



Organizator: Hotel Brzoza
Data: 2016-12-31
Miejsce: Brzoza
Dystans: 10 km

X BIEG SYLWESTROWY

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	DUDEK Agnieszka	407		K-40	1	00:00:04	00:10:35	00:20:37	00:30:56	00:41:10	00:42:56.10	00:43:00.20		4:17	14 (100%)
2	MOLTZAN-MAŁKOWSKA Magdalena	323		K-40	2	00:00:09	00:10:54	00:21:02	00:31:12	00:41:16	00:43:03.35	00:43:12.95	+00:00:07 (0.3%)	4:18	13.9 (99.3%)
3	SUCHOMSKA Beata	402	OPENTAX24.PL	K-40	3	00:00:16	00:11:51	00:22:39	00:33:26	00:44:02	00:45:57.05	00:46:14.00	+00:03:00 (6.6%)	4:35	13.1 (93.6%)
4	CHWIEDUK Magdalena	192		K-40	4	00:00:26	00:11:56	00:23:11	00:34:20	00:45:00	00:46:50.85	00:47:17.20	+00:03:54 (8.4%)	4:41	12.8 (91.4%)
5	GOLON Marlena	422		K-40	5	00:00:21	00:11:48	00:22:58	00:34:11	00:45:11	00:47:04.15	00:47:26.10	+00:04:08 (8.8%)	4:42	12.7 (90.7%)
6	RUDOL Magdalena	40		K-40	6	00:00:07	00:11:38	00:22:35	00:33:55	00:45:24	00:47:25.90	00:47:33.50	+00:04:29 (9.5%)	4:44	12.6 (90.0%)
7	ZABOROWSKA Beata	213		K-40	7	00:00:19	00:12:14	00:23:39	00:35:18	00:46:45	00:48:50.05	00:49:09.35	+00:05:53 (12.1%)	4:53	12.3 (87.9%)
8	PALACZ Agnieszka	306	POZKAL RUNNING TEAM	K-40	8	00:00:30	00:13:22	00:25:12	00:36:45	00:48:10	00:50:08.70	00:50:39.25	+00:07:12 (14.4%)	5:00	12 (85.7%)
9	RYBKA Ilona	21		K-40	9	00:00:15	00:12:21	00:24:17	00:36:15	00:48:15	00:50:15.20	00:50:30.35	+00:07:19 (14.6%)	5:01	11.9 (85.0%)
10	SOŁDON Halina	166	11WOG	K-40	10	00:00:47	00:13:00	00:24:49	00:36:30	00:48:23	00:50:24.55	00:51:11.85	+00:07:28 (14.8%)	5:02	11.9 (85.0%)
11	NAWROCKA Iwona	660		K-40	11	00:00:30	00:12:48	00:24:43	00:36:38	00:48:26	00:50:33.00	00:51:03.75	+00:07:36 (15.1%)	5:03	11.9 (85.0%)
12	GIERSZEWSKA Grażyna	89		K-40	12	00:00:35	00:13:13	00:25:18	00:37:23	00:49:24	00:51:23.25	00:51:58.80	+00:08:27 (16.4%)	5:08	11.7 (83.6%)
13	KALLAS-LIPSKA Anetta	283	RUN BYDGOSZCZ	K-40	13	00:00:46	00:13:06	00:25:16	00:37:28	00:49:47	00:51:54.65	00:52:41.30	+00:08:58 (17.3%)	5:11	11.6 (82.9%)
14	MARCINKOWSKA Jadwiga	661		K-40	14	00:00:35	00:13:05	00:25:14	00:37:25	00:49:54	00:52:07.25	00:52:42.55	+00:09:11 (17.6%)	5:12	11.5 (82.1%)
15	KĘPIŃSKA Katarzyna	735		K-40	15	00:00:17	00:12:59	00:25:16	00:37:40	00:50:06	00:52:17.00	00:52:34.05	+00:09:20 (17.9%)	5:13	11.5 (82.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	REPKA Anna	94	LUPUS TEAM	K-40	16	00:00:06	00:12:52	00:25:21	00:38:14	00:50:38	00:52:38.75	00:52:44.95	+00:09:42 (18.4%)	5:15	11.4 (81.4%)
17	SOBAŃSKA Małgorzata	8		K-40	17	00:00:35	00:13:48	00:26:14	00:38:34	00:50:35	00:52:41.85	00:53:17.15	+00:09:45 (18.5%)	5:16	11.4 (81.4%)
18	NIEDBALSKA Anna	275	PAŁUKI RUNNING TEAM	K-40	18	00:00:11	00:12:58	00:25:27	00:38:02	00:50:33	00:52:44.15	00:52:56.05	+00:09:48 (18.6%)	5:16	11.4 (81.4%)
19	JAMRÓZ Joanna	364		K-40	19	00:00:21	00:13:14	00:26:06	00:39:07	00:52:09	00:54:20.15	00:54:41.90	+00:11:24 (21.0%)	5:26	11 (78.6%)
20	STYKAŁA Magdalena	245		K-40	20	00:00:31	00:13:43	00:26:29	00:39:36	00:52:35	00:54:53.95	00:55:25.10	+00:11:57 (21.8%)	5:29	10.9 (77.9%)
21	BOULGE Beata	207		K-40	21	00:00:24	00:13:53	00:26:41	00:39:37	00:52:57	00:55:09.55	00:55:34.35	+00:12:13 (22.2%)	5:31	10.9 (77.9%)
22	DUDZIŃSKA Aleksandra	428		K-40	22	00:00:39	00:14:30	00:27:42	00:40:49	00:53:12	00:55:12.30	00:55:52.15	+00:12:16 (22.2%)	5:31	10.9 (77.9%)
23	POLAŃSKA Beata			K-40	23	00:00:30	00:13:46	00:26:28	00:39:30	00:52:44	00:55:20.00	00:55:50.00	+00:12:23 (22.4%)	5:32	10.8 (77.1%)
24	MAKUCH Urszula	562	12 WOG	K-40	24	00:00:36	00:14:06	00:27:08	00:40:08	00:53:17	00:55:32.30	00:56:08.95	+00:12:36 (22.7%)	5:33	10.8 (77.1%)
25	RZETELNA Sylwia	99		K-40	25	00:00:43	00:14:26	00:27:19	00:40:13	00:53:21	00:55:32.60	00:56:16.50	+00:12:36 (22.7%)	5:33	10.8 (77.1%)
26	SYCHOWICZ Klara	657		K-40	26	00:00:20	00:14:04	00:27:11	00:40:18	00:53:31	00:55:48.90	00:56:09.25	+00:12:52 (23.1%)	5:34	10.7 (76.4%)
27	JASKOWSKA-PAWSKA Danuta	229	KLUB AKTYWNYCH KOBIET SZPIŁKI	K-40	27	00:00:03	00:13:52	00:26:36	00:39:38	00:53:10	00:55:51.75	00:55:55.45	+00:12:55 (23.1%)	5:35	10.7 (76.4%)
28	SADOWSKA Maria	499		K-40	28	00:00:25	00:14:10	00:27:34	00:41:04	00:54:40	00:57:01.25	00:57:27.00	+00:14:05 (24.7%)	5:42	10.5 (75.0%)
29	PORAZINSKA Viktoria	164		K-40	29	00:00:22	00:14:14	00:27:50	00:41:26	00:55:12	00:57:35.60	00:57:58.05	+00:14:39 (25.5%)	5:45	10.4 (74.3%)
30	KNIOŁA Lucyna	606		K-40	30	00:00:14	00:13:55	00:27:29	00:41:12	00:55:08	00:57:36.00	00:57:50.55	+00:14:39 (25.5%)	5:45	10.4 (74.3%)
31	CHYLIŃSKA Dorota	621	AKADEMIA BIEGANIA GRUDZIĄDZ	K-40	31	00:00:30	00:14:10	00:27:30	00:41:07	00:55:04	00:57:37.80	00:58:08.75	+00:14:41 (25.5%)	5:45	10.4 (74.3%)
32	BOJAKOWSKA Małgorzata	556	BYDGOSKIE ŻÓŁWIE	K-40	32	00:00:18	00:14:27	00:27:58	00:41:44	00:55:37	00:57:57.60	00:58:16.00	+00:15:01 (25.9%)	5:47	10.4 (74.3%)
33	MALATYŃSKA Barbara	113		K-40	33	00:00:41	00:14:48	00:28:24	00:42:01	00:55:51	00:58:12.50	00:58:54.00	+00:15:16 (26.2%)	5:49	10.3 (73.6%)
34	BŁASIŃSKA Żaneta	162		K-40	34	00:00:47	00:14:18	00:27:15	00:42:18	00:56:13	00:58:22.05	00:59:10.00	+00:15:25 (26.4%)	5:50	10.3 (73.6%)
35	BEDNAREK Grazyna	49	RUN-PASJA BYDGOSZCZ	K-40	35	00:00:40	00:14:50	00:28:37	00:42:34	00:56:10	00:58:33.20	00:59:14.00	+00:15:37 (26.7%)	5:51	10.2 (72.9%)
36	GORGOL Renia	296	RUN BYDGOSZCZ	K-40	36	00:00:43	00:14:30	00:28:10	00:42:09	00:56:08	00:58:39.10	00:59:23.00	+00:15:43 (26.8%)	5:52	10.2 (72.9%)
37	ŚLESIŃSKA Ewa	334		K-40	37	00:00:13	00:14:06	00:27:48	00:42:00	00:56:37	00:59:10.70	00:59:24.55	+00:16:14 (27.4%)	5:55	10.1 (72.1%)
38	ŚPICA Dorota	457		K-40	38	00:00:51	00:15:36	00:29:40	00:43:37	00:57:41	01:00:02.50	01:00:54.45	+00:17:06 (28.5%)	6:00	10 (71.4%)

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39	NAWROCKA Kinga	673		K-40	39	00:00:00	00:15:23	00:29:19	00:43:50	00:58:45	01:01:22.70	01:01:22.70	+00:18:26 (30.0%)	6:08	9.8 (70.0%)
40	KWIATKOWSKA Elżbieta	347		K-40	40	00:00:28	00:16:07	00:31:21	00:46:42	01:01:54	01:04:23.15	01:04:52.10	+00:21:27 (33.3%)	6:26	9.3 (66.4%)
41	KACZMAREK Agnieszka	572		K-40	41	00:00:15	00:15:21	00:30:31	00:46:00	01:01:42	01:04:24.65	01:04:39.80	+00:21:28 (33.3%)	6:26	9.3 (66.4%)
42	SYCHOWICZ Joanna	656		K-40	42	00:00:38	00:16:03	00:31:12	00:46:34	01:02:02	01:04:46.10	01:05:24.65	+00:21:50 (33.7%)	6:28	9.3 (66.4%)
43	DAŃCZUK Agnieszka	223		K-40	43	00:00:49	00:16:08	00:31:32	00:47:08	01:03:04	01:05:43.60	01:06:32.75	+00:22:47 (34.7%)	6:34	9.1 (65.0%)
44	PAŚ Katarzyna	243	CHARTY SZELEJEWO	K-40	44	00:00:47	00:16:23	00:31:45	00:47:37	01:03:47	01:06:27.10	01:07:14.50	+00:23:31 (35.4%)	6:38	9 (64.3%)
45	MARKLIK Grażyna	77		K-40	45	00:00:44	00:16:50	00:32:24	00:48:14	01:04:25	01:07:17.60	01:08:01.65	+00:24:21 (36.2%)	6:43	8.9 (63.6%)
46	WIŚNIEWSKA Ewa	613		K-40	46	00:00:45	00:16:42	00:32:41	00:49:17	01:06:09	01:08:49.60	01:09:35.00	+00:25:53 (37.6%)	6:53	8.7 (62.1%)
47	LIBERA Sabina	64		K-40	47	00:00:50	00:17:06	00:33:11	00:49:38	01:06:13	01:08:59.40	01:09:50.10	+00:26:03 (37.8%)	6:54	8.7 (62.1%)
48	KREFFT Lidia	695		K-40	48	00:00:16	00:17:10	00:34:37	00:53:04	01:11:11	01:14:21.95	01:14:38.15	+00:31:25 (42.3%)	7:26	8.1 (57.9%)
DQ	STERNAL Elżbieta	255		K-40		DQ	00:12:54 DQ	00:25:43 DQ	00:38:50 DQ	DQ	00:41:06.05 DQ	DQ		-	- (0.0%)
	KAZUBOWSKA Małgorzata	487		K-40		DNF	00:21:09 DNF	00:43:04 DNF	01:05:46 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 50 wynik(ów)