

# III BIEG POGOŃ RAKA - SZCZECIN

B4SPORT  
INTELEGENTNE ZAWODY SPORTOWE

**Organizator:** Stowarzyszenie Walki z Rakiem Płuca Oddział Szczecin  
**Data:** 2019-10-05  
**Miejsce:** Szczecin  
**Dystans:** 5 km

**B4SPORT**  
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: K Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	FIEŃKO Katarzyna	95		K30	1	00:00:01	00:23:26.30	00:23:28.20		4:41	12.8
2	DYDEK Edyta	3	SKB DZIKOLSKA	K20	1	00:00:00	00:23:43.95	00:23:44.60	+00:00:17	4:44	12.6
3	GOCAŁ Anita	173	UKŁ ÓSEMKA	K19	1	00:00:02	00:23:44.60	00:23:46.65	+00:00:18	4:44	12.6
4	IZWIKOW Monika	602		K30	2	00:00:03	00:24:23.55	00:24:27.15	+00:00:57	4:52	12.3
5	GÓRECKA-PAWLAK Edyta	116		K30	3	00:00:03	00:24:47.35	00:24:50.95	+00:01:21	4:57	12.1
6	GOCZEWSKA Joanna	110		K40	1	00:00:02	00:24:56.05	00:24:58.85	+00:01:29	4:59	12
7	ZUBEL Agnieszka	596	KITESURFING DĄBIE	K20	2	00:00:01	00:25:10.25	00:25:12.15	+00:01:43	5:02	11.9
8	FIEDOROWICZ Katarzyna	93		K30	4	00:00:07	00:25:11.20	00:25:18.75	+00:01:44	5:02	11.9
9	ZAPOR Anna	586		K40	2	00:00:47	00:25:17.50	00:26:04.65	+00:01:51	5:03	11.9
10	SKOCZYLAS Natalia	456		K20	3	00:00:30	00:25:22.90	00:25:53.65	+00:01:56	5:04	11.8
11	SZCZEPANIAK Izabela	493		K20	4	00:00:23	00:25:32.85	00:25:56.00	+00:02:06	5:06	11.7
12	ŚWIATOWIEC Anna	508		K40	3	00:00:05	00:25:50.60	00:25:56.30	+00:02:24	5:10	11.6
13	PASZKOWSKA Magdalena	370		K30	5	00:00:01	00:25:55.80	00:25:57.55	+00:02:29	5:11	11.6
14	STĘPIEŃ Paulina	480		K20	5	00:00:08	00:26:13.70	00:26:22.35	+00:02:47	5:14	11.4
15	ŁĄCZAK Justyna	262	ASSECO ACTIVE TEAM	K40	4	00:00:13	00:26:15.95	00:26:29.35	+00:02:49	5:15	11.4
16	JAKUBIAK Anna	149	RAZ SZCZECIN	K50	1	00:00:15	00:26:30.80	00:26:46.45	+00:03:04	5:18	11.3
17	TADYCH Beata	513		K40	5	00:00:12	00:26:35.40	00:26:48.35	+00:03:09	5:19	11.3
18	RASIAK Katarzyna	412		K20	6	00:00:04	00:26:36.00	00:26:40.75	+00:03:09	5:19	11.3
19	HEYDEBRECK Justyna	547	WILK SKOLWIN	K20	7	00:00:35	00:26:43.60	00:27:18.95	+00:03:17	5:20	11.2
20	STROKA Małgosia	481		K30	6	00:00:04	00:26:53.55	00:26:57.85	+00:03:27	5:22	11.2
21	JEMIELITY Julita	161		K30	7	00:00:06	00:27:05.15	00:27:11.30	+00:03:38	5:25	11.1
22	RZYMSKA Marta	434		K30	8	00:00:23	00:27:17.00	00:27:40.15	+00:03:50	5:27	11
23	BĄCIK Aneta	21		K40	6	00:00:08	00:27:17.60	00:27:25.90	+00:03:51	5:27	11
24	MILCZANOWSKA Magdalena	325		K30	9	00:00:07	00:27:20.10	00:27:27.70	+00:03:53	5:28	11
25	CZARNULA Czarna	61	WIECZORNE BIEGANIE W GRYFINIE	K30	10	00:00:15	00:27:20.50	00:27:35.55	+00:03:54	5:28	11
26	MATUSZAK Justyna	313	RUNDORFINA	K30	11	00:00:12	00:27:30.75	00:27:43.70	+00:04:04	5:30	10.9
27	WIŚNIEWSKA Marta	554	WIECZORNE BIEGANIE W SZCZECINIE	K40	7	00:00:11	00:27:31.25	00:27:43.05	+00:04:04	5:30	10.9
27	ŁAWKIEL Natalia	277		K20	8	00:00:14	00:27:31.25	00:27:45.65	+00:04:04	5:30	10.9
29	SAKOWSKA-CARŁO Magda	435	WIECZORNE BIEGANIE W SZCZECINIE	K30	12	00:00:07	00:27:35.50	00:27:42.70	+00:04:09	5:31	10.9
30	CHODAK Monika	51	HUSARIA RACE TEAM	K40	8	00:00:10	00:27:39.20	00:27:50.05	+00:04:12	5:32	10.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
31	SEŃ Agata	442		K30	13	00:00:45	00:27:47.10	00:28:32.95	+00:04:20	5:33	10.8
32	KARWOWSKA-DĄBROWSKA Karolina	183		K30	14	00:00:24	00:28:00.10	00:28:24.40	+00:04:33	5:36	10.7
33	KOIS Ewa	197		K30	15	00:00:05	00:28:00.45	00:28:06.30	+00:04:34	5:36	10.7
34	KIESZKOWSKA Barbara	189		K30	16	00:00:11	00:28:01.30	00:28:12.85	+00:04:35	5:36	10.7
35	HOLLIŃSKA Kinga	138		K30	17	00:00:44	00:28:04.65	00:28:49.55	+00:04:38	5:37	10.7
36	NATALCZYK Ewelina	341		K30	18	00:00:01	00:28:06.40	00:28:07.75	+00:04:40	5:37	10.7
37	KRUCZKOWSKA Malwina	234		K20	9	00:00:11	00:28:09.75	00:28:21.20	+00:04:43	5:38	10.7
38	KRUCZKOWSKA Agnieszka	233		K40	9	00:00:10	00:28:11.10	00:28:21.55	+00:04:44	5:38	10.6
39	KRUPA Roksaba	237		K20	10	00:00:02	00:28:13.95	00:28:16.65	+00:04:47	5:38	10.6
40	KONOPACKA Paulina	204		K30	19	00:00:02	00:28:14.15	00:28:16.65	+00:04:47	5:38	10.6
41	TURCZYK Marta	522		K30	20	00:00:04	00:28:15.15	00:28:19.85	+00:04:48	5:39	10.6
42	SULŻYŃSKA-KOWALCZYK Iza	485		K30	21	00:00:13	00:28:17.15	00:28:30.55	+00:04:50	5:39	10.6
43	NIEWADZIK Ula	343		K40	10	00:00:26	00:28:17.90	00:28:44.05	+00:04:51	5:39	10.6
44	HAWRYLUK Anna	136		K20	11	00:00:04	00:28:27.10	00:28:31.30	+00:05:00	5:41	10.5
45	SZWABOWSKA Karolina	503		K20	12	00:00:40	00:28:36.35	00:29:16.55	+00:05:10	5:43	10.5
46	DOMAGALSKA Daria	75		K20	13	00:00:07	00:28:48.35	00:28:55.75	+00:05:22	5:45	10.4
47	PUPEK Małgorzata	410		K30	22	00:00:13	00:28:48.85	00:29:02.40	+00:05:22	5:45	10.4
48	TOKARCZYK Marta	515		K40	11	00:00:41	00:28:58.00	00:29:39.80	+00:05:31	5:47	10.4
49	KOPKA Elżbieta	207	WIECZORNE BIEGANIE W SZCZECINIE	K50	2	00:00:13	00:28:58.95	00:29:12.00	+00:05:32	5:47	10.4
50	MIKOŁAJCZYK Kinga	324	TRIGYM SZCZECIN	K30	23	00:00:18	00:28:59.50	00:29:17.60	+00:05:33	5:47	10.4
51	KRAŚNIEWSKA Bożena	225		K40	12	00:00:13	00:29:00.30	00:29:13.50	+00:05:34	5:48	10.3
52	GUGAŁA Monika	126		K30	24	00:00:16	00:29:01.95	00:29:18.55	+00:05:35	5:48	10.3
53	IZNEROWICZ Monika	6	WIECZORNE BIEGANIE W SZCZECINIE	K30	25	00:00:13	00:29:08.65	00:29:22.45	+00:05:42	5:49	10.3
54	NADOBNA Kamila	340	STARGARD JA SIĘ NIEŚCIGAM	K30	26	00:00:09	00:29:09.00	00:29:18.85	+00:05:42	5:49	10.3
55	URBAŃSKA-IZYDORCZYK Kinga	528		K30	27	00:00:10	00:29:10.10	00:29:20.60	+00:05:43	5:50	10.3
56	JAKUBOWSKA Patrycja	151		K20	14	00:00:22	00:29:18.95	00:29:41.35	+00:05:52	5:51	10.2
57	STACHOWICZ-HAWRYLAK Sylwia	467	ZACHPOM.CENTRUM ONKOLOGII	K40	13	00:00:31	00:29:20.65	00:29:52.55	+00:05:54	5:52	10.2
58	MOSKWA Martyna	334	GO SPORT/ MASZ PRZEBIEGANE	K20	15	00:00:39	00:29:22.80	00:30:01.85	+00:05:56	5:52	10.2
59	GROBELNA Małgorzata	120		K20	16	00:00:22	00:29:23.70	00:29:45.80	+00:05:57	5:52	10.2
60	WÓJCIK Aleksandra	577		K30	28	00:00:11	00:29:24.60	00:29:36.35	+00:05:58	5:53	10.2
61	CAŁKA Barbara	46	KOBIECE BIEGANIE	K40	14	00:00:16	00:29:28.60	00:29:44.85	+00:06:02	5:53	10.2
62	ORŁOWSKA Ewa	357	DRUŻYNA FILIPA	K20	17	00:00:06	00:29:33.50	00:29:40.45	+00:06:07	5:54	10.1
63	SZALEWICZ Małgorzata	490		K50	3	00:00:17	00:29:36.35	00:29:53.65	+00:06:10	5:55	10.1
64	OLEJNIK Ewelina	353		K20	18	00:00:04	00:29:37.45	00:29:41.75	+00:06:11	5:55	10.1
65	WITKOWSKA Kamila	556		K30	29	00:00:12	00:29:38.75	00:29:50.90	+00:06:12	5:55	10.1
66	POGORZELSKA Sylwia	401	WIECZORNE BIEGANIE W SZCZECINIE	K30	30	00:00:05	00:29:39.30	00:29:44.75	+00:06:13	5:55	10.1
67	GUZIAK Joanna	129		K30	31	00:00:49	00:29:43.40	00:30:32.55	+00:06:17	5:56	10.1
68	MORAWIECKA Magdalena	333		K20	19	00:00:22	00:29:45.90	00:30:08.35	+00:06:19	5:57	10.1
69	ROJEK Katarzyna	420		K30	32	00:00:41	00:29:48.00	00:30:29.95	+00:06:21	5:57	10.1
70	GÓRSKA Dorota	118		K50	4	00:00:14	00:29:49.15	00:30:04.10	+00:06:22	5:58	10.1
71	ŁODZIATO Magdalena	280	TURKEYS TEAM	K40	15	00:00:12	00:29:50.30	00:30:02.45	+00:06:24	5:58	10.1
72	PIERZAKOWSKA Agnieszka	383	SZALONE MAMUŚKI	K30	33	00:00:35	00:29:53.95	00:30:29.55	+00:06:27	5:58	10
73	KALINOWSKA Karolina	171		K30	34	00:00:40	00:29:54.45	00:30:35.20	+00:06:28	5:59	10
74	ROPIAK Renata	424		K30	35	00:00:40	00:29:54.85	00:30:35.35	+00:06:28	5:59	10

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
75	ŁUKASIEWICZ Agnieszka	282		K40	16	00:00:13	00:29:56.05	00:30:09.90	+00:06:29	5:59	10
76	MROZOWICZ Agnieszka	337		K20	20	00:00:17	00:29:58.40	00:30:15.65	+00:06:32	5:59	10
77	SZOKA-PAWLAK Pati	500		K30	36	00:00:43	00:30:08.35	00:30:52.05	+00:06:42	6:01	10
78	KOSIŃSKA Agnieszka	213	SCTP	K40	17	00:00:05	00:30:21.55	00:30:26.90	+00:06:55	6:04	9.9
79	ŚLIWIŃSKA Justyna	506		K20	21	00:00:05	00:30:29.65	00:30:34.65	+00:07:03	6:05	9.8
80	MACIASZ CZYK Ewa	288	WIECZORNE BIEGANIE W SZCZECINIE	K40	18	00:00:06	00:30:30.75	00:30:37.10	+00:07:04	6:06	9.8
81	DZIWISZ Bogusia	90		K40	19	00:00:36	00:30:36.60	00:31:13.35	+00:07:10	6:07	9.8
82	WATEMBORSKA Agnieszka	536		K30	37	00:00:16	00:30:41.25	00:30:57.85	+00:07:14	6:08	9.8
83	BUGORSKA Agata	41		K30	38	00:00:46	00:30:44.65	00:31:30.80	+00:07:18	6:08	9.8
84	KRUSZEWICZ Dalida	239	AMPIO TEAM	K40	20	00:00:35	00:30:50.80	00:31:26.05	+00:07:24	6:10	9.7
85	ŚLUSARZ Iwona	507		K40	21	00:00:42	00:30:53.60	00:31:35.75	+00:07:27	6:10	9.7
86	KŁYSIEWICZ Anna	195		K30	39	00:00:07	00:30:54.95	00:31:02.35	+00:07:28	6:11	9.7
87	JASIŃSKA Natalia	157	EXTREME WOLF	K30	40	00:00:10	00:30:55.45	00:31:06.05	+00:07:29	6:11	9.7
88	WISZKA Marta	551		K30	41	00:00:19	00:30:57.45	00:31:16.85	+00:07:31	6:11	9.7
89	SOBCZAK-KUFEL Ilona	463		K30	42	00:00:18	00:30:57.90	00:31:16.75	+00:07:31	6:11	9.7
90	SZAJEK Marta	489	HULK TEAM POLICE	K30	43	00:00:03	00:30:58.45	00:31:02.35	+00:07:32	6:11	9.7
91	GLISZCZYŃSKA Anna	107	PYRZYCE BIEGAJĄ	K60	1	00:00:06	00:31:00.70	00:31:07.25	+00:07:34	6:12	9.7
92	MURAWSKA Dorota	339		K50	5	00:00:20	00:31:10.05	00:31:30.20	+00:07:43	6:14	9.6
93	LEJKOWSKA Daria	265		K30	44	00:00:39	00:31:10.55	00:31:50.35	+00:07:44	6:14	9.6
94	ZIELIŃSKA Ludmiła	590	KB WIKON NOWA SÓL	K40	22	00:00:18	00:31:11.55	00:31:30.30	+00:07:45	6:14	9.6
95	MAŚLANKA Zuzanna	311		K20	22	00:00:15	00:31:13.80	00:31:28.95	+00:07:47	6:14	9.6
96	PŁACHTA Monika	396	KOBIECE BIEGANIE	K40	23	00:00:17	00:31:20.85	00:31:37.85	+00:07:54	6:16	9.6
97	KACZMAREK Arleta	168	KOBIECE BIEGANIE	K30	45	00:00:16	00:31:20.95	00:31:37.70	+00:07:54	6:16	9.6
98	GAWRYSIAK Ewa	607		K30	46	00:00:17	00:31:21.70	00:31:39.25	+00:07:55	6:16	9.6
99	KOZINIEC Ewelina	220	DRUŻYNA FILIPA	K40	24	00:00:07	00:31:25.70	00:31:33.25	+00:07:59	6:17	9.5
100	MARKANICZ Marlena	308	STARGARD JA SIĘ NIE ŚCIGAM	K30	47	00:00:21	00:31:25.85	00:31:47.70	+00:07:59	6:17	9.5
101	ŚWITALSKA Edyta	512	SCTP	K40	25	00:00:28	00:31:34.10	00:32:02.30	+00:08:07	6:18	9.5
102	KUBIAK Ewelina	243	WIECZORNE BIEGANIE W SZCZECINIE	K30	48	00:00:06	00:31:37.05	00:31:43.70	+00:08:10	6:19	9.5
103	KOŚCIŃSKA Elżbieta	215	WOJSKOWY KLUB HDK	K40	26	00:00:12	00:31:37.45	00:31:50.35	+00:08:11	6:19	9.5
104	MANOWIECKA Aleksandra	606		K40	27	00:00:09	00:31:42.55	00:31:51.60	+00:08:16	6:20	9.5
105	MARCINKIEWICZ-ZIOMEK Oliwia	306	MISIA JOGI	K30	49	00:00:13	00:31:47.55	00:32:00.90	+00:08:21	6:21	9.4
106	CIEŚLA Agnieszka	565		K30	50	00:00:25	00:31:50.90	00:32:16.65	+00:08:24	6:22	9.4
107	KUPNIEWSKA Aleksandra	251	KOMPAS TEAM	K30	51	00:00:17	00:31:51.05	00:32:08.40	+00:08:24	6:22	9.4
108	GROOŃ Justyna	418		K30	52	00:00:26	00:31:51.35	00:32:18.20	+00:08:25	6:22	9.4
109	REJBICZ Paulina	417		K20	23	00:00:07	00:31:52.10	00:31:59.55	+00:08:25	6:22	9.4
110	JACYKOWSKA Angelika	147		K30	53	00:00:07	00:31:52.35	00:31:59.45	+00:08:26	6:22	9.4
111	WERYK Jadwiga	541	NA WZGORZU	K40	28	00:00:15	00:31:55.80	00:32:10.85	+00:08:29	6:23	9.4
112	KUDLA Gosia	245		K30	54	00:00:07	00:31:56.70	00:32:03.90	+00:08:30	6:23	9.4
113	KULEWSKA Joanna	248	NORDICOWELOVE POLICE	K40	29	00:00:22	00:32:00.60	00:32:23.45	+00:08:34	6:24	9.4
114	DROZDEK Joanna	81	KOMPAS TEAM	K40	30	00:00:17	00:32:01.40	00:32:19.10	+00:08:35	6:24	9.4
115	JUSZKIEWICZ Małgorzata	164	FIZJOBIEGACZE SZCZECIN	K40	31	00:00:29	00:32:05.80	00:32:35.20	+00:08:39	6:25	9.3
116	MICHALSKA Magda	323	EXTREME WOLF	K30	55	00:00:18	00:32:11.50	00:32:29.95	+00:08:45	6:26	9.3
117	DUDRA Michalina	83		K19	2	00:00:22	00:32:17.15	00:32:39.65	+00:08:50	6:27	9.3
118	DOMAGAŁA Ewa	78		K30	56	00:00:09	00:32:23.95	00:32:33.30	+00:08:57	6:28	9.3

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119	GÓRSKA Agnieszka	117	KLUB BIEGOWY DZIK	K40	32	00:00:23	00:32:45.75	00:33:09.45	+00:09:19	6:33	9.2
120	GABERT Beata	98	RAZ SZCZECIN	K40	33	00:00:14	00:32:50.10	00:33:04.20	+00:09:23	6:34	9.1
121	KRUPA Paulina	236		K30	57	00:00:06	00:32:51.15	00:32:57.30	+00:09:24	6:34	9.1
122	ZIOŁO Katarzyna	594		K30	58	00:00:11	00:32:55.40	00:33:07.10	+00:09:29	6:35	9.1
123	DZIĘCIOŁ Kasia	89		K30	59	00:00:15	00:32:55.90	00:33:11.85	+00:09:29	6:35	9.1
124	MIŚNIK Zofia	331		K30	60	00:00:24	00:33:00.25	00:33:24.85	+00:09:33	6:36	9.1
125	MAZURAK Joanna	318		K40	34	00:00:34	00:33:06.80	00:33:41.55	+00:09:40	6:37	9.1
126	GRZEBYTA Patrycja	124		K30	61	00:00:37	00:33:10.80	00:33:48.55	+00:09:44	6:38	9
127	STELMACH Daria	476		K20	24	00:00:14	00:33:11.05	00:33:25.45	+00:09:44	6:38	9
128	KRUSIŃSKA Paulina	238		K30	62	00:00:23	00:33:14.75	00:33:38.35	+00:09:48	6:39	9
129	PSUTY Wioletta	408		K40	35	00:00:24	00:33:15.55	00:33:39.90	+00:09:49	6:39	9
130	BARAŃSKA Anna	16		K30	63	00:00:19	00:33:19.65	00:33:39.30	+00:09:53	6:40	9
131	ZAPARTEK Aleksandra	585		K20	25	00:00:33	00:33:24.70	00:33:58.45	+00:09:58	6:41	9
132	MADELSKA Katarzyna	294		K30	64	00:00:03	00:33:25.95	00:33:29.50	+00:09:59	6:41	9
133	MADALSKA Julia	414		K16	1	00:00:03	00:33:26.40	00:33:29.55	+00:10:00	6:41	9
134	MAŁKOWSKA Ewa	303		K40	36	00:00:05	00:33:29.40	00:33:35.25	+00:10:03	6:42	9
135	MAJOS Justyna	298		K30	65	00:00:07	00:33:35.05	00:33:42.15	+00:10:08	6:43	8.9
136	KUKLINOWSKA Alicja	247		K30	66	00:00:06	00:33:35.55	00:33:42.15	+00:10:09	6:43	8.9
137	WIŚNIEWSKA Karolina	552		K20	26	00:00:22	00:33:38.95	00:34:01.05	+00:10:12	6:43	8.9
138	DZIAŁOWSKA Sara	87	ŚRUNDUNIA SZCZECIN	K20	27	00:00:41	00:33:42.10	00:34:23.45	+00:10:15	6:44	8.9
139	WALENT Marta	530		K30	67	00:00:47	00:33:49.35	00:34:37.30	+00:10:23	6:46	8.9
140	KACZMAREK Kamila	167	BIZON DERCZEWO	K40	37	00:00:09	00:33:51.60	00:34:00.90	+00:10:25	6:46	8.9
141	BIELAWSKA Katarzyna	27		K20	28	00:00:10	00:33:54.55	00:34:05.40	+00:10:28	6:47	8.8
142	ALEKSANDRUK-DUTKIEWICZ Agnieszka	9		K40	38	00:00:23	00:34:00.15	00:34:23.15	+00:10:33	6:48	8.8
143	BOROWSKA Magdalena	305		K40	39	00:00:21	00:34:01.75	00:34:22.80	+00:10:35	6:48	8.8
144	DRAGAN Marzena	79		K50	6	00:00:21	00:34:03.65	00:34:25.45	+00:10:37	6:48	8.8
145	RUTKOWSKA Justyna	431		K40	40	00:00:28	00:34:05.10	00:34:33.30	+00:10:38	6:49	8.8
146	KLEJNOWSKA Kamila	191	STARGARD JA SIĘ NIE ŚCIGAM	K30	68	00:00:10	00:34:21.50	00:34:31.55	+00:10:55	6:52	8.7
147	DĄBROWSKA Katarzyna	65	RUNDORFINA	K30	69	00:00:30	00:34:28.50	00:34:58.90	+00:11:02	6:53	8.7
148	TURKIEWICZ Monika	523		K30	70	00:00:26	00:34:36.60	00:35:03.05	+00:11:10	6:55	8.7
149	ŁYCZEK Agata	285		K40	41	00:00:29	00:34:37.35	00:35:07.10	+00:11:11	6:55	8.7
150	KOLASA Agnieszka	199		K40	42	00:00:39	00:34:37.95	00:35:17.65	+00:11:11	6:55	8.7
151	LASKOWSKA Beata	261		K40	43	00:00:12	00:34:39.65	00:34:52.30	+00:11:13	6:56	8.7
152	SYDOR Katarzyna	488	RUNDORFINA	K30	71	00:00:12	00:34:40.30	00:34:52.40	+00:11:14	6:56	8.7
153	KARASZCZAK Joanna	179		K50	7	00:00:04	00:34:41.95	00:34:46.35	+00:11:15	6:56	8.6
154	ŁAPOT Elżbieta	4		K50	8	00:00:06	00:34:42.15	00:34:48.45	+00:11:15	6:56	8.6
155	PIOTROWSKA Dorota	389	AMPIO TEAM	K40	44	00:00:34	00:34:43.20	00:35:17.65	+00:11:16	6:56	8.6
156	ŚWIĄTEK Joanna	509		K30	72	00:00:46	00:34:50.10	00:35:36.95	+00:11:23	6:58	8.6
157	PODWYSZYŃSKA Hanna	64	MKS KUSY SZCZECIN	K16	2	00:00:15	00:34:54.05	00:35:09.85	+00:11:27	6:58	8.6
158	PACH Magdalena	362		K20	29	00:00:34	00:35:01.80	00:35:36.75	+00:11:35	7:00	8.6
159	ROMAŃSKA Joanna	423		K30	73	00:00:21	00:35:03.25	00:35:24.40	+00:11:36	7:00	8.6
160	JARCZEWSKA Renata	155		K50	9	00:00:15	00:35:07.60	00:35:22.85	+00:11:41	7:01	8.5
161	JAWORSKA Dominika	160		K20	30	00:00:26	00:35:22.70	00:35:49.55	+00:11:56	7:04	8.5
162	TOŁKACZ Karolina	516	SZCZECIN	K30	74	00:00:25	00:35:25.00	00:35:50.20	+00:11:58	7:05	8.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
163	WIETRZYŃSKA Agnieszka	543	MASZ PRZEBIEGANE	K30	75	00:00:39	00:35:25.60	00:36:04.85	+00:11:59	7:05	8.5
164	IWANIUK Małgorzata	144	WIECZORNE BIEGANIE W SZCZECINIE	K30	76	00:00:23	00:35:26.15	00:35:50.10	+00:11:59	7:05	8.5
165	KWIATKOWSKA Julita	260		K30	77	00:00:22	00:35:28.25	00:35:50.70	+00:12:01	7:05	8.5
166	MASTALSKA Małgorzata	310		K20	31	00:00:49	00:35:32.25	00:36:21.95	+00:12:05	7:06	8.4
167	ŁOBODZIŃSKA Wanda	279	RAZ SZCZECIN	K60	2	00:00:15	00:35:35.25	00:35:51.00	+00:12:08	7:07	8.4
168	ORLEWICZ Emilia	355		K19	3	00:00:15	00:35:36.60	00:35:51.65	+00:12:10	7:07	8.4
169	ORSZULSKA Magdalena	358	WIECZORNE BIEGANIE W SZCZECINIE	K40	45	00:00:13	00:35:37.65	00:35:50.70	+00:12:11	7:07	8.4
170	OLEJNIK Agnieszka	352		K40	46	00:00:20	00:35:40.45	00:36:00.80	+00:12:14	7:08	8.4
171	NOWAK Aneta	348	NORDICOWELOVE POLICE	K40	47	00:00:23	00:35:41.15	00:36:04.45	+00:12:14	7:08	8.4
172	BŁOGOWSKA Kasia	32	WIECZORNE BIEGANIE W SZCZECINIE	K30	78	00:00:24	00:35:58.10	00:36:22.20	+00:12:31	7:11	8.3
173	PAŹDZIOR Paulina	375		K30	79	00:00:09	00:35:59.25	00:36:09.15	+00:12:32	7:12	8.3
174	KOPYŚ Joanna	209		K20	32	00:00:28	00:36:04.40	00:36:33.20	+00:12:38	7:13	8.3
175	OMIAŃCU Urszula	482		K20	33	00:00:04	00:36:05.45	00:36:10.15	+00:12:39	7:13	8.3
176	LICZBIŃSKA Małgorzata	275		K20	34	00:00:30	00:36:06.80	00:36:37.15	+00:12:40	7:13	8.3
177	KUSZYK Małgorzata	255	AUTONOMICZNA AKADEMIA AIKIDO SZCZECIN	K40	48	00:00:31	00:36:09.70	00:36:40.85	+00:12:43	7:13	8.3
178	KLIMEK Aleksandra	194		K30	80	00:00:25	00:36:09.85	00:36:35.60	+00:12:43	7:14	8.3
179	ANDRZEJEWSKA Sylwia	10		K30	81	00:00:36	00:36:11.50	00:36:47.75	+00:12:45	7:14	8.3
180	HUDECKA Evelyn	140		K30	82	00:00:25	00:36:11.85	00:36:37.60	+00:12:45	7:14	8.3
181	HURKO-PIOTROWSKA Paulina	141		K30	83	00:00:31	00:36:29.45	00:37:01.00	+00:13:03	7:18	8.2
182	WITCZAK-SPERKA Mariola	555		K50	10	00:00:16	00:36:31.50	00:36:47.55	+00:13:05	7:18	8.2
183	MUCHA Martyna	62	KLUB SPORTOWY RUNGRYF	K20	35	00:00:20	00:36:34.15	00:36:55.00	+00:13:07	7:19	8.2
184	OSICA Elżbieta	360		K50	11	00:00:28	00:36:37.25	00:37:05.30	+00:13:10	7:19	8.2
185	DĘBICKA Iwona	73		K40	49	00:00:19	00:36:39.45	00:36:58.75	+00:13:13	7:19	8.2
186	JASIŃSKA Lidia	158		K40	50	00:00:19	00:36:39.70	00:36:58.75	+00:13:13	7:19	8.2
187	PAPIERNIK Karolina	366		K20	36	00:00:26	00:36:39.75	00:37:06.55	+00:13:13	7:20	8.2
188	KACPERSKA Katarzyna	165		K50	12	00:00:11	00:36:43.65	00:36:55.00	+00:13:17	7:20	8.2
189	PIERŚCIŃSKA Marzena	381		K40	51	00:00:18	00:36:44.85	00:37:02.85	+00:13:18	7:20	8.2
190	PŁOSA Monika	397		K30	84	00:00:38	00:37:10.35	00:37:48.70	+00:13:44	7:26	8.1
191	LEBIODA Maja	263		K20	37	00:00:34	00:37:13.30	00:37:48.10	+00:13:47	7:26	8.1
192	PRZYBYSZ Katarzyna	407		K30	85	00:00:34	00:37:13.90	00:37:48.25	+00:13:47	7:26	8.1
193	MEDZIŃSKA Małgorzata	319		K40	52	00:00:18	00:37:15.95	00:37:34.55	+00:13:49	7:27	8.1
194	WOJTAT Halina	563		K50	13	00:00:43	00:37:16.20	00:37:59.70	+00:13:49	7:27	8.1
195	RUDOWICZ-GANCARZ Agata	428	DRUŻYNA G	K30	86	00:00:31	00:37:21.25	00:37:52.50	+00:13:54	7:28	8
196	KURASIŃSKA Dorota	252	RAZ	K40	53	00:00:29	00:37:24.30	00:37:53.75	+00:13:58	7:28	8
197	HARWAT Katarzyna	134		K40	54	00:00:30	00:37:29.05	00:37:59.70	+00:14:02	7:29	8
197	WISNIEWSKA Agnieszka	550		K40	54	00:00:30	00:37:29.05	00:37:59.60	+00:14:02	7:29	8
199	WELENS Anna	540		K40	56	00:00:33	00:37:35.60	00:38:09.30	+00:14:09	7:31	8
200	HERIAN Gosia	137		K30	87	00:00:33	00:37:35.85	00:38:08.95	+00:14:09	7:31	8
201	ŁUCZYŃSKA Katarzyna	281	WIECZORNE BIEGANIE W SZCZECINIE	K30	88	00:00:33	00:37:36.20	00:38:09.30	+00:14:09	7:31	8
202	MAHACZEK Karolina	295		K30	89	00:00:08	00:37:38.90	00:37:47.60	+00:14:12	7:31	8
203	MALEC Edyta	299	STARGARDZKI KLUB MORSOW MIEDWIANIE	K40	57	00:00:25	00:37:48.85	00:38:14.20	+00:14:22	7:33	7.9
204	REDLARSKA Anna	415	KOBIECE BIEGANIE	K30	90	00:00:25	00:37:49.25	00:38:14.40	+00:14:22	7:33	7.9
205	BIAŁOWAŚ Alicja	26		K30	91	00:00:46	00:37:54.40	00:38:41.15	+00:14:28	7:35	7.9
206	KARCZMARCZYK Adriana	180	SISTERS	K30	92	00:00:23	00:37:58.50	00:38:21.55	+00:14:32	7:35	7.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
207	CIEŚLAK Helena	58	LEGENDARY POWER SZEWC	K50	14	00:00:38	00:37:58.85	00:38:37.20	+00:14:32	7:35	7.9
208	KAPLEWSKA Małgorzata	176		K20	38	00:00:29	00:38:07.95	00:38:37.90	+00:14:41	7:37	7.9
209	WŚCIEŚ Karolina	582		K30	93	00:00:41	00:38:24.30	00:39:05.35	+00:14:58	7:40	7.8
210	ROTKIEWICZ Daria	426		K20	39	00:00:43	00:38:24.65	00:39:08.50	+00:14:58	7:41	7.8
211	RZESZOWSKA-BINDAS Paulina	433	AGB NYGUS	K20	40	00:00:43	00:38:25.25	00:39:08.50	+00:14:58	7:41	7.8
212	PIEKARSKA Wioletta	379	GORĄCE CZAJNIKI	K40	58	00:00:07	00:38:28.70	00:38:35.95	+00:15:02	7:41	7.8
213	WOLSKA Aleksandra	569		K20	41	00:00:19	00:38:31.45	00:38:51.40	+00:15:05	7:42	7.8
214	OSICA Laura	359	GORĄCE CZAJNIKI	K20	42	00:00:06	00:38:37.80	00:38:44.75	+00:15:11	7:43	7.8
215	MATUSZEWSKA Kinga	314	BY ŻYŁO SIĘ LŻEJ	K20	43	00:00:41	00:39:00.00	00:39:41.25	+00:15:33	7:48	7.7
216	GUTOWSKA Daria	127	EMKA	K20	44	00:00:37	00:39:15.45	00:39:52.85	+00:15:49	7:51	7.6
217	GÓRSKA Dorota	119		K50	15	00:00:38	00:39:21.55	00:40:00.15	+00:15:55	7:52	7.6
218	KUJAWSKA Irmina	246		K40	59	00:00:06	00:39:25.50	00:39:31.65	+00:15:59	7:53	7.6
219	PIOTROWSKA Izabela	390	DMUCHAWIEC	K30	94	00:00:31	00:39:32.90	00:40:04.35	+00:16:06	7:54	7.6
220	PUZIO Hania	411		K30	95	00:00:46	00:39:37.60	00:40:24.15	+00:16:11	7:55	7.6
221	BURDA Marlena	45	WIECZORNE BIEGANIE W SZCZECINIE	K30	96	00:00:42	00:40:02.45	00:40:44.50	+00:16:36	8:00	7.5
222	WIŚNIEWSKA Magdalena	553		K50	16	00:00:22	00:40:12.95	00:40:35.10	+00:16:46	8:02	7.5
223	PADOK Magdalena	364	SISTERS	K40	60	00:00:24	00:40:30.60	00:40:55.20	+00:17:04	8:06	7.4
224	STANEJKO Agata	469		K30	97	00:00:42	00:40:32.45	00:41:15.15	+00:17:06	8:06	7.4
225	ŚWIGOST Beata	511		K40	61	00:00:09	00:40:36.80	00:40:46.35	+00:17:10	8:07	7.4
226	WAMKA Anna	531		K30	98	00:00:39	00:40:48.70	00:41:28.00	+00:17:22	8:09	7.3
227	WIKTOROWSKA Katarzyna	544		K30	99	00:00:36	00:40:56.10	00:41:32.35	+00:17:29	8:11	7.3
228	KRÓL Magdalena	231		K30	100	00:00:50	00:40:57.45	00:41:48.10	+00:17:31	8:11	7.3
229	KIELISZEK Anna	188	WIECZORNE BIEGANIE W SZCZECINIE	K30	101	00:00:51	00:41:07.95	00:41:59.00	+00:17:41	8:13	7.3
230	TADYCH Beata	609		K40	62	00:00:20	00:41:19.50	00:41:40.05	+00:17:53	8:16	7.3
231	RUDZIK Gabriela	430		K30	102	00:00:20	00:41:40.65	00:42:01.35	+00:18:14	8:20	7.2
232	MALINOWSKA-WASILUK Agnieszka	300		K40	63	00:00:26	00:42:06.70	00:42:33.25	+00:18:40	8:25	7.1
233	KAROL Anna	181		K40	64	00:00:48	00:42:20.10	00:43:08.50	+00:18:53	8:28	7.1
234	SZUĆKO Ilona	502		K30	103	00:00:43	00:42:50.15	00:43:33.65	+00:19:23	8:34	7
235	HORBA Agnieszka	139		K30	104	00:00:45	00:43:01.40	00:43:46.55	+00:19:35	8:36	7
236	DOMAGALSKA Agata	172	SKB DZIK	K16	3	00:00:42	00:43:12.25	00:43:54.85	+00:19:45	8:38	6.9
237	KORACH Aleksandra	211		K20	45	00:00:26	00:43:14.70	00:43:40.75	+00:19:48	8:38	6.9
238	KUREK Karolina	253		K20	46	00:00:41	00:43:17.90	00:43:59.40	+00:19:51	8:39	6.9
239	BIELECKA Monika	28	TUPTUP TEAM	K40	65	00:00:49	00:43:40.05	00:44:29.05	+00:20:13	8:44	6.9
240	SETA Krysia	444	MONIA GYM	K30	105	00:00:52	00:45:36.45	00:46:28.95	+00:22:10	9:07	6.6
241	MUĆKO Iwona	200		K30	106	00:00:52	00:45:36.90	00:46:29.15	+00:22:10	9:07	6.6
242	GARNCAREK Monika	105	DMUCHAWIEC GOLENIÓW	K30	107	00:00:32	00:45:37.15	00:46:09.65	+00:22:10	9:07	6.6
243	ROSZATYCKA-KRAUSE Agnieszka	425	DMUCHAWIEC GOLENIÓW	K40	66	00:00:32	00:45:37.35	00:46:09.65	+00:22:11	9:07	6.6
244	LEWAK Katarzyna	273	LEWACZKI TEAM	K40	67	00:00:32	00:46:55.50	00:47:27.75	+00:23:29	9:23	6.4
245	KWAŚNA Teresa	258	LEWACZKI TEAM	K60	3	00:00:32	00:46:55.55	00:47:27.75	+00:23:29	9:23	6.4
246	KOPYŚ Magdalena	208		K30	108	00:00:27	00:49:49.10	00:50:16.80	+00:26:22	9:57	6
DQ	SZCZEPANSKA Anna	494		K40		DQ	00:22:11.05 DQ	DQ		0:00	13.5
DQ	STUPNICKA Monika	483		K30		DQ	00:23:15.40 DQ	DQ		0:00	12.9