Instytut
Matki i Dziecka
Fundacja

Organizator:
Data:
Miejsce:
Dystans:

Fundacja Run Vegan 2021-09-19
Warszawa
3 km

B4SP@RT
inteligentne zawoor sportowe

Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 1 <br> Okrażenie 1 km | 2 <br> Okrązenie 2km | Czas netto 3 km | Czas brutto 3 km | Różn | Tempo min/km | $\begin{aligned} & \text { Tempo } \\ & \text { km/h } \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | MARSZAt Mariusz | 71 | PRL TRANSPORT | M Open | 1 | 00:00:01 | 00:03:21 | 00:06:50 | 00:10:19.78 | 00:10:21.50 |  | 3:26 | $\begin{aligned} & 17.4 \\ & (100 \%) \end{aligned}$ |
| 2 | HILDEBRAND Marcin | 33 | BIEGAM NA TARCHOMINIE | M Open | 2 | 00:00:01 | 00:03:22 | 00:06:53 | 00:10:26.20 | 00:10:28.08 | $\begin{aligned} & +00: 00: 06 \\ & (1.0 \%) \end{aligned}$ | 3:28 | $\begin{aligned} & 17.3 \\ & \text { (99.4\%) } \end{aligned}$ |
| 3 | KLECZEWSKI Piotr | 52 | UKS FILIPIDES | M Open | 3 | 00:00:01 | 00:03:22 | 00:06:57 | 00:10:35.98 | 00:10:37.75 | $\begin{aligned} & +00: 00: 16 \\ & (2.5 \%) \end{aligned}$ | 3:31 | $\begin{aligned} & 17 \\ & \text { (97.7\%) } \end{aligned}$ |
| 4 | ZARODKIEWICZ Dawid | 154 |  | M Open | 4 | 00:00:02 | 00:03:38 | 00:07:19 | 00:11:08.45 | 00:11:10.66 | $\begin{aligned} & +00: 00: 48 \\ & (7.3 \%) \end{aligned}$ | 3:42 | $\begin{aligned} & 16.2 \\ & \text { (93.1\%) } \end{aligned}$ |
| 5 | ZIELAK Dariusz | 159 |  | M Open | 5 | 00:00:08 | 00:03:47 | 00:07:43 | 00:11:41.91 | 00:11:50.47 | $\begin{aligned} & +00: 01: 22 \\ & (11.7 \%) \end{aligned}$ | 3:53 | $\begin{aligned} & 15.4 \\ & (88.5 \%) \end{aligned}$ |
| 6 | KOTOWSKI Sylwester | 53 |  | M Open | 6 | 00:00:01 | 00:03:38 | 00:07:52 | 00:12:01.63 | 00:12:03.47 | $\begin{aligned} & +00: 01: 41 \\ & (14.1 \%) \end{aligned}$ | 4:00 | $\begin{aligned} & 15 \\ & (86.2 \%) \end{aligned}$ |
| 7 | BUJNOWSKA Małgorzata | 13 |  | K Open | 1 | 00:00:01 | 00:03:47 | 00:08:02 | 00:12:11.46 | 00:12:13.05 | $\begin{aligned} & +00: 01: 51 \\ & (15.3 \%) \end{aligned}$ | 4:03 | $\begin{aligned} & 14.8 \\ & \text { (85.1\%) } \end{aligned}$ |
| 8 | SZEWCZYK Marta | 209 | GRAŻYNKI OCR | K Open | 2 | 00:00:02 | 00:03:52 | 00:08:06 | 00:12:20.29 | 00:12:22.44 | $\begin{aligned} & +00: 02: 00 \\ & (16.3 \%) \end{aligned}$ | 4:06 | $\begin{aligned} & 14.6 \\ & \text { (83.9\%) } \end{aligned}$ |
| 9 | SKAWSKI Jan | 299 |  | M Open | 7 | 00:00:03 | 00:04:10 | 00:08:19 | 00:12:26.72 | 00:12:30.53 | $\begin{aligned} & +00: 02: 06 \\ & (17.0 \%) \end{aligned}$ | 4:08 | $\begin{aligned} & 14.5 \\ & \text { (83.3\%) } \end{aligned}$ |
| 10 | WALECKA Wiktoria | 203 | BIEGAM NA TARCHOMINIE | K Open | 3 | 00:00:02 | 00:04:01 | 00:08:21 | 00:12:36.73 | 00:12:38.98 | $\begin{aligned} & +00: 02: 16 \\ & (18.1 \%) \end{aligned}$ | 4:12 | $\begin{aligned} & 14.3 \\ & \text { (82.2\%) } \end{aligned}$ |
| 11 | KOWALIKOWSKA Renata | 206 | BIEGAM NA TARCHOMINIE | K Open | 4 | 00:00:02 | 00:04:01 | 00:08:22 | 00:12:39.69 | 00:12:41.72 | $\begin{aligned} & +00: 02: 19 \\ & (18.4 \%) \end{aligned}$ | 4:13 | $\begin{aligned} & 14.2 \\ & (81.6 \%) \end{aligned}$ |
| 12 | ŁUKOMSKI Wojciech | 67 |  | M Open | 8 | 00:00:10 | 00:04:03 | 00:08:25 | 00:12:39.29 | 00:12:49.29 | $\begin{aligned} & +00: 02: 19 \\ & (18.4 \%) \end{aligned}$ | 4:13 | $\begin{aligned} & 14.2 \\ & (81.6 \%) \end{aligned}$ |
| 13 | MIĄSKO Wojciech | 73 | 12TRI.PL | M Open | 9 | 00:00:03 | 00:04:01 | 00:08:22 | 00:12:46.36 | 00:12:49.88 | $\begin{aligned} & +00: 02: 26 \\ & (19.1 \%) \end{aligned}$ | 4:15 | $\begin{aligned} & 14.1 \\ & \text { (81.0\%) } \end{aligned}$ |
| 14 | HRYCAJ Karolina | 216 |  | K Open | 5 | 00:00:02 | 00:04:04 | 00:08:25 | 00:12:53.34 | 00:12:56.01 | $\begin{aligned} & +00: 02: 33 \\ & (19.9 \%) \end{aligned}$ | 4:17 | $\begin{aligned} & 14 \\ & \text { (80.5\%) } \end{aligned}$ |
| 15 | ŁUKOMSKI Franciszek | 294 |  | M Open | 10 | 00:00:10 | 00:04:18 | 00:08:50 | 00:13:02.41 | 00:13:12.62 | $\begin{aligned} & +00: 02: 42 \\ & (20.8 \%) \end{aligned}$ | 4:20 | $\begin{aligned} & 13.8 \\ & \text { (79.3\%) } \end{aligned}$ |
| 16 | SZCZERBA Łukasz | 121 | W POGONI ZA DUCHEM | M Open | 11 | 00:00:08 | 00:04:16 | 00:08:47 | 00:13:08.51 | 00:13:16.81 | $\begin{aligned} & +00: 02: 48 \\ & (21.4 \%) \end{aligned}$ | 4:22 | $\begin{aligned} & 13.7 \\ & \text { (78.7\%) } \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 1 <br> Okrążenie 1 km | 2 <br> Okrążenie 2km | Czas netto 3 km | Czas brutto 3 km | Róż | Tempo min/km | Tempo km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 17 | CHRAPEK Krzysztof | 15 |  | M Open | 12 | 00:00:05 | 00:04:47 | 00:09:21 | 00:13:13.32 | 00:13:18.94 | $\begin{aligned} & +00: 02: 53 \\ & \text { (21.9\%) } \end{aligned}$ | 4:24 | $\begin{aligned} & 13.6 \\ & \text { (78.2\%) } \end{aligned}$ |
| 18 | APANOWICZ Angelika | 2 | EKOBIEGI | K Open | 6 | 00:00:06 | 00:04:19 | 00:08:43 | 00:13:13.81 | 00:13:20.63 | $\begin{aligned} & +00: 02: 54 \\ & (21.9 \%) \end{aligned}$ | 4:24 | $\begin{aligned} & 13.6 \\ & \text { (78.2\%) } \end{aligned}$ |
| 19 | REWERA Robert | 101 |  | M Open | 13 | 00:00:04 | 00:04:28 | 00:09:04 | 00:13:33.14 | 00:13:37.54 | $\begin{aligned} & +00: 03: 13 \\ & (23.8 \%) \end{aligned}$ | 4:31 | $\begin{aligned} & 13.3 \\ & \text { (76.4\%) } \end{aligned}$ |
| 20 | TRUSZKOWSKA Marta | 127 | BESTIE OCR LEGIONOWO | K Open | 7 | 00:00:02 | 00:04:25 | 00:09:06 | 00:13:42.31 | 00:13:44.87 | $\begin{aligned} & +00: 03: 22 \\ & (24.6 \%) \end{aligned}$ | 4:34 | $\begin{aligned} & 13.1 \\ & (75.3 \%) \end{aligned}$ |
| 21 | CHRAPEK Adam | 16 |  | M Open | 14 | 00:00:05 | 00:04:24 | 00:09:17 | 00:14:18.17 | 00:14:23.60 | $\begin{aligned} & +00: 03: 58 \\ & (27.8 \%) \end{aligned}$ | 4:46 | $\begin{aligned} & 12.6 \\ & \text { (72.4\%) } \end{aligned}$ |
| 22 | FIDOR Natalia | 196 |  | K Open | 8 | 00:00:05 | 00:05:02 | 00:10:08 | 00:14:46.40 | 00:14:52.07 | $\begin{aligned} & +00: 04: 26 \\ & (30.1 \%) \end{aligned}$ | 4:55 | $\begin{aligned} & 12.2 \\ & (70.1 \%) \end{aligned}$ |
| 23 | LEWTAK Adam | 61 |  | M Open | 15 | 00:00:07 | 00:04:43 | 00:09:44 | 00:14:57.85 | 00:15:05.62 | $\begin{aligned} & +00: 04: 38 \\ & (31.0 \%) \end{aligned}$ | 4:59 | $\begin{aligned} & 12 \\ & \text { (69.0\%) } \end{aligned}$ |
| 24 | NABORCZYK Tomasz | 220 |  | M Open | 16 | 00:00:09 | 00:05:05 | 00:10:11 | 00:15:02.14 | 00:15:11.82 | $\begin{aligned} & +00: 04: 42 \\ & (31.3 \%) \end{aligned}$ | 5:00 | $\begin{aligned} & 12 \\ & (69.0 \%) \end{aligned}$ |
| 25 | FABCZAK KACZYŃSKA Wioletta | 21 |  | K Open | 9 | 00:00:03 | 00:04:44 | 00:10:05 | 00:15:15.30 | 00:15:18.63 | $\begin{aligned} & +00: 04: 55 \\ & (32.3 \%) \end{aligned}$ | 5:05 | $\begin{aligned} & 11.8 \\ & (67.8 \%) \end{aligned}$ |
| 26 | SYPNIEWSKI Piotr | 204 | TKKF BŁYSKAWICA | M Open | 17 | 00:00:18 | 00:04:56 | 00:10:12 | 00:15:07.71 | 00:15:26.31 | $\begin{aligned} & +00: 04: 47 \\ & (31.7 \%) \end{aligned}$ | 5:02 | $\begin{aligned} & 11.9 \\ & \text { (68.4\%) } \end{aligned}$ |
| 27 | PUŁAWSKI Paweł | 98 |  | M Open | 18 | 00:00:06 | 00:05:03 | 00:10:25 | 00:15:40.60 | 00:15:46.66 | $\begin{aligned} & +00: 05: 20 \\ & (34.1 \%) \end{aligned}$ | 5:13 | $\begin{aligned} & 11.5 \\ & (66.1 \%) \end{aligned}$ |
| 28 | JAWORSKA Karolina | 41 |  | K Open | 11 | 00:00:03 | 00:05:18 | 00:10:42 | 00:15:42.68 | 00:15:46.67 | $\begin{aligned} & +00: 05: 22 \\ & (34.3 \%) \end{aligned}$ | 5:14 | $\begin{aligned} & 11.5 \\ & (66.1 \%) \end{aligned}$ |
| 29 | AKONOM Weronika | 1 |  | K Open | 10 | 00:00:07 | 00:04:50 | 00:10:21 | 00:15:39.51 | 00:15:47.19 | $\begin{aligned} & +00: 05: 19 \\ & (34.0 \%) \end{aligned}$ | 5:13 | $\begin{aligned} & 11.5 \\ & (66.1 \%) \end{aligned}$ |
| 30 | NIEPIELSKA Magda | 83 |  | K Open | 12 | 00:00:02 | 00:04:52 | 00:10:26 | 00:15:45.66 | 00:15:48.07 | $\begin{aligned} & +00: 05: 25 \\ & (34.5 \%) \end{aligned}$ | 5:15 | $\begin{aligned} & 11.4 \\ & (65.5 \%) \end{aligned}$ |
| 31 | SOBOLEWSKA Izabela | 117 | BE DIET CATERING | K Open | 13 | 00:00:02 | 00:05:24 | 00:10:52 | 00:15:45.77 | 00:15:48.49 | $\begin{aligned} & +00: 05: 25 \\ & (34.5 \%) \end{aligned}$ | 5:15 | $\begin{aligned} & 11.4 \\ & (65.5 \%) \end{aligned}$ |
| 32 | GETKA-KACZOR Joanna | 194 |  | K Open | 14 | 00:00:03 | 00:05:29 | 00:10:51 | 00:15:50.27 | 00:15:53.68 | $\begin{aligned} & +00: 05: 30 \\ & (34.8 \%) \end{aligned}$ | 5:16 | $\begin{aligned} & 11.4 \\ & (65.5 \%) \end{aligned}$ |
| 33 | ZIEMAK Radosław | 213 |  | M Open | 19 | 00:00:05 | 00:05:07 | 00:10:32 | 00:15:49.29 | 00:15:55.11 | $\begin{aligned} & +00: 05: 29 \\ & (34.7 \%) \end{aligned}$ | 5:16 | $\begin{aligned} & 11.4 \\ & (65.5 \%) \end{aligned}$ |
| 34 | LEWTAK Piotr | 62 |  | M Open | 20 | 00:00:06 | 00:05:14 | 00:10:47 | 00:15:51.78 | 00:15:58.56 | $\begin{aligned} & +00: 05: 32 \\ & (34.9 \%) \end{aligned}$ | 5:17 | $\begin{aligned} & 11.4 \\ & (65.5 \%) \end{aligned}$ |
| 35 | ŁUKOMSKA Teresa | 65 |  | K Open | 15 | 00:00:07 | 00:04:56 | 00:10:30 | 00:16:00.60 | 00:16:08.53 | $\begin{aligned} & +00: 05: 40 \\ & (35.5 \%) \end{aligned}$ | 5:20 | $\begin{aligned} & 11.3 \\ & (64.9 \%) \end{aligned}$ |
| 36 | WILCZYŃSKA Marta | 279 |  | K Open | 16 | 00:00:02 | 00:05:10 | 00:10:39 | 00:16:06.88 | 00:16:09.76 | $\begin{aligned} & +00: 05: 47 \\ & (35.9 \%) \end{aligned}$ | 5:22 | $\begin{aligned} & 11.2 \\ & (64.4 \%) \end{aligned}$ |
| 37 | POGODZIŃSKA Marta | 92 |  | K Open | 18 | 00:00:03 | 00:05:04 | 00:10:33 | 00:16:09.06 | 00:16:12.10 | $\begin{aligned} & +00: 05: 49 \\ & (36.0 \%) \end{aligned}$ | 5:23 | $\begin{aligned} & 11.1 \\ & (63.8 \%) \end{aligned}$ |
| 38 | SKOWROŃSKI Wojciech | 202 |  | M Open | 21 | 00:00:07 | 00:05:20 | 00:10:52 | 00:16:07.93 | 00:16:15.69 | $\begin{aligned} & +00: 05: 48 \\ & (36.0 \%) \end{aligned}$ | 5:22 | $\begin{aligned} & 11.2 \\ & (64.4 \%) \end{aligned}$ |
| 39 | MROZIK Małgorzata | 79 |  | K Open | 17 | 00:00:07 | 00:05:21 | 00:10:52 | 00:16:08.42 | 00:16:15.78 | $\begin{aligned} & +00: 05: 48 \\ & (36.0 \%) \end{aligned}$ | 5:22 | $\begin{aligned} & 11.2 \\ & \text { (64.4\%) } \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 1 <br> Okrażenie 1 km | 2 <br> Okrażenie 2km | Czas netto 3 km | Czas brutto 3km | Różn | Tempo min/km | Tempo km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 40 | RACHWALSKA Joanna | 208 |  | K Open | 19 | 00:00:07 | 00:05:17 | 00:10:51 | 00:16:16.88 | 00:16:24.14 | $\begin{aligned} & +00: 05: 57 \\ & (36.6 \%) \end{aligned}$ | 5:25 | $\begin{aligned} & 11.1 \\ & (63.8 \%) \end{aligned}$ |
| 41 | RUTKOWSKA Maja | 109 | TEAM ZABIEGANEDNI | K Open | 20 | 00:00:04 | 00:05:06 | 00:10:48 | 00:16:25.23 | 00:16:29.87 | $\begin{aligned} & +00: 06: 05 \\ & (37.1 \%) \end{aligned}$ | 5:28 | $\begin{aligned} & 11 \\ & (63.2 \%) \end{aligned}$ |
| 42 | NOWAK Edyta | 298 |  | K Open | 21 | 00:00:04 | 00:05:23 | 00:11:04 | 00:16:26.24 | 00:16:30.59 | $\begin{aligned} & +00: 06: 06 \\ & (37.2 \%) \end{aligned}$ | 5:28 | $\begin{aligned} & 11 \\ & (63.2 \%) \end{aligned}$ |
| 43 | LEWTAK Ewa | 60 |  | K Open | 22 | 00:00:07 | 00:05:23 | 00:10:55 | 00:16:36.72 | 00:16:44.57 | $\begin{aligned} & +00: 06: 16 \\ & (37.8 \%) \end{aligned}$ | 5:32 | $\begin{aligned} & 10.8 \\ & (62.1 \%) \end{aligned}$ |
| 44 | BRZĘCZEK Izabela | 210 |  | K Open | 25 | 00:00:06 | 00:05:21 | 00:11:00 | 00:16:41.64 | 00:16:48.00 | $\begin{aligned} & +00: 06: 21 \\ & \text { (38.1\%) } \end{aligned}$ | 5:33 | $\begin{aligned} & 10.8 \\ & (62.1 \%) \end{aligned}$ |
| 45 | ROSZKOWSKA Agnieszka | 207 |  | K Open | 24 | 00:00:09 | 00:05:36 | 00:11:09 | 00:16:38.94 | 00:16:48.38 | $\begin{aligned} & +00: 06: 19 \\ & (38.0 \%) \end{aligned}$ | 5:32 | $\begin{aligned} & 10.8 \\ & \text { (62.1\%) } \end{aligned}$ |
| 46 | MACIEJEWSKI Tomasz | 68 |  | M Open | 22 | 00:00:09 | 00:05:34 | 00:11:09 | 00:16:41.59 | 00:16:51.38 | $\begin{aligned} & +00: 06: 21 \\ & \text { (38.1\%) } \end{aligned}$ | 5:33 | $\begin{aligned} & 10.8 \\ & (62.1 \%) \end{aligned}$ |
| 47 | ZIELAK Aldona | 158 |  | K Open | 23 | 00:00:14 | 00:05:33 | 00:11:17 | 00:16:38.45 | 00:16:52.94 | $\begin{aligned} & +00: 06: 18 \\ & (37.9 \%) \end{aligned}$ | 5:32 | $\begin{aligned} & 10.8 \\ & (62.1 \%) \end{aligned}$ |
| 48 | LEŚNIEWSKA Arleta | 56 |  | K Open | 26 | 00:00:07 | 00:05:34 | 00:11:16 | 00:16:48.52 | 00:16:55.70 | $\begin{aligned} & +00: 06: 28 \\ & (38.5 \%) \end{aligned}$ | 5:36 | $\begin{aligned} & 10.7 \\ & (61.5 \%) \end{aligned}$ |
| 49 | LEWANDOWSKA Monika | 57 |  | K Open | 27 | 00:00:06 | 00:05:33 | 00:11:15 | 00:16:49.01 | 00:16:55.71 | $\begin{aligned} & +00: 06: 29 \\ & (38.6 \%) \end{aligned}$ | 5:36 | $\begin{aligned} & 10.7 \\ & \text { (61.5\%) } \end{aligned}$ |
| 50 | HULANICKI Andrzej | 35 | GOGGLE TEAM | M Open | 23 | 00:00:05 | 00:05:24 | 00:11:10 | 00:16:57.41 | 00:17:02.42 | $\begin{aligned} & +00: 06: 37 \\ & \text { (39.1\%) } \end{aligned}$ | 5:39 | $\begin{aligned} & 10.6 \\ & (60.9 \%) \end{aligned}$ |
| 51 | GÓJSKA Kinga | 29 |  | K Open | 28 | 00:00:11 | 00:05:32 | 00:11:22 | 00:16:56.97 | 00:17:08.79 | $\begin{aligned} & +00: 06: 37 \\ & (39.1 \%) \end{aligned}$ | 5:38 | $\begin{aligned} & 10.6 \\ & (60.9 \%) \end{aligned}$ |
| 52 | HULANICKA Irina | 34 | GOGGLE TEAM | K Open | 29 | 00:00:04 | 00:05:39 | 00:11:26 | 00:16:58.75 | 00:17:03.34 | $\begin{aligned} & +00: 06: 38 \\ & (39.2 \%) \end{aligned}$ | 5:39 | $\begin{aligned} & 10.6 \\ & (60.9 \%) \end{aligned}$ |
| 53 | WITOSZEK Malgorzata | 147 |  | K Open | 30 | 00:00:05 | 00:05:21 | 00:11:13 | 00:17:02.57 | 00:17:07.98 | $\begin{aligned} & +00: 06: 42 \\ & \text { (39.4\%) } \end{aligned}$ | 5:40 | $\begin{aligned} & 10.6 \\ & \text { ( } 60.9 \% \text { ) } \end{aligned}$ |
| 54 | SĘPKOWSKA Karolina | 113 |  | K Open | 31 | 00:00:03 | 00:05:24 | 00:11:08 | 00:17:03.87 | 00:17:07.05 | $\begin{aligned} & +00: 06: 44 \\ & \text { (39.5\%) } \end{aligned}$ | 5:41 | $\begin{aligned} & 10.6 \\ & \text { ( } 60.9 \% \text { ) } \end{aligned}$ |
| 55 | MARCZAK Grażyna | 70 | LECZO TEAM | K Open | 32 | 00:00:03 | 00:05:40 | 00:11:30 | 00:17:10.52 | 00:17:14.50 | $\begin{aligned} & +00: 06: 50 \\ & (39.9 \%) \end{aligned}$ | 5:43 | $\begin{aligned} & 10.5 \\ & (60.3 \%) \end{aligned}$ |
| 56 | MALASIEWICZ Angelika | 69 |  | K Open | 33 | 00:00:07 | 00:05:27 | 00:11:23 | 00:17:16.49 | 00:17:23.95 | $\begin{aligned} & +00: 06: 56 \\ & (40.2 \%) \end{aligned}$ | 5:45 | $\begin{aligned} & 10.4 \\ & (59.8 \%) \end{aligned}$ |
| 57 | BARNAS Ilona | 7 | PRETTYFITTYTEAM | K Open | 34 | 00:00:11 | 00:05:42 | 00:11:40 | 00:17:18.78 | 00:17:30.13 | $\begin{aligned} & +00: 06: 59 \\ & (40.3 \%) \end{aligned}$ | 5:46 | $\begin{aligned} & 10.4 \\ & \text { (59.8\%) } \end{aligned}$ |
| 58 | BIELONKO Katarzyna | 8 |  | K Open | 35 | 00:00:05 | 00:05:26 | 00:11:18 | 00:17:22.21 | 00:17:27.52 | $\begin{aligned} & +00: 07: 02 \\ & (40.5 \%) \end{aligned}$ | 5:47 | $\begin{aligned} & 10.4 \\ & \text { (59.8\%) } \end{aligned}$ |
| 59 | WRÓBEL Joanna | 215 |  | K Open | 36 | 00:00:04 | 00:05:11 | 00:11:08 | 00:17:23.63 | 00:17:28.15 | $\begin{aligned} & +00: 07: 03 \\ & (40.6 \%) \end{aligned}$ | 5:47 | $\begin{aligned} & 10.4 \\ & \text { (59.8\%) } \end{aligned}$ |
| 60 | CIEŚLIKOWSKI Agata | 185 |  | K Open | 37 | 00:00:03 | 00:05:20 | 00:11:26 | 00:17:23.86 | 00:17:27.17 | $\begin{aligned} & +00: 07: 04 \\ & (40.6 \%) \end{aligned}$ | 5:47 | $\begin{aligned} & 10.4 \\ & (59.8 \%) \end{aligned}$ |
| 61 | ZIÓŁKOWSKA Justyna | 161 |  | K Open | 38 | 00:00:04 | 00:05:38 | 00:11:33 | 00:17:26.72 | 00:17:31.42 | $\begin{aligned} & +00: 07: 06 \\ & (40.8 \%) \end{aligned}$ | 5:48 | $\begin{aligned} & 10.3 \\ & \text { (59.2\%) } \end{aligned}$ |
| 62 | MATYSIAK Agnieszka | 72 |  | K Open | 39 | 00:00:02 | 00:05:23 | 00:11:24 | 00:17:29.97 | 00:17:32.28 | $\begin{aligned} & +00: 07: 10 \\ & (41.0 \%) \end{aligned}$ | 5:49 | $\begin{aligned} & 10.3 \\ & \text { (59.2\%) } \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 1 <br> Okrażenie 1 km | 2 <br> Okrążenie 2km | Czas <br> netto <br> 3 km | Czas brutto 3 km | Różn | Tempo min/km | $\begin{aligned} & \text { Tempo } \\ & \text { km/h } \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 63 | ŁACKA Ilona | 291 | BIAŁOŁĘ̧KA JEST KOBIETA | K Open | 40 | 00:00:07 | 00:05:43 | 00:11:38 | 00:17:36.13 | 00:17:43.54 | $\begin{aligned} & +00: 07: 16 \\ & \text { (41.3\%) } \end{aligned}$ | 5:52 | $\begin{aligned} & 10.2 \\ & \text { (58.6\%) } \end{aligned}$ |
| 64 | TRZCIŃSKA-CHRAPEK Agnieszka | 134 |  | K Open | 41 | 00:00:08 | 00:05:37 | 00:11:33 | 00:17:40.42 | 00:17:48.82 | $\begin{aligned} & +00: 07: 20 \\ & (41.6 \%) \end{aligned}$ | 5:53 | $\begin{aligned} & 10.2 \\ & (58.6 \%) \end{aligned}$ |
| 65 | SZUL Małgorzata | 123 |  | K Open | 42 | 00:00:08 | 00:05:56 | 00:11:56 | 00:17:46.73 | 00:17:55.18 | $\begin{aligned} & +00: 07: 26 \\ & (41.9 \%) \end{aligned}$ | 5:55 | $\begin{aligned} & 10.1 \\ & \text { (58.0\%) } \end{aligned}$ |
| 66 | NAUMOSKA Anna | 82 |  | K Open | 43 | 00:00:05 | 00:05:28 | 00:11:31 | 00:17:47.66 | 00:17:53.39 | $\begin{aligned} & +00: 07: 27 \\ & (41.9 \%) \end{aligned}$ | 5:55 | $\begin{aligned} & 10.1 \\ & \text { (58.0\%) } \end{aligned}$ |
| 67 | DĘBSKA Marlena | 221 |  | K Open | 44 | 00:00:02 | 00:05:22 | 00:11:34 | 00:17:53.18 | 00:17:56.06 | $\begin{aligned} & +00: 07: 33 \\ & (42.2 \%) \end{aligned}$ | 5:57 | $\begin{aligned} & 10.1 \\ & \text { (58.0\%) } \end{aligned}$ |
| 68 | POTAPCZUK-RUTKOWSKA Luiza | 94 | CHODAGANG | K Open | 45 | 00:00:03 | 00:05:31 | 00:11:49 | 00:17:54.74 | 00:17:58.64 | $\begin{aligned} & +00: 07: 34 \\ & (42.3 \%) \end{aligned}$ | 5:58 | $\begin{aligned} & 10.1 \\ & \text { (58.0\%) } \end{aligned}$ |
| 69 | PEJŚ Wiktoria | 88 |  | K Open | 46 | 00:00:05 | 00:05:42 | 00:11:50 | 00:17:55.02 | 00:18:00.44 | $\begin{aligned} & +00: 07: 35 \\ & (42.3 \%) \end{aligned}$ | 5:58 | $\begin{aligned} & 10 \\ & \text { (57.5\%) } \end{aligned}$ |
| 70 | PAŹDZIERSKA Patrycja | 87 |  | K Open | 47 | 00:00:04 | 00:05:39 | 00:11:58 | 00:18:05.89 | 00:18:10.27 | $\begin{aligned} & +00: 07: 46 \\ & (42.9 \%) \end{aligned}$ | 6:01 | $\begin{aligned} & 10 \\ & \text { (57.5\%) } \end{aligned}$ |
| 71 | DYBIEC Agata | 19 |  | K Open | 48 | 00:00:07 | 00:05:35 | 00:11:56 | 00:18:10.10 | 00:18:17.12 | $\begin{aligned} & +00: 07: 50 \\ & (43.1 \%) \end{aligned}$ | 6:03 | $\begin{aligned} & 9.9 \\ & \text { (56.9\%) } \end{aligned}$ |
| 72 | WĘGRZYNIAK Monika | 141 | MW KANAŁ | K Open | 49 | 00:00:12 | 00:06:15 | 00:12:43 | 00:18:24.68 | 00:18:37.54 | $\begin{aligned} & +00: 08: 04 \\ & (43.9 \%) \end{aligned}$ | 6:08 | $\begin{aligned} & 9.8 \\ & \text { (56.3\%) } \end{aligned}$ |
| 73 | PULIKOWSKA Anna | 97 |  | K Open | 50 | 00:00:06 | 00:05:48 | 00:12:08 | 00:18:32.09 | 00:18:38.27 | $\begin{aligned} & +00: 08: 12 \\ & (44.3 \%) \end{aligned}$ | 6:10 | $\begin{aligned} & 9.7 \\ & \text { (55.7\%) } \end{aligned}$ |
| 74 | RAFALSKA Marta | 99 |  | K Open | 51 | 00:00:04 | 00:05:49 | 00:12:21 | 00:18:34.98 | 00:18:39.96 | $\begin{aligned} & +00: 08: 15 \\ & (44.4 \%) \end{aligned}$ | 6:11 | $\begin{aligned} & 9.7 \\ & \text { (55.7\%) } \end{aligned}$ |
| 75 | FIOŁEK Ewelina | 22 |  | K Open | 52 | 00:00:05 | 00:05:38 | 00:11:56 | 00:18:51.76 | 00:18:56.80 | $\begin{aligned} & +00: 08: 31 \\ & (45.2 \%) \end{aligned}$ | 6:17 | $\begin{aligned} & 9.5 \\ & \text { (54.6\%) } \end{aligned}$ |
| 76 | KOWALSKA Izabela | 54 |  | K Open | 53 | 00:00:07 | 00:06:18 | 00:12:39 | 00:18:53.36 | 00:19:01.21 | $\begin{aligned} & +00: 08: 33 \\ & (45.3 \%) \end{aligned}$ | 6:17 | $\begin{aligned} & 9.5 \\ & \text { (54.6\%) } \end{aligned}$ |
| 77 | STASIOWSKA Kamila | 118 | TOSIA TEAM | K Open | 54 | 00:00:08 | 00:06:01 | 00:12:25 | 00:18:56.31 | 00:19:05.14 | $\begin{aligned} & +00: 08: 36 \\ & (45.5 \%) \end{aligned}$ | 6:18 | $\begin{aligned} & 9.5 \\ & \text { (54.6\%) } \end{aligned}$ |
| 78 | WIŚNIEWSKA Beata | 145 |  | K Open | 55 | 00:00:05 | 00:06:04 | 00:12:48 | 00:19:08.73 | 00:19:14.72 | $\begin{aligned} & +00: 08: 48 \\ & (46.0 \%) \end{aligned}$ | 6:22 | $\begin{aligned} & 9.4 \\ & (54.0 \%) \end{aligned}$ |
| 79 | JANUSZEWSKA Aleksandra | 40 |  | K Open | 56 | 00:00:05 | 00:06:00 | 00:12:50 | 00:19:09.11 | 00:19:14.96 | $\begin{aligned} & +00: 08: 49 \\ & (46.1 \%) \end{aligned}$ | 6:23 | $\begin{aligned} & 9.4 \\ & (54.0 \%) \end{aligned}$ |
| 80 | CIEŚLIKOWSKA Grażyna | 186 |  | K Open | 57 | 00:00:02 | 00:06:01 | 00:13:01 | 00:19:40.64 | 00:19:43.52 | $\begin{aligned} & +00: 09: 20 \\ & (47.5 \%) \end{aligned}$ | 6:33 | $\begin{aligned} & 9.2 \\ & (52.9 \%) \end{aligned}$ |
| 81 | ZWOLIŃSKA Małgorzata | 164 |  | K Open | 58 | 00:00:13 | 00:06:25 | 00:13:21 | 00:19:58.39 | 00:20:12.34 | $\begin{aligned} & +00: 09: 38 \\ & (48.3 \%) \end{aligned}$ | 6:39 | 9 (51.7\%) |
| Przekroczony limit czasu: 00:20:00 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 82 | MARCHEWA Marzena | 212 |  | K Open | 59 | 00:00:07 | 00:05:50 | 00:12:52 | 00:20:41.71 | 00:20:49.59 | $\begin{aligned} & +00: 10: 21 \\ & (50.1 \%) \end{aligned}$ | 6:53 | $\begin{aligned} & 8.7 \\ & (50.0 \%) \end{aligned}$ |
| 83 | TRYBALSKA Magdalena | 130 |  | K Open | 60 | 00:00:10 | 00:06:43 | 00:13:55 | 00:20:43.73 | 00:20:54.20 | $\begin{aligned} & +00: 10: 23 \\ & (50.2 \%) \end{aligned}$ | 6:54 | $\begin{aligned} & 8.7 \\ & (50.0 \%) \end{aligned}$ |
| 84 | MITUNIEWICZ Natalia | 76 |  | K Open | 61 | 00:02:17 | 00:06:29 | 00:13:46 | 00:20:48.06 | 00:23:05.30 | $\begin{aligned} & +00: 10: 28 \\ & (50.3 \%) \end{aligned}$ | 6:56 | $\begin{aligned} & 8.7 \\ & (50.0 \%) \end{aligned}$ |
| 85 | GOŁĘBIEWSKA Ola | 175 |  | K Open | 62 | 00:00:06 | 00:06:47 | 00:13:46 | 00:20:59.31 | 00:21:05.81 | $\begin{aligned} & +00: 10: 39 \\ & (50.8 \%) \end{aligned}$ | 6:59 | $\begin{aligned} & 8.6 \\ & (49.4 \%) \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 1 <br> Okrążenie 1 km | 2 <br> Okrażenie 2km | Czas netto 3km | Czas brutto 3km | Różn | Tempo min/km | $\begin{aligned} & \text { Tempo } \\ & \text { km/h } \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 86 | TRYBALSKA Karolia | 129 |  | K Open | 63 | 00:00:10 | 00:06:49 | 00:14:05 | 00:21:04.22 | 00:21:15.07 | $\begin{aligned} & +00: 10: 44 \\ & (51.0 \%) \end{aligned}$ | 7:01 | $\begin{aligned} & 8.5 \\ & (48.9 \%) \end{aligned}$ |
| 87 | TRYBALSKA Jola | 128 |  | K Open | 64 | 00:00:10 | 00:06:49 | 00:14:05 | 00:21:04.40 | 00:21:15.03 | $\begin{aligned} & +00: 10: 44 \\ & (51.0 \%) \end{aligned}$ | 7:01 | $\begin{aligned} & 8.5 \\ & (48.9 \%) \end{aligned}$ |
| 88 | ZWOLIŃSKA Weronika | 165 |  | K Open | 65 | 00:00:24 | 00:06:16 | 00:13:24 | 00:21:32.28 | 00:21:56.46 | $\begin{aligned} & +00: 11: 12 \\ & (52.0 \%) \end{aligned}$ | 7:10 | $\begin{aligned} & 8.4 \\ & (48.3 \%) \end{aligned}$ |
| 89 | ZWOLIŃSKI Antoni | 166 |  | M Open | 24 | 00:00:12 | 00:06:27 | 00:13:23 | 00:21:46.01 | 00:21:58.27 | $\begin{aligned} & +00: 11: 26 \\ & (52.5 \%) \end{aligned}$ | 7:15 | $\begin{aligned} & 8.3 \\ & (47.7 \%) \end{aligned}$ |
| 90 | PIOTROWSKA Natalia | 90 |  | K Open | 66 | 00:00:06 | 00:06:46 | 00:14:32 | 00:21:54.13 | 00:22:00.81 | $\begin{aligned} & +00: 11: 34 \\ & (52.8 \%) \end{aligned}$ | 7:18 | $\begin{aligned} & 8.2 \\ & (47.1 \%) \end{aligned}$ |
| 91 | UNIWERSAŁ Anna | 137 |  | K Open | 67 | 00:00:08 | 00:06:43 | 00:14:29 | 00:21:58.88 | 00:22:07.77 | $\begin{aligned} & +00: 11: 39 \\ & (53.0 \%) \end{aligned}$ | 7:19 | $\begin{aligned} & 8.2 \\ & (47.1 \%) \end{aligned}$ |
| 92 | PAŁĘGA Marlena | 86 |  | K Open | 68 | 00:00:08 | 00:06:44 | 00:14:29 | 00:21:59.01 | 00:22:07.89 | $\begin{aligned} & +00: 11: 39 \\ & (53.0 \%) \end{aligned}$ | 7:19 | $\begin{aligned} & 8.2 \\ & (47.1 \%) \end{aligned}$ |
| 93 | KONARZEWSKA Basia | 193 |  | K Open | 69 | 00:00:08 | 00:07:09 | 00:14:39 | 00:22:03.49 | 00:22:12.35 | $\begin{aligned} & +00: 11: 43 \\ & (53.2 \%) \end{aligned}$ | 7:21 | $\begin{aligned} & 8.2 \\ & (47.1 \%) \end{aligned}$ |
| 94 | SASIMOWSKA Zofia | 172 |  | K Open | 70 | 00:04:29 | 00:04:55 | 00:09:24 |  |  | +00:02:34 | 4:42 | $\begin{aligned} & 12.8 \\ & (73.6 \%) \end{aligned}$ |
| 95 | ŁUKOMSKI Jan | 66 |  | M Open | 25 | 00:04:25 | 00:04:42 | 00:09:29 |  |  | +00:02:39 | 4:44 | $\begin{aligned} & 12.7 \\ & (73.0 \%) \end{aligned}$ |
| 96 | BUGALSKA Katarzyna | 12 |  | K Open | 71 | 00:00:03 | 00:05:30 | 00:12:04 |  |  | +00:05:14 | 6:02 | $\begin{aligned} & 9.9 \\ & \text { (56.9\%) } \end{aligned}$ |
| 97 | SZEWCZYK Beata | 122 |  | K Open | 72 | 00:06:23 | 00:06:36 | 00:13:01 |  |  | +00:06:11 | 6:30 | $\begin{aligned} & 9.2 \\ & (52.9 \%) \end{aligned}$ |
| 98 | IDZIKOWSKA Ewa | 211 |  | K Open | 73 | 00:00:12 | 00:05:07 | 00:15:15 |  |  | +00:08:25 | 7:37 | $\begin{aligned} & 7.9 \\ & (45.4 \%) \end{aligned}$ |
| 99 | TRYBALSKI Piotr | 131 |  | M Open | 26 | 00:00:10 | 00:06:49 | 00:21:04 |  |  | +00:14:14 | 10:32 | $\begin{aligned} & 5.7 \\ & \text { (32.8\%) } \end{aligned}$ |
| 100 | ZWOLIŃSKI Marek | 167 |  | M Open | 27 | 00:00:24 | 00:06:16 | 00:21:34 |  |  | +00:14:44 | 10:47 | $\begin{aligned} & 5.6 \\ & \text { (32.2\%) } \end{aligned}$ |
| 101 | SOSIMOWSKA Antonina | 283 |  | K Open | 74 | 00:07:33 |  |  |  |  |  |  | (0.0\%) |

