

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

Klasyfikacja: K Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	BARANOWSKA Mariola	36	MKS ŻAK BIAŁA PODLASKA	K 20	1	00:00:01	00:08:10	00:16:39.45	00:16:40.95		3:19	18 (100%)
2	BERNARDELLI Iwona	1322	KLUB SPORTOWY PREFBET-SONAROL	K 30	1	00:00:01	00:08:06	00:16:43.85	00:16:45.05	+00:00:04 (0.4%)	3:20	17.9 (99.4%)
3	STELMACH Dominika	1405	RK ATHLETICS	K 40	1	00:00:02	00:08:42	00:17:53.10	00:17:55.30	+00:01:13 (6.9%)	3:34	16.8 (93.3%)
4	KAŻMIERCZAK Marta	1443	DREAM RUN	K 40	2	00:00:04	00:09:07	00:18:31.00	00:18:35.50	+00:01:51 (10.0%)	3:42	16.2 (90.0%)
5	KALBARCZYK Adriana	1503	DUCLA ACADEMY WARSZAWA	K 30	2	00:00:04	00:09:13	00:18:40.70	00:18:45.20	+00:02:01 (10.8%)	3:44	16.1 (89.4%)
6	TRZCIŃSKA Joanna	1389	AZS AWF WARSZAWA	K 20	2	00:00:03	00:09:14	00:18:45.80	00:18:49.70	+00:02:06 (11.2%)	3:45	16 (88.9%)
7	KOSTRZEWSKA Justyna	511	ADIDAS RUNNERS WARSAW	K 40	3	00:00:10	00:09:20	00:18:57.10	00:19:07.70	+00:02:17 (12.1%)	3:47	15.8 (87.8%)
8	GASZEWSKA Małgorzata	270	ZA LINIĄ METY	K 20	3	00:00:09	00:09:25	00:18:58.65	00:19:07.85	+00:02:19 (12.2%)	3:47	15.8 (87.8%)
9	KOPKA Marcelina	497	ŻÓRAWSKI TEAM/ ADIDAS RUNNERS WARSAW	K 20	4	00:00:08	00:09:21	00:18:59.90	00:19:08.70	+00:02:20 (12.3%)	3:47	15.8 (87.8%)
10	TOMCZAK Joanna	1136		K 30	3	00:00:04	00:09:44	00:19:33.20	00:19:37.75	+00:02:53 (14.8%)	3:54	15.3 (85.0%)
11	DZIWOSZ Katarzyna	231	WARSAW RUN CLUB	K 40	4	00:00:06	00:09:27	00:19:34.60	00:19:41.10	+00:02:55 (14.9%)	3:54	15.3 (85.0%)
12	WŁAZAŁEK Natalia	1221	ADIDASRUNNERSWARSAW	K 20	5	00:00:13	00:09:46	00:19:37.95	00:19:51.45	+00:02:58 (15.2%)	3:55	15.3 (85.0%)
13	PSZENICZNA Joanna	903	VEGE RUNNERS	K 30	4	00:00:11	00:09:46	00:19:40.70	00:19:51.75	+00:03:01 (15.4%)	3:56	15.3 (85.0%)
14	RADKOWSKA Małgorzata	1311	WARNER BROS. DISCOVERY	K 30	5	00:00:13	00:09:46	00:20:25.25	00:20:38.35	+00:03:45 (18.4%)	4:05	14.7 (81.7%)
15	KIBITLEWSKA Emilia	444		K 30	6	00:00:14	00:10:03	00:20:30.15	00:20:44.75	+00:03:50 (18.8%)	4:06	14.6 (81.1%)

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16	SZYMAŃSKA Agnieszka	1091	BIEGOWY WARIAT RUNNING TEAM	K 40	5	00:00:06	00:10:00	00:20:35.20	00:20:41.20	+00:03:55 (19.1%)	4:07	14.6 (81.1%)
17	VEREMCHUK Yuliia	1171	BIEGAM BO LUBIĘ	K 30	7	00:00:05	00:10:05	00:20:35.35	00:20:40.65	+00:03:55 (19.1%)	4:07	14.6 (81.1%)
18	LISZKA Karolina	616	KAZIKI	K 30	8	00:00:11	00:10:01	00:20:43.80	00:20:55.40	+00:04:04 (19.6%)	4:08	14.5 (80.6%)
19	SŁOMCZYŃSKA Karolina	996	BEMA 2 M. 53	K 30	9	00:00:13	00:10:12	00:20:46.75	00:21:00.10	+00:04:07 (19.8%)	4:09	14.4 (80.0%)
20	SIESTRZYKOWSKA Katarzyna	976		K 20	6	00:00:21	00:10:13	00:20:49.20	00:21:10.95	+00:04:09 (20.0%)	4:09	14.4 (80.0%)
21	PRUSAKIEWICZ Katarzyna	895		K 30	10	00:00:15	00:10:29	00:20:59.30	00:21:14.30	+00:04:19 (20.6%)	4:11	14.3 (79.4%)
22	BARTNIAK Daria	41	NO LIMITS TRAIL TEAM	K 30	11	00:00:28	00:10:27	00:20:59.45	00:21:27.55	+00:04:20 (20.6%)	4:11	14.3 (79.4%)
23	ROMAN Anna	928		K 30	12	00:00:23	00:10:20	00:21:05.65	00:21:29.20	+00:04:26 (21.0%)	4:13	14.2 (78.9%)
24	MAJEWSKA Ewa	663		K 40	6	00:00:12	00:10:11	00:21:07.20	00:21:19.65	+00:04:27 (21.1%)	4:13	14.2 (78.9%)
25	KWIECIŃSKA Małgorzata	594	BRAVEHEARTS LEGIONOWO	K 30	13	00:00:25	00:10:36	00:21:20.05	00:21:45.10	+00:04:40 (21.9%)	4:16	14.1 (78.3%)
26	PODLEWSKA Ania	893	LIPIEC RUNNING TEAM	K 40	7	00:00:20	00:10:32	00:21:22.95	00:21:42.95	+00:04:43 (22.1%)	4:16	14 (77.8%)
27	ŁUSZCZYŃSKA Ewa	650		K 20	7	00:00:27	00:10:38	00:21:25.50	00:21:53.00	+00:04:46 (22.3%)	4:17	14 (77.8%)
28	GŁODOWSKA Marta	282	ŻÓRAWSKI TEAM	K 30	14	00:00:18	00:10:41	00:21:28.90	00:21:47.75	+00:04:49 (22.5%)	4:17	14 (77.8%)
29	ZAWADZKA Katarzyna	1383	KS LEMIESZ TEAM WARSZAWA / WARNER BROS. DISCOVERY	K 40	8	00:00:10	00:10:31	00:21:30.80	00:21:41.60	+00:04:51 (22.6%)	4:18	14 (77.8%)
30	BRZOZOWSKA-BEJGIER Małgorzata	101	KUŹNIA TRIATHLONU	K 40	9	00:00:20	00:10:36	00:21:34.75	00:21:54.75	+00:04:55 (22.8%)	4:18	13.9 (77.2%)
31	CIECHAROWSKA Justyna	142		K 30	15	00:00:29	00:10:41	00:21:43.15	00:22:13.10	+00:05:03 (23.3%)	4:20	13.8 (76.7%)
32	KOWALCZYK Natalia	517	UKS ORZEŁKI WARSZAWA	K 12	1	00:00:30	00:10:41	00:21:54.05	00:22:24.30	+00:05:14 (23.9%)	4:22	13.7 (76.1%)
33	BLISKOWSKA Anna	1511	DUCLA ACADEMY	K 40	10	00:00:27	00:10:42	00:21:59.70	00:22:27.50	+00:05:20 (24.3%)	4:23	13.6 (75.6%)
34	KIEWRA Karolina	450	AZS AWF WARSZAWA	K 12	2	00:00:04	00:11:07	00:22:23.30	00:22:27.85	+00:05:43 (25.6%)	4:28	13.4 (74.4%)
35	MAŃKOWSKA Anna	674	KRISS COACHING	K 30	16	00:00:33	00:11:05	00:22:23.95	00:22:57.65	+00:05:44 (25.6%)	4:28	13.4 (74.4%)
36	GRZELAK Aneta	327		K 30	17	00:00:33	00:11:08	00:22:35.70	00:23:09.40	+00:05:56 (26.3%)	4:31	13.3 (73.9%)
37	KOZERSKA Weronika	536	UKS ŻOLIBORZ	K 12	3	00:00:17	00:10:58	00:22:36.95	00:22:54.90	+00:05:57 (26.3%)	4:31	13.3 (73.9%)
38	GASIOROWSKA Alicja	269	ŻORAWSKI TEAM	K 40	11	00:00:34	00:11:11	00:22:42.90	00:23:17.10	+00:06:03 (26.7%)	4:32	13.2 (73.3%)

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39	SPRAWKA Magdalena	1022		K 20	8	00:00:43	00:11:03	00:22:46.70	00:23:30.15	+00:06:07 (26.9%)	4:33	13.2 (73.3%)
40	MERCIK Marta	1544		K 30	18	00:00:36	00:11:09	00:22:51.50	00:23:28.25	+00:06:12 (27.1%)	4:34	13.1 (72.8%)
41	JAREK Zuzanna	383	RACE FIGHTER JUNIOR	K 12	4	00:00:15	00:11:06	00:22:51.95	00:23:07.75	+00:06:12 (27.2%)	4:34	13.1 (72.8%)
42	SŁOMKA Dominika	997	TEAM ZABIEGANEDNI	K 20	9	00:00:34	00:11:13	00:22:53.45	00:23:28.15	+00:06:14 (27.2%)	4:34	13.1 (72.8%)
43	KOMOROWSKA Helena	484	SKRA	K 14	1	00:00:39	00:11:35	00:23:15.60	00:23:55.30	+00:06:36 (28.4%)	4:39	12.9 (71.7%)
44	SAMOCIUK Karolina	959	POWER TRAINING	K 30	19	00:00:36	00:11:26	00:23:26.80	00:24:03.55	+00:06:47 (29.0%)	4:41	12.8 (71.1%)
45	ŁOZOWSKA Magdalena	639	#ZALINIAMETYTEAM	K 30	20	00:00:36	00:11:36	00:23:29.70	00:24:06.65	+00:06:50 (29.1%)	4:41	12.8 (71.1%)
46	GAJEK Małgorzata	1541	NEW BALANCE RUN CLUB	K 20	10	00:00:34	00:11:44	00:23:31.50	00:24:06.10	+00:06:52 (29.2%)	4:42	12.8 (71.1%)
47	CABAŃSKA Dorota	118	GUNS & ROSES RUN TEAM	K 40	12	00:01:01	00:11:41	00:23:32.95	00:24:34.80	+00:06:53 (29.3%)	4:42	12.7 (70.6%)
48	SYGUDA Katarzyna	1334		K 20	11	00:00:52	00:11:45	00:23:34.75	00:24:27.30	+00:06:55 (29.4%)	4:42	12.7 (70.6%)
49	GÓŹDŹ Wanda	303	AMATORSKA GRUPA BIEGOWA OKS START OTWOCK	K 30	21	00:01:08	00:12:01	00:23:38.15	00:24:46.30	+00:06:58 (29.5%)	4:43	12.7 (70.6%)
50	MIKOSZA Anna	720		K 30	22	00:01:08	00:11:59	00:23:38.85	00:24:47.45	+00:06:59 (29.6%)	4:43	12.7 (70.6%)
51	CHRZANOWSKA Olga	137	TRIZARZA	K 30	23	00:00:49	00:11:48	00:23:44.55	00:24:34.45	+00:07:05 (29.8%)	4:44	12.6 (70.0%)
52	SHAUKUN Anastasiya	966	CLUB ANONYMOUS RUNNERS N.A. CABALO BLANKO	K 30	24	00:00:41	00:11:38	00:23:45.95	00:24:27.05	+00:07:06 (29.9%)	4:45	12.6 (70.0%)
53	BORYSZKOWSKA Iwona	90	12TRI	K 40	13	00:00:31	00:11:45	00:23:47.10	00:24:19.00	+00:07:07 (30.0%)	4:45	12.6 (70.0%)
54	KOWALSKA Agata	527		K 20	12	00:01:24	00:11:59	00:23:51.90	00:25:16.75	+00:07:12 (30.2%)	4:46	12.6 (70.0%)
55	SIWCZAK Agnieszka	979	WKURW_TEAM	K 30	25	00:01:07	00:11:53	00:23:55.10	00:25:02.15	+00:07:15 (30.4%)	4:47	12.5 (69.4%)
56	NIEDZIÓŁKA Małgorzata	1498		K 50	1	00:00:51	00:11:48	00:23:55.85	00:24:47.65	+00:07:16 (30.4%)	4:47	12.5 (69.4%)
57	KROPIAK Katarzyna	553	VEGE RUNNERS	K 30	26	00:00:49	00:11:48	00:23:56.80	00:24:46.10	+00:07:17 (30.4%)	4:47	12.5 (69.4%)
58	JAREK Katarzyna	384		K 40	14	00:00:15	00:11:29	00:23:57.85	00:24:13.15	+00:07:18 (30.5%)	4:47	12.5 (69.4%)
59	SACHMATA Anna	954	BEDNARSKI TRI TEAM	K 20	13	00:00:00	00:12:03	00:24:00.90	00:24:00.90	+00:07:21 (30.6%)	4:48	12.5 (69.4%)
60	ZIENKIEWICZ Agata	1291	PIASECZNO RUNNING	K 40	15	00:00:44	00:11:40	00:24:03.25	00:24:47.70	+00:07:23 (30.8%)	4:48	12.5 (69.4%)
61	HYNEK Ewa	354		K 20	14	00:00:40	00:11:40	00:24:03.50	00:24:44.40	+00:07:24 (30.8%)	4:48	12.5 (69.4%)

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62	WOJDAK Anna	1315	ROZBIEGANY PIASTÓW	K 40	16	00:00:29	00:11:31	00:24:08.70	00:24:38.30	+00:07:29 (31.0%)	4:49	12.4 (68.9%)
63	TUKA Anna	1464		K 30	27	00:00:36	00:12:00	00:24:08.75	00:24:44.95	+00:07:29 (31.0%)	4:49	12.4 (68.9%)
64	RACZYŃSKA Natalia	909		K 20	15	00:01:03	00:12:14	00:24:11.50	00:25:14.95	+00:07:32 (31.1%)	4:50	12.4 (68.9%)
65	KOSSAKOWSKA Katarzyna	510		K 40	17	00:00:47	00:11:57	00:24:11.60	00:24:58.80	+00:07:32 (31.1%)	4:50	12.4 (68.9%)
66	KURZACZ Paulina	589		K 16	1	00:01:18	00:12:27	00:24:18.55	00:25:36.90	+00:07:39 (31.5%)	4:51	12.3 (68.3%)
67	DUCHNOWSKA Natalia	213		K 20	16	00:00:44	00:11:58	00:24:19.90	00:25:03.95	+00:07:40 (31.5%)	4:51	12.3 (68.3%)
68	GRABOWIEC-ALIKOWSKA Renata	1462		K 40	18	00:01:22	00:12:04	00:24:20.45	00:25:43.30	+00:07:41 (31.6%)	4:52	12.3 (68.3%)
69	RZYMOWSKA Krystyna	953		K 50	2	00:00:53	00:12:24	00:24:24.75	00:25:17.80	+00:07:45 (31.8%)	4:52	12.3 (68.3%)
70	WOJCIECHOWSKA Agnieszka	1229		K 40	19	00:00:56	00:11:57	00:24:25.30	00:25:22.10	+00:07:45 (31.8%)	4:53	12.3 (68.3%)
71	GORZKIEWICZ Patrycja	294		K 40	20	00:00:38	00:11:54	00:24:29.75	00:25:08.70	+00:07:50 (32.0%)	4:53	12.3 (68.3%)
72	GOGACZ Magdalena	286	URZĄD DZIELNICY URSYNÓW	K 40	21	00:00:53	00:11:55	00:24:30.35	00:25:24.10	+00:07:50 (32.0%)	4:54	12.2 (67.8%)
73	WIEWIURA Agnieszka	1199	GÓRA BIEGA	K 30	28	00:00:14	00:11:58	00:24:31.45	00:24:45.80	+00:07:52 (32.1%)	4:54	12.2 (67.8%)
74	KARPIŃSKA Monika	427		K 30	29	00:00:36	00:11:58	00:24:31.60	00:25:08.55	+00:07:52 (32.1%)	4:54	12.2 (67.8%)
75	ORNOWSKA Joanna	802		K 20	17	00:01:00	00:12:16	00:24:32.20	00:25:32.45	+00:07:52 (32.1%)	4:54	12.2 (67.8%)
76	SIDORCZUK-KUMOSA Dorota	968	TEAM ZABIEGANEDNI / PRETTYFITTYTEAM	K 40	22	00:00:50	00:11:48	00:24:34.70	00:25:24.80	+00:07:55 (32.2%)	4:54	12.2 (67.8%)
77	PAWŁOWSKA Katarzyna	836		K 40	23	00:00:32	00:11:43	00:24:35.15	00:25:07.70	+00:07:55 (32.2%)	4:55	12.2 (67.8%)
78	SZYMAŃSKA Maja	1090	WARSAW RUN CLUB	K 16	2	00:00:55	00:12:21	00:24:36.90	00:25:32.40	+00:07:57 (32.3%)	4:55	12.2 (67.8%)
79	KOCIK Elżbieta	10		K 40	24	00:00:56	00:11:58	00:24:37.10	00:25:33.70	+00:07:57 (32.3%)	4:55	12.2 (67.8%)
80	MRÓZ Gabriela	744	#PAWKORUNNERTeam	K 20	18	00:00:38	00:12:03	00:24:37.70	00:25:16.30	+00:07:58 (32.4%)	4:55	12.2 (67.8%)
81	TOMASZEWSKA Urszula	1133	ZABIEGANY WOŁOMIN	K 40	25	00:01:14	00:12:18	00:24:42.85	00:25:57.30	+00:08:03 (32.6%)	4:56	12.1 (67.2%)
82	FURDYNA Maria	258		K 40	26	00:01:27	00:12:17	00:24:42.95	00:26:10.55	+00:08:03 (32.6%)	4:56	12.1 (67.2%)
83	KŁYSZEWSKA Michalina	466		K 20	19	00:01:00	00:12:16	00:24:44.25	00:25:45.05	+00:08:04 (32.7%)	4:56	12.1 (67.2%)
84	SZWAD Martyna	1568	GAPMONT RUNNING TEAM	K 30	30	00:01:06	00:12:22	00:24:47.40	00:25:54.30	+00:08:07 (32.8%)	4:57	12.1 (67.2%)

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85	KOWALSKA Kasia	525	TEAM ZABIEGANEDNI	K 40	27	00:01:31	00:12:27	00:24:52.20	00:26:23.20	+00:08:12 (33.0%)	4:58	12.1 (67.2%)
86	KOWALSKA Paulina	528		K 40	28	00:00:52	00:11:58	00:24:54.35	00:25:46.90	+00:08:14 (33.1%)	4:58	12 (66.7%)
87	PUCZYŃSKA Renata	905		K 40	29	00:00:21	00:11:58	00:25:00.05	00:25:21.45	+00:08:20 (33.4%)	5:00	12 (66.7%)
88	FRANK-DEMBIŃSKA Agnieszka	252	WMT	K 40	30	00:00:59	00:12:16	00:25:08.35	00:26:07.40	+00:08:28 (33.7%)	5:01	11.9 (66.1%)
89	KLIMEK Marta	459	M&M RUNNING TEAM	K 30	31	00:00:49	00:12:15	00:25:08.55	00:25:57.80	+00:08:29 (33.7%)	5:01	11.9 (66.1%)
90	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	+00:08:30 (33.8%)	5:02	11.9 (66.1%)
91	FLOREK Małgorzata	250		K 30	32	00:01:03	00:12:24	00:25:12.20	00:26:15.20	+00:08:32 (33.9%)	5:02	11.9 (66.1%)
92	IWANOWSKA Sylwia	360		K 40	32	00:01:12	00:12:32	00:25:18.90	00:26:31.20	+00:08:39 (34.2%)	5:03	11.9 (66.1%)
93	KUKLA Elzbieta	584	PWC RUNNING TEAM	K 50	3	00:01:02	00:12:31	00:25:21.20	00:26:24.00	+00:08:41 (34.3%)	5:04	11.8 (65.6%)
94	PARTYKA Agnieszka	824	PGE ENERGETIC RUNNING	K 50	4	00:01:09	00:12:35	00:25:22.65	00:26:32.35	+00:08:43 (34.4%)	5:04	11.8 (65.6%)
95	KARPA Katarzyna	1411	SMASHING PAPKINS	K 40	33	00:01:04	00:12:30	00:25:23.85	00:26:28.35	+00:08:44 (34.4%)	5:04	11.8 (65.6%)
96	LEWANDOWSKA Paulina	610		K 30	33	00:00:59	00:12:31	00:25:27.40	00:26:26.50	+00:08:47 (34.6%)	5:05	11.8 (65.6%)
97	SKELTON-WITKOWSKA Sarah	983	VEGE RUNNERS	K 30	34	00:00:49	00:12:24	00:25:28.60	00:26:18.40	+00:08:49 (34.6%)	5:05	11.8 (65.6%)
98	KLIMKIEWICZ Beata	460		K 40	34	00:01:11	00:12:28	00:25:29.05	00:26:41.00	+00:08:49 (34.6%)	5:05	11.8 (65.6%)
99	GIEFERT Sylwia	278		K 20	20	00:01:15	00:12:42	00:25:29.85	00:26:45.00	+00:08:50 (34.7%)	5:05	11.8 (65.6%)
100	ŁASZCZYCH Małgorzata	627		K 30	35	00:00:46	00:12:20	00:25:32.00	00:26:18.50	+00:08:52 (34.8%)	5:06	11.7 (65.0%)
101	FABROWICZ Katarzyna	237		K 40	35	00:01:17	00:12:45	00:25:32.05	00:26:50.00	+00:08:52 (34.8%)	5:06	11.7 (65.0%)
102	SIWEK Anna	981		K 40	36	00:00:39	00:12:26	00:25:37.70	00:26:16.75	+00:08:58 (35.0%)	5:07	11.7 (65.0%)
103	NOWACZYŃSKA Katarzyna	776	TEAMZABIEGANEDNI	K 40	37	00:00:57	00:12:36	00:25:38.55	00:26:35.70	+00:08:59 (35.0%)	5:07	11.7 (65.0%)
104	JABLONSKA Katarzyna	364		K 30	36	00:00:50	00:12:42	00:25:39.35	00:26:29.75	+00:08:59 (35.1%)	5:07	11.7 (65.0%)
105	GRUZA Marta	318	BIEGANIEPO40.PL	K 40	38	00:00:58	00:12:33	00:25:40.65	00:26:39.30	+00:09:01 (35.1%)	5:08	11.7 (65.0%)
106	ĆWIEK Karolina	173		K 30	37	00:00:59	00:12:16	00:25:42.75	00:26:41.90	+00:09:03 (35.2%)	5:08	11.7 (65.0%)
107	SULECKA CHŁOPICKA Agnieszka	1042	KS WARKA	K 40	39	00:00:23	00:12:34	00:25:45.40	00:26:08.75	+00:09:05 (35.3%)	5:09	11.7 (65.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
108	ZAURSKA Karolina	1276		K 20	21	00:01:01		00:25:46.15	00:26:47.40	+00:09:06 (35.4%)	5:09	11.6 (64.4%)
109	SOCHACKA Elżbieta	1012	GÓRA BIEGA	K 50	5	00:00:31	00:12:46	00:25:46.30	00:26:18.10	+00:09:06 (35.4%)	5:09	11.6 (64.4%)
110	LEŚNIAK Irena	609	LESNIAKTEAM	K 14	2	00:00:22	00:12:03	00:25:47.50	00:26:10.40	+00:09:08 (35.4%)	5:09	11.6 (64.4%)
111	MAZUREK Maria	701		K 30	38	00:01:12	00:12:34	00:25:48.95	00:27:01.55	+00:09:09 (35.5%)	5:09	11.6 (64.4%)
112	TRONIEWSKA Zosia	1147		K 16	3	00:01:13	00:12:28	00:25:53.25	00:27:06.60	+00:09:13 (35.7%)	5:10	11.6 (64.4%)
113	TULA Renata	1153	NBRC	K 70	1	00:00:57	00:12:57	00:25:56.20	00:26:53.35	+00:09:16 (35.8%)	5:11	11.6 (64.4%)
114	LITWIN Hania	618		K 14	3	00:01:24	00:13:14	00:25:56.30	00:27:20.35	+00:09:16 (35.8%)	5:11	11.6 (64.4%)
115	KOBYLIŃSKA Agnieszka	472		K 40	40	00:00:37	00:12:45	00:25:56.85	00:26:34.70	+00:09:17 (35.8%)	5:11	11.6 (64.4%)
116	PATEREK Ada	830	12TRI.PL	K 40	41	00:01:16	00:12:50	00:25:57.90	00:27:14.30	+00:09:18 (35.8%)	5:11	11.6 (64.4%)
116	KANTARSKA-BRYŁA Marta	419		K 30	39	00:01:14	00:13:19	00:25:57.90	00:27:12.65	+00:09:18 (35.8%)	5:11	11.6 (64.4%)
118	CHARKO Elżbieta	122	GÓRA BIEGA	K 30	40	00:01:01	00:12:43	00:25:59.80	00:27:01.05	+00:09:20 (35.9%)	5:11	11.5 (63.9%)
119	PAŃCZYK Joanna	822		K 40	42	00:01:20	00:13:13	00:26:00.35	00:27:20.70	+00:09:20 (35.9%)	5:12	11.5 (63.9%)
120	SZEWCZYK Ewa	1310		K 40	43	00:01:10	00:12:50	00:26:10.35	00:27:20.85	+00:09:30 (36.4%)	5:14	11.5 (63.9%)
120	DOLIŃSKA Agnieszka	197	WARSAW RUN CLUB	K 40	44	00:01:03	00:12:56	00:26:10.35	00:27:13.90	+00:09:30 (36.4%)	5:14	11.5 (63.9%)
122	GUZIK Justyna	333		K 30	41	00:01:19	00:12:49	00:26:10.55	00:27:30.15	+00:09:31 (36.4%)	5:14	11.5 (63.9%)
123	KRAJEWSKA Alicja	542		K 16	4	00:01:09	00:13:07	00:26:10.65	00:27:20.40	+00:09:31 (36.4%)	5:14	11.5 (63.9%)
124	CYGAN Anna	157	WILD ULTRA WARRIORS	K 50	6	00:00:00	00:13:55	00:26:13.80	00:26:13.80	+00:09:34 (36.5%)	5:14	11.4 (63.3%)
125	BZURA Emilia	115		K 40	45	00:00:55	00:12:49	00:26:13.90	00:27:09.00	+00:09:34 (36.5%)	5:14	11.4 (63.3%)
126	CHELEWSKA Dorota	125		K 30	42	00:01:39	00:12:58	00:26:16.00	00:27:55.10	+00:09:36 (36.6%)	5:15	11.4 (63.3%)
127	KRASUSKA Aneta	547		K 30	43	00:01:11	00:12:59	00:26:16.60	00:27:28.10	+00:09:37 (36.6%)	5:15	11.4 (63.3%)
128	ŚWIDERSKA Joanna	1112	WSPARCIETRENINGOWE.PL	K 30	44	00:01:02	00:12:56	00:26:20.90	00:27:23.70	+00:09:41 (36.8%)	5:16	11.4 (63.3%)
129	WINNICKA-MACKENTHUN Agnieszka	1209		K 40	46	00:01:16	00:13:23	00:26:21.65	00:27:37.85	+00:09:42 (36.8%)	5:16	11.4 (63.3%)
130	TARACH Magda	1119	KS STASZEWCY	K 40	47	00:01:32	00:13:26	00:26:22.90	00:27:55.00	+00:09:43 (36.9%)	5:16	11.4 (63.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
131	LEWANDOWSKA Joanna	611		K 50	7	00:01:31	00:13:06	00:26:24.40	00:27:55.80	+00:09:44 (36.9%)	5:16	11.4 (63.3%)
132	MULIK Karolina	748	RAZEM TRENUJEMY SPORT	K 30	45	00:01:25	00:13:10	00:26:24.70	00:27:50.55	+00:09:45 (36.9%)	5:16	11.4 (63.3%)
133	WIT Magdalena	1214		K 20	22	00:01:22	00:13:34	00:26:26.75	00:27:48.80	+00:09:47 (37.0%)	5:17	11.3 (62.8%)
134	KURZACZ Katarzyna	588	12TRI.PL	K 50	8	00:01:18	00:13:12	00:26:27.40	00:27:45.50	+00:09:47 (37.0%)	5:17	11.3 (62.8%)
135	SZYMBORSKA Dota	1097	POŁAWIACZKI PEREŁ	K 40	48	00:01:00	00:12:56	00:26:27.75	00:27:28.30	+00:09:48 (37.1%)	5:17	11.3 (62.8%)
136	KIERASIŃSKA Dorota	447	TEAM ZABIEGANE DNI	K 40	49	00:00:59	00:12:44	00:26:28.50	00:27:27.95	+00:09:49 (37.1%)	5:17	11.3 (62.8%)
137	ŻABOKLICKA Marta	1296		K 30	46	00:01:35	00:13:21	00:26:29.90	00:28:05.05	+00:09:50 (37.1%)	5:17	11.3 (62.8%)
138	LULA Magdalena	620	PWPW S.A.	K 40	50	00:01:14	00:12:48	00:26:30.55	00:27:44.55	+00:09:51 (37.2%)	5:18	11.3 (62.8%)
139	ZIMOWICZ Alicja	1292	DUCLA ACADEMY WARSZAWA	K 12	5	00:01:22	00:13:36	00:26:31.40	00:27:53.75	+00:09:51 (37.2%)	5:18	11.3 (62.8%)
140	ZIMOWICZ Magdalena	1293		K 40	51	00:01:21	00:13:37	00:26:33.50	00:27:55.40	+00:09:54 (37.3%)	5:18	11.3 (62.8%)
141	BARNAS Ilona	39	PRETTY FILTRY TEAM	K 40	52	00:00:50	00:13:09	00:26:33.70	00:27:24.20	+00:09:54 (37.3%)	5:18	11.3 (62.8%)
142	ANTONIK Barbara	22		K 20	23	00:01:52	00:13:36	00:26:34.75	00:28:27.40	+00:09:55 (37.3%)	5:18	11.3 (62.8%)
143	KRÓL Monika	555	TEAM ZABIGANEDNI	K 40	53	00:01:10	00:12:55	00:26:37.70	00:27:48.50	+00:09:58 (37.4%)	5:19	11.3 (62.8%)
144	CZERESNIOWSKA Anna	163		K 30	47	00:00:58	00:12:49	00:26:37.95	00:27:36.60	+00:09:58 (37.5%)	5:19	11.3 (62.8%)
145	BĘTKOWSKA Maja	1524	RK ATHLETICS	K 12	6	00:01:33	00:13:57	00:26:38.05	00:28:11.35	+00:09:58 (37.5%)	5:19	11.3 (62.8%)
146	WRONA Milena	1247		K 40	54	00:01:05	00:12:54	00:26:38.95	00:27:44.25	+00:09:59 (37.5%)	5:19	11.3 (62.8%)
147	HALL Amelia	1350		K 30	48	00:01:34	00:13:16	00:26:41.40	00:28:16.05	+00:10:01 (37.6%)	5:20	11.2 (62.2%)
148	DRACHAL Agata	202		K 30	49	00:01:21	00:13:17	00:26:43.40	00:28:05.30	+00:10:03 (37.7%)	5:20	11.2 (62.2%)
149	SIERZPUTOWSKA Ewa	973	GUNS&ROSES RUN TEAM	K 50	9	00:01:07	00:13:01	00:26:45.45	00:27:52.65	+00:10:06 (37.7%)	5:21	11.2 (62.2%)
150	ADAMUS Katarzyna	17	PIASECZNO RUNNING	K 40	55	00:01:48	00:13:12	00:26:46.20	00:28:35.10	+00:10:06 (37.8%)	5:21	11.2 (62.2%)
151	PRUSAK Marta	894	TEAM ZABIEGANEDNI	K 40	56	00:01:33	00:13:29	00:26:51.00	00:28:24.25	+00:10:11 (38.0%)	5:22	11.2 (62.2%)
152	MUCHA-SURMACZ Aleksandra	745		K 20	24	00:01:33	00:13:12	00:26:52.75	00:28:26.00	+00:10:13 (38.0%)	5:22	11.2 (62.2%)
153	KONKOWSKA Joanna	492		K 50	10	00:01:31	00:13:16	00:26:53.10	00:28:24.20	+00:10:13 (38.0%)	5:22	11.2 (62.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
154	KŁĘK Magdalena	463	BEZLITOŚNI	K 40	57	00:01:38	00:13:19	00:26:53.90	00:28:32.05	+00:10:14 (38.1%)	5:22	11.2 (62.2%)
155	KUBASZCZYK Agnieszka	574		K 30	50	00:01:09	00:13:10	00:26:54.35	00:28:03.45	+00:10:14 (38.1%)	5:22	11.2 (62.2%)
156	RYNKOWSKA Maja	947		K 30	51	00:01:03	00:13:14	00:26:57.95	00:28:01.80	+00:10:18 (38.2%)	5:23	11.1 (61.7%)
157	KOCIK Joanna	476		K 30	52	00:01:06	00:12:58	00:27:00.80	00:28:06.90	+00:10:21 (38.3%)	5:24	11.1 (61.7%)
158	HAWRYLUK-STASIAK Ewa	340	BIEGUNI 2022	K 50	11	00:01:16	00:13:07	00:27:06.00	00:28:22.90	+00:10:26 (38.5%)	5:25	11.1 (61.7%)
159	BISOWSKA Katarzyna	67		K 40	58	00:01:31	00:13:50	00:27:15.00	00:28:46.50	+00:10:35 (38.9%)	5:27	11 (61.1%)
160	KOCZWARA Agnieszka	477	32DROP	K 40	59	00:01:13	00:13:22	00:27:18.85	00:28:32.50	+00:10:39 (39.0%)	5:27	11 (61.1%)
161	KOŁOWIECKA-WILKOS Angela	482	WIEWIÓRKA&BOBER	K 30	53	00:01:45	00:14:20	00:27:20.55	00:29:05.55	+00:10:41 (39.1%)	5:28	11 (61.1%)
162	MĘKARSKA Marta	1412		K 20	25	00:01:14	00:13:04	00:27:20.65	00:28:35.30	+00:10:41 (39.1%)	5:28	11 (61.1%)
163	SZUSZKIEWICZ Marzena	1083		K 40	60	00:01:32	00:13:35	00:27:21.55	00:28:54.25	+00:10:42 (39.1%)	5:28	11 (61.1%)
164	TOMCZYŃSKA Marta	1138	SMASHING PĄPKINS	K 40	61	00:01:23	00:13:21	00:27:21.60	00:28:44.80	+00:10:42 (39.1%)	5:28	11 (61.1%)
165	BUĆKO-ŁUBIŃSKA Marta	105		K 40	62	00:00:54	00:13:20	00:27:22.05	00:28:16.15	+00:10:42 (39.1%)	5:28	11 (61.1%)
166	FICOŃ Monika	244		K 50	12	00:01:02	00:13:23	00:27:25.40	00:28:27.40	+00:10:45 (39.3%)	5:29	10.9 (60.6%)
167	MALINOWSKA Agnieszka	665	PACZKA SZLUGÓW	K 40	63	00:01:34	00:13:35	00:27:26.70	00:29:00.75	+00:10:47 (39.3%)	5:29	10.9 (60.6%)
168	DŁUGOSZ Marta	190		K 30	54	00:01:37	00:13:47	00:27:27.00	00:29:04.20	+00:10:47 (39.3%)	5:29	10.9 (60.6%)
169	JAWORSKA Joanna	1520		K 40	64	00:01:15	00:13:28	00:27:29.05	00:28:44.85	+00:10:49 (39.4%)	5:29	10.9 (60.6%)
170	URYNOWICZ Bożena	1169		K 40	65	00:01:34	00:13:45	00:27:31.40	00:29:05.90	+00:10:51 (39.5%)	5:30	10.9 (60.6%)
171	TERCZYŃSKA Julia	1526		K 14	4	00:01:21	00:13:48	00:27:33.35	00:28:54.40	+00:10:53 (39.6%)	5:30	10.9 (60.6%)
172	SIERZYCKA Katarzyna	974		K 30	55	00:01:32	00:13:49	00:27:33.85	00:29:06.00	+00:10:54 (39.6%)	5:30	10.9 (60.6%)
173	GRABEK Anna	1809		K 40	66	00:01:31	00:13:43	00:27:35.10	00:29:06.80	+00:10:55 (39.6%)	5:31	10.9 (60.6%)
174	MAŁEK-MARCZUK Hanna	668		K 30	56	00:01:19	00:13:37	00:27:37.15	00:28:56.30	+00:10:57 (39.7%)	5:31	10.9 (60.6%)
175	JĘDRZEJCZAK Anna	1343		K 50	13	00:01:18	00:13:32	00:27:37.50	00:28:56.25	+00:10:58 (39.7%)	5:31	10.9 (60.6%)
176	NADOLSKA Ania	1421		K 40	67	00:01:46	00:13:38	00:27:39.70	00:29:26.40	+00:11:00 (39.8%)	5:31	10.8 (60.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
177	SZULC Katarzyna	1395		K 40	68	00:00:08	00:13:25	00:27:41.00	00:27:49.25	+00:11:01 (39.8%)	5:32	10.8 (60.0%)
178	BUJNOWSKA Eliza	109	KS STASZEWSKY	K 40	69	00:01:29	00:13:52	00:27:41.15	00:29:10.55	+00:11:01 (39.8%)	5:32	10.8 (60.0%)
179	SMOLARCZYK Klaudia	999	1	K 30	57	00:01:28	00:13:33	00:27:42.10	00:29:10.50	+00:11:02 (39.9%)	5:32	10.8 (60.0%)
180	WINIARSKA Izabela	1207	IZAGÓRĄ	K 40	70	00:02:06	00:13:12	00:27:42.40	00:29:49.05	+00:11:02 (39.9%)	5:32	10.8 (60.0%)
181	ROMANOWSKA Ewa	929	JB WARSAW	K 30	58	00:01:19	00:13:19	00:27:42.60	00:29:02.50	+00:11:03 (39.9%)	5:32	10.8 (60.0%)
182	SKALSKA Karolina	982		K 40	71	00:01:32	00:13:33	00:27:44.20	00:29:17.00	+00:11:04 (39.9%)	5:32	10.8 (60.0%)
183	ŁAPIŃSKA Patrycja	625		K 20	26	00:01:25	00:14:04	00:27:50.20	00:29:15.45	+00:11:10 (40.2%)	5:34	10.8 (60.0%)
184	RACZYŃSKA Weronika	908		K 20	27	00:01:03	00:13:14	00:27:51.35	00:28:54.60	+00:11:11 (40.2%)	5:34	10.8 (60.0%)
185	GAWRACZYŃSKA Anna	273	WTŁ STEGNY WARSZAWA	K 60	1	00:01:25	00:13:49	00:27:52.35	00:29:18.30	+00:11:12 (40.2%)	5:34	10.8 (60.0%)
186	ROSENBAUM Olga	930		K 30	59	00:01:54	00:13:51	00:27:53.00	00:29:47.15	+00:11:13 (40.3%)	5:34	10.8 (60.0%)
187	JODŁOWSKA Anna	398	MYSZORY	K 40	72	00:01:17	00:14:05	00:27:53.35	00:29:10.75	+00:11:13 (40.3%)	5:34	10.8 (60.0%)
188	RUTKOWSKA Wioletta	941		K 40	73	00:00:30	00:13:36	00:27:54.35	00:28:24.60	+00:11:14 (40.3%)	5:34	10.8 (60.0%)
189	DĄBROWSKA Maria	178		K 20	28	00:01:33	00:13:59	00:27:54.50	00:29:27.90	+00:11:15 (40.3%)	5:34	10.8 (60.0%)
190	NEY-FOGIEL Beata	763		K 30	60	00:01:41	00:14:09	00:27:54.60	00:29:35.60	+00:11:15 (40.3%)	5:34	10.8 (60.0%)
191	DUBEK Katarzyna	209		K 40	74	00:01:50	00:13:54	00:27:56.30	00:29:47.25	+00:11:16 (40.4%)	5:35	10.7 (59.4%)
192	SIKORA Zuzanna	977	PZU SPORT TEAM	K 40	75	00:01:41	00:13:44	00:27:56.35	00:29:37.55	+00:11:16 (40.4%)	5:35	10.7 (59.4%)
193	APANOWICZ Angelika	26	EKOBIEGI	K 40	76	00:01:28	00:13:52	00:27:56.40	00:29:24.60	+00:11:16 (40.4%)	5:35	10.7 (59.4%)
194	KOWALCZYK Marta	523		K 30	61	00:01:05	00:13:50	00:27:57.50	00:29:02.95	+00:11:18 (40.4%)	5:35	10.7 (59.4%)
195	CHARMUSZKO Monika	124		K 30	62	00:01:49	00:14:04	00:27:57.80	00:29:47.30	+00:11:18 (40.4%)	5:35	10.7 (59.4%)
196	NOWAK Jagoda	778		K 14	5	00:01:33	00:13:46	00:27:59.70	00:29:32.75	+00:11:20 (40.5%)	5:35	10.7 (59.4%)
197	CZYŻ Wioletta	170		K 40	77	00:01:33	00:13:48	00:28:01.80	00:29:35.35	+00:11:22 (40.6%)	5:36	10.7 (59.4%)
198	GIEDYK Marta	1577		K 30	63	00:01:45	00:13:59	00:28:04.60	00:29:50.45	+00:11:25 (40.7%)	5:36	10.7 (59.4%)
199	ZEGAR Weronika	1282		K 30	64	00:01:45	00:13:59	00:28:05.95	00:29:51.55	+00:11:26 (40.7%)	5:37	10.7 (59.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
200	FONGANG Aleksandra	251		K 40	78	00:01:31	00:13:54	00:28:09.85	00:29:41.00	+00:11:30 (40.9%)	5:37	10.7 (59.4%)
201	NIEMYJSKA Hanna	771		K 14	6	00:01:13		00:28:12.25	00:29:26.20	+00:11:32 (40.9%)	5:38	10.6 (58.9%)
202	SZULC Anna	1081		K 30	65	00:01:37	00:14:09	00:28:12.85	00:29:50.45	+00:11:33 (41.0%)	5:38	10.6 (58.9%)
203	LIPKA-ZALEWSKA Grażyna	1329		K 50	14	00:02:02	00:14:21	00:28:13.70	00:30:16.00	+00:11:34 (41.0%)	5:38	10.6 (58.9%)
204	DZIEDZIC Ewa	225	TEAM ZABIEGANEDNI	K 50	15	00:00:56	00:13:59	00:28:16.95	00:29:13.80	+00:11:37 (41.1%)	5:39	10.6 (58.9%)
205	KUBACKA Barbara	571		K 40	79	00:00:00		00:28:18.80	00:28:18.80	+00:11:39 (41.2%)	5:39	10.6 (58.9%)
206	BRODZIK Małgosia	93	NAPRZÓD MŁOCINY	K 40	80	00:01:37	00:13:45	00:28:20.75	00:29:58.10	+00:11:41 (41.2%)	5:40	10.6 (58.9%)
207	HULANICKA Irina	352	GOGGLE TEAM	K 60	2	00:01:13	00:14:02	00:28:22.35	00:29:36.00	+00:11:42 (41.3%)	5:40	10.6 (58.9%)
208	WLODARCZYK Magda	1220		K 40	81	00:01:41		00:28:24.95	00:30:06.05	+00:11:45 (41.4%)	5:40	10.6 (58.9%)
209	ŁUCZAK Małgorzata	644	RUNNERSI ZE SKARBKA	K 40	82	00:00:59	00:13:34	00:28:25.50	00:29:25.10	+00:11:46 (41.4%)	5:41	10.6 (58.9%)
210	WASILEWSKA Małgorzata	1181	GÓRA BIEGA	K 40	83	00:00:31	00:13:56	00:28:25.65	00:28:57.50	+00:11:46 (41.4%)	5:41	10.6 (58.9%)
211	SZCZESIAK Anna	1352		K 30	66	00:00:09	00:13:24	00:28:28.40	00:28:38.30	+00:11:48 (41.5%)	5:41	10.5 (58.3%)
212	CYBULSKA Anna	155		K 40	84	00:01:40	00:14:23	00:28:32.15	00:30:12.25	+00:11:52 (41.6%)	5:42	10.5 (58.3%)
213	RANKOWSKA Dorota	914		K 40	85	00:01:28	00:13:59	00:28:33.45	00:30:01.85	+00:11:54 (41.7%)	5:42	10.5 (58.3%)
214	PYRKA Agnieszka	907		K 30	67	00:01:45	00:14:22	00:28:36.65	00:30:22.30	+00:11:57 (41.8%)	5:43	10.5 (58.3%)
215	JĘDREJ Emilia	394		K 40	86	00:01:24	00:13:49	00:28:37.40	00:30:01.50	+00:11:57 (41.8%)	5:43	10.5 (58.3%)
216	KAMIŃSKA Agnieszka	413		K 30	68	00:02:01	00:14:11	00:28:38.25	00:30:39.70	+00:11:58 (41.8%)	5:43	10.5 (58.3%)
217	TOMASZEWSKA Mariola	1132	BIEGAM DLA SIEBIE	K 50	16	00:01:04	00:14:32	00:28:39.15	00:29:44.05	+00:11:59 (41.9%)	5:43	10.5 (58.3%)
218	CZARNECKA Katarzyna	159		K 30	69	00:01:23	00:13:57	00:28:39.75	00:30:02.95	+00:12:00 (41.9%)	5:43	10.5 (58.3%)
219	ŻÓŁTOWSKA Dominika	1299	NAPRZÓD MŁOCINY	K 40	87	00:01:37	00:13:46	00:28:41.30	00:30:18.60	+00:12:01 (41.9%)	5:44	10.5 (58.3%)
220	CZAJKOWSKA Joanna	1318	TEAM RUN PEŁCH	K 40	88	00:02:10	00:14:20	00:28:42.15	00:30:52.30	+00:12:02 (42.0%)	5:44	10.5 (58.3%)
220	HOŁOPIAK Ewa	345	EWA HOŁOPIAK	K 60	3	00:01:25	00:14:27	00:28:42.15	00:30:07.90	+00:12:02 (42.0%)	5:44	10.5 (58.3%)
222	ŚCIBOROWSKA Martyna	1104		K 30	70	00:00:24	00:13:43	00:28:42.80	00:29:06.95	+00:12:03 (42.0%)	5:44	10.5 (58.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
223	INOROWICZ Joanna	357		K 40	89	00:01:02	00:14:32	00:28:44.60	00:29:46.80	+00:12:05 (42.0%)	5:44	10.4 (57.8%)
224	LITKE Andżelika	1319	EAZYMUT.PL	K 20	29	00:01:39	00:14:21	00:28:44.75	00:30:23.80	+00:12:05 (42.1%)	5:44	10.4 (57.8%)
225	PIECHOCKA Katarzyna	846		K 40	90	00:01:40	00:14:21	00:28:47.20	00:30:27.20	+00:12:07 (42.1%)	5:45	10.4 (57.8%)
226	MIODUSZEWSKA Karolina	725		K 40	91	00:01:35		00:28:52.90	00:30:28.80	+00:12:13 (42.3%)	5:46	10.4 (57.8%)
227	BERDYŃSKA Karolina	54		K 30	71	00:02:09	00:14:38	00:28:54.60	00:31:03.65	+00:12:15 (42.4%)	5:46	10.4 (57.8%)
228	SZYMCZAK Agnieszka	1358		K 30	72	00:01:15	00:14:11	00:28:58.30	00:30:14.10	+00:12:18 (42.5%)	5:47	10.4 (57.8%)
229	PETERLEJTNER ŽUK Ewa	841		K 40	92	00:01:43	00:14:05	00:28:59.40	00:30:43.15	+00:12:19 (42.5%)	5:47	10.4 (57.8%)
230	WOŹNIAK Klaudia	1242		K 30	73	00:01:25		00:29:04.90	00:30:30.05	+00:12:25 (42.7%)	5:48	10.3 (57.2%)
231	DĘBIŃSKA Patrycja	188		K 30	74	00:01:48	00:14:16	00:29:05.10	00:30:53.70	+00:12:25 (42.7%)	5:49	10.3 (57.2%)
232	OLESZEK Joanna	794		K 30	75	00:01:31	00:13:52	00:29:07.55	00:30:39.15	+00:12:28 (42.8%)	5:49	10.3 (57.2%)
233	TYRANKIEWICZ Kamila	1158	JUMP&FLY, KABATY	K 40	93	00:00:23	00:14:20	00:29:10.50	00:29:34.15	+00:12:31 (42.9%)	5:50	10.3 (57.2%)
234	MODRZEJEWSKA Anna	734		K 40	94	00:01:36	00:14:10	00:29:10.90	00:30:47.70	+00:12:31 (42.9%)	5:50	10.3 (57.2%)
235	LECHOWICZ Katarzyna	600		K 30	76	00:01:40	00:14:31	00:29:10.95	00:30:51.55	+00:12:31 (42.9%)	5:50	10.3 (57.2%)
236	BRONISZEWSKA Natalia	94		K 16	5	00:01:43	00:14:23	00:29:11.35	00:30:55.30	+00:12:31 (42.9%)	5:50	10.3 (57.2%)
237	KONATOWICZ Iwona	486		K 40	95	00:01:46	00:14:19	00:29:13.75	00:31:00.25	+00:12:34 (43.0%)	5:50	10.3 (57.2%)
238	KRAWCZYKIEWICZ Magda	551	ŻÓRAWSKI TEAM	K 40	96	00:01:09	00:14:14	00:29:14.05	00:30:23.80	+00:12:34 (43.0%)	5:50	10.3 (57.2%)
239	DUDEK Beata	214		K 40	97	00:01:26	00:13:59	00:29:14.75	00:30:41.30	+00:12:35 (43.0%)	5:50	10.3 (57.2%)
239	MITURA Ewa	732		K 14	7	00:01:31	00:14:23	00:29:14.75	00:30:46.15	+00:12:35 (43.0%)	5:50	10.3 (57.2%)
241	KLOPOCKA Anna	461		K 50	17	00:01:52	00:14:38	00:29:15.30	00:31:08.25	+00:12:35 (43.1%)	5:51	10.3 (57.2%)
242	MITURA Anna	731		K 40	98	00:01:31	00:14:23	00:29:16.05	00:30:47.45	+00:12:36 (43.1%)	5:51	10.3 (57.2%)
243	PRZEWODOWSKA Agnieszka	897		K 40	99	00:01:37	00:14:27	00:29:16.45	00:30:53.95	+00:12:37 (43.1%)	5:51	10.3 (57.2%)
244	GŁOWACKA Elżbieta	284	TEAM ZABIEGANEDNI	K 60	4	00:01:31	00:14:28	00:29:17.70	00:30:49.40	+00:12:38 (43.1%)	5:51	10.2 (56.7%)
245	MYJAK Sylwia	749	NATIONALE-NEDERLANDEN RUNNING TEAM	K 30	77	00:01:29	00:14:22	00:29:18.25	00:30:47.85	+00:12:38 (43.2%)	5:51	10.2 (56.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
246	BUDEK Ewa	106		K 30	78	00:01:38	00:14:32	00:29:19.60	00:30:58.35	+00:12:40 (43.2%)	5:51	10.2 (56.7%)
247	BROZE Oliwia	96		K 16	6	00:01:50	00:14:02	00:29:20.35	00:31:11.00	+00:12:40 (43.2%)	5:52	10.2 (56.7%)
248	JAROSZKIEWICZ Diana	388	-	K 16	7	00:01:39	00:14:23	00:29:20.45	00:30:59.80	+00:12:41 (43.2%)	5:52	10.2 (56.7%)
249	CZERWIŃSKA-BLOK Iwona	167		K 30	79	00:01:39	00:14:33	00:29:22.20	00:31:01.75	+00:12:42 (43.3%)	5:52	10.2 (56.7%)
250	CZUCHAJ Milena	169		K 30	80	00:01:29	00:14:20	00:29:25.75	00:30:55.30	+00:12:46 (43.4%)	5:53	10.2 (56.7%)
251	UŁANEK Kamila	1164	SEGIETEAM	K 40	100	00:01:56	00:14:28	00:29:28.45	00:31:25.25	+00:12:49 (43.5%)	5:53	10.2 (56.7%)
252	SOLKA Katarzyna	1020	GÓRA BIEGA	K 20	30	00:01:44	00:14:34	00:29:34.60	00:31:19.55	+00:12:55 (43.7%)	5:54	10.1 (56.1%)
253	PIECHOWIAK Marta	847		K 40	101	00:01:42	00:14:35	00:29:36.70	00:31:19.50	+00:12:57 (43.7%)	5:55	10.1 (56.1%)
254	KORONA Tatiana	500	OBIEGUWKA	K 50	18	00:01:45	00:14:30	00:29:37.25	00:31:22.50	+00:12:57 (43.8%)	5:55	10.1 (56.1%)
255	RĘKAWEK Gabriela	922		K 30	81	00:01:51	00:14:28	00:29:38.95	00:31:30.15	+00:12:59 (43.8%)	5:55	10.1 (56.1%)
256	GÓRSKA Sylwia	1582		K 40	102	00:01:45	00:14:33	00:29:39.05	00:31:24.20	+00:12:59 (43.8%)	5:55	10.1 (56.1%)
257	ZARODA Grażyna	1271		K 50	19	00:00:37	00:14:18	00:29:39.60	00:30:17.35	+00:13:00 (43.8%)	5:55	10.1 (56.1%)
258	LEBIODA Eliza	599		K 30	82	00:02:01	00:14:48	00:29:46.00	00:31:47.70	+00:13:06 (44.0%)	5:57	10.1 (56.1%)
259	RADOMYSKA Wiola	912	KAZIKI	K 30	83	00:02:09	00:14:23	00:29:47.25	00:31:56.60	+00:13:07 (44.1%)	5:57	10.1 (56.1%)
260	TORZEWSKA Agnieszka	1139		K 40	103	00:01:42	00:14:33	00:29:47.85	00:31:30.25	+00:13:08 (44.1%)	5:57	10.1 (56.1%)
261	SZYMANEK Aleksandra	1087		K 30	84	00:02:17	00:14:56	00:29:49.90	00:32:07.10	+00:13:10 (44.2%)	5:57	10.1 (56.1%)
262	STASZEWSKA Kinga	1029	KS STASZEWSCY	K 40	104	00:01:38	00:14:32	00:29:49.95	00:31:28.55	+00:13:10 (44.2%)	5:57	10.1 (56.1%)
263	MAŁYSIAK Klaudia	1447		K 20	31	00:01:38	00:14:18	00:29:53.75	00:31:32.20	+00:13:14 (44.3%)	5:58	10 (55.6%)
264	WYSOWSKA Jagoda	1585		K 50	20	00:01:49	00:15:16	00:29:56.65	00:31:45.85	+00:13:17 (44.4%)	5:59	10 (55.6%)
265	MROCZEK Magdalena	741		K 40	105	00:01:41	00:14:32	00:29:57.00	00:31:38.70	+00:13:17 (44.4%)	5:59	10 (55.6%)
266	BRZOZOWSKA Magdalena	100	BIEGUSTATORZY	K 40	106	00:01:38	00:14:31	00:29:58.15	00:31:36.45	+00:13:18 (44.4%)	5:59	10 (55.6%)
267	MORAWSKA Anna	1516		K 60	5	00:00:22	00:14:51	00:29:58.20	00:30:20.60	+00:13:18 (44.4%)	5:59	10 (55.6%)
268	WÓJCIK Aneta	1246		K 40	107	00:01:27	00:14:42	00:29:58.65	00:31:26.05	+00:13:19 (44.4%)	5:59	10 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
269	KEMPISTY Anna	1487	12TRI.PL	K 50	21	00:01:32	00:14:44	00:30:01.10	00:31:33.55	+00:13:21 (44.5%)	6:00	10 (55.6%)
270	KOWALSKA Beata	526		K 40	108	00:01:19	00:14:23	00:30:03.10	00:31:22.55	+00:13:23 (44.6%)	6:00	10 (55.6%)
271	SZYMAŃSKA Beata	1406		K 40	109	00:01:18	00:14:58	00:30:04.00	00:31:22.85	+00:13:24 (44.6%)	6:00	10 (55.6%)
272	KRYSTOSIAK Weronika	565		K 20	32	00:00:57	00:14:11	00:30:05.10	00:31:02.10	+00:13:25 (44.6%)	6:01	10 (55.6%)
273	SOKÓLSKA Dorota	1017	TEAM ZABIEGANEDNI	K 60	6	00:01:36	00:14:40	00:30:05.15	00:31:41.25	+00:13:25 (44.6%)	6:01	10 (55.6%)
274	ŁAKOMSKA Beata	623	TEAM ZABIEGANE DNI	K 30	85	00:01:34	00:14:21	00:30:05.50	00:31:40.40	+00:13:26 (44.6%)	6:01	10 (55.6%)
275	MATYSIAK Krystyna	696		K 12	7	00:02:10	00:15:50	00:30:05.95	00:32:16.55	+00:13:26 (44.7%)	6:01	10 (55.6%)
276	ZIELIŃSKA Marta	1286	JACEKBIEGA RUNNING TEAM	K 40	110	00:01:51	00:14:42	00:30:10.65	00:32:02.55	+00:13:31 (44.8%)	6:02	9.9 (55.0%)
277	ŚMIERZYŃSKA Dorota	1384		K 30	86	00:01:15	00:14:40	00:30:13.60	00:31:28.80	+00:13:34 (44.9%)	6:02	9.9 (55.0%)
278	KOZAK Maria	1409		K 12	8	00:01:44	00:15:40	00:30:14.45	00:31:59.00	+00:13:35 (44.9%)	6:02	9.9 (55.0%)
279	GÓRECKA Aleksandra	296		K 40	111	00:01:47	00:15:01	00:30:19.45	00:32:06.75	+00:13:40 (45.1%)	6:03	9.9 (55.0%)
280	KĘSICKA Arletta	443		K 30	87	00:01:46	00:14:54	00:30:20.55	00:32:07.25	+00:13:41 (45.1%)	6:04	9.9 (55.0%)
281	MASTALEREK Joanna	684		K 40	112	00:00:01		00:30:22.00	00:30:23.00	+00:13:42 (45.1%)	6:04	9.9 (55.0%)
282	BOCHYŃSKA SZACKA Dagmara	73		K 30	88	00:01:34	00:15:00	00:30:26.80	00:32:00.95	+00:13:47 (45.3%)	6:05	9.9 (55.0%)
283	KURPIŃSKA Karolina	1573		K 20	33	00:01:32	00:15:05	00:30:33.25	00:32:05.55	+00:13:53 (45.5%)	6:06	9.8 (54.4%)
284	DI FOLCO Veronica	1455		K 40	113	00:01:47	00:15:07	00:30:34.35	00:32:21.80	+00:13:54 (45.5%)	6:06	9.8 (54.4%)
285	LATKA-GROT Julita	597		K 40	114	00:01:39	00:14:51	00:30:35.10	00:32:14.80	+00:13:55 (45.5%)	6:07	9.8 (54.4%)
286	KARŁOWICZ Anna	426	PARTIA WOLNYCH BIEGACZY	K 60	7	00:00:56	00:15:07	00:30:35.55	00:31:32.05	+00:13:56 (45.6%)	6:07	9.8 (54.4%)
287	ZIEMAK Edyta	1290	EDYTA ZIEMAK	K 40	115	00:01:29	00:15:06	00:30:44.00	00:32:13.85	+00:14:04 (45.8%)	6:08	9.8 (54.4%)
288	JANCZARSKA Wiktoria	372		K 30	89	00:02:00	00:14:42	00:30:46.20	00:32:47.00	+00:14:06 (45.9%)	6:09	9.8 (54.4%)
289	JELEŃIEWSKA Magdalena	1499	MAGDALENA JELEŃIEWSKA	K 40	116	00:01:47	00:15:06	00:30:54.30	00:32:42.10	+00:14:14 (46.1%)	6:10	9.7 (53.9%)
290	MYŚLIBORSKA Olga	751		K 40	117	00:01:54	00:15:13	00:30:54.50	00:32:49.45	+00:14:15 (46.1%)	6:10	9.7 (53.9%)
291	BORYS Joanna	89		K 12	9	00:01:38	00:14:31	00:30:57.25	00:32:36.00	+00:14:17 (46.2%)	6:11	9.7 (53.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
292	ORZEŁ Monika	805		K 30	90	00:01:41	00:14:52	00:30:58.80	00:32:40.60	+00:14:19 (46.2%)	6:11	9.7 (53.9%)
293	BOROWA Magdalena	82		K 30	91	00:01:36	00:14:51	00:30:59.00	00:32:35.00	+00:14:19 (46.2%)	6:11	9.7 (53.9%)
294	TRYBULEC Justyna	1149		K 30	92	00:00:39	00:15:02	00:31:04.90	00:31:44.10	+00:14:25 (46.4%)	6:12	9.7 (53.9%)
295	WĄSOWSKA Anna	1187	GRUPA BIEGOWA UM W-WA	K 40	118	00:01:41	00:14:55	00:31:06.75	00:32:48.00	+00:14:27 (46.5%)	6:13	9.6 (53.3%)
296	MICHAŁEK-PENDOWSKA Barbara	1378		K 40	119	00:00:42	00:15:11	00:31:14.45	00:31:57.35	+00:14:35 (46.7%)	6:14	9.6 (53.3%)
297	JĘDRZEJEWSKA Laura	396		K 20	34	00:01:41	00:14:37	00:31:15.60	00:32:56.90	+00:14:36 (46.7%)	6:15	9.6 (53.3%)
298	WIŚNIEWSKA-DUDA Anna	1211		K 30	93	00:00:39	00:15:29	00:31:22.60	00:32:02.40	+00:14:43 (46.9%)	6:16	9.6 (53.3%)
299	KARAŚ Agnieszka	421		K 40	120	00:01:28	00:15:05	00:31:23.15	00:32:51.20	+00:14:43 (46.9%)	6:16	9.6 (53.3%)
300	GROCHOWINA Anna	309		K 30	94	00:01:06	00:15:22	00:31:23.60	00:32:30.30	+00:14:44 (46.9%)	6:16	9.6 (53.3%)
301	BIELECKA Aleksandra	60		K 40	121	00:01:59	00:15:23	00:31:28.90	00:33:28.00	+00:14:49 (47.1%)	6:17	9.5 (52.8%)
302	GIERKOWSKA Agnieszka	1420		K 40	122	00:02:12	00:15:19	00:31:30.45	00:33:43.30	+00:14:51 (47.1%)	6:18	9.5 (52.8%)
303	ORZECHOWSKA Karolina	803		K 40	123	00:02:03	00:15:35	00:31:31.05	00:33:34.40	+00:14:51 (47.1%)	6:18	9.5 (52.8%)
304	POŁO Maria	880		K 30	95	00:01:07	00:15:31	00:31:39.55	00:32:47.20	+00:15:00 (47.4%)	6:19	9.5 (52.8%)
304	HRYMAK-STANEK Anna	350		K 40	124	00:02:10	00:15:56	00:31:39.55	00:33:50.10	+00:15:00 (47.4%)	6:19	9.5 (52.8%)
306	OŁOWSKA Paulina	798		K 30	96	00:01:33	00:15:02	00:31:40.35	00:33:13.90	+00:15:00 (47.4%)	6:20	9.5 (52.8%)
307	KOŁECKA Aleksandra	479		K 20	35	00:01:54	00:15:58	00:31:41.00	00:33:35.65	+00:15:01 (47.4%)	6:20	9.5 (52.8%)
308	KRUSZEWSKA-JANCZ Emilia	1479		K 40	125	00:02:03	00:15:47	00:31:42.55	00:33:45.60	+00:15:03 (47.5%)	6:20	9.5 (52.8%)
309	DRÓŻDŻ Renata	206		K 40	126	00:01:29	00:15:17	00:31:50.55	00:33:20.15	+00:15:11 (47.7%)	6:22	9.4 (52.2%)
310	STOKOWSKA Angelika	1035		K 40	127	00:02:04	00:15:40	00:31:53.20	00:33:57.80	+00:15:13 (47.8%)	6:22	9.4 (52.2%)
311	PAWŁESA Małgorzata	835		K 40	128	00:00:59	00:16:07	00:31:53.25	00:32:53.15	+00:15:13 (47.8%)	6:22	9.4 (52.2%)
312	WIŚNIEWSKA Katarzyna	1210	INDYWIDUALISTKA	K 50	22	00:00:23	00:15:17	00:31:54.90	00:32:17.95	+00:15:15 (47.8%)	6:22	9.4 (52.2%)
313	SOBOLEWSKA Aleksandra	1337		K 20	36	00:01:59	00:16:19	00:31:55.40	00:33:55.00	+00:15:15 (47.8%)	6:23	9.4 (52.2%)
314	NASIEROWSKA Martyna	760		K 30	97	00:01:49	00:15:35	00:32:02.20	00:33:51.95	+00:15:22 (48.0%)	6:24	9.4 (52.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
315	KALETA Agnieszka	1508		K 40	129	00:01:37	00:15:35	00:32:05.00	00:33:42.20	+00:15:25 (48.1%)	6:25	9.4 (52.2%)
316	SYNOWCZYK Agnieszka	1050		K 30	98	00:00:44	00:16:01	00:32:07.60	00:32:51.60	+00:15:28 (48.2%)	6:25	9.3 (51.7%)
317	SZMYTKE Sabina	1075	NIEZRZESZONA	K 60	8	00:01:30	00:15:35	00:32:08.35	00:33:39.10	+00:15:28 (48.2%)	6:25	9.3 (51.7%)
318	WINDER Agnieszka	1205		K 40	130	00:01:56	00:15:53	00:32:08.40	00:34:04.70	+00:15:28 (48.2%)	6:25	9.3 (51.7%)
319	MRÓZ Joanna	742		K 30	99	00:01:56	00:15:53	00:32:08.45	00:34:04.50	+00:15:29 (48.2%)	6:25	9.3 (51.7%)
320	TYSZKA Sylwia	1160		K 40	131	00:01:11	00:15:35	00:32:13.55	00:33:24.65	+00:15:34 (48.3%)	6:26	9.3 (51.7%)
321	MYSZOR-CIECIELĄG Monika	750		K 40	132	00:01:44	00:15:43	00:32:18.80	00:34:03.05	+00:15:39 (48.5%)	6:27	9.3 (51.7%)
322	KORNACKA Agnieszka	498		K 20	37	00:00:07	00:15:47	00:32:20.30	00:32:28.15	+00:15:40 (48.5%)	6:28	9.3 (51.7%)
323	GŁAŻEWSKA Kamila	1599		K 20	38	00:01:30	00:15:28	00:32:21.15	00:33:51.60	+00:15:41 (48.5%)	6:28	9.3 (51.7%)
324	KACZMARSKA Alicja	1454	TI HEALTH CLUB	K 40	133	00:01:47	00:15:38	00:32:22.00	00:34:09.30	+00:15:42 (48.5%)	6:28	9.3 (51.7%)
325	KOZDROŃ Paulina	1534		K 30	100	00:01:48	00:15:58	00:32:23.40	00:34:12.25	+00:15:43 (48.6%)	6:28	9.3 (51.7%)
326	PATAJ Monika	1309		K 40	134	00:01:10		00:32:25.90	00:33:36.85	+00:15:46 (48.6%)	6:29	9.3 (51.7%)
327	WITEK Dagmara	1578		K 30	101	00:01:59	00:16:17	00:32:26.55	00:34:25.60	+00:15:47 (48.7%)	6:29	9.2 (51.1%)
328	SKOMOROWSKA Monika	988		K 40	135	00:01:14	00:15:09	00:32:28.10	00:33:42.80	+00:15:48 (48.7%)	6:29	9.2 (51.1%)
329	DRZEWIECKA Anna	1390	SMSM	K 50	23	00:01:49	00:15:55	00:32:42.25	00:34:31.70	+00:16:02 (49.1%)	6:32	9.2 (51.1%)
330	BUCZEK Bogumiła	103		K 50	24	00:02:11	00:16:23	00:32:47.40	00:34:58.45	+00:16:07 (49.2%)	6:33	9.2 (51.1%)
331	FILIPCZYK Hanna	1529		K 40	136	00:02:02	00:16:04	00:32:50.35	00:34:52.40	+00:16:10 (49.3%)	6:34	9.1 (50.6%)
332	LIPIEC Kazimiera	614		K 40	137	00:01:46	00:15:33	00:32:52.10	00:34:38.40	+00:16:12 (49.3%)	6:34	9.1 (50.6%)
333	NOWAK Sandra	777		K 40	138	00:01:32	00:15:59	00:32:53.85	00:34:26.60	+00:16:14 (49.4%)	6:34	9.1 (50.6%)
334	WÓJCICKA Agnieszka	1569		K 30	102	00:00:06	00:15:51	00:32:55.25	00:33:01.90	+00:16:15 (49.4%)	6:35	9.1 (50.6%)
335	MATYSIAK Agnieszka	695		K 40	139	00:01:04	00:15:46	00:32:55.55	00:34:00.40	+00:16:16 (49.4%)	6:35	9.1 (50.6%)
336	SAJEWSKA Karolina	955	WATAHA ŁĄCZY NAS BIEGANIE	K 30	103	00:01:04	00:15:47	00:32:55.80	00:34:00.10	+00:16:16 (49.4%)	6:35	9.1 (50.6%)
337	MICHAŁEK Dorota	713	BORKOWSKI TEAM	K 50	25	00:02:21	00:16:08	00:32:56.40	00:35:17.55	+00:16:16 (49.4%)	6:35	9.1 (50.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
338	VALIIEVA Aliia	1170		K 30	104	00:00:06	00:15:37	00:33:02.00	00:33:08.75	+00:16:22 (49.6%)	6:36	9.1 (50.6%)
339	GROCHÓLSKA Aleksandra	1461		K 40	140	00:00:26	00:16:22	00:33:02.45	00:33:28.65	+00:16:23 (49.6%)	6:36	9.1 (50.6%)
340	OLCZAK Urszula	789	UMCS BIEGA	K 50	26	00:02:09	00:16:07	00:33:02.70	00:35:12.35	+00:16:23 (49.6%)	6:36	9.1 (50.6%)
341	KOCHMAN Iwona	475	VEGE RUNNERS	K 50	27	00:01:41	00:16:22	00:33:04.85	00:34:46.25	+00:16:25 (49.6%)	6:36	9.1 (50.6%)
342	PATER Agnieszka	829		K 40	141	00:01:41	00:16:22	00:33:05.40	00:34:46.40	+00:16:25 (49.7%)	6:37	9.1 (50.6%)
343	ZAWADA Klaudia	1278		K 20	39	00:02:07	00:16:38	00:33:06.30	00:35:13.50	+00:16:26 (49.7%)	6:37	9.1 (50.6%)
344	KRZYŻEWSKA Karolina	570	PZU SPORT TEAM	K 30	105	00:01:06	00:16:00	00:33:06.50	00:34:12.90	+00:16:27 (49.7%)	6:37	9.1 (50.6%)
345	REMISIEWICZ Malgorzata	921		K 40	142	00:01:53	00:16:12	00:33:10.35	00:35:03.85	+00:16:30 (49.8%)	6:38	9 (50.0%)
346	KACZOROWSKA Monika	1523		K 40	143	00:02:04	00:16:22	00:33:12.00	00:35:16.45	+00:16:32 (49.8%)	6:38	9 (50.0%)
347	DALKIEWICZ Marta	1320		K 30	106	00:01:52	00:16:08	00:33:16.15	00:35:08.55	+00:16:36 (49.9%)	6:39	9 (50.0%)
348	MORAWSKA Irmina	735		K 20	40	00:01:48	00:16:01	00:33:17.25	00:35:05.35	+00:16:37 (50.0%)	6:39	9 (50.0%)
349	RUCYK Justyna	938		K 40	144	00:02:08	00:17:16	00:33:20.90	00:35:29.10	+00:16:41 (50.0%)	6:40	9 (50.0%)
350	MICHALSKA Martyna	712		K 30	107	00:01:46	00:15:54	00:33:23.70	00:35:10.00	+00:16:44 (50.1%)	6:40	9 (50.0%)
351	OLSZEWSKA Katarzyna Bernadetta	1490		K 40	145	00:02:09	00:17:15	00:33:25.25	00:35:34.90	+00:16:45 (50.2%)	6:41	9 (50.0%)
352	ANIOŁ Aleksandra	20		K 20	41	00:01:26	00:16:39	00:33:25.95	00:34:52.85	+00:16:46 (50.2%)	6:41	9 (50.0%)
353	ŁOCHOWSKA Agnieszka	633		K 50	28	00:00:00		00:33:27.90	00:33:27.90	+00:16:48 (50.2%)	6:41	9 (50.0%)
354	TRUMIŃSKA Marcela	1148		K 30	108	00:01:43	00:15:53	00:33:31.70	00:35:14.90	+00:16:52 (50.3%)	6:42	9 (50.0%)
355	BUJALSKA Ewa	108		K 40	146	00:01:58	00:16:21	00:33:32.90	00:35:30.90	+00:16:53 (50.3%)	6:42	8.9 (49.4%)
356	- -	185		K 40	147	00:00:19	00:15:41	00:33:34.60	00:33:53.70	+00:16:55 (50.4%)	6:42	8.9 (49.4%)
357	WINIARZ Natalia	1208		K 30	109	00:01:40	00:15:07	00:33:36.50	00:35:16.55	+00:16:57 (50.4%)	6:43	8.9 (49.4%)
358	ZALEWSKA Ewa Adrianna	1265		K 20	42	00:01:17	00:15:45	00:33:36.60	00:34:54.30	+00:16:57 (50.4%)	6:43	8.9 (49.4%)
359	SAMEL Hecena	1600		K 12	10	00:01:42	00:15:48	00:33:37.90	00:35:19.90	+00:16:58 (50.5%)	6:43	8.9 (49.4%)
360	MAJCHRZAK Anna	661		K 30	110	00:02:07	00:17:27	00:33:38.75	00:35:46.55	+00:16:59 (50.5%)	6:43	8.9 (49.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
361	ROGUSKA Magdalena	925	BIAŁOŁĘKA JEST KOBIETĄ	K 40	148	00:02:07	00:17:17	00:33:38.90	00:35:46.50	+00:16:59 (50.5%)	6:43	8.9 (49.4%)
362	JURKOWSKA Irena	404		K 70	2	00:01:57	00:16:38	00:33:44.75	00:35:42.05	+00:17:05 (50.6%)	6:44	8.9 (49.4%)
363	KIELISZEK Anna	1555		K 20	43	00:01:33	00:16:45	00:33:45.85	00:35:19.70	+00:17:06 (50.7%)	6:45	8.9 (49.4%)
364	SYLWANOWICZ Marta	1048		K 40	149	00:01:58	00:16:35	00:33:49.85	00:35:47.85	+00:17:10 (50.8%)	6:45	8.9 (49.4%)
365	SAKOWICZ Magdalena	957		K 50	29	00:00:54	00:15:58	00:33:50.45	00:34:45.25	+00:17:11 (50.8%)	6:46	8.9 (49.4%)
366	BAKALAROVA Michaela	32		K 30	111	00:00:55	00:15:57	00:33:50.50	00:34:45.90	+00:17:11 (50.8%)	6:46	8.9 (49.4%)
367	SOLAREK Kinga	1019		K 30	112	00:02:07	00:17:27	00:33:52.60	00:36:00.40	+00:17:13 (50.8%)	6:46	8.9 (49.4%)
368	HRYĆKO-GÓRNICKA Katarzyna	349		K 40	150	00:02:05	00:16:18	00:33:57.35	00:36:02.70	+00:17:17 (50.9%)	6:47	8.8 (48.9%)
369	WYCZÓŁKOWSKA Aneta	1252		K 40	151	00:02:09	00:17:15	00:33:59.85	00:36:08.95	+00:17:20 (51.0%)	6:47	8.8 (48.9%)
370	WRZESINSKA Agata	1249	GRUPA BIEGOWA UM W-WA	K 40	152	00:02:08	00:17:17	00:34:05.20	00:36:13.60	+00:17:25 (51.1%)	6:49	8.8 (48.9%)
371	BIEROZA Anna	1472		K 30	113	00:00:37	00:16:47	00:34:05.55	00:34:43.10	+00:17:26 (51.1%)	6:49	8.8 (48.9%)
372	YILDIRIM CZUPRYN Derya	1410		K 30	114	00:00:37	00:16:42	00:34:05.70	00:34:43.00	+00:17:26 (51.1%)	6:49	8.8 (48.9%)
373	JABLONSKA-SOBIECH Aneta	1435		K 30	115	00:00:37	00:16:42	00:34:05.80	00:34:43.10	+00:17:26 (51.1%)	6:49	8.8 (48.9%)
374	PIOTROWSKA Gabriela	858		K 30	116	00:01:00	00:16:39	00:34:06.60	00:35:06.80	+00:17:27 (51.2%)	6:49	8.8 (48.9%)
375	DZIWOŃ Anna	230		K 30	117	00:01:37	00:15:21	00:34:08.65	00:35:46.35	+00:17:29 (51.2%)	6:49	8.8 (48.9%)
375	SZELIGA Zofia	1068		K 30	118	00:01:58	00:16:35	00:34:08.65	00:36:07.35	+00:17:29 (51.2%)	6:49	8.8 (48.9%)
377	ROBACZEWSKA Marta	923		K 30	119	00:02:22	00:17:10	00:34:09.20	00:36:31.25	+00:17:29 (51.2%)	6:49	8.8 (48.9%)
378	GRABOWSKA Ola	1414		K 20	44	00:02:08	00:17:19	00:34:10.30	00:36:18.55	+00:17:30 (51.3%)	6:50	8.8 (48.9%)
379	FRAĆZAK Magdalena	253		K 30	120	00:02:09	00:16:54	00:34:11.10	00:36:20.25	+00:17:31 (51.3%)	6:50	8.8 (48.9%)
380	CZAJKOWSKA Weronika	1429		K 14	8	00:01:52	00:16:26	00:34:11.55	00:36:04.25	+00:17:32 (51.3%)	6:50	8.8 (48.9%)
381	SZAFRAN Beata	1058	PUMP!T	K 40	153	00:02:09	00:16:54	00:34:11.90	00:36:21.30	+00:17:32 (51.3%)	6:50	8.8 (48.9%)
382	KANIOWSKA Karolina	1575		K 30	121	00:01:11	00:17:05	00:34:14.40	00:35:26.20	+00:17:34 (51.4%)	6:50	8.8 (48.9%)
383	SZCZEPAŃSKA Halina	1063		K 40	154	00:01:01	00:16:08	00:34:23.15	00:35:24.45	+00:17:43 (51.6%)	6:52	8.7 (48.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
384	GÓRNOWICZ Weronika	297		K 20	45	00:01:01	00:16:08	00:34:23.35	00:35:24.60	+00:17:43 (51.6%)	6:52	8.7 (48.3%)
385	GRECKA Anna	308		K 20	46	00:00:27	00:16:31	00:34:27.05	00:34:54.30	+00:17:47 (51.6%)	6:53	8.7 (48.3%)
386	FRYDRYCH Katarzyna	256		K 30	122	00:02:12	00:17:16	00:34:30.70	00:36:43.55	+00:17:51 (51.7%)	6:54	8.7 (48.3%)
387	ŁUCZYŃSKA Maria	646		K 14	9	00:01:59	00:16:38	00:34:31.70	00:36:30.95	+00:17:52 (51.8%)	6:54	8.7 (48.3%)
388	ŁUCZYŃSKA Karolina	645		K 30	123	00:01:59	00:16:38	00:34:31.85	00:36:31.15	+00:17:52 (51.8%)	6:54	8.7 (48.3%)
389	KAMIŃSKA-DWÓRZNICKA Anna	414		K 40	155	00:02:03	00:17:01	00:34:33.95	00:36:37.30	+00:17:54 (51.8%)	6:54	8.7 (48.3%)
390	BORKOWSKA Michalina	80		K 30	124	00:01:57	00:16:39	00:34:35.90	00:36:32.90	+00:17:56 (51.9%)	6:55	8.7 (48.3%)
391	MAZUR Kinga	698		K 40	156	00:02:06	00:16:37	00:34:40.40	00:36:46.40	+00:18:00 (52.0%)	6:56	8.7 (48.3%)
392	SICIŃSKA Iwona	967		K 30	125	00:02:01	00:16:26	00:34:41.60	00:36:43.35	+00:18:02 (52.0%)	6:56	8.6 (47.8%)
393	GURDA Monika	331		K 40	157	00:01:36	00:16:10	00:34:47.80	00:36:24.50	+00:18:08 (52.1%)	6:57	8.6 (47.8%)
394	ZARZYKA Antonina	1273		K 30	126	00:02:23	00:18:13	00:34:49.20	00:37:12.40	+00:18:09 (52.2%)	6:57	8.6 (47.8%)
395	DOBROWOLSKA Dorota	193	LADIESGYM	K 60	9	00:02:04	00:16:35	00:34:50.90	00:36:55.10	+00:18:11 (52.2%)	6:58	8.6 (47.8%)
396	WYLON Izabela	1254		K 30	127	00:01:58	00:17:59	00:34:53.30	00:36:51.30	+00:18:13 (52.3%)	6:58	8.6 (47.8%)
397	GĄTOWSKA Agnieszka	276		K 30	128	00:01:58	00:16:26	00:34:54.55	00:36:53.50	+00:18:15 (52.3%)	6:58	8.6 (47.8%)
398	DOMINIAK Agnieszka	186		K 40	158	00:01:47	00:17:17	00:34:57.50	00:36:44.95	+00:18:18 (52.4%)	6:59	8.6 (47.8%)
399	GROCHOWSKA Joanna	310	BIEGAMY Z OCHOTĄ	K 50	30	00:02:07	00:17:18	00:34:57.95	00:37:05.45	+00:18:18 (52.4%)	6:59	8.6 (47.8%)
400	PLICHCIŃSKA Małgorzata	869	EKONOMIK MOKOTÓW	K 40	159	00:01:58	00:17:02	00:34:58.15	00:36:56.45	+00:18:18 (52.4%)	6:59	8.6 (47.8%)
401	POLAK Teresa	878	KB ACTIVESPORTS WARSZAWA	K 70	3	00:01:55	00:16:55	00:35:01.45	00:36:57.30	+00:18:22 (52.4%)	7:00	8.6 (47.8%)
402	BAUER Beata	49	BRAK	K 50	31	00:00:26	00:17:09	00:35:13.55	00:35:40.10	+00:18:34 (52.7%)	7:02	8.5 (47.2%)
403	KARPIŃSKA Justyna	428		K 30	129	00:02:10	00:17:17	00:35:19.60	00:37:30.15	+00:18:40 (52.8%)	7:03	8.5 (47.2%)
404	SZMIGIEL Izabela	1074		K 30	130	00:02:08	00:17:27	00:35:20.30	00:37:28.40	+00:18:40 (52.9%)	7:04	8.5 (47.2%)
405	SARNOWSKA Iwona	962	DRUŻYNA PAULINY	K 50	32	00:02:23	00:17:22	00:35:27.85	00:37:51.30	+00:18:48 (53.0%)	7:05	8.5 (47.2%)
406	TRETER Magdalena	1507		K 30	131	00:01:50	00:17:13	00:35:33.30	00:37:23.40	+00:18:53 (53.2%)	7:06	8.4 (46.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
407	PICEWICZ Agnieszka	1416		K 40	160	00:02:14	00:17:27	00:35:34.15	00:37:48.70	+00:18:54 (53.2%)	7:06	8.4 (46.7%)
408	GAWRYOŁEK - OSIŃSKA Maja	274		K 30	132	00:02:23	00:18:15	00:35:38.50	00:38:01.90	+00:18:59 (53.3%)	7:07	8.4 (46.7%)
409	KRÓL Anna	1417		K 40	161	00:01:47	00:17:14	00:35:41.55	00:37:28.55	+00:19:02 (53.3%)	7:08	8.4 (46.7%)
409	KARKOS Magdalena	425		K 30	133	00:02:10	00:17:18	00:35:41.55	00:37:51.95	+00:19:02 (53.3%)	7:08	8.4 (46.7%)
411	KUCHTA Merilin	1488		K 40	162	00:01:57	00:17:19	00:36:10.35	00:38:07.75	+00:19:30 (53.9%)	7:14	8.3 (46.1%)
412	MILEWSKA Anna	1427		K 40	163	00:02:09	00:17:27	00:36:14.75	00:38:23.95	+00:19:35 (54.0%)	7:14	8.3 (46.1%)
413	WICHTOWSKA Karolina	1514		K 30	134	00:00:16	00:17:27	00:36:25.10	00:36:41.70	+00:19:45 (54.3%)	7:17	8.2 (45.6%)
414	KILKOWSKA Joanna	454		K 50	33	00:01:53	00:17:35	00:36:43.70	00:38:36.95	+00:20:04 (54.6%)	7:20	8.2 (45.6%)
415	NIEDZIELA Kamila	767		K 30	135	00:00:54	00:17:27	00:36:48.65	00:37:42.85	+00:20:09 (54.7%)	7:21	8.2 (45.6%)
416	WOJTAS Anna	1236		K 16	8	00:02:02	00:17:48	00:36:49.80	00:38:52.60	+00:20:10 (54.8%)	7:21	8.1 (45.0%)
417	SZCZEPANIEC Anna	1062		K 30	136	00:02:13	00:18:04	00:36:54.10	00:39:07.85	+00:20:14 (54.9%)	7:22	8.1 (45.0%)
418	WILK Oliwia	1204	GRUPA BIEGOWA UM W-WA	K 20	47	00:01:11	00:17:51	00:37:05.65	00:38:17.45	+00:20:26 (55.1%)	7:25	8.1 (45.0%)
419	KARPIŃSKA Nina	1483	PAWKO RUNNER TEAM	K 40	164	00:01:38	00:18:23	00:37:33.05	00:39:11.95	+00:20:53 (55.6%)	7:30	8 (44.4%)
420	PLUTA Monika	871		K 30	137	00:02:24	00:18:14	00:37:42.75	00:40:07.50	+00:21:03 (55.8%)	7:32	8 (44.4%)
421	KOWALCZYK Klaudia	524		K 40	165	00:02:19	00:18:23	00:37:52.00	00:40:11.75	+00:21:12 (56.0%)	7:34	7.9 (43.9%)
422	BORUSZEWSKA Maja	84		K 12	11	00:00:19	00:17:27	00:37:52.95	00:38:12.45	+00:21:13 (56.0%)	7:34	7.9 (43.9%)
423	PIOTROWSKA-KRZAK Ela	859		K 40	166	00:01:41	00:18:40	00:38:02.80	00:39:44.60	+00:21:23 (56.2%)	7:36	7.9 (43.9%)
424	ŚLIWCZAK Anna	1385		K 40	167	00:02:19	00:18:42	00:38:07.05	00:40:26.15	+00:21:27 (56.3%)	7:37	7.9 (43.9%)
425	JURCZAK Karolina	401		K 30	138	00:02:28	00:18:46	00:38:20.40	00:40:48.40	+00:21:40 (56.6%)	7:40	7.8 (43.3%)
426	WŁODARCZYK Halina	1223		K 60	10	00:01:51	00:21:07	00:38:34.65	00:40:26.15	+00:21:55 (56.8%)	7:42	7.8 (43.3%)
427	CZARNECKA Anna	1441	LADIES GYM	K 70	4	00:02:04	00:18:57	00:39:20.90	00:41:25.05	+00:22:41 (57.7%)	7:52	7.6 (42.2%)
428	NOWAKOWSKA Anna	781		K 40	168	00:01:57	00:18:51	00:39:44.70	00:41:42.25	+00:23:05 (58.1%)	7:56	7.6 (42.2%)
429	BARTOSIK Krystyna	44		K 60	11	00:02:15	00:19:50	00:40:13.50	00:42:28.50	+00:23:34 (58.6%)	8:02	7.5 (41.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
430	DĄBROWSKA Adrianna	177		K 20	48	00:00:00		00:40:21.80	00:40:21.80	+00:23:42 (58.7%)	8:04	7.4 (41.1%)
431	ZAROSIŃSKA Paulina	1272		K 20	49	00:02:18	00:19:54	00:40:51.70	00:43:10.35	+00:24:12 (59.2%)	8:10	7.3 (40.6%)
432	DĘBSKA Anna	1517		K 60	12	00:01:17	00:19:56	00:41:09.70	00:42:26.80	+00:24:30 (59.5%)	8:13	7.3 (40.6%)
433	KOBYŁECKA Sylwia	473	TEAM ZABIEGANEDNI	K 30	139	00:01:15	00:20:17	00:41:55.90	00:43:11.40	+00:25:16 (60.3%)	8:23	7.2 (40.0%)
434	BARANOWSKA Ewelina	35		K 30	140	00:02:12	00:19:46	00:41:58.20	00:44:10.40	+00:25:18 (60.3%)	8:23	7.1 (39.4%)
435	MICHAŁOWSKA Katarzyna	714	TEAM ZABIEGANEDNI / DDRUNNINGTEAM	K 40	169	00:01:11	00:20:57	00:42:49.90	00:44:01.10	+00:26:10 (61.1%)	8:33	7 (38.9%)
436	TUKENDORF Barbara	1152	TEAMZABIEGANEDNI	K 70	5	00:01:11	00:20:57	00:42:51.30	00:44:02.80	+00:26:11 (61.1%)	8:34	7 (38.9%)
437	WILCZYŃSKA Małgorzata	1201		K 40	170	00:00:25	00:21:01	00:43:44.75	00:44:10.25	+00:27:05 (61.9%)	8:44	6.9 (38.3%)
438	SAMORDAK Katarzyna	960		K 30	141	00:00:04	00:21:40	00:43:54.30	00:43:59.20	+00:27:14 (62.1%)	8:46	6.8 (37.8%)
439	FULEK Katarzyna	257		K 40	171	00:00:05	00:21:41	00:43:57.00	00:44:02.20	+00:27:17 (62.1%)	8:47	6.8 (37.8%)
440	GRZECHNIK Justyna	324		K 30	142	00:00:05	00:21:41	00:44:20.20	00:44:25.70	+00:27:40 (62.4%)	8:52	6.8 (37.8%)
Przekroczony limit czasu: 00:45:00												
441	PASTERNAK Anna	827	DRUŻYNA PAULINY	K 60	13	00:02:23	00:24:04	00:50:18.45	00:52:41.90	+00:33:39 (66.9%)	10:03	6 (33.3%)
442	PASTERNAK Joanna	825	PZU SPORT TEAM	K 40	172	00:02:23	00:24:05	00:50:19.15	00:52:42.65	+00:33:39 (66.9%)	10:03	6 (33.3%)

Znaleziono 442 wynik(ów)