



Organizator: Hotel Brzoza
Data: 2018-12-31
Miejsce: Brzoza
Dystans: 10 km

XII BIEG SYLWESTROWY

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

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INTELEGENNE 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	OCHAL Olga	399	PREFBET ŚNIADOWO ŁOMŻA	K-30	1	00:00:01	00:08:49	00:17:13	00:25:34	00:33:47	00:35:16.00	00:35:17.85		3:31	17 (100%)
2	SZENK Marta	2		K-30	2	00:00:01	00:09:42	00:18:55	00:28:12	00:37:24	00:39:03.20	00:39:04.65	+00:03:47 (9.7%)	3:54	15.4 (90.6%)
3	BARTKOWSKA Joanna	42	KM UMK TORUŃ	K-30	3	00:00:05	00:10:31	00:20:28	00:30:26	00:40:22	00:42:07.75	00:42:13.20	+00:06:51 (16.3%)	4:12	14.2 (83.5%)
4	TECŁAW Aleksandra	270		K-30	4	00:00:01	00:10:10	00:20:32	00:30:37	00:40:50	00:42:41.50	00:42:43.20	+00:07:25 (17.4%)	4:16	14.1 (82.9%)
5	WADZIŃSKA Paulina	104	TRISPACE	K-30	5	00:00:04	00:10:21	00:20:22	00:30:41	00:41:04	00:42:51.25	00:42:55.65	+00:07:35 (17.7%)	4:17	14 (82.4%)
6	GOLAK Asia	272	GOGGLE PRO ACTIVE EYEWEAR	K-30	6	00:00:01	00:10:31	00:20:49	00:31:18	00:41:39	00:43:31.25	00:43:33.00	+00:08:15 (19.0%)	4:21	13.8 (81.2%)
7	MACIEJEWSKA Kamila	346	ŚLIMAKI BARCIN	K-30	7	00:00:11	00:11:06	00:21:22	00:31:48	00:42:02	00:43:39.85	00:43:51.15	+00:08:23 (19.2%)	4:22	13.7 (80.6%)
8	JAKUBOWSKA Anna	156	KS ZRYW RADZIEJÓW	K-30	8	00:00:04	00:10:39	00:20:53	00:31:20	00:42:00	00:43:49.05	00:43:53.85	+00:08:33 (19.5%)	4:22	13.7 (80.6%)
9	RATAJ Zuzanna	277	POLONIA BYDGOSZCZ SLA	K-30	9	00:00:05	00:11:05	00:21:29	00:32:04	00:42:41	00:44:37.05	00:44:42.10	+00:09:21 (21.0%)	4:27	13.4 (78.8%)
10	RYMARKIEWICZ Małgorzata	209	KLINIK TRIATHLONU BYDGOSZCZ	K-30	10	00:00:05	00:11:28	00:22:24	00:33:25	00:44:34	00:46:33.60	00:46:39.10	+00:11:17 (24.3%)	4:39	12.9 (75.9%)
11	KUŹMIŃSKA Maryla	412	BRZOZA BIEGA	K-30	11	00:00:04	00:11:48	00:22:54	00:34:05	00:45:07	00:47:07.35	00:47:11.45	+00:11:51 (25.2%)	4:42	12.7 (74.7%)
12	DOBRZAŃSKA Marta	187		K-30	12	00:00:14	00:12:15	00:23:37	00:35:31	00:47:18	00:49:27.75	00:49:41.75	+00:14:11 (28.7%)	4:56	12.1 (71.2%)
13	MAZIARZ Joanna	420		K-30	13	00:00:00	00:12:15	00:23:56	00:35:44	00:47:34	00:49:47.60	00:49:47.60	+00:14:31 (29.2%)	4:58	12.1 (71.2%)
14	MELER-LEWANDOWSKA Katarzyna	100	KS ZRYW RADZIEJÓW	K-30	14	00:00:14	00:12:14	00:23:58	00:35:50	00:47:49	00:49:56.90	00:50:11.35	+00:14:40 (29.4%)	4:59	12 (70.6%)
15	BICZKOWSKA Magdalena	213		K-30	15	00:00:06	00:12:31	00:24:09	00:36:04	00:48:04	00:50:12.95	00:50:19.25	+00:14:56 (29.8%)	5:01	11.9 (70.0%)
16	WASILEWSKA Agata	322	AMS TRIATHLON BYDGOSZCZ AKADEMIA MISTRZÓW SPORTU	K-30	16	00:00:21	00:13:10	00:25:08	00:37:07	00:48:20	00:50:15.75	00:50:37.50	+00:14:59 (29.8%)	5:01	11.9 (70.0%)
17	WASILEWSKA Martyna	329	AMS TRIATHLON BYDGOSZCZ AKADEMIA MISTRZÓW SPORTU	K-30	17	00:00:20	00:13:11	00:25:09	00:37:08	00:48:21	00:50:23.45	00:50:44.40	+00:15:07 (30.0%)	5:02	11.9 (70.0%)

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
18	DZIDO-MIELCAREK Ilona	397	KS ZRYW RADZIEJÓW	K-30	18	00:00:14	00:12:53	00:24:56	00:36:50	00:48:19	00:50:28.60	00:50:43.05	+00:15:12 (30.1%)	5:02	11.9 (70.0%)
19	MISUN-NOWAK Katarzyna	320	AMS TRIATHLON BYDGOSZCZ AKADEMIA MISTRZÓW SPORTU	K-30	19	00:00:21	00:13:10	00:25:09	00:37:08	00:48:44	00:50:47.35	00:51:09.25	+00:15:31 (30.6%)	5:04	11.8 (69.4%)
20	NOWACKA Małgorzata	348	BRZOZA BIEGA	K-30	20	00:00:07	00:12:11	00:24:19	00:36:37	00:48:45	00:50:50.30	00:50:58.10	+00:15:34 (30.6%)	5:05	11.8 (69.4%)
21	BONALSKA Magdalena	87		K-30	21	00:00:15	00:13:13	00:25:23	00:37:30	00:49:39	00:51:48.85	00:52:04.50	+00:16:32 (31.9%)	5:10	11.6 (68.2%)
22	CZYŻEWSKA Justyna	47		K-30	22	00:00:10	00:12:39	00:24:58	00:37:34	00:50:15	00:52:35.20	00:52:46.05	+00:17:19 (32.9%)	5:15	11.4 (67.1%)
23	MAGDZIARZ Kasia	318	KANCELARIA - HMM	K-30	23	00:00:26	00:13:09	00:25:13	00:38:13	00:51:09	00:53:21.30	00:53:47.50	+00:18:05 (33.9%)	5:20	11.2 (65.9%)
24	DRÓŻDŻ Małgorzata	258		K-30	24	00:00:31	00:13:55	00:26:31	00:39:21	00:51:52	00:53:58.70	00:54:30.55	+00:18:42 (34.7%)	5:23	11.1 (65.3%)
25	BOROWIEC Wioleta	127	BBL SZUBIN	K-30	25	00:00:08	00:13:10	00:26:02	00:39:03	00:52:09	00:54:29.45	00:54:37.80	+00:19:13 (35.3%)	5:26	11 (64.7%)
26	KUCZEK Monika	311	KS ZRYW RADZIEJÓW	K-30	26	00:00:13	00:14:10	00:26:59	00:39:37	00:52:24	00:54:42.05	00:54:55.35	+00:19:26 (35.5%)	5:28	11 (64.7%)
27	GÓRSKA Joanna	201	TASAK TEAM	K-30	27	00:00:17	00:14:01	00:27:02	00:40:03	00:52:47	00:54:54.80	00:55:12.05	+00:19:38 (35.8%)	5:29	10.9 (64.1%)
28	STASZEWSKA Marzena	394	OBÓZ BIEGOWY BRZOZA, GRAZIA-RUNNING	K-30	28	00:00:22	00:13:32	00:26:35	00:39:52	00:52:59	00:55:07.20	00:55:29.95	+00:19:51 (36.0%)	5:30	10.9 (64.1%)
29	PITUŁA Monika	113		K-30	29	00:00:31	00:14:13	00:27:11	00:40:08	00:53:12	00:55:23.65	00:55:55.40	+00:20:07 (36.3%)	5:32	10.8 (63.5%)
30	STAWOWSKA-WATRAS Marta	74	DELIKATESY RYBNE FISHKA.PL	K-30	30	00:00:33	00:14:04	00:26:56	00:39:55	00:53:25	00:55:46.25	00:56:19.65	+00:20:30 (36.8%)	5:34	10.8 (63.5%)
31	KRUSZYNA Renata	92		K-30	31	00:00:08	00:13:33	00:26:43	00:40:09	00:53:30	00:55:53.20	00:56:01.45	+00:20:37 (36.9%)	5:35	10.7 (62.9%)
32	CENTKOWSKA Ewelina	327	SPC	K-30	32	00:00:29	00:14:02	00:27:21	00:40:57	00:54:43	00:57:10.80	00:57:40.25	+00:21:54 (38.3%)	5:43	10.5 (61.8%)
33	NIKOŁAJEW Monika	96		K-30	33	00:00:17	00:14:07	00:27:34	00:41:16	00:55:10	00:57:34.20	00:57:51.80	+00:22:18 (38.7%)	5:45	10.4 (61.2%)
34	PAWLACZYK-MATELA Emilia	338		K-30	34	00:00:25	00:14:48	00:28:09	00:41:31	00:55:36	00:57:55.85	00:58:21.80	+00:22:39 (39.1%)	5:47	10.4 (61.2%)
35	SZYMAŃSKA Adrianna	225	LATAJĄCE BIZONY	K-30	35	00:00:16	00:15:18	00:30:28	00:46:22	01:02:47	01:05:39.10	01:05:56.05	+00:30:23 (46.3%)	6:34	9.1 (53.5%)
36	OLSZEWSKA-PAWLACZYK Dorota	12		K-30	36	00:00:37	00:16:30	00:31:55	00:47:25	01:03:25	01:06:05.00	01:06:42.20	+00:30:49 (46.6%)	6:36	9.1 (53.5%)
37	MIAZGA Katarzyna	388		K-30	37	00:00:20	00:16:14	00:31:36	00:47:31	01:03:24	01:06:15.90	01:06:36.75	+00:30:59 (46.8%)	6:37	9.1 (53.5%)
38	GRZYWACZ Karolina	202		K-30	38	00:00:12	00:16:17	00:32:27	00:48:59	01:05:58	01:08:55.95	01:09:07.95	+00:33:39 (48.8%)	6:53	8.7 (51.2%)
39	SZYSZKA Joanna	295		K-30	39	00:00:14	00:16:37	00:32:54	00:49:44	01:07:12	01:10:20.45	01:10:34.85	+00:35:04 (49.9%)	7:02	8.5 (50.0%)
	KUZIEMSKA Anna	408		K-30		DNF	00:16:50 DNF	00:32:44 DNF	00:49:12 DNF	DNF	DNF	DNF	-	-	- (0.0%)

Znaleziono 40 wynik(ów)