



BIEG WEGAŃSKI 5 KM

B4SPORT

Event: Bieg Wegański
Organiser: Fundacja Run Vegan
Date: 2019-05-19
Place: Warszawa
Distance: 5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: Kobiety Open

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	NOWACKA Oktawia	211	ON WŁĄCZ SIEBIE	K1-29	1	00:03:16	00:20:29.15	00:23:45.30		4:05	14.6 (100%)
2	TYM Joanna	355		K30-49	1	00:03:16	00:22:57.25	00:26:14.20	+00:02:28 (10.8%)	4:35	13.1 (89.7%)
3	JANECZKO Małgorzata	114		K30-49	2	00:03:17	00:23:24.65	00:26:42.55	+00:02:55 (12.5%)	4:41	12.8 (87.7%)
4	KORYCIŃSKA Sylwia	157		K30-49	3	00:03:23	00:23:58.40	00:27:21.50	+00:03:29 (14.5%)	4:47	12.5 (85.6%)
5	IDSARDI Jasmine	107		K1-29	2	00:03:17	00:24:02.15	00:27:19.50	+00:03:33 (14.8%)	4:48	12.5 (85.6%)
6	KORCZYŃSKA Bożena	155		K30-49	4	00:03:28	00:25:48.70	00:29:17.55	+00:05:19 (20.6%)	5:09	11.6 (79.5%)
7	WRÓBLEWSKA Olga	380	VEGE RUNNERS	K30-49	5	00:03:21	00:25:55.25	00:29:16.95	+00:05:26 (21.0%)	5:11	11.6 (79.5%)
8	KALINOWSKA Ula	132		K1-29	3	00:03:24	00:25:55.65	00:29:19.75	+00:05:26 (21.0%)	5:11	11.6 (79.5%)
9	NAPIERSKA Dominika	208	VEGE RUNNERS	K30-49	6	00:03:21	00:25:56.25	00:29:17.95	+00:05:27 (21.0%)	5:11	11.6 (79.5%)
10	FARAT Magdalena	71		K30-49	7	00:03:25	00:26:03.35	00:29:29.15	+00:05:34 (21.4%)	5:12	11.5 (78.8%)
11	ŚWIĆ Małgorzata	345	ROZPĘDZONA	K30-49	8	00:03:23	00:27:00.80	00:30:23.80	+00:06:31 (24.2%)	5:24	11.1 (76.0%)
12	ANTOSZKIEWICZ Dobrawa	8		K30-49	9	00:03:18	00:27:00.90	00:30:19.05	+00:06:31 (24.2%)	5:24	11.1 (76.0%)
13	KACPRZAK Paulina	128		K30-49	10	00:03:20	00:27:16.15	00:30:36.25	+00:06:47 (24.9%)	5:27	11 (75.3%)
14	MOKRZANOWSKA Anna	202		K1-29	4	00:03:25	00:27:43.65	00:31:09.45	+00:07:14 (26.1%)	5:32	10.8 (74.0%)
15	ROCKA Małgorzata	692		K30-49	11	00:03:43	00:28:01.05	00:31:44.50	+00:07:31 (26.9%)	5:36	10.7 (73.3%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
16	KOT Aleksandra	160		K1-29	5	00:03:20	00:28:17.80	00:31:38.40	+00:07:48 (27.6%)	5:39	10.6 (72.6%)
17	PARTYKA Justyna	238		K1-29	6	00:03:18	00:28:28.15	00:31:46.25	+00:07:59 (28.0%)	5:41	10.5 (71.9%)
18	CZAPLEWSKA Weronika	423		K1-29	7	00:03:23	00:28:46.20	00:32:09.25	+00:08:17 (28.8%)	5:45	10.4 (71.2%)
19	SIEDLECKI Edyta	294		K30-49	12	00:03:27	00:28:46.45	00:32:14.40	+00:08:17 (28.8%)	5:45	10.4 (71.2%)
20	SUCHODOŁA Justyna	325		K30-49	13	00:03:27	00:28:50.20	00:32:17.40	+00:08:21 (29.0%)	5:46	10.4 (71.2%)
21	GUZEK Monika	102		K30-49	14	00:03:43	00:28:58.55	00:32:42.20	+00:08:29 (29.3%)	5:47	10.4 (71.2%)
22	WRÓBLEWSKA Martyna	379	-	K30-49	15	00:00:11	00:29:04.15	00:29:16.00	+00:08:35 (29.5%)	5:49	10.3 (70.5%)
23	KOBUS Karina	150	SRS KONDYCJA	K1-29	8	00:03:38	00:29:04.95	00:32:43.35	+00:08:35 (29.6%)	5:49	10.3 (70.5%)
24	PAKULSKA Ewelina	229	GRAŻYNKI OCR	K30-49	16	00:03:22	00:29:06.45	00:32:28.50	+00:08:37 (29.6%)	5:49	10.3 (70.5%)
25	KOSMĘDA Aleksandra	159		K30-49	17	00:00:02	00:29:12.00	00:29:14.00	+00:08:42 (29.8%)	5:50	10.3 (70.5%)
26	HEREĆ-OLEJNIK Ewa	104	RUN OLEY/ŁOMIANKOWSKA GRUPA BIEGOWA	K30-49	18	00:03:39	00:29:20.15	00:33:00.00	+00:08:51 (30.2%)	5:52	10.2 (69.9%)
27	DĄBROWSKA Anna	53		K30-49	19	00:03:40	00:29:26.60	00:33:06.60	+00:08:57 (30.4%)	5:53	10.2 (69.9%)
28	KALISZ Małgorzata	135		K30-49	20	00:03:42	00:29:27.10	00:33:09.35	+00:08:57 (30.4%)	5:53	10.2 (69.9%)
29	ADAMIEC Monika	3		K30-49	21	00:03:42	00:29:27.85	00:33:10.00	+00:08:58 (30.5%)	5:53	10.2 (69.9%)
30	CIERLAK Patrycja	46		K1-29	9	00:03:37	00:29:30.30	00:33:07.65	+00:09:01 (30.6%)	5:54	10.2 (69.9%)
31	BOROWIK Aleksandra	428		K30-49	22	00:03:36	00:29:39.45	00:33:16.20	+00:09:10 (30.9%)	5:56	10.1 (69.2%)
32	DZIEKONSKA Joanna A.	65		K30-49	23	00:03:22	00:29:43.25	00:33:05.60	+00:09:14 (31.1%)	5:56	10.1 (69.2%)
33	SIWEK Anna	299		K30-49	24	00:03:49	00:29:43.80	00:33:33.25	+00:09:14 (31.1%)	5:56	10.1 (69.2%)
34	KAZANOWSKA Ewa	142		K30-49	25	00:03:20	00:29:44.55	00:33:04.90	+00:09:15 (31.1%)	5:56	10.1 (69.2%)
35	TADIR Hanna	346		K30-49	26	00:03:24	00:29:44.90	00:33:09.65	+00:09:15 (31.1%)	5:57	10.1 (69.2%)
36	ROSIAK Zuzanna	281		K30-49	27	00:03:21	00:29:48.05	00:33:09.15	+00:09:18 (31.3%)	5:57	10.1 (69.2%)
37	BYCZEWSKA Magdalena	42		K30-49	28	00:03:20	00:29:48.40	00:33:08.45	+00:09:19 (31.3%)	5:57	10.1 (69.2%)
38	BOCIAN Katarzyna	28	COMPASSION POLSKA	K1-29	10	00:03:19	00:29:51.40	00:33:11.10	+00:09:22 (31.4%)	5:58	10 (68.5%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
39	KOZIŃSKA Kamila	163	DRUŻYNA BLANECZKI	K30-49	29	00:03:36	00:29:57.60	00:33:34.15	+00:09:28 (31.6%)	5:59	10 (68.5%)
40	PIĘKOŚ Magdalena	248		K30-49	30	00:03:29	00:30:04.60	00:33:34.55	+00:09:35 (31.9%)	6:01	10 (68.5%)
41	RYNKOWSKA Katarzyna	286		K30-49	31	00:03:31	00:30:06.80	00:33:38.65	+00:09:37 (32.0%)	6:01	10 (68.5%)
42	ZALEWSKA Adrianna	386		K1-29	11	00:03:21	00:30:17.05	00:33:38.95	+00:09:47 (32.4%)	6:03	9.9 (67.8%)
43	PIWOWARCZYK Agata	255		K1-29	12	00:05:04	00:30:18.75	00:35:23.20	+00:09:49 (32.4%)	6:03	9.9 (67.8%)
44	CIEŚLAK Agnieszka	47		K30-49	32	00:03:18	00:30:26.55	00:33:45.25	+00:09:57 (32.7%)	6:05	9.9 (67.8%)
45	SNAKOWSKA Patrycja	308	BIEGAJĄCE WĘŻE	K30-49	33	00:03:33	00:30:27.00	00:34:00.40	+00:09:57 (32.7%)	6:05	9.9 (67.8%)
46	ŻUŁAWIŃSKA Magdalena	405		K1-29	13	00:05:04	00:30:35.30	00:35:40.25	+00:10:06 (33.0%)	6:07	9.8 (67.1%)
47	STĘPIEŃ Lena	322		K1-29	14	00:03:28	00:30:35.55	00:34:03.75	+00:10:06 (33.0%)	6:07	9.8 (67.1%)
48	GAJEWSKA Karolina	83	ADIDAS RUNNERS WARSAW	K30-49	34	00:03:47	00:30:37.60	00:34:25.45	+00:10:08 (33.1%)	6:07	9.8 (67.1%)
49	ORDAK Beata	220		K30-49	35	00:03:26	00:30:48.10	00:34:14.95	+00:10:18 (33.5%)	6:09	9.7 (66.4%)
50	WEJTKO Ela	363		K50+	1	00:03:22	00:30:59.70	00:34:22.40	+00:10:30 (33.9%)	6:12	9.7 (66.4%)
51	MROCZEK Magdalena	203		K30-49	36	00:03:30	00:31:04.80	00:34:35.60	+00:10:35 (34.1%)	6:13	9.7 (66.4%)
52	KWIECIŃSKA Alicja	176		K30-49	37	00:03:23	00:31:07.35	00:34:31.15	+00:10:38 (34.2%)	6:13	9.6 (65.8%)
53	SERAFIN Katarzyna	415		K30-49	38	00:03:30	00:31:13.95	00:34:44.65	+00:10:44 (34.4%)	6:14	9.6 (65.8%)
54	SIKORSKA Marysia	296		K1-29	15	00:03:17	00:31:23.15	00:34:40.30	+00:10:54 (34.7%)	6:16	9.6 (65.8%)
55	RAFIŃSKA Agnieszka	273		K30-49	39	00:03:18	00:31:24.00	00:34:42.65	+00:10:54 (34.8%)	6:16	9.6 (65.8%)
56	GRAF Magda	96		K30-49	40	00:03:35	00:31:24.65	00:35:00.30	+00:10:55 (34.8%)	6:17	9.5 (65.1%)
57	KWACZYŃSKA Marzena	417		K50+	2	00:03:29	00:31:26.00	00:34:55.40	+00:10:56 (34.8%)	6:17	9.5 (65.1%)
58	POLIŃSKA Ania	259	VEGE RUNNERS	K50+	3	00:03:28	00:31:26.50	00:34:55.15	+00:10:57 (34.8%)	6:17	9.5 (65.1%)
59	OSIAK Magdalena	224		K30-49	41	00:03:19	00:31:27.30	00:34:46.60	+00:10:58 (34.9%)	6:17	9.5 (65.1%)
60	ORZECHOWSKA Aleksandra	223		K1-29	16	00:03:25	00:31:33.65	00:34:58.70	+00:11:04 (35.1%)	6:18	9.5 (65.1%)
61	ZIOLKOWSKI Izabela	397	VEGAN RUNNERS	K30-49	42	00:03:39	00:31:33.95	00:35:13.80	+00:11:04 (35.1%)	6:18	9.5 (65.1%)

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62	ORZECHOWSKA Alicja	222		K1-29	17	00:03:24	00:31:34.15	00:34:59.05	+00:11:05 (35.1%)	6:19	9.5 (65.1%)
63	STANISZEWSKA Paulina	319	NESSI TEAM	K1-29	18	00:03:20	00:31:37.65	00:34:58.25	+00:11:08 (35.2%)	6:19	9.5 (65.1%)
64	WDOWIAK Pola	362		K1-29	19	00:03:27	00:31:38.20	00:35:05.55	+00:11:09 (35.2%)	6:19	9.5 (65.1%)
65	KASZYNSKA Karolina	140		K30-49	43	00:03:18	00:31:39.10	00:34:57.75	+00:11:09 (35.3%)	6:19	9.5 (65.1%)
66	DICKHARDT Jagoda	55		K1-29	20	00:03:24	00:31:42.65	00:35:06.75	+00:11:13 (35.4%)	6:20	9.5 (65.1%)
67	BIELEC Zuzanna Magdalena	808		K1-29	21	00:04:18	00:31:44.10	00:36:02.65	+00:11:14 (35.4%)	6:20	9.5 (65.1%)
68	BIELAWSKA Monika	20		K30-49	44	00:03:17	00:31:47.70	00:35:05.05	+00:11:18 (35.6%)	6:21	9.4 (64.4%)
69	BIELEC Karolina	21	MORSY ZIELONKA	K30-49	45	00:03:37	00:31:56.20	00:35:33.35	+00:11:27 (35.9%)	6:23	9.4 (64.4%)
70	GAJDA Maja	80		K1-29	22	00:03:34	00:32:00.50	00:35:35.00	+00:11:31 (36.0%)	6:24	9.4 (64.4%)
71	KOZIK Joanna	422		K1-29	23	00:03:34	00:32:00.80	00:35:35.05	+00:11:31 (36.0%)	6:24	9.4 (64.4%)
72	SIWEK Aleksandra	300		K1-29	24	00:03:48	00:32:04.70	00:35:53.65	+00:11:35 (36.1%)	6:25	9.4 (64.4%)
73	SILSKA Magdalena	297		K30-49	46	00:03:18	00:32:11.20	00:35:30.00	+00:11:42 (36.4%)	6:26	9.3 (63.7%)
74	ZIOŁO Katarzyna	399	-	K30-49	47	00:03:39	00:32:17.30	00:35:56.75	+00:11:48 (36.6%)	6:27	9.3 (63.7%)
75	ZIOŁO Julia	398		K1-29	25	00:03:39	00:32:17.50	00:35:56.75	+00:11:48 (36.6%)	6:27	9.3 (63.7%)
76	LASKOWSKA Izabela	421		K30-49	48	00:03:36	00:32:20.10	00:35:56.55	+00:11:50 (36.6%)	6:28	9.3 (63.7%)
77	TRATSIAK Volha	353		K30-49	49	00:03:31	00:32:23.75	00:35:54.75	+00:11:54 (36.8%)	6:28	9.3 (63.7%)
78	ZIELIŃSKA Magdalena	395		K30-49	50	00:03:23	00:32:35.75	00:35:59.70	+00:12:06 (37.2%)	6:31	9.2 (63.0%)
79	JÓŻWIK-ŁUPIŃSKA Katarzyna	420		K30-49	51	00:00:02	00:32:38.10	00:32:40.30	+00:12:08 (37.2%)	6:31	9.2 (63.0%)
80	MIAKOTA Joanna	197		K30-49	52	00:03:31	00:32:46.60	00:36:18.45	+00:12:17 (37.5%)	6:33	9.2 (63.0%)
81	UCHROŃSKA Justyna	358	ROZPĘDZONA	K30-49	53	00:03:37	00:32:47.55	00:36:24.60	+00:12:18 (37.5%)	6:33	9.2 (63.0%)
82	GOŁAŚ Magdalena	92		K1-29	26	00:03:19	00:32:47.80	00:36:07.10	+00:12:18 (37.5%)	6:33	9.1 (62.3%)
83	DYMEK Justyna	62		K30-49	54	00:03:35	00:32:48.95	00:36:24.85	+00:12:19 (37.6%)	6:33	9.1 (62.3%)
84	OLBORSKA Monika	218		K30-49	55	00:03:25	00:32:58.70	00:36:24.05	+00:12:29 (37.9%)	6:35	9.1 (62.3%)

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							5km	5km			
85	JACNIAK Paulina	406		K30-49	56	00:03:23	00:32:59.45	00:36:22.75	+00:12:30 (37.9%)	6:35	9.1 (62.3%)
86	PIERZYŃSKA Irina	247		K30-49	57	00:03:29	00:33:06.05	00:36:35.45	+00:12:36 (38.1%)	6:37	9.1 (62.3%)
87	PAŁAMAR Anna	233		K1-29	27	00:03:21	00:33:06.25	00:36:27.70	+00:12:37 (38.1%)	6:37	9.1 (62.3%)
88	ZAPAŚNIK Katarzyna	389		K1-29	28	00:03:28	00:33:08.35	00:36:37.00	+00:12:39 (38.2%)	6:37	9 (61.6%)
89	POPŁAWSKA Magda	262		K30-49	58	00:00:04	00:33:09.05	00:33:13.20	+00:12:39 (38.2%)	6:37	9 (61.6%)
90	KOWALSKA Joanna	161		K30-49	59	00:03:21	00:33:13.85	00:36:35.35	+00:12:44 (38.4%)	6:38	9 (61.6%)
91	TYRYŁŁO Karla	357		K1-29	29	00:03:23	00:33:17.60	00:36:40.90	+00:12:48 (38.5%)	6:39	9 (61.6%)
92	MAGNOWSKA Karolina	188		K1-29	30	00:03:38	00:33:24.75	00:37:03.15	+00:12:55 (38.7%)	6:41	9 (61.6%)
93	KWIATKOWSKA Maja	175		K1-29	31	00:03:20	00:33:30.95	00:36:51.60	+00:13:01 (38.9%)	6:42	9 (61.6%)
94	ŻAK Anna	402		K50+	4	00:03:24	00:33:46.25	00:37:10.35	+00:13:17 (39.3%)	6:45	8.9 (61.0%)
95	WITEK-STACHURSKA Adriana	369		K30-49	60	00:03:31	00:33:49.55	00:37:21.05	+00:13:20 (39.4%)	6:46	8.9 (61.0%)
96	GLEBA Jeanette	87		K30-49	61	00:03:43	00:33:51.50	00:37:34.55	+00:13:22 (39.5%)	6:46	8.9 (61.0%)
97	SHPAK Maryia	293		K1-29	32	00:04:05	00:33:52.80	00:37:58.20	+00:13:23 (39.5%)	6:46	8.9 (61.0%)
98	BURCZ Karolina	410	DANONE	K1-29	33	00:03:25	00:33:55.60	00:37:20.85	+00:13:26 (39.6%)	6:47	8.8 (60.3%)
99	PŁOŃSKA Agnieszka	258	ROZPĘDZONA	K30-49	62	00:03:48	00:33:56.25	00:37:44.60	+00:13:27 (39.6%)	6:47	8.8 (60.3%)
100	SKUBISZ Marta	303		K30-49	63	00:03:45	00:33:56.55	00:37:42.15	+00:13:27 (39.6%)	6:47	8.8 (60.3%)
101	WIĄCEK Izabela	364	ROZPĘDZONA	K30-49	64	00:03:47	00:33:56.65	00:37:44.60	+00:13:27 (39.6%)	6:47	8.8 (60.3%)
102	KŁODZIŃSKA Sandra	148		K30-49	65	00:03:24	00:34:01.05	00:37:25.45	+00:13:31 (39.8%)	6:48	8.8 (60.3%)
103	DZIARNOWSKA Magda	64	MECHANIKA ZDROWIA	K30-49	66	00:03:39	00:34:03.65	00:37:43.50	+00:13:34 (39.9%)	6:48	8.8 (60.3%)
104	BYCHOWSKA Agnieszka	813		K30-49	67	00:03:18	00:34:03.90	00:37:22.55	+00:13:34 (39.9%)	6:48	8.8 (60.3%)
105	SZUSTAK Małgorzata	334		K1-29	34	00:03:35	00:34:05.90	00:37:41.00	+00:13:36 (39.9%)	6:49	8.8 (60.3%)
106	DELIMAT Joanna	54		K30-49	68	00:03:31	00:34:08.00	00:37:39.60	+00:13:38 (40.0%)	6:49	8.8 (60.3%)
107	PANEK Dominika	237		K1-29	35	00:03:18	00:34:10.80	00:37:29.20	+00:13:41 (40.1%)	6:50	8.8 (60.3%)

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108	JARMOSZKO Anna	116		K30-49	69	00:04:05	00:34:10.85	00:38:16.60	+00:13:41 (40.1%)	6:50	8.8 (60.3%)
109	KOPYT Antonina	154		K30-49	70	00:03:54	00:34:23.05	00:38:17.55	+00:13:53 (40.4%)	6:52	8.7 (59.6%)
110	SAŁKIEWICZ Paulina	291		K30-49	71	00:03:45	00:34:24.40	00:38:10.15	+00:13:55 (40.5%)	6:53	8.7 (59.6%)
111	ROSA Anna	279		K30-49	72	00:03:47	00:34:31.00	00:38:18.65	+00:14:01 (40.6%)	6:54	8.7 (59.6%)
112	WALENDZIK Anna	359		K30-49	73	00:03:25	00:34:36.85	00:38:02.35	+00:14:07 (40.8%)	6:55	8.7 (59.6%)
113	GROMADA Karolina	98		K1-29	36	00:03:34	00:34:37.70	00:38:12.05	+00:14:08 (40.8%)	6:55	8.7 (59.6%)
114	KACZOCHA Agnieszka	130		K30-49	74	00:03:21	00:34:45.80	00:38:07.55	+00:14:16 (41.1%)	6:57	8.6 (58.9%)
115	NIEPORĘCKA Sylwia	424		K30-49	75	00:03:18	00:34:47.65	00:38:06.55	+00:14:18 (41.1%)	6:57	8.6 (58.9%)
116	RUTKA Barbara	425		K30-49	76	00:03:32	00:34:57.95	00:38:30.85	+00:14:28 (41.4%)	6:59	8.6 (58.9%)
117	SZYMANI-WOLIŃSKA Gabi	336		K30-49	77	00:03:45	00:35:01.45	00:38:46.80	+00:14:32 (41.5%)	7:00	8.6 (58.9%)
118	PISKORZ Izabela	253		K1-29	37	00:03:30	00:35:01.90	00:38:32.00	+00:14:32 (41.5%)	7:00	8.6 (58.9%)
119	ORTA—KORZENIEWSKA Edyta	221		K30-49	78	00:03:43	00:35:02.25	00:38:45.85	+00:14:33 (41.5%)	7:00	8.6 (58.9%)
120	GAGATEK Marita	78	NAJGORSZY SORT BIEGOWY	K1-29	38	00:03:39	00:35:04.30	00:38:43.55	+00:14:35 (41.6%)	7:00	8.6 (58.9%)
121	BRONISZEWSKA Marta	36		K1-29	39	00:03:33	00:35:09.70	00:38:43.40	+00:14:40 (41.7%)	7:02	8.5 (58.2%)
122	PANASIUK Monika	235		K30-49	79	00:03:54	00:35:09.95	00:39:04.55	+00:14:40 (41.7%)	7:02	8.5 (58.2%)
123	ŁUKASIK Karina	187	RUNGIRL	K30-49	80	00:03:28	00:35:10.20	00:38:39.00	+00:14:41 (41.8%)	7:02	8.5 (58.2%)
124	ŚCIBOR Katarzyna	340		K30-49	81	00:03:47	00:35:11.50	00:38:59.05	+00:14:42 (41.8%)	7:02	8.5 (58.2%)
125	PIEC Dagmara	246		K30-49	82	00:03:37	00:35:16.95	00:38:54.55	+00:14:47 (41.9%)	7:03	8.5 (58.2%)
126	KIERKOWSKA Olga	147	VEGE RUNNERS	K30-49	83	00:03:41	00:35:21.95	00:39:03.40	+00:14:52 (42.1%)	7:04	8.5 (58.2%)
127	SZYMOCHA Marta	338		K30-49	84	00:03:45	00:35:25.15	00:39:10.75	+00:14:56 (42.2%)	7:05	8.5 (58.2%)
128	PIOTROWSKA-KRZAK Elżbieta	251		K30-49	85	00:03:29	00:35:26.10	00:38:56.05	+00:14:56 (42.2%)	7:05	8.5 (58.2%)
129	TOMASZEWSKA Agnieszka	349		K30-49	86	00:03:37	00:35:26.65	00:39:04.40	+00:14:57 (42.2%)	7:05	8.5 (58.2%)
130	JAKIMOWICZ Ewa	411	DANONE	K1-29	40	00:03:26	00:35:27.60	00:38:53.70	+00:14:58 (42.2%)	7:05	8.5 (58.2%)

Place		Participant		Number		Club		Category		MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
131	BIERNAT	Justyna		24	-			K30-49	87		00:03:32	00:35:30.90	00:39:03.65	+00:15:01 (42.3%)	7:06	8.4 (57.5%)
132	ROKICKA	Małgorzata		278				K30-49	88		00:03:32	00:35:31.65	00:39:04.10	+00:15:02 (42.3%)	7:06	8.4 (57.5%)
133	SŁONIEWSKA	Monika		304				K50+	5		00:03:20	00:35:40.55	00:39:00.80	+00:15:11 (42.6%)	7:08	8.4 (57.5%)
134	STELMASZCZYK	Martyna		413				K1-29	41		00:03:26	00:35:41.30	00:39:07.95	+00:15:12 (42.6%)	7:08	8.4 (57.5%)
135	SALAMOŃCZYK	Anna		290				K30-49	89		00:03:35	00:35:45.05	00:39:20.85	+00:15:15 (42.7%)	7:09	8.4 (57.5%)
136	POROMBKA	Sylwia		263				K30-49	90		00:04:07	00:35:51.95	00:39:59.35	+00:15:22 (42.9%)	7:10	8.4 (57.5%)
137	WITON	Ola		370				K1-29	42		00:03:26	00:35:55.10	00:39:21.40	+00:15:25 (43.0%)	7:11	8.4 (57.5%)
138	RACZYŃSKA	Agnieszka		272				K30-49	91		00:03:23	00:35:55.45	00:39:19.05	+00:15:26 (43.0%)	7:11	8.3 (56.8%)
139	JAKÓBOWSKA	Karolina		112				K30-49	92		00:03:23	00:35:55.65	00:39:19.00	+00:15:26 (43.0%)	7:11	8.3 (56.8%)
140	KACPRZAK	Monika		129				K30-49	93		00:03:17	00:36:04.55	00:39:22.30	+00:15:35 (43.2%)	7:13	8.3 (56.8%)
141	GÓRECKA	Anna		93				K30-49	94		00:03:37	00:36:06.05	00:39:43.20	+00:15:36 (43.3%)	7:13	8.3 (56.8%)
142	WASIAK	Iwona		360				K30-49	95		00:03:43	00:36:10.65	00:39:54.55	+00:15:41 (43.4%)	7:14	8.3 (56.8%)
143	LLKA	Jadziu		184				K1-29	43		00:03:17	00:36:17.05	00:39:34.60	+00:15:47 (43.5%)	7:15	8.3 (56.8%)
144	RYNKOWSKA	Magdalena		287				K30-49	96		00:03:31	00:36:29.90	00:40:01.05	+00:16:00 (43.9%)	7:18	8.2 (56.2%)
145	JANUSZEWSKA	Ola		115				K1-29	44		00:03:40	00:36:31.65	00:40:12.55	+00:16:02 (43.9%)	7:18	8.2 (56.2%)
146	WAWRZONEK	Karolina		361				K30-49	97		00:04:05	00:36:35.80	00:40:40.80	+00:16:06 (44.0%)	7:19	8.2 (56.2%)
147	FIJAŁKOWSKA	Jolanta		74	FITBODY24			K50+	6		00:03:33	00:36:44.80	00:40:18.55	+00:16:15 (44.3%)	7:21	8.2 (56.2%)
148	JIN	Dan		123				K30-49	98		00:03:38	00:36:49.95	00:40:28.00	+00:16:20 (44.4%)	7:22	8.1 (55.5%)
149	ADAMCZYK	Elżbieta		1	AMATORKA BIEGANIA			K50+	7		00:03:25	00:37:06.85	00:40:32.65	+00:16:37 (44.8%)	7:25	8.1 (55.5%)
150	PIASECKA	Weronika		245				K30-49	99		00:03:42	00:37:17.40	00:41:00.25	+00:16:48 (45.1%)	7:27	8 (54.8%)
151	KRZESZOWSKA	Jagoda		167				K1-29	45		00:03:29	00:37:18.80	00:40:48.20	+00:16:49 (45.1%)	7:27	8 (54.8%)
152	CHUDZIK	Magdalena		44				K30-49	100		00:03:37	00:37:38.20	00:41:15.80	+00:17:09 (45.6%)	7:31	8 (54.8%)
153	DUCZYŃSKA	Karolina		60	VEGE RUNNERS			K30-49	101		00:03:54	00:37:41.70	00:41:36.00	+00:17:12 (45.7%)	7:32	8 (54.8%)

Place		Participant		Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
154		KRZESZOWSKA Marta		168		K30-49	102	00:03:30	00:37:51.10	00:41:21.20	+00:17:21 (45.9%)	7:34	7.9 (54.1%)
155		GOŁASZEWSKA Karina		90		K1-29	46	00:03:31	00:38:01.75	00:41:32.95	+00:17:32 (46.1%)	7:36	7.9 (54.1%)
156		BURDA Katarzyna		41	BORÓWKI	K30-49	103	00:03:36	00:38:03.20	00:41:39.30	+00:17:34 (46.2%)	7:36	7.9 (54.1%)
157		GAŚOWSKA Marysia		85		K30-49	104	00:03:40	00:38:04.10	00:41:44.25	+00:17:34 (46.2%)	7:36	7.9 (54.1%)
158		GOŁACKA-PIOTOWSKA Beata		89		K30-49	105	00:03:27	00:38:04.45	00:41:32.40	+00:17:35 (46.2%)	7:37	7.9 (54.1%)
159		KIEŁBASIŃSKA Olga		146	BIEGI GRODZISK MAZOWIECKI	K1-29	47	00:03:31	00:38:05.25	00:41:36.70	+00:17:36 (46.2%)	7:37	7.9 (54.1%)
160		TOWAREK Monika		352		K30-49	106	00:03:27	00:38:08.05	00:41:35.25	+00:17:38 (46.3%)	7:37	7.9 (54.1%)
161		KOCHAŃCZYK Ania		152		K1-29	48	00:03:26	00:38:08.60	00:41:35.45	+00:17:39 (46.3%)	7:37	7.9 (54.1%)
162		MALCZYK Magda		190	FUNDACJA SOS DALMATYŃCZYKI	K30-49	107	00:03:38	00:38:15.50	00:41:54.45	+00:17:46 (46.5%)	7:39	7.8 (53.4%)
163		GOŁASZEWSKA Lena		91		K30-49	108	00:03:32	00:38:19.70	00:41:52.15	+00:17:50 (46.6%)	7:40	7.8 (53.4%)
164		KUBRYN Agnieszka		171		K30-49	109	00:03:41	00:38:22.05	00:42:03.25	+00:17:52 (46.6%)	7:40	7.8 (53.4%)
165		OWCZAREK Izabela		227		K30-49	110	00:03:35	00:38:26.25	00:42:01.85	+00:17:57 (46.7%)	7:41	7.8 (53.4%)
166		AKIDA Miriam		5		K1-29	49	00:03:28	00:38:34.00	00:42:02.35	+00:18:04 (46.9%)	7:42	7.8 (53.4%)
167		DOBRZYŃSKA Agnieszka		57	DOGOŃ GRODZISK MAZOWIECKI	K30-49	111	00:03:26	00:38:35.75	00:42:02.30	+00:18:06 (46.9%)	7:43	7.8 (53.4%)
168		SZYSZKOWSKA Małgorzata A.		339		K30-49	112	00:03:42	00:39:14.85	00:42:57.10	+00:18:45 (47.8%)	7:51	7.6 (52.1%)
169		MICHALAK Anna		198		K30-49	113	00:03:49	00:39:15.00	00:43:04.40	+00:18:45 (47.8%)	7:51	7.6 (52.1%)
170		SOCHACZEWSKA-GRALAK Magdalena		312	GRALAKI5	K30-49	114	00:03:43	00:39:23.70	00:43:06.85	+00:18:54 (48.0%)	7:52	7.6 (52.1%)
171		KALATA-ZAWŁOCKA Aleksandra		131		K30-49	115	00:03:47	00:39:35.70	00:43:23.05	+00:19:06 (48.3%)	7:55	7.6 (52.1%)
172		FABISZEWSKA Dorota		551		K30-49	116	00:03:56	00:39:48.00	00:43:44.00	+00:19:18 (48.5%)	7:57	7.5 (51.4%)
173		BEK Joanna		17		K30-49	117	00:04:08	00:39:57.90	00:44:06.05	+00:19:28 (48.7%)	7:59	7.5 (51.4%)
174		PŁOCICA Magda		257	TRACKX	K30-49	118	00:04:08	00:39:58.45	00:44:06.55	+00:19:29 (48.8%)	7:59	7.5 (51.4%)
175		NOWAKOWSKA Natalia		213		K1-29	50	00:03:50	00:40:00.40	00:43:50.40	+00:19:31 (48.8%)	8:00	7.5 (51.4%)
176		ROGINSKI Melissa		277		K1-29	51	00:03:38	00:40:15.65	00:43:53.85	+00:19:46 (49.1%)	8:03	7.5 (51.4%)

						Net time 5km	Czas brutto 5km		Pace min/km	Pace km/h
Place	Participant	Number	Club	Category	MCat	Start time		Gap		
177	BARTOSIK Krystyna	12		K50+	8	00:03:33	00:40:29.60	00:44:03.30	+00:20:00 (49.4%)	8:06 7.4 (50.7%)
178	PERZAK Katarzyna	243		K30-49	119	00:04:21	00:40:32.65	00:44:54.35	+00:20:03 (49.5%)	8:06 7.4 (50.7%)
179	GAJDA Magdalena	81		K30-49	120	00:03:34	00:40:51.70	00:44:26.50	+00:20:22 (49.9%)	8:10 7.3 (50.0%)
180	BEDNARSKA Jolanta	16		K30-49	121	00:03:30	00:40:53.50	00:44:23.65	+00:20:24 (49.9%)	8:10 7.3 (50.0%)
181	WOJCIECHOWSKA Natalia	373		K1-29	52	00:03:52	00:41:35.95	00:45:28.65	+00:21:06 (50.8%)	8:19 7.2 (49.3%)
182	KASZCZUK Magdalena	139		K30-49	122	00:03:23	00:41:54.50	00:45:17.80	+00:21:25 (51.1%)	8:22 7.2 (49.3%)
183	OGOŃCZYK Donata	217		K1-29	53	00:03:44	00:42:05.75	00:45:50.30	+00:21:36 (51.3%)	8:25 7.1 (48.6%)
184	BOGUSZ Honorata	30		K1-29	54	00:03:33	00:42:14.00	00:45:47.50	+00:21:44 (51.5%)	8:26 7.1 (48.6%)
185	NOWAKOWSKA Anna	212	TEAM VINARIAMS	K30-49	123	00:03:43	00:42:57.85	00:46:41.15	+00:22:28 (52.3%)	8:35 7 (47.9%)
186	FRYBES Agnieszka	444		K30-49	124	00:04:09	00:43:19.95	00:47:29.55	+00:22:50 (52.7%)	8:40 6.9 (47.3%)
187	STOKOWSKA Kinga	323		K30-49	125	00:03:35	00:43:23.10	00:46:59.00	+00:22:53 (52.8%)	8:40 6.9 (47.3%)
188	BARANOWSKA Ewelina	416		K30-49	126	00:04:08	00:43:38.35	00:47:47.25	+00:23:09 (53.1%)	8:43 6.9 (47.3%)
189	ZAWALSKA Anna	391		K50+	9	00:03:50	00:43:39.10	00:47:29.65	+00:23:09 (53.1%)	8:43 6.9 (47.3%)
190	BEREZA Anna	18		K30-49	127	00:03:48	00:43:54.05	00:47:42.70	+00:23:24 (53.3%)	8:46 6.8 (46.6%)
191	SZTORC Joanna	332		K30-49	128	00:03:48	00:43:54.35	00:47:42.85	+00:23:25 (53.3%)	8:46 6.8 (46.6%)
192	JOB Iwona	126		K50+	10	00:03:20	00:44:51.50	00:48:11.55	+00:24:22 (54.3%)	8:58 6.7 (45.9%)
193	KRAWCZYK Małgorzata	14		K30-49	129	00:03:40	00:44:55.15	00:48:35.95	+00:24:26 (54.4%)	8:59 6.7 (45.9%)
194	KOWALSKA-NOWAK Joanna	162	NUTRILITE TEEM	K50+	11	00:03:46	00:44:55.20	00:48:41.85	+00:24:26 (54.4%)	8:59 6.7 (45.9%)
195	SOJKA Joanna	314	ZLOT ABSOLWENTÓW	K30-49	130	00:03:40	00:44:55.35	00:48:36.10	+00:24:26 (54.4%)	8:59 6.7 (45.9%)
196	KASIERSKA Ewa Katarzyna	138	WKB META LUBLINIEC	K50+	12	00:03:44	00:44:56.10	00:48:40.80	+00:24:26 (54.4%)	8:59 6.7 (45.9%)
197	BANDURSKA Ewa	11		K30-49	131	00:03:45	00:46:51.10	00:50:36.10	+00:26:21 (56.3%)	9:22 6.4 (43.8%)
198	BLICHARZ Anna	27		K30-49	132	00:03:32	00:48:16.30	00:51:49.20	+00:27:47 (57.6%)	9:39 6.2 (42.5%)
199	LIPOV Marina	180		K1-29	55	00:04:10	00:48:39.45	00:52:50.25	+00:28:10 (57.9%)	9:44 6.2 (42.5%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
200	LIPOV Kalina	181		K1-29	56	00:04:10	00:48:40.10	00:52:50.15	+00:28:10 (57.9%)	9:44	6.2 (42.5%)
201	KOŁECZEK Aleksandra	153		K30-49	133	00:03:49	00:48:56.65	00:52:46.10	+00:28:27 (58.1%)	9:47	6.1 (41.8%)
202	SMOCZYK Mirosława	306		K30-49	134	00:03:57	00:50:11.90	00:54:09.05	+00:29:42 (59.2%)	10:02	6 (41.1%)
203	MROCZKOWSKA Teresa	204		K50+	13	00:03:56	00:50:13.20	00:54:09.70	+00:29:44 (59.2%)	10:02	6 (41.1%)
204	LIPOV Lubka	183		K1-29	57	00:04:11	00:55:09.70	00:59:20.70	+00:34:40 (62.9%)	11:01	5.4 (37.0%)
205	LIPOV Beata	182		K30-49	135	00:04:10	00:56:22.05	01:00:32.55	+00:35:52 (63.7%)	11:16	5.3 (36.3%)
206	SMOLIŃSKA Marzena	307	SLOW JOGGING WARSZAWA	K30-49	136	00:04:09	00:56:23.70	01:00:32.95	+00:35:54 (63.7%)	11:16	5.3 (36.3%)
207	BRZAŃKAŁA Renata	38		K30-49	137	00:04:08	00:56:26.85	01:00:35.50	+00:35:57 (63.7%)	11:17	5.3 (36.3%)
208	WUS Beata	382	SLOW JOGGING WARSZAWA	K50+	14	00:04:07	00:56:27.20	01:00:34.85	+00:35:58 (63.7%)	11:17	5.3 (36.3%)
209	BRZEJWAK Iwona	431		K50+	15	00:04:08	00:56:28.05	01:00:36.65	+00:35:58 (63.7%)	11:17	5.3 (36.3%)
210	CICHOCKA Renata	45		K30-49	138	00:04:04	00:56:30.85	01:00:35.50	+00:36:01 (63.8%)	11:18	5.3 (36.3%)
211	SKRZYDŁOWSKA-KALUKIN Katarzyna	302	SLOW JOGGING BIAŁOŁĘKA	K50+	16	00:04:04	00:56:33.20	01:00:37.55	+00:36:04 (63.8%)	11:18	5.3 (36.3%)
212	CIOK Katarzyna	412		K1-29	58	00:05:58					(0.0%)

Total 212 results.