

BIEG W STRONĘ ŻYCIA

B4SPORT



Organizator:
Data:
Miejsce:
Dystans:

Fundacja „W Stronę Życia”
2018-09-08
Bydgoszcz
5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	SZENK Marta	338		K-Open	1	00:00:03	00:20:54.60	00:20:58.15		4:11	14.3 (100%)
2	RÓŻOWICZ Aleksandra	112		K-Open	2	00:00:07	00:21:35.65	00:21:43.10	+00:00:41 (3.2%)	4:19	13.9 (97.2%)
3	OLSZEWSKA Adrianna	291		K-Open	3	00:00:06	00:21:44.55	00:21:50.95	+00:00:49 (3.8%)	4:20	13.8 (96.5%)
4	NAPIERAJ Sonia	196	ALBANNERS	K-Open	4	00:00:12	00:23:05.20	00:23:18.15	+00:02:10 (9.4%)	4:37	13 (90.9%)
5	MICHALSKA Daria	211		K-Open	5	00:00:09	00:23:19.15	00:23:28.95	+00:02:24 (10.3%)	4:39	12.9 (90.2%)
6	BIERNACKA Magdalena	188		K-Open	6	00:00:05	00:23:47.75	00:23:53.70	+00:02:53 (12.1%)	4:45	12.6 (88.1%)
7	SAK Joanna	307	DECATHLON TEAM INOWROCŁAW	K-Open	7	00:00:09	00:23:56.80	00:24:06.25	+00:03:02 (12.7%)	4:47	12.5 (87.4%)
8	PODSIEDLIK Zuzanna	136		K-Open	8	00:00:12	00:24:16.15	00:24:28.40	+00:03:21 (13.8%)	4:51	12.4 (86.7%)
9	OZDOBA Agnieszka	403		K-Open	9	00:00:12	00:24:35.45	00:24:47.90	+00:03:40 (15.0%)	4:55	12.2 (85.3%)
10	CICHOŃSKA - BAZAK Marzena	374		K-Open	10	00:00:08	00:24:53.20	00:25:01.50	+00:03:58 (16.0%)	4:58	12.1 (84.6%)
11	RUDEWICZ Monika	90		K-Open	11	00:00:08	00:24:54.70	00:25:03.20	+00:04:00 (16.1%)	4:59	12 (83.9%)
12	JANKOWSKA Agnieszka	208		K-Open	12	00:00:17	00:24:56.40	00:25:13.80	+00:04:01 (16.2%)	4:59	12 (83.9%)
13	KALINOWSKA Anna	68	UKS OMEGA GRUTA	K-Open	13	00:00:05	00:25:04.80	00:25:10.45	+00:04:10 (16.6%)	5:01	12 (83.9%)
14	MUSIELEWSKA Daria	373		K-Open	14	00:00:07	00:25:08.30	00:25:15.30	+00:04:13 (16.8%)	5:01	11.9 (83.2%)
15	SAWICZ-ŁUŃSKA Emilia	231		K-Open	15	00:00:06	00:25:09.25	00:25:15.85	+00:04:14 (16.9%)	5:01	11.9 (83.2%)
16	GROBELNA Angelika	234	BYDGOSZCZ NA START	K-Open	16	00:00:37	00:25:10.80	00:25:48.45	+00:04:16 (17.0%)	5:02	11.9 (83.2%)
17	PĄCZEK Agata	123		K-Open	17	00:00:09	00:25:24.10	00:25:33.30	+00:04:29 (17.7%)	5:04	11.8 (82.5%)
18	MAZUREK Anna	347	HEROBOX	K-Open	18	00:00:14	00:25:34.50	00:25:49.00	+00:04:39 (18.2%)	5:07	11.7 (81.8%)
19	PAWLEWSKA Klaudia	122	SPORTWAY	K-Open	19	00:00:12	00:25:41.20	00:25:53.85	+00:04:46 (18.6%)	5:08	11.7 (81.8%)
20	POTRZEBOWSKA Agata	26	DEAF	K-Open	20	00:00:08	00:25:42.90	00:25:51.70	+00:04:48 (18.7%)	5:08	11.7 (81.8%)
21	SOBOLEWSKA Aleksandra	300		K-Open	21	00:00:06	00:25:59.70	00:26:05.85	+00:05:05 (19.6%)	5:11	11.5 (80.4%)
22	SOBOL Magdalena	124		K-Open	22	00:00:05	00:26:01.00	00:26:06.10	+00:05:06 (19.6%)	5:12	11.5 (80.4%)
23	GABRICH Żanetta	384		K-Open	23	00:00:16	00:26:06.30	00:26:22.65	+00:05:11 (19.9%)	5:13	11.5 (80.4%)
24	BARTKOWSKA Ewelina	414		K-Open	24	00:00:18	00:26:35.20	00:26:54.00	+00:05:40 (21.4%)	5:19	11.3 (79.0%)
25	CZERWIŃSKA Joanna	185		K-Open	25	00:00:21	00:26:49.55	00:27:10.80	+00:05:54 (22.1%)	5:21	11.2 (78.3%)
26	BRZEZIŃSKA Marta	353		K-Open	26	00:00:17	00:26:52.25	00:27:09.70	+00:05:57 (22.2%)	5:22	11.2 (78.3%)
27	CIEŚLAK Hanna	385		K-Open	27	00:00:21	00:27:03.75	00:27:24.75	+00:06:09 (22.7%)	5:24	11.1 (77.6%)
28	AFELT Luiza	38		K-Open	28	00:00:10	00:27:12.35	00:27:23.25	+00:06:17 (23.1%)	5:26	11 (76.9%)

						Czas netto 5km	Czas brutto 5km			Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu		Różn			
29	KUJDA Dorota	115		K-Open	29	00:00:20	00:27:17.20	00:27:37.20	+00:06:22 (23.4%)	5:27	11 (76.9%)
30	ORLICKA Donata	381		K-Open	30	00:00:18	00:27:21.40	00:27:39.75	+00:06:26 (23.6%)	5:28	11 (76.9%)
31	SZKARPIETINA Anna	135		K-Open	31	00:00:17	00:27:27.20	00:27:45.05	+00:06:32 (23.8%)	5:29	10.9 (76.2%)
32	SZYNWELSKA Marlena	155		K-Open	32	00:00:25	00:27:30.85	00:27:56.50	+00:06:36 (24.0%)	5:30	10.9 (76.2%)
33	NIKOŁAJCZYK Agnieszka	280		K-Open	33	00:00:36	00:27:34.25	00:28:10.45	+00:06:39 (24.2%)	5:30	10.9 (76.2%)
34	GADZIŃSKA Aleksandra	279		K-Open	34	00:00:16	00:27:38.45	00:27:54.85	+00:06:43 (24.4%)	5:31	10.9 (76.2%)
35	KLIMCZAK Justyna	342	RUN PASJA	K-Open	35	00:00:34	00:27:39.30	00:28:13.80	+00:06:44 (24.4%)	5:31	10.8 (75.5%)
36	DŁUGOŃSKA Beata	69		K-Open	36	00:00:07	00:27:41.55	00:27:48.70	+00:06:46 (24.5%)	5:32	10.8 (75.5%)
37	BOROWICZ Małgorzata	222		K-Open	37	00:00:19	00:27:49.90	00:28:09.30	+00:06:55 (24.9%)	5:34	10.8 (75.5%)
38	PRZYBYLSKA Grażyna	294	SLKB, BYDGOSZCZ NA START	K-Open	38	00:00:38	00:27:58.80	00:28:37.00	+00:07:04 (25.3%)	5:35	10.7 (74.8%)
39	WITKOWSKA Katarzyna	207		K-Open	39	00:00:38	00:27:59.65	00:28:38.30	+00:07:05 (25.3%)	5:36	10.7 (74.8%)
40	LEWANDOWSKA Monika	393		K-Open	40	00:00:25	00:28:07.75	00:28:32.80	+00:07:13 (25.7%)	5:37	10.7 (74.8%)
41	JACKOWIAK-ZALEWSKA Agnieszka	427		K-Open	41	00:00:13	00:28:07.80	00:28:21.75	+00:07:13 (25.7%)	5:37	10.7 (74.8%)
42	ŁUKASZEWSKA Grażyna	218		K-Open	42	00:00:23	00:28:12.35	00:28:35.80	+00:07:17 (25.9%)	5:38	10.6 (74.1%)
43	DOBOSIEWICZ Anna Maria	74		K-Open	43	00:00:19	00:28:14.85	00:28:34.45	+00:07:20 (26.0%)	5:39	10.6 (74.1%)
44	PAWLEWSKA Joanna	121	SPORTWAY	K-Open	44	00:00:17	00:28:16.05	00:28:34.00	+00:07:21 (26.0%)	5:39	10.6 (74.1%)
45	WERKOWSKA Justyna	163		K-Open	45	00:00:18	00:28:18.45	00:28:36.70	+00:07:23 (26.1%)	5:39	10.6 (74.1%)
46	JELEŃ Agnieszka	415	VEGE RUNNERS	K-Open	46	00:00:36	00:28:20.75	00:28:57.65	+00:07:26 (26.2%)	5:40	10.6 (74.1%)
47	KOCHAŃSKA Wioletta	89		K-Open	47	00:00:10	00:28:23.80	00:28:34.00	+00:07:29 (26.4%)	5:40	10.6 (74.1%)
48	KONICZYŃSKA Zuzanna	451		K-Open	48	00:00:07	00:28:25.55	00:28:33.05	+00:07:30 (26.4%)	5:41	10.6 (74.1%)
49	SZATKOWSKA Beata	132		K-Open	49	00:00:50	00:28:26.00	00:29:16.60	+00:07:31 (26.5%)	5:41	10.6 (74.1%)
50	TYLKOWSKA Marta	137		K-Open	50	00:00:34	00:28:28.70	00:29:03.30	+00:07:34 (26.6%)	5:41	10.5 (73.4%)
51	STAROŃ Monika	225	BYDGOSKIE ŻÓŁWIE	K-Open	51	00:00:10	00:28:29.85	00:28:40.05	+00:07:35 (26.6%)	5:42	10.5 (73.4%)
52	CISZEWSKA Emilia	266		K-Open	52	00:00:13	00:28:34.25	00:28:47.60	+00:07:39 (26.8%)	5:42	10.5 (73.4%)
53	OLEJNICZAK Patrycja	250		K-Open	53	00:00:28	00:28:47.20	00:29:15.35	+00:07:52 (27.4%)	5:45	10.4 (72.7%)
54	DYWICKA Karolina	70		K-Open	54	00:00:16	00:28:47.25	00:29:04.10	+00:07:52 (27.4%)	5:45	10.4 (72.7%)
55	KORDZIELEWSKA Sandra	378		K-Open	55	00:00:55	00:28:50.10	00:29:45.25	+00:07:55 (27.5%)	5:46	10.4 (72.7%)
56	KUBIAK-KUJAWA Joanna	184		K-Open	56	00:00:26	00:28:52.05	00:29:18.20	+00:07:57 (27.6%)	5:46	10.4 (72.7%)
57	NELKE Monika	34		K-Open	57	00:00:45	00:28:53.00	00:29:38.15	+00:07:58 (27.6%)	5:46	10.4 (72.7%)
58	WAJER Marita	42		K-Open	58	00:00:22	00:29:00.10	00:29:22.15	+00:08:05 (27.9%)	5:48	10.3 (72.0%)
59	TUSZYŃSKA Anna	318		K-Open	59	00:00:10	00:29:01.90	00:29:12.60	+00:08:07 (28.0%)	5:48	10.3 (72.0%)
60	FRYDRYCHOWICZ Lilianna	75		K-Open	60	00:00:21	00:29:03.40	00:29:25.10	+00:08:08 (28.0%)	5:48	10.3 (72.0%)
61	BUKOWINSKA Grażyna	402		K-Open	61	00:00:21	00:29:07.80	00:29:29.05	+00:08:13 (28.2%)	5:49	10.3 (72.0%)
62	PIOTROWSKA Małgorzata	110	ACHI&GOCHI	K-Open	62	00:00:19	00:29:08.10	00:29:27.80	+00:08:13 (28.2%)	5:49	10.3 (72.0%)
63	CHYLIŃSKA Dorota	442		K-Open	63	00:00:24	00:29:10.80	00:29:35.40	+00:08:16 (28.3%)	5:50	10.3 (72.0%)
64	KUFLEWICZ Justyna	194		K-Open	64	00:00:38	00:29:19.90	00:29:58.40	+00:08:25 (28.7%)	5:52	10.2 (71.3%)
65	KUBICKA Olga	407		K-Open	65	00:00:24	00:29:25.95	00:29:50.45	+00:08:31 (29.0%)	5:53	10.2 (71.3%)
66	KAŻMIERCZAK Gosia	227		K-Open	66	00:00:48	00:29:32.05	00:30:20.80	+00:08:37 (29.2%)	5:54	10.2 (71.3%)
67	KILIŃSKA Magdalena	106	HELIX POMATIA	K-Open	67	00:00:12	00:29:32.15	00:29:44.70	+00:08:37 (29.2%)	5:54	10.2 (71.3%)
68	ALEKSANDER Alicja	214		K-Open	68	00:00:47	00:29:32.65	00:30:20.50	+00:08:38 (29.2%)	5:54	10.2 (71.3%)
69	STRZAŁKOWSKA-WARMUZ Iwona	9		K-Open	69	00:00:17	00:29:34.50	00:29:52.05	+00:08:39 (29.3%)	5:55	10.1 (70.6%)
70	GIPP Małgorzata	305		K-Open	70	00:00:42	00:29:35.45	00:30:17.90	+00:08:40 (29.3%)	5:55	10.1 (70.6%)
71	KORBEL Ewa	119		K-Open	71	00:00:36	00:29:41.45	00:30:17.65	+00:08:46 (29.6%)	5:56	10.1 (70.6%)
72	NOWAK Mariola	92		K-Open	72	00:00:23	00:29:44.05	00:30:07.50	+00:08:49 (29.7%)	5:56	10.1 (70.6%)

							Czas netto 5km	Czas brutto 5km		Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu			Różn		
73	BORAKIEWICZ Agnieszka	417		K-Open	73	00:00:29	00:29:45.60	00:30:15.15	+00:08:51 (29.7%)	5:57	10.1 (70.6%)
74	GÓRSKA Agnieszka	269		K-Open	74	00:00:28	00:29:47.00	00:30:15.90	+00:08:52 (29.8%)	5:57	10.1 (70.6%)
75	SMOCZYŃSKA Agnieszka	171		K-Open	75	00:00:33	00:29:51.15	00:30:24.30	+00:08:56 (30.0%)	5:58	10.1 (70.6%)
76	NALEWALSKA Justyna	422	SERCE TYBETU	K-Open	76	00:00:39	00:29:51.80	00:30:31.40	+00:08:57 (30.0%)	5:58	10 (69.9%)
77	AUGUSTYNOWICZ Aurelia	321	RCI BYDGOSZCZ	K-Open	77	00:00:10	00:29:51.85	00:30:02.75	+00:08:57 (30.0%)	5:58	10 (69.9%)
78	WALCZAK Joanna	299		K-Open	78	00:00:37	00:29:56.55	00:30:34.00	+00:09:01 (30.2%)	5:59	10 (69.9%)
79	TYKWIŃSKA Agnieszka	107		K-Open	79	00:00:21	00:30:00.55	00:30:22.30	+00:09:05 (30.3%)	6:00	10 (69.9%)
80	BRZOZOWSKA Jolanta	364		K-Open	80	00:00:24	00:30:01.70	00:30:26.50	+00:09:07 (30.4%)	6:00	10 (69.9%)
81	KURZAWA Iwona	254		K-Open	81	00:00:28	00:30:02.35	00:30:30.90	+00:09:07 (30.4%)	6:00	10 (69.9%)
82	BUCHOLC Martyna	389		K-Open	82	00:00:14	00:30:04.00	00:30:18.30	+00:09:09 (30.5%)	6:00	10 (69.9%)
83	FRELICHOWSKA Karolina	36	CB163	K-Open	83	00:00:41	00:30:08.35	00:30:50.20	+00:09:13 (30.6%)	6:01	10 (69.9%)
84	KUTKA Czesia	241		K-Open	84	00:00:28	00:30:09.05	00:30:37.95	+00:09:14 (30.6%)	6:01	10 (69.9%)
85	SOBOTA Beata	16		K-Open	85	00:00:34	00:30:14.35	00:30:49.05	+00:09:19 (30.9%)	6:03	9.9 (69.2%)
86	KOWALSKA Justyna	216		K-Open	86	00:00:26	00:30:17.60	00:30:44.50	+00:09:23 (31.0%)	6:03	9.9 (69.2%)
87	JARMOŁOWICZ Aleksandra	351		K-Open	87	00:00:51	00:30:18.05	00:31:09.55	+00:09:23 (31.0%)	6:03	9.9 (69.2%)
88	PIOTROWICZ Ewa	454		K-Open	88	00:00:25	00:30:22.55	00:30:48.05	+00:09:27 (31.2%)	6:04	9.9 (69.2%)
89	KOTŁOWSKA Marlena	285		K-Open	89	00:00:22	00:30:22.80	00:30:45.40	+00:09:28 (31.2%)	6:04	9.9 (69.2%)
90	FRISCHKE Agnieszka	29		K-Open	90	00:00:43	00:30:23.60	00:31:07.20	+00:09:29 (31.2%)	6:04	9.9 (69.2%)
91	KOSZOWSKA Ania	32		K-Open	91	00:00:43	00:30:26.25	00:31:10.00	+00:09:31 (31.3%)	6:05	9.9 (69.2%)
92	WAŁCZYK Iwona	436		K-Open	92	00:00:36	00:30:31.25	00:31:08.20	+00:09:36 (31.5%)	6:06	9.8 (68.5%)
93	WEGNER Karolina	435		K-Open	93	00:00:36	00:30:31.40	00:31:08.05	+00:09:36 (31.5%)	6:06	9.8 (68.5%)
94	DRZEWIECKA Magdalena	443		K-Open	94	00:00:25	00:30:32.95	00:30:58.60	+00:09:38 (31.6%)	6:06	9.8 (68.5%)
95	PRZYBYLSKA Paulina	48		K-Open	95	00:00:39	00:30:36.55	00:31:16.15	+00:09:41 (31.7%)	6:07	9.8 (68.5%)
96	GRUŻEWSKA Justyna	117		K-Open	96	00:00:14	00:30:37.85	00:30:51.85	+00:09:43 (31.7%)	6:07	9.8 (68.5%)
97	KUŹNIAR Melisa	249		K-Open	97	00:00:14	00:30:37.95	00:30:52.45	+00:09:43 (31.7%)	6:07	9.8 (68.5%)
98	GURZYŃSKA Anna	240		K-Open	98	00:00:15	00:30:40.30	00:30:55.85	+00:09:45 (31.8%)	6:08	9.8 (68.5%)
99	ŚWIDERSKA Aleksandra	304		K-Open	99	00:00:34	00:30:46.90	00:31:21.20	+00:09:52 (32.1%)	6:09	9.7 (67.8%)
100	KIELIK Monika	47	MONIKA KIELIK	K-Open	100	00:00:24	00:30:48.30	00:31:13.00	+00:09:53 (32.1%)	6:09	9.7 (67.8%)
101	NAPIÓRKOWSKA Ewa	146		K-Open	101	00:00:21	00:30:54.45	00:31:16.35	+00:09:59 (32.3%)	6:11	9.7 (67.8%)
102	JAGIELSKA Patrycja	397		K-Open	102	00:00:13	00:30:55.60	00:31:08.95	+00:10:01 (32.4%)	6:11	9.7 (67.8%)
103	HELSZTAJN Anna	340		K-Open	103	00:00:16	00:30:56.25	00:31:12.75	+00:10:01 (32.4%)	6:11	9.7 (67.8%)
104	WAWRZYNIAK Anna	341		K-Open	104	00:00:16	00:30:56.75	00:31:13.55	+00:10:02 (32.4%)	6:11	9.7 (67.8%)
105	MAŃKOWSKA Kamila	339		K-Open	105	00:00:15	00:30:57.00	00:31:12.80	+00:10:02 (32.4%)	6:11	9.7 (67.8%)
106	SZEWCZYK Ola	206		K-Open	106	00:00:41	00:30:58.50	00:31:39.60	+00:10:03 (32.5%)	6:11	9.7 (67.8%)
107	CYBUL Anna	390		K-Open	107	00:00:16	00:31:07.70	00:31:24.25	+00:10:13 (32.8%)	6:13	9.6 (67.1%)
108	ŁABUŚ Magda	410		K-Open	108	00:00:21	00:31:07.80	00:31:29.10	+00:10:13 (32.8%)	6:13	9.6 (67.1%)
109	SAK Anna	336	DECATHLON TEAM INOWROCŁAW	K-Open	109	00:00:30	00:31:08.50	00:31:39.20	+00:10:13 (32.9%)	6:13	9.6 (67.1%)
110	WRÓBLEWSKA Maja	253		K-Open	110	00:00:27	00:31:10.25	00:31:38.05	+00:10:15 (32.9%)	6:14	9.6 (67.1%)
111	JASIULEWICZ Marta	306		K-Open	111	00:00:25	00:31:14.45	00:31:39.50	+00:10:19 (33.1%)	6:14	9.6 (67.1%)
112	KUBIAK Agnieszka	160		K-Open	112	00:00:17	00:31:17.60	00:31:35.55	+00:10:23 (33.2%)	6:15	9.6 (67.1%)
113	CZERNIEJEWSKA Monika	126		K-Open	113	00:00:11	00:31:22.70	00:31:34.30	+00:10:28 (33.4%)	6:16	9.6 (67.1%)
114	NOWACKA Aleksandra	420		K-Open	114	00:00:45	00:31:25.25	00:32:11.15	+00:10:30 (33.5%)	6:17	9.5 (66.4%)
115	GIERCZAK Dorota	82		K-Open	115	00:00:39	00:31:27.55	00:32:06.60	+00:10:32 (33.5%)	6:17	9.5 (66.4%)
116	KRAJEWSKA Izabela	166		K-Open	116	00:00:39	00:31:30.75	00:32:09.85	+00:10:36 (33.6%)	6:18	9.5 (66.4%)

							Czas netto	Czas brutto		Tempo	Tempo
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	5km	Różn	min/km	km/h
117	ZATOŃ Bożena	354	RUN PASJA	K-Open	117	00:00:41	00:31:33.75	00:32:14.85	+00:10:39 (33.8%)	6:18	9.5 (66.4%)
118	PESTKA Anna	387		K-Open	118	00:00:33	00:31:36.05	00:32:09.55	+00:10:41 (33.8%)	6:19	9.5 (66.4%)
119	PIÓRKOWSKA Aga	49		K-Open	119	00:00:47	00:31:37.20	00:32:24.45	+00:10:42 (33.9%)	6:19	9.5 (66.4%)
120	JAROSZEWSKA Anna	229	DEEP FOREST	K-Open	120	00:00:46	00:31:37.60	00:32:24.35	+00:10:43 (33.9%)	6:19	9.5 (66.4%)
121	ROSIĄK Aleksandra	433		K-Open	121	00:00:35	00:31:39.80	00:32:15.50	+00:10:45 (34.0%)	6:20	9.5 (66.4%)
122	PAPROCKA Małgorzata	15		K-Open	122	00:00:28	00:31:44.95	00:32:13.60	+00:10:50 (34.1%)	6:21	9.4 (65.7%)
123	NOVAKOVIĆ Maja	434		K-Open	123	00:00:22	00:31:47.90	00:32:09.95	+00:10:53 (34.2%)	6:21	9.4 (65.7%)
124	OŻGA Agnieszka	24		K-Open	124	00:00:39	00:31:48.75	00:32:28.10	+00:10:54 (34.3%)	6:21	9.4 (65.7%)
125	ŚLEDZIŃSKA Paulina	248		K-Open	125	00:00:33	00:31:50.40	00:32:23.40	+00:10:55 (34.3%)	6:22	9.4 (65.7%)
126	KOWALIK Anna	308		K-Open	126	00:00:15	00:31:53.80	00:32:08.90	+00:10:59 (34.4%)	6:22	9.4 (65.7%)
127	TATERA Daria	55		K-Open	127	00:00:18	00:31:59.45	00:32:18.35	+00:11:04 (34.6%)	6:24	9.4 (65.7%)
128	THIEDE Ola	130		K-Open	128	00:00:00	00:32:04.00	00:32:04.00	+00:11:09 (34.8%)	6:24	9.4 (65.7%)
129	FOSS Dorota	392	LEGE ARTIS	K-Open	129	00:00:40	00:32:08.00	00:32:48.60	+00:11:13 (34.9%)	6:25	9.3 (65.0%)
130	DALKA Renata	78		K-Open	130	00:00:07	00:32:09.85	00:32:17.10	+00:11:15 (35.0%)	6:26	9.3 (65.0%)
131	BEDNAREK Grażyna	446	RUN PASJA	K-Open	131	00:00:41	00:32:19.40	00:33:01.15	+00:11:24 (35.3%)	6:28	9.3 (65.0%)
132	KWIATKOWSKA Aleksandra	348		K-Open	132	00:00:34	00:32:23.55	00:32:57.95	+00:11:28 (35.4%)	6:28	9.3 (65.0%)
133	TREPANOWSKA Katarzyna	50		K-Open	133	00:00:35	00:32:25.25	00:33:01.15	+00:11:30 (35.5%)	6:29	9.2 (64.3%)
134	DUKAT Olga	400		K-Open	134	00:00:11	00:32:34.05	00:32:45.40	+00:11:39 (35.8%)	6:30	9.2 (64.3%)
135	PALUSZAK Katarzyna	83		K-Open	135	00:00:35	00:32:35.90	00:33:11.20	+00:11:41 (35.9%)	6:31	9.2 (64.3%)
136	FILIPEK Weronika	204		K-Open	136	00:00:32	00:32:41.65	00:33:14.10	+00:11:47 (36.0%)	6:32	9.2 (64.3%)
137	KUJAWA Magdalena	282		K-Open	137	00:00:43	00:32:44.60	00:33:28.45	+00:11:50 (36.1%)	6:33	9.2 (64.3%)
138	KONOWALSKA Agnieszka	406		K-Open	138	00:00:20	00:32:48.60	00:33:08.90	+00:11:54 (36.3%)	6:33	9.1 (63.6%)
139	WYSOCKA Kamila	17		K-Open	139	00:00:31	00:32:54.45	00:33:25.60	+00:11:59 (36.5%)	6:34	9.1 (63.6%)
140	NEVECHERIA Yanina	310		K-Open	140	00:00:07	00:32:57.15	00:33:04.80	+00:12:02 (36.5%)	6:35	9.1 (63.6%)
141	SZABLIĆKA Katarzyna	66	POLSKA GRUPA BIEGOWA	K-Open	141	00:00:13	00:32:57.85	00:33:11.55	+00:12:03 (36.6%)	6:35	9.1 (63.6%)
142	PODCZASKA Katarzyna	25		K-Open	142	00:00:14	00:32:58.25	00:33:12.25	+00:12:03 (36.6%)	6:35	9.1 (63.6%)
143	KROPIŃSKA Monika	329		K-Open	143	00:00:26	00:32:59.95	00:33:26.70	+00:12:05 (36.6%)	6:36	9.1 (63.6%)
144	ZIELIŃSKA Dorota	257		K-Open	144	00:00:24	00:33:02.30	00:33:26.60	+00:12:07 (36.7%)	6:36	9.1 (63.6%)
145	SOBIERAJ Magdalena	101		K-Open	145	00:00:10	00:33:09.45	00:33:20.15	+00:12:14 (36.9%)	6:38	9 (62.9%)
146	JEGIERSKA Anna	62	AMATORKA	K-Open	146	00:00:10	00:33:09.55	00:33:20.40	+00:12:14 (36.9%)	6:38	9 (62.9%)
147	KUBALEWSKA Grażyna	245		K-Open	147	00:00:23	00:33:11.65	00:33:35.15	+00:12:17 (37.0%)	6:38	9 (62.9%)
148	KOWALSKA Karolina	377		K-Open	148	00:00:35	00:33:19.30	00:33:54.80	+00:12:24 (37.2%)	6:39	9 (62.9%)
149	KOWALSKA Irena	193		K-Open	149	00:00:34	00:33:19.65	00:33:54.45	+00:12:25 (37.3%)	6:40	9 (62.9%)
150	LEWANDOWSKA Beata	212		K-Open	150	00:00:31	00:33:21.90	00:33:53.25	+00:12:27 (37.3%)	6:40	9 (62.9%)
151	MIELCAREK Ania	314		K-Open	151	00:00:50	00:33:32.10	00:34:22.60	+00:12:37 (37.6%)	6:42	8.9 (62.2%)
152	PIOTROWICZ Karolina	455		K-Open	152	00:00:25	00:33:38.45	00:34:04.40	+00:12:43 (37.8%)	6:43	8.9 (62.2%)
153	KALACHURKA Wioletta	277		K-Open	153	00:00:18	00:33:44.75	00:34:03.00	+00:12:50 (38.0%)	6:45	8.9 (62.2%)
154	DAGOW Justyna	276		K-Open	154	00:00:18	00:33:44.90	00:34:03.10	+00:12:50 (38.0%)	6:45	8.9 (62.2%)
155	TROCKA Agnieszka	148		K-Open	155	00:00:30	00:33:50.55	00:34:21.25	+00:12:55 (38.2%)	6:46	8.9 (62.2%)
156	SZCZYPIŃSKA Justyna	271		K-Open	156	00:00:11	00:33:55.35	00:34:07.25	+00:13:00 (38.4%)	6:47	8.8 (61.5%)
157	GLINKOWSKA Joanna	149		K-Open	157	00:00:30	00:34:13.45	00:34:44.00	+00:13:18 (38.9%)	6:50	8.8 (61.5%)
158	BURCZUK Aleksandra	448		K-Open	158	00:00:30	00:34:20.35	00:34:50.45	+00:13:25 (39.1%)	6:52	8.7 (60.8%)
159	TUBISZ Agnieszka	18		K-Open	159	00:00:27	00:34:22.25	00:34:49.65	+00:13:27 (39.2%)	6:52	8.7 (60.8%)
160	MINISZEWSKA Irena	394		K-Open	160	00:00:40	00:34:22.65	00:35:02.85	+00:13:28 (39.2%)	6:52	8.7 (60.8%)

							Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu					
161	IWICKA-KOWALSKA Katarzyna	175		K-Open	161	00:00:17	00:34:30.45	00:34:47.60	+00:13:35 (39.4%)	6:54	8.7 (60.8%)
162	NOWACKA Katarzyna	424		K-Open	162	00:00:46	00:34:30.85	00:35:17.60	+00:13:36 (39.4%)	6:54	8.7 (60.8%)
163	NOGALSKA Aleksandra	303		K-Open	163	00:00:35	00:34:35.90	00:35:11.20	+00:13:41 (39.6%)	6:55	8.7 (60.8%)
164	OLSZEWSKA Karolina	20		K-Open	164	00:00:31	00:34:36.25	00:35:07.45	+00:13:41 (39.6%)	6:55	8.7 (60.8%)
165	JAWORSKA Sylwia	332		K-Open	165	00:00:24	00:34:39.35	00:35:03.70	+00:13:44 (39.7%)	6:55	8.7 (60.8%)
166	KAMIŃSKA Marta	290		K-Open	166	00:00:43	00:34:43.65	00:35:27.55	+00:13:49 (39.8%)	6:56	8.6 (60.1%)
167	MISUN Mariola	258	BBKTS	K-Open	167	00:00:44	00:34:47.55	00:35:32.45	+00:13:52 (39.9%)	6:57	8.6 (60.1%)
168	REKOWSKA Barbara	141		K-Open	168	00:00:40	00:34:49.15	00:35:29.40	+00:13:54 (39.9%)	6:57	8.6 (60.1%)
169	WELSBERG Magdalena	288		K-Open	169	00:00:29	00:34:52.15	00:35:21.35	+00:13:57 (40.0%)	6:58	8.6 (60.1%)
170	MOCNA Anna	215		K-Open	170	00:00:29	00:34:55.50	00:35:25.30	+00:14:00 (40.1%)	6:59	8.6 (60.1%)
171	SCHLABS Magdalena	93		K-Open	171	00:00:29	00:34:56.05	00:35:25.25	+00:14:01 (40.1%)	6:59	8.6 (60.1%)
172	ANDRZEJCZAK Natalia	201		K-Open	172	00:00:30	00:35:01.20	00:35:31.60	+00:14:06 (40.3%)	7:00	8.6 (60.1%)
173	NOWAKOWSKA-ARENDT Agnieszka	5		K-Open	173	00:00:17	00:35:04.90	00:35:22.20	+00:14:10 (40.4%)	7:01	8.6 (60.1%)
174	BRONK Justyna	457		K-Open	174	00:00:23	00:35:05.90	00:35:29.60	+00:14:11 (40.4%)	7:01	8.5 (59.4%)
175	PIECZARA Iwona	458		K-Open	175	00:00:23	00:35:07.50	00:35:30.95	+00:14:12 (40.5%)	7:01	8.5 (59.4%)
176	WRÓBLEWSKA Anna	72		K-Open	176	00:00:10	00:35:21.85	00:35:32.45	+00:14:27 (40.9%)	7:04	8.5 (59.4%)
177	KĄTNIK Dorota	220	RUN PASJA	K-Open	177	00:00:39	00:35:23.55	00:36:03.45	+00:14:28 (40.9%)	7:04	8.5 (59.4%)
178	MAZUREK Anita	8		K-Open	178	00:00:45	00:35:32.10	00:36:17.20	+00:14:37 (41.2%)	7:06	8.4 (58.7%)
179	MANOWSKA Arletta	94	FUNDACJA HORYZONT	K-Open	179	00:00:38	00:35:32.85	00:36:11.35	+00:14:38 (41.2%)	7:06	8.4 (58.7%)
180	KUBICKA Violetta	41		K-Open	180	00:00:43	00:35:33.10	00:36:16.95	+00:14:38 (41.2%)	7:06	8.4 (58.7%)
181	KISZKA Justyna	398	RUN PASJA	K-Open	181	00:00:41	00:35:35.35	00:36:17.15	+00:14:40 (41.2%)	7:07	8.4 (58.7%)
182	CIECHOMSKA Magdalena	73		K-Open	182	00:00:09	00:35:38.00	00:35:47.00	+00:14:43 (41.3%)	7:07	8.4 (58.7%)
182	SKROBACKA Izabela	52		K-Open	183	00:00:20	00:35:38.00	00:35:58.20	+00:14:43 (41.3%)	7:07	8.4 (58.7%)
184	KNIOŁA Justyna	162	STUDIO SZARKOWSKA & GENDERKA	K-Open	184	00:00:50	00:35:43.05	00:36:33.10	+00:14:48 (41.5%)	7:08	8.4 (58.7%)
185	KONOWECKA Ewa	429		K-Open	185	00:00:29	00:35:50.20	00:36:19.30	+00:14:55 (41.7%)	7:10	8.4 (58.7%)
186	KANTOWICZ Marta	129		K-Open	186	00:00:48	00:35:50.85	00:36:39.30	+00:14:56 (41.7%)	7:10	8.4 (58.7%)
187	GAWRONEK Maria	183		K-Open	187	00:00:48	00:35:51.00	00:36:39.30	+00:14:56 (41.7%)	7:10	8.4 (58.7%)
188	OPAS Karolina	404		K-Open	188	00:00:24	00:35:53.95	00:36:18.30	+00:14:59 (41.8%)	7:10	8.4 (58.7%)
189	NOWAKOWSKA Patrycja	51		K-Open	189	00:00:40	00:36:13.40	00:36:54.10	+00:15:18 (42.3%)	7:14	8.3 (58.0%)
190	GRZELAKOWSKA Klaudyna	283		K-Open	190	00:00:32	00:36:15.45	00:36:47.70	+00:15:20 (42.3%)	7:15	8.3 (58.0%)
191	POKORSKA Roma	391		K-Open	191	00:00:40	00:36:28.10	00:37:08.30	+00:15:33 (42.7%)	7:17	8.2 (57.3%)
192	ASTUKIEWICZ Agnieszka	100		K-Open	192	00:00:44	00:36:36.75	00:37:21.35	+00:15:42 (42.9%)	7:19	8.2 (57.3%)
193	PIECHOWIAK Oliwia	224		K-Open	193	00:00:17	00:36:43.60	00:37:00.60	+00:15:49 (43.1%)	7:20	8.2 (57.3%)
194	CHMIELEWSKA Agnieszka	325		K-Open	194	00:00:40	00:36:45.40	00:37:26.00	+00:15:50 (43.1%)	7:21	8.2 (57.3%)
195	NAZARUK Natalia	382		K-Open	195	00:00:33	00:37:04.30	00:37:38.10	+00:16:09 (43.6%)	7:25	8.1 (56.6%)
196	OSUCH Małgorzata	152		K-Open	196	00:00:44	00:37:41.50	00:38:26.00	+00:16:46 (44.5%)	7:32	8 (55.9%)
197	BARANOWSKA Weronika	331		K-Open	197	00:00:25	00:37:48.20	00:38:13.40	+00:16:53 (44.7%)	7:33	7.9 (55.2%)
198	WITKOWSKA Marta	452		K-Open	198	00:00:32	00:38:07.60	00:38:40.45	+00:17:13 (45.2%)	7:37	7.9 (55.2%)
199	ROZWOROWSKA-WOLAŃSKA Julia	226		K-Open	199	00:00:39	00:38:15.10	00:38:54.70	+00:17:20 (45.3%)	7:39	7.8 (54.5%)
200	WENCKA Magdalena	190		K-Open	200	00:00:38	00:38:16.75	00:38:55.00	+00:17:22 (45.4%)	7:39	7.8 (54.5%)
201	NEYDER Marzena	309		K-Open	201	00:00:09	00:38:21.15	00:38:30.20	+00:17:26 (45.5%)	7:40	7.8 (54.5%)
202	SARUL Karolina	151		K-Open	202	00:00:44	00:38:53.30	00:39:37.95	+00:17:58 (46.2%)	7:46	7.7 (53.8%)
203	GOLIK Magdalena	169		K-Open	203	00:00:49	00:39:33.60	00:40:22.75	+00:18:39 (47.1%)	7:54	7.6 (53.1%)
204	URBAŃCZYK Anna	28		K-Open	204	00:00:33	00:40:27.50	00:41:01.40	+00:19:32 (48.3%)	8:05	7.4 (51.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
205	RÓŻYCKA Katarzyna	87	TOCOLUBIE	K-Open	205	00:00:33	00:40:28.05	00:41:01.40	+00:19:33 (48.3%)	8:05	7.4 (51.7%)
206	TOMCZAK Krzysia	408		K-Open	206	00:00:42	00:41:46.40	00:42:28.80	+00:20:51 (49.9%)	8:21	7.2 (50.3%)

Znaleziono 206 wynik(ów)