



Organizator:
Data:
Miejsce:
Dystans:

Urząd Dzielnicy Warszawa – Włochy
2022-11-06
Warszawa
8 km

5 MIL – BIEG DZIELNICY WŁOCHY

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
1	KAŻMIERCZAK Marta	137	DREAM RUN	K 40-49 lat	1	00:00:02	00:29:09.95	00:29:12.05		3:38	16.5 (100%)
2	BYTNER-KWIATKOWSKA Monika	37	KS PREFBET SONAROL	K 30-39 lat	1	00:00:02	00:30:17.65	00:30:19.70	+00:01:07 (3.7%)	3:47	15.9 (96.4%)
3	GÓRKA Maja	89	MM TEAM	K 20-29 lat	1	00:00:03	00:30:55.60	00:30:59.25	+00:01:45 (5.7%)	3:51	15.5 (93.9%)
4	KARBOWIAK Marcelina	133		K 30-39 lat	2	00:00:03	00:32:17.85	00:32:21.10	+00:03:07 (9.7%)	4:02	14.9 (90.3%)
5	KRASZPULSKA Maggie	169	ŻÓRAWSKI TEAM	K 30-39 lat	3	00:00:02	00:32:20.45	00:32:23.15	+00:03:10 (9.8%)	4:02	14.8 (89.7%)
6	WESOŁOWSKA Katarzyna	356	ORANGE POLSKA	K 40-49 lat	2	00:00:04	00:33:39.45	00:33:43.95	+00:04:29 (13.3%)	4:12	14.3 (86.7%)
7	KADŁUBOWSKA Anna	127		K 20-29 lat	2	00:00:03	00:34:46.75	00:34:50.40	+00:05:36 (16.1%)	4:20	13.8 (83.6%)
8	MAJEWSKA Edyta	441	WIDŁOROGI/ ZABIEGANY WOŁOMIN	K 30-39 lat	4	00:00:05	00:34:52.65	00:34:58.25	+00:05:42 (16.4%)	4:21	13.8 (83.6%)
9	ZWARDOŃ Ewa	382	BUXIDA TEAM	K 40-49 lat	3	00:00:11	00:35:18.05	00:35:29.15	+00:06:08 (17.4%)	4:24	13.6 (82.4%)
10	GRYGIERCZYK Anna	471	PARKRUN PRUSZKÓW	K 40-49 lat	4	00:00:10	00:35:56.75	00:36:06.75	+00:06:46 (18.9%)	4:29	13.4 (81.2%)
11	SZYMANIK Anna	331		K 15-19 lat	1	00:00:09	00:35:58.75	00:36:08.55	+00:06:48 (18.9%)	4:29	13.3 (80.6%)
12	WOJCIECHOWSKA-ZAJĄC Małgorzata	361	PAWKO RUNNER TEAM	K 30-39 lat	5	00:00:12	00:36:07.50	00:36:19.65	+00:06:57 (19.3%)	4:30	13.3 (80.6%)
13	RZYMOWSKA Krystyna	288		K 50-59 lat	1	00:00:10	00:36:18.15	00:36:28.25	+00:07:08 (19.7%)	4:32	13.2 (80.0%)
14	WIŚNIEWSKA Ewa	397		K 50-59 lat	2	00:00:09	00:36:36.10	00:36:45.25	+00:07:26 (20.3%)	4:34	13.1 (79.4%)

						Czas netto 8km	Czas brutto 8km		Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu		Różn		
15	SPRAWKA Marta	308		K 20-29 lat	3	00:00:08	00:36:41.35	00:36:49.85	+00:07:31 (20.5%)	4:35 13.1 (79.4%)
16	TERESZCZUK Julia	340		K 15-19 lat	2	00:00:02	00:36:53.20	00:36:56.15	+00:07:43 (20.9%)	4:36 13 (78.8%)
17	JAŁOSZYŃSKA Anna	116	HACHI JUDO	K 20-29 lat	4	00:00:06	00:36:59.50	00:37:05.55	+00:07:49 (21.2%)	4:37 13 (78.8%)
18	KWIATKOWSKA Renata	187	KB OŻARÓW MAZOWIECKI BIEGA	K 50-59 lat	3	00:00:06	00:37:01.60	00:37:08.25	+00:07:51 (21.2%)	4:37 13 (78.8%)
19	LEŚNIEWICZ-PARASZKA Danuta	191	MINIONS SPEED TEAM	K 30-39 lat	6	00:00:04	00:37:09.85	00:37:14.75	+00:07:59 (21.5%)	4:38 12.9 (78.2%)
20	PNIEWSKA Edyta	462	LUX MED	K 40-49 lat	5	00:00:28	00:37:20.90	00:37:48.95	+00:08:10 (21.9%)	4:40 12.9 (78.2%)
21	STRZELCZYK Marta	314		K 30-39 lat	7	00:00:15	00:37:23.15	00:37:38.15	+00:08:13 (22.0%)	4:40 12.8 (77.6%)
22	APANOWICZ Angelika	11		K 40-49 lat	6	00:00:14	00:37:23.40	00:37:37.70	+00:08:13 (22.0%)	4:40 12.8 (77.6%)
23	GONCERZEWICZ Anna	85	STARE BABICE BIEGAJĄ	K 30-39 lat	8	00:00:12	00:37:24.80	00:37:37.55	+00:08:14 (22.0%)	4:40 12.8 (77.6%)
24	SPRAWKA Joanna	307	PCH_RUN	K 30-39 lat	9	00:00:26	00:37:37.50	00:38:04.35	+00:08:27 (22.5%)	4:42 12.8 (77.6%)
25	BIAŁECKA Urszula	452	UNIQA RUNNING TEAM	K 30-39 lat	10	00:00:06	00:38:10.75	00:38:16.80	+00:09:00 (23.6%)	4:46 12.6 (76.4%)
26	GRABOWIEC-ALIKOWSKA Renata	91		K 40-49 lat	7	00:00:08	00:38:15.80	00:38:24.35	+00:09:05 (23.8%)	4:46 12.5 (75.8%)
27	TERESZCZUK Joanna	470		K 40-49 lat	8	00:00:10	00:38:30.30	00:38:40.75	+00:09:20 (24.3%)	4:48 12.5 (75.8%)
28	BUJALSKA Agata	443		K 30-39 lat	11	00:00:14	00:38:45.20	00:38:59.40	+00:09:35 (24.7%)	4:50 12.4 (75.2%)
29	FILIPOWICZ Natalia	72		K 30-39 lat	12	00:00:07	00:38:52.80	00:38:59.95	+00:09:42 (25.0%)	4:51 12.3 (74.5%)
30	TULA Renata	347		70+	1	00:00:10	00:38:57.00	00:39:07.30	+00:09:47 (25.1%)	4:52 12.3 (74.5%)
31	MATEJAK Katarzyna	213		K 40-49 lat	9	00:00:08	00:39:03.60	00:39:11.65	+00:09:53 (25.3%)	4:52 12.3 (74.5%)
32	PIOTROWSKA Edyta	266	BRACTWO BIEGOWE BGK	K 40-49 lat	10	00:00:34	00:39:11.60	00:39:46.10	+00:10:01 (25.6%)	4:53 12.3 (74.5%)
33	STĘPKA Sylwia	311		K 30-39 lat	13	00:00:12	00:39:12.00	00:39:24.65	+00:10:02 (25.6%)	4:54 12.2 (73.9%)
34	GORSKA Malgorzata	444		K 30-39 lat	14	00:00:12	00:39:15.80	00:39:28.00	+00:10:05 (25.7%)	4:54 12.2 (73.9%)
35	NAWROCKA Roma	229	GRUPA BIEGOWA UM W-WA	K 40-49 lat	11	00:00:11	00:39:15.90	00:39:27.30	+00:10:05 (25.7%)	4:54 12.2 (73.9%)
36	LIBERADZKA Magdalena	194		K 40-49 lat	12	00:00:35	00:39:21.15	00:39:56.25	+00:10:11 (25.9%)	4:55 12.2 (73.9%)
37	DEJKO Wiktoria	422	LUBELSKIBIEACZ.PLTEAM	K 15-19 lat	3	00:00:16	00:39:28.25	00:39:44.70	+00:10:18 (26.1%)	4:56 12.2 (73.9%)

							Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu					
38	GALA Kamila	76	NAPRZÓD MŁOCINY	K 40-49 lat	13	00:00:18	00:39:36.00	00:39:54.45	+00:10:26 (26.3%)	4:57	12.1 (73.3%)
39	BALICKA Aneta	14	DHL	K 40-49 lat	14	00:00:20	00:39:45.35	00:40:05.65	+00:10:35 (26.6%)	4:58	12.1 (73.3%)
40	SUJKOWSKA Paulina	315		K 30-39 lat	15	00:00:24	00:39:45.75	00:40:10.45	+00:10:35 (26.6%)	4:58	12.1 (73.3%)
41	KARASIEWICZ Katarzyna	132		K 50-59 lat	4	00:00:05	00:39:46.65	00:39:52.55	+00:10:36 (26.7%)	4:58	12.1 (73.3%)
42	CHRZAŚTOWSKA Kamila	42		K 30-39 lat	16	00:00:13	00:39:47.85	00:40:00.95	+00:10:37 (26.7%)	4:58	12.1 (73.3%)
43	DZIARNOWSKA Magda	66	MECHANIKA ZDROWIA	K 30-39 lat	17	00:00:11	00:39:55.40	00:40:07.10	+00:10:45 (26.9%)	4:59	12 (72.7%)
44	FLOREK Małgorzata	73		K 30-39 lat	18	00:00:33	00:40:00.55	00:40:34.10	+00:10:50 (27.1%)	5:00	12 (72.7%)
45	BANASIK-URBANOWSKA Katarzyna	15	GRUPA BIEGOWA UM W-WA	K 30-39 lat	19	00:00:30	00:40:06.00	00:40:36.90	+00:10:56 (27.3%)	5:00	12 (72.7%)
46	ORNOWSKA Joanna	241		K 20-29 lat	5	00:00:15	00:40:12.00	00:40:27.90	+00:11:02 (27.4%)	5:01	11.9 (72.1%)
47	MASENEK Aneta	440		K 30-39 lat	20	00:00:25	00:40:50.45	00:41:16.05	+00:11:40 (28.6%)	5:06	11.8 (71.5%)
48	SYNOWIEC Dorota	316		K 40-49 lat	15	00:00:38	00:41:07.95	00:41:46.85	+00:11:58 (29.1%)	5:08	11.7 (70.9%)
49	AUGUSTYNIAK Ewelina	13		K 30-39 lat	21	00:00:29	00:41:12.40	00:41:41.45	+00:12:02 (29.2%)	5:09	11.7 (70.9%)
50	KUCHTA Zuzanna	178		K 15-19 lat	4	00:00:15	00:41:18.50	00:41:33.80	+00:12:08 (29.4%)	5:09	11.6 (70.3%)
51	TOKARSKA Weronika	343		K 15-19 lat	5	00:00:14	00:41:19.05	00:41:33.85	+00:12:09 (29.4%)	5:09	11.6 (70.3%)
52	FIJĄŁKOWSKA Aleksandra	594	BESTIE OCR LEGIONOWO	K 30-39 lat	22	00:00:10	00:41:19.15	00:41:30.05	+00:12:09 (29.4%)	5:09	11.6 (70.3%)
53	UZIEMBŁO Katarzyna	351		K 30-39 lat	23	00:00:26	00:41:23.00	00:41:49.55	+00:12:13 (29.5%)	5:10	11.6 (70.3%)
54	GUZIK Justyna	99		K 30-39 lat	24	00:00:24	00:41:38.70	00:42:03.20	+00:12:28 (30.0%)	5:12	11.5 (69.7%)
55	CIBORSKA Agnieszka	44		K 40-49 lat	16	00:00:10	00:41:40.50	00:41:51.25	+00:12:30 (30.0%)	5:12	11.5 (69.7%)
56	HARABIN Justyna	103		K 30-39 lat	25	00:00:31	00:41:42.10	00:42:13.70	+00:12:32 (30.1%)	5:12	11.5 (69.7%)
57	KOŁODZIEJSKA Iwona	153		K 40-49 lat	17	00:00:22	00:41:44.15	00:42:06.60	+00:12:34 (30.1%)	5:13	11.5 (69.7%)
58	BORYSZKOWSKA Iwona	26	12TRI	K 40-49 lat	18	00:00:07	00:41:45.40	00:41:53.00	+00:12:35 (30.2%)	5:13	11.5 (69.7%)
59	SZYMANIK Lidia	330		K 40-49 lat	19	00:00:27	00:41:50.00	00:42:17.45	+00:12:40 (30.3%)	5:13	11.5 (69.7%)
60	ŚWIĄTEK Paulina	335		K 20-29 lat	6	00:00:33	00:41:55.50	00:42:28.65	+00:12:45 (30.4%)	5:14	11.5 (69.7%)

							Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu					
61	KUŻNIAK Martyna	185		K 40-49 lat	20	00:00:27	00:41:59.85	00:42:26.85	+00:12:49 (30.6%)	5:14	11.4 (69.1%)
62	KARPIŃSKA Hanna	426		K 30-39 lat	26	00:00:36	00:42:05.40	00:42:42.00	+00:12:55 (30.7%)	5:15	11.4 (69.1%)
63	LEWANDOWSKA Joanna	192		K 50-59 lat	5	00:00:29	00:42:15.55	00:42:44.80	+00:13:05 (31.0%)	5:16	11.4 (69.1%)
64	DZWONKOWSKA-SMOŁKO Sylwia	437		K 40-49 lat	21	00:00:03	00:42:20.70	00:42:23.95	+00:13:10 (31.1%)	5:17	11.3 (68.5%)
65	BRODZIUK Anna	27	GRUPA BIEGOWA UM W-WA	K 40-49 lat	22	00:00:20	00:42:23.15	00:42:43.65	+00:13:13 (31.2%)	5:17	11.3 (68.5%)
66	KOZAK Maryla	461	ROZBIEGANY LUX MED	K 40-49 lat	23	00:00:29	00:42:24.20	00:42:54.10	+00:13:14 (31.2%)	5:18	11.3 (68.5%)
67	GADOMSKA Małgorzata	74		K 50-59 lat	6	00:00:16	00:42:37.50	00:42:53.65	+00:13:27 (31.6%)	5:19	11.3 (68.5%)
68	MARCZAK Grażyna	207	LECZO TEAM	K 60+	1	00:00:16	00:42:45.25	00:43:01.45	+00:13:35 (31.8%)	5:20	11.2 (67.9%)
69	HAWRYLUK-STASIAK Ewa	105	BIEGUNI 2022	K 50-59 lat	7	00:00:10	00:42:49.85	00:43:00.55	+00:13:39 (31.9%)	5:21	11.2 (67.9%)
70	MADEJAK Aleksandra	401		K 30-39 lat	27	00:00:31	00:42:58.75	00:43:29.85	+00:13:48 (32.1%)	5:22	11.2 (67.9%)
71	MATUSZEWSKA Julia	215		K 40-49 lat	24	00:00:08	00:43:08.95	00:43:17.30	+00:13:59 (32.4%)	5:23	11.1 (67.3%)
72	FICOŃ Monika	71		K 50-59 lat	8	00:00:28	00:43:43.75	00:44:12.45	+00:14:33 (33.3%)	5:27	11 (66.7%)
73	SOLCZAK Marta	424	PAWKO RUNNER TEAM, BIEGAJ Z URSUSEM	K 40-49 lat	25	00:00:20	00:44:01.70	00:44:22.60	+00:14:51 (33.8%)	5:30	10.9 (66.1%)
74	ZYCH Kasia	384	NEW BALANS CLUB	K 30-39 lat	28	00:00:08	00:44:05.75	00:44:13.90	+00:14:55 (33.9%)	5:30	10.9 (66.1%)
75	MIELNICZEK Magdalena	220		K 50-59 lat	9	00:00:13	00:44:08.00	00:44:21.80	+00:14:58 (33.9%)	5:31	10.9 (66.1%)
76	DORF Weronika	59		K 20-29 lat	7	00:00:22	00:44:30.55	00:44:53.40	+00:15:20 (34.5%)	5:33	10.8 (65.5%)
77	PIECHOCKA Katarzyna	261	BIEGOWY WARIAT RUNNING TEAM	K 40-49 lat	26	00:00:29	00:44:42.50	00:45:12.10	+00:15:32 (34.8%)	5:35	10.7 (64.8%)
78	INOROWICZ Joanna	111		K 40-49 lat	27	00:00:38	00:44:45.85	00:45:24.75	+00:15:35 (34.8%)	5:35	10.7 (64.8%)
79	THEODOULOU Nicci	341	TBS	K 40-49 lat	28	00:00:39	00:45:10.30	00:45:50.00	+00:16:00 (35.4%)	5:38	10.6 (64.2%)
80	DWORAK Paulina	65		K 20-29 lat	8	00:00:30	00:45:18.20	00:45:48.40	+00:16:08 (35.6%)	5:39	10.6 (64.2%)
81	STELMACH Paulina	310		K 30-39 lat	29	00:00:39	00:45:24.15	00:46:03.85	+00:16:14 (35.8%)	5:40	10.6 (64.2%)
82	WÓJCICKA Ewa	600		K 40-49 lat	29	00:00:13	00:45:32.90	00:45:46.40	+00:16:22 (36.0%)	5:41	10.5 (63.6%)
83	WASOWSKA Jagoda	586	KS PEGAZ PIASECZNO	K 50-59 lat	10	00:00:30	00:45:41.20	00:46:11.90	+00:16:31 (36.2%)	5:42	10.5 (63.6%)

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Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu					
84	KUNKA Monika	179		K 30-39 lat	30	00:00:16	00:45:45.35	00:46:01.95	+00:16:35 (36.3%)	5:43	10.5 (63.6%)
85	HULANICKA Irina	109		K 60+	2	00:00:21	00:45:49.35	00:46:11.30	+00:16:39 (36.4%)	5:43	10.5 (63.6%)
86	KARPOWICZ Zofia	135		K 30-39 lat	31	00:00:07	00:46:02.50	00:46:09.75	+00:16:52 (36.7%)	5:45	10.4 (63.0%)
87	BEREDA Agnieszka	20		K 40-49 lat	30	00:00:34	00:46:21.45	00:46:56.15	+00:17:11 (37.1%)	5:47	10.4 (63.0%)
88	PAJĄK Marta	250	VEGE RUNNERS	K 40-49 lat	31	00:00:37	00:46:36.15	00:47:13.90	+00:17:26 (37.4%)	5:49	10.3 (62.4%)
89	ROMANOWSKA Ewa	282		K 30-39 lat	32	00:00:18	00:46:52.35	00:47:10.75	+00:17:42 (37.8%)	5:51	10.2 (61.8%)
90	KNOBLOCH Ewa	150		K 40-49 lat	32	00:00:14	00:47:08.40	00:47:23.00	+00:17:58 (38.1%)	5:53	10.2 (61.8%)
91	ZIARKO Joanna	379		K 40-49 lat	33	00:00:16	00:47:11.00	00:47:27.85	+00:18:01 (38.2%)	5:53	10.2 (61.8%)
92	KLAMBOROWSKA Magdalena	143		K 30-39 lat	33	00:00:25	00:47:29.80	00:47:55.55	+00:18:19 (38.6%)	5:56	10.1 (61.2%)
93	OSTRYSZ Magdalena	247		K 30-39 lat	34	00:00:38	00:47:31.15	00:48:09.90	+00:18:21 (38.6%)	5:56	10.1 (61.2%)
94	SADŁOWSKA Aleksandra	289		K 20-29 lat	9	00:00:35	00:47:32.60	00:48:07.90	+00:18:22 (38.7%)	5:56	10.1 (61.2%)
95	BUREK Katarzyna	35		K 40-49 lat	34	00:00:21	00:47:39.45	00:48:00.60	+00:18:29 (38.8%)	5:57	10.1 (61.2%)
96	BRONISZEWSKA Natalia	28		K 15-19 lat	6	00:00:39	00:47:39.75	00:48:18.95	+00:18:29 (38.8%)	5:57	10.1 (61.2%)
97	ENDER Małgorzata	68		K 30-39 lat	35	00:00:25	00:47:47.70	00:48:12.70	+00:18:37 (39.0%)	5:58	10 (60.6%)
98	DERECZ Monika	55		K 40-49 lat	35	00:00:20	00:47:58.05	00:48:18.45	+00:18:48 (39.2%)	5:59	10 (60.6%)
99	PADUCH Katka	249		K 40-49 lat	36	00:00:42	00:48:10.05	00:48:52.20	+00:19:00 (39.4%)	6:01	10 (60.6%)
100	DUDEK Beata	62		K 40-49 lat	37	00:00:26	00:48:15.40	00:48:42.10	+00:19:05 (39.6%)	6:01	9.9 (60.0%)
101	KOŁCZYK Małgorzata	596	W POGONI ZA DUCHEM	K 30-39 lat	36	00:00:37	00:48:16.35	00:48:54.10	+00:19:06 (39.6%)	6:02	9.9 (60.0%)
102	KOWALEWSKA Katarzyna	164	12TRI.PL	K 40-49 lat	38	00:00:25	00:48:17.75	00:48:43.65	+00:19:07 (39.6%)	6:02	9.9 (60.0%)
103	GŁUCHOWSKA Daria	434		K 20-29 lat	10	00:00:18	00:48:26.45	00:48:44.85	+00:19:16 (39.8%)	6:03	9.9 (60.0%)
104	KERNER Agnieszka	139	GRUPA BIEGOWA UM W-WA	K 50-59 lat	11	00:00:37	00:48:39.10	00:49:16.75	+00:19:29 (40.1%)	6:04	9.9 (60.0%)
105	KOWALSKA Kinga	165	12TRI.PL	K 40-49 lat	39	00:00:25	00:48:40.95	00:49:06.25	+00:19:31 (40.1%)	6:05	9.9 (60.0%)
106	KORCZYNSKA-PISARSKA Olga	158		K 40-49 lat	40	00:00:23	00:48:44.50	00:49:07.70	+00:19:34 (40.2%)	6:05	9.8 (59.4%)

							Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu					
107	GABRYLEWICZ Katarzyna	453	UNIQA RUNNING TEAM	K 40-49 lat	41	00:00:24	00:48:47.70	00:49:12.15	+00:19:37 (40.2%)	6:05	9.8 (59.4%)
108	KOPCZYŃSKA Anna	599		K 40-49 lat	42	00:00:34	00:48:56.05	00:49:30.30	+00:19:46 (40.4%)	6:07	9.8 (59.4%)
109	ZIENKIEWICZ-MACHNIK Małgorzata	381		K 30-39 lat	37	00:00:26	00:49:54.70	00:50:21.60	+00:20:44 (41.6%)	6:14	9.6 (58.2%)
110	KONFEDERAK Agnieszka	414	MARKOWI BIEGACZE	K 40-49 lat	43	00:00:14	00:50:07.70	00:50:22.60	+00:20:57 (41.8%)	6:15	9.6 (58.2%)
111	BIJAK Paulina	587		K 30-39 lat	38	00:00:08	00:50:35.95	00:50:44.40	+00:21:26 (42.4%)	6:19	9.5 (57.6%)
112	GÓRECKA Anna	87	MOTOBABINIEC	K 40-49 lat	44	00:00:23	00:50:49.80	00:51:13.70	+00:21:39 (42.6%)	6:21	9.4 (57.0%)
113	GOŁACKA-PIOTOWSKA Beata	83		K 50-59 lat	12	00:00:15	00:50:54.80	00:51:10.10	+00:21:44 (42.7%)	6:21	9.4 (57.0%)
114	PAMIĘTA Karolina	251	KAROLINA PAMIĘTA	K 30-39 lat	39	00:00:36	00:51:16.45	00:51:52.75	+00:22:06 (43.1%)	6:24	9.4 (57.0%)
115	SZULC Joanna	326		K 50-59 lat	13	00:00:23	00:51:19.20	00:51:42.80	+00:22:09 (43.2%)	6:24	9.4 (57.0%)
116	SIENKIEWICZ Joanna	295		K 30-39 lat	40	00:00:33	00:51:32.25	00:52:05.50	+00:22:22 (43.4%)	6:26	9.3 (56.4%)
117	KOCHMAN Iwona	417	VEGE RUNNERS	K 50-59 lat	14	00:00:27	00:52:02.80	00:52:30.25	+00:22:52 (44.0%)	6:30	9.2 (55.8%)
118	BANY Izabela	395		K 20-29 lat	11	00:00:27	00:52:32.75	00:52:59.75	+00:23:22 (44.5%)	6:34	9.1 (55.2%)
119	JURKOWSKA Irena	126		70+	8	00:00:27	00:53:11.60	00:53:38.90	+00:24:01 (45.2%)	6:38	9 (54.5%)
120	MILLER Natalia	222	BALTAZARIUSZE	K 30-39 lat	41	00:00:15	00:53:12.05	00:53:27.35	+00:24:02 (45.2%)	6:39	9 (54.5%)
121	BIDZIŃSKA Alicja	22		K 30-39 lat	42	00:00:11	00:53:25.90	00:53:36.90	+00:24:15 (45.4%)	6:40	9 (54.5%)
122	SZOT Maria	325	JASIELSKIE PIORUNY	K 50-59 lat	15	00:00:27	00:53:31.25	00:53:58.90	+00:24:21 (45.5%)	6:41	9 (54.5%)
123	SKALSKA Kamila	416		K 20-29 lat	12	00:00:36	00:53:36.05	00:54:12.65	+00:24:26 (45.6%)	6:42	9 (54.5%)
124	TOKARSKA Magda	448		K 40-49 lat	45	00:00:14	00:54:44.55	00:54:59.50	+00:25:34 (46.7%)	6:50	8.8 (53.3%)
125	SZCZUBIAŁ Magdalena	469		K 30-39 lat	43	00:00:35	00:55:15.00	00:55:50.40	+00:26:05 (47.2%)	6:54	8.7 (52.7%)
126	PAWLAK Katarzyna	435	PAN	K 40-49 lat	46	00:00:24	00:55:26.10	00:55:50.90	+00:26:16 (47.4%)	6:55	8.7 (52.7%)
127	PANASIUK Beata	252		K 30-39 lat	44	00:00:33	00:55:30.25	00:56:03.50	+00:26:20 (47.5%)	6:56	8.6 (52.1%)
128	PLICHCIŃSKA Małgorzata	268	EKONOMIK MOKOTÓW	K 40-49 lat	47	00:00:26	00:56:39.40	00:57:05.60	+00:27:29 (48.5%)	7:04	8.5 (51.5%)
129	REMBERK Danuta	278		70+	9	00:00:35	00:57:15.90	00:57:51.10	+00:28:05 (49.1%)	7:09	8.4 (50.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 8km	Czas brutto 8km	Różn	Tempo min/km	Tempo km/h
130	GRECKA Anna	93		K 20-29 lat	13	00:00:21	00:57:22.60	00:57:43.70	+00:28:12 (49.2%)	7:10	8.4 (50.9%)
131	EVTUSHENKO Katsiaryna	433		K 20-29 lat	14	00:00:14	00:57:49.30	00:58:03.30	+00:28:39 (49.6%)	7:13	8.3 (50.3%)
132	KILKOWSKA Joanna	140		K 50-59 lat	16	00:00:28	00:58:30.35	00:58:59.05	+00:29:20 (50.1%)	7:18	8.2 (49.7%)
133	KAMIŃSKA Aga	130		K 40-49 lat	48	00:00:11	01:05:18.45	01:05:30.00	+00:36:08 (55.3%)	8:09	7.4 (44.8%)
134	OLCZAK Urszula	237	UMCS BIEGA	K 50-59 lat	17	00:00:57	01:06:05.90	01:07:03.40	+00:36:55 (55.9%)	8:15	7.3 (44.2%)
135	GROCHOWSKA Joanna	95	BIEGAMY Z OCHOTĄ	K 50-59 lat	18	00:00:57	01:06:08.20	01:07:05.60	+00:36:58 (55.9%)	8:16	7.3 (44.2%)
136	MYŚLIŃSKA Anna	227	EKOBIEGI	K 40-49 lat	49	00:00:55	01:06:10.05	01:07:06.00	+00:37:00 (55.9%)	8:16	7.3 (44.2%)

Znaleziono 136 wynik(ów)