

BYDGOSKI BIEG NIEPODLEGŁOŚCI 2017

B4SPORT

Organizator: Aktywna Bydgoszcz
Data: 2017-11-11
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 | SZENK Marta | 870 | | K-30 | 1 | 00:00:01 | 00:17:40.45 | 00:17:42.15 | | 3:32 | 17 (100%) |
| 2 | GOŚCINIAK Agnieszka | 1116 | | K-30 | 2 | 00:00:17 | 00:21:46.05 | 00:22:04.00 | +00:04:05 (18.8%) | 4:21 | 13.8 (81.2%) |
| 3 | PALACZ Wioletta | 96 | | K-30 | 3 | 00:00:04 | 00:21:48.30 | 00:21:52.55 | +00:04:07 (18.9%) | 4:21 | 13.8 (81.2%) |
| 4 | FILARECKA Agnieszka | 1071 | | K-30 | 4 | 00:00:08 | 00:22:06.80 | 00:22:15.15 | +00:04:26 (20.1%) | 4:25 | 13.6 (80.0%) |
| 5 | RATAJ Zuzanna | 28 | | K-30 | 5 | 00:00:10 | 00:22:09.95 | 00:22:20.15 | +00:04:29 (20.3%) | 4:26 | 13.5 (79.4%) |
| 6 | DERING Hanna | 393 | BYDGOSKIE ŻÓŁWIE | K-30 | 6 | 00:00:27 | 00:22:16.70 | 00:22:43.85 | +00:04:36 (20.7%) | 4:27 | 13.5 (79.4%) |
| 7 | WOŹNIAK Anna | 103 | RUN PASJA | K-30 | 7 | 00:00:12 | 00:22:33.10 | 00:22:45.65 | +00:04:52 (21.6%) | 4:30 | 13.3 (78.2%) |
| 8 | SIERSZULSKA-WAŁĘZA Anna | 458 | KANAŁOWA TEAM | K-30 | 8 | 00:00:14 | 00:23:00.95 | 00:23:15.80 | +00:05:20 (23.2%) | 4:36 | 13 (76.5%) |
| 9 | MROTEK Katarzyna | 457 | ON THE MOVE | K-30 | 9 | 00:00:28 | 00:23:01.25 | 00:23:30.10 | +00:05:20 (23.2%) | 4:36 | 13 (76.5%) |
| 10 | WOLAN Magdalena | 1414 | | K-30 | 10 | 00:01:02 | 00:23:42.85 | 00:24:45.00 | +00:06:02 (25.5%) | 4:44 | 12.6 (74.1%) |
| 11 | WÓJT Monika | 8 | | K-30 | 11 | 00:00:28 | 00:23:49.25 | 00:24:17.65 | +00:06:08 (25.8%) | 4:45 | 12.6 (74.1%) |
| 12 | PASZEK Maria | 940 | TKKF KOLEJARZ BYDGOSZCZ | K-30 | 12 | 00:00:57 | 00:23:54.85 | 00:24:52.50 | +00:06:14 (26.1%) | 4:47 | 12.5 (73.5%) |
| 13 | CABAŃSKA Katarzyna | 681 | VITAPOL | K-30 | 13 | 00:00:21 | 00:24:08.85 | 00:24:30.80 | +00:06:28 (26.8%) | 4:49 | 12.4 (72.9%) |
| 14 | RAKAŁOWICZ Justyna | 237 | BYDGOSZCZ | K-30 | 14 | 00:00:12 | 00:24:18.75 | 00:24:31.05 | +00:06:38 (27.3%) | 4:51 | 12.3 (72.4%) |
| 15 | BEDNAREK Marta | 423 | CZARNE STOPY.SM | K-30 | 15 | 00:00:21 | 00:24:23.70 | 00:24:44.80 | +00:06:43 (27.6%) | 4:52 | 12.3 (72.4%) |
| 16 | BOROWICZ Anna | 1232 | | K-30 | 16 | 00:00:49 | 00:24:30.50 | 00:25:19.65 | +00:06:50 (27.9%) | 4:54 | 12.2 (71.8%) |
| 17 | TARCZYŃSKA Marta | 303 | TEAM WUJEK PORADA | K-30 | 17 | 00:00:22 | 00:24:33.30 | 00:24:55.70 | +00:06:52 (28.0%) | 4:54 | 12.2 (71.8%) |
| 18 | BOROWIEC Wioleta | 1303 | BBL SZUBIN | K-30 | 18 | 00:00:20 | 00:24:49.90 | 00:25:10.25 | +00:07:09 (28.8%) | 4:58 | 12.1 (71.2%) |
| 19 | FRANK Agnieszka | 1442 | | K-30 | 19 | 00:00:46 | 00:24:50.45 | 00:25:37.35 | +00:07:10 (28.9%) | 4:58 | 12.1 (71.2%) |
| 20 | CHMIELEWSKA Marta | 267 | | K-30 | 20 | 00:01:01 | 00:24:50.50 | 00:25:52.00 | +00:07:10 (28.9%) | 4:58 | 12.1 (71.2%) |
| 21 | NAPIERALSKA Natalia | 1149 | | K-30 | 21 | 00:00:32 | 00:24:52.20 | 00:25:24.55 | +00:07:11 (28.9%) | 4:58 | 12.1 (71.2%) |
| 22 | POTRZEBOWSKA Agata | 215 | DEAF | K-30 | 22 | 00:00:30 | 00:24:52.70 | 00:25:23.45 | +00:07:12 (29.0%) | 4:58 | 12.1 (71.2%) |
| 23 | ROGALSKA Justyna | 1490 | SZAFIRKI | K-30 | 23 | 00:00:42 | 00:24:54.00 | 00:25:36.10 | +00:07:13 (29.0%) | 4:58 | 12 (70.6%) |
| 24 | IWANUSEK Agnieszka | 780 | | K-30 | 24 | 00:00:52 | 00:24:56.20 | 00:25:49.15 | +00:07:15 (29.1%) | 4:59 | 12 (70.6%) |
| 25 | GRABARSKA Anna | 1480 | | K-30 | 25 | 00:00:10 | 00:24:56.65 | 00:25:07.20 | +00:07:16 (29.1%) | 4:59 | 12 (70.6%) |
| 26 | PILAKOWSKA Angelika | 316 | | K-30 | 26 | 00:00:56 | 00:25:02.35 | 00:25:59.00 | +00:07:21 (29.4%) | 5:00 | 12 (70.6%) |
| 27 | TOPOLSKA Emilia | 1477 | | K-30 | 27 | 00:00:27 | 00:25:10.25 | 00:25:37.70 | +00:07:29 (29.8%) | 5:02 | 11.9 (70.0%) |
| 28 | KITOWSKA Anna | 78 | | K-30 | 28 | 00:00:13 | 00:25:17.15 | 00:25:30.80 | +00:07:36 (30.1%) | 5:03 | 11.9 (70.0%) |
| 29 | PADZIKOWSKA Agnieszka | 178 | | K-30 | 29 | 00:00:08 | 00:25:17.65 | 00:25:26.60 | +00:07:37 (30.1%) | 5:03 | 11.9 (70.0%) |
| 30 | SZEWCZUK Małgorzata | 137 | | K-30 | 30 | 00:00:39 | 00:25:20.40 | 00:25:59.55 | +00:07:39 (30.3%) | 5:04 | 11.8 (69.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|-------------|----------------------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|--------------|
| | | | | | | | netto 5km | brutto 5km | | | |
| 31 | DOMBROWSKA-OSAK Iza | 293 | | K-30 | 31 | 00:00:15 | 00:25:27.25 | 00:25:42.55 | +00:07:46 (30.6%) | 5:05 | 11.8 (69.4%) |
| 32 | DZIERŻAWSKA Aneta | 484 | | K-30 | 32 | 00:00:36 | 00:25:27.50 | 00:26:04.15 | +00:07:47 (30.6%) | 5:05 | 11.8 (69.4%) |
| 33 | LEWANDOWSKA Joanna | 1005 | | K-30 | 33 | 00:00:30 | 00:25:30.30 | 00:26:00.35 | +00:07:49 (30.7%) | 5:06 | 11.8 (69.4%) |
| 34 | KUŻMA Anna | 500 | THE RUNNERS ŚWIECIE | K-30 | 34 | 00:00:42 | 00:25:50.55 | 00:26:32.65 | +00:08:10 (31.6%) | 5:10 | 11.6 (68.2%) |
| 35 | WOJTYSIAK Dorota | 306 | | K-30 | 35 | 00:00:18 | 00:25:58.25 | 00:26:16.60 | +00:08:17 (31.9%) | 5:11 | 11.6 (68.2%) |
| 36 | JABŁOŃSKA Anita | 857 | | K-30 | 36 | 00:00:17 | 00:26:02.75 | 00:26:19.95 | +00:08:22 (32.1%) | 5:12 | 11.5 (67.6%) |
| 37 | TWARDOWSKA Sylwia | 628 | | K-30 | 37 | 00:00:12 | 00:26:12.60 | 00:26:24.75 | +00:08:32 (32.6%) | 5:14 | 11.5 (67.6%) |
| 38 | GNIOT Bożena | 782 | | K-30 | 38 | 00:00:26 | 00:26:13.20 | 00:26:39.25 | +00:08:32 (32.6%) | 5:14 | 11.4 (67.1%) |
| 39 | GIERJATOWICZ Maria | 294 | | K-30 | 39 | 00:00:35 | 00:26:14.25 | 00:26:49.35 | +00:08:33 (32.6%) | 5:14 | 11.4 (67.1%) |
| 40 | SKORA-TUPTANOWSKA Monika | 832 | WELD-LINE TEAM | K-30 | 40 | 00:00:36 | 00:26:15.35 | 00:26:51.45 | +00:08:34 (32.7%) | 5:15 | 11.4 (67.1%) |
| 41 | GIPP Małgorzata | 1202 | SZAFIRKI | K-30 | 41 | 00:00:42 | 00:26:18.55 | 00:27:00.65 | +00:08:38 (32.8%) | 5:15 | 11.4 (67.1%) |
| 42 | ZDROJOWA Agnieszka | 1365 | | K-30 | 42 | 00:01:08 | 00:26:24.15 | 00:27:32.25 | +00:08:43 (33.1%) | 5:16 | 11.4 (67.1%) |
| 43 | KROPIŃSKA Monika | 898 | | K-30 | 43 | 00:00:22 | 00:26:25.50 | 00:26:47.65 | +00:08:45 (33.1%) | 5:17 | 11.4 (67.1%) |
| 44 | WYRWIAK Iwona | 1353 | | K-30 | 44 | 00:01:14 | 00:26:27.05 | 00:27:42.00 | +00:08:46 (33.2%) | 5:17 | 11.3 (66.5%) |
| 45 | PAWLACZYK-MATELA Emilia | 194 | BYDGOSKA GAZELA | K-30 | 45 | 00:00:16 | 00:26:31.80 | 00:26:47.95 | +00:08:51 (33.4%) | 5:18 | 11.3 (66.5%) |
| 46 | OWCZAREK Agnieszka | 1129 | BIEGAM BO LUBIĘ | K-30 | 46 | 00:00:04 | 00:26:41.80 | 00:26:46.65 | +00:09:01 (33.8%) | 5:20 | 11.2 (65.9%) |
| 47 | KREJMER Ola | 1462 | | K-30 | 47 | 00:00:52 | 00:26:43.45 | 00:27:35.80 | +00:09:03 (33.9%) | 5:20 | 11.2 (65.9%) |
| 48 | BISKUPSKA Ewa | 1253 | | K-30 | 48 | 00:01:07 | 00:26:46.95 | 00:27:54.65 | +00:09:06 (34.0%) | 5:21 | 11.2 (65.9%) |
| 49 | NIKOŁAJCZYK Agnieszka | 1049 | | K-30 | 49 | 00:01:16 | 00:26:49.75 | 00:28:05.90 | +00:09:09 (34.1%) | 5:21 | 11.2 (65.9%) |
| 50 | KULIŃSKA Marta | 212 | | K-30 | 50 | 00:01:03 | 00:26:53.80 | 00:27:56.80 | +00:09:13 (34.3%) | 5:22 | 11.2 (65.9%) |
| 51 | JANUSZKIEWICZ Kornelia | 415 | | K-30 | 51 | 00:01:17 | 00:26:58.20 | 00:28:15.50 | +00:09:17 (34.5%) | 5:23 | 11.1 (65.3%) |
| 52 | JELEŃ Agnieszka | 334 | VEGE RUNNERS | K-30 | 52 | 00:00:56 | 00:27:03.05 | 00:27:59.55 | +00:09:22 (34.7%) | 5:24 | 11.1 (65.3%) |
| 53 | DOMINICZAK Anna | 1484 | | K-30 | 53 | 00:00:38 | 00:27:05.40 | 00:27:43.55 | +00:09:24 (34.8%) | 5:25 | 11.1 (65.3%) |
| 54 | ZAJĄCZKOWSKA Anna | 650 | #TEAMWUJKAPORADY | K-30 | 54 | 00:00:22 | 00:27:10.00 | 00:27:32.40 | +00:09:29 (34.9%) | 5:26 | 11 (64.7%) |
| 55 | KONIECZNA Kasia | 485 | | K-30 | 55 | 00:00:29 | 00:27:12.35 | 00:27:42.15 | +00:09:31 (35.0%) | 5:26 | 11 (64.7%) |
| 56 | PODOSEK Magdalena | 496 | BYDGOSZCZ | K-30 | 56 | 00:00:31 | 00:27:15.65 | 00:27:47.15 | +00:09:35 (35.2%) | 5:27 | 11 (64.7%) |
| 57 | CHEŁMINIAK Magdalena | 1103 | BRACIA DALTON | K-30 | 57 | 00:00:48 | 00:27:26.25 | 00:28:14.45 | +00:09:45 (35.6%) | 5:29 | 10.9 (64.1%) |
| 58 | CHMIELEWSKA Agnieszka | 214 | | K-30 | 58 | 00:01:05 | 00:27:26.50 | 00:28:32.35 | +00:09:46 (35.6%) | 5:29 | 10.9 (64.1%) |
| 59 | MASŁOWSKA Angelika | 1087 | | K-30 | 59 | 00:01:02 | 00:27:26.60 | 00:28:28.65 | +00:09:46 (35.6%) | 5:29 | 10.9 (64.1%) |
| 60 | SZABLINSKA Honorata | 935 | | K-30 | 60 | 00:01:01 | 00:27:27.25 | 00:28:28.85 | +00:09:46 (35.6%) | 5:29 | 10.9 (64.1%) |
| 61 | MAJER Magda | 1133 | | K-30 | 61 | 00:00:57 | 00:27:28.10 | 00:28:25.30 | +00:09:47 (35.7%) | 5:29 | 10.9 (64.1%) |
| 62 | JAHNKE Maja | 1134 | | K-30 | 62 | 00:00:57 | 00:27:29.10 | 00:28:26.20 | +00:09:48 (35.7%) | 5:29 | 10.9 (64.1%) |
| 63 | ZALECH Barbara | 818 | | K-30 | 63 | 00:01:14 | 00:27:30.10 | 00:28:44.85 | +00:09:49 (35.7%) | 5:30 | 10.9 (64.1%) |
| 64 | BAK Magdalena | 1433 | MOGĘ SZYBCIEJ ALE NIE CHCĘ | K-30 | 64 | 00:00:34 | 00:27:36.35 | 00:28:11.15 | +00:09:55 (36.0%) | 5:31 | 10.9 (64.1%) |
| 65 | ORNATOWSKA Magdalena | 349 | GORDON RUN | K-30 | 65 | 00:00:53 | 00:27:39.55 | 00:28:33.10 | +00:09:59 (36.1%) | 5:32 | 10.8 (63.5%) |
| 66 | SIEWERT Hanna | 226 | | K-30 | 66 | 00:01:17 | 00:27:40.75 | 00:28:58.10 | +00:10:00 (36.1%) | 5:32 | 10.8 (63.5%) |
| 67 | GIŻA Wioletta | 992 | | K-30 | 67 | 00:01:00 | 00:27:45.65 | 00:28:46.20 | +00:10:05 (36.3%) | 5:33 | 10.8 (63.5%) |
| 68 | LEWANDOWSKA Sylwia | 1425 | | K-30 | 68 | 00:00:37 | 00:27:50.40 | 00:28:27.85 | +00:10:09 (36.5%) | 5:34 | 10.8 (63.5%) |
| 69 | TOBOLSKA Małgorzata | 1473 | | K-30 | 69 | 00:00:44 | 00:27:51.90 | 00:28:36.85 | +00:10:11 (36.6%) | 5:34 | 10.8 (63.5%) |
| 70 | STOKŁOSA Natalia | 456 | | K-30 | 70 | 00:01:01 | 00:27:52.65 | 00:28:54.00 | +00:10:12 (36.6%) | 5:34 | 10.8 (63.5%) |
| 71 | BILON-MOLENDA Alicja | 936 | | K-30 | 71 | 00:00:54 | 00:27:55.10 | 00:28:49.80 | +00:10:14 (36.7%) | 5:35 | 10.7 (62.9%) |
| 72 | PIECYK-CZAJA Sonia | 135 | | K-30 | 72 | 00:00:38 | 00:27:56.65 | 00:28:35.45 | +00:10:16 (36.8%) | 5:35 | 10.7 (62.9%) |
| 73 | KROPIDŁOWSKA Magdalena | 126 | OCELOTY KRUSZYN KRAJEŃSKI | K-30 | 73 | 00:00:22 | 00:27:58.45 | 00:28:21.30 | +00:10:18 (36.8%) | 5:35 | 10.7 (62.9%) |
| 74 | SUSZEK Kasia | 886 | | K-30 | 74 | 00:00:55 | 00:27:58.55 | 00:28:54.35 | +00:10:18 (36.8%) | 5:35 | 10.7 (62.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------------|-------------|--------------------------------|-----------|------|-------------|--------------------|--------------------|-------------------|-----------------|---------------|
| 75 | PISKORSKA Marta | 1099 | | K-30 | 75 | 00:00:14 | 00:28:04.90 | 00:28:19.05 | +00:10:24 (37.1%) | 5:37 | 10.7 (62.9%) |
| 76 | JOŃCZAK Paulina | 998 | | K-30 | 76 | 00:00:32 | 00:28:07.80 | 00:28:40.70 | +00:10:27 (37.2%) | 5:37 | 10.7 (62.9%) |
| 77 | TOKARSKA Alicja | 518 | VEGE RUNNERS | K-30 | 77 | 00:00:32 | 00:28:07.85 | 00:28:40.65 | +00:10:27 (37.2%) | 5:37 | 10.7 (62.9%) |
| 78 | CZARNECKA -PIJAROWSKA Dominika | 564 | | K-30 | 78 | 00:00:17 | 00:28:10.10 | 00:28:27.45 | +00:10:29 (37.3%) | 5:38 | 10.7 (62.9%) |
| 79 | PAZDERSKA Aleksandra | 411 | | K-30 | 79 | 00:00:55 | 00:28:11.30 | 00:29:07.25 | +00:10:30 (37.3%) | 5:38 | 10.6 (62.4%) |
| 80 | WALCZAK Joanna | 1046 | BIEGAJĄCE CIACHA | K-30 | 80 | 00:01:21 | 00:28:11.90 | 00:29:32.90 | +00:10:31 (37.3%) | 5:38 | 10.6 (62.4%) |
| 81 | LEWANDOWSKA Iza | 617 | | K-30 | 81 | 00:00:29 | 00:28:13.20 | 00:28:43.00 | +00:10:32 (37.4%) | 5:38 | 10.6 (62.4%) |
| 82 | OLSZEWSKA-GRAF Karolina | 1170 | | K-30 | 82 | 00:00:36 | 00:28:15.85 | 00:28:52.00 | +00:10:35 (37.5%) | 5:39 | 10.6 (62.4%) |
| 83 | SZALA Monika | 626 | ICH DWOJE BYDGOSZCZ | K-30 | 83 | 00:00:47 | 00:28:21.20 | 00:29:08.35 | +00:10:40 (37.7%) | 5:40 | 10.6 (62.4%) |
| 84 | GRABOWSKA Marlena | 671 | | K-30 | 84 | 00:00:29 | 00:28:24.65 | 00:28:54.00 | +00:10:44 (37.8%) | 5:41 | 10.6 (62.4%) |
| 85 | GROT Monika | 23 | | K-30 | 85 | 00:00:28 | 00:28:28.85 | 00:28:56.90 | +00:10:48 (37.9%) | 5:41 | 10.5 (61.8%) |
| 86 | BRZYKCY Karolina | 1178 | | K-30 | 86 | 00:00:39 | 00:28:29.00 | 00:29:08.85 | +00:10:48 (37.9%) | 5:41 | 10.5 (61.8%) |
| 87 | WORONIECKA Anna | 541 | | K-30 | 87 | 00:01:05 | 00:28:29.65 | 00:29:35.10 | +00:10:49 (38.0%) | 5:42 | 10.5 (61.8%) |
| 88 | MEGER Agnieszka | 1362 | | K-30 | 88 | 00:01:05 | 00:28:29.80 | 00:29:35.05 | +00:10:49 (38.0%) | 5:42 | 10.5 (61.8%) |
| 89 | MICHNIEWICZ Małgorzata | 445 | | K-30 | 89 | 00:00:52 | 00:28:30.00 | 00:29:22.80 | +00:10:49 (38.0%) | 5:42 | 10.5 (61.8%) |
| 90 | KUBOWICZ Katarzyna | 268 | QBOWICZ RODZINNA MAFIA BIEGOWA | K-30 | 90 | 00:00:38 | 00:28:32.00 | 00:29:10.55 | +00:10:51 (38.1%) | 5:42 | 10.5 (61.8%) |
| 91 | WOJTYSIAK Alicja | 1098 | | K-30 | 91 | 00:00:30 | 00:28:39.45 | 00:29:09.60 | +00:10:59 (38.3%) | 5:43 | 10.5 (61.8%) |
| 92 | BRĄGIEL Anna | 95 | VEGE RUNNERS | K-30 | 92 | 00:01:37 | 00:28:44.15 | 00:30:21.20 | +00:11:03 (38.5%) | 5:44 | 10.4 (61.2%) |
| 93 | MIŁKOWSKA Monika | 271 | RUN BYDGOSZCZ | K-30 | 93 | 00:00:40 | 00:28:48.25 | 00:29:28.30 | +00:11:07 (38.6%) | 5:45 | 10.4 (61.2%) |
| 94 | PIÓRKOWSKA Aga | 134 | | K-30 | 94 | 00:00:44 | 00:28:52.70 | 00:29:37.50 | +00:11:12 (38.8%) | 5:46 | 10.4 (61.2%) |
| 95 | KRZYKANOWSKA Paulina | 717 | | K-30 | 95 | 00:00:27 | 00:28:54.25 | 00:29:21.70 | +00:11:13 (38.9%) | 5:46 | 10.4 (61.2%) |
| 96 | KWIATKOWSKA Karolina | 487 | | K-30 | 96 | 00:00:30 | 00:28:55.60 | 00:29:25.75 | +00:11:15 (38.9%) | 5:47 | 10.4 (61.2%) |
| 97 | JAGIEŁO Sylwia | 945 | BBL INOWROCŁAW | K-30 | 97 | 00:01:20 | 00:28:59.50 | 00:30:19.55 | +00:11:19 (39.0%) | 5:47 | 10.4 (61.2%) |
| 98 | SOBOTA Beata | 978 | | K-30 | 98 | 00:00:12 | 00:29:00.95 | 00:29:13.25 | +00:11:20 (39.1%) | 5:48 | 10.3 (60.6%) |
| 99 | RUTKOWSKA Virginia | 158 | | K-30 | 99 | 00:01:01 | 00:29:01.15 | 00:30:02.15 | +00:11:20 (39.1%) | 5:48 | 10.3 (60.6%) |
| 100 | BUSSE Jagoda | 575 | | K-30 | 100 | 00:00:22 | 00:29:04.70 | 00:29:27.55 | +00:11:24 (39.2%) | 5:49 | 10.3 (60.6%) |
| 101 | BADURA Anna | 686 | | K-30 | 101 | 00:01:04 | 00:29:12.90 | 00:30:17.65 | +00:11:32 (39.5%) | 5:50 | 10.3 (60.6%) |
| 102 | ZAORSKA Joanna | 132 | | K-30 | 102 | 00:00:46 | 00:29:13.15 | 00:29:59.90 | +00:11:32 (39.5%) | 5:50 | 10.3 (60.6%) |
| 103 | SPRYSZYŃSKA Magdalena | 243 | | K-30 | 103 | 00:01:04 | 00:29:14.25 | 00:30:19.05 | +00:11:33 (39.5%) | 5:51 | 10.3 (60.6%) |
| 104 | PESTKA Anna | 1037 | | K-30 | 104 | 00:01:09 | 00:29:14.75 | 00:30:23.85 | +00:11:34 (39.6%) | 5:50 | 10.3 (60.6%) |
| 105 | FIGURA-ZGÓRSKA Joanna | 1402 | | K-30 | 105 | 00:00:48 | 00:29:20.25 | 00:30:08.90 | +00:11:39 (39.8%) | 5:52 | 10.2 (60.0%) |
| 106 | PIKULIK Natalia | 1394 | | K-30 | 106 | 00:01:09 | 00:29:27.85 | 00:30:37.75 | +00:11:47 (40.0%) | 5:53 | 10.2 (60.0%) |
| 107 | KONKEL Agata | 488 | | K-30 | 107 | 00:01:16 | 00:29:31.25 | 00:30:47.30 | +00:11:50 (40.1%) | 5:54 | 10.2 (60.0%) |
| 108 | KOCHAŃSKA Anna | 1146 | | K-30 | 108 | 00:01:09 | 00:29:33.05 | 00:30:42.45 | +00:11:52 (40.2%) | 5:54 | 10.2 (60.0%) |
| 109 | MUCHA-BOINSKA Anna | 355 | | K-30 | 109 | 00:00:12 | 00:29:34.65 | 00:29:47.25 | +00:11:54 (40.2%) | 5:55 | 10.1 (59.4%) |
| 110 | JANIC Joanna | 1249 | | K-30 | 110 | 00:00:49 | 00:29:36.60 | 00:30:25.85 | +00:11:56 (40.3%) | 5:55 | 10.1 (59.4%) |
| 111 | GÓRSKA Joanna | 228 | | K-30 | 111 | 00:01:26 | 00:29:37.75 | 00:31:03.95 | +00:11:57 (40.3%) | 5:55 | 10.1 (59.4%) |
| 112 | NAWROCKA Joanna | 173 | | K-30 | 112 | 00:00:16 | 00:29:39.35 | 00:29:55.50 | +00:11:58 (40.4%) | 5:55 | 10.1 (59.4%) |
| 113 | KUBOWICZ-KAMIŃSKA Hania | 247 | QBOWICZ RODZINNA MAFIA BIEGOWA | K-30 | 113 | 00:00:55 | 00:29:46.65 | 00:30:42.60 | +00:12:06 (40.6%) | 5:57 | 10.1 (59.4%) |
| 114 | SZTEJKA Jolanta | 1070 | BENEFITKSO | K-30 | 114 | 00:01:24 | 00:29:51.35 | 00:31:15.65 | +00:12:10 (40.8%) | 5:58 | 10.1 (59.4%) |
| 115 | TUBAJA Anita | 146 | KABEL TEAM BYDGOSZCZ | K-30 | 115 | 00:01:01 | 00:29:52.55 | 00:30:54.30 | +00:12:12 (40.8%) | 5:58 | 10 (58.8%) |
| 116 | KOWALEWSKA Joanna | 1028 | | K-30 | 116 | 00:01:26 | 00:29:52.80 | 00:31:18.85 | +00:12:12 (40.8%) | 5:58 | 10 (58.8%) |
| 117 | MAJKA Jagoda | 1029 | | K-30 | 117 | 00:01:20 | 00:29:54.05 | 00:31:14.20 | +00:12:13 (40.9%) | 5:58 | 10 (58.8%) |
| 118 | MALICKA Maria Magdalena | 61 | | K-30 | 118 | 00:00:38 | 00:29:57.85 | 00:30:36.10 | +00:12:17 (41.0%) | 5:59 | 10 (58.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto | Czas brutto | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------|-------|----------------------------|-----------|------|-------------|-------------|-------------|-------------------|--------------|-------------|
| | | | | | | | 5km | 5km | | | |
| 119 | ŚWINOGA Karolina | 1352 | | K-30 | 119 | 00:01:14 | 00:30:02.50 | 00:31:16.90 | +00:12:22 (41.2%) | 6:00 | 10 (58.8%) |
| 120 | NOSKOWIAK-BAJNO Alicja | 88 | | K-30 | 120 | 00:00:30 | 00:30:04.50 | 00:30:34.55 | +00:12:24 (41.2%) | 6:00 | 10 (58.8%) |
| 121 | BŁASZKIEWICZ Marzena | 101 | | K-30 | 121 | 00:00:29 | 00:30:05.75 | 00:30:35.65 | +00:12:25 (41.3%) | 6:01 | 10 (58.8%) |
| 122 | KUFTA Ewelina | 923 | | K-30 | 122 | 00:00:55 | 00:30:07.75 | 00:31:02.85 | +00:12:27 (41.3%) | 6:01 | 10 (58.8%) |
| 123 | ROSOŁOWICZ Kamila | 121 | | K-30 | 123 | 00:01:18 | 00:30:17.80 | 00:31:36.55 | +00:12:37 (41.7%) | 6:03 | 9.9 (58.2%) |
| 124 | ZIELIŃSKA Justyna | 69 | | K-30 | 124 | 00:01:15 | 00:30:21.15 | 00:31:36.25 | +00:12:40 (41.8%) | 6:04 | 9.9 (58.2%) |
| 125 | MROCZEK Barbara | 884 | | K-30 | 125 | 00:00:11 | 00:30:24.35 | 00:30:35.95 | +00:12:43 (41.9%) | 6:04 | 9.9 (58.2%) |
| 126 | WÓJCIK Anna | 461 | | K-30 | 126 | 00:00:50 | 00:30:25.95 | 00:31:16.30 | +00:12:45 (41.9%) | 6:05 | 9.9 (58.2%) |
| 127 | OSTROWSKA Renata | 942 | | K-30 | 127 | 00:01:03 | 00:30:35.90 | 00:31:38.90 | +00:12:55 (42.2%) | 6:07 | 9.8 (57.6%) |
| 128 | FLORCZAK Monika | 556 | KLUB BIEGACZA | K-30 | 128 | 00:00:53 | 00:30:39.90 | 00:31:33.25 | +00:12:59 (42.4%) | 6:08 | 9.8 (57.6%) |
| 129 | HINZ-BRYLEW Natalia | 605 | PRZYCHODNIA ROMET | K-30 | 129 | 00:01:08 | 00:30:42.50 | 00:31:50.75 | +00:13:02 (42.4%) | 6:08 | 9.8 (57.6%) |
| 130 | DEPKA Agnieszka | 396 | | K-30 | 130 | 00:01:02 | 00:30:44.65 | 00:31:47.55 | +00:13:04 (42.5%) | 6:09 | 9.8 (57.6%) |
| 131 | WESOŁOWSKA Aleksandra | 128 | | K-30 | 131 | 00:01:19 | 00:30:45.70 | 00:32:04.70 | +00:13:05 (42.5%) | 6:09 | 9.8 (57.6%) |
| 132 | SAMOĆKO Katarzyna | 853 | | K-30 | 132 | 00:00:05 | 00:30:49.60 | 00:30:55.05 | +00:13:09 (42.7%) | 6:10 | 9.7 (57.1%) |
| 133 | KOZICKA Małgorzata | 108 | BYDGOSKIE ŻÓŁWIE | K-30 | 133 | 00:01:34 | 00:30:55.00 | 00:32:29.05 | +00:13:14 (42.8%) | 6:11 | 9.7 (57.1%) |
| 134 | SUDOŁ Karolina | 542 | LIMONKA TEAM | K-30 | 134 | 00:00:11 | 00:30:57.35 | 00:31:09.30 | +00:13:16 (42.9%) | 6:11 | 9.7 (57.1%) |
| 135 | KOTOWSKA-KOWALSKA Anna | 322 | GORZEŃ RUM | K-30 | 135 | 00:01:26 | 00:31:05.50 | 00:32:31.60 | +00:13:25 (43.2%) | 6:13 | 9.7 (57.1%) |
| 136 | MATUSZEWSKA Agnieszka | 1121 | | K-30 | 136 | 00:01:27 | 00:31:06.10 | 00:32:33.85 | +00:13:25 (43.2%) | 6:13 | 9.6 (56.5%) |
| 137 | SERAP Sinem | 889 | | K-30 | 137 | 00:01:15 | 00:31:07.00 | 00:32:22.50 | +00:13:26 (43.2%) | 6:13 | 9.6 (56.5%) |
| 138 | PULKOWSKA Natalia | 557 | | K-30 | 138 | 00:00:53 | 00:31:14.25 | 00:32:07.75 | +00:13:33 (43.4%) | 6:14 | 9.6 (56.5%) |
| 139 | DUSZKA Justyna | 1234 | | K-30 | 139 | 00:00:23 | 00:31:14.65 | 00:31:38.60 | +00:13:34 (43.4%) | 6:15 | 9.6 (56.5%) |
| 140 | PROKOPOWICZ Agnieszka | 526 | | K-30 | 140 | 00:01:05 | 00:31:22.10 | 00:32:27.15 | +00:13:41 (43.7%) | 6:16 | 9.6 (56.5%) |
| 141 | STELAK-KOWALSKA Joanna | 400 | | K-30 | 141 | 00:00:50 | 00:31:23.10 | 00:32:13.95 | +00:13:42 (43.7%) | 6:16 | 9.6 (56.5%) |
| 142 | CELEJEWSKA Agnieszka | 994 | | K-30 | 142 | 00:00:48 | 00:31:27.30 | 00:32:15.75 | +00:13:46 (43.8%) | 6:17 | 9.5 (55.9%) |
| 143 | MROZIŃSKA Emilia | 1289 | | K-30 | 143 | 00:00:34 | 00:31:28.70 | 00:32:03.35 | +00:13:48 (43.9%) | 6:17 | 9.5 (55.9%) |
| 144 | STEFAŃSKA Wiesława | 834 | | K-30 | 144 | 00:01:09 | 00:31:34.55 | 00:32:44.40 | +00:13:54 (44.0%) | 6:19 | 9.5 (55.9%) |
| 145 | DUTKIEWICZ Urszula | 553 | TKKF KOLEJARZ BYDGOSZCZ | K-30 | 145 | 00:01:16 | 00:31:35.90 | 00:32:51.95 | +00:13:55 (44.1%) | 6:19 | 9.5 (55.9%) |
| 146 | ŻMICH Aleksandra | 532 | | K-30 | 146 | 00:00:07 | 00:31:36.35 | 00:31:44.30 | +00:13:55 (44.1%) | 6:19 | 9.5 (55.9%) |
| 147 | FRELICHOWSKA Karolina | 74 | CB163 | K-30 | 147 | 00:01:01 | 00:32:07.45 | 00:33:08.60 | +00:14:27 (45.0%) | 6:25 | 9.3 (54.7%) |
| 148 | ORLIŃSKA Dorota | 1097 | | K-30 | 148 | 00:01:33 | 00:32:08.35 | 00:33:41.60 | +00:14:27 (45.0%) | 6:25 | 9.3 (54.7%) |
| 149 | BULIŃSKA Dominika | 913 | | K-30 | 149 | 00:00:47 | 00:32:11.05 | 00:32:58.85 | +00:14:30 (45.1%) | 6:26 | 9.3 (54.7%) |
| 150 | RASSALSKA Roma | 47 | | K-30 | 150 | 00:01:32 | 00:32:15.75 | 00:33:48.50 | +00:14:35 (45.2%) | 6:27 | 9.3 (54.7%) |
| 151 | PIÓRKOWSKA Anna | 753 | | K-30 | 151 | 00:00:00 | 00:32:15.90 | 00:32:15.90 | +00:14:35 (45.2%) | 6:27 | 9.3 (54.7%) |
| 152 | RASSALSKA-KAUSA Jola | 46 | | K-30 | 152 | 00:01:32 | 00:32:16.15 | 00:33:48.35 | +00:14:35 (45.2%) | 6:27 | 9.3 (54.7%) |
| 153 | HORYD Justyna | 635 | | K-30 | 153 | 00:01:32 | 00:32:16.30 | 00:33:48.50 | +00:14:35 (45.2%) | 6:27 | 9.3 (54.7%) |
| 154 | JAROCH Magdalena | 63 | BYLE DO METY :) | K-30 | 154 | 00:00:43 | 00:32:29.35 | 00:33:13.05 | +00:14:48 (45.6%) | 6:30 | 9.2 (54.1%) |
| 155 | KUGACZ Aneta | 652 | RUN BYDGOSZCZ | K-30 | 155 | 00:00:38 | 00:32:37.10 | 00:33:16.05 | +00:14:56 (45.8%) | 6:31 | 9.2 (54.1%) |
| 156 | ZALEWSKA Paulina | 1370 | | K-30 | 156 | 00:01:16 | 00:32:52.30 | 00:34:08.80 | +00:15:11 (46.2%) | 6:34 | 9.1 (53.5%) |
| 157 | MUSIAŁ Elwira | 345 | BYDGOSZCZ TRIATHLON TEAM | K-30 | 157 | 00:01:20 | 00:33:26.20 | 00:34:46.65 | +00:15:45 (47.1%) | 6:41 | 9 (52.9%) |
| 158 | SMOLEŃ Joanna | 914 | | K-30 | 158 | 00:01:02 | 00:33:27.35 | 00:34:29.95 | +00:15:46 (47.2%) | 6:41 | 9 (52.9%) |
| 159 | KLUCZYŃSKA Blanka | 87 | | K-30 | 159 | 00:00:53 | 00:33:40.85 | 00:34:34.15 | +00:16:00 (47.5%) | 6:44 | 8.9 (52.4%) |
| 160 | TOMECKA Marzena | 1211 | | K-30 | 160 | 00:01:12 | 00:33:44.05 | 00:34:56.50 | +00:16:03 (47.6%) | 6:44 | 8.9 (52.4%) |
| 161 | WIDAWSKA Anna | 1435 | MOGĘ SZYBCIEJ ALE NIE CHCĘ | K-30 | 161 | 00:00:35 | 00:33:48.90 | 00:34:24.65 | +00:16:08 (47.7%) | 6:45 | 8.9 (52.4%) |
| 162 | BURAS Natalia | 1432 | MOGĘ SZYBCIEJ ALE NIE CHCĘ | K-30 | 162 | 00:00:35 | 00:33:49.10 | 00:34:25.00 | +00:16:08 (47.7%) | 6:46 | 8.9 (52.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|-------------|------------|-----------|------|-------------|--------------------|--------------------|-------------------|-----------------|---------------|
| 163 | RUDNICKA Karolina | 154 | TASAK TEAM | K-30 | 163 | 00:01:38 | 00:34:47.35 | 00:36:25.85 | +00:17:06 (49.2%) | 6:57 | 8.6 (50.6%) |
| 164 | NOWAKOWSKA Anna | 465 | | K-30 | 164 | 00:00:41 | 00:34:59.15 | 00:35:40.75 | +00:17:18 (49.5%) | 6:59 | 8.6 (50.6%) |
| 165 | OLSZEWSKA Marta | 833 | | K-30 | 165 | 00:01:08 | 00:35:21.45 | 00:36:30.05 | +00:17:41 (50.0%) | 7:04 | 8.5 (50.0%) |
| 166 | GROCHOWALSKA Marzena | 721 | GROSZKI | K-30 | 166 | 00:01:24 | 00:36:06.95 | 00:37:30.95 | +00:18:26 (51.1%) | 7:13 | 8.3 (48.8%) |
| 167 | WITKOWSKA Kamila | 477 | | K-30 | 167 | 00:01:10 | 00:36:29.90 | 00:37:40.50 | +00:18:49 (51.6%) | 7:18 | 8.2 (48.2%) |
| 168 | PŁOCKA Patrycja | 622 | | K-30 | 168 | 00:00:17 | 00:36:46.35 | 00:37:03.95 | +00:19:05 (51.9%) | 7:21 | 8.2 (48.2%) |
| 169 | PASIEKA Magda | 509 | MAM TĘ MOC | K-30 | 169 | 00:01:26 | 00:37:00.85 | 00:38:26.85 | +00:19:20 (52.3%) | 7:24 | 8.1 (47.6%) |
| 170 | MINDIKOWSKA Agnieszka | 192 | | K-30 | 170 | 00:01:36 | 00:37:45.50 | 00:39:22.35 | +00:20:05 (53.2%) | 7:33 | 7.9 (46.5%) |
| 171 | BIERNACKA Anna | 636 | | K-30 | 171 | 00:00:44 | 00:37:47.50 | 00:38:32.10 | +00:20:07 (53.2%) | 7:33 | 7.9 (46.5%) |
| 172 | WIECZOREK Jolanta | 1101 | | K-30 | 172 | 00:01:38 | 00:38:09.15 | 00:39:47.15 | +00:20:28 (53.7%) | 7:37 | 7.9 (46.5%) |
| 173 | KOSCIOŁOWSKA Anna | 265 | GROSZKI | K-30 | 173 | 00:01:24 | 00:38:48.75 | 00:40:12.90 | +00:21:08 (54.5%) | 7:45 | 7.7 (45.3%) |
| 174 | MYLER Georgina | 1324 | | K-30 | 174 | 00:00:49 | | | | | (0.0%) |
| 175 | MRÓWCZYŃSKA Agnieszka | 98 | MRÓWKI | K-30 | 175 | 00:00:54 | | | | | (0.0%) |

Znaleziono 175 wynik(ów)