

**Wydarzenie:** BIEG URSYNOWA  
**Organizator:** Urząd Dzielnicy Warszawa - Ursynów  
**Data:** 2022-09-18  
**Miejsce:** Warszawa  
**Dystans:** 5 km

Klasyfikacja: K 40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>STELMACH Dominika</b>	<b>1405</b>	RK ATHLETICS	K 40	1	00:00:02	00:08:42	<b>00:17:53.10</b>	<b>00:17:55.30</b>		3:34	16.8 (100%)
2	<b>KAŹMIERCZAK Marta</b>	<b>1443</b>	DREAM RUN	K 40	2	00:00:04	00:09:07	<b>00:18:31.00</b>	<b>00:18:35.50</b>	+00:00:37 (3.4%)	3:42	16.2 (96.4%)
3	<b>KOSTRZEWSKA Justyna</b>	<b>511</b>	ADIDAS RUNNERS WARSAW	K 40	3	00:00:10	00:09:20	<b>00:18:57.10</b>	<b>00:19:07.70</b>	+00:01:04 (5.6%)	3:47	15.8 (94.0%)
4	<b>DZIWOSZ Katarzyna</b>	<b>231</b>	WARSAW RUN CLUB	K 40	4	00:00:06	00:09:27	<b>00:19:34.60</b>	<b>00:19:41.10</b>	+00:01:41 (8.6%)	3:54	15.3 (91.1%)
5	<b>SZYMAŃSKA Agnieszka</b>	<b>1091</b>	BIEGOWY WARIAT RUNNING TEAM	K 40	5	00:00:06	00:10:00	<b>00:20:35.20</b>	<b>00:20:41.20</b>	+00:02:42 (13.1%)	4:07	14.6 (86.9%)
6	<b>MAJEWSKA Ewa</b>	<b>663</b>		K 40	6	00:00:12	00:10:11	<b>00:21:07.20</b>	<b>00:21:19.65</b>	+00:03:14 (15.3%)	4:13	14.2 (84.5%)
7	<b>PODLEWSKA Ania</b>	<b>893</b>	LIPIEC RUNNING TEAM	K 40	7	00:00:20	00:10:32	<b>00:21:22.95</b>	<b>00:21:42.95</b>	+00:03:29 (16.4%)	4:16	14 (83.3%)
8	<b>ZAWADZKA Katarzyna</b>	<b>1383</b>	KS LEMIESZ TEAM WARSZAWA / WARNER BROS. DISCOVERY	K 40	8	00:00:10	00:10:31	<b>00:21:30.80</b>	<b>00:21:41.60</b>	+00:03:37 (16.9%)	4:18	14 (83.3%)
9	<b>BRZOZOWSKA-BEJGIER Małgorzata</b>	<b>101</b>	KUŹNIA TRIATHLONU	K 40	9	00:00:20	00:10:36	<b>00:21:34.75</b>	<b>00:21:54.75</b>	+00:03:41 (17.1%)	4:18	13.9 (82.7%)
10	<b>BLISKOWSKA Anna</b>	<b>1511</b>	DUCLA ACADEMY	K 40	10	00:00:27	00:10:42	<b>00:21:59.70</b>	<b>00:22:27.50</b>	+00:04:06 (18.7%)	4:23	13.6 (81.0%)
11	<b>GASIOROWSKA Alicja</b>	<b>269</b>	ŻORAWSKI TEAM	K 40	11	00:00:34	00:11:11	<b>00:22:42.90</b>	<b>00:23:17.10</b>	+00:04:49 (21.3%)	4:32	13.2 (78.6%)
12	<b>CABAŃSKA Dorota</b>	<b>118</b>	GUNS & ROSES RUN TEAM	K 40	12	00:01:01	00:11:41	<b>00:23:32.95</b>	<b>00:24:34.80</b>	+00:05:39 (24.1%)	4:42	12.7 (75.6%)
13	<b>BORYSZKOWSKA Iwona</b>	<b>90</b>	12TRI	K 40	13	00:00:31	00:11:45	<b>00:23:47.10</b>	<b>00:24:19.00</b>	+00:05:54 (24.8%)	4:45	12.6 (75.0%)
14	<b>JAREK Katarzyna</b>	<b>384</b>		K 40	14	00:00:15	00:11:29	<b>00:23:57.85</b>	<b>00:24:13.15</b>	+00:06:04 (25.4%)	4:47	12.5 (74.4%)
15	<b>ZIENKIEWICZ Agata</b>	<b>1291</b>	PIASECZNO RUNNING	K 40	15	00:00:44	00:11:40	<b>00:24:03.25</b>	<b>00:24:47.70</b>	+00:06:10 (25.6%)	4:48	12.5 (74.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
16	WOJDAK Anna	1315	ROZBIEGANY PIASTÓW	K 40	16	00:00:29	00:11:31	00:24:08.70	00:24:38.30	+00:06:15 (25.9%)	4:49	12.4 (73.8%)
17	KOSSAKOWSKA Katarzyna	510		K 40	17	00:00:47	00:11:57	00:24:11.60	00:24:58.80	+00:06:18 (26.1%)	4:50	12.4 (73.8%)
18	GRABOWIEC-ALIKOWSKA Renata	1462		K 40	18	00:01:22	00:12:04	00:24:20.45	00:25:43.30	+00:06:27 (26.5%)	4:52	12.3 (73.2%)
19	WOJCIECHOWSKA Agnieszka	1229		K 40	19	00:00:56	00:11:57	00:24:25.30	00:25:22.10	+00:06:32 (26.8%)	4:53	12.3 (73.2%)
20	GORZKIEWICZ Patrycja	294		K 40	20	00:00:38	00:11:54	00:24:29.75	00:25:08.70	+00:06:36 (27.0%)	4:53	12.3 (73.2%)
21	GOGACZ Magdalena	286	URZĄD DZIELNICY URSYNÓW	K 40	21	00:00:53	00:11:55	00:24:30.35	00:25:24.10	+00:06:37 (27.0%)	4:54	12.2 (72.6%)
22	SIDORCZUK-KUMOSA Dorota	968	TEAM ZABIEGANEDNI / PRETTYFITTYTEAM	K 40	22	00:00:50	00:11:48	00:24:34.70	00:25:24.80	+00:06:41 (27.2%)	4:54	12.2 (72.6%)
23	PAWŁOWSKA Katarzyna	836		K 40	23	00:00:32	00:11:43	00:24:35.15	00:25:07.70	+00:06:42 (27.3%)	4:55	12.2 (72.6%)
24	KOCIK Elżbieta	10		K 40	24	00:00:56	00:11:58	00:24:37.10	00:25:33.70	+00:06:44 (27.4%)	4:55	12.2 (72.6%)
25	TOMASZEWSKA Urszula	1133	ZABIEGANY WOŁOMIN	K 40	25	00:01:14	00:12:18	00:24:42.85	00:25:57.30	+00:06:49 (27.6%)	4:56	12.1 (72.0%)
26	FURDYNA Maria	258		K 40	26	00:01:27	00:12:17	00:24:42.95	00:26:10.55	+00:06:49 (27.6%)	4:56	12.1 (72.0%)
27	KOWALSKA Kasia	525	TEAM ZABIEGANEDNI	K 40	27	00:01:31	00:12:27	00:24:52.20	00:26:23.20	+00:06:59 (28.1%)	4:58	12.1 (72.0%)
28	KOWALSKA Paulina	528		K 40	28	00:00:52	00:11:58	00:24:54.35	00:25:46.90	+00:07:01 (28.2%)	4:58	12 (71.4%)
29	PUCZYŃSKA Renata	905		K 40	29	00:00:21	00:11:58	00:25:00.05	00:25:21.45	+00:07:06 (28.5%)	5:00	12 (71.4%)
30	FRANK-DEMBIŃSKA Agnieszka	252	WMT	K 40	30	00:00:59	00:12:16	00:25:08.35	00:26:07.40	+00:07:15 (28.9%)	5:01	11.9 (70.8%)
31	MICHALAK Marta	710	PŁOŃSZCZANKI SEKCJA LA 4 KOŁA PTS PŁOŃSK	K 40	31	00:00:36	00:12:20	00:25:10.25	00:25:46.55	+00:07:17 (28.9%)	5:02	11.9 (70.8%)
32	IWANOWSKA Sylwia	360		K 40	32	00:01:12	00:12:32	00:25:18.90	00:26:31.20	+00:07:25 (29.4%)	5:03	11.9 (70.8%)
33	KARPA Katarzyna	1411	SMASHING PĄPKINS	K 40	33	00:01:04	00:12:30	00:25:23.85	00:26:28.35	+00:07:30 (29.6%)	5:04	11.8 (70.2%)
34	KLIMKIEWICZ Beata	460		K 40	34	00:01:11	00:12:28	00:25:29.05	00:26:41.00	+00:07:35 (29.8%)	5:05	11.8 (70.2%)
35	FABROWICZ Katarzyna	237		K 40	35	00:01:17	00:12:45	00:25:32.05	00:26:50.00	+00:07:38 (30.0%)	5:06	11.7 (69.6%)
36	SIWEK Anna	981		K 40	36	00:00:39	00:12:26	00:25:37.70	00:26:16.75	+00:07:44 (30.2%)	5:07	11.7 (69.6%)
37	NOWACZYŃSKA Katarzyna	776	TEAMZABIEGANEDNI	K 40	37	00:00:57	00:12:36	00:25:38.55	00:26:35.70	+00:07:45 (30.3%)	5:07	11.7 (69.6%)
38	GRUZA Marta	318	BIEGANIEPO40.PL	K 40	38	00:00:58	00:12:33	00:25:40.65	00:26:39.30	+00:07:47 (30.3%)	5:08	11.7 (69.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
39	<b>SULECKA CHŁOPICKA Agnieszka</b>	<b>1042</b>	KS WARKA	K 40	39	00:00:23	00:12:34	<b>00:25:45.40</b>	<b>00:26:08.75</b>	+00:07:52 (30.6%)	5:09	11.7 (69.6%)
40	<b>KOBYLIŃSKA Agnieszka</b>	<b>472</b>		K 40	40	00:00:37	00:12:45	<b>00:25:56.85</b>	<b>00:26:34.70</b>	+00:08:03 (31.1%)	5:11	11.6 (69.0%)
41	<b>PATEREK Ada</b>	<b>830</b>	12TRI.PL	K 40	41	00:01:16	00:12:50	<b>00:25:57.90</b>	<b>00:27:14.30</b>	+00:08:04 (31.1%)	5:11	11.6 (69.0%)
42	<b>PAŃCZYK Joanna</b>	<b>822</b>		K 40	42	00:01:20	00:13:13	<b>00:26:00.35</b>	<b>00:27:20.70</b>	+00:08:07 (31.2%)	5:12	11.5 (68.5%)
43	<b>SZEWCZYK Ewa</b>	<b>1310</b>		K 40	43	00:01:10	00:12:50	<b>00:26:10.35</b>	<b>00:27:20.85</b>	+00:08:17 (31.7%)	5:14	11.5 (68.5%)
44	<b>DOLIŃSKA Agnieszka</b>	<b>197</b>	WARSAW RUN CLUB	K 40	44	00:01:03	00:12:56	<b>00:26:10.35</b>	<b>00:27:13.90</b>	+00:08:17 (31.7%)	5:14	11.5 (68.5%)
45	<b>BZURA Emilia</b>	<b>115</b>		K 40	45	00:00:55	00:12:49	<b>00:26:13.90</b>	<b>00:27:09.00</b>	+00:08:20 (31.8%)	5:14	11.4 (67.9%)
46	<b>WINNICKA-MACKENTHUN Agnieszka</b>	<b>1209</b>		K 40	46	00:01:16	00:13:23	<b>00:26:21.65</b>	<b>00:27:37.85</b>	+00:08:28 (32.2%)	5:16	11.4 (67.9%)
47	<b>TARACH Magda</b>	<b>1119</b>	KS STASZEWCY	K 40	47	00:01:32	00:13:26	<b>00:26:22.90</b>	<b>00:27:55.00</b>	+00:08:29 (32.2%)	5:16	11.4 (67.9%)
48	<b>SZYMBORSKA Dota</b>	<b>1097</b>	POŁAWIACZKI PEREŁ	K 40	48	00:01:00	00:12:56	<b>00:26:27.75</b>	<b>00:27:28.30</b>	+00:08:34 (32.4%)	5:17	11.3 (67.3%)
49	<b>KIERASIŃSKA Dorota</b>	<b>447</b>	TEAM ZABIEGANE DNI	K 40	49	00:00:59	00:12:44	<b>00:26:28.50</b>	<b>00:27:27.95</b>	+00:08:35 (32.4%)	5:17	11.3 (67.3%)
50	<b>LULA Magdalena</b>	<b>620</b>	PWPW S.A.	K 40	50	00:01:14	00:12:48	<b>00:26:30.55</b>	<b>00:27:44.55</b>	+00:08:37 (32.5%)	5:18	11.3 (67.3%)
51	<b>ZIMOWICZ Magdalena</b>	<b>1293</b>		K 40	51	00:01:21	00:13:37	<b>00:26:33.50</b>	<b>00:27:55.40</b>	+00:08:40 (32.7%)	5:18	11.3 (67.3%)
52	<b>BARNAS Ilona</b>	<b>39</b>	PRETTY FILTRY TEAM	K 40	52	00:00:50	00:13:09	<b>00:26:33.70</b>	<b>00:27:24.20</b>	+00:08:40 (32.7%)	5:18	11.3 (67.3%)
53	<b>KRÓL Monika</b>	<b>555</b>	TEAM ZABIGANEDNI	K 40	53	00:01:10	00:12:55	<b>00:26:37.70</b>	<b>00:27:48.50</b>	+00:08:44 (32.8%)	5:19	11.3 (67.3%)
54	<b>WRONA Milena</b>	<b>1247</b>		K 40	54	00:01:05	00:12:54	<b>00:26:38.95</b>	<b>00:27:44.25</b>	+00:08:45 (32.9%)	5:19	11.3 (67.3%)
55	<b>ADAMUS Katarzyna</b>	<b>17</b>	PIASECZNO RUNNING	K 40	55	00:01:48	00:13:12	<b>00:26:46.20</b>	<b>00:28:35.10</b>	+00:08:53 (33.2%)	5:21	11.2 (66.7%)
56	<b>PRUSAK Marta</b>	<b>894</b>	TEAM ZABIEGANEDNI	K 40	56	00:01:33	00:13:29	<b>00:26:51.00</b>	<b>00:28:24.25</b>	+00:08:57 (33.4%)	5:22	11.2 (66.7%)
57	<b>KŁĘK Magdalena</b>	<b>463</b>	BEZLITOŚNI	K 40	57	00:01:38	00:13:19	<b>00:26:53.90</b>	<b>00:28:32.05</b>	+00:09:00 (33.5%)	5:22	11.2 (66.7%)
58	<b>BISOWSKA Katarzyna</b>	<b>67</b>		K 40	58	00:01:31	00:13:50	<b>00:27:15.00</b>	<b>00:28:46.50</b>	+00:09:21 (34.4%)	5:27	11 (65.5%)
59	<b>KOCZWARA Agnieszka</b>	<b>477</b>	32DROP	K 40	59	00:01:13	00:13:22	<b>00:27:18.85</b>	<b>00:28:32.50</b>	+00:09:25 (34.5%)	5:27	11 (65.5%)
60	<b>SZUSZKIEWICZ Marzena</b>	<b>1083</b>		K 40	60	00:01:32	00:13:35	<b>00:27:21.55</b>	<b>00:28:54.25</b>	+00:09:28 (34.6%)	5:28	11 (65.5%)
61	<b>TOMCZYŃSKA Marta</b>	<b>1138</b>	SMASHING PĄPKINS	K 40	61	00:01:23	00:13:21	<b>00:27:21.60</b>	<b>00:28:44.80</b>	+00:09:28 (34.6%)	5:28	11 (65.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
62	<b>BUĆKO-ŁUBIŃSKA Marta</b>	<b>105</b>		K 40	62	00:00:54	00:13:20	<b>00:27:22.05</b>	<b>00:28:16.15</b>	+00:09:28 (34.6%)	5:28	11 (65.5%)
63	<b>MALINOWSKA Agnieszka</b>	<b>665</b>	PACZKA SZLUGÓW	K 40	63	00:01:34	00:13:35	<b>00:27:26.70</b>	<b>00:29:00.75</b>	+00:09:33 (34.8%)	5:29	10.9 (64.9%)
64	<b>JAWORSKA Joanna</b>	<b>1520</b>		K 40	64	00:01:15	00:13:28	<b>00:27:29.05</b>	<b>00:28:44.85</b>	+00:09:35 (34.9%)	5:29	10.9 (64.9%)
65	<b>URYNOWICZ Bożena</b>	<b>1169</b>		K 40	65	00:01:34	00:13:45	<b>00:27:31.40</b>	<b>00:29:05.90</b>	+00:09:38 (35.0%)	5:30	10.9 (64.9%)
66	<b>GRABEK Anna</b>	<b>1809</b>		K 40	66	00:01:31	00:13:43	<b>00:27:35.10</b>	<b>00:29:06.80</b>	+00:09:42 (35.2%)	5:31	10.9 (64.9%)
67	<b>NADOLSKA Ania</b>	<b>1421</b>		K 40	67	00:01:46	00:13:38	<b>00:27:39.70</b>	<b>00:29:26.40</b>	+00:09:46 (35.3%)	5:31	10.8 (64.3%)
68	<b>SZULC Katarzyna</b>	<b>1395</b>		K 40	68	00:00:08	00:13:25	<b>00:27:41.00</b>	<b>00:27:49.25</b>	+00:09:47 (35.4%)	5:32	10.8 (64.3%)
69	<b>BUJNOWSKA Eliza</b>	<b>109</b>	KS STASZEWSKY	K 40	69	00:01:29	00:13:52	<b>00:27:41.15</b>	<b>00:29:10.55</b>	+00:09:48 (35.4%)	5:32	10.8 (64.3%)
70	<b>WINIARSKA Izabela</b>	<b>1207</b>	IZAGÓRĄ	K 40	70	00:02:06	00:13:12	<b>00:27:42.40</b>	<b>00:29:49.05</b>	+00:09:49 (35.4%)	5:32	10.8 (64.3%)
71	<b>SKALSKA Karolina</b>	<b>982</b>		K 40	71	00:01:32	00:13:33	<b>00:27:44.20</b>	<b>00:29:17.00</b>	+00:09:51 (35.5%)	5:32	10.8 (64.3%)
72	<b>JODŁOWSKA Anna</b>	<b>398</b>	MYSZORY	K 40	72	00:01:17	00:14:05	<b>00:27:53.35</b>	<b>00:29:10.75</b>	+00:10:00 (35.9%)	5:34	10.8 (64.3%)
73	<b>RUTKOWSKA Wioletta</b>	<b>941</b>		K 40	73	00:00:30	00:13:36	<b>00:27:54.35</b>	<b>00:28:24.60</b>	+00:10:01 (35.9%)	5:34	10.8 (64.3%)
74	<b>DUBEK Katarzyna</b>	<b>209</b>		K 40	74	00:01:50	00:13:54	<b>00:27:56.30</b>	<b>00:29:47.25</b>	+00:10:03 (36.0%)	5:35	10.7 (63.7%)
75	<b>SIKORA Zuzanna</b>	<b>977</b>	PZU SPORT TEAM	K 40	75	00:01:41	00:13:44	<b>00:27:56.35</b>	<b>00:29:37.55</b>	+00:10:03 (36.0%)	5:35	10.7 (63.7%)
76	<b>APANOWICZ Angelika</b>	<b>26</b>	EKOBIEGI	K 40	76	00:01:28	00:13:52	<b>00:27:56.40</b>	<b>00:29:24.60</b>	+00:10:03 (36.0%)	5:35	10.7 (63.7%)
77	<b>CZYŻ Wioletta</b>	<b>170</b>		K 40	77	00:01:33	00:13:48	<b>00:28:01.80</b>	<b>00:29:35.35</b>	+00:10:08 (36.2%)	5:36	10.7 (63.7%)
78	<b>FONGANG Aleksandra</b>	<b>251</b>		K 40	78	00:01:31	00:13:54	<b>00:28:09.85</b>	<b>00:29:41.00</b>	+00:10:16 (36.5%)	5:37	10.7 (63.7%)
79	<b>KUBACKA Barbara</b>	<b>571</b>		K 40	79	00:00:00		<b>00:28:18.80</b>	<b>00:28:18.80</b>	+00:10:25 (36.8%)	5:39	10.6 (63.1%)
80	<b>BRODZIK Małgosia</b>	<b>93</b>	NAPRZÓD MŁOCINY	K 40	80	00:01:37	00:13:45	<b>00:28:20.75</b>	<b>00:29:58.10</b>	+00:10:27 (36.9%)	5:40	10.6 (63.1%)
81	<b>WŁODARCZYK Magda</b>	<b>1220</b>		K 40	81	00:01:41		<b>00:28:24.95</b>	<b>00:30:06.05</b>	+00:10:31 (37.1%)	5:40	10.6 (63.1%)
82	<b>ŁUCZAK Małgorzata</b>	<b>644</b>	RUNNERSI ZE SKARBKA	K 40	82	00:00:59	00:13:34	<b>00:28:25.50</b>	<b>00:29:25.10</b>	+00:10:32 (37.1%)	5:41	10.6 (63.1%)
83	<b>WASILEWSKA Małgorzata</b>	<b>1181</b>	GÓRA BIEGA	K 40	83	00:00:31	00:13:56	<b>00:28:25.65</b>	<b>00:28:57.50</b>	+00:10:32 (37.1%)	5:41	10.6 (63.1%)
84	<b>CYBULSKA Anna</b>	<b>155</b>		K 40	84	00:01:40	00:14:23	<b>00:28:32.15</b>	<b>00:30:12.25</b>	+00:10:39 (37.3%)	5:42	10.5 (62.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
85	<b>RANKOWSKA Dorota</b>	<b>914</b>		K 40	85	00:01:28	00:13:59	<b>00:28:33.45</b>	<b>00:30:01.85</b>	+00:10:40 (37.4%)	5:42	10.5 (62.5%)
86	<b>JĘDREJ Emilia</b>	<b>394</b>		K 40	86	00:01:24	00:13:49	<b>00:28:37.40</b>	<b>00:30:01.50</b>	+00:10:44 (37.5%)	5:43	10.5 (62.5%)
87	<b>ŻÓŁTOWSKA Dominika</b>	<b>1299</b>	NAPRZÓD MŁOCINY	K 40	87	00:01:37	00:13:46	<b>00:28:41.30</b>	<b>00:30:18.60</b>	+00:10:48 (37.7%)	5:44	10.5 (62.5%)
88	<b>CZAJKOWSKA Joanna</b>	<b>1318</b>	TEAM RUN PEŁCH	K 40	88	00:02:10	00:14:20	<b>00:28:42.15</b>	<b>00:30:52.30</b>	+00:10:49 (37.7%)	5:44	10.5 (62.5%)
89	<b>INOROWICZ Joanna</b>	<b>357</b>		K 40	89	00:01:02	00:14:32	<b>00:28:44.60</b>	<b>00:29:46.80</b>	+00:10:51 (37.8%)	5:44	10.4 (61.9%)
90	<b>PIECHOCKA Katarzyna</b>	<b>846</b>		K 40	90	00:01:40	00:14:21	<b>00:28:47.20</b>	<b>00:30:27.20</b>	+00:10:54 (37.9%)	5:45	10.4 (61.9%)
91	<b>MIODUSZEWSKA Karolina</b>	<b>725</b>		K 40	91	00:01:35		<b>00:28:52.90</b>	<b>00:30:28.80</b>	+00:10:59 (38.1%)	5:46	10.4 (61.9%)
92	<b>PETERLEJTNER ŻUK Ewa</b>	<b>841</b>		K 40	92	00:01:43	00:14:05	<b>00:28:59.40</b>	<b>00:30:43.15</b>	+00:11:06 (38.3%)	5:47	10.4 (61.9%)
93	<b>TYRANKIEWICZ Kamila</b>	<b>1158</b>	JUMP&FLY, KABATY	K 40	93	00:00:23	00:14:20	<b>00:29:10.50</b>	<b>00:29:34.15</b>	+00:11:17 (38.7%)	5:50	10.3 (61.3%)
94	<b>MODRZEJEWSKA Anna</b>	<b>734</b>		K 40	94	00:01:36	00:14:10	<b>00:29:10.90</b>	<b>00:30:47.70</b>	+00:11:17 (38.7%)	5:50	10.3 (61.3%)
95	<b>KONATOWICZ Iwona</b>	<b>486</b>		K 40	95	00:01:46	00:14:19	<b>00:29:13.75</b>	<b>00:31:00.25</b>	+00:11:20 (38.8%)	5:50	10.3 (61.3%)
96	<b>KRAWCZYKIEWICZ Magda</b>	<b>551</b>	ŻÓRAWSKI TEAM	K 40	96	00:01:09	00:14:14	<b>00:29:14.05</b>	<b>00:30:23.80</b>	+00:11:20 (38.8%)	5:50	10.3 (61.3%)
97	<b>DUDEK Beata</b>	<b>214</b>		K 40	97	00:01:26	00:13:59	<b>00:29:14.75</b>	<b>00:30:41.30</b>	+00:11:21 (38.8%)	5:50	10.3 (61.3%)
98	<b>MITURA Anna</b>	<b>731</b>		K 40	98	00:01:31	00:14:23	<b>00:29:16.05</b>	<b>00:30:47.45</b>	+00:11:22 (38.9%)	5:51	10.3 (61.3%)
99	<b>PRZEWODOWSKA Agnieszka</b>	<b>897</b>		K 40	99	00:01:37	00:14:27	<b>00:29:16.45</b>	<b>00:30:53.95</b>	+00:11:23 (38.9%)	5:51	10.3 (61.3%)
100	<b>UŁANEK Kamila</b>	<b>1164</b>	SEGIETEAM	K 40	100	00:01:56	00:14:28	<b>00:29:28.45</b>	<b>00:31:25.25</b>	+00:11:35 (39.3%)	5:53	10.2 (60.7%)
101	<b>PIECHOWIAK Marta</b>	<b>847</b>		K 40	101	00:01:42	00:14:35	<b>00:29:36.70</b>	<b>00:31:19.50</b>	+00:11:43 (39.6%)	5:55	10.1 (60.1%)
102	<b>GÓRSKA Sylwia</b>	<b>1582</b>		K 40	102	00:01:45	00:14:33	<b>00:29:39.05</b>	<b>00:31:24.20</b>	+00:11:45 (39.7%)	5:55	10.1 (60.1%)
103	<b>TORZEWSKA Agnieszka</b>	<b>1139</b>		K 40	103	00:01:42	00:14:33	<b>00:29:47.85</b>	<b>00:31:30.25</b>	+00:11:54 (40.0%)	5:57	10.1 (60.1%)
104	<b>STASZEWSKA Kinga</b>	<b>1029</b>	KS STASZEWSKY	K 40	104	00:01:38	00:14:32	<b>00:29:49.95</b>	<b>00:31:28.55</b>	+00:11:56 (40.0%)	5:57	10.1 (60.1%)
105	<b>MROCZEK Magdalena</b>	<b>741</b>		K 40	105	00:01:41	00:14:32	<b>00:29:57.00</b>	<b>00:31:38.70</b>	+00:12:03 (40.3%)	5:59	10 (59.5%)
106	<b>BRZOZOWSKA Magdalena</b>	<b>100</b>	BIEGUSTATORZY	K 40	106	00:01:38	00:14:31	<b>00:29:58.15</b>	<b>00:31:36.45</b>	+00:12:05 (40.3%)	5:59	10 (59.5%)
107	<b>WÓJCIK Aneta</b>	<b>1246</b>		K 40	107	00:01:27	00:14:42	<b>00:29:58.65</b>	<b>00:31:26.05</b>	+00:12:05 (40.3%)	5:59	10 (59.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
108	<b>KOWALSKA Beata</b>	<b>526</b>		K 40	108	00:01:19	00:14:23	<b>00:30:03.10</b>	<b>00:31:22.55</b>	+00:12:10 (40.5%)	6:00	10 (59.5%)
109	<b>SZYMAŃSKA Beata</b>	<b>1406</b>		K 40	109	00:01:18	00:14:58	<b>00:30:04.00</b>	<b>00:31:22.85</b>	+00:12:10 (40.5%)	6:00	10 (59.5%)
110	<b>ZIELIŃSKA Marta</b>	<b>1286</b>	JACEKBIEGA RUNNING TEAM	K 40	110	00:01:51	00:14:42	<b>00:30:10.65</b>	<b>00:32:02.55</b>	+00:12:17 (40.7%)	6:02	9.9 (58.9%)
111	<b>GÓRECKA Aleksandra</b>	<b>296</b>		K 40	111	00:01:47	00:15:01	<b>00:30:19.45</b>	<b>00:32:06.75</b>	+00:12:26 (41.0%)	6:03	9.9 (58.9%)
112	<b>MASTALEREK Joanna</b>	<b>684</b>		K 40	112	00:00:01		<b>00:30:22.00</b>	<b>00:30:23.00</b>	+00:12:28 (41.1%)	6:04	9.9 (58.9%)
113	<b>DI FOLCO Veronica</b>	<b>1455</b>		K 40	113	00:01:47	00:15:07	<b>00:30:34.35</b>	<b>00:32:21.80</b>	+00:12:41 (41.5%)	6:06	9.8 (58.3%)
114	<b>LATKA-GROT Julita</b>	<b>597</b>		K 40	114	00:01:39	00:14:51	<b>00:30:35.10</b>	<b>00:32:14.80</b>	+00:12:42 (41.5%)	6:07	9.8 (58.3%)
115	<b>ZIEMAK Edyta</b>	<b>1290</b>	EDYTA ZIEMAK	K 40	115	00:01:29	00:15:06	<b>00:30:44.00</b>	<b>00:32:13.85</b>	+00:12:50 (41.8%)	6:08	9.8 (58.3%)
116	<b>JELEŃIEWSKA Magdalena</b>	<b>1499</b>	MAGDALENA JELEŃIEWSKA	K 40	116	00:01:47	00:15:06	<b>00:30:54.30</b>	<b>00:32:42.10</b>	+00:13:01 (42.1%)	6:10	9.7 (57.7%)
117	<b>MYŚLIBORSKA Olga</b>	<b>751</b>		K 40	117	00:01:54	00:15:13	<b>00:30:54.50</b>	<b>00:32:49.45</b>	+00:13:01 (42.1%)	6:10	9.7 (57.7%)
118	<b>WAŚOWSKA Anna</b>	<b>1187</b>	GRUPA BIEGOWA UM W-WA	K 40	118	00:01:41	00:14:55	<b>00:31:06.75</b>	<b>00:32:48.00</b>	+00:13:13 (42.5%)	6:13	9.6 (57.1%)
119	<b>MICHAŁEK-PENDOWSKA Barbara</b>	<b>1378</b>		K 40	119	00:00:42	00:15:11	<b>00:31:14.45</b>	<b>00:31:57.35</b>	+00:13:21 (42.8%)	6:14	9.6 (57.1%)
120	<b>KARAŚ Agnieszka</b>	<b>421</b>		K 40	120	00:01:28	00:15:05	<b>00:31:23.15</b>	<b>00:32:51.20</b>	+00:13:30 (43.0%)	6:16	9.6 (57.1%)
121	<b>BIELECKA Aleksandra</b>	<b>60</b>		K 40	121	00:01:59	00:15:23	<b>00:31:28.90</b>	<b>00:33:28.00</b>	+00:13:35 (43.2%)	6:17	9.5 (56.5%)
122	<b>GIERKOWSKA Agnieszka</b>	<b>1420</b>		K 40	122	00:02:12	00:15:19	<b>00:31:30.45</b>	<b>00:33:43.30</b>	+00:13:37 (43.2%)	6:18	9.5 (56.5%)
123	<b>ORZECZOWSKA Karolina</b>	<b>803</b>		K 40	123	00:02:03	00:15:35	<b>00:31:31.05</b>	<b>00:33:34.40</b>	+00:13:37 (43.3%)	6:18	9.5 (56.5%)
124	<b>HRYMAK-STANEK Anna</b>	<b>350</b>		K 40	124	00:02:10	00:15:56	<b>00:31:39.55</b>	<b>00:33:50.10</b>	+00:13:46 (43.5%)	6:19	9.5 (56.5%)
125	<b>KRUSZEWSKA-JANCZ Emilia</b>	<b>1479</b>		K 40	125	00:02:03	00:15:47	<b>00:31:42.55</b>	<b>00:33:45.60</b>	+00:13:49 (43.6%)	6:20	9.5 (56.5%)
126	<b>DRÓZDŹ Renata</b>	<b>206</b>		K 40	126	00:01:29	00:15:17	<b>00:31:50.55</b>	<b>00:33:20.15</b>	+00:13:57 (43.8%)	6:22	9.4 (56.0%)
127	<b>STOKOWSKA Angelika</b>	<b>1035</b>		K 40	127	00:02:04	00:15:40	<b>00:31:53.20</b>	<b>00:33:57.80</b>	+00:14:00 (43.9%)	6:22	9.4 (56.0%)
128	<b>PAWŁESA Małgorzata</b>	<b>835</b>		K 40	128	00:00:59	00:16:07	<b>00:31:53.25</b>	<b>00:32:53.15</b>	+00:14:00 (43.9%)	6:22	9.4 (56.0%)
129	<b>KALETA Agnieszka</b>	<b>1508</b>		K 40	129	00:01:37	00:15:35	<b>00:32:05.00</b>	<b>00:33:42.20</b>	+00:14:11 (44.3%)	6:25	9.4 (56.0%)
130	<b>WINDER Agnieszka</b>	<b>1205</b>		K 40	130	00:01:56	00:15:53	<b>00:32:08.40</b>	<b>00:34:04.70</b>	+00:14:15 (44.4%)	6:25	9.3 (55.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
131	<b>TYSZKA Sylwia</b>	<b>1160</b>		K 40	131	00:01:11	00:15:35	<b>00:32:13.55</b>	<b>00:33:24.65</b>	+00:14:20 (44.5%)	6:26	9.3 (55.4%)
132	<b>MYSZOR-CIECIELĄG Monika</b>	<b>750</b>		K 40	132	00:01:44	00:15:43	<b>00:32:18.80</b>	<b>00:34:03.05</b>	+00:14:25 (44.7%)	6:27	9.3 (55.4%)
133	<b>KACZMARSKA Alicja</b>	<b>1454</b>	TI HEALTH CLUB	K 40	133	00:01:47	00:15:38	<b>00:32:22.00</b>	<b>00:34:09.30</b>	+00:14:28 (44.7%)	6:28	9.3 (55.4%)
134	<b>PATAJ Monika</b>	<b>1309</b>		K 40	134	00:01:10		<b>00:32:25.90</b>	<b>00:33:36.85</b>	+00:14:32 (44.9%)	6:29	9.3 (55.4%)
135	<b>SKOMOROWSKA Monika</b>	<b>988</b>		K 40	135	00:01:14	00:15:09	<b>00:32:28.10</b>	<b>00:33:42.80</b>	+00:14:35 (44.9%)	6:29	9.2 (54.8%)
136	<b>FILIPCZYK Hanna</b>	<b>1529</b>		K 40	136	00:02:02	00:16:04	<b>00:32:50.35</b>	<b>00:34:52.40</b>	+00:14:57 (45.5%)	6:34	9.1 (54.2%)
137	<b>LIPIEC Kazimiera</b>	<b>614</b>		K 40	137	00:01:46	00:15:33	<b>00:32:52.10</b>	<b>00:34:38.40</b>	+00:14:59 (45.6%)	6:34	9.1 (54.2%)
138	<b>NOWAK Sandra</b>	<b>777</b>		K 40	138	00:01:32	00:15:59	<b>00:32:53.85</b>	<b>00:34:26.60</b>	+00:15:00 (45.6%)	6:34	9.1 (54.2%)
139	<b>MATYSIAK Agnieszka</b>	<b>695</b>		K 40	139	00:01:04	00:15:46	<b>00:32:55.55</b>	<b>00:34:00.40</b>	+00:15:02 (45.7%)	6:35	9.1 (54.2%)
140	<b>GROCHÓLSKA Aleksandra</b>	<b>1461</b>		K 40	140	00:00:26	00:16:22	<b>00:33:02.45</b>	<b>00:33:28.65</b>	+00:15:09 (45.9%)	6:36	9.1 (54.2%)
141	<b>PATER Agnieszka</b>	<b>829</b>		K 40	141	00:01:41	00:16:22	<b>00:33:05.40</b>	<b>00:34:46.40</b>	+00:15:12 (46.0%)	6:37	9.1 (54.2%)
142	<b>REMISIEWICZ Malgorzata</b>	<b>921</b>		K 40	142	00:01:53	00:16:12	<b>00:33:10.35</b>	<b>00:35:03.85</b>	+00:15:17 (46.1%)	6:38	9 (53.6%)
143	<b>KACZOROWSKA Monika</b>	<b>1523</b>		K 40	143	00:02:04	00:16:22	<b>00:33:12.00</b>	<b>00:35:16.45</b>	+00:15:18 (46.1%)	6:38	9 (53.6%)
144	<b>RUCYK Justyna</b>	<b>938</b>		K 40	144	00:02:08	00:17:16	<b>00:33:20.90</b>	<b>00:35:29.10</b>	+00:15:27 (46.4%)	6:40	9 (53.6%)
145	<b>OLSZEWSKA Katarzyna Bernadetta</b>	<b>1490</b>		K 40	145	00:02:09	00:17:15	<b>00:33:25.25</b>	<b>00:35:34.90</b>	+00:15:32 (46.5%)	6:41	9 (53.6%)
146	<b>BUJALSKA Ewa</b>	<b>108</b>		K 40	146	00:01:58	00:16:21	<b>00:33:32.90</b>	<b>00:35:30.90</b>	+00:15:39 (46.7%)	6:42	8.9 (53.0%)
147	- -	<b>185</b>		K 40	147	00:00:19	00:15:41	<b>00:33:34.60</b>	<b>00:33:53.70</b>	+00:15:41 (46.7%)	6:42	8.9 (53.0%)
148	<b>ROGUSKA Magdalena</b>	<b>925</b>	BIAŁOŁĘKA JEST KOBIETĄ	K 40	148	00:02:07	00:17:17	<b>00:33:38.90</b>	<b>00:35:46.50</b>	+00:15:45 (46.8%)	6:43	8.9 (53.0%)
149	<b>SYLWANOWICZ Marta</b>	<b>1048</b>		K 40	149	00:01:58	00:16:35	<b>00:33:49.85</b>	<b>00:35:47.85</b>	+00:15:56 (47.1%)	6:45	8.9 (53.0%)
150	<b>HRYĆKO-GÓRNICKA Katarzyna</b>	<b>349</b>		K 40	150	00:02:05	00:16:18	<b>00:33:57.35</b>	<b>00:36:02.70</b>	+00:16:04 (47.3%)	6:47	8.8 (52.4%)
151	<b>WYCZÓŁKOWSKA Aneta</b>	<b>1252</b>		K 40	151	00:02:09	00:17:15	<b>00:33:59.85</b>	<b>00:36:08.95</b>	+00:16:06 (47.4%)	6:47	8.8 (52.4%)
152	<b>WRZESINSKA Agata</b>	<b>1249</b>	GRUPA BIEGOWA UM W-WA	K 40	152	00:02:08	00:17:17	<b>00:34:05.20</b>	<b>00:36:13.60</b>	+00:16:12 (47.5%)	6:49	8.8 (52.4%)
153	<b>SZAFRAN Beata</b>	<b>1058</b>	PUMP!T	K 40	153	00:02:09	00:16:54	<b>00:34:11.90</b>	<b>00:36:21.30</b>	+00:16:18 (47.7%)	6:50	8.8 (52.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
154	SZCZEPAŃSKA Halina	1063		K 40	154	00:01:01	00:16:08	00:34:23.15	00:35:24.45	+00:16:30 (48.0%)	6:52	8.7 (51.8%)
155	KAMIŃSKA-DWÓRZNICKA Anna	414		K 40	155	00:02:03	00:17:01	00:34:33.95	00:36:37.30	+00:16:40 (48.3%)	6:54	8.7 (51.8%)
156	MAZUR Kinga	698		K 40	156	00:02:06	00:16:37	00:34:40.40	00:36:46.40	+00:16:47 (48.4%)	6:56	8.7 (51.8%)
157	GURDA Monika	331		K 40	157	00:01:36	00:16:10	00:34:47.80	00:36:24.50	+00:16:54 (48.6%)	6:57	8.6 (51.2%)
158	DOMINIAK Agnieszka	186		K 40	158	00:01:47	00:17:17	00:34:57.50	00:36:44.95	+00:17:04 (48.8%)	6:59	8.6 (51.2%)
159	PLICHCIŃSKA Małgorzata	869	EKONOMIK MOKOTÓW	K 40	159	00:01:58	00:17:02	00:34:58.15	00:36:56.45	+00:17:05 (48.9%)	6:59	8.6 (51.2%)
160	PICEWICZ Agnieszka	1416		K 40	160	00:02:14	00:17:27	00:35:34.15	00:37:48.70	+00:17:41 (49.7%)	7:06	8.4 (50.0%)
161	KRÓL Anna	1417		K 40	161	00:01:47	00:17:14	00:35:41.55	00:37:28.55	+00:17:48 (49.9%)	7:08	8.4 (50.0%)
162	KUCHTA Merilin	1488		K 40	162	00:01:57	00:17:19	00:36:10.35	00:38:07.75	+00:18:17 (50.6%)	7:14	8.3 (49.4%)
163	MILEWSKA Anna	1427		K 40	163	00:02:09	00:17:27	00:36:14.75	00:38:23.95	+00:18:21 (50.7%)	7:14	8.3 (49.4%)
164	KARPIŃSKA Nina	1483	PAWKO RUNNER TEAM	K 40	164	00:01:38	00:18:23	00:37:33.05	00:39:11.95	+00:19:39 (52.4%)	7:30	8 (47.6%)
165	KOWALCZYK Klaudia	524		K 40	165	00:02:19	00:18:23	00:37:52.00	00:40:11.75	+00:19:58 (52.8%)	7:34	7.9 (47.0%)
166	PIOTROWSKA-KRZAK Ela	859		K 40	166	00:01:41	00:18:40	00:38:02.80	00:39:44.60	+00:20:09 (53.0%)	7:36	7.9 (47.0%)
167	ŚLIWCZAK Anna	1385		K 40	167	00:02:19	00:18:42	00:38:07.05	00:40:26.15	+00:20:13 (53.1%)	7:37	7.9 (47.0%)
168	NOWAKOWSKA Anna	781		K 40	168	00:01:57	00:18:51	00:39:44.70	00:41:42.25	+00:21:51 (55.0%)	7:56	7.6 (45.2%)
169	MICHAŁOWSKA Katarzyna	714	TEAM ZABIEGANEDNI / DDRUNNINGTEAM	K 40	169	00:01:11	00:20:57	00:42:49.90	00:44:01.10	+00:24:56 (58.2%)	8:33	7 (41.7%)
170	WILCZYŃSKA Małgorzata	1201		K 40	170	00:00:25	00:21:01	00:43:44.75	00:44:10.25	+00:25:51 (59.1%)	8:44	6.9 (41.1%)
171	FULEK Katarzyna	257		K 40	171	00:00:05	00:21:41	00:43:57.00	00:44:02.20	+00:26:03 (59.3%)	8:47	6.8 (40.5%)
<b>Przekroczony limit czasu: 00:45:00</b>												
172	PASTERNAK Joanna	825	PZU SPORT TEAM	K 40	172	00:02:23	00:24:05	00:50:19.15	00:52:42.65	+00:32:26 (64.5%)	10:03	6 (35.7%)

Znaleziono 172 wynik(ów)