



8 EDYCJA POGOŃ RAKA

B4SPORT

Organizator: Stowarzyszenie Walki z Rakiem Płuca Oddział
Szczecin
Data: 2024-10-05
Miejsce: Szczecin
Dystans: 5 km



Klasyfikacja: OPEN -K

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	DROŹDZEWSKA Paulina	89		OPEN -K	1	00:22:50.45		4:34	13.1 (100%)
2	DYDEK Edyta	34	SKB DZIK	OPEN -K	2	00:24:02.40	+00:01:11 (5.0%)	4:48	12.5 (95.4%)
3	JETTKA-MATERKA Natalia	163		OPEN -K	3	00:24:16.35	+00:01:25 (5.9%)	4:51	12.4 (94.7%)
4	KONDRAT Olga	189		OPEN -K	4	00:24:32.00	+00:01:41 (6.9%)	4:54	12.2 (93.1%)
5	KAWKA Aneta	175		OPEN -K	5	00:24:52.90	+00:02:02 (8.2%)	4:58	12.1 (92.4%)
6	KUT Ewa	234		OPEN -K	6	00:24:53.70	+00:02:03 (8.3%)	4:58	12.1 (92.4%)
7	NIEWIAROWSKA Weronika	301		OPEN -K	7	00:24:58.20	+00:02:07 (8.5%)	4:59	12 (91.6%)
8	BOCIANOWSKA-NIEMCZYK Paulina	37	FIT MAMY	OPEN -K	8	00:25:17.15	+00:02:26 (9.7%)	5:03	11.9 (90.8%)
9	DURAJCZYK Magdalena	98		OPEN -K	9	00:25:22.55	+00:02:32 (10.0%)	5:04	11.8 (90.1%)
10	POPŁAWSKA Weronika	342	LKS PRZECŁAW	OPEN -K	10	00:25:39.25	+00:02:48 (11.0%)	5:07	11.7 (89.3%)
11	KAMIŃSKA Adriana	171		OPEN -K	11	00:26:31.00	+00:03:40 (13.9%)	5:18	11.3 (86.3%)
12	PIERZAK Magdalena	327		OPEN -K	12	00:26:44.10	+00:03:53 (14.6%)	5:20	11.2 (85.5%)
13	ADAMOWICZ Monika	180		OPEN -K	13	00:26:47.75	+00:03:57 (14.8%)	5:21	11.2 (85.5%)
14	HNYDA Martyna	150		OPEN -K	14	00:26:49.45	+00:03:59 (14.8%)	5:21	11.2 (85.5%)
15	CHESKO Olha	53		OPEN -K	15	00:27:03.60	+00:04:13 (15.6%)	5:24	11.1 (84.7%)
16	CZEŻYK-SZLACHCIKOWSKA Ewa	70		OPEN -K	16	00:27:05.25	+00:04:14 (15.7%)	5:25	11.1 (84.7%)
17	CHMIELOWIEC Karolina	56		OPEN -K	17	00:27:40.00	+00:04:49 (17.4%)	5:32	10.8 (82.4%)
18	BRANICA Hanna	42	MGM WARSZEWO	OPEN -K	18	00:27:45.55	+00:04:55 (17.7%)	5:33	10.8 (82.4%)
19	TARNAWSKA Marlena	423		OPEN -K	19	00:28:13.15	+00:05:22 (19.1%)	5:38	10.6 (80.9%)
20	NOWICKA Aleksandra	305		OPEN -K	20	00:28:14.30	+00:05:23 (19.1%)	5:38	10.6 (80.9%)
21	MATYSIAK Ania	280		OPEN -K	21	00:28:16.95	+00:05:26 (19.2%)	5:39	10.6 (80.9%)
22	SIWIELA Katarzyna	379		OPEN -K	22	00:28:31.30	+00:05:40 (19.9%)	5:42	10.5 (80.2%)
23	BUJNOWSKA Anita	46		OPEN -K	23	00:28:32.60	+00:05:42 (20.0%)	5:42	10.5 (80.2%)
24	KOZŁOWSKA Karolina	206		OPEN -K	24	00:28:37.80	+00:05:47 (20.2%)	5:43	10.5 (80.2%)
25	KOWALSKA Dorota	512	AFFIDEA	OPEN -K	25	00:28:38.60	+00:05:48 (20.3%)	5:43	10.5 (80.2%)
26	GAJDA Aleksandra	115	KLUB USK 1 SZCZECIN	OPEN -K	26	00:28:42.80	+00:05:52 (20.5%)	5:44	10.5 (80.2%)
27	OPALA Izabela	312		OPEN -K	27	00:29:02.25	+00:06:11 (21.3%)	5:48	10.3 (78.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
28	NATALCZYK Ewelina	297		OPEN -K	28	00:29:04.35	+00:06:13 (21.4%)	5:48	10.3 (78.6%)
29	RZYMSKA Marta	368	TRIGYM	OPEN -K	29	00:29:06.75	+00:06:16 (21.5%)	5:49	10.3 (78.6%)
30	SAKOWSKA-CARŁO Magda	371	WIECZORNE BIEGANIE W SZCZECINIE	OPEN -K	30	00:29:16.85	+00:06:26 (22.0%)	5:51	10.3 (78.6%)
31	BIĘCZYK Iwona	364	WY-BIEGANI SZCZECIN	OPEN -K	31	00:29:24.70	+00:06:34 (22.3%)	5:52	10.2 (77.9%)
32	SZELAĞIEWCZ Magdalena	410		OPEN -K	32	00:29:41.45	+00:06:51 (23.1%)	5:56	10.1 (77.1%)
33	ŻYLUK Bożena	505	WIECZORNE BIEGANIE W SZCZECINIE	OPEN -K	33	00:29:41.65	+00:06:51 (23.1%)	5:56	10.1 (77.1%)
34	HAK Karolina	143		OPEN -K	34	00:29:43.25	+00:06:52 (23.1%)	5:56	10.1 (77.1%)
35	CZECH-WOJNACH Kasia	68	USK 1	OPEN -K	35	00:29:43.55	+00:06:53 (23.2%)	5:56	10.1 (77.1%)
36	ŁAWRYNOWICZ Ewa	248	FITMAMY	OPEN -K	36	00:29:47.45	+00:06:57 (23.3%)	5:57	10.1 (77.1%)
37	ŁUKASIEWICZ Agnieszka	250	KB HERMES GRYFINO	OPEN -K	37	00:29:47.50	+00:06:57 (23.3%)	5:57	10.1 (77.1%)
38	PODAHJNA-PIETRZAK Oliwia	398		OPEN -K	38	00:29:56.50	+00:07:06 (23.7%)	5:59	10 (76.3%)
39	DUMA Małgorzata	95	WIECZORNE BIEGANIE W SZCZECINIE	OPEN -K	39	00:29:57.30	+00:07:06 (23.7%)	5:59	10 (76.3%)
40	KACZMAREK Arleta	170	KOBIECE BIEGANIE	OPEN -K	40	00:29:58.65	+00:07:08 (23.8%)	5:59	10 (76.3%)
41	JANOWSKA CICHECKA Julita	156	FIT MAMY	OPEN -K	41	00:30:02.45	+00:07:12 (24.0%)	6:00	10 (76.3%)
42	BĄCIK Aneta	26		OPEN -K	42	00:30:14.55	+00:07:24 (24.5%)	6:02	9.9 (75.6%)
43	MAJEWSKA Małgorzata	262		OPEN -K	43	00:30:17.05	+00:07:26 (24.6%)	6:03	9.9 (75.6%)
44	MIELEC Marta	285		OPEN -K	44	00:30:17.60	+00:07:27 (24.6%)	6:03	9.9 (75.6%)
45	RAJSKA Aleksandra	349		OPEN -K	45	00:30:19.70	+00:07:29 (24.7%)	6:03	9.9 (75.6%)
46	STANISZEWSKA-KUŚ Magdalena	388	MGM WARSZEWO	OPEN -K	46	00:30:20.85	+00:07:30 (24.7%)	6:04	9.9 (75.6%)
47	TRYBUŁA Ewelina	430	USK 1	OPEN -K	47	00:30:28.80	+00:07:38 (25.1%)	6:05	9.8 (74.8%)
48	KASPEREK Weronika	510	AFFIDEA	OPEN -K	48	00:30:37.45	+00:07:47 (25.4%)	6:07	9.8 (74.8%)
49	NIECHWIADOWICZ Diana	299		OPEN -K	49	00:30:48.10	+00:07:57 (25.8%)	6:09	9.7 (74.0%)
50	GUTOWSKA Izabela	142		OPEN -K	50	00:30:58.90	+00:08:08 (26.3%)	6:11	9.7 (74.0%)
51	SYDOR Kasia	403	EL TORO DE ORO	OPEN -K	51	00:31:14.25	+00:08:23 (26.9%)	6:14	9.6 (73.3%)
52	STRAK Izabela	399		OPEN -K	52	00:31:14.30	+00:08:23 (26.9%)	6:14	9.6 (73.3%)
53	KIERNOŻYCKA Kasia	178		OPEN -K	53	00:31:17.90	+00:08:27 (27.0%)	6:15	9.6 (73.3%)
54	ZIENTEK Małgorzata	494	WIECZORNE BIEGANIE W SZCZECINIE	OPEN -K	54	00:31:19.80	+00:08:29 (27.1%)	6:15	9.6 (73.3%)
55	DŁUGOKĘCKA Sylwia	82		OPEN -K	55	00:31:22.80	+00:08:32 (27.2%)	6:16	9.6 (73.3%)
56	BARANOWSKA Izabela	21		OPEN -K	56	00:31:29.05	+00:08:38 (27.5%)	6:17	9.5 (72.5%)
57	TUCZYŃSKA Natalia	432		OPEN -K	57	00:31:32.05	+00:08:41 (27.6%)	6:18	9.5 (72.5%)
58	HAWRANIAK Natalia	148		OPEN -K	58	00:31:36.85	+00:08:46 (27.8%)	6:19	9.5 (72.5%)
59	CIEŚLA Patrycja	61		OPEN -K	59	00:31:41.30	+00:08:50 (27.9%)	6:20	9.5 (72.5%)
60	KLOFIK Małgorzata	183		OPEN -K	60	00:31:41.65	+00:08:51 (27.9%)	6:20	9.5 (72.5%)
61	TUNDYS Iwona	433	USK1 SZCZECIN	OPEN -K	61	00:31:51.75	+00:09:01 (28.3%)	6:22	9.4 (71.8%)
62	TOSNOWIEC Dominika	427		OPEN -K	62	00:32:01.65	+00:09:11 (28.7%)	6:24	9.4 (71.8%)
63	HIRSCH Aga	149		OPEN -K	63	00:32:03.85	+00:09:13 (28.8%)	6:24	9.4 (71.8%)
64	CZUBA Emilia	71		OPEN -K	64	00:32:04.20	+00:09:13 (28.8%)	6:24	9.4 (71.8%)
65	WIĄCEK Anna	451	KOBIECIE BIEGANIE	OPEN -K	65	00:32:08.75	+00:09:18 (28.9%)	6:25	9.3 (71.0%)
66	TOMCZYK Katarzyna	425		OPEN -K	66	00:32:09.20	+00:09:18 (29.0%)	6:25	9.3 (71.0%)
67	KULETA Adriana	229		OPEN -K	67	00:32:11.90	+00:09:21 (29.1%)	6:26	9.3 (71.0%)
68	ZIENDA Magdalena	493		OPEN -K	68	00:32:16.80	+00:09:26 (29.2%)	6:27	9.3 (71.0%)
69	MRÓZ Aleksandra	293	WIECZORNE BIEGANIE	OPEN -K	69	00:32:25.25	+00:09:34 (29.5%)	6:29	9.3 (71.0%)
70	KRUCZKOWSKA Agnieszka	214		OPEN -K	70	00:32:27.55	+00:09:37 (29.6%)	6:29	9.2 (70.2%)
71	KRUCZKOWSKA Malwina	215		OPEN -K	71	00:32:27.70	+00:09:37 (29.6%)	6:29	9.2 (70.2%)

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72	JURYS Elzbieta	167		OPEN -K	72	00:32:28.20	+00:09:37 (29.7%)	6:29	9.2 (70.2%)
73	PŁAWSKA Ewa	332	MGM WARSZEWO	OPEN -K	73	00:32:37.55	+00:09:47 (30.0%)	6:31	9.2 (70.2%)
74	RADWAŃSKA Anna	347		OPEN -K	74	00:32:41.50	+00:09:51 (30.1%)	6:32	9.2 (70.2%)
75	WASYLENKO Agnieszka	444		OPEN -K	75	00:32:42.80	+00:09:52 (30.2%)	6:32	9.2 (70.2%)
76	PROTASIEWICZ Agnieszka	345		OPEN -K	76	00:32:48.30	+00:09:57 (30.4%)	6:33	9.1 (69.5%)
77	JABŁOŃSKA Aleksandra	152		OPEN -K	77	00:32:56.25	+00:10:05 (30.7%)	6:35	9.1 (69.5%)
78	BABENKO Angelika	14		OPEN -K	78	00:32:56.50	+00:10:06 (30.7%)	6:35	9.1 (69.5%)
79	KŁOS Magdalena	184		OPEN -K	79	00:32:59.10	+00:10:08 (30.8%)	6:35	9.1 (69.5%)
80	WOJCIECHOWSKA Justyna	462		OPEN -K	80	00:33:03.80	+00:10:13 (30.9%)	6:36	9.1 (69.5%)
81	POGORZELSKA Sylwia	340		OPEN -K	81	00:33:10.85	+00:10:20 (31.2%)	6:38	9 (68.7%)
82	WANDACHOWICZ Paulina	439	FIT MAMY	OPEN -K	82	00:33:10.90	+00:10:20 (31.2%)	6:38	9 (68.7%)
83	KRYNICKA Elżbieta	221	FUZJA PYRZYCE	OPEN -K	83	00:33:12.75	+00:10:22 (31.2%)	6:38	9 (68.7%)
84	RUDNICKA Agnieszka	362	FUZJA	OPEN -K	84	00:33:12.95	+00:10:22 (31.2%)	6:38	9 (68.7%)
85	GALIKOWSKA Wioletta	117	WIECZORNE BIEGANIE W SZCZECINIE	OPEN -K	85	00:33:13.25	+00:10:22 (31.2%)	6:38	9 (68.7%)
86	MARSZAŁEK Katarzyna	272	FUZJA PYRZYCE	OPEN -K	86	00:33:13.30	+00:10:22 (31.2%)	6:38	9 (68.7%)
87	TALAREK Zofia	422		OPEN -K	87	00:33:15.55	+00:10:25 (31.3%)	6:39	9 (68.7%)
88	SZAJEK Marta	404	HULK TEAM POLICE	OPEN -K	88	00:33:19.75	+00:10:29 (31.5%)	6:39	9 (68.7%)
89	MYSZAK Katarzyna	294		OPEN -K	89	00:33:21.15	+00:10:30 (31.5%)	6:40	9 (68.7%)
90	WARDĘGA Monika	440	#FIEGEBIEGA	OPEN -K	90	00:33:21.80	+00:10:31 (31.5%)	6:40	9 (68.7%)
91	SZUBERT-ADAMSKA Ewelina	414	FUTYMKA TEAM	OPEN -K	91	00:33:22.85	+00:10:32 (31.6%)	6:40	9 (68.7%)
92	KOŁODZIEJCZYK Anna	186		OPEN -K	92	00:33:24.05	+00:10:33 (31.6%)	6:40	9 (68.7%)
93	LIZUREJ Aleksandra	245		OPEN -K	93	00:33:24.55	+00:10:34 (31.6%)	6:40	9 (68.7%)
94	WABISZEWICZ Katarzyna	437		OPEN -K	94	00:33:27.85	+00:10:37 (31.7%)	6:41	9 (68.7%)
95	GŁOGOWSKA Katarzyna	126	FIT MAMY GRZEPNICA	OPEN -K	95	00:33:28.65	+00:10:38 (31.8%)	6:41	9 (68.7%)
96	BORKOWSKA ZIELKE Magdalena	39		OPEN -K	96	00:33:29.15	+00:10:38 (31.8%)	6:41	9 (68.7%)
97	ZUBA Lucyna	501		OPEN -K	97	00:33:33.00	+00:10:42 (31.9%)	6:42	8.9 (67.9%)
98	RYBARCZYK Justyna	365		OPEN -K	98	00:33:35.85	+00:10:45 (32.0%)	6:43	8.9 (67.9%)
99	KACZMAREK Gosia	168		OPEN -K	99	00:33:40.00	+00:10:49 (32.2%)	6:44	8.9 (67.9%)
100	ZAKRZEWSKA Anna	5		OPEN -K	100	00:33:46.50	+00:10:56 (32.4%)	6:45	8.9 (67.9%)
101	DUDEK-IGNACZAK Joanna	93		OPEN -K	101	00:33:48.60	+00:10:58 (32.4%)	6:45	8.9 (67.9%)
102	JAREMCZUK-ŁAZARZ Dorota	158	MOTI TEAM	OPEN -K	102	00:33:56.40	+00:11:05 (32.7%)	6:47	8.8 (67.2%)
103	KOŚCIŃSKA Elżbieta	198	WOJSKOWY KLUB HONOROWYCH DAWCÓW KRWI SZCZECIN	OPEN -K	103	00:34:03.45	+00:11:13 (32.9%)	6:48	8.8 (67.2%)
104	WAWRZECZKO Anna	445		OPEN -K	104	00:34:04.35	+00:11:13 (33.0%)	6:48	8.8 (67.2%)
105	USZPOLEWICZ Monika	436		OPEN -K	105	00:34:04.70	+00:11:14 (33.0%)	6:48	8.8 (67.2%)
106	HAPONIUK Weronika	146		OPEN -K	106	00:34:05.50	+00:11:15 (33.0%)	6:49	8.8 (67.2%)
107	RAK Alicja	350		OPEN -K	107	00:34:07.25	+00:11:16 (33.1%)	6:49	8.8 (67.2%)
108	ZALEWSKA Ewa	487	USK 1 SZCZECIN	OPEN -K	108	00:34:08.50	+00:11:18 (33.1%)	6:49	8.8 (67.2%)
109	JAKUBOWSKA Anna	153		OPEN -K	109	00:34:11.95	+00:11:21 (33.2%)	6:50	8.8 (67.2%)
110	GUZ Joanna	513	AFFIDEA	OPEN -K	110	00:34:13.00	+00:11:22 (33.2%)	6:50	8.8 (67.2%)
111	MADEJ Anna	256		OPEN -K	111	00:34:13.50	+00:11:23 (33.3%)	6:50	8.8 (67.2%)
112	SZCZĘCH Martyna	409		OPEN -K	112	00:34:15.80	+00:11:25 (33.3%)	6:51	8.8 (67.2%)
113	ANDRZEJEWSKA Adrianna	328		OPEN -K	113	00:34:27.65	+00:11:37 (33.7%)	6:53	8.7 (66.4%)
114	SEMKO Olha	376		OPEN -K	114	00:34:41.90	+00:11:51 (34.2%)	6:56	8.6 (65.6%)
115	YAKOBCHUK Inna	480		OPEN -K	115	00:34:45.40	+00:11:54 (34.3%)	6:57	8.6 (65.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5km	Różn		
116	ŁUPKOWSKA-GRYGORCEWICZ Aleksandra	252		OPEN -K	116	00:34:57.10	+00:12:06 (34.7%)	6:59	8.6 (65.6%)
117	GRYGORCEWICZ -ŚLWIŃSKA Magdalena	138		OPEN -K	117	00:35:00.45	+00:12:10 (34.8%)	7:00	8.6 (65.6%)
118	BALCER Ewa	19		OPEN -K	118	00:35:06.45	+00:12:16 (34.9%)	7:01	8.5 (64.9%)
119	DRĘŻEK Anna	88		OPEN -K	119	00:35:17.55	+00:12:27 (35.3%)	7:03	8.5 (64.9%)
120	KONIK Aneta	191	POLICZANKI	OPEN -K	120	00:35:18.35	+00:12:27 (35.3%)	7:03	8.5 (64.9%)
121	MONDZELEWSKA Beata	291	LZS WOŁCZKOWO	OPEN -K	121	00:35:21.60	+00:12:31 (35.4%)	7:04	8.5 (64.9%)
122	GIERCHOWSKA Monika	120	BBL POLICE	OPEN -K	122	00:35:30.95	+00:12:40 (35.7%)	7:06	8.5 (64.9%)
123	PAWLICKA Joanna	507		OPEN -K	123	00:35:31.30	+00:12:40 (35.7%)	7:06	8.4 (64.1%)
124	PAWLOWSKA Justyna	321		OPEN -K	124	00:35:41.15	+00:12:50 (36.0%)	7:08	8.4 (64.1%)
125	PAWEŁCZYK Marzena	320	USK1	OPEN -K	125	00:35:46.35	+00:12:55 (36.1%)	7:09	8.4 (64.1%)
126	KRAM Barbara	210		OPEN -K	126	00:35:48.55	+00:12:58 (36.2%)	7:09	8.4 (64.1%)
127	FUTYMA Karolina	113	FUTYMKA TEAM	OPEN -K	127	00:35:52.20	+00:13:01 (36.3%)	7:10	8.4 (64.1%)
128	DĄBSKA Karolina	76		OPEN -K	128	00:35:52.75	+00:13:02 (36.3%)	7:10	8.4 (64.1%)
129	BUDZYŃSKA Alicja	45	VETKA TEAM	OPEN -K	129	00:35:56.60	+00:13:06 (36.5%)	7:11	8.3 (63.4%)
130	KORBAL Małgorzata	192		OPEN -K	130	00:35:57.40	+00:13:06 (36.5%)	7:11	8.3 (63.4%)
131	JAKSINA Anna	212	WIECZORNE BIEGANIE W SZCZECINIE	OPEN -K	131	00:35:59.55	+00:13:09 (36.5%)	7:11	8.3 (63.4%)
132	ROSIAK-SYPNIEWSKA Paulina Ewa	357		OPEN -K	132	00:36:07.45	+00:13:17 (36.8%)	7:13	8.3 (63.4%)
133	MANDUK-CZYŻYK Nina	269	LUCHERINI	OPEN -K	133	00:36:15.95	+00:13:25 (37.0%)	7:15	8.3 (63.4%)
134	KOWALCZYK Joanna	202		OPEN -K	134	00:36:20.35	+00:13:29 (37.1%)	7:16	8.3 (63.4%)
135	ZASADZIŃSKA Natalia	483	INCOMKI	OPEN -K	135	00:36:26.15	+00:13:35 (37.3%)	7:17	8.2 (62.6%)
136	LEWANDOWSKA Beata	238		OPEN -K	136	00:36:29.45	+00:13:39 (37.4%)	7:17	8.2 (62.6%)
137	FASSERO GAMBA Noemi	106		OPEN -K	137	00:36:31.65	+00:13:41 (37.5%)	7:18	8.2 (62.6%)
138	KARLIN-GRAŻEWICZ Katarzyna	173	HIPOHONDRYCZKI 2024	OPEN -K	138	00:36:34.35	+00:13:43 (37.5%)	7:18	8.2 (62.6%)
139	KOZINA Joanna	205		OPEN -K	139	00:36:46.30	+00:13:55 (37.9%)	7:21	8.2 (62.6%)
140	JASZCZERSKA Asia	159		OPEN -K	140	00:36:46.55	+00:13:56 (37.9%)	7:21	8.2 (62.6%)
141	JARCZEWSKA Renata	499		OPEN -K	141	00:36:49.30	+00:13:58 (38.0%)	7:21	8.1 (61.8%)
142	HARWAT Katarzyna	147	PARKRUN SZCZECIN	OPEN -K	142	00:37:00.80	+00:14:10 (38.3%)	7:24	8.1 (61.8%)
143	KRUPA Paulina	216		OPEN -K	143	00:37:01.55	+00:14:11 (38.3%)	7:24	8.1 (61.8%)
144	JAŚKOWIAK Katarzyna	160		OPEN -K	144	00:37:03.35	+00:14:12 (38.4%)	7:24	8.1 (61.8%)
145	PAŹDZIOR Paulina	325		OPEN -K	145	00:37:06.35	+00:14:15 (38.4%)	7:25	8.1 (61.8%)
146	DURDA Katarzyna	99	UNIwersytecki Szpital Kliniczny nr 1	OPEN -K	146	00:37:08.95	+00:14:18 (38.5%)	7:25	8.1 (61.8%)
147	DIACHENKO Oksana	81		OPEN -K	147	00:37:14.95	+00:14:24 (38.7%)	7:26	8.1 (61.8%)
148	GIERGIELEWICZ Marta	121		OPEN -K	148	00:37:27.00	+00:14:36 (39.0%)	7:29	8 (61.1%)
149	DURAJCZYK Patrycja	96		OPEN -K	149	00:37:29.65	+00:14:39 (39.1%)	7:29	8 (61.1%)
150	LUDWICKA Weronika	246		OPEN -K	150	00:37:30.10	+00:14:39 (39.1%)	7:30	8 (61.1%)
151	WIŚNIEWSKA Agnieszka	457	PARKRUN GORZÓW WIELKOPOLSKI	OPEN -K	151	00:37:36.80	+00:14:46 (39.3%)	7:31	8 (61.1%)
152	LITKOWIEC Patrycja	242		OPEN -K	152	00:37:46.30	+00:14:55 (39.5%)	7:33	7.9 (60.3%)
153	SCHULZ Magdalena	374		OPEN -K	153	00:38:00.60	+00:15:10 (39.9%)	7:36	7.9 (60.3%)
154	POCHODAJ Joanna	334		OPEN -K	154	00:38:00.65	+00:15:10 (39.9%)	7:36	7.9 (60.3%)
155	BŁASZCZYK Anita	32		OPEN -K	155	00:38:00.85	+00:15:10 (39.9%)	7:36	7.9 (60.3%)
156	MATUSZAK Anita	277	MATUSZAK TEAM	OPEN -K	156	00:38:03.90	+00:15:13 (40.0%)	7:36	7.9 (60.3%)
157	SAMOLEJ Monika	372		OPEN -K	157	00:38:36.40	+00:15:45 (40.8%)	7:43	7.8 (59.5%)
158	CYBULSKA Joanna	65		OPEN -K	158	00:38:46.40	+00:15:55 (41.1%)	7:45	7.7 (58.8%)
159	KAŹMIERSKA Bożena	176	FIT MAMY	OPEN -K	159	00:38:46.45	+00:15:56 (41.1%)	7:45	7.7 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5km	Różn		
160	CZAJCZYŃSKA Monika	66		OPEN -K	160	00:38:50.10	+00:15:59 (41.2%)	7:46	7.7 (58.8%)
161	ZIMER Paulina	496		OPEN -K	161	00:38:50.80	+00:16:00 (41.2%)	7:46	7.7 (58.8%)
162	BEDNARZ Justyna	28		OPEN -K	162	00:38:53.40	+00:16:02 (41.3%)	7:46	7.7 (58.8%)
163	ROSZKOWSKA Monika	359	INCOMKI	OPEN -K	163	00:39:05.30	+00:16:14 (41.6%)	7:49	7.7 (58.8%)
164	NOWACZYK Ewa	302	INCOMKI	OPEN -K	164	00:39:05.50	+00:16:15 (41.6%)	7:49	7.7 (58.8%)
165	BIAŁKOWSKA Gabriela	29	INCOMKI	OPEN -K	165	00:39:06.90	+00:16:16 (41.6%)	7:49	7.7 (58.8%)
166	REDLARSKA Anna	353	KOBIECE BIEGANIE	OPEN -K	166	00:39:17.15	+00:16:26 (41.9%)	7:51	7.6 (58.0%)
167	GAWROŃSKA Monika	118		OPEN -K	167	00:39:42.60	+00:16:52 (42.5%)	7:56	7.6 (58.0%)
168	GŁODEK Małgorzata	125		OPEN -K	168	00:39:55.70	+00:17:05 (42.8%)	7:59	7.5 (57.3%)
169	WOŹNIAK Marta	472		OPEN -K	169	00:39:55.95	+00:17:05 (42.8%)	7:59	7.5 (57.3%)
170	LICZBIŃSKA-HANKE Małgorzata	240		OPEN -K	170	00:39:59.95	+00:17:09 (42.9%)	7:59	7.5 (57.3%)
171	MATUSZEWSKA Edyta	275		OPEN -K	171	00:40:32.10	+00:17:41 (43.7%)	8:06	7.4 (56.5%)
172	WĘGIERSKA Patrycja	450	INCOMKI	OPEN -K	172	00:40:37.80	+00:17:47 (43.8%)	8:07	7.4 (56.5%)
173	HALKO Elżbieta	144	INCOMKI	OPEN -K	173	00:40:37.95	+00:17:47 (43.8%)	8:07	7.4 (56.5%)
174	ŻYWICKA Barbara	506		OPEN -K	174	00:40:38.75	+00:17:48 (43.8%)	8:07	7.4 (56.5%)
175	MAHACZEK Karolina	260		OPEN -K	175	00:40:44.30	+00:17:53 (43.9%)	8:08	7.4 (56.5%)
176	DZIĘCIOŁ Kasia	104		OPEN -K	176	00:40:45.60	+00:17:55 (44.0%)	8:09	7.4 (56.5%)
177	JÓZEFOWICZ Monika	166		OPEN -K	177	00:40:47.70	+00:17:57 (44.0%)	8:09	7.4 (56.5%)
178	WASIELEWSKA Katarzyna	441		OPEN -K	178	00:41:01.45	+00:18:11 (44.3%)	8:12	7.3 (55.7%)
179	WOŹNIAK Emilia	471		OPEN -K	179	00:41:04.05	+00:18:13 (44.4%)	8:12	7.3 (55.7%)
180	SZKUCIAK Joanna	411		OPEN -K	180	00:41:04.80	+00:18:14 (44.4%)	8:12	7.3 (55.7%)
181	DEKERT Monika	77		OPEN -K	181	00:41:29.25	+00:18:38 (44.9%)	8:17	7.2 (55.0%)
182	BACZA Anna	15		OPEN -K	182	00:41:30.10	+00:18:39 (45.0%)	8:18	7.2 (55.0%)
183	BORYS-GUT Magdalena	41		OPEN -K	183	00:41:34.50	+00:18:44 (45.1%)	8:18	7.2 (55.0%)
184	KIECZUR Magdalena	509	AFFIDEA	OPEN -K	184	00:41:37.50	+00:18:47 (45.1%)	8:19	7.2 (55.0%)
185	MIKA Małgorzata	287		OPEN -K	185	00:41:45.25	+00:18:54 (45.3%)	8:21	7.2 (55.0%)
186	TADYCH Beata	420		OPEN -K	186	00:42:07.70	+00:19:17 (45.8%)	8:25	7.1 (54.2%)
187	DEMBOWSKA Monika	79		OPEN -K	187	00:42:12.65	+00:19:22 (45.9%)	8:26	7.1 (54.2%)
188	MAŁECKA Kamila	268	INCOMKI	OPEN -K	188	00:42:32.55	+00:19:42 (46.3%)	8:30	7.1 (54.2%)
189	RADZIEWICZ Anna	348	#FIEGEBIEGA	OPEN -K	189	00:42:35.80	+00:19:45 (46.4%)	8:31	7 (53.4%)
190	MATUSZEWSKA Agnieszka	278	#FIEGEBIEGA	OPEN -K	190	00:42:35.90	+00:19:45 (46.4%)	8:31	7 (53.4%)
191	RZEPKA Aleksandra	367		OPEN -K	191	00:42:57.05	+00:20:06 (46.8%)	8:35	7 (53.4%)
192	HAPONIUK Joanna	145		OPEN -K	192	00:43:04.60	+00:20:14 (47.0%)	8:36	7 (53.4%)
193	PŁOSA Monika	333		OPEN -K	193	00:43:09.25	+00:20:18 (47.1%)	8:37	7 (53.4%)
194	STENZEL Nikola	392		OPEN -K	194	00:43:18.70	+00:20:28 (47.3%)	8:39	6.9 (52.7%)
195	STENZEL Agnieszka	391		OPEN -K	195	00:43:19.40	+00:20:28 (47.3%)	8:39	6.9 (52.7%)
196	GINIEWSKA Ewa	122		OPEN -K	196	00:43:26.30	+00:20:35 (47.4%)	8:41	6.9 (52.7%)
197	ODRZYWOLSKA Ania	307		OPEN -K	197	00:43:27.40	+00:20:36 (47.4%)	8:41	6.9 (52.7%)
198	BEDNARSKA Ewelina	27	INCOMKI	OPEN -K	198	00:43:39.15	+00:20:48 (47.7%)	8:43	6.9 (52.7%)
199	WOJTAT Halina	466		OPEN -K	199	00:43:46.40	+00:20:55 (47.8%)	8:45	6.9 (52.7%)
200	JEŻ Maja	164	USK1	OPEN -K	200	00:43:55.95	+00:21:05 (48.0%)	8:47	6.8 (51.9%)
201	ZAJĄC Natalia	485		OPEN -K	201	00:44:04.35	+00:21:13 (48.2%)	8:48	6.8 (51.9%)
202	WROŃSKA Weronika	473	MGM WARSZEWO	OPEN -K	202	00:44:05.55	+00:21:15 (48.2%)	8:49	6.8 (51.9%)
203	DREŚCIK Weronika	86	AKADEMIA UŚMIECHU	OPEN -K	203	00:44:48.75	+00:21:58 (49.0%)	8:57	6.7 (51.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
204	KRAWCZYK Joanna	213		OPEN -K	204	00:44:57.20	+00:22:06 (49.2%)	8:59	6.7 (51.1%)
205	WIŚNIEWSKA Agnieszka	458		OPEN -K	205	00:44:59.60	+00:22:09 (49.2%)	8:59	6.7 (51.1%)
206	WIECZOREK Małgorzata	453		OPEN -K	206	00:45:21.80	+00:22:31 (49.6%)	9:04	6.6 (50.4%)
207	FALKOWSKA Bogusława	105		OPEN -K	207	00:45:22.45	+00:22:32 (49.7%)	9:04	6.6 (50.4%)
208	KOSZALSKA Marta	196	WIECZORNE BIEGANIE W SZCZECINIE	OPEN -K	208	00:45:23.10	+00:22:32 (49.7%)	9:04	6.6 (50.4%)
209	JEMIELITY Alicja	161	WYDZIAŁ POŚCIGOWY	OPEN -K	209	00:46:17.15	+00:23:26 (50.7%)	9:15	6.5 (49.6%)
210	WEISS-WIKTORSKA Iwona	449	WYDZIAŁ POŚCIGOWY	OPEN -K	210	00:47:11.75	+00:24:21 (51.6%)	9:26	6.4 (48.9%)
211	POTORSKA Joanna	343		OPEN -K	211	00:49:42.05	+00:26:51 (54.0%)	9:56	6 (45.8%)
212	MICHALAK Monika	283	FUTYMKA TEAM	OPEN -K	212	00:49:47.10	+00:26:56 (54.1%)	9:57	6 (45.8%)
213	NOWAK Aneta	303	FUTYMKA TEAM	OPEN -K	213	00:51:41.30	+00:28:50 (55.8%)	10:20	5.8 (44.3%)
214	LITWINIAK Izabela	244	FUTYMKA TEAM	OPEN -K	214	00:51:41.40	+00:28:50 (55.8%)	10:20	5.8 (44.3%)
215	MALINOWSKA-WASILUK Agnieszka	263		OPEN -K	215	00:51:52.50	+00:29:02 (56.0%)	10:22	5.8 (44.3%)
216	BAGIŃSKA Magdalena	508	AFFIDEA	OPEN -K	216	00:51:54.25	+00:29:03 (56.0%)	10:22	5.8 (44.3%)
217	ADAMIAK Małgorzata	10	INCOMKI	OPEN -K	217	00:52:12.55	+00:29:22 (56.3%)	10:26	5.7 (43.5%)
218	RYKOWSKA Olga	366	INCOMKI	OPEN -K	218	00:52:12.90	+00:29:22 (56.3%)	10:26	5.7 (43.5%)
219	KUŚMIERCZYK Aleksandra	232	INCOMKI	OPEN -K	219	00:52:14.15	+00:29:23 (56.3%)	10:26	5.7 (43.5%)
220	ZALEWSKA Paulina	488	INCOMKI	OPEN -K	220	00:52:14.25	+00:29:23 (56.3%)	10:26	5.7 (43.5%)
221	LEHMANN Patrycja	236	INCOMKI	OPEN -K	221	00:52:15.40	+00:29:24 (56.3%)	10:27	5.7 (43.5%)
222	KOWALSKA Zenobia	203		OPEN -K	222	00:55:15.50	+00:32:25 (58.7%)	11:03	5.4 (41.2%)
222	KOSZALSKA Bożena	197		OPEN -K	222	00:55:15.50	+00:32:25 (58.7%)	11:03	5.4 (41.2%)
224	ROSIŃSKA Karolina	358	USK 1	OPEN -K	224	00:55:57.80	+00:33:07 (59.2%)	11:11	5.4 (41.2%)
225	STERCZEWSKA Joanna	393	USK 1	OPEN -K	225	00:55:59.45	+00:33:09 (59.2%)	11:11	5.4 (41.2%)
226	STEC Karolina	389	USK 1	OPEN -K	226	00:55:59.85	+00:33:09 (59.2%)	11:11	5.4 (41.2%)
227	BURAKOWSKA Magdalena	47	USK 1	OPEN -K	227	00:56:00.20	+00:33:09 (59.2%)	11:12	5.4 (41.2%)
228	SIKORA Małgorzata	378	USK 1	OPEN -K	228	00:56:00.90	+00:33:10 (59.2%)	11:12	5.4 (41.2%)
229	KAPŁUN Beata	172		OPEN -K	229	00:56:03.00	+00:33:12 (59.2%)	11:12	5.4 (41.2%)
230	MAJCHEREK Paulina	261		OPEN -K	230	00:57:58.70	+00:35:08 (60.6%)	11:35	5.2 (39.7%)
231	PAWŁOWSKA Agata	324		OPEN -K	231				(0.0%)

Znaleziono 231 wynik(ów)