



## 5 MIL – BIEG DZIELNICY WŁOCHY

B4SPORT

**Organiser:** Urząd Dzielnicy Warszawa – Włochy  
**Date:** 2023-11-05  
**Place:** Warszawa  
**Distance:** 8 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Classification: OPEN Kobiety

Place	Participant	Number	Club	Category	MCat	Start time	Net time 8km	Czas brutto 8km	Gap	Pace min/km	Pace km/h
1	<b>KAŻMIERCZAK Marta</b>	<b>123</b>	DREAM RUN	K 40-49 lat	1	00:00:01	<b>00:27:52.30</b>	<b>00:27:54.10</b>		3:29	17.2 (100%)
2	<b>VEREMCHUK Yuliia</b>	<b>334</b>	TEAMOCHAL #BIEGAMBOLUBIĘ	K 30-39 lat	1	00:00:19	<b>00:28:38.30</b>	<b>00:28:57.55</b>	+00:00:46 (2.7%)	3:34	16.8 (97.7%)
3	<b>BYTNER-KWIATKOWSKA Monika</b>	<b>41</b>	WPRUNNING PRUSZKÓW	K 30-39 lat	2	00:00:03	<b>00:30:14.20</b>	<b>00:30:17.35</b>	+00:02:21 (7.8%)	3:46	15.9 (92.4%)
4	<b>BEREZNOWSKA Patrycja</b>	<b>25</b>	WIELISZEW HERON TEAM HOKA POLAND TEAM	K 40-49 lat	2	00:00:03	<b>00:31:11.00</b>	<b>00:31:14.80</b>	+00:03:18 (10.6%)	3:53	15.4 (89.5%)
5	<b>KADŁUBOWSKA Anna</b>	<b>112</b>		K 20-29 lat	1	00:00:03	<b>00:31:26.95</b>	<b>00:31:29.95</b>	+00:03:34 (11.4%)	3:55	15.3 (89.0%)
6	<b>TERESZCZUK Julia</b>	<b>325</b>	AZS AWF	K 15-19 lat	1	00:00:02	<b>00:31:40.90</b>	<b>00:31:43.10</b>	+00:03:48 (12.0%)	3:57	15.2 (88.4%)
7	<b>SZYMAŃSKA Agnieszka</b>	<b>317</b>		K 40-49 lat	3	00:00:05	<b>00:31:51.50</b>	<b>00:31:56.70</b>	+00:03:59 (12.5%)	3:58	15.1 (87.8%)
8	<b>WESOŁOWSKA Katarzyna</b>	<b>344</b>	ORANGE POLSKA	K 40-49 lat	4	00:00:03	<b>00:32:08.00</b>	<b>00:32:11.95</b>	+00:04:15 (13.3%)	4:01	14.9 (86.6%)
9	<b>GADOMSKA Anna</b>	<b>78</b>	PZU SPORT TEAM	K 40-49 lat	5	00:00:07	<b>00:32:55.90</b>	<b>00:33:02.90</b>	+00:05:03 (15.4%)	4:06	14.6 (84.9%)
10	<b>MAZUR Emilia</b>	<b>195</b>		K 30-39 lat	3	00:00:04	<b>00:33:01.20</b>	<b>00:33:05.95</b>	+00:05:08 (15.6%)	4:07	14.5 (84.3%)
11	<b>ŚNIEGOSKA Sandra</b>	<b>323</b>	BROOKS RUN HAPPY	K 30-39 lat	4	00:00:11	<b>00:33:59.85</b>	<b>00:34:11.45</b>	+00:06:07 (18.0%)	4:14	14.1 (82.0%)
12	<b>KOT Wioleta</b>	<b>447</b>	ULTRA LASKI	K 40-49 lat	6	00:00:08	<b>00:34:06.70</b>	<b>00:34:15.35</b>	+00:06:14 (18.3%)	4:15	14.1 (82.0%)
13	<b>CIEŚLIŃSKA Karolina</b>	<b>51</b>	STG WARSZAWA	K 30-39 lat	5	00:00:04	<b>00:34:22.90</b>	<b>00:34:27.10</b>	+00:06:30 (18.9%)	4:17	14 (81.4%)
14	<b>ZWARDOŃ Ewa</b>	<b>407</b>	BUXIDA TEAM	K 40-49 lat	7	00:00:08	<b>00:34:34.90</b>	<b>00:34:43.55</b>	+00:06:42 (19.4%)	4:19	13.9 (80.8%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 8km	Czas brutto 8km	Gap	Pace min/km	Pace km/h
15	<b>LUDYNIA Aleksandra</b>	<b>173</b>	STG WARSZAWA	K 40-49 lat	8	00:00:04	<b>00:34:50.25</b>	<b>00:34:55.10</b>	+00:06:57 (20.0%)	4:21	13.8 (80.2%)
16	<b>GRYGIERCZYK Anna</b>	<b>400</b>	ROZBIEGANY PIASTÓW	K 40-49 lat	9	00:00:05	<b>00:34:57.10</b>	<b>00:35:02.85</b>	+00:07:04 (20.3%)	4:22	13.7 (79.7%)
17	<b>WIŚNIEWSKA Ewa</b>	<b>349</b>		K 50-59 lat	1	00:00:05	<b>00:35:14.00</b>	<b>00:35:19.45</b>	+00:07:21 (20.9%)	4:24	13.6 (79.1%)
18	<b>SPRAWKA Joanna</b>	<b>442</b>	PCH_RUN	K 30-39 lat	6	00:01:38	<b>00:35:52.70</b>	<b>00:37:31.00</b>	+00:08:00 (22.3%)	4:29	13.4 (77.9%)
19	<b>LEŚNIEWICZ-PARASZKA Danuta</b>	<b>378</b>	MINIONSSPEEDTEAM	K 30-39 lat	7	00:00:06	<b>00:35:57.50</b>	<b>00:36:04.20</b>	+00:08:05 (22.5%)	4:29	13.4 (77.9%)
20	<b>RUPALA Katarzyna</b>	<b>475</b>		K 40-49 lat	10	00:00:05	<b>00:35:59.60</b>	<b>00:36:05.55</b>	+00:08:07 (22.6%)	4:29	13.3 (77.3%)
21	<b>PRZYBOROWSKA Sylwia</b>	<b>266</b>		K 30-39 lat	8	00:00:13	<b>00:36:22.80</b>	<b>00:36:36.70</b>	+00:08:30 (23.4%)	4:32	13.2 (76.7%)
22	<b>FILIPOWICZ Natalia</b>	<b>74</b>	NEW BALANCE RUN CLUB	K 30-39 lat	9	00:00:08	<b>00:36:35.55</b>	<b>00:36:43.80</b>	+00:08:43 (23.8%)	4:34	13.1 (76.2%)
23	<b>GRYN Julia</b>	<b>470</b>		K 20-29 lat	2	00:00:08	<b>00:36:44.10</b>	<b>00:36:52.30</b>	+00:08:51 (24.1%)	4:35	13.1 (76.2%)
24	<b>TERESZCZUK Joanna</b>	<b>428</b>		K 40-49 lat	11	00:00:11	<b>00:36:47.40</b>	<b>00:36:58.65</b>	+00:08:55 (24.2%)	4:35	13 (75.6%)
25	<b>PNIEWSKA Edyta</b>	<b>257</b>	LUX MED SPORTS TEAM	K 40-49 lat	12	00:00:28	<b>00:36:47.40</b>	<b>00:37:15.50</b>	+00:08:55 (24.2%)	4:35	13 (75.6%)
26	<b>OKUŁOWICZ Eliza</b>	<b>230</b>		K 40-49 lat	13	00:00:22	<b>00:36:50.00</b>	<b>00:37:12.35</b>	+00:08:57 (24.3%)	4:36	13 (75.6%)
27	<b>LEWKOWICZ Marta</b>	<b>169</b>		K 30-39 lat	10	00:00:16	<b>00:36:50.40</b>	<b>00:37:06.45</b>	+00:08:58 (24.3%)	4:36	13 (75.6%)
28	<b>SIEWRUK Katarzyna</b>	<b>283</b>	WARSAW RUN CLUB	K 40-49 lat	14	00:00:04	<b>00:36:50.70</b>	<b>00:36:55.05</b>	+00:08:58 (24.4%)	4:36	13 (75.6%)
29	<b>SŁOWIAK Klaudia</b>	<b>288</b>		K 30-39 lat	11	00:00:07	<b>00:37:07.95</b>	<b>00:37:15.75</b>	+00:09:15 (24.9%)	4:38	12.9 (75.0%)
30	<b>MATEJAK Katarzyna</b>	<b>188</b>		K 40-49 lat	15	00:00:10	<b>00:37:32.80</b>	<b>00:37:43.60</b>	+00:09:40 (25.8%)	4:41	12.8 (74.4%)
31	<b>KWIATKOWSKA Renata</b>	<b>164</b>	KB OŻARÓW MAZOWIECKI BIEGA	K 50-59 lat	2	00:00:09	<b>00:37:32.95</b>	<b>00:37:42.40</b>	+00:09:40 (25.8%)	4:41	12.8 (74.4%)
32	<b>TOMCZUK-KUZKA Katarzyna</b>	<b>329</b>		K 40-49 lat	16	00:00:06	<b>00:37:34.00</b>	<b>00:37:40.05</b>	+00:09:41 (25.8%)	4:41	12.8 (74.4%)
33	<b>KARASIEWICZ Katarzyna</b>	<b>119</b>		K 50-59 lat	3	00:00:06	<b>00:37:47.40</b>	<b>00:37:53.65</b>	+00:09:55 (26.2%)	4:43	12.7 (73.8%)
34	<b>TULA Renata</b>	<b>330</b>		K 60+	1	00:00:14	<b>00:38:13.85</b>	<b>00:38:28.60</b>	+00:10:21 (27.1%)	4:46	12.6 (73.3%)
35	<b>LITWIN Michalina</b>	<b>172</b>		K 20-29 lat	3	00:00:08	<b>00:38:18.50</b>	<b>00:38:27.10</b>	+00:10:26 (27.2%)	4:47	12.5 (72.7%)
36	<b>DZIEWULSKA Henryka</b>	<b>71</b>	ROZBIEGANY PIASTÓW	K 50-59 lat	4	00:00:05	<b>00:38:26.50</b>	<b>00:38:31.85</b>	+00:10:34 (27.5%)	4:48	12.5 (72.7%)
37	<b>PIROWSKA - REGUCKA Małgorzata</b>	<b>254</b>		K 40-49 lat	17	00:00:43	<b>00:38:28.50</b>	<b>00:39:12.20</b>	+00:10:36 (27.6%)	4:48	12.5 (72.7%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 8km	Czas brutto 8km	Gap	Pace min/km	Pace km/h
38	<b>KRASZEWSKA Sylwia</b>	<b>153</b>	SYLEND A WYSZKÓW	K 40-49 lat	18	00:00:18	<b>00:38:39.95</b>	<b>00:38:58.65</b>	+00:10:47 (27.9%)	4:49	12.4 (72.1%)
39	<b>STĘPKA Sylwia</b>	<b>302</b>		K 30-39 lat	12	00:00:33	<b>00:38:42.35</b>	<b>00:39:15.55</b>	+00:10:50 (28.0%)	4:50	12.4 (72.1%)
40	<b>DOBROWOLSKA Marlena</b>	<b>427</b>	TO NATURALNE	K 30-39 lat	13	00:00:25	<b>00:38:54.25</b>	<b>00:39:20.05</b>	+00:11:01 (28.4%)	4:51	12.3 (71.5%)
41	<b>MIEDZIŃSKA Dominika</b>	<b>201</b>		K 40-49 lat	19	00:00:05	<b>00:38:59.60</b>	<b>00:39:04.85</b>	+00:11:07 (28.5%)	4:52	12.3 (71.5%)
42	<b>WĘŻOWCZYK Ludmiła</b>	<b>345</b>	PAWKORUNNER TEAM	K 50-59 lat	5	00:00:29	<b>00:39:02.25</b>	<b>00:39:32.20</b>	+00:11:09 (28.6%)	4:52	12.3 (71.5%)
43	<b>NAWROCKA Roma</b>	<b>221</b>	GRUPA BIEGOWA UM W-WA	K 40-49 lat	20	00:00:11	<b>00:39:13.40</b>	<b>00:39:24.50</b>	+00:11:21 (28.9%)	4:54	12.2 (70.9%)
44	<b>NERĆ Karolina</b>	<b>222</b>		K 20-29 lat	4	00:00:33	<b>00:39:23.85</b>	<b>00:39:57.75</b>	+00:11:31 (29.3%)	4:55	12.2 (70.9%)
45	<b>TURCZYŃSKA Monika</b>	<b>331</b>	MEDYCY W BIEGU	K 50-59 lat	6	00:00:17	<b>00:39:49.75</b>	<b>00:40:06.85</b>	+00:11:57 (30.0%)	4:58	12.1 (70.3%)
46	<b>ZASTAWNA Aneta</b>	<b>364</b>		K 40-49 lat	21	00:00:13	<b>00:39:54.45</b>	<b>00:40:07.45</b>	+00:12:02 (30.2%)	4:59	12 (69.8%)
47	<b>ROGALSKA Justyna</b>	<b>272</b>	PAWKO RUNNER TEAM	K 30-39 lat	14	00:00:29	<b>00:39:55.15</b>	<b>00:40:24.35</b>	+00:12:02 (30.2%)	4:59	12 (69.8%)
48	<b>SEKLECKA Agata</b>	<b>373</b>	STG WARSZAWA	K 30-39 lat	15	00:00:33	<b>00:39:59.05</b>	<b>00:40:32.50</b>	+00:12:06 (30.3%)	4:59	12 (69.8%)
49	<b>SEKŚCIŃSKA Magda</b>	<b>421</b>	AKTYWNA WARSZAWA	K 30-39 lat	16	00:00:17	<b>00:40:02.35</b>	<b>00:40:20.10</b>	+00:12:10 (30.4%)	5:00	12 (69.8%)
50	<b>LISOWSKA Monika</b>	<b>449</b>		K 30-39 lat	17	00:00:08	<b>00:40:02.55</b>	<b>00:40:11.05</b>	+00:12:10 (30.4%)	5:00	12 (69.8%)
51	<b>HAWRYLUK-STASIAK Ewa</b>	<b>477</b>	BIEGUNI 2022/AKTYWNA WARSZAWA	K 60+	2	00:00:11	<b>00:40:10.70</b>	<b>00:40:22.10</b>	+00:12:18 (30.6%)	5:01	12 (69.8%)
52	<b>KOŚCIK Urszula</b>	<b>144</b>		K 30-39 lat	18	00:00:00	<b>00:40:26.00</b>	<b>00:40:26.00</b>	+00:12:33 (31.1%)	5:03	11.9 (69.2%)
53	<b>BRODZIUK Anna</b>	<b>34</b>	GRUPA BIEGWA UM W-WA	K 40-49 lat	22	00:00:28	<b>00:40:40.30</b>	<b>00:41:09.00</b>	+00:12:48 (31.5%)	5:05	11.8 (68.6%)
54	<b>MATUSZEWSKA Julia</b>	<b>190</b>		K 40-49 lat	23	00:00:26	<b>00:40:57.60</b>	<b>00:41:24.00</b>	+00:13:05 (32.0%)	5:07	11.7 (68.0%)
55	<b>TOKARSKA Weronika</b>	<b>326</b>		K 15-19 lat	2	00:00:15	<b>00:41:09.45</b>	<b>00:41:25.10</b>	+00:13:17 (32.3%)	5:08	11.7 (68.0%)
56	<b>KAMIŃSKA Dorota</b>	<b>496</b>		K 20-29 lat	5	00:00:41	<b>00:41:13.95</b>	<b>00:41:55.80</b>	+00:13:21 (32.4%)	5:09	11.6 (67.4%)
57	<b>PIETRASZEK Karolina</b>	<b>479</b>		K 20-29 lat	6	00:00:25	<b>00:41:19.85</b>	<b>00:41:45.50</b>	+00:13:27 (32.6%)	5:09	11.6 (67.4%)
58	<b>SZULC Kasia</b>	<b>314</b>		K 50-59 lat	7	00:00:06	<b>00:41:26.20</b>	<b>00:41:32.90</b>	+00:13:33 (32.7%)	5:10	11.6 (67.4%)
59	<b>WIATR Anita</b>	<b>486</b>		K 40-49 lat	24	00:00:38	<b>00:41:32.25</b>	<b>00:42:10.75</b>	+00:13:39 (32.9%)	5:11	11.6 (67.4%)
60	<b>MIK Zuzanna</b>	<b>203</b>		K 20-29 lat	7	00:00:34	<b>00:41:44.55</b>	<b>00:42:19.45</b>	+00:13:52 (33.2%)	5:13	11.5 (66.9%)

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61	WYSZKOWSKA Natalia	491	STG WARSZAWA	K 30-39 lat	19	00:00:05	00:41:44.85	00:41:50.45	+00:13:52 (33.2%)	5:13	11.5 (66.9%)
62	KONASIEWICZ Agnieszka	395		K 30-39 lat	20	00:00:41	00:41:54.70	00:42:35.95	+00:14:02 (33.5%)	5:14	11.5 (66.9%)
63	DORF Weronika	61		K 20-29 lat	8	00:00:20	00:41:58.05	00:42:18.25	+00:14:05 (33.6%)	5:14	11.4 (66.3%)
64	KACZANOWSKA Nina	110		K 20-29 lat	9	00:00:07	00:42:07.15	00:42:14.50	+00:14:14 (33.8%)	5:15	11.4 (66.3%)
65	SIDORCZUK-KUMOSA Dorota	509		K 40-49 lat	25	00:00:12	00:42:14.60	00:42:27.40	+00:14:22 (34.0%)	5:16	11.4 (66.3%)
66	PIECHOCKA Katarzyna	250	BW RUNNERS	K 40-49 lat	26	00:00:17	00:42:15.35	00:42:33.25	+00:14:23 (34.0%)	5:16	11.4 (66.3%)
67	MRÓZ Gabriela	215	PAWKO RUNNER TEAM	K 30-39 lat	21	00:00:16	00:42:30.80	00:42:47.35	+00:14:38 (34.4%)	5:18	11.3 (65.7%)
68	PERZANOWSKA Karolina	12		K 30-39 lat	22	00:00:27	00:42:45.25	00:43:12.60	+00:14:52 (34.8%)	5:20	11.2 (65.1%)
69	MIŚKIEWICZ Beata	210		K 30-39 lat	23	00:00:32	00:42:48.90	00:43:21.45	+00:14:56 (34.9%)	5:21	11.2 (65.1%)
70	MARCZAK Grażyna	187	SKARYSZEWSKIE CIACHA	K 60+	3	00:00:13	00:42:53.20	00:43:07.05	+00:15:00 (35.0%)	5:21	11.2 (65.1%)
71	HARABIN Justyna	102		K 30-39 lat	24	00:00:20	00:42:53.90	00:43:14.35	+00:15:01 (35.0%)	5:21	11.2 (65.1%)
72	PATEREK Lena	246		K 15-19 lat	3	00:00:33	00:42:58.75	00:43:31.75	+00:15:06 (35.2%)	5:22	11.2 (65.1%)
73	SARNECKA Monika	480		K 30-39 lat	25	00:00:23	00:43:00.15	00:43:23.20	+00:15:07 (35.2%)	5:22	11.2 (65.1%)
74	MIELNICZEK Magdalena	202		K 50-59 lat	8	00:00:29	00:43:00.60	00:43:29.80	+00:15:08 (35.2%)	5:22	11.2 (65.1%)
75	WELKIER Monika	343		K 40-49 lat	27	00:00:11	00:43:02.50	00:43:13.75	+00:15:10 (35.2%)	5:22	11.2 (65.1%)
76	RUCYK Justyna	454		K 40-49 lat	28	00:00:09	00:43:04.75	00:43:14.05	+00:15:12 (35.3%)	5:23	11.1 (64.5%)
77	CENDER Magdalena	42		K 40-49 lat	29	00:00:22	00:43:09.45	00:43:31.85	+00:15:17 (35.4%)	5:23	11.1 (64.5%)
78	NIEDZIÓŁKA Małgorzata	224	TO NATURALNE	K 50-59 lat	9	00:00:16	00:43:24.35	00:43:41.25	+00:15:32 (35.8%)	5:25	11.1 (64.5%)
79	KONFEDERAK Agnieszka	392	MARKOWI BIEGACZE	K 40-49 lat	30	00:00:23	00:43:31.60	00:43:54.70	+00:15:39 (36.0%)	5:26	11 (64.0%)
80	GAPSKA Agnieszka	81	KENKO	K 30-39 lat	26	00:00:34	00:43:36.20	00:44:10.90	+00:15:43 (36.1%)	5:27	11 (64.0%)
81	DĄBROWSKA Żaneta	474		K 30-39 lat	27	00:00:32	00:43:56.05	00:44:28.45	+00:16:03 (36.6%)	5:29	10.9 (63.4%)
82	SZLASA Marta	311		K 30-39 lat	28	00:00:24	00:43:59.20	00:44:23.75	+00:16:06 (36.6%)	5:29	10.9 (63.4%)
83	BAJOR Katarzyna	16		K 30-39 lat	29	00:00:35	00:44:03.25	00:44:38.40	+00:16:10 (36.7%)	5:30	10.9 (63.4%)

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84	<b>SOBIERAJ Klementyna</b>	<b>293</b>	BEMOWO BIEGA	K 40-49 lat	31	00:00:47	<b>00:44:08.30</b>	<b>00:44:55.85</b>	+00:16:16 (36.9%)	5:31	10.9 (63.4%)
85	<b>MATYSIAK Agnieszka</b>	<b>192</b>		K 40-49 lat	32	00:00:09	<b>00:44:13.50</b>	<b>00:44:22.95</b>	+00:16:21 (37.0%)	5:31	10.9 (63.4%)
86	<b>PASZEWSKA Kornelia</b>	<b>245</b>		K 20-29 lat	10	00:00:24	<b>00:44:28.30</b>	<b>00:44:52.85</b>	+00:16:36 (37.3%)	5:33	10.8 (62.8%)
87	<b>GOREVTSOVA Evgeniya</b>	<b>87</b>		K 30-39 lat	30	00:00:14	<b>00:44:43.45</b>	<b>00:44:58.20</b>	+00:16:51 (37.7%)	5:35	10.7 (62.2%)
88	<b>DZIEKAN Agnieszka</b>	<b>70</b>		K 20-29 lat	11	00:00:14	<b>00:45:08.00</b>	<b>00:45:22.15</b>	+00:17:15 (38.2%)	5:38	10.6 (61.6%)
89	<b>FUDECKA Anna</b>	<b>76</b>		K 20-29 lat	12	00:00:35	<b>00:45:20.55</b>	<b>00:45:56.00</b>	+00:17:28 (38.5%)	5:40	10.6 (61.6%)
90	<b>KUNKA Monika</b>	<b>163</b>		K 30-39 lat	31	00:00:27	<b>00:45:21.55</b>	<b>00:45:49.05</b>	+00:17:29 (38.6%)	5:40	10.6 (61.6%)
91	<b>SUPEŁ Beata</b>	<b>305</b>		K 30-39 lat	32	00:00:23	<b>00:45:22.75</b>	<b>00:45:46.00</b>	+00:17:30 (38.6%)	5:40	10.6 (61.6%)
92	<b>RODAK-KOWALEWSKA Justyna</b>	<b>271</b>		K 40-49 lat	33	00:00:35	<b>00:45:32.75</b>	<b>00:46:07.80</b>	+00:17:40 (38.8%)	5:41	10.5 (61.0%)
93	<b>BAKANOWSKA Olga</b>	<b>17</b>	PAWKO RUNNER'S TEAM	K 30-39 lat	33	00:00:34	<b>00:45:32.85</b>	<b>00:46:06.95</b>	+00:17:40 (38.8%)	5:41	10.5 (61.0%)
94	<b>PIENIĄŻKIEWICZ Beata</b>	<b>506</b>		K 40-49 lat	34	00:00:11	<b>00:46:03.10</b>	<b>00:46:14.15</b>	+00:18:10 (39.5%)	5:45	10.4 (60.5%)
95	<b>DASZCZUK Natalia</b>	<b>54</b>		K 30-39 lat	34	00:00:19	<b>00:46:07.40</b>	<b>00:46:26.65</b>	+00:18:15 (39.6%)	5:45	10.4 (60.5%)
96	<b>ZYCH Kasia</b>	<b>368</b>	NEW BALANS	K 30-39 lat	35	00:00:57	<b>00:46:13.85</b>	<b>00:47:11.75</b>	+00:18:21 (39.7%)	5:46	10.4 (60.5%)
97	<b>DOBRZAŃSKA Małgorzata</b>	<b>386</b>		K 20-29 lat	13	00:00:36	<b>00:46:36.40</b>	<b>00:47:13.05</b>	+00:18:44 (40.2%)	5:49	10.3 (59.9%)
98	<b>GOŁACKA-PIOTOWSKA Beata</b>	<b>86</b>		K 50-59 lat	10	00:00:20	<b>00:46:48.20</b>	<b>00:47:08.55</b>	+00:18:55 (40.4%)	5:51	10.3 (59.9%)
99	<b>KOPIEC Iwona</b>	<b>139</b>		K 50-59 lat	11	00:00:08	<b>00:47:09.00</b>	<b>00:47:17.90</b>	+00:19:16 (40.9%)	5:53	10.2 (59.3%)
100	<b>WĄSOWSKA Jagoda</b>	<b>341</b>	PEGAZ PIASECZNO	K 50-59 lat	12	00:00:11	<b>00:47:22.60</b>	<b>00:47:34.20</b>	+00:19:30 (41.2%)	5:55	10.1 (58.7%)
101	<b>SKROJNA Anna</b>	<b>287</b>	RUN CZARNÓW	K 30-39 lat	36	00:00:19	<b>00:47:45.10</b>	<b>00:48:05.00</b>	+00:19:52 (41.6%)	5:58	10.1 (58.7%)
102	<b>PIETRZYK Anna</b>	<b>251</b>	ROZBIEGANY PIASTÓW	K 40-49 lat	35	00:00:06	<b>00:47:58.80</b>	<b>00:48:04.95</b>	+00:20:06 (41.9%)	5:59	10 (58.1%)
103	<b>DOLIŃSKA Ewa</b>	<b>468</b>		K 30-39 lat	37	00:00:08	<b>00:48:13.60</b>	<b>00:48:22.40</b>	+00:20:21 (42.2%)	6:01	10 (58.1%)
104	<b>MICHALSKA Katarzyna</b>	<b>199</b>		K 20-29 lat	14	00:00:39	<b>00:48:49.00</b>	<b>00:49:28.85</b>	+00:20:56 (42.9%)	6:06	9.8 (57.0%)
105	<b>BARNAŚ Ilona</b>	<b>508</b>		K 40-49 lat	36	00:00:11	<b>00:48:51.75</b>	<b>00:49:03.20</b>	+00:20:59 (43.0%)	6:06	9.8 (57.0%)
106	<b>WOJCIECHOWSKA Olena</b>	<b>445</b>	MAGAZYNBIEGANIE.PL	K 30-39 lat	38	00:00:04	<b>00:49:08.35</b>	<b>00:49:13.25</b>	+00:21:16 (43.3%)	6:08	9.8 (57.0%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 8km	Czas brutto 8km	Gap	Pace min/km	Pace km/h
107	<b>MIKA Anna</b>	<b>456</b>		K 30-39 lat	39	00:00:12	<b>00:49:09.65</b>	<b>00:49:21.90</b>	+00:21:17 (43.3%)	6:08	9.8 (57.0%)
108	<b>KOBUS Karina</b>	<b>130</b>		K 20-29 lat	15	00:00:19	<b>00:49:21.90</b>	<b>00:49:41.20</b>	+00:21:29 (43.5%)	6:10	9.7 (56.4%)
109	<b>BUREK Kasia</b>	<b>40</b>		K 40-49 lat	37	00:00:09	<b>00:49:23.10</b>	<b>00:49:32.20</b>	+00:21:30 (43.6%)	6:10	9.7 (56.4%)
110	<b>CZAPSKA-SZYMUL Magdalena</b>	<b>457</b>	URZĄD DZIELNICY URSUS M.ST. W-WY	K 40-49 lat	38	00:00:40	<b>00:49:24.90</b>	<b>00:50:05.25</b>	+00:21:32 (43.6%)	6:10	9.7 (56.4%)
111	<b>ZAWADKA Agnieszka</b>	<b>511</b>		K 50-59 lat	13	00:00:00	<b>00:49:30.00</b>	<b>00:49:30.00</b>	+00:21:37 (43.7%)	6:11	9.7 (56.4%)
112	<b>ZDZIESZYŃSKA Anna</b>	<b>411</b>		K 30-39 lat	40	00:00:17	<b>00:49:47.20</b>	<b>00:50:04.95</b>	+00:21:54 (44.0%)	6:13	9.6 (55.8%)
113	<b>BUDEK Ewa</b>	<b>38</b>		K 40-49 lat	39	00:00:10	<b>00:49:57.35</b>	<b>00:50:07.50</b>	+00:22:05 (44.2%)	6:14	9.6 (55.8%)
114	<b>KARŁOWICZ Anna</b>	<b>120</b>	PARTIA WOLNYCH BIEGACZY	K 60+	4	00:00:27	<b>00:50:04.35</b>	<b>00:50:32.15</b>	+00:22:12 (44.3%)	6:15	9.6 (55.8%)
115	<b>KATNER-PRUSZYŃSKA Joanna</b>	<b>121</b>	KB OŻARÓW MAZOWIECKI BIEGA	K 40-49 lat	40	00:00:33	<b>00:50:17.95</b>	<b>00:50:51.40</b>	+00:22:25 (44.6%)	6:17	9.5 (55.2%)
116	<b>SOSNOWSKA Martyna</b>	<b>298</b>	KASZTANKI	K 50-59 lat	14	00:00:29	<b>00:51:10.95</b>	<b>00:51:40.70</b>	+00:23:18 (45.5%)	6:23	9.4 (54.7%)
117	<b>KILJAN Karolina</b>	<b>126</b>		K 20-29 lat	16	00:00:21	<b>00:51:12.85</b>	<b>00:51:33.90</b>	+00:23:20 (45.6%)	6:24	9.4 (54.7%)
118	<b>KIELAR Anna</b>	<b>125</b>		K 30-39 lat	41	00:00:20	<b>00:51:13.45</b>	<b>00:51:34.10</b>	+00:23:21 (45.6%)	6:24	9.4 (54.7%)
119	<b>MRÓZ Joanna</b>	<b>216</b>	KASZTANKI	K 30-39 lat	42	00:00:30	<b>00:51:25.35</b>	<b>00:51:56.20</b>	+00:23:33 (45.8%)	6:25	9.3 (54.1%)
120	<b>WAWRZONKIEWICZ Justyna</b>	<b>340</b>		K 30-39 lat	43	00:00:32	<b>00:51:40.50</b>	<b>00:52:12.75</b>	+00:23:48 (46.1%)	6:27	9.3 (54.1%)
121	<b>WIŚNIEWSKA Katarzyna</b>	<b>350</b>	INDYWIDUALISTKA	K 50-59 lat	15	00:00:27	<b>00:52:12.60</b>	<b>00:52:39.90</b>	+00:24:20 (46.6%)	6:31	9.2 (53.5%)
122	<b>WANCERZ Magdalena</b>	<b>337</b>		K 20-29 lat	17	00:00:42	<b>00:52:20.05</b>	<b>00:53:02.05</b>	+00:24:27 (46.7%)	6:32	9.2 (53.5%)
123	<b>WITEK-JANOTA Aneta</b>	<b>351</b>		K 40-49 lat	41	00:00:04	<b>00:52:33.95</b>	<b>00:52:38.30</b>	+00:24:41 (47.0%)	6:34	9.1 (52.9%)
124	<b>GAJ Bogna</b>	<b>476</b>		K 50-59 lat	16	00:00:28	<b>00:52:48.65</b>	<b>00:53:17.35</b>	+00:24:56 (47.2%)	6:36	9.1 (52.9%)
125	<b>DOMINIAK Agnieszka</b>	<b>426</b>	#BARTEKBIEGA	K 40-49 lat	42	00:00:16	<b>00:52:56.40</b>	<b>00:53:12.40</b>	+00:25:04 (47.4%)	6:37	9.1 (52.9%)
126	<b>JURKOWSKA Irena</b>	<b>109</b>		K 60+	5	00:00:26	<b>00:53:05.30</b>	<b>00:53:32.20</b>	+00:25:13 (47.5%)	6:38	9 (52.3%)
127	<b>BIDZIŃSKA Alicja</b>	<b>26</b>		K 30-39 lat	44	00:00:22	<b>00:53:21.85</b>	<b>00:53:43.85</b>	+00:25:29 (47.8%)	6:40	9 (52.3%)
128	<b>BARSCZEWSKA Marta</b>	<b>22</b>	BWRUNNERS	K 30-39 lat	45	00:00:17	<b>00:53:26.50</b>	<b>00:53:43.90</b>	+00:25:34 (47.8%)	6:40	9 (52.3%)
129	<b>KACZYŃSKA Paula</b>	<b>111</b>		K 20-29 lat	18	00:00:31	<b>00:53:44.00</b>	<b>00:54:15.15</b>	+00:25:51 (48.1%)	6:43	8.9 (51.7%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 8km	Czas brutto 8km	Gap	Pace min/km	Pace km/h
130	<b>KERNER Agnieszka</b>	<b>124</b>		K 50-59 lat	17	00:00:39	<b>00:53:44.05</b>	<b>00:54:23.05</b>	+00:25:51 (48.1%)	6:43	8.9 (51.7%)
131	<b>SMARZ Kinga</b>	<b>290</b>		K 20-29 lat	19	00:00:13	<b>00:53:46.05</b>	<b>00:53:59.45</b>	+00:25:53 (48.2%)	6:43	8.9 (51.7%)
132	<b>MIRKOWSKA Monika</b>	<b>375</b>	GRUPA BIEGOWA UM WARSZAWA	K 30-39 lat	46	00:00:18	<b>00:53:48.25</b>	<b>00:54:06.75</b>	+00:25:55 (48.2%)	6:43	8.9 (51.7%)
133	<b>OLEKSIAK Anna</b>	<b>233</b>		K 20-29 lat	20	00:00:34	<b>00:54:31.35</b>	<b>00:55:06.20</b>	+00:26:39 (48.9%)	6:48	8.8 (51.2%)
134	<b>PAJĄK Marta</b>	<b>240</b>	VEGE RUNNERS	K 40-49 lat	43	00:00:42	<b>00:54:49.45</b>	<b>00:55:32.35</b>	+00:26:57 (49.2%)	6:51	8.8 (51.2%)
135	<b>GROCHOWSKA Joanna</b>	<b>91</b>		K 50-59 lat	18	00:00:40	<b>00:54:51.50</b>	<b>00:55:31.65</b>	+00:26:59 (49.2%)	6:51	8.8 (51.2%)
136	<b>OLCZAK Urszula</b>	<b>231</b>	UMCS BIEGA	K 50-59 lat	19	00:00:39	<b>00:54:53.05</b>	<b>00:55:32.25</b>	+00:27:00 (49.2%)	6:51	8.7 (50.6%)
137	<b>SHADRYNA Darya</b>	<b>281</b>		K 20-29 lat	21	00:00:23	<b>00:55:18.05</b>	<b>00:55:41.55</b>	+00:27:25 (49.6%)	6:54	8.7 (50.6%)
138	<b>GROCHOWINA Anna</b>	<b>471</b>		K 30-39 lat	47	00:00:26	<b>00:55:35.40</b>	<b>00:56:02.15</b>	+00:27:43 (49.9%)	6:56	8.6 (50.0%)
139	<b>KOLASA Barbara</b>	<b>132</b>	KLUB J.SŁOWACKIEGO	K 60+	6	00:00:05	<b>00:55:49.00</b>	<b>00:55:54.05</b>	+00:27:56 (50.1%)	6:58	8.6 (50.0%)
140	<b>DWORZYŃSKA-PARYS Marta</b>	<b>66</b>		K 30-39 lat	48	00:00:37	<b>00:56:09.65</b>	<b>00:56:47.55</b>	+00:28:17 (50.4%)	7:01	8.5 (49.4%)
141	<b>DWURZYŃSKA Sylwia</b>	<b>67</b>	GRUPA BIEGOWA UM W-WA	K 40-49 lat	44	00:00:38	<b>00:57:03.80</b>	<b>00:57:42.00</b>	+00:29:11 (51.2%)	7:07	8.4 (48.8%)
142	<b>REGIMOWICZ Tamara</b>	<b>467</b>	NEW BALANCE RUN CLUB	K 30-39 lat	49	00:00:49	<b>00:58:27.80</b>	<b>00:59:17.05</b>	+00:30:35 (52.3%)	7:18	8.2 (47.7%)

Total 142 results.