



# XI BIEG SYLWESTROWY

B4SPORT

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

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-50

| Msc | Zawodnik                      | Numer      | Klub | Kategoria | Mkat | Czas startu | Split<br>2.5km | Split<br>4.85km | Split<br>7.2km | Split<br>9.55km | Czas<br>netto<br>10km | Czas<br>brutto<br>10km | Różn              | Tempo<br>min/km | Tempo<br>km/h |
|-----|-------------------------------|------------|------|-----------|------|-------------|----------------|-----------------|----------------|-----------------|-----------------------|------------------------|-------------------|-----------------|---------------|
| 1   | <b>GURNA Jolanta</b>          | <b>384</b> |      | K-50      | 1    | 00:00:04    | 00:10:58       | 00:21:03        | 00:31:28       | 00:41:55        | <b>00:43:42.50</b>    | <b>00:43:47.45</b>     |                   | 4:22            | 13.7 (100%)   |
| 2   | <b>DĄBKOWSKA Dorota</b>       | <b>603</b> |      | K-50      | 2    | 00:00:06    | 00:11:36       | 00:22:29        | 00:33:13       | 00:44:15        | <b>00:46:10.35</b>    | <b>00:46:16.85</b>     | +00:02:27 (5.3%)  | 4:37            | 13 (94.9%)    |
| 3   | <b>STASZKIEWICZ Lucyna</b>    | <b>356</b> |      | K-50      | 3    | 00:00:09    | 00:11:44       | 00:22:56        | 00:34:30       | 00:46:10        | <b>00:48:13.30</b>    | <b>00:48:22.90</b>     | +00:04:30 (9.4%)  | 4:49            | 12.4 (90.5%)  |
| 4   | <b>KOLANOWSKA Grażyna</b>     | <b>62</b>  |      | K-50      | 4    | 00:00:13    | 00:12:26       | 00:24:10        | 00:36:06       | 00:48:07        | <b>00:50:11.65</b>    | <b>00:50:24.75</b>     | +00:06:29 (12.9%) | 5:01            | 12 (87.6%)    |
| 5   | <b>SOKOŁOWSKA Hanna</b>       | <b>564</b> |      | K-50      | 5    | 00:00:21    | 00:12:56       | 00:25:04        | 00:37:04       | 00:48:33        | <b>00:50:39.05</b>    | <b>00:51:00.65</b>     | +00:06:56 (13.7%) | 5:03            | 11.8 (86.1%)  |
| 6   | <b>LEWANDOWSKA Małgorzata</b> | <b>70</b>  |      | K-50      | 6    | 00:00:20    | 00:12:59       | 00:25:33        | 00:38:17       | 00:51:08        | <b>00:53:21.05</b>    | <b>00:53:41.50</b>     | +00:09:38 (18.1%) | 5:20            | 11.2 (81.8%)  |
| 7   | <b>BRACICHOWICZ Bogumiła</b>  | <b>557</b> |      | K-50      | 7    | 00:00:34    | 00:13:31       | 00:26:19        | 00:39:20       | 00:52:06        | <b>00:54:13.05</b>    | <b>00:54:47.05</b>     | +00:10:30 (19.4%) | 5:25            | 11.1 (81.0%)  |
| 8   | <b>KOSAKOWSKA Barbara</b>     | <b>16</b>  |      | K-50      | 8    | 00:00:17    | 00:13:50       | 00:27:10        | 00:40:30       | 00:53:49        | <b>00:56:09.60</b>    | <b>00:56:27.25</b>     | +00:12:27 (22.2%) | 5:37            | 10.7 (78.1%)  |
| 9   | <b>KUBIAK Małgorzata</b>      | <b>203</b> |      | K-50      | 9    | 00:00:31    | 00:14:27       | 00:27:58        | 00:41:36       | 00:55:01        | <b>00:57:14.60</b>    | <b>00:57:46.15</b>     | +00:13:32 (23.6%) | 5:43            | 10.5 (76.6%)  |
| 10  | <b>PRZYBYLSKA Grażyna</b>     | <b>308</b> |      | K-50      | 10   | 00:00:28    | 00:14:22       | 00:27:52        | 00:41:37       | 00:55:36        | <b>00:57:57.80</b>    | <b>00:58:26.20</b>     | +00:14:15 (24.6%) | 5:47            | 10.4 (75.9%)  |
| 11  | <b>JĘDRZEJCZYK Marzenna</b>   | <b>335</b> |      | K-50      | 11   | 00:00:24    | 00:14:37       | 00:28:23        | 00:42:16       | 00:56:06        | <b>00:58:29.55</b>    | <b>00:58:54.00</b>     | +00:14:47 (25.3%) | 5:51            | 10.3 (75.2%)  |
| 12  | <b>BĄKOWSKA Jolanta</b>       | <b>247</b> |      | K-50      | 12   | 00:00:25    | 00:14:34       | 00:28:30        | 00:42:38       | 00:57:02        | <b>00:59:29.90</b>    | <b>00:59:55.45</b>     | +00:15:47 (26.5%) | 5:57            | 10.1 (73.7%)  |
| 13  | <b>OKOŃSKA Małgorzata</b>     | <b>320</b> |      | K-50      | 13   | 00:00:28    | 00:14:36       | 00:28:44        | 00:43:31       | 00:58:07        | <b>01:00:38.20</b>    | <b>01:01:06.45</b>     | +00:16:55 (27.9%) | 6:03            | 9.9 (72.3%)   |
| 14  | <b>ZIELIŃSKA Elżbieta</b>     | <b>496</b> |      | K-50      | 14   | 00:00:21    | 00:15:15       | 00:29:49        | 00:44:36       | 00:59:09        | <b>01:01:38.40</b>    | <b>01:01:59.80</b>     | +00:17:55 (29.1%) | 6:09            | 9.7 (70.8%)   |
| 15  | <b>DUDEK Marzena</b>          | <b>475</b> |      | K-50      | 15   | 00:00:26    | 00:15:20       | 00:30:01        | 00:44:50       | 01:00:19        | <b>01:02:52.90</b>    | <b>01:03:19.80</b>     | +00:19:10 (30.5%) | 6:17            | 9.5 (69.3%)   |
| 16  | <b>GRABOWSKA Lucyna</b>       | <b>493</b> |      | K-50      | 16   | 00:00:34    | 00:15:54       | 00:30:47        | 00:46:12       | 01:01:51        | <b>01:04:34.80</b>    | <b>01:05:09.40</b>     | +00:20:52 (32.3%) | 6:27            | 9.3 (67.9%)   |

Znaleziono 16 wynik(ów)