA-GRUDZIĄDZ	K-20	24	00:00:38	00:14:31	00:27:39	00:41:01	00:54:43	00:57:00.65	00:57:38.90	+00:15:43 (27.6%)	5:42	10.5 (72.4%)
25	ŚWIĄTEK Agnieszka	538	CYTADELA-GRUDZIĄDZ	K-20	25	00:00:37	00:14:31	00:27:40	00:41:01	00:54:44	00:57:01.15	00:57:38.85	+00:15:44 (27.6%)	5:42	10.5 (72.4%)
26	SZARSZEWSKA Natalia	446	CYTADELA-GRUDZIĄDZ	K-20	26	00:00:38	00:14:33	00:27:48	00:41:27	00:55:15	00:57:37.80	00:58:16.60	+00:16:20 (28.4%)	5:45	10.4 (71.7%)
27	BABYCH Alona	738		K-20	27	00:00:08	00:13:48	00:27:06	00:41:18	00:55:19	00:57:48.25	00:57:56.40	+00:16:31 (28.6%)	5:46	10.4 (71.7%)
28	GAWRYSZCZAK Karolina	537		K-20	28	00:00:30	00:13:58	00:26:58	00:41:11	00:55:46	00:58:09.60	00:58:39.80	+00:16:52 (29.0%)	5:48	10.3 (71.0%)
29	ADAMCZYK Sonia	53		K-20	29	00:00:34	00:14:54	00:28:48	00:42:43	00:56:38	00:58:40.45	00:59:14.60	+00:17:23 (29.6%)	5:52	10.2 (70.3%)
30	SROCZYŃSKA Marta	179	POLONIA BYDGOSZCZ SLA	K-20	30	00:00:49	00:15:54	00:30:20	00:43:54	00:56:45	00:58:47.90	00:59:37.60	+00:17:30 (29.8%)	5:52	10.2 (70.3%)
31	MIAZGA Katarzyna	564		K-20	31	00:00:40	00:15:38	00:30:22	00:43:30	00:57:00	00:59:28.20	01:00:08.50	+00:18:11 (30.6%)	5:56	10.1 (69.7%)
32	WITUCKA-KRYGIER Malwina	581		K-20	32	00:00:26	00:14:34	00:28:33	00:42:44	00:57:12	00:59:28.85	00:59:55.10	+00:18:11 (30.6%)	5:56	10.1 (69.7%)
33	RATAJ Monika	100	PERŁA KOBIECOŚCI	K-20	33	00:00:42	00:15:06	00:29:29	00:44:34	00:59:26	01:01:59.90	01:02:42.60	+00:20:42 (33.4%)	6:12	9.7 (66.9%)
34	STYPCZYŃSKA Natalia	602		K-20	34	00:00:44	00:15:04	00:29:11	00:43:19	00:59:39	01:02:28.15	01:03:12.35	+00:21:11 (33.9%)	6:14	9.6 (66.2%)
35	BORDON Monika	670		K-20	35	00:00:10	00:14:51	00:29:28	00:44:34	01:00:37	01:03:20.05	01:03:30.20	+00:22:03 (34.8%)	6:20	9.5 (65.5%)
36	NIZIOŁ Katarzyna	716		K-20	36	00:00:48	00:16:21	00:30:54	00:46:14	01:02:26	01:05:06.65	01:05:55.05	+00:23:49 (36.6%)	6:30	9.2 (63.4%)
37	PILAROWSKA Julita	365		K-20	37	00:00:20	00:15:31	00:32:04	00:48:19	01:05:24	01:08:11.55	01:08:31.55	+00:26:54 (39.5%)	6:49	8.8 (60.7%)
38	TOMASZEWSKA Dorota	593		K-20	38	00:00:48	00:17:08	00:33:07	00:49:38	01:05:51	01:08:30.85	01:09:19.60	+00:27:13 (39.7%)	6:51	8.8 (60.7%)
39	BLUHM Martyna	235		K-20	39	00:00:37	00:20:11	00:39:49	01:00:07	01:20:05	01:21:57.45	01:22:35.35	+00:40:40 (49.6%)	8:11	7.3 (50.3%)

Place	Participant	Number	Club	Category	MCat	Start time	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
	WAWIERNIA Kamila	38	SPÓJNIA BIAŁE BŁOTA	K-20		DNF	00:15:43 DNF	00:30:03 DNF	00:44:14 DNF	DNF	DNF	DNF		-	- (0.0%)
	KICIŃSKA Marta	392		K-20		DNF	00:15:37 DNF	00:32:11 DNF	00:48:14 DNF	DNF	DNF	DNF		-	- (0.0%)

Total 41 results.