

BIEG DLA TYMKA

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Organizator: Komitet Społeczny Czyńmy Cuda
Data: 2017-04-02
Miejsce: Myślęcinek
Dystans: 5 km

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	KOWALSKA Michalina	596		K20	1	00:00:03	00:19:45.60	00:19:49.05		3:57	15.2 (100%)
2	KOZICA Aleksandra	598	TEAMOCHAL	K20	2	00:00:02	00:20:13.30	00:20:16.00	+00:00:27 (2.3%)	4:02	14.8 (97.4%)
3	PALACZ Wioletta	408		K30	1	00:00:03	00:22:02.40	00:22:05.55	+00:02:16 (10.3%)	4:24	13.6 (89.5%)
4	CZAJKOWSKA Sylwia	74	FOTOJOKER	K40	1	00:00:15	00:22:00.80	00:22:16.10	+00:02:15 (10.2%)	4:24	13.6 (89.5%)
5	FULARCZYK-KOZŁOWSKA Magdalena	558	LOTTO-BYDGOSTIA BYDGOSZCZ	K30	2	00:00:06	00:22:26.30	00:22:32.40	+00:02:40 (11.9%)	4:29	13.4 (88.2%)
6	STASZKIEWICZ Lucyna	150	CZARNE STOPY.SM	K50	1	00:00:07	00:22:30.80	00:22:38.30	+00:02:45 (12.2%)	4:30	13.3 (87.5%)
7	RÓŻYCKA Magda	127		K16	1	00:00:05	00:22:41.75	00:22:47.55	+00:02:56 (12.9%)	4:32	13.2 (86.8%)
8	TATULIŃSKA Aleksandra	562	RUN BYDGOSZCZ	K30	3	00:00:05	00:22:44.85	00:22:50.20	+00:02:59 (13.1%)	4:33	13.2 (86.8%)
9	KOPACZ Anka	365	DZIEWCZYNY Z MEDYCYNY	K09	1	00:00:21	00:23:05.95	00:23:27.00	+00:03:20 (14.5%)	4:37	13 (85.5%)
10	WŁODARCZYK Olga	463	#BANANATEAM	K20	3	00:00:07	00:23:26.55	00:23:34.15	+00:03:40 (15.7%)	4:41	12.8 (84.2%)
11	SMAŻYK Ewelina	334	RUN BYDGOSZCZ	K40	2	00:00:06	00:23:32.80	00:23:39.55	+00:03:47 (16.1%)	4:42	12.7 (83.6%)
12	JEDYNAK Klaudia	349	GOCHA68	K20	4	00:00:19	00:23:36.15	00:23:55.25	+00:03:50 (16.3%)	4:43	12.7 (83.6%)
13	BRUSKA Joanna	174		K20	5	00:00:06	00:23:45.55	00:23:51.60	+00:03:59 (16.8%)	4:45	12.6 (82.9%)
14	MROTEK Katarzyna	180	QUAPRO TEAM	K30	4	00:00:10	00:23:48.35	00:23:58.90	+00:04:02 (17.0%)	4:45	12.6 (82.9%)
15	WĘCŁAWEK Wiktoria	133	RTW LOTTO BYDGOSTIA	K10	1	00:00:06	00:24:00.80	00:24:07.20	+00:04:15 (17.7%)	4:48	12.5 (82.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
16	WOJCIECHOWSKA Emilia	83		K40	3	00:00:07	00:24:36.30	00:24:44.10	+00:04:50 (19.7%)	4:55	12.2 (80.3%)
17	BARANOWSKA Julia	103	KLUB ZDROWEGO STYLU ŻYCIA	K16	2	00:00:05	00:24:54.60	00:24:59.60	+00:05:09 (20.7%)	4:58	12 (78.9%)
18	BEDNAREK Marta	419	CZARNE STOPY.SM	K30	5	00:00:16	00:25:08.90	00:25:24.95	+00:05:23 (21.4%)	5:01	11.9 (78.3%)
19	KAMIŃSKA Anna	392		K10	2	00:00:09	00:25:10.75	00:25:19.90	+00:05:25 (21.5%)	5:02	11.9 (78.3%)
20	POTRZEBOWSKA Agata	131		K30	6	00:00:10	00:25:15.65	00:25:26.00	+00:05:30 (21.8%)	5:03	11.9 (78.3%)
21	MUSS Karolina	247		K40	4	00:00:27	00:25:15.95	00:25:43.00	+00:05:30 (21.8%)	5:03	11.9 (78.3%)
22	GĄSIEWSKA Weronika	31		K20	6	00:00:13	00:25:39.95	00:25:53.85	+00:05:54 (23.0%)	5:08	11.7 (77.0%)
23	ADAMCZYK Sonia	98	KLUB ZDROWEGO STYLU ŻYCIA	K20	7	00:00:05	00:25:46.20	00:25:51.40	+00:06:00 (23.3%)	5:09	11.6 (76.3%)
24	SMAGAGOWSKA Anna	441		K20	8	00:00:17	00:25:53.30	00:26:10.30	+00:06:07 (23.7%)	5:10	11.6 (76.3%)
25	BICZKOWSKA Magdalena	302	RUN BYDGOSZCZ	K30	7	00:00:21	00:26:07.80	00:26:29.35	+00:06:22 (24.4%)	5:13	11.5 (75.7%)
26	MICHNIACKA Marcelina	257	RUN LOTTO BYDGOSTIA	K10	3	00:00:19	00:26:09.30	00:26:28.85	+00:06:23 (24.5%)	5:13	11.5 (75.7%)
27	PASTWA Donata	295	SPORT FACTORY TEAM	K40	5	00:00:18	00:26:11.55	00:26:29.55	+00:06:25 (24.6%)	5:14	11.5 (75.7%)
28	CZARNECKA - PIJAROWSKA Dominika	34		K30	8	00:00:13	00:26:13.00	00:26:26.50	+00:06:27 (24.6%)	5:14	11.4 (75.0%)
29	KONONOWICZ Zuzia	200		K10	4	00:00:20	00:26:14.60	00:26:34.75	+00:06:29 (24.7%)	5:14	11.4 (75.0%)
30	JUREK Karolina	294		K30	9	00:00:24	00:26:21.50	00:26:46.30	+00:06:35 (25.0%)	5:16	11.4 (75.0%)
31	ZAMIATOWSKA Kinga	147	RUN BYDGOSZCZ / ROLL&RUN	K40	6	00:00:17	00:26:21.90	00:26:39.70	+00:06:36 (25.1%)	5:16	11.4 (75.0%)
32	JANIKOWSKA Awa	578	CZARNE STOPY.SM	K20	9	00:00:38	00:26:35.75	00:27:14.55	+00:06:50 (25.7%)	5:19	11.3 (74.3%)
33	PORAZINSKA Viktoria	336		K40	7	00:00:10	00:26:41.85	00:26:52.10	+00:06:56 (26.0%)	5:20	11.2 (73.7%)
34	MARAŚKIEWICZ Agnieszka	156		K20	10	00:00:06	00:26:48.30	00:26:54.75	+00:07:02 (26.3%)	5:21	11.2 (73.7%)
35	RAKOWSKA Ewa	583		K30	10	00:00:18	00:26:48.85	00:27:07.35	+00:07:03 (26.3%)	5:21	11.2 (73.7%)
36	KROLIK Anna	51	DZIEWCZYNY Z MEDYCYNY	K20	11	00:00:33	00:26:57.00	00:27:30.70	+00:07:11 (26.7%)	5:23	11.1 (73.0%)
37	KROPIŃSKA Monika	104		K30	11	00:00:21	00:27:05.70	00:27:27.45	+00:07:20 (27.1%)	5:25	11.1 (73.0%)
38	MALATYŃSKA Barbara	491		K40	8	00:00:31	00:27:07.40	00:27:39.35	+00:07:21 (27.1%)	5:25	11.1 (73.0%)

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39	PŁACZKOWSKA Magdalena	582		K30	12	00:00:14	00:27:09.15	00:27:23.90	+00:07:23 (27.2%)	5:25	11 (72.4%)
40	GADOMSKA Maria	30	RUN BYDGOSZCZ	K60	1	00:00:11	00:27:14.55	00:27:26.50	+00:07:28 (27.5%)	5:27	11 (72.4%)
41	PETNER Anna	59		K40	9	00:00:11	00:27:18.00	00:27:29.45	+00:07:32 (27.6%)	5:27	11 (72.4%)
42	SKWAREK Oliwia	166		K20	12	00:00:30	00:27:18.40	00:27:49.25	+00:07:32 (27.6%)	5:27	11 (72.4%)
43	GRODZKA Ewelina	316		K20	13	00:00:17	00:27:18.95	00:27:36.25	+00:07:33 (27.7%)	5:27	11 (72.4%)
44	GOLIMOWSKA Anna	425	BYDGOSZCZ	K30	13	00:00:43	00:27:19.30	00:28:02.80	+00:07:33 (27.7%)	5:27	11 (72.4%)
45	CZECH Dominika	480		K20	14	00:00:18	00:27:26.05	00:27:44.95	+00:07:40 (28.0%)	5:29	10.9 (71.7%)
46	JÓZEFIAK Magdalena	444	BIEGAJ Z DĘBAMI	K50	2	00:00:25	00:27:27.15	00:27:52.70	+00:07:41 (28.0%)	5:29	10.9 (71.7%)
47	SKWAREK Bogumiła	164		K50	3	00:00:30	00:27:28.95	00:27:59.70	+00:07:43 (28.1%)	5:29	10.9 (71.7%)
48	GERKE Lucyna	151		K30	14	00:00:35	00:27:32.35	00:28:07.60	+00:07:46 (28.2%)	5:30	10.9 (71.7%)
49	OSTROWSKA Karolina	535		K30	15	00:00:26	00:27:37.40	00:28:04.25	+00:07:51 (28.5%)	5:31	10.9 (71.7%)
50	ANASZEWICZ Marzena	502		K40	10	00:00:31	00:27:37.65	00:28:09.60	+00:07:52 (28.5%)	5:31	10.9 (71.7%)
51	CISZEWSKA Emilia	69		K30	16	00:00:34	00:27:38.05	00:28:12.90	+00:07:52 (28.5%)	5:31	10.9 (71.7%)
52	SZTURO Lidia	50		K30	17	00:00:29	00:27:38.30	00:28:08.10	+00:07:52 (28.5%)	5:31	10.8 (71.1%)
53	CABAŃSKA Katarzyna	3	VITAPOL	K30	18	00:00:28	00:27:39.70	00:28:08.40	+00:07:54 (28.6%)	5:32	10.8 (71.1%)
54	ĆWIKLIŃSKA Anna	61	KLONIKTEAM	K30	19	00:00:28	00:27:41.75	00:28:09.90	+00:07:56 (28.7%)	5:32	10.8 (71.1%)
55	PAWLACZYK-MATELA Emilia	10	BYDGOSKA GAZELA	K30	20	00:00:11	00:27:44.70	00:27:56.00	+00:07:59 (28.8%)	5:33	10.8 (71.1%)
56	NALEWALSKA Justyna	523	SERCE TYBETU	K20	15	00:00:15	00:27:52.30	00:28:08.20	+00:08:06 (29.1%)	5:34	10.8 (71.1%)
57	KALINOWSKA Patrycja	279	SOLECCY BIEGACZE	K20	16	00:00:36	00:27:56.50	00:28:32.55	+00:08:10 (29.3%)	5:35	10.7 (70.4%)
58	RZEPECKA Katarzyna	72		K40	11	00:00:26	00:28:00.65	00:28:26.90	+00:08:15 (29.5%)	5:36	10.7 (70.4%)
59	GRZESIAK - KNUT Lucyna	486		K30	21	00:00:39	00:28:07.55	00:28:47.40	+00:08:21 (29.7%)	5:37	10.7 (70.4%)
60	LANGE Marta	556	BKS BYDGOSZCZ	K09	2	00:00:39	00:28:07.95	00:28:47.35	+00:08:22 (29.8%)	5:37	10.7 (70.4%)
61	LANGE Monika	487		K40	12	00:00:39	00:28:08.25	00:28:47.45	+00:08:22 (29.8%)	5:37	10.7 (70.4%)

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62	GOŁATTA Magda	488		K30	22	00:00:39	00:28:11.60	00:28:51.30	+00:08:26 (29.9%)	5:38	10.6 (69.7%)
63	HANCZEWSKA Sonia	528		K20	17	00:00:16	00:28:12.55	00:28:29.30	+00:08:26 (30.0%)	5:38	10.6 (69.7%)
64	SROCZYŃSKA Marta	79		K20	18	00:00:17	00:28:18.10	00:28:35.70	+00:08:32 (30.2%)	5:39	10.6 (69.7%)
65	NUNZEK Agnieszka	81		K40	13	00:00:46	00:28:21.90	00:29:08.85	+00:08:36 (30.3%)	5:40	10.6 (69.7%)
66	ZGIERSKA Adrianna	499	CROSSTEAMBYDGOSZCZ	K20	19	00:00:57	00:28:22.40	00:29:19.90	+00:08:36 (30.4%)	5:40	10.6 (69.7%)
67	MAŁKOWSKA Ewa	207	CROSSTEAMBYDGOSZCZ	K20	20	00:00:58	00:28:24.65	00:29:23.50	+00:08:39 (30.4%)	5:41	10.6 (69.7%)
68	NAPIERAŁA Anna	446	CZARNE STOPY.SM	K30	23	00:00:12	00:28:26.25	00:28:39.05	+00:08:40 (30.5%)	5:41	10.5 (69.1%)
69	KEMPA Małgorzata	284		K40	14	00:00:38	00:28:31.45	00:29:09.95	+00:08:45 (30.7%)	5:42	10.5 (69.1%)
70	KOTOWSKA Joanna	142		K40	15	00:00:27	00:28:33.25	00:29:00.80	+00:08:47 (30.8%)	5:42	10.5 (69.1%)
71	PIECZEK Małgorzata	67	GOCHA68	K40	16	00:00:24	00:28:33.90	00:28:58.20	+00:08:48 (30.8%)	5:42	10.5 (69.1%)
72	SKOPOWSKA Kornelia	246	RTW LOTTO BYDGOSTIA	K10	5	00:00:19	00:28:37.40	00:28:57.00	+00:08:51 (31.0%)	5:43	10.5 (69.1%)
73	IWANIEK Dominika	293	RUN BYDGOSZCZ	K30	24	00:00:57	00:28:40.70	00:29:38.15	+00:08:55 (31.1%)	5:44	10.5 (69.1%)
74	PRZYBYLSKA Grażyna	182	BRAK	K50	4	00:00:18	00:28:43.50	00:29:01.70	+00:08:57 (31.2%)	5:44	10.4 (68.4%)
75	DUDEK Zofia	313		K50	5	00:00:19	00:28:46.10	00:29:06.00	+00:09:00 (31.3%)	5:45	10.4 (68.4%)
76	ŁAŃCUCKA Agnieszka	414		K40	17	00:00:30	00:28:51.00	00:29:21.70	+00:09:05 (31.5%)	5:46	10.4 (68.4%)
77	KEMPA Julia	285	BŁĘKITNY DELFIN	K10	6	00:00:32	00:28:51.90	00:29:24.10	+00:09:06 (31.5%)	5:46	10.4 (68.4%)
78	PASTWA Paulina	378	CROSS TEAM BYDGOSZCZ	K20	21	00:00:53	00:29:06.90	00:29:59.95	+00:09:21 (32.1%)	5:49	10.3 (67.8%)
79	RUMIŃSKA Ewelina	588		K30	25	00:00:15	00:29:10.30	00:29:25.60	+00:09:24 (32.3%)	5:50	10.3 (67.8%)
80	KUFEL Magdalena	546		K30	26	00:00:16	00:29:11.50	00:29:27.65	+00:09:25 (32.3%)	5:50	10.3 (67.8%)
81	KALINOWSKA Anna	149		K30	27	00:00:34	00:29:14.10	00:29:48.60	+00:09:28 (32.4%)	5:50	10.3 (67.8%)
82	SPYCHALSKA Marlina	138		K30	28	00:00:39	00:29:15.35	00:29:54.90	+00:09:29 (32.5%)	5:51	10.3 (67.8%)
83	SZATKOWSKA Beata	233		K50	6	00:01:04	00:29:22.40	00:30:27.20	+00:09:36 (32.7%)	5:52	10.2 (67.1%)
84	DURDA Dominika	136		K20	22	00:00:27	00:29:24.50	00:29:51.55	+00:09:38 (32.8%)	5:52	10.2 (67.1%)

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85	JÓZEPIAK Alicja	445	VEGE RUNNERS	K20	23	00:00:26	00:29:26.25	00:29:52.25	+00:09:40 (32.9%)	5:53	10.2 (67.1%)
86	POREBSKA Magdalena	376		K30	29	00:00:00	00:29:30.45	00:29:30.45	+00:09:44 (33.0%)	5:54	10.2 (67.1%)
87	ŚCIESIŃSKA Justyna	549		K40	18	00:00:41	00:29:36.15	00:30:17.25	+00:09:50 (33.2%)	5:55	10.1 (66.4%)
88	KWIATKOWSKA Beata	29		K20	24	00:00:14	00:29:37.50	00:29:51.60	+00:09:51 (33.3%)	5:55	10.1 (66.4%)
89	NIKOŁAJEW Monika	148		K30	30	00:00:20	00:29:38.05	00:29:58.70	+00:09:52 (33.3%)	5:55	10.1 (66.4%)
90	WEGNER-KEILING Patrycja	273		K30	31	00:00:21	00:29:47.75	00:30:09.55	+00:10:02 (33.7%)	5:57	10.1 (66.4%)
91	RECLAF Julia	225		K20	25	00:00:17	00:29:50.40	00:30:07.60	+00:10:04 (33.8%)	5:58	10.1 (66.4%)
92	KANIEWSKA Arleta	116		K30	32	00:00:15	00:29:58.35	00:30:13.60	+00:10:12 (34.1%)	5:59	10 (65.8%)
93	BRZECZEK Monika	494	RUNBUSTERS	K20	26	00:00:20	00:30:00.55	00:30:21.30	+00:10:14 (34.2%)	6:00	10 (65.8%)
94	DRZEWIECKA Ewelina	475	CROSS TEAM BYDGOSZCZ	K30	33	00:00:56	00:30:03.55	00:30:59.60	+00:10:17 (34.3%)	6:00	10 (65.8%)
95	NADOLNA Patrycja	226	CROSSTEAM BYDGOSZCZ	K30	34	00:00:55	00:30:03.70	00:30:58.90	+00:10:18 (34.3%)	6:00	10 (65.8%)
96	BOJAKOWSKA Małgorzata	258	BYDGOSKIE ŻÓŁWIE	K40	19	00:00:17	00:30:04.60	00:30:22.10	+00:10:19 (34.3%)	6:01	10 (65.8%)
97	OŻGA Agnieszka	23		K20	27	00:00:35	00:30:06.80	00:30:42.10	+00:10:21 (34.4%)	6:01	10 (65.8%)
98	STYCZYŃSKA Anna	317		K40	20	00:00:10	00:30:25.90	00:30:36.30	+00:10:40 (35.1%)	6:05	9.9 (65.1%)
99	KARBOWSKA Alina	93		K30	35	00:00:23	00:30:28.50	00:30:52.20	+00:10:42 (35.2%)	6:05	9.8 (64.5%)
100	FARBOTKO Anna	453	GALACTICA.PL	K40	21	00:00:38	00:30:30.35	00:31:09.05	+00:10:44 (35.2%)	6:06	9.8 (64.5%)
101	WIJATA Agnieszka	45		K30	36	00:00:43	00:30:33.30	00:31:16.60	+00:10:47 (35.3%)	6:06	9.8 (64.5%)
102	SZCZEPAŃSKA-DOLNA Edyta	585		K40	22	00:00:30	00:30:34.45	00:31:05.30	+00:10:48 (35.4%)	6:07	9.8 (64.5%)
103	WORONIECKA Anna	212		K30	37	00:00:42	00:30:39.55	00:31:21.70	+00:10:53 (35.5%)	6:07	9.8 (64.5%)
104	RYDLEWSKA Kinga	203	RUN BYDGOSZCZ	K30	38	00:00:38	00:30:40.65	00:31:18.85	+00:10:55 (35.6%)	6:08	9.8 (64.5%)
105	NADOBNA Agnieszka	321		K30	39	00:00:00	00:30:41.20	00:30:41.20	+00:10:55 (35.6%)	6:08	9.8 (64.5%)
106	PLISZCZYŃSKA Joanna	312		K40	23	00:00:20	00:30:43.20	00:31:03.50	+00:10:57 (35.7%)	6:08	9.8 (64.5%)
107	KIN Weronika	109		K16	3	00:00:09	00:30:48.55	00:30:58.00	+00:11:02 (35.9%)	6:09	9.7 (63.8%)

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108	SZTEJKA Jolanta	198	BENEFITKSO	K30	40	00:00:37	00:30:49.15	00:31:26.60	+00:11:03 (35.9%)	6:09	9.7 (63.8%)
109	TOMASZEWSKA Dorota	547		K20	28	00:00:46	00:30:49.50	00:31:35.95	+00:11:03 (35.9%)	6:09	9.7 (63.8%)
110	BOINSKA Anna	280	DZIBOLONGI	K30	41	00:00:22	00:30:52.60	00:31:14.95	+00:11:07 (36.0%)	6:10	9.7 (63.8%)
111	NĘCKA Gosia	17	GOCHA68	K40	24	00:00:25	00:30:54.55	00:31:20.20	+00:11:08 (36.1%)	6:11	9.7 (63.8%)
112	WYPYCH-KLUNDER Katarzyna	101		K30	42	00:00:23	00:30:58.50	00:31:22.00	+00:11:12 (36.2%)	6:11	9.7 (63.8%)
113	FRELICHOWSKA Karolina	329		K30	43	00:00:25	00:30:59.65	00:31:25.35	+00:11:14 (36.2%)	6:12	9.7 (63.8%)
114	NAPIÓRKOWSKA Ewa	442		K60	2	00:00:28	00:31:05.15	00:31:34.00	+00:11:19 (36.4%)	6:13	9.6 (63.2%)
115	RUTKOWSKA Virginia	41		K30	44	00:00:23	00:31:17.80	00:31:41.00	+00:11:32 (36.9%)	6:15	9.6 (63.2%)
116	PULKOWSKA Aleksandra	66		K30	45	00:00:14	00:31:26.30	00:31:40.80	+00:11:40 (37.1%)	6:17	9.5 (62.5%)
117	KONKEL Agata	554		K30	46	00:00:46	00:31:28.55	00:32:14.55	+00:11:42 (37.2%)	6:17	9.5 (62.5%)
118	CHMARA Kamila	342		K20	29	00:00:15	00:31:37.65	00:31:52.90	+00:11:52 (37.5%)	6:19	9.5 (62.5%)
119	SOBIESZCZYK Paulina	460		K09	3	00:00:33	00:31:40.20	00:32:13.80	+00:11:54 (37.6%)	6:20	9.5 (62.5%)
120	PLUCIŃSKA-HUK Aleksandra	54		K40	25	00:00:43	00:31:43.70	00:32:27.30	+00:11:58 (37.7%)	6:20	9.5 (62.5%)
121	MARKOWSKA Magdalena	393		K40	26	00:00:49	00:31:52.05	00:32:41.05	+00:12:06 (38.0%)	6:22	9.4 (61.8%)
122	SZCZEPANEK-KOZIŃSKA Justyna	375		K30	47	00:00:47	00:32:01.95	00:32:49.20	+00:12:16 (38.3%)	6:24	9.4 (61.8%)
123	PODOSEK Magdalena	277	BYDGOSZCZ	K30	48	00:00:13	00:32:06.40	00:32:19.80	+00:12:20 (38.5%)	6:25	9.3 (61.2%)
124	OSZUŚCIK Agata	76		K30	49	00:00:12	00:32:06.60	00:32:19.55	+00:12:21 (38.5%)	6:25	9.3 (61.2%)
125	RYDELSKA Kinga	15		K40	27	00:00:28	00:32:09.80	00:32:38.50	+00:12:24 (38.6%)	6:26	9.3 (61.2%)
126	CZERENKIEWICZ Magdalena	508		K20	30	00:01:09	00:32:10.30	00:33:19.50	+00:12:24 (38.6%)	6:26	9.3 (61.2%)
127	KORNACKA Sylwia	395		K40	28	00:00:30	00:32:14.85	00:32:44.85	+00:12:29 (38.7%)	6:26	9.3 (61.2%)
128	RATAJCZAK Aurelia	289	RUN BYDGOSZCZ	K30	50	00:00:20	00:32:21.65	00:32:42.40	+00:12:36 (38.9%)	6:28	9.3 (61.2%)
129	MYSZKOWSKA Barbara	541		K16	4	00:00:26	00:32:30.50	00:32:57.45	+00:12:44 (39.2%)	6:30	9.2 (60.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
130	WOŹNIACKA Beata	86	POLONIA BYDGOSZCZ/POMÓŻMY JEŻOM	K50	7	00:00:21	00:32:32.05	00:32:53.40	+00:12:46 (39.3%)	6:30	9.2 (60.5%)
131	ŻAKOWSKA Aleksandra	6	IDA JAK BURZA	K30	51	00:00:08	00:32:32.40	00:32:40.90	+00:12:46 (39.3%)	6:30	9.2 (60.5%)
132	BAK Magdalena	2	IDA JAK BURZA	K30	52	00:00:08	00:32:32.85	00:32:41.20	+00:12:47 (39.3%)	6:30	9.2 (60.5%)
133	KARWOWSKA Angelika	165		K30	53	00:00:21	00:32:37.55	00:32:58.60	+00:12:51 (39.4%)	6:31	9.2 (60.5%)
134	CIŻMOWSKA Dagmara	7	IDA JAK BURZA	K30	54	00:00:08	00:32:42.90	00:32:51.75	+00:12:57 (39.6%)	6:32	9.2 (60.5%)
135	URBAŃSKA Kamila	46	REGIONALNE CENTRUM KRWIODAWSTWA I KRWIOLECNICTWA W BYDGOSZCZY	K30	55	00:00:44	00:32:44.55	00:33:28.85	+00:12:58 (39.7%)	6:32	9.2 (60.5%)
136	GÓRSKA Danuta	53		K40	29	00:00:16	00:32:46.40	00:33:03.00	+00:13:00 (39.7%)	6:33	9.2 (60.5%)
137	KŁODA Karolina	537		K30	56	00:00:24	00:32:47.60	00:33:11.60	+00:13:02 (39.7%)	6:33	9.2 (60.5%)
138	BŁASZKIEWICZ Marzena	201		K30	57	00:00:36	00:32:49.85	00:33:26.40	+00:13:04 (39.8%)	6:34	9.1 (59.9%)
139	SIEMIENIEC Violetta	416		K40	30	00:00:11	00:32:54.55	00:33:06.30	+00:13:08 (40.0%)	6:35	9.1 (59.9%)
140	MIAZGA Katarzyna	430		K20	31	00:00:42	00:32:59.35	00:33:42.30	+00:13:13 (40.1%)	6:36	9.1 (59.9%)
141	MIAZGA Patrycja	431		K20	32	00:00:42	00:32:59.80	00:33:42.40	+00:13:14 (40.1%)	6:36	9.1 (59.9%)
142	WYPYCH Iwona	575		K50	8	00:00:23	00:33:03.25	00:33:27.05	+00:13:17 (40.2%)	6:36	9.1 (59.9%)
143	SKWERES Natalia	137		K30	58	00:00:31	00:33:07.55	00:33:39.45	+00:13:21 (40.3%)	6:37	9.1 (59.9%)
144	SADOWSKA Katarzyna	391		K30	59	00:00:48	00:33:17.75	00:34:06.35	+00:13:32 (40.7%)	6:39	9 (59.2%)
145	JAŚNIAK Hania	362		K16	5	00:00:27	00:33:20.85	00:33:48.40	+00:13:35 (40.7%)	6:40	9 (59.2%)
146	GRZYB Aleksandra	40		K30	60	00:00:31	00:33:21.05	00:33:53.00	+00:13:35 (40.8%)	6:40	9 (59.2%)
147	LEMKA Karolina	506		K30	61	00:01:08	00:33:23.95	00:34:32.55	+00:13:38 (40.8%)	6:40	9 (59.2%)
148	ŚMIGIELSKA Alicja	244		K30	62	00:00:54	00:33:24.25	00:34:18.70	+00:13:38 (40.8%)	6:40	9 (59.2%)
149	RULEWSKA Natalia	363		K16	6	00:00:26	00:33:26.85	00:33:53.75	+00:13:41 (40.9%)	6:41	9 (59.2%)
150	MICHALSKA Daria	265	SZAFIRKI	K20	33	00:00:33	00:33:32.55	00:34:06.05	+00:13:46 (41.1%)	6:42	8.9 (58.6%)
151	MINISZEWSKA Irena	259		K30	63	00:00:09	00:33:40.60	00:33:49.80	+00:13:55 (41.3%)	6:44	8.9 (58.6%)
152	KLICZKOWSKA Agnieszka	105		K30	64	00:00:32	00:33:44.10	00:34:16.85	+00:13:58 (41.4%)	6:44	8.9 (58.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
153	ŚMIGIELSKA Wioleta	470		K20	34	00:00:54	00:33:44.55	00:34:38.75	+00:13:58 (41.4%)	6:44	8.9 (58.6%)
154	MIROWSKA Anna	531		K40	31	00:00:34	00:33:50.20	00:34:24.30	+00:14:04 (41.6%)	6:46	8.9 (58.6%)
155	NOWAKOWSKA Sylwia	298		K30	65	00:00:38	00:33:55.95	00:34:34.65	+00:14:10 (41.8%)	6:47	8.8 (57.9%)
156	MIKOŁAJCZAK Aleksandra	509	SOLECCY BIEGACZE	K30	66	00:00:27	00:34:09.25	00:34:37.05	+00:14:23 (42.1%)	6:50	8.8 (57.9%)
157	SZCZEŚNIAK Marlena	211	INDYWIDUALNIE	K30	67	00:00:42	00:34:13.70	00:34:56.50	+00:14:28 (42.3%)	6:50	8.8 (57.9%)
158	SZCZEŚNIAK Mariola	281	INDYWIDUALNIE	K30	68	00:00:42	00:34:22.25	00:35:04.85	+00:14:36 (42.5%)	6:52	8.7 (57.2%)
159	WIŚNIEWSKA Dorota	581		K30	69	00:00:43	00:34:23.05	00:35:06.75	+00:14:37 (42.5%)	6:52	8.7 (57.2%)
160	RÓŻYCKA Marta	135		K10	7	00:00:49	00:34:27.15	00:35:16.15	+00:14:41 (42.6%)	6:53	8.7 (57.2%)
161	OŻÓG Justyna	536	EKIPA BSW	K30	70	00:00:41	00:34:29.95	00:35:11.25	+00:14:44 (42.7%)	6:54	8.7 (57.2%)
162	SKRZYPCZYK Agnieszka	163	GOCHA68	K40	32	00:00:22	00:34:44.85	00:35:07.80	+00:14:59 (43.1%)	6:57	8.6 (56.6%)
163	WOŁOSIŃSKA Małgorzata	167		K20	35	00:00:30	00:34:46.50	00:35:17.10	+00:15:00 (43.2%)	6:57	8.6 (56.6%)
164	GONCERZEWICZ Iwona	128		K40	33	00:00:39	00:34:49.60	00:35:29.00	+00:15:04 (43.3%)	6:58	8.6 (56.6%)
165	PIÓRKOWSKA Aga	27		K30	71	00:00:27	00:34:52.30	00:35:19.50	+00:15:06 (43.3%)	6:58	8.6 (56.6%)
166	NYBAK Beata	68		K30	72	00:00:38	00:34:55.05	00:35:33.05	+00:15:09 (43.4%)	6:59	8.6 (56.6%)
167	DOBICKA Katarzyna	297		K30	73	00:00:37	00:34:55.45	00:35:33.05	+00:15:09 (43.4%)	6:59	8.6 (56.6%)
168	KULIŃSKA Agata	551		K30	74	00:00:14	00:34:58.45	00:35:13.10	+00:15:12 (43.5%)	6:59	8.6 (56.6%)
169	KOPACZ Hanka	4	DZIEWCZYNY Z MEDYCYNY	K30	75	00:00:51	00:35:00.30	00:35:51.70	+00:15:14 (43.6%)	7:00	8.6 (56.6%)
170	MARKOWSKA-BAUMGART Aneta	140	DĘBY OSIELSKO	K50	9	00:00:49	00:35:01.40	00:35:51.20	+00:15:15 (43.6%)	7:00	8.6 (56.6%)
171	ŁUKOWSKA Marta	240	BYDGOSKA SEKCJA KARATE KYOKUSHINKAIKAN	K16	7	00:01:05	00:35:02.30	00:36:07.70	+00:15:16 (43.6%)	7:00	8.6 (56.6%)
172	BODNAR Anna	427		K40	34	00:00:25	00:35:06.05	00:35:31.45	+00:15:20 (43.7%)	7:01	8.5 (55.9%)
173	WIATROWA Katarzyna	348		K30	76	00:00:37	00:35:08.10	00:35:45.50	+00:15:22 (43.8%)	7:01	8.5 (55.9%)
174	ROSA- CZUBAK Katarzyna	158		K30	77	00:00:38	00:35:14.10	00:35:52.60	+00:15:28 (43.9%)	7:02	8.5 (55.9%)
175	BRUDNOCH Aleksandra	227		K20	36	00:00:37	00:35:14.60	00:35:52.55	+00:15:29 (43.9%)	7:03	8.5 (55.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
176	WISNIEWSKA Małgorzata	13		K30	78	00:00:41	00:35:16.70	00:35:58.15	+00:15:31 (44.0%)	7:03	8.5 (55.9%)
177	POLEK Krystyna	77		K30	79	00:00:36	00:35:21.40	00:35:58.35	+00:15:35 (44.1%)	7:04	8.5 (55.9%)
178	KONARZEWSKA Jolanta	122		K40	35	00:00:42	00:35:24.15	00:36:06.95	+00:15:38 (44.2%)	7:04	8.5 (55.9%)
179	KONOPIŃSKA Agnieszka	8	RUN BYDGOSZCZ	K30	80	00:00:40	00:35:26.25	00:36:06.90	+00:15:40 (44.2%)	7:05	8.5 (55.9%)
180	GADASZEWSKA Marta	220	STEP	K20	37	00:00:40	00:35:52.50	00:36:32.85	+00:16:06 (44.9%)	7:10	8.4 (55.3%)
181	SZYSLER Julia	75		K30	81	00:00:43	00:35:54.65	00:36:38.25	+00:16:09 (45.0%)	7:11	8.4 (55.3%)
182	STASIAK Renata	73	BIEGAJ Z DĘBAMI	K50	10	00:00:50	00:35:55.10	00:36:45.10	+00:16:09 (45.0%)	7:11	8.4 (55.3%)
183	KARCZEWSKA Kinga	483	APTEKA IM. L. PASTEUR	K30	82	00:00:45	00:35:56.40	00:36:41.75	+00:16:10 (45.0%)	7:11	8.3 (54.6%)
184	SADOWSKA Magda	526		K20	38	00:00:30	00:36:04.65	00:36:34.70	+00:16:19 (45.2%)	7:12	8.3 (54.6%)
185	MARĆ Natalia	9	IDA JAK BURZA	K30	83	00:00:09	00:36:08.70	00:36:18.20	+00:16:23 (45.3%)	7:13	8.3 (54.6%)
186	KUFEL Maria	548		K20	39	00:00:16	00:36:12.10	00:36:28.10	+00:16:26 (45.4%)	7:14	8.3 (54.6%)
187	KUZIAK Ola	16	BIEGAJ Z DĘBAMI	K50	11	00:00:49	00:36:12.90	00:37:02.70	+00:16:27 (45.4%)	7:14	8.3 (54.6%)
188	CHYŻEWSKA Justyna	139		K30	84	00:00:27	00:36:16.50	00:36:43.75	+00:16:30 (45.5%)	7:15	8.3 (54.6%)
189	GÓRECKA Edyta	403		K40	36	00:00:29	00:36:38.75	00:37:08.05	+00:16:53 (46.1%)	7:19	8.2 (53.9%)
190	LEWICKA Julia	115	GOCHA68	K16	8	00:00:46	00:36:57.25	00:37:44.00	+00:17:11 (46.5%)	7:23	8.1 (53.3%)
191	WIWATOWSKA Monika	224		K20	40	00:00:30	00:37:05.05	00:37:35.05	+00:17:19 (46.7%)	7:25	8.1 (53.3%)
192	LEWICKA Antonina	114	GOCHA68	K16	9	00:00:47	00:37:13.45	00:38:00.70	+00:17:27 (46.9%)	7:26	8.1 (53.3%)
193	RESZELA Aleksandra	324		K20	41	00:00:41	00:37:16.75	00:37:57.75	+00:17:31 (47.0%)	7:27	8.1 (53.3%)
194	RESZELA Marta	320		K30	85	00:00:41	00:37:17.60	00:37:59.15	+00:17:32 (47.0%)	7:27	8 (52.6%)
195	FLAKOWSKA Marietta	576		K20	42	00:00:43	00:37:24.85	00:38:08.55	+00:17:39 (47.2%)	7:29	8 (52.6%)
196	GAWLIK Karolina	99		K30	86	00:00:38	00:37:27.35	00:38:05.85	+00:17:41 (47.2%)	7:29	8 (52.6%)
197	JAROCH Magdalena	25	ZESPÓŁ SZKÓŁ NR 19	K30	87	00:00:23	00:37:44.60	00:38:08.30	+00:17:59 (47.6%)	7:33	7.9 (52.0%)
198	KIN Joanna	108		K40	37	00:00:10	00:38:12.60	00:38:22.70	+00:18:27 (48.3%)	7:38	7.9 (52.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
199	DANELSKA Anna	555		K20	43	00:00:41	00:38:21.75	00:39:03.70	+00:18:36 (48.5%)	7:40	7.8 (51.3%)
200	KOCZWARA Katarzyna	421		K30	88	00:00:40	00:38:23.10	00:39:03.75	+00:18:37 (48.5%)	7:40	7.8 (51.3%)
201	WÓJCIK Anna	213		K30	89	00:00:33	00:38:27.05	00:39:00.05	+00:18:41 (48.6%)	7:41	7.8 (51.3%)
202	MODRAKOWSKA Ewelina	255		K30	90	00:00:32	00:38:27.30	00:39:00.10	+00:18:41 (48.6%)	7:41	7.8 (51.3%)
203	SINACKA-GRZĘBOWSKI Beata	267	STUDIO FOTOGRAFII ALLADIN	K30	91	00:00:24	00:38:27.55	00:38:51.55	+00:18:41 (48.6%)	7:41	7.8 (51.3%)
204	BRZOZOWSKA Anna	516		K30	92	00:01:04	00:38:38.10	00:39:42.70	+00:18:52 (48.9%)	7:43	7.8 (51.3%)
205	ODJAS Beata	204		K30	93	00:00:24	00:38:41.60	00:39:06.35	+00:18:56 (48.9%)	7:44	7.8 (51.3%)
206	KANTOWICZ Marta	43		K20	44	00:00:58	00:39:11.45	00:40:09.80	+00:19:25 (49.6%)	7:50	7.7 (50.7%)
207	CZYŻYCKA Beata	299		K40	38	00:00:38	00:39:20.95	00:39:59.20	+00:19:35 (49.8%)	7:52	7.6 (50.0%)
208	ZAWAL Elżbieta	49		K50	12	00:00:50	00:40:35.10	00:41:25.90	+00:20:49 (51.3%)	8:07	7.4 (48.7%)
209	NITZ Natalia	70		K30	94	00:00:59	00:40:39.55	00:41:38.85	+00:20:53 (51.4%)	8:07	7.4 (48.7%)
210	KRYŚ Paulina	504		K20	45	00:00:34	00:40:46.85	00:41:21.50	+00:21:01 (51.5%)	8:09	7.4 (48.7%)
211	WINIARSKA Paulina	57		K20	46	00:00:52	00:41:13.55	00:42:06.10	+00:21:27 (52.1%)	8:14	7.3 (48.0%)
212	DĄBROWSKA Sylwia	383		K30	95	00:01:02	00:41:24.70	00:42:27.65	+00:21:39 (52.3%)	8:17	7.2 (47.4%)
213	BANAT Aleksandra	161		K30	96	00:01:02	00:41:25.65	00:42:27.75	+00:21:40 (52.3%)	8:17	7.2 (47.4%)
214	RODMAŃSKA Pola	600		K10	8	00:00:44	00:41:45.50	00:42:29.90	+00:21:59 (52.7%)	8:21	7.2 (47.4%)
215	NADOLINSKA Justyna	341	GOCHA 68	K30	97	00:00:48	00:42:06.00	00:42:54.10	+00:22:20 (53.1%)	8:25	7.1 (46.7%)
216	KARWAT Anna	379	GOCHA68	K40	39	00:00:48	00:42:53.45	00:43:41.45	+00:23:07 (53.9%)	8:34	7 (46.1%)
217	CYBUL Anna	5		K40	40	00:01:08	00:43:07.05	00:44:15.05	+00:23:21 (54.2%)	8:37	7 (46.1%)
218	OPAS Karolina	22		K20	47	00:01:10	00:43:31.55	00:44:41.85	+00:23:45 (54.6%)	8:42	6.9 (45.4%)
219	BILKIEWICZ Anna Maria	184		K40	41	00:00:53	00:43:39.60	00:44:33.40	+00:23:54 (54.7%)	8:44	6.9 (45.4%)
220	PAWELEC Pola	186		K10	9	00:00:06	00:43:58.25	00:44:04.65	+00:24:12 (55.1%)	8:47	6.8 (44.7%)
221	SZYMAŃSKA Magdalena	496		K10	10	00:00:30	00:43:58.65	00:44:29.50	+00:24:13 (55.1%)	8:47	6.8 (44.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
222	JESZKE Aneta	369		K40	42	00:00:31	00:44:08.90	00:44:40.10	+00:24:23 (55.2%)	8:49	6.8 (44.7%)
223	CZUCZEJKO Jolanta	593		K40	43	00:01:07	00:44:10.00	00:45:17.55	+00:24:24 (55.3%)	8:50	6.8 (44.7%)
224	PAWŁOWSKA Izabela	95		K20	48	00:00:54	00:44:11.25	00:45:05.55	+00:24:25 (55.3%)	8:50	6.8 (44.7%)
225	SYCZUK Joanna	590		K10	11	00:00:44	00:44:12.05	00:44:56.95	+00:24:26 (55.3%)	8:50	6.8 (44.7%)
226	CIEŚLAK Mirosława	272		K50	13	00:00:52	00:44:13.70	00:45:06.60	+00:24:28 (55.3%)	8:50	6.8 (44.7%)
227	KRAWCZAK Magdalena	234	BYDGOSKA SEKCJA KARATE KYOKUSHINKAIKAN	K40	44	00:01:00	00:44:15.85	00:45:16.25	+00:24:30 (55.4%)	8:51	6.8 (44.7%)
228	MARKIEWICZ Ewa	90	INDYWIDUALNIE	K50	14	00:00:41	00:44:24.95	00:45:06.40	+00:24:39 (55.5%)	8:53	6.8 (44.7%)
229	SYCZUK Paulina	589		K40	45	00:00:44	00:44:25.15	00:45:09.95	+00:24:39 (55.5%)	8:53	6.8 (44.7%)
230	LEWICKA Agnieszka	113	GOCHA68	K40	46	00:00:47	00:44:28.15	00:45:15.35	+00:24:42 (55.6%)	8:53	6.7 (44.1%)
231	MAŁKOWSKA Anna	300		K40	47	00:01:03	00:44:32.60	00:45:36.05	+00:24:47 (55.6%)	8:54	6.7 (44.1%)
232	NOWACKA Agnieszka	248		K40	48	00:00:37	00:44:51.40	00:45:28.70	+00:25:05 (55.9%)	8:58	6.7 (44.1%)
233	SĄDOWSKA Kasia	231	BYDGOSKA SEKCJA KARATE KYOKUSHINKAIKAN	K10	12	00:01:01	00:45:01.80	00:46:03.30	+00:25:16 (56.1%)	9:00	6.7 (44.1%)
234	KARDACH Iza	237	BYDGOSKA SEKCJA KARATE KYOKUSHINKAIKAN	K10	13	00:01:01	00:45:01.95	00:46:02.95	+00:25:16 (56.1%)	9:00	6.7 (44.1%)
235	LANGNER Renata	567		K40	49	00:00:33	00:45:12.95	00:45:46.30	+00:25:27 (56.3%)	9:02	6.6 (43.4%)
236	ORZECZOWSKA Sandra	219		K10	14	00:00:51	00:46:14.95	00:47:06.60	+00:26:29 (57.3%)	9:15	6.5 (42.8%)
237	NOWAK Katarzyna	458		K30	98	00:00:54	00:46:28.65	00:47:23.35	+00:26:43 (57.5%)	9:17	6.5 (42.8%)
238	DZIANOTT-PABIJAN Dorota	331	GOCHA68	K40	50	00:00:52	00:47:07.60	00:48:00.15	+00:27:22 (58.1%)	9:25	6.4 (42.1%)
239	KENDZIORA PTASZNIK Małgorzata	123	GOCHA68	K40	51	00:00:50	00:47:09.10	00:48:00.00	+00:27:23 (58.1%)	9:26	6.4 (42.1%)
240	MASKIEWICZ Renata	176	GOCHA68	K40	52	00:00:50	00:47:09.25	00:48:00.15	+00:27:23 (58.1%)	9:26	6.4 (42.1%)
241	DYKS Urszula	345		K40	53	00:01:04	00:48:40.35	00:49:44.90	+00:28:54 (59.4%)	9:44	6.2 (40.8%)
242	ANDRYSZAK Karolina	48		K40	54	00:00:52	00:49:18.75	00:50:11.00	+00:29:33 (59.9%)	9:51	6.1 (40.1%)
243	RASSALSKA-KAUSA Jola	63		K30	99	00:00:31	00:49:38.40	00:50:09.40	+00:29:52 (60.2%)	9:55	6 (39.5%)
244	WYCECH Mirosława	538	GOCHA68	K50	15	00:01:01	00:52:01.15	00:53:02.75	+00:32:15 (62.0%)	10:24	5.8 (38.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
245	SZERSZYŃSKA Elżbieta	407	GOCHA68	K50	16	00:01:00	00:52:02.50	00:53:03.30	+00:32:16 (62.0%)	10:24	5.8 (38.2%)
246	MAŁECKA Monika	91	DZIEWCZYNY Z MEDYCYNY	K30	100	00:01:11	01:01:15.70	01:02:27.40	+00:41:30 (67.7%)	12:15	4.9 (32.2%)
247	KARWAT Anna	379	GOCHA68	K40	55	00:00:48					(0.0%)

Znaleziono 247 wynik(ów)