



BIEG WEGAŃSKI 5 KM

B4SPORT

Wydarzenie: Bieg Wegański
Organizator: Fundacja Run Vegan
Data: 2019-05-19
Miejsce: Warszawa
Dystans: 5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K30-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	TYM Joanna	355		K30-49	1	00:03:16	00:22:57.25	00:26:14.20		4:35	13.1 (100%)
2	JANECZKO Małgorzata	114		K30-49	2	00:03:17	00:23:24.65	00:26:42.55	+00:00:27 (2.0%)	4:41	12.8 (97.7%)
3	KORYCIŃSKA Sylwia	157		K30-49	3	00:03:23	00:23:58.40	00:27:21.50	+00:01:01 (4.3%)	4:47	12.5 (95.4%)
4	KORCZYŃSKA Bożena	155		K30-49	4	00:03:28	00:25:48.70	00:29:17.55	+00:02:51 (11.1%)	5:09	11.6 (88.5%)
5	WRÓBLEWSKA Olga	380	VEGE RUNNERS	K30-49	5	00:03:21	00:25:55.25	00:29:16.95	+00:02:58 (11.4%)	5:11	11.6 (88.5%)
6	NAPIERSKA Dominika	208	VEGE RUNNERS	K30-49	6	00:03:21	00:25:56.25	00:29:17.95	+00:02:59 (11.5%)	5:11	11.6 (88.5%)
7	FARAT Magdalena	71		K30-49	7	00:03:25	00:26:03.35	00:29:29.15	+00:03:06 (11.9%)	5:12	11.5 (87.8%)
8	ŚWIĆ Małgorzata	345	ROZPĘDZONA	K30-49	8	00:03:23	00:27:00.80	00:30:23.80	+00:04:03 (15.0%)	5:24	11.1 (84.7%)
9	ANTOSZKIEWICZ Dobrawa	8		K30-49	9	00:03:18	00:27:00.90	00:30:19.05	+00:04:03 (15.0%)	5:24	11.1 (84.7%)
10	KACPRZAK Paulina	128		K30-49	10	00:03:20	00:27:16.15	00:30:36.25	+00:04:18 (15.8%)	5:27	11 (84.0%)
11	ROCKA Małgorzata	692		K30-49	11	00:03:43	00:28:01.05	00:31:44.50	+00:05:03 (18.1%)	5:36	10.7 (81.7%)
12	SIEDLECKI Edyta	294		K30-49	12	00:03:27	00:28:46.45	00:32:14.40	+00:05:49 (20.2%)	5:45	10.4 (79.4%)
13	SUCHODOŁA Justyna	325		K30-49	13	00:03:27	00:28:50.20	00:32:17.40	+00:05:52 (20.4%)	5:46	10.4 (79.4%)
14	GUZEK Monika	102		K30-49	14	00:03:43	00:28:58.55	00:32:42.20	+00:06:01 (20.8%)	5:47	10.4 (79.4%)
15	WRÓBLEWSKA Martyna	379	-	K30-49	15	00:00:11	00:29:04.15	00:29:16.00	+00:06:06 (21.0%)	5:49	10.3 (78.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
16	PAKULSKA Ewelina	229	GRAŻYNKI OCR	K30-49	16	00:03:22	00:29:06.45	00:32:28.50	+00:06:09 (21.1%)	5:49	10.3 (78.6%)
17	KOSMĘDA Aleksandra	159		K30-49	17	00:00:02	00:29:12.00	00:29:14.00	+00:06:14 (21.4%)	5:50	10.3 (78.6%)
18	HEREĆ-OLEJNIK Ewa	104	RUN OLEY/ŁOMIANKOWSKA GRUPA BIEGOWA	K30-49	18	00:03:39	00:29:20.15	00:33:00.00	+00:06:22 (21.8%)	5:52	10.2 (77.9%)
19	DĄBROWSKA Anna	53		K30-49	19	00:03:40	00:29:26.60	00:33:06.60	+00:06:29 (22.0%)	5:53	10.2 (77.9%)
20	KALISZ Małgorzata	135		K30-49	20	00:03:42	00:29:27.10	00:33:09.35	+00:06:29 (22.1%)	5:53	10.2 (77.9%)
21	ADAMIEC Monika	3		K30-49	21	00:03:42	00:29:27.85	00:33:10.00	+00:06:30 (22.1%)	5:53	10.2 (77.9%)
22	BOROWIK Aleksandra	428		K30-49	22	00:03:36	00:29:39.45	00:33:16.20	+00:06:42 (22.6%)	5:56	10.1 (77.1%)
23	DZIEKONSKA Joanna A.	65		K30-49	23	00:03:22	00:29:43.25	00:33:05.60	+00:06:46 (22.8%)	5:56	10.1 (77.1%)
24	SIWEK Anna	299		K30-49	24	00:03:49	00:29:43.80	00:33:33.25	+00:06:46 (22.8%)	5:56	10.1 (77.1%)
25	KAZANOWSKA Ewa	142		K30-49	25	00:03:20	00:29:44.55	00:33:04.90	+00:06:47 (22.8%)	5:56	10.1 (77.1%)
26	TADIR Hanna	346		K30-49	26	00:03:24	00:29:44.90	00:33:09.65	+00:06:47 (22.8%)	5:57	10.1 (77.1%)
27	ROSIAK Zuzanna	281		K30-49	27	00:03:21	00:29:48.05	00:33:09.15	+00:06:50 (23.0%)	5:57	10.1 (77.1%)
28	BYCZEWSKA Magdalena	42		K30-49	28	00:03:20	00:29:48.40	00:33:08.45	+00:06:51 (23.0%)	5:57	10.1 (77.1%)
29	KOZIŃSKA Kamila	163	DRUŻYNA BLANECZKI	K30-49	29	00:03:36	00:29:57.60	00:33:34.15	+00:07:00 (23.4%)	5:59	10 (76.3%)
30	PIĘKOŚ Magdalena	248		K30-49	30	00:03:29	00:30:04.60	00:33:34.55	+00:07:07 (23.7%)	6:01	10 (76.3%)
31	RYNKOWSKA Katarzyna	286		K30-49	31	00:03:31	00:30:06.80	00:33:38.65	+00:07:09 (23.8%)	6:01	10 (76.3%)
32	CIEŚLAK Agnieszka	47		K30-49	32	00:03:18	00:30:26.55	00:33:45.25	+00:07:29 (24.6%)	6:05	9.9 (75.6%)
33	SNAKOWSKA Patrycja	308	BIEGAJĄCE WĘŻE	K30-49	33	00:03:33	00:30:27.00	00:34:00.40	+00:07:29 (24.6%)	6:05	9.9 (75.6%)
34	GAJEWSKA Karolina	83	ADIDAS RUNNERS WARSAW	K30-49	34	00:03:47	00:30:37.60	00:34:25.45	+00:07:40 (25.1%)	6:07	9.8 (74.8%)
35	ORDAK Beata	220		K30-49	35	00:03:26	00:30:48.10	00:34:14.95	+00:07:50 (25.5%)	6:09	9.7 (74.0%)
36	MROCZEK Magdalena	203		K30-49	36	00:03:30	00:31:04.80	00:34:35.60	+00:08:07 (26.1%)	6:13	9.7 (74.0%)
37	KWIECIŃSKA Alicja	176		K30-49	37	00:03:23	00:31:07.35	00:34:31.15	+00:08:10 (26.2%)	6:13	9.6 (73.3%)
38	SERAFIN Katarzyna	415		K30-49	38	00:03:30	00:31:13.95	00:34:44.65	+00:08:16 (26.5%)	6:14	9.6 (73.3%)

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39	RAFIŃSKA Agnieszka	273		K30-49	39	00:03:18	00:31:24.00	00:34:42.65	+00:08:26 (26.9%)	6:16	9.6 (73.3%)
40	GRAF Magda	96		K30-49	40	00:03:35	00:31:24.65	00:35:00.30	+00:08:27 (26.9%)	6:17	9.5 (72.5%)
41	OSIAK Magdalena	224		K30-49	41	00:03:19	00:31:27.30	00:34:46.60	+00:08:30 (27.0%)	6:17	9.5 (72.5%)
42	ZIOLKOWSKI Izabela	397	VEGAN RUNNERS	K30-49	42	00:03:39	00:31:33.95	00:35:13.80	+00:08:36 (27.3%)	6:18	9.5 (72.5%)
43	KASZYŃSKA Karolina	140		K30-49	43	00:03:18	00:31:39.10	00:34:57.75	+00:08:41 (27.5%)	6:19	9.5 (72.5%)
44	BIELAWSKA Monika	20		K30-49	44	00:03:17	00:31:47.70	00:35:05.05	+00:08:50 (27.8%)	6:21	9.4 (71.8%)
45	BIELEC Karolina	21	MORSY ZIELONKA	K30-49	45	00:03:37	00:31:56.20	00:35:33.35	+00:08:58 (28.1%)	6:23	9.4 (71.8%)
46	SILSKA Magdalena	297		K30-49	46	00:03:18	00:32:11.20	00:35:30.00	+00:09:13 (28.7%)	6:26	9.3 (71.0%)
47	ZIOŁO Katarzyna	399	-	K30-49	47	00:03:39	00:32:17.30	00:35:56.75	+00:09:20 (28.9%)	6:27	9.3 (71.0%)
48	LASKOWSKA Izabela	421		K30-49	48	00:03:36	00:32:20.10	00:35:56.55	+00:09:22 (29.0%)	6:28	9.3 (71.0%)
49	TRATSIK Volha	353		K30-49	49	00:03:31	00:32:23.75	00:35:54.75	+00:09:26 (29.1%)	6:28	9.3 (71.0%)
50	ZIELIŃSKA Magdalena	395		K30-49	50	00:03:23	00:32:35.75	00:35:59.70	+00:09:38 (29.6%)	6:31	9.2 (70.2%)
51	JÓŹWIK-ŁUPIŃSKA Katarzyna	420		K30-49	51	00:00:02	00:32:38.10	00:32:40.30	+00:09:40 (29.7%)	6:31	9.2 (70.2%)
52	MIAKOTA Joanna	197		K30-49	52	00:03:31	00:32:46.60	00:36:18.45	+00:09:49 (30.0%)	6:33	9.2 (70.2%)
53	UCHROŃSKA Justyna	358	ROZPĘDZONA	K30-49	53	00:03:37	00:32:47.55	00:36:24.60	+00:09:50 (30.0%)	6:33	9.2 (70.2%)
54	DYMEK Justyna	62		K30-49	54	00:03:35	00:32:48.95	00:36:24.85	+00:09:51 (30.1%)	6:33	9.1 (69.5%)
55	OLBORSKA Monika	218		K30-49	55	00:03:25	00:32:58.70	00:36:24.05	+00:10:01 (30.4%)	6:35	9.1 (69.5%)
56	JACNIAK Paulina	406		K30-49	56	00:03:23	00:32:59.45	00:36:22.75	+00:10:02 (30.4%)	6:35	9.1 (69.5%)
57	PIERZYŃSKA Irina	247		K30-49	57	00:03:29	00:33:06.05	00:36:35.45	+00:10:08 (30.7%)	6:37	9.1 (69.5%)
58	POPŁAWSKA Magda	262		K30-49	58	00:00:04	00:33:09.05	00:33:13.20	+00:10:11 (30.8%)	6:37	9 (68.7%)
59	KOWALSKA Joanna	161		K30-49	59	00:03:21	00:33:13.85	00:36:35.35	+00:10:16 (30.9%)	6:38	9 (68.7%)
60	WITEK-STACHURSKA Adriana	369		K30-49	60	00:03:31	00:33:49.55	00:37:21.05	+00:10:52 (32.1%)	6:46	8.9 (67.9%)
61	GLEBA Jeanette	87		K30-49	61	00:03:43	00:33:51.50	00:37:34.55	+00:10:54 (32.2%)	6:46	8.9 (67.9%)

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62	PŁOŃSKA	Agnieszka	258	ROZPĘDZONA	K30-49	62	00:03:48	00:33:56.25	00:37:44.60	+00:10:59 (32.4%)	6:47	8.8 (67.2%)
63	SKUBISZ	Marta	303		K30-49	63	00:03:45	00:33:56.55	00:37:42.15	+00:10:59 (32.4%)	6:47	8.8 (67.2%)
64	WIĄCEK	Izabela	364	ROZPĘDZONA	K30-49	64	00:03:47	00:33:56.65	00:37:44.60	+00:10:59 (32.4%)	6:47	8.8 (67.2%)
65	KŁODZIŃSKA	Sandra	148		K30-49	65	00:03:24	00:34:01.05	00:37:25.45	+00:11:03 (32.5%)	6:48	8.8 (67.2%)
66	DZIARNOWSKA	Magda	64	MECHANIKA ZDROWIA	K30-49	66	00:03:39	00:34:03.65	00:37:43.50	+00:11:06 (32.6%)	6:48	8.8 (67.2%)
67	BYCHOWSKA	Agnieszka	813		K30-49	67	00:03:18	00:34:03.90	00:37:22.55	+00:11:06 (32.6%)	6:48	8.8 (67.2%)
68	DELIMAT	Joanna	54		K30-49	68	00:03:31	00:34:08.00	00:37:39.60	+00:11:10 (32.8%)	6:49	8.8 (67.2%)
69	JARMOSZKO	Anna	116		K30-49	69	00:04:05	00:34:10.85	00:38:16.60	+00:11:13 (32.8%)	6:50	8.8 (67.2%)
70	KOPYT	Antonina	154		K30-49	70	00:03:54	00:34:23.05	00:38:17.55	+00:11:25 (33.2%)	6:52	8.7 (66.4%)
71	SĄŁKIEWICZ	Paulina	291		K30-49	71	00:03:45	00:34:24.40	00:38:10.15	+00:11:27 (33.3%)	6:53	8.7 (66.4%)
72	ROSA	Anna	279		K30-49	72	00:03:47	00:34:31.00	00:38:18.65	+00:11:33 (33.5%)	6:54	8.7 (66.4%)
73	WALENDZIK	Anna	359		K30-49	73	00:03:25	00:34:36.85	00:38:02.35	+00:11:39 (33.7%)	6:55	8.7 (66.4%)
74	KACZOCHA	Agnieszka	130		K30-49	74	00:03:21	00:34:45.80	00:38:07.55	+00:11:48 (34.0%)	6:57	8.6 (65.6%)
75	NIEPORĘCKA	Sylwia	424		K30-49	75	00:03:18	00:34:47.65	00:38:06.55	+00:11:50 (34.0%)	6:57	8.6 (65.6%)
76	RUTKA	Barbara	425		K30-49	76	00:03:32	00:34:57.95	00:38:30.85	+00:12:00 (34.4%)	6:59	8.6 (65.6%)
77	SZYMANI-WOLIŃSKA	Gabi	336		K30-49	77	00:03:45	00:35:01.45	00:38:46.80	+00:12:04 (34.5%)	7:00	8.6 (65.6%)
78	ORTA—KORZENIEWSKA	Edyta	221		K30-49	78	00:03:43	00:35:02.25	00:38:45.85	+00:12:05 (34.5%)	7:00	8.6 (65.6%)
79	PANASIUK	Monika	235		K30-49	79	00:03:54	00:35:09.95	00:39:04.55	+00:12:12 (34.7%)	7:02	8.5 (64.9%)
80	ŁUKASIK	Karina	187	RUNGIRL	K30-49	80	00:03:28	00:35:10.20	00:38:39.00	+00:12:12 (34.7%)	7:02	8.5 (64.9%)
81	ŚCIBOR	Katarzyna	340		K30-49	81	00:03:47	00:35:11.50	00:38:59.05	+00:12:14 (34.8%)	7:02	8.5 (64.9%)
82	PIEC	Dagmara	246		K30-49	82	00:03:37	00:35:16.95	00:38:54.55	+00:12:19 (34.9%)	7:03	8.5 (64.9%)
83	KIERKOWSKA	Olga	147	VEGE RUNNERS	K30-49	83	00:03:41	00:35:21.95	00:39:03.40	+00:12:24 (35.1%)	7:04	8.5 (64.9%)
84	SZYMOCHA	Marta	338		K30-49	84	00:03:45	00:35:25.15	00:39:10.75	+00:12:27 (35.2%)	7:05	8.5 (64.9%)

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85	PIOTROWSKA-KRZAK Elżbieta	251		K30-49	85	00:03:29	00:35:26.10	00:38:56.05	+00:12:28 (35.2%)	7:05	8.5 (64.9%)
86	TOMASZEWSKA Agnieszka	349		K30-49	86	00:03:37	00:35:26.65	00:39:04.40	+00:12:29 (35.2%)	7:05	8.5 (64.9%)
87	BIERNAT Justyna	24	-	K30-49	87	00:03:32	00:35:30.90	00:39:03.65	+00:12:33 (35.4%)	7:06	8.4 (64.1%)
88	ROKICKA Małgorzata	278		K30-49	88	00:03:32	00:35:31.65	00:39:04.10	+00:12:34 (35.4%)	7:06	8.4 (64.1%)
89	SALAMOŃCZYK Anna	290		K30-49	89	00:03:35	00:35:45.05	00:39:20.85	+00:12:47 (35.8%)	7:09	8.4 (64.1%)
90	POROMBKA Sylwia	263		K30-49	90	00:04:07	00:35:51.95	00:39:59.35	+00:12:54 (36.0%)	7:10	8.4 (64.1%)
91	RACZYŃSKA Agnieszka	272		K30-49	91	00:03:23	00:35:55.45	00:39:19.05	+00:12:58 (36.1%)	7:11	8.3 (63.4%)
92	JAKÓBOWSKA Karolina	112		K30-49	92	00:03:23	00:35:55.65	00:39:19.00	+00:12:58 (36.1%)	7:11	8.3 (63.4%)
93	KACPRZAK Monika	129		K30-49	93	00:03:17	00:36:04.55	00:39:22.30	+00:13:07 (36.4%)	7:13	8.3 (63.4%)
94	GÓRECKA Anna	93		K30-49	94	00:03:37	00:36:06.05	00:39:43.20	+00:13:08 (36.4%)	7:13	8.3 (63.4%)
95	WASIAK Iwona	360		K30-49	95	00:03:43	00:36:10.65	00:39:54.55	+00:13:13 (36.6%)	7:14	8.3 (63.4%)
96	RYNKOWSKA Magdalena	287		K30-49	96	00:03:31	00:36:29.90	00:40:01.05	+00:13:32 (37.1%)	7:18	8.2 (62.6%)
97	WAWRZONEK Karolina	361		K30-49	97	00:04:05	00:36:35.80	00:40:40.80	+00:13:38 (37.3%)	7:19	8.2 (62.6%)
98	JIN Dan	123		K30-49	98	00:03:38	00:36:49.95	00:40:28.00	+00:13:52 (37.7%)	7:22	8.1 (61.8%)
99	PIASECKA Weronika	245		K30-49	99	00:03:42	00:37:17.40	00:41:00.25	+00:14:20 (38.4%)	7:27	8 (61.1%)
100	CHUDZIK Magdalena	44		K30-49	100	00:03:37	00:37:38.20	00:41:15.80	+00:14:40 (39.0%)	7:31	8 (61.1%)
101	DUCZYŃSKA Karolina	60	VEGE RUNNERS	K30-49	101	00:03:54	00:37:41.70	00:41:36.00	+00:14:44 (39.1%)	7:32	8 (61.1%)
102	KRZESZOWSKA Marta	168		K30-49	102	00:03:30	00:37:51.10	00:41:21.20	+00:14:53 (39.4%)	7:34	7.9 (60.3%)
103	BURDA Katarzyna	41	BORÓWKI	K30-49	103	00:03:36	00:38:03.20	00:41:39.30	+00:15:05 (39.7%)	7:36	7.9 (60.3%)
104	GĄSOWSKA Marysia	85		K30-49	104	00:03:40	00:38:04.10	00:41:44.25	+00:15:06 (39.7%)	7:36	7.9 (60.3%)
105	GOŁACKA-PIOTOWSKA Beata	89		K30-49	105	00:03:27	00:38:04.45	00:41:32.40	+00:15:07 (39.7%)	7:37	7.9 (60.3%)
106	TOWAREK Monika	352		K30-49	106	00:03:27	00:38:08.05	00:41:35.25	+00:15:10 (39.8%)	7:37	7.9 (60.3%)
107	MALCZYK Magda	190	FUNDACJA SOS DALMATYŃCZYKI	K30-49	107	00:03:38	00:38:15.50	00:41:54.45	+00:15:18 (40.0%)	7:39	7.8 (59.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
108	GOŁASZEWSKA Lena	91	DOGOŃ GRODZISK MAZOWIECKI	K30-49	108	00:03:32	00:38:19.70	00:41:52.15	+00:15:22 (40.1%)	7:40	7.8 (59.5%)
109	KUBRYN Agnieszka	171		K30-49	109	00:03:41	00:38:22.05	00:42:03.25	+00:15:24 (40.2%)	7:40	7.8 (59.5%)
110	OWCZAREK Izabela	227		K30-49	110	00:03:35	00:38:26.25	00:42:01.85	+00:15:29 (40.3%)	7:41	7.8 (59.5%)
111	DOBRZYŃSKA Agnieszka	57	GRALAKI5	K30-49	111	00:03:26	00:38:35.75	00:42:02.30	+00:15:38 (40.5%)	7:43	7.8 (59.5%)
112	SZYSZKOWSKA Małgorzata A.	339		K30-49	112	00:03:42	00:39:14.85	00:42:57.10	+00:16:17 (41.5%)	7:51	7.6 (58.0%)
113	MICHALAK Anna	198		K30-49	113	00:03:49	00:39:15.00	00:43:04.40	+00:16:17 (41.5%)	7:51	7.6 (58.0%)
114	SOCHACZEWSKA-GRALAK Magdalena	312	TRACKX	K30-49	114	00:03:43	00:39:23.70	00:43:06.85	+00:16:26 (41.7%)	7:52	7.6 (58.0%)
115	KALATA-ZAWŁOCKA Aleksandra	131		K30-49	115	00:03:47	00:39:35.70	00:43:23.05	+00:16:38 (42.0%)	7:55	7.6 (58.0%)
116	FABISZEWSKA Dorota	551		K30-49	116	00:03:56	00:39:48.00	00:43:44.00	+00:16:50 (42.3%)	7:57	7.5 (57.3%)
117	BEK Joanna	17		K30-49	117	00:04:08	00:39:57.90	00:44:06.05	+00:17:00 (42.6%)	7:59	7.5 (57.3%)
118	PŁOCICA Magda	257		K30-49	118	00:04:08	00:39:58.45	00:44:06.55	+00:17:01 (42.6%)	7:59	7.5 (57.3%)
119	PERZAK Katarzyna	243		K30-49	119	00:04:21	00:40:32.65	00:44:54.35	+00:17:35 (43.4%)	8:06	7.4 (56.5%)
120	GAJDA Magdalena	81		K30-49	120	00:03:34	00:40:51.70	00:44:26.50	+00:17:54 (43.8%)	8:10	7.3 (55.7%)
121	BEDNARSKA Jolanta	16		K30-49	121	00:03:30	00:40:53.50	00:44:23.65	+00:17:56 (43.9%)	8:10	7.3 (55.7%)
122	KASZCZUK Magdalena	139		K30-49	122	00:03:23	00:41:54.50	00:45:17.80	+00:18:57 (45.2%)	8:22	7.2 (55.0%)
123	NOWAKOWSKA Anna	212	TEAM VINARIAMS	K30-49	123	00:03:43	00:42:57.85	00:46:41.15	+00:20:00 (46.6%)	8:35	7 (53.4%)
124	FRYBES Agnieszka	444		K30-49	124	00:04:09	00:43:19.95	00:47:29.55	+00:20:22 (47.0%)	8:40	6.9 (52.7%)
125	STOKOWSKA Kinga	323		K30-49	125	00:03:35	00:43:23.10	00:46:59.00	+00:20:25 (47.1%)	8:40	6.9 (52.7%)
126	BARANOWSKA Ewelina	416		K30-49	126	00:04:08	00:43:38.35	00:47:47.25	+00:20:41 (47.4%)	8:43	6.9 (52.7%)
127	BEREZA Anna	18		K30-49	127	00:03:48	00:43:54.05	00:47:42.70	+00:20:56 (47.7%)	8:46	6.8 (51.9%)
128	SZTORC Joanna	332		K30-49	128	00:03:48	00:43:54.35	00:47:42.85	+00:20:57 (47.7%)	8:46	6.8 (51.9%)
129	KRAWCZYK Małgorzata	14	ZLOT ABSOLWENTÓW	K30-49	129	00:03:40	00:44:55.15	00:48:35.95	+00:21:57 (48.9%)	8:59	6.7 (51.1%)
130	SOJKA Joanna	314		K30-49	130	00:03:40	00:44:55.35	00:48:36.10	+00:21:58 (48.9%)	8:59	6.7 (51.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
131	BANDURSKA Ewa	11		K30-49	131	00:03:45	00:46:51.10	00:50:36.10	+00:23:53 (51.0%)	9:22	6.4 (48.9%)
132	BLICHARZ Anna	27		K30-49	132	00:03:32	00:48:16.30	00:51:49.20	+00:25:19 (52.4%)	9:39	6.2 (47.3%)
133	KOŁECZEK Aleksandra	153		K30-49	133	00:03:49	00:48:56.65	00:52:46.10	+00:25:59 (53.1%)	9:47	6.1 (46.6%)
134	SMOCZYK Mirosława	306		K30-49	134	00:03:57	00:50:11.90	00:54:09.05	+00:27:14 (54.3%)	10:02	6 (45.8%)
135	LIPOV Beata	182		K30-49	135	00:04:10	00:56:22.05	01:00:32.55	+00:33:24 (59.3%)	11:16	5.3 (40.5%)
136	SMOLIŃSKA Marzena	307	SLOW JOGGING WARSZAWA	K30-49	136	00:04:09	00:56:23.70	01:00:32.95	+00:33:26 (59.3%)	11:16	5.3 (40.5%)
137	BRZĄKAŁA Renata	38		K30-49	137	00:04:08	00:56:26.85	01:00:35.50	+00:33:29 (59.3%)	11:17	5.3 (40.5%)
138	CICHOCKA Renata	45		K30-49	138	00:04:04	00:56:30.85	01:00:35.50	+00:33:33 (59.4%)	11:18	5.3 (40.5%)

Znaleziono 138 wynik(ów)