

BIEGIEM DO KOSZAR

B4SPORT



Organizator: Fundacja Nasza Historia
Data: 2023-05-20
Miejsce: Nowy Dwór Mazowiecki
Dystans: 5 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Kobiety Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	NIKOŁAJUK Julia	463	RECKITT BENCKISER	Kobiety Open	1	00:21:57.35		4:23	13.7 (100%)
2	RĘKAWEK Paulina	505	TEAM ZABIEGANEDNI	Kobiety Open	2	00:22:07.85	+00:00:10 (0.8%)	4:25	13.6 (99.3%)
3	OWCZAREK Katarzyna	158		Kobiety Open	3	00:22:45.50	+00:00:48 (3.5%)	4:33	13.2 (96.4%)
4	KOCIEŃSKA Magdalena	212	WESOŁE MISIE	Kobiety Open	4	00:23:14.85	+00:01:17 (5.6%)	4:38	12.9 (94.2%)
5	SZAFRAŃSKA Aleksandra	512	WKURW_TEAM	Kobiety Open	5	00:23:44.05	+00:01:46 (7.5%)	4:44	12.6 (92.0%)
6	PAWŁOWSKA Helena	402	KOŃ TROJAŃSKI	Kobiety Open	6	00:24:12.85	+00:02:15 (9.3%)	4:50	12.4 (90.5%)
7	WICIK-KUCIAPSKA Paulina	31		Kobiety Open	7	00:24:18.50	+00:02:21 (9.7%)	4:51	12.3 (89.8%)
8	LUBOWIEDZKA Nadia	421	LOS LUBANOS	Kobiety Open	8	00:24:49.75	+00:02:52 (11.6%)	4:57	12.1 (88.3%)
9	CZYTRZYŃSKA Alicja	399	KLUB BOKSERSKI HURAGAN TRĘBKI STARE	Kobiety Open	9	00:24:57.55	+00:03:00 (12.0%)	4:59	12 (87.6%)
10	KOWALSKA Anna	509	UKS LIDER	Kobiety Open	10	00:25:39.15	+00:03:41 (14.4%)	5:07	11.7 (85.4%)
11	STANKIEWICZ Izabela	10		Kobiety Open	11	00:25:50.65	+00:03:53 (15.0%)	5:10	11.6 (84.7%)
12	RUCIŃSKA Wioleta	328	AKTYWNOŚĆ RODZI POZYTYWNOŚĆ	Kobiety Open	12	00:26:01.45	+00:04:04 (15.6%)	5:12	11.5 (83.9%)
13	CHWAŁEK Anna	265		Kobiety Open	13	00:26:02.55	+00:04:05 (15.7%)	5:12	11.5 (83.9%)
14	MASKIEWICZ Magdalena	356	BRAVEHEARTS LEGIONOWO	Kobiety Open	14	00:26:10.60	+00:04:13 (16.1%)	5:14	11.5 (83.9%)
15	LESZCZYŃSKA Magdalena	474	ROCH JASZENICA	Kobiety Open	15	00:26:12.55	+00:04:15 (16.2%)	5:14	11.5 (83.9%)
16	ŻAGLEWSKA Jolanta	469	RECKITT BENCKISER	Kobiety Open	16	00:26:15.65	+00:04:18 (16.4%)	5:15	11.4 (83.2%)
17	KON Monika	332	AKTYWNOŚĆ RODZI POZYTYWNOŚĆ	Kobiety Open	17	00:26:19.50	+00:04:22 (16.6%)	5:15	11.4 (83.2%)
18	KOMORZYCKA Patrycja	360	CONSULTRISK	Kobiety Open	18	00:26:22.35	+00:04:25 (16.7%)	5:16	11.4 (83.2%)
19	GEMBARZEWSKA-ADACH Zofia	173		Kobiety Open	19	00:26:25.70	+00:04:28 (16.9%)	5:17	11.4 (83.2%)
20	DANISZEWSKA Marta	535	ROZBIEGAMY NOWY DWÓR	Kobiety Open	20	00:26:26.85	+00:04:29 (17.0%)	5:17	11.3 (82.5%)
21	BUDKOWSKA Dorota	40		Kobiety Open	21	00:26:37.65	+00:04:40 (17.5%)	5:19	11.3 (82.5%)
22	KUZIEL Natalia	498	SZKOŁA PODOFICERSKA ŻANDARMERII WOJSKOWEJ	Kobiety Open	22	00:26:42.85	+00:04:45 (17.8%)	5:20	11.2 (81.8%)
23	OCZKOWSKA Ula	384	GRUPA BIEGOWA CHTMO	Kobiety Open	23	00:27:11.70	+00:05:14 (19.3%)	5:26	11 (80.3%)
24	TOCZEWSKA Anna	260		Kobiety Open	24	00:27:28.90	+00:05:31 (20.1%)	5:29	10.9 (79.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo	Tempo
						netto	Różn		
						5km		min/km	km/h
25	GODLEWSKA Renata	400	KOŃ TROJAŃSKI	Kobiety Open	25	00:27:32.95	+00:05:35 (20.3%)	5:30	10.9 (79.6%)
26	BURZYŃSKA Katarzyna	456	RECKITT BENCKISER	Kobiety Open	26	00:27:46.80	+00:05:49 (21.0%)	5:33	10.8 (78.8%)
27	BURZYŃSKA Patrycja	455	RECKITT BENCKISER	Kobiety Open	27	00:27:47.85	+00:05:50 (21.0%)	5:33	10.8 (78.8%)
28	JANICKA Katarzyna	494	SP 48	Kobiety Open	28	00:27:48.05	+00:05:50 (21.0%)	5:33	10.8 (78.8%)
29	NOWAK Olga	473	ROCH JASZENICA	Kobiety Open	29	00:27:49.20	+00:05:51 (21.1%)	5:33	10.8 (78.8%)
30	BARAN Paulina	315	64 BATALION LEKKIEJ PIECHOTY W POMIECHÓWKU	Kobiety Open	30	00:27:50.90	+00:05:53 (21.2%)	5:34	10.8 (78.8%)
31	KACZOROWSKA Martyna	275		Kobiety Open	31	00:27:54.70	+00:05:57 (21.3%)	5:34	10.8 (78.8%)
32	PERKOWSKA Klaudia	337	BATALION WSPARCIA INŻYNIERYJNEGO	Kobiety Open	32	00:27:57.55	+00:06:00 (21.5%)	5:35	10.7 (78.1%)
33	MOTYCZYŃSKA Aleksandra	448	QMS	Kobiety Open	33	00:28:03.15	+00:06:05 (21.7%)	5:36	10.7 (78.1%)
34	LEWKOWICZ Agnieszka	9		Kobiety Open	34	00:28:03.80	+00:06:06 (21.8%)	5:36	10.7 (78.1%)
35	MALINOWSKA Dagmara	335	BABECZKI BEZ TŁUSZCZU	Kobiety Open	35	00:28:06.70	+00:06:09 (21.9%)	5:37	10.7 (78.1%)
36	NAGALSKA Martyna	374	EAZYMUT.PL	Kobiety Open	36	00:28:13.75	+00:06:16 (22.2%)	5:38	10.6 (77.4%)
37	KWAPIŃSKA Maja	364	DOGOŃ GRODZISK MAZOWIECKI	Kobiety Open	37	00:28:14.75	+00:06:17 (22.3%)	5:38	10.6 (77.4%)
38	PIKULIŃSKA Iwona	209		Kobiety Open	38	00:28:15.95	+00:06:18 (22.3%)	5:39	10.6 (77.4%)
39	WOJCIECHOWSKA Magda	160		Kobiety Open	39	00:28:18.85	+00:06:21 (22.5%)	5:39	10.6 (77.4%)
40	SZATKOWSKA Kasia	366	DOGOŃ GRODZISK MAZOWIECKI	Kobiety Open	40	00:28:20.05	+00:06:22 (22.5%)	5:40	10.6 (77.4%)
41	BEREDA Agata	334	BABECZKI BEZ TŁUSZCZU	Kobiety Open	41	00:28:20.50	+00:06:23 (22.5%)	5:40	10.6 (77.4%)
42	KARASIEWICZ Katarzyna	23		Kobiety Open	42	00:28:24.80	+00:06:27 (22.7%)	5:40	10.6 (77.4%)
43	KUCZERA Daria	63		Kobiety Open	43	00:28:38.70	+00:06:41 (23.4%)	5:43	10.5 (76.6%)
44	OWSIANKO Justyna	387		Kobiety Open	44	00:28:41.20	+00:06:43 (23.5%)	5:44	10.5 (76.6%)
45	KOMINEK Grażyna	183		Kobiety Open	45	00:28:47.80	+00:06:50 (23.8%)	5:45	10.4 (75.9%)
46	TYSKIEWICZ Joanna	226		Kobiety Open	46	00:28:48.40	+00:06:51 (23.8%)	5:45	10.4 (75.9%)
47	SZLAGA Kinga	139		Kobiety Open	47	00:28:55.30	+00:06:57 (24.1%)	5:47	10.4 (75.9%)
48	WAGNER Jolanta	235		Kobiety Open	48	00:29:12.15	+00:07:14 (24.8%)	5:50	10.3 (75.2%)
49	STYPKA SORDYL Olga	348	BIELANY BIELANY	Kobiety Open	49	00:29:13.60	+00:07:16 (24.9%)	5:50	10.3 (75.2%)
50	ŚWIĘCH Aneta	375	EAZYMUT.PL	Kobiety Open	50	00:29:19.00	+00:07:21 (25.1%)	5:51	10.2 (74.5%)
51	ROMANOWSKA Agnieszka	170		Kobiety Open	51	00:29:23.15	+00:07:25 (25.3%)	5:52	10.2 (74.5%)
52	PIECHOCKA Katarzyna	346	BIEGOWY WARIAT RUNNING TEAM	Kobiety Open	52	00:29:24.20	+00:07:26 (25.3%)	5:52	10.2 (74.5%)
53	SOBCZYK Basia	481	ROZBIEGAMY NOWY DWÓR	Kobiety Open	53	00:29:25.10	+00:07:27 (25.4%)	5:53	10.2 (74.5%)
54	WIKTORSKA Mariola	537	JEDNOROŻEC ROBI CO MOŻE	Kobiety Open	54	00:29:29.30	+00:07:31 (25.5%)	5:53	10.2 (74.5%)
55	DMOCHOWSKA Agnieszka	427	MAFIA TEAM LUBLINIEC	Kobiety Open	55	00:29:38.15	+00:07:40 (25.9%)	5:55	10.1 (73.7%)
56	MILEWSKA Barbara	56		Kobiety Open	56	00:29:42.90	+00:07:45 (26.1%)	5:56	10.1 (73.7%)
57	RZODKIEWICZ Monika	232		Kobiety Open	57	00:29:45.95	+00:07:48 (26.2%)	5:57	10.1 (73.7%)
58	MŁYŃSKA Joanna	451	R.AMBO	Kobiety Open	58	00:29:52.80	+00:07:55 (26.5%)	5:58	10 (73.0%)
59	NARCZYK Małgorzata	355	BIGDUCK	Kobiety Open	59	00:30:09.10	+00:08:11 (27.2%)	6:01	10 (73.0%)
60	RYBICKA Agnieszka	331	AKTYWNOŚĆ RODZI POZYTYWNOŚĆ	Kobiety Open	60	00:30:15.90	+00:08:18 (27.5%)	6:03	9.9 (72.3%)
61	STASIŃSKA Karolina	333	BABECZKI BEZ TŁUSZCZU	Kobiety Open	61	00:30:18.90	+00:08:21 (27.6%)	6:03	9.9 (72.3%)
62	ZIÓŁKOWSKA Anna	329	AKTYWNOŚĆ RODZI POZYTYWNOŚĆ	Kobiety Open	62	00:30:19.80	+00:08:22 (27.6%)	6:03	9.9 (72.3%)
63	GOMULSKA Agnieszka	54		Kobiety Open	63	00:30:24.70	+00:08:27 (27.8%)	6:04	9.9 (72.3%)
64	SIŁA-MOCIAK Justyna	357	CONSULTRISK	Kobiety Open	64	00:30:28.25	+00:08:30 (27.9%)	6:05	9.8 (71.5%)
65	MAKOSZA Iwona	411	K.S. CELESTYNA	Kobiety Open	65	00:30:29.20	+00:08:31 (28.0%)	6:05	9.8 (71.5%)
66	JAWORSKA Magdalena	410	KS CELESTYNA	Kobiety Open	66	00:30:29.85	+00:08:32 (28.0%)	6:05	9.8 (71.5%)
67	PODRECKA Andżelika	450	QMS	Kobiety Open	67	00:30:35.15	+00:08:37 (28.2%)	6:07	9.8 (71.5%)
68	SŁONECKA Anna	118		Kobiety Open	68	00:30:44.45	+00:08:47 (28.6%)	6:08	9.8 (71.5%)

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69	GAWROŃSKA Agata	522	WYBIEGAJ SIEBIE	Kobiety Open	69	00:30:44.65	+00:08:47 (28.6%)	6:08	9.8 (71.5%)
70	WIŚNIEWSKA Justyna	38		Kobiety Open	70	00:30:48.20	+00:08:50 (28.7%)	6:09	9.7 (70.8%)
71	PRZYTULSKA Anna	255		Kobiety Open	71	00:30:49.05	+00:08:51 (28.8%)	6:09	9.7 (70.8%)
72	WILCZEK Marta	467	RECKITT BENCKISER	Kobiety Open	72	00:31:08.80	+00:09:11 (29.5%)	6:13	9.6 (70.1%)
73	ŚLUBOWSKA Malwina	519	WOŁO SCHRONISKO PŁOCK	Kobiety Open	73	00:31:11.95	+00:09:14 (29.6%)	6:14	9.6 (70.1%)
74	DĄBROWSKA Justyna	57		Kobiety Open	74	00:31:15.45	+00:09:18 (29.8%)	6:15	9.6 (70.1%)
75	DRZEWIECKA Adrianna	36	BATALION WSPARCIA INŻYNIERYJNEGO	Kobiety Open	75	00:31:15.70	+00:09:18 (29.8%)	6:15	9.6 (70.1%)
76	KOWALSKA Monika	495	STOPKA	Kobiety Open	76	00:31:15.85	+00:09:18 (29.8%)	6:15	9.6 (70.1%)
77	WANOT Iwona	424	MAFIA TEAM LUBLINIEC	Kobiety Open	77	00:31:16.65	+00:09:19 (29.8%)	6:15	9.6 (70.1%)
78	KURLANC Patrycja	240		Kobiety Open	78	00:31:24.70	+00:09:27 (30.1%)	6:16	9.6 (70.1%)
79	MATYSIAK Agnieszka	11		Kobiety Open	79	00:31:34.80	+00:09:37 (30.5%)	6:18	9.5 (69.3%)
80	DOMASIAK Ewelina	439	OSP WRĘCZA	Kobiety Open	80	00:31:35.70	+00:09:38 (30.5%)	6:19	9.5 (69.3%)
81	NOWAKOWSKA Sylwia	203		Kobiety Open	81	00:31:59.90	+00:10:02 (31.4%)	6:23	9.4 (68.6%)
82	STANISZEWSKA Monika	416	LECĘ BO CHCĘ	Kobiety Open	82	00:32:02.50	+00:10:05 (31.5%)	6:24	9.4 (68.6%)
83	PAWŁOWSKA Maja	148		Kobiety Open	83	00:32:16.85	+00:10:19 (32.0%)	6:27	9.3 (67.9%)
84	KOPYCKA Joanna	270		Kobiety Open	84	00:32:35.00	+00:10:37 (32.6%)	6:31	9.2 (67.2%)
85	PIEKUT Zanna	89		Kobiety Open	85	00:32:36.10	+00:10:38 (32.7%)	6:31	9.2 (67.2%)
86	ORŁOWSKA Magdalena	390	HUNGRY&ANGRY	Kobiety Open	86	00:32:38.50	+00:10:41 (32.7%)	6:31	9.2 (67.2%)
87	RUDZIŃSKA Joanna	389	HUNGRY&ANGRY	Kobiety Open	87	00:32:38.75	+00:10:41 (32.7%)	6:31	9.2 (67.2%)
88	PIÓRKOWSKA Elżbieta	205		Kobiety Open	88	00:32:38.95	+00:10:41 (32.8%)	6:31	9.2 (67.2%)
89	NOSEK Julia	388	HUNGRY&ANGRY	Kobiety Open	89	00:32:39.40	+00:10:42 (32.8%)	6:31	9.2 (67.2%)
90	KORENKIEWICZ Anna	100		Kobiety Open	90	00:32:43.90	+00:10:46 (32.9%)	6:32	9.2 (67.2%)
91	KOWALCZYK Kamila	149		Kobiety Open	91	00:32:46.95	+00:10:49 (33.0%)	6:33	9.2 (67.2%)
92	KOSTRO Jolanta	460	RECKITT BENCKISER	Kobiety Open	92	00:32:57.15	+00:10:59 (33.4%)	6:35	9.1 (66.4%)
93	SMOLAK Katarzyna	193		Kobiety Open	93	00:32:59.70	+00:11:02 (33.5%)	6:35	9.1 (66.4%)
94	WOŹNIAK Aleksandra	324	AKTYWNOŚĆ RODZI POZYTYWNOŚĆ	Kobiety Open	94	00:33:08.30	+00:11:10 (33.7%)	6:37	9.1 (66.4%)
95	PIOTROWSKA Katarzyna	330	AKTYWNOŚĆ RODZI POZYTYWNOŚĆ	Kobiety Open	95	00:33:08.75	+00:11:11 (33.8%)	6:37	9.1 (66.4%)
96	GRZYWACZ Kinga	104		Kobiety Open	96	00:33:13.50	+00:11:16 (33.9%)	6:38	9 (65.7%)
97	BEDNARCZYK Edyta	237		Kobiety Open	97	00:33:14.05	+00:11:16 (33.9%)	6:38	9 (65.7%)
98	USYDUS Natalia	238		Kobiety Open	98	00:33:15.35	+00:11:18 (34.0%)	6:39	9 (65.7%)
99	GRABOWSKA Marta	102		Kobiety Open	99	00:33:17.35	+00:11:20 (34.0%)	6:39	9 (65.7%)
100	DZIADOSZ Magdalena	428	MAKABI	Kobiety Open	100	00:33:19.80	+00:11:22 (34.1%)	6:39	9 (65.7%)
101	SUCHARSKA Hanna	110		Kobiety Open	101	00:33:20.00	+00:11:22 (34.1%)	6:40	9 (65.7%)
102	SMOLIŃSKA Agata	465	RECKITT BENCKISER	Kobiety Open	102	00:33:24.10	+00:11:26 (34.3%)	6:40	9 (65.7%)
103	WITESKA Karolina	221		Kobiety Open	103	00:33:34.25	+00:11:36 (34.6%)	6:42	8.9 (65.0%)
104	SUCHARSKA Małgorzata	125		Kobiety Open	104	00:33:44.15	+00:11:46 (34.9%)	6:44	8.9 (65.0%)
105	JEZNACH Dorota	143		Kobiety Open	105	00:33:59.10	+00:12:01 (35.4%)	6:47	8.8 (64.2%)
106	WAWRZONKIEWICZ Justyna	113		Kobiety Open	106	00:34:04.80	+00:12:07 (35.6%)	6:48	8.8 (64.2%)
107	ROSAK Ewa	241		Kobiety Open	107	00:34:08.45	+00:12:11 (35.7%)	6:49	8.8 (64.2%)
108	ŚLUBOWSKA Katarzyna	517	WOŁO SCHRONISKO PŁOCK	Kobiety Open	108	00:34:12.60	+00:12:15 (35.8%)	6:50	8.8 (64.2%)
109	OSIECKA-SAJNOG Katarzyna	518	WOŁO SCHRONISKO PŁOCK	Kobiety Open	109	00:34:12.90	+00:12:15 (35.8%)	6:50	8.8 (64.2%)
110	LANGE Joanna	47		Kobiety Open	110	00:34:20.00	+00:12:22 (36.1%)	6:52	8.7 (63.5%)
111	RÓŻYCKA Magdalena	531	WKS MODLIN	Kobiety Open	111	00:34:32.50	+00:12:35 (36.4%)	6:54	8.7 (63.5%)
112	WNUKOWSKA Natalia	529	WKS MODLIN	Kobiety Open	112	00:34:32.85	+00:12:35 (36.4%)	6:54	8.7 (63.5%)

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						5km			
113	WOJCIECHOWSKA Aneta	140	WKRA STRZEGOWO	Kobiety Open	113	00:34:35.20	+00:12:37 (36.5%)	6:55	8.7 (63.5%)
114	NIEMIEC Magdalena	39		Kobiety Open	114	00:34:44.75	+00:12:47 (36.8%)	6:56	8.6 (62.8%)
115	BORKOWSKA Julianna	291		Kobiety Open	115	00:34:51.15	+00:12:53 (37.0%)	6:58	8.6 (62.8%)
116	SZCZUROWSKA Aleksandra	46		Kobiety Open	116	00:34:55.40	+00:12:58 (37.1%)	6:59	8.6 (62.8%)
117	ŻBIKOWSKA Kinga	287		Kobiety Open	117	00:34:56.40	+00:12:59 (37.2%)	6:59	8.6 (62.8%)
118	BORKOWSKA Joanna	286		Kobiety Open	118	00:34:59.10	+00:13:01 (37.2%)	6:59	8.6 (62.8%)
119	KACPRZAK Patrycja	249		Kobiety Open	119	00:35:15.35	+00:13:18 (37.7%)	7:03	8.5 (62.0%)
120	SUPEŁ Beata	2		Kobiety Open	120	00:35:38.15	+00:13:40 (38.4%)	7:07	8.4 (61.3%)
121	DAMSKA Marta	178		Kobiety Open	121	00:35:49.50	+00:13:52 (38.7%)	7:09	8.4 (61.3%)
122	SZTYBOR Martyna	511		Kobiety Open	122	00:35:49.55	+00:13:52 (38.7%)	7:09	8.4 (61.3%)
123	GUDANIEC Agnieszka	90	12TRI.PL	Kobiety Open	123	00:35:50.10	+00:13:52 (38.7%)	7:10	8.4 (61.3%)
124	SIKORSKA Marzena	20		Kobiety Open	124	00:35:51.60	+00:13:54 (38.8%)	7:10	8.4 (61.3%)
125	ŻEBROWSKA Anna	256		Kobiety Open	125	00:35:52.15	+00:13:54 (38.8%)	7:10	8.4 (61.3%)
126	GODLEWSKA-BINIO Iwona	146		Kobiety Open	126	00:35:56.90	+00:13:59 (38.9%)	7:11	8.3 (60.6%)
127	KULCZYŃSKA Katarzyna	147		Kobiety Open	127	00:35:57.40	+00:14:00 (38.9%)	7:11	8.3 (60.6%)
128	KOZ Joanna	43		Kobiety Open	128	00:36:00.10	+00:14:02 (39.0%)	7:12	8.3 (60.6%)
129	KAPŁON Anna	180		Kobiety Open	129	00:36:04.45	+00:14:07 (39.1%)	7:12	8.3 (60.6%)
130	KOWALSKA Kinga	308		Kobiety Open	130	00:36:05.00	+00:14:07 (39.2%)	7:13	8.3 (60.6%)
131	PENKALSKA Magdalena	51		Kobiety Open	131	00:36:18.45	+00:14:21 (39.5%)	7:15	8.3 (60.6%)
132	MATUSIAK-BOZIK Aga	214		Kobiety Open	132	00:36:19.20	+00:14:21 (39.5%)	7:15	8.3 (60.6%)
133	NOWAKOWSKA Paulina	87	SOKÓŁ BODZANÓW	Kobiety Open	133	00:36:19.45	+00:14:22 (39.6%)	7:15	8.3 (60.6%)
134	KACPRZAK Beata	490		Kobiety Open	134	00:36:24.35	+00:14:27 (39.7%)	7:16	8.2 (59.9%)
135	CHOJNACKA Emilia	302		Kobiety Open	135	00:36:29.40	+00:14:32 (39.8%)	7:17	8.2 (59.9%)
136	WALENTYN Katarzyna	484		Kobiety Open	136	00:36:35.75	+00:14:38 (40.0%)	7:19	8.2 (59.9%)
137	GUT Anna	119		Kobiety Open	137	00:36:36.90	+00:14:39 (40.0%)	7:19	8.2 (59.9%)
138	ZIELIŃSKA Agnieszka	486		Kobiety Open	138	00:36:38.25	+00:14:40 (40.1%)	7:19	8.2 (59.9%)
139	ŁUSZCZEWSKA Kasia	342		Kobiety Open	139	00:36:50.65	+00:14:53 (40.4%)	7:22	8.1 (59.1%)
140	ROMANOWSKA Joanna	341		Kobiety Open	140	00:36:51.30	+00:14:53 (40.4%)	7:22	8.1 (59.1%)
141	ZAKRZEWSKA-FABISIAK Dominika	152		Kobiety Open	141	00:36:53.25	+00:14:55 (40.5%)	7:22	8.1 (59.1%)
142	DUBIŁO Katarzyna	153		Kobiety Open	142	00:36:53.50	+00:14:56 (40.5%)	7:22	8.1 (59.1%)
143	MRÓZ Anna	263	RUNCROSS ROZGARTY	Kobiety Open	143	00:36:54.00	+00:14:56 (40.5%)	7:22	8.1 (59.1%)
144	WIECH Magdalena	27		Kobiety Open	144	00:37:21.10	+00:15:23 (41.2%)	7:28	8 (58.4%)
145	OCZERETKO-SZŁOT Angelika	115		Kobiety Open	145	00:37:40.55	+00:15:43 (41.7%)	7:32	8 (58.4%)
146	SHADRYNA Darya	176		Kobiety Open	146	00:37:44.10	+00:15:46 (41.8%)	7:32	8 (58.4%)
147	KASSJANOWICZ Ada	169		Kobiety Open	147	00:38:03.40	+00:16:06 (42.3%)	7:36	7.9 (57.7%)
148	SIEJK Ewelina	224		Kobiety Open	148	00:38:16.95	+00:16:19 (42.6%)	7:39	7.8 (56.9%)
149	WIECHNO Justyna	500		Kobiety Open	149	00:38:21.75	+00:16:24 (42.8%)	7:40	7.8 (56.9%)
150	JAKUBOWSKA Aneta	22		Kobiety Open	150	00:38:24.85	+00:16:27 (42.8%)	7:40	7.8 (56.9%)
151	TALAROWSKA Magdalena	24		Kobiety Open	151	00:38:32.30	+00:16:34 (43.0%)	7:42	7.8 (56.9%)
152	SZYMAŃSKA Magdalena	144		Kobiety Open	152	00:38:33.90	+00:16:36 (43.1%)	7:42	7.8 (56.9%)
153	SZCZYGIEŁ Martyna	197	SZKOŁA PODOFICERSKA ŻANDARMERII WOJSKOWEJ	Kobiety Open	153	00:38:45.95	+00:16:48 (43.4%)	7:45	7.7 (56.2%)
154	PANA Kinga	304		Kobiety Open	154	00:38:53.10	+00:16:55 (43.5%)	7:46	7.7 (56.2%)
155	HERMAN Anna	128		Kobiety Open	155	00:38:55.30	+00:16:57 (43.6%)	7:47	7.7 (56.2%)
156	SIECZKOWSKA Małgorzata	129		Kobiety Open	156	00:38:56.05	+00:16:58 (43.6%)	7:47	7.7 (56.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
157	HANKIEWICZ Agnieszka	229		Kobiety Open	157	00:39:16.45	+00:17:19 (44.1%)	7:51	7.6 (55.5%)
158	GRABOWSKA Monika	396	JEDNOROŻEC ROBI CO MOŻE	Kobiety Open	158	00:39:18.80	+00:17:21 (44.2%)	7:51	7.6 (55.5%)
159	MALINOWSKA Agnieszka	406	KRÓLOWE ŻYCIA	Kobiety Open	159	00:39:25.05	+00:17:27 (44.3%)	7:53	7.6 (55.5%)
160	OLEJNICZAK Arleta	408	KRÓLOWE ŻYCIA	Kobiety Open	160	00:39:25.25	+00:17:27 (44.3%)	7:53	7.6 (55.5%)
161	TURCZYŃSKA Anna	407	KRÓLOWE ŻYCIA	Kobiety Open	161	00:39:25.40	+00:17:28 (44.3%)	7:53	7.6 (55.5%)
162	DYONIZIAK Katarzyna	379	GALOPUJĄCY WYCHÓDŹC	Kobiety Open	162	00:40:06.45	+00:18:09 (45.3%)	8:01	7.5 (54.7%)
163	STAŃCZAK Sonia	41		Kobiety Open	163	00:40:15.00	+00:18:17 (45.5%)	8:03	7.5 (54.7%)
164	JANUSZEWSKA Ewa	520	WOLO SCHRONISKO PŁOCK	Kobiety Open	164	00:40:25.15	+00:18:27 (45.7%)	8:05	7.4 (54.0%)
165	STOLAREK Regina	80		Kobiety Open	165	00:40:49.35	+00:18:52 (46.2%)	8:09	7.3 (53.3%)
166	JEZNACH Kinga	81		Kobiety Open	166	00:40:49.85	+00:18:52 (46.2%)	8:09	7.3 (53.3%)
167	POTONIEC Dorota	85		Kobiety Open	167	00:41:01.35	+00:19:04 (46.5%)	8:12	7.3 (53.3%)
168	WERMIŃSKA Urszula	223		Kobiety Open	168	00:41:52.15	+00:19:54 (47.6%)	8:22	7.2 (52.6%)
169	WALKIEWICZ Agnieszka	271		Kobiety Open	169	00:41:52.70	+00:19:55 (47.6%)	8:22	7.2 (52.6%)
170	BIELIŃSKA Anna	215		Kobiety Open	170	00:41:58.45	+00:20:01 (47.7%)	8:23	7.1 (51.8%)
171	BLISZCZAK Aga	444	PRIMARIS	Kobiety Open	171	00:42:33.20	+00:20:35 (48.4%)	8:30	7.1 (51.8%)
172	KRASNA Małgorzata	307	-	Kobiety Open	172	00:42:41.80	+00:20:44 (48.6%)	8:32	7 (51.1%)
173	JAKUBIAK Milena	164		Kobiety Open	173	00:43:02.70	+00:21:05 (49.0%)	8:36	7 (51.1%)
174	RUTKOWSKA Ilona	184		Kobiety Open	174	00:43:03.05	+00:21:05 (49.0%)	8:36	7 (51.1%)
175	WNUKOWSKA Dorota	530	WKS MODLIN	Kobiety Open	175	00:43:15.25	+00:21:17 (49.2%)	8:39	6.9 (50.4%)
176	GAWRYŁO Joanna	7		Kobiety Open	176	00:45:17.40	+00:23:20 (51.5%)	9:03	6.6 (48.2%)

Znaleziono 176 wynik(ów)