



Organizator:
Data:
Miejsce:
Dystans:

Green House / Budlex
2019-06-09
Olsztyn
5 km

RUN BUDLEX FOR WOMEN

B4SPORT

B4SPORT
INTELIGENTNE 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	PAWŁOWSKA Dorota	171	KURZĘTNIK BIEGA	K36-49 lat	1	00:00:01	00:19:44.40	00:19:45.95		3:56	15.2 (100%)
2	WUJKOWSKA Izabela	255		K20-35 lat	1	00:00:01	00:20:57.40	00:20:59.20	+00:01:13 (5.8%)	4:11	14.3 (94.1%)
3	STACHELEK Kamila	217		K20-35 lat	2	00:00:02	00:21:46.65	00:21:48.70	+00:02:02 (9.4%)	4:21	13.8 (90.8%)
4	WASIAK Miłosława	242	PSZCZÓŁKOWSKI TEAM	K20-35 lat	3	00:00:02	00:21:50.85	00:21:53.45	+00:02:06 (9.6%)	4:22	13.7 (90.1%)
5	JACHIMOWICZ Dorota	96		K36-49 lat	2	00:00:02	00:22:03.40	00:22:05.70	+00:02:19 (10.5%)	4:24	13.6 (89.5%)
6	JAKIMOWICZ Iwona	97		K36-49 lat	3	00:00:02	00:22:09.85	00:22:12.45	+00:02:25 (10.9%)	4:26	13.5 (88.8%)
7	BOGUSZ Justyna	29	KUROPATWA TEAM	K20-35 lat	4	00:00:02	00:22:22.25	00:22:25.20	+00:02:37 (11.8%)	4:28	13.4 (88.2%)
8	DREŹEK Ewelina	63	AMATORSKI KLUB MARATOŃCZYKA OLSZTYN	K20-35 lat	5	00:00:01	00:22:29.55	00:22:31.05	+00:02:45 (12.2%)	4:30	13.3 (87.5%)
9	MARKOWICZ Renata	145		K36-49 lat	4	00:00:03	00:22:52.55	00:22:56.35	+00:03:08 (13.7%)	4:34	13.1 (86.2%)
10	SLAWINSKA Anna	210	REZERWOWE PSY	K36-49 lat	5	00:00:02	00:22:55.70	00:22:58.40	+00:03:11 (13.9%)	4:35	13.1 (86.2%)
11	MELLER Joanna	150	DRUŻYNA WILKA / SKAZANI NA SUKCES	K36-49 lat	6	00:00:03	00:23:15.60	00:23:18.80	+00:03:31 (15.1%)	4:39	12.9 (84.9%)
12	MAJEWSKA Agata	142	OSIR LIDZBARK WARMINSKI	K20-35 lat	6	00:00:02	00:23:23.75	00:23:26.65	+00:03:39 (15.6%)	4:40	12.8 (84.2%)
13	KONOPKA Monika	120	SĄ WOLNIEJSI	K20-35 lat	7	00:00:07	00:23:50.10	00:23:57.10	+00:04:05 (17.2%)	4:46	12.6 (82.9%)
14	BIAŁOUSZ Izabela	26	PSZCZÓŁKOWSKI TEAM	K36-49 lat	7	00:00:01	00:23:54.00	00:23:55.90	+00:04:09 (17.4%)	4:46	12.6 (82.9%)
15	SADRINA Paulina	200	PSZCZÓŁKOWSKI TEAM	K20-35 lat	8	00:00:01	00:23:57.30	00:23:59.05	+00:04:12 (17.6%)	4:47	12.5 (82.2%)
16	BOROWIK Bożena	32	DOBROMIEJSKI KLUB BIEGACZA ODCISK	K50-59 lat	1	00:00:02	00:23:57.55	00:24:00.00	+00:04:13 (17.6%)	4:47	12.5 (82.2%)
17	WIESZEŃ Justyna	247		K20-35 lat	9	00:00:04	00:23:58.85	00:24:03.70	+00:04:14 (17.7%)	4:47	12.5 (82.2%)
18	CHEĆKO Ewa	39	SĄ WOLNIEJSI	K36-49 lat	8	00:00:08	00:24:24.05	00:24:32.25	+00:04:39 (19.1%)	4:52	12.3 (80.9%)
19	DĄBROWSKA Ania	53		K20-35 lat	10	00:00:03	00:24:29.20	00:24:32.30	+00:04:44 (19.4%)	4:53	12.3 (80.9%)
20	KLAWIKOWSKA Kamila	115		K20-35 lat	11	00:00:03	00:24:58.80	00:25:02.30	+00:05:14 (21.0%)	4:59	12 (78.9%)
21	JANICKA Aleksandra	99		K36-49 lat	9	00:00:03	00:25:00.90	00:25:04.15	+00:05:16 (21.1%)	5:00	12 (78.9%)
22	GŁOWNIA Zuzanna	77		K20-35 lat	12	00:00:16	00:25:11.25	00:25:27.45	+00:05:26 (21.6%)	5:02	11.9 (78.3%)
23	KAMIŃSKA Justyna	103		K36-49 lat	10	00:00:03	00:25:13.80	00:25:16.90	+00:05:29 (21.8%)	5:02	11.9 (78.3%)
24	PECZYŃSKA Paulina	172		K20-35 lat	13	00:00:02	00:25:15.90	00:25:18.30	+00:05:31 (21.9%)	5:03	11.9 (78.3%)
25	GORTATOWSKA Marlena	78		K20-35 lat	14	00:00:06	00:25:19.85	00:25:26.15	+00:05:35 (22.1%)	5:04	11.8 (77.6%)
26	HARENDĄ Róża	90	HARENDZIAKI	K20-35 lat	15	00:00:05	00:25:23.05	00:25:28.55	+00:05:38 (22.2%)	5:04	11.8 (77.6%)
27	HANUSEK Dominika	89		K20-35 lat	16	00:00:05	00:25:23.45	00:25:28.60	+00:05:39 (22.3%)	5:04	11.8 (77.6%)
28	FRYDRYCH Adrianna	71		K20-35 lat	17	00:00:07	00:25:24.65	00:25:32.55	+00:05:40 (22.3%)	5:05	11.8 (77.6%)
29	ROZICKA Adriana	196		K20-35 lat	18	00:00:09	00:25:41.05	00:25:50.30	+00:05:56 (23.1%)	5:08	11.7 (77.0%)
30	PAULINEK Ewa	170		K36-49 lat	11	00:00:16	00:25:41.40	00:25:58.00	+00:05:57 (23.2%)	5:08	11.7 (77.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	5km			
31	ŁAZICKA Kamila	137	KANGOOJUMPSOLSZTYN	K36-49 lat	12	00:00:04	00:25:42.50	00:25:47.15	+00:05:58 (23.2%)	5:08	11.7 (77.0%)
32	KACZOR Iwona	101		K36-49 lat	13	00:00:05	00:25:45.70	00:25:51.20	+00:06:01 (23.4%)	5:09	11.6 (76.3%)
33	GALEWSKA Justyna	74		K36-49 lat	14	00:00:04	00:25:48.25	00:25:53.10	+00:06:03 (23.5%)	5:09	11.6 (76.3%)
34	BARYŁA Małgorzata	20		K20-35 lat	19	00:00:03	00:25:49.30	00:25:53.10	+00:06:04 (23.6%)	5:10	11.6 (76.3%)
35	DAWCEWICZ Katarzyna	52	ZETO SOFTWARE TEAM	K36-49 lat	15	00:00:08	00:26:06.00	00:26:14.20	+00:06:21 (24.4%)	5:13	11.5 (75.7%)
36	MIKUĆ Agnieszka	153		K20-35 lat	20	00:00:03	00:26:13.25	00:26:16.55	+00:06:28 (24.7%)	5:14	11.4 (75.0%)
37	GADOMSKA Joanna	72		K36-49 lat	16	00:00:04	00:26:19.45	00:26:23.70	+00:06:35 (25.0%)	5:15	11.4 (75.0%)
38	DOBIESZ Monika	60		K36-49 lat	17	00:00:05	00:26:20.45	00:26:25.90	+00:06:36 (25.1%)	5:16	11.4 (75.0%)
39	MOCZULAK Natalia	156	SĄ WOLNIEJSI / DECATHLON OLSZTYN	K20-35 lat	21	00:00:05	00:26:22.90	00:26:28.60	+00:06:38 (25.2%)	5:16	11.4 (75.0%)
40	DĘBSKA Anna	58		K36-49 lat	18	00:00:07	00:26:40.95	00:26:48.85	+00:06:56 (26.0%)	5:20	11.2 (73.7%)
41	ZIELASKIEWICZ Małgorzata	264		K20-35 lat	22	00:00:03	00:26:44.75	00:26:48.25	+00:07:00 (26.2%)	5:21	11.2 (73.7%)
42	TUROLSKA Weronika	240		K36-49 lat	19	00:00:15	00:26:53.90	00:27:09.80	+00:07:09 (26.6%)	5:22	11.2 (73.7%)
43	KASZAŁOWICZ Monika	111	KANGOOJUMPSOLSZTYN	K36-49 lat	20	00:00:05	00:26:54.85	00:27:00.05	+00:07:10 (26.7%)	5:23	11.1 (73.0%)
44	ŚWIDERSKA Julia	232		K20-35 lat	23	00:00:05	00:26:57.80	00:27:03.10	+00:07:13 (26.8%)	5:23	11.1 (73.0%)
45	CIEĆKO Elżbieta	45		K20-35 lat	24	00:00:08	00:27:03.55	00:27:12.15	+00:07:19 (27.0%)	5:24	11.1 (73.0%)
46	ŚWIĘTOCHOWSKA Anna	5		K20-35 lat	25	00:00:09	00:27:06.35	00:27:15.80	+00:07:21 (27.2%)	5:25	11.1 (73.0%)
47	DZIEŃKOWSKA Ewelina	68	KANGOOJUMPSOLSZTYN	K36-49 lat	21	00:00:11	00:27:11.30	00:27:22.60	+00:07:26 (27.4%)	5:26	11 (72.4%)
48	ZABŁOCKA-KARAŚ Ilona	257		K20-35 lat	26	00:00:11	00:27:17.25	00:27:28.35	+00:07:32 (27.7%)	5:27	11 (72.4%)
49	ALICKA Agnieszka	11		K20-35 lat	27	00:00:09	00:27:27.10	00:27:36.65	+00:07:42 (28.1%)	5:29	10.9 (71.7%)
49	WÓJCIK Paulina	254		K20-35 lat	28	00:00:09	00:27:27.10	00:27:36.70	+00:07:42 (28.1%)	5:29	10.9 (71.7%)
51	LIPKA Paulina	133	KANGOOJUMPSOLSZTYN	K20-35 lat	29	00:00:10	00:27:30.65	00:27:41.40	+00:07:46 (28.2%)	5:30	10.9 (71.7%)
52	KOLAJ Hanna	118		K36-49 lat	22	00:00:10	00:27:36.25	00:27:46.40	+00:07:51 (28.5%)	5:31	10.9 (71.7%)
53	MARTUL Joanna	146		K36-49 lat	23	00:00:07	00:27:45.25	00:27:52.55	+00:08:00 (28.9%)	5:33	10.8 (71.1%)
54	RUDZKA Izabela	198		K36-49 lat	24	00:00:09	00:27:47.75	00:27:57.50	+00:08:03 (29.0%)	5:33	10.8 (71.1%)
55	CZUPRYN Anita	51	KANGOOJUMPSOLSZTYN	K50-59 lat	2	00:00:04	00:27:48.50	00:27:52.75	+00:08:04 (29.0%)	5:33	10.8 (71.1%)
56	BORUSZEWSKA Kasia	33		K20-35 lat	30	00:00:06	00:28:04.85	00:28:11.80	+00:08:20 (29.7%)	5:37	10.7 (70.4%)
57	MOROZ Katarzyna	157		K36-49 lat	25	00:00:10	00:28:05.00	00:28:15.05	+00:08:20 (29.7%)	5:37	10.7 (70.4%)
58	DUDEK Weronika	65		K20-35 lat	31	00:00:10	00:28:05.20	00:28:15.65	+00:08:20 (29.7%)	5:37	10.7 (70.4%)
59	ŻBIKOWSKA Bożena	268	SALKA FIT	K36-49 lat	26	00:00:04	00:28:05.45	00:28:09.70	+00:08:21 (29.7%)	5:37	10.7 (70.4%)
60	KARCZEWSKA Alicja	107		K36-49 lat	27	00:00:03	00:28:08.80	00:28:12.60	+00:08:24 (29.9%)	5:37	10.7 (70.4%)
61	ŁATIENKOW Karolina	136		K20-35 lat	32	00:00:18	00:28:13.70	00:28:32.30	+00:08:29 (30.1%)	5:38	10.6 (69.7%)
62	KUNDA Edyta	125		K36-49 lat	28	00:00:10	00:28:17.10	00:28:27.75	+00:08:32 (30.2%)	5:39	10.6 (69.7%)
63	CWALINA Izabela	47	GRUPA DBK OLSZTYN	K36-49 lat	29	00:00:09	00:28:17.35	00:28:27.20	+00:08:32 (30.2%)	5:39	10.6 (69.7%)
64	SAWCZUK Beata	201		K36-49 lat	30	00:00:09	00:28:17.80	00:28:27.35	+00:08:33 (30.2%)	5:39	10.6 (69.7%)
65	PLUCIŃSKA-FURGAŁ Anna	177		K36-49 lat	31	00:00:07	00:28:18.35	00:28:25.95	+00:08:33 (30.3%)	5:39	10.6 (69.7%)
66	MIKOŁAJEWSKA Anna	152		K36-49 lat	32	00:00:16	00:28:26.55	00:28:43.35	+00:08:42 (30.6%)	5:41	10.5 (69.1%)
67	NIEDŹWIECKA Kasia	162	POZUTYWNI DOBRE MIASTO	K20-35 lat	33	00:00:04	00:28:27.70	00:28:31.95	+00:08:43 (30.6%)	5:41	10.5 (69.1%)
68	BEM Małgorzata	23		K36-49 lat	33	00:00:06	00:28:33.30	00:28:40.25	+00:08:48 (30.9%)	5:42	10.5 (69.1%)
69	TUCHOWSKA Grażyna	239		K36-49 lat	34	00:00:06	00:28:33.85	00:28:39.85	+00:08:49 (30.9%)	5:42	10.5 (69.1%)
70	PIOTROWICZ Danuta	176		K36-49 lat	35	00:00:04	00:28:34.00	00:28:38.35	+00:08:49 (30.9%)	5:42	10.5 (69.1%)
71	ŻELAZNOWSKA Krystyna	269	BSB BARCZEWO BIEGA	K50-59 lat	3	00:00:04	00:28:37.15	00:28:42.00	+00:08:52 (31.0%)	5:43	10.5 (69.1%)
72	NIEŚCIORUK Barbara	163		K36-49 lat	36	00:00:12	00:28:38.80	00:28:51.25	+00:08:54 (31.1%)	5:43	10.5 (69.1%)
73	NAKIELSKA Daria	160		K20-35 lat	34	00:00:05	00:28:45.55	00:28:51.00	+00:09:01 (31.4%)	5:45	10.4 (68.4%)
74	ZAKRZEWSKA Agata	260		K20-35 lat	35	00:00:06	00:28:47.80	00:28:54.55	+00:09:03 (31.5%)	5:45	10.4 (68.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	5km			
75	CIŻMAN Emilia	46	KG TEAM	K36-49 lat	37	00:00:15	00:28:47.90	00:29:03.70	+00:09:03 (31.5%)	5:45	10.4 (68.4%)
76	OZIERO Natalia	167		K20-35 lat	36	00:00:19	00:28:51.05	00:29:10.30	+00:09:06 (31.6%)	5:46	10.4 (68.4%)
77	KITOWICZ Ola	114		K20-35 lat	37	00:00:19	00:29:01.75	00:29:21.65	+00:09:17 (32.0%)	5:48	10.3 (67.8%)
78	BURGRAF Magdalena	37		K20-35 lat	38	00:00:12	00:29:05.25	00:29:17.85	+00:09:20 (32.1%)	5:49	10.3 (67.8%)
79	DĄBROWSKA Magdalena	57	CHARAKTER I SIŁA	K20-35 lat	39	00:00:12	00:29:05.70	00:29:18.45	+00:09:21 (32.2%)	5:49	10.3 (67.8%)
80	LENDZIAN Ania	130		K36-49 lat	38	00:00:19	00:29:06.55	00:29:26.40	+00:09:22 (32.2%)	5:49	10.3 (67.8%)
81	BOGDAŃSKA Bożena	28		K36-49 lat	39	00:00:18	00:29:13.85	00:29:32.45	+00:09:29 (32.5%)	5:50	10.3 (67.8%)
82	KARWACKA Jolanta	110		K36-49 lat	40	00:00:08	00:29:14.30	00:29:22.90	+00:09:29 (32.5%)	5:50	10.3 (67.8%)
83	ARASIM Izabela	13		K20-35 lat	40	00:00:10	00:29:16.75	00:29:27.65	+00:09:32 (32.6%)	5:51	10.2 (67.1%)
84	SZYMAŃSKA Ewa	228		K36-49 lat	41	00:00:13	00:29:18.05	00:29:31.10	+00:09:33 (32.6%)	5:51	10.2 (67.1%)
85	ŁUCZAK Agnieszka	139		K36-49 lat	42	00:00:10	00:29:18.90	00:29:29.35	+00:09:34 (32.7%)	5:51	10.2 (67.1%)
86	ZAPADKA Emilia	261		K20-35 lat	41	00:00:18	00:29:21.85	00:29:40.15	+00:09:37 (32.8%)	5:52	10.2 (67.1%)
87	SOSNOWSKA Karolina	216		K20-35 lat	42	00:00:07	00:29:22.75	00:29:30.65	+00:09:38 (32.8%)	5:52	10.2 (67.1%)
88	EJKSZTO Małgorzata	69		K20-35 lat	43	00:00:14	00:29:24.55	00:29:39.05	+00:09:40 (32.9%)	5:53	10.2 (67.1%)
89	KAPELA Magdalena	106	KG TEAM	K20-35 lat	44	00:00:09	00:29:30.25	00:29:39.25	+00:09:45 (33.1%)	5:54	10.2 (67.1%)
90	BACZEWSKA Justyna	16		K20-35 lat	45	00:00:11	00:29:34.15	00:29:45.55	+00:09:49 (33.2%)	5:54	10.1 (66.4%)
91	MIERZEJEWSKA Anna	151		K20-35 lat	46	00:00:11	00:29:35.00	00:29:46.35	+00:09:50 (33.3%)	5:55	10.1 (66.4%)
92	TRENDEL Dominika	238		K20-35 lat	47	00:00:08	00:29:35.45	00:29:43.80	+00:09:51 (33.3%)	5:55	10.1 (66.4%)
93	BELKA-BIAŁOBRZEWSKA Marzena	22		K20-35 lat	48	00:00:18	00:29:41.05	00:29:59.75	+00:09:56 (33.5%)	5:56	10.1 (66.4%)
94	MIKULSKA Agnieszka	154		K20-35 lat	49	00:00:16	00:29:44.35	00:30:00.95	+00:09:59 (33.6%)	5:56	10.1 (66.4%)
94	ANETA Aneta	12		K36-49 lat	43	00:00:18	00:29:44.35	00:30:02.85	+00:09:59 (33.6%)	5:56	10.1 (66.4%)
96	BIELECKA Dominika	27		K36-49 lat	44	00:00:06	00:29:45.25	00:29:51.50	+00:10:00 (33.7%)	5:57	10.1 (66.4%)
97	BZURA Małgorzata	38		K36-49 lat	45	00:00:07	00:29:48.50	00:29:56.10	+00:10:04 (33.8%)	5:57	10.1 (66.4%)
98	WOJTACH Danuta	252		K20-35 lat	50	00:00:12	00:29:52.45	00:30:04.75	+00:10:08 (33.9%)	5:58	10 (65.8%)
99	GRĄDZKA Izabela	85	BDB BARCZEWO BIEGA	K36-49 lat	46	00:00:12	00:29:53.05	00:30:05.55	+00:10:08 (33.9%)	5:58	10 (65.8%)
100	STAWECKA Justyna	219	DRUŻYNA SZPIKU	K36-49 lat	47	00:00:13	00:30:08.00	00:30:21.55	+00:10:23 (34.5%)	6:01	10 (65.8%)
101	PODGÓRSKA Kamilla	179	SĄ WOLNIEJSI	K36-49 lat	48	00:00:15	00:30:08.40	00:30:23.65	+00:10:24 (34.5%)	6:01	10 (65.8%)
102	PODRAŻKA Kamila	181		K20-35 lat	51	00:00:09	00:30:13.05	00:30:22.20	+00:10:28 (34.7%)	6:02	9.9 (65.1%)
103	GRABOWSKA Anna	82		K50-59 lat	4	00:00:11	00:30:13.50	00:30:24.70	+00:10:29 (34.7%)	6:02	9.9 (65.1%)
104	ZADROGA Edyta	258		K20-35 lat	52	00:00:13	00:30:13.80	00:30:26.90	+00:10:29 (34.7%)	6:02	9.9 (65.1%)
105	ZUSKA Ewa	266	BUDLEX	K20-35 lat	53	00:00:11	00:30:15.55	00:30:26.75	+00:10:31 (34.8%)	6:03	9.9 (65.1%)
106	RADOMSKA Izabela	187	DRUŻYNA WILKA	K36-49 lat	49	00:00:11	00:30:16.55	00:30:28.15	+00:10:32 (34.8%)	6:03	9.9 (65.1%)
107	GOTOWSKA Joanna	80		K36-49 lat	50	00:00:11	00:30:17.90	00:30:29.80	+00:10:33 (34.8%)	6:03	9.9 (65.1%)
108	SMOLIŃSKA Małgorzata	212		K36-49 lat	51	00:00:11	00:30:18.50	00:30:30.00	+00:10:34 (34.9%)	6:03	9.9 (65.1%)
109	BOJARUNIEC Monika	30		K20-35 lat	54	00:00:08	00:30:23.00	00:30:31.30	+00:10:38 (35.0%)	6:04	9.9 (65.1%)
110	WERNER Olga	245	EGGER BISKUPIEC	K36-49 lat	52	00:00:16	00:30:23.65	00:30:39.65	+00:10:39 (35.1%)	6:04	9.9 (65.1%)
111	ROICKA Magdalena	193		K20-35 lat	55	00:00:06	00:30:24.55	00:30:31.00	+00:10:40 (35.1%)	6:05	9.9 (65.1%)
112	GRZEGORZEWSKA Ewa	87		K20-35 lat	56	00:00:04	00:30:25.20	00:30:29.80	+00:10:40 (35.1%)	6:05	9.9 (65.1%)
113	MILCZAREK Anna	155		K20-35 lat	57	00:00:04	00:30:25.70	00:30:30.00	+00:10:41 (35.1%)	6:05	9.9 (65.1%)
114	IDZIKOWSKA Agnieszka	94	SĄ WOLNIEJSI	K36-49 lat	53	00:00:10	00:30:37.00	00:30:47.30	+00:10:52 (35.5%)	6:07	9.8 (64.5%)
115	ŻELAZNOWSKA Natalia	270		K20-35 lat	58	00:00:04	00:30:39.25	00:30:43.90	+00:10:54 (35.6%)	6:07	9.8 (64.5%)
116	ŁUKASZEWSKA Joanna	140		K20-35 lat	59	00:00:14	00:30:44.05	00:30:58.35	+00:10:59 (35.8%)	6:08	9.8 (64.5%)
117	KOWALCZYK Ewelina	123		K36-49 lat	54	00:00:08	00:30:44.65	00:30:53.35	+00:11:00 (35.8%)	6:09	9.8 (64.5%)
118	ROMAŃCZUK-KUR Magdalena	195		K20-35 lat	60	00:00:14	00:30:47.30	00:31:02.00	+00:11:02 (35.9%)	6:09	9.7 (63.8%)

							Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	5km			
119	MELLEM Anna	149		K20-35 lat	61	00:00:12	00:30:47.55	00:31:00.00	+00:11:03 (35.9%)	6:09	9.7 (63.8%)
120	ŻELAZNOWSKA Beata	1		K20-35 lat	62	00:00:06	00:30:47.70	00:30:53.95	+00:11:03 (35.9%)	6:09	9.7 (63.8%)
121	JACEWICZ Monika	95		K20-35 lat	63	00:00:17	00:30:48.70	00:31:06.30	+00:11:04 (35.9%)	6:09	9.7 (63.8%)
122	WERNER Małgorzata	246		K36-49 lat	55	00:00:15	00:30:51.90	00:31:07.70	+00:11:07 (36.0%)	6:10	9.7 (63.8%)
123	ŁUNIEWSKA Anna	141	BRAK	K20-35 lat	64	00:00:19	00:30:54.70	00:31:14.25	+00:11:10 (36.1%)	6:11	9.7 (63.8%)
124	STYPUŁKOWSKA Anna	220		K36-49 lat	56	00:00:06	00:31:00.05	00:31:06.50	+00:11:15 (36.3%)	6:12	9.7 (63.8%)
125	PANKOWSKA Justyna	169		K36-49 lat	57	00:00:08	00:31:03.50	00:31:12.20	+00:11:19 (36.4%)	6:12	9.7 (63.8%)
126	KASZUBA Anna	112		K36-49 lat	58	00:00:12	00:31:13.05	00:31:25.25	+00:11:28 (36.8%)	6:14	9.6 (63.2%)
127	KUROPATWA Monika	126	KUROPATWA TEAM	K20-35 lat	65	00:00:05	00:31:18.20	00:31:23.25	+00:11:33 (36.9%)	6:15	9.6 (63.2%)
128	JANCZARSKA Beata	98	BUDLEX SP. Z O.O.	K50-59 lat	5	00:00:06	00:31:22.75	00:31:29.60	+00:11:38 (37.1%)	6:16	9.6 (63.2%)
129	GRABOWSKA - BERNAT Kornelia	84		K20-35 lat	66	00:00:10	00:31:35.30	00:31:46.10	+00:11:50 (37.5%)	6:19	9.5 (62.5%)
130	WALKIEWICZ Joanna	241		K36-49 lat	59	00:00:11	00:31:38.90	00:31:50.60	+00:11:54 (37.6%)	6:19	9.5 (62.5%)
131	RAPACZ-LEONARD Anna	190		K36-49 lat	60	00:00:17	00:31:40.25	00:31:58.20	+00:11:55 (37.7%)	6:20	9.5 (62.5%)
132	PROKOPIAK Monika	183	IGLO	K36-49 lat	61	00:00:16	00:31:44.45	00:32:00.75	+00:12:00 (37.8%)	6:20	9.5 (62.5%)
133	SKRZYŃSKA Katarzyna	209	SALKA FIT	K36-49 lat	62	00:00:06	00:31:49.45	00:31:55.60	+00:12:05 (38.0%)	6:21	9.4 (61.8%)
134	SŁOWAKIEWICZ Ewelina	211	SALKA FIT	K36-49 lat	63	00:00:05	00:31:49.90	00:31:55.60	+00:12:05 (38.0%)	6:22	9.4 (61.8%)
135	GAGAT Aneta	73		K20-35 lat	67	00:00:15	00:31:59.75	00:32:14.75	+00:12:15 (38.3%)	6:23	9.4 (61.8%)
136	MAJKOWSKA Beata	143		K36-49 lat	64	00:00:17	00:32:05.85	00:32:22.95	+00:12:21 (38.5%)	6:25	9.4 (61.8%)
137	WŁODARCZYK Natalia	251		K20-35 lat	68	00:00:15	00:32:06.85	00:32:22.55	+00:12:22 (38.5%)	6:25	9.3 (61.2%)
138	CZERWIEC-FYDRYCH Katarzyna	49		K36-49 lat	65	00:00:11	00:32:09.20	00:32:21.10	+00:12:24 (38.6%)	6:26	9.3 (61.2%)
139	BARTOSIEWICZ Aneta	19		K20-35 lat	69	00:00:11	00:32:09.65	00:32:21.45	+00:12:25 (38.6%)	6:26	9.3 (61.2%)
140	DROZD Monika	64	CHARAKTER I SIŁA	K20-35 lat	70	00:00:10	00:32:16.35	00:32:27.20	+00:12:31 (38.8%)	6:27	9.3 (61.2%)
141	DULINIEC Natalia	66		K20-35 lat	71	00:00:14	00:32:23.45	00:32:38.35	+00:12:39 (39.1%)	6:28	9.3 (61.2%)
142	NOWAKOWSKA-STĄŃKO Joanna	164	CTS TEAM	K20-35 lat	72	00:00:13	00:32:24.65	00:32:38.40	+00:12:40 (39.1%)	6:29	9.3 (61.2%)
143	BURAKOWSKA Magda	36		K50-59 lat	6	00:00:19	00:32:25.20	00:32:45.10	+00:12:40 (39.1%)	6:29	9.2 (60.5%)
144	DMOWSKA Marta	59		K36-49 lat	66	00:00:10	00:32:27.10	00:32:37.25	+00:12:42 (39.2%)	6:29	9.2 (60.5%)
145	CHMIELEWSKA Magdalena	42		K36-49 lat	67	00:00:07	00:32:32.35	00:32:39.85	+00:12:47 (39.3%)	6:30	9.2 (60.5%)
146	CHMIELEWSKA Monia	41		K36-49 lat	68	00:00:07	00:32:32.50	00:32:39.75	+00:12:48 (39.3%)	6:30	9.2 (60.5%)
147	SZYPULSKA Katarzyna	230		K36-49 lat	69	00:00:16	00:32:32.80	00:32:49.45	+00:12:48 (39.3%)	6:30	9.2 (60.5%)
148	DOMIAN Marta	62		K36-49 lat	70	00:00:16	00:32:33.15	00:32:50.05	+00:12:48 (39.4%)	6:30	9.2 (60.5%)
149	NADZIAK Wioletta	159	LEŚNY CROSS	K36-49 lat	71	00:00:13	00:32:42.30	00:32:56.20	+00:12:57 (39.6%)	6:32	9.2 (60.5%)
150	SIEJKA Małgorzata	204	LEŚNY CROSS	K36-49 lat	72	00:00:13	00:32:42.70	00:32:56.30	+00:12:58 (39.7%)	6:32	9.2 (60.5%)
151	IDZIASZEK Agnieszka	93		K36-49 lat	73	00:00:13	00:32:43.25	00:32:56.30	+00:12:58 (39.7%)	6:32	9.2 (60.5%)
152	SKRZYŃSKA Elżbieta	208	SALKA FIT	K36-49 lat	74	00:00:05	00:32:45.10	00:32:50.90	+00:13:00 (39.7%)	6:33	9.2 (60.5%)
153	DĄBROWSKA Małgorzata	55		K36-49 lat	75	00:00:17	00:32:46.90	00:33:04.00	+00:13:02 (39.8%)	6:33	9.2 (60.5%)
154	KLEPUSZEWSKA Magdalena	116		K20-35 lat	73	00:00:19	00:32:53.55	00:33:13.45	+00:13:09 (40.0%)	6:34	9.1 (59.9%)
155	PODGÓRSKA Ewa	180		K36-49 lat	76	00:00:08	00:32:55.15	00:33:03.95	+00:13:10 (40.0%)	6:35	9.1 (59.9%)
156	BARTNIKOWSKA Ola	18		K36-49 lat	77	00:00:18	00:32:57.80	00:33:16.60	+00:13:13 (40.1%)	6:35	9.1 (59.9%)
157	KOCOŃ Sylwia	117		K20-35 lat	74	00:00:10	00:32:59.90	00:33:10.20	+00:13:15 (40.2%)	6:36	9.1 (59.9%)
158	CZUPRYN Agnieszka	50		K36-49 lat	78	00:00:12	00:33:01.05	00:33:13.55	+00:13:16 (40.2%)	6:36	9.1 (59.9%)
159	GAZAŁKA Iza	76		K20-35 lat	75	00:00:18	00:33:02.00	00:33:20.00	+00:13:17 (40.2%)	6:36	9.1 (59.9%)
160	KARDASZ - KRÓL Kasia	108		K20-35 lat	76	00:00:09	00:33:02.65	00:33:12.20	+00:13:18 (40.3%)	6:36	9.1 (59.9%)
161	ŚWIDERSKA Karina	233		K36-49 lat	79	00:00:08	00:33:02.70	00:33:11.60	+00:13:18 (40.3%)	6:36	9.1 (59.9%)
162	WASILEWSKA Anna	244		K36-49 lat	80	00:00:09	00:33:02.75	00:33:12.35	+00:13:18 (40.3%)	6:36	9.1 (59.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	5km			
163	DURZYŃSKA Anna	67	BUDLEX	K36-49 lat	81	00:00:07	00:33:07.70	00:33:14.85	+00:13:23 (40.4%)	6:37	9.1 (59.9%)
164	PRZEGALIŃSKA Magdalena	185		K36-49 lat	82	00:00:09	00:33:11.70	00:33:21.40	+00:13:27 (40.5%)	6:38	9 (59.2%)
165	MAŚLOCH Beata	147		K36-49 lat	83	00:00:07	00:33:15.80	00:33:22.80	+00:13:31 (40.7%)	6:39	9 (59.2%)
166	DĄBROWSKA Monika	54		K20-35 lat	77	00:00:07	00:33:17.80	00:33:25.70	+00:13:33 (40.7%)	6:39	9 (59.2%)
167	RADZIWON Karolina	189		K36-49 lat	84	00:00:19	00:33:22.05	00:33:41.70	+00:13:37 (40.8%)	6:40	9 (59.2%)
168	ZIÓŁKOWSKA Marta	265		K36-49 lat	85	00:00:19	00:33:22.30	00:33:41.85	+00:13:37 (40.8%)	6:40	9 (59.2%)
169	ELJASIAK Alicja	70		K20-35 lat	78	00:00:16	00:33:25.70	00:33:42.30	+00:13:41 (40.9%)	6:41	9 (59.2%)
170	WIŚNIEWSKA Katarzyna	249		K20-35 lat	79	00:00:17	00:33:29.55	00:33:46.65	+00:13:45 (41.1%)	6:41	9 (59.2%)
171	ŚNIEŻAWSKA Magdalena	231		K20-35 lat	80	00:00:10	00:33:34.65	00:33:45.30	+00:13:50 (41.2%)	6:43	8.9 (58.6%)
172	SEROWIEC Emilia	202		K36-49 lat	86	00:00:06	00:33:40.65	00:33:47.05	+00:13:56 (41.4%)	6:44	8.9 (58.6%)
173	SZUKUC Agnieszka	226		K36-49 lat	87	00:00:13	00:33:43.25	00:33:56.35	+00:13:58 (41.5%)	6:44	8.9 (58.6%)
174	SZABŁOWSKA-SZYMCAK Marta	222		K36-49 lat	88	00:00:07	00:33:56.85	00:34:04.55	+00:14:12 (41.9%)	6:47	8.8 (57.9%)
175	KOSTRZEWSKA Marta	122		K20-35 lat	81	00:00:08	00:34:10.65	00:34:18.70	+00:14:26 (42.2%)	6:50	8.8 (57.9%)
176	HETMAŃSKA Marta	91		K36-49 lat	89	00:00:17	00:34:31.00	00:34:48.75	+00:14:46 (42.8%)	6:54	8.7 (57.2%)
177	DĄBROWSKA Dorota	56		K36-49 lat	90	00:00:17	00:34:31.40	00:34:48.75	+00:14:47 (42.8%)	6:54	8.7 (57.2%)
178	LORKOWSKA Julita	135		K20-35 lat	82	00:00:15	00:34:40.25	00:34:55.35	+00:14:55 (43.1%)	6:56	8.7 (57.2%)
179	KAMIŃSKA Anna	104		K36-49 lat	91	00:00:12	00:34:41.60	00:34:53.60	+00:14:57 (43.1%)	6:56	8.6 (56.6%)
180	SUPRANOWICZ Wioletta	221		K20-35 lat	83	00:00:14	00:34:53.90	00:35:08.10	+00:15:09 (43.4%)	6:58	8.6 (56.6%)
181	CHEŁCHOWSKA Ewa	40		K20-35 lat	84	00:00:14	00:34:54.00	00:35:08.20	+00:15:09 (43.4%)	6:58	8.6 (56.6%)
182	ŁOPIŃSKA Monika	138		K36-49 lat	92	00:00:19	00:35:08.65	00:35:28.50	+00:15:24 (43.8%)	7:01	8.5 (55.9%)
183	RADOMSKA Maria	188		K36-49 lat	93	00:00:18	00:35:10.05	00:35:28.15	+00:15:25 (43.9%)	7:02	8.5 (55.9%)
184	GREGORCZYK Magdalena	86		K36-49 lat	94	00:00:18	00:35:23.10	00:35:41.40	+00:15:38 (44.2%)	7:04	8.5 (55.9%)
185	WIŚNIEWSKA Mariola	250		K36-49 lat	95	00:00:18	00:35:23.15	00:35:41.15	+00:15:38 (44.2%)	7:04	8.5 (55.9%)
186	KOMOROWSKA Monika	119		K36-49 lat	96	00:00:19	00:35:33.85	00:35:53.10	+00:15:49 (44.5%)	7:06	8.4 (55.3%)
187	WIŚNIEWSKA Elwira	248	DOBROMIEJSKI KLUB BIEGACZA ODCISK	K36-49 lat	97	00:00:19	00:35:37.70	00:35:57.40	+00:15:53 (44.6%)	7:07	8.4 (55.3%)
188	AUGUSTYNOWICZ-SZUL Paula	15		K20-35 lat	85	00:00:13	00:35:45.25	00:35:58.85	+00:16:00 (44.8%)	7:09	8.4 (55.3%)
189	SKRODZKA Monika	207		K20-35 lat	86	00:00:13	00:35:45.80	00:35:59.05	+00:16:01 (44.8%)	7:09	8.4 (55.3%)
190	PIECHOWSKA Natalia	174		K20-35 lat	87	00:00:15	00:35:51.20	00:36:06.40	+00:16:06 (44.9%)	7:10	8.4 (55.3%)
191	PAŁKA Patrycja	168	GRUPA DBK OLSZTYN	K20-35 lat	88	00:00:10	00:35:51.90	00:36:02.35	+00:16:07 (45.0%)	7:10	8.4 (55.3%)
192	KOZŁOWSKA Joanna	124	KANCELARIA NOTARIALNA DREAM TEAM :)	K36-49 lat	98	00:00:15	00:36:14.50	00:36:29.50	+00:16:30 (45.5%)	7:14	8.3 (54.6%)
193	WYSOCKA Katarzyna	256	KANCELARIA NOTARIALNA DREAM TEAM :)	K20-35 lat	89	00:00:15	00:36:15.15	00:36:30.70	+00:16:30 (45.5%)	7:15	8.3 (54.6%)
194	BORZUTA Monika	34		K36-49 lat	99	00:00:16	00:36:24.90	00:36:41.10	+00:16:40 (45.8%)	7:17	8.2 (53.9%)
195	DOMAŃSKA Aneta	61		K20-35 lat	90	00:00:11	00:36:30.00	00:36:41.60	+00:16:45 (45.9%)	7:18	8.2 (53.9%)
196	MALISZEWSKA Anita	144		K20-35 lat	91	00:00:14	00:36:35.75	00:36:50.05	+00:16:51 (46.1%)	7:19	8.2 (53.9%)
197	RUDNICKA Renata	197		K36-49 lat	100	00:00:05	00:36:35.85	00:36:41.70	+00:16:51 (46.1%)	7:19	8.2 (53.9%)
198	KWIATEK Paulina	127		K20-35 lat	92	00:00:14	00:36:36.75	00:36:50.85	+00:16:52 (46.1%)	7:19	8.2 (53.9%)
199	NIEDZIAŁEK Justyna	161		K36-49 lat	101	00:00:15	00:37:10.75	00:37:26.10	+00:17:26 (46.9%)	7:26	8.1 (53.3%)
200	LOREK Katarzyna	134		K36-49 lat	102	00:00:20	00:37:13.00	00:37:33.75	+00:17:28 (47.0%)	7:26	8.1 (53.3%)
201	LIPKA Ania	132	JONKOWO BIEGA	K36-49 lat	103	00:00:20	00:38:01.50	00:38:21.70	+00:18:17 (48.1%)	7:36	7.9 (52.0%)
202	HERMAŃSKA Marzena	4	SALKA FIT	K36-49 lat	104	00:00:06	00:38:04.65	00:38:11.05	+00:18:20 (48.2%)	7:37	7.9 (52.0%)
203	ARCHACKA Marta	14		K36-49 lat	105	00:00:17	00:38:18.20	00:38:36.05	+00:18:33 (48.5%)	7:39	7.8 (51.3%)
204	BERDZIK Monika	24		K20-35 lat	93	00:00:20	00:38:20.65	00:38:41.30	+00:18:36 (48.5%)	7:40	7.8 (51.3%)
205	GÓJSKA-BUDZISZ Aldona	81		K36-49 lat	106	00:00:20	00:38:22.05	00:38:42.65	+00:18:37 (48.6%)	7:40	7.8 (51.3%)
206	KORNAFEL-KOWALSKA Ania	121		K36-49 lat	107	00:00:19	00:39:45.85	00:40:05.10	+00:20:01 (50.4%)	7:57	7.5 (49.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
207	CZAJKOWSKA Anna	48		K20-35 lat	94	00:00:16	00:39:46.30	00:40:03.20	+00:20:01 (50.4%)	7:57	7.5 (49.3%)
208	HAŁAS Klaudia	88		K20-35 lat	95	00:00:13	00:41:49.10	00:42:02.75	+00:22:04 (52.8%)	8:21	7.2 (47.4%)
209	TOMASZEWSKA Katarzyna	237		K20-35 lat	96	00:00:12	00:41:50.10	00:42:02.95	+00:22:05 (52.8%)	8:22	7.2 (47.4%)
210	SZCZEPKOWSKA Aleksandra	224		K20-35 lat	97	00:00:19	00:42:06.15	00:42:25.20	+00:22:21 (53.1%)	8:25	7.1 (46.7%)
211	SOBOLEWSKA Magdalena	213	BRAK	K20-35 lat	98	00:00:18	00:42:06.55	00:42:25.40	+00:22:22 (53.1%)	8:25	7.1 (46.7%)
	ROMANOWSKA Dorota	194		K50-59 lat		DNF	DNF	DNF		-	- (0.0%)

Znaleziono 212 wynik(ów)