



Wydarzenie: BIEG URSYNOWA
Organizator: Urząd Dzielnicy Warszawa - Ursynów
Data: 2023-06-04
Miejsce: Warszawa
Dystans: 5 km

BIEG URSYNOWA

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K 40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	STELMACH Dominika	1342	ADIDAS RUNNERS WARSAW	K 40	1	adidas Runners Warsaw	00:00:15	00:07:46	00:16:48.25	00:17:03.60		3:21	17.9 (100%)
2	BUBEŁA Magda	1753	LIPIEC RUNNING TEAM	K 40	2	Lipiec Running Team	00:00:16	00:08:47	00:18:43.50	00:18:59.50	+00:01:55 (10.3%)	3:44	16 (89.4%)
3	MAJEWSKA Ewa	829		K 40	3		00:00:19	00:09:36	00:20:46.05	00:21:06.00	+00:03:57 (19.1%)	4:09	14.4 (80.4%)
4	STRUZIK Anna	1354	KRZYSIO TEAM	K 40	4		00:00:22	00:09:40	00:20:51.10	00:21:13.10	+00:04:02 (19.4%)	4:10	14.4 (80.4%)
5	GASIOROWSKA Alicja	342		K 40	5	Żórawski Team	00:00:28	00:09:39	00:20:51.35	00:21:20.00	+00:04:03 (19.4%)	4:10	14.4 (80.4%)
6	SZYMAŃSKA Agnieszka	1413	BIEGOWY WARIAT RUNNING TEAM	K 40	6	Biegowy Wariat Running Team	00:00:22	00:09:38	00:20:57.10	00:21:19.50	+00:04:08 (19.8%)	4:11	14.3 (79.9%)
7	ZAWADZKA Katarzyna	1633		K 40	7		00:00:23	00:09:54	00:21:05.50	00:21:29.15	+00:04:17 (20.3%)	4:13	14.2 (79.3%)
8	TYM Joanna	1483	LIPIEC RUNNING TEAM	K 40	8	Lipiec Running Team	00:00:10	00:09:46	00:21:06.50	00:21:16.55	+00:04:18 (20.4%)	4:13	14.2 (79.3%)
9	SADOWSKA Monika	1228		K 40	9		00:00:23	00:09:54	00:21:10.55	00:21:33.55	+00:04:22 (20.6%)	4:14	14.2 (79.3%)
10	NOWAKOWSKA Katarzyna	969	ADIDAS RUNNERS WARSAW	K 40	10	adidas Runners Warsaw	00:00:46	00:09:52	00:21:33.65	00:22:20.05	+00:04:45 (22.1%)	4:18	13.9 (77.7%)
11	SZTARBAŁA Ewa	1400	LIPIEC RUNNING TEAM	K 40	11		00:00:32	00:10:14	00:22:05.95	00:22:38.15	+00:05:17 (24.0%)	4:25	13.6 (76.0%)
12	GADOMSKA Anna	326	PZU SPORT TEAM	K 40	12	PZU Sport Team	00:01:20	00:10:24	00:22:06.85	00:23:27.40	+00:05:18 (24.0%)	4:25	13.6 (76.0%)
13	BUDNICKA Joanna	125		K 40	13		00:00:10	00:09:58	00:22:20.15	00:22:30.95	+00:05:31 (24.8%)	4:28	13.4 (74.9%)
14	SZWEDA-LEWANDOWSKA Zofia	1406		K 40	14		00:01:28	00:10:46	00:22:43.75	00:24:11.95	+00:05:55 (26.1%)	4:32	13.2 (73.7%)
15	GOGACZ Magdalena	372	URZĄD DZIELNICY URSYNÓW	K 40	15		00:00:54	00:10:46	00:23:15.55	00:24:09.90	+00:06:27 (27.8%)	4:39	12.9 (72.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
16	KAPUŚCIAREK Ela	543		K 40	16		00:01:05	00:10:33	00:23:19.35	00:24:25.10	+00:06:31 (27.9%)	4:39	12.9 (72.1%)
17	NOWACZYŃSKA Katarzyna	965	TEAM ZABIEGANEDNI	K 40	17	Team ZabieganeDni	00:01:03	00:11:15	00:23:23.15	00:24:26.30	+00:06:34 (28.1%)	4:40	12.8 (71.5%)
18	MACIEJEC Dorota	1850		K 40	18		00:00:35	00:10:33	00:23:36.45	00:24:11.70	+00:06:48 (28.8%)	4:43	12.7 (70.9%)
19	JAWORSKA Joanna	481	TEAM ZABIEGANEDNI	K 40	19	Team ZabieganeDni #3	00:01:18	00:11:32	00:23:48.65	00:25:06.75	+00:07:00 (29.4%)	4:45	12.6 (70.4%)
20	BUJNOWSKA Eliza	131	VEGE RUNNERS	K 40	20	Vege Runners Ursynów	00:00:53	00:11:03	00:23:49.80	00:24:43.00	+00:07:01 (29.5%)	4:45	12.6 (70.4%)
21	JAREK Katarzyna	470		K 40	21		00:01:01	00:11:01	00:24:12.75	00:25:14.40	+00:07:24 (30.6%)	4:50	12.4 (69.3%)
22	KIERASIŃSKA Dorota	578	TEAM ZABIEGANEDNI	K 40	22	Team ZabieganeDni	00:01:27	00:11:48	00:24:13.70	00:25:41.55	+00:07:25 (30.6%)	4:50	12.4 (69.3%)
23	NAWROCKA Roma	953	GRUPA BIEGOWA UM W-WA	K 40	23	Grupa Biegowa UM W-wa	00:00:36	00:11:31	00:24:29.85	00:25:06.40	+00:07:41 (31.4%)	4:53	12.3 (68.7%)
24	DOLIŃSKA Agnieszka	246	WARSAW RUN CLUB	K 40	24	Warsaw Run Club	00:01:20	00:11:43	00:24:34.45	00:25:55.10	+00:07:46 (31.6%)	4:54	12.2 (68.2%)
25	PADEREWSKA Olga	1886	PAWKO RUNNER TEAM	K 40	25	Pawko Runner Team	00:01:03	00:11:15	00:24:37.05	00:25:40.45	+00:07:48 (31.7%)	4:55	12.2 (68.2%)
26	FABISIAK Anna	290	TEAM ZABIEGANEDNI	K 40	26	Team ZabieganeDni #3	00:01:18	00:11:41	00:24:37.35	00:25:55.45	+00:07:49 (31.8%)	4:55	12.2 (68.2%)
27	PIOTROWSKA Edyta	1081	BRACTWO BIEGOWE BGK	K 40	27	Bractwo Biegowe BGK	00:01:39	00:11:38	00:24:47.35	00:26:26.40	+00:07:59 (32.2%)	4:57	12.1 (67.6%)
28	SIDORCZUK-KUMOSA Dorota	1245	TEAM ZABIEGANEDNI	K 40	28	Team ZabieganeDni	00:01:27	00:11:50	00:24:49.35	00:26:17.00	+00:08:01 (32.3%)	4:57	12.1 (67.6%)
29	KOWALSKA Kasia	672	TEAM ZABIEGANEDNI	K 40	29	Team ZabieganeDni #4	00:01:44	00:11:53	00:24:55.70	00:26:40.55	+00:08:07 (32.6%)	4:59	12 (67.0%)
30	WOSINSKA Magdalena	1579	ULTRA LASKI	K 40	30		00:01:08	00:11:30	00:24:56.05	00:26:04.55	+00:08:07 (32.6%)	4:59	12 (67.0%)
31	KLIMKIEWICZ Beata	599		K 40	31		00:00:22	00:11:24	00:24:59.85	00:25:22.65	+00:08:11 (32.8%)	4:59	12 (67.0%)
32	KOŁODZIEJSKA Iwona	620		K 40	32		00:01:35	00:11:54	00:25:03.45	00:26:39.05	+00:08:15 (32.9%)	5:00	12 (67.0%)
33	ZAMYŁKO Lidia	1622		K 40	33		00:03:19	00:12:04	00:25:16.25	00:28:35.90	+00:08:28 (33.5%)	5:03	11.9 (66.5%)
34	BORETA Marzena	1749	BIEGOWY WARIAT RUNNING TEAM	K 40	34		00:00:58	00:11:33	00:25:18.60	00:26:16.65	+00:08:30 (33.6%)	5:03	11.9 (66.5%)
35	PUCZYŃSKA Renata	1144		K 40	35		00:00:49	00:11:16	00:25:18.85	00:26:08.50	+00:08:30 (33.6%)	5:03	11.9 (66.5%)
36	PIASECZYŃSKA-JAMBOR Agata	1058	ŻÓRAWSKI TEAM	K 40	36	Żórawski Team	00:00:50	00:11:42	00:25:22.35	00:26:12.70	+00:08:34 (33.8%)	5:04	11.8 (65.9%)
37	PRUSAK Marta	1130	TEAM ZABIEGANEDNI	K 40	37	Team ZabieganeDni #2	00:01:45	00:12:23	00:25:35.00	00:27:20.05	+00:08:46 (34.3%)	5:07	11.7 (65.4%)
38	RÓŻAK-RUKUSZEWICZ Magdalena	1200	DZIKIE GRUBASY SZATANA	K 40	38		00:01:31	00:11:55	00:25:35.10	00:27:06.55	+00:08:46 (34.3%)	5:07	11.7 (65.4%)

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39	FIEDOROWICZ Ewa	303		K 40	39	Pracująca Trójka	00:01:14	00:11:57	00:25:37.30	00:26:51.45	+00:08:49 (34.4%)	5:07	11.7 (65.4%)
40	JÓŹWIAK Agnieszka	2138		K 40	40		00:00:59	00:11:52	00:25:47.65	00:26:47.40	+00:08:59 (34.9%)	5:09	11.6 (64.8%)
41	MARKOWSKA Oktawia	859	BIEGAJ Z DYMKIEM	K 40	41		00:01:28	00:12:07	00:25:48.00	00:27:16.20	+00:08:59 (34.9%)	5:09	11.6 (64.8%)
42	KARPIŃSKA-GROMEK Monika	550	KS LEMIESZ TEAM	K 40	42		00:01:22	00:11:52	00:25:53.55	00:27:16.35	+00:09:05 (35.1%)	5:10	11.6 (64.8%)
43	KALUZNA Justyna	530		K 40	43		00:01:35	00:12:42	00:25:55.95	00:27:31.85	+00:09:07 (35.2%)	5:11	11.6 (64.8%)
44	FABROWICZ Katarzyna	292		K 40	44		00:01:29	00:11:50	00:25:58.20	00:27:27.35	+00:09:09 (35.3%)	5:11	11.6 (64.8%)
45	PAŃCZYK Joanna	1034	THE PAŃCZYKS	K 40	45		00:01:21	00:12:15	00:25:59.55	00:27:21.30	+00:09:11 (35.3%)	5:11	11.5 (64.2%)
46	ZARZYCKA Ola	1627		K 40	46		00:00:32	00:12:00	00:26:04.40	00:26:36.70	+00:09:16 (35.6%)	5:12	11.5 (64.2%)
47	SIWEK Anna	1265		K 40	47		00:01:27	00:11:48	00:26:10.65	00:27:37.90	+00:09:22 (35.8%)	5:14	11.5 (64.2%)
48	WINNICKA-MACKENTHUN Agnieszka	1545		K 40	48		00:01:32	00:12:54	00:26:44.30	00:28:16.75	+00:09:56 (37.2%)	5:20	11.2 (62.6%)
49	CZERNIAWSKA Joanna	1768		K 40	49		00:01:42	00:12:22	00:26:44.35	00:28:26.60	+00:09:56 (37.2%)	5:20	11.2 (62.6%)
50	PATER Agnieszka	1891	THE GREEN RUNNERS	K 40	50		00:02:14	00:12:25	00:26:46.50	00:29:00.55	+00:09:58 (37.2%)	5:21	11.2 (62.6%)
51	CHARMUSZKO Monika	152		K 40	51		00:01:41	00:12:47	00:26:46.50	00:28:27.65	+00:09:58 (37.2%)	5:21	11.2 (62.6%)
52	PRASEK Agata	1118		K 40	52		00:02:03	00:12:50	00:26:48.80	00:28:51.90	+00:10:00 (37.3%)	5:21	11.2 (62.6%)
53	OLSZEWSKA Dorota	1000	BRACTWO BIEGOWE BGK	K 40	53	Bractwo Biegowe BGK	00:01:38	00:12:26	00:26:50.70	00:28:29.60	+00:10:02 (37.4%)	5:22	11.2 (62.6%)
54	DZIDA Barbara	281	TEAM ZABIEGANE DNI	K 40	54		00:01:44	00:12:25	00:26:57.70	00:28:42.25	+00:10:09 (37.7%)	5:23	11.1 (62.0%)
55	GŁADECKA Marzena	363	GÓRA BIEGA	K 40	55	Góra Biega	00:02:10	00:12:51	00:26:59.45	00:29:10.35	+00:10:11 (37.7%)	5:23	11.1 (62.0%)
56	BARTOSIAK Beata	53		K 40	56		00:01:44	00:12:36	00:27:01.00	00:28:45.60	+00:10:12 (37.8%)	5:24	11.1 (62.0%)
57	FORNALIK Iwona	1784	WITC	K 40	57		00:00:30	00:12:41	00:27:03.55	00:27:34.00	+00:10:15 (37.9%)	5:24	11.1 (62.0%)
58	BZURA Emilia	143		K 40	58		00:01:49	00:12:29	00:27:03.75	00:28:53.65	+00:10:15 (37.9%)	5:24	11.1 (62.0%)
59	GĄSOWSKA-ŚLIWIŃSKA Renata	349	DREAM RUN	K 40	59	Dream Run	00:03:11	00:12:52	00:27:05.75	00:30:16.95	+00:10:17 (38.0%)	5:25	11.1 (62.0%)
60	GÓRSKA Sylwia	390	GÓRA BIEGA	K 40	60	Góra Biega	00:02:11	00:12:51	00:27:06.30	00:29:17.30	+00:10:18 (38.0%)	5:25	11.1 (62.0%)
61	KŁĘK Magdalena	603	BEZLITOŚNI	K 40	61		00:02:19	00:12:44	00:27:10.65	00:29:30.10	+00:10:22 (38.2%)	5:26	11 (61.5%)

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62	WRONA Milena	1997		K 40	62		00:01:52	00:12:43	00:27:12.15	00:29:04.50	+00:10:23 (38.2%)	5:26	11 (61.5%)
63	PIECHOCKA Katarzyna	1061	BIEGOWY WARIAT RUNNING TEAM	K 40	63	Biegowy Wariat Running Team	00:01:40	00:12:55	00:27:14.00	00:28:54.85	+00:10:25 (38.3%)	5:26	11 (61.5%)
64	ZACZYK Alicja	1607	MAMA W MARATONIE	K 40	64		00:03:11	00:13:05	00:27:19.25	00:30:31.00	+00:10:31 (38.5%)	5:27	11 (61.5%)
65	SIKORA Zuzanna	1255	PZU SPORT TEAM	K 40	65	PZU Sport Team	00:01:55	00:12:42	00:27:19.95	00:29:15.55	+00:10:31 (38.5%)	5:27	11 (61.5%)
66	TARNAWSKA Dorota	1438		K 40	66		00:01:04	00:12:29	00:27:22.05	00:28:26.80	+00:10:33 (38.6%)	5:28	11 (61.5%)
67	KRÓL Monika	699	TEAM ZABIEGANEDNI	K 40	67	Team ZabieganeDni #4	00:01:49	00:12:39	00:27:28.70	00:29:17.85	+00:10:40 (38.8%)	5:29	10.9 (60.9%)
68	CZERWONKA-KITA Marta	210		K 40	68		00:02:12	00:13:08	00:27:34.25	00:29:46.85	+00:10:46 (39.1%)	5:30	10.9 (60.9%)
69	PATALAS Agnieszka	1890		K 40	69		00:02:29	00:12:49	00:27:35.30	00:30:04.70	+00:10:47 (39.1%)	5:31	10.9 (60.9%)
70	WIECZOREK Iza	1526		K 40	70		00:02:53	00:12:35	00:27:39.20	00:30:32.60	+00:10:50 (39.2%)	5:31	10.8 (60.3%)
71	KOPEĆ Patrycja	631		K 40	71		00:02:26	00:13:10	00:27:45.25	00:30:11.55	+00:10:57 (39.5%)	5:33	10.8 (60.3%)
72	GRABEK Anna	1795	CLV LO	K 40	72		00:01:52	00:13:21	00:27:49.15	00:29:41.55	+00:11:00 (39.6%)	5:33	10.8 (60.3%)
73	MATYSIAK Agnieszka	881		K 40	73		00:02:04	00:13:17	00:27:49.20	00:29:53.65	+00:11:00 (39.6%)	5:33	10.8 (60.3%)
74	LECHOWICZ Katarzyna	765		K 40	74		00:02:00	00:13:21	00:27:50.40	00:29:51.30	+00:11:02 (39.6%)	5:34	10.8 (60.3%)
75	PATEREK Ada	1041	12TRI.PL	K 40	75		00:02:04	00:13:18	00:27:51.60	00:29:55.85	+00:11:03 (39.7%)	5:34	10.8 (60.3%)
76	DESKA Karolina	232		K 40	76		00:01:51	00:13:15	00:27:53.15	00:29:44.65	+00:11:04 (39.7%)	5:34	10.8 (60.3%)
77	BARNAS Ilona	52		K 40	77		00:02:52	00:13:12	00:27:53.85	00:30:46.50	+00:11:05 (39.8%)	5:34	10.8 (60.3%)
78	SOKOŁOWSKA Anna	1311		K 40	78		00:02:05	00:13:06	00:27:54.95	00:30:00.75	+00:11:06 (39.8%)	5:34	10.8 (60.3%)
79	WITKOWSKA Magda	1552		K 40	79		00:03:19	00:13:19	00:27:55.20	00:31:14.25	+00:11:06 (39.8%)	5:35	10.7 (59.8%)
80	APANOWICZ Angelika	31		K 40	80		00:02:03	00:13:17	00:27:56.55	00:30:00.30	+00:11:08 (39.9%)	5:35	10.7 (59.8%)
81	PAŚNIK Joanna	1040	JACWIEŻ	K 40	81		00:02:05		00:27:57.10	00:30:02.95	+00:11:08 (39.9%)	5:35	10.7 (59.8%)
82	REGUŁA Maja	1175		K 40	82		00:00:59	00:13:27	00:28:03.15	00:29:02.30	+00:11:14 (40.1%)	5:36	10.7 (59.8%)
83	MĘDEL Marta	894		K 40	83		00:02:45	00:13:16	00:28:14.30	00:31:00.05	+00:11:26 (40.5%)	5:38	10.6 (59.2%)
84	GARGAS-MARUT Małgorzata	339	PZU SPORT TEAM	K 40	84		00:02:08	00:13:10	00:28:22.35	00:30:30.70	+00:11:34 (40.8%)	5:40	10.6 (59.2%)

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85	GÓRZYŃSKA Anna	395		K 40	85		00:01:21	00:12:46	00:28:23.05	00:29:44.40	+00:11:34 (40.8%)	5:40	10.6 (59.2%)
86	ADAMUS Katarzyna	17	DECATHLON	K 40	86	Decathlon	00:02:12	00:13:16	00:28:24.30	00:30:36.90	+00:11:36 (40.8%)	5:40	10.6 (59.2%)
87	LASZCZKA Renata	762	ADIDAS RUNNERS WARSAW	K 40	87	adidas Runners Warsaw	00:02:15	00:13:21	00:28:27.45	00:30:42.80	+00:11:39 (40.9%)	5:41	10.5 (58.7%)
88	MISIORNY Magdalena	911		K 40	88		00:02:37	00:13:48	00:28:27.45	00:31:05.25	+00:11:39 (40.9%)	5:41	10.5 (58.7%)
89	KONATOWICZ Iwona	624	ADIDAS RUNNERS WARSAW	K 40	89	adidas Runners Warsaw	00:02:09	00:13:08	00:28:31.50	00:30:41.40	+00:11:43 (41.1%)	5:42	10.5 (58.7%)
90	TALAJKO Dorota	1437		K 40	90		00:00:35	00:13:18	00:28:36.90	00:29:12.80	+00:11:48 (41.3%)	5:43	10.5 (58.7%)
91	LASKUS Anna	761		K 40	91		00:01:24	00:13:14	00:28:37.25	00:30:01.45	+00:11:49 (41.3%)	5:43	10.5 (58.7%)
92	RUCYK Justyna	1203		K 40	92	Biegam Dobrze dla Fundacji SYNAPSIS	00:02:03	00:13:18	00:28:42.35	00:30:46.30	+00:11:54 (41.5%)	5:44	10.5 (58.7%)
93	WASILEWSKA Małgorzata	1979		K 40	93		00:03:00	00:13:17	00:28:49.50	00:31:50.15	+00:12:01 (41.7%)	5:45	10.4 (58.1%)
94	WIŚNIEWSKA Magdalena	1548		K 40	94		00:02:35	00:13:59	00:28:49.85	00:31:25.45	+00:12:01 (41.7%)	5:45	10.4 (58.1%)
95	SZYMAŃCZAK Magdalena	1959		K 40	95		00:01:01	00:13:08	00:29:06.95	00:30:08.40	+00:12:18 (42.3%)	5:49	10.3 (57.5%)
96	STAŃCZAK Dominika	1335	TEAM ZABIEGANEDNI	K 40	96	Team ZabieganeDni	00:02:41	00:14:22	00:29:08.95	00:31:50.65	+00:12:20 (42.4%)	5:49	10.3 (57.5%)
97	KOWALSKA Paulina	673		K 40	97		00:01:25	00:13:19	00:29:09.35	00:30:35.30	+00:12:21 (42.4%)	5:49	10.3 (57.5%)
98	KRULAK Marzena	703	KRULACZKI TEAM	K 40	98		00:02:50	00:13:59	00:29:10.05	00:32:00.50	+00:12:21 (42.4%)	5:50	10.3 (57.5%)
99	VIARBITSKAYA Tatsiana	1500		K 40	99	ITMRun	00:03:21	00:13:28	00:29:13.20	00:32:34.35	+00:12:24 (42.5%)	5:50	10.3 (57.5%)
100	HRYMAK Anka	437		K 40	100		00:02:08	00:13:18	00:29:14.40	00:31:22.70	+00:12:26 (42.5%)	5:50	10.3 (57.5%)
101	PRZEWODOWSKA Agnieszka	1134		K 40	101		00:02:10	00:13:57	00:29:14.60	00:31:24.80	+00:12:26 (42.5%)	5:50	10.3 (57.5%)
102	CHRZANOWSKA Małgorzata	1758		K 40	102		00:01:05	00:12:41	00:29:14.85	00:30:20.25	+00:12:26 (42.5%)	5:50	10.3 (57.5%)
103	SZEJTUS Beata	196		K 40	103		00:03:13	00:13:49	00:29:20.30	00:32:33.75	+00:12:32 (42.7%)	5:52	10.2 (57.0%)
104	WITEK Dagmara	1551		K 40	104		00:02:11	00:13:48	00:29:20.75	00:31:32.25	+00:12:32 (42.7%)	5:52	10.2 (57.0%)
105	STĘPIEŃ Sylwia	1346		K 40	105		00:01:21	00:13:37	00:29:21.15	00:30:43.10	+00:12:32 (42.8%)	5:52	10.2 (57.0%)
106	DUBEK Katarzyna	263		K 40	106		00:02:26	00:14:17	00:29:23.30	00:31:49.75	+00:12:35 (42.8%)	5:52	10.2 (57.0%)
107	SOŁOWIOW Marzena	1318		K 40	107		00:02:39	00:14:02	00:29:23.85	00:32:03.40	+00:12:35 (42.8%)	5:52	10.2 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
108	GRYGOWSKA Beata	415		K 40	108		00:01:07	00:13:24	00:29:24.15	00:30:31.90	+00:12:35 (42.8%)	5:52	10.2 (57.0%)
109	KOWALSKA Kinga	674	KB PACE WARSZAWA	K 40	109	KB Pace Warszawa	00:02:25	00:13:59	00:29:25.85	00:31:51.40	+00:12:37 (42.9%)	5:53	10.2 (57.0%)
110	KUZNETSOVA Svitlana	749		K 40	110		00:02:14	00:13:52	00:29:26.10	00:31:40.60	+00:12:37 (42.9%)	5:53	10.2 (57.0%)
111	ŻURALSKA Aleksandra	2139		K 40	111		00:01:19	00:13:20	00:29:31.60	00:30:51.25	+00:12:43 (43.1%)	5:54	10.2 (57.0%)
112	UŁANEK Kamila	1491		K 40	112		00:02:34	00:13:59	00:29:33.15	00:32:07.30	+00:12:44 (43.1%)	5:54	10.2 (57.0%)
113	GÓRECKA Katarzyna	1794		K 40	113		00:01:13	00:13:26	00:29:38.95	00:30:52.25	+00:12:50 (43.3%)	5:55	10.1 (56.4%)
114	JANCZEWSKA Ewa	463		K 40	114		00:02:21	00:14:04	00:29:42.95	00:32:04.05	+00:12:54 (43.5%)	5:56	10.1 (56.4%)
115	BINDER Marta	84		K 40	115		00:02:57	00:14:12	00:29:43.20	00:32:40.80	+00:12:54 (43.5%)	5:56	10.1 (56.4%)
116	PIEKARSKA Gosia	1065		K 40	116		00:00:32	00:13:40	00:29:45.05	00:30:17.10	+00:12:56 (43.5%)	5:57	10.1 (56.4%)
117	SKALSKA Karolina	1267		K 40	117		00:02:19	00:14:08	00:29:47.65	00:32:06.90	+00:12:59 (43.6%)	5:57	10.1 (56.4%)
118	MAŁEK Karolina	843		K 40	118		00:03:18	00:13:59	00:29:48.75	00:33:07.40	+00:13:00 (43.6%)	5:57	10.1 (56.4%)
119	DI FOLCO Veronica	237	TI HEALTH CLUB	K 40	119	TI Health Club	00:01:44	00:14:18	00:29:56.50	00:31:40.70	+00:13:08 (43.9%)	5:59	10 (55.9%)
120	PIOTROWSKA Ewa	1898		K 40	120		00:00:05	00:13:28	00:29:58.85	00:30:03.90	+00:13:10 (44.0%)	5:59	10 (55.9%)
121	JUŚKO Elwira	509	KWADRANS TEAM	K 40	121		00:02:10	00:13:54	00:30:01.70	00:32:12.45	+00:13:13 (44.0%)	6:00	10 (55.9%)
122	BRZOZOWSKA Magdalena	117	BIEGUSTATORZY	K 40	122		00:02:33	00:14:00	00:30:04.35	00:32:38.05	+00:13:16 (44.1%)	6:00	10 (55.9%)
123	INCI Marta	442		K 40	123		00:02:51	00:13:47	00:30:05.85	00:32:57.60	+00:13:17 (44.2%)	6:01	10 (55.9%)
124	LASZUK Katarzyna	1699		K 40	124		00:02:19	00:14:12	00:30:10.50	00:32:29.60	+00:13:22 (44.3%)	6:02	9.9 (55.3%)
125	ZAWICKA Angelina	1636		K 40	125		00:02:21	00:14:47	00:30:10.75	00:32:32.35	+00:13:22 (44.3%)	6:02	9.9 (55.3%)
126	SKOMOROWSKA Monika	1275		K 40	126		00:01:22	00:13:40	00:30:14.60	00:31:37.35	+00:13:26 (44.4%)	6:02	9.9 (55.3%)
127	SZAJEWSKA Agnieszka	1381	TEAM ZABIEGANEDNI	K 40	127	Team ZabieganeDni	00:02:22	00:14:04	00:30:15.35	00:32:38.15	+00:13:27 (44.5%)	6:03	9.9 (55.3%)
128	TORZEWSKA Agnieszka	1456	BEMOWO BIEGA	K 40	128		00:02:15	00:13:57	00:30:15.90	00:32:31.05	+00:13:27 (44.5%)	6:03	9.9 (55.3%)
129	BUREK Kasia	139		K 40	129		00:02:05	00:14:10	00:30:19.55	00:32:25.05	+00:13:31 (44.6%)	6:03	9.9 (55.3%)
130	FALACIŃSKA Monika	294		K 40	130		00:03:08	00:14:42	00:30:46.70	00:33:55.30	+00:13:58 (45.4%)	6:09	9.8 (54.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
131	LISZEWSKA Dominika	1843		K 40	131		00:02:38	00:14:46	00:30:47.25	00:33:25.90	+00:13:59 (45.4%)	6:09	9.7 (54.2%)
132	TYRANKIEWICZ Kamila	1484		K 40	132		00:01:24	00:14:19	00:30:50.65	00:32:14.85	+00:14:02 (45.5%)	6:10	9.7 (54.2%)
133	DRÓŹDŹ Renata	260		K 40	133		00:01:56	00:14:22	00:30:51.10	00:32:47.80	+00:14:02 (45.5%)	6:10	9.7 (54.2%)
134	STEFAŃSKA Joanna	1341		K 40	134		00:02:53	00:14:02	00:30:59.60	00:33:52.80	+00:14:11 (45.8%)	6:11	9.7 (54.2%)
135	GIERKOWSKA Agnieszka	356		K 40	135		00:02:51	00:13:41	00:31:00.10	00:33:51.55	+00:14:11 (45.8%)	6:12	9.7 (54.2%)
136	SMOLEŃSKA Małgorzata	1294		K 40	136		00:02:46	00:13:50	00:31:11.25	00:33:57.85	+00:14:23 (46.1%)	6:14	9.6 (53.6%)
137	ORZECHOWSKA Karolina	1005		K 40	137		00:02:54	00:14:43	00:31:14.85	00:34:08.85	+00:14:26 (46.2%)	6:14	9.6 (53.6%)
138	GIL Elżbieta	1789		K 40	138		00:01:57	00:13:49	00:31:18.15	00:33:15.50	+00:14:29 (46.3%)	6:15	9.6 (53.6%)
139	MIKULSKA Sylwia	905		K 40	139		00:02:28	00:13:43	00:31:22.85	00:33:51.65	+00:14:34 (46.5%)	6:16	9.6 (53.6%)
140	JAGLIŃSKA Anna	451		K 40	140		00:02:36	00:14:00	00:31:26.95	00:34:03.50	+00:14:38 (46.6%)	6:17	9.5 (53.1%)
141	LAZAREVA Svetlana	1711		K 40	141		00:02:22	00:14:49	00:31:37.70	00:34:00.60	+00:14:49 (46.9%)	6:19	9.5 (53.1%)
142	MITURA Anna	915		K 40	142		00:02:44	00:14:34	00:31:37.75	00:34:22.70	+00:14:49 (46.9%)	6:19	9.5 (53.1%)
143	KACZMARSKA Alicja	514	TI HEALTH CLUB	K 40	143	TI Health Club	00:02:07	00:14:47	00:31:38.90	00:33:46.05	+00:14:50 (46.9%)	6:19	9.5 (53.1%)
144	OLSZEWSKA Katarzyna Bernadetta	2147		K 40	144		00:03:03	00:15:26	00:31:40.75	00:34:43.75	+00:14:52 (47.0%)	6:20	9.5 (53.1%)
145	ŻÓŁTOWSKA Dominika	1669	NAPRZÓD MŁOCINY	K 40	145		00:02:17	00:14:14	00:31:43.70	00:34:01.60	+00:14:55 (47.0%)	6:20	9.5 (53.1%)
146	LIPIEC Kazimiera	785		K 40	146		00:03:11	00:14:19	00:31:53.75	00:35:04.85	+00:15:05 (47.3%)	6:22	9.4 (52.5%)
147	BALCERZAK Monika	43		K 40	147		00:01:34	00:14:04	00:31:54.80	00:33:28.80	+00:15:06 (47.3%)	6:22	9.4 (52.5%)
148	MICHAŁEK-PENDOWSKA Barbara	900		K 40	148		00:01:54	00:14:46	00:31:58.70	00:33:53.20	+00:15:10 (47.5%)	6:23	9.4 (52.5%)
149	FONGANG Aleksandra	315		K 40	149		00:02:50	00:15:14	00:32:25.50	00:35:16.40	+00:15:37 (48.2%)	6:29	9.3 (52.0%)
150	MATYSZCZAK Monika	882	KENKO	K 40	150	KENKO	00:02:59	00:15:48	00:32:32.90	00:35:32.35	+00:15:44 (48.4%)	6:30	9.2 (51.4%)
151	SKARZYŃSKA Katarzyna	1269		K 40	151		00:03:05	00:15:48	00:32:34.95	00:35:40.35	+00:15:46 (48.4%)	6:30	9.2 (51.4%)
152	KALMAN Anita	528		K 40	152		00:02:54	00:15:27	00:32:36.10	00:35:30.70	+00:15:47 (48.5%)	6:31	9.2 (51.4%)
153	SZAFRAN Beata	1380	PUMP!T	K 40	153		00:01:11	00:15:20	00:32:38.25	00:33:50.20	+00:15:50 (48.5%)	6:31	9.2 (51.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
154	STRZELCZYK Olga	1358		K 40	154		00:02:25	00:14:53	00:32:43.15	00:35:08.55	+00:15:54 (48.6%)	6:32	9.2 (51.4%)
155	MODRZEJEWSKA Anna	1866		K 40	155		00:02:04	00:13:51	00:32:45.55	00:34:50.45	+00:15:57 (48.7%)	6:33	9.2 (51.4%)
156	KWAPISIEWICZ Katarzyna	751		K 40	156		00:03:02	00:15:21	00:32:49.60	00:35:52.05	+00:16:01 (48.8%)	6:33	9.1 (50.8%)
157	MYŚLIBORSKA Olga	943		K 40	157		00:01:20	00:15:03	00:32:56.75	00:34:16.75	+00:16:08 (49.0%)	6:35	9.1 (50.8%)
158	WŁODARCZYK Eulalia	1558		K 40	158		00:03:19	00:15:58	00:33:08.85	00:36:28.70	+00:16:20 (49.3%)	6:37	9.1 (50.8%)
159	BRODZIK Małgosia	111		K 40	159		00:02:14	00:14:48	00:33:14.45	00:35:28.90	+00:16:26 (49.4%)	6:38	9 (50.3%)
160	ŻELAZKO Joanna	2133		K 40	160		00:01:59	00:14:35	00:33:21.80	00:35:21.50	+00:16:33 (49.6%)	6:40	9 (50.3%)
161	KAIM-MIERZWICKA Katarzyna	517		K 40	161		00:02:45	00:15:12	00:33:23.15	00:36:08.60	+00:16:34 (49.7%)	6:40	9 (50.3%)
162	ZALEWSKA Agnieszka	1618		K 40	162		00:00:11	00:15:01	00:33:31.80	00:33:42.90	+00:16:43 (49.9%)	6:42	9 (50.3%)
163	BUDEK Ewa	123		K 40	163		00:02:39	00:14:54	00:33:32.40	00:36:11.40	+00:16:44 (49.9%)	6:42	8.9 (49.7%)
164	FILIPCZYK Hanna	306		K 40	164	Pracująca Trójka	00:02:50	00:15:53	00:33:34.60	00:36:24.75	+00:16:46 (50.0%)	6:42	8.9 (49.7%)
165	STASIAK Joanna	1337		K 40	165		00:03:04	00:16:16	00:33:40.70	00:36:45.65	+00:16:52 (50.1%)	6:44	8.9 (49.7%)
166	KILIAN Monika	1815		K 40	166		00:03:04	00:16:16	00:33:41.05	00:36:45.95	+00:16:52 (50.1%)	6:44	8.9 (49.7%)
167	TYSZKA Sylwia	1485		K 40	167		00:01:56	00:15:33	00:33:48.20	00:35:44.50	+00:16:59 (50.3%)	6:45	8.9 (49.7%)
168	KLIBER Katarzyna	1816		K 40	168		00:03:38	00:15:49	00:33:49.30	00:37:28.20	+00:17:01 (50.3%)	6:45	8.9 (49.7%)
169	PODLECKA Anna	1098		K 40	169		00:03:21	00:15:04	00:34:01.40	00:37:23.15	+00:17:13 (50.6%)	6:48	8.8 (49.2%)
170	PROKOPCZYK Aleksandra	1911		K 40	170		00:03:07	00:17:37	00:34:12.85	00:37:20.00	+00:17:24 (50.9%)	6:50	8.8 (49.2%)
171	KOWALEWSKA Katarzyna	669		K 40	171		00:02:25	00:15:25	00:34:17.25	00:36:43.10	+00:17:29 (51.0%)	6:51	8.8 (49.2%)
172	MASTALEREK Joanna	868		K 40	172		00:02:41	00:15:12	00:34:17.35	00:36:59.10	+00:17:29 (51.0%)	6:51	8.8 (49.2%)
173	ZAMORSKA Monika	2126		K 40	173		00:02:42	00:15:20	00:34:19.55	00:37:01.75	+00:17:31 (51.0%)	6:51	8.7 (48.6%)
174	MYSZOR-CIECIELĄG Monika	942		K 40	174		00:02:55	00:15:59	00:34:28.60	00:37:24.35	+00:17:40 (51.3%)	6:53	8.7 (48.6%)
175	SZNAJDER Beata	1395		K 40	175		00:01:08	00:15:22	00:34:34.25	00:35:42.85	+00:17:46 (51.4%)	6:54	8.7 (48.6%)
176	PLICHCIŃSKA Małgorzata	1089	EKONOMIK MOKOTÓW	K 40	176		00:02:58	00:16:09	00:34:41.20	00:37:39.35	+00:17:52 (51.6%)	6:56	8.6 (48.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
177	JEKIMOW Joanna	486		K 40	177		00:02:17	00:15:35	00:34:42.95	00:37:00.05	+00:17:54 (51.6%)	6:56	8.6 (48.0%)
178	FRYDRYCH Katarzyna	322		K 40	178		00:03:07	00:16:21	00:34:47.10	00:37:54.55	+00:17:58 (51.7%)	6:57	8.6 (48.0%)
179	ŁAZARECKA Magda	799		K 40	179		00:03:04	00:16:23	00:35:15.60	00:38:20.00	+00:18:27 (52.3%)	7:03	8.5 (47.5%)
180	DWURZYŃSKA Sylwia	274		K 40	180		00:02:46	00:15:42	00:35:20.40	00:38:07.35	+00:18:32 (52.5%)	7:04	8.5 (47.5%)
181	KOPCZYŃSKA Judyta	1820	MARKOWI BIEGACZE	K 40	181		00:01:55	00:15:43	00:35:39.80	00:37:34.90	+00:18:51 (52.9%)	7:07	8.4 (46.9%)
182	SIEROCINSKA-RUDZINSKA Anna	1250		K 40	182		00:02:06	00:16:43	00:35:56.35	00:38:02.50	+00:19:08 (53.2%)	7:11	8.3 (46.4%)
183	MISTRZAK Marta	912		K 40	183		00:03:37	00:17:05	00:36:12.20	00:39:49.30	+00:19:23 (53.6%)	7:14	8.3 (46.4%)
184	BISOWSKA Katarzyna	86	MARUDY Z KOBYŁKI	K 40	184	Marudy z Kobyłki	00:03:05	00:16:22	00:36:39.75	00:39:45.25	+00:19:51 (54.2%)	7:19	8.2 (45.8%)
185	RANKOWSKA Ewa	1913		K 40	185		00:03:14	00:17:09	00:36:43.95	00:39:58.70	+00:19:55 (54.3%)	7:20	8.2 (45.8%)
186	GAJDA Agnieszka	330	-	K 40	186		00:02:54	00:16:31	00:36:51.10	00:39:45.40	+00:20:02 (54.4%)	7:22	8.1 (45.3%)
187	NIKODEMSKA-FABISZ Małgorzata	962	PZU SPORT TEAM	K 40	187		00:02:53	00:17:58	00:36:54.15	00:39:47.70	+00:20:05 (54.5%)	7:22	8.1 (45.3%)
188	KULETA Małgorzata	737		K 40	188		00:03:25	00:16:11	00:37:04.20	00:40:29.60	+00:20:15 (54.7%)	7:24	8.1 (45.3%)
189	CHAMERSKA Katarzyna	1754		K 40	189		00:03:00	00:16:50	00:37:06.75	00:40:07.30	+00:20:18 (54.7%)	7:25	8.1 (45.3%)
190	JURCZAK Karolina	499		K 40	190		00:03:30	00:17:43	00:37:18.35	00:40:49.15	+00:20:30 (55.0%)	7:27	8 (44.7%)
191	MAZUR Kinga	886		K 40	191		00:03:04	00:16:47	00:37:22.40	00:40:26.60	+00:20:34 (55.0%)	7:28	8 (44.7%)
192	SYPIAŃSKA Kalina	1373		K 40	192		00:03:10	00:17:37	00:38:07.90	00:41:18.65	+00:21:19 (55.9%)	7:37	7.9 (44.1%)
193	PIOTROWSKA-KRZAK Ela	1082		K 40	193		00:02:08	00:17:30	00:38:15.65	00:40:23.80	+00:21:27 (56.1%)	7:39	7.8 (43.6%)
194	SZCZEPŁEK Marta	1387	KOTLET POWER TEAM	K 40	194		00:03:31	00:17:30	00:38:33.85	00:42:05.35	+00:21:45 (56.4%)	7:42	7.8 (43.6%)
195	URBANIAK Elżbieta	1493		K 40	195		00:03:06	00:17:37	00:38:38.90	00:41:45.55	+00:21:50 (56.5%)	7:43	7.8 (43.6%)
196	ŁUCEWICZ-NAPAŁKOW Maryja	1849		K 40	196		00:03:17	00:17:45	00:39:24.25	00:42:41.60	+00:22:36 (57.4%)	7:52	7.6 (42.5%)
197	ZIMNY Maria	1655		K 40	197		00:03:12	00:18:24	00:39:38.05	00:42:51.00	+00:22:49 (57.6%)	7:55	7.6 (42.5%)
198	KARPIŃSKA Nina	844		K 40	198		00:02:35	00:17:45	00:39:52.75	00:42:28.35	+00:23:04 (57.9%)	7:58	7.5 (41.9%)
199	NOWAKOWSKA Anna	968		K 40	199		00:03:11	00:18:21	00:40:41.95	00:43:53.50	+00:23:53 (58.7%)	8:08	7.4 (41.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
200	REMISIEWICZ Malgorzata	1180		K 40	200		00:01:59	00:17:40	00:41:03.95	00:43:03.50	+00:24:15 (59.1%)	8:12	7.3 (40.8%)
201	JĘDRAS Katarzyna	491		K 40	201		00:03:10	00:18:55	00:41:28.35	00:44:39.10	+00:24:40 (59.5%)	8:17	7.2 (40.2%)
202	SKOLIMOWSKA Agnieszka	1274		K 40	202		00:03:18	00:18:45	00:41:40.30	00:44:58.75	+00:24:52 (59.7%)	8:20	7.2 (40.2%)
203	TRYLSKA Eliza	1471		K 40	203		00:03:18	00:18:46	00:41:41.00	00:44:59.10	+00:24:52 (59.7%)	8:20	7.2 (40.2%)
204	STANASZEK Anna	1943		K 40	204		00:03:28	00:21:36	00:41:58.35	00:45:26.70	+00:25:10 (60.0%)	8:23	7.1 (39.7%)
205	STANIAK Katarzyna	1331		K 40	205		00:00:00	00:22:44			+	9:05	6.6 (36.9%)

Znaleziono 205 wynik(ów)