



# BYDGOSKI BIEG NIEPODLEGŁOŚCI 2021

B4SPORT

**Organizator:** Aktywna Bydgoszcz  
**Data:** 2021-11-11  
**Miejsce:** Bydgoszcz  
**Dystans:** 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	<b>SZENK Marta</b>	<b>138</b>		K-40	1	00:00:04	<b>00:19:21.30</b>	<b>00:19:25.60</b>		3:52	15.5 (100%)
2	<b>TOMCZYK Agata</b>	<b>521</b>	SLA POLONIA BYDGOSZCZ	K-30	1	00:00:05	<b>00:19:48.35</b>	<b>00:19:53.75</b>	+00:00:27 (2.3%)	3:57	15.2 (98.1%)
3	<b>WOŹNIAKOWSKA Agata</b>	<b>916</b>	WTLENIE.PL	K-30	2	00:00:00	<b>00:20:40.50</b>	<b>00:20:40.50</b>	+00:01:19 (6.4%)	4:08	14.5 (93.5%)
4	<b>WADZIŃSKA Paulina</b>	<b>57</b>	TEAMOCHAL	K-30	3	00:00:06	<b>00:21:34.10</b>	<b>00:21:41.05</b>	+00:02:12 (10.3%)	4:18	13.9 (89.7%)
5	<b>SKORNIA Eliza</b>	<b>191</b>	PARKA BIEGA	K-20	1	00:00:10	<b>00:22:12.30</b>	<b>00:22:23.15</b>	+00:02:51 (12.8%)	4:26	13.5 (87.1%)
6	<b>BŁAŻEJAK Krzysztofa</b>	<b>907</b>	WTLENIE.PL	K-40	2	00:00:05	<b>00:22:18.70</b>	<b>00:22:24.40</b>	+00:02:57 (13.3%)	4:27	13.5 (87.1%)
7	<b>STĘPNIEWSKA Marta</b>	<b>136</b>		K-30	4	00:00:04	<b>00:22:19.05</b>	<b>00:22:23.20</b>	+00:02:57 (13.3%)	4:27	13.4 (86.5%)
8	<b>DOBRZYŃSKA Ewa</b>	<b>1042</b>		K-30	5	00:00:05	<b>00:22:22.85</b>	<b>00:22:28.45</b>	+00:03:01 (13.5%)	4:28	13.4 (86.5%)
9	<b>ŁUKASZEWSKA Ewelina</b>	<b>1082</b>		K-30	6	00:00:18	<b>00:22:25.00</b>	<b>00:22:43.10</b>	+00:03:03 (13.7%)	4:29	13.4 (86.5%)
10	<b>CENDROWSKA Weronika</b>	<b>787</b>		K-20	2	00:00:30	<b>00:22:31.55</b>	<b>00:23:01.75</b>	+00:03:10 (14.1%)	4:30	13.3 (85.8%)
11	<b>WITEK Magdalena</b>	<b>251</b>		K-20	3	00:00:13	<b>00:22:35.60</b>	<b>00:22:49.55</b>	+00:03:14 (14.3%)	4:31	13.3 (85.8%)
12	<b>MENDEL Magdalena</b>	<b>1090</b>	TM IRON TEAM	K-30	7	00:00:04	<b>00:22:39.15</b>	<b>00:22:43.45</b>	+00:03:17 (14.6%)	4:31	13.2 (85.2%)
13	<b>URBAŃSKA Ewa</b>	<b>179</b>	TM IRON TEAM	K-40	3	00:00:07	<b>00:22:45.95</b>	<b>00:22:53.70</b>	+00:03:24 (15.0%)	4:33	13.2 (85.2%)
14	<b>RACZKO Agata</b>	<b>953</b>		K-30	8	00:00:37	<b>00:22:59.20</b>	<b>00:23:36.20</b>	+00:03:37 (15.8%)	4:35	13.1 (84.5%)
15	<b>MICHALIK Joanna</b>	<b>106</b>		K-40	4	00:00:38	<b>00:23:08.05</b>	<b>00:23:46.50</b>	+00:03:46 (16.3%)	4:37	13 (83.9%)
16	<b>PIEŁOWSKA Roma</b>	<b>821</b>		K-20	4	00:00:11	<b>00:23:15.35</b>	<b>00:23:27.15</b>	+00:03:54 (16.8%)	4:39	12.9 (83.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
17	<b>STRAMEK Marta</b>	<b>638</b>		K-20	5	00:00:27	<b>00:23:22.80</b>	<b>00:23:50.50</b>	+00:04:01 (17.2%)	4:40	12.8 (82.6%)
18	<b>ANDRZEJEWSKA Sylwia</b>	<b>992</b>		K-30	9	00:00:05	<b>00:23:25.30</b>	<b>00:23:31.15</b>	+00:04:04 (17.4%)	4:41	12.8 (82.6%)
19	<b>ZIMOSZ Wiktoria</b>	<b>337</b>		K-20	6	00:00:44	<b>00:23:41.50</b>	<b>00:24:25.75</b>	+00:04:20 (18.3%)	4:44	12.7 (81.9%)
20	<b>MROTEK Katarzyna</b>	<b>663</b>	AKADEMIA MISTRZÓW SPORTU	K-40	5	00:00:15	<b>00:23:43.90</b>	<b>00:23:59.45</b>	+00:04:22 (18.4%)	4:44	12.6 (81.3%)
21	<b>REDIS Szkółka Języka Angielskiego</b>	<b>468</b>	SZKÓŁKA JĘZYKA ANGIELSKIEGO AGATA REDIS	K-30	10	00:00:08	<b>00:23:59.00</b>	<b>00:24:07.05</b>	+00:04:37 (19.3%)	4:47	12.5 (80.6%)
22	<b>SZYMCZAK Elwira</b>	<b>777</b>		K-20	7	00:00:38	<b>00:24:04.50</b>	<b>00:24:42.60</b>	+00:04:43 (19.6%)	4:48	12.5 (80.6%)
23	<b>STROKOWSKA Paulina</b>	<b>1021</b>		K-20	8	00:00:09	<b>00:24:14.85</b>	<b>00:24:23.95</b>	+00:04:53 (20.2%)	4:50	12.4 (80.0%)
24	<b>POCZTÓŁ Paulina</b>	<b>1078</b>		K-30	11	00:00:26	<b>00:24:18.85</b>	<b>00:24:45.70</b>	+00:04:57 (20.4%)	4:51	12.3 (79.4%)
25	<b>BOHDANOWICZ Patrycja</b>	<b>26</b>		K-30	12	00:00:22	<b>00:24:26.60</b>	<b>00:24:49.00</b>	+00:05:05 (20.8%)	4:53	12.3 (79.4%)
26	<b>NALEWALSKA Justyna</b>	<b>79</b>	SERCE TYBETU	K-30	13	00:00:21	<b>00:24:27.85</b>	<b>00:24:49.15</b>	+00:05:06 (20.9%)	4:53	12.3 (79.4%)
27	<b>GURZYŃSKA Beata</b>	<b>823</b>		K-30	14	00:00:21	<b>00:24:31.25</b>	<b>00:24:53.20</b>	+00:05:09 (21.1%)	4:54	12.2 (78.7%)
28	<b>JASIŃSKA Małgorzata</b>	<b>1012</b>		K-40	6	00:01:12	<b>00:24:33.35</b>	<b>00:25:45.90</b>	+00:05:12 (21.2%)	4:54	12.2 (78.7%)
29	<b>CZYŻEWSKA Justyna</b>	<b>137</b>		K-30	15	00:00:15	<b>00:24:35.05</b>	<b>00:24:50.95</b>	+00:05:13 (21.3%)	4:55	12.2 (78.7%)
30	<b>MAJCHRZAK Kasia</b>	<b>355</b>		K-30	16	00:00:04	<b>00:24:36.50</b>	<b>00:24:40.65</b>	+00:05:15 (21.3%)	4:55	12.2 (78.7%)
31	<b>POLAŃCZYK Paulina</b>	<b>58</b>		K-30	17	00:01:02	<b>00:24:39.25</b>	<b>00:25:41.85</b>	+00:05:17 (21.5%)	4:55	12.2 (78.7%)
32	<b>FIRST Anna</b>	<b>342</b>		K-20	9	00:00:12	<b>00:24:41.40</b>	<b>00:24:53.65</b>	+00:05:20 (21.6%)	4:56	12.2 (78.7%)
33	<b>WOLAN Magdalena</b>	<b>62</b>	AMOREK	K-40	7	00:00:18	<b>00:24:42.40</b>	<b>00:25:01.25</b>	+00:05:21 (21.7%)	4:56	12.1 (78.1%)
34	<b>MARACH Kinga</b>	<b>1122</b>		K-50	1	00:00:37	<b>00:24:56.15</b>	<b>00:25:33.50</b>	+00:05:34 (22.4%)	4:59	12 (77.4%)
35	<b>BEDNAREK Marta</b>	<b>67</b>	CZARNE STOPY	K-40	8	00:00:32	<b>00:24:56.20</b>	<b>00:25:29.10</b>	+00:05:34 (22.4%)	4:59	12 (77.4%)
36	<b>TUROWSKA Patrycja</b>	<b>771</b>	TEAMOCHAL	K-30	18	00:00:14	<b>00:24:56.95</b>	<b>00:25:10.95</b>	+00:05:35 (22.4%)	4:59	12 (77.4%)
37	<b>ŚWIETLIK Michalina</b>	<b>517</b>	#SWIETLIKIFAMILJA	K-30	19	00:00:17	<b>00:25:03.50</b>	<b>00:25:20.60</b>	+00:05:42 (22.8%)	5:00	12 (77.4%)
38	<b>WAJER Marita</b>	<b>451</b>		K-20	10	00:00:40	<b>00:25:04.25</b>	<b>00:25:44.50</b>	+00:05:42 (22.8%)	5:00	12 (77.4%)
39	<b>KUBIS Sylwia</b>	<b>872</b>		K-40	9	00:01:15	<b>00:25:09.80</b>	<b>00:26:25.65</b>	+00:05:48 (23.1%)	5:01	11.9 (76.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
40	<b>PŁACHECKA Angelika</b>	<b>878</b>		K-20	11	00:00:38	<b>00:25:10.30</b>	<b>00:25:49.05</b>	+00:05:49 (23.1%)	5:02	11.9 (76.8%)
41	<b>LEWANDOWSKA Marlena</b>	<b>689</b>		K-20	12	00:00:34	<b>00:25:13.60</b>	<b>00:25:48.55</b>	+00:05:52 (23.3%)	5:02	11.9 (76.8%)
42	<b>MAŁKOWSKA Joanna</b>	<b>398</b>		K-30	20	00:00:00	<b>00:25:18.65</b>	<b>00:25:18.65</b>	+00:05:57 (23.5%)	5:03	11.9 (76.8%)
43	<b>WIECZOREK Sonita</b>	<b>371</b>		K-20	13	00:00:26	<b>00:25:21.50</b>	<b>00:25:48.25</b>	+00:06:00 (23.7%)	5:04	11.8 (76.1%)
44	<b>DROZDOWSKA Paulina</b>	<b>410</b>	M.A.D.M.E.P.	K-30	21	00:00:08	<b>00:25:22.05</b>	<b>00:25:30.45</b>	+00:06:00 (23.7%)	5:04	11.8 (76.1%)
45	<b>BAGNIEWSKA Małgorzata</b>	<b>1011</b>		K-30	22	00:01:13	<b>00:25:25.30</b>	<b>00:26:38.95</b>	+00:06:04 (23.9%)	5:05	11.8 (76.1%)
46	<b>CHYLIŃSKA Monika</b>	<b>70</b>	-	K-30	23	00:00:29	<b>00:25:26.25</b>	<b>00:25:55.35</b>	+00:06:04 (23.9%)	5:05	11.8 (76.1%)
47	<b>KUJDA Dorota</b>	<b>924</b>		K-40	10	00:00:10	<b>00:25:26.85</b>	<b>00:25:37.75</b>	+00:06:05 (23.9%)	5:05	11.8 (76.1%)
48	<b>MACIOSZEK Ewa</b>	<b>409</b>	M.A.D.M.E.P.	K-40	11	00:00:08	<b>00:25:31.60</b>	<b>00:25:40.40</b>	+00:06:10 (24.2%)	5:06	11.8 (76.1%)
49	<b>PIĄTEK Justyna</b>	<b>120</b>		K-30	24	00:00:17	<b>00:25:32.55</b>	<b>00:25:49.55</b>	+00:06:11 (24.2%)	5:06	11.7 (75.5%)
50	<b>BARTOS Ligia</b>	<b>963</b>	WTORKOWY TRENING	K-40	12	00:00:12	<b>00:25:35.15</b>	<b>00:25:47.60</b>	+00:06:13 (24.4%)	5:07	11.7 (75.5%)
51	<b>MASŁOWSKA Angelika</b>	<b>597</b>		K-30	25	00:00:39	<b>00:25:35.35</b>	<b>00:26:15.05</b>	+00:06:14 (24.4%)	5:07	11.7 (75.5%)
52	<b>DRÓZDŹ Małgorzata</b>	<b>84</b>		K-30	26	00:00:44	<b>00:25:36.90</b>	<b>00:26:21.40</b>	+00:06:15 (24.4%)	5:07	11.7 (75.5%)
53	<b>JĘDRZEJCZYK Iwona</b>	<b>818</b>		K-40	13	00:00:00	<b>00:25:40.70</b>	<b>00:25:40.70</b>	+00:06:19 (24.6%)	5:08	11.7 (75.5%)
54	<b>MELWIŃSKA Paulina</b>	<b>33</b>	RUN BYDGOSZCZ	K-40	14	00:00:24	<b>00:25:45.40</b>	<b>00:26:09.45</b>	+00:06:24 (24.9%)	5:09	11.7 (75.5%)
55	<b>DZIEŹA Roma</b>	<b>47</b>	RUN BYDGOSZCZ	K-50	2	00:00:24	<b>00:25:45.45</b>	<b>00:26:09.50</b>	+00:06:24 (24.9%)	5:09	11.7 (75.5%)
56	<b>SKRZĄTEK Anna</b>	<b>558</b>		K-40	15	00:00:26	<b>00:25:45.70</b>	<b>00:26:12.35</b>	+00:06:24 (24.9%)	5:09	11.7 (75.5%)
57	<b>SZOPINSKA Wiktoria</b>	<b>931</b>		K-10	1	00:00:47	<b>00:25:50.15</b>	<b>00:26:38.05</b>	+00:06:28 (25.1%)	5:10	11.6 (74.8%)
58	<b>JANECZKO Emilia</b>	<b>900</b>	SKRA PATEREK	K-30	27	00:00:09	<b>00:25:50.45</b>	<b>00:26:00.40</b>	+00:06:29 (25.1%)	5:10	11.6 (74.8%)
59	<b>GROBELNA Monika</b>	<b>95</b>		K-30	28	00:00:13	<b>00:25:50.75</b>	<b>00:26:04.10</b>	+00:06:29 (25.1%)	5:10	11.6 (74.8%)
60	<b>KLIN Paulina</b>	<b>554</b>		K-30	29	00:00:46	<b>00:25:54.35</b>	<b>00:26:41.00</b>	+00:06:33 (25.3%)	5:10	11.6 (74.8%)
61	<b>KRYSPIN Marta</b>	<b>986</b>	RUNPROGRESSTEAM	K-30	30	00:00:54	<b>00:25:54.60</b>	<b>00:26:49.55</b>	+00:06:33 (25.3%)	5:10	11.6 (74.8%)
62	<b>KRZESZEWSKA Agnieszka</b>	<b>357</b>		K-40	16	00:00:19	<b>00:25:58.10</b>	<b>00:26:17.70</b>	+00:06:36 (25.5%)	5:11	11.6 (74.8%)

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63	<b>SZOPINSKA Agnieszka</b>	<b>930</b>		K-40	17	00:00:59	<b>00:26:03.60</b>	<b>00:27:02.75</b>	+00:06:42 (25.7%)	5:12	11.5 (74.2%)
64	<b>KALEMBA Daria</b>	<b>395</b>		K-20	14	00:00:20	<b>00:26:06.40</b>	<b>00:26:26.85</b>	+00:06:45 (25.9%)	5:13	11.5 (74.2%)
65	<b>RASSALSKA-KAUSA Jola</b>	<b>903</b>		K-40	18	00:00:20	<b>00:26:06.60</b>	<b>00:26:26.85</b>	+00:06:45 (25.9%)	5:13	11.5 (74.2%)
66	<b>ROBACZEWSKA Lidia</b>	<b>368</b>		K-40	19	00:00:27	<b>00:26:10.90</b>	<b>00:26:38.05</b>	+00:06:49 (26.1%)	5:14	11.5 (74.2%)
67	<b>JELEŃ-KOTLAREK Agnieszka</b>	<b>119</b>	VEGE RUNNERS	K-30	31	00:00:21	<b>00:26:13.50</b>	<b>00:26:34.70</b>	+00:06:52 (26.2%)	5:14	11.4 (73.5%)
68	<b>MAJEWSKA Ryszarda</b>	<b>128</b>		K-60+	1	00:01:08	<b>00:26:14.20</b>	<b>00:27:22.35</b>	+00:06:52 (26.2%)	5:14	11.4 (73.5%)
69	<b>PIECZYŃSKA Joanna</b>	<b>71</b>		K-30	32	00:00:11	<b>00:26:19.35</b>	<b>00:26:31.25</b>	+00:06:58 (26.5%)	5:15	11.4 (73.5%)
70	<b>KUFLEWICZ Justyna</b>	<b>31</b>	MATKA TYMKA	K-30	33	00:00:22	<b>00:26:19.85</b>	<b>00:26:42.65</b>	+00:06:58 (26.5%)	5:15	11.4 (73.5%)
71	<b>RÓŻYCZKA Joanna</b>	<b>142</b>		K-30	34	00:00:34	<b>00:26:21.00</b>	<b>00:26:55.65</b>	+00:06:59 (26.5%)	5:16	11.4 (73.5%)
72	<b>MUSS Karolina</b>	<b>959</b>		K-40	20	00:01:18	<b>00:26:22.25</b>	<b>00:27:41.00</b>	+00:07:00 (26.6%)	5:16	11.4 (73.5%)
73	<b>GROCHOWSKA Zuzanna</b>	<b>69</b>		K-10	2	00:00:49	<b>00:26:29.40</b>	<b>00:27:19.05</b>	+00:07:08 (26.9%)	5:17	11.3 (72.9%)
74	<b>PRIETZ Monika</b>	<b>556</b>		K-30	35	00:01:10	<b>00:26:29.55</b>	<b>00:27:40.50</b>	+00:07:08 (26.9%)	5:17	11.3 (72.9%)
75	<b>KARCZEWSKA Arletta</b>	<b>117</b>	WHM POLSKA	K-40	21	00:00:33	<b>00:26:29.70</b>	<b>00:27:02.80</b>	+00:07:08 (26.9%)	5:17	11.3 (72.9%)
76	<b>PUZIO Justyna</b>	<b>814</b>		K-10	3	00:00:41	<b>00:26:30.35</b>	<b>00:27:11.90</b>	+00:07:09 (27.0%)	5:18	11.3 (72.9%)
77	<b>KLAWIKOWSKA Julita</b>	<b>107</b>	TKKF KOLEJARZ BYDGOSZCZ	K-30	36	00:00:06	<b>00:26:33.95</b>	<b>00:26:40.55</b>	+00:07:12 (27.1%)	5:18	11.3 (72.9%)
78	<b>KAJA Dominika</b>	<b>367</b>	KPCP SMUKAŁA	K-30	37	00:00:56	<b>00:26:38.60</b>	<b>00:27:34.75</b>	+00:07:17 (27.4%)	5:19	11.3 (72.9%)
79	<b>SIWAK Anna</b>	<b>526</b>		K-40	22	00:01:07	<b>00:26:43.85</b>	<b>00:27:51.70</b>	+00:07:22 (27.6%)	5:20	11.2 (72.3%)
80	<b>BOROWCZAK Julita</b>	<b>184</b>		K-30	38	00:00:10	<b>00:26:44.40</b>	<b>00:26:55.10</b>	+00:07:23 (27.6%)	5:20	11.2 (72.3%)
81	<b>POTRZEBOWSKA Agata</b>	<b>951</b>	DEAF	K-30	39	00:00:55	<b>00:26:46.50</b>	<b>00:27:41.50</b>	+00:07:25 (27.7%)	5:21	11.2 (72.3%)
82	<b>LASKOWSKA Aleksandra</b>	<b>576</b>		K-30	40	00:00:26	<b>00:26:46.60</b>	<b>00:27:12.65</b>	+00:07:25 (27.7%)	5:21	11.2 (72.3%)
83	<b>ZDANOWICZ Joanna</b>	<b>552</b>		K-10	4	00:00:43	<b>00:26:49.45</b>	<b>00:27:33.20</b>	+00:07:28 (27.8%)	5:21	11.2 (72.3%)
84	<b>WITKOWSKA Mariola</b>	<b>1038</b>		K-40	23	00:00:25	<b>00:26:49.75</b>	<b>00:27:15.10</b>	+00:07:28 (27.9%)	5:21	11.2 (72.3%)
85	<b>JACUK Julia</b>	<b>1007</b>	MKS ASTORIA	K-10	5	00:01:10	<b>00:26:52.50</b>	<b>00:28:02.70</b>	+00:07:31 (28.0%)	5:22	11.2 (72.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
86	WOŹNIAK Anna	405		K-50	3	00:00:20	00:26:52.90	00:27:13.40	+00:07:31 (28.0%)	5:22	11.2 (72.3%)
87	MAJEWSKA Monika	446		K-30	41	00:00:22	00:26:57.35	00:27:20.05	+00:07:36 (28.2%)	5:23	11.1 (71.6%)
88	ZUZA-WITKOWSKA Anna	1		K-50	4	00:01:02	00:26:59.90	00:28:02.00	+00:07:38 (28.3%)	5:23	11.1 (71.6%)
89	KALINOWSKA Patrycja	1088		K-30	42	00:01:10	00:27:06.55	00:28:16.75	+00:07:45 (28.6%)	5:25	11.1 (71.6%)
90	HERMAN Olga	910		K-20	15	00:00:24	00:27:07.85	00:27:32.20	+00:07:46 (28.7%)	5:25	11.1 (71.6%)
91	GESING Joanna	734		K-30	43	00:00:30	00:27:08.00	00:27:38.05	+00:07:46 (28.7%)	5:25	11.1 (71.6%)
92	KRUSZYŃSKA Anna	457		K-30	44	00:00:49	00:27:15.55	00:28:04.55	+00:07:54 (29.0%)	5:27	11 (71.0%)
93	RUMIANOWSKA Anna	364		K-30	45	00:00:04	00:27:16.20	00:27:20.80	+00:07:54 (29.0%)	5:27	11 (71.0%)
94	GRALAK Martyna	562		K-10	6	00:00:24	00:27:23.55	00:27:47.80	+00:08:02 (29.3%)	5:28	11 (71.0%)
95	SOBOLEWSKA Aleksandra	1046		K-20	16	00:00:10	00:27:23.90	00:27:34.25	+00:08:02 (29.4%)	5:28	11 (71.0%)
96	WOJTYSIAK Dorota	104		K-40	24	00:00:23	00:27:27.10	00:27:50.60	+00:08:05 (29.5%)	5:29	10.9 (70.3%)
97	GĘSICKA Marta	441		K-30	46	00:01:02	00:27:28.00	00:28:30.95	+00:08:06 (29.5%)	5:29	10.9 (70.3%)
98	ZAMIATOWSKA Kinga	531	BELLA LINE, NARTOROLKI BDG	K-40	25	00:00:26	00:27:30.45	00:27:56.90	+00:08:09 (29.6%)	5:30	10.9 (70.3%)
99	KARAKIEWICZ Marzena	876	BIEGACZE KCYNIA TEAM	K-50	5	00:00:28	00:27:32.00	00:28:00.15	+00:08:10 (29.7%)	5:30	10.9 (70.3%)
100	LAPKE Róża	147		K-30	47	00:00:30	00:27:33.20	00:28:04.10	+00:08:11 (29.8%)	5:30	10.9 (70.3%)
101	SZULC Magda	680	SZULC TEAM	K-40	26	00:00:53	00:27:40.05	00:28:33.05	+00:08:18 (30.0%)	5:32	10.8 (69.7%)
102	WOJTECKA Ewelina	445	MUZEUM SOLCA	K-30	48	00:01:09	00:27:41.05	00:28:50.75	+00:08:19 (30.1%)	5:32	10.8 (69.7%)
103	OKRĘGLICKA Barbara	1041		K-50	6	00:00:52	00:27:46.65	00:28:38.95	+00:08:25 (30.3%)	5:33	10.8 (69.7%)
104	BESS Ania	328		K-30	49	00:00:14	00:27:47.65	00:28:02.55	+00:08:26 (30.4%)	5:33	10.8 (69.7%)
105	KŁOS Kamila	1055	TG SOKÓŁ I	K-40	27	00:01:12	00:27:48.25	00:29:00.45	+00:08:26 (30.4%)	5:33	10.8 (69.7%)
106	ŻURYŃ Aldona	999	ORANGE POLSKA	K-40	28	00:00:59	00:27:49.00	00:28:48.55	+00:08:27 (30.4%)	5:33	10.8 (69.7%)
107	POLIWKA Ula	888	ABRAMCZYK	K-40	29	00:00:43	00:27:50.85	00:28:34.75	+00:08:29 (30.5%)	5:34	10.8 (69.7%)
108	DROSDOWSKA Klara	769		K-20	17	00:01:03	00:27:54.70	00:28:58.35	+00:08:33 (30.7%)	5:34	10.8 (69.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
109	<b>GAPINSKA Bogna</b>	<b>29</b>		K-30	50	00:00:09	<b>00:27:54.80</b>	<b>00:28:04.35</b>	+00:08:33 (30.7%)	5:34	10.8 (69.7%)
110	<b>CZECH Dominika</b>	<b>1091</b>		K-20	18	00:00:19	<b>00:27:55.85</b>	<b>00:28:14.85</b>	+00:08:34 (30.7%)	5:35	10.7 (69.0%)
111	<b>ŻEREK Magdalena</b>	<b>976</b>	KOLEGIUM KUJAWSKIE	K-40	30	00:00:37	<b>00:27:59.00</b>	<b>00:28:36.15</b>	+00:08:37 (30.8%)	5:35	10.7 (69.0%)
112	<b>JANKOWSKA Anna</b>	<b>932</b>		K-30	51	00:00:24	<b>00:28:00.10</b>	<b>00:28:24.75</b>	+00:08:38 (30.9%)	5:36	10.7 (69.0%)
113	<b>FELKNER Alicja</b>	<b>502</b>		K-10	7	00:01:24	<b>00:28:04.45</b>	<b>00:29:28.80</b>	+00:08:43 (31.1%)	5:36	10.7 (69.0%)
114	<b>GRACZKOWSKA Mirosława</b>	<b>192</b>		K-50	7	00:01:07	<b>00:28:07.80</b>	<b>00:29:15.30</b>	+00:08:46 (31.2%)	5:37	10.7 (69.0%)
115	<b>LENSER Ewa</b>	<b>473</b>	MUZEUM SOLCA	K-40	31	00:01:09	<b>00:28:09.50</b>	<b>00:29:19.25</b>	+00:08:48 (31.3%)	5:37	10.7 (69.0%)
116	<b>MAJEWSKA Barbara</b>	<b>450</b>		K-40	32	00:00:13	<b>00:28:10.00</b>	<b>00:28:23.50</b>	+00:08:48 (31.3%)	5:38	10.7 (69.0%)
117	<b>PRZYBYLSKA Karolina</b>	<b>61</b>		K-30	52	00:00:46	<b>00:28:13.65</b>	<b>00:29:00.45</b>	+00:08:52 (31.4%)	5:38	10.6 (68.4%)
118	<b>NOWICKA Małgorzata</b>	<b>572</b>		K-20	19	00:00:36	<b>00:28:15.00</b>	<b>00:28:51.85</b>	+00:08:53 (31.5%)	5:39	10.6 (68.4%)
119	<b>JAWORSKA KACZMAREK Sylwia</b>	<b>420</b>	#4FAJTER	K-40	33	00:00:39	<b>00:28:16.45</b>	<b>00:28:55.90</b>	+00:08:55 (31.5%)	5:39	10.6 (68.4%)
120	<b>BARAŃSKA Sylwia</b>	<b>958</b>	PARKRUN BYDGOSZCZ	K-40	34	00:00:37	<b>00:28:19.90</b>	<b>00:28:57.25</b>	+00:08:58 (31.7%)	5:39	10.6 (68.4%)
121	<b>KEMNITZ Agnieszka</b>	<b>275</b>	BIEGACZE KCYNIA TEAM	K-30	53	00:00:28	<b>00:28:23.50</b>	<b>00:28:51.50</b>	+00:09:02 (31.8%)	5:40	10.6 (68.4%)
122	<b>MAŁKIŃSKA-BIĘGA Dorota</b>	<b>655</b>		K-30	54	00:00:52	<b>00:28:24.15</b>	<b>00:29:16.35</b>	+00:09:02 (31.9%)	5:40	10.6 (68.4%)
123	<b>KOZICKA Magdalena</b>	<b>755</b>		K-20	20	00:01:22	<b>00:28:25.75</b>	<b>00:29:48.05</b>	+00:09:04 (31.9%)	5:41	10.6 (68.4%)
124	<b>WESOŁOWSKA Aleksandra</b>	<b>171</b>		K-40	35	00:00:14	<b>00:28:25.85</b>	<b>00:28:40.20</b>	+00:09:04 (31.9%)	5:41	10.6 (68.4%)
125	<b>PIONTEK Elżbieta</b>	<b>30</b>		K-60+	2	00:00:09	<b>00:28:26.50</b>	<b>00:28:35.75</b>	+00:09:05 (31.9%)	5:41	10.6 (68.4%)
126	<b>BARWIKOWSKA Bogusia</b>	<b>1048</b>		K-40	36	00:01:09	<b>00:28:29.25</b>	<b>00:29:39.20</b>	+00:09:07 (32.1%)	5:41	10.5 (67.7%)
127	<b>POLACKA Jadwiga</b>	<b>225</b>	BIEGAJ Z DĘBAMI	K-40	37	00:01:20	<b>00:28:30.05</b>	<b>00:29:50.45</b>	+00:09:08 (32.1%)	5:42	10.5 (67.7%)
128	<b>SPYCHALSKA Kinga</b>	<b>39</b>		K-30	55	00:01:12	<b>00:28:30.65</b>	<b>00:29:42.70</b>	+00:09:09 (32.1%)	5:42	10.5 (67.7%)
129	<b>LIPOWSKA Joanna</b>	<b>895</b>		K-10	8	00:00:46	<b>00:28:32.35</b>	<b>00:29:18.85</b>	+00:09:11 (32.2%)	5:42	10.5 (67.7%)
130	<b>JACKOWIEC-JAGIELSKA Małgorzata</b>	<b>331</b>		K-40	38	00:00:27	<b>00:28:32.55</b>	<b>00:28:59.80</b>	+00:09:11 (32.2%)	5:42	10.5 (67.7%)
131	<b>GRECZANIUK Ewa</b>	<b>968</b>	KOLEGIUM KUJAWSKIE	K-10	9	00:00:45	<b>00:28:33.45</b>	<b>00:29:19.05</b>	+00:09:12 (32.2%)	5:42	10.5 (67.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
132	<b>OKOŃSKA Emilia</b>	<b>1068</b>		K-40	39	00:01:18	<b>00:28:33.65</b>	<b>00:29:52.10</b>	+00:09:12 (32.2%)	5:42	10.5 (67.7%)
133	<b>KWAŚNIEWSKA Aldona</b>	<b>587</b>		K-40	40	00:01:11	<b>00:28:36.05</b>	<b>00:29:47.60</b>	+00:09:14 (32.3%)	5:43	10.5 (67.7%)
134	<b>MAGOŃ Emilia</b>	<b>705</b>	KABEL TEAM BYDGOSZCZ	K-20	21	00:01:11	<b>00:28:37.60</b>	<b>00:29:48.95</b>	+00:09:16 (32.4%)	5:43	10.5 (67.7%)
135	<b>HEINRICH Julia</b>	<b>1111</b>		K-10	10	00:00:33	<b>00:28:38.10</b>	<b>00:29:11.50</b>	+00:09:16 (32.4%)	5:43	10.5 (67.7%)
136	<b>JUNKA Małgorzata</b>	<b>593</b>	KS JASTRZĘBIE BYDGOSZCZ	K-50	8	00:00:33	<b>00:28:38.50</b>	<b>00:29:11.70</b>	+00:09:17 (32.4%)	5:43	10.5 (67.7%)
137	<b>FUZ Gabriela</b>	<b>697</b>	KABEL TEAM BYDGOSZCZ	K-40	41	00:01:11	<b>00:28:40.15</b>	<b>00:29:51.80</b>	+00:09:18 (32.5%)	5:44	10.5 (67.7%)
138	<b>LESZCZYŃSKA Kinga</b>	<b>380</b>		K-40	42	00:00:53	<b>00:28:43.30</b>	<b>00:29:36.95</b>	+00:09:22 (32.6%)	5:44	10.4 (67.1%)
139	<b>PRZYBYLSKA Grażyna</b>	<b>745</b>		K-50	9	00:00:57	<b>00:28:46.00</b>	<b>00:29:43.25</b>	+00:09:24 (32.7%)	5:45	10.4 (67.1%)
140	<b>SIUDZIŃSKA-BESS Ania</b>	<b>15</b>		K-30	56	00:00:14	<b>00:28:55.60</b>	<b>00:29:10.05</b>	+00:09:34 (33.1%)	5:47	10.4 (67.1%)
141	<b>SZKOPIAK-NOWAKOWSKA Oliwia</b>	<b>795</b>		K-20	22	00:00:50	<b>00:28:58.20</b>	<b>00:29:48.30</b>	+00:09:36 (33.2%)	5:47	10.4 (67.1%)
142	<b>KABACIŃSKA Kinga</b>	<b>196</b>		K-30	57	00:00:25	<b>00:28:59.70</b>	<b>00:29:25.35</b>	+00:09:38 (33.2%)	5:47	10.4 (67.1%)
143	<b>JAKUBOWSKA Sabina</b>	<b>1019</b>		K-30	58	00:00:24	<b>00:29:03.35</b>	<b>00:29:28.25</b>	+00:09:42 (33.4%)	5:48	10.3 (66.5%)
144	<b>CHODOROWSKA Maria</b>	<b>124</b>		K-30	59	00:01:03	<b>00:29:06.75</b>	<b>00:30:10.20</b>	+00:09:45 (33.5%)	5:49	10.3 (66.5%)
145	<b>SZAJDA Magdalena</b>	<b>188</b>		K-40	43	00:01:15	<b>00:29:09.00</b>	<b>00:30:24.85</b>	+00:09:47 (33.6%)	5:49	10.3 (66.5%)
146	<b>MIKLASZEWSKA Karolina</b>	<b>822</b>		K-20	23	00:00:53	<b>00:29:12.95</b>	<b>00:30:06.60</b>	+00:09:51 (33.8%)	5:50	10.3 (66.5%)
147	<b>NOSKOWIAK-BAJNO Alicja</b>	<b>985</b>		K-40	44	00:01:10	<b>00:29:14.80</b>	<b>00:30:25.65</b>	+00:09:53 (33.8%)	5:50	10.3 (66.5%)
148	<b>MALATYŃSKA Barbara</b>	<b>670</b>		K-40	45	00:00:59	<b>00:29:15.35</b>	<b>00:30:15.20</b>	+00:09:54 (33.8%)	5:51	10.3 (66.5%)
149	<b>LEWANDOWSKA Sylwia</b>	<b>53</b>		K-40	46	00:00:34	<b>00:29:15.50</b>	<b>00:29:50.35</b>	+00:09:54 (33.8%)	5:51	10.3 (66.5%)
150	<b>KURYŁO Julia</b>	<b>296</b>	I LO BYDGOSZCZ	K-10	11	00:00:27	<b>00:29:16.20</b>	<b>00:29:44.15</b>	+00:09:54 (33.9%)	5:51	10.3 (66.5%)
151	<b>GROBELNA Ida</b>	<b>774</b>		K-20	24	00:00:41	<b>00:29:17.95</b>	<b>00:29:59.40</b>	+00:09:56 (33.9%)	5:51	10.2 (65.8%)
152	<b>KOLANOWSKA Grażyna</b>	<b>819</b>		K-50	10	00:00:24	<b>00:29:18.70</b>	<b>00:29:42.90</b>	+00:09:57 (34.0%)	5:51	10.2 (65.8%)
153	<b>SIERADZKA Małgorzata</b>	<b>610</b>		K-40	47	00:01:20	<b>00:29:20.05</b>	<b>00:30:40.45</b>	+00:09:58 (34.0%)	5:52	10.2 (65.8%)
154	<b>ZIELIŃSKA Justyna</b>	<b>51</b>	KAPITEAM	K-40	48	00:01:11	<b>00:29:20.70</b>	<b>00:30:31.85</b>	+00:09:59 (34.0%)	5:52	10.2 (65.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
155	<b>ROK Agnieszka</b>	<b>971</b>		K-20	25	00:01:01	<b>00:29:22.05</b>	<b>00:30:23.90</b>	+00:10:00 (34.1%)	5:52	10.2 (65.8%)
156	<b>BŁAŻEK-KOJRO Kasia</b>	<b>54</b>		K-30	60	00:00:34	<b>00:29:23.80</b>	<b>00:29:58.70</b>	+00:10:02 (34.2%)	5:52	10.2 (65.8%)
157	<b>HAWRYŁO Marta</b>	<b>374</b>		K-20	26	00:00:17	<b>00:29:24.75</b>	<b>00:29:42.35</b>	+00:10:03 (34.2%)	5:52	10.2 (65.8%)
157	<b>TYKWIŃSKA Agnieszka</b>	<b>826</b>		K-30	61	00:00:11	<b>00:29:24.75</b>	<b>00:29:35.90</b>	+00:10:03 (34.2%)	5:52	10.2 (65.8%)
159	<b>BANSZAK Ewa</b>	<b>1094</b>		K-20	27	00:00:47	<b>00:29:26.25</b>	<b>00:30:13.95</b>	+00:10:04 (34.3%)	5:53	10.2 (65.8%)
160	<b>KAMYSZEK Ewa</b>	<b>901</b>	SPC	K-50	11	00:01:21	<b>00:29:28.45</b>	<b>00:30:49.80</b>	+00:10:07 (34.3%)	5:53	10.2 (65.8%)
161	<b>STEJUK Aleksandra</b>	<b>279</b>	AKADEMIA MISTRZÓW SPORTU	K-40	49	00:01:14	<b>00:29:34.25</b>	<b>00:30:48.95</b>	+00:10:12 (34.5%)	5:54	10.1 (65.2%)
162	<b>WASILEWSKA Agata</b>	<b>285</b>		K-40	50	00:01:14	<b>00:29:34.30</b>	<b>00:30:48.95</b>	+00:10:13 (34.5%)	5:54	10.1 (65.2%)
163	<b>WASILEWSKA Martyna</b>	<b>711</b>	AMS BYDGOSZCZ	K-30	62	00:01:14	<b>00:29:34.40</b>	<b>00:30:49.00</b>	+00:10:13 (34.6%)	5:54	10.1 (65.2%)
164	<b>MISUN-NOWAK Katarzyna</b>	<b>281</b>	AKADEMIA MISTRZÓW SPORTU	K-40	51	00:01:14	<b>00:29:34.80</b>	<b>00:30:49.20</b>	+00:10:13 (34.6%)	5:54	10.1 (65.2%)
165	<b>ROGOZIŃSKA Karolina</b>	<b>217</b>	RUNMORS	K-30	63	00:00:30	<b>00:29:34.85</b>	<b>00:30:05.45</b>	+00:10:13 (34.6%)	5:54	10.1 (65.2%)
166	<b>BEAUVALE Monika</b>	<b>1064</b>		K-40	52	00:00:26	<b>00:29:36.25</b>	<b>00:30:02.85</b>	+00:10:14 (34.6%)	5:55	10.1 (65.2%)
167	<b>KOWALSKA Jolanta</b>	<b>1066</b>		K-40	53	00:00:19	<b>00:29:38.05</b>	<b>00:29:57.75</b>	+00:10:16 (34.7%)	5:55	10.1 (65.2%)
168	<b>ZDUNKIEWICZ Hania</b>	<b>98</b>	#WIĘCEJSRZĘTUNIŻTALENTU	K-40	54	00:00:57	<b>00:29:39.00</b>	<b>00:30:36.55</b>	+00:10:17 (34.7%)	5:55	10.1 (65.2%)
169	<b>WÓJCIK Magda</b>	<b>80</b>		K-20	28	00:01:00	<b>00:29:40.20</b>	<b>00:30:40.65</b>	+00:10:18 (34.8%)	5:56	10.1 (65.2%)
170	<b>ŚWIĄTKOWSKA Weronika</b>	<b>974</b>	KOLEGIUM KUJAWSKIE	K-10	12	00:00:48	<b>00:29:43.00</b>	<b>00:30:31.25</b>	+00:10:21 (34.9%)	5:56	10.1 (65.2%)
171	<b>SKORNIA Marika</b>	<b>198</b>		K-20	29	00:01:06	<b>00:29:43.40</b>	<b>00:30:49.45</b>	+00:10:22 (34.9%)	5:56	10.1 (65.2%)
172	<b>KOTARSKA-SKONIECZKA Anna</b>	<b>905</b>	PND RUNNING TEAM	K-40	55	00:00:42	<b>00:29:46.85</b>	<b>00:30:29.55</b>	+00:10:25 (35.0%)	5:57	10.1 (65.2%)
173	<b>WYRĄBKIEWICZ Hanna</b>	<b>723</b>		K-30	64	00:00:18	<b>00:29:46.95</b>	<b>00:30:05.05</b>	+00:10:25 (35.0%)	5:57	10.1 (65.2%)
174	<b>KRASIŃSKA Katarzyna</b>	<b>783</b>		K-40	56	00:00:16	<b>00:29:47.70</b>	<b>00:30:04.10</b>	+00:10:26 (35.0%)	5:57	10.1 (65.2%)
175	<b>WOJCIECHOWSKA Dagmara</b>	<b>570</b>		K-40	57	00:00:10	<b>00:29:54.10</b>	<b>00:30:04.85</b>	+00:10:32 (35.3%)	5:58	10 (64.5%)
176	<b>FURMAN Małgorzata</b>	<b>669</b>		K-40	58	00:01:21	<b>00:29:54.95</b>	<b>00:31:16.55</b>	+00:10:33 (35.3%)	5:58	10 (64.5%)
177	<b>SZATKOWSKA Beata</b>	<b>220</b>		K-50	12	00:00:53	<b>00:29:55.35</b>	<b>00:30:48.40</b>	+00:10:34 (35.3%)	5:59	10 (64.5%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
178	<b>GREILICH Paulina</b>	<b>507</b>	Z ŁĄCZNIKA	K-30	65	00:00:47	<b>00:29:55.50</b>	<b>00:30:42.60</b>	+00:10:34 (35.3%)	5:59	10 (64.5%)
179	<b>WOŹNIAK-KRÓLIKOWSKA Milena</b>	<b>508</b>	Z ŁĄCZNIKA	K-30	66	00:00:47	<b>00:29:55.70</b>	<b>00:30:42.70</b>	+00:10:34 (35.3%)	5:59	10 (64.5%)
180	<b>KOBYLARZ Malgorzata</b>	<b>736</b>		K-20	30	00:00:36	<b>00:29:56.60</b>	<b>00:30:32.70</b>	+00:10:35 (35.4%)	5:59	10 (64.5%)
181	<b>KOWALCZYK Magdalena</b>	<b>12</b>		K-30	67	00:00:58	<b>00:30:00.65</b>	<b>00:30:59.10</b>	+00:10:39 (35.5%)	6:00	10 (64.5%)
182	<b>DOMARADZKA Małgorzata</b>	<b>894</b>		K-20	31	00:00:46	<b>00:30:02.00</b>	<b>00:30:48.50</b>	+00:10:40 (35.6%)	6:00	10 (64.5%)
183	<b>LEMAŃSKA Agnieszka</b>	<b>295</b>		K-20	32	00:00:29	<b>00:30:02.60</b>	<b>00:30:32.50</b>	+00:10:41 (35.6%)	6:00	10 (64.5%)
184	<b>CZARNECKA -PIJAROWSKA Dominika</b>	<b>488</b>		K-40	59	00:00:43	<b>00:30:04.05</b>	<b>00:30:47.35</b>	+00:10:42 (35.6%)	6:00	10 (64.5%)
185	<b>PESZYŃSKA Joanna</b>	<b>692</b>		K-40	60	00:00:54	<b>00:30:08.95</b>	<b>00:31:03.65</b>	+00:10:47 (35.8%)	6:01	10 (64.5%)
186	<b>OKULICZ Anita</b>	<b>297</b>	MUD FOXES	K-30	68	00:01:06	<b>00:30:11.20</b>	<b>00:31:17.20</b>	+00:10:49 (35.9%)	6:02	9.9 (63.9%)
187	<b>OLEKSIUK Monika</b>	<b>804</b>		K-20	33	00:01:06	<b>00:30:11.30</b>	<b>00:31:17.45</b>	+00:10:50 (35.9%)	6:02	9.9 (63.9%)
188	<b>KASZTELAN Agnieszka</b>	<b>984</b>		K-40	61	00:00:37	<b>00:30:12.45</b>	<b>00:30:50.30</b>	+00:10:51 (35.9%)	6:02	9.9 (63.9%)
189	<b>WYPYCH Zuzanna</b>	<b>979</b>		K-20	34	00:00:23	<b>00:30:14.55</b>	<b>00:30:38.45</b>	+00:10:53 (36.0%)	6:02	9.9 (63.9%)
190	<b>WŁAŚNIAK Sylwia</b>	<b>586</b>		K-40	62	00:00:17	<b>00:30:15.05</b>	<b>00:30:32.20</b>	+00:10:53 (36.0%)	6:03	9.9 (63.9%)
191	<b>FILIPEK Mirosława</b>	<b>168</b>		K-40	63	00:00:27	<b>00:30:16.55</b>	<b>00:30:44.00</b>	+00:10:55 (36.1%)	6:03	9.9 (63.9%)
192	<b>KRANC Justyna</b>	<b>904</b>		K-50	13	00:00:46	<b>00:30:16.90</b>	<b>00:31:03.25</b>	+00:10:55 (36.1%)	6:03	9.9 (63.9%)
193	<b>ZMUDA Aleksandra</b>	<b>414</b>		K-40	64	00:00:37	<b>00:30:20.90</b>	<b>00:30:57.90</b>	+00:10:59 (36.2%)	6:04	9.9 (63.9%)
194	<b>KASPRZAK Ewa</b>	<b>701</b>		K-40	65	00:00:37	<b>00:30:21.60</b>	<b>00:30:58.95</b>	+00:11:00 (36.2%)	6:04	9.9 (63.9%)
195	<b>MAĆKOWSKA Madzia</b>	<b>76</b>	FIT_MADZIA_85	K-30	69	00:01:15	<b>00:30:22.65</b>	<b>00:31:38.60</b>	+00:11:01 (36.3%)	6:04	9.9 (63.9%)
196	<b>PAWLEWSKA Joanna</b>	<b>811</b>	SPORTWAY	K-40	66	00:00:23	<b>00:30:23.00</b>	<b>00:30:46.75</b>	+00:11:01 (36.3%)	6:04	9.9 (63.9%)
197	<b>FYDRYCH Dagmara</b>	<b>461</b>		K-20	35	00:01:04	<b>00:30:24.35</b>	<b>00:31:29.20</b>	+00:11:03 (36.3%)	6:04	9.9 (63.9%)
198	<b>GAWŁOWSKA Kinga</b>	<b>463</b>		K-20	36	00:01:04	<b>00:30:24.40</b>	<b>00:31:29.25</b>	+00:11:03 (36.3%)	6:04	9.9 (63.9%)
199	<b>KRUSZYŃSKA Magdalena</b>	<b>1020</b>		K-40	67	00:00:24	<b>00:30:29.25</b>	<b>00:30:54.20</b>	+00:11:07 (36.5%)	6:05	9.8 (63.2%)
200	<b>ŁUCZAK Monika</b>	<b>1084</b>	MORSIAKI	K-30	70	00:00:24	<b>00:30:29.30</b>	<b>00:30:54.20</b>	+00:11:08 (36.5%)	6:05	9.8 (63.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
201	<b>NAWROCKA Joanna</b>	<b>264</b>	OPEN PL	K-40	68	00:00:24	<b>00:30:33.00</b>	<b>00:30:57.30</b>	+00:11:11 (36.6%)	6:06	9.8 (63.2%)
202	<b>MARACH Kinga</b>	<b>1115</b>		K-30	71	00:01:05	<b>00:30:33.20</b>	<b>00:31:38.30</b>	+00:11:11 (36.7%)	6:06	9.8 (63.2%)
203	<b>FRYDRYCHOWICZ Lilianna</b>	<b>149</b>		K-60+	3	00:01:05	<b>00:30:33.40</b>	<b>00:31:38.40</b>	+00:11:12 (36.7%)	6:06	9.8 (63.2%)
204	<b>KRZEMIŃSKA Jolanta</b>	<b>482</b>	8K-PBOT	K-30	72	00:00:22	<b>00:30:34.25</b>	<b>00:30:57.10</b>	+00:11:12 (36.7%)	6:06	9.8 (63.2%)
205	<b>JAKUBIK LORENC Aneta</b>	<b>391</b>	NIE MAM	K-40	69	00:00:28	<b>00:30:34.90</b>	<b>00:31:03.35</b>	+00:11:13 (36.7%)	6:06	9.8 (63.2%)
206	<b>DOMŻALSKA Sławomira</b>	<b>842</b>		K-50	14	00:00:34	<b>00:30:35.95</b>	<b>00:31:10.05</b>	+00:11:14 (36.7%)	6:07	9.8 (63.2%)
207	<b>GRUŻEWSKA Justyna</b>	<b>382</b>	46	K-40	70	00:00:27	<b>00:30:37.85</b>	<b>00:31:05.70</b>	+00:11:16 (36.8%)	6:07	9.8 (63.2%)
208	<b>GABRICH Zaneta</b>	<b>500</b>		K-40	71	00:00:25	<b>00:30:38.00</b>	<b>00:31:03.70</b>	+00:11:16 (36.8%)	6:07	9.8 (63.2%)
209	<b>ERDMANN Agnieszka</b>	<b>940</b>		K-40	72	00:00:53	<b>00:30:38.50</b>	<b>00:31:31.95</b>	+00:11:17 (36.8%)	6:07	9.8 (63.2%)
210	<b>TOMCZAK Marzena</b>	<b>891</b>		K-30	73	00:00:20	<b>00:30:40.35</b>	<b>00:31:00.85</b>	+00:11:19 (36.9%)	6:08	9.8 (63.2%)
211	<b>GŁĘBOCKA Agnieszka</b>	<b>523</b>		K-40	73	00:01:16	<b>00:30:42.20</b>	<b>00:31:58.65</b>	+00:11:20 (37.0%)	6:08	9.8 (63.2%)
212	<b>ZIÓŁKOWSKA Gosia</b>	<b>535</b>	FORDON BIEGA	K-30	74	00:00:11	<b>00:30:45.20</b>	<b>00:30:56.55</b>	+00:11:23 (37.1%)	6:09	9.8 (63.2%)
213	<b>WISNIEWSKA Małgorzata</b>	<b>887</b>		K-40	74	00:01:11	<b>00:30:46.35</b>	<b>00:31:58.00</b>	+00:11:25 (37.1%)	6:09	9.8 (63.2%)
214	<b>BŁASZKIEWICZ Marzena</b>	<b>850</b>		K-40	75	00:01:11	<b>00:30:46.45</b>	<b>00:31:58.40</b>	+00:11:25 (37.1%)	6:09	9.8 (63.2%)
215	<b>SYGNECKA Kasia</b>	<b>869</b>		K-30	75	00:01:28	<b>00:30:47.70</b>	<b>00:32:16.35</b>	+00:11:26 (37.1%)	6:09	9.7 (62.6%)
216	<b>RZEPA Karolina</b>	<b>627</b>		K-20	37	00:01:15	<b>00:30:48.30</b>	<b>00:32:03.80</b>	+00:11:27 (37.2%)	6:09	9.7 (62.6%)
217	<b>MALICKA Beata</b>	<b>486</b>		K-50	15	00:00:15	<b>00:30:56.05</b>	<b>00:31:11.85</b>	+00:11:34 (37.4%)	6:11	9.7 (62.6%)
218	<b>PRIETZ Agata</b>	<b>289</b>		K-40	76	00:01:07	<b>00:30:57.95</b>	<b>00:32:04.95</b>	+00:11:36 (37.5%)	6:11	9.7 (62.6%)
219	<b>AUGUSTYNOWICZ Katarzyna</b>	<b>249</b>	TKKF KOLEJARZ	K-40	77	00:00:24	<b>00:30:58.00</b>	<b>00:31:22.95</b>	+00:11:36 (37.5%)	6:11	9.7 (62.6%)
220	<b>ORZECZOWSKA Gabriela</b>	<b>679</b>	ORZECZ BIEGA	K-10	13	00:00:29	<b>00:31:03.15</b>	<b>00:31:32.90</b>	+00:11:41 (37.7%)	6:12	9.7 (62.6%)
221	<b>KORNACKA Katarzyna</b>	<b>537</b>		K-40	78	00:00:26	<b>00:31:05.40</b>	<b>00:31:31.45</b>	+00:11:44 (37.7%)	6:13	9.7 (62.6%)
222	<b>IDZIŃSKA Natalia</b>	<b>260</b>	BRAK- OS.PRYWATNA	K-30	76	00:01:18	<b>00:31:07.45</b>	<b>00:32:26.15</b>	+00:11:46 (37.8%)	6:13	9.6 (61.9%)
223	<b>ŻUCHELKOWSKA Agata</b>	<b>525</b>		K-30	77	00:00:52	<b>00:31:09.45</b>	<b>00:32:02.35</b>	+00:11:48 (37.9%)	6:13	9.6 (61.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
224	<b>LESZCZYNSKA Iza</b>	<b>528</b>		K-30	78	00:00:59	<b>00:31:12.25</b>	<b>00:32:11.40</b>	+00:11:50 (38.0%)	6:14	9.6 (61.9%)
225	<b>BIEDROŃ Aleksandra</b>	<b>65</b>	B28	K-20	38	00:00:16	<b>00:31:13.45</b>	<b>00:31:30.15</b>	+00:11:52 (38.0%)	6:14	9.6 (61.9%)
226	<b>PIERZCHALSKA Kasia</b>	<b>459</b>		K-40	79	00:00:40	<b>00:31:14.15</b>	<b>00:31:55.10</b>	+00:11:52 (38.0%)	6:14	9.6 (61.9%)
227	<b>RADATZ Magdalena</b>	<b>306</b>		K-30	79	00:01:08	<b>00:31:15.60</b>	<b>00:32:24.55</b>	+00:11:54 (38.1%)	6:15	9.6 (61.9%)
228	<b>OKUPNIAK Monika</b>	<b>211</b>		K-30	80	00:01:08	<b>00:31:15.70</b>	<b>00:32:24.55</b>	+00:11:54 (38.1%)	6:15	9.6 (61.9%)
229	<b>WOŹNIACKA Beata</b>	<b>503</b>		K-50	16	00:01:10	<b>00:31:15.85</b>	<b>00:32:26.60</b>	+00:11:54 (38.1%)	6:15	9.6 (61.9%)
230	<b>WIOTROWSKA Ewa</b>	<b>431</b>		K-30	81	00:00:22	<b>00:31:16.15</b>	<b>00:31:38.65</b>	+00:11:54 (38.1%)	6:15	9.6 (61.9%)
231	<b>HAŁAS Ewa</b>	<b>276</b>	BIEGACZE KCYNIA TEAM	K-40	80	00:00:28	<b>00:31:18.55</b>	<b>00:31:47.35</b>	+00:11:57 (38.2%)	6:15	9.6 (61.9%)
232	<b>CIACIUCH Agnieszka</b>	<b>274</b>	BIEGACZE KCYNIA TEAM	K-20	39	00:00:28	<b>00:31:19.15</b>	<b>00:31:47.40</b>	+00:11:57 (38.2%)	6:15	9.6 (61.9%)
233	<b>WIATROWSKA Katarzyna</b>	<b>430</b>		K-30	82	00:00:22	<b>00:31:19.70</b>	<b>00:31:41.95</b>	+00:11:58 (38.2%)	6:15	9.6 (61.9%)
234	<b>LEWANDOWSKA Renata</b>	<b>983</b>		K-40	81	00:01:12	<b>00:31:21.45</b>	<b>00:32:34.40</b>	+00:12:00 (38.3%)	6:16	9.6 (61.9%)
235	<b>MURAL Natalia</b>	<b>1002</b>		K-Open	1	00:00:46	<b>00:31:22.45</b>	<b>00:32:08.80</b>	+00:12:01 (38.3%)	6:16	9.6 (61.9%)
236	<b>GRZELAK Sylwia</b>	<b>744</b>		K-50	17	00:01:10	<b>00:31:29.25</b>	<b>00:32:39.75</b>	+00:12:07 (38.5%)	6:17	9.5 (61.3%)
237	<b>SZULAKOWSKA Patrycja</b>	<b>378</b>	TERENOWA MASAKRA TEAM	K-40	82	00:01:20	<b>00:31:30.50</b>	<b>00:32:51.20</b>	+00:12:09 (38.6%)	6:18	9.5 (61.3%)
238	<b>POBIEDZIŃSKA Marta</b>	<b>897</b>	KS POLONIA BYDGOSZCZ	K-20	40	00:00:55	<b>00:31:31.30</b>	<b>00:32:26.80</b>	+00:12:10 (38.6%)	6:18	9.5 (61.3%)
239	<b>JANIC Joanna</b>	<b>228</b>		K-40	83	00:00:56	<b>00:31:34.20</b>	<b>00:32:30.65</b>	+00:12:12 (38.7%)	6:18	9.5 (61.3%)
240	<b>MURAWSKA Marta</b>	<b>575</b>		K-40	84	00:00:21	<b>00:31:34.25</b>	<b>00:31:55.30</b>	+00:12:12 (38.7%)	6:18	9.5 (61.3%)
241	<b>LEWANDOWSKA Agnieszka</b>	<b>861</b>	FREAKY_FIT	K-30	83	00:01:11	<b>00:31:35.15</b>	<b>00:32:46.80</b>	+00:12:13 (38.7%)	6:19	9.5 (61.3%)
242	<b>KALINOWSKA Marta</b>	<b>824</b>		K-10	14	00:01:03	<b>00:31:47.15</b>	<b>00:32:50.20</b>	+00:12:25 (39.1%)	6:21	9.4 (60.6%)
243	<b>SŁOWIŃSKA Lidia</b>	<b>41</b>		K-20	41	00:00:30	<b>00:31:48.15</b>	<b>00:32:18.30</b>	+00:12:26 (39.1%)	6:21	9.4 (60.6%)
244	<b>PROKOPOWICZ Aleksandra</b>	<b>866</b>		K-40	85	00:01:28	<b>00:31:49.10</b>	<b>00:33:17.10</b>	+00:12:27 (39.2%)	6:21	9.4 (60.6%)
245	<b>ZYGIEL Paulina</b>	<b>350</b>		K-20	42	00:01:00	<b>00:31:49.60</b>	<b>00:32:49.70</b>	+00:12:28 (39.2%)	6:21	9.4 (60.6%)
246	<b>PRZYBYŁAK Marta</b>	<b>600</b>		K-30	84	00:00:10	<b>00:31:51.85</b>	<b>00:32:02.10</b>	+00:12:30 (39.3%)	6:22	9.4 (60.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
247	PRACA Joanna	173		K-40	86	00:00:17	00:31:52.00	00:32:09.80	+00:12:30 (39.3%)	6:22	9.4 (60.6%)
248	TEWS Marzena	177		K-40	87	00:00:17	00:31:52.85	00:32:10.10	+00:12:31 (39.3%)	6:22	9.4 (60.6%)
249	SPYCHAJ Ania	702		K-30	85	00:01:18	00:31:53.35	00:33:11.80	+00:12:32 (39.3%)	6:22	9.4 (60.6%)
250	FILIPEK Emilia	994	SUP POINT ♀♀♀	K-20	43	00:01:07	00:31:58.35	00:33:05.90	+00:12:37 (39.5%)	6:23	9.4 (60.6%)
251	MAZELA Aleksandra	816		K-20	44	00:00:21	00:32:00.50	00:32:22.05	+00:12:39 (39.5%)	6:24	9.4 (60.6%)
252	PRUSZAK Monika	806	LAERDAL MEDICAL POLAND	K-30	86	00:01:13	00:32:05.65	00:33:19.60	+00:12:44 (39.7%)	6:25	9.4 (60.6%)
253	SOSNOWSKA Martyna	851		K-20	45	00:00:55	00:32:10.60	00:33:06.10	+00:12:49 (39.8%)	6:26	9.3 (60.0%)
254	WAWRZYNIAK Sandra	216	BYDGOSZCZ NA START	K-30	87	00:01:13	00:32:12.05	00:33:25.05	+00:12:50 (39.9%)	6:26	9.3 (60.0%)
255	GRZYBOWSKA Julia	456		K-10	15	00:00:50	00:32:15.75	00:33:06.60	+00:12:54 (40.0%)	6:27	9.3 (60.0%)
256	KRZYŻANOWSKA Patrycja	234		K-30	88	00:00:53	00:32:16.25	00:33:09.30	+00:12:54 (40.0%)	6:27	9.3 (60.0%)
257	REINKE Olivia	127		K-10	16	00:00:05	00:32:18.70	00:32:23.80	+00:12:57 (40.1%)	6:27	9.3 (60.0%)
258	GÓRSKA Paulina	466		K-30	89	00:00:16	00:32:19.80	00:32:36.20	+00:12:58 (40.1%)	6:27	9.3 (60.0%)
259	DERECKA Katarzyna	756	KABEL TEAM BYDGOSZCZ	K-40	88	00:01:11	00:32:21.45	00:33:33.20	+00:13:00 (40.2%)	6:28	9.3 (60.0%)
260	KUK Sylwia	131		K-40	89	00:01:04	00:32:22.00	00:33:26.90	+00:13:00 (40.2%)	6:28	9.3 (60.0%)
261	WICHTOWSKA Ewa	163		K-30	90	00:01:04	00:32:22.55	00:33:27.15	+00:13:01 (40.2%)	6:28	9.3 (60.0%)
262	WILMA Patrycja	425		K-30	91	00:01:23	00:32:23.60	00:33:46.80	+00:13:02 (40.3%)	6:28	9.3 (60.0%)
263	DRESLERSKA Agnieszka	353		K-30	92	00:01:16	00:32:26.65	00:33:43.00	+00:13:05 (40.3%)	6:29	9.2 (59.4%)
264	ASTUKIEWICZ Agnieszka	299	FREAKY FIT	K-50	18	00:00:32	00:32:28.15	00:33:00.45	+00:13:06 (40.4%)	6:29	9.2 (59.4%)
265	UMIŃSKA Marzena	612		K-30	93	00:01:14	00:32:33.10	00:33:48.00	+00:13:11 (40.5%)	6:30	9.2 (59.4%)
266	MOSUR-GALICKA Angelina	828	AKADEMIA MISTRZÓW SPORTU	K-50	19	00:00:54	00:32:33.85	00:33:28.00	+00:13:12 (40.6%)	6:30	9.2 (59.4%)
267	TOKARSKA Alicja	271	VEGE RUNNERS	K-40	90	00:00:51	00:32:35.20	00:33:26.40	+00:13:13 (40.6%)	6:31	9.2 (59.4%)
268	POLIWODZIŃSKA Agnieszka	515	WISŁA FORDON	K-40	91	00:00:14	00:32:40.20	00:32:54.30	+00:13:18 (40.8%)	6:32	9.2 (59.4%)
269	BŁOCH Katarzyna	758		K-20	46	00:01:22	00:32:42.55	00:34:04.90	+00:13:21 (40.8%)	6:32	9.2 (59.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
270	ZADROŻNA Magdalena	666		K-40	92	00:00:17	00:32:44.60	00:33:02.25	+00:13:23 (40.9%)	6:32	9.2 (59.4%)
271	SOLAK Karolina	917	KOLEGIUM KUJAWSKIE	K-10	17	00:00:41	00:32:46.20	00:33:27.70	+00:13:24 (40.9%)	6:33	9.2 (59.4%)
272	ZAWADZKA Monika	290		K-30	94	00:01:07	00:32:50.95	00:33:58.00	+00:13:29 (41.1%)	6:34	9.1 (58.7%)
273	WRÓBLEWSKA Oliwia	544		K-10	18	00:00:43	00:32:51.30	00:33:34.90	+00:13:30 (41.1%)	6:34	9.1 (58.7%)
274	WOJCIECHOWSKA Maja	545		K-10	19	00:00:43	00:32:51.50	00:33:34.95	+00:13:30 (41.1%)	6:34	9.1 (58.7%)
275	SZCZEPAŃSKA-DOLNA Edyta	1027	FOREST GANG	K-50	20	00:01:17	00:32:57.10	00:34:14.40	+00:13:35 (41.3%)	6:35	9.1 (58.7%)
276	ZECH Izabela	1025	FOREST GANG	K-40	93	00:01:16	00:32:57.50	00:34:14.40	+00:13:36 (41.3%)	6:35	9.1 (58.7%)
277	SZCZUTOWSKA Olga	352		K-40	94	00:01:09	00:32:58.80	00:34:08.15	+00:13:37 (41.3%)	6:35	9.1 (58.7%)
278	LEWANDOWSKA Malwina	1079		K-30	95	00:00:47	00:33:02.75	00:33:50.05	+00:13:41 (41.4%)	6:36	9.1 (58.7%)
279	JAGODZINSKA Angelika	1081		K-20	47	00:00:47	00:33:03.00	00:33:50.15	+00:13:41 (41.4%)	6:36	9.1 (58.7%)
280	POZORSKA Klaudia	996		K-10	20	00:00:55	00:33:03.85	00:33:59.55	+00:13:42 (41.5%)	6:36	9.1 (58.7%)
281	JARZEMSKA Alicja	688		K-30	96	00:00:45	00:33:06.70	00:33:52.10	+00:13:45 (41.5%)	6:37	9.1 (58.7%)
282	LASKOWSKA Daria	550		K-20	48	00:00:42	00:33:08.75	00:33:50.85	+00:13:47 (41.6%)	6:37	9.1 (58.7%)
283	SOBOTA Beata	512		K-40	95	00:00:53	00:33:09.00	00:34:02.25	+00:13:47 (41.6%)	6:37	9 (58.1%)
284	BONIN Karolina	962		K-30	97	00:01:19	00:33:14.30	00:34:33.55	+00:13:53 (41.8%)	6:38	9 (58.1%)
285	PŁOMIŃSKA Monika	919		K-30	98	00:00:16	00:33:18.05	00:33:34.75	+00:13:56 (41.9%)	6:39	9 (58.1%)
286	SERAFIN Paulina	867		K-10	21	00:00:44	00:33:18.70	00:34:03.60	+00:13:57 (41.9%)	6:39	9 (58.1%)
287	URBANEK Magda	1120	SPORTOWA PACZKA POCZTOWA GRUPA BIEGOWA	K-30	99	00:01:10	00:33:18.75	00:34:29.25	+00:13:57 (41.9%)	6:39	9 (58.1%)
288	WŁODARCZYK Olga	1014	Z BUTA W ŚWIAT	K-20	49	00:01:10	00:33:18.80	00:34:29.50	+00:13:57 (41.9%)	6:39	9 (58.1%)
289	DEMBOWSKA Marta	602		K-20	50	00:01:24	00:33:19.40	00:34:43.75	+00:13:58 (41.9%)	6:39	9 (58.1%)
290	JAWORSKA Michalina	859	STOWARZYSZENIE "DZIĘKI WAM"	K-10	22	00:00:30	00:33:23.25	00:33:54.10	+00:14:01 (42.0%)	6:40	9 (58.1%)
291	SZCZEPAŃSKA Jarka	1065		K-30	100	00:00:14	00:33:23.50	00:33:37.75	+00:14:02 (42.0%)	6:40	9 (58.1%)
292	TEMPSKA Agnieszka	843	FREAKY FIT TEAM	K-40	96	00:00:32	00:33:25.75	00:33:57.90	+00:14:04 (42.1%)	6:41	9 (58.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
293	<b>GÓRNA Michalina</b>	<b>800</b>		K-30	101	00:01:25	<b>00:33:32.00</b>	<b>00:34:57.80</b>	+00:14:10 (42.3%)	6:42	8.9 (57.4%)
294	<b>RADZIEJEWSKA Grażyna</b>	<b>105</b>		K-50	21	00:00:55	<b>00:33:32.50</b>	<b>00:34:27.80</b>	+00:14:11 (42.3%)	6:42	8.9 (57.4%)
294	<b>MARKOWSKA-BAUMGART Aneta</b>	<b>596</b>	BIEGAJ Z DĘBAMI	K-60+	4	00:01:26	<b>00:33:32.50</b>	<b>00:34:58.65</b>	+00:14:11 (42.3%)	6:42	8.9 (57.4%)
296	<b>PIÓRKOWSKA Aga</b>	<b>28</b>	BRB BYDGOSZCZ	K-40	97	00:01:12	<b>00:33:46.05</b>	<b>00:34:58.85</b>	+00:14:24 (42.7%)	6:45	8.9 (57.4%)
297	<b>TARKA Agnieszka</b>	<b>322</b>		K-30	102	00:00:10	<b>00:33:46.80</b>	<b>00:33:57.15</b>	+00:14:25 (42.7%)	6:45	8.9 (57.4%)
298	<b>MIKOŁAJEWSKA Dominika</b>	<b>362</b>		K-20	51	00:01:18	<b>00:33:48.15</b>	<b>00:35:06.20</b>	+00:14:26 (42.7%)	6:45	8.9 (57.4%)
299	<b>FRĄCKOWSKA Daria</b>	<b>91</b>	LEKARKA W BIEGU	K-20	52	00:01:27	<b>00:33:48.85</b>	<b>00:35:16.70</b>	+00:14:27 (42.8%)	6:45	8.9 (57.4%)
300	<b>KARCZ Marta</b>	<b>864</b>	R.K.S. HUWDU	K-30	103	00:01:09	<b>00:33:50.20</b>	<b>00:34:59.65</b>	+00:14:28 (42.8%)	6:46	8.9 (57.4%)
301	<b>SIEWERT Nadia</b>	<b>1054</b>		K-10	23	00:00:20	<b>00:33:53.85</b>	<b>00:34:14.65</b>	+00:14:32 (42.9%)	6:46	8.9 (57.4%)
302	<b>JAWORSKA Marcelina</b>	<b>860</b>	STOWARZYSZENIE "DZIĘKI WAM"	K-10	24	00:00:31	<b>00:33:54.45</b>	<b>00:34:25.90</b>	+00:14:33 (42.9%)	6:46	8.8 (56.8%)
303	<b>RYMER Agnieszka</b>	<b>675</b>		K-40	98	00:01:24	<b>00:34:01.25</b>	<b>00:35:26.20</b>	+00:14:39 (43.1%)	6:48	8.8 (56.8%)
304	<b>BIESEK Oliwia</b>	<b>839</b>		K-10	25	00:00:19	<b>00:34:03.10</b>	<b>00:34:23.05</b>	+00:14:41 (43.2%)	6:48	8.8 (56.8%)
305	<b>MIELCARSKA Izabela</b>	<b>303</b>	MIELCAR TEAM	K-40	99	00:01:11	<b>00:34:03.40</b>	<b>00:35:15.15</b>	+00:14:42 (43.2%)	6:48	8.8 (56.8%)
306	<b>KŁODA Karolina</b>	<b>838</b>		K-40	100	00:00:20	<b>00:34:03.75</b>	<b>00:34:23.90</b>	+00:14:42 (43.2%)	6:48	8.8 (56.8%)
307	<b>TARKA Roksana</b>	<b>323</b>		K-10	26	00:00:10	<b>00:34:04.55</b>	<b>00:34:14.85</b>	+00:14:43 (43.2%)	6:48	8.8 (56.8%)
308	<b>NOWACKA Katarzyna</b>	<b>354</b>		K-30	104	00:01:09	<b>00:34:05.30</b>	<b>00:35:15.15</b>	+00:14:44 (43.2%)	6:49	8.8 (56.8%)
309	<b>WOŹNIAK Anna</b>	<b>21</b>		K-40	101	00:00:16	<b>00:34:11.65</b>	<b>00:34:28.35</b>	+00:14:50 (43.4%)	6:50	8.8 (56.8%)
309	<b>OSTROWSKA Renata</b>	<b>25</b>		K-40	101	00:00:16	<b>00:34:11.65</b>	<b>00:34:28.30</b>	+00:14:50 (43.4%)	6:50	8.8 (56.8%)
311	<b>KWASIGROCH Aleksandra</b>	<b>732</b>		K-50	22	00:00:20	<b>00:34:18.05</b>	<b>00:34:38.55</b>	+00:14:56 (43.6%)	6:51	8.7 (56.1%)
312	<b>ŻELAZKO Anna</b>	<b>366</b>		K-30	105	00:01:09	<b>00:34:20.20</b>	<b>00:35:29.85</b>	+00:14:58 (43.6%)	6:52	8.7 (56.1%)
313	<b>KUJAWA Iwona</b>	<b>957</b>		K-30	106	00:00:39	<b>00:34:23.85</b>	<b>00:35:03.80</b>	+00:15:02 (43.7%)	6:52	8.7 (56.1%)
314	<b>MALCZEWSKA Mirka</b>	<b>242</b>		K-60+	5	00:00:40	<b>00:34:30.30</b>	<b>00:35:11.00</b>	+00:15:09 (43.9%)	6:54	8.7 (56.1%)
315	<b>MIELCAREK Ania</b>	<b>356</b>		K-40	103	00:01:04	<b>00:34:31.35</b>	<b>00:35:36.10</b>	+00:15:10 (43.9%)	6:54	8.7 (56.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
316	ZIELIŃSKA Agnieszka	781		K-40	104	00:00:21	00:34:35.25	00:34:57.00	+00:15:13 (44.0%)	6:55	8.7 (56.1%)
317	POROŻYŃSKA Anna	434		K-30	107	00:00:36	00:34:40.80	00:35:16.90	+00:15:19 (44.2%)	6:56	8.7 (56.1%)
318	BURNICKA Ewa	429		K-50	23	00:00:34	00:34:42.20	00:35:16.35	+00:15:20 (44.2%)	6:56	8.6 (55.5%)
319	ŁAKOMSKA - OPALA Iwona	270		K-40	105	00:00:56	00:34:42.50	00:35:39.45	+00:15:21 (44.2%)	6:56	8.6 (55.5%)
320	PIĄTEK Marta	661		K-20	53	00:00:22	00:34:46.00	00:35:08.70	+00:15:24 (44.3%)	6:57	8.6 (55.5%)
321	SURMACZ Natalia	480		K-10	27	00:00:50	00:34:46.10	00:35:36.70	+00:15:24 (44.3%)	6:57	8.6 (55.5%)
322	KOPYTOWSKA Mariola	721		K-30	108	00:00:22	00:34:46.30	00:35:08.80	+00:15:25 (44.3%)	6:57	8.6 (55.5%)
323	RATAJCZAK Aurelia	660		K-40	106	00:00:19	00:34:51.45	00:35:10.75	+00:15:30 (44.5%)	6:58	8.6 (55.5%)
324	RUJNER Klara	111	KTR MASA TURYSTYCZNA	K-50	24	00:01:01	00:34:57.40	00:35:58.90	+00:15:36 (44.6%)	6:59	8.6 (55.5%)
325	WYPYCH-KLUNDER Katarzyna	174		K-30	109	00:00:22	00:34:58.35	00:35:20.55	+00:15:37 (44.7%)	6:59	8.6 (55.5%)
326	PRUS-FABISZAK Beata	935		K-30	110	00:00:44	00:35:06.75	00:35:51.25	+00:15:45 (44.9%)	7:01	8.5 (54.8%)
327	URBANIAK Martyna	849		K-10	28	00:00:48	00:35:08.65	00:35:57.45	+00:15:47 (44.9%)	7:01	8.5 (54.8%)
328	ŁUSZCZYNA Karolina	1119		K-40	107	00:00:42	00:35:12.65	00:35:55.30	+00:15:51 (45.0%)	7:02	8.5 (54.8%)
329	MIKOŁAJCZAK Martyna	375	KPCP SMUKAŁA	K-20	54	00:00:55	00:35:14.75	00:36:10.25	+00:15:53 (45.1%)	7:02	8.5 (54.8%)
330	GARBACZEWSKA Anna	943		K-30	111	00:00:25	00:35:27.05	00:35:52.75	+00:16:05 (45.4%)	7:05	8.5 (54.8%)
331	WISNIEWSKA Malgorzata	483		K-50	25	00:01:02	00:35:31.70	00:36:34.15	+00:16:10 (45.5%)	7:06	8.4 (54.2%)
332	CHMARA-SZATKOWSKA Paulina	657	BECOME ONE	K-20	55	00:00:20	00:35:36.95	00:35:56.95	+00:16:15 (45.7%)	7:07	8.4 (54.2%)
333	NOWAKOWSKA-SZWAJCA Anna	18		K-50	26	00:00:54	00:35:38.00	00:36:32.10	+00:16:16 (45.7%)	7:07	8.4 (54.2%)
334	CZYŻNIKOWSKA Anna	807		K-30	112	00:01:07	00:35:43.50	00:36:51.00	+00:16:22 (45.8%)	7:08	8.4 (54.2%)
335	PROWADZISZ Justyna	870		K-40	108	00:01:21	00:35:43.85	00:37:05.20	+00:16:22 (45.8%)	7:08	8.4 (54.2%)
336	SKRODZKA Natalia	970		K-10	29	00:00:39	00:35:45.45	00:36:25.35	+00:16:24 (45.9%)	7:09	8.4 (54.2%)
337	SKRODZKA Anna	969		K-40	109	00:00:38	00:35:47.10	00:36:25.25	+00:16:25 (45.9%)	7:09	8.4 (54.2%)
338	REINKE Joanna	126		K-30	113	00:00:05	00:36:03.60	00:36:09.10	+00:16:42 (46.3%)	7:12	8.3 (53.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
339	<b>CHOLEWCZYŃSKA Dorota</b>	<b>642</b>		K-50	27	00:00:41	<b>00:36:03.65</b>	<b>00:36:44.70</b>	+00:16:42 (46.3%)	7:12	8.3 (53.5%)
340	<b>BRODA Nadia</b>	<b>918</b>	KOLEGIUM KUJAWSKIE	K-10	30	00:00:42	<b>00:36:03.80</b>	<b>00:36:45.85</b>	+00:16:42 (46.3%)	7:12	8.3 (53.5%)
341	<b>SIEWERT Iwona</b>	<b>1053</b>		K-40	110	00:00:21	<b>00:36:04.65</b>	<b>00:36:25.70</b>	+00:16:43 (46.4%)	7:12	8.3 (53.5%)
342	<b>RYCIO-SAWIEŁAJC Joanna</b>	<b>321</b>		K-40	111	00:00:32	<b>00:36:09.80</b>	<b>00:36:42.75</b>	+00:16:48 (46.5%)	7:13	8.3 (53.5%)
343	<b>SPRENGEL Agnieszka</b>	<b>682</b>		K-40	112	00:01:19	<b>00:36:10.15</b>	<b>00:37:29.80</b>	+00:16:48 (46.5%)	7:14	8.3 (53.5%)
344	<b>PIĘKNA Monika</b>	<b>204</b>		K-40	113	00:01:04	<b>00:36:16.30</b>	<b>00:37:20.45</b>	+00:16:55 (46.6%)	7:15	8.3 (53.5%)
345	<b>DYNIEWSKA Agnieszka</b>	<b>208</b>	GRUPABTŻ	K-50	28	00:01:04	<b>00:36:16.40</b>	<b>00:37:20.40</b>	+00:16:55 (46.6%)	7:15	8.3 (53.5%)
346	<b>WILANDT-SOBKO Marta</b>	<b>708</b>		K-20	56	00:00:18	<b>00:36:19.45</b>	<b>00:36:38.20</b>	+00:16:58 (46.7%)	7:15	8.3 (53.5%)
347	<b>WILANDT Natalia</b>	<b>709</b>		K-20	57	00:00:18	<b>00:36:19.65</b>	<b>00:36:38.25</b>	+00:16:58 (46.7%)	7:15	8.3 (53.5%)
348	<b>MAZURKIEWICZ Aniela</b>	<b>972</b>	KOLEGIUM KUJAWSKIE	K-50	29	00:00:38	<b>00:36:31.90</b>	<b>00:37:10.05</b>	+00:17:10 (47.0%)	7:18	8.2 (52.9%)
349	<b>MAJEWSKA Martyna</b>	<b>286</b>		K-10	31	00:00:00	<b>00:36:34.15</b>	<b>00:36:34.15</b>	+00:17:12 (47.1%)	7:18	8.2 (52.9%)
350	<b>KUKUŁA Aleksandra</b>	<b>567</b>		K-20	58	00:01:19	<b>00:36:51.10</b>	<b>00:38:10.95</b>	+00:17:29 (47.5%)	7:22	8.1 (52.3%)
351	<b>PALACZ Wioletta</b>	<b>469</b>	POLONIA BYDGOSZCZ SLA	K-40	114	00:00:58	<b>00:36:54.35</b>	<b>00:37:52.35</b>	+00:17:33 (47.6%)	7:22	8.1 (52.3%)
352	<b>STANISZEWSKA Aleksandra</b>	<b>913</b>		K-30	114	00:00:40	<b>00:36:58.80</b>	<b>00:37:39.25</b>	+00:17:37 (47.7%)	7:23	8.1 (52.3%)
353	<b>POLITOWSKA Ewa</b>	<b>1104</b>		K-30	115	00:00:14	<b>00:37:09.60</b>	<b>00:37:24.20</b>	+00:17:48 (47.9%)	7:25	8.1 (52.3%)
354	<b>WIŚNIEWSKA Karina</b>	<b>716</b>		K-20	59	00:00:00	<b>00:37:19.00</b>	<b>00:37:19.00</b>	+00:17:57 (48.1%)	7:27	8 (51.6%)
355	<b>GILEWSKA Julia</b>	<b>740</b>		K-20	60	00:00:00	<b>00:37:22.05</b>	<b>00:37:22.05</b>	+00:18:00 (48.2%)	7:28	8 (51.6%)
356	<b>WÓJCIK Anna</b>	<b>6</b>		K-40	115	00:00:45	<b>00:37:29.55</b>	<b>00:38:14.75</b>	+00:18:08 (48.4%)	7:29	8 (51.6%)
357	<b>LEWANDOWSKA Weronika</b>	<b>921</b>		K-10	32	00:00:46	<b>00:37:29.90</b>	<b>00:38:16.20</b>	+00:18:08 (48.4%)	7:29	8 (51.6%)
358	<b>WIATROWSKA Wiktoria</b>	<b>947</b>		K-10	33	00:00:46	<b>00:37:30.05</b>	<b>00:38:16.40</b>	+00:18:08 (48.4%)	7:30	8 (51.6%)
359	<b>MIKOŁAJSKA Agata</b>	<b>896</b>		K-20	61	00:00:04	<b>00:37:35.50</b>	<b>00:37:40.40</b>	+00:18:14 (48.5%)	7:31	8 (51.6%)
360	<b>KARDASIŃSKA Marta</b>	<b>89</b>		K-20	62	00:00:34	<b>00:37:37.80</b>	<b>00:38:11.80</b>	+00:18:16 (48.6%)	7:31	8 (51.6%)
361	<b>TYMIŃSKA Beata</b>	<b>418</b>	4FAJTER	K-30	116	00:00:40	<b>00:37:39.75</b>	<b>00:38:19.75</b>	+00:18:18 (48.6%)	7:31	8 (51.6%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
362	WOŹNIAK Alina	592		K-50	30	00:00:42	00:37:41.60	00:38:23.85	+00:18:20 (48.7%)	7:32	8 (51.6%)
363	KOTECKA Agnieszka	284		K-20	63	00:00:32	00:38:16.75	00:38:48.75	+00:18:55 (49.4%)	7:39	7.8 (50.3%)
364	WIDAWSKA Anna	750		K-40	116	00:01:17	00:38:24.75	00:39:42.45	+00:19:03 (49.6%)	7:40	7.8 (50.3%)
365	MARĆ Natalia	748		K-30	117	00:01:18	00:38:24.80	00:39:42.80	+00:19:03 (49.6%)	7:40	7.8 (50.3%)
366	OSUCH Małgorzata	381		K-30	118	00:00:29	00:39:04.15	00:39:33.75	+00:19:42 (50.5%)	7:48	7.7 (49.7%)
367	KARWASZ Martyna	1095		K-20	64	00:01:00	00:39:08.50	00:40:09.25	+00:19:47 (50.6%)	7:49	7.7 (49.7%)
368	WŁOCH Sandra	1073		K-20	65	00:00:11	00:39:49.85	00:40:01.20	+00:20:28 (51.4%)	7:57	7.5 (48.4%)
369	HEYMANN Maria	88		K-50	31	00:00:33	00:40:11.15	00:40:44.85	+00:20:49 (51.8%)	8:02	7.5 (48.4%)
370	MAŁKOWSKA Dorota	898		K-30	119	00:00:49	00:40:18.10	00:41:07.65	+00:20:56 (52.0%)	8:03	7.4 (47.7%)
371	BOROWICZ Małgorzata	563	KLUB ZDROWIA	K-40	117	00:00:00	00:40:37.55	00:40:37.55	+00:21:16 (52.4%)	8:07	7.4 (47.7%)
372	JANKOWSKA Małgorzata	1037	KOLEGIUM KUJAWSKIE	K-40	118	00:00:43	00:40:38.90	00:41:22.10	+00:21:17 (52.4%)	8:07	7.4 (47.7%)
373	CHOLEWCZYŃSKA Barbara	150		K-40	119	00:00:41	00:41:08.05	00:41:49.65	+00:21:46 (52.9%)	8:13	7.3 (47.1%)
374	CHOLEWCZYŃSKA Martyna	151		K-10	34	00:00:41	00:41:08.30	00:41:49.75	+00:21:47 (53.0%)	8:13	7.3 (47.1%)
375	LATOS Barbara	134		K-30	120	00:01:17	00:41:11.15	00:42:28.70	+00:21:49 (53.0%)	8:14	7.3 (47.1%)
376	MACKIEWICZ Beata	224		K-40	120	00:00:26	00:41:25.95	00:41:52.00	+00:22:04 (53.3%)	8:17	7.2 (46.5%)
377	POPIELARZ Anna	213		K-50	32	00:00:25	00:41:26.75	00:41:52.30	+00:22:05 (53.3%)	8:17	7.2 (46.5%)
378	ŚWIĄTEK Katarzyna	625		K-20	66	00:01:15	00:43:22.00	00:44:37.45	+00:24:00 (55.4%)	8:40	6.9 (44.5%)
379	KRUPA Paulina	651		K-20	67	00:00:36	00:47:25.35	00:48:02.05	+00:28:04 (59.2%)	9:29	6.3 (40.6%)
380	WRZESIŃSKA Anna	22		K-30	121	00:00:00			+	3:46	15.9 (102.6%)
381	TOMCZAK Katarzyna	637		K-40	121	00:00:39					(0.0%)
382	CHNURZYŃSKA Ewa	633		K-Open	2	00:00:39					(0.0%)
383	KRÓL Janina	634		K-50	33	00:01:27					(0.0%)
384	MYLER Georgina	630		K-30	122	00:01:27					(0.0%)

Znaleziono 384 wynik(ów)