

# BYDGOSKI BIEG NIEPODLEGŁOŚCI 2016

B4SPORT

**Organizator:** Aktywna Bydgoszcz  
**Data:** 2016-11-11  
**Miejsce:** Bydgoszcz  
**Dystans:** 5 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>SZENK Marta</b>	<b>1175</b>		K-30	1	00:00:01	<b>00:18:17.25</b>	<b>00:18:18.55</b>		3:39	16.4 (100%)
2	<b>WOŹNIAKOWSKA Agata</b>	<b>63</b>	RUN BYDGOSZCZ	K-30	2	00:00:04	<b>00:20:54.85</b>	<b>00:20:59.40</b>	+00:02:37 (12.6%)	4:11	14.3 (87.2%)
3	<b>WUJEK Magdalena</b>	<b>466</b>		K-30	3	00:00:06	<b>00:21:13.65</b>	<b>00:21:20.15</b>	+00:02:56 (13.8%)	4:14	14.1 (86.0%)
4	<b>FULARCZYK-KOZŁOWSKA Magdalena</b>	<b>1119</b>		K-30	4	00:00:01	<b>00:21:14.40</b>	<b>00:21:16.20</b>	+00:02:57 (13.9%)	4:15	14.1 (86.0%)
5	<b>TATULIŃSKA Aleksandra</b>	<b>390</b>	RUN BYDGOSZCZ	K-30	5	00:00:04	<b>00:21:56.15</b>	<b>00:22:00.95</b>	+00:03:38 (16.6%)	4:23	13.7 (83.5%)
6	<b>PALACZ Wioletta</b>	<b>799</b>		K-30	6	00:00:09	<b>00:22:33.70</b>	<b>00:22:42.85</b>	+00:04:16 (18.9%)	4:30	13.3 (81.1%)
7	<b>WOŹNIAK Anna</b>	<b>305</b>	RUN PASJA	K-30	7	00:00:21	<b>00:22:44.55</b>	<b>00:23:06.00</b>	+00:04:27 (19.6%)	4:33	13.2 (80.5%)
8	<b>GRZELCZAK Marta</b>	<b>1462</b>		K-30	8	00:00:17	<b>00:22:45.80</b>	<b>00:23:03.20</b>	+00:04:28 (19.7%)	4:33	13.2 (80.5%)
9	<b>FILARECKA Agnieszka</b>	<b>1495</b>	ASF BY TRISPEACE	K-30	9	00:00:05	<b>00:22:51.00</b>	<b>00:22:56.80</b>	+00:04:33 (20.0%)	4:34	13.1 (79.9%)
10	<b>BANASZAK Monika</b>	<b>1420</b>	RUN-PASJA BYDGOSZCZ	K-30	10	00:00:20	<b>00:22:51.75</b>	<b>00:23:11.85</b>	+00:04:34 (20.0%)	4:34	13.1 (79.9%)
11	<b>RATAJ Zuzanna</b>	<b>75</b>	KOBIETY BIEGAJĄ / POLONIA BYDGOSZCZ SEKCJA LA	K-30	11	00:00:13	<b>00:23:05.10</b>	<b>00:23:18.80</b>	+00:04:47 (20.8%)	4:37	13 (79.3%)
12	<b>RUDOL Małgorzata</b>	<b>66</b>		K-30	12	00:00:29	<b>00:23:08.25</b>	<b>00:23:37.60</b>	+00:04:51 (21.0%)	4:37	13 (79.3%)
13	<b>MEJSNER-HERMELIN Monika</b>	<b>161</b>	KANCELARIA HMM	K-30	13	00:00:15	<b>00:23:24.75</b>	<b>00:23:39.95</b>	+00:05:07 (21.9%)	4:40	12.8 (78.0%)
14	<b>STANGRECKA Agnieszka</b>	<b>293</b>		K-30	14	00:00:25	<b>00:23:43.35</b>	<b>00:24:09.05</b>	+00:05:26 (22.9%)	4:44	12.6 (76.8%)
15	<b>DERING Hanna</b>	<b>468</b>	BYDGOSKIE ŻÓŁWIE	K-30	15	00:00:42	<b>00:23:49.70</b>	<b>00:24:31.90</b>	+00:05:32 (23.3%)	4:45	12.6 (76.8%)
16	<b>GRZESIAK Magdalena</b>	<b>653</b>		K-30	16	00:00:17	<b>00:24:11.30</b>	<b>00:24:28.65</b>	+00:05:54 (24.4%)	4:50	12.4 (75.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
17	<b>HORYD Justyna</b>	<b>309</b>		K-30	17	00:00:27	<b>00:24:25.90</b>	<b>00:24:53.25</b>	+00:06:08 (25.1%)	4:53	12.3 (75.0%)
18	<b>MAGDZIARZ Katarzyna</b>	<b>2</b>	KANCELARIA HMM	K-30	18	00:00:19	<b>00:24:30.75</b>	<b>00:24:49.85</b>	+00:06:13 (25.4%)	4:54	12.2 (74.4%)
19	<b>RZEPKA Ewa</b>	<b>1345</b>	BRODNICA BIEGA	K-30	19	00:00:31	<b>00:24:43.95</b>	<b>00:25:15.05</b>	+00:06:26 (26.1%)	4:56	12.1 (73.8%)
20	<b>ZAGOŹDŹON Wioleta</b>	<b>64</b>		K-30	20	00:00:16	<b>00:24:47.90</b>	<b>00:25:04.80</b>	+00:06:30 (26.3%)	4:57	12.1 (73.8%)
21	<b>JAWORSKA Karolina</b>	<b>1274</b>		K-30	21	00:00:00	<b>00:24:51.90</b>	<b>00:24:51.90</b>	+00:06:34 (26.5%)	4:58	12.1 (73.8%)
22	<b>SZULC Magdalena</b>	<b>1474</b>	SZULC TEAM	K-30	22	00:00:15	<b>00:24:55.35</b>	<b>00:25:10.95</b>	+00:06:38 (26.6%)	4:59	12 (73.2%)
23	<b>BEDNAREK Marta</b>	<b>374</b>		K-30	23	00:00:26	<b>00:24:59.95</b>	<b>00:25:26.50</b>	+00:06:42 (26.8%)	5:00	12 (73.2%)
24	<b>ŚWIETLIK Michalina</b>	<b>211</b>	ATLAS RUNNING TEAM	K-30	24	00:00:37	<b>00:25:00.25</b>	<b>00:25:38.10</b>	+00:06:43 (26.9%)	5:00	12 (73.2%)
25	<b>KALISZEWSKA Małgorzata</b>	<b>1404</b>	RUN-PASJA	K-30	25	00:00:23	<b>00:25:11.25</b>	<b>00:25:34.25</b>	+00:06:54 (27.4%)	5:02	11.9 (72.6%)
26	<b>PRZEKWASIŃSKA Anna</b>	<b>15</b>		K-30	26	00:00:19	<b>00:25:20.05</b>	<b>00:25:39.55</b>	+00:07:02 (27.8%)	5:04	11.8 (72.0%)
27	<b>STĘPIEŃ Monika</b>	<b>405</b>		K-30	27	00:01:15	<b>00:25:26.40</b>	<b>00:26:42.25</b>	+00:07:09 (28.1%)	5:05	11.8 (72.0%)
28	<b>SZEWCZUK Małgorzata</b>	<b>180</b>		K-30	28	00:00:34	<b>00:25:28.60</b>	<b>00:26:03.10</b>	+00:07:11 (28.2%)	5:05	11.8 (72.0%)
29	<b>DOMBROWSKA-OSAK Izabela</b>	<b>501</b>		K-30	29	00:00:30	<b>00:25:30.60</b>	<b>00:26:01.20</b>	+00:07:13 (28.3%)	5:06	11.8 (72.0%)
30	<b>CHODUR Agnieszka</b>	<b>1098</b>		K-30	30	00:00:51	<b>00:25:43.15</b>	<b>00:26:34.60</b>	+00:07:25 (28.9%)	5:08	11.7 (71.3%)
31	<b>DROŹDŹ Małgorzata</b>	<b>284</b>	KLONIKTEAM	K-30	31	00:00:36	<b>00:25:43.30</b>	<b>00:26:19.95</b>	+00:07:26 (28.9%)	5:08	11.7 (71.3%)
32	<b>MARCINIAK Justyna</b>	<b>489</b>		K-30	32	00:00:29	<b>00:25:48.40</b>	<b>00:26:18.30</b>	+00:07:31 (29.1%)	5:09	11.6 (70.7%)
33	<b>KOLASIŃSKA Joanna</b>	<b>646</b>	RUN BYDGOSZCZ	K-30	33	00:00:30	<b>00:25:54.45</b>	<b>00:26:24.55</b>	+00:07:37 (29.4%)	5:10	11.6 (70.7%)
34	<b>PIŃSKA Sylwia</b>	<b>481</b>	BBL INOWROCŁAW	K-30	34	00:00:25	<b>00:26:02.05</b>	<b>00:26:27.05</b>	+00:07:44 (29.8%)	5:12	11.5 (70.1%)
35	<b>KEMPIŃSKA Beata</b>	<b>906</b>		K-30	35	00:00:34	<b>00:26:02.55</b>	<b>00:26:37.40</b>	+00:07:45 (29.8%)	5:12	11.5 (70.1%)
36	<b>ULATOWSKA Sylwia</b>	<b>688</b>		K-30	36	00:01:53	<b>00:26:08.45</b>	<b>00:28:01.90</b>	+00:07:51 (30.0%)	5:13	11.5 (70.1%)
37	<b>POTRZEBOWSKA Agata</b>	<b>295</b>		K-30	37	00:00:47	<b>00:26:15.50</b>	<b>00:27:03.20</b>	+00:07:58 (30.4%)	5:15	11.4 (69.5%)
38	<b>SCHUMACHER RATAJ Marta</b>	<b>1363</b>		K-30	38	00:00:11	<b>00:26:20.80</b>	<b>00:26:32.55</b>	+00:08:03 (30.6%)	5:16	11.4 (69.5%)
39	<b>MROTEK Katarzyna</b>	<b>1405</b>		K-30	39	00:00:23	<b>00:26:21.25</b>	<b>00:26:44.80</b>	+00:08:04 (30.6%)	5:16	11.4 (69.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
40	<b>GŁADYSZEW Sylwia</b>	<b>1048</b>		K-30	40	00:00:23	<b>00:26:24.70</b>	<b>00:26:47.75</b>	+00:08:07 (30.8%)	5:16	11.4 (69.5%)
41	<b>PADZIKOWSKA Agnieszka</b>	<b>934</b>		K-30	41	00:00:23	<b>00:26:27.40</b>	<b>00:26:50.65</b>	+00:08:10 (30.9%)	5:17	11.3 (68.9%)
42	<b>GONCERZEWICZ Katarzyna</b>	<b>1428</b>		K-30	42	00:01:00	<b>00:26:27.95</b>	<b>00:27:28.50</b>	+00:08:10 (30.9%)	5:17	11.3 (68.9%)
43	<b>JEZIORSKA Monika</b>	<b>841</b>	ANIOŁY	K-30	43	00:01:00	<b>00:26:29.45</b>	<b>00:27:29.70</b>	+00:08:12 (31.0%)	5:17	11.3 (68.9%)
44	<b>GIŻA Wioletta</b>	<b>191</b>	POLONIA BYDGOSZCZ SEKCJA LA	K-30	44	00:00:30	<b>00:26:42.80</b>	<b>00:27:13.00</b>	+00:08:25 (31.5%)	5:20	11.2 (68.3%)
45	<b>CZYŻEWSKA Justyna</b>	<b>810</b>		K-30	45	00:00:19	<b>00:26:44.55</b>	<b>00:27:04.05</b>	+00:08:27 (31.6%)	5:21	11.2 (68.3%)
46	<b>FALKOWSKA - WIERCZEWSKA Natalia</b>	<b>1453</b>		K-30	46	00:00:47	<b>00:26:45.85</b>	<b>00:27:32.90</b>	+00:08:28 (31.7%)	5:21	11.2 (68.3%)
47	<b>CICHULSKA QUAAS Izabela</b>	<b>271</b>	RUN PASJA	K-30	47	00:00:59	<b>00:26:50.85</b>	<b>00:27:50.20</b>	+00:08:33 (31.9%)	5:22	11.2 (68.3%)
48	<b>CZARNECKA -PIJAROWSKA Dominika</b>	<b>887</b>		K-30	48	00:01:14	<b>00:26:52.35</b>	<b>00:28:06.60</b>	+00:08:35 (31.9%)	5:22	11.2 (68.3%)
49	<b>TRZÓŚŁO Dorota</b>	<b>756</b>	TKKF WODNIK	K-30	49	00:01:29	<b>00:27:02.95</b>	<b>00:28:31.95</b>	+00:08:45 (32.4%)	5:24	11.1 (67.7%)
50	<b>SZTURO Lidia</b>	<b>911</b>		K-30	50	00:00:36	<b>00:27:04.30</b>	<b>00:27:40.30</b>	+00:08:47 (32.4%)	5:24	11.1 (67.7%)
51	<b>BIERNAT Magdalena</b>	<b>925</b>	PKO DREAM TEAM	K-30	51	00:00:32	<b>00:27:04.40</b>	<b>00:27:37.20</b>	+00:08:47 (32.5%)	5:25	11.1 (67.7%)
52	<b>WOLAN Magdalena</b>	<b>791</b>		K-30	52	00:01:20	<b>00:27:31.20</b>	<b>00:28:51.60</b>	+00:09:13 (33.5%)	5:30	10.9 (66.5%)
53	<b>RAKAŁOWICZ Justyna</b>	<b>1064</b>		K-30	53	00:00:30	<b>00:27:31.55</b>	<b>00:28:01.90</b>	+00:09:14 (33.6%)	5:30	10.9 (66.5%)
54	<b>WAWRZYNIAK Karolina</b>	<b>1124</b>		K-30	54	00:00:41	<b>00:27:37.35</b>	<b>00:28:18.55</b>	+00:09:20 (33.8%)	5:31	10.9 (66.5%)
55	<b>PŁACZKOWSKA Magdalena</b>	<b>1125</b>		K-30	55	00:00:40	<b>00:27:38.65</b>	<b>00:28:19.15</b>	+00:09:21 (33.8%)	5:31	10.8 (65.9%)
56	<b>MAĆKOWIAK Kasia</b>	<b>844</b>	-	K-30	56	00:01:30	<b>00:27:40.75</b>	<b>00:29:10.90</b>	+00:09:23 (33.9%)	5:32	10.8 (65.9%)
57	<b>GAPINSKA Patrycja</b>	<b>1216</b>		K-30	57	00:00:09	<b>00:27:43.05</b>	<b>00:27:52.75</b>	+00:09:25 (34.0%)	5:32	10.8 (65.9%)
58	<b>MAŁECKA Izabela</b>	<b>432</b>		K-30	58	00:01:15	<b>00:27:43.60</b>	<b>00:28:59.40</b>	+00:09:26 (34.0%)	5:32	10.8 (65.9%)
59	<b>KUDŁA Monika</b>	<b>1399</b>		K-30	59	00:01:29	<b>00:27:44.65</b>	<b>00:29:14.50</b>	+00:09:27 (34.1%)	5:33	10.8 (65.9%)
60	<b>MATUSZEWSKA Monika</b>	<b>377</b>		K-30	60	00:01:26	<b>00:27:48.00</b>	<b>00:29:14.20</b>	+00:09:30 (34.2%)	5:33	10.8 (65.9%)
61	<b>NIKOŁAJEW Monika</b>	<b>142</b>		K-30	61	00:00:58	<b>00:27:55.15</b>	<b>00:28:54.10</b>	+00:09:37 (34.5%)	5:35	10.7 (65.2%)
62	<b>BŁAŻEJAK Krzysztofa</b>	<b>99</b>	RUN BYDGOSZCZ	K-30	62	00:01:12	<b>00:27:57.90</b>	<b>00:29:10.65</b>	+00:09:40 (34.6%)	5:35	10.7 (65.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
63	<b>MUCYK Małgosia</b>	<b>672</b>		K-30	63	00:00:38	<b>00:27:58.10</b>	<b>00:28:36.25</b>	+00:09:40 (34.6%)	5:35	10.7 (65.2%)
64	<b>SOBOTA Beata</b>	<b>557</b>		K-30	64	00:00:33	<b>00:28:02.50</b>	<b>00:28:35.65</b>	+00:09:45 (34.8%)	5:36	10.7 (65.2%)
65	<b>OLEKSY Ilona</b>	<b>463</b>		K-30	65	00:01:11	<b>00:28:10.75</b>	<b>00:29:22.70</b>	+00:09:53 (35.1%)	5:38	10.6 (64.6%)
66	<b>KACZAN Małgorzata</b>	<b>559</b>	SOLECCY BIEGACZE	K-30	66	00:00:14	<b>00:28:11.35</b>	<b>00:28:25.35</b>	+00:09:54 (35.1%)	5:38	10.6 (64.6%)
67	<b>PAWLACZYK-MATELA Emilia</b>	<b>634</b>	BYDGOSKA GAZELA	K-30	67	00:00:24	<b>00:28:16.90</b>	<b>00:28:41.70</b>	+00:09:59 (35.3%)	5:39	10.6 (64.6%)
68	<b>DZIERŻAWSKA Aneta</b>	<b>1099</b>		K-30	68	00:01:12	<b>00:28:17.55</b>	<b>00:29:29.75</b>	+00:10:00 (35.4%)	5:39	10.6 (64.6%)
69	<b>FILIPEK Mirosława</b>	<b>553</b>		K-30	69	00:00:13	<b>00:28:24.75</b>	<b>00:28:38.50</b>	+00:10:07 (35.6%)	5:41	10.6 (64.6%)
70	<b>WITKOWSKA Paulina</b>	<b>1199</b>	VIVA LA VIDA	K-30	70	00:00:19	<b>00:28:27.40</b>	<b>00:28:47.30</b>	+00:10:10 (35.7%)	5:41	10.5 (64.0%)
71	<b>WRZYSZCZ Marzena</b>	<b>620</b>		K-30	71	00:00:39	<b>00:28:29.50</b>	<b>00:29:09.00</b>	+00:10:12 (35.8%)	5:42	10.5 (64.0%)
72	<b>JACKOWIAK-ZALEWSKA Agnieszka</b>	<b>766</b>		K-30	72	00:01:26	<b>00:28:30.45</b>	<b>00:29:57.15</b>	+00:10:13 (35.9%)	5:42	10.5 (64.0%)
73	<b>GNIOT Bożena</b>	<b>615</b>		K-30	73	00:01:24	<b>00:28:35.05</b>	<b>00:29:59.45</b>	+00:10:17 (36.0%)	5:43	10.5 (64.0%)
74	<b>SMOLIŃSKA Beata</b>	<b>158</b>		K-30	74	00:00:02	<b>00:28:36.35</b>	<b>00:28:39.30</b>	+00:10:19 (36.1%)	5:43	10.5 (64.0%)
75	<b>SIEWERT Hanna</b>	<b>148</b>		K-30	75	00:00:57	<b>00:28:40.40</b>	<b>00:29:38.15</b>	+00:10:23 (36.2%)	5:44	10.5 (64.0%)
76	<b>CISZEWSKA Emilia</b>	<b>560</b>		K-30	76	00:00:41	<b>00:28:40.45</b>	<b>00:29:22.15</b>	+00:10:23 (36.2%)	5:44	10.5 (64.0%)
77	<b>MICHTA Iwona</b>	<b>1306</b>	SPÓJNIA BIAŁE BŁOTA	K-30	77	00:01:22	<b>00:28:43.20</b>	<b>00:30:05.40</b>	+00:10:25 (36.3%)	5:44	10.4 (63.4%)
78	<b>POTKA Katarzyna</b>	<b>114</b>		K-30	78	00:01:45	<b>00:28:45.35</b>	<b>00:30:30.50</b>	+00:10:28 (36.4%)	5:45	10.4 (63.4%)
79	<b>LIBERA Agata</b>	<b>781</b>		K-30	79	00:00:26	<b>00:28:50.15</b>	<b>00:29:16.15</b>	+00:10:32 (36.6%)	5:46	10.4 (63.4%)
80	<b>BRYWCZYŃSKA Justyna</b>	<b>307</b>		K-30	80	00:00:45	<b>00:28:51.85</b>	<b>00:29:37.05</b>	+00:10:34 (36.6%)	5:46	10.4 (63.4%)
81	<b>FAC Dorota</b>	<b>1129</b>		K-30	81	00:01:23	<b>00:28:56.20</b>	<b>00:30:20.10</b>	+00:10:38 (36.8%)	5:47	10.4 (63.4%)
82	<b>BICZKOWSKA Magdalena</b>	<b>416</b>	RUN BYDGOSZCZ	K-30	82	00:01:16	<b>00:29:01.00</b>	<b>00:30:17.50</b>	+00:10:43 (37.0%)	5:48	10.3 (62.8%)
83	<b>BOROWIEC Wioleta</b>	<b>662</b>	BBL SZUBIN	K-30	83	00:00:30	<b>00:29:05.15</b>	<b>00:29:36.05</b>	+00:10:47 (37.1%)	5:49	10.3 (62.8%)
84	<b>FLOREK Milena</b>	<b>54</b>	RE MEDIA BYDGOSZCZ	K-30	84	00:00:38	<b>00:29:08.95</b>	<b>00:29:47.75</b>	+00:10:51 (37.3%)	5:49	10.3 (62.8%)
85	<b>PIECYK-CZAJA Sonia</b>	<b>1272</b>		K-30	85	00:01:07	<b>00:29:12.30</b>	<b>00:30:19.50</b>	+00:10:55 (37.4%)	5:50	10.3 (62.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
86	<b>RZEPECKA Katarzyna</b>	<b>72</b>		K-30	86	00:01:17	<b>00:29:16.60</b>	<b>00:30:33.80</b>	+00:10:59 (37.5%)	5:51	10.3 (62.8%)
87	<b>BUSSE Jagoda</b>	<b>279</b>		K-30	87	00:00:27	<b>00:29:17.10</b>	<b>00:29:44.85</b>	+00:10:59 (37.6%)	5:51	10.2 (62.2%)
88	<b>ROPINSKA Kamila</b>	<b>1373</b>	WTORKOWY TRENING	K-30	88	00:01:06	<b>00:29:19.45</b>	<b>00:30:25.95</b>	+00:11:02 (37.6%)	5:51	10.2 (62.2%)
89	<b>KAPUSTA Anna</b>	<b>692</b>	PGB SPORTOWA PACZKA	K-30	89	00:01:37	<b>00:29:20.00</b>	<b>00:30:57.95</b>	+00:11:02 (37.7%)	5:52	10.2 (62.2%)
90	<b>ŁABUŚ-CENTEK Marta</b>	<b>812</b>		K-30	90	00:00:49	<b>00:29:22.80</b>	<b>00:30:12.35</b>	+00:11:05 (37.8%)	5:52	10.2 (62.2%)
91	<b>KUGACZ Aneta</b>	<b>410</b>	RUN BYDGOSZCZ	K-30	91	00:01:07	<b>00:29:24.95</b>	<b>00:30:32.65</b>	+00:11:07 (37.8%)	5:53	10.2 (62.2%)
92	<b>WASILEWSKA-MICHALAK Agata</b>	<b>1394</b>		K-30	92	00:01:35	<b>00:29:25.75</b>	<b>00:31:01.55</b>	+00:11:08 (37.9%)	5:53	10.2 (62.2%)
93	<b>WASILEWSKA Martyna</b>	<b>1011</b>		K-30	93	00:01:35	<b>00:29:26.00</b>	<b>00:31:01.55</b>	+00:11:08 (37.9%)	5:53	10.2 (62.2%)
94	<b>BIŁYK Marta</b>	<b>1026</b>		K-30	94	00:00:52	<b>00:29:26.90</b>	<b>00:30:19.75</b>	+00:11:09 (37.9%)	5:53	10.2 (62.2%)
95	<b>MELLEM-ZWIEWKA Małgorzata</b>	<b>631</b>	BIEGAJĄCE BABECZKI	K-30	95	00:01:17	<b>00:29:30.05</b>	<b>00:30:47.35</b>	+00:11:12 (38.0%)	5:54	10.2 (62.2%)
96	<b>STOKŁOSA Natalia</b>	<b>792</b>		K-30	96	00:01:45	<b>00:29:33.85</b>	<b>00:31:19.35</b>	+00:11:16 (38.1%)	5:54	10.1 (61.6%)
97	<b>ĆWIKLIŃSKA Anna</b>	<b>282</b>	KLONIKTEAM	K-30	97	00:01:24	<b>00:29:36.30</b>	<b>00:31:01.15</b>	+00:11:19 (38.2%)	5:55	10.1 (61.6%)
98	<b>KAMIŃSKA Katarzyna</b>	<b>380</b>	B4SPORT	K-30	98	00:00:58	<b>00:29:36.80</b>	<b>00:30:35.50</b>	+00:11:19 (38.2%)	5:55	10.1 (61.6%)
99	<b>SZALA Monika</b>	<b>574</b>		K-30	99	00:01:26	<b>00:29:41.00</b>	<b>00:31:07.80</b>	+00:11:23 (38.4%)	5:56	10.1 (61.6%)
100	<b>JAŹDŹEWSKA Alicja</b>	<b>234</b>		K-30	100	00:01:31	<b>00:29:41.70</b>	<b>00:31:13.50</b>	+00:11:24 (38.4%)	5:56	10.1 (61.6%)
101	<b>SOBOWIEC Mirka</b>	<b>759</b>	SOBOWIEC TEAM	K-30	101	00:01:10	<b>00:29:43.35</b>	<b>00:30:53.50</b>	+00:11:26 (38.5%)	5:56	10.1 (61.6%)
102	<b>PODOSEK Magdalena</b>	<b>1254</b>		K-30	102	00:01:02	<b>00:29:49.30</b>	<b>00:30:52.25</b>	+00:11:32 (38.7%)	5:58	10.1 (61.6%)
103	<b>RYDLEWSKA Kinga</b>	<b>930</b>	RUN BYDGOSZCZ	K-30	103	00:00:22	<b>00:29:51.05</b>	<b>00:30:13.20</b>	+00:11:33 (38.7%)	5:58	10.1 (61.6%)
104	<b>FLORCZAK Monika</b>	<b>1217</b>	KLUB RTV EURO AGD	K-30	104	00:01:08	<b>00:29:57.95</b>	<b>00:31:06.45</b>	+00:11:40 (39.0%)	5:59	10 (61.0%)
105	<b>SUSZEK Katarzyna</b>	<b>177</b>		K-30	105	00:01:32	<b>00:30:00.45</b>	<b>00:31:33.05</b>	+00:11:43 (39.1%)	6:00	10 (61.0%)
106	<b>RADZIŃSKA Joanna</b>	<b>143</b>		K-30	106	00:00:39	<b>00:30:01.65</b>	<b>00:30:41.35</b>	+00:11:44 (39.1%)	6:00	10 (61.0%)
107	<b>LENC Agnieszka</b>	<b>165</b>	POLONIA BYDGOSZCZ SEKCJA LA	K-30	107	00:01:00	<b>00:30:02.35</b>	<b>00:31:02.35</b>	+00:11:45 (39.1%)	6:00	10 (61.0%)
108	<b>PIÓRKOWSKA Aga</b>	<b>159</b>		K-30	108	00:01:30	<b>00:30:06.05</b>	<b>00:31:36.35</b>	+00:11:48 (39.2%)	6:01	10 (61.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
109	<b>MAJEWSKA Monika</b>	<b>1395</b>		K-30	109	00:00:56	<b>00:30:07.85</b>	<b>00:31:04.45</b>	+00:11:50 (39.3%)	6:01	10 (61.0%)
110	<b>MOROSZCZAK Dominika</b>	<b>779</b>	SPÓJNIA BIAŁE BŁOTA	K-30	110	00:01:14	<b>00:30:10.35</b>	<b>00:31:25.05</b>	+00:11:53 (39.4%)	6:02	9.9 (60.4%)
111	<b>NOSKOWIAK-BAJNO Alicja</b>	<b>920</b>		K-30	111	00:00:28	<b>00:30:19.50</b>	<b>00:30:48.15</b>	+00:12:02 (39.7%)	6:04	9.9 (60.4%)
112	<b>LEWANDOWSKA Sylwia</b>	<b>1305</b>		K-30	112	00:01:22	<b>00:30:31.30</b>	<b>00:31:54.25</b>	+00:12:14 (40.1%)	6:06	9.8 (59.8%)
113	<b>KATLEWSKA Marika</b>	<b>98</b>		K-30	113	00:00:24	<b>00:30:33.90</b>	<b>00:30:58.10</b>	+00:12:16 (40.2%)	6:06	9.8 (59.8%)
114	<b>BIALAS Oliwia</b>	<b>578</b>		K-30	114	00:00:45	<b>00:30:34.55</b>	<b>00:31:19.95</b>	+00:12:17 (40.2%)	6:06	9.8 (59.8%)
115	<b>NIEWIADOMSKA Katarzyna</b>	<b>609</b>	BBL INOWROCŁAW	K-30	115	00:00:49	<b>00:30:35.40</b>	<b>00:31:24.75</b>	+00:12:18 (40.2%)	6:07	9.8 (59.8%)
116	<b>KISZKA Justyna</b>	<b>444</b>	RUNPASJA	K-30	116	00:01:02	<b>00:30:37.40</b>	<b>00:31:39.45</b>	+00:12:20 (40.3%)	6:07	9.8 (59.8%)
117	<b>CZESZUMSKA Karolina</b>	<b>1408</b>		K-30	117	00:01:03	<b>00:30:38.00</b>	<b>00:31:41.55</b>	+00:12:20 (40.3%)	6:07	9.8 (59.8%)
118	<b>KOSTECKA Mariola</b>	<b>1463</b>		K-30	118	00:00:09	<b>00:30:39.25</b>	<b>00:30:48.95</b>	+00:12:22 (40.3%)	6:07	9.8 (59.8%)
119	<b>WARCZAK Celina</b>	<b>251</b>		K-30	119	00:00:55	<b>00:30:39.60</b>	<b>00:31:35.25</b>	+00:12:22 (40.4%)	6:08	9.8 (59.8%)
120	<b>PIĄTEK Lidia</b>	<b>648</b>	BIEGAJĄCE BABECZKI	K-30	120	00:01:18	<b>00:30:40.45</b>	<b>00:31:59.15</b>	+00:12:23 (40.4%)	6:08	9.8 (59.8%)
121	<b>KOWALSKA Angelika</b>	<b>725</b>	RUN PASJA	K-30	121	00:01:16	<b>00:30:42.75</b>	<b>00:31:59.15</b>	+00:12:25 (40.5%)	6:08	9.8 (59.8%)
122	<b>ŻYTNIEWSKA Joanna</b>	<b>1383</b>	RUN PASJA	K-30	122	00:01:15	<b>00:30:43.20</b>	<b>00:31:59.10</b>	+00:12:25 (40.5%)	6:08	9.8 (59.8%)
123	<b>BŁACHEWICZ Magdalena</b>	<b>878</b>		K-30	123	00:01:41	<b>00:30:43.55</b>	<b>00:32:25.45</b>	+00:12:26 (40.5%)	6:08	9.8 (59.8%)
124	<b>ANTCZAK Karolina</b>	<b>984</b>		K-30	124	00:00:33	<b>00:30:46.50</b>	<b>00:31:20.25</b>	+00:12:29 (40.6%)	6:09	9.7 (59.1%)
125	<b>PIOTROWSKA Beata</b>	<b>1023</b>	TRISTYLE.PL	K-30	125	00:00:23	<b>00:30:49.40</b>	<b>00:31:12.70</b>	+00:12:32 (40.7%)	6:09	9.7 (59.1%)
126	<b>KOSECKA Justyna</b>	<b>961</b>		K-30	126	00:01:15	<b>00:30:49.95</b>	<b>00:32:05.25</b>	+00:12:32 (40.7%)	6:10	9.7 (59.1%)
127	<b>CHOJNACKA Monika</b>	<b>1281</b>		K-30	127	00:01:40	<b>00:30:50.10</b>	<b>00:32:31.05</b>	+00:12:32 (40.7%)	6:10	9.7 (59.1%)
128	<b>PASIEKA Magda</b>	<b>957</b>		K-30	128	00:01:15	<b>00:30:50.40</b>	<b>00:32:05.55</b>	+00:12:33 (40.7%)	6:10	9.7 (59.1%)
129	<b>MUCHA-BOINSKA Ania</b>	<b>235</b>		K-30	129	00:00:48	<b>00:30:52.90</b>	<b>00:31:41.45</b>	+00:12:35 (40.8%)	6:10	9.7 (59.1%)
130	<b>DEPKA Agnieszka</b>	<b>133</b>		K-30	130	00:01:32	<b>00:31:06.50</b>	<b>00:32:38.60</b>	+00:12:49 (41.2%)	6:13	9.6 (58.5%)
131	<b>RASSALSKA-KAUSA Jola</b>	<b>118</b>		K-30	131	00:00:27	<b>00:31:06.55</b>	<b>00:31:33.85</b>	+00:12:49 (41.2%)	6:13	9.6 (58.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
132	<b>SZTEJKA Jolanta</b>	<b>477</b>	BENEFITKSO	K-30	132	00:01:29	<b>00:31:11.55</b>	<b>00:32:40.90</b>	+00:12:54 (41.4%)	6:14	9.6 (58.5%)
133	<b>BRAĞIEL Anna</b>	<b>109</b>	VEGE RUNNERS	K-30	133	00:01:49	<b>00:31:14.25</b>	<b>00:33:03.55</b>	+00:12:57 (41.5%)	6:14	9.6 (58.5%)
134	<b>ŁĄCZNA Agnieszka</b>	<b>1353</b>		K-30	134	00:00:24	<b>00:31:20.70</b>	<b>00:31:44.70</b>	+00:13:03 (41.7%)	6:16	9.6 (58.5%)
135	<b>KACZMAREK Anna</b>	<b>364</b>		K-30	135	00:01:03	<b>00:31:28.15</b>	<b>00:32:31.75</b>	+00:13:10 (41.9%)	6:17	9.5 (57.9%)
136	<b>MEGER Agnieszka</b>	<b>429</b>		K-30	136	00:01:17	<b>00:31:29.55</b>	<b>00:32:47.30</b>	+00:13:12 (41.9%)	6:18	9.5 (57.9%)
137	<b>BUSZTA Anna</b>	<b>1101</b>	KLUB ZDROWEGO STYLU ŻYCIA	K-30	137	00:01:11	<b>00:31:32.75</b>	<b>00:32:44.35</b>	+00:13:15 (42.0%)	6:18	9.5 (57.9%)
138	<b>CHOÍNSKA Dagmara</b>	<b>253</b>		K-30	138	00:01:10	<b>00:31:33.95</b>	<b>00:32:44.90</b>	+00:13:16 (42.1%)	6:18	9.5 (57.9%)
139	<b>NAWROCKA Joanna</b>	<b>1134</b>	VAUPE TEAM	K-30	139	00:01:14	<b>00:31:38.75</b>	<b>00:32:52.75</b>	+00:13:21 (42.2%)	6:19	9.5 (57.9%)
140	<b>TOKARSKA Alicja</b>	<b>946</b>	VEGE RUNNERS	K-30	140	00:01:41	<b>00:31:43.85</b>	<b>00:33:25.15</b>	+00:13:26 (42.4%)	6:20	9.5 (57.9%)
141	<b>OSZUŚCIK Agata</b>	<b>1433</b>		K-30	141	00:01:05	<b>00:31:49.30</b>	<b>00:32:55.10</b>	+00:13:32 (42.5%)	6:22	9.4 (57.3%)
142	<b>SMOLEŃ Joanna</b>	<b>820</b>		K-30	142	00:01:42	<b>00:31:56.00</b>	<b>00:33:38.50</b>	+00:13:38 (42.7%)	6:23	9.4 (57.3%)
143	<b>KUBIAK Małgorzata</b>	<b>1159</b>		K-30	143	00:01:25	<b>00:32:00.25</b>	<b>00:33:25.35</b>	+00:13:43 (42.9%)	6:24	9.4 (57.3%)
144	<b>KARDACH Magdalena</b>	<b>145</b>	ALLIANZ RUNNING TEAM	K-30	144	00:01:41	<b>00:32:05.30</b>	<b>00:33:47.10</b>	+00:13:48 (43.0%)	6:25	9.3 (56.7%)
145	<b>KITOWSKA Anna</b>	<b>855</b>		K-30	145	00:01:07	<b>00:32:06.30</b>	<b>00:33:14.00</b>	+00:13:49 (43.0%)	6:25	9.3 (56.7%)
146	<b>PAZDERSKA Aleksandra</b>	<b>155</b>		K-30	146	00:00:37	<b>00:32:07.15</b>	<b>00:32:44.85</b>	+00:13:49 (43.1%)	6:25	9.3 (56.7%)
147	<b>KO-KO Anna</b>	<b>185</b>	GORZEN RUN	K-30	147	00:01:31	<b>00:32:10.60</b>	<b>00:33:41.65</b>	+00:13:53 (43.2%)	6:26	9.3 (56.7%)
148	<b>MALICKA Maria</b>	<b>264</b>	MALMEDIA	K-30	148	00:01:26	<b>00:32:15.05</b>	<b>00:33:41.85</b>	+00:13:57 (43.3%)	6:27	9.3 (56.7%)
149	<b>GÓRSKA Paulina</b>	<b>1075</b>		K-30	149	00:01:26	<b>00:32:16.30</b>	<b>00:33:42.50</b>	+00:13:59 (43.3%)	6:27	9.3 (56.7%)
150	<b>PISKORSKA Marta</b>	<b>814</b>	SOLECCY BIEGACZE	K-30	150	00:01:24	<b>00:32:16.55</b>	<b>00:33:41.50</b>	+00:13:59 (43.3%)	6:27	9.3 (56.7%)
151	<b>BŁASZKIEWICZ Marzena</b>	<b>258</b>		K-30	151	00:00:28	<b>00:32:17.35</b>	<b>00:32:46.20</b>	+00:14:00 (43.4%)	6:27	9.3 (56.7%)
152	<b>BRZOZOWSKA Anna</b>	<b>1087</b>		K-30	152	00:01:43	<b>00:32:58.85</b>	<b>00:34:42.25</b>	+00:14:41 (44.6%)	6:35	9.1 (55.5%)
153	<b>RATAJCZAK Aurelia</b>	<b>891</b>	RUN BYDGOSZCZ	K-30	153	00:01:36	<b>00:32:58.95</b>	<b>00:34:35.55</b>	+00:14:41 (44.6%)	6:35	9.1 (55.5%)
154	<b>CILSKA Agnieszka</b>	<b>1500</b>	PANI	K-30	154	00:01:29	<b>00:33:01.70</b>	<b>00:34:31.25</b>	+00:14:44 (44.6%)	6:36	9.1 (55.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
155	<b>NOWICKIA Iza</b>	<b>168</b>		K-30	155	00:01:00	<b>00:33:12.70</b>	<b>00:34:12.80</b>	+00:14:55 (44.9%)	6:38	9 (54.9%)
156	<b>MARC' Natalia</b>	<b>487</b>	BIEGNĘ PIERWSZY RAZ W ŻYCIU	K-30	156	00:00:44	<b>00:33:16.35</b>	<b>00:34:00.75</b>	+00:14:59 (45.0%)	6:39	9 (54.9%)
157	<b>PROKOPOWICZ Agnieszka</b>	<b>424</b>		K-30	157	00:01:18	<b>00:33:16.95</b>	<b>00:34:35.85</b>	+00:14:59 (45.1%)	6:39	9 (54.9%)
158	<b>ZAMIATOWSKA Kinga</b>	<b>536</b>	RUN BYDGOSZCZ	K-30	158	00:01:18	<b>00:33:17.85</b>	<b>00:34:36.40</b>	+00:15:00 (45.1%)	6:39	9 (54.9%)
159	<b>DOCZEKALSKA Paulina</b>	<b>1473</b>	RUN BYDGOSZCZ	K-30	159	00:01:18	<b>00:33:17.95</b>	<b>00:34:36.20</b>	+00:15:00 (45.1%)	6:39	9 (54.9%)
160	<b>ZIELIŃSKA Justyna</b>	<b>897</b>	SOLECCY BIEGACZE	K-30	160	00:00:13	<b>00:34:16.70</b>	<b>00:34:30.20</b>	+00:15:59 (46.6%)	6:51	8.8 (53.7%)
161	<b>KLUCZYŃSKA Blanka</b>	<b>404</b>		K-30	161	00:01:25	<b>00:34:19.35</b>	<b>00:35:45.05</b>	+00:16:02 (46.7%)	6:52	8.7 (53.0%)
162	<b>KONOPIŃSKA Agnieszka</b>	<b>440</b>	RUN BYDGOSZCZ	K-30	162	00:01:18	<b>00:34:23.60</b>	<b>00:35:41.95</b>	+00:16:06 (46.8%)	6:52	8.7 (53.0%)
163	<b>ORNATOWSKA Magdalena</b>	<b>35</b>	GORDON RUN	K-30	163	00:00:38	<b>00:34:31.55</b>	<b>00:35:09.70</b>	+00:16:14 (47.0%)	6:54	8.7 (53.0%)
164	<b>SOKOŁOWSKA Justyna</b>	<b>17</b>		K-30	164	00:00:37	<b>00:34:32.75</b>	<b>00:35:10.00</b>	+00:16:15 (47.1%)	6:54	8.7 (53.0%)
165	<b>MUSIAŁ Elwira</b>	<b>65</b>	BYDGOSZCZ TRIATHLON TEAM	K-30	165	00:01:37	<b>00:35:34.65</b>	<b>00:37:12.15</b>	+00:17:17 (48.6%)	7:07	8.4 (51.2%)
166	<b>RASSALSKA Roma</b>	<b>129</b>		K-30	166	00:00:28	<b>00:35:39.40</b>	<b>00:36:08.05</b>	+00:17:22 (48.7%)	7:08	8.4 (51.2%)
167	<b>DARNOWSKA Aleksandra</b>	<b>708</b>		K-30	167	00:01:43	<b>00:36:02.25</b>	<b>00:37:45.55</b>	+00:17:45 (49.3%)	7:12	8.3 (50.6%)
168	<b>KASPRZAK Ewa</b>	<b>1135</b>		K-30	168	00:00:44	<b>00:36:07.35</b>	<b>00:36:51.65</b>	+00:17:50 (49.4%)	7:13	8.3 (50.6%)
169	<b>SCHNEIDER Joanna</b>	<b>1211</b>		K-30	169	00:00:38	<b>00:36:07.85</b>	<b>00:36:45.85</b>	+00:17:50 (49.4%)	7:13	8.3 (50.6%)
170	<b>STARZYŃSKA Magdalena</b>	<b>331</b>	KANCELARIA ADWOKACKA SAPERE AUDE PIOTR STARZYŃSKI	K-30	170	00:01:06	<b>00:36:44.45</b>	<b>00:37:50.55</b>	+00:18:27 (50.2%)	7:20	8.2 (50.0%)
171	<b>ŻAL Jolanta</b>	<b>82</b>	SPÓJNIA BIAŁE BŁOTA	K-30	171	00:01:38	<b>00:37:10.35</b>	<b>00:38:48.75</b>	+00:18:53 (50.8%)	7:26	8.1 (49.4%)
172	<b>GREŃDA-JASTRZEMBSKA Anna</b>	<b>637</b>		K-30	172	00:01:49	<b>00:37:18.75</b>	<b>00:39:08.60</b>	+00:19:01 (51.0%)	7:27	8 (48.8%)
173	<b>RUDNICKA Karolina</b>	<b>147</b>	TASAK TEAM	K-30	173	00:00:56	<b>00:37:59.50</b>	<b>00:38:55.50</b>	+00:19:42 (51.9%)	7:35	7.9 (48.2%)
174	<b>GROCHOWALSKA Marzena</b>	<b>181</b>	GROSZKI	K-30	174	00:01:30	<b>00:38:04.95</b>	<b>00:39:35.10</b>	+00:19:47 (52.0%)	7:37	7.9 (48.2%)
175	<b>ZNANIECKI Dominika</b>	<b>552</b>	BYDGOSZCZ NA START	K-30	175	00:01:33	<b>00:38:08.90</b>	<b>00:39:42.85</b>	+00:19:51 (52.1%)	7:37	7.9 (48.2%)
176	<b>ZGIEP Agnieszka</b>	<b>1357</b>		K-30	176	00:01:10	<b>00:39:01.85</b>	<b>00:40:11.90</b>	+00:20:44 (53.1%)	7:48	7.7 (47.0%)
177	<b>NADOLNA Aurelia</b>	<b>169</b>	WEEKENDOWY BIEGACZ	K-30	177	00:01:42	<b>00:40:34.65</b>	<b>00:42:16.95</b>	+00:22:17 (54.9%)	8:06	7.4 (45.1%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
178	<b>KUBIK Monika</b>	<b>128</b>		K-30	178	00:01:50	<b>00:41:09.15</b>	<b>00:42:59.40</b>	+00:22:51 (55.6%)	8:13	7.3 (44.5%)

Znaleziono 178 wynik(ów)