



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

## XII 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   | CZAJKOWSKA Sylwia      | 283   | ŻÓŁTOKRÓLEWSCY              | K-40      | 1    | 00:00:03    | 00:10:40    | 00:20:49     | 00:30:53    | 00:41:03     | 00:42:50.70     | 00:42:54.15      |                   | 4:17         | 14 (100%)    |
| 2   | PALACZ Wioletta        | 299   |                             | K-40      | 2    | 00:00:04    | 00:11:08    | 00:21:37     | 00:32:16    | 00:43:06     | 00:45:02.15     | 00:45:06.20      | +00:02:11 (4.9%)  | 4:30         | 13.3 (95.0%) |
| 3   | PASTWA Donata          | 308   | TRISPACE                    | K-40      | 3    | 00:00:04    | 00:11:54    | 00:22:56     | 00:34:05    | 00:45:09     | 00:47:10.50     | 00:47:14.75      | +00:04:19 (9.2%)  | 4:43         | 12.7 (90.7%) |
| 4   | WALIGÓRA Karolina      | 381   | BRZOZA BIEGA                | K-40      | 4    | 00:00:06    | 00:11:36    | 00:23:03     | 00:34:49    | 00:46:32     | 00:48:30.70     | 00:48:37.55      | +00:05:40 (11.7%) | 4:51         | 12.4 (88.6%) |
| 5   | NASIENIAK-CZECH Anna   | 386   | GRAZIA RUNNING              | K-40      | 5    | 00:00:11    | 00:12:23    | 00:24:01     | 00:35:37    | 00:47:05     | 00:49:06.00     | 00:49:17.00      | +00:06:15 (12.7%) | 4:54         | 12.2 (87.1%) |
| 6   | STANKOWSKA Justyna     | 314   | MKS TRZEMESZNO              | K-40      | 6    | 00:00:07    | 00:12:28    | 00:24:05     | 00:35:44    | 00:47:13     | 00:49:09.30     | 00:49:17.10      | +00:06:18 (12.8%) | 4:55         | 12.2 (87.1%) |
| 7   | ZABOROWSKA Beata       | 212   |                             | K-40      | 7    | 00:00:11    | 00:12:12    | 00:23:56     | 00:35:51    | 00:47:40     | 00:49:44.80     | 00:49:55.95      | +00:06:54 (13.9%) | 4:58         | 12.1 (86.4%) |
| 8   | SOWIŃSKA Justyna       | 194   | SPÓJNIA BIAŁE BŁOTA         | K-40      | 8    | 00:00:08    | 00:12:37    | 00:24:29     | 00:36:32    | 00:48:33     | 00:50:35.20     | 00:50:43.85      | +00:07:44 (15.3%) | 5:03         | 11.9 (85.0%) |
| 9   | KOPROWICZ Katarzyna    | 342   |                             | K-40      | 9    | 00:00:07    | 00:12:37    | 00:24:33     | 00:36:45    | 00:48:56     | 00:51:07.70     | 00:51:14.90      | +00:08:17 (16.2%) | 5:06         | 11.7 (83.6%) |
| 10  | GRABOWSKA-LESISZ Aneta | 345   |                             | K-40      | 10   | 00:00:09    | 00:12:21    | 00:24:35     | 00:36:56    | 00:49:03     | 00:51:15.85     | 00:51:25.30      | +00:08:25 (16.4%) | 5:07         | 11.7 (83.6%) |
| 11  | BEDNAREK Marta         | 170   | CZARNE STOPY.SM             | K-40      | 11   | 00:00:13    | 00:12:39    | 00:24:54     | 00:37:24    | 00:49:57     | 00:52:12.00     | 00:52:25.15      | +00:09:21 (17.9%) | 5:13         | 11.5 (82.1%) |
| 12  | BRYWCZYŃSKA Justyna    | 246   | #SLIMAKIBARCIN / RODOS TEAM | K-40      | 12   | 00:00:26    | 00:13:36    | 00:26:01     | 00:38:10    | 00:50:52     | 00:52:53.55     | 00:53:19.65      | +00:10:02 (19.0%) | 5:17         | 11.3 (80.7%) |
| 13  | MICHNA Justyna         | 302   |                             | K-40      | 13   | 00:00:22    | 00:13:17    | 00:25:56     | 00:38:37    | 00:51:30     | 00:53:47.95     | 00:54:10.25      | +00:10:57 (20.4%) | 5:22         | 11.2 (80.0%) |
| 14  | STYKAŁA Magdalena      | 109   |                             | K-40      | 14   | 00:00:21    | 00:13:18    | 00:25:57     | 00:38:38    | 00:51:31     | 00:53:49.10     | 00:54:10.25      | +00:10:58 (20.4%) | 5:22         | 11.1 (79.3%) |
| 15  | PORAZIŃSKA Viktoria    | 275   | BYDGOSZCZ NA START.         | K-40      | 15   | 00:00:10    | 00:13:15    | 00:26:11     | 00:39:00    | 00:51:55     | 00:54:12.55     | 00:54:23.05      | +00:11:21 (21.0%) | 5:25         | 11.1 (79.3%) |
| 16  | LEWANDOWSKA Dorota     | 235   |                             | K-40      | 16   | 00:00:16    | 00:13:00    | 00:25:54     | 00:38:48    | 00:52:13     | 00:54:34.20     | 00:54:50.35      | +00:11:43 (21.5%) | 5:27         | 11 (78.6%)   |

| 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  | STĘPIEŃ Monika          | 75    | CZARNE STOPY.SM                     | K-40      | 17   | 00:00:13    | 00:13:27     | 00:26:08     | 00:39:08    | 00:52:24     | 00:54:48.05     | 00:55:01.95      | +00:11:57 (21.8%) | 5:28         | 10.9 (77.9%) |
| 18  | ANASZEWICZ Marzena      | 405   |                                     | K-40      | 18   | 00:00:06    | 00:13:23     | 00:26:19     | 00:39:32    | 00:52:49     | 00:55:04.85     | 00:55:11.80      | +00:12:14 (22.2%) | 5:30         | 10.9 (77.9%) |
| 19  | JAŹDŹEWSKA Grażyna      | 58    |                                     | K-40      | 19   | 00:00:03    | 00:13:58     | 00:26:55     | 00:39:59    | 00:53:01     | 00:55:22.65     | 00:55:26.60      | +00:12:31 (22.6%) | 5:32         | 10.8 (77.1%) |
| 20  | CENTKOWSKA Iwona        | 175   | KS ZRYW RADZIEJÓW                   | K-40      | 20   | 00:00:12    | 00:13:35     | 00:26:30     | 00:39:41    | 00:53:01     | 00:55:22.90     | 00:55:35.20      | +00:12:32 (22.6%) | 5:32         | 10.8 (77.1%) |
| 21  | FARBICKA-ŻYWICA Paulina | 367   | BRZOZA BIEGA                        | K-40      | 21   | 00:00:05    | 00:13:49     | 00:27:04     | 00:40:26    | 00:53:56     | 00:56:17.45     | 00:56:23.25      | +00:13:26 (23.9%) | 5:37         | 10.7 (76.4%) |
| 22  | MAKUCH-DOBOSZ Urszula   | 373   |                                     | K-40      | 22   | 00:00:31    | 00:14:05     | 00:27:34     | 00:41:18    | 00:54:43     | 00:57:07.30     | 00:57:38.45      | +00:14:16 (25.0%) | 5:42         | 10.5 (75.0%) |
| 23  | SZTEJKA Jolanta         | 244   |                                     | K-40      | 23   | 00:00:32    | 00:14:48     | 00:28:29     | 00:41:53    | 00:55:07     | 00:57:16.60     | 00:57:49.35      | +00:14:25 (25.2%) | 5:43         | 10.5 (75.0%) |
| 24  | SKRZĄTEK Anna           | 286   |                                     | K-40      | 24   | 00:00:21    | 00:14:15     | 00:28:09     | 00:42:20    | 00:56:54     | 00:59:21.15     | 00:59:43.05      | +00:16:30 (27.8%) | 5:56         | 10.1 (72.1%) |
| 25  | CYBUL Anna              | 361   |                                     | K-40      | 25   | 00:00:23    | 00:14:26     | 00:28:09     | 00:42:22    | 00:56:52     | 00:59:22.95     | 00:59:46.30      | +00:16:32 (27.8%) | 5:56         | 10.1 (72.1%) |
| 26  | KUKAWKA Aleksandra      | 268   |                                     | K-40      | 26   | 00:00:19    | 00:15:19     | 00:29:42     | 00:43:57    | 00:57:39     | 00:59:56.10     | 01:00:15.55      | +00:17:05 (28.5%) | 5:59         | 10 (71.4%)   |
| 27  | PISZCZYGŁOWA Bernadeta  | 57    |                                     | K-40      | 27   | 00:00:16    | 00:14:11     | 00:28:33     | 00:43:04    | 00:57:44     | 01:00:19.80     | 01:00:36.05      | +00:17:29 (29.0%) | 6:02         | 9.9 (70.7%)  |
| 28  | BIELECKA Dorota         | 391   | OBÓZ BIEGOWY BRZOZA, GRAZIA-RUNNING | K-40      | 28   | 00:00:25    | 00:16:50     | 00:32:44     | 00:45:54    | 00:58:28     | 01:00:35.95     | 01:01:01.15      | +00:17:45 (29.3%) | 6:03         | 9.9 (70.7%)  |
| 29  | WINIECKA Dorota         | 76    |                                     | K-40      | 29   | 00:00:20    | 00:14:53     | 00:29:16     | 00:44:09    | 00:59:07     | 01:01:51.85     | 01:02:11.90      | +00:19:01 (30.7%) | 6:11         | 9.7 (69.3%)  |
| 30  | PAŚ Katarzyna           | 141   | CHARTY SZELEJEWO                    | K-40      | 30   | 00:00:17    | 00:16:25     | 00:32:09     | 00:48:32    | 01:05:29     | 01:08:24.80     | 01:08:42.70      | +00:25:34 (37.4%) | 6:50         | 8.8 (62.9%)  |
| 31  | NOWICKA Tatiana         | 365   |                                     | K-40      | 31   | 00:00:08    | 00:16:08     | 00:32:26     | 00:49:08    | 01:05:52     | 01:08:48.85     | 01:08:57.30      | +00:25:58 (37.7%) | 6:52         | 8.7 (62.1%)  |
| 32  | WRUK Justyna            | 294   |                                     | K-40      | 32   | 00:00:08    | 00:16:08     | 00:32:26     | 00:49:08    | 01:05:52     | 01:08:49.10     | 01:08:57.15      | +00:25:58 (37.7%) | 6:52         | 8.7 (62.1%)  |
| 33  | SŁOMA Natasza           | 238   |                                     | K-40      | 33   | 00:00:19    | 00:16:44     | 00:33:48     | 00:50:43    | 01:07:00     | 01:09:55.70     | 01:10:14.70      | +00:27:05 (38.7%) | 6:59         | 8.6 (61.4%)  |
| 34  | BŁASZKIEWICZ Marzena    | 291   |                                     | K-40      | 34   | 00:00:18    | 00:15:55     | 00:33:49     | 00:51:52    | 01:07:52     | 01:10:23.55     | 01:10:42.10      | +00:27:32 (39.1%) | 7:02         | 8.5 (60.7%)  |
| 35  | BARWIKOWSKA Bogusia     | 282   |                                     | K-40      | 35   | 00:00:16    | 00:15:57     | 00:33:51     | 00:51:54    | 01:07:54     | 01:10:25.45     | 01:10:42.25      | +00:27:34 (39.2%) | 7:02         | 8.5 (60.7%)  |
|     | SYREK Grażyna           | 389   | OBÓZ BIEGOWY BRZOZA, GRAZIA-RUNNING | K-40      |      | DNF         | 00:13:41 DNF | DNF          | DNF         | DNF          | DNF             | DNF              | -                 | -            | - (0.0%)     |