



Organizator:
Data:
Miejsce:
Dystans:

BYDGOSKI BIEG NIEPODLEGŁOŚCI 2018

Aktywna Bydgoszcz
2018-11-11
Bydgoszcz
5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

B4SPORT

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	327		K-30	1	00:00:01	00:17:52.55	00:17:54.15		3:34	16.8 (100%)
2	PEKAŁA Aleksandra	643	RUN PASJA	K-30	2	00:00:04	00:19:05.05	00:19:09.35	+00:01:12 (6.3%)	3:49	15.7 (93.5%)
3	WUJEK Magdalena	1301		K-30	3	00:00:09	00:20:51.65	00:21:01.10	+00:02:59 (14.3%)	4:10	14.4 (85.7%)
4	RATAJ Zuzanna	898	POLONIA BYDGOSZCZ SLA	K-30	4	00:00:06	00:21:35.05	00:21:41.20	+00:03:42 (17.2%)	4:19	13.9 (82.7%)
5	MROTEK Katarzyna	145	ON THE MOVE	K-30	5	00:00:06	00:21:55.85	00:22:02.55	+00:04:03 (18.5%)	4:23	13.7 (81.5%)
6	WOLAN Magdalena	5		K-30	6	00:00:48	00:22:15.10	00:23:03.40	+00:04:22 (19.7%)	4:27	13.5 (80.4%)
7	ANDRZEJEWSKA Sylwia	139		K-30	7	00:00:22	00:23:17.00	00:23:39.05	+00:05:24 (23.2%)	4:39	12.9 (76.8%)
8	KRYSZTOFORSKA Marta	1478		K-30	8	00:01:01	00:23:26.10	00:24:27.45	+00:05:33 (23.7%)	4:41	12.8 (76.2%)
9	MAGDZIARZ Katarzyna	932	KANCELARIA HMM	K-30	9	00:00:50	00:23:29.20	00:24:19.55	+00:05:36 (23.9%)	4:41	12.8 (76.2%)
10	ULATOWSKA Sylwia	1172		K-30	10	00:00:25	00:23:35.95	00:24:01.15	+00:05:43 (24.3%)	4:43	12.7 (75.6%)
11	KUFEL Magdalena	1126	FC PIECZARA	K-30	11	00:01:30	00:23:50.40	00:25:20.55	+00:05:57 (25.0%)	4:46	12.6 (75.0%)
12	BICZKOWSKA Magdalena	492		K-30	12	00:00:12	00:24:01.70	00:24:14.60	+00:06:09 (25.6%)	4:48	12.5 (74.4%)
13	KLAWIKOWSKA Julita	926		K-30	13	00:01:27	00:24:11.35	00:25:38.45	+00:06:18 (26.1%)	4:50	12.4 (73.8%)
14	KWIATKOWSKA-MARKIEWICZ Kamila	1286		K-30	14	00:00:31	00:24:17.90	00:24:49.55	+00:06:25 (26.4%)	4:51	12.3 (73.2%)
14	LOOSE Paulina	1004	LOS KUMPLOS	K-30	15	00:00:55	00:24:17.90	00:25:13.20	+00:06:25 (26.4%)	4:51	12.3 (73.2%)
16	MAJEWSKA Monika	741	UM	K-30	16	00:00:13	00:24:21.25	00:24:34.50	+00:06:28 (26.6%)	4:52	12.3 (73.2%)
17	ŻDANOWICZ Anna	713		K-30	17	00:00:18	00:24:21.80	00:24:40.30	+00:06:29 (26.6%)	4:52	12.3 (73.2%)
18	KULIGOWSKA Weronika	1021		K-30	18	00:00:41	00:24:27.35	00:25:09.10	+00:06:34 (26.9%)	4:53	12.3 (73.2%)
19	MILCER Emilia	1029		K-30	19	00:01:03	00:24:31.15	00:25:34.55	+00:06:38 (27.1%)	4:54	12.2 (72.6%)
20	GIŻA Wioletta	238	POLONIA BYDGOSZCZ SLA	K-30	20	00:00:32	00:24:31.85	00:25:04.55	+00:06:39 (27.1%)	4:54	12.2 (72.6%)
21	NAGORZYSKA Sylwia	27	BIEGAMWSPIERAMMOTYWUJĘ	K-30	21	00:00:09	00:24:32.75	00:24:42.15	+00:06:40 (27.2%)	4:54	12.2 (72.6%)
22	CZYŻEWSKA Justyna	326		K-30	22	00:00:08	00:24:33.60	00:24:42.55	+00:06:41 (27.2%)	4:54	12.2 (72.6%)
22	POTRZEBOWSKA Agata	132	DEAF I #B3K	K-30	23	00:00:09	00:24:33.60	00:24:42.95	+00:06:41 (27.2%)	4:54	12.2 (72.6%)
24	ŁOBODA Sylwia	320		K-30	24	00:00:02	00:24:39.35	00:24:42.00	+00:06:46 (27.5%)	4:56	12.2 (72.6%)
25	WIENEKE Annika	1281		K-30	25	00:00:34	00:24:42.15	00:25:17.05	+00:06:49 (27.6%)	4:56	12.1 (72.0%)
26	WASILEWSKA Martyna	1143	AMS	K-30	26	00:00:41	00:24:50.10	00:25:31.15	+00:06:57 (28.0%)	4:58	12.1 (72.0%)
27	FRANK Agnieszka	726		K-30	27	00:00:39	00:24:50.80	00:25:30.50	+00:06:58 (28.1%)	4:58	12.1 (72.0%)
28	CZERWIŃSKA Joanna	795		K-30	28	00:00:19	00:24:53.65	00:25:13.45	+00:07:01 (28.2%)	4:58	12 (71.4%)
29	WÓJTOWICZ Monika	1403		K-30	29	00:01:03	00:24:56.15	00:25:59.80	+00:07:03 (28.3%)	4:59	12 (71.4%)
30	BONALSKA Magdalena	1312		K-30	30	00:00:15	00:24:57.35	00:25:13.00	+00:07:04 (28.4%)	4:59	12 (71.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto	brutto			
31	BOROWIEC Wioleta	350	BBL SZUBIN	K-30	31	00:00:29	00:25:04.80	00:25:34.45	+00:07:12 (28.7%)	5:01	12 (71.4%)
32	MASŁOWSKA Angelika	510		K-30	32	00:00:21	00:25:12.30	00:25:33.35	+00:07:19 (29.1%)	5:02	11.9 (70.8%)
33	RAMOWSKA Joanna	1490		K-30	33	00:00:07	00:25:21.95	00:25:29.05	+00:07:29 (29.5%)	5:04	11.8 (70.2%)
34	SZEWCZUK Małgorzata	1199		K-30	34	00:00:36	00:25:23.40	00:25:59.60	+00:07:30 (29.6%)	5:04	11.8 (70.2%)
35	ŁUKASZEWSKA Grażyna	830		K-30	35	00:00:06	00:25:24.15	00:25:30.55	+00:07:31 (29.6%)	5:04	11.8 (70.2%)
36	WITKOWSKA Paulina	417	VIVA LA VIDA	K-30	36	00:01:05	00:25:28.55	00:26:34.50	+00:07:36 (29.8%)	5:05	11.8 (70.2%)
37	CICHULSKA - QUAAS Izabela	48		K-30	37	00:00:58	00:25:48.70	00:26:46.95	+00:07:56 (30.7%)	5:09	11.6 (69.0%)
38	JELEŃ Agnieszka	628	VEGE RUNNERS	K-30	38	00:00:20	00:25:50.85	00:26:10.90	+00:07:58 (30.8%)	5:10	11.6 (69.0%)
39	FLOREK Milena	1074	RUNADDICTS	K-30	39	00:00:37	00:26:00.70	00:26:38.05	+00:08:08 (31.3%)	5:12	11.5 (68.5%)
40	GRABOWSKA Marlena	533		K-30	40	00:00:31	00:26:03.65	00:26:34.95	+00:08:11 (31.4%)	5:12	11.5 (68.5%)
41	TYKWIŃSKA Agnieszka	131	#BBKTS	K-30	41	00:00:13	00:26:07.05	00:26:20.85	+00:08:14 (31.6%)	5:13	11.5 (68.5%)
42	STAROŃ Monika	1320	BYDGOSKIE ŻÓŁWIE	K-30	42	00:01:18	00:26:09.25	00:27:28.10	+00:08:16 (31.7%)	5:14	11.5 (68.5%)
43	MARGAŃSKA Anna	14		K-30	43	00:01:12	00:26:10.40	00:27:23.10	+00:08:17 (31.7%)	5:14	11.5 (68.5%)
44	KRUSZYŃSKA Anna	1155		K-30	44	00:00:41	00:26:10.70	00:26:52.65	+00:08:18 (31.7%)	5:14	11.5 (68.5%)
45	LEWANDOWSKA Izabela	531		K-30	45	00:00:30	00:26:11.70	00:26:42.15	+00:08:19 (31.8%)	5:14	11.5 (68.5%)
46	WAWRZYŃIAK Karolina	736		K-30	46	00:00:56	00:26:12.75	00:27:08.95	+00:08:20 (31.8%)	5:14	11.5 (68.5%)
47	PŁACZKOWSKA Magdalena	740		K-30	47	00:00:55	00:26:13.30	00:27:09.00	+00:08:20 (31.8%)	5:14	11.4 (67.9%)
48	SZABLINSKA Honorata	573		K-30	48	00:00:21	00:26:15.65	00:26:36.90	+00:08:23 (31.9%)	5:15	11.4 (67.9%)
49	LASKOWSKA Aleksandra	1433		K-30	49	00:01:09	00:26:18.15	00:27:27.50	+00:08:25 (32.0%)	5:15	11.4 (67.9%)
50	KROPIDŁOWSKA Magdalena	330	OCELOTY KRUSZYN KRAJEŃSKI	K-30	50	00:01:23	00:26:21.15	00:27:44.95	+00:08:28 (32.2%)	5:16	11.4 (67.9%)
51	WASILEWSKA Agata	1142	AMS	K-30	51	00:00:41	00:26:22.25	00:27:03.85	+00:08:29 (32.2%)	5:16	11.4 (67.9%)
52	GÓRSKA Joanna	1071		K-30	52	00:00:32	00:26:27.85	00:27:00.80	+00:08:35 (32.5%)	5:17	11.3 (67.3%)
53	WOJTYSIAK Dorota	721		K-30	53	00:01:31	00:26:42.35	00:28:13.80	+00:08:49 (33.1%)	5:20	11.2 (66.7%)
54	SEMPOWICZ Paulina	1450	OFTALMIKA	K-30	54	00:00:51	00:26:42.60	00:27:34.25	+00:08:50 (33.1%)	5:20	11.2 (66.7%)
55	SIUDZIŃSKA Anna	224	#BBKTS	K-30	55	00:00:46	00:26:42.95	00:27:29.40	+00:08:50 (33.1%)	5:20	11.2 (66.7%)
56	BOROWICKA Anna	1060		K-30	56	00:00:30	00:26:43.50	00:27:14.20	+00:08:50 (33.1%)	5:20	11.2 (66.7%)
57	WOSICKA Wanda	1365		K-30	57	00:01:09	00:26:47.05	00:27:56.95	+00:08:54 (33.3%)	5:21	11.2 (66.7%)
58	GACA Annamaria	700		K-30	58	00:01:46	00:26:47.50	00:28:33.55	+00:08:54 (33.3%)	5:21	11.2 (66.7%)
59	SZPYT Anna	1153		K-30	59	00:00:47	00:26:53.45	00:27:41.15	+00:09:00 (33.5%)	5:22	11.2 (66.7%)
60	KOPACZ Hanka	792	PO SWOJEMU	K-30	60	00:00:48	00:26:53.60	00:27:42.00	+00:09:01 (33.5%)	5:22	11.2 (66.7%)
61	PODOSEK Magdalena	247	BYDGOSZCZ	K-30	61	00:00:40	00:26:55.35	00:27:36.25	+00:09:02 (33.6%)	5:23	11.1 (66.1%)
62	WYRĄBKIEWICZ Hanna	605		K-30	62	00:00:20	00:26:59.60	00:27:19.85	+00:09:07 (33.8%)	5:23	11.1 (66.1%)
63	MROCZEK Barbara	574		K-30	63	00:00:22	00:27:00.70	00:27:23.35	+00:09:08 (33.8%)	5:24	11.1 (66.1%)
64	BREWIŃSKA Magdalena	800		K-30	64	00:00:47	00:27:07.85	00:27:55.65	+00:09:15 (34.1%)	5:25	11.1 (66.1%)
65	CHABOWSKA Paulina	1139		K-30	65	00:00:23	00:27:11.00	00:27:34.75	+00:09:18 (34.2%)	5:26	11 (65.5%)
66	BORAKIEWICZ Agnieszka	225		K-30	66	00:01:17	00:27:14.55	00:28:31.70	+00:09:22 (34.4%)	5:26	11 (65.5%)
67	WYRWIAK Iwona	662		K-30	67	00:01:30	00:27:20.15	00:28:50.65	+00:09:27 (34.6%)	5:28	11 (65.5%)
68	BŁĄŻEK Kasia	460		K-30	68	00:00:36	00:27:21.30	00:27:57.85	+00:09:28 (34.7%)	5:28	11 (65.5%)
69	TOKARSKA Alicja	160	VEGE RUNNERS	K-30	69	00:00:31	00:27:21.55	00:27:53.20	+00:09:29 (34.7%)	5:28	11 (65.5%)
70	TUROWSKA Patrycja	1441		K-30	70	00:00:52	00:27:21.90	00:28:14.15	+00:09:29 (34.7%)	5:28	11 (65.5%)
71	TOBOLSKA Małgorzata	125		K-30	71	00:01:24	00:27:35.00	00:28:59.50	+00:09:42 (35.2%)	5:31	10.9 (64.9%)
72	PACZKOWSKA Joanna	1036	TRISPACE	K-30	72	00:01:20	00:27:38.70	00:28:59.35	+00:09:46 (35.3%)	5:31	10.8 (64.3%)
73	PRZYBYŁA Agnieszka	438		K-30	73	00:00:41	00:27:41.40	00:28:22.65	+00:09:48 (35.4%)	5:32	10.8 (64.3%)
74	KEMPIŃSKA Beata	70		K-30	74	00:00:38	00:27:43.35	00:28:21.60	+00:09:50 (35.5%)	5:32	10.8 (64.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto	brutto			
75	LEWANDOWSKA Sylwia	119		K-30	75	00:01:03	00:27:43.85	00:28:47.30	+00:09:51 (35.5%)	5:32	10.8 (64.3%)
76	GNIOT Bożena	419		K-30	76	00:00:52	00:27:45.60	00:28:37.95	+00:09:53 (35.6%)	5:33	10.8 (64.3%)
77	ORNATOWSKA Magdalena	1243	GORDON RUN	K-30	77	00:00:52	00:27:49.05	00:28:41.20	+00:09:56 (35.7%)	5:33	10.8 (64.3%)
78	WOJTYSIAK Alicja	1104		K-30	78	00:00:09	00:27:49.40	00:27:59.15	+00:09:56 (35.8%)	5:34	10.8 (64.3%)
79	WŁODARSKA Magdalena	622		K-30	79	00:00:45	00:27:55.25	00:28:40.55	+00:10:02 (36.0%)	5:35	10.7 (63.7%)
80	MACIOS Monika	495		K-30	80	00:00:13	00:27:57.75	00:28:11.25	+00:10:05 (36.1%)	5:35	10.7 (63.7%)
81	OJRZANOWSKA Maria	606		K-30	81	00:00:54	00:27:58.35	00:28:52.50	+00:10:05 (36.1%)	5:35	10.7 (63.7%)
82	WIŚNIEWSKA-KACZOR Iga	720		K-30	82	00:01:10	00:27:59.85	00:29:09.95	+00:10:07 (36.2%)	5:35	10.7 (63.7%)
83	SOBOTA Beata	190		K-30	83	00:00:57	00:28:01.00	00:28:58.30	+00:10:08 (36.2%)	5:36	10.7 (63.7%)
84	KOCZWARA Katarzyna	1054	KLINIKA TRIATHLONU BYDGOSZCZ	K-30	84	00:00:14	00:28:05.15	00:28:19.80	+00:10:12 (36.4%)	5:37	10.7 (63.7%)
85	MAN Beata	1334	..	K-30	85	00:00:23	00:28:06.10	00:28:29.70	+00:10:13 (36.4%)	5:37	10.7 (63.7%)
86	WIATROWSKA Kasia	1087		K-30	86	00:00:13	00:28:07.25	00:28:20.85	+00:10:14 (36.4%)	5:37	10.7 (63.7%)
87	ZAGOŹDŻON Wioleta	28	SOLECCY BIEGACZE	K-30	87	00:01:03	00:28:07.90	00:29:10.95	+00:10:15 (36.5%)	5:37	10.7 (63.7%)
88	LEWANDOWSKA Agnieszka	33		K-30	88	00:01:12	00:28:12.05	00:29:24.45	+00:10:19 (36.6%)	5:38	10.6 (63.1%)
89	WALCZAK Joanna	642		K-30	89	00:00:42	00:28:14.60	00:28:57.25	+00:10:22 (36.7%)	5:39	10.6 (63.1%)
90	KRZEMIŃSKA Jolanta	1115		K-30	90	00:00:47	00:28:24.35	00:29:11.75	+00:10:31 (37.1%)	5:40	10.6 (63.1%)
91	KOZERA Joanna	1482	#BBKTS	K-30	91	00:00:31	00:28:25.45	00:28:56.45	+00:10:32 (37.1%)	5:41	10.6 (63.1%)
92	CZARNECKA -PIJAROWSKA Dominika	1146	KU BLISKOŚCI	K-30	92	00:00:58	00:28:28.70	00:29:27.05	+00:10:36 (37.2%)	5:41	10.5 (62.5%)
93	MICHNIEWICZ Małgorzata	1285		K-30	93	00:00:39	00:28:32.10	00:29:11.75	+00:10:39 (37.4%)	5:42	10.5 (62.5%)
94	NAWROCKA Joanna	404	VAUPE TEAM	K-30	94	00:00:02	00:28:34.65	00:28:37.05	+00:10:42 (37.4%)	5:43	10.5 (62.5%)
95	RUTKOWSKA Virginia	159	ATOS/KLINIKA TRIATHLONU	K-30	95	00:00:16	00:28:36.20	00:28:52.70	+00:10:43 (37.5%)	5:43	10.5 (62.5%)
96	STRZAŁKOWSKA-WARMUZ Iwona	229		K-30	96	00:00:53	00:28:52.15	00:29:46.00	+00:10:59 (38.1%)	5:46	10.4 (61.9%)
97	DRESLERSKA Agnieszka	197	TEAM KUCYKI	K-30	97	00:01:07	00:28:53.10	00:30:00.55	+00:11:00 (38.1%)	5:46	10.4 (61.9%)
98	GUTKOWSKA Agnieszka	50	BANDA LYSEGO	K-30	98	00:01:21	00:28:54.30	00:30:15.75	+00:11:01 (38.2%)	5:46	10.4 (61.9%)
99	LEWANDOWSKA Magdalena	109		K-30	99	00:01:21	00:28:54.65	00:30:15.95	+00:11:02 (38.2%)	5:46	10.4 (61.9%)
100	BRAĞIEL Anna	1158		K-30	100	00:01:23	00:28:57.70	00:30:21.45	+00:11:05 (38.3%)	5:47	10.4 (61.9%)
101	GRUŻEWSKA Justyna	716		K-30	101	00:00:55	00:29:02.10	00:29:57.75	+00:11:09 (38.4%)	5:48	10.3 (61.3%)
102	RADZIŃSKA Joanna	545	EXIMO EXTREME TEAM	K-30	102	00:01:09	00:29:03.25	00:30:12.70	+00:11:10 (38.5%)	5:48	10.3 (61.3%)
103	ZDUNKIEWICZ Hanna	177		K-30	103	00:01:34	00:29:03.65	00:30:37.95	+00:11:11 (38.5%)	5:48	10.3 (61.3%)
104	STEFAŃSKA Wiesława	175		K-30	104	00:01:33	00:29:03.70	00:30:37.45	+00:11:11 (38.5%)	5:48	10.3 (61.3%)
105	TRUŚ Karolina	826		K-30	105	00:01:00	00:29:04.25	00:30:05.05	+00:11:11 (38.5%)	5:49	10.3 (61.3%)
106	JARUSZEWSKA Joanna	876		K-30	106	00:01:02	00:29:05.70	00:30:08.00	+00:11:13 (38.6%)	5:49	10.3 (61.3%)
107	ADAMCZYK - FRANKOWSKA Anna	1412		K-30	107	00:00:36	00:29:06.05	00:29:42.20	+00:11:13 (38.6%)	5:49	10.3 (61.3%)
108	PIKULIK Natalia	310		K-30	108	00:01:27	00:29:08.30	00:30:36.25	+00:11:15 (38.7%)	5:49	10.3 (61.3%)
109	BILON-MOLENDA Alicja	1075		K-30	109	00:00:25	00:29:08.40	00:29:33.45	+00:11:15 (38.7%)	5:49	10.3 (61.3%)
110	PIEKARSKA Joanna	753		K-30	110	00:01:01	00:29:10.55	00:30:12.30	+00:11:18 (38.7%)	5:50	10.3 (61.3%)
111	SZCZYPIŃSKA Justyna	226		K-30	111	00:00:05	00:29:12.10	00:29:17.85	+00:11:19 (38.8%)	5:50	10.3 (61.3%)
112	ZIELIŃSKA Justyna	32		K-30	112	00:00:26	00:29:13.65	00:29:40.05	+00:11:21 (38.8%)	5:50	10.3 (61.3%)
113	SZYMAŃSKA Adrianna	854		K-30	113	00:00:29	00:29:18.70	00:29:47.85	+00:11:26 (39.0%)	5:51	10.2 (60.7%)
114	KUCZMA Monika	1422	TRISPACE	K-30	114	00:01:28	00:29:34.40	00:31:03.10	+00:11:41 (39.6%)	5:55	10.1 (60.1%)
115	MAGIEROWSKA-GRUBICH Daria	609		K-30	115	00:00:59	00:29:44.25	00:30:43.55	+00:11:51 (39.9%)	5:56	10.1 (60.1%)
116	RADOMSKA Marta	1002	LOS KUMPLOS	K-30	116	00:00:56	00:29:47.95	00:30:44.70	+00:11:55 (40.0%)	5:57	10.1 (60.1%)
117	BEDNARCZYK Joanna	1134	AXA RUNNING TEAM	K-30	117	00:00:44	00:29:48.35	00:30:32.45	+00:11:55 (40.0%)	5:57	10.1 (60.1%)
118	OSTROWSKA Renata	889		K-30	118	00:00:54	00:29:51.80	00:30:46.05	+00:11:59 (40.1%)	5:58	10 (59.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
119	HINZ-BRYLEW Natalia	403	PRZYCHODNIA ROMET	K-30	119	00:01:38	00:29:54.45	00:31:32.45	+00:12:01 (40.2%)	5:58	10 (59.5%)
120	ZIELIŃSKA Marzena	552		K-30	120	00:01:42	00:29:56.10	00:31:38.80	+00:12:03 (40.3%)	5:59	10 (59.5%)
121	BUJAK Olga	559		K-30	121	00:01:25	00:30:03.20	00:31:28.90	+00:12:10 (40.5%)	6:00	10 (59.5%)
121	KUBIAK Katarzyna	560		K-30	122	00:01:25	00:30:03.20	00:31:28.75	+00:12:10 (40.5%)	6:00	10 (59.5%)
123	OŻGA Agnieszka	56		K-30	123	00:00:35	00:30:06.35	00:30:42.25	+00:12:13 (40.6%)	6:01	10 (59.5%)
124	MUCHA-BOINSKA Anna	894		K-30	124	00:00:09	00:30:07.50	00:30:16.85	+00:12:14 (40.7%)	6:01	10 (59.5%)
125	ŚWIERCZYŃSKA Anna	1496	ATHLETICOMED.PL	K-30	125	00:01:37	00:30:18.45	00:31:55.65	+00:12:25 (41.0%)	6:03	9.9 (58.9%)
126	GORZYCKA Ewa	791		K-30	126	00:01:34	00:30:19.55	00:31:54.10	+00:12:27 (41.1%)	6:04	9.9 (58.9%)
127	BIELUSZEWSKA Mirela	596	BBTS	K-30	127	00:01:20	00:30:25.90	00:31:46.55	+00:12:33 (41.3%)	6:05	9.9 (58.9%)
128	ŁUKASZCZYK Joanna	1484		K-30	128	00:01:39	00:30:26.00	00:32:05.40	+00:12:33 (41.3%)	6:05	9.9 (58.9%)
129	MICHTA Iwona	765	SPÓJNIA BIAŁE BŁOTA	K-30	129	00:01:20	00:30:26.20	00:31:46.45	+00:12:33 (41.3%)	6:05	9.9 (58.9%)
130	REINKE Joanna	1280		K-30	130	00:00:05	00:30:28.70	00:30:34.30	+00:12:36 (41.3%)	6:05	9.8 (58.3%)
131	LEWANDOWSKA Malwina	1358		K-30	131	00:01:25	00:30:30.45	00:31:55.60	+00:12:37 (41.4%)	6:06	9.8 (58.3%)
132	WÓJCIK Anna	108		K-30	132	00:00:59	00:30:33.80	00:31:32.80	+00:12:41 (41.5%)	6:06	9.8 (58.3%)
133	GERUZEL Paulina	640		K-30	133	00:00:16	00:30:34.30	00:30:50.80	+00:12:41 (41.5%)	6:06	9.8 (58.3%)
134	URBAŃSKA Agnieszka	372		K-30	134	00:01:33	00:30:48.45	00:32:22.20	+00:12:55 (42.0%)	6:09	9.7 (57.7%)
135	BIERNACKA Anna	810		K-30	135	00:01:32	00:30:48.55	00:32:21.00	+00:12:56 (42.0%)	6:09	9.7 (57.7%)
136	SASIN-MATTHEWS Anna	1424	OFTALMIKA	K-30	136	00:00:53	00:30:49.00	00:31:42.55	+00:12:56 (42.0%)	6:09	9.7 (57.7%)
137	KRAJEWSKA Jagoda	1436		K-30	137	00:01:27	00:30:51.80	00:32:19.15	+00:12:59 (42.1%)	6:10	9.7 (57.7%)
138	BOROWIAK Agnieszka	1469	TEAM RUN KCYNIA	K-30	138	00:00:03	00:30:52.80	00:30:55.85	+00:13:00 (42.1%)	6:10	9.7 (57.7%)
139	TWARDOWSKA Sylwia	802		K-30	139	00:00:06	00:30:53.90	00:31:00.25	+00:13:01 (42.1%)	6:10	9.7 (57.7%)
140	PODEMSKA Patrycja	935		K-30	140	00:01:42	00:30:54.40	00:32:36.60	+00:13:01 (42.2%)	6:10	9.7 (57.7%)
141	HAMES Dorota	734		K-30	141	00:01:18	00:30:56.70	00:32:15.25	+00:13:04 (42.2%)	6:11	9.7 (57.7%)
142	LORENC-KRUSZYŃSKA Sylwia	346		K-30	142	00:01:03	00:31:08.85	00:32:12.60	+00:13:16 (42.6%)	6:13	9.6 (57.1%)
143	KRÓLAK Anna	831		K-30	143	00:00:22	00:31:11.35	00:31:34.20	+00:13:18 (42.7%)	6:14	9.6 (57.1%)
144	CILSKA Agnieszka	1432		K-30	144	00:00:45	00:31:12.85	00:31:58.75	+00:13:20 (42.7%)	6:14	9.6 (57.1%)
145	NOWAKOWSKA Marta	1123	DEAF	K-30	145	00:00:10	00:31:13.05	00:31:23.70	+00:13:20 (42.7%)	6:14	9.6 (57.1%)
146	DRAUS-LATAŁA Katarzyna	1326		K-30	146	00:00:03	00:31:28.20	00:31:31.35	+00:13:35 (43.2%)	6:17	9.5 (56.5%)
147	ŚWINOGA Karolina	614		K-30	147	00:01:31	00:31:30.60	00:33:01.65	+00:13:38 (43.3%)	6:18	9.5 (56.5%)
148	ZIELIŃSKA Aleksandra	901		K-30	148	00:00:51	00:31:31.95	00:32:23.40	+00:13:39 (43.3%)	6:18	9.5 (56.5%)
149	KONOWALSKA Agnieszka	283		K-30	149	00:01:36	00:31:49.45	00:33:25.80	+00:13:56 (43.8%)	6:21	9.4 (56.0%)
150	DUTKIEWICZ Urszula	751	TKKF KOLEJARZ BYDGOSZCZ	K-30	150	00:01:16	00:31:50.85	00:33:06.95	+00:13:58 (43.9%)	6:22	9.4 (56.0%)
151	WYPYCH-KLUNDER Katarzyna	719		K-30	151	00:00:28	00:31:51.45	00:32:20.20	+00:13:58 (43.9%)	6:22	9.4 (56.0%)
152	MOCARSKA Monika	1390	PRZYJACIÓŁKI	K-30	152	00:00:39	00:32:10.05	00:32:49.60	+00:14:17 (44.4%)	6:26	9.3 (55.4%)
153	BALCERZAK DANILEWICZ Katarzyna	1409		K-30	153	00:00:35	00:32:32.75	00:33:08.05	+00:14:40 (45.1%)	6:30	9.2 (54.8%)
154	SKOWRON Monika	657		K-30	154	00:01:27	00:32:33.20	00:34:00.65	+00:14:40 (45.1%)	6:30	9.2 (54.8%)
155	LENC Agnieszka	1207	POLONIA BYDGOSZCZ	K-30	155	00:01:33	00:32:35.75	00:34:08.95	+00:14:43 (45.2%)	6:31	9.2 (54.8%)
156	KĄTNIK Dorota	253	RUN PASJA	K-30	156	00:00:18	00:32:48.35	00:33:06.75	+00:14:55 (45.5%)	6:33	9.1 (54.2%)
157	OLSZEWSKA Karolina	712		K-30	157	00:01:12	00:32:58.50	00:34:10.65	+00:15:05 (45.8%)	6:35	9.1 (54.2%)
158	CZAJKOWSKA Patrycja	1178		K-30	158	00:00:16	00:33:22.50	00:33:39.10	+00:15:29 (46.4%)	6:40	9 (53.6%)
159	RYBKA Magdalena	42	NOKIA TEAM	K-30	159	00:00:45	00:33:22.55	00:34:07.55	+00:15:30 (46.4%)	6:40	9 (53.6%)
160	NOWAKOWSKA Anna	143		K-30	160	00:01:16	00:34:09.10	00:35:25.95	+00:16:16 (47.7%)	6:49	8.8 (52.4%)
161	KISZKA Justyna	208	RUN PASJA	K-30	161	00:00:51	00:34:10.75	00:35:01.80	+00:16:18 (47.7%)	6:50	8.8 (52.4%)
162	FURGAŁA-KUJAWA Anna	598		K-30	162	00:01:02	00:34:23.85	00:35:26.10	+00:16:31 (48.0%)	6:52	8.7 (51.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
163	MARĆ Natalia	1388		K-30	163	00:01:07	00:35:23.80	00:36:31.75	+00:17:31 (49.5%)	7:04	8.5 (50.6%)
164	KUBOWICZ-KAMIŃSKA Hania	78	QBOWICZ RODZINNA MAFIA BIEGOWA	K-30	164	00:01:12	00:36:13.80	00:37:26.10	+00:18:21 (50.7%)	7:14	8.3 (49.4%)
165	KOWALSKA Anna	972		K-30	165	00:01:35	00:36:19.25	00:37:54.25	+00:18:26 (50.8%)	7:15	8.3 (49.4%)
166	KALINOWSKA Joanna	709		K-30	166	00:00:33	00:36:22.35	00:36:55.85	+00:18:29 (50.9%)	7:16	8.2 (48.8%)
167	ROGOZIECKA Paulina	1307		K-30	167	00:00:03	00:36:24.85	00:36:28.05	+00:18:32 (50.9%)	7:17	8.2 (48.8%)
168	SCHUETZMANN Patrycja	969		K-30	168	00:01:22	00:37:13.10	00:38:35.65	+00:19:20 (52.0%)	7:26	8.1 (48.2%)
169	WIECZOREK Jolanta	147		K-30	169	00:01:37	00:37:20.85	00:38:58.10	+00:19:28 (52.1%)	7:28	8 (47.6%)
170	WENGLER Paulina	780		K-30	170	00:00:29	00:37:29.60	00:37:58.85	+00:19:37 (52.3%)	7:29	8 (47.6%)
171	RAPKIEWICZ Ilona	1466		K-30	171	00:00:43	00:38:06.45	00:38:49.45	+00:20:13 (53.1%)	7:37	7.9 (47.0%)
172	GÓRSKA Joanna	202	TASAK TEAM	K-30	172	00:01:42	00:39:15.40	00:40:57.75	+00:21:22 (54.5%)	7:51	7.6 (45.2%)
173	RUDNICKA Karolina	174	TASAK TEAM	K-30	173	00:01:42	00:39:16.05	00:40:58.05	+00:21:23 (54.5%)	7:51	7.6 (45.2%)
174	KROPIŃSKA Monika	865		K-30	174	00:01:33	00:39:24.50	00:40:57.95	+00:21:31 (54.6%)	7:52	7.6 (45.2%)
175	FEDOROWSKA Joanna	575		K-30	175	00:01:35	00:41:20.35	00:42:56.05	+00:23:27 (56.8%)	8:16	7.3 (43.5%)

Znaleziono 175 wynik(ów)