



# BIEG PRZEZ MOST

B4SPORT

**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

BIEG PRZEZ MOST 2023  
Urząd Dzielnicy Warszawa - Białołęka  
2023-09-10  
Warszawa  
10 km

**B4SPORT**  
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: K Odcinek specjalny

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Białołęki	Samorządowiec	Drużyna 1	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>STELMACH Dominika</b>	<b>624</b>	ADIDAS RUNNERS WARSAW	K 40-49	1			Adidas Runners Warsaw	00:00:02	00:23:00	00:32:43	<b>00:36:46.65</b>	<b>00:36:49.45</b>	+00:00:00 (-359,900.0%)	3:40	16.3 (100%)
2	<b>GRACZYK Karolina</b>	<b>183</b>	DĄBROWSKI TEAM	K 30-39	2				00:00:04	00:23:58	00:34:02	<b>00:38:14.25</b>	<b>00:38:18.65</b>	+00:00:20 (-347,416.3%)	3:49	15.7 (96.3%)
3	<b>VEREMCHUK Yulia</b>	<b>696</b>	TEAMOCHAL#BIGAM BO LUBIĘ	K 30-39	1				00:00:03	00:23:58	00:34:09	<b>00:38:08.35</b>	<b>00:38:11.65</b>	+00:00:27 (-343,773.6%)	3:48	15.7 (96.3%)
4	<b>BEREZNOWSKA Patrycja</b>	<b>35</b>	WIELISZEW HERON TEAM HOKA POLAND TEAM	K 40-49	2			Wieliszew Heron Team	00:00:07	00:26:51	00:37:48	<b>00:42:11.85</b>	<b>00:42:19.55</b>	+00:01:13 (-319,510.3%)	4:13	14.2 (87.1%)
5	<b>CZERWIŃSKA Katarzyna</b>	<b>106</b>		K 30-39	4				00:00:03	00:25:38	00:36:45	<b>00:41:26.80</b>	<b>00:41:30.60</b>	+00:01:23 (-314,765.0%)	4:08	14.5 (89.0%)
6	<b>KRASZPULSKA Magdalena</b>	<b>809</b>	ŻÓRAWSKI TEAM	K 30-39	3			Żórawski Team	00:00:03	00:25:18	00:36:32	<b>00:41:04.25</b>	<b>00:41:07.70</b>	+00:01:30 (-311,771.7%)	4:06	14.6 (89.6%)
7	<b>PASZKOWSKA Marcelina</b>	<b>501</b>	ZDROWA MICHA	K 30-39	5			Bieganie po 40	00:00:07	00:26:33	00:37:50	<b>00:42:22.60</b>	<b>00:42:30.05</b>	+00:01:34 (-309,860.9%)	4:14	14.2 (87.1%)
8	<b>TOMCZAK Joanna</b>	<b>678</b>		K 30-39	7				00:00:12	00:28:21	00:40:00	<b>00:44:50.35</b>	<b>00:45:02.75</b>	+00:01:55 (-300,239.0%)	4:29	13.4 (82.2%)
9	<b>MAJEWSKA Ewa</b>	<b>407</b>		K 40-49	3			Bieganie po 40	00:00:09	00:27:05	00:38:54	<b>00:43:50.50</b>	<b>00:43:59.80</b>	+00:02:06 (-295,815.4%)	4:23	13.7 (84.0%)
10	<b>GRULA Dominika</b>	<b>187</b>	KUŹNIA TRIATHLONU	K 30-39	6				00:00:10	00:27:36	00:39:32	<b>00:44:34.85</b>	<b>00:44:45.30</b>	+00:02:12 (-293,088.1%)	4:27	13.5 (82.8%)
11	<b>CHOŁUJ Anna</b>	<b>85</b>	KOZIENICKI BIEGACZ	K 30-39	8			Kozienicki Biegacz	00:00:13	00:28:20	00:40:26	<b>00:45:49.45</b>	<b>00:46:02.80</b>	+00:02:22 (-289,249.5%)	4:34	13.1 (80.4%)
12	<b>RĘDZIŃSKA Gosia</b>	<b>559</b>	ROZBIEGANY PIASTÓW	K 40-49	4			Rozbiegany Piastów	00:00:10	00:28:11	00:40:40	<b>00:45:43.45</b>	<b>00:45:53.95</b>	+00:02:45 (-280,359.5%)	4:34	13.1 (80.4%)
13	<b>DĄBROWSKA Magdalena</b>	<b>110</b>		K 1-29	1				00:00:14	00:30:51	00:43:21	<b>00:48:22.00</b>	<b>00:48:36.25</b>	+00:02:46 (-279,985.4%)	4:50	12.4 (76.1%)
14	<b>SELMOWICZ-ŻUK Emilia</b>	<b>580</b>	PASSION FIRST	K 30-39	11		Tak		00:00:17	00:29:41	00:42:11	<b>00:47:10.95</b>	<b>00:47:28.85</b>	+00:02:47 (-279,630.9%)	4:43	12.7 (77.9%)
15	<b>JASZCZERSKA Grażyna</b>	<b>233</b>		K 50-59	1	Tak			00:00:15	00:29:32	00:42:04	<b>00:47:09.40</b>	<b>00:47:24.95</b>	+00:02:48 (-279,054.4%)	4:42	12.7 (77.9%)
16	<b>CHRUŚCIEL Beata</b>	<b>976</b>		K 30-39	10				00:00:16	00:29:01	00:41:36	<b>00:46:39.50</b>	<b>00:46:55.75</b>	+00:02:51 (-278,055.8%)	4:39	12.9 (79.1%)
17	<b>ZALEWSKA Anna</b>	<b>763</b>	GRUPA BIEGOWA CHTMO	K 30-39	9			Grupa Biegowa CHTMO	00:00:09	00:28:45	00:41:21	<b>00:46:23.00</b>	<b>00:46:32.05</b>	+00:02:53 (-277,375.7%)	4:38	12.9 (79.1%)
18	<b>ZAJĄC Daria</b>	<b>761</b>		K 30-39	12				00:00:09	00:29:19	00:42:20	<b>00:47:32.55</b>	<b>00:47:41.85</b>	+00:03:17 (-268,914.0%)	4:45	12.6 (77.3%)
19	<b>CICHOŃSKA Elżbieta</b>	<b>93</b>		K 50-59	3	Tak			00:00:32	00:31:29	00:44:30	<b>00:49:55.10</b>	<b>00:50:27.95</b>	+00:03:18 (-268,518.2%)	4:59	12 (73.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec		Drużyna 1	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Białołęki	Samorządowiec									
20	<b>MISIAK Anna</b>	<b>814</b>	TEAM ZABIEGANEDNI	K 30-39	17				00:00:29	00:31:01	00:44:07	<b>00:49:30.10</b>	<b>00:49:59.85</b>	+00:03:22 (-267,014.5%)	4:57	12.1 (74.2%)
21	<b>PODSADNI-KRYSIK Paulina</b>	<b>528</b>	EKOBIEGI	K 30-39	14	Tak			00:00:15	00:30:19	00:43:25	<b>00:48:38.35</b>	<b>00:48:54.10</b>	+00:03:22 (-266,963.5%)	4:51	12.3 (75.5%)
22	<b>SUWAŁA Katarzyna</b>	<b>847</b>		K 30-39	16			Adidas Runners Warsaw	00:00:23	00:30:51	00:43:59	<b>00:49:13.70</b>	<b>00:49:37.00</b>	+00:03:24 (-266,387.3%)	4:55	12.2 (74.8%)
23	<b>JAKUBISIAK Renata</b>	<b>216</b>	BIEGAM NA TARCHOMINIE	K 40-49	6	Tak		Biegam Na Tarchominie	00:00:44	00:30:29	00:43:37	<b>00:49:13.15</b>	<b>00:49:57.15</b>	+00:03:25 (-266,235.2%)	4:55	12.2 (74.8%)
24	<b>KOWALIKOWSKA Renata</b>	<b>324</b>	BIEGAM NA TARCHOMINIE	K 40-49	5	Tak		Biegam Na Tarchominie	00:00:16	00:30:07	00:43:16	<b>00:48:42.90</b>	<b>00:48:59.15</b>	+00:03:25 (-266,184.5%)	4:52	12.3 (75.5%)
25	<b>NIECKARZ Justyna</b>	<b>988</b>		K 30-39	13	Tak			00:00:39	00:29:45	00:43:04	<b>00:48:12.65</b>	<b>00:48:52.30</b>	+00:03:35 (-262,701.4%)	4:49	12.4 (76.1%)
26	<b>SKACZKOWSKA Barbara</b>	<b>598</b>		K 40-49	9				00:00:29	00:31:26	00:44:46	<b>00:50:35.95</b>	<b>00:51:05.85</b>	+00:03:36 (-262,504.1%)	5:03	11.9 (73.0%)
27	<b>RZYMOWSKA Krystyna</b>	<b>575</b>		K 50-59	2				00:00:21	00:30:40	00:44:01	<b>00:49:17.50</b>	<b>00:49:38.55</b>	+00:03:37 (-261,963.3%)	4:55	12.2 (74.8%)
28	<b>CABAŃSKA Dorota</b>	<b>74</b>	GUNS&ROSES RUN TEAM	K 40-49	11	Tak		GUNS&ROSES RUN TEAM	00:00:33	00:32:25	00:45:50	<b>00:51:29.45</b>	<b>00:52:02.55</b>	+00:03:41 (-260,791.0%)	5:08	11.7 (71.8%)
29	<b>WELO Ewelina</b>	<b>710</b>	BIEGAJ POD OKIEM TRENERA	K 30-39	15	Tak		Biegaj Pod Okiem Trenera	00:00:09	00:30:10	00:43:35	<b>00:49:07.60</b>	<b>00:49:16.95</b>	+00:03:41 (-260,742.3%)	4:54	12.2 (74.8%)
30	<b>RUDNIK Katarzyna</b>	<b>958</b>	KB PACE WARSZAWA	K 40-49	8				00:00:22	00:31:12	00:44:37	<b>00:50:02.65</b>	<b>00:50:24.90</b>	+00:03:42 (-260,483.3%)	5:00	12 (73.6%)
31	<b>GÓRZYŃSKA Patrycja</b>	<b>181</b>	BIEGAM NA BIAŁOŁĘCE	K 40-49	7	Tak			00:00:24	00:31:05	00:44:34	<b>00:50:02.10</b>	<b>00:50:26.75</b>	+00:03:45 (-259,468.5%)	5:00	12 (73.6%)
32	<b>TRUSZKOWSKA Marta</b>	<b>836</b>	BESTIE OCR LEGIONOWO	K 30-39	26			Bestie OCR Legionowo	00:01:13	00:34:03	00:47:43	<b>00:53:18.90</b>	<b>00:54:32.35</b>	+00:03:56 (-256,048.4%)	5:19	11.3 (69.3%)
33	<b>AHEICHYK Volha</b>	<b>15</b>		K 30-39	20	Tak			00:00:38	00:30:48	00:44:30	<b>00:49:56.80</b>	<b>00:50:35.15</b>	+00:03:59 (-255,176.3%)	4:59	12 (73.6%)
34	<b>ŻYDEK-RÖG Renata</b>	<b>787</b>		K 40-49	10				00:00:16	00:31:52	00:45:37	<b>00:51:16.30</b>	<b>00:51:32.85</b>	+00:04:01 (-254,387.3%)	5:07	11.7 (71.8%)
35	<b>FILIPOWICZ Natalia</b>	<b>142</b>	NEW BALANCE RUN CLUB	K 30-39	21				00:00:19	00:31:26	00:45:11	<b>00:50:48.05</b>	<b>00:51:08.00</b>	+00:04:02 (-254,279.4%)	5:04	11.8 (72.4%)
36	<b>WALENDZIK Wiesia</b>	<b>704</b>		K 40-49	13	Tak			00:00:55	00:32:13	00:46:00	<b>00:51:46.40</b>	<b>00:52:41.65</b>	+00:04:04 (-253,710.4%)	5:10	11.6 (71.2%)
37	<b>MIELCZARCZYK Joanna</b>	<b>434</b>		K 30-39	25				00:00:56	00:33:50	00:47:39	<b>00:53:18.60</b>	<b>00:54:14.75</b>	+00:04:06 (-253,098.3%)	5:19	11.3 (69.3%)
38	<b>FLONT Agnieszka</b>	<b>144</b>	DECATHLON TARGÓWEK	K 30-39	19			Decathlon Targówek	00:00:17	00:30:20	00:44:11	<b>00:49:46.05</b>	<b>00:50:03.70</b>	+00:04:07 (-252,610.6%)	4:58	12.1 (74.2%)
39	<b>CHOTOMSKA Dorota</b>	<b>86</b>		K 30-39	22				00:00:05	00:31:44	00:45:45	<b>00:51:27.60</b>	<b>00:51:33.55</b>	+00:04:17 (-249,530.8%)	5:08	11.7 (71.8%)
40	<b>WIELOWSKA Kinga</b>	<b>717</b>		K 1-29	2			Lewandowscy	00:00:31	00:31:17	00:45:20	<b>00:51:01.20</b>	<b>00:51:32.45</b>	+00:04:19 (-249,071.6%)	5:06	11.8 (72.4%)
41	<b>ŁATKOWSKA Monika</b>	<b>390</b>	GRUPA BIEGOWA CHTMO	K 40-49	12			Grupa Biegowa CHTMO	00:00:31	00:31:54	00:46:00	<b>00:51:40.65</b>	<b>00:52:11.90</b>	+00:04:22 (-248,114.2%)	5:10	11.6 (71.2%)
42	<b>JUSZCZAK-SADOWSKA Angelina</b>	<b>248</b>	POLFA TARCHOMIN	K 40-49	56				00:00:51	00:41:25	00:55:32	<b>01:03:30.50</b>	<b>01:04:21.50</b>	+00:04:23 (-247,879.7%)	6:21	9.4 (57.7%)
43	<b>SŁOWIAK Klaudia</b>	<b>604</b>		K 30-39	24				00:00:34	00:33:09	00:47:16	<b>00:52:56.55</b>	<b>00:53:30.90</b>	+00:04:24 (-247,704.1%)	5:17	11.3 (69.3%)
44	<b>MAZUR Emilia</b>	<b>425</b>		K 30-39	18				00:00:10	00:29:55	00:44:02	<b>00:49:41.15</b>	<b>00:49:51.30</b>	+00:04:24 (-247,557.9%)	4:58	12.1 (74.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec		Drużyna 1	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Białoleki	Samorządowiec									
45	<b>LEWANDOWSKA Anna</b>	<b>377</b>	GRUPA BIEGACZY SKÓRZEC BIEGA	K 40-49	15			Grupa Biegaczy Skórzec Biega	00:00:26	00:32:50	00:46:58	<b>00:52:59.70</b>	<b>00:53:26.15</b>	+00:04:24 (-247,470.3%)	5:17	11.3 (69.3%)
46	<b>PODSTAWKA Julia</b>	<b>529</b>		K 1-29	3	Tak			00:00:12	00:31:57	00:46:06	<b>00:51:42.55</b>	<b>00:51:55.20</b>	+00:04:25 (-247,353.6%)	5:10	11.6 (71.2%)
47	<b>CIMOCHOWSKA-ŚWITALSKA Magdalena</b>	<b>97</b>	BIEGAM NA TARCHOMINIE	K 40-49	17	Tak		Biegam Na Tarchominie	00:00:30	00:33:24	00:47:37	<b>00:53:28.80</b>	<b>00:53:59.30</b>	+00:04:30 (-245,961.5%)	5:20	11.2 (68.7%)
48	<b>HAWRYLUK-STASIAK Ewa</b>	<b>201</b>	BIEGUNI 2022/AKTYWNA WARSZAWA	K 60+	2			AKTYWNA WARSZAWA	00:00:42	00:34:14	00:48:28	<b>00:54:22.75</b>	<b>00:55:05.65</b>	+00:04:31 (-245,644.7%)	5:26	11 (67.5%)
49	<b>SIDORCZUK-KUMOSA Dorota</b>	<b>581</b>	TEAM ZABIEGANEDNI	K 40-49	22				00:01:04	00:34:28	00:48:45	<b>00:54:43.10</b>	<b>00:55:47.40</b>	+00:04:34 (-244,713.4%)	5:28	11 (67.5%)
50	<b>APANOWICZ Angelika</b>	<b>17</b>		K 40-49	25				00:00:39	00:35:13	00:49:31	<b>00:55:24.65</b>	<b>00:56:04.20</b>	+00:04:34 (-244,642.1%)	5:32	10.8 (66.3%)
51	<b>KOCIK Elżbieta</b>	<b>44</b>		K 40-49	29	Tak	Tak		00:01:38	00:35:36	00:49:54	<b>00:55:49.45</b>	<b>00:57:27.70</b>	+00:04:35 (-244,471.0%)	5:34	10.7 (65.6%)
52	<b>SOBIELARSKA Joanna</b>	<b>608</b>		K 30-39	28	Tak			00:00:49	00:34:24	00:48:43	<b>00:54:28.45</b>	<b>00:55:18.25</b>	+00:04:36 (-244,143.8%)	5:26	11 (67.5%)
53	<b>TULA Renata</b>	<b>687</b>		K 60+	1				00:00:28	00:32:46	00:47:09	<b>00:53:16.20</b>	<b>00:53:45.00</b>	+00:04:39 (-243,308.5%)	5:19	11.3 (69.3%)
54	<b>WALCZUK Magda</b>	<b>701</b>		K 40-49	23	Tak			00:01:01	00:34:49	00:49:12	<b>00:54:45.95</b>	<b>00:55:47.55</b>	+00:04:39 (-243,195.7%)	5:28	11 (67.5%)
55	<b>WANAT Katarzyna</b>	<b>706</b>	BIEGAJ POD OKIEM TRENERA	K 30-39	23			Biegaj Pod Okiem Trenera	00:00:19	00:31:31	00:45:57	<b>00:51:38.50</b>	<b>00:51:58.45</b>	+00:04:42 (-242,366.8%)	5:09	11.6 (71.2%)
56	<b>HRYCIUK Katarzyna</b>	<b>206</b>	EKOBIEGI	K 40-49	24				00:00:57	00:34:33	00:49:05	<b>00:55:16.45</b>	<b>00:56:14.30</b>	+00:04:48 (-240,808.8%)	5:31	10.9 (66.9%)
57	<b>MATEJAK Katarzyna</b>	<b>421</b>		K 40-49	33				00:01:08	00:36:22	00:50:57	<b>00:56:58.05</b>	<b>00:58:06.60</b>	+00:04:52 (-239,762.9%)	5:41	10.5 (64.4%)
58	<b>HUSZCZA Agata</b>	<b>208</b>		K 40-49	16	Tak			00:00:29	00:33:06	00:47:43	<b>00:53:27.15</b>	<b>00:53:57.05</b>	+00:04:52 (-239,557.6%)	5:20	11.2 (68.7%)
59	<b>KOŁODZIEJSKA Iwona</b>	<b>299</b>		K 40-49	18				00:00:41	00:33:10	00:47:47	<b>00:53:40.20</b>	<b>00:54:21.95</b>	+00:04:53 (-239,270.7%)	5:22	11.2 (68.7%)
60	<b>ŚWIDERSKA Joanna</b>	<b>666</b>	WSPARCIETRENINGOWE.PL	K 30-39	29	Tak			00:00:34	00:34:24	00:49:03	<b>00:55:11.75</b>	<b>00:55:46.35</b>	+00:04:56 (-238,658.2%)	5:31	10.9 (66.9%)
61	<b>FOLMAN Agata</b>	<b>147</b>		K 30-39	31				00:00:44	00:35:25	00:50:05	<b>00:55:57.15</b>	<b>00:56:41.55</b>	+00:04:56 (-238,603.9%)	5:35	10.7 (65.6%)
62	<b>GAWEŁ Dorota</b>	<b>159</b>		K 40-49	28				00:00:44	00:34:52	00:49:37	<b>00:55:42.70</b>	<b>00:56:26.80</b>	+00:05:01 (-237,133.9%)	5:34	10.8 (66.3%)
63	<b>TOMCZUK-KUZKA Katarzyna</b>	<b>679</b>		K 40-49	19		Tak		00:00:33	00:33:15	00:48:03	<b>00:54:17.40</b>	<b>00:54:51.25</b>	+00:05:04 (-236,359.1%)	5:25	11.1 (68.1%)
64	<b>UŚCІŁOWSKA Sylwia</b>	<b>695</b>	PGNiG TERMIKA SA	K 40-49	26			PGNiG TERMIKA SA	00:01:07	00:34:33	00:49:23	<b>00:55:30.75</b>	<b>00:56:37.80</b>	+00:05:06 (-235,774.6%)	5:33	10.8 (66.3%)
65	<b>KLIMKIEWICZ-SIKORA Beata</b>	<b>280</b>	GRUPA BIEGOWA CHTMO	K 40-49	21			Grupa Biegowa CHTMO	00:00:31	00:33:18	00:48:12	<b>00:54:18.35</b>	<b>00:54:50.05</b>	+00:05:10 (-234,837.6%)	5:25	11 (67.5%)
66	<b>KUŚMIREK-KOWAL Joanna</b>	<b>361</b>	BIEGAM NA TARCHOMINIE	K 40-49	34	Tak		Biegam Na Tarchominie	00:00:49	00:36:11	00:51:07	<b>00:57:01.20</b>	<b>00:57:50.55</b>	+00:05:12 (-234,365.4%)	5:42	10.5 (64.4%)
67	<b>JAKUBOWSKA Anna</b>	<b>217</b>		K 30-39	27	Tak			00:00:42	00:33:16	00:48:19	<b>00:54:13.00</b>	<b>00:54:55.10</b>	+00:05:20 (-232,327.8%)	5:25	11.1 (68.1%)
68	<b>WÓJCIK Ewa</b>	<b>750</b>		K 40-49	20	Tak			00:00:13	00:33:38	00:48:44	<b>00:54:17.70</b>	<b>00:54:31.05</b>	+00:05:22 (-231,724.7%)	5:25	11.1 (68.1%)
69	<b>KRASZEWSKA Sylwia</b>	<b>332</b>	SKLEPINDIE.PL WYSZKÓW	K 40-49	30				00:00:52	00:35:05	00:50:15	<b>00:56:20.10</b>	<b>00:57:12.65</b>	+00:05:26 (-230,591.1%)	5:38	10.7 (65.6%)
70	<b>ZAWIŚLAK Jola</b>	<b>770</b>	TEAM ZABIEGANEDNI	K 50-59	4				00:00:31	00:32:53	00:48:05	<b>00:54:17.25</b>	<b>00:54:48.25</b>	+00:05:28 (-230,097.9%)	5:25	11.1 (68.1%)

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	Drużyna 1								
71	<b>MYŚLIŃSKA Anna</b>	<b>123</b>	EKOBIEGI	K 40-49	37	Tak	Tak	Ekobiegi	00:00:57	00:36:00	00:51:13	<b>00:57:35.50</b>	<b>00:58:32.95</b>	+00:05:30 (-229,770.3%)	5:45	10.4 (63.8%)
72	<b>ZARĘBA-TREMELET Katarzyna</b>	<b>765</b>		K 40-49	27	Tak			00:00:25	00:33:55	00:49:11	<b>00:55:31.45</b>	<b>00:55:56.55</b>	+00:05:32 (-229,155.3%)	5:33	10.8 (66.3%)
73	<b>FLAGA Ania</b>	<b>795</b>		K 30-39	32				00:00:32	00:34:53	00:50:14	<b>00:56:11.75</b>	<b>00:56:43.90</b>	+00:05:37 (-228,034.3%)	5:37	10.7 (65.6%)
74	<b>JAGODA Teresa</b>	<b>214</b>	GRUPA BIEGOWA CHTMO	K 40-49	32			Grupa Biegowa CHTMO	00:00:32	00:35:15	00:50:35	<b>00:56:48.05</b>	<b>00:57:20.20</b>	+00:05:37 (-228,021.9%)	5:40	10.6 (65.0%)
75	<b>DOBOSZ Aneta</b>	<b>118</b>	WŚCIEKŁE PIĘŚCI WĘŻA	K 30-39	34	Tak			00:00:56	00:35:20	00:50:42	<b>00:56:51.05</b>	<b>00:57:48.00</b>	+00:05:38 (-227,626.0%)	5:41	10.6 (65.0%)
76	<b>WOŹNY Barbara</b>	<b>747</b>		K 60+	4	Tak			00:01:13	00:36:00	00:51:23	<b>00:57:34.70</b>	<b>00:58:48.25</b>	+00:05:39 (-227,342.3%)	5:45	10.4 (63.8%)
77	<b>LEWANDOWSKA Jolanta</b>	<b>986</b>		K 40-49	36			Lewandowscy	00:00:36	00:35:30	00:50:54	<b>00:57:27.75</b>	<b>00:58:04.30</b>	+00:05:40 (-227,108.5%)	5:44	10.4 (63.8%)
78	<b>BRZOZOWSKA Magdalena</b>	<b>64</b>	BIEGUSTATORZY	K 40-49	47				00:01:05	00:37:30	00:52:54	<b>00:59:45.85</b>	<b>01:00:51.35</b>	+00:05:40 (-227,096.2%)	5:58	10 (61.3%)
79	<b>NAWROCKA Roma</b>	<b>455</b>	GRUPA BIEGOWA UM W-WA	K 40-49	31		Tak	Grupa Biegowa UM W-wa	00:00:35	00:34:38	00:50:05	<b>00:56:32.25</b>	<b>00:57:07.30</b>	+00:05:44 (-226,287.8%)	5:39	10.6 (65.0%)
80	<b>SARNACKA Joanna</b>	<b>578</b>	PODESZWA TEAM	K 30-39	33				00:00:39	00:34:42	00:50:10	<b>00:56:21.65</b>	<b>00:57:00.85</b>	+00:05:44 (-226,153.6%)	5:38	10.6 (65.0%)
81	<b>KOSMAN Małgorzata</b>	<b>311</b>	SPORT GENERATION	K 60+	3				00:00:35	00:33:31	00:49:01	<b>00:55:10.45</b>	<b>00:55:45.55</b>	+00:05:47 (-225,472.9%)	5:31	10.9 (66.9%)
82	<b>TKACHOVA Yuliya</b>	<b>671</b>		K 30-39	39	Да			00:01:18	00:36:36	00:52:07	<b>00:58:35.55</b>	<b>00:59:54.20</b>	+00:05:47 (-225,424.5%)	5:51	10.2 (62.6%)
83	<b>PŁUCIŚ Małgorzata</b>	<b>525</b>		K 30-39	42				00:01:08	00:37:15	00:52:47	<b>00:58:56.90</b>	<b>01:00:05.15</b>	+00:05:49 (-224,989.3%)	5:53	10.2 (62.6%)
84	<b>SIERZYCKA Katarzyna</b>	<b>587</b>		K 30-39	41				00:01:12	00:36:57	00:52:33	<b>00:58:52.15</b>	<b>01:00:04.45</b>	+00:05:53 (-224,076.0%)	5:53	10.2 (62.6%)
85	<b>FLOREK Małgorzata</b>	<b>145</b>		K 30-39	30	Tak			00:00:51	00:34:18	00:49:55	<b>00:55:53.35</b>	<b>00:56:44.85</b>	+00:05:53 (-224,028.1%)	5:35	10.7 (65.6%)
86	<b>BUDKOWSKA Dorota</b>	<b>67</b>		K 30-39	37				00:01:05	00:36:26	00:52:06	<b>00:58:19.00</b>	<b>00:59:24.55</b>	+00:05:56 (-223,217.6%)	5:49	10.3 (63.2%)
87	<b>GORCZYCA-KUŹNICKA Ilona</b>	<b>176</b>		K 40-49	43				00:00:48	00:36:58	00:52:40	<b>00:58:49.30</b>	<b>00:59:37.75</b>	+00:05:58 (-222,802.6%)	5:52	10.2 (62.6%)
88	<b>RABI Joanna</b>	<b>551</b>		K 30-39	48	Tak			00:00:36	00:38:03	00:53:48	<b>00:59:56.00</b>	<b>01:00:32.25</b>	+00:06:02 (-222,024.4%)	5:59	10 (61.3%)
89	<b>JAKUBICKA Joanna</b>	<b>215</b>		K 30-39	53				00:00:58	00:38:00	00:53:47	<b>01:00:33.00</b>	<b>01:01:31.95</b>	+00:06:04 (-221,496.9%)	6:03	9.9 (60.7%)
90	<b>FEDORUK Natalia</b>	<b>139</b>		K 30-39	35		Tak		00:01:24	00:35:36	00:51:24	<b>00:57:51.35</b>	<b>00:59:15.95</b>	+00:06:04 (-221,403.4%)	5:47	10.4 (63.8%)
91	<b>SROCYŃSKA Emilia</b>	<b>617</b>		K 40-49	39	Tak			00:00:36	00:36:07	00:51:55	<b>00:58:09.70</b>	<b>00:58:46.25</b>	+00:06:05 (-221,239.9%)	5:48	10.3 (63.2%)
92	<b>OLSZEWSKA Dorota</b>	<b>478</b>	BRAC'TWO BIEGOWE BGK	K 40-49	38			Bractwo Biegowe BGK	00:00:56	00:35:37	00:51:26	<b>00:57:57.20</b>	<b>00:58:53.85</b>	+00:06:06 (-220,995.2%)	5:47	10.4 (63.8%)
93	<b>KLIMCZAK Justyna</b>	<b>802</b>		K 40-49	35				00:00:29	00:35:21	00:51:13	<b>00:57:11.65</b>	<b>00:57:40.90</b>	+00:06:08 (-220,565.3%)	5:43	10.5 (64.4%)
94	<b>MARSZAŁEK Karolina</b>	<b>418</b>		K 50-59	6	Tak			00:01:10	00:38:01	00:53:54	<b>01:00:28.95</b>	<b>01:01:39.80</b>	+00:06:09 (-220,229.5%)	6:02	9.9 (60.7%)
95	<b>GODZISZ Ewa</b>	<b>171</b>	VEGERUNNERS	K 40-49	46			Vege Runners	00:01:06	00:37:36	00:53:29	<b>00:59:37.90</b>	<b>01:00:44.00</b>	+00:06:10 (-220,125.5%)	5:57	10.1 (62.0%)
96	<b>ŁUCZAK Małgorzata</b>	<b>397</b>	RUNNERSI ZE SKARBKA	K 40-49	42	Tak			00:00:41	00:36:08	00:52:07	<b>00:58:39.05</b>	<b>00:59:20.30</b>	+00:06:16 (-218,748.2%)	5:51	10.2 (62.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mieszkaniec			Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
					Mkat	Białoleki	Samorządowiec								
97	<b>SZKUDLAREK Ewa</b>	<b>651</b>		K 30-39	45								+00:06:17 (-218,383.8%)	5:57	10.1 (62.0%)
98	<b>BOGŁOWSKA Ula</b>	<b>56</b>		K 30-39	38	Tak							+00:06:19 (-218,054.6%)	5:50	10.3 (63.2%)
99	<b>MOSTOWSKA Małgosia</b>	<b>447</b>		K 30-39	51	Tak							+00:06:19 (-217,986.6%)	6:02	9.9 (60.7%)
100	<b>KAMIEŃ Monika</b>	<b>257</b>		K 1-29	4								+00:06:22 (-217,399.2%)	5:47	10.3 (63.2%)
101	<b>OSTROWIŃSKA Joanna</b>	<b>489</b>		K 40-49	52	Tak							+00:06:22 (-217,376.7%)	6:14	9.6 (58.9%)
102	<b>PONICHTERA Karolina</b>	<b>533</b>		K 30-39	44								+00:06:23 (-217,117.9%)	5:56	10.1 (62.0%)
103	<b>MIKOŁAJCZYK Karolina</b>	<b>437</b>	MARIO TEAM	K 40-49	58								+00:06:27 (-216,300.7%)	6:22	9.4 (57.7%)
104	<b>PIOTROWSKA Edyta</b>	<b>514</b>	BRACTWO BIEGOWE BGK	K 40-49	41		Bractwo Biegowe BGK						+00:06:33 (-214,904.6%)	5:49	10.3 (63.2%)
105	<b>TRZASKO Ania</b>	<b>683</b>		K 30-39	40								+00:06:37 (-213,929.3%)	5:53	10.2 (62.6%)
106	<b>YURKEVICH Nadeshda</b>	<b>960</b>		K 30-39	36								+00:06:39 (-213,482.9%)	5:47	10.4 (63.8%)
107	<b>DZIERZANOWSKA Julia</b>	<b>134</b>	ZABIEGANY WOŁOMIN	K 1-29	5		Zabiegany Wołomin						+00:06:43 (-212,735.9%)	6:08	9.8 (60.1%)
108	<b>GONTAREK Olga</b>	<b>174</b>		K 30-39	47		Tak						+00:06:45 (-212,230.1%)	5:58	10 (61.3%)
109	<b>SZYMAŃSKA Małgorzata</b>	<b>724</b>		K 40-49	45	Tak		Biegowe Wtorki Na Tarchominie					+00:06:46 (-212,026.3%)	5:53	10.2 (62.6%)
110	<b>MALANOWSKA Julia</b>	<b>410</b>		K 30-39	54								+00:06:49 (-211,438.5%)	6:03	9.9 (60.7%)
111	<b>GAWROŃSKA Agata</b>	<b>797</b>	WYBIEGAJ SIEBIE	K 40-49	49								+00:06:50 (-211,108.7%)	6:02	9.9 (60.7%)
112	<b>MARCZAK Grażyna</b>	<b>415</b>	LECZO TEAM	K 60+	5								+00:06:52 (-210,843.4%)	6:04	9.9 (60.7%)
113	<b>SZYMOR Joanna</b>	<b>660</b>	SERWIS POJAZDÓW	K 30-39	49								+00:06:53 (-210,631.7%)	6:00	10 (61.3%)
114	<b>MARINA Diana</b>	<b>416</b>		K 1-29	7		Tak						+00:06:54 (-210,336.0%)	6:09	9.7 (59.5%)
115	<b>RUDNICKA Emilia</b>	<b>568</b>	BIEGAM NA TARCHOMINIE	K 40-49	44	Tak							+00:06:55 (-210,167.4%)	5:53	10.2 (62.6%)
116	<b>LIBERADZKA Magdalena</b>	<b>962</b>		K 40-49	40								+00:06:56 (-209,967.5%)	5:49	10.3 (63.2%)
117	<b>HARABIN Justyna</b>	<b>200</b>		K 30-39	57								+00:06:56 (-209,841.5%)	6:08	9.8 (60.1%)
118	<b>PYSKUN Anna</b>	<b>548</b>		K 1-29	8	Yes							+00:06:58 (-209,443.4%)	6:10	9.7 (59.5%)
119	<b>KOSEWSKA Dorota</b>	<b>310</b>	BIEGAM NA TARCHOMINIE	K 50-59	7	Tak		Biegam Na Tarchominie					+00:06:59 (-209,276.2%)	6:14	9.6 (58.9%)
120	<b>WACHOWSKA Emilia</b>	<b>837</b>	USŁUGI WETERYNARYJNE EMILIA WACHOWSKA	K 30-39	43								+00:07:00 (-209,005.1%)	5:54	10.2 (62.6%)
121	<b>ORŁOWSKA Anna</b>	<b>482</b>		K 30-39	56								+00:07:02 (-208,714.0%)	6:06	9.8 (60.1%)
122	<b>LEWANDOWSKA Joanna</b>	<b>376</b>	WARSAW RUN CLUB	K 50-59	5								+00:07:07 (-207,670.4%)	5:58	10 (61.3%)
123	<b>GAWRACZYŃSKA Anna</b>	<b>161</b>	WTŁ STEGNY WARSZAWA	K 60+	6								+00:07:10 (-207,024.7%)	6:24	9.4 (57.7%)

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	Drużyna 1								
124	<b>OSTRYSZ Magdalena</b>	<b>490</b>		K 30-39	58				00:00:48	00:37:24	00:54:19	<b>01:01:26.10</b>	<b>01:02:14.25</b>	+00:07:11 (-206,749.3%)	6:08	9.8 (60.1%)
125	<b>CHODUN Agnieszka</b>	<b>83</b>		K 30-39	64				00:01:39	00:40:12	00:57:08	<b>01:03:34.25</b>	<b>01:05:13.45</b>	+00:07:12 (-206,657.6%)	6:21	9.4 (57.7%)
126	<b>PUCHALSKA Wioletta</b>	<b>545</b>		K 30-39	52				00:00:47	00:36:36	00:53:34	<b>01:00:30.05</b>	<b>01:01:17.40</b>	+00:07:14 (-206,301.9%)	6:03	9.9 (60.7%)
127	<b>TORZEWSKA Agnieszka</b>	<b>680</b>		K 40-49	57				00:01:26	00:39:19	00:56:17	<b>01:03:36.25</b>	<b>01:05:02.85</b>	+00:07:14 (-206,261.3%)	6:21	9.4 (57.7%)
128	<b>BROŻEK Aleksandra</b>	<b>62</b>		K 30-39	50				00:00:53	00:36:25	00:53:23	<b>01:00:04.10</b>	<b>01:00:57.75</b>	+00:07:14 (-206,109.3%)	6:00	10 (61.3%)
129	<b>LELITO Daria</b>	<b>369</b>		K 30-39	61				00:01:20	00:38:04	00:55:05	<b>01:01:55.00</b>	<b>01:03:15.20</b>	+00:07:18 (-205,372.7%)	6:11	9.7 (59.5%)
130	<b>NIEWIADOMSKA Karolina</b>	<b>459</b>		K 30-39	59				00:01:07	00:37:45	00:54:47	<b>01:01:38.00</b>	<b>01:02:45.70</b>	+00:07:18 (-205,322.4%)	6:09	9.7 (59.5%)
131	<b>JANKOWSKA Wioletta</b>	<b>222</b>		K 40-49	48	Tak			00:01:01	00:36:31	00:53:35	<b>01:00:02.45</b>	<b>01:01:04.05</b>	+00:07:20 (-204,951.3%)	6:00	10 (61.3%)
132	<b>DOBRUCH Hanna</b>	<b>121</b>		K 50-59	8				00:00:54	00:39:02	00:56:08	<b>01:03:26.05</b>	<b>01:04:20.05</b>	+00:07:22 (-204,691.3%)	6:20	9.5 (58.3%)
133	<b>DŁUGOKĘCKA Katarzyna</b>	<b>116</b>		K 30-39	67	Tak			00:01:11	00:40:56	00:58:03	<b>01:04:41.80</b>	<b>01:05:53.30</b>	+00:07:23 (-204,382.1%)	6:28	9.3 (57.1%)
134	<b>ORZECHOWSKA Ewa</b>	<b>486</b>		K 1-29	10	Tak			00:00:43	00:37:52	00:54:59	<b>01:02:26.35</b>	<b>01:03:09.85</b>	+00:07:23 (-204,322.4%)	6:14	9.6 (58.9%)
135	<b>KOWALSKA Katarzyna</b>	<b>805</b>	JUDO LEMUR	K 40-49	50	Tak			00:00:56	00:37:40	00:54:50	<b>01:01:20.45</b>	<b>01:02:16.50</b>	+00:07:26 (-203,707.2%)	6:08	9.8 (60.1%)
136	<b>PTASIEWICZ Alicja</b>	<b>544</b>		K 1-29	11				00:01:19	00:39:40	00:56:53	<b>01:03:23.70</b>	<b>01:04:43.40</b>	+00:07:29 (-203,243.3%)	6:20	9.5 (58.3%)
137	<b>SUBALSKA Mariola</b>	<b>634</b>		K 40-49	55				00:01:02	00:38:56	00:56:10	<b>01:03:26.05</b>	<b>01:04:28.85</b>	+00:07:30 (-202,918.9%)	6:20	9.5 (58.3%)
138	<b>STEFANIAK Monika</b>	<b>623</b>		K 1-29	12				00:01:31	00:43:07	01:00:21	<b>01:07:02.40</b>	<b>01:08:33.95</b>	+00:07:31 (-202,899.3%)	6:42	9 (55.2%)
139	<b>KĘDZIOREK Ela</b>	<b>273</b>	TEAM ZABIEGANEDNI	K 30-39	55				00:00:56	00:36:27	00:53:43	<b>01:00:54.00</b>	<b>01:01:50.10</b>	+00:07:33 (-202,487.9%)	6:05	9.9 (60.7%)
140	<b>SZYPROWSKA Maria</b>	<b>661</b>		K 1-29	6	Tak			00:01:12	00:37:43	00:55:00	<b>01:01:29.05</b>	<b>01:02:41.65</b>	+00:07:33 (-202,448.8%)	6:08	9.8 (60.1%)
141	<b>BIENKOWSKA - GACKA Katarzyna</b>	<b>49</b>		K 30-39	62				00:00:59	00:38:45	00:56:02	<b>01:03:03.35</b>	<b>01:04:02.75</b>	+00:07:33 (-202,390.2%)	6:18	9.5 (58.3%)
142	<b>NOWAK Edyta</b>	<b>464</b>		K 40-49	51	Tak			00:01:15	00:37:49	00:55:07	<b>01:02:17.00</b>	<b>01:03:32.90</b>	+00:07:34 (-202,146.4%)	6:13	9.6 (58.9%)
143	<b>WALECKA Wiktoria</b>	<b>838</b>	TRIATHLON TARCHOMIN TEAM	K 30-39	69	Tak	Tak	Triathlon Tarchomin Team	00:01:23	00:40:53	00:58:11	<b>01:05:03.75</b>	<b>01:06:27.60</b>	+00:07:35 (-202,097.7%)	6:30	9.2 (56.4%)
144	<b>PIKIEWICZ Julita</b>	<b>511</b>		K 40-49	59				00:01:01	00:39:19	00:56:40	<b>01:03:48.90</b>	<b>01:04:50.85</b>	+00:07:37 (-201,602.4%)	6:22	9.4 (57.7%)
145	<b>CZARTORYSKA Anna</b>	<b>103</b>		K 40-49	53	Tak			00:00:33	00:38:27	00:55:51	<b>01:02:54.95</b>	<b>01:03:28.35</b>	+00:07:40 (-201,070.9%)	6:17	9.5 (58.3%)
146	<b>OPŃSKA Emilia</b>	<b>481</b>	BIEGAM NA TARCHOMINIE	K 30-39	63			Biegam Na Tarchominie	00:01:17	00:39:17	00:56:44	<b>01:03:17.45</b>	<b>01:04:34.45</b>	+00:07:43 (-200,484.7%)	6:19	9.5 (58.3%)
147	<b>JANY Elżbieta</b>	<b>226</b>	RUNNERS TEAM KEPNO	K 40-49	60				00:01:03	00:39:02	00:56:29	<b>01:03:49.15</b>	<b>01:04:52.35</b>	+00:07:43 (-200,427.2%)	6:22	9.4 (57.7%)
148	<b>LIS-MAJER Anna</b>	<b>385</b>		K 30-39	46		Tak		00:00:49	00:35:31	00:53:03	<b>00:59:46.15</b>	<b>01:00:35.15</b>	+00:07:48 (-199,540.6%)	5:58	10 (61.3%)
149	<b>WITEK Małgorzata</b>	<b>729</b>		K 40-49	54	Tak			00:00:36	00:38:36	00:56:17	<b>01:03:13.20</b>	<b>01:03:49.85</b>	+00:07:58 (-197,744.0%)	6:19	9.5 (58.3%)
150	<b>KOWALSKA Kinga</b>	<b>325</b>	KB PACE	K 40-49	68				00:01:06	00:42:04	00:59:45	<b>01:06:27.05</b>	<b>01:07:33.20</b>	+00:07:58 (-197,669.4%)	6:38	9 (55.2%)

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	Drużyna 1								
151	<b>BORKOWSKA Monika</b>	<b>60</b>		K 30-39	66	Tak			00:01:11	00:39:42	00:57:27	<b>01:04:41.80</b>	<b>01:05:53.55</b>	+00:08:01 (-197,112.1%)	6:28	9.3 (57.1%)
152	<b>RUCYK Justyna</b>	<b>567</b>		K 40-49	64		Tak		00:01:32	00:40:52	00:58:38	<b>01:05:40.35</b>	<b>01:07:12.85</b>	+00:08:02 (-196,954.8%)	6:34	9.1 (55.8%)
153	<b>SIERZPUTOWSKA Ewa</b>	<b>586</b>	GUNS&ROSES RUN TEAM	K 50-59	9				00:01:23	00:39:11	00:56:58	<b>01:04:31.75</b>	<b>01:05:55.70</b>	+00:08:03 (-196,687.0%)	6:27	9.3 (57.1%)
154	<b>OPALIŃSKA Katarzyna</b>	<b>480</b>		K 30-39	68	Tak			00:01:04	00:40:14	00:58:11	<b>01:04:53.45</b>	<b>01:05:57.85</b>	+00:08:13 (-194,868.7%)	6:29	9.2 (56.4%)
155	<b>ZIARKO Joanna</b>	<b>844</b>		K 40-49	63				00:01:03	00:39:24	00:57:26	<b>01:05:04.85</b>	<b>01:06:08.35</b>	+00:08:18 (-194,003.5%)	6:30	9.2 (56.4%)
156	<b>ZYCH Kasia</b>	<b>778</b>	NEW BALANS	K 30-39	72				00:00:41	00:41:46	00:59:50	<b>01:07:23.30</b>	<b>01:08:04.35</b>	+00:08:21 (-193,484.4%)	6:44	8.9 (54.6%)
157	<b>RADOMSKA-ZUBCZYŃSKA Maria</b>	<b>554</b>		K 30-39	60	Tak			00:00:51	00:36:24	00:54:34	<b>01:01:42.20</b>	<b>01:02:34.00</b>	+00:08:26 (-192,596.1%)	6:10	9.7 (59.5%)
158	<b>POKRZYWNICKA-JAKUBOWSKA Anna</b>	<b>530</b>		K 40-49	61				00:01:27	00:39:01	00:57:12	<b>01:04:10.90</b>	<b>01:05:38.10</b>	+00:08:27 (-192,437.0%)	6:25	9.4 (57.7%)
159	<b>MATYSIAK Agnieszka</b>	<b>422</b>		K 40-49	80				00:00:55	00:43:41	01:01:52	<b>01:09:49.15</b>	<b>01:10:44.55</b>	+00:08:28 (-192,304.7%)	6:58	8.6 (52.8%)
160	<b>ZAWADKA Agnieszka</b>	<b>964</b>		K 50-59	11				00:01:27	00:40:17	00:58:29	<b>01:06:08.75</b>	<b>01:07:36.25</b>	+00:08:29 (-192,119.7%)	6:36	9.1 (55.8%)
161	<b>NOWAK Katarzyna</b>	<b>463</b>		K 40-49	65				00:01:08	00:39:50	00:58:04	<b>01:05:43.65</b>	<b>01:06:52.00</b>	+00:08:30 (-191,829.8%)	6:34	9.1 (55.8%)
162	<b>WIŚNIEWSKA Aneta</b>	<b>840</b>		K 40-49	66	Tak			00:00:10	00:40:11	00:58:28	<b>01:05:54.90</b>	<b>01:06:05.40</b>	+00:08:33 (-191,357.2%)	6:35	9.1 (55.8%)
163	<b>TABOR Anita</b>	<b>834</b>		K 40-49	73	Tak			00:01:01	00:42:14	01:00:31	<b>01:08:15.40</b>	<b>01:09:16.45</b>	+00:08:33 (-191,339.8%)	6:49	8.8 (54.0%)
164	<b>KATNER-PRUSZYŃSKA Joanna</b>	<b>269</b>	KB OŻARÓW MAZOWIECKI BIEGA	K 40-49	71			KB Ożarów Mazowiecki Biega	00:01:18	00:41:53	01:00:10	<b>01:08:03.15</b>	<b>01:09:22.00</b>	+00:08:34 (-191,148.0%)	6:48	8.8 (54.0%)
165	<b>KOMINEK Grażyna</b>	<b>300</b>		K 30-39	70				00:01:37	00:40:37	00:58:56	<b>01:06:21.60</b>	<b>01:07:59.25</b>	+00:08:35 (-190,947.8%)	6:38	9 (55.2%)
166	<b>KARŁOWICZ Anna</b>	<b>260</b>	PARTIA WOLNYCH BIEGACZY	K 60+	7				00:01:34	00:42:53	01:01:16	<b>01:09:10.75</b>	<b>01:10:45.50</b>	+00:08:39 (-190,237.7%)	6:55	8.7 (53.4%)
167	<b>NIEPORĘCKA Sylwia</b>	<b>458</b>		K 40-49	69				00:01:14	00:41:10	00:59:33	<b>01:07:07.00</b>	<b>01:08:21.20</b>	+00:08:40 (-190,185.9%)	6:42	8.9 (54.6%)
168	<b>MAJCHRZAK Anna</b>	<b>333</b>	BIEGAM NA TARCHOMINIE	K 30-39	71	Tak	Tak		00:01:34	00:41:04	00:59:28	<b>01:06:57.15</b>	<b>01:08:31.55</b>	+00:08:41 (-189,953.4%)	6:41	9 (55.2%)
169	<b>KLINOWSKA Agnieszka</b>	<b>281</b>		K 30-39	75	Tak		Biegam Na Białoleki	00:00:11	00:42:49	01:01:15	<b>01:08:29.55</b>	<b>01:08:41.35</b>	+00:08:43 (-189,687.1%)	6:50	8.8 (54.0%)
170	<b>LEWANDOWSKA Monika</b>	<b>375</b>	BIEGAM NA BIAŁOLEKĘ	K 40-49	75	Tak		Biegam Na Białoleki	00:00:12	00:42:54	01:01:20	<b>01:08:40.50</b>	<b>01:08:52.65</b>	+00:08:43 (-189,635.7%)	6:52	8.7 (53.4%)
171	<b>SIEDLECKA Martyna</b>	<b>582</b>	PANI	K 30-39	78				00:00:51	00:43:11	01:01:39	<b>01:09:36.80</b>	<b>01:10:28.25</b>	+00:08:44 (-189,498.6%)	6:57	8.6 (52.8%)
172	<b>GROCHOWSKA Joanna</b>	<b>4</b>	BIEGAM DOBRZE DLA FUNDACJI SYNOPSIS	K 50-59	10				00:01:35	00:40:11	00:58:39	<b>01:05:49.65</b>	<b>01:07:25.20</b>	+00:08:44 (-189,481.5%)	6:34	9.1 (55.8%)
173	<b>SZWARC Anna</b>	<b>655</b>	BIEGAM NA BIAŁOLEKĘ	K 40-49	72	Tak		Biegam Na Białoleki	00:00:12	00:42:48	01:01:17	<b>01:08:13.15</b>	<b>01:08:25.30</b>	+00:08:46 (-189,165.3%)	6:49	8.8 (54.0%)
174	<b>KACZYŃSKA Paula</b>	<b>254</b>		K 1-29	15	Tak			00:01:16	00:43:55	01:02:28	<b>01:10:06.45</b>	<b>01:11:22.65</b>	+00:08:50 (-188,476.8%)	7:00	8.6 (52.8%)
175	<b>PIOTROWSKA-KLOC Magda</b>	<b>515</b>	FALA NIEPORĘT	K 40-49	67				00:01:31	00:39:55	00:58:30	<b>01:06:19.55</b>	<b>01:07:51.35</b>	+00:08:51 (-188,256.9%)	6:37	9 (55.2%)
176	<b>BARNAS Ilona</b>	<b>24</b>		K 40-49	76				00:01:07	00:42:08	01:00:46	<b>01:09:05.05</b>	<b>01:10:12.45</b>	+00:08:55 (-187,616.9%)	6:54	8.7 (53.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec		Drużyna 1	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Białoleki	Samorządowiec									
177	CICHECKA Aneta	91		K 40-49	79				00:01:19	00:43:30	01:02:09	01:09:41.45	01:11:01.05	+00:08:56 (-187,449.2%)	6:58	8.6 (52.8%)
178	SZYMAŃSKA-PAWLAK Magdalena	656		K 40-49	81				00:01:12	00:44:33	01:03:14	01:10:33.95	01:11:46.40	+00:08:58 (-187,131.5%)	7:03	8.5 (52.1%)
179	NAULEWICZ Monika	454		K 30-39	79	Tak			00:00:17	00:43:32	01:02:15	01:09:52.75	01:10:10.60	+00:09:00 (-186,748.2%)	6:59	8.6 (52.8%)
180	BOJARSKA Magdalena	58		K 30-39	80	Tak			00:00:17	00:43:32	01:02:17	01:09:52.85	01:10:10.75	+00:09:01 (-186,557.2%)	6:59	8.6 (52.8%)
181	CIEPLAK Katarzyna	94	BIEGOWE WTORKI NA TARCHOMINIE	K 40-49	78	Tak		Biegowe Wtorki Na Tarchominie	00:00:22	00:42:43	01:01:32	01:09:32.35	01:09:54.75	+00:09:06 (-185,813.4%)	6:57	8.6 (52.8%)
182	MĘDEL Marta	430		K 40-49	62				00:01:06	00:38:26	00:57:16	01:04:37.95	01:05:44.45	+00:09:06 (-185,780.5%)	6:27	9.3 (57.1%)
183	ĆWIKŁA Joanna	108	REBEL RUN	K 40-49	77				00:00:23	00:42:42	01:01:33	01:09:31.60	01:09:54.95	+00:09:08 (-185,484.7%)	6:57	8.6 (52.8%)
184	MAJ Patrycja	810		K 1-29	13	Tak			00:01:10	00:40:52	00:59:45	01:07:48.10	01:08:58.85	+00:09:09 (-185,329.0%)	6:46	8.8 (54.0%)
185	KOSMOWSK Magdalena	312	SULEK TEAM :)	K 30-39	83				00:01:37	00:44:54	01:03:47	01:11:29.85	01:13:07.80	+00:09:09 (-185,230.8%)	7:08	8.4 (51.5%)
186	ZAWADZKA-NAZIMEK Joanna	769	PRZYBYSZE Z MATPLANETY	K 40-49	74				00:01:23	00:42:29	01:01:23	01:08:35.30	01:09:59.25	+00:09:10 (-185,051.0%)	6:51	8.7 (53.4%)
187	TALATAI Sviatlana	835		K 30-39	65	Tak			00:01:01	00:37:28	00:56:28	01:03:48.55	01:04:50.25	+00:09:16 (-184,052.3%)	6:22	9.4 (57.7%)
188	WIĘCH Wiktoria	720		K 1-29	14				00:00:19	00:42:08	01:01:11	01:08:32.80	01:08:52.15	+00:09:19 (-183,577.0%)	6:51	8.8 (54.0%)
189	LAZAREVA Svetlana	367		K 40-49	70		Tak		00:00:38	00:40:07	00:59:13	01:07:09.75	01:07:48.15	+00:09:22 (-183,176.2%)	6:42	8.9 (54.6%)
190	PRZYBYSŁAWSKA-PRASKA Ilona	542		K 30-39	76				00:01:11	00:41:29	01:00:38	01:08:52.40	01:10:04.30	+00:09:25 (-182,729.3%)	6:53	8.7 (53.4%)
191	KLOC Hanna	284	FALA NIEPORĘT	K 1-29	9				00:01:31	00:35:31	00:54:42	01:02:14.60	01:03:45.85	+00:09:27 (-182,340.0%)	6:13	9.6 (58.9%)
192	SIKORSKA Karolina	591	KIP RUNNING	K 40-49	85				00:01:33	00:44:44	01:04:09	01:12:23.40	01:13:57.35	+00:09:42 (-180,039.0%)	7:14	8.3 (50.9%)
193	ZAKHARKEVICH Halina	991		K 30-39	84	Tak			00:01:30	00:43:59	01:03:28	01:11:39.65	01:13:10.25	+00:09:45 (-179,522.7%)	7:09	8.4 (51.5%)
194	MIRKOWSKA Monika	981		K 30-39	77				00:00:59	00:41:25	01:01:01	01:09:29.85	01:10:29.00	+00:09:53 (-178,354.7%)	6:56	8.6 (52.8%)
195	GABRYLEWICZ Katarzyna	151	DZIKUNY	K 40-49	86	Tak			00:01:12	00:45:33	01:05:10	01:14:04.95	01:15:17.10	+00:09:53 (-178,324.4%)	7:24	8.1 (49.7%)
196	GOŁACKA-PIOTOWSKA Beata	173		K 50-59	13				00:01:03	00:41:43	01:01:21	01:09:24.40	01:10:27.65	+00:09:54 (-178,165.3%)	6:56	8.6 (52.8%)
197	ŁOTOWSKA Małgorzata	391		K 30-39	81				00:01:26	00:43:17	01:02:58	01:10:52.15	01:12:18.30	+00:09:57 (-177,697.3%)	7:05	8.5 (52.1%)
198	BLOCH Katarzyna	52		K 40-49	84				00:00:32	00:44:01	01:03:44	01:11:31.55	01:12:04.35	+00:09:59 (-177,381.7%)	7:09	8.4 (51.5%)
199	TRZCIŃSKA Iwona	684		K 50-59	12				00:00:54	00:40:22	01:00:09	01:08:42.10	01:09:36.90	+00:10:03 (-176,835.8%)	6:52	8.7 (53.4%)
200	OGOŃCZYK Donata	472		K 30-39	73				00:01:25	00:40:12	01:00:05	01:07:37.45	01:09:02.85	+00:10:10 (-175,798.1%)	6:45	8.9 (54.6%)
201	KASPRZAK Olga	266		K 50-59	16	Tak			00:01:29	00:44:07	01:04:05	01:12:19.75	01:13:49.25	+00:10:15 (-175,086.3%)	7:13	8.3 (50.9%)
202	GRYGOWSKA Beata	189		K 40-49	83				00:01:14	00:42:41	01:02:40	01:11:08.70	01:12:23.55	+00:10:16 (-174,940.2%)	7:06	8.4 (51.5%)



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	Drużyna 1								
203	<b>GWIZDAŁA Wioletta</b>	<b>197</b>		K 30-39	74				00:00:53	00:40:19	01:00:29	<b>01:08:29.55</b>	<b>01:09:23.45</b>	+00:10:27 (-173,363.9%)	6:50	8.8 (54.0%)
204	<b>KNAP Dorota</b>	<b>289</b>	ZALATANI 1BLTR	K 30-39	87				00:01:17	00:46:47	01:06:59	<b>01:15:40.35</b>	<b>01:16:57.80</b>	+00:10:28 (-173,199.2%)	7:34	7.9 (48.5%)
205	<b>REMBERK Danuta</b>	<b>557</b>		K 60+	8				00:01:29	00:49:35	01:09:50	<b>01:19:06.40</b>	<b>01:20:35.60</b>	+00:10:31 (-172,728.4%)	7:54	7.6 (46.6%)
206	<b>KWIECIEN Agata</b>	<b>366</b>		K 50-59	14	Yes			00:01:09	00:42:37	01:02:53	<b>01:11:21.15</b>	<b>01:12:30.70</b>	+00:10:32 (-172,636.0%)	7:08	8.4 (51.5%)
207	<b>ZBIŃKOWSKA Dorota</b>	<b>772</b>		K 50-59	20		Tak		00:01:39	00:48:50	01:09:05	<b>01:17:18.35</b>	<b>01:18:57.80</b>	+00:10:32 (-172,600.5%)	7:43	7.8 (47.9%)
208	<b>LISOWSKA Alicja</b>	<b>386</b>	BIEGAM NA TARCHOMINIE	K 30-39	82	Tak		Biegam Na Tarchominie	00:01:24	00:43:13	01:03:35	<b>01:11:10.25</b>	<b>01:12:34.70</b>	+00:10:38 (-171,724.2%)	7:07	8.4 (51.5%)
209	<b>ŁACKA Ilona</b>	<b>7</b>	BIAŁOLEKA JEST KOBIETĄ	K 50-59	18	Tak	Tak		00:01:18	00:47:06	01:07:30	<b>01:16:16.90</b>	<b>01:17:35.55</b>	+00:10:40 (-171,513.5%)	7:37	7.9 (48.5%)
210	<b>MICHNOWSKA Adriana</b>	<b>431</b>	BIEGAM NA TACHOMINIE	K 40-49	82	Tak		Biegam Na Tarchominie	00:01:22	00:42:26	01:02:52	<b>01:11:00.55</b>	<b>01:12:23.50</b>	+00:10:42 (-171,149.6%)	7:06	8.5 (52.1%)
211	<b>PLICHCIŃSKA Małgorzata</b>	<b>519</b>	EKONOMIK MOKOTÓW	K 40-49	91	Tak			00:01:39	00:47:49	01:08:17	<b>01:17:29.30</b>	<b>01:19:09.25</b>	+00:10:45 (-170,759.4%)	7:44	7.7 (47.2%)
212	<b>WIŚNIEWSKA-DUDA Anna</b>	<b>727</b>		K 30-39	86	Tak			00:01:32	00:46:15	01:06:44	<b>01:15:32.10</b>	<b>01:17:04.90</b>	+00:10:45 (-170,738.5%)	7:33	7.9 (48.5%)
213	<b>TOMASZEWSKA Mariola</b>	<b>675</b>	BIEGAM DLA SIEBIE	K 50-59	15				00:01:26	00:43:21	01:03:51	<b>01:12:10.95</b>	<b>01:13:37.30</b>	+00:10:46 (-170,592.7%)	7:13	8.3 (50.9%)
214	<b>KŁYK Zofia</b>	<b>287</b>		K 30-39	89		Tak		00:01:30	00:47:30	01:08:04	<b>01:17:06.10</b>	<b>01:18:36.40</b>	+00:10:49 (-170,163.6%)	7:42	7.8 (47.9%)
215	<b>BIERNACKA Agnieszka</b>	<b>50</b>		K 50-59	17				00:00:59	00:43:53	01:04:28	<b>01:13:32.70</b>	<b>01:14:32.25</b>	+00:10:51 (-169,922.3%)	7:21	8.2 (50.3%)
216	<b>SZŁĄZAK Pola</b>	<b>957</b>		K 30-39	85				00:00:58	00:44:25	01:05:01	<b>01:13:34.10</b>	<b>01:14:32.55</b>	+00:10:52 (-169,743.5%)	7:21	8.2 (50.3%)
217	<b>KERNER Agnieszka</b>	<b>980</b>		K 50-59	19			Grupa Biegowa UM W-wa	00:01:42	00:47:22	01:08:00	<b>01:16:27.60</b>	<b>01:18:10.10</b>	+00:10:54 (-169,523.9%)	7:38	7.8 (47.9%)
218	<b>SZCZYPIŃSKA Beata</b>	<b>647</b>		K 40-49	94	Tak			00:01:04	00:50:02	01:10:42	<b>01:19:10.95</b>	<b>01:20:15.00</b>	+00:10:56 (-169,291.3%)	7:55	7.6 (46.6%)
219	<b>POPŁOŃSKA Katarzyna</b>	<b>534</b>		K 40-49	87		Tak		00:01:29	00:44:56	01:05:44	<b>01:14:34.35</b>	<b>01:16:04.20</b>	+00:11:04 (-168,184.7%)	7:27	8 (49.1%)
220	<b>PANASIUK Aga</b>	<b>499</b>		K 40-49	88	Tak			00:01:19	00:45:58	01:06:52	<b>01:15:31.15</b>	<b>01:16:51.05</b>	+00:11:11 (-167,279.1%)	7:33	7.9 (48.5%)
221	<b>ROSZCZYK Martyna</b>	<b>565</b>	NAPRZÓD MŁOCINY	K 1-29	18				00:01:41	00:49:39	01:10:37	<b>01:18:35.80</b>	<b>01:20:17.40</b>	+00:11:14 (-166,853.2%)	7:51	7.6 (46.6%)
222	<b>OLCZAK Urszula</b>	<b>475</b>	UMCS BIEGA	K 50-59	21				00:01:41	00:49:04	01:10:06	<b>01:19:15.75</b>	<b>01:20:57.45</b>	+00:11:19 (-166,238.1%)	7:55	7.6 (46.6%)
223	<b>STELMASZCZYK Michalina</b>	<b>966</b>		K 1-29	17				00:01:30	00:47:05	01:08:09	<b>01:17:33.90</b>	<b>01:19:04.55</b>	+00:11:20 (-166,001.3%)	7:45	7.7 (47.2%)
224	<b>ROGUSKA Magdalena</b>	<b>40</b>	MAGDALENA ROGUSKA	K 40-49	92	Tak	Tak		00:01:33	00:46:56	01:08:17	<b>01:17:46.55</b>	<b>01:19:19.55</b>	+00:11:38 (-163,733.0%)	7:46	7.7 (47.2%)
225	<b>ŁOZOWSKA Dorota</b>	<b>394</b>		K 40-49	89	Tak			00:01:06	00:47:13	01:08:46	<b>01:16:32.95</b>	<b>01:17:39.65</b>	+00:11:49 (-162,282.1%)	7:39	7.8 (47.9%)
226	<b>RUSIN Anna</b>	<b>828</b>		K 1-29	16				00:01:23	00:45:05	01:06:44	<b>01:15:14.75</b>	<b>01:16:38.00</b>	+00:11:55 (-161,557.0%)	7:31	8 (49.1%)
227	<b>BUDEK Ewa</b>	<b>66</b>		K 40-49	90				00:01:07	00:45:52	01:07:56	<b>01:16:42.80</b>	<b>01:17:50.15</b>	+00:12:20 (-158,456.1%)	7:40	7.8 (47.9%)
228	<b>ZATYLNA Joanna</b>	<b>767</b>		K 40-49	93	Tak			00:01:36	00:46:21	01:08:39	<b>01:18:23.50</b>	<b>01:19:59.65</b>	+00:12:34 (-156,832.4%)	7:50	7.7 (47.2%)
229	<b>WICHTOWSKA Karolina</b>	<b>716</b>		K 30-39	90	Tak			00:01:00	00:49:41	01:12:00	<b>01:21:12.05</b>	<b>01:22:12.95</b>	+00:12:36 (-156,627.4%)	8:07	7.4 (45.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Białołęki	Samorządowiec	Drużyna 1	Czas startu	6.6km	9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
230	<b>JANKOWSKA Żaneta</b>	<b>223</b>		K 30-39	88				00:01:36	00:46:19	01:08:51	<b>01:16:24.90</b>	<b>01:18:01.35</b>	+00:12:48 (-155,207.2%)	7:38	7.9 (48.5%)
231	<b>STAŃKOWSKA Katarzyna</b>	<b>620</b>	TEAM WARIAT	K 50-59	22	Tak			00:01:22	00:53:26	01:15:59	<b>01:25:42.00</b>	<b>01:27:04.40</b>	+00:12:50 (-155,029.3%)	8:34	7 (42.9%)
232	<b>WRÓBEL Magda</b>	<b>752</b>	NIE MAM KLUBU	K 40-49	95				00:01:21	00:50:53	01:14:17	<b>01:23:56.45</b>	<b>01:25:18.30</b>	+00:13:41 (-149,390.5%)	8:23	7.1 (43.6%)
233	<b>BRZEZOWSKA Beata</b>	<b>789</b>		K 50-59	23				00:01:44	00:55:02	01:18:54	<b>01:28:36.65</b>	<b>01:30:21.05</b>	+00:14:09 (-146,442.9%)	8:51	6.8 (41.7%)
234	<b>OBWISŁO Joanna</b>	<b>983</b>		K 40-49	96				00:01:44	00:55:03	01:18:56	<b>01:28:35.85</b>	<b>01:30:20.50</b>	+00:14:09 (-146,417.3%)	8:51	6.8 (41.7%)
<b>Przekroczony limit czasu: 01:30:00</b>																
235	<b>CHMIST Agnieszka</b>	<b>80</b>		K 40-49	97	Tak			00:01:38	00:54:26	01:19:30	<b>01:30:29.70</b>	<b>01:32:07.90</b>	+00:15:20 (-139,528.2%)	9:02	6.6 (40.5%)

Znaleziono 235 wynik(ów)