



BIEG PRZEZ MOST

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

BIEG PRZEZ MOST
Urząd Dzielnicy Warszawa - Białołęka
2022-09-04
Warszawa
10 km

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: K Odcinek specjalny

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Białołęki	Samorządowiec	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	ŁAPIŃSKA Anna	532		K 30-39	1			00:00:02	00:23:33	00:33:15	00:37:33.80	00:37:36.20	+00:00:00 (-359,900.0%)	3:45	16 (100%)
2	KAŹMIERCZAK Marta	796	TRENERBIEGANIA.PL	K 40-49	1			00:00:03	00:24:33	00:34:36	00:38:43.75	00:38:47.10	+00:00:19 (-347,977.7%)	3:52	15.5 (96.9%)
3	ZIELIŃSKA Weronika	212	12TRI.PL / ASICS FRONTRUNNER POLAND	K 30-39	2			00:00:07	00:25:47	00:36:02	00:40:27.55	00:40:34.70	+00:00:32 (-340,624.7%)	4:02	14.8 (92.5%)
4	KARBOWIAK Marcelina	134		K 30-39	4	Tak		00:00:10	00:26:36	00:37:18	00:41:52.25	00:42:03.10	+00:00:59 (-326,507.5%)	4:11	14.3 (89.4%)
5	CZERWIŃSKA Katarzyna	663		K 30-39	3			00:00:03	00:25:36	00:36:21	00:40:58.35	00:41:02.20	+00:01:02 (-324,862.4%)	4:05	14.6 (91.3%)
6	BIENIEK-UGNIEWSKA Joanna	214	SUNFIT STUDIO	K 40-49	2			00:00:07	00:26:07	00:37:02	00:41:43.90	00:41:51.25	+00:01:12 (-320,220.8%)	4:10	14.4 (90.0%)
7	DABROWSKA Dominika	186	LEGIA TABLE TENNIS SCHOOLS	K 30-39	5	Tak		00:00:05	00:26:38	00:37:37	00:42:30.75	00:42:36.05	+00:01:16 (-318,082.1%)	4:15	14.1 (88.1%)
8	S Karolina	604	KAROLINA SŁOMCZYŃSKA	K 30-39	6			00:00:05	00:27:18	00:38:22	00:42:57.75	00:43:03.70	+00:01:22 (-315,329.9%)	4:17	14 (87.5%)
9	LISZKA Karolina	492	KAZIKI	K 30-39	9			00:00:09	00:27:29	00:38:46	00:43:35.50	00:43:44.80	+00:01:34 (-309,645.2%)	4:21	13.8 (86.3%)
10	BAK Magdalena	619		K 30-39	7			00:00:09	00:27:28	00:38:47	00:43:30.20	00:43:39.60	+00:01:36 (-308,710.0%)	4:21	13.8 (86.3%)
11	SADOWSKA Marzena	17		K 30-39	8	Tak		00:00:10	00:27:31	00:38:52	00:43:34.70	00:43:44.90	+00:01:37 (-308,074.6%)	4:21	13.8 (86.3%)
12	ŁABĘCKA Agata	418	KLUB BIEGACZA RTV EURO AGD	K 40-49	3			00:00:17	00:28:31	00:40:03	00:44:57.55	00:45:14.80	+00:01:49 (-303,018.2%)	4:29	13.3 (83.1%)
13	MALANOWSKA Elżbieta	390		K 1-29	1			00:00:05	00:26:54	00:38:50	00:44:03.95	00:44:09.10	+00:02:13 (-292,833.8%)	4:24	13.6 (85.0%)
14	GORDON Kamila	622	TRIMASTERS	K 1-29	2			00:00:27	00:29:50	00:41:46	00:46:57.10	00:47:24.80	+00:02:13 (-292,711.1%)	4:41	12.8 (80.0%)
15	GŁODOWSKA Marta	443	ŻÓRAWSKI TEAM	K 30-39	11			00:00:14	00:28:41	00:40:41	00:45:46.65	00:46:01.60	+00:02:17 (-291,084.6%)	4:34	13.1 (81.9%)
16	WINKOWSKA-STRUZIŁ Magdalena	536	DUCLA ACADEMY	K 30-39	10	Tak		00:00:08	00:28:37	00:40:39	00:45:37.55	00:45:46.15	+00:02:20 (-290,057.1%)	4:33	13.2 (82.5%)
17	KWIECIŃSKA Małgorzata	313	BRAVEHEARTS LEGIONOWO	K 30-39	12			00:00:18	00:28:40	00:40:45	00:45:58.75	00:46:17.50	+00:02:22 (-289,216.3%)	4:35	13.1 (81.9%)
18	NIECKARZ Justyna	639		K 30-39	14	Tak		00:01:52	00:29:40	00:41:49	00:46:56.00	00:48:48.35	+00:02:26 (-287,667.8%)	4:41	12.8 (80.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Białoleki	Samorządowiec	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
19	AUGUSTYŃSKA- ŚMIETAŁO Iwona	191	BIEGAM NA TARCHOMINIE	K 30-39	13	Tak		00:00:19	00:29:30	00:41:43	00:46:53.00	00:47:12.20	+00:02:30 (-285,882.0%)	4:41	12.8 (80.0%)
20	SZYMBORSKA Monika	580		K 40-49	4			00:00:21	00:29:10	00:41:25	00:46:31.30	00:46:52.30	+00:02:32 (-285,201.0%)	4:39	12.9 (80.6%)
21	THEODOULOU Nicci	632		K 40-49	6			00:00:58	00:31:11	00:43:35	00:48:32.35	00:49:30.70	+00:02:40 (-282,015.0%)	4:51	12.4 (77.5%)
22	ZWARDOŃ Ewa	164	BUXIDA	K 40-49	5			00:00:17	00:29:23	00:41:47	00:46:50.75	00:47:08.00	+00:02:41 (-281,920.2%)	4:41	12.8 (80.0%)
23	WALENCIK Julia	774		K 1-29	3	Tak		00:00:33	00:31:36	00:44:06	00:49:43.25	00:50:16.90	+00:02:46 (-279,774.5%)	4:58	12.1 (75.6%)
24	JAKUBISIAK Renata	209	BIEGAM NA TARCHOMINIE	K 40-49	8	Tak		00:00:56	00:31:46	00:44:21	00:49:57.20	00:50:53.30	+00:02:52 (-277,587.7%)	4:59	12 (75.0%)
25	JĘDRZEJCZYK- KOWALSKA Sylwia	380	BIGTIRESRUNCLUB	K 40-49	7			00:01:04	00:31:23	00:44:00	00:49:07.75	00:50:12.45	+00:02:53 (-277,220.5%)	4:54	12.2 (76.3%)
26	SAKOWSKA Agnieszka	655		K 30-39	15			00:01:26	00:30:47	00:43:23	00:48:44.55	00:50:11.10	+00:02:54 (-277,000.6%)	4:52	12.3 (76.9%)
27	ŁATKOWSKA Monika	401	GRUPA BIEGOWA UM W-WA	K 40-49	9		Tak	00:01:21	00:31:37	00:44:37	00:49:59.15	00:51:20.90	+00:03:17 (-268,809.3%)	4:59	12 (75.0%)
28	BOGUMIŁ Izabela	478		K 40-49	10			00:00:44	00:31:36	00:44:40	00:50:07.20	00:50:52.00	+00:03:21 (-267,283.3%)	5:00	12 (75.0%)
29	CHOTOMSKA Dorota	483		K 30-39	16			00:00:11	00:30:53	00:43:59	00:49:27.65	00:49:39.25	+00:03:23 (-266,789.8%)	4:56	12.1 (75.6%)
30	SUCHECKA Joanna	93	KS POMORSKA	K 30-39	20			00:00:53	00:33:42	00:46:54	00:52:29.35	00:53:22.40	+00:03:28 (-264,867.5%)	5:14	11.4 (71.3%)
31	BUCHALSKA Ewa	717	EKOBIEGI	K 50-59	1	Tak		00:01:02	00:31:48	00:45:00	00:50:30.15	00:51:32.35	+00:03:29 (-264,516.4%)	5:03	11.9 (74.4%)
32	CIMOCHOWSKA- ŚWITALSKA Magdalena	422	BIEGAM NA TARCHOMINIE	K 40-49	12	Tak		00:01:21	00:32:13	00:45:31	00:51:12.05	00:52:33.35	+00:03:35 (-262,560.7%)	5:07	11.7 (73.1%)
33	ZEGAR Anna	357		K 40-49	11	Tak		00:01:26	00:32:09	00:45:32	00:51:05.95	00:52:32.75	+00:03:39 (-261,234.8%)	5:06	11.7 (73.1%)
34	CZARNOCKA NIEDZIELSKA Angelika	746		K 30-39	17	Tak		00:00:48	00:31:57	00:45:25	00:51:13.10	00:52:01.60	+00:03:44 (-259,600.3%)	5:07	11.7 (73.1%)
35	STAROŃSKA Magdalena	693	BIEGAM NA TARCHOMINIE	K 40-49	13	Tak		00:00:41	00:32:13	00:45:42	00:51:12.90	00:51:54.10	+00:03:46 (-259,263.0%)	5:07	11.7 (73.1%)
36	WAGNER Jolanta	508		K 50-59	3			00:01:07	00:33:18	00:46:51	00:52:38.45	00:53:45.70	+00:03:49 (-258,017.8%)	5:15	11.4 (71.3%)
37	SYNOWIEC Dorota	231		K 40-49	19			00:00:58	00:33:46	00:47:20	00:53:05.35	00:54:04.25	+00:03:52 (-257,336.5%)	5:18	11.3 (70.6%)
38	BARTOSZEWICZ Agnieszka	526		K 30-39	18			00:00:43	00:32:10	00:45:47	00:51:31.90	00:52:15.60	+00:03:54 (-256,548.7%)	5:09	11.6 (72.5%)
39	FLORCZUK Agnieszka	533	FOREVERTEAM	K 50-59	4			00:01:32	00:34:13	00:47:53	00:53:41.15	00:55:13.30	+00:03:58 (-255,438.4%)	5:22	11.2 (70.0%)
40	KARASIEWICZ Katarzyna	413	GABINET KOSMETYCZNY AQUA KATARZYNA KARASIEWICZ	K 50-59	2			00:00:22	00:33:16	00:46:58	00:52:37.50	00:52:59.70	+00:03:58 (-255,173.9%)	5:15	11.4 (71.3%)
41	TULA Renata	221	NEW BALANCE RUN CLUB	K 60+	1			00:01:20	00:32:22	00:46:06	00:51:58.35	00:53:18.90	+00:04:01 (-254,337.6%)	5:11	11.5 (71.9%)
42	HRYCIUK Katarzyna	419	EKOBIEGI	K 40-49	17			00:01:25	00:32:38	00:46:22	00:52:24.95	00:53:50.55	+00:04:01 (-254,306.7%)	5:14	11.5 (71.9%)
43	KOCIK Elżbieta	10		K 40-49	18	Tak	Tak	00:01:26	00:33:25	00:47:11	00:52:56.45	00:54:22.50	+00:04:02 (-253,952.2%)	5:17	11.3 (70.6%)
44	LENART Agnieszka	592		K 30-39	23			00:00:51	00:34:57	00:48:45	00:54:22.35	00:55:14.30	+00:04:05 (-253,246.2%)	5:26	11 (68.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec		Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Białoleki	Samorządowiec								
45	SŁOWIAK Klaudia	20		K 30-39	24			00:01:46	00:34:52	00:48:41	00:54:23.20	00:56:09.45	+00:04:06 (-252,879.4%)	5:26	11 (68.8%)
46	IZDEBSKA Karolina	593	AKTYWNA WARSZAWA	K 30-39	21			00:01:42	00:33:55	00:47:45	00:53:16.45	00:54:58.70	+00:04:07 (-252,513.7%)	5:19	11.3 (70.6%)
47	KUCZYŃSKA Karolina	491		K 30-39	19	Tak		00:00:12	00:32:39	00:46:31	00:52:00.40	00:52:12.95	+00:04:09 (-251,921.6%)	5:12	11.5 (71.9%)
48	TOMCZUK-KUZKA Katarzyna	205		K 40-49	16		Tak	00:00:17	00:32:14	00:46:08	00:52:04.50	00:52:22.35	+00:04:10 (-251,558.7%)	5:12	11.5 (71.9%)
49	TARCZOŃ Agata	700	ZMITEK-TEAM	K 40-49	15			00:00:29	00:32:14	00:46:13	00:52:03.45	00:52:33.15	+00:04:16 (-249,878.5%)	5:12	11.5 (71.9%)
50	MYŚLIŃSKA Anna	123		K 40-49	21	Tak	Tak	00:01:26	00:33:40	00:47:44	00:53:50.05	00:55:16.40	+00:04:21 (-248,470.9%)	5:23	11.1 (69.4%)
51	MAZUR Anna	600		K 1-29	4			00:01:19	00:34:07	00:48:11	00:53:38.95	00:54:58.90	+00:04:21 (-248,220.7%)	5:21	11.2 (70.0%)
52	SOŁDECKA Anna	640	SLOW JOGGING BIAŁOLEKA	K 50-59	7	Tak		00:02:03	00:37:51	00:51:56	00:57:55.40	00:59:58.90	+00:04:23 (-247,868.3%)	5:47	10.4 (65.0%)
53	SZEJKA Katarzyna	550		K 40-49	20			00:00:45	00:33:24	00:47:30	00:53:27.05	00:54:12.20	+00:04:23 (-247,692.5%)	5:20	11.2 (70.0%)
54	HUSZCZA Agata	464		K 40-49	23	Tak		00:01:05	00:34:39	00:48:49	00:54:32.75	00:55:38.15	+00:04:27 (-246,599.2%)	5:27	11 (68.8%)
55	DOBOSZ Aneta	603	WŚCIEKŁE PIĘŚCI WĘŻA	K 30-39	26	Tak		00:01:43	00:34:32	00:48:43	00:54:44.90	00:56:28.40	+00:04:29 (-246,164.6%)	5:28	11 (68.8%)
56	POZOROŃSKA Marta	7	GTC	K 30-39	22			00:00:50	00:34:08	00:48:26	00:54:21.05	00:55:12.00	+00:04:35 (-244,398.6%)	5:26	11 (68.8%)
57	FLOREK Małgorzata	705		K 30-39	27	Tak		00:01:14	00:34:46	00:49:15	00:55:22.15	00:56:36.95	+00:04:46 (-241,246.7%)	5:32	10.8 (67.5%)
58	CABAŃSKA Dorota	369		K 40-49	22			00:01:36	00:33:16	00:47:46	00:54:06.25	00:55:42.55	+00:04:46 (-241,107.9%)	5:24	11.1 (69.4%)
59	CHMIEL Anna	135		K 30-39	29		Tak	00:01:34	00:35:56	00:50:26	00:56:38.25	00:58:12.65	+00:04:47 (-240,913.8%)	5:39	10.6 (66.3%)
60	WOJDAK Anna	539		K 40-49	26			00:00:36	00:34:32	00:49:04	00:54:54.35	00:55:30.35	+00:04:49 (-240,347.2%)	5:29	10.9 (68.1%)
61	KACZMAREK Katarzyna	454	MARKOWI BIEGACZE	K 30-39	31			00:01:46	00:36:27	00:51:01	00:57:02.50	00:58:48.75	+00:04:52 (-239,659.9%)	5:42	10.5 (65.6%)
62	GAPSKA Agnieszka	766	KRAV MAGA KLUB KENKO	K 30-39	40			00:01:47	00:38:32	00:53:08	00:59:05.25	01:00:52.70	+00:04:53 (-239,331.3%)	5:54	10.2 (63.8%)
63	LEZNER Karolina	80		K 30-39	37			00:01:46	00:37:39	00:52:15	00:58:49.20	01:00:35.80	+00:04:54 (-239,071.9%)	5:52	10.2 (63.8%)
64	KRASUSKA Magdalena	451	SPOŁECZNA SZKOŁA PODSTAWOWA INTEGRACYJNA NR 100 STO	K 40-49	51	Tak		00:00:39	00:41:08	00:55:49	01:02:07.45	01:02:47.15	+00:04:58 (-237,972.1%)	6:12	9.7 (60.6%)
65	JANIAK Jagoda	456		K 40-49	25	Tak		00:00:59	00:33:50	00:48:36	00:54:41.45	00:55:40.75	+00:05:03 (-236,641.6%)	5:28	11 (68.8%)
66	SZYSZKO Ewa	181	MARKOWI BIEGACZE	K 40-49	14			00:00:28	00:31:30	00:46:17	00:51:45.50	00:52:13.80	+00:05:03 (-236,467.9%)	5:10	11.6 (72.5%)
67	IWANICKA Monika	472		K 30-39	30		Tak	00:00:43	00:36:11	00:50:58	00:56:59.60	00:57:43.15	+00:05:04 (-236,241.3%)	5:41	10.5 (65.6%)
68	SOKOŁOWSKA Magdalena	348		K 30-39	25			00:00:23	00:33:42	00:48:30	00:54:30.40	00:54:54.25	+00:05:05 (-236,081.6%)	5:27	11 (68.8%)
69	JAREK Katarzyna	229		K 40-49	24			00:01:21	00:33:27	00:48:20	00:54:37.50	00:55:58.95	+00:05:11 (-234,574.9%)	5:27	11 (68.8%)
70	GŁÓWKA Małgorzata	223		K 40-49	43			00:01:59	00:38:16	00:53:09	00:59:27.45	01:01:27.05	+00:05:11 (-234,456.7%)	5:56	10.1 (63.1%)
71	BRZOZOWSKA Magdalena	271	BIEGUSTATORZY	K 40-49	45			00:01:45	00:37:39	00:52:33	01:00:01.20	01:01:46.95	+00:05:11 (-234,430.5%)	6:00	10 (62.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec		Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Białoleki	Samorządowiec								
72	FETISOVA Katia	576		K 30-39	33			00:01:33	00:36:01	00:50:57	00:57:34.80	00:59:08.60	+00:05:13 (-233,985.4%)	5:45	10.4 (65.0%)
73	APANOWICZ Angelika	162	EKOBIEGI	K 40-49	31	Tak		00:01:33	00:36:01	00:50:57	00:57:34.85	00:59:08.35	+00:05:13 (-233,907.0%)	5:45	10.4 (65.0%)
74	LEWANDOWSKA Joanna	239		K 50-59	5			00:01:37	00:34:59	00:49:55	00:55:55.80	00:57:32.90	+00:05:13 (-233,854.8%)	5:35	10.7 (66.9%)
75	PISKORSKA Agnieszka	651		K 50-59	6			00:01:42	00:35:32	00:50:29	00:56:49.90	00:58:32.20	+00:05:15 (-233,489.9%)	5:40	10.6 (66.3%)
76	WALENDZIK Wiesia	566		K 40-49	27	Tak		00:00:33	00:34:00	00:48:58	00:55:16.30	00:55:49.60	+00:05:15 (-233,333.9%)	5:31	10.9 (68.1%)
77	HORDIENKO Natalia	372	UKRAINE	K 30-39	28		Tak	00:00:11	00:35:15	00:50:13	00:56:29.65	00:56:40.85	+00:05:15 (-233,333.9%)	5:38	10.6 (66.3%)
78	KRZANOWSKA Małgorzata	143		K 50-59	9			00:01:44	00:37:24	00:52:24	00:58:48.70	01:00:33.10	+00:05:17 (-232,918.8%)	5:52	10.2 (63.8%)
79	WOJTKIEWICZ Anna	262		K 40-49	30			00:01:37	00:35:50	00:50:52	00:57:21.05	00:58:58.80	+00:05:19 (-232,376.3%)	5:44	10.5 (65.6%)
80	CZARTORYSKA Anna	521		K 40-49	29	Tak		00:01:40	00:35:25	00:50:27	00:56:49.00	00:58:29.90	+00:05:19 (-232,363.4%)	5:40	10.6 (66.3%)
81	SIKORSKA Agnieszka	392		K 30-39	36			00:01:54	00:37:16	00:52:22	00:58:43.85	01:00:38.75	+00:05:23 (-231,337.1%)	5:52	10.2 (63.8%)
82	SHYMANCHUK Volha	659		K 30-39	32			00:01:34	00:35:37	00:50:45	00:57:18.30	00:58:52.90	+00:05:25 (-230,827.3%)	5:43	10.5 (65.6%)
83	ZIARKO Joanna	176		K 40-49	49			00:00:46	00:40:20	00:55:28	01:01:58.45	01:02:44.75	+00:05:25 (-230,801.9%)	6:11	9.7 (60.6%)
84	MARCZAK Grażyna	405	LECZO TEAM	K 60+	2			00:01:52	00:37:05	00:52:16	00:58:38.70	01:00:30.80	+00:05:28 (-230,066.8%)	5:51	10.2 (63.8%)
85	JANKOWSKA Wioletta	182		K 40-49	39	Tak		00:01:06	00:37:33	00:52:46	00:59:15.45	01:00:21.45	+00:05:29 (-229,726.3%)	5:55	10.1 (63.1%)
86	MYCIELSKA Ewa	199		K 40-49	34			00:00:37	00:36:30	00:51:47	00:58:08.65	00:58:45.95	+00:05:34 (-228,473.6%)	5:48	10.3 (64.4%)
87	WINIARSKA Izabela	395	IZAGÓRĄ	K 40-49	35		Tak	00:02:02	00:36:13	00:51:31	00:58:23.90	01:00:26.35	+00:05:35 (-228,349.1%)	5:50	10.3 (64.4%)
88	BALCERZAK-JAŁTUSZEWSKA Katarzyna	634	MARKOWI BIEGACZE	K 40-49	41			00:01:44	00:37:43	00:53:02	00:59:20.75	01:01:05.25	+00:05:36 (-227,976.4%)	5:56	10.1 (63.1%)
89	ROTTER Małgorzata	56		K 40-49	40			00:01:44	00:37:42	00:53:02	00:59:18.30	01:01:02.90	+00:05:37 (-227,728.5%)	5:55	10.1 (63.1%)
90	KONIECKA Agata	476		K 1-29	5			00:00:46	00:35:43	00:51:06	00:57:34.55	00:58:20.60	+00:05:40 (-227,111.4%)	5:45	10.4 (65.0%)
91	FABISIAK Anna	664	TEAM ZABIEGANE DNI	K 40-49	33			00:00:20	00:36:23	00:51:47	00:58:06.45	00:58:26.90	+00:05:41 (-226,840.9%)	5:48	10.3 (64.4%)
92	ŚCIWIARSKA Małgorzata	37		K 30-39	42	Tak		00:01:41	00:37:49	00:53:13	00:59:21.75	01:01:03.70	+00:05:42 (-226,718.1%)	5:56	10.1 (63.1%)
93	WOŁYNEK Agnieszka	91		K 40-49	42	Tak		00:01:41	00:37:49	00:53:13	00:59:21.55	01:01:03.50	+00:05:42 (-226,681.3%)	5:56	10.1 (63.1%)
94	CISZEWSKA Anna	131		K 40-49	32	Tak		00:01:38	00:36:13	00:51:39	00:57:46.80	00:59:25.70	+00:05:43 (-226,338.4%)	5:46	10.4 (65.0%)
95	RUCYK Justyna	694		K 40-49	38		Tak	00:01:35	00:37:24	00:52:52	00:59:14.85	01:00:50.25	+00:05:45 (-225,753.1%)	5:55	10.1 (63.1%)
96	PIKULIŃSKA Iwona	712		K 30-39	35	Tak		00:01:40	00:36:35	00:52:04	00:58:22.25	01:00:02.40	+00:05:46 (-225,558.6%)	5:50	10.3 (64.4%)
97	GAWEŁ Dorota	442		K 40-49	47			00:01:25	00:38:28	00:53:59	01:00:40.85	01:02:06.50	+00:05:48 (-225,255.5%)	6:04	9.9 (61.9%)
98	ORŁOWSKA Dorota	770	INTERSPORT	K 30-39	53	Tak		00:00:42	00:42:13	00:57:43	01:03:31.20	01:04:14.00	+00:05:48 (-225,243.4%)	6:21	9.4 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Białołęki	Samorządowiec	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
99	MAJCHRZAK Anna	3		K 30-39	45	Tak	Tak	00:02:02	00:39:15	00:54:50	01:01:42.55	01:03:44.90	+00:05:52 (-224,062.9%)	6:10	9.7 (60.6%)
100	KOSEWSKA Dorota	192	BIEGAM NA TARCHOMINIE	K 50-59	8	Tak		00:01:43	00:36:09	00:51:44	00:58:03.05	00:59:46.85	+00:05:53 (-224,027.0%)	5:48	10.3 (64.4%)
101	RUDNICKA Emilia	621		K 30-39	39	Tak		00:01:43	00:36:38	00:52:14	00:58:58.00	01:00:41.90	+00:05:54 (-223,787.7%)	5:53	10.2 (63.8%)
102	RADOMSKA-ZUBCZYŃSKA Maria	43		K 30-39	41	Tak		00:00:31	00:37:07	00:52:44	00:59:09.10	00:59:40.50	+00:05:55 (-223,525.0%)	5:54	10.1 (63.1%)
103	BROŻYNA Magda	707		K 40-49	44			00:00:23	00:37:41	00:53:25	00:59:58.40	01:00:21.95	+00:06:02 (-221,820.9%)	5:59	10 (62.5%)
104	OWOC Magdalena	304		K 30-39	43	Tak		00:01:45	00:37:12	00:53:02	00:59:44.40	01:01:29.50	+00:06:07 (-220,559.8%)	5:58	10 (62.5%)
105	BRZOSTOWSKA Kama	652		K 40-49	36			00:01:37	00:36:15	00:52:05	00:58:43.20	01:00:20.40	+00:06:08 (-220,513.4%)	5:52	10.2 (63.8%)
106	KUŚMIREK-KOWAL Joanna	350	BIEGAM NA TARCHOMINIE	K 40-49	37	Tak		00:01:36	00:36:37	00:52:31	00:59:00.90	01:00:37.40	+00:06:11 (-219,784.6%)	5:54	10.2 (63.8%)
107	TRZASKO Ania	744	NEWBALANCERUNCLUB	K 30-39	34			00:01:26	00:35:44	00:51:39	00:58:01.20	00:59:27.75	+00:06:12 (-219,565.8%)	5:48	10.3 (64.4%)
108	RASIŃSKA Agnieszka	167	NASIELSK BASZTA TEAM	K 40-49	28			00:01:23	00:33:52	00:49:49	00:56:21.90	00:57:45.20	+00:06:14 (-219,049.2%)	5:38	10.6 (66.3%)
109	MARSZAŁEK Karolina	259		K 50-59	11	Tak		00:02:11	00:40:13	00:56:17	01:03:07.20	01:05:18.20	+00:06:21 (-217,457.6%)	6:18	9.5 (59.4%)
110	CHRZANOWSKA Agata	499		K 30-39	44			00:00:57	00:37:20	00:53:26	00:59:51.55	01:00:49.05	+00:06:23 (-217,018.3%)	5:59	10 (62.5%)
111	JEDLICZKA Weronika	590		K 1-29	6			00:00:33	00:35:54	00:52:01	00:58:45.40	00:59:19.35	+00:06:23 (-216,883.5%)	5:52	10.2 (63.8%)
112	CHODUN Agnieszka	560		K 30-39	46			00:00:51	00:39:07	00:55:13	01:01:43.65	01:02:35.35	+00:06:23 (-216,872.3%)	6:10	9.7 (60.6%)
113	MEDVEDIEVA Vita	431		K 1-29	9		Tak	00:00:22	00:40:42	00:56:50	01:03:41.70	01:04:04.20	+00:06:25 (-216,502.4%)	6:22	9.4 (58.8%)
114	WITEK Małgorzata	509		K 40-49	53	Tak		00:01:57	00:39:48	00:55:59	01:02:33.70	01:04:31.40	+00:06:28 (-215,844.4%)	6:15	9.6 (60.0%)
115	KOPCZYŃSKA Dominika	649		K 40-49	46			00:02:00	00:37:32	00:53:43	01:00:38.35	01:02:38.95	+00:06:28 (-215,766.6%)	6:03	9.9 (61.9%)
116	GĄSECKA Olga	290		K 30-39	48			00:01:40	00:39:26	00:55:40	01:02:25.20	01:04:05.20	+00:06:31 (-215,113.0%)	6:14	9.6 (60.0%)
117	WOJTKOWSKA Anna	282		K 40-49	48			00:01:50	00:37:47	00:54:02	01:00:41.05	01:02:31.40	+00:06:32 (-215,002.6%)	6:04	9.9 (61.9%)
118	SAWICKA - WERS Urszula	248	BIEGAM BO LUBIE KOŁOBRZEG	K 30-39	38			00:00:21	00:36:06	00:52:22	00:58:56.25	00:59:17.65	+00:06:33 (-214,694.1%)	5:53	10.2 (63.8%)
119	PRĘDKA Marta	44		K 40-49	55	Tak		00:02:01	00:40:04	00:56:23	01:02:58.05	01:04:59.90	+00:06:36 (-214,047.0%)	6:17	9.5 (59.4%)
120	STASZEWSKA Kinga	645	KS STASZEWSCY	K 40-49	58			00:01:51	00:40:15	00:56:39	01:03:56.75	01:05:48.20	+00:06:41 (-212,980.6%)	6:23	9.4 (58.8%)
121	ZYCH Kasia	465	NBRC	K 30-39	50			00:01:19	00:39:40	00:56:06	01:02:41.60	01:04:00.95	+00:06:42 (-212,731.9%)	6:16	9.6 (60.0%)
122	TOMASZEWSKA Mariola	402	BIEGAM DLA SIEBIE	K 50-59	10			00:01:54	00:39:08	00:55:34	01:02:39.80	01:04:34.00	+00:06:42 (-212,699.5%)	6:15	9.6 (60.0%)
123	PRUSZYŃSKA Joanna	132	KS OŻARÓW MAZOWIECKI BIEGA	K 40-49	57			00:01:51	00:40:15	00:56:44	01:03:56.65	01:05:48.40	+00:06:46 (-211,967.8%)	6:23	9.4 (58.8%)
124	KIRSZ Ewa	425		K 40-49	54	Tak		00:00:17	00:39:22	00:55:52	01:02:48.55	01:03:05.55	+00:06:47 (-211,817.7%)	6:16	9.6 (60.0%)
125	GONET Katarzyna	195	BIEGOWE WTORKI NA TARCHOMINIE	K 40-49	50	Tak		00:01:46	00:38:46	00:55:16	01:02:05.55	01:03:51.65	+00:06:47 (-211,742.8%)	6:12	9.7 (60.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Białoleki	Samorządowiec	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
126	MEDVETSKA Irina	618		K 1-29	8	Tak		00:00:11	00:40:11	00:56:43	01:03:26.05	01:03:37.30	+00:06:49 (-211,336.9%)	6:20	9.5 (59.4%)
127	KOWALCZYK Agnieszka	788		K 40-49	52			00:01:38	00:38:25	00:54:59	01:02:28.65	01:04:07.25	+00:06:51 (-210,847.7%)	6:14	9.6 (60.0%)
128	GURMIŃSKA Katarzyna	331		K 1-29	10			00:02:05	00:41:00	00:57:35	01:04:45.85	01:06:51.05	+00:06:52 (-210,625.1%)	6:28	9.3 (58.1%)
129	NOWAK Kasia	650		K 30-39	57	Tak		00:01:58	00:41:08	00:57:50	01:04:58.90	01:06:57.25	+00:06:59 (-209,142.6%)	6:29	9.2 (57.5%)
130	BRZÓZKA Magda	300	PTWP	K 40-49	59	Tak		00:01:58	00:41:08	00:57:50	01:04:58.75	01:06:57.30	+00:06:59 (-209,142.6%)	6:29	9.2 (57.5%)
131	DZIEWULSKA Natalia	611		K 30-39	56	Tak		00:00:37	00:41:06	00:57:52	01:04:47.25	01:05:24.40	+00:07:03 (-208,414.3%)	6:28	9.3 (58.1%)
131	JASIOCHA Diana	549		K 30-39	55	Tak		00:00:37	00:41:06	00:57:52	01:04:47.25	01:05:24.40	+00:07:03 (-208,404.0%)	6:28	9.3 (58.1%)
133	GŁUCHOWSKA Daria	671		K 1-29	7			00:01:46	00:39:21	00:56:09	01:02:57.60	01:04:44.20	+00:07:05 (-207,990.1%)	6:17	9.5 (59.4%)
134	KARŁOWICZ Anna	33	PARTIA WOLNYCH BIEGACZY	K 60+	3			00:01:53	00:40:59	00:57:56	01:05:22.65	01:07:16.05	+00:07:14 (-206,077.0%)	6:32	9.2 (57.5%)
135	BULIK Bozena	685		K 30-39	54	Tak		00:01:53	00:40:51	00:57:49	01:04:34.95	01:06:28.60	+00:07:15 (-205,823.9%)	6:27	9.3 (58.1%)
136	ZOUABI Dorota	751	TOTAL FITNES	K 40-49	56	Tak		00:01:40	00:39:45	00:56:45	01:03:32.90	01:05:13.75	+00:07:18 (-205,299.4%)	6:21	9.4 (58.8%)
137	WIŚNIEWSKA Aneta	361		K 30-39	47	Tak		00:00:33	00:38:05	00:55:10	01:01:54.95	01:02:28.55	+00:07:22 (-204,477.8%)	6:11	9.7 (60.6%)
138	BORKOWSKA Monika	307		K 30-39	64	Tak		00:00:49	00:43:38	01:00:44	01:08:04.35	01:08:54.30	+00:07:23 (-204,378.0%)	6:48	8.8 (55.0%)
139	DROZDOWSKA Aleksandra	553		K 30-39	58	Tak		00:00:37	00:41:31	00:58:38	01:06:02.30	01:06:39.45	+00:07:24 (-204,079.4%)	6:36	9.1 (56.9%)
140	ANDRUKIEWICZ Anita	515	GRUPA BIEGOWA CHTMO	K 40-49	60			00:01:44	00:41:16	00:58:25	01:05:41.20	01:07:25.30	+00:07:26 (-203,771.7%)	6:34	9.1 (56.9%)
141	KACZYŃSKA Paula	335		K 1-29	11	Tak		00:01:52	00:40:31	00:57:42	01:05:05.30	01:06:57.40	+00:07:28 (-203,218.1%)	6:30	9.2 (57.5%)
142	LEWANDOWSKA Monika	50		K 40-49	62	Tak		00:00:06	00:42:13	00:59:27	01:06:27.80	01:06:34.40	+00:07:31 (-202,657.8%)	6:38	9 (56.3%)
143	SZWARC Anna	23		K 40-49	63	Tak		00:00:06	00:42:12	00:59:27	01:06:28.25	01:06:34.55	+00:07:32 (-202,510.9%)	6:38	9 (56.3%)
144	ROSA Teresa	648		K 50-59	15	Tak		00:02:12	00:44:10	01:01:30	01:07:57.65	01:10:09.65	+00:07:37 (-201,527.0%)	6:47	8.8 (55.0%)
145	WALECKA Wiktoria	773	TRUCHT TARCHOMIN TEAM	K 30-39	51	Tak	Tak	00:01:39	00:37:59	00:55:21	01:02:43.75	01:04:23.25	+00:07:39 (-201,111.0%)	6:16	9.6 (60.0%)
146	PIKIEWICZ Julka	420		K 30-39	49			00:01:38	00:38:05	00:55:31	01:02:40.20	01:04:18.55	+00:07:44 (-200,255.5%)	6:16	9.6 (60.0%)
147	CHEŁCHOWSKA Ewa	389	BRBK - BIEGLI W PODATKACH	K 30-39	52			00:00:37	00:39:04	00:56:33	01:03:25.65	01:04:03.40	+00:07:47 (-199,692.3%)	6:20	9.5 (59.4%)
148	PIEŃKOSZ Monika	715		K 1-29	12	Tak		00:01:42	00:41:31	00:59:05	01:06:38.95	01:08:21.70	+00:07:52 (-198,754.4%)	6:39	9 (56.3%)
149	KNAP Dorota	25		K 30-39	59			00:00:35	00:41:23	00:59:01	01:06:34.55	01:07:10.45	+00:07:55 (-198,162.1%)	6:39	9 (56.3%)
150	KORNACKA Agnieszka	294		K 1-29	14			00:01:00	00:42:13	00:59:51	01:07:25.15	01:08:25.40	+00:07:55 (-198,134.0%)	6:44	8.9 (55.6%)
151	WIĘCKOWSKA Aneta	437	POLSKA	K 30-39	61	Tak	Tak	00:02:05	00:42:20	00:59:59	01:07:14.65	01:09:20.30	+00:07:57 (-197,787.9%)	6:43	8.9 (55.6%)
152	TRZECIAK Elżbieta	445		K 50-59	14	Tak		00:02:05	00:42:20	00:59:59	01:07:14.95	01:09:20.55	+00:07:57 (-197,778.5%)	6:43	8.9 (55.6%)
153	STAGŁOW Monika	120		K 30-39	60			00:00:42	00:41:39	00:59:20	01:06:40.10	01:07:22.75	+00:07:59 (-197,424.4%)	6:40	9 (56.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec		Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Białoleki	Samorządowiec								
154	RUTKOWSKA Izabela	233		K 50-59	13			00:02:10	00:42:07	00:59:52	01:06:44.15	01:08:54.65	+00:08:02 (-196,793.8%)	6:40	9 (56.3%)
155	KARPIŃSKA Izabela	263		K 40-49	66	Tak		00:00:58	00:41:36	00:59:22	01:07:08.65	01:08:06.90	+00:08:03 (-196,673.6%)	6:42	8.9 (55.6%)
156	ŁOZOWSKA Dorota	798		K 40-49	65	Tak		00:01:51	00:41:53	00:59:43	01:07:04.45	01:08:55.80	+00:08:07 (-195,946.9%)	6:42	8.9 (55.6%)
157	MAKOWSKA Iza	777	INTERSPORT	K 30-39	63	Tak		00:00:43	00:42:13	01:00:07	01:07:31.90	01:08:14.90	+00:08:10 (-195,243.8%)	6:45	8.9 (55.6%)
158	PONIEWIERSKA Magdalena	767	INTERSPORT	K 30-39	62	Tak		00:00:43	00:42:12	01:00:06	01:07:31.45	01:08:14.85	+00:08:11 (-195,225.6%)	6:45	8.9 (55.6%)
159	MICHNOWSKA Adriana	197	BIEGOWE WTORKI NA TARCHOMINIE	K 40-49	70	Tak		00:02:09	00:44:15	01:02:12	01:09:37.05	01:11:46.65	+00:08:14 (-194,590.8%)	6:57	8.6 (53.8%)
160	BIERNACKA Agnieszka	328		K 50-59	12			00:01:38	00:40:37	00:58:36	01:06:07.70	01:07:46.00	+00:08:16 (-194,184.9%)	6:36	9.1 (56.9%)
161	CICHECKA Aneta	501		K 40-49	68			00:00:22	00:43:18	01:01:19	01:08:48.45	01:09:11.40	+00:08:19 (-193,780.7%)	6:52	8.7 (54.4%)
162	TORZEWSKA Agnieszka	284	BEMOWO BIEGA	K 40-49	69			00:01:52	00:42:22	01:00:25	01:08:57.70	01:10:50.45	+00:08:20 (-193,485.4%)	6:53	8.7 (54.4%)
163	TERECH Ewelina	385		K 40-49	64	Tak		00:01:50	00:41:30	00:59:34	01:07:01.75	01:08:52.30	+00:08:21 (-193,297.9%)	6:42	9 (56.3%)
164	LESZCZYŃSKA Marlena	579		K 40-49	61			00:00:50	00:40:25	00:58:31	01:05:48.60	01:06:39.20	+00:08:23 (-193,030.7%)	6:34	9.1 (56.9%)
165	SZŁĄZAK Pola	317		K 30-39	66			00:00:40	00:42:28	01:00:35	01:08:09.70	01:08:50.30	+00:08:25 (-192,702.2%)	6:48	8.8 (55.0%)
166	RUSIN Anna	494		K 1-29	13			00:01:54	00:41:51	01:00:03	01:07:21.55	01:09:16.15	+00:08:29 (-191,978.0%)	6:44	8.9 (55.6%)
167	GROCHOWSKA Joanna	4	BIEGAMY Z OCHOTĄ	K 50-59	16			00:02:04	00:43:42	01:01:59	01:10:15.40	01:12:20.20	+00:08:34 (-191,050.0%)	7:01	8.5 (53.1%)
168	ROGUSKA Magdalena	1	MAGDALENA ROGUSKA	K 40-49	71	Tak	Tak	00:02:01	00:43:44	01:02:02	01:10:18.20	01:12:20.05	+00:08:35 (-190,849.8%)	7:01	8.5 (53.1%)
169	KOPROWSKA Barara	343		K 30-39	67			00:01:56	00:43:17	01:01:36	01:09:14.40	01:11:10.90	+00:08:36 (-190,719.5%)	6:55	8.7 (54.4%)
170	KASPRZAK Olga	87		K 40-49	72	Tak		00:02:11	00:45:22	01:03:45	01:11:27.10	01:13:38.25	+00:08:40 (-189,967.1%)	7:08	8.4 (52.5%)
171	PTASIEWICZ Alicja	129		K 1-29	17			00:01:58	00:44:42	01:03:06	01:10:53.40	01:12:52.00	+00:08:42 (-189,717.6%)	7:05	8.5 (53.1%)
172	STALKOWSKA-GALUHN Katarzyna	161		K 50-59	17			00:01:52	00:44:19	01:02:44	01:10:52.15	01:12:44.60	+00:08:42 (-189,623.1%)	7:05	8.5 (53.1%)
173	KUCHUŃSKA Monika	797		K 40-49	75	Tak		00:02:06	00:46:19	01:05:00	01:13:16.30	01:15:22.80	+00:08:57 (-187,049.2%)	7:19	8.2 (51.3%)
174	LACH Marta	688	SLOW JOGGING BIAŁOLEKA	K 40-49	74	Tak		00:02:03	00:45:39	01:04:24	01:12:18.90	01:14:22.30	+00:09:02 (-186,242.6%)	7:13	8.3 (51.9%)
175	STACH Karolina	264		K 30-39	69			00:00:36	00:43:08	01:01:57	01:09:53.20	01:10:29.70	+00:09:06 (-185,640.1%)	6:59	8.6 (53.8%)
176	GUSZPIT Agnieszka	256		K 40-49	67		Tak	00:01:45	00:42:16	01:01:07	01:08:41.75	01:10:26.95	+00:09:08 (-185,385.4%)	6:52	8.7 (54.4%)
177	CHRZANOWSKA Małgorzata	421		K 40-49	73			00:00:34	00:44:43	01:03:39	01:11:48.20	01:12:22.95	+00:09:13 (-184,552.4%)	7:10	8.4 (52.5%)
178	KRYGOWSKA Paula	98		K 1-29	15			00:02:09	00:42:09	01:01:05	01:07:58.35	01:10:07.95	+00:09:13 (-184,528.0%)	6:47	8.8 (55.0%)
179	OLCZAK Urszula	107	UMCS BIEGA	K 50-59	18			00:02:04	00:43:55	01:02:55	01:11:18.40	01:13:22.50	+00:09:16 (-183,960.7%)	7:07	8.4 (52.5%)
180	KRZYŻEWSKA Karolina	737	PZU SPORT TEAM	K 30-39	71			00:02:03	00:45:03	01:04:03	01:12:05.55	01:14:08.80	+00:09:17 (-183,831.6%)	7:12	8.3 (51.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec		Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Białoleki	Samorządowiec								
181	GODZISZ Ewa	409	VEGERUNNERS	K 40-49	76			00:02:09	00:46:03	01:05:11	01:13:17.60	01:15:27.40	+00:09:25 (-182,510.1%)	7:19	8.2 (51.3%)
182	LISOWSKA Alicja	155	BIEGAM NA TARCHOMINIE	K 30-39	70	Tak		00:00:55	00:43:11	01:02:31	01:11:11.35	01:12:06.85	+00:09:36 (-180,753.9%)	7:07	8.4 (52.5%)
183	GOŁASZEWSKA Dorota	558	XIII LICEUM OGÓLNOKSZTAŁCĄCE	K 40-49	77	Tak		00:00:21	00:46:06	01:05:26	01:13:50.95	01:14:12.25	+00:09:38 (-180,543.5%)	7:23	8.1 (50.6%)
184	BUDEK Ewa	635		K 30-39	68			00:01:52	00:42:07	01:01:30	01:09:42.05	01:11:34.45	+00:09:41 (-180,077.9%)	6:58	8.6 (53.8%)
185	WŁODARCZYK Aneta	34	KS KONIEC STAWKI	K 30-39	75			00:02:09	00:47:50	01:07:17	01:15:09.25	01:17:19.15	+00:09:45 (-179,460.7%)	7:30	8 (50.0%)
186	ADAMCZYK Anna	48	BIEGACZKI	K 30-39	72			00:01:51	00:45:20	01:04:57	01:12:55.80	01:14:47.75	+00:09:54 (-178,117.7%)	7:17	8.2 (51.3%)
187	ŻMIJEWSKA Karolina	47	BIEGACZKI	K 30-39	73			00:01:51	00:45:20	01:04:57	01:12:56.00	01:14:47.75	+00:09:54 (-178,049.5%)	7:17	8.2 (51.3%)
188	ŻYŁA-ZDZIECH Sylwia	713		K 40-49	81	Tak		00:00:07	00:47:14	01:07:04	01:15:27.40	01:15:34.55	+00:10:07 (-176,081.2%)	7:32	8 (50.0%)
189	GRYGOWSKA Beata	662		K 40-49	78			00:02:12	00:46:14	01:06:08	01:14:08.90	01:16:21.15	+00:10:11 (-175,564.6%)	7:24	8.1 (50.6%)
190	KERNER Agnieszka	404	GRUPA BIEGOWA UM W-WA	K 50-59	19			00:02:04	00:43:19	01:03:20	01:11:55.00	01:13:59.80	+00:10:19 (-174,402.3%)	7:11	8.3 (51.9%)
191	MARKIEL-SKRZYPIŃSKA Anna	675		K 40-49	80	Tak		00:00:45	00:46:04	01:06:09	01:14:36.60	01:15:21.90	+00:10:22 (-173,953.3%)	7:27	8 (50.0%)
192	CZYŻ Justyna	388		K 30-39	65	Tak		00:01:00	00:40:31	01:00:40	01:08:08.25	01:09:08.50	+00:10:27 (-173,269.7%)	6:48	8.8 (55.0%)
193	KOŚCIECHA Wioleta	658		K 1-29	16			00:01:00	00:40:30	01:00:40	01:08:07.90	01:09:08.45	+00:10:27 (-173,269.7%)	6:48	8.8 (55.0%)
194	PANASIUK Aga	31		K 40-49	79			00:01:50	00:45:56	01:06:17	01:14:20.90	01:16:11.75	+00:10:38 (-171,601.6%)	7:26	8.1 (50.6%)
195	JAKUBASEK Paulina	781		K 1-29	18	Tak		00:00:19	00:44:57	01:05:19	01:12:51.35	01:13:11.05	+00:10:39 (-171,461.1%)	7:17	8.2 (51.3%)
196	WICHTOWSKA Karolina	29		K 30-39	77	Tak		00:00:22	00:46:57	01:07:20	01:16:01.30	01:16:24.25	+00:10:40 (-171,320.9%)	7:36	7.9 (49.4%)
197	OBWIOSŁO Joanna	89		K 40-49	83			00:02:11	00:47:23	01:07:53	01:16:42.45	01:18:53.80	+00:10:48 (-170,283.1%)	7:40	7.8 (48.8%)
198	JAWORSKA Agnieszka	703		K 40-49	82			00:02:04	00:46:41	01:07:15	01:15:58.10	01:18:02.10	+00:10:51 (-169,806.8%)	7:35	7.9 (49.4%)
199	STEGIENKO Karolina	345		K 30-39	74			00:00:22	00:44:36	01:05:14	01:13:44.20	01:14:06.50	+00:10:55 (-169,251.0%)	7:22	8.1 (50.6%)
200	VALIEVA Aliia	473		K 30-39	79			00:00:55	00:49:58	01:10:39	01:19:26.90	01:20:22.50	+00:10:58 (-168,814.5%)	7:56	7.6 (47.5%)
201	WYSOCKA Karolina	178		K 40-49	84	Tak		00:01:45	00:46:39	01:07:30	01:16:56.55	01:18:42.50	+00:11:08 (-167,511.5%)	7:41	7.8 (48.8%)
202	BIDZIŃSKA Alicja	19		K 30-39	78	Tak		00:00:04	00:47:54	01:08:48	01:17:45.50	01:17:50.20	+00:11:10 (-167,190.6%)	7:46	7.7 (48.1%)
203	KOLASA Barbara	172	KLUB J.SŁOWACKIEGO	K 60+	4			00:00:16	00:48:31	01:09:36	01:19:00.80	01:19:16.95	+00:11:22 (-165,663.1%)	7:54	7.6 (47.5%)
204	STAŃKOWSKA Katarzyna	518		K 50-59	20	Tak		00:01:04	00:50:53	01:11:58	01:20:59.30	01:22:03.35	+00:11:22 (-165,656.5%)	8:05	7.4 (46.3%)
205	NEC Paulina	396		K 30-39	76			00:01:59	00:46:08	01:07:14	01:15:24.90	01:17:24.30	+00:11:23 (-165,519.1%)	7:32	8 (50.0%)
206	RUDENKA Aliaksandra	321		K 1-29	19			00:00:16	00:47:55	01:09:12	01:17:23.70	01:17:40.05	+00:11:33 (-164,201.8%)	7:44	7.8 (48.8%)
Przekroczony limit czasu: 01:30:00															
207	WRÓBLEWSKA Joanna	667		K 60+	5			00:02:12	00:53:13	01:15:55	01:31:49.10	01:34:01.65	+00:12:59 (-153,857.2%)	9:10	6.5 (40.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkanie Białołęki	Samorządowiec	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
208	PROCZEK Sylwia	21		K 40-49	85	Tak		00:00:59	00:59:28	01:23:52	01:34:19.10	01:35:18.15	+00:14:41 (- 143,179.2%)	9:25	6.4 (40.0%)
209	BOROWIAK Jolanta	311	SLOW JOGING POLSKA	K 60+	6			00:00:12	00:58:16	01:22:56	01:33:48.95	01:34:01.45	+00:14:58 (- 141,534.0%)	9:22	6.4 (40.0%)
210	MAJKOWSKA Zofia	448		K 1-29	20			00:00:18	00:58:59	01:24:34	01:35:03.95	01:35:22.80	+00:15:51 (- 136,558.5%)	9:30	6.3 (39.4%)

Znaleziono 210 wynik(ów)