



BYDGOSKI BIEG NIEPODLEGŁOŚCI 2023

B4SPORT

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

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: K-40

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	KRUCZKOWSKA Magdalena	1468	BRZEZIŃSKI RUN CLUB	K-40	1	00:00:10	00:00:48	00:10:23	00:20:04	00:21:15.75	00:21:26.65		4:15	14.1 (100%)
2	BŁĄŻEJAK Krzysia	153	WTLENIE	K-40	2	00:00:04	00:00:49	00:10:45	00:20:43	00:22:00.55	00:22:05.50	+00:00:44 (3.4%)	4:24	13.6 (96.5%)
3	ŚWIETLIK Michalina	145	#BRZEZIŃSKIRUNCLUB	K-40	3	00:00:00	00:00:49	00:10:54	00:21:19	00:22:42.00	00:22:42.00	+00:01:26 (6.3%)	4:32	13.2 (93.6%)
4	WUJEK Magdalena	1423	RUN BYDGOSZCZ	K-40	4	00:00:17	00:00:53	00:11:03	00:21:36	00:22:52.25	00:23:10.15	+00:01:36 (7.0%)	4:34	13.1 (92.9%)
5	TOMCZAK Katarzyna	1132	KSN ŁUCZNICZKA BYDGOSZCZ	K-40	5	00:00:06	00:00:57	00:11:06	00:21:42	00:23:04.90	00:23:11.70	+00:01:49 (7.9%)	4:36	13 (92.2%)
6	ŻYŁA Magdalena	1285		K-40	6	00:00:14	00:00:52	00:11:19	00:21:59	00:23:07.85	00:23:22.05	+00:01:52 (8.1%)	4:37	13 (92.2%)
7	URBAŃSKA Ewa	1330	TM IRONTEAM	K-40	7	00:01:36	00:00:54	00:11:31	00:22:23	00:23:43.35	00:25:20.25	+00:02:27 (10.4%)	4:44	12.6 (89.4%)
8	TOMCZAK Agnieszka	1072	BRZEZIŃSKI RUN CLUB	K-40	8	00:00:05	00:00:47	00:11:31	00:22:25	00:23:45.95	00:23:51.85	+00:02:30 (10.5%)	4:45	12.6 (89.4%)
9	WOLAN Magdalena	195		K-40	9	00:00:08	00:00:54	00:11:35	00:22:47	00:24:07.90	00:24:16.55	+00:02:52 (11.9%)	4:49	12.4 (87.9%)
10	WARCZAK Katarzyna	1324	TEAMOCHAL	K-40	10	00:00:19	00:01:01	00:11:57	00:23:02	00:24:22.65	00:24:42.45	+00:03:06 (12.8%)	4:52	12.3 (87.2%)
11	BIEGAŁA Agnieszka	161		K-40	11	00:00:05	00:00:51	00:12:07	00:23:27	00:24:53.45	00:24:59.30	+00:03:37 (14.6%)	4:58	12.1 (85.8%)
12	RUTKOWSKA-PISZCZYŃSKA Agata	577	BRZEZIŃSKI RUN CLUB	K-40	12	00:00:05	00:00:49	00:11:56	00:23:28	00:24:56.10	00:25:01.35	+00:03:40 (14.7%)	4:59	12 (85.1%)
13	NEUMANN Magdalena	1249		K-40	13	00:00:22	00:01:00	00:12:15	00:23:39	00:25:02.75	00:25:25.35	+00:03:47 (15.1%)	5:00	12 (85.1%)
14	PIOTROWSKA-RADZIEJEWSKA Marzena	61	TEAMOCHAL	K-40	14	00:00:25	00:01:02	00:12:26	00:24:05	00:25:26.25	00:25:51.35	+00:04:10 (16.4%)	5:05	11.8 (83.7%)
15	DULIŃSKA Dorota	291	TRISPACE/TREK	K-40	15	00:00:28	00:01:00	00:12:31	00:24:15	00:25:41.40	00:26:10.00	+00:04:25 (17.2%)	5:08	11.7 (83.0%)

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					
16	PISKORSKA Marta	1182	KOLOROWE GACIE	K-40	16	00:00:31	00:01:03	00:12:49	00:24:23	00:25:48.75	00:26:20.15	+00:04:33 (17.6%)	5:09	11.6 (82.3%)
17	MŁYNARCZYK Ewa	1044	BYDGOSKIE ŻÓŁWIE	K-40	17	00:00:20	00:01:02	00:12:49	00:24:32	00:25:55.60	00:26:15.75	+00:04:39 (18.0%)	5:11	11.6 (82.3%)
18	CZYŻEWSKA Justyna	69		K-40	18	00:00:40	00:01:03	00:12:40	00:24:32	00:25:56.65	00:26:37.60	+00:04:40 (18.0%)	5:11	11.6 (82.3%)
19	KRZYWAŃSKA Aleksandra	843		K-40	19	00:00:06	00:01:00	00:12:47	00:24:36	00:26:00.00	00:26:06.50	+00:04:44 (18.2%)	5:12	11.5 (81.6%)
20	SAK Anna	1413	SOLANKOWI BIEGACZE	K-40	20	00:00:08	00:00:58	00:12:43	00:24:48	00:26:21.60	00:26:29.95	+00:05:05 (19.3%)	5:16	11.4 (80.9%)
21	MUSS Karolina	518		K-40	21	00:00:54	00:01:12	00:13:19	00:25:11	00:26:41.70	00:27:36.00	+00:05:25 (20.4%)	5:20	11.2 (79.4%)
22	NAGORZYSKA Sylwia	171	MUD FOXES	K-40	22	00:00:12	00:01:09	00:13:18	00:25:21	00:26:48.45	00:27:01.35	+00:05:32 (20.7%)	5:21	11.2 (79.4%)
23	JACKOWIEC-JAGIELSKA Małgorzata	210		K-40	23	00:00:13	00:01:01	00:13:14	00:25:30	00:26:58.85	00:27:12.25	+00:05:43 (21.2%)	5:23	11.1 (78.7%)
24	KILIŃSKA Magdalena	569	BRZEZIŃSKI RUN CLUB	K-40	24	00:00:44	00:01:10	00:12:57	00:25:27	00:26:59.65	00:27:43.80	+00:05:43 (21.2%)	5:23	11.1 (78.7%)
25	KARCZEWSKA Arletta	992		K-40	25	00:00:58	00:01:20	00:14:00	00:25:55	00:27:24.00	00:28:22.35	+00:06:08 (22.4%)	5:28	10.9 (77.3%)
26	TUROWSKA Patrycja	1446	TEAMOCHAL	K-40	26	00:00:32	00:01:01	00:13:32	00:25:51	00:27:25.80	00:27:58.20	+00:06:10 (22.5%)	5:29	10.9 (77.3%)
27	UCHMAN DĄBROWSKA Dorota	6		K-40	27	00:00:14	00:01:09	00:13:54	00:26:01	00:27:27.45	00:27:42.05	+00:06:11 (22.6%)	5:29	10.9 (77.3%)
28	FUZ Gabriela	874	KABEL TEAM BYDGOSZCZ	K-40	28	00:00:38	00:01:08	00:13:32	00:26:00	00:27:39.70	00:28:17.95	+00:06:23 (23.1%)	5:31	10.8 (76.6%)
29	BEJMA Magdalena	958	TEAM RUN GOŁAŃCZ	K-40	29	00:00:20	00:01:03	00:13:06	00:26:06	00:27:48.10	00:28:08.60	+00:06:32 (23.5%)	5:33	10.8 (76.6%)
30	MERING Marta	1277		K-40	30	00:01:24	00:01:17	00:14:02	00:26:22	00:27:51.00	00:29:15.95	+00:06:35 (23.7%)	5:34	10.8 (76.6%)
31	GRZESIAK-KNUT Lucyna	1351		K-40	31	00:00:39	00:01:10	00:13:51	00:26:29	00:27:58.45	00:28:38.10	+00:06:42 (24.0%)	5:35	10.7 (75.9%)
32	GOŁATTA Magdalena	1352		K-40	32	00:00:39	00:01:10	00:13:52	00:26:29	00:27:58.90	00:28:38.30	+00:06:43 (24.0%)	5:35	10.7 (75.9%)
33	JANKOWSKA Żaneta	941	YES ENGLISH	K-40	33	00:00:23		00:13:32	00:26:33	00:28:00.25	00:28:23.50	+00:06:44 (24.1%)	5:36	10.7 (75.9%)
34	DUSZYŃSKA Joanna	1025		K-40	34	00:01:01	00:01:20	00:13:51	00:26:23	00:28:01.00	00:29:02.45	+00:06:45 (24.1%)	5:36	10.7 (75.9%)
35	GROBELNA Monika	200		K-40	35	00:00:09	00:00:58	00:13:38	00:26:44	00:28:05.45	00:28:14.45	+00:06:49 (24.3%)	5:37	10.7 (75.9%)
36	FRANKOWSKA Małgorzata	861		K-40	36	00:00:38	00:01:05	00:13:39	00:26:33	00:28:06.40	00:28:44.70	+00:06:50 (24.4%)	5:37	10.7 (75.9%)
37	ZIELIŃSKA Justyna	133	KOLOROWE GACIE	K-40	37	00:00:31	00:01:04	00:13:33	00:26:29	00:28:10.40	00:28:41.65	+00:06:54 (24.5%)	5:38	10.7 (75.9%)

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					
38	JANUSZEWSKA Kamila	1218		K-40	38	00:00:18	00:01:11	00:13:57	00:26:42	00:28:18.90	00:28:37.25	+00:07:03 (24.9%)	5:39	10.6 (75.2%)
39	WŁODARCZYK Hanna	142		K-40	39	00:00:47	00:01:14	00:13:55	00:26:41	00:28:19.95	00:29:07.20	+00:07:04 (25.0%)	5:39	10.6 (75.2%)
40	PARADOWSKA Bogumiła	1393		K-40	40	00:00:18	00:01:12	00:13:50	00:26:41	00:28:22.00	00:28:40.30	+00:07:06 (25.0%)	5:40	10.6 (75.2%)
41	KRZESZEWSKA Agnieszka	1313		K-40	41	00:00:08	00:01:02	00:13:55	00:27:02	00:28:29.20	00:28:37.20	+00:07:13 (25.4%)	5:41	10.5 (74.5%)
42	RADECKA Aleksandra	1386	ZIELONY PELIKAN	K-40	42	00:00:29	00:01:11	00:14:00	00:27:03	00:28:31.45	00:29:00.65	+00:07:15 (25.5%)	5:42	10.5 (74.5%)
43	KRASIŃSKA Katarzyna	1332		K-40	43	00:00:43	00:00:59	00:14:01	00:26:57	00:28:33.40	00:29:16.80	+00:07:17 (25.5%)	5:42	10.5 (74.5%)
44	BASZKIEWICZ Justyna	651		K-40	44	00:00:44	00:01:09	00:13:50	00:26:56	00:28:33.95	00:29:18.10	+00:07:18 (25.6%)	5:42	10.5 (74.5%)
45	PIECHOWSKA Magdalena	341		K-40	45	00:00:57	00:01:08	00:13:59	00:27:00	00:28:34.70	00:29:32.40	+00:07:18 (25.6%)	5:42	10.5 (74.5%)
46	PIENIAK Anna	797		K-40	46	00:01:19	00:01:21	00:14:20	00:27:00	00:28:37.80	00:29:57.05	+00:07:22 (25.7%)	5:43	10.5 (74.5%)
47	FILIPEK Mirosława	68		K-40	47	00:00:31	00:01:07	00:13:54	00:27:10	00:28:43.95	00:29:15.65	+00:07:28 (26.0%)	5:44	10.4 (73.8%)
48	KOPCZYŃSKA Ewelina	217		K-40	48	00:00:50	00:01:15	00:14:36	00:27:22	00:28:53.25	00:29:43.35	+00:07:37 (26.4%)	5:46	10.4 (73.8%)
49	ZAMIATOWSKA Kinga	740	BELLA LINE	K-40	49	00:00:18	00:01:07	00:14:07	00:27:19	00:28:54.25	00:29:12.70	+00:07:38 (26.4%)	5:46	10.4 (73.8%)
50	WRZESIŃSKA Joanna	132	WOPR WOJEWÓDZTWA KUJAWSKO-POMORSKIEGO	K-40	50	00:01:26	00:01:16	00:14:34	00:27:24	00:28:57.05	00:30:23.95	+00:07:41 (26.6%)	5:47	10.4 (73.8%)
51	GNIOT Bożena	1172		K-40	51	00:00:49	00:01:17	00:14:32	00:27:41	00:29:19.45	00:30:09.20	+00:08:03 (27.5%)	5:51	10.2 (72.3%)
51	PRIETZ Monika	243	W2 RUN TEAM	K-40	51	00:01:02	00:01:11	00:14:46	00:27:54	00:29:19.45	00:30:22.15	+00:08:03 (27.5%)	5:51	10.2 (72.3%)
53	MALATYŃSKA Barbara	338	TEAM RUDNIK	K-40	53	00:00:26	00:01:03	00:14:21	00:27:53	00:29:32.35	00:29:58.75	+00:08:16 (28.0%)	5:54	10.2 (72.3%)
54	SPEJER Anna	1385	NITROCHEM	K-40	54	00:00:36	00:01:14	00:14:31	00:27:56	00:29:33.35	00:30:10.05	+00:08:17 (28.1%)	5:54	10.2 (72.3%)
55	LEWANDOWSKA Sylwia	250		K-40	55	00:00:23	00:01:07	00:14:34	00:27:58	00:29:36.00	00:29:59.60	+00:08:20 (28.2%)	5:55	10.1 (71.6%)
56	DONDALSKA Monika	1193		K-40	56	00:00:30	00:01:12	00:14:31	00:28:06	00:29:46.85	00:30:17.20	+00:08:31 (28.6%)	5:57	10.1 (71.6%)
57	WESOŁOWSKA Aleksandra	166		K-40	57	00:00:19	00:01:08	00:14:40	00:28:21	00:30:01.55	00:30:20.90	+00:08:45 (29.2%)	6:00	10 (70.9%)
58	RATKOWSKA-KACPERSKA Anna	971	BIEGACZKI SIŁACZKI	K-40	58	00:00:06	00:01:07	00:14:34	00:28:29	00:30:15.30	00:30:21.90	+00:08:59 (29.7%)	6:03	9.9 (70.2%)
59	BUREK Dorota	1021		K-40	59	00:00:06	00:01:08	00:14:34	00:28:29	00:30:15.35	00:30:21.95	+00:08:59 (29.7%)	6:03	9.9 (70.2%)
60	LIS Beata	674		K-40	60	00:00:47	00:01:17	00:15:04	00:28:37	00:30:17.00	00:31:04.55	+00:09:01 (29.8%)	6:03	9.9 (70.2%)

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						startu	0.2km	2.5km	4.6km					
61	CIARZYŃSKA Tamara	1004		K-40	61	00:01:24	00:01:20	00:14:44	00:28:31	00:30:17.70	00:31:42.60	+00:09:01 (29.8%)	6:03	9.9 (70.2%)
62	WYSOCKA Kinga	714		K-40	62	00:00:36	00:01:15	00:14:42	00:28:39	00:30:18.70	00:30:55.00	+00:09:02 (29.9%)	6:03	9.9 (70.2%)
63	BŁAŻEK-KOJRO Kasia	266		K-40	63	00:00:23	00:01:07	00:14:41	00:28:50	00:30:27.85	00:30:51.70	+00:09:12 (30.2%)	6:05	9.9 (70.2%)
64	PRZYBYLSKA Paulina	255		K-40	64	00:00:50	00:01:16	00:15:14	00:28:52	00:30:32.40	00:31:22.95	+00:09:16 (30.4%)	6:06	9.8 (69.5%)
65	WESOŁOWSKA Aleksandra	680		K-40	65	00:00:57	00:01:14	00:15:09	00:28:59	00:30:36.00	00:31:33.30	+00:09:20 (30.5%)	6:07	9.8 (69.5%)
66	IGNASIAK Bernadeta	285		K-40	66	00:00:33	00:01:06	00:14:54	00:29:02	00:30:43.30	00:31:16.95	+00:09:27 (30.8%)	6:08	9.8 (69.5%)
67	NOWICKA Tattiana	122		K-40	67	00:00:55	00:01:14	00:14:47	00:29:06	00:30:53.70	00:31:49.60	+00:09:37 (31.2%)	6:10	9.7 (68.8%)
68	WIŚNIEWSKA Joanna	1365		K-40	68	00:00:40	00:01:21	00:15:32	00:29:25	00:31:03.90	00:31:44.70	+00:09:48 (31.6%)	6:12	9.7 (68.8%)
69	GRYNIS Anna	1035		K-40	69	00:01:04	00:01:21	00:15:11	00:29:20	00:31:09.25	00:32:13.75	+00:09:53 (31.8%)	6:13	9.6 (68.1%)
70	AUGUSTYNOWICZ Katarzyna	244	TKKF KOLEJARZ BYDGOSZCZ	K-40	70	00:00:58	00:01:14	00:15:00	00:29:31	00:31:12.55	00:32:11.25	+00:09:56 (31.9%)	6:14	9.6 (68.1%)
71	SZCZEPAŃSKA Agnieszka	360		K-40	71	00:01:04		00:15:15	00:29:40	00:31:29.10	00:32:33.50	+00:10:13 (32.5%)	6:17	9.5 (67.4%)
72	RYBACKA Iwona	1389		K-40	72	00:01:35	00:01:14	00:15:21	00:29:06	00:31:34.80	00:33:10.40	+00:10:19 (32.7%)	6:18	9.5 (67.4%)
73	ZBIRANEK Beata	295		K-40	73	00:00:34	00:01:10	00:15:08	00:29:45	00:31:36.65	00:32:11.25	+00:10:20 (32.7%)	6:19	9.5 (67.4%)
74	CZARNECKA - PIJAROWSKA Dominika	1454		K-40	74	00:01:04	00:01:18	00:15:33	00:29:58	00:31:45.70	00:32:50.65	+00:10:29 (33.1%)	6:21	9.4 (66.7%)
75	KOTARSKA-SKONIECZKA Anna	263		K-40	75	00:00:31	00:01:23	00:15:40	00:30:06	00:31:54.25	00:32:26.00	+00:10:38 (33.4%)	6:22	9.4 (66.7%)
76	STASZAK Justyna	1237		K-40	76	00:00:31	00:01:23	00:15:40	00:30:06	00:31:54.45	00:32:25.80	+00:10:38 (33.4%)	6:22	9.4 (66.7%)
77	KONDRACKA Alicja	193		K-40	77	00:01:16	00:01:18	00:15:56	00:30:08	00:31:56.50	00:33:13.25	+00:10:40 (33.4%)	6:23	9.4 (66.7%)
78	PODSIEDLIK Zuzanna	989	2BLOG	K-40	78	00:01:13	00:01:17	00:15:57	00:30:16	00:31:57.35	00:33:11.30	+00:10:41 (33.5%)	6:23	9.4 (66.7%)
79	FALATYN Katarzyna	1089		K-40	79	00:00:52	00:01:10	00:15:25	00:30:13	00:32:06.50	00:32:59.45	+00:10:50 (33.8%)	6:25	9.3 (66.0%)
80	GRZYBCZYŃSKA Monika	1124	KSN ŁUCZNICZKA BYDGOSZCZ	K-40	80	00:00:41	00:01:20	00:15:31	00:30:28	00:32:21.25	00:33:02.75	+00:11:05 (34.3%)	6:28	9.3 (66.0%)
81	TRAWCZYŃSKA Katarzyna	1140	KSN ŁUCZNICZKA BYDGOSZCZ	K-40	81	00:00:44	00:01:18	00:15:48	00:30:36	00:32:24.70	00:33:08.85	+00:11:08 (34.4%)	6:28	9.3 (66.0%)
82	DRAŻEK-KRAKOWSKA Agnieszka	125		K-40	82	00:01:03	00:01:21	00:15:51	00:30:39	00:32:31.35	00:33:34.60	+00:11:15 (34.6%)	6:30	9.2 (65.2%)

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					
83	JEKEL Aneta	1485		K-40	83	00:00:38	00:01:17	00:16:31	00:30:48	00:32:37.00	00:33:15.25	+00:11:21 (34.8%)	6:31	9.2 (65.2%)
84	CICHULSKA-QUAA Izabela	1184		K-40	84	00:01:26	00:01:18	00:15:43	00:30:55	00:32:37.05	00:34:03.35	+00:11:21 (34.8%)	6:31	9.2 (65.2%)
85	WIATROWSKA Katarzyna	746		K-40	85	00:00:17	00:01:13	00:15:30	00:30:55	00:32:42.45	00:33:00.35	+00:11:26 (35.0%)	6:32	9.2 (65.2%)
85	MAJEWSKA Monika	245		K-40	85	00:00:29	00:01:08	00:15:47	00:30:52	00:32:42.45	00:33:12.40	+00:11:26 (35.0%)	6:32	9.2 (65.2%)
87	BRODACKA Aleksandra	1392		K-40	87	00:00:30	00:01:11	00:15:50	00:30:59	00:32:55.75	00:33:25.85	+00:11:40 (35.4%)	6:35	9.1 (64.5%)
88	OKOŃSKA Żaneta	27	ADAM BORKOWSKI TEAM	K-40	88	00:00:50	00:01:22	00:15:39	00:31:09	00:32:58.05	00:33:48.10	+00:11:42 (35.5%)	6:35	9.1 (64.5%)
89	PIĘKNA Monika	954		K-40	89	00:00:54	00:01:23	00:16:04	00:31:12	00:33:02.35	00:33:56.55	+00:11:46 (35.6%)	6:36	9.1 (64.5%)
90	CZUBAJ-JERZYŃSKA Nina	744		K-40	90	00:00:57	00:01:27	00:16:39	00:31:26	00:33:07.20	00:34:04.45	+00:11:51 (35.8%)	6:37	9.1 (64.5%)
91	GRABOWSKA Marlena	587	-	K-40	91	00:00:39	00:01:19	00:16:54	00:31:42	00:33:12.55	00:33:52.25	+00:11:56 (36.0%)	6:38	9 (63.8%)
92	PALACZ Wioletta	184	POLONIA BYDGOSZCZ SLA	K-40	92	00:00:35	00:01:15	00:15:47	00:31:47	00:33:17.00	00:33:52.60	+00:12:01 (36.1%)	6:39	9 (63.8%)
93	PRIETZ Agata	513		K-40	93	00:00:45	00:01:16	00:16:29	00:31:44	00:33:27.70	00:34:13.30	+00:12:11 (36.5%)	6:41	9 (63.8%)
94	PESTKA Anna	1316		K-40	94	00:00:50	00:01:21	00:15:55	00:31:38	00:33:28.90	00:34:19.45	+00:12:13 (36.5%)	6:41	9 (63.8%)
95	LUTKOWSKA Katarzyna	1308	LUFT TRI TEAM	K-40	95	00:00:26	00:01:22	00:16:44	00:31:38	00:33:36.40	00:34:03.15	+00:12:20 (36.7%)	6:43	8.9 (63.1%)
95	PAULA Paulina	1314	DUO CASA	K-40	95	00:00:26	00:01:23	00:16:46	00:31:39	00:33:36.40	00:34:03.15	+00:12:20 (36.7%)	6:43	8.9 (63.1%)
97	CHMIELEWSKA Agnieszka	154		K-40	97	00:00:21	00:01:05	00:15:39	00:32:08	00:33:48.40	00:34:09.75	+00:12:32 (37.1%)	6:45	8.9 (63.1%)
98	HUBER Joanna	715		K-40	98	00:01:05	00:01:22	00:16:56	00:32:06	00:33:51.30	00:34:57.25	+00:12:35 (37.2%)	6:46	8.9 (63.1%)
99	TOMASZEWSKA Emilia	1447		K-40	99	00:00:57	00:01:19	00:16:36	00:32:21	00:33:51.75	00:34:49.60	+00:12:36 (37.2%)	6:46	8.9 (63.1%)
100	KŁODA Karolina	228		K-40	100	00:01:01	00:01:24	00:16:42	00:32:07	00:34:10.65	00:35:11.70	+00:12:54 (37.8%)	6:50	8.8 (62.4%)
101	SADOWSKA-CHORAŻAK Aneta	253		K-40	101	00:00:41	00:01:15	00:16:19	00:32:19	00:34:14.60	00:34:56.15	+00:12:58 (37.9%)	6:50	8.8 (62.4%)
102	ŁAKOMSKA - OPALA Iwona	850		K-40	102	00:01:15	00:01:18	00:16:30	00:32:21	00:34:16.20	00:35:31.40	+00:13:00 (38.0%)	6:51	8.8 (62.4%)
103	FILIPEK Iwona	1171		K-40	103	00:00:53	00:01:23	00:16:51	00:32:18	00:34:17.35	00:35:10.45	+00:13:01 (38.0%)	6:51	8.8 (62.4%)
104	SEKLECKA Kasia	768		K-40	104	00:00:27	00:01:18	00:16:25	00:31:55	00:34:34.75	00:35:02.35	+00:13:19 (38.5%)	6:54	8.7 (61.7%)
105	TOKARSKA Alicja	106	VEGE RUNNERS	K-40	105	00:01:28	00:01:19	00:16:47	00:32:42	00:34:37.65	00:36:06.35	+00:13:21 (38.6%)	6:55	8.7 (61.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	0.2km	2.5km	4.6km	5km	5km			
106	ZIEMSKA Aneta	397		K-40	106	00:00:08	00:01:00	00:16:03	00:32:37	00:34:38.15	00:34:47.00	+00:13:22 (38.6%)	6:55	8.7 (61.7%)
107	CZURYK Karolina	727	CZURYKI	K-40	107	00:01:22	00:01:20	00:16:58	00:32:48	00:34:38.65	00:36:01.35	+00:13:22 (38.6%)	6:55	8.7 (61.7%)
108	ERDMANN Agnieszka	830		K-40	108	00:00:57	00:01:28	00:16:40	00:32:47	00:34:47.25	00:35:44.25	+00:13:31 (38.9%)	6:57	8.6 (61.0%)
109	WOŹNIAK Kinga	618		K-40	109	00:00:40	00:01:19	00:17:02	00:32:59	00:34:47.40	00:35:27.45	+00:13:31 (38.9%)	6:57	8.6 (61.0%)
110	DRAFC Mariola	1062		K-40	110	00:00:56	00:01:29	00:16:41	00:32:47	00:34:47.55	00:35:44.30	+00:13:31 (38.9%)	6:57	8.6 (61.0%)
111	MIELCAREK Gosia	407	KDP GOTOWICZ	K-40	111	00:00:48	00:01:18	00:16:51	00:33:06	00:34:58.25	00:35:46.30	+00:13:42 (39.2%)	6:59	8.6 (61.0%)
112	PIERZCHALSKA Katarzyna	237		K-40	112	00:01:13	00:01:22	00:16:48	00:32:56	00:35:01.45	00:36:14.85	+00:13:45 (39.3%)	7:00	8.6 (61.0%)
113	WITUCKA Joanna	1464		K-40	113	00:01:15	00:01:21	00:16:33	00:33:22	00:35:12.35	00:36:27.95	+00:13:56 (39.6%)	7:02	8.5 (60.3%)
114	NAWROCKA Małgorzata	895		K-40	114	00:00:40	00:01:20	00:17:02	00:33:37	00:35:41.35	00:36:21.65	+00:14:25 (40.4%)	7:08	8.4 (59.6%)
115	KALLAS-LIPSKA Anetta	1461		K-40	115	00:01:30	00:01:20	00:16:59	00:33:53	00:35:44.55	00:37:14.85	+00:14:28 (40.5%)	7:08	8.4 (59.6%)
116	WÓJCIK Anna	180		K-40	116	00:00:10	00:01:17	00:17:31	00:33:58	00:35:46.40	00:35:57.30	+00:14:30 (40.6%)	7:09	8.4 (59.6%)
117	SPRENGEL Agnieszka	451		K-40	117	00:01:11	00:01:22	00:16:41	00:33:44	00:35:47.30	00:36:58.30	+00:14:31 (40.6%)	7:09	8.4 (59.6%)
118	MADAJEWSKA Gosia	866	BRAK	K-40	118	00:00:52	00:01:11	00:16:20	00:34:15	00:36:07.60	00:36:59.60	+00:14:51 (41.1%)	7:13	8.3 (58.9%)
119	DOLATA Aneta	937		K-40	119	00:01:27	00:01:20	00:16:47	00:34:11	00:36:10.20	00:37:37.30	+00:14:54 (41.2%)	7:14	8.3 (58.9%)
120	RASSALSKA-KAUSA Jola	512		K-40	120	00:01:09	00:01:27	00:17:49	00:34:19	00:36:15.95	00:37:25.55	+00:15:00 (41.4%)	7:15	8.3 (58.9%)
121	KUBERSKA Roma	1480		K-40	121	00:01:09	00:01:27	00:17:49	00:34:19	00:36:16.10	00:37:25.35	+00:15:00 (41.4%)	7:15	8.3 (58.9%)
122	LEMAŃSKA Magdalena	1283		K-40	122	00:00:37	00:01:23	00:17:45	00:34:15	00:36:16.95	00:36:54.10	+00:15:01 (41.4%)	7:15	8.3 (58.9%)
123	MAKA Beata	1374	NITROCHEM	K-40	123	00:00:31	00:01:18	00:17:17	00:34:28	00:36:31.15	00:37:02.60	+00:15:15 (41.8%)	7:18	8.2 (58.2%)
124	JAROSZEWSKA Ewelina	1407		K-40	124	00:00:16	00:01:11	00:17:25	00:34:47	00:36:46.70	00:37:03.65	+00:15:30 (42.2%)	7:21	8.2 (58.2%)
125	WOLNIKOWSKA Monika	1122	KSN ŁUCZNICZKA BYDGOSZCZ	K-40	125	00:00:45	00:01:25	00:17:51	00:35:26	00:37:17.00	00:38:02.05	+00:16:01 (43.0%)	7:27	8 (56.7%)
126	GRZYBOWSKA Katarzyna	604	FC PONAŁEWCE	K-40	126	00:00:27	00:01:17	00:17:31	00:35:22	00:37:18.55	00:37:46.20	+00:16:02 (43.0%)	7:27	8 (56.7%)
127	RYDZKOWSKA Dorota	330		K-40	127	00:00:46	00:01:32	00:18:39	00:35:26	00:37:19.35	00:38:05.70	+00:16:03 (43.0%)	7:27	8 (56.7%)
128	GLAZIK Dorota	369		K-40	128	00:00:15	00:01:25	00:19:12	00:36:06	00:38:01.35	00:38:16.75	+00:16:45 (44.1%)	7:36	7.9 (56.0%)

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
129	BIAŁEK Anna	367	BIEGAJ Z DĘBAMI	K-40	129	00:00:34	00:01:30	00:19:08	00:36:34	00:38:39.95	00:39:14.40	+00:17:24 (45.0%)	7:43	7.8 (55.3%)
130	SURMACZ Agata	230		K-40	130	00:01:19	00:01:24	00:18:50	00:36:34	00:38:42.80	00:40:02.10	+00:17:27 (45.1%)	7:44	7.8 (55.3%)
131	STAWSKA Joanna	501		K-40	131	00:01:19	00:01:19	00:18:21	00:36:42	00:38:48.45	00:40:08.40	+00:17:32 (45.2%)	7:45	7.7 (54.6%)
132	RADTKE Joanna	1170		K-40	132	00:00:53	00:01:23	00:18:08	00:36:31	00:38:50.65	00:39:43.65	+00:17:34 (45.3%)	7:46	7.7 (54.6%)
133	PIERZGALSKA Anita	322	ZAMULONE OSTRYGI	K-40	133	00:00:10	00:01:17	00:18:49	00:37:34	00:39:44.85	00:39:55.65	+00:18:29 (46.5%)	7:56	7.6 (53.9%)
134	DONIECKA Dorota	1271	NIEPODLEGŁE BLONDYNKI	K-40	134	00:00:30	00:01:23	00:19:29	00:38:33	00:41:07.80	00:41:38.20	+00:19:52 (48.3%)	8:13	7.3 (51.8%)
135	DONIECKA Edyta	1270	NIEPODLEGŁE BLONDYNKI	K-40	135	00:00:28	00:01:21	00:19:28	00:38:34	00:41:08.05	00:41:36.95	+00:19:52 (48.3%)	8:13	7.3 (51.8%)
136	RATAJCZAK Aurelia	308		K-40	136	00:00:54	00:01:14	00:19:33	00:39:55	00:42:04.60	00:42:59.10	+00:20:48 (49.5%)	8:24	7.1 (50.4%)
137	GORGOL Renata	165	LP500	K-40	137	00:00:54	00:01:14	00:19:34	00:39:57	00:42:05.75	00:42:59.80	+00:20:50 (49.5%)	8:25	7.1 (50.4%)
138	SIKORSKA Joanna	600		K-40	138	00:01:16	00:01:30	00:21:10	00:41:48	00:44:05.10	00:45:21.60	+00:22:49 (51.8%)	8:49	6.8 (48.2%)
139	DRYLL Joanna	956		K-40	139	00:01:24	00:01:26	00:20:50	00:42:15	00:44:30.20	00:45:54.70	+00:23:14 (52.2%)	8:54	6.7 (47.5%)
140	RUTKOWSKA Ola	1275	NIEPODLEGŁE BLONDYNKI	K-40	140	00:00:29	00:01:24	00:22:11	00:47:34	00:51:30.35	00:52:00.30	+00:30:14 (58.7%)	10:18	5.8 (41.1%)

Znaleziono 140 wynik(ów)