



BYDGOSKI BIEG NIEPODLEGŁOŚCI 2023

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

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

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: K-Open

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	KAROLCZUK Aleksandra	1456		K-10	1	00:00:03	00:00:39	00:09:15	00:17:46	00:18:52.05	00:18:55.65	+00:00:29 (2.6%)	3:46	15.9 (97.5%)
3	KAROLCZUK Martyna	1457		K-10	2	00:00:02	00:00:40	00:09:17	00:17:58	00:19:01.00	00:19:03.85	+00:00:38 (3.4%)	3:48	15.8 (96.9%)
4	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%)
5	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%)
6	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%)
7	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%)
8	ŚWIATOWY Sara	1260		K-20	1	00:00:08	00:00:45	00:09:59	00:19:25	00:20:38.45	00:20:47.30	+00:02:16 (11.0%)	4:07	14.5 (89.0%)
9	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%)
10	CIACIUCH Agnieszka	179	BIEGACZE KCYNIA TEAM	K-20	2	00:00:23	00:00:53	00:10:25	00:19:55	00:21:05.20	00:21:28.45	+00:02:43 (12.9%)	4:13	14.2 (87.1%)
11	RZESZOTARSKA Aleksandra	1355	TEAM RUDNIK	K-20	3	00:00:04	00:00:40	00:10:05	00:19:57	00:21:05.60	00:21:10.55	+00:02:43 (12.9%)	4:13	14.2 (87.1%)
12	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%)
13	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	+00:02:53 (13.6%)	4:15	14.1 (86.5%)
14	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%)
15	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%)
16	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%)

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	PŁACHECKA Angelika	296		K-20	4	00:00:22	00:00:52	00:10:40	00:20:42	00:21:52.55	00:22:14.90	+00:03:30 (16.0%)	4:22	13.7 (84.0%)
18	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%)
19	STASZKIEWICZ Lucyna	981	STASHKY TEAM	K-50	1	00:00:09	00:00:48	00:10:37	00:20:40	00:22:00.10	00:22:09.95	+00:03:37 (16.5%)	4:24	13.6 (83.4%)
20	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	+00:03:38 (16.5%)	4:24	13.6 (83.4%)
21	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%)
22	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%)
23	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%)
24	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	+00:04:19 (19.1%)	4:32	13.2 (81.0%)
25	FRAĆKOWIAK Agata	1422	KOTŁOWSKIRUNTEAM	K-20	5	00:00:17	00:00:53	00:11:01	00:21:25	00:22:43.40	00:23:01.25	+00:04:21 (19.2%)	4:32	13.2 (81.0%)
26	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	+00:04:30 (19.7%)	4:34	13.1 (80.4%)
27	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	+00:04:42 (20.4%)	4:36	13 (79.8%)
28	KLOSKA Anna	1095		K-20	6	00:00:16	00:00:52	00:10:54	00:21:50	00:23:07.55	00:23:23.80	+00:04:45 (20.6%)	4:37	13 (79.8%)
29	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	+00:04:45 (20.6%)	4:37	13 (79.8%)
30	MATYJASEK Lidia	1284		K-10	3	00:00:57	00:01:05	00:11:26	00:21:58	00:23:11.65	00:24:09.45	+00:04:49 (20.8%)	4:38	12.9 (79.1%)
31	WARCZAK Alicja	1322	ZAWISZA BYDGOSZCZ	K-10	4	00:00:18	00:00:59	00:11:26	00:21:58	00:23:12.80	00:23:31.30	+00:04:50 (20.9%)	4:38	12.9 (79.1%)
32	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	+00:05:21 (22.6%)	4:44	12.6 (77.3%)
33	GIZA Izabela	473		K-20	7	00:00:10	00:00:54	00:11:38	00:22:25	00:23:43.40	00:23:54.35	+00:05:21 (22.6%)	4:44	12.6 (77.3%)
34	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%)
35	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	+00:05:23 (22.7%)	4:45	12.6 (77.3%)
36	MAGDZIAK Kasia	556	ŁAPA TRI RUN	K-20	8	00:00:08	00:00:47	00:11:11	00:22:24	00:23:47.15	00:23:55.20	+00:05:25 (22.8%)	4:45	12.6 (77.3%)
37	FIRST Anna	1098	RUN BYDGOSZCZ	K-20	9	00:00:18	00:00:55	00:11:25	00:22:36	00:23:53.90	00:24:12.35	+00:05:31 (23.1%)	4:46	12.6 (77.3%)
38	BŁĄŻEJEWSKA 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%)
39	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	+00:05:45 (23.9%)	4:49	12.4 (76.1%)

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					
40	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%)
41	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%)
42	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%)
43	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	+00:06:00 (24.6%)	4:52	12.3 (75.5%)
44	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%)
45	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%)
46	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%)
47	MALINOWSKA Joanna	1077		K-20	10	00:00:07	00:00:49	00:11:52	00:23:10	00:24:33.00	00:24:40.15	+00:06:10 (25.2%)	4:54	12.2 (74.8%)
48	ZIMOSZ Wiktoria	1075		K-20	11	00:00:14	00:00:57	00:11:52	00:23:12	00:24:34.85	00:24:49.30	+00:06:12 (25.3%)	4:54	12.2 (74.8%)
49	PARÓL Karolina	1348	BYDGOSKIE PSIEROTKI	K-20	12	00:01:20	00:01:08	00:12:16	00:23:21	00:24:42.25	00:26:02.55	+00:06:20 (25.6%)	4:56	12.1 (74.2%)
50	KOWALSKA Julia	413		K-20	13	00:00:30	00:00:59	00:12:11	00:23:10	00:24:46.75	00:25:17.25	+00:06:24 (25.9%)	4:57	12.1 (74.2%)
51	ZAGAJEWSKA Marcelina	804		K-20	14	00:00:24	00:00:55	00:11:48	00:23:26	00:24:50.40	00:25:15.20	+00:06:28 (26.1%)	4:58	12.1 (74.2%)
52	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	+00:06:31 (26.2%)	4:58	12.1 (74.2%)
53	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	+00:06:33 (26.3%)	4:59	12 (73.6%)
54	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	+00:06:40 (26.7%)	5:00	12 (73.6%)
55	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%)
56	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%)
57	WIATROWSKA Ewa	755		K-10	5	00:00:00	00:01:42	00:12:36	00:24:05	00:25:24.70	00:25:24.70	+00:07:02 (27.7%)	5:04	11.8 (72.4%)
58	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	+00:07:04 (27.8%)	5:05	11.8 (72.4%)
59	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%)
60	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%)
61	SOBOLEWSKA Aleksandra	568	BRZEZIŃSKI RUN CLUB	K-20	15	00:00:10	00:00:57	00:12:29	00:24:07	00:25:32.65	00:25:42.75	+00:07:10 (28.1%)	5:06	11.7 (71.8%)

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					
62	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%)
63	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%)
64	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	+00:07:19 (28.5%)	5:08	11.7 (71.8%)
65	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%)
66	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	+00:07:26 (28.8%)	5:09	11.6 (71.2%)
67	CHAMIER CIEMINSKA Monika	1482		K-20	16	00:00:40	00:01:06	00:12:26	00:24:26	00:25:50.50	00:26:30.80	+00:07:28 (28.9%)	5:10	11.6 (71.2%)
68	MISIAK Agata	477		K-20	17	00:00:58	00:01:09	00:13:04	00:24:28	00:25:51.50	00:26:50.15	+00:07:29 (29.0%)	5:10	11.6 (71.2%)
69	MAGDZIARZ Klaudia	574	BRZEZIŃSKIRUNCLUB	K-20	18	00:00:43	00:01:14	00:12:54	00:24:25	00:25:51.80	00:26:35.30	+00:07:29 (29.0%)	5:10	11.6 (71.2%)
70	MAŁKOWSKA Ewa	1231		K-20	19	00:01:16	00:01:14	00:13:00	00:24:32	00:25:54.90	00:27:11.40	+00:07:32 (29.1%)	5:10	11.6 (71.2%)
71	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	+00:07:33 (29.1%)	5:11	11.6 (71.2%)
72	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	+00:07:34 (29.2%)	5:11	11.6 (71.2%)
73	LEWANDOWSKA Wanda	1046		K-10	6	00:00:41	00:01:10	00:13:20	00:24:38	00:25:57.00	00:26:38.75	+00:07:34 (29.2%)	5:11	11.6 (71.2%)
74	BARAN Anna	1337		K-20	20	00:01:13	00:01:10	00:12:41	00:24:28	00:25:57.30	00:27:10.80	+00:07:35 (29.2%)	5:11	11.6 (71.2%)
75	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	+00:07:37 (29.3%)	5:12	11.5 (70.6%)
76	OLKOWSKA Patrycja	1339		K-20	21	00:00:44	00:01:11	00:13:12	00:24:41	00:26:08.45	00:26:52.95	+00:07:46 (29.7%)	5:13	11.5 (70.6%)
77	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%)
78	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%)
79	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%)
80	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%)
81	MAJEWSKA Ryszarda	976		K-60+	1	00:00:19	00:01:09	00:13:12	00:24:50	00:26:15.15	00:26:34.65	+00:07:53 (30.0%)	5:15	11.4 (69.9%)
82	ORZECHOWSKA Gabriela	1012	ORZECZ BIEGA	K-10	7	00:00:12	00:01:02	00:13:23	00:25:04	00:26:16.00	00:26:28.30	+00:07:53 (30.1%)	5:15	11.4 (69.9%)
83	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%)
84	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	+00:07:59 (30.3%)	5:16	11.4 (69.9%)

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					
85	STADNIICHUK Vita	974		K-20	22	00:00:06	00:00:52	00:12:33	00:24:52	00:26:24.85	00:26:31.25	+00:08:02 (30.5%)	5:16	11.4 (69.9%)
86	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%)
87	KOLANOWSKA Grażyna	1441		K-60+	2	00:00:14	00:00:56	00:12:55	00:25:02	00:26:35.95	00:26:50.80	+00:08:13 (30.9%)	5:19	11.3 (69.3%)
88	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%)
89	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%)
90	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	+00:08:19 (31.2%)	5:20	11.2 (68.7%)
91	WRZESIŃSKA-CZACHÓR Małgorzata	1414		K-20	23	00:00:02	00:00:51	00:12:48	00:25:14	00:26:46.90	00:26:49.15	+00:08:24 (31.4%)	5:21	11.2 (68.7%)
92	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	+00:08:26 (31.5%)	5:21	11.2 (68.7%)
93	DAWIDZIAK Emilia	703		K-20	24	00:00:24	00:01:01	00:13:07	00:25:18	00:26:48.75	00:27:12.85	+00:08:26 (31.5%)	5:21	11.2 (68.7%)
94	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%)
95	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%)
96	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%)
97	CABAJ Agata	1060		K-20	25	00:00:23	00:00:59	00:12:56	00:25:22	00:26:56.10	00:27:19.35	+00:08:33 (31.8%)	5:23	11.1 (68.1%)
98	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	+00:08:36 (31.9%)	5:23	11.1 (68.1%)
99	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	+00:08:37 (32.0%)	5:23	11.1 (68.1%)
100	OZDARSKA Amelia	181		K-10	8	00:00:37	00:01:09	00:13:13	00:25:44	00:27:05.30	00:27:42.95	+00:08:43 (32.2%)	5:25	11.1 (68.1%)
101	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%)
102	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%)
103	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%)
104	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%)
105	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%)
106	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%)

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					
107	SZKOPIAK- NOWAKOWSKA Oliwia	93		K-20	26	00:01:14	00:01:18	00:13:48	00:25:51	00:27:21.15	00:28:35.30	+00:08:59 (32.8%)	5:28	11 (67.5%)
108	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%)
109	MASŁOWSKA Kamila	1492		K-20	27	00:00:11	00:00:57	00:12:54	00:25:47	00:27:23.25	00:27:34.65	+00:09:01 (32.9%)	5:28	11 (67.5%)
110	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	+00:09:01 (33.0%)	5:28	10.9 (66.9%)
111	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%)
112	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	+00:09:03 (33.0%)	5:29	10.9 (66.9%)
113	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	+00:09:05 (33.1%)	5:29	10.9 (66.9%)
114	ŚWIATOWY Daria	1412		K-20	28	00:00:10	00:01:01	00:13:08	00:26:04	00:27:29.85	00:27:40.50	+00:09:07 (33.2%)	5:29	10.9 (66.9%)
115	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%)
116	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%)
117	ROBACZEWSKA Lidia	785		K-50	2	00:01:00	00:01:17	00:13:46	00:26:04	00:27:37.70	00:28:37.90	+00:09:15 (33.5%)	5:31	10.9 (66.9%)
118	MIŚTAK Kamila	751		K-20	29	00:00:37	00:01:07	00:13:36	00:26:04	00:27:38.50	00:28:16.15	+00:09:16 (33.5%)	5:31	10.9 (66.9%)
119	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	+00:09:17 (33.6%)	5:31	10.8 (66.3%)
120	ŻUBROWSKA Weronika	1191		K-20	30	00:01:19	00:01:15	00:13:39	00:26:09	00:27:40.70	00:29:00.10	+00:09:18 (33.6%)	5:32	10.8 (66.3%)
121	LEWANDOWSKA Nina	412		K-10	9	00:00:13	00:01:03	00:13:22	00:26:30	00:27:40.85	00:27:54.20	+00:09:18 (33.6%)	5:32	10.8 (66.3%)
121	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%)
123	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%)
124	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%)
125	GRYSZÓWKA Gryszówka	1247		K-20	31	00:01:26	00:01:12	00:13:56	00:26:21	00:27:46.45	00:29:13.15	+00:09:24 (33.9%)	5:33	10.8 (66.3%)
126	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	+00:09:25 (33.9%)	5:33	10.8 (66.3%)
127	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%)
128	WIECZOREK Wiktoria	1402		K-10	10	00:00:09	00:00:57	00:13:01	00:26:19	00:27:50.85	00:28:00.40	+00:09:28 (34.0%)	5:34	10.8 (66.3%)

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					
129	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	+00:09:28 (34.0%)	5:34	10.8 (66.3%)
130	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%)
131	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%)
132	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	+00:09:36 (34.3%)	5:35	10.7 (65.6%)
133	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	+00:09:36 (34.4%)	5:35	10.7 (65.6%)
134	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	+00:09:38 (34.4%)	5:36	10.7 (65.6%)
135	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	+00:09:38 (34.4%)	5:36	10.7 (65.6%)
136	DOMARADZKA-MAZUREK Małgorzata	1282		K-20	32	00:00:47	00:01:07	00:13:57	00:26:41	00:28:01.20	00:28:49.00	+00:09:39 (34.4%)	5:36	10.7 (65.6%)
137	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%)
138	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	+00:09:43 (34.6%)	5:37	10.7 (65.6%)
139	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%)
140	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	+00:09:44 (34.6%)	5:37	10.7 (65.6%)
141	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	+00:09:48 (34.8%)	5:38	10.7 (65.6%)
142	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%)
143	LISIŃSKA Zuzanna	362		K-20	33	00:00:27	00:01:04	00:13:45	00:26:45	00:28:13.25	00:28:40.30	+00:09:51 (34.9%)	5:38	10.6 (65.0%)
144	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%)
145	DZIERZANOWSKA Eliza	1203		K-20	34	00:01:27	00:01:10	00:14:10	00:26:46	00:28:18.25	00:29:45.75	+00:09:56 (35.1%)	5:39	10.6 (65.0%)
146	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	+00:09:56 (35.1%)	5:39	10.6 (65.0%)
147	SOSNOWSKA Julia	1360		K-10	11	00:01:30	00:01:09	00:14:10	00:26:54	00:28:19.40	00:29:50.20	+00:09:57 (35.1%)	5:39	10.6 (65.0%)
148	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	+00:09:57 (35.2%)	5:39	10.6 (65.0%)
149	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%)
150	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	+00:09:59 (35.2%)	5:40	10.6 (65.0%)
151	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%)

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					
152	KRZESZEWSKA Magdalena	1315		K-20	35	00:00:07	00:01:03	00:13:55	00:27:02	00:28:25.50	00:28:33.10	+00:10:03 (35.4%)	5:41	10.6 (65.0%)
153	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%)
154	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	+00:10:07 (35.5%)	5:41	10.5 (64.4%)
155	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	+00:10:09 (35.6%)	5:42	10.5 (64.4%)
156	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%)
157	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%)
158	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	+00:10:11 (35.7%)	5:42	10.5 (64.4%)
159	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	+00:10:11 (35.7%)	5:42	10.5 (64.4%)
160	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	+00:10:12 (35.7%)	5:42	10.5 (64.4%)
161	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	+00:10:15 (35.8%)	5:43	10.5 (64.4%)
162	WOŹNIACKA Beata	294	KOLOROWE GACIE	K-50	3	00:00:30	00:01:05	00:13:48	00:27:04	00:28:40.65	00:29:11.20	+00:10:18 (35.9%)	5:44	10.5 (64.4%)
163	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%)
164	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	+00:10:21 (36.1%)	5:44	10.4 (63.8%)
165	HAWRYLEWICZ Julia	1015	BTW	K-10	12	00:01:24	00:01:16	00:14:45	00:27:28	00:28:51.50	00:30:16.45	+00:10:29 (36.3%)	5:46	10.4 (63.8%)
166	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	+00:10:31 (36.4%)	5:46	10.4 (63.8%)
167	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	+00:10:32 (36.4%)	5:46	10.4 (63.8%)
168	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	+00:10:34 (36.6%)	5:47	10.4 (63.8%)
169	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%)
170	WRÓBLEWSKA Dominika	425		K-20	36	00:00:10	00:00:54	00:13:29	00:27:26	00:29:04.00	00:29:14.00	+00:10:41 (36.8%)	5:48	10.3 (63.2%)
171	KRZYWDZIŃSKA Julia	423		K-20	37	00:00:09	00:00:54	00:13:30	00:27:26	00:29:04.90	00:29:14.30	+00:10:42 (36.8%)	5:48	10.3 (63.2%)
172	FOJUCIK Sylwia	1038		K-20	38	00:00:56	00:01:13	00:14:02	00:27:24	00:29:09.95	00:30:05.95	+00:10:47 (37.0%)	5:49	10.3 (63.2%)
173	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%)
174	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%)

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					
175	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	+00:10:57 (37.4%)	5:51	10.2 (62.6%)
175	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	+00:10:57 (37.4%)	5:51	10.2 (62.6%)
177	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%)
178	KOSECKA Martyna	659		K-20	39	00:01:32	00:01:12	00:14:02	00:27:45	00:29:23.95	00:30:56.35	+00:11:01 (37.5%)	5:52	10.2 (62.6%)
179	ZUZA-WITKOWSKA Anna	1111		K-50	4	00:00:54	00:01:22	00:15:22	00:27:56	00:29:26.70	00:30:20.70	+00:11:04 (37.6%)	5:53	10.2 (62.6%)
180	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%)
181	GĘBALA Maja	1020	BTW BYDGOSZCZ	K-10	13	00:01:24	00:01:16	00:14:45	00:27:53	00:29:28.15	00:30:53.10	+00:11:06 (37.7%)	5:53	10.2 (62.6%)
182	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	+00:11:10 (37.8%)	5:54	10.2 (62.6%)
183	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	+00:11:11 (37.8%)	5:54	10.2 (62.6%)
184	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%)
185	KOZICKA Magdalena	1187		K-20	40	00:00:36	00:01:12	00:14:18	00:27:55	00:29:35.70	00:30:12.35	+00:11:13 (37.9%)	5:55	10.1 (62.0%)
186	KNASIECKA Martyna	454		K-20	41	00:01:28	00:01:10	00:14:23	00:27:27	00:29:35.90	00:31:03.90	+00:11:13 (37.9%)	5:55	10.1 (62.0%)
187	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	+00:11:13 (37.9%)	5:55	10.1 (62.0%)
188	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%)
189	MARCZYŃSKA-PYZ Anna	352		K-20	42	00:00:08	00:01:07	00:14:21	00:28:05	00:29:41.75	00:29:50.65	+00:11:19 (38.1%)	5:56	10.1 (62.0%)
190	CIĄRZYŃSKA Wiktoria	1056		K-20	43	00:00:34	00:01:04	00:14:10	00:28:02	00:29:42.90	00:30:17.80	+00:11:20 (38.2%)	5:56	10.1 (62.0%)
191	CIESIELSKA Jagoda	940		K-20	44	00:00:27	00:01:03	00:13:50	00:28:06	00:29:46.20	00:30:14.05	+00:11:24 (38.3%)	5:57	10.1 (62.0%)
192	ZDUŃCZUK Julia	1029		K-10	14	00:00:11	00:00:59	00:14:12	00:28:08	00:29:46.35	00:29:57.40	+00:11:24 (38.3%)	5:57	10.1 (62.0%)
193	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	+00:11:24 (38.3%)	5:57	10.1 (62.0%)
193	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%)
195	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%)
196	SIERADZKA Małgorzata	1		K-50	5	00:01:10	00:01:14	00:14:04	00:28:04	00:29:48.40	00:30:59.10	+00:11:26 (38.4%)	5:57	10.1 (62.0%)
197	MICHALSKA Karolina	601	KAROFITKA	K-20	45	00:00:35	00:01:12	00:14:33	00:28:12	00:29:53.20	00:30:28.95	+00:11:31 (38.5%)	5:58	10 (61.3%)

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					
198	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%)
199	KORZENIOWSKA Ewa	642		K-20	46	00:00:22	00:01:06	00:14:02	00:28:11	00:29:57.40	00:30:19.80	+00:11:35 (38.7%)	5:59	10 (61.3%)
200	JUNKA Małgorzata	678	JASTRZĘBIE BYDGOSZCZ	K-50	6	00:00:41	00:01:08	00:14:30	00:28:15	00:29:58.40	00:30:40.15	+00:11:36 (38.7%)	5:59	10 (61.3%)
201	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%)
202	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%)
203	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	+00:11:39 (38.8%)	6:00	10 (61.3%)
204	GRACZYKOWSKA Izabela	1299		K-10	15	00:00:52	00:01:21	00:15:52	00:28:44	00:30:04.95	00:30:57.60	+00:11:42 (38.9%)	6:00	10 (61.3%)
205	WOLFF Katarzyna	1336	KABEL TEAM BYDGOSZCZ	K-20	47	00:00:26		00:15:11	00:28:29	00:30:06.00	00:30:32.50	+00:11:43 (39.0%)	6:01	10 (61.3%)
206	GADOMSKA Maria	127	RUN BYDGOSZCZ	K-70+	1	00:00:41	00:01:11	00:14:37	00:28:32	00:30:12.70	00:30:54.10	+00:11:50 (39.2%)	6:02	9.9 (60.7%)
207	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	+00:11:53 (39.3%)	6:03	9.9 (60.7%)
208	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	+00:11:53 (39.3%)	6:03	9.9 (60.7%)
209	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	+00:11:54 (39.3%)	6:03	9.9 (60.7%)
210	CIĄRZYŃSKA 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	+00:11:55 (39.4%)	6:03	9.9 (60.7%)
211	PASIŃSKA Julia	655		K-20	48	00:01:32	00:01:18	00:15:33	00:28:56	00:30:18.00	00:31:50.75	+00:11:55 (39.4%)	6:03	9.9 (60.7%)
212	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	+00:11:56 (39.4%)	6:03	9.9 (60.7%)
213	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%)
214	SZCZYGIELSKA-GRZYBOWSKA Violetta	1082		K-50	7	00:00:43	00:01:16	00:15:21	00:28:44	00:30:22.15	00:31:05.55	+00:12:00 (39.5%)	6:04	9.9 (60.7%)
215	GACKA Paula	931	RUN BYDGOSZCZ	K-20	49	00:00:40	00:01:12	00:14:41	00:28:33	00:30:22.60	00:31:03.25	+00:12:00 (39.5%)	6:04	9.9 (60.7%)
216	SIEKIERKOWSKA Wiktoria	605		K-20	50	00:00:55	00:01:14	00:15:12	00:28:46	00:30:24.45	00:31:19.65	+00:12:02 (39.6%)	6:04	9.9 (60.7%)
217	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%)
218	OŹDŻYŃSKA 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%)
219	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%)
220	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	+00:12:05 (39.7%)	6:05	9.9 (60.7%)

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					
221	DUDZIŃSKA Małgorzata	677		K-50	8	00:00:06	00:00:54	00:15:07	00:28:44	00:30:28.60	00:30:34.70	+00:12:06 (39.7%)	6:05	9.8 (60.1%)
222	RYBKA Sylwia	434		K-20	51	00:01:32	00:01:19	00:15:22	00:28:52	00:30:31.45	00:32:03.60	+00:12:09 (39.8%)	6:06	9.8 (60.1%)
223	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%)
224	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	+00:12:10 (39.9%)	6:06	9.8 (60.1%)
225	PERDELWITZ Małgorzata	1091		K-50	9	00:00:52	00:01:26	00:15:39	00:28:56	00:30:32.60	00:31:24.70	+00:12:10 (39.9%)	6:06	9.8 (60.1%)
226	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%)
227	ZABRZEŃSKA Małgorzata	980	BTW BYDGOSZCZ	K-10	16	00:01:07	00:01:22	00:16:29	00:29:07	00:30:35.85	00:31:43.15	+00:12:13 (40.0%)	6:07	9.8 (60.1%)
228	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	+00:12:13 (40.0%)	6:07	9.8 (60.1%)
229	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%)
230	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%)
231	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%)
232	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%)
233	MAJCHRZAK Laura	925		K-10	17	00:01:26	00:01:24	00:15:53	00:29:06	00:30:40.50	00:32:06.80	+00:12:18 (40.1%)	6:08	9.8 (60.1%)
234	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	+00:12:21 (40.2%)	6:08	9.8 (60.1%)
235	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%)
236	SZPOTKOWSKA Julia	35		K-20	52	00:00:48	00:01:18	00:15:19	00:29:09	00:30:46.10	00:31:34.45	+00:12:23 (40.3%)	6:09	9.8 (60.1%)
237	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%)
238	SZYMCZAK Barbara	204		K-50	10	00:00:59	00:01:19	00:15:18	00:29:04	00:30:51.65	00:31:50.65	+00:12:29 (40.5%)	6:10	9.7 (59.5%)
239	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	+00:12:31 (40.5%)	6:10	9.7 (59.5%)
240	KAJA Michalina	439	TEAM RUDNIK	K-10	18	00:00:55	00:01:23	00:15:51	00:29:22	00:30:55.95	00:31:51.15	+00:12:33 (40.6%)	6:11	9.7 (59.5%)
241	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%)
242	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	+00:12:41 (40.9%)	6:12	9.7 (59.5%)
243	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%)

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					
244	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%)
245	KORBEL Ewa	240	KORBI	K-50	11	00:00:54	00:01:13	00:15:00	00:29:14	00:31:06.50	00:32:00.80	+00:12:44 (41.0%)	6:13	9.6 (58.9%)
246	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	+00:12:47 (41.0%)	6:13	9.6 (58.9%)
247	KRYMER Agnieszka	1032		K-50	12	00:01:04	00:01:21	00:15:12	00:29:21	00:31:09.30	00:32:13.60	+00:12:47 (41.0%)	6:13	9.6 (58.9%)
248	DĄBROWSKA Aleksandra	1390		K-20	53	00:00:26	00:01:16	00:15:13	00:29:26	00:31:11.05	00:31:37.10	+00:12:48 (41.1%)	6:14	9.6 (58.9%)
249	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	+00:12:50 (41.1%)	6:14	9.6 (58.9%)
250	MALICKA Beata	815		K-50	13	00:00:24		00:15:07	00:29:25	00:31:13.95	00:31:38.10	+00:12:51 (41.2%)	6:14	9.6 (58.9%)
251	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%)
252	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%)
253	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%)
254	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%)
255	JANKOWSKA Katarzyna	1288		K-50	14	00:01:33	00:01:19	00:15:24	00:29:40	00:31:26.65	00:33:00.30	+00:13:04 (41.6%)	6:17	9.5 (58.3%)
256	SZCZEPAŃSKA Agnieszka	360		K-40	71	00:01:04		00:15:15	00:29:40	00:31:29.10	00:32:33.50	+00:13:06 (41.7%)	6:17	9.5 (58.3%)
257	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	+00:13:12 (41.8%)	6:18	9.5 (58.3%)
258	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%)
259	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%)
260	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	+00:13:14 (41.9%)	6:19	9.5 (58.3%)
261	PIESIK- WIECZOREK Magdalena	1246		K-20	54	00:01:37	00:01:19	00:16:03	00:30:08	00:31:43.00	00:33:20.50	+00:13:20 (42.1%)	6:20	9.5 (58.3%)
262	PIONTEK Elżbieta	292		K-60+	3	00:01:13	00:01:19	00:15:41	00:29:56	00:31:44.60	00:32:57.90	+00:13:22 (42.1%)	6:20	9.5 (58.3%)
263	KOWALCZYK Zuzanna	1490		K-20	55	00:00:53	00:01:26	00:16:25	00:30:07	00:31:45.20	00:32:38.45	+00:13:23 (42.2%)	6:21	9.4 (57.7%)
264	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	+00:13:23 (42.2%)	6:21	9.4 (57.7%)
265	LEWANDOWSKA Renata	773	ROLLTEAM BYDGOSZCZ	K-50	15	00:01:06	00:01:19	00:15:37	00:30:03	00:31:49.55	00:32:56.15	+00:13:27 (42.3%)	6:21	9.4 (57.7%)

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					
266	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%)
267	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%)
268	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	+00:13:32 (42.4%)	6:22	9.4 (57.7%)
269	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	+00:13:32 (42.4%)	6:22	9.4 (57.7%)
270	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%)
271	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	+00:13:34 (42.5%)	6:23	9.4 (57.7%)
272	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	+00:13:35 (42.5%)	6:23	9.4 (57.7%)
273	TRYBOCKA Beata	1100		K-50	16	00:00:19	00:01:01	00:14:40	00:29:59	00:31:59.00	00:32:18.30	+00:13:36 (42.6%)	6:23	9.4 (57.7%)
274	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	+00:13:44 (42.8%)	6:25	9.3 (57.1%)
275	WYRĄBKIEWICZ Karolina	429		K-20	56	00:00:44	00:01:15	00:15:33	00:30:24	00:32:08.75	00:32:53.70	+00:13:46 (42.9%)	6:25	9.3 (57.1%)
276	GREGO Katarzyna	1162	GREGORKI	K-20	57	00:00:34	00:01:08	00:14:23	00:29:55	00:32:10.70	00:32:45.00	+00:13:48 (42.9%)	6:26	9.3 (57.1%)
277	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%)
278	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	+00:13:59 (43.2%)	6:28	9.3 (57.1%)
279	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%)
280	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	+00:14:02 (43.3%)	6:28	9.3 (57.1%)
281	MUSIAŁ Daria	818		K-20	58	00:00:28	00:01:04	00:15:08	00:30:31	00:32:25.65	00:32:54.25	+00:14:03 (43.4%)	6:29	9.3 (57.1%)
281	RZEPA Karolina	1123	KSN ŁUCZNICZKA BYDGOSZCZ	K-20	58	00:00:43	00:01:19	00:15:49	00:30:37	00:32:25.65	00:33:09.10	+00:14:03 (43.4%)	6:29	9.3 (57.1%)
283	PASIŃSKA Monika	819		K-20	60	00:00:28	00:01:04	00:15:08	00:30:32	00:32:26.50	00:32:54.50	+00:14:04 (43.4%)	6:29	9.2 (56.4%)
284	CHMARA Anna	1003	BYDGOSKIE TOWARZYSTWO WIOŚLARSKIE	K-20	61	00:01:19	00:01:18	00:16:14	00:30:39	00:32:26.90	00:33:46.30	+00:14:04 (43.4%)	6:29	9.2 (56.4%)
285	LUZAK Jadwiga	842		K-60+	4	00:00:16	00:01:06	00:15:31	00:30:35	00:32:28.95	00:32:45.25	+00:14:06 (43.4%)	6:29	9.2 (56.4%)
286	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	+00:14:09 (43.5%)	6:30	9.2 (56.4%)
287	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%)

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
288	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%)
289	MAJCHROWICZ Alicja	1310		K-20	62	00:00:56	00:01:24	00:15:59	00:30:43	00:32:35.80	00:33:32.75	+00:14:13 (43.6%)	6:31	9.2 (56.4%)
290	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%)
291	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	+00:14:14 (43.7%)	6:31	9.2 (56.4%)
292	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	+00:14:14 (43.7%)	6:31	9.2 (56.4%)
293	NEUFELD Julia	1006	BTW BYDGOSZCZ	K-10	19	00:01:07	00:01:22	00:16:29	00:30:56	00:32:38.85	00:33:46.75	+00:14:16 (43.7%)	6:31	9.2 (56.4%)
294	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	+00:14:20 (43.8%)	6:32	9.2 (56.4%)
294	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	+00:14:20 (43.8%)	6:32	9.2 (56.4%)
296	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%)
297	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%)
298	RUMIŃSKA Kornelia	347		K-20	63	00:00:34	00:01:08	00:15:10	00:30:49	00:32:45.05	00:33:19.40	+00:14:22 (43.9%)	6:33	9.2 (56.4%)
299	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%)
300	ZAWIDZKA Anna	711		K-20	64	00:01:30	00:01:20	00:16:23	00:31:03	00:32:49.85	00:34:20.65	+00:14:27 (44.0%)	6:33	9.1 (55.8%)
301	CHROSTOWSKA Patrycja	1099		K-20	65	00:00:45	00:01:13	00:16:12	00:31:05	00:32:52.45	00:33:38.00	+00:14:30 (44.1%)	6:34	9.1 (55.8%)
302	BRODAKKA 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	+00:14:33 (44.2%)	6:35	9.1 (55.8%)
303	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%)
304	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	+00:14:35 (44.3%)	6:35	9.1 (55.8%)
305	GRZYBOWSKA Julia	581	FC PONALEWCE	K-10	20	00:00:27	00:01:18	00:14:20	00:31:35	00:33:02.15	00:33:29.70	+00:14:40 (44.4%)	6:36	9.1 (55.8%)
306	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	+00:14:40 (44.4%)	6:36	9.1 (55.8%)
307	KRZESZEWSKA Weronika	985		K-20	66	00:00:43	00:01:25	00:16:45	00:31:28	00:33:03.40	00:33:46.75	+00:14:41 (44.4%)	6:36	9.1 (55.8%)
308	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%)
309	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%)
310	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	+00:14:45 (44.5%)	6:37	9.1 (55.8%)

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					
311	ZYGIEL Paulina	430		K-20	67	00:00:45	00:01:20	00:16:22	00:31:17	00:33:09.35	00:33:55.00	+00:14:47 (44.6%)	6:37	9 (55.2%)
312	GRABOWSKA Marlina	587	-	K-40	91	00:00:39	00:01:19	00:16:54	00:31:42	00:33:12.55	00:33:52.25	+00:14:50 (44.7%)	6:38	9 (55.2%)
313	POLACKA Jadwiga	312	BIEGAJ Z DĘBAMI	K-50	17	00:01:30	00:01:16	00:16:03	00:31:24	00:33:13.85	00:34:44.55	+00:14:51 (44.7%)	6:38	9 (55.2%)
314	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%)
315	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	+00:14:54 (44.8%)	6:39	9 (55.2%)
316	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%)
317	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%)
318	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%)
319	MARKOWSKA-BAUMGART Aneta	46	BIEGAJ Z DĘBAMI	K-60+	5	00:01:31	00:01:14	00:16:07	00:31:28	00:33:19.55	00:34:51.25	+00:14:57 (44.9%)	6:39	9 (55.2%)
320	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%)
321	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%)
322	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%)
323	RYDELSKA Kinga	130		K-50	18	00:00:55	00:01:25	00:16:24	00:31:35	00:33:21.75	00:34:17.10	+00:14:59 (44.9%)	6:40	9 (55.2%)
324	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%)
325	WYPYCH Zuzanna	903	BIOTECH PRZYPRAWY	K-20	68	00:01:11	00:01:16	00:16:32	00:31:38	00:33:24.10	00:34:35.70	+00:15:01 (45.0%)	6:40	9 (55.2%)
326	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	+00:15:05 (45.1%)	6:41	9 (55.2%)
327	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	+00:15:06 (45.1%)	6:41	9 (55.2%)
328	OLSZEWSKA Joanna	102		K-20	69	00:01:17	00:01:16	00:15:50	00:31:42	00:33:31.40	00:34:48.70	+00:15:09 (45.2%)	6:42	9 (55.2%)
329	BADOWSKA Mariola	1138	KSN ŁUCZNICZKA BYDGOSZCZ	K-50	19	00:00:41	00:01:29	00:16:51	00:31:45	00:33:34.60	00:34:16.35	+00:15:12 (45.3%)	6:42	8.9 (54.6%)
330	ZALEWSKA Natalia	1055		K-20	70	00:00:34	00:01:22	00:16:13	00:31:48	00:33:35.75	00:34:09.90	+00:15:13 (45.3%)	6:43	8.9 (54.6%)
331	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	+00:15:14 (45.3%)	6:43	8.9 (54.6%)
331	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	+00:15:14 (45.3%)	6:43	8.9 (54.6%)
333	DAŃCZYSZYN Dominika	1486		K-20	71	00:00:38	00:01:17	00:16:31	00:32:04	00:33:36.50	00:34:14.50	+00:15:14 (45.3%)	6:43	8.9 (54.6%)

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			
334	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%)
335	KRZESZEWSKA Dorota	987		K-60+	6	00:00:43	00:01:25	00:16:46	00:31:58	00:33:43.55	00:34:26.95	+00:15:21 (45.5%)	6:44	8.9 (54.6%)
336	GABRICH Żanetta	932		K-50	20	00:00:27	00:01:18	00:16:25	00:31:55	00:33:47.05	00:34:14.30	+00:15:24 (45.6%)	6:45	8.9 (54.6%)
337	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	+00:15:26 (45.7%)	6:45	8.9 (54.6%)
338	CHOLEWIŃSKA Zuzanna	1008	BTW	K-10	21	00:01:26	00:01:24	00:16:36	00:32:04	00:33:49.40	00:35:15.50	+00:15:27 (45.7%)	6:45	8.9 (54.6%)
339	KWIATKOWSKA Malgorzata	463		K-60+	7	00:00:34	00:01:26	00:16:46	00:32:01	00:33:50.20	00:34:24.55	+00:15:28 (45.7%)	6:46	8.9 (54.6%)
340	TOMASZEWSKA Karolina	1448		K-10	22	00:00:57	00:01:19	00:16:36	00:32:22	00:33:51.10	00:34:48.35	+00:15:28 (45.7%)	6:46	8.9 (54.6%)
341	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	+00:15:29 (45.7%)	6:46	8.9 (54.6%)
342	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%)
343	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	+00:15:29 (45.8%)	6:46	8.9 (54.6%)
344	RADOWSKA Helena	1186		K-50	21	00:01:28	00:01:20	00:16:42	00:32:10	00:33:55.40	00:35:23.90	+00:15:33 (45.9%)	6:47	8.8 (54.0%)
345	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%)
346	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%)
347	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	+00:15:48 (46.3%)	6:50	8.8 (54.0%)
348	DROŻNIEWSKA Marzena	206		K-50	22	00:01:11	00:01:23	00:16:57	00:32:22	00:34:11.25	00:35:22.80	+00:15:49 (46.3%)	6:50	8.8 (54.0%)
349	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	+00:15:52 (46.4%)	6:50	8.8 (54.0%)
350	SAŁEK Krzysztofa	982		K-20	72	00:00:22	00:01:14	00:16:19	00:32:19	00:34:15.65	00:34:38.35	+00:15:53 (46.4%)	6:51	8.8 (54.0%)
351	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%)
352	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	+00:15:54 (46.4%)	6:51	8.8 (54.0%)
353	MONDRA Magdalena	909		K-20	73	00:00:22	00:01:14	00:16:20	00:32:20	00:34:16.70	00:34:38.80	+00:15:54 (46.4%)	6:51	8.8 (54.0%)
354	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	+00:15:55 (46.4%)	6:51	8.8 (54.0%)
355	SURMACZ Natalia	235		K-10	23	00:01:19	00:01:24	00:17:16	00:32:36	00:34:22.40	00:35:41.55	+00:16:00 (46.6%)	6:52	8.7 (53.4%)
356	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%)

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					
357	KWASIGROCH Aleksandra	706		K-50	23	00:00:29	00:01:08	00:15:55	00:32:18	00:34:30.70	00:35:00.40	+00:16:08 (46.8%)	6:54	8.7 (53.4%)
358	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	+00:16:12 (46.9%)	6:54	8.7 (53.4%)
359	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%)
360	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	+00:16:15 (47.0%)	6:55	8.7 (53.4%)
361	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	+00:16:16 (47.0%)	6:55	8.7 (53.4%)
362	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	+00:16:16 (47.0%)	6:55	8.7 (53.4%)
363	KUĆMIERZ Daria	1200		K-20	74	00:01:08	00:01:19	00:16:56	00:32:57	00:34:38.85	00:35:47.60	+00:16:16 (47.0%)	6:55	8.7 (53.4%)
364	GRZECHULSKA Agata	523		K-10	24	00:01:20	00:01:31	00:18:02	00:33:03	00:34:41.20	00:36:01.70	+00:16:19 (47.0%)	6:56	8.6 (52.8%)
365	SCHMELTER Wiktoria	442		K-10	25	00:00:25		00:16:08	00:32:55	00:34:42.05	00:35:07.55	+00:16:19 (47.1%)	6:56	8.6 (52.8%)
366	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%)
367	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	+00:16:25 (47.2%)	6:57	8.6 (52.8%)
368	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	+00:16:25 (47.2%)	6:57	8.6 (52.8%)
369	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	+00:16:25 (47.2%)	6:57	8.6 (52.8%)
370	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%)
371	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	+00:16:36 (47.5%)	6:59	8.6 (52.8%)
372	BIESEK Oliwia	229		K-10	26	00:01:01	00:01:23	00:16:41	00:32:47	00:34:58.85	00:36:00.30	+00:16:36 (47.5%)	6:59	8.6 (52.8%)
373	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	+00:16:39 (47.6%)	7:00	8.6 (52.8%)
374	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%)
375	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%)
376	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%)
377	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%)
378	WIŚNIEWSKA Lucyna	558	TRISPACE/TREK	K-50	24	00:00:49	00:01:23	00:17:07	00:33:12	00:35:10.25	00:35:59.55	+00:16:48 (47.8%)	7:02	8.5 (52.1%)
379	GRANICZNA Justyna	1484		K-20	75	00:00:52	00:01:24	00:19:50	00:33:19	00:35:11.35	00:36:03.70	+00:16:49 (47.8%)	7:02	8.5 (52.1%)

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					
380	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%)
381	CZERNIAK Beata	1168		K-50	25	00:00:51	00:01:24	00:16:53	00:33:20	00:35:12.30	00:36:04.15	+00:16:50 (47.8%)	7:02	8.5 (52.1%)
382	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	+00:16:50 (47.8%)	7:02	8.5 (52.1%)
383	KOWALSKA Weronika	1220	ZAWODY WYCIĄGANIA CZEGOŚ Z WODY	K-20	76	00:01:27	00:01:19	00:16:51	00:33:19	00:35:28.80	00:36:56.50	+00:17:06 (48.2%)	7:05	8.5 (52.1%)
384	KWAŚNIEWSKA Justyna	876		K-20	77	00:00:58	00:01:17	00:17:08	00:33:33	00:35:32.40	00:36:31.05	+00:17:10 (48.3%)	7:06	8.4 (51.5%)
385	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%)
386	KURZAJ Beata	277		K-50	26	00:00:27	00:01:14	00:17:12	00:33:44	00:35:39.45	00:36:06.50	+00:17:17 (48.5%)	7:07	8.4 (51.5%)
387	BUZALSKA Agnieszka	1096		K-50	27	00:01:26	00:01:23	00:17:28	00:33:45	00:35:40.85	00:37:07.45	+00:17:18 (48.5%)	7:08	8.4 (51.5%)
388	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	+00:17:19 (48.5%)	7:08	8.4 (51.5%)
389	ORDON Martyna	1066		K-10	27	00:01:23	00:01:17	00:16:38	00:33:53	00:35:43.35	00:37:06.75	+00:17:21 (48.6%)	7:08	8.4 (51.5%)
390	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	+00:17:22 (48.6%)	7:08	8.4 (51.5%)
391	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	+00:17:24 (48.7%)	7:09	8.4 (51.5%)
392	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	+00:17:25 (48.7%)	7:09	8.4 (51.5%)
393	GRYSZÓWKA Angelika	1388		K-20	78	00:01:25	00:01:19	00:17:02	00:33:50	00:35:51.10	00:37:16.40	+00:17:28 (48.8%)	7:10	8.4 (51.5%)
394	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%)
395	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%)
396	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%)
397	CHOLEWCZYŃSKA Dorota	1127	KSN ŁUCZNICZKA BYDGOSZCZ	K-50	28	00:01:05	00:01:32	00:17:49	00:34:00	00:36:03.50	00:37:08.70	+00:17:41 (49.1%)	7:12	8.3 (50.9%)
398	CHMURZYŃSKA Ewa	1133	KSN ŁUCZNICZKA BYDGOSZCZ	K-50	29	00:01:05	00:01:32	00:17:49	00:34:00	00:36:03.80	00:37:08.90	+00:17:41 (49.1%)	7:12	8.3 (50.9%)
399	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	+00:17:45 (49.2%)	7:13	8.3 (50.9%)
400	MADAJEWSKA Martynka	872	BRAK	K-10	28	00:00:51	00:01:12	00:16:21	00:34:16	00:36:09.05	00:37:00.35	+00:17:46 (49.2%)	7:13	8.3 (50.9%)
401	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	+00:17:48 (49.2%)	7:14	8.3 (50.9%)
402	DOLATA Martyna	936		K-10	29	00:01:26	00:01:20	00:16:48	00:34:11	00:36:10.45	00:37:37.15	+00:17:48 (49.2%)	7:14	8.3 (50.9%)

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			
403	WISNIEWSKA Malgorzata	238		K-50	30	00:00:22	00:01:13	00:17:19	00:34:17	00:36:13.65	00:36:35.75	+00:17:51 (49.3%)	7:14	8.3 (50.9%)
404	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%)
405	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	+00:17:53 (49.3%)	7:15	8.3 (50.9%)
406	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	+00:17:53 (49.4%)	7:15	8.3 (50.9%)
407	MALCZEWSKA Mirka	159	FORDONRUNNERS	K-60+	8	00:01:09	00:01:27	00:17:48	00:34:19	00:36:16.30	00:37:25.50	+00:17:54 (49.4%)	7:15	8.3 (50.9%)
408	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%)
409	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	+00:17:54 (49.4%)	7:15	8.3 (50.9%)
410	SZYMAŃSKA Maria	666		K-20	79	00:01:30	00:01:19	00:17:59	00:34:39	00:36:24.45	00:37:55.40	+00:18:02 (49.5%)	7:16	8.2 (50.3%)
411	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%)
412	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	+00:18:09 (49.7%)	7:18	8.2 (50.3%)
413	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%)
414	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	+00:18:24 (50.1%)	7:21	8.2 (50.3%)
415	CIESIELSKA Daria	811		K-20	80	00:00:15	00:01:01	00:17:05	00:34:50	00:36:49.60	00:37:04.90	+00:18:27 (50.1%)	7:21	8.1 (49.7%)
416	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%)
417	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%)
418	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	+00:18:54 (50.7%)	7:27	8 (49.1%)
419	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	+00:18:56 (50.8%)	7:27	8 (49.1%)
420	RYDZKOWSKA Nicola	329		K-20	81	00:00:46	00:01:32	00:18:39	00:35:25	00:37:18.75	00:38:05.45	+00:18:56 (50.8%)	7:27	8 (49.1%)
421	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	+00:18:57 (50.8%)	7:27	8 (49.1%)
422	CIĄRZYŃSKA Weronika	1058		K-20	82	00:00:34	00:01:04	00:17:15	00:35:31	00:37:28.65	00:38:03.55	+00:19:06 (51.0%)	7:29	8 (49.1%)
423	ZAKRZEWSKA Marta	213		K-20	83	00:00:55	00:01:25	00:17:55	00:35:35	00:37:33.60	00:38:29.10	+00:19:11 (51.1%)	7:30	8 (49.1%)
424	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%)
425	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	+00:19:39 (51.7%)	7:36	7.9 (48.5%)

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					
426	RAK Justyna	591		K-20	84	00:00:53	00:01:25	00:17:58	00:36:05	00:38:02.95	00:38:56.75	+00:19:40 (51.7%)	7:36	7.9 (48.5%)
427	OZOG Laura	1258		K-20	85	00:01:18	00:01:22	00:17:28	00:36:46	00:38:12.45	00:39:30.80	+00:19:50 (51.9%)	7:38	7.9 (48.5%)
428	BAUM Maja	387		K-10	30	00:00:11	00:01:13	00:17:41	00:36:47	00:38:20.05	00:38:31.80	+00:19:57 (52.1%)	7:40	7.8 (47.9%)
429	SKOWROŃSKA Kinga	541		K-20	86	00:00:20	00:01:15	00:18:38	00:36:25	00:38:21.15	00:38:41.45	+00:19:59 (52.1%)	7:40	7.8 (47.9%)
430	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%)
431	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%)
432	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	+00:20:17 (52.5%)	7:43	7.8 (47.9%)
433	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	+00:20:20 (52.6%)	7:44	7.8 (47.9%)
434	HEYMANN Maria	1397		K-50	31	00:00:44	00:01:21	00:18:33	00:36:38	00:38:48.10	00:39:32.90	+00:20:25 (52.7%)	7:45	7.7 (47.2%)
435	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	+00:20:26 (52.7%)	7:45	7.7 (47.2%)
436	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	+00:20:28 (52.7%)	7:46	7.7 (47.2%)
437	KOSNOWICZ Alicja	752		K-10	31	00:01:21	00:01:20	00:18:25	00:36:45	00:38:53.45	00:40:14.65	+00:20:31 (52.8%)	7:46	7.7 (47.2%)
438	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%)
439	GROCHAL Zuzanna	854	KS SZOSA ŻNIN	K-10	32	00:01:12	00:01:22	00:18:10	00:37:02	00:38:59.70	00:40:11.85	+00:20:37 (52.9%)	7:47	7.7 (47.2%)
440	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%)
441	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%)
442	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%)
443	NOWAKOWSKA-SZWAJCA Anna	271		K-50	32	00:00:42	00:01:30	00:18:49	00:37:10	00:39:33.20	00:40:15.20	+00:21:11 (53.6%)	7:54	7.6 (46.6%)
444	PIJAROWSKA Emilia	1453		K-10	33	00:01:23	00:01:20	00:18:46	00:37:39	00:39:38.40	00:41:01.95	+00:21:16 (53.7%)	7:55	7.6 (46.6%)
445	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	+00:21:22 (53.8%)	7:56	7.6 (46.6%)
446	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	+00:22:45 (55.3%)	8:13	7.3 (44.8%)
447	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	+00:22:45 (55.3%)	8:13	7.3 (44.8%)
448	NOWAK Marysia	1302		K-20	87	00:01:34	00:01:32	00:20:46	00:39:24	00:41:18.10	00:42:52.65	+00:22:55 (55.5%)	8:15	7.3 (44.8%)

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
449	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%)
450	OLECHNOWICZ Aneta	1477	PLASTYK	K-10	34	00:00:21	00:01:06	00:21:01	00:39:37	00:41:45.85	00:42:07.10	+00:23:23 (56.0%)	8:21	7.2 (44.2%)
451	KOWALSKA Karolina	1197		K-20	88	00:00:46	00:01:16	00:19:28	00:39:22	00:41:54.45	00:42:41.10	+00:23:32 (56.2%)	8:22	7.2 (44.2%)
452	KOWALSKA Irena	1198		K-60+	9	00:00:47	00:01:16	00:19:28	00:39:22	00:41:55.45	00:42:42.70	+00:23:33 (56.2%)	8:23	7.2 (44.2%)
453	JANKOWSKA Katarzyna	47	BIEGAJ Z DĘBAMI	K-50	33	00:01:17	00:01:27	00:19:41	00:39:37	00:42:04.15	00:43:21.45	+00:23:42 (56.3%)	8:24	7.1 (43.6%)
454	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	+00:23:42 (56.3%)	8:24	7.1 (43.6%)
455	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	+00:23:43 (56.4%)	8:25	7.1 (43.6%)
456	ZŁOTOWSKA Weronika	1304		K-20	89	00:01:34	00:01:32	00:20:46	00:40:12	00:42:26.90	00:44:01.05	+00:24:04 (56.7%)	8:29	7.1 (43.6%)
457	SIEMIĄTKOWSKA Aleksandra	1494		K-20	90	00:00:53	00:01:23	00:19:50	00:39:57	00:42:29.70	00:43:23.00	+00:24:07 (56.8%)	8:29	7.1 (43.6%)
458	ANTCZAK Olimpia	1034	OLIMPIJSKIE ANTKI	K-10	35	00:00:21	00:01:16	00:19:51	00:41:04	00:42:50.65	00:43:12.40	+00:24:28 (57.1%)	8:34	7 (42.9%)
459	NASTAŁA Julia	349		K-20	91	00:01:07	00:01:27	00:21:07	00:40:42	00:43:05.20	00:44:12.70	+00:24:43 (57.4%)	8:37	7 (42.9%)
460	MIKULSKA Małgorzata	269		K-50	34	00:00:19	00:01:15	00:20:16	00:40:44	00:43:14.90	00:43:34.40	+00:24:52 (57.5%)	8:38	6.9 (42.3%)
461	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	+00:25:42 (58.3%)	8:49	6.8 (41.7%)
462	DRYLL Monika	957	BTW BYDGOSZCZ	K-10	36	00:01:25	00:01:25	00:20:50	00:42:14	00:44:18.65	00:45:43.85	+00:25:56 (58.5%)	8:51	6.8 (41.7%)
463	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	+00:26:08 (58.7%)	8:54	6.7 (41.1%)
464	KRUPA Paulina	1141	KSN ŁUCZNICZKA BYDGOSZCZ	K-20	92	00:00:40	00:01:32	00:22:25	00:43:04	00:45:19.55	00:45:59.55	+00:26:57 (59.5%)	9:03	6.6 (40.5%)
465	ŚWIĄTEK Katarzyna	1130	KSN ŁUCZNICZKA BYDGOSZCZ	K-20	93	00:00:39	00:01:31	00:22:26	00:43:04	00:45:41.35	00:46:21.10	+00:27:19 (59.8%)	9:08	6.6 (40.5%)
466	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%)
467	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%)
468	SCHMIDT Małgorzata	1205	BB ACTIVE TEAM	K-60+	10	00:00:13	00:01:19		00:44:54	00:47:59.05	00:48:12.40	+00:29:36 (61.7%)	9:35	6.3 (38.7%)
469	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%)
470	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%)
471	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	+00:33:08 (64.3%)	10:18	5.8 (35.6%)

Znaleziono 471 wynik(ów)