

BIAŁOŁĘCKI BIEG WOLNOŚCI

B4SPORT

Organizator: Urząd Dzielnicy Białołęka m.st. Warszawa
Data: 2019-12-14
Miejsce: Warszawa
Dystans: 13 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	0.1km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
1	PARSZCZYŃSKA Izabela	276	TEAM PARSZCZYŃSKICH	K2 30-39 lat	1	00:00:02	00:00:19	00:16:52	00:34:14	00:51:36.55	00:51:38.85		3:58	15.1 (100%)
2	SAWICKA Anna	502	DREAM RUN	K2 30-39 lat	2	00:00:03	00:00:21	00:17:32	00:35:06	00:52:46.55	00:52:50.35	+00:01:10 (2.2%)	4:03	14.8 (98.0%)
3	MISZTA Barbara	240	KS STASZEWCY	K3 40-49 lat	1	00:00:04	00:00:22	00:19:30	00:38:51	00:57:57.40	00:58:01.40	+00:06:20 (11.0%)	4:27	13.5 (89.4%)
4	WINKOWSKA-STRUZIK Magdalena	400	DUKLANOWSKI TEAM	K2 30-39 lat	3	00:00:08	00:00:27	00:19:48	00:40:21	01:01:01.05	01:01:09.35	+00:09:24 (15.4%)	4:41	12.8 (84.8%)
5	SZYSZKO Ewa	368	MARKOWI BIEGACZE	K2 30-39 lat	4	00:00:04	00:00:23	00:20:25	00:41:03	01:01:34.60	01:01:39.30	+00:09:58 (16.2%)	4:44	12.7 (84.1%)
6	MORELOWSKA Maria	241	WALHALLA FIGHT CLUB	K3 40-49 lat	2	00:00:03	00:00:25	00:20:27	00:41:02	01:01:49.60	01:01:53.30	+00:10:13 (16.5%)	4:45	12.6 (83.4%)
7	GRUMBANIN Paulina	115	LOGWIN	K3 40-49 lat	3	00:00:06	00:00:25	00:20:26	00:41:04	01:01:57.30	01:02:03.55	+00:10:20 (16.7%)	4:45	12.6 (83.4%)
8	KOWALSKA Kasia	184	TEAM ZABIEGANEDNI	K3 40-49 lat	4	00:00:14	00:00:29	00:20:18	00:41:03	01:02:06.40	01:02:20.70	+00:10:29 (16.9%)	4:46	12.6 (83.4%)
9	STĘPIEŃ Paulina	507		K2 30-39 lat	5	00:00:22	00:00:32	00:21:30	00:42:50	01:04:12.20	01:04:35.00	+00:12:35 (19.6%)	4:56	12.1 (80.1%)
10	BUCHALSKA Ewa	478	EKOBIEGI	K3 40-49 lat	5	00:00:20	00:00:34	00:21:36	00:43:24	01:05:16.00	01:05:36.05	+00:13:39 (20.9%)	5:01	12 (79.5%)
11	TEJCHMA Natalia	373	BIEGAM NA TARCHOMINIE	K3 40-49 lat	6	00:00:23	00:00:36	00:22:51	00:44:06	01:05:26.60	01:05:49.90	+00:13:50 (21.1%)	5:02	11.9 (78.8%)
12	GULCZ Katarzyna	120	SR GDAŃSK-PÓLNOC/KUJAWSKY RUNNERS	K3 40-49 lat	7	00:00:06	00:00:27	00:21:36	00:43:19	01:05:33.65	01:05:40.20	+00:13:57 (21.3%)	5:02	11.9 (78.8%)
13	KALICZYŃSKA Wioletta	147	CYTRYNOWI STUDENCI / RUNEDA	K3 40-49 lat	8	00:00:09	00:00:28	00:21:47	00:43:50	01:06:16.25	01:06:25.65	+00:14:39 (22.1%)	5:05	11.8 (78.1%)
14	GRZECHNIK Renata	431		K3 40-49 lat	9	00:00:17	00:00:31	00:22:43	00:45:12	01:07:01.00	01:07:18.30	+00:15:24 (23.0%)	5:09	11.6 (76.8%)
15	SCHINDLER Żaneta	318		K3 40-49 lat	10	00:00:07	00:00:27	00:22:12	00:44:58	01:07:40.10	01:07:47.90	+00:16:03 (23.7%)	5:12	11.5 (76.2%)
16	CICHOŃSKA Elżbieta	49	TRUCHT TARCHOMIN TEAM	K4 50-59 lat	1	00:00:11	00:00:31	00:22:35	00:45:18	01:08:05.00	01:08:16.65	+00:16:28 (24.2%)	5:14	11.5 (76.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	0.1km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
17	WOJCIECHOWSKA Klaudia	468	TEAM ZABIEGANEDNI	K3 40-49 lat	11	00:00:07	00:00:30	00:22:49	00:45:15	01:08:11.70	01:08:19.55	+00:16:35 (24.3%)	5:14	11.4 (75.5%)
18	TRZASKOWSKA Justyna	462		K2 30-39 lat	6	00:00:43	00:00:35	00:23:15	00:45:38	01:08:20.50	01:09:04.45	+00:16:43 (24.5%)	5:15	11.4 (75.5%)
19	BORAWSKA Emilia	34		K2 30-39 lat	7	00:00:28	00:00:34	00:23:06	00:46:07	01:08:46.15	01:09:15.10	+00:17:09 (25.0%)	5:17	11.3 (74.8%)
20	MYŚLIŃSKA Anna	1	EKOBIEGI	K3 40-49 lat	12	00:00:15	00:00:32	00:23:05	00:46:14	01:09:07.55	01:09:23.05	+00:17:31 (25.3%)	5:19	11.3 (74.8%)
21	PŁÓCIENNIK Renata	290	NIGHT RUNNERS OSTRÓW WIELKOPOLSKI	K4 50-59 lat	2	00:00:25	00:00:33	00:22:52	00:46:00	01:09:42.80	01:10:08.75	+00:18:06 (26.0%)	5:21	11.2 (74.2%)
22	SUCHOCKA Monika	525		K2 30-39 lat	8	00:00:02	00:00:27	00:23:04	00:46:46	01:09:59.20	01:10:02.10	+00:18:22 (26.3%)	5:23	11.1 (73.5%)
23	KULESZA Agnieszka	439	TRUCHT TARCHOMIN TEAM	K1 < 29 lat	1	00:00:15	00:00:34	00:23:50	00:47:11	01:10:15.20	01:10:30.85	+00:18:38 (26.5%)	5:24	11.1 (73.5%)
24	AMROZIK Anna	13		K2 30-39 lat	9	00:00:32	00:00:38	00:23:44	00:47:15	01:10:47.00	01:11:19.45	+00:19:10 (27.1%)	5:26	11 (72.8%)
25	MĘDEL Marta	231		K3 40-49 lat	13	00:00:18	00:00:37	00:24:12	00:47:49	01:11:09.85	01:11:28.35	+00:19:33 (27.5%)	5:28	11 (72.8%)
26	NOWAK Karolina	255		K2 30-39 lat	10	00:00:03	00:00:28	00:23:46	00:47:53	01:11:47.40	01:11:50.90	+00:20:10 (28.1%)	5:31	10.9 (72.2%)
27	ANDRUKIEWICZ Anita	14	GRUPA BIEGOWA CHTMO	K2 30-39 lat	11	00:00:25	00:00:37	00:24:25	00:48:26	01:12:03.40	01:12:28.95	+00:20:26 (28.4%)	5:32	10.8 (71.5%)
28	MAJEWSKA Hanna	219	BIEGAM NA TARCHOMINIE	K2 30-39 lat	12	00:00:21	00:00:34	00:23:39	00:48:01	01:12:04.05	01:12:25.20	+00:20:27 (28.4%)	5:32	10.8 (71.5%)
29	JAROSZ-PIWONSKA Aldona	134		K3 40-49 lat	14	00:00:51	00:00:33	00:23:52	00:48:12	01:12:35.45	01:13:27.05	+00:20:58 (28.9%)	5:35	10.7 (70.9%)
30	ŻAK Oliwia	423	PIASECZNO RUNNING	K2 30-39 lat	13	00:00:43	00:00:37	00:24:00	00:48:20	01:12:42.10	01:13:25.40	+00:21:05 (29.0%)	5:35	10.7 (70.9%)
31	KOSEWSKA Dorota	176	BIEGAM NA TARCHOMINIE	K4 50-59 lat	3	00:00:22	00:00:36	00:24:35	00:48:50	01:13:10.95	01:13:33.85	+00:21:34 (29.5%)	5:37	10.7 (70.9%)
32	GALIŃSKA Magdalena	91	WARSZAWSKI ZAUŁEK	K2 30-39 lat	14	00:00:40	00:00:36	00:23:54	00:47:58	01:13:15.15	01:13:56.00	+00:21:38 (29.5%)	5:38	10.6 (70.2%)
33	MARCZAK Grażyna	223	LECZO TEAM	K5 60 +	1	00:00:36	00:00:36	00:24:27	00:48:39	01:13:31.85	01:14:08.20	+00:21:55 (29.8%)	5:39	10.6 (70.2%)
34	KARASIEWICZ Katarzyna	154		K3 40-49 lat	15	00:00:17	00:00:34	00:24:15	00:48:40	01:13:34.70	01:13:52.35	+00:21:58 (29.9%)	5:39	10.6 (70.2%)
35	BRZOSKA Małgorzata	427	BRACTWO BIEGOWE BGK	K3 40-49 lat	16	00:00:04	00:00:28	00:23:42	00:48:21	01:13:35.05	01:13:39.75	+00:21:58 (29.9%)	5:39	10.6 (70.2%)
36	STĘPIŃSKA Anna	343		K1 < 29 lat	2	00:00:26	00:00:35	00:24:45	00:48:46	01:13:46.85	01:14:13.10	+00:22:10 (30.1%)	5:40	10.6 (70.2%)
37	CZAJKA Justyna	57		K3 40-49 lat	17	00:00:21	00:00:36	00:22:57	00:46:08	01:13:51.55	01:14:12.80	+00:22:15 (30.1%)	5:40	10.6 (70.2%)
38	KRZYSIAK Aneczka	190		K3 40-49 lat	18	00:00:39	00:00:38	00:24:13	00:49:36	01:14:25.15	01:15:05.05	+00:22:48 (30.7%)	5:43	10.5 (69.5%)
39	TRZASKOWSKA Joanna	380	TRUCHT TARCHOMIN TEAM	K2 30-39 lat	15	00:00:34	00:00:38	00:24:34	00:49:21	01:14:31.60	01:15:06.00	+00:22:55 (30.8%)	5:44	10.5 (69.5%)

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						startu	0.1km	4.4km	8.7km					
40	ADAMCZUK Agnieszka	11	MARKOWI BIEGACZE	K3 40-49 lat	19	00:00:27	00:00:37	00:26:05	00:50:43	01:14:35.15	01:15:02.70	+00:22:58 (30.8%)	5:44	10.5 (69.5%)
41	SKIBIŃSKA Małgorzata	454	ZOLWIKIERSI	K3 40-49 lat	20	00:00:39	00:00:36	00:25:50	00:50:43	01:15:03.65	01:15:42.80	+00:23:27 (31.2%)	5:46	10.4 (68.9%)
42	GADOMSKA Małgorzata	88	NW CZŁĄPSKI TEAM	K3 40-49 lat	21	00:00:14	00:00:36	00:24:56	00:49:54	01:15:31.25	01:15:46.15	+00:23:54 (31.7%)	5:48	10.3 (68.2%)
43	WEBER Agata	393	JACEKBIEGA RUNNING TEAM	K3 40-49 lat	22	00:00:00	00:01:03	00:24:46	00:49:49	01:15:31.85	01:15:31.85	+00:23:55 (31.7%)	5:48	10.3 (68.2%)
44	KOLASA Paulina	168	KLUB GORDONA I GINY	K2 30-39 lat	16	00:00:38	00:00:35	00:24:37	00:49:51	01:15:43.20	01:16:21.30	+00:24:06 (31.8%)	5:49	10.3 (68.2%)
45	PEPŁAWSKA Małgorzata	282	III ZKSS SR LEGIONOWO	K2 30-39 lat	17	00:00:09	00:00:29	00:24:40	00:50:14	01:15:52.20	01:16:01.80	+00:24:15 (32.0%)	5:50	10.3 (68.2%)
46	KŁOS Anna	166	PO PROSTU MY	K3 40-49 lat	23	00:00:42	00:00:38	00:26:38	00:51:40	01:16:12.15	01:16:54.40	+00:24:35 (32.3%)	5:51	10.2 (67.5%)
47	ŁOZOWSKA Aneta	212		K3 40-49 lat	24	00:00:29	00:00:38	00:26:00	00:51:25	01:16:38.35	01:17:08.05	+00:25:01 (32.7%)	5:53	10.2 (67.5%)
48	GONET Katarzyna	105		K3 40-49 lat	25	00:00:28	00:00:38	00:26:00	00:51:25	01:16:46.20	01:17:14.70	+00:25:09 (32.8%)	5:54	10.2 (67.5%)
49	MAZUR Jowita	229	FUNKCJONUJ	K3 40-49 lat	26	00:00:28	00:00:39	00:26:01	00:51:25	01:16:46.55	01:17:15.45	+00:25:10 (32.8%)	5:54	10.2 (67.5%)
50	WĄSIK Izabela	392		K3 40-49 lat	27	00:00:31	00:00:37	00:25:59	00:51:23	01:16:50.90	01:17:22.05	+00:25:14 (32.8%)	5:54	10.1 (66.9%)
51	KOTLENGA Monika	181		K3 40-49 lat	28	00:00:13	00:00:33	00:25:24	00:51:09	01:16:54.80	01:17:07.85	+00:25:18 (32.9%)	5:54	10.1 (66.9%)
52	TELAKOWSKA Anita	374		K2 30-39 lat	18	00:00:13	00:00:36	00:24:31	00:50:51	01:16:59.80	01:17:12.95	+00:25:23 (33.0%)	5:55	10.1 (66.9%)
53	SWIETLIK Magdalena	351		K2 30-39 lat	19	00:00:29	00:00:38	00:26:09	00:51:44	01:17:02.35	01:17:31.85	+00:25:25 (33.0%)	5:55	10.1 (66.9%)
54	KMIEĆ Agnieszka	489		K2 30-39 lat	20	00:00:32	00:00:38	00:25:58	00:51:46	01:17:10.30	01:17:42.85	+00:25:33 (33.1%)	5:56	10.1 (66.9%)
55	TROJANEK Edyta	378	WWW.SENSORYBEAUTY.PL	K3 40-49 lat	29	00:00:16	00:00:35	00:26:10	00:51:47	01:17:10.45	01:17:27.25	+00:25:33 (33.1%)	5:56	10.1 (66.9%)
56	RZEPLIŃSKA Dorota	500		K3 40-49 lat	30	00:00:11	00:00:31	00:25:33	00:51:29	01:17:24.40	01:17:36.15	+00:25:47 (33.3%)	5:57	10.1 (66.9%)
57	GROBEREK Monika	113		K3 40-49 lat	31	00:00:22	00:00:34	00:25:49	00:51:13	01:17:31.95	01:17:54.55	+00:25:55 (33.4%)	5:57	10.1 (66.9%)
58	NOBERT Marta	252	CYTRYNOWI STUDENCI	K3 40-49 lat	32	00:00:09	00:00:34	00:25:39	00:51:23	01:18:01.10	01:18:11.00	+00:26:24 (33.8%)	6:00	10 (66.2%)
59	DĘBSKA Joanna	65		K2 30-39 lat	21	00:00:32	00:00:39	00:25:37	00:51:15	01:18:30.00	01:19:02.65	+00:26:53 (34.3%)	6:02	9.9 (65.6%)
60	ADAMOWSKA Barbara	12		K3 40-49 lat	33	00:00:24	00:00:36	00:26:04	00:52:08	01:19:00.45	01:19:24.50	+00:27:23 (34.7%)	6:04	9.9 (65.6%)
61	SIKORSKA Agnieszka	504	EKOBIEGI	K3 40-49 lat	34	00:00:50	00:00:37	00:26:33	00:52:54	01:19:55.45	01:20:46.25	+00:28:18 (35.4%)	6:08	9.8 (64.9%)
62	ŚWISTOWSKA Anna	370		K2 30-39 lat	22	00:00:17	00:00:34	00:25:50	00:52:34	01:20:22.80	01:20:40.10	+00:28:46 (35.8%)	6:11	9.7 (64.2%)

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63	NIEZGODA Ewa	251	NIEZGODNIKI	K3 40-49 lat	35	00:00:07	00:00:32	00:26:50	00:53:54	01:20:51.60	01:20:59.50	+00:29:15 (36.2%)	6:13	9.6 (63.6%)
64	SIERZPUTOWSKA Ewa	323	SIE_BIEGA	K4 50-59 lat	4	00:00:34	00:00:37	00:26:40	00:53:39	01:20:54.80	01:21:29.20	+00:29:18 (36.2%)	6:13	9.6 (63.6%)
65	TOMASZEWSKA Mariola	376	WATAHA ŁĄCZY NAS BIEGANIE	K4 50-59 lat	5	00:00:28	00:00:38	00:26:46	00:53:51	01:21:00.50	01:21:29.40	+00:29:23 (36.3%)	6:13	9.6 (63.6%)
66	STANKIEWICZ Malgorzata	336		K2 30-39 lat	23	00:00:32	00:00:38	00:26:35	00:53:55	01:21:41.70	01:22:13.85	+00:30:05 (36.8%)	6:17	9.5 (62.9%)
67	SOBCZAK Anna	456	M.I.L.A. MASTERS IWICZNA LIFE ATHLETICS	K3 40-49 lat	36	00:00:38	00:00:36	00:26:55	00:54:27	01:22:07.95	01:22:46.10	+00:30:31 (37.2%)	6:19	9.5 (62.9%)
68	STRACHOCKA Anna	344	GRUPA BIEGOWA UM W-WA	K5 60 +	2	00:00:42	00:00:36	00:27:15	00:54:31	01:22:41.30	01:23:23.35	+00:31:04 (37.6%)	6:21	9.4 (62.3%)
69	RUCIŃSKA Jolanta	308	NASIELSK BASZTA TEAM	K2 30-39 lat	24	00:00:22	00:00:35	00:27:41	00:54:51	01:24:04.70	01:24:27.00	+00:32:28 (38.6%)	6:28	9.3 (61.6%)
70	STAŃCZYK Zofia	339		K1 < 29 lat	3	00:00:49	00:00:37	00:27:17	00:54:55	01:24:07.30	01:24:56.75	+00:32:30 (38.6%)	6:28	9.3 (61.6%)
71	ROMANOWSKA Ewa	451	KUNGFU PANDA	K2 30-39 lat	25	00:00:39	00:00:38	00:28:03	00:56:28	01:24:22.50	01:25:02.40	+00:32:45 (38.8%)	6:29	9.2 (60.9%)
72	ZYGMUNT Natalia	473		K1 < 29 lat	4	00:00:13	00:00:36	00:27:14	00:55:42	01:24:29.50	01:24:42.55	+00:32:52 (38.9%)	6:29	9.2 (60.9%)
73	ŁĄCKA Ilona	210	BIAŁOŁĘKA JEST KOBIETĄ	K3 40-49 lat	37	00:00:17	00:00:37	00:28:15	00:57:31	01:25:34.45	01:25:52.35	+00:33:57 (39.7%)	6:35	9.1 (60.3%)
74	HAJKOWICZ Dorota	541		K3 40-49 lat	38	00:00:00	00:00:36	00:26:58	00:57:11	01:27:12.85	01:27:12.85	+00:35:36 (40.8%)	6:42	8.9 (58.9%)
75	ŁUCZAK Małgorzata	215	RUNNERSI ZE SKARBKA	K3 40-49 lat	39	00:00:34	00:00:39	00:28:50	00:58:20	01:27:33.55	01:28:08.00	+00:35:57 (41.1%)	6:44	8.9 (58.9%)
76	WINDER Agnieszka	399		K2 30-39 lat	26	00:00:29	00:00:36	00:27:39	00:56:53	01:27:33.70	01:28:02.90	+00:35:57 (41.1%)	6:44	8.9 (58.9%)
77	CHOŁUJ Agata	48	PO PROSTU MY	K3 40-49 lat	40	00:00:42	00:00:37	00:28:15	00:57:19	01:27:42.75	01:28:25.70	+00:36:06 (41.2%)	6:44	8.9 (58.9%)
78	WASZKIEWICZ Marta	464	WASZKA TEAM	K3 40-49 lat	41	00:00:12	00:00:36	00:28:41	00:58:38	01:28:09.60	01:28:21.75	+00:36:33 (41.5%)	6:46	8.8 (58.3%)
79	GŁOWACKA Elżbieta	98	TEAM ZABIEGANEDNI	K5 60 +	3	00:00:30	00:00:39	00:29:07	00:59:51	01:31:30.60	01:32:01.35	+00:39:54 (43.6%)	7:02	8.5 (56.3%)
80	KASIERSKA Ewa Katarzyna	157	WKB META LUBLINIEC	K5 60 +	4	00:00:33	00:00:38	00:30:13	01:01:14	01:32:59.45	01:33:33.00	+00:41:22 (44.5%)	7:09	8.4 (55.6%)
81	GOJAN Joanna	537	VEGE RUNNERS	K1 < 29 lat	5	00:00:41	00:00:38	00:30:49	01:02:03	01:34:33.30	01:35:15.05	+00:42:56 (45.4%)	7:16	8.2 (54.3%)
82	LEZNER Karolina	208	KURATOR ZAWODOWY	K1 < 29 lat	6	00:00:36	00:00:37	00:28:40	01:00:13	01:34:43.45	01:35:20.00	+00:43:06 (45.5%)	7:17	8.2 (54.3%)
83	JURKOWSKA Irena	526		K5 60 +	5	00:00:37	00:00:39	00:32:15	01:04:50	01:40:00.75	01:40:37.80	+00:48:24 (48.4%)	7:41	7.8 (51.7%)
84	WIŚNIEWSKA Katarzyna	402	INDYWIDUALISTKA	K3 40-49 lat	42	00:00:14	00:00:36	00:32:28	01:05:32	01:40:14.85	01:40:29.05	+00:48:38 (48.5%)	7:42	7.8 (51.7%)
85	WOŹNIAK Barbara	524	KS LIMANOWA FORREST	K5 60 +	6	00:00:08	00:00:40	00:32:45	01:05:19	01:40:29.45	01:40:37.65	+00:48:52 (48.6%)	7:43	7.8 (51.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
						startu	0.1km	4.4km	8.7km					
86	ZUBELEWICZ-JERUZALSKA Anna	472		K2 30-39 lat	27	00:00:14	00:00:34	00:22:34	00:45:22			+00:11:08	5:12	11.5 (76.2%)
87	JĘDRACHOWICZ Agnieszka	140		K2 30-39 lat	28	00:00:27	00:00:35	00:23:05	00:45:26			+00:11:12	5:13	11.5 (76.2%)
88	OSUCH Dorota	273	NWST	K3 40-49 lat	43	00:00:30	00:00:37	00:25:33	00:51:04			+00:16:50	5:52	10.2 (67.5%)
89	ZIEŃ Agnieszka	419		K2 30-39 lat	29	00:00:45	00:00:40	00:26:39	00:52:33			+00:18:19	6:02	9.9 (65.6%)
90	RACZKOWSKA Dorota	299	BRACTWO BIEGOWE BGK	K3 40-49 lat	44	00:00:12	00:00:33	00:26:07	00:53:00			+00:18:45	6:05	9.8 (64.9%)
91	ZAWADKA Agnieszka	411		K3 40-49 lat	45	00:00:48	00:00:38	00:27:31	00:55:06			+00:20:52	6:20	9.5 (62.9%)
92	JAWORSKA Joanna	136		K2 30-39 lat	30	00:00:28	00:00:38	00:26:47	00:55:28			+00:21:14	6:22	9.4 (62.3%)
93	SZAFRAN Beata	355	PUMP!T	K3 40-49 lat	46	00:00:11	00:00:36	00:28:09	00:56:55			+00:22:41	6:32	9.2 (60.9%)
94	SALAMON Kinga	314		K2 30-39 lat	31	00:00:46	00:00:36	00:27:43	00:59:43			+00:25:29	6:51	8.7 (57.6%)
95	GÓRECKA Anna	108		K3 40-49 lat	47	00:00:14	00:00:36	00:30:09	01:01:15			+00:27:01	7:02	8.5 (56.3%)
96	JANKOWSKA Agnieszka	132	NASIELSK BASZTA TEAM	K3 40-49 lat	48	00:00:20	00:21:59	00:43:30	01:04:47			+00:30:33	7:26	8.1 (53.6%)
97	WARZECHA Jolanta	390	BIEGAM NA TARCHOMINIE	K2 30-39 lat	32	00:00:54	00:00:36	00:31:31	01:05:12			+00:30:58	7:29	8 (53.0%)
98	TENDERENDA Natalia	461		K2 30-39 lat	33	00:00:48	00:00:38	00:35:10	01:11:27			+00:37:13	8:12	7.3 (48.3%)
99	MIKOŁAJCZYK Małgorzata	238		K3 40-49 lat	49	00:00:12	00:00:37	00:28:38				+00:11:46	6:30	9.2 (60.9%)
100	KILKOWSKA Joanna	163		K4 50-59 lat	6	00:00:10	00:00:31	00:28:41				+00:11:49	6:31	9.2 (60.9%)
101	STYKOWSKA Zosia	546	TARKOŚWIRY	K1 < 29 lat	7	00:00:16	00:00:36	00:29:09				+00:12:17	6:37	9.1 (60.3%)
102	UCHROŃSKA Justyna	512		K2 30-39 lat	34	00:00:29	00:00:42	00:29:32				+00:12:39	6:42	8.9 (58.9%)
103	STYKOWSKA Beata	347	TARCHOŚFIRY	K2 30-39 lat	35	00:00:16	00:00:36	00:31:02				+00:14:10	7:03	8.5 (56.3%)
104	STYKOWSKA Wiktoria	547	TARKOŚWIRY	K1 < 29 lat	8	00:00:15	00:00:36	00:31:03				+00:14:11	7:03	8.5 (56.3%)
105	SOSNÓWKA Magdalena	335		K3 40-49 lat	50	00:00:45	00:00:39	00:32:17				+00:15:24	7:20	8.2 (54.3%)
106	KOLEBSKA Mirosława	169		K4 50-59 lat	7	00:00:42	00:00:38	00:33:40				+00:16:48	7:39	7.8 (51.7%)
107	SKRZYDŁOWSKA-KALUKIN Katarzyna	326	SLOWJOGGING BIAŁOŁĘKA	K4 50-59 lat	8	00:01:06	00:00:41	00:35:43				+00:18:51	8:07	7.4 (49.0%)
108	SZOT Agnieszka	362	CYTRYNOWI STUDENCI	K3 40-49 lat	51	00:00:08	00:00:36	00:39:54				+00:23:01	9:04	6.6 (43.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	0.1km	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
109	BOGUSZ Agnieszka	32	CYTRYNOWI STUDENCI	K3 40-49 lat	52	00:00:07	00:00:37	00:39:55				+00:23:02	9:04	6.6 (43.7%)
110	KRAWCZYK Karolina	544		K2 30-39 lat	36	00:00:47	00:00:38	00:43:42				+00:26:49	9:55	6 (39.7%)
111	WILCZYŃSKA Małgorzata	545		K3 40-49 lat	53	00:00:47	00:00:38	00:43:42				+00:26:50	9:55	6 (39.7%)
	BANAŚ Malwina	20	PUSTELNIK	K2 30-39 lat		DNF	00:00:33 DNF	00:23:04 DNF	DNF	DNF	DNF	-	-	(0.0%)
	TERZONI Karina	600	VIRTUAL RUNNERS CLUB	K2 30-39 lat		DNF	00:00:33 DNF	00:23:42 DNF	DNF	DNF	DNF	-	-	(0.0%)
	ZIELIŃSKA Aleksandra	470	KOKOSZKA36TEAM	K2 30-39 lat		DNF	00:00:37 DNF	00:25:48 DNF	DNF	DNF	DNF	-	-	(0.0%)
	GAŁUSZKA Katarzyna	93	KOKOSZKA36TEAM	K2 30-39 lat		DNF	00:00:37 DNF	00:26:15 DNF	DNF	DNF	DNF	-	-	(0.0%)
	OLSZEWSKA Mariola	268	RAZEM DLA BIAŁOŁĘKI	K3 40-49 lat		DNF	00:00:36 DNF	00:26:17 DNF	DNF	DNF	DNF	-	-	(0.0%)
	SZCZEPAŃSKA DUDA Monika	358		K3 40-49 lat		DNF	00:00:36 DNF	00:26:17 DNF	DNF	DNF	DNF	-	-	(0.0%)
	PYL Karolina	296		K1 < 29 lat		DNF	00:00:44 DNF	00:26:19 DNF	DNF	DNF	DNF	-	-	(0.0%)
	KERNER Agnieszka	160	GRUPA BIEGOWA UM W-WA	K4 50-59 lat		DNF	00:00:37 DNF	00:27:16 DNF	DNF	DNF	DNF	-	-	(0.0%)
	SCHILLER Monika	317	SLOW JOGGING BIAŁOŁĘKA	K4 50-59 lat		DNF	00:00:37 DNF	00:28:37 DNF	DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 120 wynik(ów)