



**Organizator:** Hotel Brzoza  
**Data:** 2017-12-31  
**Miejsce:** Brzoza  
**Dystans:** 10 km

## XI BIEG SYLWESTROWY

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-30

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	<b>SZENK Marta</b>	<b>78</b>		K-30	1	00:00:03	00:09:23	00:18:16	00:27:22	00:36:31	<b>00:38:01.60</b>	<b>00:38:04.90</b>		3:48	15.8 (100%)
2	<b>KOWALSKA Angelika</b>	<b>317</b>		K-30	2	00:00:06	00:11:03	00:21:31	00:32:05	00:42:37	<b>00:44:22.35</b>	<b>00:44:28.65</b>	+00:06:20 (14.3%)	4:26	13.5 (85.4%)
3	<b>JAKUBOWSKA Anna</b>	<b>173</b>		K-30	3	00:00:06	00:11:02	00:21:32	00:32:05	00:42:47	<b>00:44:36.35</b>	<b>00:44:42.50</b>	+00:06:34 (14.7%)	4:27	13.5 (85.4%)
4	<b>RATAJ Zuzanna</b>	<b>56</b>		K-30	4	00:00:05	00:11:17	00:21:59	00:32:48	00:43:33	<b>00:45:21.30</b>	<b>00:45:26.55</b>	+00:07:19 (16.2%)	4:32	13.2 (83.5%)
5	<b>TATULIŃSKA Aleksandra</b>	<b>505</b>		K-30	5	00:00:09	00:11:36	00:22:22	00:33:08	00:43:47	<b>00:45:36.40</b>	<b>00:45:46.35</b>	+00:07:34 (16.6%)	4:33	13.2 (83.5%)
6	<b>MACIEJEWSKA Kamila</b>	<b>319</b>		K-30	6	00:00:04	00:11:29	00:22:13	00:33:02	00:43:55	<b>00:45:49.50</b>	<b>00:45:54.20</b>	+00:07:47 (17.0%)	4:35	13.1 (82.9%)
7	<b>MITKOWSKA Natalia</b>	<b>562</b>		K-30	7	00:00:24	00:11:20	00:22:00	00:33:11	00:44:32	<b>00:46:22.25</b>	<b>00:46:46.40</b>	+00:08:20 (18.0%)	4:38	12.9 (81.6%)
8	<b>RYMARKIEWICZ Małgorzata</b>	<b>50</b>		K-30	8	00:00:28	00:11:39	00:22:39	00:33:43	00:44:58	<b>00:46:51.40</b>	<b>00:47:19.60</b>	+00:08:49 (18.8%)	4:41	12.8 (81.0%)
9	<b>MIERECZKO Marta</b>	<b>181</b>		K-30	9	00:00:04	00:11:33	00:22:43	00:34:16	00:45:52	<b>00:47:50.65</b>	<b>00:47:55.10</b>	+00:09:49 (20.5%)	4:47	12.5 (79.1%)
10	<b>GACKA Ania</b>	<b>418</b>		K-30	10	00:00:15	00:11:59	00:23:19	00:34:57	00:46:38	<b>00:48:37.70</b>	<b>00:48:52.70</b>	+00:10:36 (21.8%)	4:51	12.3 (77.8%)
11	<b>RATKOWSKA Małgorzata</b>	<b>345</b>		K-30	11	00:00:11	00:12:25	00:24:04	00:35:32	00:46:59	<b>00:48:55.05</b>	<b>00:49:06.60</b>	+00:10:53 (22.3%)	4:53	12.3 (77.8%)
12	<b>TRZÓŚŁO Dorota</b>	<b>300</b>		K-30	12	00:00:25	00:12:39	00:24:29	00:36:31	00:48:44	<b>00:50:48.95</b>	<b>00:51:14.80</b>	+00:12:47 (25.2%)	5:04	11.8 (74.7%)
13	<b>ŻÓŁNOWSKA Monika</b>	<b>516</b>		K-30	13	00:00:07	00:12:18	00:24:29	00:36:44	00:48:53	<b>00:50:53.95</b>	<b>00:51:01.65</b>	+00:12:52 (25.3%)	5:05	11.8 (74.7%)
14	<b>KICZIŃSKA Izabela</b>	<b>463</b>		K-30	14	00:00:06	00:12:06	00:24:24	00:37:23	00:49:42	<b>00:51:48.25</b>	<b>00:51:54.70</b>	+00:13:46 (26.6%)	5:10	11.6 (73.4%)
15	<b>STACHEWICZ Iwona</b>	<b>624</b>		K-30	15	00:00:28	00:13:43	00:25:52	00:37:50	00:49:57	<b>00:51:51.60</b>	<b>00:52:20.10</b>	+00:13:50 (26.7%)	5:11	11.6 (73.4%)
16	<b>CABAŃSKA Katarzyna</b>	<b>137</b>		K-30	16	00:00:33	00:13:16	00:25:26	00:37:55	00:50:25	<b>00:52:28.85</b>	<b>00:53:01.95</b>	+00:14:27 (27.5%)	5:14	11.4 (72.2%)

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
17	<b>BEDNAREK Marta</b>	<b>154</b>		K-30	17	00:00:28	00:12:52	00:25:09	00:37:43	00:50:21	<b>00:52:30.65</b>	<b>00:52:58.65</b>	+00:14:29 (27.6%)	5:15	11.4 (72.2%)
18	<b>CZYŻEWSKA Justyna</b>	<b>59</b>		K-30	18	00:00:14	00:12:36	00:24:45	00:37:24	00:50:32	<b>00:52:45.80</b>	<b>00:53:00.15</b>	+00:14:44 (27.9%)	5:16	11.4 (72.2%)
19	<b>MELER-LEWANDOWSKA Katarzyna</b>	<b>397</b>		K-30	19	00:00:09	00:12:38	00:25:06	00:37:55	00:50:35	<b>00:52:46.25</b>	<b>00:52:55.35</b>	+00:14:44 (27.9%)	5:16	11.4 (72.2%)
20	<b>KAMIŃSKA Agnieszka</b>	<b>304</b>		K-30	20	00:00:35	00:13:14	00:25:36	00:38:05	00:51:00	<b>00:53:08.90</b>	<b>00:53:44.00</b>	+00:15:07 (28.5%)	5:18	11.3 (71.5%)
21	<b>DROŹDŹ Małgorzata</b>	<b>25</b>		K-30	21	00:00:36	00:13:38	00:26:06	00:38:38	00:51:08	<b>00:53:18.00</b>	<b>00:53:54.20</b>	+00:15:16 (28.7%)	5:19	11.3 (71.5%)
22	<b>BRYWCZYŃSKA Justyna</b>	<b>27</b>		K-30	22	00:00:32	00:13:27	00:25:57	00:38:26	00:51:15	<b>00:53:21.70</b>	<b>00:53:54.30</b>	+00:15:20 (28.7%)	5:20	11.2 (70.9%)
23	<b>ADAMCZYK Agnieszka</b>	<b>608</b>		K-30	23	00:00:23	00:13:22	00:25:52	00:38:34	00:51:22	<b>00:53:36.15</b>	<b>00:53:59.55</b>	+00:15:34 (29.1%)	5:21	11.2 (70.9%)
24	<b>ĆWIKLIŃSKA Anna</b>	<b>34</b>		K-30	24	00:00:35	00:13:57	00:26:32	00:39:25	00:52:03	<b>00:54:10.00</b>	<b>00:54:45.55</b>	+00:16:08 (29.8%)	5:25	11.1 (70.3%)
25	<b>BICZKOWSKA Magdalena</b>	<b>295</b>		K-30	25	00:00:27	00:14:09	00:27:12	00:40:00	00:52:11	<b>00:54:20.80</b>	<b>00:54:48.35</b>	+00:16:19 (30.0%)	5:26	11 (69.6%)
26	<b>PIOTROWSKA Marzena</b>	<b>594</b>		K-30	26	00:00:37	00:13:53	00:26:54	00:40:01	00:53:14	<b>00:55:19.05</b>	<b>00:55:56.95</b>	+00:17:17 (31.3%)	5:31	10.8 (68.4%)
27	<b>WARCZAK Katarzyna</b>	<b>592</b>		K-30	27	00:00:37	00:13:53	00:26:54	00:40:01	00:53:13	<b>00:55:19.25</b>	<b>00:55:56.95</b>	+00:17:17 (31.3%)	5:31	10.8 (68.4%)
28	<b>GRABARSKA Anna</b>	<b>67</b>		K-30	28	00:00:00	00:12:36	00:25:39	00:39:15	00:53:11	<b>00:55:27.55</b>	<b>00:55:27.55</b>	+00:17:25 (31.4%)	5:32	10.8 (68.4%)
29	<b>ZALECH Barbara</b>	<b>258</b>		K-30	29	00:00:34	00:13:58	00:27:20	00:40:46	00:53:56	<b>00:56:13.85</b>	<b>00:56:47.90</b>	+00:18:12 (32.4%)	5:37	10.7 (67.7%)
30	<b>KOWALSKA Anna</b>	<b>530</b>		K-30	30	00:00:07	00:12:45	00:26:17	00:40:09	00:53:59	<b>00:56:25.15</b>	<b>00:56:32.15</b>	+00:18:23 (32.6%)	5:38	10.6 (67.1%)
31	<b>PAWLACZYK-MATELA Emilia</b>	<b>347</b>		K-30	31	00:00:09	00:14:16	00:27:33	00:40:57	00:54:41	<b>00:56:56.00</b>	<b>00:57:05.85</b>	+00:18:54 (33.2%)	5:41	10.5 (66.5%)
32	<b>PITUŁA Monika</b>	<b>63</b>		K-30	32	00:00:44	00:14:19	00:27:16	00:41:08	00:55:15	<b>00:57:30.70</b>	<b>00:58:15.00</b>	+00:19:29 (33.9%)	5:45	10.4 (65.8%)
33	<b>BURSKA Małgorzata</b>	<b>571</b>		K-30	33	00:00:06	00:14:24	00:28:16	00:42:26	00:56:06	<b>00:58:34.70</b>	<b>00:58:41.30</b>	+00:20:33 (35.1%)	5:51	10.2 (64.6%)
34	<b>WIŚNIEWSKA Karolina</b>	<b>286</b>		K-30	34	00:00:36	00:14:52	00:28:55	00:42:44	00:56:53	<b>00:59:10.80</b>	<b>00:59:47.30</b>	+00:21:09 (35.7%)	5:55	10.1 (63.9%)
35	<b>GNIOT Bożena</b>	<b>283</b>		K-30	35	00:00:39	00:14:49	00:28:43	00:42:46	00:57:06	<b>00:59:26.05</b>	<b>01:00:05.90</b>	+00:21:24 (36.0%)	5:56	10.1 (63.9%)
36	<b>CZARNECKA-PIJAROWSKA Dominika</b>	<b>522</b>		K-30	36	00:00:28	00:14:14	00:28:06	00:42:20	00:57:04	<b>00:59:34.10</b>	<b>01:00:02.85</b>	+00:21:32 (36.2%)	5:57	10.1 (63.9%)
37	<b>MACIEJEWSKA Magdalena</b>	<b>132</b>		K-30	37	00:00:13	00:14:56	00:28:59	00:43:15	00:57:38	<b>01:00:04.80</b>	<b>01:00:17.80</b>	+00:22:03 (36.7%)	6:00	10 (63.3%)
38	<b>JAŹDŹEWSKA Grażyna</b>	<b>131</b>		K-30	38	00:00:12	00:14:57	00:29:00	00:43:16	00:57:39	<b>01:00:04.90</b>	<b>01:00:17.85</b>	+00:22:03 (36.7%)	6:00	10 (63.3%)
39	<b>DRAŹDŹEWSKA Joanna</b>	<b>293</b>		K-30	39	00:00:30	00:15:17	00:29:38	00:43:52	00:57:54	<b>01:00:14.15</b>	<b>01:00:44.90</b>	+00:22:12 (36.9%)	6:01	10 (63.3%)

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
40	<b>TRELA Jolanta</b>	<b>215</b>		K-30	40	00:00:24	00:15:27	00:29:54	00:44:06	00:58:11	<b>01:00:23.65</b>	<b>01:00:48.00</b>	+00:22:22 (37.0%)	6:02	9.9 (62.7%)
41	<b>MIŁKOWSKA Monika</b>	<b>47</b>		K-30	41	00:00:24	00:15:27	00:29:54	00:44:06	00:58:11	<b>01:00:23.80</b>	<b>01:00:47.80</b>	+00:22:22 (37.0%)	6:02	9.9 (62.7%)
42	<b>SZTEJKA Jolanta</b>	<b>227</b>		K-30	42	00:00:46	00:15:43	00:29:48	00:44:12	00:58:17	<b>01:00:25.65</b>	<b>01:01:12.00</b>	+00:22:24 (37.1%)	6:02	9.9 (62.7%)
43	<b>MICHALAK Marianna</b>	<b>606</b>		K-30	43	00:00:12	00:14:58	00:29:21	00:43:55	00:58:39	<b>01:00:59.00</b>	<b>01:01:11.65</b>	+00:22:57 (37.6%)	6:05	9.8 (62.0%)
44	<b>BEDNARCZYK Joanna</b>	<b>511</b>		K-30	44	00:00:09	00:14:54	00:29:45	00:44:56	01:00:11	<b>01:02:45.45</b>	<b>01:02:55.25</b>	+00:24:43 (39.4%)	6:16	9.6 (60.8%)
45	<b>GRZYWACZ Karolina</b>	<b>194</b>		K-30	45	00:00:13	00:15:18	00:30:27	00:45:42	01:01:05	<b>01:03:35.35</b>	<b>01:03:49.15</b>	+00:25:33 (40.2%)	6:21	9.4 (59.5%)
46	<b>KOLASIŃSKA Edyta</b>	<b>172</b>		K-30	46	00:00:26	00:15:10	00:30:17	00:45:58	01:01:18	<b>01:03:46.75</b>	<b>01:04:13.40</b>	+00:25:45 (40.4%)	6:22	9.4 (59.5%)
47	<b>ŁOŚ Anna</b>	<b>111</b>		K-30	47	00:00:26	00:15:10	00:30:17	00:45:56	01:01:17	<b>01:03:46.90</b>	<b>01:04:13.50</b>	+00:25:45 (40.4%)	6:22	9.4 (59.5%)
48	<b>KLIMEK Justyna</b>	<b>502</b>		K-30	48	00:00:29	00:15:39	00:31:09	00:47:20	01:02:50	<b>01:04:58.80</b>	<b>01:05:28.20</b>	+00:26:57 (41.5%)	6:29	9.2 (58.2%)
49	<b>SZYSZKA Joanna</b>	<b>265</b>		K-30	49	00:00:31	00:15:40	00:30:42	00:45:53	01:02:27	<b>01:04:58.85</b>	<b>01:05:30.15</b>	+00:26:57 (41.5%)	6:29	9.2 (58.2%)
50	<b>BŁOŃSKA Natalia</b>	<b>266</b>		K-30	50	00:00:31	00:15:40	00:30:42	00:45:53	01:02:27	<b>01:04:58.95</b>	<b>01:05:30.40</b>	+00:26:57 (41.5%)	6:29	9.2 (58.2%)
51	<b>DOLATA Katarzyna</b>	<b>267</b>		K-30	51	00:00:32	00:15:09	00:30:28	00:45:52	01:02:30	<b>01:05:21.45</b>	<b>01:05:53.50</b>	+00:27:19 (41.8%)	6:32	9.2 (58.2%)
52	<b>JAWORSKA Monika</b>	<b>436</b>		K-30	52	00:00:36	00:15:30	00:30:44	00:46:27	01:03:00	<b>01:05:43.40</b>	<b>01:06:19.85</b>	+00:27:41 (42.1%)	6:34	9.1 (57.6%)
53	<b>RASSALSKA-KAUSA Jola</b>	<b>312</b>		K-30	53	00:00:39	00:15:52	00:31:22	00:47:32	01:03:49	<b>01:06:25.60</b>	<b>01:07:05.40</b>	+00:28:24 (42.8%)	6:38	9 (57.0%)
54	<b>LUTKOWSKA Katarzyna</b>	<b>429</b>		K-30	54	00:00:35	00:16:50	00:32:28	00:48:09	01:04:21	<b>01:07:00.00</b>	<b>01:07:35.60</b>	+00:28:58 (43.2%)	6:42	9 (57.0%)
55	<b>ADAMCZAK Ewa</b>	<b>467</b>		K-30	55	00:00:35	00:16:50	00:32:28	00:48:09	01:04:21	<b>01:07:00.45</b>	<b>01:07:35.55</b>	+00:28:58 (43.3%)	6:42	9 (57.0%)
56	<b>WYCZLING Agnieszka</b>	<b>431</b>		K-30	56	00:00:35	00:16:50	00:32:28	00:48:09	01:04:22	<b>01:07:00.60</b>	<b>01:07:35.70</b>	+00:28:59 (43.3%)	6:42	9 (57.0%)
57	<b>ZIELIŃSKA Justyna</b>	<b>257</b>		K-30	57	00:00:40	00:15:42	00:31:26	00:47:48	01:04:29	<b>01:07:06.80</b>	<b>01:07:47.50</b>	+00:29:05 (43.3%)	6:42	8.9 (56.3%)
58	<b>KARDACH Magdalena</b>	<b>577</b>		K-30	58	00:00:36	00:16:50	00:32:30	00:48:09	01:04:29	<b>01:07:11.55</b>	<b>01:07:48.35</b>	+00:29:09 (43.4%)	6:43	8.9 (56.3%)
59	<b>ZAGOŹDŻON Wioleta</b>	<b>237</b>		K-30	59	00:00:40	00:15:42	00:31:26	00:47:49	01:04:30	<b>01:07:11.70</b>	<b>01:07:52.20</b>	+00:29:10 (43.4%)	6:43	8.9 (56.3%)
60	<b>ŚLĄSKA Angelika</b>	<b>485</b>		K-30	60	00:00:12	00:15:11	00:30:42	00:48:00	01:04:28	<b>01:07:19.95</b>	<b>01:07:32.45</b>	+00:29:18 (43.5%)	6:44	8.9 (56.3%)
61	<b>PISKORSKA Marta</b>	<b>101</b>		K-30	61	00:00:42	00:16:20	00:32:46	00:49:11	01:05:37	<b>01:08:17.25</b>	<b>01:08:59.80</b>	+00:30:15 (44.3%)	6:49	8.8 (55.7%)
62	<b>ROZMARYNOWICZ Anna</b>	<b>71</b>		K-30	62	00:00:02	00:15:33	00:30:57	00:48:09	01:05:24	<b>01:08:30.40</b>	<b>01:08:32.95</b>	+00:30:28 (44.5%)	6:51	8.8 (55.7%)

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
63	<b>DEPKA Agnieszka</b>	<b>447</b>		K-30	63	00:00:40	00:15:57	00:31:46	00:48:26	01:05:52	<b>01:08:57.20</b>	<b>01:09:38.15</b>	+00:30:55 (44.9%)	6:53	8.7 (55.1%)
64	<b>CENTKOWSKA Ewelina</b>	<b>411</b>		K-30	64	00:00:07	00:16:48	00:33:31	00:50:19	01:07:29	<b>01:10:23.95</b>	<b>01:10:31.10</b>	+00:32:22 (46.0%)	7:02	8.5 (53.8%)
65	<b>GRABOWSKA Ilona</b>	<b>451</b>		K-30	65	00:00:37	00:18:29	00:35:56	00:54:07	01:14:31	<b>01:17:41.65</b>	<b>01:18:19.15</b>	+00:39:40 (51.1%)	7:46	7.7 (48.7%)
66	<b>MŁYNAREK Aneta</b>	<b>459</b>		K-30	66	00:00:48	00:18:45	00:37:07	00:56:09	01:15:12	<b>01:18:25.40</b>	<b>01:19:14.00</b>	+00:40:23 (51.5%)	7:50	7.6 (48.1%)
67	<b>RUDNICKA Karolina</b>	<b>24</b>		K-30	67	00:00:44	00:18:41	00:37:27	00:57:06	01:16:27	<b>01:19:32.00</b>	<b>01:20:16.60</b>	+00:41:30 (52.2%)	7:57	7.5 (47.5%)
	<b>BLASZKIEWICZ Marzena</b>	<b>164</b>		K-30		DNF	00:16:16 DNF	00:32:39 DNF	00:50:18 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 68 wynik(ów)