



Organizator:
Data:
Miejsce:
Dystans:

BYDGOSKI BIEG NIEPODLEGŁOŚCI 2019

Aktywna Bydgoszcz
2019-11-11
Bydgoszcz
5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

B4SPORT

Klasyfikacja: K-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	SZENK Marta	754		K-30	1	00:00:02	00:18:57.00	00:18:59.55		3:47	15.8 (100%)
2	WUJEK Magdalena	575		K-30	2	00:00:09	00:21:08.60	00:21:18.55	+00:02:11 (10.4%)	4:13	14.2 (89.9%)
3	RATAJ Zuzanna	110	KS POLONIA BYDGOSZCZ SEKCJA LA	K-30	3	00:00:05	00:21:53.95	00:21:59.35	+00:02:56 (13.5%)	4:22	13.7 (86.7%)
4	SCHULZ Milena	302		K-30	4	00:00:09	00:22:35.45	00:22:44.55	+00:03:38 (16.1%)	4:31	13.3 (84.2%)
5	CHEŁMINIAK Monika	196		K-30	5	00:00:09	00:22:40.30	00:22:49.85	+00:03:43 (16.4%)	4:32	13.2 (83.5%)
6	DOBRZYŃSKA Ewa	376		K-30	6	00:00:07	00:23:12.95	00:23:20.90	+00:04:15 (18.4%)	4:38	12.9 (81.6%)
7	KLAWIKOWSKA Julita	866	TKKF KOLEJARZ BYDGOSZCZ	K-30	7	00:00:08	00:23:23.05	00:23:31.45	+00:04:26 (19.0%)	4:40	12.8 (81.0%)
8	ANDRZEJEWSKA Sylwia	130		K-30	8	00:00:00	00:23:29.60	00:23:29.60	+00:04:32 (19.3%)	4:41	12.8 (81.0%)
9	BORAKIEWICZ Agnieszka	68	TEAM RUN GOŁAŃCZ	K-30	9	00:00:14	00:23:31.00	00:23:45.65	+00:04:34 (19.4%)	4:42	12.8 (81.0%)
10	MATOWSKA - GULCZYŃSKA Monika	241		K-30	10	00:00:22	00:23:43.25	00:24:05.30	+00:04:46 (20.1%)	4:44	12.6 (79.7%)
11	ŻYŁA Magdalena	309		K-30	11	00:00:12	00:23:47.00	00:23:59.35	+00:04:50 (20.3%)	4:45	12.6 (79.7%)
12	KITOWSKA Agnieszka	1258		K-30	12	00:00:21	00:24:14.85	00:24:36.70	+00:05:17 (21.8%)	4:51	12.4 (78.5%)
13	TUROWSKA Patrycja	1126		K-30	13	00:00:40	00:24:17.25	00:24:57.35	+00:05:20 (22.0%)	4:51	12.4 (78.5%)
14	WIECZOREK Izabela	1326		K-30	14	00:00:10	00:24:18.45	00:24:29.10	+00:05:21 (22.0%)	4:51	12.3 (77.8%)
15	TARCZYŃSKA Marta	1193	COOKIETEAMRUNNERS	K-30	15	00:01:01	00:24:21.90	00:25:23.55	+00:05:24 (22.2%)	4:52	12.3 (77.8%)
16	NAGORZYSKA Sylwia	1206		K-30	16	00:00:08	00:24:32.50	00:24:40.70	+00:05:35 (22.8%)	4:54	12.2 (77.2%)
17	DEKOWSKA Anna	584		K-30	17	00:00:13	00:24:49.55	00:25:02.80	+00:05:52 (23.7%)	4:57	12.1 (76.6%)
18	ŚWIETLIK Michalina	326		K-30	18	00:00:21	00:24:52.95	00:25:14.15	+00:05:55 (23.8%)	4:58	12.1 (76.6%)
19	MAŁKIŃSKA-BIĘGA Dorota	834		K-30	19	00:00:19	00:24:56.20	00:25:15.70	+00:05:59 (24.0%)	4:59	12 (75.9%)
20	NALEWALSKA Justyna	3	SERCE TYBETU/ WKURW_TEAM	K-30	20	00:00:21	00:25:01.70	00:25:22.75	+00:06:04 (24.3%)	5:00	12 (75.9%)
21	ULATOWSKA Sylwia	1166		K-30	21	00:00:34	00:25:03.75	00:25:38.30	+00:06:06 (24.4%)	5:00	12 (75.9%)
22	JELEŃ-KOTLAREK Agnieszka	40	VEGE RUNNERS	K-30	22	00:00:20	00:25:08.40	00:25:28.85	+00:06:11 (24.6%)	5:01	11.9 (75.3%)
23	KOZIŃSKA Agata	1492	RUN PASJA	K-30	23	00:00:18	00:25:12.45	00:25:30.50	+00:06:15 (24.8%)	5:02	11.9 (75.3%)
24	POTRZEBOWSKA Agata	607	#B3K I DEAF	K-30	24	00:00:29	00:25:18.25	00:25:47.50	+00:06:21 (25.1%)	5:03	11.9 (75.3%)
25	PIECZYŃSKA Joanna	1196		K-30	25	00:01:06	00:25:37.45	00:26:43.65	+00:06:40 (26.0%)	5:07	11.7 (74.1%)
26	PRZYBYŁA Agnieszka	1271		K-30	26	00:01:13	00:25:41.30	00:26:54.60	+00:06:44 (26.2%)	5:08	11.7 (74.1%)
27	GNIOT Bożena	953		K-30	27	00:00:26	00:25:52.45	00:26:18.90	+00:06:55 (26.8%)	5:10	11.6 (73.4%)
28	MICHNIEWICZ Marta	1045	SUCHAREM ZASIAŁ	K-30	28	00:00:42	00:25:53.00	00:26:35.40	+00:06:56 (26.8%)	5:10	11.6 (73.4%)
29	GUTKOWSKA Agnieszka	104		K-30	29	00:00:18	00:25:54.70	00:26:12.75	+00:06:57 (26.9%)	5:10	11.6 (73.4%)
30	MAJEWSKA Monika	29		K-30	30	00:00:12	00:26:31.50	00:26:44.05	+00:07:34 (28.6%)	5:18	11.3 (71.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
31	PACZKOWSKA Joanna	316	TRISPACE TREK	K-30	31	00:00:33	00:26:37.60	00:27:11.25	+00:07:40 (28.8%)	5:19	11.3 (71.5%)
32	CZYŻEWSKA Justyna	467		K-30	32	00:00:38	00:26:45.15	00:27:23.70	+00:07:48 (29.2%)	5:21	11.2 (70.9%)
33	SUSZEK Asia	127		K-30	33	00:00:56	00:26:48.90	00:27:45.65	+00:07:51 (29.3%)	5:21	11.2 (70.9%)
34	KUFLEWICZ Justyna	226		K-30	34	00:00:35	00:26:50.50	00:27:26.25	+00:07:53 (29.4%)	5:22	11.2 (70.9%)
35	DONIECKA Edyta	812	CASTORAMA2	K-30	35	00:00:49	00:27:01.05	00:27:50.20	+00:08:04 (29.9%)	5:24	11.1 (70.3%)
36	GIŻA Wioletta	99	POLONIA BYDGOSZCZ SLA	K-30	36	00:00:13	00:27:03.70	00:27:16.70	+00:08:06 (30.0%)	5:24	11.1 (70.3%)
37	KRUPIŃSKA Justyna	216		K-30	37	00:01:08	00:27:11.25	00:28:19.35	+00:08:14 (30.3%)	5:26	11 (69.6%)
38	KOŚCIAŃSKA Bogusława	140		K-30	38	00:00:20	00:27:13.05	00:27:33.70	+00:08:16 (30.4%)	5:26	11 (69.6%)
39	RÓŻYCZKA Joanna	102		K-30	39	00:00:57	00:27:13.10	00:28:10.15	+00:08:16 (30.4%)	5:26	11 (69.6%)
40	ROBACZEWSKA Kinga	1078		K-30	40	00:00:51	00:27:14.70	00:28:05.90	+00:08:17 (30.4%)	5:26	11 (69.6%)
41	SCHUMACHER-RATAJ Marta	325		K-30	41	00:00:58	00:27:16.10	00:28:14.40	+00:08:19 (30.5%)	5:27	11 (69.6%)
42	TOPOL Agnieszka	21		K-30	42	00:00:37	00:27:16.50	00:27:53.60	+00:08:19 (30.5%)	5:27	11 (69.6%)
43	GRZESIAK KNUT Lucyna	69		K-30	43	00:00:27	00:27:23.90	00:27:51.55	+00:08:26 (30.8%)	5:28	10.9 (69.0%)
44	GOŁATTA Magdalena	34		K-30	44	00:00:27	00:27:24.20	00:27:51.45	+00:08:27 (30.8%)	5:28	10.9 (69.0%)
45	PŁACZKOWSKA Magdalena	178		K-30	45	00:00:18	00:27:36.10	00:27:54.55	+00:08:39 (31.3%)	5:31	10.9 (69.0%)
46	WILCZYŃSKA Anita	1077		K-30	46	00:00:24	00:27:37.45	00:28:02.10	+00:08:40 (31.4%)	5:31	10.9 (69.0%)
47	BESS Ania	510		K-30	47	00:00:21	00:27:38.50	00:27:59.75	+00:08:41 (31.4%)	5:31	10.9 (69.0%)
48	GAIDA Milena	1405	COOKIETEAMRUNNERS	K-30	48	00:01:04	00:27:39.50	00:28:43.50	+00:08:42 (31.5%)	5:31	10.8 (68.4%)
49	WAWRZYNIAK Karolina	197		K-30	49	00:00:18	00:27:42.00	00:28:00.05	+00:08:45 (31.6%)	5:32	10.8 (68.4%)
50	TYKWIŃSKA Agnieszka	213		K-30	50	00:00:28	00:27:47.20	00:28:15.85	+00:08:50 (31.8%)	5:33	10.8 (68.4%)
51	KUBOWICZ-KAMIŃSKA Hania	85		K-30	51	00:01:38	00:27:47.85	00:29:26.00	+00:08:50 (31.8%)	5:33	10.8 (68.4%)
52	SIUDOWSKA Marta	23	QBOWICZ RODZINNA MAFIA BIEGOWA	K-30	52	00:00:13	00:27:48.55	00:28:02.50	+00:08:51 (31.9%)	5:33	10.8 (68.4%)
53	DOMINIAK Joanna	348		K-30	53	00:00:43	00:27:59.65	00:28:43.50	+00:09:02 (32.3%)	5:36	10.7 (67.7%)
54	ZDUNKIEWICZ Hania	62		K-30	54	00:00:21	00:27:59.70	00:28:21.20	+00:09:02 (32.3%)	5:36	10.7 (67.7%)
55	PIECHOCIŃSKA Dorota	1406		K-30	55	00:00:58	00:28:03.80	00:29:02.10	+00:09:06 (32.5%)	5:36	10.7 (67.7%)
56	KROL Izabela	1194	RINO	K-30	56	00:01:02	00:28:06.15	00:29:08.90	+00:09:09 (32.6%)	5:37	10.7 (67.7%)
57	GORSKA Joanna	434		K-30	57	00:00:23	00:28:13.00	00:28:36.65	+00:09:16 (32.8%)	5:38	10.6 (67.1%)
58	KRUSZYŃSKA Anna	513		K-30	58	00:00:31	00:28:13.65	00:28:44.80	+00:09:16 (32.9%)	5:38	10.6 (67.1%)
58	ŁUKASZEWSKA Grażyna	1159		K-30	58	00:00:26	00:28:13.65	00:28:40.00	+00:09:16 (32.9%)	5:38	10.6 (67.1%)
60	KUNKEL Jodie	610		K-30	60	00:01:07	00:28:16.90	00:29:24.85	+00:09:19 (33.0%)	5:39	10.6 (67.1%)
61	ŁOBODA Sylwia	200		K-30	61	00:00:22	00:28:18.80	00:28:41.25	+00:09:21 (33.1%)	5:39	10.6 (67.1%)
62	HETZIG Monika	623		K-30	62	00:00:52	00:28:20.10	00:29:12.25	+00:09:23 (33.1%)	5:40	10.6 (67.1%)
63	SUSZEK Kasia	123		K-30	63	00:00:57	00:28:22.45	00:29:19.45	+00:09:25 (33.2%)	5:40	10.6 (67.1%)
64	PESTKA Anna	588	MUMINKI TEAM	K-30	64	00:00:47	00:28:26.60	00:29:14.05	+00:09:29 (33.4%)	5:41	10.5 (66.5%)
65	FRĄTCZAK Beata	653		K-30	65	00:00:43	00:28:31.75	00:29:15.15	+00:09:34 (33.6%)	5:42	10.5 (66.5%)
66	PRZYBULSKA Małgorzata	1195		K-30	66	00:01:02	00:28:32.40	00:29:35.35	+00:09:35 (33.6%)	5:42	10.5 (66.5%)
67	DOBUCKA Katarzyna	787		K-30	67	00:01:07	00:28:32.60	00:29:39.85	+00:09:35 (33.6%)	5:42	10.5 (66.5%)
68	SARNECKA Angelika	728	CHONAROWER.PL	K-30	68	00:00:12	00:28:37.85	00:28:50.40	+00:09:40 (33.8%)	5:43	10.5 (66.5%)
69	KARPIŃSKA-CHROBAK Lucyna	718		K-30	69	00:00:24	00:28:38.00	00:29:02.45	+00:09:41 (33.8%)	5:43	10.5 (66.5%)
70	WIŚNIEWSKA Izabela	1353		K-30	70	00:00:51	00:28:38.20	00:29:29.45	+00:09:41 (33.8%)	5:43	10.5 (66.5%)
71	GIPP Małgorzata	685		K-30	71	00:00:52	00:28:43.70	00:29:36.65	+00:09:46 (34.0%)	5:44	10.4 (65.8%)
72	MAN Beata	18		K-30	72	00:00:39	00:28:47.35	00:29:26.65	+00:09:50 (34.2%)	5:45	10.4 (65.8%)
73	STEFAŃSKA Wiesia	100		K-30	73	00:00:22	00:28:48.70	00:29:10.70	+00:09:51 (34.2%)	5:45	10.4 (65.8%)
74	GAPINSKA Bogna	252		K-30	74	00:01:13	00:28:50.40	00:30:03.65	+00:09:53 (34.3%)	5:46	10.4 (65.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	5km			
75	MIKOŁAJCZAK Paulina	294	DZIK SQUAD	K-30	75	00:01:35	00:28:51.90	00:30:26.90	+00:09:54 (34.3%)	5:46	10.4 (65.8%)
76	CHMIELEWSKA Agnieszka	201		K-30	76	00:00:47	00:28:56.95	00:29:44.10	+00:09:59 (34.5%)	5:47	10.4 (65.8%)
77	BŁAŻEK Katarzyna	64		K-30	77	00:00:56	00:29:00.80	00:29:57.50	+00:10:03 (34.7%)	5:48	10.3 (65.2%)
78	DZIERŻAWSKA Aneta	1433		K-30	78	00:00:31	00:29:02.05	00:29:33.60	+00:10:05 (34.7%)	5:48	10.3 (65.2%)
79	KROPIŃSKA Monika	1026		K-30	79	00:01:03	00:29:02.30	00:30:05.65	+00:10:05 (34.7%)	5:48	10.3 (65.2%)
80	SIERSZULSKA-WAŁĘZA Anna	940		K-30	80	00:01:38	00:29:04.30	00:30:42.50	+00:10:07 (34.8%)	5:48	10.3 (65.2%)
81	KASTNER Beata	651		K-30	81	00:01:03	00:29:06.45	00:30:09.60	+00:10:09 (34.9%)	5:49	10.3 (65.2%)
82	TOPOLSKA Emilia	1235		K-30	82	00:00:45	00:29:08.90	00:29:54.30	+00:10:11 (35.0%)	5:49	10.3 (65.2%)
83	NAWROCKA Joanna	205	VAUPE TEAM	K-30	83	00:00:04	00:29:10.55	00:29:14.85	+00:10:13 (35.0%)	5:50	10.3 (65.2%)
84	JANUSZKIEWICZ Kornelia	157	WATAHA BYDGOSZCZ	K-30	84	00:01:42	00:29:12.10	00:30:54.55	+00:10:15 (35.1%)	5:50	10.3 (65.2%)
85	MATUSZEWSKA Monika	565	VISITE.PL	K-30	85	00:01:18	00:29:13.25	00:30:32.10	+00:10:16 (35.1%)	5:50	10.3 (65.2%)
86	ŚWIGOŃ Aneta	668		K-30	86	00:01:18	00:29:13.80	00:30:32.35	+00:10:16 (35.2%)	5:50	10.3 (65.2%)
87	ZUŻYDŁO Zuzanna	179		K-30	87	00:00:16	00:29:14.65	00:29:31.40	+00:10:17 (35.2%)	5:51	10.3 (65.2%)
88	TOMKIEWICZ Natalia	672		K-30	88	00:01:19	00:29:15.05	00:30:34.35	+00:10:18 (35.2%)	5:51	10.3 (65.2%)
89	ROGOZIŃSKA Karolina	468		K-30	89	00:00:59	00:29:16.20	00:30:15.90	+00:10:19 (35.3%)	5:51	10.3 (65.2%)
90	ŁADNIAK Bernadeta	1397		K-30	90	00:00:59	00:29:16.85	00:30:16.05	+00:10:19 (35.3%)	5:51	10.2 (64.6%)
91	WYRĄBKIEWICZ Hanna	107		K-30	91	00:00:21	00:29:17.40	00:29:39.35	+00:10:20 (35.3%)	5:51	10.2 (64.6%)
92	KOCZOROWSKA Kamila	317		K-30	92	00:01:05	00:29:22.95	00:30:28.00	+00:10:25 (35.5%)	5:52	10.2 (64.6%)
93	GÓRSKA Joanna	697	TASAK TEAM	K-30	93	00:01:30	00:29:24.10	00:30:54.20	+00:10:27 (35.5%)	5:52	10.2 (64.6%)
94	NIKOŁAJEW Monika	35		K-30	94	00:01:13	00:29:26.60	00:30:40.30	+00:10:29 (35.6%)	5:53	10.2 (64.6%)
95	WIATROWSKA Katarzyna	80		K-30	95	00:00:13	00:29:27.70	00:29:40.85	+00:10:30 (35.7%)	5:53	10.2 (64.6%)
96	CISZEWSKA Emilia	1265		K-30	96	00:01:05	00:29:30.30	00:30:36.25	+00:10:33 (35.8%)	5:54	10.2 (64.6%)
96	BALCERZAK Agnieszka	1391		K-30	96	00:01:06	00:29:30.30	00:30:36.50	+00:10:33 (35.8%)	5:54	10.2 (64.6%)
98	PŁOSZAJ Magdalena	131		K-30	98	00:01:08	00:29:33.65	00:30:42.45	+00:10:36 (35.9%)	5:54	10.1 (63.9%)
99	GOŁATA Agnieszka	542	WILCZA WATACHA	K-30	99	00:01:04	00:29:35.05	00:30:39.15	+00:10:38 (35.9%)	5:55	10.1 (63.9%)
100	TRAWCZYŃSKA Katarzyna	859		K-30	100	00:00:43	00:29:35.30	00:30:18.60	+00:10:38 (36.0%)	5:55	10.1 (63.9%)
101	BERNADY Paulina	503		K-30	101	00:01:35	00:29:37.10	00:31:12.25	+00:10:40 (36.0%)	5:55	10.1 (63.9%)
102	FLOREK Milena	192	RUNADDICTS	K-30	102	00:01:16	00:29:41.05	00:30:57.90	+00:10:44 (36.2%)	5:56	10.1 (63.9%)
103	GRABOWSKA_KUTOWIŃSKA Ewa	263		K-30	103	00:00:08	00:29:42.65	00:29:51.25	+00:10:45 (36.2%)	5:56	10.1 (63.9%)
104	WITUCKA-KRYGIER Malwina	709	VOIP24SKLEP.PL SPORT	K-30	104	00:01:25	00:29:48.50	00:31:14.45	+00:10:51 (36.4%)	5:57	10.1 (63.9%)
105	CIESIELSKA Agnieszka	595		K-30	105	00:01:26	00:29:51.20	00:31:18.05	+00:10:54 (36.5%)	5:58	10 (63.3%)
106	PIOTROWSKA Marzena	1340		K-30	106	00:01:20	00:29:55.90	00:31:16.30	+00:10:58 (36.7%)	5:59	10 (63.3%)
107	SŁOWIŃSKA Marta	616		K-30	107	00:01:13	00:29:56.95	00:31:10.40	+00:10:59 (36.7%)	5:59	10 (63.3%)
108	MAREK Anna	924		K-30	108	00:00:54	00:29:59.00	00:30:53.45	+00:11:02 (36.8%)	5:59	10 (63.3%)
109	WÓJCIK Monika	1364	MW AQUA	K-30	109	00:01:19	00:29:59.60	00:31:19.45	+00:11:02 (36.8%)	6:00	10 (63.3%)
110	KOWALCZYK Magdalena	569		K-30	110	00:00:49	00:30:05.30	00:30:54.40	+00:11:08 (37.0%)	6:01	10 (63.3%)
111	KUJAWA Magdalena	819		K-30	111	00:01:12	00:30:07.60	00:31:19.80	+00:11:10 (37.1%)	6:01	10 (63.3%)
112	ŻUCHELKOWSKA Agata	532		K-30	112	00:00:50	00:30:09.05	00:30:59.20	+00:11:12 (37.1%)	6:01	10 (63.3%)
113	WRONKA Joanna	245		K-30	113	00:01:27	00:30:10.25	00:31:37.65	+00:11:13 (37.2%)	6:02	9.9 (62.7%)
114	SPLITT Anna	946	ENERGYJUMP	K-30	114	00:01:36	00:30:13.35	00:31:49.95	+00:11:16 (37.3%)	6:02	9.9 (62.7%)
115	KWISSA Anna	1416	ENERGY JUMP	K-30	115	00:01:36	00:30:13.85	00:31:50.15	+00:11:16 (37.3%)	6:02	9.9 (62.7%)
116	TOKARSKA Alicja	212	VEGE RUNNERS	K-30	116	00:00:56	00:30:14.80	00:31:11.15	+00:11:17 (37.3%)	6:03	9.9 (62.7%)
117	ZIELIŃSKA Justyna	55	KAPITEM	K-30	117	00:00:37	00:30:16.25	00:30:53.30	+00:11:19 (37.4%)	6:03	9.9 (62.7%)
118	ZAGOŹDŻON Wioleta	67	SOLECCY BIEGACZE	K-30	118	00:00:35	00:30:17.30	00:30:53.00	+00:11:20 (37.4%)	6:03	9.9 (62.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
119	GŁĘBOCKA Agnieszka	1277	MAMA&SYN	K-30	119	00:01:19	00:30:22.95	00:31:42.30	+00:11:25 (37.6%)	6:04	9.9 (62.7%)
120	OSTROWSKA Justyna	1389		K-30	120	00:01:08	00:30:27.10	00:31:35.50	+00:11:30 (37.8%)	6:05	9.9 (62.7%)
121	ZIELIŃSKA Marta	1356		K-30	121	00:00:34	00:30:29.70	00:31:04.35	+00:11:32 (37.9%)	6:06	9.8 (62.0%)
122	TOBOLSKA Małgorzata	589		K-30	122	00:00:54	00:30:30.30	00:31:25.00	+00:11:33 (37.9%)	6:06	9.8 (62.0%)
123	MUCHA-BOINSKA Anna	884	COOKIETEAMRUNNERS	K-30	123	00:00:29	00:30:32.75	00:31:02.30	+00:11:35 (38.0%)	6:06	9.8 (62.0%)
124	SIEWERT Iwona	829		K-30	124	00:00:12	00:30:33.75	00:30:46.30	+00:11:36 (38.0%)	6:06	9.8 (62.0%)
125	ŁUKASZCZYK Joanna	775		K-30	125	00:01:06	00:30:36.25	00:31:43.15	+00:11:39 (38.1%)	6:07	9.8 (62.0%)
126	STACHURSKA-KWELA Joanna	1238		K-30	126	00:01:16	00:30:40.85	00:31:57.10	+00:11:43 (38.2%)	6:08	9.8 (62.0%)
127	CHMIEL Justyna	331	CHUSTYNKA.PL	K-30	127	00:01:28	00:30:43.05	00:32:11.55	+00:11:46 (38.3%)	6:08	9.8 (62.0%)
127	PRZYGOCKA Katarzyna	1275		K-30	127	00:00:44	00:30:43.05	00:31:27.85	+00:11:46 (38.3%)	6:08	9.8 (62.0%)
129	DRESLERSKA Agnieszka	364	COOKIETEAMRUNNERS	K-30	129	00:01:19	00:30:49.10	00:32:08.55	+00:11:52 (38.5%)	6:09	9.7 (61.4%)
130	SZCZYPIŃSKA Justyna	1132		K-30	130	00:00:34	00:30:49.95	00:31:24.05	+00:11:52 (38.5%)	6:10	9.7 (61.4%)
131	BURCHARDT Julita	41		K-30	131	00:01:06	00:30:52.15	00:31:58.30	+00:11:55 (38.6%)	6:10	9.7 (61.4%)
132	KITOWSKA Anna	576		K-30	132	00:00:12	00:30:57.15	00:31:09.40	+00:12:00 (38.8%)	6:11	9.7 (61.4%)
133	MICHALIK Joanna	208	PB SLA	K-30	133	00:00:52	00:31:05.25	00:31:57.40	+00:12:08 (39.0%)	6:13	9.7 (61.4%)
134	LEWANDOWSKA Agnieszka	279		K-30	134	00:01:01	00:31:09.70	00:32:11.55	+00:12:12 (39.2%)	6:14	9.6 (60.8%)
135	WISNIEWSKA Małgorzata	521	HELIX POMATIA	K-30	135	00:00:36	00:31:11.95	00:31:48.70	+00:12:14 (39.3%)	6:14	9.6 (60.8%)
136	KILIŃSKA Magdalena	1395		K-30	136	00:01:02	00:31:13.60	00:32:15.85	+00:12:16 (39.3%)	6:14	9.6 (60.8%)
137	SZTOLIN Sylwia	1320		K-30	137	00:00:08	00:31:14.70	00:31:22.80	+00:12:17 (39.4%)	6:14	9.6 (60.8%)
138	SZYKANOWSKA Agnieszka	363		K-30	138	00:00:22	00:31:14.95	00:31:37.05	+00:12:17 (39.4%)	6:15	9.6 (60.8%)
139	SZYMAŃSKA Adrianna	1162	BYDGOSKI KLUB MORSÓW	K-30	139	00:00:25	00:31:17.00	00:31:42.05	+00:12:20 (39.4%)	6:15	9.6 (60.8%)
140	DZIEWIECZYŃSKA Katarzyna	648		K-30	140	00:00:51	00:31:18.55	00:32:10.05	+00:12:21 (39.5%)	6:15	9.6 (60.8%)
141	WEJNA Agnieszka	1217		K-30	141	00:01:01	00:31:20.60	00:32:22.55	+00:12:23 (39.5%)	6:16	9.6 (60.8%)
142	ŁAZARSKA Joanna	301		K-30	142	00:00:13	00:31:20.80	00:31:34.25	+00:12:23 (39.5%)	6:16	9.6 (60.8%)
143	GÓRSKA Paulina	527	HARPAGAN TEAM BYDGOSZCZ	K-30	143	00:00:49	00:31:22.15	00:32:12.05	+00:12:25 (39.6%)	6:16	9.6 (60.8%)
144	DOMŻALSKA Katarzyna	122		K-30	144	00:01:14	00:31:24.75	00:32:39.10	+00:12:27 (39.7%)	6:17	9.5 (60.1%)
145	MAĆKOWSKA Magda	982		K-30	145	00:01:02	00:31:31.85	00:32:34.25	+00:12:34 (39.9%)	6:18	9.5 (60.1%)
146	PŁOMIŃSKA Monika	391		K-30	146	00:00:14	00:31:37.90	00:31:52.65	+00:12:40 (40.1%)	6:19	9.5 (60.1%)
147	JANISZAK Beata	454	KS POLONIA BYDGOSZCZ SLA	K-30	147	00:00:37	00:31:45.50	00:32:22.65	+00:12:48 (40.3%)	6:21	9.4 (59.5%)
148	TOMASIK Sylwia	72		K-30	148	00:00:33	00:31:49.95	00:32:22.95	+00:12:52 (40.5%)	6:21	9.4 (59.5%)
149	TOMASIK Aleksandra	314		K-30	149	00:00:33	00:31:50.25	00:32:23.50	+00:12:53 (40.5%)	6:22	9.4 (59.5%)
150	PAŁUBICKA Klaudia	832		K-30	150	00:01:03	00:31:54.75	00:32:58.40	+00:12:57 (40.6%)	6:23	9.4 (59.5%)
151	ZIELIŃSKA Gosia	1188	KS POLONIA BYDGOSZCZ SLA	K-30	151	00:01:13	00:31:55.00	00:33:08.65	+00:12:58 (40.6%)	6:23	9.4 (59.5%)
152	TWARDOWSKA Sylwia	1058		K-30	152	00:00:36	00:32:05.35	00:32:41.35	+00:13:08 (40.9%)	6:25	9.4 (59.5%)
153	CZEKALSKA Beata	696		K-30	153	00:00:55	00:32:09.10	00:33:04.90	+00:13:12 (41.1%)	6:25	9.3 (58.9%)
154	WÓJCIK Anna	281		K-30	154	00:01:15	00:32:09.90	00:33:25.05	+00:13:12 (41.1%)	6:26	9.3 (58.9%)
155	ŁĄCZNA Agnieszka	148	KS POLONIA BYDGOSZCZ SLA	K-30	155	00:01:23	00:32:10.40	00:33:34.15	+00:13:13 (41.1%)	6:26	9.3 (58.9%)
156	FABIANOWSKA Karolina	914		K-30	156	00:01:30	00:32:11.60	00:33:42.25	+00:13:14 (41.1%)	6:26	9.3 (58.9%)
157	REINKE Joanna	1173		K-30	157	00:00:04	00:32:22.20	00:32:26.65	+00:13:25 (41.5%)	6:28	9.3 (58.9%)
158	CZARNECKA -PIJAROWSKA Dominika	243		K-30	158	00:00:18	00:32:34.65	00:32:53.45	+00:13:37 (41.8%)	6:31	9.2 (58.2%)
159	LISOWIEC Zuzanna	1207	KS POLONIA BYDGOSZCZ SLA	K-30	159	00:00:47	00:32:34.80	00:33:22.35	+00:13:37 (41.8%)	6:31	9.2 (58.2%)
160	KALINOWSKA Joanna	1240		K-30	160	00:01:09	00:32:36.70	00:33:46.45	+00:13:39 (41.9%)	6:31	9.2 (58.2%)
161	ŁUCZKOWSKA Sylwia	845		K-30	161	00:00:32	00:33:07.35	00:33:40.25	+00:14:10 (42.8%)	6:37	9.1 (57.6%)
162	CILSKA Agnieszka	251		K-30	162	00:01:28	00:33:14.15	00:34:43.05	+00:14:17 (43.0%)	6:39	9 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
163	MRÓZ-KONWIŃSKA Izabella	356	SELEKCJA NATURALNA	K-30	163	00:01:39	00:33:16.45	00:34:55.85	+00:14:19 (43.0%)	6:39	9 (57.0%)
164	NOWACKA Katarzyna	1485		K-30	164	00:01:40	00:33:33.40	00:35:14.05	+00:14:36 (43.5%)	6:42	8.9 (56.3%)
165	CZUBEK Teresa	843		K-30	165	00:01:37	00:33:38.45	00:35:15.90	+00:14:41 (43.7%)	6:43	8.9 (56.3%)
166	TYMIŃSKA Beata	968	#4FAJTER	K-30	166	00:00:57	00:33:53.70	00:34:51.15	+00:14:56 (44.1%)	6:46	8.8 (55.7%)
167	BRAĞIEL Anna	1149	VEGE RUNNERS	K-30	167	00:01:38	00:33:57.30	00:35:35.90	+00:15:00 (44.2%)	6:47	8.8 (55.7%)
168	PANTKOWSKA Karolina	379	BYDGOSZCZ	K-30	168	00:01:23	00:34:06.35	00:35:29.40	+00:15:09 (44.4%)	6:49	8.8 (55.7%)
169	FINGAS Natalia	548		K-30	169	00:01:23	00:34:17.00	00:35:40.65	+00:15:20 (44.7%)	6:51	8.8 (55.7%)
170	SZULC Asia	1203		K-30	170	00:01:02	00:34:18.75	00:35:21.30	+00:15:21 (44.8%)	6:51	8.7 (55.1%)
171	LEWICKA Dagmara	698	BYDGOSZCZ	K-30	171	00:00:24	00:34:19.45	00:34:43.50	+00:15:22 (44.8%)	6:51	8.7 (55.1%)
172	WYPYCH-KLUNDER Katarzyna	420		K-30	172	00:00:49	00:34:25.70	00:35:14.75	+00:15:28 (45.0%)	6:53	8.7 (55.1%)
173	OLSZEWSKA Kamila	683		K-30	173	00:01:34	00:34:40.15	00:36:14.65	+00:15:43 (45.3%)	6:56	8.7 (55.1%)
174	KRZYWAŃSKA Aleksandra	1298	TASAK TEAM	K-30	174	00:00:37	00:34:54.65	00:35:32.10	+00:15:57 (45.7%)	6:59	8.6 (54.4%)
175	RÓŻAŃSKA Katarzyna	886		K-30	175	00:01:10	00:35:07.85	00:36:18.30	+00:16:10 (46.1%)	7:01	8.5 (53.8%)
176	CYCHOWSKA Anna	15		K-30	176	00:01:40	00:35:15.90	00:36:56.65	+00:16:18 (46.3%)	7:03	8.5 (53.8%)
177	WITOŃSKA Angelika	257	OCELOTY KRUSZYN KRAJEŃSKI	K-30	177	00:01:23	00:35:35.95	00:36:59.65	+00:16:38 (46.8%)	7:07	8.4 (53.2%)
178	SÓJKA Agnieszka	1062		K-30	178	00:01:22	00:35:36.05	00:36:58.20	+00:16:39 (46.8%)	7:07	8.4 (53.2%)
179	PROCZEK Joanna	1407		K-30	179	00:01:26	00:35:38.30	00:37:04.90	+00:16:41 (46.8%)	7:07	8.4 (53.2%)
180	GRALAK Anna	1388	TASAK TEAM	K-30	180	00:01:01	00:36:05.45	00:37:07.10	+00:17:08 (47.5%)	7:13	8.3 (52.5%)
181	KROPIDŁOWSKA Magdalena	180		K-30	181	00:01:37	00:36:21.45	00:37:59.30	+00:17:24 (47.9%)	7:16	8.2 (51.9%)
182	KRĘCICKA Ewa	1156		K-30	182	00:01:10	00:36:56.40	00:38:06.80	+00:17:59 (48.7%)	7:23	8.1 (51.3%)
183	WIECZOREK Jolanta	758	TASAK TEAM	K-30	183	00:01:24	00:38:22.35	00:39:46.35	+00:19:25 (50.6%)	7:40	7.8 (49.4%)
184	RUDNICKA Karolina	217		K-30	184	00:01:31	00:38:44.50	00:40:15.65	+00:19:47 (51.1%)	7:44	7.7 (48.7%)
185	SCHUETZMANN Patrycja	432		K-30	185	00:00:57	00:39:09.40	00:40:07.10	+00:20:12 (51.6%)	7:50	7.7 (48.7%)
186	GRABOWSKA Ilona	1464	MYLER Georgina	K-30	186	00:01:35	00:42:40.35	00:44:16.10	+00:23:43 (55.6%)	8:32	7 (44.3%)
187	MYLER Georgina	1374		K-30	187	00:01:01			+00:23:58	8:41	6.9 (43.7%)

Znalaziono 187 wynik(ów)