

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

Klasyfikacja: K Open

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	MAZEK Emilia	884	AZS AWF WARSZAWA	K 30	1		00:00:02	00:07:59	00:16:55.35	00:16:57.40		3:23	17.7 (100%)
2	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	+ (-0.7%)	3:21	17.9 (101.1%)
3	JĘDRZEJSKA Aleksandra	146	CTS	K 30	2		00:00:02	00:08:05	00:17:26.15	00:17:29.05	+00:00:30 (2.9%)	3:29	17.2 (97.2%)
4	KALBARCZYK Adriana	1713	DUCLA ACADEMY WARSZAWA	K 30	3	Duklanowski Team	00:00:03	00:08:16	00:17:28.35	00:17:31.80	+00:00:32 (3.1%)	3:29	17.2 (97.2%)
5	MIERZLIKIN Natalia	1860		K 30	4		00:00:02	00:08:12	00:17:34.70	00:17:37.30	+00:00:39 (3.7%)	3:30	17.1 (96.6%)
6	BAZUŁKA Aleksandra	1742	HOKA GARMIN TEAM	K 20	1		00:00:03	00:08:18	00:17:46.40	00:17:49.60	+00:00:51 (4.8%)	3:33	16.9 (95.5%)
7	KOWALCZYK Alicja	667		K 30	6		00:00:08	00:08:35	00:18:35.25	00:18:43.80	+00:01:39 (9.0%)	3:43	16.1 (91.0%)
8	GLINKA Elżbieta	1790	ADIDAS RUNNERS WARSAW	K 30	5	adidas Runners Warsaw	00:00:30	00:08:36	00:18:15.30	00:18:46.10	+00:01:19 (7.3%)	3:39	16.4 (92.7%)
9	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	+00:01:48 (9.6%)	3:44	16 (90.4%)
10	VEREMCHUK Yuliia	1499	YULIANKA BIEGNIE BO LUBI	K 30	7		00:00:12	00:08:55	00:18:43.55	00:18:56.15	+00:01:48 (9.6%)	3:44	16 (90.4%)
11	DRAŻEK Justyna	258	ICHEM-VITADIET	K 20	2		00:00:06	00:08:56	00:18:48.45	00:18:55.10	+00:01:53 (10.0%)	3:45	16 (90.4%)
12	GASZEWSKA Małgorzata	343	ZA LINIĄ METY	K 20	3		00:00:11	00:08:56	00:19:13.20	00:19:24.45	+00:02:17 (12.0%)	3:50	15.6 (88.1%)
13	WOJTKOWIAK Marta	1573	PAWKO RUNNER TEAM	K 30	8	Pawko Runner Team	00:00:28	00:08:58	00:19:16.90	00:19:45.45	+00:02:21 (12.2%)	3:51	15.6 (88.1%)
14	WOROBIEW Magdalena	37	LIPIEC RUNNING TEAM	K 30	9		00:00:10	00:09:18	00:19:26.65	00:19:36.70	+00:02:31 (13.0%)	3:53	15.4 (87.0%)
15	MISSALA Magda	2143		K 16	1		00:00:37	00:09:00	00:19:28.45	00:20:06.35	+00:02:33 (13.1%)	3:53	15.4 (87.0%)

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
16	TOMCZAK Joanna	1452		K 30	10		00:00:14	00:09:08	00:19:39.20	00:19:53.25	+00:02:43 (13.9%)	3:55	15.3 (86.4%)
17	PACIOREK Ewa	250	KOBIETA BIEGA	K 30	11		00:00:15	00:09:21	00:20:01.60	00:20:17.00	+00:03:06 (15.5%)	4:00	15 (84.7%)
18	MUSIAŁ Anna	939		K 20	4		00:00:23	00:09:24	00:20:03.05	00:20:26.60	+00:03:07 (15.6%)	4:00	15 (84.7%)
19	ŚLIWOWSKA Justyna	1962	#PLANBIEGANIE	K 30	12	#planbieganie	00:00:22	00:09:34	00:20:05.45	00:20:28.05	+00:03:10 (15.8%)	4:01	14.9 (84.2%)
20	CHRUŚCIEL Lucyna	174	ADIDAS RUNNERS WARSAW	K 30	13	adidas Runners Warsaw	00:00:27	00:09:37	00:20:14.55	00:20:42.05	+00:03:19 (16.4%)	4:02	14.8 (83.6%)
21	WŁAZAŁEK Natalia	1557	ADIDASRUNNERSWARSAW	K 20	5	adidas Runners Warsaw	00:00:14	00:09:12	00:20:16.75	00:20:31.20	+00:03:21 (16.6%)	4:03	14.8 (83.6%)
22	RĘKAWEK Paulina	1915	TEAM ZABIEGANEDNI	K 30	14	Team ZabieganeDni	00:00:30	00:09:32	00:20:24.65	00:20:54.80	+00:03:29 (17.1%)	4:04	14.7 (83.1%)
23	JASKÓLSKA Magda	477	VEGE RUNNERS	K 30	15	Vege Runners Ursynów	00:00:16	00:09:37	00:20:31.95	00:20:48.25	+00:03:36 (17.6%)	4:06	14.6 (82.5%)
24	MAJEWSKA Ewa	829		K 40	3		00:00:19	00:09:36	00:20:46.05	00:21:06.00	+00:03:50 (18.5%)	4:09	14.4 (81.4%)
25	STRUZIK Anna	1354	KRZYSIO TEAM	K 40	4		00:00:22	00:09:40	00:20:51.10	00:21:13.10	+00:03:55 (18.8%)	4:10	14.4 (81.4%)
26	GASIOROWSKA Alicja	342		K 40	5	Żórawski Team	00:00:28	00:09:39	00:20:51.35	00:21:20.00	+00:03:55 (18.9%)	4:10	14.4 (81.4%)
27	PYSZEL Zuzanna	1153		K 20	6		00:00:28	00:09:56	00:20:54.00	00:21:22.20	+00:03:58 (19.0%)	4:10	14.4 (81.4%)
28	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	+00:04:01 (19.2%)	4:11	14.3 (80.8%)
29	ZAWADZKA Katarzyna	1633		K 40	7		00:00:23	00:09:54	00:21:05.50	00:21:29.15	+00:04:10 (19.8%)	4:13	14.2 (80.2%)
30	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	+00:04:11 (19.8%)	4:13	14.2 (80.2%)
31	CHOŁUJ Anna	1755	WKZ KOZIENICE BBL	K 30	16	WKZ KOZIENICE BBL	00:00:52	00:09:47	00:21:07.95	00:22:00.05	+00:04:12 (19.9%)	4:13	14.2 (80.2%)
32	SADOWSKA Monika	1228		K 40	9		00:00:23	00:09:54	00:21:10.55	00:21:33.55	+00:04:15 (20.1%)	4:14	14.2 (80.2%)
33	KIBITLEWSKA Emilia	572		K 30	17		00:00:24	00:09:49	00:21:15.00	00:21:39.45	+00:04:19 (20.4%)	4:15	14.1 (79.7%)
34	REMBELSKA Dominika	1179		K 50	1		00:00:09	00:09:53	00:21:25.35	00:21:34.60	+00:04:29 (21.0%)	4:17	14 (79.1%)
35	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	+00:04:38 (21.5%)	4:18	13.9 (78.5%)
36	BUKAŁA Oktawia	134	VEGE RUNNERS	K 30	18	Vege Runners Reszta Świata	00:01:06	00:10:14	00:21:44.10	00:22:50.35	+00:04:48 (22.1%)	4:20	13.8 (78.0%)
37	WOJTASZKO Justyna	1572		K 20	7		00:01:01		00:21:50.00	00:22:51.65	+00:04:54 (22.5%)	4:22	13.7 (77.4%)
38	SIESTRZYKOWSKA Katarzyna	1254		K 30	19		00:00:29	00:09:58	00:21:54.75	00:22:23.90	+00:04:59 (22.8%)	4:22	13.7 (77.4%)

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39	RELUGA Małgorzata	1177	CZARNECKI RUN TEAM	K 50	2	Czarnecki run team	00:00:17	00:10:22	00:21:55.55	00:22:13.05	+00:05:00 (22.8%)	4:23	13.7 (77.4%)
40	SPRAWKA Magdalena	1325		K 20	8		00:00:25	00:10:18	00:22:02.95	00:22:28.30	+00:05:07 (23.3%)	4:24	13.6 (76.8%)
41	SZTARBAŁA Ewa	1400	LIPIEC RUNNING TEAM	K 40	11		00:00:32	00:10:14	00:22:05.95	00:22:38.15	+00:05:10 (23.4%)	4:25	13.6 (76.8%)
42	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	+00:05:11 (23.5%)	4:25	13.6 (76.8%)
43	GŁODOWSKA Marta	366	ŻÓRAWSKI TEAM	K 30	20	Żórawski Team	00:00:36		00:22:09.00	00:22:45.00	+00:05:13 (23.6%)	4:25	13.5 (76.3%)
44	RZYMOWSKA Krystyna	1223		K 50	3		00:00:44	00:10:28	00:22:15.05	00:22:59.60	+00:05:19 (23.9%)	4:27	13.5 (76.3%)
45	BUDNICKA Joanna	125		K 40	13		00:00:10	00:09:58	00:22:20.15	00:22:30.95	+00:05:24 (24.2%)	4:28	13.4 (75.7%)
46	SŁOMKA Dominika	1288	TEAM ZABIEGANEDNI	K 30	21	Team ZabieganeDni #1	00:00:45	00:10:29	00:22:37.00	00:23:22.10	+00:05:41 (25.2%)	4:31	13.3 (75.1%)
47	LEŚNIAK Barbara	2055	LEŚNIAKTEAM	K 12	1		00:01:03	00:11:02	00:22:42.05	00:23:45.90	+00:05:46 (25.5%)	4:32	13.2 (74.6%)
48	SZWEDA-LEWANDOWSKA Zofia	1406		K 40	14		00:01:28	00:10:46	00:22:43.75	00:24:11.95	+00:05:48 (25.5%)	4:32	13.2 (74.6%)
49	JERECZEK Ada	488	AKTYWNA WARSZAWA	K 20	9	Aktywna Warszawa	00:00:58	00:10:55	00:22:44.90	00:23:43.10	+00:05:49 (25.6%)	4:32	13.2 (74.6%)
50	MAZUR Anna	887	G8 BIELANY	K 20	10		00:00:44	00:09:39	00:22:48.15	00:23:32.60	+00:05:52 (25.8%)	4:33	13.2 (74.6%)
51	JASZCZERSKA Grażyna	479	AKADEMIA BIEGANIA GRUDZIĄDZ	K 50	4		00:00:44	00:10:44	00:22:52.50	00:23:37.30	+00:05:57 (26.0%)	4:34	13.1 (74.0%)
52	MAJEWSKA Zuzanna	828	AZS SGGW	K 16	2		00:00:58	00:10:47	00:22:52.50	00:23:50.70	+00:05:57 (26.0%)	4:34	13.1 (74.0%)
53	JAGIELSKA Magdalena	450	POŁAWIACZKI PEREŁ, KS STASZEWSKY	K 50	5	KS Staszewscy	00:00:52	00:10:35	00:22:59.75	00:23:52.45	+00:06:04 (26.4%)	4:35	13.1 (74.0%)
54	WIEWIURA Agnieszka	1533	GÓRA BIEGA	K 30	22	Góra Biega - Dziki	00:00:57	00:10:57	00:23:09.40	00:24:06.80	+00:06:14 (26.9%)	4:37	13 (73.4%)
55	FRUNZE-PROCHOREC Katarzyna	321	ARKADIUSZ GARDZIELEWSKI RUNNING TEAM	K 50	6		00:00:59	00:10:57	00:23:10.50	00:24:10.35	+00:06:15 (27.0%)	4:38	12.9 (72.9%)
56	GOGACZ Magdalena	372	URZĄD DZIELNICY URSYNÓW	K 40	15		00:00:54	00:10:46	00:23:15.55	00:24:09.90	+00:06:20 (27.2%)	4:39	12.9 (72.9%)
57	KAPUŚCIAREK Ela	543		K 40	16		00:01:05	00:10:33	00:23:19.35	00:24:25.10	+00:06:23 (27.4%)	4:39	12.9 (72.9%)
58	KOSTACIŃSKA Maria	1823	ADIDAS RUNNERS WARSAW	K 30	23	adidas Runners Warsaw	00:01:03	00:11:14	00:23:22.75	00:24:26.45	+00:06:27 (27.6%)	4:40	12.8 (72.3%)
59	NOWACZYŃSKA Katarzyna	965	TEAM ZABIEGANEDNI	K 40	17	Team ZabieganeDni	00:01:03	00:11:15	00:23:23.15	00:24:26.30	+00:06:27 (27.6%)	4:40	12.8 (72.3%)
60	JAREK Zuzanna	2033	RACE FIGHTER JUNIOR	K 14	1		00:01:00	00:10:37	00:23:30.45	00:24:30.85	+00:06:35 (28.0%)	4:42	12.8 (72.3%)
61	DUCHNOWSKA Natalia	265		K 20	11		00:01:18	00:10:59	00:23:30.90	00:24:49.15	+00:06:35 (28.0%)	4:42	12.8 (72.3%)

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62	MACIEJEC Dorota	1850		K 40	18		00:00:35	00:10:33	00:23:36.45	00:24:11.70	+00:06:41 (28.3%)	4:43	12.7 (71.8%)
63	CZYŻ Monika	214		K 30	24		00:01:08	00:11:06	00:23:36.55	00:24:45.00	+00:06:41 (28.3%)	4:43	12.7 (71.8%)
64	SYGUDA Katarzyna	1371	TEAM PARSZCZYŃSKICH	K 20	12		00:01:05	00:11:15	00:23:43.10	00:24:48.70	+00:06:47 (28.7%)	4:44	12.6 (71.2%)
65	BISOWSKA Amelia	85	MARUDY Z KOBYŁKI	K 16	3	Marudy z Kobylki	00:01:24	00:11:57	00:23:47.40	00:25:11.60	+00:06:52 (28.9%)	4:45	12.6 (71.2%)
66	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	+00:06:53 (28.9%)	4:45	12.6 (71.2%)
67	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	+00:06:54 (29.0%)	4:45	12.6 (71.2%)
68	KROPIAK Katarzyna	696	VEGE RUNNERS	K 30	25	Vege Runners Reszta Świata	00:00:54	00:11:00	00:23:55.75	00:24:50.10	+00:07:00 (29.3%)	4:47	12.5 (70.6%)
69	HORDIENKO Natalia	434	UKRAINE	K 30	26		00:01:05	00:11:02	00:24:03.35	00:25:09.20	+00:07:07 (29.7%)	4:48	12.5 (70.6%)
70	KRUPNIEWSKA Joanna	1828	RUN OTWOCK	K 50	7		00:01:04	00:11:26	00:24:08.40	00:25:13.05	+00:07:13 (29.9%)	4:49	12.4 (70.1%)
71	JAREK Katarzyna	470		K 40	21		00:01:01	00:11:01	00:24:12.75	00:25:14.40	+00:07:17 (30.1%)	4:50	12.4 (70.1%)
72	KIERASIŃSKA Dorota	578	TEAM ZABIEGANEDNI	K 40	22	Team ZabieganeDni	00:01:27	00:11:48	00:24:13.70	00:25:41.55	+00:07:18 (30.2%)	4:50	12.4 (70.1%)
73	WYSOCKA Magda	1598		K 30	27		00:01:27	00:11:45	00:24:16.85	00:25:44.80	+00:07:21 (30.3%)	4:51	12.4 (70.1%)
74	KASHIVSKA Oksana	553		K 50	8		00:01:07	00:11:13	00:24:19.25	00:25:26.65	+00:07:23 (30.4%)	4:51	12.3 (69.5%)
75	ROMANIK Klaudia	1190		K 30	28		00:00:48	00:11:07	00:24:22.60	00:25:11.20	+00:07:27 (30.6%)	4:52	12.3 (69.5%)
76	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	+00:07:34 (30.9%)	4:53	12.3 (69.5%)
77	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	+00:07:39 (31.1%)	4:54	12.2 (68.9%)
78	MRÓZ Gabriela	934	PAWKO RUNNER TEAM	K 30	29	Pawko Runner Team	00:01:09	00:11:20	00:24:35.20	00:25:44.70	+00:07:39 (31.2%)	4:55	12.2 (68.9%)
79	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	+00:07:41 (31.3%)	4:55	12.2 (68.9%)
80	ORLIŃSKA Edyta	1003	TEAM BALANS	K 30	30		00:01:10	00:11:31	00:24:37.05	00:25:47.40	+00:07:41 (31.3%)	4:55	12.2 (68.9%)
81	SOKOŁOWSKA Magdalena	1310		K 30	31		00:00:48	00:11:20	00:24:37.20	00:25:25.60	+00:07:41 (31.3%)	4:55	12.2 (68.9%)
82	BUKOWSKA Martyna	136		K 30	32		00:00:11	00:10:19	00:24:37.35	00:24:48.90	+00:07:41 (31.3%)	4:55	12.2 (68.9%)
83	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	+00:07:41 (31.3%)	4:55	12.2 (68.9%)
84	LIS-MAJER Anna	788	BIEGOWY WARIAT RUNNING TEAM	K 30	33	Biegowy Wariat Running Team	00:01:20	00:11:30	00:24:38.55	00:25:58.90	+00:07:43 (31.3%)	4:55	12.2 (68.9%)

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85	MĄCZEWSKA Weronika	889		K 20	13		00:01:16	00:11:23	00:24:38.85	00:25:55.15	+00:07:43 (31.3%)	4:55	12.2 (68.9%)
86	WIRASZKA Barbara	1988		K 50	9		00:01:18	00:11:34	00:24:43.75	00:26:02.50	+00:07:48 (31.6%)	4:56	12.1 (68.4%)
87	FLOREK Małgorzata	313	LEBIODA TEAM	K 30	34		00:00:00	00:11:59	00:24:46.10	00:24:46.10	+00:07:50 (31.7%)	4:57	12.1 (68.4%)
88	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	+00:07:51 (31.7%)	4:57	12.1 (68.4%)
89	PARTYKA Agnieszka	1037	TEAM ZABIEGANEDNI	K 50	10	Team ZabieganeDni	00:01:21	00:11:38	00:24:48.25	00:26:09.30	+00:07:52 (31.8%)	4:57	12.1 (68.4%)
90	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	+00:07:53 (31.8%)	4:57	12.1 (68.4%)
91	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	+00:08:00 (32.1%)	4:59	12 (67.8%)
92	WOSINSKA Magdalena	1579	ULTRA LASKI	K 40	30		00:01:08	00:11:30	00:24:56.05	00:26:04.55	+00:08:00 (32.1%)	4:59	12 (67.8%)
93	KLIMKIEWICZ Beata	599		K 40	31		00:00:22	00:11:24	00:24:59.85	00:25:22.65	+00:08:04 (32.3%)	4:59	12 (67.8%)
94	KOŁODZIEJSKA Iwona	620		K 40	32		00:01:35	00:11:54	00:25:03.45	00:26:39.05	+00:08:08 (32.5%)	5:00	12 (67.8%)
95	DUBAN Elżbieta	262		K 50	11		00:01:29	00:11:56	00:25:05.20	00:26:34.50	+00:08:09 (32.5%)	5:01	12 (67.8%)
96	DRACHAL Agata	256		K 30	35		00:01:26	00:12:06	00:25:08.00	00:26:34.35	+00:08:12 (32.7%)	5:01	11.9 (67.2%)
97	ORNOWSKA Joanna	1004		K 20	14		00:01:16	00:11:24	00:25:08.05	00:26:24.40	+00:08:12 (32.7%)	5:01	11.9 (67.2%)
98	MATYSIAK Aleksandra	2148		K 14	2		00:01:31	00:12:04	00:25:13.30	00:26:44.65	+00:08:17 (32.9%)	5:02	11.9 (67.2%)
99	ZAMYŁKO Lidia	1622		K 40	33		00:03:19	00:12:04	00:25:16.25	00:28:35.90	+00:08:20 (33.0%)	5:03	11.9 (67.2%)
100	WÓJCIK Agnieszka	1996		K 30	36		00:01:03	00:11:38	00:25:17.50	00:26:20.80	+00:08:22 (33.1%)	5:03	11.9 (67.2%)
101	TULA Renata	1475		K 70	1		00:01:29	00:11:54	00:25:18.50	00:26:47.90	+00:08:23 (33.1%)	5:03	11.9 (67.2%)
102	BORETA Marzena	1749	BIEGOWY WARIAT RUNNING TEAM	K 40	34		00:00:58	00:11:33	00:25:18.60	00:26:16.65	+00:08:23 (33.1%)	5:03	11.9 (67.2%)
103	PUCZYŃSKA Renata	1144		K 40	35		00:00:49	00:11:16	00:25:18.85	00:26:08.50	+00:08:23 (33.2%)	5:03	11.9 (67.2%)
104	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	+00:08:26 (33.3%)	5:04	11.8 (66.7%)
105	SUŁKOWSKA Magdalena	1947		K 30	37		00:01:34	00:12:14	00:25:29.20	00:27:03.25	+00:08:33 (33.6%)	5:05	11.8 (66.7%)
106	KOCIĘCKA Edyta	612		K 20	15		00:01:36	00:12:01	00:25:30.20	00:27:06.95	+00:08:34 (33.6%)	5:06	11.8 (66.7%)
107	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	+00:08:39 (33.9%)	5:07	11.7 (66.1%)

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
108	RÓŻAK-RUKUSZEWICZ Magdalena	1200	DZIKIE GRUBASY SZATANA	K 40	38		00:01:31	00:11:55	00:25:35.10	00:27:06.55	+00:08:39 (33.9%)	5:07	11.7 (66.1%)
108	KOŚNIK Alicja	662		K 20	16		00:01:53	00:12:21	00:25:35.10	00:27:28.95	+00:08:39 (33.9%)	5:07	11.7 (66.1%)
108	CHARKO Elżbieta	151	GÓRA BIEGA	K 30	38	Góra Biega	00:01:33	00:12:26	00:25:35.10	00:27:08.25	+00:08:39 (33.9%)	5:07	11.7 (66.1%)
111	SIWCZAK Agnieszka	1264	MORDERCZE OPONKI	K 30	39	Mordercze Oponki	00:01:51	00:12:23	00:25:35.60	00:27:26.60	+00:08:40 (33.9%)	5:07	11.7 (66.1%)
112	FIEDOROWICZ Ewa	303		K 40	39	Pracująca Trójka	00:01:14	00:11:57	00:25:37.30	00:26:51.45	+00:08:41 (34.0%)	5:07	11.7 (66.1%)
113	LEWANDOWSKA Joanna	777		K 50	12		00:01:49	00:12:08	00:25:41.30	00:27:31.25	+00:08:45 (34.1%)	5:08	11.7 (66.1%)
114	ZAWADKA Marta	1631		K 30	40		00:01:38	00:12:21	00:25:43.95	00:27:22.90	+00:08:48 (34.2%)	5:08	11.7 (66.1%)
115	TROJANOWSKA Karolina	1969		K 30	41		00:02:34	00:12:18	00:25:45.75	00:28:20.55	+00:08:50 (34.3%)	5:09	11.7 (66.1%)
116	JÓŻWIAK Agnieszka	2138		K 40	40		00:00:59	00:11:52	00:25:47.65	00:26:47.40	+00:08:52 (34.4%)	5:09	11.6 (65.5%)
117	MARKOWSKA Oktawia	859	BIEGAJ Z DYMKIEM	K 40	41		00:01:28	00:12:07	00:25:48.00	00:27:16.20	+00:08:52 (34.4%)	5:09	11.6 (65.5%)
118	DĄBROWSKA Katarzyna	1774	WARSAW RUN CLUB	K 50	13	Aktywna Warszawa	00:01:50	00:12:20	00:25:49.25	00:27:39.45	+00:08:53 (34.5%)	5:09	11.6 (65.5%)
119	SZYMOR Joanna	1423	SERWIS POJAZDÓW ADAM WOŁKOWYCKI	K 30	42		00:01:48	00:12:23	00:25:50.30	00:27:38.35	+00:08:54 (34.5%)	5:10	11.6 (65.5%)
120	GĄSKA Agnieszka	348	TEAM ZABIEGANEDNI	K 20	17	Team ZabieganeDni	00:01:45	00:12:26	00:25:50.45	00:27:35.75	+00:08:55 (34.5%)	5:10	11.6 (65.5%)
121	ŁASZCZYCH Małgorzata	796		K 30	43		00:01:18	00:11:57	00:25:53.10	00:27:11.80	+00:08:57 (34.6%)	5:10	11.6 (65.5%)
122	KARPIŃSKA-GROMEK Monika	550	KS LEMIESZ TEAM	K 40	42		00:01:22	00:11:52	00:25:53.55	00:27:16.35	+00:08:58 (34.6%)	5:10	11.6 (65.5%)
123	KALUZNA Justyna	530		K 40	43		00:01:35	00:12:42	00:25:55.95	00:27:31.85	+00:09:00 (34.7%)	5:11	11.6 (65.5%)
124	DŁUGOSZ Marta	240		K 30	44		00:01:51	00:12:31	00:25:56.35	00:27:47.55	+00:09:00 (34.8%)	5:11	11.6 (65.5%)
125	FABROWICZ Katarzyna	292		K 40	44		00:01:29	00:11:50	00:25:58.20	00:27:27.35	+00:09:02 (34.8%)	5:11	11.6 (65.5%)
126	HAWRYLUK-STASIAK Ewa	427	BIEGUNI 2022	K 60	1		00:01:48	00:12:18	00:25:58.60	00:27:47.05	+00:09:03 (34.9%)	5:11	11.6 (65.5%)
127	PAŃCZYK Joanna	1034	THE PAŃCZYKS	K 40	45		00:01:21	00:12:15	00:25:59.55	00:27:21.30	+00:09:04 (34.9%)	5:11	11.5 (65.0%)
128	MYSTKOWSKA Marta	1870		K 30	45		00:02:25	00:11:59	00:25:59.80	00:28:25.25	+00:09:04 (34.9%)	5:11	11.5 (65.0%)
129	SLASKA Maria	1285		K 20	18		00:01:30	00:11:29	00:26:01.60	00:27:32.30	+00:09:06 (35.0%)	5:12	11.5 (65.0%)
130	ZARZYCKA Ola	1627		K 40	46		00:00:32	00:12:00	00:26:04.40	00:26:36.70	+00:09:09 (35.1%)	5:12	11.5 (65.0%)

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
130	KROSZKA Beata	697	TEAM ZABIEGANEDNI	K 50	14	Team ZabieganeDni	00:01:49	00:12:26	00:26:04.40	00:27:54.00	+00:09:09 (35.1%)	5:12	11.5 (65.0%)
132	FRANCZYK Monika	1785		K 30	46		00:01:57	00:12:08	00:26:07.10	00:28:04.65	+00:09:11 (35.2%)	5:13	11.5 (65.0%)
133	SZULC Kasia	1403		K 50	15		00:01:26	00:12:20	00:26:09.05	00:27:35.40	+00:09:13 (35.3%)	5:13	11.5 (65.0%)
134	SIWEK Anna	1265		K 40	47		00:01:27	00:11:48	00:26:10.65	00:27:37.90	+00:09:15 (35.4%)	5:14	11.5 (65.0%)
135	MURAWSKA Małgorzata	938	TEAM ZABIEGANEDNI	K 50	16	Team ZabieganeDni	00:01:44	00:12:28	00:26:15.55	00:27:59.75	+00:09:20 (35.6%)	5:15	11.4 (64.4%)
136	JĘDRZEJEWSKA Laura	1805		K 20	19		00:01:44	00:12:19	00:26:15.60	00:28:00.50	+00:09:20 (35.6%)	5:15	11.4 (64.4%)
137	ROJEWSKA Paulina	1188		K 20	20		00:01:07	00:11:59	00:26:22.10	00:27:29.85	+00:09:26 (35.8%)	5:16	11.4 (64.4%)
138	GIEFERT Sylwia	1788		K 20	21		00:01:45	00:12:19	00:26:23.15	00:28:08.50	+00:09:27 (35.9%)	5:16	11.4 (64.4%)
139	MOTYKA Aleksandra	2068	GÓRA BIEGA	K 14	3	Dragonflies	00:01:31	00:12:04	00:26:23.25	00:27:54.70	+00:09:27 (35.9%)	5:16	11.4 (64.4%)
140	ANTKIEWICZ Weronika	29		K 20	22		00:01:20	00:12:02	00:26:23.40	00:27:43.80	+00:09:28 (35.9%)	5:16	11.4 (64.4%)
141	TRZASKO Ania	1472	ADIDAS RUNNERS WARSAW	K 30	47		00:01:37	00:12:29	00:26:24.85	00:28:02.60	+00:09:29 (35.9%)	5:16	11.4 (64.4%)
142	GIECKO Anna	353		K 50	17		00:00:19	00:12:12	00:26:27.75	00:26:47.10	+00:09:32 (36.1%)	5:17	11.3 (63.8%)
143	MACUTKIEWICZ Izabela	819		K 30	48		00:01:30	00:12:23	00:26:28.05	00:27:58.40	+00:09:32 (36.1%)	5:17	11.3 (63.8%)
144	CHARCHUŁA Marta	148		K 30	49		00:02:17	00:12:50	00:26:29.95	00:28:47.40	+00:09:34 (36.1%)	5:17	11.3 (63.8%)
145	DUBAN Magdalena	2020		K 14	4		00:01:28		00:26:33.15	00:28:01.95	+00:09:37 (36.3%)	5:18	11.3 (63.8%)
146	GOLISZ Ewa	376		K 50	18		00:01:25	00:12:32	00:26:33.35	00:27:58.55	+00:09:37 (36.3%)	5:18	11.3 (63.8%)
147	PODGÓRSKA Aleksandra	67		K 30	50		00:01:35	00:12:01	00:26:34.70	00:28:10.10	+00:09:39 (36.3%)	5:18	11.3 (63.8%)
148	MOKRZANOWSKA Anna	919		K 30	51		00:01:32	00:12:21	00:26:37.30	00:28:10.20	+00:09:41 (36.4%)	5:19	11.3 (63.8%)
149	KUKLA Elzbieta	732	RYSIK RUNNERS	K 50	19		00:01:41	00:12:26	00:26:38.65	00:28:20.00	+00:09:43 (36.5%)	5:19	11.3 (63.8%)
150	ROGALSKA Justyna	1186		K 30	52		00:02:18	00:12:41	00:26:39.80	00:28:58.15	+00:09:44 (36.5%)	5:19	11.3 (63.8%)
151	PASZKIEWICZ Alicja	1703		K 20	23		00:01:39	00:12:33	00:26:43.85	00:28:23.65	+00:09:48 (36.7%)	5:20	11.2 (63.3%)
152	SZYMAŃSKA Maja	1414		K 16	4		00:01:48	00:12:24	00:26:44.00	00:28:32.35	+00:09:48 (36.7%)	5:20	11.2 (63.3%)
153	WINNICKA-MACKENTHUN Agnieszka	1545		K 40	48		00:01:32	00:12:54	00:26:44.30	00:28:16.75	+00:09:48 (36.7%)	5:20	11.2 (63.3%)

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
154	CZERNIAWSKA Joanna	1768		K 40	49		00:01:42	00:12:22	00:26:44.35	00:28:26.60	+00:09:48 (36.7%)	5:20	11.2 (63.3%)
155	KWIATKOWSKA Izabela	754		K 30	53		00:01:49	00:12:36	00:26:44.90	00:28:34.55	+00:09:49 (36.7%)	5:20	11.2 (63.3%)
156	BIENIAK Ewelina	77		K 30	54		00:01:53	00:12:42	00:26:45.55	00:28:38.90	+00:09:50 (36.8%)	5:21	11.2 (63.3%)
157	PATER Agnieszka	1891	THE GREEN RUNNERS	K 40	50		00:02:14	00:12:25	00:26:46.50	00:29:00.55	+00:09:51 (36.8%)	5:21	11.2 (63.3%)
157	CHARMUSZKO Monika	152		K 40	51		00:01:41	00:12:47	00:26:46.50	00:28:27.65	+00:09:51 (36.8%)	5:21	11.2 (63.3%)
159	CYGAN Anna	194	PATRYCJA DETTLAFF I BLACK HAT ULTRA	K 50	20		00:01:00	00:12:11	00:26:46.80	00:27:47.20	+00:09:51 (36.8%)	5:21	11.2 (63.3%)
160	KURZACZ Katarzyna	747	ADIDAS RUNNERS WARSAW	K 50	21	adidas Runners Warsaw	00:01:54	00:12:34	00:26:47.90	00:28:42.70	+00:09:52 (36.9%)	5:21	11.2 (63.3%)
161	KWACZYŃSKA Marzena	1832	PZU SPORT TEAM	K 50	22	PZU Sport Team	00:01:55	00:12:41	00:26:48.45	00:28:44.20	+00:09:53 (36.9%)	5:21	11.2 (63.3%)
162	KRYSIUK Karolina	705		K 20	24		00:01:50	00:12:42	00:26:48.65	00:28:39.15	+00:09:53 (36.9%)	5:21	11.2 (63.3%)
163	PRASEK Agata	1118		K 40	52		00:02:03	00:12:50	00:26:48.80	00:28:51.90	+00:09:53 (36.9%)	5:21	11.2 (63.3%)
164	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	+00:09:55 (37.0%)	5:22	11.2 (63.3%)
165	KIELISZEK-MĘDREK Monika	577		K 30	55		00:02:55	00:13:51	00:26:51.30	00:29:46.55	+00:09:55 (37.0%)	5:22	11.2 (63.3%)
166	BAK Agata	63		K 30	56		00:02:17	00:12:50	00:26:53.15	00:29:10.35	+00:09:57 (37.1%)	5:22	11.2 (63.3%)
167	JEMIENIAK Marta	487		K 16	5		00:02:12	00:13:07	00:26:55.25	00:29:07.75	+00:09:59 (37.1%)	5:23	11.1 (62.7%)
168	DZIDA Barbara	281	TEAM ZABIEGANIE DNI	K 40	54		00:01:44	00:12:25	00:26:57.70	00:28:42.25	+00:10:02 (37.2%)	5:23	11.1 (62.7%)
169	GŁADECKA Marzena	363	GÓRA BIEGA	K 40	55	Góra Biega	00:02:10	00:12:51	00:26:59.45	00:29:10.35	+00:10:04 (37.3%)	5:23	11.1 (62.7%)
170	LECHAŃSKA Aleksandra	1835		K 30	57		00:01:20		00:27:00.25	00:28:20.90	+00:10:04 (37.3%)	5:24	11.1 (62.7%)
171	BARTOSIAK Beata	53		K 40	56		00:01:44	00:12:36	00:27:01.00	00:28:45.60	+00:10:05 (37.4%)	5:24	11.1 (62.7%)
172	WILK Asia	1541		K 16	6		00:02:08	00:13:12	00:27:02.65	00:29:10.70	+00:10:07 (37.4%)	5:24	11.1 (62.7%)
173	DĘBOWSKA Kinga	234	PAWKO RUNNER TEAM	K 20	25	Pawko Runner Team	00:01:34	00:12:46	00:27:02.85	00:28:37.75	+00:10:07 (37.4%)	5:24	11.1 (62.7%)
174	FORNALIK Iwona	1784	WITC	K 40	57		00:00:30	00:12:41	00:27:03.55	00:27:34.00	+00:10:08 (37.5%)	5:24	11.1 (62.7%)
175	BZURA Emilia	143		K 40	58		00:01:49	00:12:29	00:27:03.75	00:28:53.65	+00:10:08 (37.5%)	5:24	11.1 (62.7%)
176	GAŚOWSKA-ŚLIWIŃSKA Renata	349	DREAM RUN	K 40	59	Dream Run	00:03:11	00:12:52	00:27:05.75	00:30:16.95	+00:10:10 (37.5%)	5:25	11.1 (62.7%)

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
177	GÓRSKA Sylwia	390	GÓRA BIEGA	K 40	60	Góra Biega	00:02:11	00:12:51	00:27:06.30	00:29:17.30	+00:10:10 (37.6%)	5:25	11.1 (62.7%)
178	CZERESNIOWSKA Anna	207	ADIDAS RUNNERS WARSAW	K 30	58	adidas Runners Warsaw	00:01:51	00:12:14	00:27:07.85	00:28:59.80	+00:10:12 (37.6%)	5:25	11.1 (62.7%)
179	KŁĘK Magdalena	603	BEZLITOŚNI	K 40	61		00:02:19	00:12:44	00:27:10.65	00:29:30.10	+00:10:15 (37.7%)	5:26	11 (62.1%)
180	SOKOŁOWSKA Aleksandra	2089		K 16	7		00:00:25	00:12:24	00:27:11.70	00:27:37.60	+00:10:16 (37.8%)	5:26	11 (62.1%)
181	WRONA Milena	1997		K 40	62		00:01:52	00:12:43	00:27:12.15	00:29:04.50	+00:10:16 (37.8%)	5:26	11 (62.1%)
182	ZBOCH Joanna	1639		K 50	23		00:01:54	00:13:09	00:27:13.35	00:29:07.85	+00:10:17 (37.8%)	5:26	11 (62.1%)
183	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	+00:10:18 (37.9%)	5:26	11 (62.1%)
184	JEDRKIEWICZ Klara	2035		K 16	8		00:00:27		00:27:14.20	00:27:41.70	+00:10:18 (37.9%)	5:26	11 (62.1%)
185	DOBRUCH Hanna	245		K 50	24		00:01:09	00:12:31	00:27:14.35	00:28:24.20	+00:10:18 (37.9%)	5:26	11 (62.1%)
186	TYLUS Jolanta	1481		K 50	25		00:01:09	00:12:43	00:27:15.30	00:28:24.80	+00:10:19 (37.9%)	5:27	11 (62.1%)
187	HARABIN Kinga	425	RUN CZARNÓW	K 30	59		00:02:16	00:12:35	00:27:16.95	00:29:33.75	+00:10:21 (38.0%)	5:27	11 (62.1%)
188	TULEJ Bożena	1476	MKB DREPTAK	K 60	2		00:01:57	00:13:06	00:27:19.15	00:29:17.05	+00:10:23 (38.1%)	5:27	11 (62.1%)
189	ZACZYK Alicja	1607	MAMA W MARATONIE	K 40	64		00:03:11	00:13:05	00:27:19.25	00:30:31.00	+00:10:23 (38.1%)	5:27	11 (62.1%)
190	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	+00:10:24 (38.1%)	5:27	11 (62.1%)
191	PASZEWSKA Kornelia	1889		K 20	26		00:02:35	00:12:54	00:27:20.25	00:29:55.65	+00:10:24 (38.1%)	5:28	11 (62.1%)
192	TARNAWSKA Dorota	1438		K 40	66		00:01:04	00:12:29	00:27:22.05	00:28:26.80	+00:10:26 (38.2%)	5:28	11 (62.1%)
193	KLIMEK Marta	596		K 30	60		00:01:10	00:12:25	00:27:22.75	00:28:33.50	+00:10:27 (38.2%)	5:28	11 (62.1%)
194	OSTRYSZ Magdalena	1015		K 30	61		00:01:59	00:13:09	00:27:23.45	00:29:23.30	+00:10:28 (38.2%)	5:28	11 (62.1%)
195	MULARZUK Natalia	937		K 30	62		00:02:09	00:13:11	00:27:23.75	00:29:33.65	+00:10:28 (38.2%)	5:28	11 (62.1%)
196	ŁAKOMY Katarzyna	793		K 30	63		00:01:24	00:13:00	00:27:24.35	00:28:48.95	+00:10:28 (38.3%)	5:28	10.9 (61.6%)
197	MALANOWSKA Julia	833		K 30	64		00:01:22	00:12:50	00:27:25.35	00:28:47.70	+00:10:29 (38.3%)	5:29	10.9 (61.6%)
198	KOWALSKA Katarzyna	1827		K 30	65		00:01:22	00:12:40	00:27:25.75	00:28:48.20	+00:10:30 (38.3%)	5:29	10.9 (61.6%)
199	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	+00:10:33 (38.4%)	5:29	10.9 (61.6%)

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	KOSTRUBAŁA Lidia	2050		K 14	5		00:01:56	00:13:11	00:27:28.85	00:29:25.25	+00:10:33 (38.4%)	5:29	10.9 (61.6%)
201	THIEL Monika	1966		K 30	66		00:02:15	00:12:43	00:27:32.50	00:29:48.20	+00:10:37 (38.6%)	5:30	10.9 (61.6%)
202	CZERWIŃSKA-BLOK Iwona	208		K 30	67		00:02:10	00:13:08	00:27:33.60	00:29:44.15	+00:10:38 (38.6%)	5:30	10.9 (61.6%)
203	CZERWONKA-KITA Marta	210		K 40	68		00:02:12	00:13:08	00:27:34.25	00:29:46.85	+00:10:38 (38.6%)	5:30	10.9 (61.6%)
204	ŁAPIŃSKA Patrycja	1846		K 20	27		00:02:05	00:13:18	00:27:34.40	00:29:39.70	+00:10:39 (38.6%)	5:30	10.9 (61.6%)
205	KORNAS Agata	641	CSWP RUNNING TEAM	K 20	28	CSWP Running Team	00:01:23	00:12:46	00:27:34.50	00:28:58.15	+00:10:39 (38.6%)	5:30	10.9 (61.6%)
206	PATALAS Agnieszka	1890		K 40	69		00:02:29	00:12:49	00:27:35.30	00:30:04.70	+00:10:39 (38.7%)	5:31	10.9 (61.6%)
207	OSTROWSKA Patrycja	1012		K 20	29		00:01:24	00:12:03	00:27:39.05	00:29:03.75	+00:10:43 (38.8%)	5:31	10.8 (61.0%)
208	WIECZOREK Iza	1526		K 40	70		00:02:53	00:12:35	00:27:39.20	00:30:32.60	+00:10:43 (38.8%)	5:31	10.8 (61.0%)
209	THEODOULOU Nicci	1964		K 50	26		00:01:52	00:12:48	00:27:41.35	00:29:33.80	+00:10:45 (38.9%)	5:32	10.8 (61.0%)
210	KOPEĆ Patrycja	631		K 40	71		00:02:26	00:13:10	00:27:45.25	00:30:11.55	+00:10:49 (39.0%)	5:33	10.8 (61.0%)
211	GRABEK Anna	1795	CLV LO	K 40	72		00:01:52	00:13:21	00:27:49.15	00:29:41.55	+00:10:53 (39.2%)	5:33	10.8 (61.0%)
212	MATYSIAK Agnieszka	881		K 40	73		00:02:04	00:13:17	00:27:49.20	00:29:53.65	+00:10:53 (39.2%)	5:33	10.8 (61.0%)
213	SIERPINSKA Marta	1251		K 50	27		00:00:34	00:12:43	00:27:50.25	00:28:24.50	+00:10:54 (39.2%)	5:34	10.8 (61.0%)
214	LECHOWICZ Katarzyna	765		K 40	74		00:02:00	00:13:21	00:27:50.40	00:29:51.30	+00:10:55 (39.2%)	5:34	10.8 (61.0%)
215	PATEREK Lena	2075		K 14	6		00:02:04	00:13:18	00:27:51.55	00:29:55.80	+00:10:56 (39.3%)	5:34	10.8 (61.0%)
216	PATEREK Ada	1041	12TRI.PL	K 40	75		00:02:04	00:13:18	00:27:51.60	00:29:55.85	+00:10:56 (39.3%)	5:34	10.8 (61.0%)
217	KRYSZEWSKA Kaja	706		K 20	30		00:02:10	00:13:15	00:27:52.50	00:30:02.60	+00:10:57 (39.3%)	5:34	10.8 (61.0%)
218	DESKA Karolina	232		K 40	76		00:01:51	00:13:15	00:27:53.15	00:29:44.65	+00:10:57 (39.3%)	5:34	10.8 (61.0%)
219	BARNAS Ilona	52		K 40	77		00:02:52	00:13:12	00:27:53.85	00:30:46.50	+00:10:58 (39.3%)	5:34	10.8 (61.0%)
220	HARABIN Justyna	426		K 30	68		00:02:17	00:13:07	00:27:53.90	00:30:11.05	+00:10:58 (39.3%)	5:34	10.8 (61.0%)
221	KLAMBOROWSKA Magdalena	589	KB PACE WARSZAWA	K 30	69	KB PACE Warszawa 2	00:01:40	00:12:44	00:27:54.30	00:29:34.70	+00:10:58 (39.4%)	5:34	10.8 (61.0%)
222	ZATORSKA Agnieszka	1630	KB PACE WARSZAWA	K 20	31	KB PACE Warszawa 2	00:02:34	00:13:31	00:27:54.60	00:30:28.90	+00:10:59 (39.4%)	5:34	10.8 (61.0%)

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
223	SOKOŁOWSKA Anna	1311		K 40	78		00:02:05	00:13:06	00:27:54.95	00:30:00.75	+00:10:59 (39.4%)	5:34	10.8 (61.0%)
224	WITKOWSKA Magda	1552		K 40	79		00:03:19	00:13:19	00:27:55.20	00:31:14.25	+00:10:59 (39.4%)	5:35	10.7 (60.5%)
225	APANOWICZ Angelika	31		K 40	80		00:02:03	00:13:17	00:27:56.55	00:30:00.30	+00:11:01 (39.4%)	5:35	10.7 (60.5%)
226	SADŁOWSKA Aleksandra	1225		K 20	32		00:03:04	00:13:04	00:27:57.00	00:31:01.15	+00:11:01 (39.5%)	5:35	10.7 (60.5%)
227	PAŚNIK Joanna	1040	JACWIEŻ	K 40	81		00:02:05		00:27:57.10	00:30:02.95	+00:11:01 (39.5%)	5:35	10.7 (60.5%)
228	ŻYWIOŁOWSKA Dorota	1677	BRAK	K 30	70		00:02:42	00:13:21	00:27:59.15	00:30:41.95	+00:11:03 (39.5%)	5:35	10.7 (60.5%)
229	ROSENBAUM Olga	1193		K 30	71		00:02:11	00:13:09	00:27:59.60	00:30:10.75	+00:11:04 (39.5%)	5:35	10.7 (60.5%)
230	REGUŁA Maja	1175		K 40	82		00:00:59	00:13:27	00:28:03.15	00:29:02.30	+00:11:07 (39.7%)	5:36	10.7 (60.5%)
231	CHRÓST Patrycja	1756		K 20	33		00:02:07	00:12:31	00:28:10.35	00:30:17.40	+00:11:14 (39.9%)	5:38	10.7 (60.5%)
232	MĘKARSKA Marta	895		K 20	34		00:02:05	00:13:15	00:28:10.85	00:30:15.85	+00:11:15 (40.0%)	5:38	10.7 (60.5%)
233	DUDKIEWICZ Katarzyna	1779	MAGO	K 30	72		00:03:13	00:12:36	00:28:11.30	00:31:24.45	+00:11:15 (40.0%)	5:38	10.6 (59.9%)
233	POTOCZNA Ewa	1910		K 30	73		00:03:13	00:12:36	00:28:11.30	00:31:24.45	+00:11:15 (40.0%)	5:38	10.6 (59.9%)
235	RADECKA Zofia	2082		K 12	2		00:03:39	00:13:16	00:28:12.75	00:31:51.90	+00:11:17 (40.0%)	5:38	10.6 (59.9%)
236	MĘDEL Marta	894		K 40	83		00:02:45	00:13:16	00:28:14.30	00:31:00.05	+00:11:18 (40.1%)	5:38	10.6 (59.9%)
237	LEGAN Martyna	766	CBRE	K 30	74		00:02:48	00:13:26	00:28:16.75	00:31:04.95	+00:11:21 (40.2%)	5:39	10.6 (59.9%)
238	SMOŁOKOWSKA Iza	1298		K 50	28		00:02:53	00:13:18	00:28:20.45	00:31:13.50	+00:11:25 (40.3%)	5:40	10.6 (59.9%)
239	WYSOCKA Magdalena	1597		K 30	75		00:02:00	00:13:04	00:28:20.65	00:30:20.80	+00:11:25 (40.3%)	5:40	10.6 (59.9%)
240	BOROWIŃSKA Aleksandra	102		K 20	35		00:02:09	00:13:19	00:28:21.25	00:30:31.20	+00:11:25 (40.3%)	5:40	10.6 (59.9%)
241	GARGAS-MARUT Małgorzata	339	PZU SPORT TEAM	K 40	84		00:02:08	00:13:10	00:28:22.35	00:30:30.70	+00:11:26 (40.4%)	5:40	10.6 (59.9%)
242	GÓRZYŃSKA Anna	395		K 40	85		00:01:21	00:12:46	00:28:23.05	00:29:44.40	+00:11:27 (40.4%)	5:40	10.6 (59.9%)
243	SULEJ Anna	1367	PZU SPORT TEAM	K 30	76		00:02:08	00:13:10	00:28:23.10	00:30:31.85	+00:11:27 (40.4%)	5:40	10.6 (59.9%)
244	ADAMUS Katarzyna	17	DECATHLON	K 40	86	Decathlon	00:02:12	00:13:16	00:28:24.30	00:30:36.90	+00:11:28 (40.4%)	5:40	10.6 (59.9%)
245	HULANICKA Irina	440	POLCARD FROM FISERV	K 60	3		00:01:05	00:13:16	00:28:26.50	00:29:31.50	+00:11:31 (40.5%)	5:41	10.6 (59.9%)

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
246	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	+00:11:32 (40.5%)	5:41	10.5 (59.3%)
246	MISIORNY Magdalena	911		K 40	88		00:02:37	00:13:48	00:28:27.45	00:31:05.25	+00:11:32 (40.5%)	5:41	10.5 (59.3%)
248	GŁOWACKA Patrycja	2026		K 16	9		00:01:50	00:13:28	00:28:28.20	00:30:18.70	+00:11:32 (40.6%)	5:41	10.5 (59.3%)
249	SZEWczyk Zuzanna	2097		K 16	10		00:01:50	00:13:28	00:28:28.30	00:30:18.65	+00:11:32 (40.6%)	5:41	10.5 (59.3%)
250	KUBASZCZYK Agnieszka	714		K 30	77		00:02:35	00:12:52	00:28:30.25	00:31:06.10	+00:11:34 (40.6%)	5:42	10.5 (59.3%)
251	BAGLAJ Magdalena	40		K 30	78		00:01:31	00:13:07	00:28:30.30	00:30:02.15	+00:11:34 (40.6%)	5:42	10.5 (59.3%)
252	ŚWIDERSKA Dorota	1430		K 30	79		00:02:07	00:13:16	00:28:30.50	00:30:38.35	+00:11:35 (40.6%)	5:42	10.5 (59.3%)
253	ORDAK Małgorzata	1002		K 30	80		00:02:46	00:13:34	00:28:31.00	00:31:17.35	+00:11:35 (40.7%)	5:42	10.5 (59.3%)
254	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	+00:11:36 (40.7%)	5:42	10.5 (59.3%)
255	KONKOWSKA Joanna	627	TEAM ZABIEGANEDNI	K 50	29		00:01:50	00:13:27	00:28:33.90	00:30:24.75	+00:11:38 (40.8%)	5:42	10.5 (59.3%)
256	PUDŁOWSKA Iwona	1145		K 30	81		00:01:16	00:13:12	00:28:35.35	00:29:52.20	+00:11:39 (40.8%)	5:43	10.5 (59.3%)
257	TALAJKO Dorota	1437		K 40	90		00:00:35	00:13:18	00:28:36.90	00:29:12.80	+00:11:41 (40.9%)	5:43	10.5 (59.3%)
258	LASKUS Anna	761		K 40	91		00:01:24	00:13:14	00:28:37.25	00:30:01.45	+00:11:41 (40.9%)	5:43	10.5 (59.3%)
259	SIWEK Agnieszka	1266	BIEGAJĄCE ZĄBKI	K 30	82		00:02:29	00:12:54	00:28:40.70	00:31:09.90	+00:11:45 (41.0%)	5:44	10.5 (59.3%)
260	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	+00:11:46 (41.0%)	5:44	10.5 (59.3%)
261	DOLATA Ewa	1777		K 20	36		00:02:37	00:12:54	00:28:43.45	00:31:20.90	+00:11:48 (41.1%)	5:44	10.4 (58.8%)
262	GRZESZAK Weronika	10	-	K 30	83		00:01:49	00:13:01	00:28:44.65	00:30:33.95	+00:11:49 (41.1%)	5:44	10.4 (58.8%)
263	KARCZEWSKA Marta	1873	KS ATAK AGRYKOLA	K 14	7		00:01:54	00:13:17	00:28:47.10	00:30:41.10	+00:11:51 (41.2%)	5:45	10.4 (58.8%)
264	URBAŃSKA-STANCUK Maria	1495		K 20	37		00:02:47	00:13:16	00:28:48.10	00:31:35.80	+00:11:52 (41.2%)	5:45	10.4 (58.8%)
265	WASILEWSKA Małgorzata	1979		K 40	93		00:03:00	00:13:17	00:28:49.50	00:31:50.15	+00:11:54 (41.3%)	5:45	10.4 (58.8%)
266	DOMŻAŁA Katarzyna	252	TEAM ZABIEGANEDNI	K 20	38		00:01:46	00:12:34	00:28:49.70	00:30:36.25	+00:11:54 (41.3%)	5:45	10.4 (58.8%)
267	WIŚNIEWSKA Magdalena	1548		K 40	94		00:02:35	00:13:59	00:28:49.85	00:31:25.45	+00:11:54 (41.3%)	5:45	10.4 (58.8%)
268	KŁOPOCKA Anna	604		K 50	30		00:02:44	00:13:26	00:28:50.70	00:31:35.10	+00:11:55 (41.3%)	5:46	10.4 (58.8%)

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
269	OLKOWSKA Zofia	995		K 30	84		00:02:36	00:13:55	00:28:51.25	00:31:27.35	+00:11:55 (41.4%)	5:46	10.4 (58.8%)
270	SKRZYŃSKA Emilia	1279		K 30	85		00:02:02	00:13:31	00:28:51.50	00:30:54.45	+00:11:56 (41.4%)	5:46	10.4 (58.8%)
271	KORYCKA Klaudia	651		K 20	39		00:01:42	00:12:48	00:28:51.85	00:30:34.55	+00:11:56 (41.4%)	5:46	10.4 (58.8%)
272	KRULAK Gabrysia	2051	KRULACZKI TEAM	K 12	3		00:01:30	00:12:53	00:28:53.45	00:30:23.60	+00:11:58 (41.4%)	5:46	10.4 (58.8%)
273	SOBONSKA Katarzyna	1304	CBRE	K 30	86		00:02:43	00:13:44	00:28:55.20	00:31:38.70	+00:11:59 (41.5%)	5:47	10.4 (58.8%)
274	GRECZEK Anna	404		K 30	87		00:02:46	00:13:27	00:28:55.70	00:31:41.85	+00:12:00 (41.5%)	5:47	10.4 (58.8%)
275	JODŁOWSKA Anna	493	MYSZORY	K 50	31		00:01:41	00:13:45	00:28:57.40	00:30:39.15	+00:12:02 (41.6%)	5:47	10.4 (58.8%)
276	BOGUSZ Weronika	97		K 20	40		00:02:09	00:13:12	00:28:58.00	00:31:07.15	+00:12:02 (41.6%)	5:47	10.4 (58.8%)
277	ŚWISTAK Ania	2100		K 16	11		00:02:59	00:13:35	00:28:59.85	00:31:59.00	+00:12:04 (41.6%)	5:47	10.4 (58.8%)
278	SŁĄBA Paulina	1287		K 30	88		00:02:59	00:13:46	00:29:00.20	00:31:59.90	+00:12:04 (41.7%)	5:48	10.3 (58.2%)
279	JANCZAK Katarzyna	462		K 30	89		00:01:36	00:13:14	00:29:00.30	00:30:37.05	+00:12:04 (41.7%)	5:48	10.3 (58.2%)
280	ADAMCZYK Julia	13	RUNS IN THE FAMILY	K 20	41		00:02:08	00:13:59	00:29:01.95	00:31:10.50	+00:12:06 (41.7%)	5:48	10.3 (58.2%)
281	WASILEWSKA-CICHOPEK Karolina	1510		K 30	90		00:01:58	00:13:27	00:29:04.25	00:31:03.00	+00:12:08 (41.8%)	5:48	10.3 (58.2%)
282	SOKHAN Olena	1309		K 20	42	ITMRun	00:01:19	00:12:58	00:29:04.55	00:30:24.50	+00:12:09 (41.8%)	5:48	10.3 (58.2%)
283	SAHAJDAK Iwona	1230		K 30	91		00:02:19	00:13:46	00:29:05.30	00:31:25.25	+00:12:09 (41.8%)	5:49	10.3 (58.2%)
284	SZYMAŃCZAK Magdalena	1959		K 40	95		00:01:01	00:13:08	00:29:06.95	00:30:08.40	+00:12:11 (41.9%)	5:49	10.3 (58.2%)
285	MICOREK Maja	1859	PARASPORTOWI	K 20	43	ParaSportowi	00:02:41	00:14:21	00:29:08.75	00:31:50.40	+00:12:13 (41.9%)	5:49	10.3 (58.2%)
286	STAŃCZAK Dominika	1335	TEAM ZABIEGANEDNI	K 40	96	Team ZabieganeDni	00:02:41	00:14:22	00:29:08.95	00:31:50.65	+00:12:13 (41.9%)	5:49	10.3 (58.2%)
287	KOWALSKA Paulina	673		K 40	97		00:01:25	00:13:19	00:29:09.35	00:30:35.30	+00:12:13 (42.0%)	5:49	10.3 (58.2%)
288	KRULAK Marzena	703	KRULACZKI TEAM	K 40	98		00:02:50	00:13:59	00:29:10.05	00:32:00.50	+00:12:14 (42.0%)	5:50	10.3 (58.2%)
289	WITEK Lena	2106		K 16	12		00:02:11	00:13:49	00:29:10.40	00:31:21.60	+00:12:15 (42.0%)	5:50	10.3 (58.2%)
290	GROCHOWSKA Magdalena	408		K 30	92		00:02:21	00:14:22	00:29:10.90	00:31:32.35	+00:12:15 (42.0%)	5:50	10.3 (58.2%)
291	VIARBITSKAYA Tatsiana	1500		K 40	99	ITMRun	00:03:21	00:13:28	00:29:13.20	00:32:34.35	+00:12:17 (42.1%)	5:50	10.3 (58.2%)

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
292	HRYMAK Anka	437		K 40	100		00:02:08	00:13:18	00:29:14.40	00:31:22.70	+00:12:19 (42.1%)	5:50	10.3 (58.2%)
293	KORNAUS Joanna	643		K 30	93		00:03:02	00:14:02	00:29:14.45	00:32:16.80	+00:12:19 (42.1%)	5:50	10.3 (58.2%)
294	BIERNAT Dorota	81	DMMM TEAM ŁÓDŹ	K 60	4		00:02:08	00:13:57	00:29:14.55	00:31:23.25	+00:12:19 (42.1%)	5:50	10.3 (58.2%)
294	DUBEK Aleksandra	2021		K 12	4		00:02:26	00:14:18	00:29:14.55	00:31:41.20	+00:12:19 (42.1%)	5:50	10.3 (58.2%)
296	PRZEWODOWSKA Agnieszka	1134		K 40	101		00:02:10	00:13:57	00:29:14.60	00:31:24.80	+00:12:19 (42.1%)	5:50	10.3 (58.2%)
297	CHRZANOWSKA Małgorzata	1758		K 40	102		00:01:05	00:12:41	00:29:14.85	00:30:20.25	+00:12:19 (42.1%)	5:50	10.3 (58.2%)
298	SZEJTUS Beata	196		K 40	103		00:03:13	00:13:49	00:29:20.30	00:32:33.75	+00:12:24 (42.3%)	5:52	10.2 (57.6%)
299	WITEK Dagmara	1551		K 40	104		00:02:11	00:13:48	00:29:20.75	00:31:32.25	+00:12:25 (42.3%)	5:52	10.2 (57.6%)
300	STĘPIEŃ Sylwia	1346		K 40	105		00:01:21	00:13:37	00:29:21.15	00:30:43.10	+00:12:25 (42.3%)	5:52	10.2 (57.6%)
300	ROSZCZYK Kamila	2084	UKS G8 BIELANY	K 12	5		00:02:37	00:14:19	00:29:21.15	00:31:58.20	+00:12:25 (42.3%)	5:52	10.2 (57.6%)
302	JASINOWSKA Emilia	475		K 70	2		00:01:37	00:13:29	00:29:21.90	00:30:59.65	+00:12:26 (42.4%)	5:52	10.2 (57.6%)
303	GŁOWACKA Elżbieta	367	TEAM ZABIEGANEDNI	K 60	5	Team ZabieganeDni	00:00:37	00:10:24	00:29:22.60	00:30:00.00	+00:12:27 (42.4%)	5:52	10.2 (57.6%)
304	ULBIN Karolina	1486		K 20	44		00:02:08	00:13:22	00:29:23.20	00:31:31.55	+00:12:27 (42.4%)	5:52	10.2 (57.6%)
305	SZYMANEK Aleksandra	1410		K 30	94		00:02:39	00:13:36	00:29:23.25	00:32:02.90	+00:12:27 (42.4%)	5:52	10.2 (57.6%)
306	DUBEK Katarzyna	263		K 40	106		00:02:26	00:14:17	00:29:23.30	00:31:49.75	+00:12:27 (42.4%)	5:52	10.2 (57.6%)
307	SOŁOWIOW Marzena	1318		K 40	107		00:02:39	00:14:02	00:29:23.85	00:32:03.40	+00:12:28 (42.4%)	5:52	10.2 (57.6%)
308	GRYGOWSKA Beata	415		K 40	108		00:01:07	00:13:24	00:29:24.15	00:30:31.90	+00:12:28 (42.4%)	5:52	10.2 (57.6%)
309	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	+00:12:30 (42.5%)	5:53	10.2 (57.6%)
310	KUZNETSOVA Svitlana	749		K 40	110		00:02:14	00:13:52	00:29:26.10	00:31:40.60	+00:12:30 (42.5%)	5:53	10.2 (57.6%)
311	MIKOSZA Anna	1702		K 30	95		00:01:30	00:13:33	00:29:28.60	00:30:59.10	+00:12:33 (42.6%)	5:53	10.2 (57.6%)
312	LULA Izabela	1872	RUN VEGAN	K 14	8		00:03:05	00:15:37	00:29:28.70	00:32:34.00	+00:12:33 (42.6%)	5:53	10.2 (57.6%)
313	KOLASZT Ula	614	RACEFIGHTER GOSIR DĘBE WIELKIE	K 16	13		00:02:00	00:13:54	00:29:28.95	00:31:29.55	+00:12:33 (42.6%)	5:53	10.2 (57.6%)
314	MADEJ Joanna	2057		K 16	14		00:02:00	00:13:54	00:29:29.05	00:31:29.70	+00:12:33 (42.6%)	5:53	10.2 (57.6%)

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
315	KOŁAKOWSKA Aneta	617		K 30	96		00:00:52	00:13:34	00:29:30.90	00:30:23.00	+00:12:35 (42.7%)	5:54	10.2 (57.6%)
316	ŻURALSKA Aleksandra	2139		K 40	111		00:01:19	00:13:20	00:29:31.60	00:30:51.25	+00:12:36 (42.7%)	5:54	10.2 (57.6%)
317	UŁANEK Kamila	1491		K 40	112		00:02:34	00:13:59	00:29:33.15	00:32:07.30	+00:12:37 (42.7%)	5:54	10.2 (57.6%)
318	SZYMCZAK Agnieszka	1421		K 30	97		00:01:45	00:13:40	00:29:34.25	00:31:19.75	+00:12:38 (42.8%)	5:54	10.1 (57.1%)
319	CHMIELEWSKA Joanna	626		K 20	45		00:02:47	00:14:03	00:29:36.00	00:32:23.60	+00:12:40 (42.8%)	5:55	10.1 (57.1%)
320	KACZOR Renata	515		K 50	32		00:02:45	00:13:21	00:29:36.10	00:32:21.30	+00:12:40 (42.8%)	5:55	10.1 (57.1%)
321	KALINOWSKA Aleksandra	521		K 30	98		00:02:47	00:14:04	00:29:36.45	00:32:23.60	+00:12:41 (42.8%)	5:55	10.1 (57.1%)
322	WINIARSKA-CZARNOTA Katarzyna	1543		K 30	99		00:02:29	00:14:13	00:29:36.60	00:32:05.65	+00:12:41 (42.8%)	5:55	10.1 (57.1%)
323	KINGA Ber	586		K 30	100		00:02:29	00:14:13	00:29:38.60	00:32:07.65	+00:12:43 (42.9%)	5:55	10.1 (57.1%)
324	GÓRECKA Katarzyna	1794		K 40	113		00:01:13	00:13:26	00:29:38.95	00:30:52.25	+00:12:43 (42.9%)	5:55	10.1 (57.1%)
325	WÓJCIK Małgorzata	1736		K 20	46		00:02:52	00:13:59	00:29:42.40	00:32:34.70	+00:12:47 (43.0%)	5:56	10.1 (57.1%)
326	JANCZEWSKA Ewa	463		K 40	114		00:02:21	00:14:04	00:29:42.95	00:32:04.05	+00:12:47 (43.1%)	5:56	10.1 (57.1%)
327	BINDER Marta	84		K 40	115		00:02:57	00:14:12	00:29:43.20	00:32:40.80	+00:12:47 (43.1%)	5:56	10.1 (57.1%)
328	BRZĘCZEK Izabela	115		K 50	33		00:02:04	00:13:42	00:29:44.15	00:31:49.05	+00:12:48 (43.1%)	5:56	10.1 (57.1%)
329	PIEKARSKA Gosia	1065		K 40	116		00:00:32	00:13:40	00:29:45.05	00:30:17.10	+00:12:49 (43.1%)	5:57	10.1 (57.1%)
330	ZUBRZYCKA Aleksandra	1657		K 30	101		00:02:41	00:13:52	00:29:45.50	00:32:26.55	+00:12:50 (43.1%)	5:57	10.1 (57.1%)
331	SKALSKA Karolina	1267		K 40	117		00:02:19	00:14:08	00:29:47.65	00:32:06.90	+00:12:52 (43.2%)	5:57	10.1 (57.1%)
332	MAŁEK Karolina	843		K 40	118		00:03:18	00:13:59	00:29:48.75	00:33:07.40	+00:12:53 (43.2%)	5:57	10.1 (57.1%)
333	LUKOWSKA Hanna	791	TEAM ZABIEGANEDNI	K 60	6		00:02:35	00:14:05	00:29:51.05	00:32:26.05	+00:12:55 (43.3%)	5:58	10.1 (57.1%)
334	CHOŁUJ Michalina	2010	GÓRA BIEGA	K 14	9	Góra Biega	00:02:37	00:14:25	00:29:51.70	00:32:29.35	+00:12:56 (43.3%)	5:58	10.1 (57.1%)
335	MADEJ Wiktoria	2058	GÓRA BIEGA	K 16	15	Dragonflies	00:02:38	00:14:24	00:29:52.65	00:32:30.95	+00:12:57 (43.4%)	5:58	10 (56.5%)
336	MAŁEK Hanna	2060		K 16	16		00:02:51	00:14:26	00:29:54.10	00:32:45.95	+00:12:58 (43.4%)	5:58	10 (56.5%)
337	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	+00:13:01 (43.5%)	5:59	10 (56.5%)

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
338	MATYSIAK Krysia	2063		K 14	10		00:01:40	00:14:17	00:29:58.25	00:31:38.35	+00:13:02 (43.5%)	5:59	10 (56.5%)
339	PIOTROWSKA Ewa	1898		K 40	120		00:00:05	00:13:28	00:29:58.85	00:30:03.90	+00:13:03 (43.6%)	5:59	10 (56.5%)
339	KORONA Tatiana	647	TEAM KARAŚ	K 50	34	Team Karaś	00:02:44	00:14:22	00:29:58.85	00:32:43.50	+00:13:03 (43.6%)	5:59	10 (56.5%)
341	JUŚKO Elwira	509	KWADRANS TEAM	K 40	121		00:02:10	00:13:54	00:30:01.70	00:32:12.45	+00:13:06 (43.6%)	6:00	10 (56.5%)
342	BRZOZOWSKA Magdalena	117	BIEGUSTATORZY	K 40	122		00:02:33	00:14:00	00:30:04.35	00:32:38.05	+00:13:08 (43.7%)	6:00	10 (56.5%)
343	INCI Marta	442		K 40	123		00:02:51	00:13:47	00:30:05.85	00:32:57.60	+00:13:10 (43.8%)	6:01	10 (56.5%)
344	FIL Tetiana	305		K 16	17		00:00:11	00:13:12	00:30:09.40	00:30:20.40	+00:13:14 (43.9%)	6:01	10 (56.5%)
345	LAMPARSKA Patrycja	758		K 30	102		00:02:26	00:14:28	00:30:09.50	00:32:35.50	+00:13:14 (43.9%)	6:01	10 (56.5%)
346	LASZUK Katarzyna	1699		K 40	124		00:02:19	00:14:12	00:30:10.50	00:32:29.60	+00:13:15 (43.9%)	6:02	9.9 (55.9%)
347	ZAWICKA Angelina	1636		K 40	125		00:02:21	00:14:47	00:30:10.75	00:32:32.35	+00:13:15 (43.9%)	6:02	9.9 (55.9%)
348	KUSIŃSKA Dorota	1683		K 30	103		00:02:18	00:14:11	00:30:10.80	00:32:29.75	+00:13:15 (43.9%)	6:02	9.9 (55.9%)
349	BALCERZAK Karolina	42		K 20	47		00:01:33	00:13:57	00:30:11.10	00:31:44.95	+00:13:15 (43.9%)	6:02	9.9 (55.9%)
350	MOLSA Natalia	921		K 30	104		00:02:40	00:14:28	00:30:11.70	00:32:51.85	+00:13:16 (44.0%)	6:02	9.9 (55.9%)
351	SKOMOROWSKA Monika	1275		K 40	126		00:01:22	00:13:40	00:30:14.60	00:31:37.35	+00:13:19 (44.0%)	6:02	9.9 (55.9%)
352	SZAJEWSKA Agnieszka	1381	TEAM ZABIEGANEDNI	K 40	127	Team ZabieganeDni	00:02:22	00:14:04	00:30:15.35	00:32:38.15	+00:13:19 (44.1%)	6:03	9.9 (55.9%)
353	TORZEWSKA Agnieszka	1456	BEMOWO BIEGA	K 40	128		00:02:15	00:13:57	00:30:15.90	00:32:31.05	+00:13:20 (44.1%)	6:03	9.9 (55.9%)
354	BROZE Oliwia	114		K 16	18		00:02:39	00:13:41	00:30:16.60	00:32:56.10	+00:13:21 (44.1%)	6:03	9.9 (55.9%)
355	KOZŁOWSKA Sylwia	684		K 20	48		00:02:48	00:14:05	00:30:17.60	00:33:06.10	+00:13:22 (44.1%)	6:03	9.9 (55.9%)
356	STOŁECKA Paulina	1946		K 30	105		00:02:32	00:13:21	00:30:18.10	00:32:50.15	+00:13:22 (44.2%)	6:03	9.9 (55.9%)
357	GAŁADYK Joanna	334	B&B	K 30	106		00:02:19	00:14:22	00:30:18.20	00:32:37.25	+00:13:22 (44.2%)	6:03	9.9 (55.9%)
358	BUREK Kasia	139		K 40	129		00:02:05	00:14:10	00:30:19.55	00:32:25.05	+00:13:24 (44.2%)	6:03	9.9 (55.9%)
359	BARAŃSKA Danuta	1739		K 50	35		00:02:23	00:14:14	00:30:19.60	00:32:42.85	+00:13:24 (44.2%)	6:03	9.9 (55.9%)
360	GOSIEWSKA Renata	386		K 50	36		00:02:08	00:13:39	00:30:27.25	00:32:35.70	+00:13:31 (44.4%)	6:05	9.9 (55.9%)

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
361	CHOROŚ Sylwia	170		K 30	107		00:02:10	00:14:17	00:30:28.00	00:32:38.20	+00:13:32 (44.5%)	6:05	9.8 (55.4%)
362	POGOCKA Alicja	2078		K 14	11		00:02:25	00:14:36	00:30:28.95	00:32:54.10	+00:13:33 (44.5%)	6:05	9.8 (55.4%)
363	KOWALIK Marta	1826		K 20	49		00:00:37	00:13:31	00:30:31.45	00:31:08.75	+00:13:36 (44.6%)	6:06	9.8 (55.4%)
364	MALICZOWSKA Ewa	836		K 30	108		00:02:33	00:13:34	00:30:31.80	00:33:05.60	+00:13:36 (44.6%)	6:06	9.8 (55.4%)
365	TROJANOWSKA Nina	1968	ADIDAS RUNNERS	K 20	50		00:02:50	00:14:10	00:30:32.40	00:33:22.60	+00:13:37 (44.6%)	6:06	9.8 (55.4%)
366	GONTAREK Emanuela	1793		K 20	51		00:01:25	00:14:02	00:30:33.40	00:31:58.50	+00:13:38 (44.6%)	6:06	9.8 (55.4%)
367	WŁODARCZYK Agnieszka	1559		K 30	109		00:02:56	00:14:14	00:30:33.60	00:33:30.45	+00:13:38 (44.6%)	6:06	9.8 (55.4%)
368	LIPIŃSKA Adrianna	786		K 20	52		00:03:17	00:15:01	00:30:34.35	00:33:51.70	+00:13:38 (44.6%)	6:06	9.8 (55.4%)
369	ARCHACKA Iwona	35		K 30	110		00:03:03	00:14:03	00:30:35.40	00:33:38.40	+00:13:40 (44.7%)	6:07	9.8 (55.4%)
370	WOLAK Katarzyna	1574		K 30	111	CBRE	00:03:07	00:14:01	00:30:38.85	00:33:46.40	+00:13:43 (44.8%)	6:07	9.8 (55.4%)
371	TRYBULEC Justyna	1470		K 30	112		00:00:49	00:14:10	00:30:39.10	00:31:28.95	+00:13:43 (44.8%)	6:07	9.8 (55.4%)
372	CHOŁUJ Marta	167		K 30	113		00:02:30	00:14:15	00:30:41.85	00:33:12.10	+00:13:46 (44.9%)	6:08	9.8 (55.4%)
373	GRECKA Anna	402		K 30	114		00:01:21	00:13:59	00:30:44.10	00:32:05.55	+00:13:48 (44.9%)	6:08	9.8 (55.4%)
374	FALACIŃSKA Monika	294		K 40	130		00:03:08	00:14:42	00:30:46.70	00:33:55.30	+00:13:51 (45.0%)	6:09	9.8 (55.4%)
375	LISZEWSKA Dominika	1843		K 40	131		00:02:38	00:14:46	00:30:47.25	00:33:25.90	+00:13:51 (45.0%)	6:09	9.7 (54.8%)
376	DUSIŃSKA Dominika	271		K 20	53		00:02:37	00:13:58	00:30:49.75	00:33:27.40	+00:13:54 (45.1%)	6:09	9.7 (54.8%)
377	TYRANKIEWICZ Kamila	1484		K 40	132		00:01:24	00:14:19	00:30:50.65	00:32:14.85	+00:13:55 (45.1%)	6:10	9.7 (54.8%)
378	DRÓZDŹ Renata	260		K 40	133		00:01:56	00:14:22	00:30:51.10	00:32:47.80	+00:13:55 (45.1%)	6:10	9.7 (54.8%)
379	MATUSIAK Anna	878		K 30	115		00:02:43	00:14:27	00:30:53.40	00:33:36.50	+00:13:58 (45.2%)	6:10	9.7 (54.8%)
380	PURZYCKA Dominika	1147		K 20	54		00:02:15	00:15:07	00:30:56.00	00:33:11.65	+00:14:00 (45.3%)	6:11	9.7 (54.8%)
381	WIĘCKOWSKA Violetta	1535	KS START PUŁASKI	K 50	37		00:02:48	00:14:34	00:30:58.80	00:33:47.00	+00:14:03 (45.4%)	6:11	9.7 (54.8%)
382	ZAWADKA Agnieszka	1632		K 50	38		00:03:08	00:14:43	00:30:59.05	00:34:07.10	+00:14:03 (45.4%)	6:11	9.7 (54.8%)
383	STEFAŃSKA Joanna	1341		K 40	134		00:02:53	00:14:02	00:30:59.60	00:33:52.80	+00:14:04 (45.4%)	6:11	9.7 (54.8%)

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
384	GIERKOWSKA Agnieszka	356		K 40	135		00:02:51	00:13:41	00:31:00.10	00:33:51.55	+00:14:04 (45.4%)	6:12	9.7 (54.8%)
385	CIEŚLAK Adriana	185		K 30	116		00:02:37	00:14:14	00:31:01.35	00:33:39.10	+00:14:05 (45.5%)	6:12	9.7 (54.8%)
386	KOBUS Karina	610		K 20	55		00:02:46	00:14:38	00:31:03.45	00:33:49.70	+00:14:08 (45.5%)	6:12	9.7 (54.8%)
387	JACHEĆ Kornela	448		K 20	56		00:02:58	00:14:43	00:31:06.35	00:34:05.05	+00:14:10 (45.6%)	6:13	9.6 (54.2%)
388	SMOLEŃSKA Małgorzata	1294		K 40	136		00:02:46	00:13:50	00:31:11.25	00:33:57.85	+00:14:15 (45.7%)	6:14	9.6 (54.2%)
389	ORZECHOWSKA Karolina	1005		K 40	137		00:02:54	00:14:43	00:31:14.85	00:34:08.85	+00:14:19 (45.8%)	6:14	9.6 (54.2%)
390	PLUTA Monika	1093		K 30	117		00:02:49	00:13:54	00:31:15.05	00:34:04.15	+00:14:19 (45.8%)	6:15	9.6 (54.2%)
391	KUDLAK Monika	730	GUTEK TEAM	K 50	39		00:02:47	00:14:08	00:31:15.60	00:34:03.10	+00:14:20 (45.9%)	6:15	9.6 (54.2%)
392	DZIEDZIC Ewa	282	TEAM ZABIEGANEDNI	K 50	40	Team ZabieganeDni	00:01:57	00:14:16	00:31:15.70	00:33:13.65	+00:14:20 (45.9%)	6:15	9.6 (54.2%)
393	ŚMIERCIAK Kasia	1429		K 30	118		00:02:28	00:14:45	00:31:16.10	00:33:44.25	+00:14:20 (45.9%)	6:15	9.6 (54.2%)
394	GIL Elżbieta	1789		K 40	138		00:01:57	00:13:49	00:31:18.15	00:33:15.50	+00:14:22 (45.9%)	6:15	9.6 (54.2%)
395	MIKULSKA Sylwia	905		K 40	139		00:02:28	00:13:43	00:31:22.85	00:33:51.65	+00:14:27 (46.1%)	6:16	9.6 (54.2%)
396	LIPKA-ZALEWSKA Grażyna	1842		K 50	41		00:02:53	00:15:14	00:31:23.70	00:34:17.10	+00:14:28 (46.1%)	6:16	9.6 (54.2%)
397	WINIARZ Natalia	1544		K 30	119		00:02:35	00:14:48	00:31:24.90	00:34:00.50	+00:14:29 (46.1%)	6:16	9.6 (54.2%)
398	KARŁOWICZ Anna	547	PARTIA WOLNYCH BIEGACZY	K 70	3		00:02:51	00:14:27	00:31:25.45	00:34:16.50	+00:14:30 (46.1%)	6:17	9.5 (53.7%)
399	MODZELEWSKA-SOKÓŁ Barbara	918		K 60	7		00:01:01	00:14:12	00:31:26.70	00:32:27.80	+00:14:31 (46.2%)	6:17	9.5 (53.7%)
400	JAGLIŃSKA Anna	451		K 40	140		00:02:36	00:14:00	00:31:26.95	00:34:03.50	+00:14:31 (46.2%)	6:17	9.5 (53.7%)
401	BIDZIŃSKA Alicja	72		K 30	120		00:02:44	00:14:39	00:31:27.20	00:34:11.35	+00:14:31 (46.2%)	6:17	9.5 (53.7%)
402	KOŁPACZYŃSKA Anna	1728		K 30	121		00:02:06	00:14:10	00:31:27.25	00:33:33.55	+00:14:31 (46.2%)	6:17	9.5 (53.7%)
403	KOWALCZYK Kamila	1825		K 30	122		00:01:23	00:14:16	00:31:27.70	00:32:51.00	+00:14:32 (46.2%)	6:17	9.5 (53.7%)
404	STOLARSKA Danuta	1350	PARKRUN SŁODOWO WŁOCLAWEK	K 60	8		00:02:48	00:14:43	00:31:27.95	00:34:15.95	+00:14:32 (46.2%)	6:17	9.5 (53.7%)
405	JANEK Katarzyna	464	KATAREK	K 30	123		00:02:05	00:14:32	00:31:29.65	00:33:35.60	+00:14:34 (46.3%)	6:17	9.5 (53.7%)
406	HERNIK Weronika	428		K 30	124		00:02:11	00:14:28	00:31:30.10	00:33:41.15	+00:14:34 (46.3%)	6:18	9.5 (53.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas		Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
							startu	2.5km					
407	JAROSINSKA Anna	471		K 30	125		00:02:24	00:14:14	00:31:31.05	00:33:55.60	+00:14:35 (46.3%)	6:18	9.5 (53.7%)
408	KARTOWICZ Aldona	1149		K 30	126		00:02:34	00:14:25	00:31:34.80	00:34:09.65	+00:14:39 (46.4%)	6:18	9.5 (53.7%)
409	ZAMIELA Ewa	1621		K 50	42		00:01:09	00:14:56	00:31:36.65	00:32:46.60	+00:14:41 (46.5%)	6:19	9.5 (53.7%)
410	LAZAREVA Svetlana	1711		K 40	141		00:02:22	00:14:49	00:31:37.70	00:34:00.60	+00:14:42 (46.5%)	6:19	9.5 (53.7%)
411	MITURA Anna	915		K 40	142		00:02:44	00:14:34	00:31:37.75	00:34:22.70	+00:14:42 (46.5%)	6:19	9.5 (53.7%)
412	BUSZMAN Zuzanna	142		K 20	57		00:03:06	00:15:10	00:31:38.30	00:34:45.25	+00:14:42 (46.5%)	6:19	9.5 (53.7%)
413	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	+00:14:43 (46.5%)	6:19	9.5 (53.7%)
414	OLSZEWSKA Katarzyna Bernadetta	2147		K 40	144		00:03:03	00:15:26	00:31:40.75	00:34:43.75	+00:14:45 (46.6%)	6:20	9.5 (53.7%)
415	BEDNARSKA Liwia	1745		K 30	127		00:00:15	00:14:53	00:31:41.70	00:31:57.40	+00:14:46 (46.6%)	6:20	9.5 (53.7%)
416	SZATKOWSKA Marta	1385		K 20	58		00:02:16	00:14:14	00:31:42.45	00:33:58.70	+00:14:47 (46.6%)	6:20	9.5 (53.7%)
417	ŻÓŁTOWSKA Dominika	1669	NAPRZÓD MŁOCINY	K 40	145		00:02:17	00:14:14	00:31:43.70	00:34:01.60	+00:14:48 (46.7%)	6:20	9.5 (53.7%)
418	ORZOŁ Sylwia	147		K 30	128		00:02:15	00:14:22	00:31:51.95	00:34:07.55	+00:14:56 (46.9%)	6:22	9.4 (53.1%)
419	HAWRYLUK Emilia	2032		K 16	19		00:03:21	00:15:02	00:31:52.05	00:35:13.80	+00:14:56 (46.9%)	6:22	9.4 (53.1%)
420	LIPIEC Kazimiera	785		K 40	146		00:03:11	00:14:19	00:31:53.75	00:35:04.85	+00:14:58 (46.9%)	6:22	9.4 (53.1%)
421	BALCERZAK Monika	43		K 40	147		00:01:34	00:14:04	00:31:54.80	00:33:28.80	+00:14:59 (47.0%)	6:22	9.4 (53.1%)
422	FERLAS Helena	2023		K 12	6		00:02:56	00:15:20	00:31:56.65	00:34:52.70	+00:15:01 (47.0%)	6:23	9.4 (53.1%)
423	MICHAŁEK-PENDOWSKA Barbara	900		K 40	148		00:01:54	00:14:46	00:31:58.70	00:33:53.20	+00:15:03 (47.1%)	6:23	9.4 (53.1%)
424	FATLA Katarzyna	298		K 30	129	Aktywna Warszawa	00:02:15	00:14:52	00:32:02.70	00:34:17.70	+00:15:07 (47.2%)	6:24	9.4 (53.1%)
425	SURMACZ Iza	1370	POLINEZJA	K 20	59		00:02:47	00:14:26	00:32:10.45	00:34:57.90	+00:15:15 (47.4%)	6:26	9.3 (52.5%)
426	ANGERHOFER Monika	26		K 30	130		00:03:05	00:16:00	00:32:11.30	00:35:17.05	+00:15:15 (47.4%)	6:26	9.3 (52.5%)
427	WOŹNIAK Katarzyna	1585		K 50	43		00:02:37	00:14:19	00:32:12.45	00:34:49.65	+00:15:17 (47.5%)	6:26	9.3 (52.5%)
428	STĘPNIAK Julia	1878		K 16	20		00:03:10	00:14:56	00:32:13.65	00:35:24.40	+00:15:18 (47.5%)	6:26	9.3 (52.5%)
429	GRZESZAK Danuta	9		K 70	4		00:02:39	00:15:05	00:32:20.60	00:35:00.15	+00:15:25 (47.7%)	6:28	9.3 (52.5%)

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
430	FONGANG Aleksandra	315		K 40	149		00:02:50	00:15:14	00:32:25.50	00:35:16.40	+00:15:30 (47.8%)	6:29	9.3 (52.5%)
431	ULMA Klaudia	1490		K 20	60		00:02:58	00:15:20	00:32:26.85	00:35:25.10	+00:15:31 (47.8%)	6:29	9.2 (52.0%)
432	MATYSZCZAK Monika	882	KENKO	K 40	150	KENKO	00:02:59	00:15:48	00:32:32.90	00:35:32.35	+00:15:37 (48.0%)	6:30	9.2 (52.0%)
433	GAŚIOROWSKA Dorota	347		K 50	44		00:03:27	00:16:08	00:32:33.10	00:36:00.75	+00:15:37 (48.0%)	6:30	9.2 (52.0%)
434	SKARZYŃSKA Katarzyna	1269		K 40	151		00:03:05	00:15:48	00:32:34.95	00:35:40.35	+00:15:39 (48.1%)	6:30	9.2 (52.0%)
435	SHIPOVSKAYA Larisa	1242		K 50	45		00:02:52	00:15:02	00:32:35.15	00:35:27.20	+00:15:39 (48.1%)	6:31	9.2 (52.0%)
436	KALMAN Anita	528		K 40	152		00:02:54	00:15:27	00:32:36.10	00:35:30.70	+00:15:40 (48.1%)	6:31	9.2 (52.0%)
437	SZAFRAN Beata	1380	PUMP!T	K 40	153		00:01:11	00:15:20	00:32:38.25	00:33:50.20	+00:15:42 (48.2%)	6:31	9.2 (52.0%)
438	MUZYKA Polina	941		K 16	21		00:01:38	00:14:27	00:32:38.55	00:34:16.80	+00:15:43 (48.2%)	6:31	9.2 (52.0%)
439	GLEŃSK Anna	362	VEGE RUNNERS	K 30	131	Vege Runners Reszta Świata	00:02:48	00:14:34	00:32:38.80	00:35:27.45	+00:15:43 (48.2%)	6:31	9.2 (52.0%)
440	ROBACZEWSKA Marta	1184		K 30	132		00:02:57	00:15:24	00:32:41.25	00:35:39.10	+00:15:45 (48.2%)	6:32	9.2 (52.0%)
441	STRZELCZYK Olga	1358		K 40	154		00:02:25	00:14:53	00:32:43.15	00:35:08.55	+00:15:47 (48.3%)	6:32	9.2 (52.0%)
442	KRAWCZAK Angelika	691		K 30	133		00:03:02	00:15:20	00:32:44.95	00:35:47.50	+00:15:49 (48.3%)	6:32	9.2 (52.0%)
443	MODRZEJEWSKA Anna	1866		K 40	155		00:02:04	00:13:51	00:32:45.55	00:34:50.45	+00:15:50 (48.3%)	6:33	9.2 (52.0%)
444	NASIEROWSKA-SAS Martyna	951		K 30	134		00:02:22	00:14:39	00:32:48.50	00:35:11.30	+00:15:53 (48.4%)	6:33	9.1 (51.4%)
445	KWAPISIEWICZ Katarzyna	751		K 40	156		00:03:02	00:15:21	00:32:49.60	00:35:52.05	+00:15:54 (48.4%)	6:33	9.1 (51.4%)
446	REGIMOWICZ Tamara	1171	NEW BALANCE RUN CLUB	K 30	135		00:02:04	00:14:25	00:32:49.70	00:34:53.80	+00:15:54 (48.5%)	6:33	9.1 (51.4%)
447	KASPRZAK Ewelina	558		K 30	136		00:02:51	00:14:30	00:32:55.70	00:35:47.20	+00:16:00 (48.6%)	6:35	9.1 (51.4%)
448	MIERZWICKA Karolina	2066		K 12	7		00:03:12	00:14:45	00:32:56.10	00:36:08.65	+00:16:00 (48.6%)	6:35	9.1 (51.4%)
449	MYŚLIBORSKA Olga	943		K 40	157		00:01:20	00:15:03	00:32:56.75	00:34:16.75	+00:16:01 (48.6%)	6:35	9.1 (51.4%)
450	WALAS Zuzanna	1504		K 30	137		00:03:26	00:15:31	00:32:57.25	00:36:24.05	+00:16:01 (48.6%)	6:35	9.1 (51.4%)
451	GĄTOWSKA Agnieszka	350		K 30	138		00:02:36	00:14:22	00:32:57.50	00:35:33.90	+00:16:02 (48.7%)	6:35	9.1 (51.4%)
452	PYLYPENKO Iryna	1150	CBRE	K 30	139		00:02:57	00:15:10	00:32:58.95	00:35:55.95	+00:16:03 (48.7%)	6:35	9.1 (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
453	PERKOŁUP Paulina	1051		K 30	140		00:02:57	00:15:20	00:32:59.50	00:35:57.30	+00:16:04 (48.7%)	6:35	9.1 (51.4%)
454	GRZYBEK Marta	420		K 20	61		00:02:14	00:14:43	00:32:59.65	00:35:14.30	+00:16:04 (48.7%)	6:35	9.1 (51.4%)
455	BIBRZYCKA - DĘBSKA Magda	71		K 30	141		00:03:05	00:16:00	00:33:03.75	00:36:09.45	+00:16:08 (48.8%)	6:36	9.1 (51.4%)
456	KUBIAK Julia	1874		K 16	22		00:01:24	00:14:37	00:33:05.45	00:34:29.65	+00:16:10 (48.9%)	6:37	9.1 (51.4%)
457	KORYCIŃSKA Mariola	649		K 30	142		00:01:40	00:14:28	00:33:08.20	00:34:48.65	+00:16:12 (48.9%)	6:37	9.1 (51.4%)
458	WŁODARCZYK Eulalia	1558		K 40	158		00:03:19	00:15:58	00:33:08.85	00:36:28.70	+00:16:13 (48.9%)	6:37	9.1 (51.4%)
459	BRODZIK Małgosia	111		K 40	159		00:02:14	00:14:48	00:33:14.45	00:35:28.90	+00:16:19 (49.1%)	6:38	9 (50.8%)
460	KILJAŃSKA Anna	582		K 20	62		00:02:30	00:14:28	00:33:16.20	00:35:46.90	+00:16:20 (49.1%)	6:39	9 (50.8%)
461	ŻELAZKO Joanna	2133		K 40	160		00:01:59	00:14:35	00:33:21.80	00:35:21.50	+00:16:26 (49.3%)	6:40	9 (50.8%)
462	KAIM-MIERZWICKA Katarzyna	517		K 40	161		00:02:45	00:15:12	00:33:23.15	00:36:08.60	+00:16:27 (49.3%)	6:40	9 (50.8%)
463	MORAWSKA Irmina	924		K 20	63		00:02:59	00:15:45	00:33:23.20	00:36:22.80	+00:16:27 (49.3%)	6:40	9 (50.8%)
464	ZALEWSKA Agnieszka	1618		K 40	162		00:00:11	00:15:01	00:33:31.80	00:33:42.90	+00:16:36 (49.5%)	6:42	9 (50.8%)
465	BUDEK Ewa	123		K 40	163		00:02:39	00:14:54	00:33:32.40	00:36:11.40	+00:16:37 (49.5%)	6:42	8.9 (50.3%)
466	GAJDUK Ilona	331		K 30	143		00:03:19	00:16:26	00:33:34.30	00:36:53.80	+00:16:38 (49.6%)	6:42	8.9 (50.3%)
467	FILIPCZYK Hanna	306		K 40	164	Pracująca Trójka	00:02:50	00:15:53	00:33:34.60	00:36:24.75	+00:16:39 (49.6%)	6:42	8.9 (50.3%)
468	CHRZANOWSKA Agnieszka	1759		K 30	144		00:03:19	00:16:27	00:33:34.70	00:36:53.90	+00:16:39 (49.6%)	6:42	8.9 (50.3%)
469	CHROMIŃSKA Klara	173		K 20	64		00:03:31	00:15:54	00:33:35.75	00:37:07.55	+00:16:40 (49.6%)	6:43	8.9 (50.3%)
470	JARZĄBEK Paulina	2034	MKS MECHANIK	K 16	23		00:01:19	00:13:32	00:33:36.45	00:34:56.25	+00:16:41 (49.6%)	6:43	8.9 (50.3%)
471	MIERZYŃSKA Roksana	903	CBRE	K 20	65		00:03:08	00:15:53	00:33:38.25	00:36:46.45	+00:16:42 (49.7%)	6:43	8.9 (50.3%)
472	KOWALIK Alicja	671	CBRE	K 30	145	CBRE	00:03:39	00:15:47	00:33:38.70	00:37:17.90	+00:16:43 (49.7%)	6:43	8.9 (50.3%)
473	WÓJCICKA Agnieszka	1995	GÓRA BIEGA	K 30	146		00:02:12	00:14:58	00:33:38.85	00:35:51.05	+00:16:43 (49.7%)	6:43	8.9 (50.3%)
474	SKROJNA Anna	1932	RUN CZARNÓW	K 30	147		00:02:17	00:15:13	00:33:40.40	00:35:58.10	+00:16:45 (49.7%)	6:44	8.9 (50.3%)
475	STASIAK Joanna	1337		K 40	165		00:03:04	00:16:16	00:33:40.70	00:36:45.65	+00:16:45 (49.8%)	6:44	8.9 (50.3%)

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
476	KILIAN Monika	1815		K 40	166		00:03:04	00:16:16	00:33:41.05	00:36:45.95	+00:16:45 (49.8%)	6:44	8.9 (50.3%)
477	JAKUBICKA Joanna	457	TEAM ZABIEGANEDNI	K 30	148		00:03:11	00:15:08	00:33:44.55	00:36:56.15	+00:16:49 (49.8%)	6:44	8.9 (50.3%)
478	TYSZKA Sylwia	1485		K 40	167		00:01:56	00:15:33	00:33:48.20	00:35:44.50	+00:16:52 (49.9%)	6:45	8.9 (50.3%)
479	KALOGEROPOULOU Evgenia	529		K 30	149		00:03:22	00:16:04	00:33:49.20	00:37:11.85	+00:16:53 (50.0%)	6:45	8.9 (50.3%)
480	KLIBER Katarzyna	1816		K 40	168		00:03:38	00:15:49	00:33:49.30	00:37:28.20	+00:16:53 (50.0%)	6:45	8.9 (50.3%)
481	ZYZANSKA Aga	1662		K 30	150		00:03:04	00:16:20	00:33:50.70	00:36:55.25	+00:16:55 (50.0%)	6:46	8.9 (50.3%)
482	KILJAN Karolina	581		K 20	66		00:02:46	00:15:37	00:33:52.85	00:36:39.15	+00:16:57 (50.1%)	6:46	8.9 (50.3%)
483	DEREK Ewa	229		K 30	151		00:03:03	00:16:23	00:33:53.05	00:36:56.05	+00:16:57 (50.1%)	6:46	8.9 (50.3%)
484	KONARSKA Anna	623		K 20	67		00:03:06	00:16:20	00:33:58.50	00:37:04.85	+00:17:03 (50.2%)	6:47	8.8 (49.7%)
485	KUZNETSOVA Kateryna	750		K 20	68		00:02:13	00:14:46	00:34:00.05	00:36:13.95	+00:17:04 (50.2%)	6:48	8.8 (49.7%)
486	PODLECKA Anna	1098		K 40	169		00:03:21	00:15:04	00:34:01.40	00:37:23.15	+00:17:06 (50.3%)	6:48	8.8 (49.7%)
487	WIETRZYCKA Monika	1531		K 30	152		00:03:07	00:15:59	00:34:01.55	00:37:08.65	+00:17:06 (50.3%)	6:48	8.8 (49.7%)
488	ŻUKOWSKA Dominika	2114		K 16	24		00:00:10	00:16:08	00:34:02.70	00:34:12.95	+00:17:07 (50.3%)	6:48	8.8 (49.7%)
489	PAWLAK Lucyna	1045		K 60	9		00:03:09	00:15:41	00:34:04.80	00:37:14.20	+00:17:09 (50.3%)	6:48	8.8 (49.7%)
490	KARKOS Magdalena	546		K 30	153		00:03:03	00:16:19	00:34:08.15	00:37:11.90	+00:17:12 (50.4%)	6:49	8.8 (49.7%)
491	KASIANENKO Veronika	555		K 16	25		00:00:28	00:15:17	00:34:09.55	00:34:38.25	+00:17:14 (50.5%)	6:49	8.8 (49.7%)
491	ZIMNY Zuzanna	1656		K 16	26		00:00:20	00:15:35	00:34:09.55	00:34:30.50	+00:17:14 (50.5%)	6:49	8.8 (49.7%)
493	WÓJCIKOWSKA Julia	1871		K 16	27		00:00:21	00:15:35	00:34:09.75	00:34:30.80	+00:17:14 (50.5%)	6:49	8.8 (49.7%)
494	RYCHLEWICZ Zofia	2085		K 12	8		00:02:44	00:15:18	00:34:11.65	00:36:55.80	+00:17:16 (50.5%)	6:50	8.8 (49.7%)
495	SOWIŃSKA Ewelina	1323		K 30	154		00:03:07	00:16:19	00:34:12.00	00:37:19.40	+00:17:16 (50.5%)	6:50	8.8 (49.7%)
496	PROKOPCZYK Aleksandra	1911		K 40	170		00:03:07	00:17:37	00:34:12.85	00:37:20.00	+00:17:17 (50.5%)	6:50	8.8 (49.7%)
497	KOWALEWSKA Katarzyna	669		K 40	171		00:02:25	00:15:25	00:34:17.25	00:36:43.10	+00:17:21 (50.6%)	6:51	8.8 (49.7%)
498	MASTALEREK Joanna	868		K 40	172		00:02:41	00:15:12	00:34:17.35	00:36:59.10	+00:17:22 (50.6%)	6:51	8.8 (49.7%)

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
499	ZAMORSKA Monika	2126		K 40	173		00:02:42	00:15:20	00:34:19.55	00:37:01.75	+00:17:24 (50.7%)	6:51	8.7 (49.2%)
500	SOBOLEWSKA Aleksandra	1725		K 20	69		00:01:26	00:15:49	00:34:20.15	00:35:46.50	+00:17:24 (50.7%)	6:52	8.7 (49.2%)
501	SZAJKOWSKA Maja	2096		K 12	9		00:01:34	00:16:12	00:34:26.60	00:36:01.20	+00:17:31 (50.9%)	6:53	8.7 (49.2%)
502	SZAJKOWSKA Ewa	1382		K 50	46		00:01:34	00:16:12	00:34:27.25	00:36:01.70	+00:17:31 (50.9%)	6:53	8.7 (49.2%)
503	MYSZOR-CIECIELĄG Monika	942		K 40	174		00:02:55	00:15:59	00:34:28.60	00:37:24.35	+00:17:33 (50.9%)	6:53	8.7 (49.2%)
504	ZYZAŃSKA Julia	1663		K 20	70		00:03:04	00:16:20	00:34:32.05	00:37:36.55	+00:17:36 (51.0%)	6:54	8.7 (49.2%)
505	PILIS Daria	1896		K 20	71		00:01:59	00:15:34	00:34:34.15	00:36:33.40	+00:17:38 (51.0%)	6:54	8.7 (49.2%)
506	SZNAJDER Beata	1395		K 40	175		00:01:08	00:15:22	00:34:34.25	00:35:42.85	+00:17:38 (51.0%)	6:54	8.7 (49.2%)
507	BRONISZEWSKA Natalia	2006		K 16	28		00:03:22	00:15:33	00:34:34.30	00:37:57.25	+00:17:38 (51.1%)	6:54	8.7 (49.2%)
508	BAKALAROVA Michaela	41		K 30	155		00:02:06	00:15:00	00:34:34.95	00:36:41.85	+00:17:39 (51.1%)	6:54	8.7 (49.2%)
509	KRZYŻEWSKA Karolina	711	PZU SPORT TEAM	K 30	156	PZU Sport Team	00:02:58	00:15:55	00:34:36.10	00:37:35.00	+00:17:40 (51.1%)	6:55	8.7 (49.2%)
510	SKRUCHA Iga	1278		K 30	157		00:02:48	00:16:15	00:34:39.15	00:37:27.25	+00:17:43 (51.2%)	6:55	8.7 (49.2%)
511	PLICHCIŃSKA Małgorzata	1089	EKONOMIK MOKOTÓW	K 40	176		00:02:58	00:16:09	00:34:41.20	00:37:39.35	+00:17:45 (51.2%)	6:56	8.6 (48.6%)
512	JEKIMOW Joanna	486		K 40	177		00:02:17	00:15:35	00:34:42.95	00:37:00.05	+00:17:47 (51.3%)	6:56	8.6 (48.6%)
513	BORYS Karolina	107		K 20	72		00:03:17	00:16:17	00:34:43.45	00:38:00.50	+00:17:48 (51.3%)	6:56	8.6 (48.6%)
514	FRYDRYCH Katarzyna	322		K 40	178		00:03:07	00:16:21	00:34:47.10	00:37:54.55	+00:17:51 (51.4%)	6:57	8.6 (48.6%)
515	GOŁASZEWSKA Magdalena	1792		K 30	158		00:01:30	00:15:33	00:34:54.00	00:36:24.50	+00:17:58 (51.5%)	6:58	8.6 (48.6%)
516	RUTKOWSKA Maria	1210		K 30	159		00:03:34	00:15:49	00:35:00.75	00:38:35.20	+00:18:05 (51.7%)	7:00	8.6 (48.6%)
517	GROCHOWSKA Joanna	407	BIEGAMY Z OCHOTĄ	K 50	47		00:03:03	00:16:21	00:35:01.60	00:38:04.60	+00:18:06 (51.7%)	7:00	8.6 (48.6%)
518	MARCINIAK Julia	1733		K 20	73		00:02:37	00:15:20	00:35:04.20	00:37:41.35	+00:18:08 (51.7%)	7:00	8.6 (48.6%)
519	JURKOWSKA Irena	502		K 70	5		00:01:30	00:15:54	00:35:09.95	00:36:39.95	+00:18:14 (51.9%)	7:01	8.5 (48.0%)
520	KOGOWSKA Alicja	613		K 30	160		00:02:16	00:16:46	00:35:10.75	00:37:27.30	+00:18:15 (51.9%)	7:02	8.5 (48.0%)
521	ŁAZARECKA Magda	799		K 40	179		00:03:04	00:16:23	00:35:15.60	00:38:20.00	+00:18:20 (52.0%)	7:03	8.5 (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
522	LAZAREVA Vladislava	1712		K 16	29		00:02:50	00:15:22	00:35:16.35	00:38:06.35	+00:18:21 (52.0%)	7:03	8.5 (48.0%)
523	RUDEKNO Daria	1204		K 20	74		00:02:11	00:15:36	00:35:17.25	00:37:29.00	+00:18:21 (52.0%)	7:03	8.5 (48.0%)
524	MELSKA Karolina	890		K 30	161		00:02:50	00:16:17	00:35:18.15	00:38:08.35	+00:18:22 (52.1%)	7:03	8.5 (48.0%)
525	DWURZYŃSKA Sylwia	274		K 40	180		00:02:46	00:15:42	00:35:20.40	00:38:07.35	+00:18:25 (52.1%)	7:04	8.5 (48.0%)
526	KĘDZIA-STĘPKOWSKA Aniola	2043		K 16	30		00:02:13	00:15:40	00:35:22.70	00:37:36.65	+00:18:27 (52.2%)	7:04	8.5 (48.0%)
527	KORNACKA Agnieszka	640		K 20	75		00:00:19	00:16:18	00:35:25.15	00:35:45.10	+00:18:29 (52.2%)	7:05	8.5 (48.0%)
528	OLCZAK Urszula	990	UMCS BIEGA	K 50	48		00:03:05	00:16:22	00:35:30.65	00:38:36.50	+00:18:35 (52.3%)	7:06	8.5 (48.0%)
529	KILKOWSKA Joanna	584		K 50	49		00:03:07	00:16:19	00:35:36.15	00:38:43.40	+00:18:40 (52.5%)	7:07	8.4 (47.5%)
530	KOPCZYŃSKA Judyta	1820	MARKOWI BIEGACZE	K 40	181		00:01:55	00:15:43	00:35:39.80	00:37:34.90	+00:18:44 (52.5%)	7:07	8.4 (47.5%)
531	RYBARKIEWICZ Melania	1875		K 16	31		00:02:45	00:16:00	00:35:39.95	00:38:25.00	+00:18:44 (52.6%)	7:07	8.4 (47.5%)
532	HOŁOPIAK Ewa	430	NEW BALANCE RUN CLUB	K 60	10		00:03:05	00:15:34	00:35:44.90	00:38:50.70	+00:18:49 (52.7%)	7:08	8.4 (47.5%)
533	LEHMANN Karolina	768		K 20	76		00:03:16	00:16:24	00:35:52.40	00:39:09.25	+00:18:57 (52.8%)	7:10	8.4 (47.5%)
534	SIEROCINSKA-RUDZINSKA Anna	1250		K 40	182		00:02:06	00:16:43	00:35:56.35	00:38:02.50	+00:19:01 (52.9%)	7:11	8.3 (46.9%)
535	GAJ Bogna	329		K 50	50		00:01:59	00:16:28	00:36:07.55	00:38:07.00	+00:19:12 (53.2%)	7:13	8.3 (46.9%)
536	SOCHA Julia	1877		K 16	32		00:00:37	00:16:14	00:36:10.80	00:36:48.05	+00:19:15 (53.2%)	7:14	8.3 (46.9%)
537	MODZELEWSKA Lena	1876		K 16	33		00:00:37	00:16:14	00:36:11.20	00:36:48.20	+00:19:15 (53.2%)	7:14	8.3 (46.9%)
538	KACZOROWSKA Monika	516		K 50	51		00:03:18	00:17:28	00:36:11.30	00:39:29.35	+00:19:15 (53.2%)	7:14	8.3 (46.9%)
539	MISTRZAK Marta	912		K 40	183		00:03:37	00:17:05	00:36:12.20	00:39:49.30	+00:19:16 (53.3%)	7:14	8.3 (46.9%)
540	WIŚNIEWSKA Katarzyna	1547	INDYWIDUALISTKA	K 50	52		00:01:26	00:16:33	00:36:22.55	00:37:49.25	+00:19:27 (53.5%)	7:16	8.2 (46.3%)
541	ZALEWSKA Alicja	2111		K 16	34		00:00:10	00:16:08	00:36:34.75	00:36:44.80	+00:19:39 (53.7%)	7:18	8.2 (46.3%)
542	KAMIŃSKA Kasia	533		K 16	35		00:03:11	00:16:35	00:36:36.60	00:39:48.45	+00:19:41 (53.8%)	7:19	8.2 (46.3%)
543	BISOWSKA Hanna	2003	MARUDY Z KOBYŁKI	K 12	10	Marudy z Kobylki	00:03:05	00:16:22	00:36:39.35	00:39:44.90	+00:19:44 (53.8%)	7:19	8.2 (46.3%)
544	BISOWSKA Katarzyna	86	MARUDY Z KOBYŁKI	K 40	184	Marudy z Kobylki	00:03:05	00:16:22	00:36:39.75	00:39:45.25	+00:19:44 (53.8%)	7:19	8.2 (46.3%)

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
545	ZIELINSKA Ewelina	1648		K 30	162		00:03:18	00:17:04	00:36:42.85	00:40:01.50	+00:19:47 (53.9%)	7:20	8.2 (46.3%)
546	RANKOWSKA Ewa	1913		K 40	185		00:03:14	00:17:09	00:36:43.95	00:39:58.70	+00:19:48 (53.9%)	7:20	8.2 (46.3%)
547	BORUSZEWSKA Maja	2005		K 14	12		00:02:24	00:15:21	00:36:50.40	00:39:15.05	+00:19:55 (54.1%)	7:22	8.1 (45.8%)
548	GAJDA Agnieszka	330	-	K 40	186		00:02:54	00:16:31	00:36:51.10	00:39:45.40	+00:19:55 (54.1%)	7:22	8.1 (45.8%)
549	NIKODEMSKA-FABISZ Małgorzata	962	PZU SPORT TEAM	K 40	187		00:02:53	00:17:58	00:36:54.15	00:39:47.70	+00:19:58 (54.1%)	7:22	8.1 (45.8%)
550	KULETA Małgorzata	737		K 40	188		00:03:25	00:16:11	00:37:04.20	00:40:29.60	+00:20:08 (54.3%)	7:24	8.1 (45.8%)
551	CHAMERSKA Katarzyna	1754		K 40	189		00:03:00	00:16:50	00:37:06.75	00:40:07.30	+00:20:11 (54.4%)	7:25	8.1 (45.8%)
552	GÓRSKA-MANCZENKO Katarzyna	391	LEŚNE SZYCHY	K 30	163	Biegam Dobrze dla Fundacji SYNAPSIS	00:00:00	00:19:24	00:37:18.05	00:37:18.05	+00:20:22 (54.6%)	7:27	8 (45.2%)
553	JURCZAK Karolina	499		K 40	190		00:03:30	00:17:43	00:37:18.35	00:40:49.15	+00:20:23 (54.6%)	7:27	8 (45.2%)
554	HAIDUCHYK Daryna	2031		K 16	36		00:00:03	00:16:23	00:37:19.35	00:37:22.90	+00:20:24 (54.7%)	7:27	8 (45.2%)
555	DZIUBIŃSKA Anna	287		K 30	164		00:03:19	00:17:07	00:37:20.25	00:40:39.30	+00:20:24 (54.7%)	7:28	8 (45.2%)
556	MAZUR Kinga	886		K 40	191		00:03:04	00:16:47	00:37:22.40	00:40:26.60	+00:20:27 (54.7%)	7:28	8 (45.2%)
557	ROSÓŁ Renata	1196		K 50	53		00:03:12	00:17:31	00:37:25.35	00:40:37.95	+00:20:30 (54.8%)	7:29	8 (45.2%)
558	SAMEL Helena	5		K 12	11		00:02:22	00:16:41	00:37:48.15	00:40:10.15	+00:20:52 (55.2%)	7:33	7.9 (44.6%)
559	KIJANKA Patrycja	1691		K 30	165		00:03:11	00:17:13	00:37:50.95	00:41:02.55	+00:20:55 (55.3%)	7:34	7.9 (44.6%)
560	WILCZAK Joanna	1539		K 30	166		00:03:09	00:17:18	00:37:55.85	00:41:05.25	+00:21:00 (55.4%)	7:35	7.9 (44.6%)
561	SYPIAŃSKA Kalina	1373		K 40	192		00:03:10	00:17:37	00:38:07.90	00:41:18.65	+00:21:12 (55.6%)	7:37	7.9 (44.6%)
562	PIOTROWSKA-KRZAK Ela	1082		K 40	193		00:02:08	00:17:30	00:38:15.65	00:40:23.80	+00:21:20 (55.8%)	7:39	7.8 (44.1%)
563	SZCZEPŁEK Marta	1387	KOTLET POWER TEAM	K 40	194		00:03:31	00:17:30	00:38:33.85	00:42:05.35	+00:21:38 (56.1%)	7:42	7.8 (44.1%)
564	SMNK Tania	1938		K 30	167		00:02:55	00:17:57	00:38:37.40	00:41:32.45	+00:21:42 (56.2%)	7:43	7.8 (44.1%)
565	URBANIAK Elżbieta	1493		K 40	195		00:03:06	00:17:37	00:38:38.90	00:41:45.55	+00:21:43 (56.2%)	7:43	7.8 (44.1%)
566	PABIŚ Ewa	1024		K 50	54		00:03:12	00:17:39	00:39:08.40	00:42:21.35	+00:22:13 (56.8%)	7:49	7.7 (43.5%)
567	SHADRYNA Daryna	1241		K 20	77		00:03:08	00:17:36	00:39:18.30	00:42:26.30	+00:22:22 (56.9%)	7:51	7.6 (42.9%)

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
568	ŁUCEWICZ-NAPAŁKOW Maryja	1849		K 40	196		00:03:17	00:17:45	00:39:24.25	00:42:41.60	+00:22:28 (57.1%)	7:52	7.6 (42.9%)
569	ZIMNY Maria	1655		K 40	197		00:03:12	00:18:24	00:39:38.05	00:42:51.00	+00:22:42 (57.3%)	7:55	7.6 (42.9%)
570	KARPIŃSKA Nina	844		K 40	198		00:02:35	00:17:45	00:39:52.75	00:42:28.35	+00:22:57 (57.6%)	7:58	7.5 (42.4%)
571	BARTOSIK Krystyna	55		K 60	11		00:03:17	00:18:49	00:39:59.25	00:43:16.90	+00:23:03 (57.7%)	7:59	7.5 (42.4%)
572	PIĘTKA Iwona	1072		K 30	168		00:02:48	00:18:33	00:40:00.15	00:42:48.45	+00:23:04 (57.7%)	8:00	7.5 (42.4%)
573	LECH Michalina	2053		K 16	37		00:03:31	00:17:51	00:40:10.25	00:43:42.05	+00:23:14 (57.9%)	8:02	7.5 (42.4%)
574	ZAROSIŃSKA Paulina	1626		K 20	78		00:03:19	00:18:40	00:40:33.15	00:43:52.85	+00:23:37 (58.3%)	8:06	7.4 (41.8%)
575	NOWAKOWSKA Anna	968		K 40	199		00:03:11	00:18:21	00:40:41.95	00:43:53.50	+00:23:46 (58.4%)	8:08	7.4 (41.8%)
576	REMISIEWICZ Malgorzata	1180		K 40	200		00:01:59	00:17:40	00:41:03.95	00:43:03.50	+00:24:08 (58.8%)	8:12	7.3 (41.2%)
577	JĘDRAS Katarzyna	491		K 40	201		00:03:10	00:18:55	00:41:28.35	00:44:39.10	+00:24:33 (59.2%)	8:17	7.2 (40.7%)
578	SKOLIMOWSKA Agnieszka	1274		K 40	202		00:03:18	00:18:45	00:41:40.30	00:44:58.75	+00:24:44 (59.4%)	8:20	7.2 (40.7%)
579	TRYLSKA Eliza	1471		K 40	203		00:03:18	00:18:46	00:41:41.00	00:44:59.10	+00:24:45 (59.4%)	8:20	7.2 (40.7%)
580	WRÓBLEWSKA Joanna	1591	LAS NA ZAWSZE	K 60	12		00:03:28	00:19:13	00:41:43.05	00:45:11.30	+00:24:47 (59.4%)	8:20	7.2 (40.7%)
581	STANASZEK Anna	1943		K 40	204		00:03:28	00:21:36	00:41:58.35	00:45:26.70	+00:25:03 (59.7%)	8:23	7.1 (40.1%)
582	REDA Alicja	1169	TEAM ZABIEGANEDNI	K 60	13	Team ZabieganeDni	00:00:26	00:19:31	00:42:03.15	00:42:29.85	+00:25:07 (59.8%)	8:24	7.1 (40.1%)
Przekroczony limit czasu: 00:45:00													
583	DZIKI Marzenna	286	ALETEMPO	K 70	6		00:03:18	00:20:43	00:45:19.15	00:48:37.30	+00:28:23 (62.7%)	9:03	6.6 (37.3%)
584	BRZEZOWSKA Beata	1752		K 50	55		00:03:30	00:21:36	00:47:41.25	00:51:11.25	+00:30:45 (64.5%)	9:32	6.3 (35.6%)
585	TUKENDORF Barbara	1474	TEAM ZABIEGANEDNI	K 70	7	Team ZabieganeDni	00:01:07	00:24:00	00:50:02.50	00:51:10.30	+00:33:07 (66.2%)	10:00	6 (33.9%)
586	KOPKA Marcelina	635	ADIDAS RUNNERS WARSAW	K 20	79	adidas Runners Warsaw	00:00:14	00:09:03			+00:01:04	3:37	16.6 (93.8%)
587	LASKUS Kamila	2052	AKL URSYNÓW	K 12	12		00:01:23	00:12:14			+00:04:15	4:53	12.3 (69.5%)
588	WIECZOREK Agata	1525		K 30	169		00:00:00	00:19:16			+	7:42	7.8 (44.1%)
589	STANIAK Katarzyna	1331		K 40	205		00:00:00	00:22:44			+	9:05	6.6 (37.3%)
590	STANIAK Julia	2094		K 16	38		00:00:00	00:22:48			+	9:07	6.6 (37.3%)

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
591	ŚLĘZAK Karolina	1425		K 20	80		00:00:12						(0.0%)
592	ZAMARRIPA Karolina	2125	CTS	K 20	81		00:00:46						(0.0%)

Znaleziono 592 wynik(ów)