



NOCNY BIEG SZLAKIEM DZIKA

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dziki Weekend 2020
Stowarzyszenie Klub Biegowy Dzik
2020-08-21
Police
5 km

Klasyfikacja: Open K

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	PILARCZYK Katarzyna	709	KLUB SPORTOWY FITNESS	K2 30-39	1	00:09:51	00:26:12.40	00:36:04.15		5:14	11.4 (100%)
2	MARZEC Karolina	961	DZIKIE DZIKI GORZÓW	K3 40-49	1	00:09:48	00:26:46.20	00:36:34.60	+00:00:33 (2.1%)	5:21	11.2 (98.2%)
3	DYDEK Edyta	1159	SKB DZIK	K1 16-29	1	01:28:22	00:26:47.25	01:55:09.50	+00:00:34 (2.2%)	5:21	11.2 (98.2%)
4	CIELUCH Paulina	1252	GRUPA AZOTY POLICE	K2 30-39	2	00:03:02	00:27:32.35	00:30:34.45	+00:01:19 (4.8%)	5:30	10.9 (95.6%)
5	PASIEKA Agnieszka	768	21. BAZA LOTNICTWA TAKTYCZNEGO	K2 30-39	3	00:39:22	00:27:55.95	01:07:18.90	+00:01:43 (6.2%)	5:35	10.7 (93.9%)
6	KRUSZCZYŃSKA Marzena	1158		K2 30-39	4	00:24:43	00:28:28.65	00:53:12.60	+00:02:16 (8.0%)	5:41	10.5 (92.1%)
7	HABRAT Barbara	816	AKADEMIA WOJSK LĄDOWYCH	K1 16-29	2	00:01:25	00:29:39.40	00:31:05.25	+00:03:27 (11.6%)	5:56	10.1 (88.6%)
8	ROMANOWICZ Monika	623	DZIKIE ŻÓŁWIE	K2 30-39	5	00:11:44	00:30:10.85	00:41:55.40	+00:03:58 (13.2%)	6:02	9.9 (86.8%)
9	KAMIŃSKA Adrianna	976	BBL POLICE	K2 30-39	6	00:37:54	00:30:13.35	01:08:08.25	+00:04:00 (13.3%)	6:02	9.9 (86.8%)
10	POGORZELSKA Aleksandra	602	DECATHLON PIŁA	K1 16-29	3	00:07:58	00:30:17.40	00:38:16.20	+00:04:05 (13.5%)	6:03	9.9 (86.8%)
11	NIKLAS Małgorzata	711	KSF	K2 30-39	7	00:09:55	00:30:36.55	00:40:31.95	+00:04:24 (14.4%)	6:07	9.8 (86.0%)
12	MASYS Agnieszka	617	GRUPA MALBORK	K3 40-49	2	00:09:42	00:30:57.80	00:40:40.35	+00:04:45 (15.4%)	6:11	9.7 (85.1%)
13	BOCK Agnieszka	728	BRAUNSCHWEIG HASH HOUSE HARRIERS	K2 30-39	8	00:06:32	00:30:59.20	00:37:31.55	+00:04:46 (15.4%)	6:11	9.7 (85.1%)
14	WILK Anna	1121		K1 16-29	4	00:13:08	00:31:13.50	00:44:21.65	+00:05:01 (16.1%)	6:14	9.6 (84.2%)
15	CZYŻEWSKA Mirosława	856	WKURW_TEAM	K2 30-39	9	00:05:48	00:31:23.00	00:37:11.15	+00:05:10 (16.5%)	6:16	9.6 (84.2%)
16	SYCHEL Magdalena	719		K3 40-49	3	00:03:39	00:31:53.65	00:35:33.40	+00:05:41 (17.8%)	6:22	9.4 (82.5%)
17	KRUSZYNA Renata	760		K2 30-39	10	00:11:54	00:31:57.40	00:43:51.60	+00:05:45 (18.0%)	6:23	9.4 (82.5%)
18	MÜLLER Kathrin	757	BRAUNSCHWEIG HASH HOUSE HARRIERS	K4 50-59	1	00:06:48	00:32:05.00	00:38:53.70	+00:05:52 (18.3%)	6:25	9.4 (82.5%)
19	KRZEMIEN Patrycja	627		K2 30-39	11	00:29:49	00:32:14.50	01:02:03.65	+00:06:02 (18.7%)	6:26	9.3 (81.6%)
20	RADCZUK Karolina	1056	KOMPAS TEAM	K2 30-39	12	00:03:21	00:32:26.85	00:35:47.85	+00:06:14 (19.2%)	6:29	9.2 (80.7%)
21	POSZUMSKA Gabriela	903		K1 16-29	5	00:17:17	00:32:33.25	00:49:50.85	+00:06:20 (19.5%)	6:30	9.2 (80.7%)
22	KUSTRA Paulina	843	BBL POLICE	K2 30-39	13	00:09:33	00:32:44.30	00:42:17.50	+00:06:31 (20.0%)	6:32	9.2 (80.7%)
23	SOBAŃSKA Karolina	916	SKB DZIK	K2 30-39	14	00:01:23	00:32:48.60	00:34:12.15	+00:06:36 (20.1%)	6:33	9.1 (79.8%)
24	WANTUCH Marzena	917	DZIKI WEEKEND	K2 30-39	15	00:01:21	00:32:51.70	00:34:12.70	+00:06:39 (20.3%)	6:34	9.1 (79.8%)
25	ROSIŃSKA Kamila	948	BRIDGESTONE STARGARD RUNNERS	K2 30-39	16	00:02:17	00:33:07.20	00:35:24.40	+00:06:54 (20.9%)	6:37	9.1 (79.8%)
26	SZYDŁOWSKA Alina	1077		K2 30-39	17	00:05:12	00:33:10.15	00:38:23.00	+00:06:57 (21.0%)	6:38	9 (78.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	5km			
27	ZIELIŃSKA-MACIĄG Agnieszka	1076		K3 40-49	4	00:05:10	00:33:11.45	00:38:21.55	+00:06:59 (21.0%)	6:38	9 (78.9%)
28	MICHALIK Monika	1255		K3 40-49	5	00:00:59	00:33:12.70	00:34:12.15	+00:07:00 (21.1%)	6:38	9 (78.9%)
29	LIASHENKO Liliia	752	TRIGYM	K1 16-29	6	00:05:05	00:33:19.85	00:38:25.40	+00:07:07 (21.4%)	6:40	9 (78.9%)
30	BIENIAS Emilia	947	RAGNAROK SZCZECIN	K1 16-29	7	00:50:18	00:33:20.05	01:23:38.65	+00:07:07 (21.4%)	6:40	9 (78.9%)
31	BRZESKA Ewa	998	HELL'S HEAVEN SZCZECIN	K1 16-29	8	00:07:21	00:33:45.75	00:41:07.55	+00:07:33 (22.4%)	6:45	8.9 (78.1%)
32	LEWANDOWSKA Anna	747		K3 40-49	6	00:07:19	00:33:48.55	00:41:08.00	+00:07:36 (22.5%)	6:45	8.9 (78.1%)
33	TROJANOWSKA-BARAN Aleksandra	715		K1 16-29	9	00:25:52	00:33:51.25	00:59:43.95	+00:07:38 (22.6%)	6:46	8.9 (78.1%)
34	KOTWICKA Ela	930		K2 30-39	18	00:11:14	00:33:52.60	00:45:06.90	+00:07:40 (22.6%)	6:46	8.9 (78.1%)
35	KOMSTA Beata	669	PAN WĄSKI I JEGO MAFIA	K3 40-49	7	00:02:36	00:33:55.15	00:36:31.55	+00:07:42 (22.7%)	6:47	8.8 (77.2%)
36	ZAKRZEWSKA Sylwia	700	FSD RUN DREZDENKO	K2 30-39	19	00:04:05	00:34:00.00	00:38:05.90	+00:07:47 (22.9%)	6:48	8.8 (77.2%)
37	NIEWADZIK Ula	932		K3 40-49	8	00:11:16	00:34:01.85	00:45:18.45	+00:07:49 (23.0%)	6:48	8.8 (77.2%)
38	KNIOŁA Agnieszka	606	PIŁA TEAM	K2 30-39	20	00:01:37	00:34:07.60	00:35:44.90	+00:07:55 (23.2%)	6:49	8.8 (77.2%)
39	BEDNAREK Natalia	963	DECATHLON PIŁA	K1 16-29	10	00:08:01	00:34:17.00	00:42:18.05	+00:08:04 (23.6%)	6:51	8.8 (77.2%)
40	KRUPIEŃCZYK Joanna	587		K2 30-39	21	00:43:45	00:34:20.30	01:18:06.10	+00:08:07 (23.7%)	6:52	8.7 (76.3%)
41	PODOLAK Julia	908		K1 16-29	11	00:05:40	00:34:26.45	00:40:06.95	+00:08:14 (23.9%)	6:53	8.7 (76.3%)
42	LEWANDOWSKA Malgorzata	727	TG'SOKÓŁ GNIEWKOWO	K4 50-59	2	00:11:50	00:34:28.50	00:46:18.95	+00:08:16 (24.0%)	6:53	8.7 (76.3%)
43	KACPRZAK Beata	1091		K2 30-39	22	00:08:48	00:34:29.70	00:43:18.45	+00:08:17 (24.0%)	6:54	8.7 (76.3%)
44	KRZESIŃSKA Katarzyna	814	BOHAR PALETY RUNNERS	K2 30-39	23	00:05:15	00:34:31.70	00:39:46.70	+00:08:19 (24.1%)	6:54	8.7 (76.3%)
45	PIETNICKA Marta	1043		K2 30-39	24	00:07:17	00:34:35.95	00:41:52.95	+00:08:23 (24.3%)	6:55	8.7 (76.3%)
46	SUCHODOLSKA Aleksandra	638	DZIKIE ŻÓŁWIE	K2 30-39	25	00:11:41	00:34:38.60	00:46:20.50	+00:08:26 (24.4%)	6:55	8.7 (76.3%)
47	ŚWIETLIK Alicja	716		K4 50-59	3	00:09:50	00:34:39.75	00:44:29.80	+00:08:27 (24.4%)	6:55	8.7 (76.3%)
48	DORAWA-ZIOMEK Anna	622	DZIKIE ŻÓŁWIE	K2 30-39	26	00:11:39	00:34:39.85	00:46:19.25	+00:08:27 (24.4%)	6:56	8.7 (76.3%)
49	ZAKOŚCIELNA Katarzyna	626	DZIKIE ŻÓŁWIE	K2 30-39	27	00:11:36	00:34:45.30	00:46:21.90	+00:08:32 (24.6%)	6:57	8.6 (75.4%)
50	ŻYLUK-GADOWSKA Paulina	754	NIE PROWOKUJ LOCHY MIERZYN	K2 30-39	28	00:07:44	00:34:55.75	00:42:40.35	+00:08:43 (25.0%)	6:59	8.6 (75.4%)
51	TOMCZAK Joanna	897	DIRTY SPARROWS	K2 30-39	29	00:10:37	00:34:56.20	00:45:33.70	+00:08:43 (25.0%)	6:59	8.6 (75.4%)
52	SERKOWSKA Paulina	1101		K1 16-29	12	00:07:03	00:34:59.15	00:42:02.75	+00:08:46 (25.1%)	6:59	8.6 (75.4%)
53	ZARZECZAŃSKA-JANASIK Blanka	613		K2 30-39	30	00:01:18	00:35:05.95	00:36:24.30	+00:08:53 (25.3%)	7:01	8.5 (74.6%)
54	NOWAK Marta	1064		K2 30-39	31	00:07:33	00:35:20.40	00:42:53.80	+00:09:08 (25.8%)	7:04	8.5 (74.6%)
55	SAKOWSKA-CARŁO Magda	802	WIECZORNE BIEGANIE W SZCZECINIE	K2 30-39	32	00:03:46	00:35:42.00	00:39:28.95	+00:09:29 (26.6%)	7:08	8.4 (73.7%)
56	REBELKA Małgorzata	869		K1 16-29	13	00:10:55	00:35:42.85	00:46:38.05	+00:09:30 (26.6%)	7:08	8.4 (73.7%)
57	ORLON Barbara	699	FSD RUN DREZDENKO	K4 50-59	4	00:04:02	00:35:45.50	00:39:48.05	+00:09:33 (26.7%)	7:09	8.4 (73.7%)
58	WIECZOREK Magdalena	656		K3 40-49	9	00:06:02	00:36:01.85	00:42:04.25	+00:09:49 (27.3%)	7:12	8.3 (72.8%)
59	LOBA Zuzanna	873	DZIK	K1 16-29	14	00:19:09	00:36:07.90	00:55:17.65	+00:09:55 (27.5%)	7:13	8.3 (72.8%)
60	PUPEK Małgorzata	687	WILKI Z CIECHOCINKA	K2 30-39	33	00:10:43	00:36:15.60	00:46:58.90	+00:10:03 (27.7%)	7:15	8.3 (72.8%)
61	ULASS Patrycja	786		K1 16-29	15	00:51:20	00:36:22.75	01:27:43.20	+00:10:10 (28.0%)	7:16	8.2 (71.9%)
62	KOWALKOWSKA Beata	913		K2 30-39	34	00:44:07	00:36:25.90	01:20:33.70	+00:10:13 (28.1%)	7:17	8.2 (71.9%)
63	DĄBROWSKA Paulina	744		K1 16-29	16	00:38:17	00:36:28.10	01:14:45.25	+00:10:15 (28.1%)	7:17	8.2 (71.9%)
64	MURAWSKA Wioletta	1061	SKB DZIK	K4 50-59	5	00:01:48	00:36:29.10	00:38:17.30	+00:10:16 (28.2%)	7:17	8.2 (71.9%)
65	MARSCHAŁKOWSKA Dorota	1081	KM PSP KOSZALIN	K4 50-59	6	00:05:08	00:36:34.25	00:41:42.25	+00:10:21 (28.3%)	7:18	8.2 (71.9%)
66	LEONOWICZ Martyna	1050	OPONKI TEAM	K1 16-29	17	00:05:00	00:36:35.30	00:41:35.65	+00:10:22 (28.4%)	7:19	8.2 (71.9%)
67	PATZKE Petra	737	BRAUNSCHWEIG HASH HOUSE HARRIERS	K4 50-59	7	00:07:26	00:36:37.80	00:44:04.40	+00:10:25 (28.5%)	7:19	8.2 (71.9%)
68	GEILICH Katja	733	BRAUNSCHWEIG HASH HOUSE HARRIERS	K2 30-39	35	00:06:44	00:36:42.20	00:43:26.50	+00:10:29 (28.6%)	7:20	8.2 (71.9%)
69	PIOTROWSKA Małgorzata	848		K1 16-29	18	00:08:58	00:36:49.85	00:45:48.50	+00:10:37 (28.8%)	7:22	8.1 (71.1%)
70	SYCH Małgorzata	838	KB KAMIEŃ POMORSKI	K3 40-49	10	00:14:40	00:36:56.00	00:51:36.15	+00:10:43 (29.0%)	7:23	8.1 (71.1%)

						Czas netto 5km	Czas brutto 5km		Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu		Różn		
70	SUSZA Małgorzata	643		K3 40-49	10	00:12:42	00:36:56.00	+00:10:43 (29.0%)	7:23	8.1 (71.1%)
72	ZYGIEL- SZAKOŁA Aneta	863		K2 30-39	36	00:38:37	00:36:56.05	+00:10:43 (29.0%)	7:23	8.1 (71.1%)
73	ŁEMPKOWSKA Beata	980	DLL PARTNERS	K3 40-49	12	00:28:28	00:37:00.65	+00:10:48 (29.2%)	7:24	8.1 (71.1%)
74	JEZIOREK Agnieszka	774		K3 40-49	13	00:16:06	00:37:05.60	+00:10:53 (29.3%)	7:25	8.1 (71.1%)
75	WIŚNIEWSKA Marta	585	IHUHU TEAM	K1 16-29	19	00:11:11	00:37:09.80	+00:10:57 (29.5%)	7:26	8.1 (71.1%)
76	PRABUCKA Weronika	1129	UKL OSEMKa POLICE	K1 16-29	20	00:25:45	00:37:11.40	+00:10:59 (29.5%)	7:26	8.1 (71.1%)
77	POŹNIAK Aleksandra	769	DZIKIE DZIECI GORZÓW	K2 30-39	37	00:09:38	00:37:15.00	+00:11:02 (29.6%)	7:27	8.1 (71.1%)
78	WALENT Marta	870		K2 30-39	38	00:10:29	00:37:34.75	+00:11:22 (30.3%)	7:31	8 (70.2%)
79	BOCHENEK Jadwiga	854	AFRO-FIT WATAHA CROSSFIT	K2 30-39	39	00:09:08	00:37:35.45	+00:11:23 (30.3%)	7:31	8 (70.2%)
80	GRALEWICZ Magdalena	599		K3 40-49	14	00:05:25	00:37:36.35	+00:11:23 (30.3%)	7:31	8 (70.2%)
81	POST Mariola	865		K3 40-49	15	00:38:42	00:37:49.25	+00:11:36 (30.7%)	7:33	7.9 (69.3%)
82	WOJCIECHOWSKA Maja	1116		K1 16-29	21	00:07:50	00:37:50.65	+00:11:38 (30.8%)	7:34	7.9 (69.3%)
83	TUZ Gabriela	888	TEAM SPIRIT NOWA SÓL	K2 30-39	40	00:08:44	00:37:56.45	+00:11:44 (30.9%)	7:35	7.9 (69.3%)
84	MAJCHER Agata	596	PIŁA TEAM	K1 16-29	22	00:02:00	00:38:15.85	+00:12:03 (31.5%)	7:39	7.8 (68.4%)
85	JUSINSKA Anna	771		K3 40-49	16	00:39:29	00:38:22.85	+00:12:10 (31.7%)	7:40	7.8 (68.4%)
86	KUPNIEWSKA Aleksandra	620	KOMPAS TEAM	K2 30-39	41	00:06:53	00:38:23.05	+00:12:10 (31.7%)	7:40	7.8 (68.4%)
87	MAŁECKA Anna	772		K3 40-49	17	00:13:02	00:38:23.65	+00:12:11 (31.7%)	7:40	7.8 (68.4%)
88	CAŁKA Barbara	914		K3 40-49	18	00:12:45	00:38:24.10	+00:12:11 (31.8%)	7:41	7.8 (68.4%)
89	BACHORSKA Dorota	767	FITOSKI TEAM	K3 40-49	19	00:39:26	00:38:27.85	+00:12:15 (31.9%)	7:41	7.8 (68.4%)
90	KAROL Monika	794	LOSZKI I WARCHLAKI	K1 16-29	23	00:09:27	00:38:33.40	+00:12:21 (32.0%)	7:42	7.8 (68.4%)
91	MIKICIUK Natalia	799		K1 16-29	24	00:39:10	00:38:34.15	+00:12:21 (32.1%)	7:42	7.8 (68.4%)
92	PIERZAKOWSKA Agnieszka	614	SZALONE MAMUŚKI	K2 30-39	42	00:05:22	00:38:45.60	+00:12:33 (32.4%)	7:45	7.7 (67.5%)
93	MISIUK Marta	618		K2 30-39	43	00:05:20	00:38:49.30	+00:12:36 (32.5%)	7:45	7.7 (67.5%)
94	DANILUK Małgorzata	809		K1 16-29	25	00:51:24	00:38:53.30	+00:12:40 (32.6%)	7:46	7.7 (67.5%)
95	KUNIKOWSKA Patrycja	672	STARGARD JA SIĘ NIE ŚCIGAM	K2 30-39	44	00:15:32	00:38:54.90	+00:12:42 (32.7%)	7:47	7.7 (67.5%)
96	DZIEDZINA Roksana	708	KLUB SPORTOWY FITNESS	K2 30-39	45	00:09:57	00:39:06.10	+00:12:53 (33.0%)	7:49	7.7 (67.5%)
97	SZCZUKIEWICZ Aneta	1090	WIECZORNE BIEGANIE W SZCZECINIE	K2 30-39	46	01:41:13	00:39:32.95	+00:13:20 (33.7%)	7:54	7.6 (66.7%)
98	LEŚNIEWSKA Julia	1139	DLL PARTNERS	K3 40-49	20	00:30:40	00:39:35.75	+00:13:23 (33.8%)	7:55	7.6 (66.7%)
99	WIELGUS-ULATOWSKA Joanna	942	HELLS HEAVEN SZCZECIN	K2 30-39	47	00:07:13	00:39:46.20	+00:13:33 (34.1%)	7:57	7.5 (65.8%)
100	KULEWSKA Joanna	1097	NORDICOWELOVE POLICE	K3 40-49	21	00:10:05	00:39:56.20	+00:13:43 (34.4%)	7:59	7.5 (65.8%)
101	PIEPRZOWSKA Sylwia	877		K3 40-49	22	00:10:03	00:39:58.15	+00:13:45 (34.4%)	7:59	7.5 (65.8%)
101	MYTYCH Ilona	1044	EXT-WLF	K1 16-29	26	00:44:18	00:39:58.15	+00:13:45 (34.4%)	7:59	7.5 (65.8%)
103	NAJMARK Małgorzata	695	NORDICOVE LOVE POLICE	K3 40-49	23	00:10:00	00:40:01.00	+00:13:48 (34.5%)	8:00	7.5 (65.8%)
104	BORODZIUK Magdalena	776	WOT	K3 40-49	24	00:09:22	00:40:11.80	+00:13:59 (34.8%)	8:02	7.5 (65.8%)
105	TOMICZAK Marta	661		K3 40-49	25	00:04:24	00:40:13.90	+00:14:01 (34.9%)	8:02	7.5 (65.8%)
106	KUŹMIŃSKA Weronika	696		K1 16-29	27	00:08:27	00:40:17.30	+00:14:04 (35.0%)	8:03	7.4 (64.9%)
107	LEBIODA Alicja	880		K3 40-49	26	00:10:46	00:40:19.00	+00:14:06 (35.0%)	8:03	7.4 (64.9%)
108	MAJCHER Małgorzata	597	PIŁA TEAM	K3 40-49	27	00:01:59	00:40:31.10	+00:14:18 (35.3%)	8:06	7.4 (64.9%)
109	SAWICKA - WERS Urszula	707	SAR-BSR KOŁOBRZEG MARATON TEAM	K2 30-39	48	00:12:22	00:40:42.45	+00:14:30 (35.6%)	8:08	7.4 (64.9%)
110	BEDNARZ Katarzyna	702		K3 40-49	28	00:12:19	00:40:44.85	+00:14:32 (35.7%)	8:09	7.4 (64.9%)
111	MUSKAŁA Beata	831	WDŚ KMP	K4 50-59	8	00:18:01	00:40:57.50	+00:14:45 (36.0%)	8:11	7.3 (64.0%)
112	KUCHARCZYK Paulina	782		K1 16-29	28	00:46:49	00:40:58.90	+00:14:46 (36.1%)	8:11	7.3 (64.0%)
113	STACH Sara	959		K1 16-29	29	01:15:58	00:41:10.65	+00:14:58 (36.4%)	8:14	7.3 (64.0%)
114	BIELSKA Ola	703		K2 30-39	49	01:15:17	00:41:23.00	+00:15:10 (36.7%)	8:16	7.2 (63.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	5km			
115	DROZDEK Joanna	608	KOMPAS TEAM	K3 40-49	29	00:06:56	00:41:24.05	00:48:20.40	+00:15:11 (36.7%)	8:16	7.2 (63.2%)
116	DYDEK Dorota	1162	SKB DZIK	K4 50-59	9	01:28:06	00:41:24.15	02:09:30.20	+00:15:11 (36.7%)	8:16	7.2 (63.2%)
117	ANIELSKA Anna	893		K2 30-39	50	00:14:45	00:41:43.35	00:56:29.05	+00:15:30 (37.2%)	8:20	7.2 (63.2%)
117	KOZŁOWSKA-BANIAK Paulina	949	BRIDGESTONE STARGARD RUNNERS	K3 40-49	30	00:02:15	00:41:43.35	00:43:58.65	+00:15:30 (37.2%)	8:20	7.2 (63.2%)
119	ZIELIŃSKA-RYŻ Katarzyna	970	DLL PARTNERS	K2 30-39	51	00:28:25	00:41:43.50	01:10:08.80	+00:15:31 (37.2%)	8:20	7.2 (63.2%)
120	SEŃ Agata	859		K2 30-39	52	00:14:36	00:41:52.40	00:56:29.15	+00:15:40 (37.4%)	8:22	7.2 (63.2%)
121	KAROLCZAK Magdalena	584	IHUHU TEAM	K3 40-49	31	00:11:09	00:41:53.75	00:53:03.15	+00:15:41 (37.4%)	8:22	7.2 (63.2%)
122	BANAŚ Anna	981	DLL PARTNERS	K2 30-39	53	00:27:52	00:42:10.20	01:10:02.50	+00:15:57 (37.9%)	8:26	7.1 (62.3%)
123	CHROBOCIŃSKA Elżbieta	820		K4 50-59	10	00:19:51	00:42:10.35	01:02:01.55	+00:15:57 (37.9%)	8:26	7.1 (62.3%)
124	PUFF Agata	987	DLL PARTNERS	K2 30-39	54	00:27:46	00:42:15.55	01:10:02.15	+00:16:03 (38.0%)	8:27	7.1 (62.3%)
125	GŁUSZYK Małgorzata	844		K2 30-39	55	00:04:11	00:42:21.10	00:46:32.90	+00:16:08 (38.1%)	8:28	7.1 (62.3%)
126	PARYPA Hanna	849		K2 30-39	56	00:04:08	00:42:24.05	00:46:32.70	+00:16:11 (38.2%)	8:28	7.1 (62.3%)
127	PYREK Iwona	662		K2 30-39	57	00:43:59	00:42:30.45	01:26:30.15	+00:16:18 (38.3%)	8:30	7.1 (62.3%)
128	RUTKOWSKA Anna	648	WATAHA WAŁCZ	K4 50-59	11	00:43:56	00:42:34.85	01:26:30.95	+00:16:22 (38.5%)	8:30	7 (61.4%)
129	LIUDA Sautana	692		K1 16-29	30	00:03:34	00:42:36.95	00:46:11.65	+00:16:24 (38.5%)	8:31	7 (61.4%)
130	MAŁKOWSKA Ewa	878		K3 40-49	32	02:23:13	00:43:09.45	03:06:22.75	+00:16:57 (39.3%)	8:37	7 (61.4%)
131	RYBCZYK Joanna	1032		K1 16-29	31	00:02:10	00:43:13.35	00:45:23.80	+00:17:00 (39.4%)	8:38	6.9 (60.5%)
132	SZAJEK Marta	1055	HULK TEAM POLICE	K3 40-49	33	00:05:45	00:43:42.30	00:49:27.60	+00:17:29 (40.0%)	8:44	6.9 (60.5%)
133	WIŚNIEWSKA Sandra	1003		K1 16-29	32	00:07:38	00:43:45.10	00:51:23.95	+00:17:32 (40.1%)	8:45	6.9 (60.5%)
134	KOSMAL-BRZYCHCY Agnieszka	946		K3 40-49	34	00:01:41	00:43:46.65	00:45:28.05	+00:17:34 (40.1%)	8:45	6.9 (60.5%)
135	ULASS Agnieszka	788		K3 40-49	35	00:50:54	00:43:53.55	01:34:48.25	+00:17:41 (40.3%)	8:46	6.8 (59.6%)
136	BIAŁOWĄS Alicja	785		K2 30-39	58	00:24:38	00:44:43.60	01:09:22.05	+00:18:31 (41.4%)	8:56	6.7 (58.8%)
137	BIAŁOWOLSKA-MICHNIACKA Elwira	1125	IRON TEAM SZCZECIN	K2 30-39	59	00:09:16	00:44:44.85	00:54:01.40	+00:18:32 (41.4%)	8:57	6.7 (58.8%)
138	OSTROWSKA Ewa	1068		K1 16-29	33	00:15:51	00:44:48.65	01:00:40.45	+00:18:36 (41.5%)	8:57	6.7 (58.8%)
139	BANASIAK Adrianna	1067		K2 30-39	60	00:15:49	00:44:50.95	01:00:40.80	+00:18:38 (41.6%)	8:58	6.7 (58.8%)
140	KWIATKOWSKA Julita	1051		K2 30-39	61	00:10:32	00:44:54.35	00:55:26.55	+00:18:41 (41.6%)	8:58	6.7 (58.8%)
141	KRAIŃSKA Karolina	1034		K2 30-39	62	00:03:37	00:45:10.95	00:48:47.95	+00:18:58 (42.0%)	9:02	6.6 (57.9%)
142	KAROL Agnieszka	795	LOSZKI I WARCHLAKI	K3 40-49	36	00:09:01	00:45:38.10	00:54:39.70	+00:19:25 (42.6%)	9:07	6.6 (57.9%)
143	PERROT Magdalena	688	WILKI Z CIECHOCINKA	K3 40-49	37	00:10:40	00:45:38.30	00:56:18.80	+00:19:25 (42.6%)	9:07	6.6 (57.9%)
144	MISIASZEK Beata	1037		K4 50-59	12	00:06:11	00:45:57.40	00:52:08.80	+00:19:45 (43.0%)	9:11	6.5 (57.0%)
145	ADAM Kamila	972	DLL PARTNERS	K2 30-39	63	00:28:00	00:46:18.35	01:14:19.00	+00:20:05 (43.4%)	9:15	6.5 (57.0%)
146	LIŚKIEWICZ Katarzyna	971	DLL PARTNERS	K3 40-49	38	00:27:57	00:46:21.35	01:14:19.15	+00:20:08 (43.5%)	9:16	6.5 (57.0%)
147	HAJDUKIEWICZ Anna	928		K3 40-49	39	00:01:34	00:46:21.95	00:47:56.65	+00:20:09 (43.5%)	9:16	6.5 (57.0%)
148	ZWYRBLIS KŁAPOUCH Wioletta	927		K3 40-49	40	00:01:32	00:46:24.85	00:47:56.85	+00:20:12 (43.5%)	9:16	6.5 (57.0%)
149	RUBAJ Anna	684		K2 30-39	64	00:08:25	00:46:35.20	00:55:00.50	+00:20:22 (43.7%)	9:19	6.4 (56.1%)
150	DOBROWOLSKA Anna	1059		K2 30-39	65	00:08:29	00:46:36.60	00:55:06.05	+00:20:24 (43.8%)	9:19	6.4 (56.1%)
151	TOMASZEWSKA Beata	851		K2 30-39	66	00:08:20	00:46:40.30	00:55:00.80	+00:20:27 (43.8%)	9:20	6.4 (56.1%)
152	PIERŚCIŃSKA Marzena	920		K3 40-49	41	00:08:18	00:46:44.20	00:55:03.10	+00:20:31 (43.9%)	9:21	6.4 (56.1%)
153	BURDA Magda	1026		K2 30-39	67	00:38:55	00:46:44.45	01:25:39.80	+00:20:32 (43.9%)	9:20	6.4 (56.1%)
154	DZIECIOL Alina	1058		K2 30-39	68	00:08:16	00:46:45.05	00:55:01.55	+00:20:32 (43.9%)	9:21	6.4 (56.1%)
155	GÓRSKA Agnieszka	685	NORDICOWELOVE POLICE	K3 40-49	42	00:08:23	00:46:45.55	00:55:08.65	+00:20:33 (44.0%)	9:21	6.4 (56.1%)
156	SKARŻYŃSKA Paulina	1148		K3 40-49	43	00:20:08	00:47:03.05	01:07:11.20	+00:20:50 (44.3%)	9:24	6.4 (56.1%)
157	KRAWCZYK Anna	1040		K1 16-29	34	00:22:56	00:47:44.70	01:10:41.40	+00:21:32 (45.1%)	9:33	6.3 (55.3%)
158	ŁUCZAK Magdalena	1039		K2 30-39	69	00:22:54	00:47:47.25	01:10:41.55	+00:21:34 (45.2%)	9:33	6.3 (55.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
159	PŁOSA Monika	765		K2 30-39	70	00:12:08	00:47:51.85	01:00:00.25	+00:21:39 (45.2%)	9:34	6.3 (55.3%)
160	PIEKARSKA Katarzyna	1053		K1 16-29	35	00:38:06	00:48:14.15	01:26:20.75	+00:22:01 (45.7%)	9:38	6.2 (54.4%)
161	KIELISZEK Anna	824	WIECZORNE BIEGANIE W SZCZECINIE	K2 30-39	71	01:30:50	00:48:46.85	02:19:37.75	+00:22:34 (46.3%)	9:45	6.1 (53.5%)
162	PRABUCKA Karolina	1127	UKL ÓSEMKI POLICE	K3 40-49	44	00:25:41	00:50:35.55	01:16:16.65	+00:24:23 (48.2%)	10:07	5.9 (51.8%)
163	STEMPNIAK Katarzyna	674	REBELS LEGION TEAM	K2 30-39	72	00:39:06	00:50:45.70	01:29:52.55	+00:24:33 (48.4%)	10:09	5.9 (51.8%)
164	KUCHARCZYK Elżbieta	763	RUN GRYF	K3 40-49	45	00:46:27	00:51:45.45	01:38:13.25	+00:25:33 (49.4%)	10:21	5.8 (50.9%)
165	KRÓL Magdalena	922		K2 30-39	73	00:32:19	00:52:13.40	01:24:32.90	+00:26:01 (49.8%)	10:26	5.7 (50.0%)
166	MICHALSKA Karolina	588	KOMPAS TEAM	K1 16-29	36	00:05:59	00:52:32.00	00:58:31.65	+00:26:19 (50.1%)	10:30	5.7 (50.0%)
167	REICHOLSKA Aneta	1257	KOMPAS TEAM	K3 40-49	46	00:05:56	00:52:33.85	00:58:30.45	+00:26:21 (50.1%)	10:30	5.7 (50.0%)
168	HAŁAS Renata	704	SZYBCIEJ NIE MOGE	K4 50-59	13	00:15:07	00:52:41.25	01:07:48.55	+00:26:28 (50.3%)	10:32	5.7 (50.0%)
169	WIĘCKOWSKA Monika	1048	DLL PARTNERS	K3 40-49	47	00:28:20	00:52:53.45	01:21:13.45	+00:26:41 (50.5%)	10:34	5.7 (50.0%)
170	KACZYŃSKA Monika	1047	DLL PARTNERS	K2 30-39	74	00:28:13	00:52:59.55	01:21:13.40	+00:26:47 (50.5%)	10:36	5.7 (50.0%)
171	SZAFRAN Magdalena	1046	DLL PARTNERS	K2 30-39	75	00:28:10	00:53:02.90	01:21:13.50	+00:26:50 (50.6%)	10:36	5.7 (50.0%)
172	KOŁACZYŃSKA Monika	625		K3 40-49	48	00:03:44	00:55:42.55	00:59:26.80	+00:29:30 (53.0%)	11:08	5.4 (47.4%)
173	STACHOWIAK Monika	992		K3 40-49	49	00:28:16	00:58:37.55	01:26:54.15	+00:32:25 (55.3%)	11:43	5.1 (44.7%)
174	PUZIO Joanna	784		K2 30-39	76	00:24:35	01:02:45.55	01:27:21.25	+00:36:33 (58.2%)	12:33	4.8 (42.1%)
175	PUZIO Hanna	783		K2 30-39	77	00:24:28	01:02:52.35	01:27:21.30	+00:36:39 (58.3%)	12:34	4.8 (42.1%)
176	NOWAK Aneta	683	NORDICOWELOVE POLICE	K3 40-49	50	00:10:12	01:05:51.10	01:16:03.15	+00:39:38 (60.2%)	13:10	4.6 (40.4%)

Znaleziono 176 wynik(ów)