



BYDGOSKI BIEG NIEPODLEGŁOŚCI 2023

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Organizator: Aktywna Bydgoszcz
Data: 2023-11-11
Miejsce: Bydgoszcz
Dystans: 5 km

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: K-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	0.2km	2.5km	4.6km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	NOWAKOWSKA Anna	1146	ZAWISZA BYDGOSZCZ	K-30	1	00:00:02		00:08:50	00:17:21	00:18:22.15	00:18:25.00		3:40	16.3 (100%)
2	KALOTA Joanna	712		K-30	2	00:00:03	00:00:40	00:09:17	00:18:01	00:19:05.95	00:19:09.85	+00:00:43 (3.8%)	3:49	15.7 (96.3%)
3	TOMCZYK Agata	80	SLA POLONIA BYDGOSZCZ	K-30	3	00:00:02	00:00:40	00:09:21	00:18:20	00:19:30.30	00:19:32.80	+00:01:08 (5.8%)	3:54	15.4 (94.5%)
4	PIEKUT Aleksandra	572	BRZEZIŃSKI RUN CLUB	K-30	4	00:00:02	00:00:42	00:09:40	00:18:56	00:20:06.10	00:20:08.90	+00:01:43 (8.6%)	4:01	14.9 (91.4%)
5	MAJCHER Elżbieta	1458		K-30	5	00:00:03	00:00:42	00:09:54	00:19:06	00:20:12.20	00:20:15.25	+00:01:50 (9.1%)	4:02	14.9 (91.4%)
6	WOŹNIAKOWSKA Agata	155	WTLENIE	K-30	6	00:00:12	00:00:52	00:10:06	00:19:35	00:20:47.85	00:21:00.25	+00:02:25 (11.7%)	4:09	14.4 (88.3%)
7	WITEK Magdalena	121		K-30	7	00:00:15	00:00:52	00:10:20	00:20:03	00:21:13.40	00:21:29.20	+00:02:51 (13.4%)	4:14	14.1 (86.5%)
8	STRAMEK Marta	1131	KSN ŁUCZNICZKA BYDGOSZCZ	K-30	8	00:00:03	00:00:44	00:10:16	00:20:13	00:21:24.40	00:21:27.90	+00:03:02 (14.2%)	4:16	14 (85.9%)
9	STAŃCZYK Martyna	201		K-30	9	00:00:07	00:00:49	00:10:27	00:20:16	00:21:30.00	00:21:37.75	+00:03:07 (14.6%)	4:18	14 (85.9%)
10	SAK Joanna	694	DRUŻYNA SZPIKU	K-30	10	00:00:12	00:00:48	00:10:23	00:20:25	00:21:39.15	00:21:51.15	+00:03:17 (15.2%)	4:19	13.9 (85.3%)
11	TUSZYŃSKA Marcela	1307		K-30	11	00:00:06	00:00:46	00:10:40	00:20:41	00:21:54.35	00:22:01.15	+00:03:32 (16.1%)	4:22	13.7 (84.0%)
12	GAPIŃSKA Alicja	431		K-30	12	00:00:04	00:00:45	00:10:52	00:21:13	00:22:25.70	00:22:30.15	+00:04:03 (18.1%)	4:29	13.4 (82.2%)
13	DOBRZYŃSKA Ewa	759		K-30	13	00:00:11	00:00:54	00:11:05	00:21:17	00:22:33.15	00:22:44.40	+00:04:11 (18.5%)	4:30	13.3 (81.6%)
14	RACZKO Agata	358		K-30	14	00:00:14	00:00:51	00:11:01	00:21:21	00:22:39.60	00:22:54.35	+00:04:17 (18.9%)	4:31	13.2 (81.0%)
15	GĘBICKA Kornelia	885	GOLDEN DRAGON	K-30	15	00:00:32	00:00:49	00:11:08	00:22:32	00:23:44.60	00:24:16.90	+00:05:22 (22.6%)	4:44	12.6 (77.3%)
16	BŁAŻEJEWSKA Marta	203		K-30	16	00:00:05	00:00:46	00:11:32	00:22:44	00:24:01.20	00:24:06.25	+00:05:39 (23.5%)	4:48	12.5 (76.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
						startu	0.2km	2.5km	4.6km					
17	WADELSKA Joanna	264	PSY GOŃCZE JANKIEGO	K-30	17	00:00:00	00:01:03	00:11:56	00:22:56	00:24:17.50	00:24:17.50	+00:05:55 (24.4%)	4:51	12.4 (76.1%)
18	LUZAK Magdalena	805		K-30	18	00:00:09	00:00:52	00:11:30	00:22:49	00:24:18.75	00:24:28.30	+00:05:56 (24.4%)	4:51	12.3 (75.5%)
19	FIGURSKA Joanna	16		K-30	19	00:00:48	00:00:59	00:11:59	00:23:01	00:24:21.30	00:25:09.35	+00:05:59 (24.6%)	4:52	12.3 (75.5%)
20	OKULICZ Anita	530		K-30	20	00:00:12	00:01:00	00:12:10	00:23:02	00:24:23.80	00:24:36.70	+00:06:01 (24.7%)	4:52	12.3 (75.5%)
21	KLAWIKOWSKA Julita	890	TKKF KOLEJARZ BYDGOSZCZ	K-30	21	00:00:28	00:00:59	00:11:43	00:23:02	00:24:24.35	00:24:52.55	+00:06:02 (24.7%)	4:52	12.3 (75.5%)
22	KIEŁCZYŃSKA Agnieszka	1147	KSN ŁUCZNICZKA BYDGOSZCZ	K-30	22	00:00:15	00:00:59	00:12:11	00:23:11	00:24:29.95	00:24:45.15	+00:06:07 (25.0%)	4:53	12.3 (75.5%)
23	KAJA Dominika	672		K-30	23	00:00:46	00:01:11	00:12:34	00:24:01	00:25:16.75	00:26:02.85	+00:06:54 (27.3%)	5:03	11.9 (73.0%)
24	DRÓZDŹ Małgorzata	683		K-30	24	00:00:31	00:00:55	00:12:29	00:24:03	00:25:24.60	00:25:56.30	+00:07:02 (27.7%)	5:04	11.8 (72.4%)
25	MAJCHRZAK Katarzyna	924		K-30	25	00:00:30		00:12:26	00:24:03	00:25:28.80	00:25:59.40	+00:07:06 (27.9%)	5:05	11.8 (72.4%)
26	LAPKE Róża	855		K-30	26	00:00:47	00:01:12	00:12:41	00:24:10	00:25:31.95	00:26:19.45	+00:07:09 (28.1%)	5:06	11.8 (72.4%)
27	POLAŃCZYK Paulina	775		K-30	27	00:00:57	00:01:11	00:12:48	00:24:12	00:25:35.75	00:26:33.55	+00:07:13 (28.2%)	5:07	11.7 (71.8%)
28	FILIPEK Małgorzata	1243	TEAM RUDNIK	K-30	28	00:00:41	00:01:02	00:12:20	00:24:06	00:25:36.90	00:26:18.45	+00:07:14 (28.3%)	5:07	11.7 (71.8%)
29	GACKOWSKA Daria	157		K-30	29	00:00:05	00:00:57	00:12:23	00:24:18	00:25:42.20	00:25:47.75	+00:07:20 (28.5%)	5:08	11.7 (71.8%)
30	POTRZEBOWSKA Agata	750	LIFE BALANCE PLACE AND DEAF	K-30	30	00:00:29	00:01:06	00:13:01	00:24:43	00:26:09.15	00:26:38.75	+00:07:47 (29.8%)	5:13	11.5 (70.6%)
31	SZKUTA Sławka	10	100% BANANA	K-30	31	00:00:21	00:00:58	00:12:43	00:24:36	00:26:09.60	00:26:30.80	+00:07:47 (29.8%)	5:13	11.5 (70.6%)
32	TRAWCZYŃSKA Katarzyna	834		K-30	32	00:00:16	00:01:02	00:12:58	00:24:51	00:26:14.45	00:26:30.60	+00:07:52 (30.0%)	5:14	11.4 (69.9%)
33	MAKSIMOVICIUTE Zydre	606		K-30	33	00:00:09	00:01:02	00:12:59	00:24:46	00:26:14.95	00:26:24.55	+00:07:52 (30.0%)	5:14	11.4 (69.9%)
34	GURZYŃSKA Beata	1345	SUPRAVIS	K-30	34	00:01:01		00:13:09	00:24:57	00:26:20.20	00:27:22.05	+00:07:58 (30.3%)	5:16	11.4 (69.9%)
35	KAZEK-ŁUKOWSKA Agnieszka	777		K-30	35	00:00:49	00:01:03	00:13:10	00:25:02	00:26:31.50	00:27:20.50	+00:08:09 (30.7%)	5:18	11.3 (69.3%)
36	PIĄTEK Justyna	76	TEAM RUDNIK	K-30	36	00:00:29	00:01:06	00:12:47	00:25:11	00:26:37.05	00:27:06.75	+00:08:14 (31.0%)	5:19	11.3 (69.3%)
37	PAPIERSKA Kaja	1214		K-30	37	00:01:13	00:01:10	00:12:53	00:25:05	00:26:39.65	00:27:53.55	+00:08:17 (31.1%)	5:19	11.3 (69.3%)
38	BAGNIEWSKA Małgorzata	185		K-30	38	00:00:46	00:01:10	00:13:11	00:25:21	00:26:49.40	00:27:36.25	+00:08:27 (31.5%)	5:21	11.2 (68.7%)
39	SOBCZYŃSKA Dominika	847		K-30	39	00:00:56	00:01:13	00:13:30	00:25:25	00:26:53.70	00:27:49.70	+00:08:31 (31.7%)	5:22	11.2 (68.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
						startu	0.2km	2.5km	4.6km					
40	KALEMBA Daria	388		K-30	40	00:00:14	00:01:07	00:12:44	00:25:22	00:26:54.45	00:27:08.80	+00:08:32 (31.7%)	5:22	11.2 (68.7%)
41	SUDAS Alena	1018		K-30	41	00:00:26	00:01:07	00:13:02	00:25:32	00:27:07.40	00:27:33.55	+00:08:45 (32.3%)	5:25	11.1 (68.1%)
42	KOWALCZYK Magdalena	99		K-30	42	00:00:13	00:00:58	00:13:03	00:25:35	00:27:07.50	00:27:20.50	+00:08:45 (32.3%)	5:25	11.1 (68.1%)
43	DRUŻYŃSKA Anna	639		K-30	43	00:00:23	00:01:04	00:13:00	00:25:43	00:27:10.00	00:27:33.00	+00:08:47 (32.4%)	5:26	11 (67.5%)
44	BIERNACKA Magdalena	494	1BLOG	K-30	44	00:00:47	00:00:59	00:12:55	00:25:33	00:27:10.15	00:27:57.70	+00:08:48 (32.4%)	5:26	11 (67.5%)
45	STACHOWICZ Justyna	65		K-30	45	00:01:06	00:01:13	00:13:20	00:25:45	00:27:14.70	00:28:20.75	+00:08:52 (32.6%)	5:26	11 (67.5%)
46	MYK Edyta	224	CB163	K-30	46	00:00:23	00:01:06	00:13:06	00:25:42	00:27:16.45	00:27:40.30	+00:08:54 (32.6%)	5:27	11 (67.5%)
47	KARCZMARCZYK Dorota	1000		K-30	47	00:00:58	00:01:11	00:13:22	00:25:49	00:27:22.95	00:28:21.35	+00:09:00 (32.9%)	5:28	11 (67.5%)
48	SPYCHALSKA Kinga	118		K-30	48	00:00:30	00:01:04	00:13:18	00:25:55	00:27:25.00	00:27:55.25	+00:09:02 (33.0%)	5:29	10.9 (66.9%)
49	PŁOCIŃSKA Patrycja	345		K-30	49	00:01:00	00:01:18	00:13:31	00:25:54	00:27:30.35	00:28:31.30	+00:09:08 (33.2%)	5:30	10.9 (66.9%)
50	GROBELNA Ida	730		K-30	50	00:00:50	00:01:08	00:13:36	00:26:02	00:27:34.30	00:28:24.95	+00:09:12 (33.4%)	5:30	10.9 (66.9%)
51	WITKOWSKA Katarzyna	807	MOLDY UNICORNS	K-30	51	00:01:32	00:01:16	00:13:43	00:26:10	00:27:40.85	00:29:13.70	+00:09:18 (33.6%)	5:32	10.8 (66.3%)
52	MIECZKOWSKA-LAPKE Weronika	175		K-30	52	00:00:49	00:01:11	00:13:12	00:26:08	00:27:44.80	00:28:34.15	+00:09:22 (33.8%)	5:32	10.8 (66.3%)
53	RUMIANOWSKA Anna	1067		K-30	53	00:00:30	00:01:02	00:13:28	00:26:12	00:27:46.00	00:28:16.20	+00:09:23 (33.8%)	5:33	10.8 (66.3%)
54	ZAWODNA Natalia	1161		K-30	54	00:00:10	00:00:58	00:13:32	00:26:20	00:27:48.75	00:27:59.15	+00:09:26 (34.0%)	5:33	10.8 (66.3%)
55	SZMIDT-SZYPURA Agnieszka	1451		K-30	55	00:01:17	00:01:17	00:14:15	00:26:22	00:27:51.90	00:29:09.15	+00:09:29 (34.1%)	5:34	10.8 (66.3%)
56	WOLSKA Katarzyna	25		K-30	56	00:01:08	00:01:18	00:13:47	00:26:28	00:27:57.70	00:29:06.10	+00:09:35 (34.3%)	5:35	10.7 (65.6%)
57	BANASZAK Ewa	150	RUN BYDGOSZCZ	K-30	57	00:00:40	00:01:11	00:14:02	00:26:33	00:28:02.45	00:28:43.25	+00:09:40 (34.5%)	5:36	10.7 (65.6%)
58	BIELUSZEWSKA Mirela	869		K-30	58	00:01:33	00:01:13	00:13:46	00:26:28	00:28:06.05	00:29:39.30	+00:09:43 (34.6%)	5:37	10.7 (65.6%)
59	WAŁCZYK Iwona	1327		K-30	59	00:01:00	00:01:14	00:13:41	00:26:36	00:28:12.50	00:29:12.70	+00:09:50 (34.9%)	5:38	10.6 (65.0%)
60	BOROWCZAK Julita	207		K-30	60	00:01:23	00:01:10	00:14:00	00:26:42	00:28:14.40	00:29:38.00	+00:09:52 (35.0%)	5:38	10.6 (65.0%)
61	MAKSELLON Monika	545		K-30	61	00:00:54	00:01:15	00:14:01	00:26:47	00:28:20.05	00:29:14.80	+00:09:57 (35.2%)	5:40	10.6 (65.0%)
62	SYGNECKA Kasia	3		K-30	62	00:01:11	00:01:20	00:14:18	00:27:01	00:28:23.50	00:29:34.75	+00:10:01 (35.3%)	5:40	10.6 (65.0%)

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						startu	0.2km	2.5km	4.6km					
63	PIECHOCIŃSKA Dorota	934	RINO	K-30	63	00:00:33	00:01:11	00:14:42	00:27:03	00:28:27.95	00:29:01.50	+00:10:05 (35.5%)	5:41	10.5 (64.4%)
64	MACHNIK Kornelia	803	ROWEROWE KORONOWO	K-30	64	00:00:00	00:01:56	00:15:01		00:28:32.70	00:28:32.70	+00:10:10 (35.6%)	5:42	10.5 (64.4%)
65	OLSZAK Anna	516		K-30	65	00:01:15	00:01:17	00:14:12	00:27:04	00:28:33.15	00:29:48.80	+00:10:11 (35.7%)	5:42	10.5 (64.4%)
66	IRZA Katarzyna	1175		K-30	66	00:00:49	00:01:01	00:13:14	00:27:01	00:28:41.30	00:29:30.80	+00:10:19 (36.0%)	5:44	10.5 (64.4%)
67	RUTKOWSKA Virginia	576	BRZEZINSKI RUN CLUB	K-30	67	00:00:05	00:00:59	00:14:03	00:27:23	00:28:57.25	00:29:02.50	+00:10:35 (36.6%)	5:47	10.4 (63.8%)
68	DRZEWIECKA Ada	205		K-30	68	00:00:27	00:01:05	00:14:01	00:27:35	00:29:10.80	00:29:38.60	+00:10:48 (37.0%)	5:50	10.3 (63.2%)
69	PACZKOWSKA-PAPCZYŃSKA Joanna	1001	TRISPACE/TREK	K-30	69	00:01:04	00:01:20	00:14:47	00:27:47	00:29:11.90	00:30:16.60	+00:10:49 (37.1%)	5:50	10.3 (63.2%)
70	ŁUKASIK Agnieszka	474		K-30	70	00:00:10	00:01:03	00:14:29	00:27:29	00:29:19.75	00:29:30.30	+00:10:57 (37.4%)	5:51	10.2 (62.6%)
71	RYDELSKA Marysia	1440		K-30	71	00:01:00	00:01:23	00:14:31	00:27:47	00:29:27.75	00:30:28.55	+00:11:05 (37.7%)	5:53	10.2 (62.6%)
72	UMIŃSKA Marzena	965		K-30	72	00:01:01	00:01:21	00:14:40	00:28:00	00:29:35.40	00:30:36.40	+00:11:13 (37.9%)	5:55	10.1 (62.0%)
73	MICHALAK Agnieszka	1354	SUPRAVIS	K-30	73	00:01:02	00:01:16	00:14:46	00:27:55	00:29:38.15	00:30:40.50	+00:11:16 (38.0%)	5:55	10.1 (62.0%)
74	PILEWSKA Marta	917		K-30	74	00:00:33	00:01:22	00:14:49	00:28:16	00:29:46.85	00:30:20.20	+00:11:24 (38.3%)	5:57	10.1 (62.0%)
75	KOCZOROWSKA Kamila	579		K-30	75	00:00:12	00:01:06	00:14:20	00:28:03	00:29:47.30	00:29:59.85	+00:11:25 (38.3%)	5:57	10.1 (62.0%)
76	FATZ Joanna	993		K-30	76	00:01:07	00:01:17	00:14:55	00:28:16	00:29:55.85	00:31:03.25	+00:11:33 (38.6%)	5:59	10 (61.3%)
77	DRZEWIECKA-PINDEL Martyna	616		K-30	77	00:00:51	00:01:21	00:15:18	00:28:36	00:29:58.75	00:30:50.10	+00:11:36 (38.7%)	5:59	10 (61.3%)
78	SZPEJNOWSKA Monika	1425		K-30	78	00:01:29	00:01:18	00:15:04	00:28:18	00:29:59.60	00:31:28.90	+00:11:37 (38.8%)	5:59	10 (61.3%)
79	JANKE Marzena	1268		K-30	79	00:00:29	00:01:04	00:14:40	00:28:28	00:30:19.55	00:30:48.70	+00:11:57 (39.4%)	6:03	9.9 (60.7%)
80	RÓŻYCKA Anna	503		K-30	80	00:01:27	00:01:18	00:14:42	00:28:45	00:30:24.65	00:31:52.35	+00:12:02 (39.6%)	6:04	9.9 (60.7%)
81	OŹDŹYŃSKA Patrycja	995	ANTIDOTUM	K-30	81	00:00:39	00:01:15	00:15:17	00:28:45	00:30:25.00	00:31:04.25	+00:12:02 (39.6%)	6:05	9.9 (60.7%)
82	JANICKA Maria	1195		K-30	82	00:00:52	00:01:15	00:14:54	00:28:43	00:30:27.05	00:31:19.40	+00:12:04 (39.7%)	6:05	9.9 (60.7%)
83	SADOWSKA Iwona	410		K-30	83	00:00:12	00:01:04	00:14:15	00:28:42	00:30:31.65	00:30:44.40	+00:12:09 (39.8%)	6:06	9.8 (60.1%)
84	ZACZEK Paulina	1090		K-30	84	00:00:51	00:01:26	00:15:39	00:28:56	00:30:33.15	00:31:24.70	+00:12:11 (39.9%)	6:06	9.8 (60.1%)
85	GUŚCIORA Anita	1471		K-30	85	00:00:17	00:01:12	00:14:36	00:28:50	00:30:36.50	00:30:54.35	+00:12:14 (40.0%)	6:07	9.8 (60.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
						startu	0.2km	2.5km	4.6km					
86	MATEJA Anna	629		K-30	86	00:01:29	00:01:22	00:15:45	00:29:15	00:30:38.30	00:32:08.20	+00:12:16 (40.0%)	6:07	9.8 (60.1%)
87	CHELMINIAK Megi	1417		K-30	87	00:00:13	00:01:09	00:14:35	00:29:12	00:30:39.00	00:30:52.95	+00:12:16 (40.1%)	6:07	9.8 (60.1%)
88	NOWICKA Małgorzata	767		K-30	88	00:01:05	00:01:21	00:15:47	00:29:09	00:30:39.20	00:31:45.10	+00:12:17 (40.1%)	6:07	9.8 (60.1%)
89	ZIOŁECKA Dominika	1279		K-30	89	00:01:26		00:15:15	00:28:59	00:30:46.00	00:32:12.00	+00:12:23 (40.3%)	6:09	9.8 (60.1%)
90	MŁYNARCZYK Monika	309	GÓRALECZKI	K-30	90	00:00:34	00:01:12	00:14:42	00:28:56	00:30:47.25	00:31:22.20	+00:12:25 (40.3%)	6:09	9.7 (59.5%)
91	NOWACKA Katarzyna	1387		K-30	91	00:01:31	00:01:20	00:15:52	00:29:26	00:31:03.55	00:32:35.35	+00:12:41 (40.9%)	6:12	9.7 (59.5%)
92	SZYMECZKO Aleksandra	1433		K-30	92	00:00:20	00:01:10	00:15:08	00:29:18	00:31:04.75	00:31:24.90	+00:12:42 (40.9%)	6:12	9.7 (59.5%)
93	RESZELA Marta	551		K-30	93	00:01:24	00:01:15	00:15:48	00:29:24	00:31:05.00	00:32:29.05	+00:12:42 (40.9%)	6:13	9.7 (59.5%)
94	SULECKA Katarzyna	1496		K-30	94	00:00:24	00:01:09	00:14:51	00:29:30	00:31:15.80	00:31:39.80	+00:12:53 (41.2%)	6:15	9.6 (58.9%)
95	SERAFINOWICZ Marta	64		K-30	95	00:00:18	00:01:10	00:14:51	00:29:31	00:31:17.25	00:31:36.15	+00:12:55 (41.3%)	6:15	9.6 (58.9%)
96	GÓRSKA Paulina	528		K-30	96	00:00:23	00:01:17	00:15:26	00:29:39	00:31:20.10	00:31:43.60	+00:12:57 (41.4%)	6:16	9.6 (58.9%)
97	WYRĄBKIEWICZ Monika	424		K-30	97	00:00:44	00:01:15	00:15:33	00:30:03	00:31:25.80	00:32:10.60	+00:13:03 (41.6%)	6:17	9.5 (58.3%)
98	RAMPALSKA Alicja	697		K-30	98	00:00:26	00:01:14	00:15:29	00:29:49	00:31:35.50	00:32:02.40	+00:13:13 (41.9%)	6:19	9.5 (58.3%)
99	MAJDA Karolina	627		K-30	99	00:00:27	00:01:14	00:15:28	00:29:49	00:31:35.65	00:32:03.00	+00:13:13 (41.9%)	6:19	9.5 (58.3%)
100	KAWSKA Aneta	1158		K-30	100	00:00:28	00:01:07	00:14:59	00:30:08	00:31:49.80	00:32:17.85	+00:13:27 (42.3%)	6:21	9.4 (57.7%)
101	SZCZEPAŃSKA Jarosława	39		K-30	101	00:00:33	00:01:15	00:15:35	00:30:04	00:31:50.15	00:32:23.45	+00:13:28 (42.3%)	6:22	9.4 (57.7%)
102	DOBIJA Kamila	719		K-30	102	00:01:08	00:01:27	00:16:09	00:30:06	00:31:54.55	00:33:02.80	+00:13:32 (42.4%)	6:22	9.4 (57.7%)
103	GÓRNA Michalina	671		K-30	103	00:01:17	00:01:20	00:15:48	00:30:24	00:32:11.80	00:33:29.20	+00:13:49 (42.9%)	6:26	9.3 (57.1%)
104	KAMECKA-DOLNA Patrycja	1411		K-30	104	00:01:00	00:01:21	00:16:16	00:30:43	00:32:24.50	00:33:25.35	+00:14:02 (43.3%)	6:28	9.3 (57.1%)
105	BRZEZIŃSKA Marta	774		K-30	105	00:01:15	00:01:23	00:16:04	00:30:47	00:32:32.55	00:33:48.25	+00:14:10 (43.6%)	6:30	9.2 (56.4%)
106	DOBROWOLSKA Patrycja	38		K-30	106	00:00:31		00:15:14	00:30:34	00:32:33.50	00:33:05.25	+00:14:11 (43.6%)	6:30	9.2 (56.4%)
107	NOWAKOWSKA Marta	1378	DEAF GARMIN_CUBE	K-30	107	00:00:31	00:01:17	00:15:35	00:30:46	00:32:36.65	00:33:07.70	+00:14:14 (43.7%)	6:31	9.2 (56.4%)
108	SZOSTAK Katarzyna	742		K-30	108	00:01:02	00:01:21	00:16:11	00:30:52	00:32:43.75	00:33:46.10	+00:14:21 (43.9%)	6:32	9.2 (56.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	0.2km	2.5km	4.6km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
109	BALICKA Joanna	37		K-30	109	00:00:32	00:01:15	00:15:37	00:30:55	00:32:44.60	00:33:17.55	+00:14:22 (43.9%)	6:32	9.2 (56.4%)
110	ZIELIŃSKA Agnieszka	1215	RUNNING STARS	K-30	110	00:00:53	00:01:14	00:15:17	00:30:51	00:32:48.45	00:33:41.75	+00:14:26 (44.0%)	6:33	9.1 (55.8%)
111	GĘSICKA Marta	1341		K-30	111	00:00:29	00:01:12	00:15:51	00:31:00	00:32:56.25	00:33:25.85	+00:14:34 (44.2%)	6:35	9.1 (55.8%)
112	PRZYGOCKA Katarzyna	1110		K-30	112	00:01:01	00:01:20	00:15:51	00:31:10	00:33:03.55	00:34:05.20	+00:14:41 (44.4%)	6:36	9.1 (55.8%)
113	WYSOCKA Joanna	835	ASTORIA BYDGOSZCZ	K-30	113	00:00:58	00:01:27	00:16:37	00:31:26	00:33:06.05	00:34:04.20	+00:14:43 (44.5%)	6:37	9.1 (55.8%)
114	PAPROCKA Angelika	241		K-30	114	00:01:00	00:01:22	00:16:29	00:31:37	00:33:16.20	00:34:16.55	+00:14:54 (44.8%)	6:39	9 (55.2%)
115	FELINIAK Ewelina	613		K-30	115	00:00:22	00:01:08	00:15:51	00:31:30	00:33:18.40	00:33:40.60	+00:14:56 (44.8%)	6:39	9 (55.2%)
116	OSUCH Małgorzata	137		K-30	116	00:00:19	00:01:06	00:15:44	00:31:26	00:33:18.65	00:33:37.85	+00:14:56 (44.9%)	6:39	9 (55.2%)
117	ZMITROWICZ Hanna	435	FIT FORMA BYDGOSZCZ - FITFORMABYDGOSZCZ.PL	K-30	117	00:01:15	00:01:22	00:16:31	00:31:21	00:33:18.80	00:34:34.35	+00:14:56 (44.9%)	6:39	9 (55.2%)
118	BANIA-JASKULSKA Karolina	447		K-30	118	00:01:14	00:01:23	00:16:32	00:31:23	00:33:20.55	00:34:35.35	+00:14:58 (44.9%)	6:40	9 (55.2%)
119	FELSKA Katarzyna	221		K-30	119	00:01:14	00:01:24	00:16:32	00:31:22	00:33:20.60	00:34:34.80	+00:14:58 (44.9%)	6:40	9 (55.2%)
120	KOZIOŁ Magdalena	212		K-30	120	00:01:14	00:01:23	00:16:32	00:31:23	00:33:21.00	00:34:35.35	+00:14:58 (44.9%)	6:40	9 (55.2%)
121	ADAMSKA Anna	1401		K-30	121	00:01:20	00:01:21	00:16:47	00:31:33	00:33:22.60	00:34:43.10	+00:15:00 (45.0%)	6:40	9 (55.2%)
122	OSTRY Karolina	641		K-30	122	00:00:29	00:01:23	00:16:21	00:31:59	00:33:37.35	00:34:06.90	+00:15:15 (45.4%)	6:43	8.9 (54.6%)
123	MARUT Joanna	682		K-30	123	00:01:05	00:01:22	00:16:57	00:32:06	00:33:51.65	00:34:57.20	+00:15:29 (45.8%)	6:46	8.9 (54.6%)
124	TOMASZEWSKA Agnieszka	1257		K-30	124	00:00:38	00:01:11	00:15:57	00:31:58	00:33:56.60	00:34:35.20	+00:15:34 (45.9%)	6:47	8.8 (54.0%)
125	GRABSKA-ZIELIŃSKA Sylwia	836		K-30	125	00:00:57	00:01:13	00:16:12	00:32:02	00:34:00.60	00:34:57.80	+00:15:38 (46.0%)	6:48	8.8 (54.0%)
126	KERL FABROWSKA Paulina	1356	TRITATA	K-30	126	00:00:31	00:01:14	00:16:59	00:32:49	00:34:15.95	00:34:47.85	+00:15:53 (46.4%)	6:51	8.8 (54.0%)
127	PISKRZYŃSKA Dominika	1353		K-30	127	00:01:27	00:01:19	00:16:54	00:32:27	00:34:24.20	00:35:51.40	+00:16:02 (46.6%)	6:52	8.7 (53.4%)
128	ILCEWICZ Monika	232	RUN BYDGOSZCZ	K-30	128	00:01:11	00:01:22	00:16:36	00:32:39	00:34:37.40	00:35:48.65	+00:16:15 (46.9%)	6:55	8.7 (53.4%)
129	ZAWADZKA Monika	1088		K-30	129	00:00:45	00:01:15	00:16:29	00:32:39	00:34:43.05	00:35:28.95	+00:16:20 (47.1%)	6:56	8.6 (52.8%)
130	CIEŚLIK Iwona	1152		K-30	130	00:01:10	00:01:31	00:17:30	00:32:54	00:34:48.30	00:35:58.95	+00:16:26 (47.2%)	6:57	8.6 (52.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	0.2km	2.5km	4.6km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
131	OLSZEWSKA Emilia	1039	SUP POINT BYDGOSZCZ	K-30	131	00:01:38	00:01:19	00:16:12	00:33:10	00:35:04.90	00:36:43.40	+00:16:42 (47.6%)	7:00	8.6 (52.8%)
132	MANDZI Gabriela	1037		K-30	132	00:00:36	00:01:17	00:16:47	00:33:05	00:35:05.30	00:35:41.55	+00:16:43 (47.6%)	7:01	8.6 (52.8%)
133	BULCZYŃSKA Izabela	1049		K-30	133	00:00:36	00:01:17	00:16:48	00:33:05	00:35:05.70	00:35:42.40	+00:16:43 (47.7%)	7:01	8.6 (52.8%)
134	LEWANDOWSKA Iza	585	-	K-30	134	00:00:39	00:01:20	00:16:56	00:33:10	00:35:06.25	00:35:45.80	+00:16:44 (47.7%)	7:01	8.5 (52.1%)
135	KOLLIT Paulina	548		K-30	135	00:00:38	00:01:22	00:16:48	00:33:11	00:35:12.15	00:35:50.75	+00:16:50 (47.8%)	7:02	8.5 (52.1%)
136	ALEXANDER Magdalena	643		K-30	136	00:00:22	00:01:07	00:16:49	00:33:41	00:35:34.40	00:35:57.20	+00:17:12 (48.4%)	7:06	8.4 (51.5%)
137	RESZELA Aleksandra	609		K-30	137	00:01:24	00:01:23	00:17:44	00:33:55	00:35:52.65	00:37:16.80	+00:17:30 (48.8%)	7:10	8.4 (51.5%)
138	BARAŃCZAK Weronika	156		K-30	138	00:01:07	00:01:26	00:18:02	00:34:15	00:35:56.30	00:37:04.10	+00:17:34 (48.9%)	7:11	8.3 (50.9%)
139	ROMANEK Anna	962		K-30	139	00:00:56	00:01:25	00:17:47	00:34:02	00:36:03.30	00:36:59.60	+00:17:41 (49.1%)	7:12	8.3 (50.9%)
140	MACHTEL Izabela	379		K-30	140	00:00:19	00:01:14	00:17:19	00:34:13	00:36:14.00	00:36:33.30	+00:17:51 (49.3%)	7:14	8.3 (50.9%)
141	HETEL Beata	1465		K-30	141	00:00:31	00:01:23	00:17:41	00:34:14	00:36:16.40	00:36:47.45	+00:17:54 (49.4%)	7:15	8.3 (50.9%)
142	KWINTA Anika	1373	NITROCHEM	K-30	142	00:00:33	00:01:16	00:17:16	00:34:26	00:36:29.00	00:37:02.10	+00:18:06 (49.7%)	7:17	8.2 (50.3%)
143	WILANDT-SOBKO Marta	66		K-30	143	00:01:16	00:01:29	00:17:47	00:34:35	00:36:42.00	00:37:58.65	+00:18:19 (49.9%)	7:20	8.2 (50.3%)
144	ŻARNOWSKA Joanna	1368	NITROCHEM	K-30	144	00:00:00				00:37:03.80	00:37:03.80	+00:18:41 (50.4%)	7:24	8.1 (49.7%)
145	ANTCZAK Natalia	283		K-30	145	00:01:15	00:01:24	00:18:29	00:35:40	00:37:04.70	00:38:20.30	+00:18:42 (50.5%)	7:24	8.1 (49.7%)
146	KACZMAREK Marta	506		K-30	146	00:01:29	00:01:27	00:19:03	00:35:58	00:37:37.75	00:39:07.10	+00:19:15 (51.2%)	7:31	8 (49.1%)
147	SUMIŃSKA Karolina	60		K-30	147	00:00:48	00:01:28	00:19:00	00:36:32	00:38:21.35	00:39:09.95	+00:19:59 (52.1%)	7:40	7.8 (47.9%)
148	KUŁAK Anna	123		K-30	148	00:00:12	00:01:13	00:17:41	00:36:47	00:38:39.75	00:38:51.80	+00:20:17 (52.5%)	7:43	7.8 (47.9%)
149	BARCZYŃSKA Marta	1069		K-30	149	00:00:31	00:01:23	00:18:17	00:36:39	00:38:55.15	00:39:26.20	+00:20:33 (52.8%)	7:47	7.7 (47.2%)
150	GAPINSKA Dorota	977		K-30	150	00:01:19	00:01:28	00:19:11	00:36:59	00:39:06.75	00:40:26.60	+00:20:44 (53.0%)	7:49	7.7 (47.2%)
151	CZUBEK Teresa	891		K-30	151	00:01:33	00:01:18	00:19:07	00:37:16	00:39:15.45	00:40:49.00	+00:20:53 (53.2%)	7:51	7.6 (46.6%)
152	KACZMAREK Dominika	507		K-30	152	00:01:29	00:01:27	00:19:10	00:37:20	00:39:21.50	00:40:51.00	+00:20:59 (53.3%)	7:52	7.6 (46.6%)
153	SERLIKOWSKA Agnieszka	1263		K-30	153	00:00:45	00:01:25	00:20:00	00:39:16	00:41:40.40	00:42:25.60	+00:23:18 (55.9%)	8:20	7.2 (44.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	0.2km	2.5km	4.6km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
154	MYLER Georgina	1142	KSN ŁUCZNICZKA BYDGOSZCZ	K-30	154	00:00:39	00:01:31	00:22:26	00:43:04	00:45:41.40	00:46:20.80	+00:27:19 (59.8%)	9:08	6.6 (40.5%)
155	ZALIŃSKA Agnieszka	540		K-30	155	00:00:20	00:01:48	00:22:07	00:43:16	00:45:42.25	00:46:03.10	+00:27:20 (59.8%)	9:08	6.6 (40.5%)
156	SZELIGA Paulina	1255		K-30	156	00:00:11	00:01:09	00:20:06	00:44:54	00:47:59.40	00:48:11.10	+00:29:37 (61.7%)	9:35	6.3 (38.7%)
157	WEDDZEL Anna	1256		K-30	157	00:00:00	00:01:21	00:20:17	00:45:05	00:48:11.50	00:48:11.50	+00:29:49 (61.9%)	9:38	6.2 (38.0%)

Znaleziono 157 wynik(ów)