



Organizator:
Data:
Miejsce:
Dystans:

Stowarzyszenie Klub Biegowy 4 RUN Team Piła
2016-05-01
Piła
10 km

V ĆWIERĆMARATON MUZYCZNY 10KM

B4SPORT



Klasyfikacja: K-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	STEFANOWICZ Monika	2	WKS GRUNWALD POZNAŃ	K30	1	00:00:01	00:06:22	00:20:49	00:35:39.70	00:35:41.30		3:34	16.8 (100%)
2	PADUSZYŃSKA Wioletta	342	PRETORIAN GORZÓW	K30	2	00:00:02	00:06:36	00:21:54	00:37:59.00	00:38:01.00	+00:02:19 (6.1%)	3:47	15.8 (94.0%)
3	RYCHTER Antonina	4	MKL SZCZECINEK	K30	3	00:00:01	00:06:59	00:23:30	00:40:26.05	00:40:27.95	+00:04:46 (11.8%)	4:02	14.8 (88.1%)
4	SOBCZAK-CZYNSZ Anna	596	FIZJOLINE SZCZECIN	K30	4	00:00:02	00:07:18	00:24:30	00:42:39.20	00:42:41.60	+00:06:59 (16.4%)	4:15	14.1 (83.9%)
5	WENGIEREK Maria	500		K20	1	00:00:10	00:07:40	00:25:08	00:43:26.40	00:43:36.60	+00:07:46 (17.9%)	4:20	13.8 (82.1%)
6	MARCINIAK Edyta	293	SUPERMARATON KALISZ	K30	5	00:00:03	00:07:17	00:25:07	00:43:41.15	00:43:44.25	+00:08:01 (18.4%)	4:22	13.7 (81.5%)
7	KAŹMIERCZAK Julia	205		K20	2	00:00:24	00:07:59	00:26:20	00:44:50.55	00:45:15.45	+00:09:10 (20.5%)	4:29	13.4 (79.8%)
8	PAUSZEK-SUBSTYK Lucyna	351	BIEGAJĄCY WĄGROWIEC	K30	6	00:00:07	00:07:44	00:26:20	00:45:36.10	00:45:43.30	+00:09:56 (21.8%)	4:33	13.2 (78.6%)
9	SOBAŃSKA Anna	442	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	K30	7	00:00:03	00:08:08	00:27:05	00:45:58.75	00:46:02.25	+00:10:19 (22.4%)	4:35	13 (77.4%)
10	SZCZEŚNIAK Anna	461	ŚWIAT BIEGACZA FEHLAU RUN TEAM	K20	3	00:00:03	00:07:37	00:26:51	00:46:35.70	00:46:39.10	+00:10:56 (23.5%)	4:39	12.9 (76.8%)
11	CHAREŹIŃSKA Lucyna	63	LKB LESZNO	K30	8	00:00:07	00:08:12	00:27:17	00:46:37.20	00:46:44.30	+00:10:57 (23.5%)	4:39	12.9 (76.8%)
12	PODLECKA Agnieszka	370	4 RUN TEAM PIŁA	K30	9	00:00:07	00:08:12	00:27:17	00:46:39.35	00:46:47.05	+00:10:59 (23.6%)	4:40	12.9 (76.8%)
13	MRÓZ Agata	310	KUMA	K30	10	00:00:04	00:07:55	00:27:19	00:46:41.20	00:46:45.65	+00:11:01 (23.6%)	4:40	12.9 (76.8%)
14	HASS Anita	167	E-FIZJO.PL	K30	11	00:00:15	00:08:12	00:27:10	00:46:47.55	00:47:03.05	+00:11:07 (23.8%)	4:40	12.8 (76.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	PAWŁOWSKA Aneta	567		K40	1	00:00:14	00:08:23	00:27:35	00:47:20.70	00:47:35.35	+00:11:41 (24.7%)	4:44	12.7 (75.6%)
16	PIECHOWSKA-CIOZDA Emilia	361		K30	12	00:00:05	00:08:17	00:27:38	00:47:41.60	00:47:46.85	+00:12:01 (25.2%)	4:46	12.6 (75.0%)
17	PAKULSKA Magdalena	346	PIĄTKOWO NA BIEGOWO	K40	2	00:00:08	00:08:08	00:27:35	00:47:41.60	00:47:49.60	+00:12:01 (25.2%)	4:46	12.6 (75.0%)
18	SKRZYPCZAK Hanna	438	MIŁOŚŁAW FORTUNA TEAM	K40	3	00:00:19	00:08:40	00:28:06	00:48:09.95	00:48:29.80	+00:12:30 (26.0%)	4:49	12.5 (74.4%)
19	WASZAK Daria	494		K20	4	00:00:11	00:08:15	00:27:54	00:48:15.75	00:48:27.05	+00:12:36 (26.1%)	4:49	12.4 (73.8%)
20	GOTLIB Iwona	142		K40	4	00:00:05	00:08:15	00:27:53	00:48:15.90	00:48:20.95	+00:12:36 (26.1%)	4:49	12.4 (73.8%)
21	BOSIANEK Anna	53		K30	13	00:00:03	00:08:12	00:28:17	00:48:32.35	00:48:36.20	+00:12:52 (26.5%)	4:51	12.4 (73.8%)
22	POSZWA Anna	553		K30	14	00:00:06	00:08:14	00:27:55	00:48:44.60	00:48:50.75	+00:13:04 (26.8%)	4:52	12.3 (73.2%)
23	CIBOR Klaudia	68	BODY CHIEF RUNNING TEAM	K20	5	00:00:06	00:07:49	00:27:41	00:48:47.65	00:48:54.35	+00:13:07 (26.9%)	4:52	12.3 (73.2%)
24	FABIS Iza	109	3:33 TEAM	K30	15	00:00:18	00:08:52	00:28:43	00:48:56.50	00:49:14.55	+00:13:16 (27.1%)	4:53	12.3 (73.2%)
25	BALCEROWICZ Beata	27	4RUN TEAM PIŁA	K40	5	00:00:06	00:08:39	00:28:43	00:48:57.45	00:49:03.90	+00:13:17 (27.2%)	4:53	12.3 (73.2%)
26	GLAZER Anna	135	CZARNKÓW	K40	6	00:00:12	00:08:42	00:28:39	00:49:07.20	00:49:20.00	+00:13:27 (27.4%)	4:54	12.2 (72.6%)
27	OSTROWSKA Agnieszka	339	DRUŻYNA SZPIKU	K30	16	00:00:08	00:08:13	00:27:50	00:49:13.75	00:49:22.55	+00:13:34 (27.6%)	4:55	12.2 (72.6%)
28	SKIBIŃSKA Aldona	432	CZARNKÓW	K40	7	00:00:13	00:08:42	00:28:38	00:49:22.60	00:49:35.80	+00:13:42 (27.8%)	4:56	12.2 (72.6%)
29	GIEDRYS Eliza	133	3:33 TEAM	K16	1	00:00:18	00:08:52	00:29:01	00:49:51.10	00:50:09.75	+00:14:11 (28.5%)	4:59	12 (71.4%)
30	ŚCIUBA Anita	479		K20	6	00:00:08	00:08:42	00:29:09	00:49:52.50	00:50:01.00	+00:14:12 (28.5%)	4:59	12 (71.4%)
31	TUCZYŃSKA Monika	545	MTS DRUŻYNA SZPIKU KGHM,SP PIŁA	K30	17	00:00:06	00:08:14	00:28:19	00:50:04.60	00:50:11.05	+00:14:24 (28.8%)	5:00	12 (71.4%)
32	FRĄCKOWIAK Aneta	120	MAMY-BIEGAMY	K30	18	00:00:17	00:08:50	00:29:12	00:50:08.65	00:50:26.35	+00:14:28 (28.9%)	5:00	12 (71.4%)
33	KOT Magdalena	237		K30	19	00:00:11	00:08:44	00:29:02	00:50:14.10	00:50:26.00	+00:14:34 (29.0%)	5:01	11.9 (70.8%)
34	RZYWUCKA Jolanta	411	4 RUN TEAM PIŁA	K30	20	00:00:11	00:08:44	00:29:02	00:50:18.85	00:50:30.75	+00:14:39 (29.1%)	5:01	11.9 (70.8%)
35	DĄBROWSKA Iza	87	MUD GOATS	K30	21	00:00:08	00:08:57	00:29:27	00:50:32.50	00:50:41.30	+00:14:52 (29.4%)	5:03	11.9 (70.8%)
36	MIKŁA Kamila	304	31 BAZA LOTNICTWA TAKTYCZNEGO/ MAMY-BIEGAMY	K30	22	00:00:11	00:08:36	00:29:08	00:50:45.70	00:50:57.00	+00:15:06 (29.7%)	5:04	11.8 (70.2%)
37	KURZAJCZYK Joanna	262	4RUN TEAM	K40	8	00:00:04	00:08:37	00:29:30	00:50:53.90	00:50:58.65	+00:15:14 (29.9%)	5:05	11.8 (70.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
38	WEINSTOK Anna	583		K30	23	00:00:25	00:08:45	00:29:09	00:51:02.55	00:51:28.15	+00:15:22 (30.1%)	5:06	11.8 (70.2%)
39	KOKOWSKA Anna	222	ZSS NR 1	K30	24	00:00:16	00:09:01	00:29:43	00:51:09.40	00:51:26.00	+00:15:29 (30.3%)	5:07	11.7 (69.6%)
40	BEDNAREK Aneta	34	KOBIETYBIEGAJA.PL	K30	25	00:00:21	00:08:43	00:29:38	00:51:28.90	00:51:50.00	+00:15:49 (30.7%)	5:08	11.7 (69.6%)
41	PARTYKA Maja	349	GABINET MASAŻU 'ORFEUSZ'	K30	26	00:00:14	00:08:54	00:29:48	00:51:34.20	00:51:48.80	+00:15:54 (30.8%)	5:09	11.6 (69.0%)
42	ZYGMUNT Angelika	538		K40	9	00:00:14	00:09:02	00:30:03	00:51:36.25	00:51:51.15	+00:15:56 (30.9%)	5:09	11.6 (69.0%)
43	JĘSIEK Agnieszka	190	PSEUDOBIEGCZKI	K40	10	00:00:26	00:09:04	00:30:09	00:51:38.25	00:52:04.40	+00:15:58 (30.9%)	5:09	11.6 (69.0%)
44	WROTECKA Emilia	513		K30	27	00:00:18	00:09:20	00:30:15	00:51:38.40	00:51:56.85	+00:15:58 (30.9%)	5:09	11.6 (69.0%)
45	WALCZAK Halina	490		K50	1	00:00:09	00:09:09	00:29:53	00:51:38.45	00:51:48.35	+00:15:58 (30.9%)	5:09	11.6 (69.0%)
46	KAPECKA Małgorzata	201		K30	28	00:00:05	00:08:59	00:29:52	00:51:44.60	00:51:50.15	+00:16:04 (31.1%)	5:10	11.6 (69.0%)
47	BERNARD Natalia	37		K30	29	00:00:12	00:09:08	00:30:01	00:51:55.90	00:52:08.45	+00:16:16 (31.3%)	5:11	11.6 (69.0%)
48	BARBUSIŃSKA Alicja	30		K40	11	00:00:12	00:09:11	00:30:18	00:51:56.45	00:52:09.30	+00:16:16 (31.3%)	5:11	11.5 (68.5%)
49	KLUGE Ewa	216		K40	12	00:00:05	00:08:39	00:29:20	00:52:06.15	00:52:12.05	+00:16:26 (31.6%)	5:12	11.5 (68.5%)
50	BŁASZCZYK Luiza	41		K20	7	00:00:08	00:08:54	00:30:03	00:52:19.35	00:52:28.00	+00:16:39 (31.8%)	5:14	11.5 (68.5%)
51	RYCHŁOWSKA Magdalena	407		K40	13	00:00:08	00:08:43	00:29:54	00:52:23.15	00:52:31.35	+00:16:43 (31.9%)	5:14	11.5 (68.5%)
52	KNAPIŃSKA Monika	221		K30	30	00:00:17	00:09:07	00:30:24	00:52:34.80	00:52:52.60	+00:16:55 (32.2%)	5:15	11.4 (67.9%)
53	DĘBSKA Klaudyna	93		K30	31	00:00:25	00:09:10	00:30:40	00:52:56.05	00:53:21.90	+00:17:16 (32.6%)	5:17	11.3 (67.3%)
54	DZIEWIATOWSKA Agnieszka	105		K40	14	00:00:26	00:09:03	00:30:12	00:53:20.80	00:53:47.50	+00:17:41 (33.2%)	5:20	11.2 (66.7%)
55	BOLESTA Katarzyna	46	BIEGAM ZA KARE	K30	32	00:00:25	00:09:44	00:31:40	00:53:27.45	00:53:52.80	+00:17:47 (33.3%)	5:20	11.2 (66.7%)
56	WALCZAK Agnieszka	572	TKKF KOSZALIN	K40	15	00:00:26	00:09:22	00:30:31	00:53:34.20	00:54:00.45	+00:17:54 (33.4%)	5:21	11.2 (66.7%)
57	SANOCKA Halina	418	4RUN TEAM PIŁA	K60	1	00:00:12	00:09:28	00:31:19	00:53:34.80	00:53:47.10	+00:17:55 (33.4%)	5:21	11.2 (66.7%)
58	MANKOWSKA Janina	594		K50	2	00:00:17	00:09:07	00:30:48	00:53:48.35	00:54:05.60	+00:18:08 (33.7%)	5:22	11.2 (66.7%)
59	ŚWIERZOWSKA Magdalena	481	JEŻYCE BIEGAJĄ	K30	33	00:00:22	00:09:30	00:31:42	00:53:49.25	00:54:11.90	+00:18:09 (33.7%)	5:22	11.1 (66.1%)
60	CIEMIĘGA Emilia	71	ONIONRUNNERS	K20	8	00:00:16	00:09:20	00:31:37	00:53:52.40	00:54:08.55	+00:18:12 (33.8%)	5:23	11.1 (66.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
61	PAŁYS Magdalena	348	SZKOŁA POLICJI W PILE	K30	34	00:00:15	00:09:47	00:31:44	00:53:57.10	00:54:12.35	+00:18:17 (33.9%)	5:23	11.1 (66.1%)
62	NOWAK Elżbieta	330		K30	35	00:00:15	00:09:47	00:31:45	00:53:57.75	00:54:12.80	+00:18:18 (33.9%)	5:23	11.1 (66.1%)
63	PAJĄK Monika	343	MAMY-BIEGAMY	K30	36	00:00:22	00:09:32	00:31:44	00:54:11.35	00:54:33.95	+00:18:31 (34.2%)	5:25	11.1 (66.1%)
64	GRETKIEWICZ Nicole	153		K16	2	00:00:18	00:09:15	00:31:29	00:54:14.40	00:54:33.30	+00:18:34 (34.3%)	5:25	11.1 (66.1%)
65	SAFON-LACH Maria	413		K30	37	00:00:03	00:09:10	00:31:21	00:54:16.55	00:54:20.05	+00:18:36 (34.3%)	5:25	11.1 (66.1%)
66	WYKA Angelika	519	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ...	K30	38	00:00:09	00:09:11	00:31:11	00:54:22.85	00:54:32.75	+00:18:43 (34.4%)	5:26	11 (65.5%)
67	STRZELCZYK Wioletta	452		K40	16	00:00:17	00:09:36	00:31:29	00:54:25.45	00:54:42.60	+00:18:45 (34.5%)	5:26	11 (65.5%)
68	ZYCH Agnieszka	6	4 RUN TEAM PIŁA	K30	39	00:00:12	00:09:28	00:31:21	00:54:26.00	00:54:38.30	+00:18:46 (34.5%)	5:26	11 (65.5%)
69	JOKIEL Monika	599		K30	40	00:00:07	00:08:46	00:30:05	00:54:45.50	00:54:52.65	+00:19:05 (34.9%)	5:28	11 (65.5%)
70	BORUC Barbara	51		K40	17	00:00:11	00:09:19	00:31:23	00:54:48.75	00:55:00.20	+00:19:09 (34.9%)	5:28	10.9 (64.9%)
71	PYDYN Regina	389		K50	3	00:00:28	00:09:47	00:32:10	00:55:02.45	00:55:30.45	+00:19:22 (35.2%)	5:30	10.9 (64.9%)
72	ARAMOWICZ Urszula	19	1KADR.PL	K30	41	00:00:05	00:09:30	00:31:53	00:55:08.15	00:55:13.40	+00:19:28 (35.3%)	5:30	10.9 (64.9%)
73	SZULC Edyta	469		K40	18	00:00:20	00:10:05	00:32:33	00:55:12.15	00:55:32.45	+00:19:32 (35.4%)	5:31	10.9 (64.9%)
74	STADNIK Ewelina	443		K30	42	00:00:15	00:09:51	00:32:42	00:55:20.35	00:55:36.30	+00:19:40 (35.6%)	5:32	10.8 (64.3%)
75	KOSTECKA Małgorzata	234	NIGHT RUNNERS	K30	43	00:00:25	00:10:09	00:32:27	00:55:44.85	00:56:10.05	+00:20:05 (36.0%)	5:34	10.8 (64.3%)
76	SICIARZ Natalia	423	NIGHT RUNNERS	K30	44	00:00:25	00:10:09	00:32:27	00:55:45.40	00:56:10.40	+00:20:05 (36.0%)	5:34	10.8 (64.3%)
77	GRUBICH - BIEDNA Joanna	157		K30	45	00:00:24	00:09:48	00:32:08	00:55:48.75	00:56:13.15	+00:20:09 (36.1%)	5:34	10.7 (63.7%)
78	SKRZYPCZAK Ewa	439		K30	46	00:00:34	00:09:16	00:31:50	00:55:50.80	00:56:24.90	+00:20:11 (36.1%)	5:35	10.7 (63.7%)
79	KARABASZ Ewa	202		K40	19	00:00:15	00:09:51	00:32:43	00:55:53.35	00:56:08.75	+00:20:13 (36.2%)	5:35	10.7 (63.7%)
80	BANACZYK Wioletta	29		K40	20	00:00:12	00:09:45	00:32:57	00:55:54.25	00:56:06.75	+00:20:14 (36.2%)	5:35	10.7 (63.7%)
81	FLIEGNER Julia	117	JEŻYCE BIEGAJĄ	K30	47	00:00:22	00:09:31	00:32:07	00:55:55.25	00:56:17.85	+00:20:15 (36.2%)	5:35	10.7 (63.7%)
82	LIPSKA Małgorzata	270		K30	48	00:00:20	00:09:49	00:32:23	00:55:55.95	00:56:16.20	+00:20:16 (36.2%)	5:35	10.7 (63.7%)
83	ŻEBROWSKA Katarzyna	540		K40	21	00:00:24	00:10:13	00:33:03	00:55:56.65	00:56:21.20	+00:20:16 (36.3%)	5:35	10.7 (63.7%)

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84	JEZIOR Mirostawa	189		K40	22	00:00:19	00:09:48	00:32:29	00:56:03.80	00:56:23.75	+00:20:24 (36.4%)	5:36	10.7 (63.7%)
85	CIERACH Anna	73		K30	49	00:00:17	00:09:43	00:32:48	00:56:06.60	00:56:23.75	+00:20:26 (36.4%)	5:36	10.7 (63.7%)
86	HORNIK Natalia	171		K20	9	00:00:10	00:09:17	00:32:03	00:56:11.35	00:56:21.80	+00:20:31 (36.5%)	5:37	10.7 (63.7%)
87	SUSKA-SZCZERBICKA Magdalena	455		K40	23	00:00:18	00:10:04	00:33:04	00:56:25.50	00:56:43.55	+00:20:45 (36.8%)	5:38	10.6 (63.1%)
88	HRYNCEWICZ Agata	174		K30	50	00:00:17	00:10:06	00:33:04	00:56:38.65	00:56:56.50	+00:20:58 (37.0%)	5:39	10.6 (63.1%)
89	KOWALSKA Marzena	240		K30	51	00:00:14	00:10:02	00:33:03	00:56:38.95	00:56:53.75	+00:20:59 (37.0%)	5:39	10.6 (63.1%)
90	ZDEBIK Katarzyna	530		K20	10	00:00:17	00:09:39	00:32:49	00:56:39.35	00:56:57.30	+00:20:59 (37.1%)	5:40	10.6 (63.1%)
91	FILIPIAK Basia	116	MAMY-BIEGAMY	K30	52	00:00:17	00:09:48	00:32:40	00:56:48.85	00:57:06.55	+00:21:09 (37.2%)	5:40	10.6 (63.1%)
92	WALKOWIAK Magdalena	491		K30	53	00:00:17	00:10:06	00:33:05	00:56:49.75	00:57:07.70	+00:21:10 (37.2%)	5:41	10.6 (63.1%)
93	CZAPIEWSKA Paulina	605		K20	11	00:00:13	00:09:53	00:33:03	00:56:54.15	00:57:07.90	+00:21:14 (37.3%)	5:41	10.5 (62.5%)
94	PTAKOWSKA Natalia	388		K30	54	00:00:09	00:09:14	00:32:36	00:57:03.25	00:57:12.90	+00:21:23 (37.5%)	5:42	10.5 (62.5%)
95	NIEDZIELA Dorota	318		K50	4	00:00:12	00:09:45	00:32:58	00:57:03.55	00:57:15.95	+00:21:23 (37.5%)	5:42	10.5 (62.5%)
96	WOJTANIA Aleksandra	507		K20	12	00:00:03	00:09:18	00:32:51	00:57:05.50	00:57:08.50	+00:21:25 (37.5%)	5:42	10.5 (62.5%)
97	STEFANOWICZ Agnieszka	448		K40	24	00:00:03	00:09:44	00:33:08	00:57:45.40	00:57:49.10	+00:22:05 (38.3%)	5:46	10.4 (61.9%)
98	PODLECKA Paula	371	LOKATOR NIERUCHOMOŚCI PIŁA	K20	13	00:00:30	00:10:39	00:34:34	00:57:55.85	00:58:25.95	+00:22:16 (38.4%)	5:47	10.4 (61.9%)
99	MAŚLANA Alicja	298	JEDNEGO SERCA	K16	3	00:00:21	00:10:43	00:35:18	00:58:18.10	00:58:39.10	+00:22:38 (38.8%)	5:49	10.3 (61.3%)
100	MAJCHRZAK Daria	288	DZIKIE WIEPRZE	K20	14	00:00:11	00:09:34	00:33:59	00:58:23.40	00:58:35.00	+00:22:43 (38.9%)	5:50	10.3 (61.3%)
101	PRZYTULSKA Agnieszka	387		K20	15	00:00:28	00:09:48	00:32:49	00:58:23.55	00:58:51.65	+00:22:43 (38.9%)	5:50	10.3 (61.3%)
102	LISSEWSKA Konstancja	273	GRUNWALD TEAM POZNAŃ	K30	55	00:00:11	00:10:09	00:33:48	00:58:28.60	00:58:40.45	+00:22:48 (39.0%)	5:50	10.3 (61.3%)
103	FILIPIAK Agnieszka	115		K40	25	00:00:16	00:09:40	00:33:29	00:58:31.60	00:58:48.05	+00:22:51 (39.1%)	5:51	10.3 (61.3%)
104	DRAJERCZAK Marlena	98	MAMY - BIEGAMY	K30	56	00:00:17	00:09:48	00:33:32	00:58:33.10	00:58:51.00	+00:22:53 (39.1%)	5:51	10.2 (60.7%)
105	MALICKA Jolanta	289	GRUPA DWAKOLKA.PL	K30	57	00:00:13	00:10:20	00:35:10	00:58:47.80	00:59:01.75	+00:23:08 (39.3%)	5:52	10.2 (60.7%)
106	STRZELECKA Małgorzata	453	SAILING TEAM FERAJNA	K40	26	00:00:30	00:10:46	00:34:25	00:58:48.75	00:59:19.25	+00:23:09 (39.4%)	5:52	10.2 (60.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
107	GAPIŃSKA Marzena	122		K40	27	00:00:30	00:10:46	00:34:25	00:58:48.95	00:59:19.00	+00:23:09 (39.4%)	5:52	10.2 (60.7%)
108	TOMCZAK-PAJĄK Magdalena	586		K30	58	00:00:19	00:10:15	00:34:20	00:58:49.75	00:59:09.15	+00:23:10 (39.4%)	5:53	10.2 (60.7%)
109	RASZKA Elżbieta	391		K30	59	00:00:21	00:10:00	00:34:17	00:58:53.70	00:59:15.60	+00:23:14 (39.4%)	5:53	10.2 (60.7%)
110	SAFON Alicja	412		K40	28	00:00:03	00:09:33	00:33:50	00:58:53.95	00:58:57.75	+00:23:14 (39.5%)	5:53	10.2 (60.7%)
111	ZAWADA Marta	528		K30	60	00:00:15	00:10:00	00:33:52	00:58:55.15	00:59:10.45	+00:23:15 (39.5%)	5:53	10.2 (60.7%)
112	CZARNECKA Danuta	79		K40	29	00:00:21	00:10:08	00:34:13	00:58:58.60	00:59:19.95	+00:23:18 (39.5%)	5:53	10.2 (60.7%)
113	POMPAŁA Iwona	373		K40	30	00:00:14	00:09:58	00:33:55	00:59:11.55	00:59:26.05	+00:23:31 (39.8%)	5:55	10.1 (60.1%)
114	OWCZARZAK Gosia	341	MATKAMAWYCHODNE	K30	61	00:00:32	00:10:20	00:34:20	00:59:25.15	00:59:58.00	+00:23:45 (40.0%)	5:56	10.1 (60.1%)
115	KOŁDA Halina	225		K50	5	00:00:06	00:09:34	00:33:34	00:59:31.55	00:59:37.70	+00:23:51 (40.1%)	5:57	10.1 (60.1%)
116	PROKOP Małgorzata	378		K30	62	00:00:29	00:10:47	00:34:37	00:59:33.25	01:00:02.25	+00:23:53 (40.1%)	5:57	10.1 (60.1%)
117	PABICH Magdalena	10	4RUN TEAM PIŁA	K40	31	00:00:36	00:10:36	00:34:27	00:59:45.50	01:00:21.60	+00:24:05 (40.3%)	5:58	10 (59.5%)
118	KLESZCZ Bożena	214		K30	63	00:00:37	00:10:41	00:34:51	00:59:52.15	01:00:30.10	+00:24:12 (40.4%)	5:59	10 (59.5%)
119	BRAMORSKA Mariola	367		K40	32	00:00:30	00:10:19	00:34:27	00:59:54.00	01:00:24.05	+00:24:14 (40.5%)	5:59	10 (59.5%)
120	CHOMONT Magdalena	566		K30	64	00:00:13	00:09:31	00:33:47	01:00:00.25	01:00:13.25	+00:24:20 (40.6%)	6:00	10 (59.5%)
121	SZYMCZAK Anna	477	SYSTEM 11 WAŁCZ	K40	33	00:00:10	00:10:03	00:34:39	01:00:00.70	01:00:11.15	+00:24:21 (40.6%)	6:00	10 (59.5%)
122	STRZELCZYK Natalia	564		K20	16	00:00:17	00:11:12	00:35:35	01:00:09.40	01:00:26.85	+00:24:29 (40.7%)	6:00	10 (59.5%)
123	KOSMAŁSKA Magdalena	232	SKS HUSARIA	K30	65	00:00:28	00:10:47	00:35:38	01:00:12.25	01:00:40.50	+00:24:32 (40.8%)	6:01	10 (59.5%)
124	ANTOSZ Aneta	18	DRUŻYNA SZPIKU	K40	34	00:00:32	00:10:45	00:35:10	01:00:33.70	01:01:05.85	+00:24:54 (41.1%)	6:03	9.9 (58.9%)
125	GROCHALSKA Miranda	154		K40	35	00:00:27	00:10:53	00:36:11	01:00:35.70	01:01:03.55	+00:24:56 (41.1%)	6:03	9.9 (58.9%)
126	JANKA Aleksandra	181		K40	36	00:00:22	00:10:38	00:35:20	01:00:37.35	01:01:00.25	+00:24:57 (41.2%)	6:03	9.9 (58.9%)
127	JAKUBOWSKA Małgorzata	180		K30	66	00:00:31	00:10:43	00:35:03	01:00:40.80	01:01:12.00	+00:25:01 (41.2%)	6:04	9.9 (58.9%)
128	KĄDZIELA-MROTEK Dobrawa	207		K20	17	00:00:18	00:10:05	00:34:47	01:00:47.15	01:01:05.40	+00:25:07 (41.3%)	6:04	9.9 (58.9%)
129	CZARNECKA Małgorzata	78		K40	37	00:00:27	00:09:53	00:34:27	01:00:49.30	01:01:17.00	+00:25:09 (41.4%)	6:05	9.9 (58.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
130	SAMSEL Dorota	417		K40	38	00:00:38	00:10:36	00:34:42	01:01:10.80	01:01:49.60	+00:25:31 (41.7%)	6:07	9.8 (58.3%)
131	PORANKIEWICZ Renata	375		K40	39	00:00:30	00:10:03	00:34:53	01:01:10.90	01:01:40.90	+00:25:31 (41.7%)	6:07	9.8 (58.3%)
132	SZCZEPAŃSKA Magdalena	459	POLSKA	K40	40	00:00:15	00:09:59	00:33:52	01:01:11.10	01:01:26.65	+00:25:31 (41.7%)	6:07	9.8 (58.3%)
133	BERENDT Sandra	608	JEDNEGO SERCA	K16	4	00:00:21	00:10:43	00:35:28	01:01:14.35	01:01:35.70	+00:25:34 (41.8%)	6:07	9.8 (58.3%)
134	MURJAS Jolanta	312		K60	2	00:00:22	00:10:15	00:34:47	01:01:16.85	01:01:38.95	+00:25:37 (41.8%)	6:07	9.8 (58.3%)
135	SKOWRONSKA Wanda	435	SKOWRONEK	K60	3	00:00:15	00:10:09	00:34:42	01:01:18.60	01:01:34.30	+00:25:38 (41.8%)	6:07	9.8 (58.3%)
136	RATAJCZYK Ewa	395	HEFALUMPY	K40	41	00:00:10	00:10:05	00:35:11	01:01:20.30	01:01:31.00	+00:25:40 (41.9%)	6:08	9.8 (58.3%)
137	LUDZKOWSKA Edyta	277	KB KATORŻNIK MUROWANA GOŚLINA	K40	42	00:00:26	00:10:43	00:35:12	01:01:34.75	01:02:01.50	+00:25:55 (42.1%)	6:09	9.7 (57.7%)
138	AUGUSTYNIAK Agnieszka	22	MATKI WARIATKI	K30	67	00:00:28	00:10:07	00:34:34	01:01:37.70	01:02:05.85	+00:25:58 (42.1%)	6:09	9.7 (57.7%)
139	ŁUBNIEWICZ Bernadeta	283		K30	68	00:00:18	00:10:31	00:35:19	01:01:39.25	01:01:57.60	+00:25:59 (42.2%)	6:09	9.7 (57.7%)
140	SZYMAŃSKA Hanna	543		K40	43	00:00:18	00:10:31	00:35:20	01:01:44.00	01:02:02.80	+00:26:04 (42.2%)	6:10	9.7 (57.7%)
141	DYMECKA Joanna	103	PARKRUN SZCZECINEK	K30	69	00:00:09	00:10:06	00:34:56	01:01:47.20	01:01:56.80	+00:26:07 (42.3%)	6:10	9.7 (57.7%)
142	ŻUPAŃSKA Anna	542		K30	70	00:00:13	00:11:14	00:36:20	01:01:51.00	01:02:04.00	+00:26:11 (42.3%)	6:11	9.7 (57.7%)
143	PRENDECKA Sylwia	377	RUNNERS OF WAŁCZ	K30	71	00:00:24	00:10:06	00:35:16	01:01:58.30	01:02:22.60	+00:26:18 (42.5%)	6:11	9.7 (57.7%)
144	PAJĄK Małgosia	344		K30	72	00:00:24	00:10:07	00:35:16	01:01:58.60	01:02:22.60	+00:26:18 (42.5%)	6:11	9.7 (57.7%)
145	NOWAK Kasia	328		K20	18	00:00:35	00:11:26	00:37:04	01:01:59.55	01:02:35.00	+00:26:19 (42.5%)	6:12	9.7 (57.7%)
146	ADAMSKA Ewa	15	HERNIK TEAM	K30	73	00:00:29	00:10:48	00:35:53	01:02:02.30	01:02:32.05	+00:26:22 (42.5%)	6:12	9.7 (57.7%)
147	WACŁAWIK Agnieszka	488	MAMY-BIEGAMY	K20	19	00:00:27	00:11:31	00:36:51	01:02:03.95	01:02:31.05	+00:26:24 (42.5%)	6:12	9.7 (57.7%)
148	PRZYBYLSKA Aneta	382	RODZINKA.PL	K30	74	00:00:31	00:10:53	00:36:00	01:02:07.20	01:02:38.60	+00:26:27 (42.6%)	6:12	9.7 (57.7%)
149	WOLENDER Weronika	509		K20	20	00:00:17	00:10:14	00:35:32	01:02:12.60	01:02:29.70	+00:26:32 (42.7%)	6:13	9.6 (57.1%)
150	NOWAK Dominika	326		K16	5	00:00:35	00:11:26	00:37:04	01:02:15.40	01:02:51.20	+00:26:35 (42.7%)	6:13	9.6 (57.1%)
151	SZULC Ewa	470		K50	6	00:00:20	00:11:11	00:36:28	01:02:19.50	01:02:40.00	+00:26:39 (42.8%)	6:14	9.6 (57.1%)
152	BOBOWSKA Danuta	44		K60	4	00:00:19	00:10:18	00:35:04	01:02:20.55	01:02:39.55	+00:26:40 (42.8%)	6:14	9.6 (57.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
153	GAŚIOROWSKA Natalia	128		K20	21	00:00:27	00:10:56	00:36:39	01:02:21.95	01:02:49.80	+00:26:42 (42.8%)	6:14	9.6 (57.1%)
154	FIGURA Klaudia	113		K20	22	00:00:17	00:10:26	00:35:50	01:02:23.05	01:02:40.95	+00:26:43 (42.8%)	6:14	9.6 (57.1%)
155	OLEJNICZAK Justyna	337	MAMY-BIEGAMY	K30	75	00:00:28	00:11:27	00:36:26	01:02:24.60	01:02:53.05	+00:26:44 (42.9%)	6:14	9.6 (57.1%)
156	MARCINIAK Marta	292	MAMY-BIEGAMY	K30	76	00:00:28	00:11:27	00:36:26	01:02:25.75	01:02:53.85	+00:26:46 (42.9%)	6:14	9.6 (57.1%)
157	GODLEWSKA Agnieszka	138		K40	44	00:00:22	00:11:03	00:36:45	01:02:30.45	01:02:53.30	+00:26:50 (42.9%)	6:15	9.6 (57.1%)
158	SŁABUSZEWSKA Olga	441	AJJ.. RT	K30	77	00:00:35	00:11:27	00:37:12	01:02:33.85	01:03:09.35	+00:26:54 (43.0%)	6:15	9.6 (57.1%)
159	SIKORSKA Ewa	426		K20	23	00:00:26	00:10:39	00:36:21	01:02:53.00	01:03:19.15	+00:27:13 (43.3%)	6:17	9.5 (56.5%)
160	SIKORSKA-RYBARSKA Kasia	427		K40	45	00:00:25	00:10:40	00:36:21	01:02:54.25	01:03:19.75	+00:27:14 (43.3%)	6:17	9.5 (56.5%)
161	ANTOCHOWSKA Barbara	16		K30	78	00:00:22	00:10:17	00:36:08	01:02:54.85	01:03:17.75	+00:27:15 (43.3%)	6:17	9.5 (56.5%)
162	BRZozowska Anula	55		K30	79	00:00:32	00:10:59	00:36:05	01:02:58.90	01:03:31.15	+00:27:19 (43.4%)	6:17	9.5 (56.5%)
163	JANUSZEWSKA Justyna	184		K20	24	00:00:13	00:11:14	00:36:24	01:03:17.95	01:03:30.95	+00:27:38 (43.7%)	6:19	9.5 (56.5%)
164	WAŁEK Małgorzata	492	BRAK	K30	80	00:00:15	00:10:33	00:36:30	01:03:21.00	01:03:36.90	+00:27:41 (43.7%)	6:20	9.5 (56.5%)
165	KŁOS Anna	218		K30	81	00:00:27	00:10:58	00:36:43	01:03:34.40	01:04:02.00	+00:27:54 (43.9%)	6:21	9.4 (56.0%)
166	RATAJCZAK Anna	393	NIGHT RUNNERS	K40	46	00:00:31	00:10:39	00:36:31	01:03:51.15	01:04:22.25	+00:28:11 (44.1%)	6:23	9.4 (56.0%)
167	GAWLIŃSKA Agnieszka	126		K30	82	00:00:19	00:10:26	00:36:36	01:03:51.30	01:04:10.40	+00:28:11 (44.2%)	6:23	9.4 (56.0%)
168	NATONIEWSKA Małgorzata	314		K40	47	00:00:16	00:10:35	00:37:38	01:03:51.45	01:04:08.25	+00:28:11 (44.2%)	6:23	9.4 (56.0%)
169	WRUK Alicja	516		K40	48	00:00:14	00:10:19	00:36:18	01:03:52.25	01:04:06.55	+00:28:12 (44.2%)	6:23	9.4 (56.0%)
170	ENCMINGER Marta	108	KOBIETY BIEGAJA	K20	25	00:00:13	00:10:46	00:36:34	01:03:58.50	01:04:12.15	+00:28:18 (44.3%)	6:23	9.4 (56.0%)
171	KUJAWSKA Magdalena	256		K20	26	00:00:21	00:11:22	00:37:52	01:04:05.90	01:04:27.10	+00:28:26 (44.4%)	6:24	9.4 (56.0%)
172	BURBULIS Agnieszka	60	LOKATOR NIERUCHOMOŚCI PIŁA	K30	83	00:00:15	00:10:34	00:36:32	01:04:09.25	01:04:25.20	+00:28:29 (44.4%)	6:25	9.4 (56.0%)
173	JASOŃ-PAWŁOWSKA Justyna	185	E-FIZJO.PL	K30	84	00:00:20	00:11:06	00:36:49	01:04:10.40	01:04:30.40	+00:28:30 (44.4%)	6:25	9.4 (56.0%)
174	DUDZIŃSKA Maja	101	JEDNEGO SERCA	K16	6	00:00:24	00:10:58	00:36:51	01:04:32.55	01:04:56.85	+00:28:52 (44.7%)	6:27	9.3 (55.4%)
175	BŁASZCZYK Marta	42	RUNNERS OF WAŁCZ	K20	27	00:00:23	00:10:02	00:35:40	01:04:37.45	01:05:01.15	+00:28:57 (44.8%)	6:27	9.3 (55.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
176	WYRWIŃSKA Adriana	520		K40	49	00:00:08	00:10:51	00:37:06	01:04:56.95	01:05:05.15	+00:29:17 (45.1%)	6:29	9.2 (54.8%)
177	STĘPNIEWICZ Małgorzata	580		K30	85	00:00:21	00:10:04	00:36:45	01:05:03.25	01:05:24.50	+00:29:23 (45.2%)	6:30	9.2 (54.8%)
178	KALETKA Anna	197	KALETKA TEAM	K16	7	00:00:33	00:10:46	00:36:40	01:05:16.95	01:05:50.30	+00:29:37 (45.4%)	6:31	9.2 (54.8%)
179	CICHOSZ Honorata	69	KB KATORŻNIK MUROWANA GOŚLINA	K30	86	00:00:27	00:11:05	00:37:44	01:05:49.20	01:06:16.25	+00:30:09 (45.8%)	6:34	9.1 (54.2%)
180	LUDZKOWSKA Klaudia	278	KB KATORŻNIK MUROWANA GOŚLINA	K16	8	00:00:27	00:11:45	00:38:21	01:05:58.15	01:06:25.85	+00:30:18 (45.9%)	6:35	9.1 (54.2%)
181	WAWIERNIA Kamila	497		K20	28	00:00:31	00:11:32	00:38:10	01:06:29.30	01:07:01.00	+00:30:49 (46.4%)	6:39	9 (53.6%)
182	CYLWA Monika	77		K40	50	00:00:27	00:11:20	00:38:18	01:07:20.10	01:07:47.15	+00:31:40 (47.0%)	6:44	8.9 (53.0%)
183	GARBACIK Kasia	124		K20	29	00:00:12	00:11:32	00:38:37	01:07:40.25	01:07:52.80	+00:32:00 (47.3%)	6:46	8.9 (53.0%)
184	POSZWA Wiktoria	560		K16	9	00:00:08	00:09:32	00:35:59	01:08:04.80	01:08:13.15	+00:32:25 (47.6%)	6:48	8.8 (52.4%)
185	ZANDECKA Monika	525	MAMY-BIEGAMY	K30	87	00:00:32	00:12:15	00:41:01	01:08:42.15	01:09:14.45	+00:33:02 (48.1%)	6:52	8.7 (51.8%)
186	OKRUTNA Paula	575		K20	30	00:00:06	00:11:53	00:39:20	01:08:57.60	01:09:04.55	+00:33:17 (48.3%)	6:53	8.7 (51.8%)
187	GOMOŁA Ewelina	574		K30	88	00:00:06	00:11:53	00:39:20	01:08:57.70	01:09:04.65	+00:33:18 (48.3%)	6:53	8.7 (51.8%)
188	CZEMPIŃSKA Ludmiła	83	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	K40	51	00:00:23	00:10:59	00:39:02	01:08:58.25	01:09:21.65	+00:33:18 (48.3%)	6:53	8.7 (51.8%)
189	JANOWICZ Violetta	183		K40	52	00:00:35	00:11:59	00:40:41	01:09:02.75	01:09:38.55	+00:33:23 (48.4%)	6:54	8.7 (51.8%)
190	LIGENZA-KOWALCZUK Agata	269		K30	89	00:00:30	00:11:34	00:40:13	01:09:29.30	01:09:59.35	+00:33:49 (48.7%)	6:56	8.6 (51.2%)
191	KIN Michalina	208		K30	90	00:00:29	00:11:29	00:39:48	01:09:45.20	01:10:14.35	+00:34:05 (48.9%)	6:58	8.6 (51.2%)
192	PAWLAK Katarzyna	352	MAMY-BIEGAMY	K30	91	00:00:32	00:12:15	00:40:35	01:10:25.65	01:10:58.35	+00:34:45 (49.4%)	7:02	8.5 (50.6%)
193	CERANOWSKA Agnieszka	610	PSEUDOBIEGACZKI	K30	92	00:00:26	00:11:32	00:40:09	01:11:23.85	01:11:50.65	+00:35:44 (50.1%)	7:08	8.4 (50.0%)
194	ŁĘCKA Sylwia	282	MAMY-BIEGAMY	K30	93	00:00:32	00:12:15	00:41:01	01:11:51.65	01:12:23.75	+00:36:11 (50.4%)	7:11	8.4 (50.0%)
195	ZBIELSKA Agnieszka	529	SAILING TEAM FERAJNA	K30	94	00:00:29	00:11:53	00:41:48	01:14:08.70	01:14:38.15	+00:38:29 (51.9%)	7:24	8.1 (48.2%)
196	BŁASZCZYK Dorota	43	RUNNERS OF WAŁCZ	K50	7	00:00:23	00:13:14	00:46:10	01:20:30.55	01:20:54.30	+00:44:50 (55.7%)	8:03	7.5 (44.6%)
197	KIWERTZ Anna	210	MAMY-BIEGAMY	K30	95	00:00:24	00:11:34	00:43:01			+00:22:13	7:32	8 (47.6%)
198	KSZAK-KRZYŻANOWSKA Anna	252		K40	53	00:00:05	00:08:04				+00:01:42	4:44	12.6 (75.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
199	USZKO Joanna	552		K40	54	00:00:28	00:12:36				+00:06:15	7:24	8.1 (48.2%)

Znaleziono 199 wynik(ów)