



BIEG PRZEZ MOST 2019

B4SPORT

Organizator: Urząd Dzielnicy Warszawa - Białołęka
Data: 2019-09-22
Miejsce: Warszawa
Dystans: 10 km

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: K Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	ŁAPIŃSKA Anna	459	KS WARSZAWIANKA/ADRUNALINE	K 30-39	1	00:00:02	00:23:39	00:32:35	00:37:08.35	00:37:11.00		3:42	16.2 (100%)
2	PARSZCZYŃSKA Izabela	598	TEAM PARSZCZYŃSKICH	K 30-39	2	00:00:01	00:24:21	00:33:36	00:38:11.50	00:38:13.00	+00:01:03 (2.8%)	3:49	15.7 (96.9%)
3	GRZEGORCZYK Natalia	995	WANDA PANFIL TEAM / AZS AWF WARSZAWA	K 1-29	1	00:00:02	00:25:12	00:34:54	00:39:39.50	00:39:42.00	+00:02:31 (6.4%)	3:58	15.1 (93.2%)
4	KOSTRZEWSKA Justyna	383	ADIDAS RUNNERS WARSAW	K 30-39	3	00:00:06	00:25:59	00:35:29	00:40:23.35	00:40:29.70	+00:03:15 (8.0%)	4:02	14.9 (92.0%)
5	HASS-KALITA Joanna	245	WARSAW MASTERS TEAM	K 40-49	1	00:00:04	00:27:11	00:37:13	00:42:00.80	00:42:05.60	+00:04:52 (11.6%)	4:12	14.3 (88.3%)
6	WESOŁOWSKA Katarzyna	844	NAPRZÓD MŁOCINY	K 40-49	2	00:00:09	00:27:37	00:37:44	00:42:46.40	00:42:55.50	+00:05:38 (13.2%)	4:16	14 (86.4%)
7	ŻURANIEWSKA Agnieszka	918	NUDNE PIĄTKI	K 40-49	3	00:00:14	00:27:37	00:38:02	00:43:08.85	00:43:23.75	+00:06:00 (13.9%)	4:18	13.9 (85.8%)
8	ZIMOWICZ Magdalena	936	DUKLANOWSKI TEAM	K 30-39	4	00:00:11	00:28:18	00:38:24	00:43:18.30	00:43:30.15	+00:06:09 (14.2%)	4:19	13.9 (85.8%)
9	PACIOREK Ewa	590	MARKOWI BIEGACZE	K 30-39	5	00:00:14	00:28:16	00:38:51	00:44:08.00	00:44:22.30	+00:06:59 (15.8%)	4:24	13.6 (84.0%)
10	SŁAWIŃSKA Ewa	719		K 1-29	3	00:00:09	00:28:52	00:39:29	00:44:45.70	00:44:55.30	+00:07:37 (17.0%)	4:28	13.4 (82.7%)
11	RADKOWSKA Małgorzata	653	DZIOBAKI I NOSIAKI/SŁODKIE PĄCZKI	K 30-39	6	00:00:19	00:28:44	00:39:24	00:44:38.50	00:44:58.20	+00:07:30 (16.8%)	4:27	13.4 (82.7%)
12	SZUBA Martyna	784	TEAM PARSZCZYŃSKICH	K 1-29	2	00:00:19	00:28:12	00:39:12	00:44:38.75	00:44:58.55	+00:07:30 (16.8%)	4:27	13.4 (82.7%)
13	WINKOWSKA-STRUZIK Magdalena	853	DUKLANOWSKI TEAM / ADIDAS RUNNERS WARSAW	K 30-39	7	00:00:30	00:29:01	00:39:42	00:44:55.10	00:45:25.70	+00:07:46 (17.3%)	4:29	13.4 (82.7%)
14	KUCZYŃSKA Magdalena	422		K 30-39	8	00:00:20	00:29:15	00:40:03	00:45:19.05	00:45:39.15	+00:08:10 (18.0%)	4:31	13.2 (81.5%)
15	CZAJKOWSKA Dorota	119		K 40-49	4	00:00:29	00:29:15	00:39:55	00:45:10.70	00:45:40.40	+00:08:02 (17.8%)	4:31	13.3 (82.1%)
16	NOWAK Anna	569		K 30-39	9	00:00:22	00:29:11	00:40:22	00:45:56.05	00:46:18.35	+00:08:47 (19.1%)	4:35	13.1 (80.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
17	ROGÓŻ Elżbieta	947	PRORUNNING PROMOTION	K 40-49	6	00:00:30	00:29:25	00:40:23	00:45:51.85	00:46:22.75	+00:08:43 (19.0%)	4:35	13.1 (80.9%)
18	SZYMBORSKA Monika	788	TEAM ZABIEGANE DNI	K 40-49	5	00:00:41	00:29:27	00:40:28	00:45:48.75	00:46:29.95	+00:08:40 (18.9%)	4:34	13.1 (80.9%)
19	OCHNIK-KALINOWSKA Justyna	573		K 40-49	7	00:00:29	00:29:51	00:41:20	00:46:53.30	00:47:22.30	+00:09:44 (20.8%)	4:41	12.8 (79.0%)
20	STOLARCZYK Gosia	748	LS WORLD RUN	K 40-49	8	00:00:25	00:29:54	00:41:23	00:47:08.15	00:47:33.25	+00:09:59 (21.2%)	4:42	12.7 (78.4%)
21	MICHALAK Monika	521		K 30-39	10	00:00:31	00:30:15	00:41:30	00:47:03.60	00:47:34.80	+00:09:55 (21.1%)	4:42	12.8 (79.0%)
22	BOGUMIŁ Izabela	54		K 40-49	9	00:00:15	00:30:42	00:41:50	00:47:23.10	00:47:38.10	+00:10:14 (21.6%)	4:44	12.7 (78.4%)
23	KĄDZIOŁKA Beata	337	FMW RUNNERS	K 30-39	12	00:00:39	00:30:25	00:41:34	00:47:13.10	00:47:53.00	+00:10:04 (21.3%)	4:43	12.7 (78.4%)
24	GADOMSKA Anna	181	PZU SPORT TEAM	K 30-39	11	00:00:45	00:30:31	00:41:41	00:47:12.35	00:47:58.30	+00:10:04 (21.3%)	4:43	12.7 (78.4%)
25	KUBICA Ewa	420		K 30-39	13	00:00:45	00:30:40	00:41:55	00:47:35.45	00:48:20.75	+00:10:27 (22.0%)	4:45	12.6 (77.8%)
26	BORYSOWSKA Monika	69		K 40-49	10	00:00:43	00:30:31	00:42:05	00:47:48.60	00:48:32.45	+00:10:40 (22.3%)	4:46	12.5 (77.2%)
27	RZYMOWSKA Krystyna	687		K 50-59	1	00:00:46	00:31:09	00:42:39	00:48:21.40	00:49:07.70	+00:11:13 (23.2%)	4:50	12.4 (76.5%)
28	BURZYŃSKA Magdalena	85		K 30-39	15	00:00:28	00:30:52	00:42:47	00:48:40.95	00:49:09.15	+00:11:32 (23.7%)	4:52	12.3 (75.9%)
29	GĄSIOROWSKA Alicja	194	ŻÓRAWSKITEAM	K 40-49	11	00:00:38	00:31:16	00:43:06	00:48:33.40	00:49:12.00	+00:11:25 (23.5%)	4:51	12.4 (76.5%)
30	JAGNIESZCZAK Zuzanna	264	ADIDAS RUNNERS WARSAW	K 30-39	14	00:00:33	00:31:05	00:42:46	00:48:40.20	00:49:13.75	+00:11:31 (23.7%)	4:52	12.3 (75.9%)
31	KOWERDA Sylwia	395		K 1-29	4	00:00:21	00:30:53	00:42:59	00:48:57.55	00:49:19.10	+00:11:49 (24.1%)	4:53	12.3 (75.9%)
32	RUDY Iwona	676		K 30-39	16	00:00:37	00:30:45	00:42:52	00:48:55.80	00:49:33.35	+00:11:47 (24.1%)	4:53	12.3 (75.9%)
33	OŁÓW Kamila	581		K 1-29	5	00:00:17	00:31:30	00:43:31	00:49:27.95	00:49:45.05	+00:12:19 (24.9%)	4:56	12.1 (74.7%)
34	SEKŚCIŃSKA Magda	696	GRUPA BIEGOWA UM W-WA	K 30-39	18	00:00:31	00:31:46	00:43:33	00:49:14.65	00:49:46.50	+00:12:06 (24.6%)	4:55	12.2 (75.3%)
35	KORONA-SIERADZKA Bogusława	375		K 30-39	17	00:00:47	00:32:11	00:43:37	00:49:12.40	00:50:00.20	+00:12:04 (24.5%)	4:55	12.2 (75.3%)
36	BECZAK Natalia	29		K 30-39	19	00:00:40	00:32:15	00:44:01	00:49:40.00	00:50:20.45	+00:12:31 (25.2%)	4:58	12.1 (74.7%)
37	KRUK Edyta	407	GRUPA BIEGOWA UM W-WA	K 40-49	12	00:00:47	00:31:41	00:43:47	00:49:44.90	00:50:32.30	+00:12:36 (25.3%)	4:58	12.1 (74.7%)
38	ŻEBROWSKA Anna	930		K 30-39	20	00:01:00	00:32:05	00:43:51	00:49:50.90	00:50:50.95	+00:12:42 (25.5%)	4:59	12 (74.1%)
39	TULA Renata	817	MYKMYK	K 60+	1	00:00:46	00:32:32	00:44:30	00:50:24.05	00:51:10.80	+00:13:15 (26.3%)	5:02	11.9 (73.5%)

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40	SĘK Zofia	698		K 40-49	13	00:00:43	00:33:01	00:44:40	00:50:33.50	00:51:16.90	+00:13:25 (26.5%)	5:03	11.9 (73.5%)
41	KICZINSKA Izabela	340	BRODNICA BIEGA	K 30-39	23	00:00:10	00:32:33	00:45:04	00:51:16.10	00:51:26.60	+00:14:07 (27.6%)	5:07	11.7 (72.2%)
42	MALMON Oliwia	489	KONDYCJA	K 1-29	6	00:00:03	00:36:01	00:44:53	00:51:41.30	00:51:44.90	+00:14:32 (28.1%)	5:10	11.6 (71.6%)
43	JAROS Honorata	280		K 40-49	14	00:00:55	00:32:18	00:44:50	00:50:57.70	00:51:53.50	+00:13:49 (27.1%)	5:05	11.8 (72.8%)
44	KWIATKOWSKA Ilona	434	KB WYSZKÓW	K 30-39	22	00:00:48	00:32:48	00:44:59	00:51:15.10	00:52:03.35	+00:14:06 (27.5%)	5:07	11.7 (72.2%)
45	KWIATKOWSKA Katarzyna	432		K 30-39	21	00:01:03	00:32:38	00:44:57	00:51:01.65	00:52:04.90	+00:13:53 (27.2%)	5:06	11.8 (72.8%)
46	TEJCHMA Natalia	805	BIEGAM NA TARCHOMINIE	K 40-49	15	00:01:01	00:33:37	00:45:22	00:51:18.35	00:52:19.95	+00:14:10 (27.6%)	5:07	11.7 (72.2%)
47	BUCHALSKA Ewa	78	EKOBIEGI	K 40-49	16	00:00:46	00:32:48	00:45:20	00:51:40.10	00:52:26.35	+00:14:31 (28.1%)	5:10	11.6 (71.6%)
48	CHOSZCZ Dominika	97		K 1-29	7	00:00:49	00:32:31	00:45:50	00:51:47.15	00:52:36.40	+00:14:38 (28.3%)	5:10	11.6 (71.6%)
49	SCHINDLER Żaneta	695		K 40-49	18	00:00:42	00:33:39	00:46:01	00:52:13.35	00:52:56.00	+00:15:05 (28.9%)	5:13	11.5 (71.0%)
50	KRUPIŃSKA Wiola	409	TRUCHT TEAM TARCHOMIN	K 1-29	9	00:00:15	00:34:08	00:46:50	00:52:51.55	00:53:07.10	+00:15:43 (29.7%)	5:17	11.3 (69.8%)
51	KOSTRZEWA Elwira	382	PZU SPORT TEAM	K 40-49	17	00:01:08	00:33:33		00:52:04.05	00:53:12.80	+00:14:55 (28.7%)	5:12	11.5 (71.0%)
52	MISZCZAK Paulina	536		K 1-29	8	00:01:00	00:34:07	00:46:28	00:52:28.55	00:53:28.70	+00:15:20 (29.2%)	5:14	11.4 (70.4%)
53	WAGNER Jolanta	829		K 50-59	2	00:01:27	00:33:49	00:46:14	00:52:30.30	00:53:58.10	+00:15:21 (29.3%)	5:15	11.4 (70.4%)
54	CHRZANOWSKA Agata	101	CHRZANOWSKITEAM	K 30-39	24	00:01:16	00:33:39	00:46:22	00:52:36.60	00:53:53.20	+00:15:28 (29.4%)	5:15	11.4 (70.4%)
55	BOGŁOWSKA Urszula	52		K 30-39	25	00:01:18	00:33:37	00:46:38	00:52:47.85	00:54:06.25	+00:15:39 (29.7%)	5:16	11.4 (70.4%)
56	STAŃCZAK Iwona	740	TRUCHT TARCHOMIN TEAM	K 40-49	19	00:00:58	00:34:07	00:46:58	00:52:54.95	00:53:53.60	+00:15:46 (29.8%)	5:17	11.3 (69.8%)
57	CHOTOMSKA Dorota	98		K 1-29	10	00:00:07	00:33:31	00:46:43	00:53:22.35	00:53:29.90	+00:16:14 (30.4%)	5:20	11.2 (69.1%)
58	KRUSZEWSKA Dominika	411		K 30-39	26	00:01:32	00:34:23	00:47:12	00:53:23.90	00:54:56.20	+00:16:15 (30.4%)	5:20	11.2 (69.1%)
59	GRABARCZYK Ilona	218		K 30-39	27	00:00:37	00:34:30	00:47:21	00:53:32.80	00:54:10.25	+00:16:24 (30.6%)	5:21	11.2 (69.1%)
60	JANKOWSKA Wiola	270		K 30-39	28	00:01:07	00:34:37	00:47:21	00:53:37.00	00:54:44.20	+00:16:28 (30.7%)	5:21	11.2 (69.1%)
61	ZAWIŚLAK Jola	897		K 40-49	20	00:01:07	00:34:39	00:47:33	00:53:47.40	00:54:54.70	+00:16:39 (31.0%)	5:22	11.2 (69.1%)
62	MRUK Joanna	548		K 1-29	11	00:00:44	00:35:31	00:48:13	00:53:54.50	00:54:39.40	+00:16:46 (31.1%)	5:23	11.1 (68.5%)

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63	PALUCH Anna	592		K 40-49	21	00:00:48	00:34:58	00:47:35	00:53:55.00	00:54:43.85	+00:16:46 (31.1%)	5:23	11.1 (68.5%)
64	ŁAZAREWICZ Katarzyna	460		K 1-29	12	00:00:54	00:33:49	00:47:26	00:54:00.35	00:54:54.75	+00:16:52 (31.2%)	5:24	11.1 (68.5%)
65	ŚWIDERSKA Joanna	795		K 30-39	29	00:01:04	00:34:48	00:47:43	00:54:03.50	00:55:07.70	+00:16:55 (31.3%)	5:24	11.1 (68.5%)
66	JONIK Justyna	296	AZS WAT	K 1-29	13	00:00:05	00:34:26	00:47:53	00:54:09.25	00:54:14.80	+00:17:00 (31.4%)	5:24	11.1 (68.5%)
67	KONOPKA Justyna	366	RUN 4FUN	K 1-29	14	00:00:36	00:34:41	00:47:51	00:54:11.70	00:54:48.50	+00:17:03 (31.5%)	5:25	11.1 (68.5%)
68	ZARĘBA-TREMELET Katarzyna	890		K 30-39	30	00:01:02	00:35:01	00:48:00	00:54:19.20	00:55:21.95	+00:17:10 (31.6%)	5:25	11 (67.9%)
69	KOMARNITSKAYA Natalia	361		K 30-39	31	00:01:12	00:34:33	00:47:46	00:54:21.25	00:55:33.35	+00:17:12 (31.7%)	5:26	11 (67.9%)
70	SKIBIŃSKA Małgorzata	713		K 40-49	22	00:01:53	00:35:58	00:48:17	00:54:22.85	00:56:16.00	+00:17:14 (31.7%)	5:26	11 (67.9%)
71	JANKOWSKA Bożena	272		K 30-39	32	00:00:51	00:34:32	00:47:52	00:54:25.40	00:55:17.00	+00:17:17 (31.8%)	5:26	11 (67.9%)
72	KWAPISZ-CICHOWSKA Katarzyna	431	DĄBROWSKI TEAM	K 40-49	23	00:00:59	00:35:10	00:47:59	00:54:28.00	00:55:27.15	+00:17:19 (31.8%)	5:26	11 (67.9%)
73	NIEDZIÓŁKA Małgorzata	939	TO NATURALNE	K 50-59	3	00:00:19	00:35:03	00:48:14	00:54:32.00	00:54:51.20	+00:17:23 (31.9%)	5:27	11 (67.9%)
74	JAWORSKA Katarzyna	286		K 40-49	24	00:01:01	00:35:03	00:47:52	00:54:35.50	00:55:37.35	+00:17:27 (32.0%)	5:27	11 (67.9%)
75	GZULA Agnieszka Karolina	240	ADIDAS RUNNERS WARSAW	K 1-29	15	00:00:34	00:34:30	00:47:42	00:54:42.00	00:55:16.10	+00:17:33 (32.1%)	5:28	11 (67.9%)
76	HULANICKA Irina	252	GOGGLE TEAM	K 60+	2	00:01:02	00:35:06	00:47:38	00:54:43.00	00:55:45.20	+00:17:34 (32.1%)	5:28	11 (67.9%)
77	ŚWIĆ Małgorzata	794	TRUCHT TARCHOMIN TEAM	K 40-49	25	00:00:48	00:34:37	00:48:07	00:54:56.25	00:55:44.80	+00:17:47 (32.4%)	5:29	10.9 (67.3%)
78	BYELKINA Kateryna	970	ANPHARM RUN TEAM	K 1-29	16	00:02:11	00:35:24	00:48:46	00:55:02.75	00:57:14.05	+00:17:54 (32.5%)	5:30	10.9 (67.3%)
79	KAŻMIERSKA Anna	335		K 30-39	33	00:01:20	00:35:33	00:48:38	00:55:05.90	00:56:26.25	+00:17:57 (32.6%)	5:30	10.9 (67.3%)
80	OSIŃSKA Sylwia	587		K 40-49	26	00:00:10	00:34:59	00:48:35	00:55:13.25	00:55:24.20	+00:18:04 (32.7%)	5:31	10.9 (67.3%)
81	WASILUK Klaudia	838	DRUŻYNA SZPIKU	K 1-29	17	00:01:25	00:36:47	00:49:16	00:55:13.70	00:56:38.80	+00:18:05 (32.8%)	5:31	10.9 (67.3%)
82	MAJEWSKA Hanna	482	BIEGAM NA TARCHOMINIE	K 30-39	34	00:00:57	00:35:06	00:48:50	00:55:26.35	00:56:23.55	+00:18:18 (33.0%)	5:32	10.8 (66.7%)
83	CIMOCHOWSKA Magdalena	113	BIEGAM NA TARCHOMINIE	K 40-49	27	00:01:10	00:35:24	00:48:50	00:55:27.25	00:56:37.60	+00:18:18 (33.0%)	5:32	10.8 (66.7%)
84	BECZAK Natalia	30		K 30-39	35	00:00:00			00:55:33.00	00:55:33.00	+00:18:24 (33.1%)	5:33	10.8 (66.7%)
85	KACPRZAK-KLEJNA Agnieszka	311		K 40-49	28	00:01:24	00:36:29	00:49:29	00:55:36.50	00:57:01.15	+00:18:28 (33.2%)	5:33	10.8 (66.7%)

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86	POGORZELSKA Anna	627		K 30-39	36	00:00:57	00:35:06	00:48:42	00:55:36.95	00:56:34.80	+00:18:28 (33.2%)	5:33	10.8 (66.7%)
87	GROCHOWSKA Joanna	225	BIEGAMY Z OCHOTĄ	K 50-59	4	00:02:04	00:35:28	00:49:07	00:55:42.55	00:57:47.45	+00:18:34 (33.3%)	5:34	10.8 (66.7%)
88	ROGALSKA Magda	663	WKURWTEAM	K 30-39	37	00:01:02	00:34:50	00:48:57	00:55:45.65	00:56:47.65	+00:18:37 (33.4%)	5:34	10.8 (66.7%)
89	OWCZAREK Beata	588	GO SPORT RUNNERS	K 1-29	18	00:01:07	00:35:37	00:49:15	00:55:49.25	00:56:57.15	+00:18:40 (33.5%)	5:35	10.7 (66.0%)
90	DRÓZD Sandra	998		K 1-29	19	00:01:38	00:35:58	00:49:30	00:55:57.60	00:57:35.70	+00:18:49 (33.6%)	5:35	10.7 (66.0%)
91	MAĆKOWIAK Weronika	480		K 1-29	20	00:01:54	00:35:56	00:49:39	00:56:06.00	00:58:00.70	+00:18:57 (33.8%)	5:36	10.7 (66.0%)
92	CIBORSKA Agnieszka	934	NAPRZÓD MŁOCINY	K 40-49	29	00:00:46	00:35:40	00:49:26	00:56:10.70	00:56:57.30	+00:19:02 (33.9%)	5:37	10.7 (66.0%)
93	JAKUBISIAK Renata	265	AEGONRUN	K 30-39	38	00:01:22	00:37:34	00:50:05	00:56:23.40	00:57:46.20	+00:19:15 (34.1%)	5:38	10.6 (65.4%)
94	CHMIELEWSKA Izabela	92	REEBOK RUN CREW/MINISTERSTWO ŚRODOWISKA	K 30-39	39	00:00:47	00:36:02	00:49:42	00:56:25.95	00:57:13.65	+00:19:17 (34.2%)	5:38	10.6 (65.4%)
95	ŁOZOSWKA Aneta	229	TRUCHT TARCHOMIN TEAM	K 40-49	30	00:01:05	00:36:08	00:49:51	00:56:31.30	00:57:36.45	+00:19:22 (34.3%)	5:39	10.6 (65.4%)
96	KACZMAREK Katarzyna	316		K 30-39	40	00:01:03	00:35:57	00:49:49	00:56:33.35	00:57:36.40	+00:19:25 (34.3%)	5:39	10.6 (65.4%)
97	MUZINSKA Marta	552		K 30-39	41	00:01:35	00:35:44	00:49:47	00:56:33.45	00:58:09.10	+00:19:25 (34.3%)	5:39	10.6 (65.4%)
98	FLOREK Małgorzata	174		K 30-39	42	00:01:35	00:35:54	00:50:07	00:56:40.30	00:58:15.70	+00:19:31 (34.5%)	5:40	10.6 (65.4%)
99	JAŚTAK Natalia	958		K 1-29	21	00:01:07	00:36:59	00:48:20	00:56:40.60	00:57:48.45	+00:19:32 (34.5%)	5:40	10.6 (65.4%)
100	SOCHACKA Karolina	727		K 1-29	22	00:01:02	00:36:21	00:50:07	00:56:45.85	00:57:48.60	+00:19:37 (34.6%)	5:40	10.6 (65.4%)
101	LISZEWSKA Anna	451	RUN TEAM NASIELSK	K 40-49	31	00:00:34	00:36:08	00:49:51	00:56:46.55	00:57:21.25	+00:19:38 (34.6%)	5:40	10.6 (65.4%)
102	DĄBROWSKA Magdalena	135	RUN4FUN	K 40-49	32	00:00:38	00:36:23	00:50:02	00:57:02.85	00:57:40.85	+00:19:54 (34.9%)	5:42	10.5 (64.8%)
103	SIGAL Bogdana	706		K 1-29	23	00:01:01	00:36:28	00:50:22	00:57:14.00	00:58:15.40	+00:20:05 (35.1%)	5:43	10.5 (64.8%)
104	CZACH Natalia	118	WARSZAWSKI KLUB ROGATEGO MORSZA	K 30-39	43	00:01:55	00:37:27	00:50:42	00:57:14.90	00:59:10.10	+00:20:06 (35.1%)	5:43	10.5 (64.8%)
105	LEGAT Dorota	439		K 1-29	24	00:01:02	00:36:56	00:50:54	00:57:21.80	00:58:23.80	+00:20:13 (35.3%)	5:44	10.5 (64.8%)
106	KOWALSKA Paulina	391		K 1-29	25	00:01:25	00:36:49	00:50:41	00:57:30.15	00:58:55.75	+00:20:21 (35.4%)	5:45	10.4 (64.2%)
107	BRODAWKA Olga	71		K 30-39	44	00:00:59	00:36:37	00:50:43	00:57:49.85	00:58:49.30	+00:20:41 (35.8%)	5:47	10.4 (64.2%)
108	FILIPIAK Olga	171		K 1-29	26	00:01:13	00:36:58	00:51:07	00:57:55.50	00:59:08.55	+00:20:47 (35.9%)	5:47	10.4 (64.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
109	GAJ-ŚWIEŻACZYŃSKA Joanna	187		K 30-39	45	00:01:47	00:38:09	00:51:24	00:58:01.30	00:59:49.20	+00:20:52 (36.0%)	5:48	10.3 (63.6%)
110	KOPCINSKA Katarzyna	367		K 40-49	33	00:00:35	00:37:30	00:51:23	00:58:05.20	00:58:41.05	+00:20:56 (36.1%)	5:48	10.3 (63.6%)
111	SKOWROŃSKA Ewa	716		K 40-49	34	00:00:09	00:37:39	00:51:23	00:58:05.40	00:58:14.55	+00:20:57 (36.1%)	5:48	10.3 (63.6%)
112	WOJCIECHOWSKA Ewa	867	EKOBIEGI	K 40-49	35	00:01:41	00:37:33	00:51:22	00:58:05.75	00:59:47.60	+00:20:57 (36.1%)	5:48	10.3 (63.6%)
113	PASKA Sylwia	602		K 1-29	27	00:00:17	00:36:34	00:51:01	00:58:09.50	00:58:27.30	+00:21:01 (36.1%)	5:49	10.3 (63.6%)
114	ROCKA Gosia	660		K 40-49	36	00:01:30	00:37:27	00:51:25	00:58:10.70	00:59:41.00	+00:21:02 (36.2%)	5:49	10.3 (63.6%)
115	HOŁOPIAK Ewa	251	REEBOK RUN CREW	K 50-59	5	00:01:17	00:37:37	00:51:23	00:58:11.20	00:59:28.50	+00:21:02 (36.2%)	5:49	10.3 (63.6%)
116	DESKA Karolina	144	WWW.LESZEKBIEGA.PL	K 40-49	37	00:01:07	00:36:52	00:51:09	00:58:11.60	00:59:19.45	+00:21:03 (36.2%)	5:49	10.3 (63.6%)
117	KRAWCZYK Katarzyna	400		K 1-29	28	00:01:00	00:37:23	00:51:08	00:58:14.75	00:59:15.65	+00:21:06 (36.2%)	5:49	10.3 (63.6%)
118	LEWANDOWSKA Agnieszka	445		K 30-39	46	00:00:45	00:37:25	00:51:16	00:58:17.45	00:59:02.45	+00:21:09 (36.3%)	5:49	10.3 (63.6%)
119	GORCZYCA Joanna	213		K 1-29	29	00:01:31	00:36:49	00:51:09	00:58:26.20	00:59:58.00	+00:21:17 (36.4%)	5:50	10.3 (63.6%)
120	PRZYBYŚŁAWSKA-PRASKA Ilona	642		K 30-39	47	00:01:06	00:37:16	00:51:21	00:58:31.30	00:59:37.70	+00:21:22 (36.5%)	5:51	10.3 (63.6%)
121	CIEPIENIAK Ania	104		K 40-49	38	00:00:10	00:36:44	00:51:19	00:58:32.10	00:58:42.90	+00:21:23 (36.6%)	5:51	10.3 (63.6%)
122	RURKA Anna	965		K 40-49	39	00:01:01	00:37:47	00:51:40	00:58:46.80	00:59:48.50	+00:21:38 (36.8%)	5:52	10.2 (63.0%)
123	DEMBOWSKA Małgorzata	140		K 1-29	30	00:01:35	00:37:02	00:51:43	00:58:52.30	01:00:28.25	+00:21:43 (36.9%)	5:53	10.2 (63.0%)
124	ZIARKOWSKA Agnieszka	903		K 1-29	31	00:01:42	00:38:29	00:52:28	00:59:01.15	01:00:44.05	+00:21:52 (37.1%)	5:54	10.2 (63.0%)
125	JACHOWSKA Aldona	259		K 40-49	40	00:01:10	00:37:07	00:51:56	00:59:06.70	01:00:16.75	+00:21:58 (37.2%)	5:54	10.2 (63.0%)
126	GRYCZKA-CIOŁEK Monika	232		K 30-39	48	00:00:18	00:37:44	00:52:03	00:59:07.00	00:59:25.70	+00:21:58 (37.2%)	5:54	10.1 (62.3%)
127	LODOWSKA Ilona	454		K 30-39	49	00:00:53	00:38:18	00:52:15	00:59:07.40	01:00:00.55	+00:21:59 (37.2%)	5:54	10.1 (62.3%)
128	GŁÓWKA Małgorzata	971	ANPHARM RUN TEAM	K 40-49	41	00:00:24	00:37:52	00:52:14	00:59:09.45	00:59:33.65	+00:22:01 (37.2%)	5:54	10.1 (62.3%)
129	SIKORA Zuzanna	707	PZU SPORT TEAM	K 40-49	42	00:01:08	00:36:40	00:51:42	00:59:09.70	01:00:18.65	+00:22:01 (37.2%)	5:55	10.1 (62.3%)
130	POLAŃSKA Agnieszka	630		K 30-39	50	00:00:58	00:37:44	00:52:16	00:59:12.40	01:00:11.05	+00:22:04 (37.3%)	5:55	10.1 (62.3%)
130	PASEK Dorota	601		K 30-39	51	00:01:46	00:39:12	00:52:31	00:59:12.40	01:00:58.60	+00:22:04 (37.3%)	5:55	10.1 (62.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
132	MIKULSKA Agnieszka	529		K 40-49	43	00:01:43	00:38:34	00:52:30	00:59:15.70	01:00:59.10	+00:22:07 (37.3%)	5:55	10.1 (62.3%)
133	GURMIŃSKA Katarzyna	238		K 1-29	32	00:01:44	00:38:26	00:52:30	00:59:16.70	01:01:00.90	+00:22:08 (37.3%)	5:55	10.1 (62.3%)
134	GIERS Klaudia	200		K 1-29	33	00:00:29	00:38:03	00:52:46	00:59:20.55	00:59:49.55	+00:22:12 (37.4%)	5:56	10.1 (62.3%)
135	WALCZAK Anna	830	TURBODZIKI	K 40-49	44	00:01:37	00:38:27	00:52:36	00:59:20.80	01:00:58.00	+00:22:12 (37.4%)	5:56	10.1 (62.3%)
136	KRZANOWSKA Małgorzata	415		K 50-59	6	00:01:48	00:38:22	00:52:24	00:59:24.75	01:01:13.25	+00:22:16 (37.5%)	5:56	10.1 (62.3%)
137	PYRAK Joanna	650	AEGONRUN	K 30-39	52	00:01:22	00:37:59	00:52:10	00:59:25.95	01:00:48.85	+00:22:17 (37.5%)	5:56	10.1 (62.3%)
138	BERNARDELLI Katarzyna	35		K 1-29	34	00:00:26	00:37:59	00:52:31	00:59:28.15	00:59:54.55	+00:22:19 (37.5%)	5:56	10.1 (62.3%)
139	SZTYGOWSKA Anna	1012		K 30-39	53	00:00:57	00:37:57	00:52:36	00:59:31.05	01:00:28.65	+00:22:22 (37.6%)	5:57	10.1 (62.3%)
140	DAMPC Natalia	131		K 30-39	54	00:01:25	00:37:34	00:52:47	00:59:31.20	01:00:56.65	+00:22:22 (37.6%)	5:57	10.1 (62.3%)
141	KORZENIOWSKA-SOBCZUK Anna	377	BIEGAM NA TARCHOMINIE	K 40-49	45	00:01:42	00:38:21	00:52:26	00:59:37.05	01:01:19.10	+00:22:28 (37.7%)	5:57	10.1 (62.3%)
142	GONET Katarzyna	211		K 40-49	46	00:01:06	00:38:08	00:52:46	00:59:44.50	01:00:51.10	+00:22:36 (37.8%)	5:58	10 (61.7%)
143	KACZAN Joanna	315		K 30-39	55	00:01:36	00:38:25	00:52:37	00:59:47.75	01:01:23.75	+00:22:39 (37.9%)	5:58	10 (61.7%)
144	BESSARABA Jagoda	37		K 1-29	35	00:01:03	00:37:01	00:52:10	00:59:49.10	01:00:52.80	+00:22:40 (37.9%)	5:58	10 (61.7%)
145	SWIETLIK Magdalena	767		K 30-39	56	00:01:04	00:37:52	00:52:42	00:59:51.85	01:00:56.80	+00:22:43 (38.0%)	5:59	10 (61.7%)
146	BULIK Bożena	82	PARTNER	K 30-39	57	00:01:28	00:38:37	00:52:46	00:59:53.40	01:01:21.85	+00:22:45 (38.0%)	5:59	10 (61.7%)
147	HNIDZIUK Magdalena	250		K 40-49	47	00:01:29	00:38:21	00:52:45	01:00:03.00	01:01:32.55	+00:22:54 (38.2%)	6:00	10 (61.7%)
148	MYŚLIŃSKA Anna	1111	BIAŁOŁĘKA JEST KOBIETĄ	K 40-49	48	00:01:41	00:38:29	00:52:35	01:00:05.80	01:01:46.80	+00:22:57 (38.2%)	6:00	10 (61.7%)
149	LELENIEWSKA Anna	440		K 1-29	36	00:01:35	00:38:12	00:53:10	01:00:07.40	01:01:43.25	+00:22:59 (38.2%)	6:00	10 (61.7%)
150	SIESS Małgorzata	705	UKS AZYMUT PABIANICE	K 1-29	37	00:01:17	00:38:48	00:53:12	01:00:09.45	01:01:27.05	+00:23:01 (38.3%)	6:01	10 (61.7%)
151	KRAKOWIAK Sylwia	399		K 40-49	49	00:00:44	00:38:38	00:53:26	01:00:27.00	01:01:11.50	+00:23:18 (38.6%)	6:02	9.9 (61.1%)
152	BRONICKA Ela	72	VEGE RUNNERS	K 30-39	58	00:01:42	00:38:28	00:53:17	01:00:42.15	01:02:24.70	+00:23:33 (38.8%)	6:04	9.9 (61.1%)
153	MUCHA Kamila	550	BIEGAM NA TARCHOMINIE	K 40-49	50	00:01:40	00:38:55	00:53:37	01:00:49.30	01:02:29.70	+00:23:40 (38.9%)	6:04	9.9 (61.1%)
154	HÄNCHEN Elisabeth	243		K 30-39	59	00:01:56	00:38:49	00:53:55	01:00:52.45	01:02:49.40	+00:23:44 (39.0%)	6:05	9.9 (61.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
155	ŁUCZAK Małgorzata	472	RUNNERSI ZE SKARBKA	K 40-49	51	00:00:37	00:38:28	00:53:36	01:00:53.40	01:01:30.70	+00:23:45 (39.0%)	6:05	9.9 (61.1%)
156	NOWAK Magdalena	564	AEGONRUN	K 30-39	60	00:01:22	00:39:25	00:53:54	01:01:21.05	01:02:43.75	+00:24:12 (39.5%)	6:08	9.8 (60.5%)
157	STRACHOCKA Anna	749	GRUPA BIEGOWA UM W-WA	K 60+	3	00:02:13	00:39:55	00:54:12	01:01:25.35	01:03:38.60	+00:24:17 (39.5%)	6:08	9.8 (60.5%)
158	SOBIESKA Aleksandra	725		K 40-49	52	00:01:53	00:39:37	00:54:08	01:01:26.40	01:03:19.85	+00:24:18 (39.6%)	6:08	9.8 (60.5%)
159	KOŚNIK Alicja	386		K 1-29	38	00:01:52	00:39:21	00:54:15	01:01:29.80	01:03:22.30	+00:24:21 (39.6%)	6:09	9.8 (60.5%)
160	STAŃCZYK Zofia	742		K 1-29	39	00:01:41	00:38:31	00:53:35	01:01:31.10	01:03:12.90	+00:24:22 (39.6%)	6:09	9.8 (60.5%)
161	ŁĄCKA Ilona	461	BIĄŁOŁĘKA JEST KOBIETĄ	K 40-49	53	00:01:40	00:39:02	00:53:59	01:01:32.05	01:03:12.40	+00:24:23 (39.6%)	6:09	9.8 (60.5%)
162	BRZÓZKA Magda	76		K 30-39	61	00:01:50	00:39:38	00:54:27	01:01:38.50	01:03:28.50	+00:24:30 (39.7%)	6:09	9.7 (59.9%)
163	NOWAK Kasia	567		K 30-39	62	00:01:49	00:39:39	00:54:29	01:01:38.80	01:03:28.60	+00:24:30 (39.8%)	6:09	9.7 (59.9%)
164	SAL Kinga	690		K 30-39	63	00:02:01	00:38:57	00:54:23	01:01:41.30	01:03:42.75	+00:24:32 (39.8%)	6:10	9.7 (59.9%)
165	ADAMOWSKA Barbara	2	MINISTERSTWO FINANSÓW	K 40-49	54	00:01:02	00:38:58	00:54:08	01:01:42.30	01:02:45.10	+00:24:33 (39.8%)	6:10	9.7 (59.9%)
166	MORAWSKA Anna	542		K 60+	4	00:01:01	00:40:08	00:54:40	01:01:46.35	01:02:47.45	+00:24:38 (39.9%)	6:10	9.7 (59.9%)
167	ZOUABI Dorota	907		K 40-49	55	00:00:37	00:38:57	00:54:10	01:01:48.50	01:02:25.75	+00:24:40 (39.9%)	6:10	9.7 (59.9%)
168	SIKORSKA Agnieszka	928		K 30-39	64	00:01:51	00:40:03	00:54:42	01:01:49.35	01:03:40.65	+00:24:41 (39.9%)	6:10	9.7 (59.9%)
169	DĄBROWSKA Beata	134		K 30-39	65	00:00:52	00:39:22	00:54:42	01:01:49.65	01:02:42.55	+00:24:41 (39.9%)	6:11	9.7 (59.9%)
170	KARŁOWICZ Anna	331	PARTIA WOLNYCH BIEGACZY	K 60+	5	00:01:47	00:39:28	00:54:32	01:01:57.10	01:03:44.20	+00:24:48 (40.1%)	6:11	9.7 (59.9%)
171	MIKITIUK Katarzyna	527		K 40-49	56	00:01:05	00:38:43	00:54:16	01:02:02.05	01:03:07.30	+00:24:53 (40.1%)	6:12	9.7 (59.9%)
171	PRZEDPEŁSKA Aneta	638		K 30-39	66	00:01:26	00:39:22	00:54:33	01:02:02.05	01:03:28.40	+00:24:53 (40.1%)	6:12	9.7 (59.9%)
173	GŁÓDŹ Małgorzata	963	DO NOGI	K 1-29	40	00:01:05	00:39:28	00:54:38	01:02:10.85	01:03:16.05	+00:25:02 (40.3%)	6:13	9.6 (59.3%)
174	GAWIDZIEL Sylwia	190		K 30-39	67	00:00:00			01:02:16.25	01:02:16.25	+00:25:07 (40.4%)	6:13	9.6 (59.3%)
175	WOJTAL Katarzyna	872	WATAHA - WARSZAWA	K 30-39	68	00:01:26	00:39:17	00:54:38	01:02:16.60	01:03:43.10	+00:25:08 (40.4%)	6:13	9.6 (59.3%)
176	ADAMUS Katarzyna	4	DECATHLON PIASECZNO	K 40-49	57	00:01:26	00:39:17	00:54:38	01:02:16.70	01:03:43.05	+00:25:08 (40.4%)	6:13	9.6 (59.3%)
177	CHOROŚ Sylwia	922		K 30-39	69	00:01:28	00:39:50	00:55:01	01:02:30.60	01:03:59.40	+00:25:22 (40.6%)	6:15	9.6 (59.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
178	JARMUŻEWSKA Teresa	278	TIA	K 40-49	58	00:02:12	00:41:45	00:55:58	01:02:46.35	01:04:58.45	+00:25:38 (40.8%)	6:16	9.6 (59.3%)
179	GRYGALWICZ Anna	233	G PARTNER RUNNERS	K 30-39	70	00:01:47	00:39:51	00:55:16	01:02:48.00	01:04:35.10	+00:25:39 (40.9%)	6:16	9.6 (59.3%)
180	WOŁYNEK Agnieszka	875		K 40-49	59	00:01:23	00:39:51	00:55:28	01:03:03.35	01:04:26.90	+00:25:55 (41.1%)	6:18	9.5 (58.6%)
181	JURCZAK Agnieszka	301		K 40-49	60	00:00:09	00:39:54	00:55:22	01:03:19.80	01:03:29.30	+00:26:11 (41.4%)	6:20	9.5 (58.6%)
182	KORENKIEWICZ Anna	370		K 30-39	71	00:01:53	00:41:02	00:56:09	01:03:28.10	01:05:22.00	+00:26:19 (41.5%)	6:20	9.5 (58.6%)
183	STRZELEC Agnieszka	753		K 30-39	72	00:01:03	00:39:31	00:55:41	01:03:36.90	01:04:40.25	+00:26:28 (41.6%)	6:21	9.4 (58.0%)
184	OBREBOWSKA Małgorzata	950		K 30-39	73	00:01:23	00:40:07	00:55:45	01:03:40.05	01:05:03.60	+00:26:31 (41.7%)	6:22	9.4 (58.0%)
185	BASIAK Agnieszka	25		K 30-39	74	00:01:30	00:39:18	00:55:16	01:03:40.90	01:05:11.80	+00:26:32 (41.7%)	6:22	9.4 (58.0%)
186	STANIOS Natalia	738		K 1-29	41	00:01:06	00:39:13	00:55:32	01:03:41.35	01:04:47.55	+00:26:33 (41.7%)	6:22	9.4 (58.0%)
187	MIKLEWICZ Małgorzata	528		K 40-49	61	00:01:59	00:41:18	00:56:25	01:03:45.05	01:05:44.75	+00:26:36 (41.7%)	6:22	9.4 (58.0%)
188	PTASZYŃSKA Magdalena	646		K 40-49	62	00:00:53	00:40:01	00:55:54	01:03:49.40	01:04:42.90	+00:26:41 (41.8%)	6:22	9.4 (58.0%)
189	HELDT Iwona	247		K 1-29	42	00:01:51	00:39:33	00:55:53	01:04:07.00	01:05:58.25	+00:26:58 (42.1%)	6:24	9.4 (58.0%)
190	OLSZEWSKA Dorota	579		K 30-39	75	00:00:24	00:39:22	00:55:33	01:04:09.45	01:04:33.90	+00:27:01 (42.1%)	6:24	9.4 (58.0%)
191	WITECKA Anna	855		K 30-39	76	00:01:53	00:40:16	00:56:19	01:04:26.85	01:06:20.60	+00:27:18 (42.4%)	6:26	9.3 (57.4%)
192	KACPRZAK-ŚCISŁA Aleksandra	948		K 1-29	43	00:01:46	00:41:56	00:57:06	01:04:43.85	01:06:30.70	+00:27:35 (42.6%)	6:28	9.3 (57.4%)
193	PROROK Małgosia	636		K 30-39	77	00:02:09	00:42:04	00:57:17	01:04:45.80	01:06:55.70	+00:27:37 (42.7%)	6:28	9.3 (57.4%)
194	PIOTROWSKA-KRZAK Ela	623		K 40-49	63	00:01:37	00:42:11	00:57:33	01:04:52.40	01:06:30.00	+00:27:44 (42.8%)	6:29	9.2 (56.8%)
195	CYGAN Katarzyna	116		K 30-39	78	00:01:35	00:41:11	00:57:00	01:04:58.35	01:06:33.50	+00:27:50 (42.8%)	6:29	9.2 (56.8%)
196	ŚWIERSZCZ Aneta	798		K 30-39	79	00:01:54	00:41:05	00:57:12	01:04:59.30	01:06:53.60	+00:27:50 (42.9%)	6:29	9.2 (56.8%)
197	WYSOCKA Karolina	880		K 30-39	80	00:01:31	00:41:14	00:56:53	01:05:05.25	01:06:36.60	+00:27:56 (42.9%)	6:30	9.2 (56.8%)
198	OSIAK Żaneta	586		K 30-39	81	00:01:25	00:40:42	00:57:10	01:05:06.15	01:06:31.70	+00:27:57 (43.0%)	6:30	9.2 (56.8%)
199	BORKOWSKA Olga	60		K 30-39	82	00:00:50	00:41:25	00:57:35	01:05:16.95	01:06:07.65	+00:28:08 (43.1%)	6:31	9.2 (56.8%)
200	RYNECKA Agnieszka	684		K 40-49	64	00:01:53	00:41:08	00:57:24	01:05:19.55	01:07:13.15	+00:28:11 (43.1%)	6:32	9.2 (56.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
201	FALKOWSKA Monika	164		K 40-49	65	00:01:44	00:41:15	00:57:30	01:05:35.10	01:07:19.60	+00:28:26 (43.4%)	6:33	9.1 (56.2%)
202	HALASZ Justyna	242		K 1-29	44	00:01:58	00:43:37	00:58:29	01:05:43.65	01:07:42.55	+00:28:35 (43.5%)	6:34	9.1 (56.2%)
203	BARTECKA-MATUSZEWSKA Urszula	21		K 30-39	83	00:00:55	00:41:10	00:57:23	01:05:45.90	01:06:41.70	+00:28:37 (43.5%)	6:34	9.1 (56.2%)
204	REJCHERT Kamila	657		K 30-39	84	00:01:42	00:41:04	00:57:38	01:05:49.45	01:07:32.35	+00:28:41 (43.6%)	6:35	9.1 (56.2%)
205	CZAJKOWSKA Krystyna	120		K 30-39	85	00:00:18	00:40:50	00:57:55	01:05:50.10	01:06:08.35	+00:28:41 (43.6%)	6:35	9.1 (56.2%)
206	KORNACKA Agnieszka	372		K 1-29	45	00:01:24	00:42:07	00:58:06	01:06:14.40	01:07:39.05	+00:29:06 (43.9%)	6:37	9.1 (56.2%)
207	BABIAK-WARDAK Katarzyna	11		K 30-39	86	00:01:17	00:42:32	00:58:31	01:06:22.80	01:07:40.70	+00:29:14 (44.1%)	6:38	9 (55.6%)
208	KLIMEK Katarzyna	352		K 30-39	87	00:00:18	00:41:51	00:58:32	01:06:25.30	01:06:43.95	+00:29:16 (44.1%)	6:38	9 (55.6%)
209	BOJARSKA Maria	55		K 50-59	7	00:00:16	00:42:11	00:58:31	01:06:28.95	01:06:45.30	+00:29:20 (44.1%)	6:38	9 (55.6%)
210	KUĆ Beata	423		K 40-49	66	00:01:39	00:41:31	00:58:10	01:06:33.65	01:08:13.60	+00:29:25 (44.2%)	6:39	9 (55.6%)
211	KOVALETS Olena	387		K 1-29	46	00:00:18	00:42:14	00:59:05	01:06:37.15	01:06:55.55	+00:29:28 (44.3%)	6:39	9 (55.6%)
212	SZŁAPA Urszula	778	SPOT PSZCZYNA	K 30-39	88	00:02:04	00:41:50	00:58:24	01:06:38.55	01:08:43.25	+00:29:30 (44.3%)	6:39	9 (55.6%)
213	CIEPLAK Kasia	105		K 30-39	89	00:01:31	00:41:49	00:58:28	01:06:38.70	01:08:10.40	+00:29:30 (44.3%)	6:39	9 (55.6%)
214	SADŁOWSKA Aleksandra	688		K 1-29	47	00:02:00	00:43:13	00:59:21	01:07:03.80	01:09:04.05	+00:29:55 (44.6%)	6:42	8.9 (54.9%)
215	STĘPIŃSKA Joanna	746		K 40-49	67	00:02:02	00:42:34	00:59:00	01:07:25.15	01:09:27.30	+00:30:16 (44.9%)	6:44	8.9 (54.9%)
216	WINDER Agnieszka	851		K 30-39	90	00:01:48	00:41:24	00:58:41	01:07:28.65	01:09:16.95	+00:30:20 (45.0%)	6:44	8.9 (54.9%)
217	ZAYATS Darya	898		K 1-29	48	00:01:12	00:42:17	00:59:13	01:07:31.55	01:08:44.25	+00:30:23 (45.0%)	6:45	8.9 (54.9%)
218	ZAWADZIŃSKA Anna	895		K 30-39	91	00:02:09	00:43:53	01:00:09	01:07:42.10	01:09:51.80	+00:30:33 (45.1%)	6:46	8.9 (54.9%)
219	SOJA Kasia	728	VEGE RUNNERS	K 40-49	68	00:00:00	00:43:52	01:00:03	01:07:42.45	01:07:42.45	+00:30:34 (45.1%)	6:46	8.9 (54.9%)
220	JURECKA Justyna	302		K 1-29	49	00:01:55	00:43:36	01:00:23	01:07:54.15	01:09:50.00	+00:30:45 (45.3%)	6:47	8.8 (54.3%)
221	PANASIUK Aga	596		K 40-49	69	00:01:10	00:42:43	00:59:45	01:08:17.30	01:09:27.60	+00:31:08 (45.6%)	6:49	8.8 (54.3%)
222	JAWORSKA Joanna	287		K 30-39	92	00:01:59	00:44:41	01:00:27	01:08:17.50	01:10:17.00	+00:31:09 (45.6%)	6:49	8.8 (54.3%)
223	BUDAJ-FIDECKA Anna	81	FIDEPOP	K 40-49	70	00:01:33	00:44:21	01:00:26	01:08:40.10	01:10:13.80	+00:31:31 (45.9%)	6:52	8.7 (53.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
224	STAGŁOW Monika	737		K 1-29	50	00:01:41	00:43:31	01:00:33	01:08:46.25	01:10:27.70	+00:31:37 (46.0%)	6:52	8.7 (53.7%)
225	KŁOPOTOWSKA Małgorzata	355		K 30-39	93	00:00:44	00:43:14	01:00:46	01:09:19.75	01:10:04.05	+00:32:11 (46.4%)	6:56	8.7 (53.7%)
226	WRONKA Mariana	878	ZABIEGANY WOŁOMIN	K 30-39	94	00:00:27	00:43:47	01:00:51	01:09:24.75	01:09:51.90	+00:32:16 (46.5%)	6:56	8.6 (53.1%)
227	FURMAN Dorota	179		K 30-39	95	00:02:03	00:44:42	01:01:27	01:09:26.60	01:11:30.50	+00:32:18 (46.5%)	6:56	8.6 (53.1%)
228	GRZANECKA Agnieszka	236		K 30-39	96	00:02:09	00:44:32	01:01:06	01:09:34.15	01:11:43.75	+00:32:25 (46.6%)	6:57	8.6 (53.1%)
229	KACZOROWSKA Monika	319		K 40-49	71	00:01:52	00:44:33	01:01:22	01:09:34.80	01:11:26.95	+00:32:26 (46.6%)	6:57	8.6 (53.1%)
230	MROZIK Wioletta	545		K 30-39	97	00:01:40	00:44:20	01:01:37	01:09:35.90	01:11:16.75	+00:32:27 (46.6%)	6:57	8.6 (53.1%)
231	ŁOCHINA Marta	466		K 40-49	72	00:01:53	00:44:35	01:01:33	01:09:36.25	01:11:29.30	+00:32:27 (46.6%)	6:57	8.6 (53.1%)
232	KUREK Izabela	430	BIEGAM POWOLI	K 30-39	98	00:01:51	00:43:37	01:01:09	01:09:38.55	01:11:29.55	+00:32:30 (46.7%)	6:57	8.6 (53.1%)
233	SOSNÓWKA Magdalena	732		K 40-49	73	00:01:59	00:44:42	01:01:53	01:10:08.00	01:12:07.50	+00:32:59 (47.0%)	7:00	8.6 (53.1%)
234	JASIŃSKA Alicja	282		K 1-29	51	00:02:04	00:45:54	01:02:49	01:10:26.45	01:12:30.90	+00:33:18 (47.3%)	7:02	8.5 (52.5%)
235	KOSIERADZKA Joanna	378		K 50-59	8	00:01:47	00:45:53	01:03:21	01:12:05.20	01:13:52.35	+00:34:56 (48.5%)	7:12	8.3 (51.2%)
236	JANKOWSKA Jola	271		K 30-39	99	00:00:00			01:12:11.00	01:12:11.00	+00:35:02 (48.5%)	7:13	8.3 (51.2%)
237	JANUKOWICZ Agnieszka	277		K 30-39	100	00:00:00			01:12:14.00	01:12:14.00	+00:35:05 (48.6%)	7:13	8.3 (51.2%)
238	BANASIK Katarzyna	16	GRUPA BIEGOWA UM W-WA	K 30-39	101	00:01:15	00:46:24	01:03:57	01:12:27.35	01:13:42.55	+00:35:19 (48.7%)	7:14	8.3 (51.2%)
239	JURKOWSKA Irena	305		K 60+	6	00:01:56	00:44:36	01:03:40	01:12:49.15	01:14:45.30	+00:35:40 (49.0%)	7:16	8.2 (50.6%)
240	WÓJTOWICZ Agnieszka	877		K 40-49	74	00:02:18	00:47:14	01:04:50	01:13:53.25	01:16:11.55	+00:36:44 (49.7%)	7:23	8.1 (50.0%)
241	WAWRZONEK Karolina	839		K 40-49	75	00:02:18	00:47:15	01:04:52	01:14:10.55	01:16:29.15	+00:37:02 (49.9%)	7:25	8.1 (50.0%)
242	BÖGER Carolin	51		K 1-29	52	00:01:56	00:47:02	01:05:12	01:14:12.25	01:16:09.00	+00:37:03 (50.0%)	7:25	8.1 (50.0%)
243	OGOŃCZYK Donata	845		K 1-29	53	00:02:00	00:47:33	01:06:07	01:14:57.25	01:16:57.75	+00:37:48 (50.5%)	7:29	8 (49.4%)
244	CHEN Fengqin	88		K 30-39	102	00:00:08	00:48:05	01:06:37	01:15:51.60	01:15:59.60	+00:38:43 (51.0%)	7:35	7.9 (48.8%)
245	METERA Anna	518		K 40-49	76	00:00:36	00:50:01	01:09:28	01:19:11.40	01:19:48.15	+00:42:03 (53.1%)	7:55	7.6 (46.9%)
246	DRACZYŃSKA Edyta	153		K 40-49	77	00:00:36	00:50:00	01:09:28	01:19:12.10	01:19:48.45	+00:42:03 (53.1%)	7:55	7.6 (46.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
247	ZAWADZKA Magdalena	896	ZAJĄC	K 30-39	103	00:02:17	00:47:15	01:04:55	01:19:54.30	01:22:11.95	+00:42:45 (53.5%)	7:59	7.5 (46.3%)
248	GIEDYK Katarzyna	197		K 30-39	104	00:02:00	00:50:22	01:10:34	01:19:54.65	01:21:55.40	+00:42:46 (53.5%)	7:59	7.5 (46.3%)
249	LEWANDOWSKA Ewelina	444	WATAHA - ŁĄCZY NAS BIEGANIE	K 30-39	105	00:02:26			01:22:46.30	01:25:13.20	+00:45:37 (55.1%)	8:16	7.2 (44.4%)
250	JÓZWIAK Dorota	299	SLOW JOGGING BIAŁOŁĘKA	K 40-49	78	00:02:26			01:22:49.10	01:25:15.50	+00:45:40 (55.2%)	8:16	7.2 (44.4%)
251	SIERPOWSKA-BARTOSIK Agnieszka	701	SLOW JOGGING ŁÓDŹ / VEGE RUNNERS	K 40-49	79	00:02:25	00:54:31	01:15:48	01:28:08.15	01:30:33.55	+00:50:59 (57.9%)	8:48	6.8 (42.0%)
252	GRĄCKA Katarzyna	222		K 40-49	80	00:02:24	00:54:32	01:15:50	01:28:08.80	01:30:33.50	+00:51:00 (57.9%)	8:48	6.8 (42.0%)
253	WILCZYŃSKA Małgorzata	992		K 40-49	81	00:02:27	00:57:31	01:18:21	01:29:39.75	01:32:07.55	+00:52:31 (58.6%)	8:58	6.7 (41.4%)
254	MŁODZIŃSKA Nina	1013		K 1-29	54	00:00:00	00:51:24				+	7:47	7.7 (47.5%)
255	KRAWCZYK Marlena	401		K 30-39	106	00:01:00							(0.0%)
Przekroczony limit czasu: 01:30:00													
LIM	HAJDUK Monika	955		K 1-29		00:02:22	00:55:43	01:03:51	01:30:04.60	01:32:27.20		0:00	6.7 (41.4%)
LIM	SKRZYDŁOWSKA-KALUKIN Katarzyna	717	SLOWJOGGING BIAŁOŁĘKA	K 50-59		00:02:31	00:56:40	01:18:01	01:31:27.10	01:33:59.00		0:00	6.6 (40.7%)
LIM	PILSKA Magda	621	SLOW JOGGING WARSZAWA	K 40-49		00:02:32	00:56:50	01:19:12	01:31:29.00	01:34:01.10		0:00	6.6 (40.7%)
LIM	BOROWIAK Jolanta	63	SLOWJOGGING POLSKA	K 60+		00:02:32	00:56:50	01:19:04	01:31:29.75	01:34:01.80		0:00	6.6 (40.7%)
LIM	SYC Alicja	768	SLOW JOGGING BIAŁOŁĘKA	K 50-59		00:02:28	00:56:43	01:18:04	01:31:31.25	01:33:59.80		0:00	6.6 (40.7%)
LIM	BORZUCHOWSKA Monika	70	SLOWJOGGING ŁÓDŹ	K 40-49		00:02:26	00:56:52	01:19:11	01:31:33.60	01:33:59.75		0:00	6.6 (40.7%)
LIM	ZAWADA Katarzyna	894		K 40-49		00:02:26	00:56:54	01:18:08	01:31:33.65	01:34:00.55		0:00	6.6 (40.7%)
LIM	KOWALCZYK-CHRZUSZCZ Kasia	390	SLOW JOGGING ŁÓDŹ	K 50-59		00:02:24	00:56:51	01:19:18	01:31:33.80	01:33:58.70		0:00	6.6 (40.7%)

Znaleziono 263 wynik(ów)