



BIEG PRZEZ MOST 2021

B4SPORT

Organizator: Urząd Dzielnicy Warszawa - Białołęka
Data: 2021-09-12
Miejsce: Warszawa
Dystans: 10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K Odcinek specjalny

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	STELMACH Dominika	659		K 30-39	1	00:22:43	00:32:33	00:36:39.65	+00:00:00	3:39	16.4
2	NAWRAT Monika	649	KS PREFBET-SONAROL	K 30-39	2	00:25:21	00:35:54	00:40:14.35	+00:00:43	4:01	14.9
3	HASS Joanna	185		K 40-49	1	00:26:24	00:37:32	00:42:03.50	+00:01:17	4:12	14.3
4	WESOŁOWSKA Katarzyna	548	ORANGE POLSKA	K 40-49	2	00:27:14	00:38:45	00:43:26.80	+00:01:41	4:20	13.8
5	MALANOWSKA Elżbieta	309		K 1-29	1	00:26:18	00:37:55	00:42:48.90	+00:01:48	4:16	14
6	SADOWSKA Marzena	445		K 30-39	3	00:28:14	00:40:02	00:44:51.00	+00:01:58	4:29	13.4
7	JARZYŃSKA Kinga	682		K 1-29	2	00:27:09	00:38:59	00:43:47.00	+00:01:59	4:22	13.7
8	WINKOWSKA-STRUZIK Magda	558	DUKLANOWSKI TEAM	K 30-39	4	00:28:24	00:40:27	00:45:15.00	+00:02:13	4:31	13.3
9	PACIOREK Ewa	377	GRUPA BIEGOWA UM W-WA	K 30-39	5	00:28:44	00:40:51	00:45:44.95	+00:02:17	4:34	13.1
10	SEKŚCIŃSKA Magda	449	GRUPA BIEGOWA UM W-WA	K 30-39	6	00:28:58	00:41:06	00:45:58.25	+00:02:18	4:35	13.1
11	FETISOVA Ekaterina	622		K 30-39	9	00:29:58	00:42:09	00:47:32.15	+00:02:22	4:45	12.6
12	JAKUBISIAK Renata	182	BIEGAM NA TARCHOMINIE	K 40-49	4	00:28:52	00:41:09	00:46:21.10	+00:02:27	4:38	12.9
13	TRUSZKOWSKA Marta	527	BESTIE OCR LEGIONOWO	K 30-39	8	00:29:30	00:41:49	00:46:56.25	+00:02:29	4:41	12.8
14	WALECKA Wiktoria	542	BIEGAM NA TARCHOMINIE	K 30-39	7	00:29:20	00:41:40	00:46:37.95	+00:02:30	4:39	12.9
15	MODZELEWSKA Iga	35		K 1-29	3	00:27:40	00:40:01	00:44:38.15	+00:02:31	4:27	13.4
16	ŻURANIEWSKA Agnieszka	612	NUDNE PIĄTKI	K 40-49	3	00:28:51	00:41:12	00:45:59.35	+00:02:31	4:35	13
17	RATASZEWSKA Matylda	423	NEW BALANCE RUN CLUB	K 1-29	4	00:29:44	00:42:17	00:47:07.60	+00:02:43	4:42	12.7
18	KRUPA Kamila	259		K 1-29	5	00:29:56	00:42:39	00:47:57.60	+00:02:52	4:47	12.5
19	NEJFELD Hanna	345	MARKOW BIEGACZE	K 40-49	6	00:30:02	00:42:45	00:47:55.95	+00:02:54	4:47	12.5
20	MICHEWICZ Gosia	326		K 30-39	18	00:33:09	00:45:59	00:51:02.90	+00:02:59	5:06	11.8
21	KOWALIKOWSKA Renata	246	BIEGAM NA TARCHOMINIE	K 40-49	5	00:28:56	00:41:49	00:47:03.20	+00:03:03	4:42	12.8
22	KRUPA Agnieszka	258		K 40-49	8	00:30:14	00:43:08	00:48:24.80	+00:03:04	4:50	12.4
23	AUGUSTYŃSKA-ŚMIETAŁO Iwona	21	WŚCIEKŁY FINISZ	K 30-39	10	00:29:52	00:42:46	00:47:47.40	+00:03:04	4:46	12.6
24	CHWALISZ Michalina	89	VEGE RUNNERS	K 1-29	6	00:32:41	00:45:36	00:50:54.95	+00:03:05	5:05	11.8
25	ŻEBROWSKA Anna	606		K 30-39	15	00:30:46	00:43:44	00:49:05.00	+00:03:09	4:54	12.2
26	SIEWRUK Katarzyna	457	WARSAW RUN CLUB	K 40-49	7	00:29:48	00:42:55	00:48:23.55	+00:03:17	4:50	12.4
27	CICHONSKA Elżbieta	90		K 50-59	1	00:31:19	00:44:29	00:49:53.65	+00:03:20	4:59	12
28	MACHUL Ewa	306		K 30-39	11	00:29:32	00:42:43	00:48:03.35	+00:03:21	4:48	12.5
29	JĘDRZEJCZYK-KOWALSKA Sylwia	196	BIGTIRESRUNTEAM	K 40-49	10	00:30:47	00:43:59	00:49:17.40	+00:03:21	4:55	12.2
30	JAGIEŁŁO-FAJKOWSKA Agnieszka	181	ADIDAS RUNNERS WARSAW	K 30-39	12	00:30:00	00:43:13	00:48:17.90	+00:03:23	4:49	12.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas		Tempo min/km	Tempo km/h
								netto 10km	Różn		
31	SZCZEPKOWSKA Marta	493		K 30-39	16	00:31:31	00:44:49	00:50:17.95	+00:03:28	5:01	11.9
32	TOMCZUK-KUZKA Katarzyna	524		K 40-49	9	00:30:28	00:43:47	00:49:08.40	+00:03:28	4:54	12.2
33	DURKA Dorota	124	BIEGUSTATORZY	K 40-49	11	00:31:14	00:44:43	00:50:20.10	+00:03:39	5:02	11.9
34	MOLAK Katarzyna	339		K 1-29	7	00:33:12	00:46:41	00:52:09.30	+00:03:39	5:12	11.5
35	APANOWICZ Angelika	16	EKOBIEGI	K 40-49	14	00:32:51	00:46:24	00:52:14.25	+00:03:43	5:13	11.5
36	RAWSKA Małgorzata	425		K 40-49	13	00:32:49	00:46:22	00:51:47.95	+00:03:44	5:10	11.6
37	GÓRSKA Małgorzata	160		K 30-39	21	00:32:53	00:46:27	00:52:01.85	+00:03:44	5:12	11.5
38	ŁATKOWSKA Monika	300	GRUPA BIEGOWA CHTMO	K 40-49	12	00:32:15	00:45:53	00:51:25.45	+00:03:48	5:08	11.7
39	WAGNER Jolanta	539		K 50-59	2	00:32:29	00:46:08	00:51:46.75	+00:03:49	5:10	11.6
40	CHOTOMSKA Dorota	83		K 30-39	17	00:31:31	00:45:11	00:50:46.00	+00:03:50	5:04	11.8
41	MYŚLIŃSKA Anna	357	BIAŁOŁĘKA JEST KOBIETĄ	K 40-49	18	00:33:23	00:47:08	00:52:54.65	+00:03:55	5:17	11.3
42	DRAJCZYK Maria	627		K 30-39	19	00:32:29	00:46:14	00:51:56.40	+00:03:55	5:11	11.6
43	SUCHECKA Joanna	483	KS POMORSKA	K 30-39	23	00:34:03	00:47:49	00:53:18.45	+00:03:56	5:19	11.3
44	NOWACKA Dominika	349	KUŹNIA TRIATHLONU	K 30-39	13	00:28:43	00:42:30	00:48:19.80	+00:03:57	4:49	12.4
45	ROMAN Anna	646		K 30-39	14	00:29:31	00:43:19	00:48:53.50	+00:03:58	4:53	12.3
46	WNĘK Joanna	227		K 30-39	20	00:32:22	00:46:10	00:52:00.25	+00:03:58	5:12	11.5
47	WOŁYNEK Agnieszka	576		K 40-49	16	00:32:50	00:46:47	00:52:23.85	+00:04:07	5:14	11.5
48	CIMOCHOWSKA Magdalena	96	BIEGAM NA TARCHOMINIE	K 40-49	20	00:33:30	00:47:32	00:53:31.90	+00:04:12	5:21	11.2
49	BUCHALSKA Ewa	69	EKOBIEGI	K 50-59	3	00:32:49	00:46:54	00:52:41.30	+00:04:16	5:16	11.4
50	TEJCHMA Natalia	515		K 40-49	23	00:34:36	00:48:42	00:54:44.25	+00:04:16	5:28	11
51	JARMUŻEWSKA Teresa	191	TIA	K 50-59	5	00:34:52	00:49:05	00:54:34.85	+00:04:23	5:27	11
52	RAKOWSKA Agnieszka	421		K 30-39	22	00:33:02	00:47:15	00:53:13.60	+00:04:23	5:19	11.3
53	ZUBELEWICZ-JERUZALSKA Anna	604		K 30-39	29	00:34:21	00:48:35	00:54:30.75	+00:04:24	5:27	11
54	FURMANIAK PAŃCZAK Joanna	138	BIEGOWE WTORKI NA TARCHOMINIE	K 30-39	30	00:34:38	00:48:54	00:54:48.35	+00:04:26	5:28	10.9
55	ZARĘBA-TREMELET Katarzyna	590		K 40-49	17	00:32:57	00:47:16	00:52:51.90	+00:04:29	5:17	11.4
56	BANASIK-URBANOWSKA Katarzyna	31	GRUPA BIEGOWA UM W-WA	K 30-39	25	00:33:26	00:47:45	00:53:37.70	+00:04:30	5:21	11.2
57	SZLAGA Kinga	5		K 30-39	26	00:34:30	00:48:53	00:54:12.75	+00:04:33	5:25	11.1
58	MATUSZEWSKA Jolanta	317		K 40-49	19	00:32:59	00:47:23	00:53:16.65	+00:04:35	5:19	11.3
59	BRZOZOWSKA Magdalena	66	BIEGUSTATORZY	K 30-39	24	00:33:03	00:47:31	00:53:24.80	+00:04:38	5:20	11.2
60	FLORCZUK Agnieszka	133		K 50-59	7	00:36:38	00:51:08	00:57:04.30	+00:04:40	5:42	10.5
61	BLAIM Katarzyna	53		K 40-49	15	00:32:11	00:46:43	00:52:22.45	+00:04:43	5:14	11.5
62	SZYMAŃSKA Alicja	686		K 40-49	21	00:33:45	00:48:19	00:54:18.35	+00:04:44	5:25	11
63	CIEŻ Marcelina	95		K 1-29	8	00:35:58	00:50:39	00:56:18.65	+00:04:52	5:37	10.7
64	KARASIEWICZ Katarzyna	208		K 50-59	4	00:32:32	00:47:15	00:53:11.30	+00:04:53	5:19	11.3
65	BERECZ Eva	41		K 30-39	35	00:34:39	00:49:23	00:55:59.25	+00:04:54	5:35	10.7
66	POWROŃSKA Marta	384		K 30-39	28	00:33:46	00:48:32	00:54:28.90	+00:04:56	5:26	11
67	CHOYNOWSKA Małgorzata	85		K 50-59	8	00:37:13	00:52:01	00:58:25.45	+00:04:58	5:50	10.3
68	SZYMBORSKA Dota	503	POŁAWACZKI PEREŁ	K 40-49	28	00:35:19	00:50:08	00:56:13.50	+00:04:59	5:37	10.7
69	RING Urszula	427		K 30-39	31	00:34:02	00:48:54	00:54:50.05	+00:05:02	5:29	10.9
70	PASTERNAK Justyna	383	Z BIEGANIEM MI DO TWARZY	K 40-49	25	00:34:34	00:49:26	00:55:28.50	+00:05:03	5:32	10.8
71	HRYCIUK Katarzyna	180	EKOBIEGI	K 40-49	29	00:35:52	00:50:45	00:56:33.25	+00:05:03	5:39	10.6
72	HIŻ Marta	179		K 40-49	39	00:37:34	00:52:29	00:58:45.20	+00:05:05	5:52	10.2
73	MURAWSKA Magdalena	342		K 30-39	37	00:35:41	00:50:37	00:56:57.60	+00:05:07	5:41	10.5
74	SAMOCIUK Karolina	447		K 30-39	27	00:33:06	00:48:04	00:54:24.60	+00:05:08	5:26	11

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								netto 10km	Różn		
75	ŚWIDERSKA Joanna	510		K 30-39	36	00:35:37	00:50:37	00:56:56.10	+00:05:10	5:41	10.5
76	MYCIELSKA Ewa	651		K 40-49	26	00:34:59	00:50:00	00:55:53.85	+00:05:11	5:35	10.7
77	FIRCHAŁ Monika	131	ORT ŁOMIANKI	K 40-49	27	00:34:41	00:49:45	00:56:02.70	+00:05:14	5:36	10.7
78	CHODKOWSKA Anna	81		K 30-39	33	00:34:31	00:49:36	00:55:37.65	+00:05:15	5:33	10.8
79	BOGUMIŁ Izabela	57		K 40-49	30	00:35:41	00:50:46	00:57:01.50	+00:05:15	5:42	10.5
80	KROSZKIEWICZ Joanna	254		K 30-39	34	00:34:34	00:49:41	00:55:51.60	+00:05:16	5:35	10.7
81	JANKOWSKA Wiola	188		K 40-49	22	00:33:47	00:48:59	00:54:42.75	+00:05:22	5:28	11
82	MAZUR Jowita	321	FUNKCJONUJ	K 40-49	38	00:37:02	00:52:17	00:58:23.25	+00:05:25	5:50	10.3
83	GONET Katarzyna	156		K 40-49	34	00:36:41	00:51:59	00:58:01.65	+00:05:28	5:48	10.3
84	KRÓL Kamila	255		K 1-29	10	00:36:37	00:51:57	00:57:55.75	+00:05:30	5:47	10.4
85	CZARTORYSKA Maja	108		K 1-29	9	00:35:59	00:51:20	00:57:17.00	+00:05:31	5:43	10.5
86	RADOMSKA-ZUBCZYŃSKA Maria	418		K 30-39	32	00:33:53	00:49:16	00:55:14.80	+00:05:34	5:31	10.9
87	MAĆKOWIAK Weronika	307		K 30-39	41	00:36:59	00:52:23	00:58:15.00	+00:05:34	5:49	10.3
88	JAROS Honorata	192	.	K 50-59	6	00:34:08	00:49:34	00:55:47.15	+00:05:36	5:34	10.8
89	DYMARSKA Marzena	125	BUSHIDO CENTRUM	K 40-49	36	00:36:32	00:51:59	00:58:21.70	+00:05:38	5:50	10.3
90	ARAŻNY Kamila	19	TRUCHT TARCHOMIN TEAM	K 40-49	42	00:37:42	00:53:12	00:59:45.40	+00:05:40	5:58	10
91	CZARTORYSKA Anna	107		K 40-49	33	00:36:05	00:51:35	00:57:48.65	+00:05:40	5:46	10.4
92	SZCZEŚNIAK Marta	496		K 30-39	39	00:36:30	00:52:02	00:57:44.35	+00:05:42	5:46	10.4
93	DĄBROWSKA Anna	113		K 40-49	37	00:36:29	00:52:01	00:58:22.60	+00:05:42	5:50	10.3
94	POLAKOWSKA Anna	399		K 30-39	40	00:36:35	00:52:09	00:58:14.75	+00:05:44	5:49	10.3
95	KWAPISZ-CICHOWSKA Katarzyna	275		K 40-49	46	00:38:09	00:53:43	01:00:27.00	+00:05:44	6:02	9.9
96	KIESIO Sylwia	219	NESSI TEAM	K 30-39	48	00:37:39	00:53:17	00:59:34.20	+00:05:48	5:57	10.1
97	LEGAN Martyna	697		K 1-29	11	00:36:47	00:52:27	00:58:33.95	+00:05:49	5:51	10.2
98	O'NEILL Agnieszka	366	BIEGOWE WTORKI NA TARCHOMINIE	K 40-49	32	00:34:58	00:50:39	00:57:24.70	+00:05:51	5:44	10.5
99	MAJCHRZAK Anna	320		K 30-39	50	00:38:03	00:53:48	01:00:15.45	+00:05:55	6:01	10
100	ORZEŁ Karolina	370		K 30-39	44	00:36:50	00:52:36	00:59:00.40	+00:05:57	5:54	10.2
101	MAJEWSKA Hanna	308	BIEGAM NA TARCHOMINIE	K 30-39	38	00:35:40	00:51:28	00:57:34.20	+00:05:58	5:45	10.4
102	MŁYŃCZYK Adriana	336		K 40-49	31	00:35:14	00:51:04	00:57:24.60	+00:06:01	5:44	10.5
103	BAJERA Aneta	24		K 30-39	43	00:36:31	00:52:25	00:58:45.70	+00:06:04	5:52	10.2
104	GŁÓWKA Małgorzata	148		K 40-49	35	00:36:28	00:52:23	00:58:19.95	+00:06:05	5:49	10.3
105	LAZARSKA Małgorzata	278		K 40-49	43	00:37:04	00:53:03	00:59:45.45	+00:06:09	5:58	10
106	FLOREK Małgorzata	134		K 30-39	45	00:36:50	00:52:50	00:59:09.70	+00:06:10	5:54	10.1
107	KLIMCZAK Justyna	224	FLORIAN CHOJNICE	K 30-39	46	00:37:05	00:53:08	00:59:23.75	+00:06:13	5:56	10.1
108	TOBIASZ Dorota	519	GRUPA BIEGOWA CHTMO	K 40-49	41	00:37:30	00:53:35	00:59:42.50	+00:06:15	5:58	10.1
109	GRABOWSKA Marta	161		K 30-39	42	00:36:07	00:52:17	00:58:34.85	+00:06:20	5:51	10.2
110	KACZMAREK Katarzyna	204		K 30-39	55	00:39:06	00:55:18	01:01:36.20	+00:06:22	6:09	9.7
111	WAWRYK Dorota	545		K 40-49	40	00:36:29	00:52:42	00:59:17.45	+00:06:23	5:55	10.1
112	CZAPIEWSKA Małgorzata	103	BRODNICA BIEGA	K 50-59	10	00:38:21	00:54:36	01:01:07.95	+00:06:25	6:06	9.8
113	SIKORSKA Agnieszka	626		K 30-39	51	00:37:50	00:54:05	01:00:43.25	+00:06:25	6:04	9.9
114	BALCERZAK-JAŁTUSZEWSKA Katarzyna	28	MARKOW BIEGACZE	K 40-49	45	00:37:23	00:53:43	01:00:11.30	+00:06:30	6:01	10
115	GURMIŃSKA Katarzyna	175		K 1-29	14	00:39:15	00:55:34	01:02:22.00	+00:06:30	6:14	9.6
116	MICHAŁOWSKA Anna	648	BIEGAM NA TARCHOMINIE	K 40-49	44	00:37:13	00:53:33	00:59:54.70	+00:06:30	5:59	10
117	CZARNIAKOWSKA Aleksandra	106		K 30-39	47	00:36:32	00:52:53	00:59:25.45	+00:06:31	5:56	10.1
118	OPOŃSKA Emilia	367	BIEGAM NA TARCHOMINIE	K 30-39	49	00:36:44	00:53:08	00:59:39.10	+00:06:35	5:57	10.1

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119	KUCHARCZYK Nikola	268		K 1-29	12	00:37:13	00:53:43	00:59:40.65	+00:06:40	5:58	10.1
120	PODSADNI-KRYSIK Paulina	397	EKOBIEGI	K 30-39	64	00:40:06	00:56:37	01:04:05.05	+00:06:41	6:24	9.4
121	ŁUCZAK Małgorzata	303	RUNNERSI ZE SKARBKA	K 40-49	47	00:37:32	00:54:04	01:00:37.50	+00:06:42	6:03	9.9
122	WYSOCKA-LEŚNIKOWSKA Magdalena	580		K 30-39	61	00:39:54	00:56:36	01:03:43.95	+00:06:51	6:22	9.4
123	AUGUSTYNIAK Aleksandra	20		K 40-49	52	00:39:33	00:56:19	01:03:09.15	+00:06:56	6:18	9.5
124	LEWANDOWSKA Monika	284		K 40-49	51	00:38:18	00:55:05	01:01:48.20	+00:06:58	6:10	9.7
125	GWIZDAŁA Wioletta	677		K 30-39	54	00:38:18	00:55:07	01:01:22.90	+00:06:58	6:08	9.8
126	BUDEK Joanna	71		K 40-49	59	00:40:18	00:57:09	01:04:48.70	+00:07:01	6:28	9.3
127	MATUSZEWSKA Julia	693		K 40-49	48	00:36:32	00:53:24	01:00:52.10	+00:07:01	6:05	9.9
128	TRZCIŃSKA Iwona	530		K 50-59	11	00:39:48	00:56:40	01:03:24.50	+00:07:02	6:20	9.5
129	ŁOZOWSKA Dorota	301		K 40-49	53	00:39:52	00:56:45	01:03:26.65	+00:07:04	6:20	9.5
130	CISZEWSKA Anna	98		K 40-49	50	00:37:49	00:54:49	01:01:32.55	+00:07:11	6:09	9.8
131	TERECH Ewelina	624		K 40-49	54	00:39:31	00:56:33	01:03:32.75	+00:07:12	6:21	9.4
132	RATASZEWSKA Edyta	422	NEW BALANCE RUN CLUB	K 50-59	12	00:40:49	00:57:52	01:04:50.35	+00:07:13	6:29	9.3
133	BAKALARSKA Mariola	25	BW RUNNING TEAM	K 50-59	9	00:37:14	00:54:17	01:00:52.85	+00:07:13	6:05	9.9
134	KUJAWSKA Joanna	118		K 40-49	49	00:37:23	00:54:28	01:01:12.25	+00:07:15	6:07	9.8
135	NASEWICZ-MAMLA Halina	343		K 50-59	13	00:40:38	00:57:44	01:04:54.50	+00:07:16	6:29	9.2
136	CZERESNIEWSKA Anna	111		K 30-39	57	00:38:22	00:55:29	01:02:24.85	+00:07:17	6:14	9.6
137	BRZÓZKA Magda	68	TARCHO ZIOMY	K 30-39	58	00:39:09	00:56:26	01:03:16.10	+00:07:27	6:19	9.5
138	NOWAK Kasia	350		K 30-39	59	00:39:09	00:56:26	01:03:16.45	+00:07:27	6:19	9.5
139	SHERSHUN Halyna	452	MASTERS DOJO KARATE KYOKUSHIN	K 30-39	52	00:36:57	00:54:20	01:01:19.10	+00:07:33	6:07	9.8
140	WALCZUK Magda	541	BRAK	K 30-39	53	00:37:13	00:54:36	01:01:22.85	+00:07:33	6:08	9.8
141	JANIK-ARMATA Aneta	186		K 30-39	60	00:39:12	00:56:40	01:03:33.65	+00:07:38	6:21	9.4
142	POPARDOWSKA Magda	401		K 1-29	17	00:40:32	00:58:00	01:04:19.40	+00:07:38	6:25	9.3
143	OCHENKOWSKA Monika	353		K 30-39	65	00:39:48	00:57:19	01:04:26.90	+00:07:42	6:26	9.3
144	WOJTAŚ Beata	574		K 40-49	55	00:39:15	00:56:48	01:04:10.90	+00:07:42	6:25	9.4
145	MIERCZYK Agnieszka	332		K 40-49	57	00:39:33	00:57:07	01:04:19.30	+00:07:44	6:25	9.3
146	KORNACKA Agnieszka	239		K 1-29	18	00:41:50	00:59:25	01:07:15.50	+00:07:45	6:43	8.9
147	DOMINIAK Edyta	688		K 30-39	62	00:39:13	00:56:48	01:03:53.20	+00:07:45	6:23	9.4
148	BALINSKA Justyna	29		K 30-39	68	00:40:50	00:58:25	01:05:46.50	+00:07:46	6:34	9.1
149	WINDER Agnieszka	557		K 40-49	56	00:39:31	00:57:07	01:04:18.80	+00:07:46	6:25	9.3
150	RUCKA Aleksandra	435		K 1-29	15	00:38:11	00:55:50	01:02:24.35	+00:07:49	6:14	9.6
151	NIEDZWIEDZKA Edyta	347		K 30-39	66	00:40:01	00:57:41	01:04:41.75	+00:07:51	6:28	9.3
152	BESSARABA Jagoda	43		K 1-29	13	00:37:24	00:55:09	01:02:21.70	+00:07:55	6:14	9.6
153	RYSZKA Magdalena	442		K 1-29	16	00:39:39	00:57:24	01:04:06.70	+00:07:55	6:24	9.4
154	KUŚMIREK-KOWAL Joanna	274		K 30-39	56	00:37:54	00:55:44	01:02:23.20	+00:08:00	6:14	9.6
155	WIŚNIEWSKA-DUDA Anna	562		K 30-39	73	00:42:56	01:01:00	01:08:36.00	+00:08:14	6:51	8.7
156	OSIAL Anita	373	PŁOŃSZCZANKI	K 30-39	69	00:42:12	01:00:17	01:07:10.35	+00:08:15	6:43	8.9
157	KNIAZIAK - BOBROWICZ Magdalena	631	ORANGE POLSKA	K 40-49	58	00:39:01	00:57:10	01:04:26.70	+00:08:19	6:26	9.3
158	RUDNICKA Emilia	625	ZABIEGANI PO USZY	K 30-39	67	00:39:00	00:57:26	01:05:00.75	+00:08:36	6:30	9.2
159	TERPŁOWSKA Agnieszka	518		K 30-39	63	00:38:31	00:57:06	01:04:03.30	+00:08:46	6:24	9.4
160	LACHERT STRYJKOWSKA Ewa	277	ROZBIEGANY SULEJÓWEK	K 50-59	14	00:41:39	01:00:24	01:07:48.75	+00:08:56	6:46	8.8
161	ROGUSKA Magdalena	1	BIĄŁOŁĘKA JEST KOBIETĄ	K 40-49	65	00:42:01	01:00:49	01:09:14.70	+00:08:58	6:55	8.7
162	ZATYLNA Joanna	591		K 30-39	74	00:41:31	01:00:19	01:08:50.40	+00:08:59	6:53	8.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
163	MICHNOWSKA Adriana	328		K 40-49	64	00:42:16	01:01:06	01:09:13.65	+00:09:00	6:55	8.7
164	ŁĄCKA Ilona	10	BIAŁOŁĘKA JEST KOBIETĄ	K 50-59	15	00:41:59	01:00:50	01:09:15.30	+00:09:01	6:55	8.7
165	STRZELEC Agnieszka	482		K 40-49	60	00:41:17	01:00:15	01:08:01.50	+00:09:08	6:48	8.8
166	CIEPLAK Katarzyna	91		K 40-49	62	00:41:59	01:01:07	01:08:57.80	+00:09:18	6:53	8.7
167	TRUSZKOWSKA Agnieszka	528		K 30-39	71	00:41:12	01:00:32	01:08:05.60	+00:09:29	6:48	8.8
168	ORŁOWSKA Dorota	680		K 30-39	75	00:42:03	01:01:24	01:09:34.00	+00:09:31	6:57	8.6
168	MAKOWSKA Izabella	681		K 30-39	76	00:42:03	01:01:25	01:09:34.00	+00:09:31	6:57	8.6
170	LISOWSKA Alicja	291	BIEGAM NA TARCHOMINIE	K 30-39	72	00:41:07	01:00:41	01:08:35.05	+00:09:45	6:51	8.7
171	TEŁAKOWSKA Anita	516		K 40-49	63	00:41:13	01:00:50	01:09:07.35	+00:09:47	6:54	8.7
172	REMBERK Danuta	426		K 60+	1	00:46:59	01:06:47	01:15:36.45	+00:09:58	7:33	7.9
173	JUNDZYL-BOGUSIEWICZ Paulina	200		K 30-39	70	00:39:07	00:59:02	01:07:29.95	+00:10:06	6:44	8.9
174	ROSZKOWSKA-KAZAŁA Małgorzata	432	BIEGOWE WTORKI NA TARCHOMINIE	K 40-49	71	00:44:41	01:04:48	01:13:10.45	+00:10:17	7:19	8.2
175	ZAKABŁUKOWSKA Angelika	583		K 40-49	69	00:42:34	01:02:42	01:10:49.65	+00:10:18	7:04	8.5
176	OLDAK Katarzyna	691		K 40-49	66	00:41:03	01:01:28	01:09:18.20	+00:10:35	6:55	8.7
177	WÓJTOWICZ Agnieszka	579		K 40-49	73	00:45:13	01:05:48	01:14:23.70	+00:10:45	7:26	8.1
178	- -	654		K Odcinek specjalny	1	00:41:35	01:02:20	01:11:14.65	+00:10:55	7:07	8.4
179	KOPEĆ Maria	236	NAPRZÓD MŁOCINY	K 1-29	19	00:42:43	01:03:29	01:11:10.95	+00:10:57	7:07	8.4
180	BIDZIŃSKA Alicja	46		K 30-39	80	00:46:44	01:07:38	01:16:06.55	+00:11:04	7:36	7.9
181	WIŚNIEWSKA Estera	561		K 1-29	20	00:47:16	01:08:13	01:17:04.25	+00:11:07	7:42	7.8
182	OLCZAK Urszula	359	UMCS BIEGA	K 50-59	17	00:45:23	01:06:23	01:15:30.15	+00:11:09	7:33	7.9
183	LOTKO Justyna	295		K 40-49	70	00:43:00	01:04:04	01:12:10.35	+00:11:15	7:13	8.3
184	OLSZEWSKA Katarzyna Bernadetta	362		K 40-49	68	00:42:14	01:03:21	01:10:02.80	+00:11:17	7:00	8.6
185	ŚLIMKO Adriana	507		K 40-49	75	00:48:45	01:10:03	01:19:30.70	+00:11:28	7:57	7.5
186	KORSZER Agnieszka	311		K 50-59	18	00:45:19	01:06:40	01:15:38.60	+00:11:31	7:33	7.9
187	KRZANOWSKA Małgorzata	262		K 50-59	16	00:42:33	01:03:56	01:12:35.20	+00:11:33	7:15	8.3
188	OSTASZEWSKA Katarzyna	374		K 40-49	67	00:40:14	01:01:41	01:10:00.55	+00:11:37	7:00	8.6
189	PARZYCH Sylwia	633		K 30-39	77	00:42:41	01:04:09	01:12:48.70	+00:11:38	7:16	8.2
190	KĘSICKA Katarzyna	217		K 40-49	74	00:47:14	01:08:55	01:17:09.30	+00:11:51	7:42	7.8
191	OGOŃCZYK Donata	355		K 30-39	79	00:45:55	01:07:44	01:15:54.90	+00:11:59	7:35	7.9
192	KOLASA Barbara	233	KLUB J.SŁOWACKIEGO	K 60+	2	00:48:26	01:10:48	01:20:22.35	+00:12:32	8:02	7.5
193	KISIELEWICZ Bożena	221	PSTROKATY PAREOMARATON	K 40-49	76	00:49:06	01:12:42	01:21:46.45	+00:13:46	8:10	7.3
Przekroczony limit czasu: 01:30:00											
194	CZESNAR Kasia	670		K 50-59	20	01:00:17	01:25:40	01:37:44.40	+00:15:33	9:46	6.1
195	MAJKOWSKA Zofia	684		K 1-29	21	00:58:06	01:23:40	01:34:19.55	+00:15:45	9:25	6.4
196	BRZAŁKAŁA Renata	65	SLOW JOGGING BIAŁOŁĘKA	K 50-59	19	01:00:22	01:27:12	01:37:43.25	+00:17:00	9:46	6.1
197	BOROWIAK Jolanta	61	SLOW JOGGING POLSKA	K 60+	3	01:00:21	01:27:12	01:37:43.55	+00:17:01	9:46	6.1
198	WALASIK Agnieszka	540		K 40-49	77	00:59:20	01:26:49	01:37:38.30	+00:17:39	9:45	6.1

Znaleziono 198 wynik(ów)