XII BIEG SYLWESTROWY

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

Klasyfikacja: K-50

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	**KOLANOWSKA Grażyna**	**22**		K-50	1	00:00:12	00:12:31	00:23:59	00:35:42	00:47:42	**00:49:50.75**	**00:50:03.20**		4:59	12 (100%)
2	**KORBEL Ewa**	**390**	OBÓZ BIEGOWY BRZOZA, GRAZIA-RUNNING	K-50	2	00:00:25	00:13:14	00:25:41	00:38:12	00:50:46	**00:53:00.65**	**00:53:25.85**	+00:03:09 (6.0%)	5:18	11.3 (94.2%)
3	**BRACICHOWICZ Bogumiła**	**115**		K-50	3	00:00:26	00:13:33	00:26:05	00:38:38	00:50:58	**00:53:08.15**	**00:53:34.25**	+00:03:17 (6.2%)	5:18	11.3 (94.2%)
4	**KUBIAK Małgorzata**	**418**		K-50	4	00:00:30	00:13:50	00:26:49	00:39:56	00:53:09	**00:55:26.85**	**00:55:57.60**	+00:05:36 (10.1%)	5:32	10.8 (90.0%)
5	**JĘDRZEJCZYK Marzenna**	**230**		K-50	5	00:00:20	00:14:31	00:28:08	00:41:54	00:55:36	**00:58:05.55**	**00:58:26.00**	+00:08:14 (14.2%)	5:48	10.3 (85.8%)
6	**KOSAKOWSKA Barbara**	**7**	OBÓZ BIEGOWY	K-50	6	00:00:24	00:14:17	00:28:33	00:42:10	00:56:05	**00:58:36.00**	**00:59:00.15**	+00:08:45 (14.9%)	5:51	10.2 (85.0%)
7	**KNIOŁA Lucyna**	**52**		K-50	7	00:00:23	00:14:44	00:28:58	00:44:03	00:59:04	**01:01:45.55**	**01:02:08.90**	+00:11:54 (19.3%)	6:10	9.7 (80.8%)
8	**DUDEK Marzena**	**108**		K-50	8	00:00:22	00:16:37	00:32:05	00:48:12	01:04:44	**01:07:34.95**	**01:07:56.95**	+00:17:44 (26.2%)	6:45	8.9 (74.2%)
9	**OKOŃSKA Małgorzata**	**137**		K-50	9	00:00:03	00:15:59	00:32:04	00:48:10	01:04:42	**01:07:35.05**	**01:07:38.10**	+00:17:44 (26.2%)	6:45	8.9 (74.2%)
10	**WIŚNIEWSKA Ewa**	**123**		K-50	10	00:00:24	00:16:52	00:33:06	00:49:58	01:07:41	**01:10:52.20**	**01:11:16.80**	+00:21:01 (29.7%)	7:05	8.5 (70.8%)

Znaleziono 10 wynik(ów)