



Organizator: Hotel Brzoza
Data: 2019-12-31
Miejsce: Brzoza
Dystans: 10 km

XIII BIEG SYLWESTROWY

B4SPORT

B4SPORT
INTELLIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Klub	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	WOŹNIAKOWSKA Agata	105		K-30	1	Bydgoskie Okonie	Bydgoskie Okonie	00:00:03	00:10:41	00:20:30	00:30:23	00:40:18	00:42:11.30	00:42:15.15		4:13	14.2 (100%)
2	KOWALSKA Angelika	322		K-30	2	TRISPACE/TREK	TRISPACE/TREK	00:00:04	00:10:39	00:20:34	00:30:31	00:40:31	00:42:26.35	00:42:31.10	+00:00:15 (0.6%)	4:14	14.1 (99.3%)
3	WERNER Katarzyna	203		K-30	3		TEAM WERNER	00:00:06	00:10:59	00:20:52	00:31:04	00:41:26	00:43:25.30	00:43:31.45	+00:01:14 (2.8%)	4:20	13.8 (97.2%)
4	SOBCZAK Monika	329		K-30	4			00:00:04	00:11:13	00:21:44	00:32:29	00:43:25	00:45:22.30	00:45:26.40	+00:03:11 (7.0%)	4:32	13.2 (93.0%)
5	WASILEWSKA Martyna	111		K-30	5		AMS Triathlon Bydgoszcz Akademia Mistrzów Sportu	00:00:24	00:11:49	00:22:47	00:33:27	00:43:43	00:45:41.00	00:46:05.30	+00:03:29 (7.7%)	4:34	13.1 (92.3%)
6	RATAJ Zuzanna	16		K-30	6		Polonia Bydgoszcz SLA	00:00:12	00:11:22	00:22:07	00:33:09	00:44:06	00:46:11.75	00:46:23.85	+00:04:00 (8.7%)	4:37	13 (91.5%)
7	PILAKOWSKA Angelika	439		K-30	7			00:00:08	00:11:15	00:22:02	00:33:21	00:44:09	00:46:12.60	00:46:21.05	+00:04:01 (8.7%)	4:37	13 (91.5%)
8	WASILEWSKA MICHALAK Agata	112		K-30	8		AMS Triathlon Bydgoszcz Akademia Mistrzów Sportu	00:00:24	00:11:49	00:22:46	00:33:32	00:44:21	00:46:27.50	00:46:51.50	+00:04:16 (9.2%)	4:38	12.9 (90.8%)
9	RYMARKIEWICZ Małgorzata	208		K-30	9		KLINIKA TRIATHLONU BYDGOSZCZ	00:00:06	00:11:45	00:22:40	00:33:46	00:45:03	00:47:11.90	00:47:18.10	+00:05:00 (10.6%)	4:43	12.7 (89.4%)
10	ŻYŁA Magdalena	379		K-30	10		amator - niezrzeszony	00:00:08	00:12:19	00:23:41	00:35:08	00:46:34	00:48:46.05	00:48:54.75	+00:06:34 (13.5%)	4:52	12.3 (86.6%)
11	DOMALSKA Gracjana	403		K-30	11		#slimakibarcin	00:00:18	00:12:35	00:24:08	00:35:42	00:46:48	00:48:51.10	00:49:09.95	+00:06:39 (13.6%)	4:53	12.3 (86.6%)
12	SZOPIŃSKA Agnieszka	355		K-30	12			00:00:23	00:12:26	00:23:58	00:35:38	00:47:21	00:49:31.80	00:49:55.25	+00:07:20 (14.8%)	4:57	12.1 (85.2%)
13	SAK Joanna	467		K-30	13		Drużyna Szpiku	00:00:07	00:12:09	00:23:50	00:35:37	00:47:23	00:49:35.60	00:49:42.90	+00:07:24 (14.9%)	4:57	12.1 (85.2%)
14	KUŹMIŃSKA Maryla	5		K-30	14	Brzoza Biega	Brzoza Biega	00:00:22	00:12:34	00:24:06	00:36:03	00:48:39	00:50:48.95	00:51:11.55	+00:08:37 (17.0%)	5:04	11.8 (83.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Klub	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
15	KRZEMIŃSKA Jolanta	201		K-30	15		J&W	00:00:07	00:12:26	00:24:33	00:37:16	00:50:22	00:52:33.60	00:52:41.45	+00:10:22 (19.7%)	5:15	11.4 (80.3%)
16	KUCZEK Monika	166		K-30	16		KS ZRYW RADZIEJÓW	00:00:07	00:13:23	00:25:35	00:37:50	00:50:22	00:52:43.50	00:52:51.15	+00:10:32 (20.0%)	5:16	11.4 (80.3%)
17	PIOTROWSKA Marzena	343		K-30	17			00:00:27	00:13:22	00:25:54	00:38:25	00:50:51	00:53:06.70	00:53:34.00	+00:10:55 (20.6%)	5:18	11.3 (79.6%)
18	WARCZAK Katarzyna	333		K-30	18		TEAMOCHAL	00:00:26	00:13:22	00:25:52	00:38:25	00:50:50	00:53:09.95	00:53:36.45	+00:10:58 (20.6%)	5:19	11.3 (79.6%)
19	MAŁKIŃSKA-BIĘGA Dorota	301		K-30	19			00:00:19	00:13:01	00:25:22	00:38:06	00:51:10	00:53:35.55	00:53:54.70	+00:11:24 (21.3%)	5:21	11.2 (78.9%)
20	TOMCZYK Agata	12		K-30	20		Polonia Bydgoszcz SLA	00:00:17	00:13:53	00:26:14	00:38:31	00:51:29	00:53:57.60	00:54:14.95	+00:11:46 (21.8%)	5:23	11.1 (78.2%)
21	CZYŻEWSKA Justyna	47		K-30	21			00:00:15	00:13:01	00:25:37	00:38:29	00:51:37	00:54:08.10	00:54:23.90	+00:11:56 (22.1%)	5:24	11.1 (78.2%)
22	NALEWALSKA Justyna	290		K-30	22		Wkurw_team/ Serce Tybetu	00:00:20	00:13:11	00:25:59	00:38:59	00:51:54	00:54:08.95	00:54:29.50	+00:11:57 (22.1%)	5:24	11.1 (78.2%)
23	BOROWIEC Wioleta	109		K-30	23		BBL Szubin	00:00:20	00:13:29	00:26:14	00:39:10	00:52:08	00:54:32.65	00:54:52.95	+00:12:21 (22.7%)	5:27	11 (77.5%)
24	MISUN-NOWAK Katarzyna	114		K-30	24		AMS Triathlon	00:00:24	00:13:38	00:26:33	00:39:35	00:52:20	00:54:43.60	00:55:08.35	+00:12:32 (22.9%)	5:28	11 (77.5%)
25	RÓŻYCZKA Joanna	127		K-30	25			00:00:13	00:13:16	00:26:02	00:38:55	00:52:15	00:54:43.85	00:54:57.35	+00:12:32 (22.9%)	5:28	11 (77.5%)
26	DRÓŹDŹ Małgosia	83		K-30	26			00:00:29	00:14:09	00:27:16	00:40:21	00:52:59	00:55:19.15	00:55:48.85	+00:13:07 (23.7%)	5:31	10.8 (76.1%)
27	FOGT Katarzyna	373		K-30	27	ASSECO ACTIVE TEAM	CB 163	00:00:27	00:14:10	00:27:10	00:40:29	00:53:27	00:56:01.50	00:56:29.05	+00:13:50 (24.7%)	5:36	10.7 (75.4%)
28	MAGDZIARZ Katarzyna	45		K-30	28			00:00:32	00:14:23	00:27:27	00:40:26	00:53:40	00:56:30.45	00:57:02.70	+00:14:19 (25.3%)	5:39	10.6 (74.6%)
29	PAWLACZYK-MATELA Emilia	119		K-30	29		Polonia Bydgoszcz SLA	00:00:24	00:14:09	00:27:13	00:40:45	00:54:34	00:57:07.50	00:57:32.10	+00:14:56 (26.1%)	5:42	10.5 (73.9%)
30	BŁĄŻEK Kasia	124		K-30	30			00:00:13	00:14:32	00:28:28	00:42:20	00:56:13	00:58:53.85	00:59:07.55	+00:16:42 (28.4%)	5:53	10.2 (71.8%)
31	TRELA Jolanta	423		K-30	31			00:00:23	00:14:53	00:28:49	00:42:45	00:56:32	00:58:59.35	00:59:23.05	+00:16:48 (28.5%)	5:54	10.2 (71.8%)
32	PIECZKA Sylwia	23		K-30	32			00:00:13	00:15:21	00:29:25	00:43:21	00:56:56	00:59:14.95	00:59:28.10	+00:17:03 (28.8%)	5:55	10.1 (71.1%)
33	SAK Anna	484		K-30	33		Inowrocław biega	00:00:21	00:14:58	00:28:52	00:43:10	00:57:18	00:59:53.90	01:00:15.70	+00:17:42 (29.6%)	5:59	10 (70.4%)
34	TYSZKIEWICZ Małgorzata	391		K-30	34		Lill Sport	00:00:23	00:14:22	00:28:07	00:42:51	00:57:28	01:00:11.45	01:00:35.25	+00:18:00 (29.9%)	6:01	10 (70.4%)
35	TOMAS - RÓŻYCKA Marzena	227		K-30	35		Sterem Żeglarzem Okrętem SZO	00:00:15	00:13:54	00:28:09	00:42:59	00:57:36	01:00:19.55	01:00:35.35	+00:18:08 (30.1%)	6:02	9.9 (69.7%)
36	NADRAJKOWSKA Joanna	68		K-30	36		Dzikie Kuny	00:00:15	00:14:45	00:28:41	00:43:01	00:57:42	01:00:32.35	01:00:47.60	+00:18:21 (30.3%)	6:03	9.9 (69.7%)

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37	SKIBIŃSKA Paulina	431		K-30	37			00:00:20	00:14:25	00:28:40	00:43:31	00:58:29	01:01:19.95	01:01:40.85	+00:19:08 (31.2%)	6:08	9.8 (69.0%)
38	KLONOWSKA - BRZESKA Marta	476		K-30	38			00:00:12	00:15:28	00:30:04	00:44:42	00:59:07	01:01:52.35	01:02:04.40	+00:19:41 (31.8%)	6:11	9.7 (68.3%)
39	MAZGA Katarzyna	90		K-30	39			00:00:14	00:14:45	00:28:33	00:43:11	00:59:03	01:01:55.60	01:02:09.80	+00:19:44 (31.9%)	6:11	9.7 (68.3%)
40	MORITZ Monika	59		K-30	40			00:00:19	00:15:22	00:29:57	00:44:35	00:59:19	01:02:04.45	01:02:23.75	+00:19:53 (32.0%)	6:12	9.7 (68.3%)
41	MICHALSKA Katarzyna	406		K-30	41			00:00:13	00:14:40	00:29:02	00:44:44	01:00:15	01:03:16.45	01:03:29.85	+00:21:05 (33.3%)	6:19	9.5 (66.9%)
42	WRZESIŃSKA Anna	468		K-30	42			00:00:09	00:15:06	00:30:47	00:46:03	01:01:07	01:03:57.55	01:04:06.60	+00:21:46 (34.0%)	6:23	9.4 (66.2%)
43	KOSTRZEWSKA Jolanta	399		K-30	43		#Bieganienawesoło	00:00:00	00:14:19	00:28:14	00:42:39	01:01:28	01:04:25.50	01:04:26.35	+00:22:14 (34.5%)	6:26	9.3 (65.5%)
44	SZYMAŃSKA Adrianna	159		K-30	44			00:00:17	00:15:50	00:31:32	00:47:33	01:04:24	01:07:40.65	01:07:57.80	+00:25:29 (37.7%)	6:46	8.9 (62.7%)
45	PISKORSKA Marta	454		K-30	45			00:00:30	00:18:06	00:35:09	00:52:40	01:10:13	01:13:30.15	01:14:01.10	+00:31:18 (42.6%)	7:21	8.2 (57.7%)
46	WIERZCHOWSKA Angelika	504		K-30	46			00:00:33	00:18:12	00:35:08	00:52:44	01:10:28	01:13:47.55	01:14:21.10	+00:31:36 (42.8%)	7:22	8.1 (57.0%)
47	NOWAK-WIECZOREK Elwira	212		K-30	47			00:05:36	00:17:51	00:35:54	00:54:05	01:10:54	01:14:04.20	01:19:40.20	+00:31:52 (43.0%)	7:24	8.1 (57.0%)
48	BONALSKA Magdalena	139		K-30	48		RUN BYDGOSZCZ	00:00:18	00:14:18	00:28:03					+00:07:32	5:47	10.4 (73.2%)

Znaleziono 48 wynik(ów)