



BYDGOSKI BIEG URODZINOWY

B4SPORT

Organizator: Miasto Bydgoszcz
Data: 2019-04-14
Miejsce: Bydgoszcz
Dystans: 5 km

B4SPORT
INTELIGENNE ZAWODY SPORTOWE

Klasyfikacja: K-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	SZENK Marta	534		K30	1	00:00:02	00:18:57.95	00:19:00.70		3:47	15.8 (100%)
2	PEKAŁA Aleksandra	1439	RUN PASJA	K30	2	00:00:03	00:19:49.05	00:19:52.50	+00:00:51 (4.3%)	3:57	15.1 (95.6%)
3	CZAJKOWSKA Sylwia	453	#ŻÓŁTOKRÓLEWSCY	K40	1	00:00:04	00:21:16.20	00:21:20.25	+00:02:18 (10.8%)	4:15	14.1 (89.2%)
4	SIKORA Sylwia	562	1 BRYGADALOGISTYCZNA	K40	2	00:00:05	00:21:33.25	00:21:39.05	+00:02:35 (12.0%)	4:18	13.9 (88.0%)
5	STAŃCZYK Martyna	200		K20	1	00:00:09	00:21:33.50	00:21:43.15	+00:02:35 (12.0%)	4:18	13.9 (88.0%)
6	PALACZ Wioletta	65		K40	3	00:00:04	00:21:35.05	00:21:39.70	+00:02:37 (12.1%)	4:19	13.9 (88.0%)
7	MICHALIK Joanna	460	ARUN	K30	3	00:00:02	00:21:35.70	00:21:38.10	+00:02:37 (12.2%)	4:19	13.9 (88.0%)
8	RYCZAK Maja	896	81 BLP	K20	2	00:00:09	00:22:08.35	00:22:17.35	+00:03:10 (14.3%)	4:25	13.6 (86.1%)
9	JAGODZIŃSKA Magdalena	57	BYDGOSKIE OKONIE	K20	3	00:00:06	00:22:19.35	00:22:25.60	+00:03:21 (15.0%)	4:27	13.4 (84.8%)
10	WNĘK Natalia	664	SPECIAL SPACE	K20	4	00:00:03	00:22:21.85	00:22:25.50	+00:03:23 (15.2%)	4:28	13.4 (84.8%)
11	STROKOWSKA Paulina	1158		K20	5	00:00:12	00:22:34.75	00:22:47.50	+00:03:36 (16.0%)	4:31	13.3 (84.2%)
12	PIOTROWSKA Katarzyna	703		K20	6	00:00:04	00:22:35.30	00:22:40.10	+00:03:37 (16.0%)	4:31	13.3 (84.2%)
13	ANDRZEJEWSKA Sylwia	265		K30	4	00:00:04	00:23:02.50	00:23:06.80	+00:04:04 (17.7%)	4:36	13 (82.3%)
14	WESOŁOWSKA Magdalena	1322		K20	7	00:00:30	00:23:11.25	00:23:41.80	+00:04:13 (18.2%)	4:38	12.9 (81.6%)
15	WOLAN Magdalena	8	AMORKI	K40	4	00:00:19	00:23:25.55	00:23:44.65	+00:04:27 (19.0%)	4:41	12.8 (81.0%)
16	MROTEK Katarzyna	67	ON THE MOVE	K30	5	00:01:04	00:23:30.75	00:24:35.70	+00:04:32 (19.3%)	4:42	12.8 (81.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
17	KUBEŁ Marta	1071		K20	8	00:00:04	00:23:36.60	00:23:40.95	+00:04:38 (19.7%)	4:43	12.7 (80.4%)
18	PILAKOWSKA Angelika	644	ELTRA W BIEGU	K30	6	00:00:11	00:23:39.25	00:23:50.40	+00:04:41 (19.8%)	4:43	12.7 (80.4%)
19	PAWLIK Anna	713	ZK NR 2 GRUDZIĄDZ	K40	5	00:00:18	00:23:53.60	00:24:11.85	+00:04:55 (20.6%)	4:46	12.6 (79.7%)
20	OSTROWSKA Anna	677		K10	1	00:00:38	00:23:57.40	00:24:36.25	+00:04:59 (20.8%)	4:47	12.5 (79.1%)
21	DZIKOWSKA Paulina	782		K30	7	00:00:18	00:24:00.10	00:24:18.45	+00:05:02 (21.0%)	4:48	12.5 (79.1%)
22	GONIA Alicja	978		K40	6	00:01:05	00:24:08.00	00:25:13.35	+00:05:10 (21.4%)	4:49	12.4 (78.5%)
23	DOBRZYŃSKA Ewa	234		K30	8	00:00:39	00:24:13.95	00:24:53.35	+00:05:16 (21.7%)	4:50	12.4 (78.5%)
24	MICHALSKA Daria	403	BYDGOSKIE OKONIE	K20	9	00:00:18	00:24:15.30	00:24:33.30	+00:05:17 (21.8%)	4:51	12.4 (78.5%)
25	KUBIS Sylwia	1460		K40	7	00:00:32	00:24:18.15	00:24:50.20	+00:05:20 (22.0%)	4:51	12.3 (77.8%)
26	DZIEŻA Roma	165	RUN BYDGOSZCZ	K40	8	00:00:25	00:24:25.40	00:24:50.45	+00:05:27 (22.3%)	4:53	12.3 (77.8%)
27	WIŚNIEWSKA-KACZOR Iga	981		K30	9	00:00:00	00:24:25.65	00:24:25.65	+00:05:27 (22.4%)	4:53	12.3 (77.8%)
28	ROGALSKA Justyna	944		K30	10	00:00:18	00:24:29.45	00:24:47.75	+00:05:31 (22.6%)	4:53	12.3 (77.8%)
29	KLAWIKOWSKA Julita	613	TKKF KOLEJARZ BYDGOSZCZ	K30	11	00:00:37	00:24:31.30	00:25:08.85	+00:05:33 (22.7%)	4:54	12.2 (77.2%)
30	KEPHART Kimberly	812		K30	12	00:00:21	00:24:35.60	00:24:57.15	+00:05:37 (22.9%)	4:55	12.2 (77.2%)
31	PIĄTEK Justyna	1179		K30	13	00:00:22	00:24:36.10	00:24:58.50	+00:05:38 (22.9%)	4:55	12.2 (77.2%)
32	WOŹNIAK Anna	898		K40	9	00:00:16	00:24:46.00	00:25:02.05	+00:05:48 (23.4%)	4:57	12.1 (76.6%)
33	WAJER Marita	694	REEBOK RUN CREW BYDGOSZCZ	K20	10	00:00:11	00:24:47.70	00:24:59.30	+00:05:49 (23.5%)	4:57	12.1 (76.6%)
34	MATKOWSKA Monika	1496		K30	14	00:00:44	00:24:53.70	00:25:38.15	+00:05:55 (23.8%)	4:58	12 (75.9%)
35	POZORSKA Joanna	953	BIEGAJĄCE ŚLIWICE	K30	15	00:00:10	00:24:58.05	00:25:08.15	+00:06:00 (24.0%)	4:59	12 (75.9%)
36	TARCZYŃSKA Marta	314	COOKIETEAMRUNNERS	K30	16	00:00:33	00:25:08.95	00:25:42.00	+00:06:11 (24.6%)	5:01	11.9 (75.3%)
37	STEJUK Aleksandra	473	AMS RIATHLON	K40	10	00:00:28	00:25:20.95	00:25:49.55	+00:06:23 (25.2%)	5:04	11.8 (74.7%)
38	BŁASZCZYK Agnieszka	1372		K30	17	00:01:00	00:25:21.95	00:26:22.35	+00:06:24 (25.2%)	5:04	11.8 (74.7%)
39	MISUN-NOWAK Katarzyna	1228	AMS TRIATHLON	K30	18	00:00:28	00:25:22.65	00:25:51.30	+00:06:24 (25.3%)	5:04	11.8 (74.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
40	CHMIELARZ Karina	117		K20	11	00:01:12	00:25:23.40	00:26:36.15	+00:06:25 (25.3%)	5:04	11.8 (74.7%)
41	KAMPER Małgorzata	444		K40	11	00:00:11	00:25:26.25	00:25:37.50	+00:06:28 (25.4%)	5:05	11.8 (74.7%)
42	NAGORZYSKA Sylwia	151	BIEGAM WSPIERAM MOTYWUJĘ	K30	19	00:00:09	00:25:28.20	00:25:37.20	+00:06:30 (25.5%)	5:05	11.8 (74.7%)
43	WOJDAT Dominika	49	ZIELONY PELIKAN	K20	12	00:01:17	00:25:33.10	00:26:50.85	+00:06:35 (25.8%)	5:06	11.7 (74.1%)
44	SZCZUKOWSKA Nicol	1301		K10	2	00:00:45	00:25:33.55	00:26:18.55	+00:06:35 (25.8%)	5:06	11.7 (74.1%)
45	MATUSIAK Aneta	1203	NKUB	K30	20	00:00:12	00:25:35.05	00:25:47.55	+00:06:37 (25.9%)	5:07	11.7 (74.1%)
46	CICHOŃSKA - BAZAK Marzena	422	CZARNE STOPY.SM	K40	12	00:01:03	00:25:36.25	00:26:40.15	+00:06:38 (25.9%)	5:07	11.7 (74.1%)
47	POTRZEBOWSKA Agata	652	DEAF I #B3K	K30	21	00:00:30	00:25:40.65	00:26:11.10	+00:06:42 (26.1%)	5:08	11.7 (74.1%)
48	STASZKIEWICZ Lucyna	857	STASHKY TEAM	K50	1	00:00:29	00:25:43.10	00:26:12.25	+00:06:45 (26.3%)	5:08	11.7 (74.1%)
49	SZYCZEWSKA Ewa	34		K40	13	00:00:34	00:25:45.00	00:26:19.15	+00:06:47 (26.3%)	5:09	11.7 (74.1%)
50	POLACKA Jadwiga	779	BIEGAJ Z DĘBAMI	K40	14	00:00:13	00:25:47.75	00:26:01.05	+00:06:49 (26.5%)	5:09	11.6 (73.4%)
51	KRAS Karolina	1155		K20	13	00:01:07	00:25:51.65	00:26:58.90	+00:06:53 (26.7%)	5:10	11.6 (73.4%)
52	CHMURA Ewa	1291		K30	22	00:00:15	00:25:51.70	00:26:07.55	+00:06:53 (26.7%)	5:10	11.6 (73.4%)
53	BOROWICZ Anna	832		K30	23	00:00:38	00:25:55.90	00:26:34.00	+00:06:57 (26.9%)	5:11	11.6 (73.4%)
54	JAWORSKA Aleksandra	1479	6. KILOMETR	K20	14	00:00:22	00:25:56.90	00:26:19.65	+00:06:58 (26.9%)	5:11	11.6 (73.4%)
55	GROBELNA Angelika	75	BYDGOSZCZ NA START	K40	15	00:00:42	00:25:57.05	00:26:39.35	+00:06:59 (26.9%)	5:11	11.6 (73.4%)
56	MAJEWSKA Ryszarda	1251		K60	1	00:00:39	00:26:08.95	00:26:48.35	+00:07:11 (27.5%)	5:13	11.5 (72.8%)
57	SOBANIA-TRENDEWICZ Paulina	1172		K30	24	00:01:39	00:26:11.05	00:27:50.90	+00:07:13 (27.6%)	5:14	11.5 (72.8%)
58	STĘPIEŃ Monika	109		K40	16	00:00:20	00:26:15.95	00:26:36.10	+00:07:18 (27.8%)	5:15	11.4 (72.2%)
59	SZPYT Ania	635		K30	25	00:00:28	00:26:17.15	00:26:45.25	+00:07:19 (27.8%)	5:15	11.4 (72.2%)
60	DEKOWSKA Monika	1414		K30	26	00:00:32	00:26:20.40	00:26:53.10	+00:07:22 (28.0%)	5:16	11.4 (72.2%)
61	BOROWIEC Wioleta	636	BBL SZUBIN	K30	27	00:00:20	00:26:21.40	00:26:41.45	+00:07:23 (28.0%)	5:16	11.4 (72.2%)
62	LACKOWSKA Aleksandra	853		K20	15	00:01:14	00:26:22.90	00:27:37.85	+00:07:24 (28.1%)	5:16	11.4 (72.2%)

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63	JANOWSKA Renata	724		K40	17	00:00:17	00:26:27.30	00:26:45.25	+00:07:29 (28.3%)	5:17	11.3 (71.5%)
64	PIECZYŃSKA Joanna	767		K30	28	00:01:00	00:26:27.35	00:27:27.60	+00:07:29 (28.3%)	5:17	11.3 (71.5%)
65	WILCZYŃSKA Iga	764		K10	3	00:00:36	00:26:29.45	00:27:05.60	+00:07:31 (28.4%)	5:17	11.3 (71.5%)
66	ZECH Izabela	35	RUDA TEAM/FOREST GANG	K40	18	00:00:14	00:26:30.85	00:26:44.95	+00:07:32 (28.5%)	5:18	11.3 (71.5%)
67	JANUSZKIEWICZ Judyta	525	BIEGAM PO PIWO	K30	29	00:00:17	00:26:31.95	00:26:49.80	+00:07:34 (28.5%)	5:18	11.3 (71.5%)
68	SAPALSKA Michalina	514	BIEGAJĄCE ŚLIWICE	K20	16	00:00:09	00:26:32.25	00:26:41.95	+00:07:34 (28.5%)	5:18	11.3 (71.5%)
69	KOLANOWSKA Grażyna	818		K50	2	00:00:28	00:26:33.10	00:27:01.65	+00:07:35 (28.6%)	5:18	11.3 (71.5%)
70	WOSZCZYK Agnieszka	1000		K20	17	00:00:11	00:26:35.20	00:26:47.10	+00:07:37 (28.7%)	5:19	11.3 (71.5%)
71	ULATOWSKA Sylwia	957		K30	30	00:01:15	00:26:37.35	00:27:53.20	+00:07:39 (28.8%)	5:19	11.3 (71.5%)
72	KUJDA Dorota	116		K30	31	00:00:36	00:26:38.65	00:27:15.50	+00:07:40 (28.8%)	5:19	11.3 (71.5%)
73	ZALEWSKA Michalina	1256	UKS KOPERNIK	K10	4	00:00:25	00:26:38.80	00:27:03.85	+00:07:40 (28.8%)	5:19	11.3 (71.5%)
74	PORAZINSKA Viktoria	54		K40	19	00:00:42	00:26:42.85	00:27:24.90	+00:07:44 (29.0%)	5:20	11.2 (70.9%)
75	GACA Annamaria	1330		K40	20	00:02:04	00:26:43.05	00:28:47.15	+00:07:45 (29.0%)	5:20	11.2 (70.9%)
76	TOMCZYK Agata	785		K30	32	00:01:38	00:26:44.80	00:28:23.40	+00:07:46 (29.1%)	5:21	11.2 (70.9%)
77	GONCERZ Katarzyna	299	ANANASY	K30	33	00:01:33	00:26:52.00	00:28:25.85	+00:07:54 (29.4%)	5:22	11.2 (70.9%)
78	WIŚNIEWSKA Aleksandra	912		K18	1	00:01:35	00:26:52.95	00:28:28.55	+00:07:55 (29.4%)	5:22	11.2 (70.9%)
79	STĘŻEWSKA Emilia	1124		K20	18	00:00:38	00:26:55.10	00:27:33.25	+00:07:57 (29.5%)	5:23	11.1 (70.3%)
80	GRALAK Martyna	547	BYDGOSKI KLUB KYOKUSHIN KARATE	K10	5	00:00:19	00:26:56.20	00:27:15.25	+00:07:58 (29.6%)	5:23	11.1 (70.3%)
81	PRZYBYLSKA Grażyna	278	BYDGOSZCZ NA START, SL PB	K50	3	00:00:30	00:26:58.25	00:27:28.75	+00:08:00 (29.7%)	5:23	11.1 (70.3%)
82	MAJEWSKA Monika	750		K30	34	00:01:05	00:26:59.45	00:28:04.45	+00:08:01 (29.7%)	5:23	11.1 (70.3%)
83	TRAWCZYŃSKA Katarzyna	1280		K30	35	00:01:42	00:27:00.60	00:28:42.65	+00:08:02 (29.8%)	5:24	11.1 (70.3%)
84	MAGDZIARZ Katarzyna	1012	KANCELARIA HMM	K30	36	00:01:06	00:27:02.75	00:28:08.85	+00:08:04 (29.9%)	5:24	11.1 (70.3%)
85	WASILEWSKA-MICHALAK Agata	684	AMS	K30	37	00:00:31	00:27:04.35	00:27:36.10	+00:08:06 (29.9%)	5:25	11.1 (70.3%)

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86	ŚWIETLIK Michalina	449		K30	38	00:01:09	00:27:06.90	00:28:16.05	+00:08:08 (30.1%)	5:25	11.1 (70.3%)
87	SCHREIBER Monika	352		K20	19	00:00:53	00:27:07.80	00:28:01.15	+00:08:09 (30.1%)	5:25	11.1 (70.3%)
88	FELKNER Alicja	774		K10	6	00:00:46	00:27:11.10	00:27:57.20	+00:08:13 (30.2%)	5:26	11 (69.6%)
89	PIETRZYKOWSKA Agnieszka	32		K20	20	00:00:54	00:27:13.90	00:28:08.80	+00:08:15 (30.4%)	5:26	11 (69.6%)
90	GUTKOWSKA Agnieszka	1213		K30	39	00:01:18	00:27:14.10	00:28:32.55	+00:08:16 (30.4%)	5:26	11 (69.6%)
91	MIKLER Aleksandra	1	RUNOLA / FOREST GANG	K20	21	00:00:13	00:27:14.30	00:27:28.15	+00:08:16 (30.4%)	5:27	11 (69.6%)
92	BURCZYK Katarzyna	381		K40	21	00:00:46	00:27:15.70	00:28:02.30	+00:08:17 (30.4%)	5:27	11 (69.6%)
93	WITKOWSKA Monika	1428		K30	40	00:01:18	00:27:16.00	00:28:34.30	+00:08:18 (30.4%)	5:27	11 (69.6%)
94	HAUS Katarzyna	638	BBL SZUBIN	K40	22	00:00:21	00:27:16.75	00:27:38.00	+00:08:18 (30.5%)	5:27	11 (69.6%)
95	CZYŻEWSKA Justyna	103		K30	41	00:01:34	00:27:18.55	00:28:53.10	+00:08:20 (30.6%)	5:27	11 (69.6%)
96	PAWLEWSKA Joanna	729	SPORTWAY	K40	23	00:00:25	00:27:21.65	00:27:46.70	+00:08:23 (30.7%)	5:28	11 (69.6%)
97	BIEGAŁA Agnieszka	1434	RENEGAT	K30	42	00:00:34	00:27:23.30	00:27:57.30	+00:08:25 (30.8%)	5:28	11 (69.6%)
98	BĘC Dominika	503	CB163	K20	22	00:01:59	00:27:26.45	00:29:25.50	+00:08:28 (30.9%)	5:29	10.9 (69.0%)
99	KRZEMIŃSKA Jolanta	378		K30	43	00:00:25	00:27:28.90	00:27:54.85	+00:08:30 (31.0%)	5:29	10.9 (69.0%)
100	GRUSZCZYŃSKA Monika	1125		K20	23	00:00:10	00:27:29.05	00:27:39.85	+00:08:31 (31.0%)	5:29	10.9 (69.0%)
101	MASŁOWSKA Angelika	915		K30	44	00:00:19	00:27:30.00	00:27:49.65	+00:08:32 (31.0%)	5:30	10.9 (69.0%)
102	SZABLIŃSKA Honorata	1041		K30	45	00:00:19	00:27:30.35	00:27:49.65	+00:08:32 (31.0%)	5:30	10.9 (69.0%)
103	WÓJCIK Marika	654	DECATHLON TEAM INOWROCŁAW	K20	24	00:00:20	00:27:31.00	00:27:51.75	+00:08:33 (31.1%)	5:30	10.9 (69.0%)
104	CICHULSKA-QUAAS Izabela	360	ZAJABELA	K40	24	00:00:25	00:27:31.65	00:27:56.70	+00:08:33 (31.1%)	5:30	10.9 (69.0%)
105	AFELT Luiza	720	CROSSFORDON	K20	25	00:00:33	00:27:34.50	00:28:08.35	+00:08:36 (31.2%)	5:31	10.9 (69.0%)
106	PRZYBYŁA Agnieszka	1452		K30	46	00:01:44	00:27:36.90	00:29:21.75	+00:08:38 (31.3%)	5:31	10.9 (69.0%)
107	KOLIŃSKA Sylwia	1095		K40	25	00:00:36	00:27:37.90	00:28:14.65	+00:08:39 (31.4%)	5:31	10.9 (69.0%)
108	WOLSKA Aleksandra	70		K20	26	00:01:31	00:27:38.00	00:29:09.05	+00:08:40 (31.4%)	5:31	10.9 (69.0%)

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109	MARĆ Klara	841		K10	7	00:01:14	00:27:39.55	00:28:54.05	+00:08:41 (31.4%)	5:32	10.8 (68.4%)
110	SENSKA Magdalena	1194		K40	26	00:01:48	00:27:46.50	00:29:35.15	+00:08:48 (31.7%)	5:33	10.8 (68.4%)
111	WIŚNIEWSKA Lucyna	125	TRISPACE	K50	4	00:01:15	00:27:49.55	00:29:05.00	+00:08:51 (31.8%)	5:34	10.8 (68.4%)
112	GÓRAL Anna	960		K20	27	00:01:16	00:27:52.00	00:29:08.80	+00:08:54 (31.9%)	5:34	10.8 (68.4%)
113	BORAKIEWICZ Natalia	1097		K20	28	00:00:36	00:27:54.15	00:28:30.70	+00:08:56 (32.0%)	5:34	10.8 (68.4%)
114	GIŁKA Gosia	396		K20	29	00:01:32	00:27:58.45	00:29:30.70	+00:09:00 (32.2%)	5:35	10.7 (67.7%)
115	SZULC Joanna	96	SHIUZ BYDGOSZCZ FLOW RUNNERS	K40	27	00:01:04	00:27:58.50	00:29:03.45	+00:09:00 (32.2%)	5:35	10.7 (67.7%)
116	GRABOWSKA Marlena	1005		K30	47	00:01:12	00:27:59.70	00:29:12.45	+00:09:01 (32.3%)	5:36	10.7 (67.7%)
117	GADOMSKA Maria	17	RUN BYDGOSZCZ	K60	2	00:00:25	00:27:59.80	00:28:25.75	+00:09:01 (32.3%)	5:36	10.7 (67.7%)
118	JANKOWSKA Katarzyna	1473		K40	28	00:01:13	00:27:59.85	00:29:13.40	+00:09:01 (32.3%)	5:36	10.7 (67.7%)
119	LEWANDOWSKA Izabela	1002		K30	48	00:01:13	00:28:00.00	00:29:13.20	+00:09:02 (32.3%)	5:36	10.7 (67.7%)
120	DURALEK Anna	439	PRUSZCZ	K40	29	00:00:30	00:28:00.05	00:28:30.10	+00:09:02 (32.3%)	5:36	10.7 (67.7%)
121	BACHERA Aleksandra	1436		K40	30	00:00:16	00:28:00.35	00:28:16.65	+00:09:02 (32.3%)	5:36	10.7 (67.7%)
122	WÓJTOWICZ Monika	457		K30	49	00:00:27	00:28:00.65	00:28:28.60	+00:09:02 (32.3%)	5:36	10.7 (67.7%)
123	KALINOWSKA Kamila	315		K40	31	00:01:14	00:28:00.75	00:29:15.50	+00:09:02 (32.3%)	5:36	10.7 (67.7%)
124	TYKWIŃSKA Agnieszka	1127	COOKIETEAMRUNNERS	K30	50	00:00:27	00:28:01.90	00:28:29.45	+00:09:03 (32.3%)	5:36	10.7 (67.7%)
125	ŚWIĄTEK Hanna	389		K30	51	00:00:24	00:28:02.75	00:28:26.80	+00:09:04 (32.4%)	5:36	10.7 (67.7%)
126	WIENEKE Annika	611		K30	52	00:00:15	00:28:04.50	00:28:19.85	+00:09:06 (32.4%)	5:36	10.7 (67.7%)
127	CHYLIŃSKA Monika	1335		K30	53	00:00:22	00:28:06.65	00:28:28.80	+00:09:08 (32.5%)	5:37	10.7 (67.7%)
128	PŁACZKOWSKA Magdalena	239		K30	54	00:00:40	00:28:07.25	00:28:47.30	+00:09:09 (32.6%)	5:37	10.7 (67.7%)
129	FIGLER Iwona	181	TRISPACE	K40	32	00:01:16	00:28:07.80	00:29:24.35	+00:09:09 (32.6%)	5:37	10.7 (67.7%)
130	BOROWICKA Anna	1464		K30	55	00:00:33	00:28:07.90	00:28:41.65	+00:09:09 (32.6%)	5:37	10.7 (67.7%)
131	WILCZYŃSKA Anita	267		K30	56	00:01:06	00:28:11.05	00:29:17.45	+00:09:13 (32.7%)	5:38	10.6 (67.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
132	MENDEL Karolina	485		K20	30	00:00:54	00:28:11.85	00:29:06.75	+00:09:13 (32.7%)	5:38	10.6 (67.1%)
133	JEZIORSKA Monika	507		K30	57	00:01:52	00:28:12.75	00:30:04.80	+00:09:14 (32.8%)	5:38	10.6 (67.1%)
134	GAWROŃSKA Bożena	642		K50	5	00:01:06	00:28:13.50	00:29:19.60	+00:09:15 (32.8%)	5:38	10.6 (67.1%)
135	ORTEGA MORENO Ines	930		K20	31	00:00:13	00:28:13.80	00:28:27.60	+00:09:15 (32.8%)	5:38	10.6 (67.1%)
136	SZYNWELSKA Marlena	668		K50	6	00:00:57	00:28:13.85	00:29:10.85	+00:09:15 (32.8%)	5:38	10.6 (67.1%)
137	TUSZYŃSKA Anna	1303		K20	32	00:01:03	00:28:14.85	00:29:18.45	+00:09:16 (32.9%)	5:39	10.6 (67.1%)
138	WAWRZYNIAK Karolina	242		K30	58	00:00:40	00:28:16.40	00:28:56.45	+00:09:18 (32.9%)	5:39	10.6 (67.1%)
139	REREK Agnieszka	868	WPL	K20	33	00:01:44	00:28:16.45	00:30:01.05	+00:09:18 (32.9%)	5:39	10.6 (67.1%)
140	OKRĘGLICKA Barbara	1493		K60	3	00:00:09	00:28:17.45	00:28:27.05	+00:09:19 (33.0%)	5:39	10.6 (67.1%)
140	ŚWIGOŃ Aneta	810		K30	59	00:00:43	00:28:17.45	00:29:01.40	+00:09:19 (33.0%)	5:39	10.6 (67.1%)
142	GIL-PILARSKA Marta	183	ZAWISZA BYDGOSZCZ	K10	8	00:00:49	00:28:18.10	00:29:07.25	+00:09:20 (33.0%)	5:39	10.6 (67.1%)
143	GAJTKOWSKA Emilia	1304		K30	60	00:01:15	00:28:19.00	00:29:34.30	+00:09:21 (33.0%)	5:39	10.6 (67.1%)
144	OŻGA Agnieszka	91		K30	61	00:00:19	00:28:19.85	00:28:39.75	+00:09:21 (33.1%)	5:40	10.6 (67.1%)
145	DROSDOWSKA Klara	1087		K20	34	00:00:12	00:28:20.05	00:28:32.55	+00:09:22 (33.1%)	5:40	10.6 (67.1%)
146	MATUSZEWSKA Monika	343		K30	62	00:00:43	00:28:20.90	00:29:04.35	+00:09:22 (33.1%)	5:40	10.6 (67.1%)
147	POBOŻAN Agnieszka	803	BIEGAM BO LUBIĘ INOWROCŁAW	K20	35	00:00:08	00:28:21.35	00:28:29.70	+00:09:23 (33.1%)	5:40	10.6 (67.1%)
148	KOMISARCZYK Iwona	693	INOWROCŁAW BIEGA	K40	33	00:00:58	00:28:22.05	00:29:20.15	+00:09:24 (33.1%)	5:40	10.6 (67.1%)
149	CHMIELEWSKA Agnieszka	1492		K40	34	00:00:54	00:28:22.35	00:29:16.35	+00:09:24 (33.2%)	5:40	10.6 (67.1%)
150	KŁOS Katarzyna	1491		K40	35	00:00:53	00:28:22.70	00:29:16.10	+00:09:24 (33.2%)	5:40	10.6 (67.1%)
151	CEREZO SÁNCHEZ Alba	929		K20	36	00:00:13	00:28:23.60	00:28:37.10	+00:09:25 (33.2%)	5:40	10.6 (67.1%)
152	LATUSZEK Daria	520		K20	37	00:00:51	00:28:26.00	00:29:17.00	+00:09:28 (33.3%)	5:41	10.6 (67.1%)
153	ROGOZIŃSKA Karolina	692		K30	63	00:00:36	00:28:27.55	00:29:04.50	+00:09:29 (33.4%)	5:41	10.5 (66.5%)
154	SCHUMACHER-RATAJ Marta	129		K30	64	00:00:59	00:28:28.55	00:29:28.50	+00:09:30 (33.4%)	5:41	10.5 (66.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
155	KRUSIK Aleksandra	272	ALBATROSY	K20	38	00:00:02	00:28:30.25	00:28:32.45	+00:09:32 (33.5%)	5:42	10.5 (66.5%)
156	PODEMSKA Patrycja	260	FOREST GANG	K30	65	00:00:13	00:28:30.85	00:28:44.15	+00:09:32 (33.5%)	5:42	10.5 (66.5%)
157	BIENKOWSKA Anna	1083		K30	66	00:00:23	00:28:31.30	00:28:55.20	+00:09:33 (33.5%)	5:42	10.5 (66.5%)
158	GOŁATA Julia	191	WILCZA WATAHA	K10	9	00:00:30	00:28:33.65	00:29:03.85	+00:09:35 (33.6%)	5:42	10.5 (66.5%)
159	WAWRZYNIAK Paulina	969		K20	39	00:00:46	00:28:34.80	00:29:21.25	+00:09:36 (33.6%)	5:43	10.5 (66.5%)
160	STERING Kamila	1398		K20	40	00:00:48	00:28:36.60	00:29:25.20	+00:09:38 (33.7%)	5:43	10.5 (66.5%)
161	KOCHAŃSKA Wioletta	901		K40	36	00:00:56	00:28:41.25	00:29:37.90	+00:09:43 (33.9%)	5:44	10.5 (66.5%)
162	ROSLONSKA Kinga	530		K30	67	00:01:40	00:28:41.40	00:30:22.05	+00:09:43 (33.9%)	5:44	10.5 (66.5%)
163	MARAŚKIEWICZ Agnieszka	275		K30	68	00:01:17	00:28:42.30	00:29:59.35	+00:09:44 (33.9%)	5:44	10.5 (66.5%)
164	GOŁATA Agnieszka	194	WILCZA WATAHA	K30	69	00:00:29	00:28:44.20	00:29:13.95	+00:09:46 (34.0%)	5:44	10.4 (65.8%)
165	JANIC Dagmara	628		K10	10	00:00:53	00:28:49.40	00:29:43.20	+00:09:51 (34.2%)	5:46	10.4 (65.8%)
166	AGACIAK Elzbieta	1082		K40	37	00:00:24	00:28:51.40	00:29:16.20	+00:09:53 (34.3%)	5:46	10.4 (65.8%)
167	SUCHODOLSKA Agnieszka	616		K40	38	00:00:16	00:28:53.05	00:29:09.95	+00:09:55 (34.3%)	5:46	10.4 (65.8%)
168	DOLATA Aneta	1144		K30	70	00:00:24	00:28:53.85	00:29:17.90	+00:09:55 (34.4%)	5:46	10.4 (65.8%)
169	GIPP Małgorzata	1064		K30	71	00:01:56	00:28:55.60	00:30:51.70	+00:09:57 (34.4%)	5:47	10.4 (65.8%)
170	DRZEWIECKA Ada	1486		K20	41	00:00:23	00:28:58.70	00:29:21.85	+00:10:00 (34.6%)	5:47	10.4 (65.8%)
171	WIŚNIEWSKA Julia	1153		K20	42	00:00:33	00:28:59.40	00:29:32.65	+00:10:01 (34.6%)	5:47	10.4 (65.8%)
172	ICIKOWSKA Małgorzata	1052		K20	43	00:00:50	00:28:59.85	00:29:50.65	+00:10:01 (34.6%)	5:48	10.3 (65.2%)
173	MELWIŃSKA Paulina	63	RUN BYDGOSZCZ	K30	72	00:01:13	00:29:00.30	00:30:14.10	+00:10:02 (34.6%)	5:48	10.3 (65.2%)
174	JARUSZEWSKA Joanna	602		K30	73	00:01:23	00:29:01.65	00:30:24.90	+00:10:03 (34.7%)	5:48	10.3 (65.2%)
175	SMOLIŃSKA Patrycja	1202		K20	44	00:01:02	00:29:01.70	00:30:04.00	+00:10:03 (34.7%)	5:48	10.3 (65.2%)
176	BUDNY Ewa	1378	ULKS BARWICE	K10	11	00:00:58	00:29:02.05	00:30:00.45	+00:10:04 (34.7%)	5:48	10.3 (65.2%)
177	PESZYŃSKA Joanna	1139		K40	39	00:01:08	00:29:04.70	00:30:13.65	+00:10:06 (34.8%)	5:49	10.3 (65.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
178	MAŁKOWSKA Ewa	560		K20	45	00:01:27	00:29:07.15	00:30:34.40	+00:10:09 (34.9%)	5:49	10.3 (65.2%)
179	TOMCZYK Agnieszka	255		K40	40	00:01:05	00:29:09.70	00:30:15.20	+00:10:11 (35.0%)	5:50	10.3 (65.2%)
180	NOWICKA Michalina	904		K10	12	00:00:21	00:29:11.70	00:29:33.25	+00:10:13 (35.0%)	5:50	10.3 (65.2%)
181	CHODUR Agnieszka	197	BYDGOSZCZ NA START	K40	41	00:01:17	00:29:13.80	00:30:31.60	+00:10:15 (35.1%)	5:50	10.3 (65.2%)
182	CHMIELEWSKA Agnieszka	184		K30	74	00:00:43	00:29:14.30	00:29:57.65	+00:10:16 (35.1%)	5:50	10.3 (65.2%)
183	GAJEK Agnieszka	974	TASAK TEAM	K40	42	00:01:25	00:29:14.40	00:30:39.90	+00:10:16 (35.1%)	5:50	10.3 (65.2%)
184	DRAŻYK Justyna	587		K30	75	00:00:31	00:29:14.85	00:29:46.50	+00:10:16 (35.2%)	5:51	10.3 (65.2%)
185	WAWRZONKOSKA Wiktoria	1058		K20	46	00:00:48	00:29:17.60	00:30:06.15	+00:10:19 (35.3%)	5:51	10.2 (64.6%)
186	JANIC Joanna	626		K40	43	00:00:56	00:29:18.25	00:30:14.65	+00:10:20 (35.3%)	5:51	10.2 (64.6%)
187	SIUDZIŃSKA Anna	418		K20	47	00:01:38	00:29:18.55	00:30:57.15	+00:10:20 (35.3%)	5:51	10.2 (64.6%)
188	BŁAŻEK Kasia	1196		K30	76	00:01:05	00:29:21.45	00:30:27.25	+00:10:23 (35.4%)	5:52	10.2 (64.6%)
189	DURALEK Laura	440		K10	13	00:00:26	00:29:21.50	00:29:47.75	+00:10:23 (35.4%)	5:52	10.2 (64.6%)
190	ZUŻYDŁO Zuzanna	797		K30	77	00:00:55	00:29:21.95	00:30:17.50	+00:10:24 (35.4%)	5:52	10.2 (64.6%)
191	ZAJĄC Barbara	1302		K20	48	00:01:34	00:29:24.15	00:30:58.95	+00:10:26 (35.5%)	5:52	10.2 (64.6%)
192	SZCZEPAŃSKA-DOLNA Edyta	1028	FOREST GANG	K50	7	00:00:14	00:29:24.20	00:29:39.15	+00:10:26 (35.5%)	5:53	10.2 (64.6%)
193	JARZEMSKA Alicja	1367	BYDGOSZCZ TRIATHLON TEAM	K30	78	00:01:30	00:29:26.80	00:30:57.55	+00:10:28 (35.6%)	5:53	10.2 (64.6%)
194	ADAMCZYK Agnieszka	737		K30	79	00:02:03	00:29:28.85	00:31:31.85	+00:10:30 (35.7%)	5:53	10.2 (64.6%)
195	LASKOWSKA Aleksandra	1446		K30	80	00:01:16	00:29:29.00	00:30:45.70	+00:10:31 (35.7%)	5:53	10.2 (64.6%)
196	CEMKE Magdalena	442		K20	49	00:01:06	00:29:30.05	00:30:36.95	+00:10:32 (35.7%)	5:54	10.2 (64.6%)
197	KLIMAS Natalia	826	TEAM MICKIEWICZ	K20	50	00:01:44	00:29:30.45	00:31:15.15	+00:10:32 (35.7%)	5:54	10.2 (64.6%)
198	ABRAMCZYK Agata	854		K20	51	00:01:30	00:29:31.25	00:31:01.50	+00:10:33 (35.8%)	5:54	10.2 (64.6%)
199	WORONIECKA Anna	328		K40	44	00:01:17	00:29:35.65	00:30:53.20	+00:10:37 (35.9%)	5:55	10.1 (63.9%)
200	KUBOWICZ-KAMIŃSKA Hania	212	WATAHA BYDGOSZCZ	K30	81	00:01:00	00:29:35.70	00:30:36.65	+00:10:37 (35.9%)	5:55	10.1 (63.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
201	LEWANDOWSKA Malwina	1215		K30	82	00:01:00	00:29:36.20	00:30:36.25	+00:10:38 (35.9%)	5:55	10.1 (63.9%)
202	ŁUKASZEWSKA Ewelina	1148		K20	52	00:00:59	00:29:36.35	00:30:36.10	+00:10:38 (35.9%)	5:55	10.1 (63.9%)
203	PIECHOCIŃSKA Dorota	1279	RINO	K30	83	00:00:49	00:29:36.95	00:30:26.60	+00:10:39 (36.0%)	5:55	10.1 (63.9%)
204	BESS Anna	421		K30	84	00:01:38	00:29:37.70	00:31:16.40	+00:10:39 (36.0%)	5:55	10.1 (63.9%)
205	GRZELA Klaudia	798		K20	53	00:01:02	00:29:38.25	00:30:40.95	+00:10:40 (36.0%)	5:55	10.1 (63.9%)
206	ZNANIECKA Karolina	29		K20	54	00:00:40	00:29:40.00	00:30:20.75	+00:10:42 (36.1%)	5:56	10.1 (63.9%)
207	WIELUŃSKA Dorota	408		K30	85	00:01:10	00:29:41.15	00:30:51.50	+00:10:43 (36.1%)	5:56	10.1 (63.9%)
208	AUGUSTYNOWICZ Aurelia	791	RCI BYDGOSZCZ	K40	45	00:00:15	00:29:42.10	00:29:57.50	+00:10:44 (36.1%)	5:56	10.1 (63.9%)
209	LASOTA Dominika	688		K18	2	00:01:42	00:29:43.80	00:31:25.85	+00:10:45 (36.2%)	5:56	10.1 (63.9%)
210	SIUDOWSKA Marta	799		K30	86	00:01:04	00:29:44.30	00:30:48.50	+00:10:46 (36.2%)	5:56	10.1 (63.9%)
211	FIEREK Bernadeta	1427	BIEGAM Z MARYSIĄ	K50	8	00:00:18	00:29:44.95	00:30:02.95	+00:10:47 (36.2%)	5:56	10.1 (63.9%)
212	WOSICKA Wanda	995		K40	46	00:01:00	00:29:45.60	00:30:46.25	+00:10:47 (36.3%)	5:57	10.1 (63.9%)
213	OSTROWSKA Justyna	300		K30	87	00:02:00	00:29:45.90	00:31:46.70	+00:10:47 (36.3%)	5:57	10.1 (63.9%)
214	MALICKA Beata	406		K50	9	00:00:36	00:29:46.25	00:30:23.10	+00:10:48 (36.3%)	5:57	10.1 (63.9%)
215	KĘDZIERSKA Marzena	1019		K40	47	00:00:26	00:29:46.80	00:30:13.35	+00:10:48 (36.3%)	5:57	10.1 (63.9%)
216	FLOREK Milena	142	RUNADDICTS	K30	88	00:01:10	00:29:47.95	00:30:58.65	+00:10:50 (36.4%)	5:57	10.1 (63.9%)
217	JASIŃSKA Monika	1358		K20	55	00:01:32	00:29:49.05	00:31:21.35	+00:10:51 (36.4%)	5:57	10.1 (63.9%)
218	FOJUTOWSKA Hanna	385		K40	48	00:00:45	00:29:49.70	00:30:35.00	+00:10:51 (36.4%)	5:58	10.1 (63.9%)
219	GRYSZÓWKA Angelika	1441		K20	56	00:01:15	00:29:49.85	00:31:05.70	+00:10:51 (36.4%)	5:58	10.1 (63.9%)
220	MŁYNAREK-STASIAK Dorota	1387		K40	49	00:00:44	00:29:52.80	00:30:37.05	+00:10:54 (36.5%)	5:58	10 (63.3%)
221	NOWAK Julia	1117		K10	14	00:00:48	00:29:56.70	00:30:44.70	+00:10:58 (36.7%)	5:59	10 (63.3%)
222	PESTKA Hanna	985		K50	10	00:00:59	00:29:56.75	00:30:55.80	+00:10:58 (36.7%)	5:59	10 (63.3%)
223	IDCZAK-BOREK Hanna	223		K40	50	00:00:35	00:29:56.90	00:30:32.15	+00:10:58 (36.7%)	5:59	10 (63.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
224	STEGNERSKA Agnieszka	718	#BIEGACZE	K40	51	00:01:37	00:29:57.35	00:31:34.65	+00:10:59 (36.7%)	5:59	10 (63.3%)
225	ZUZA-WITKOWSKA Anna	111	KTR MASA TURYSTYCZNA	K40	52	00:00:34	00:29:58.35	00:30:32.50	+00:11:00 (36.7%)	5:59	10 (63.3%)
226	WRÓBLEWSKA Oliwia	695		K10	15	00:00:47	00:30:00.05	00:30:47.70	+00:11:02 (36.8%)	6:00	10 (63.3%)
227	MELLEMM Anna	529		K20	57	00:01:00	00:30:00.30	00:31:00.95	+00:11:02 (36.8%)	6:00	10 (63.3%)
228	WOJCIECHOWSKA Maja	696		K10	16	00:00:47	00:30:00.45	00:30:48.10	+00:11:02 (36.8%)	6:00	10 (63.3%)
229	STROZYNSKA Sandra	1316		K30	89	00:01:44	00:30:01.15	00:31:45.55	+00:11:03 (36.8%)	6:00	10 (63.3%)
230	DANIELEK Ewa	55		K30	90	00:00:37	00:30:01.40	00:30:39.05	+00:11:03 (36.8%)	6:00	10 (63.3%)
231	DOBRZAŃSKA Anna	1170		K20	58	00:01:02	00:30:02.25	00:31:05.05	+00:11:04 (36.9%)	6:00	10 (63.3%)
232	BIERNACKA Anka	946		K40	53	00:01:32	00:30:03.00	00:31:35.15	+00:11:05 (36.9%)	6:00	10 (63.3%)
233	PODOSEK Magdalena	1332	BYDGOSZCZ	K30	91	00:01:43	00:30:04.60	00:31:47.95	+00:11:06 (36.9%)	6:00	10 (63.3%)
234	KRASIŃSKA Katarzyna	95		K30	92	00:01:02	00:30:04.90	00:31:07.10	+00:11:06 (37.0%)	6:01	10 (63.3%)
235	WIATROWSKA Katarzyna	554		K30	93	00:01:04	00:30:05.10	00:31:10.05	+00:11:07 (37.0%)	6:01	10 (63.3%)
236	BARAŃSKA Sylwia	1112	PARKRUN BYDGOSZCZ	K40	54	00:01:01	00:30:05.20	00:31:06.75	+00:11:07 (37.0%)	6:01	10 (63.3%)
237	FILIPEK Mirosława	220		K40	55	00:01:03	00:30:05.35	00:31:08.75	+00:11:07 (37.0%)	6:01	10 (63.3%)
238	RYDELSKA Kinga	195		K40	56	00:00:39	00:30:05.60	00:30:44.75	+00:11:07 (37.0%)	6:01	10 (63.3%)
239	GRYGORCZUK Elżbieta	256	TRISPACE BYDGOSZCZ	K60	4	00:01:15	00:30:07.45	00:31:22.50	+00:11:09 (37.0%)	6:01	10 (63.3%)
240	PRUSIŃSKA Bernadetta	1297		K20	59	00:01:12	00:30:07.50	00:31:19.80	+00:11:09 (37.0%)	6:01	10 (63.3%)
241	CZECZINSKA Pamela	229		K20	60	00:01:08	00:30:10.35	00:31:18.65	+00:11:12 (37.1%)	6:02	9.9 (62.7%)
242	LEWANDOWSKA Agnieszka	216		K30	94	00:01:25	00:30:14.20	00:31:40.00	+00:11:16 (37.3%)	6:03	9.9 (62.7%)
243	ŻURAWSKA Marta	804		K30	95	00:01:06	00:30:16.55	00:31:23.15	+00:11:18 (37.4%)	6:03	9.9 (62.7%)
244	KRZYŻANOWSKA Patrycja	415		K20	61	00:00:48	00:30:17.85	00:31:06.70	+00:11:19 (37.4%)	6:03	9.9 (62.7%)
245	SZATKOWSKA Beata	244		K50	11	00:01:49	00:30:18.25	00:32:07.60	+00:11:20 (37.4%)	6:03	9.9 (62.7%)
246	KOPROWICZ Katarzyna	538		K40	57	00:01:29	00:30:20.60	00:31:50.15	+00:11:22 (37.5%)	6:04	9.9 (62.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
247	KRAKOWIAK Marta	122		K20	62	00:01:16	00:30:20.80	00:31:37.25	+00:11:22 (37.5%)	6:04	9.9 (62.7%)
248	RYDELSKA Maria	1425	BIEGAM Z BENIĄ	K30	96	00:00:15	00:30:22.40	00:30:37.95	+00:11:24 (37.6%)	6:04	9.9 (62.7%)
249	GÓRZYŃSKA Monika	1328		K40	58	00:01:46	00:30:22.45	00:32:08.70	+00:11:24 (37.6%)	6:04	9.9 (62.7%)
250	CHWIAŁKOWSKA Joanna	69		K40	59	00:00:40	00:30:23.10	00:31:03.30	+00:11:25 (37.6%)	6:04	9.9 (62.7%)
251	BEJENKA Kamila	1106		K20	63	00:01:58	00:30:24.25	00:32:22.55	+00:11:26 (37.6%)	6:04	9.9 (62.7%)
252	ANDRZEJEWSKA Asia	218		K40	60	00:00:19	00:30:24.55	00:30:44.40	+00:11:26 (37.6%)	6:05	9.9 (62.7%)
253	ŻAK Marta	972		K20	64	00:00:59	00:30:25.30	00:31:24.65	+00:11:27 (37.7%)	6:05	9.9 (62.7%)
254	GRZYWACZ Karolina	175		K30	97	00:00:48	00:30:26.60	00:31:15.45	+00:11:28 (37.7%)	6:05	9.9 (62.7%)
255	KOWALIK Ania	1015		K20	65	00:00:16	00:30:27.05	00:30:43.55	+00:11:29 (37.7%)	6:05	9.9 (62.7%)
256	GIZIŃSKA Aleksandra	433		K20	66	00:00:55	00:30:27.20	00:31:22.55	+00:11:29 (37.7%)	6:05	9.9 (62.7%)
257	SZARGAN Magda	689		K20	67	00:01:25	00:30:27.25	00:31:52.75	+00:11:29 (37.7%)	6:05	9.9 (62.7%)
258	ADAMCZAK Ewa	1351		K30	98	00:00:41	00:30:29.60	00:31:10.75	+00:11:31 (37.8%)	6:05	9.8 (62.0%)
259	WYCZLING Agnieszka	1364	INNOVAD TEAM	K30	99	00:00:40	00:30:30.15	00:31:10.50	+00:11:32 (37.8%)	6:06	9.8 (62.0%)
260	KARWECKA Natalia	633		K20	68	00:01:45	00:30:31.35	00:32:16.45	+00:11:33 (37.9%)	6:06	9.8 (62.0%)
261	KNIOŁA Lucyna	1206		K50	12	00:00:28	00:30:32.20	00:31:01.05	+00:11:34 (37.9%)	6:06	9.8 (62.0%)
262	BINKOWSKA Ewelina	933		K40	61	00:01:55	00:30:33.30	00:32:28.45	+00:11:35 (37.9%)	6:06	9.8 (62.0%)
263	PRZEWOŹNIAK Marta	285	TRI FAMILY	K20	69	00:00:50	00:30:33.90	00:31:23.90	+00:11:35 (37.9%)	6:06	9.8 (62.0%)
264	DOBOSIEWICZ Anna Maria	88	POLONIA BYDGOSZCZ SEKCJA LEKKOATLETYCZNA IM.KLEMENSA BINIAKOWSKIEGO	K20	70	00:01:45	00:30:34.90	00:32:20.65	+00:11:36 (38.0%)	6:07	9.8 (62.0%)
265	GONCERZEWICZ Katarzyna	388		K30	100	00:01:53	00:30:37.85	00:32:30.90	+00:11:39 (38.1%)	6:07	9.8 (62.0%)
266	ŻUCHELKOWSKA Agata	178		K30	101	00:01:33	00:30:37.90	00:32:11.05	+00:11:39 (38.1%)	6:07	9.8 (62.0%)
267	PESTKA Anna	304		K30	102	00:01:43	00:30:38.20	00:32:21.75	+00:11:40 (38.1%)	6:07	9.8 (62.0%)
268	KAŻMIERCZAK Aleksandra	379		K40	62	00:01:10	00:30:39.90	00:31:50.30	+00:11:41 (38.2%)	6:08	9.8 (62.0%)
269	SOBOTA Beata	40		K40	63	00:01:08	00:30:40.90	00:31:49.10	+00:11:42 (38.2%)	6:08	9.8 (62.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
270	KONIECZNA Alicja	1266		K20	71	00:01:37	00:30:41.50	00:32:19.45	+00:11:43 (38.2%)	6:08	9.8 (62.0%)
271	SZOŁDRA Marta	867	WPL	K20	72	00:01:45	00:30:42.10	00:32:27.25	+00:11:44 (38.2%)	6:08	9.8 (62.0%)
272	PIECYK-CZAJA Sonia	99		K40	64	00:02:07	00:30:42.95	00:32:49.95	+00:11:45 (38.3%)	6:08	9.8 (62.0%)
273	BARCIKOWSKA Weronika	1294		K20	73	00:01:20	00:30:43.95	00:32:03.95	+00:11:46 (38.3%)	6:08	9.8 (62.0%)
274	BALCERZAK Dorota	761	BBL INOWROCŁAW	K50	13	00:01:07	00:30:44.10	00:31:51.80	+00:11:46 (38.3%)	6:08	9.8 (62.0%)
275	WOŹNIACKA Beata	550	FUNDACJA JEKO / AZYL DLA JEŻY	K50	14	00:00:30	00:30:44.50	00:31:15.45	+00:11:46 (38.3%)	6:09	9.8 (62.0%)
276	CHŁYSTEK Joanna	571		K20	74	00:01:28	00:30:45.80	00:32:13.95	+00:11:47 (38.3%)	6:09	9.8 (62.0%)
277	OWCZARSKA Bożena	647		K50	15	00:01:38	00:30:47.85	00:32:25.85	+00:11:49 (38.4%)	6:09	9.7 (61.4%)
278	RUTKOWSKA Weronika	601		K20	75	00:01:29	00:30:49.00	00:32:18.00	+00:11:51 (38.5%)	6:09	9.7 (61.4%)
279	KIRCHHOFF Klaudia	551		K20	76	00:01:42	00:30:49.30	00:32:31.75	+00:11:51 (38.5%)	6:09	9.7 (61.4%)
280	JOPPEK Jolanta	1239		K30	103	00:02:04	00:30:49.95	00:32:54.90	+00:11:52 (38.5%)	6:10	9.7 (61.4%)
281	RUTKOWSKA Natalia	958		K20	77	00:01:28	00:30:50.45	00:32:19.10	+00:11:52 (38.5%)	6:10	9.7 (61.4%)
282	GABEŃSKA Daria	1237	J&D&J	K30	104	00:02:04	00:30:50.50	00:32:55.05	+00:11:52 (38.5%)	6:10	9.7 (61.4%)
283	MALUDZIŃSKA Aleksandra	916		K30	105	00:01:11	00:30:50.65	00:32:02.40	+00:11:52 (38.5%)	6:10	9.7 (61.4%)
284	TOKARSKA Alicja	146	VEGE RUNNERS	K30	106	00:01:22	00:30:51.45	00:32:13.95	+00:11:53 (38.5%)	6:10	9.7 (61.4%)
285	WESOŁOWSKA Klaudia	114		K20	78	00:01:34	00:30:52.70	00:32:27.45	+00:11:54 (38.6%)	6:10	9.7 (61.4%)
286	GROBELNA Ida	59		K20	79	00:01:06	00:30:54.80	00:32:01.55	+00:11:56 (38.6%)	6:11	9.7 (61.4%)
287	ASTERIOU Zoi	1242		K18	3	00:01:19	00:30:57.10	00:32:16.85	+00:11:59 (38.7%)	6:11	9.7 (61.4%)
287	MAĆKOWSKA Agnieszka	794		K30	107	00:00:56	00:30:57.10	00:31:53.50	+00:11:59 (38.7%)	6:11	9.7 (61.4%)
289	CHLEBKOVÁ Judita	567		K30	108	00:01:40	00:30:59.35	00:32:39.35	+00:12:01 (38.8%)	6:11	9.7 (61.4%)
290	KROLL Agnieszka	624	RUN BYDGOSZCZ	K20	80	00:00:36	00:31:00.00	00:31:36.30	+00:12:02 (38.8%)	6:12	9.7 (61.4%)
291	ERDMANN Agnieszka	478		K40	65	00:00:59	00:31:00.55	00:31:59.60	+00:12:02 (38.8%)	6:12	9.7 (61.4%)
292	JANUSZKIEWICZ Kornelia	295	WATAHA BYDGOSZCZ	K30	109	00:02:08	00:31:02.50	00:33:10.85	+00:12:04 (38.9%)	6:12	9.7 (61.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
293	KRYSIAK Aleksandra	336	WATAHA BYDGOSZCZ	K50	16	00:02:08	00:31:02.60	00:33:11.15	+00:12:04 (38.9%)	6:12	9.7 (61.4%)
294	KOWALSKA Agata	517		K20	81	00:01:03	00:31:05.75	00:32:08.85	+00:12:07 (39.0%)	6:13	9.7 (61.4%)
295	PAWLAK Magdalena	1241		K30	110	00:00:38	00:31:08.70	00:31:47.05	+00:12:10 (39.1%)	6:13	9.6 (60.8%)
296	PECHE Aleksandra	964	KLUBZDROWIA 24H	K30	111	00:01:14	00:31:08.75	00:32:23.50	+00:12:10 (39.1%)	6:13	9.6 (60.8%)
297	JAŹDŻEWSKA Nadia	895		K10	17	00:01:13	00:31:08.95	00:32:22.75	+00:12:11 (39.1%)	6:13	9.6 (60.8%)
298	KRYCH Alicja	1361		K30	112	00:00:39	00:31:10.65	00:31:50.25	+00:12:12 (39.2%)	6:14	9.6 (60.8%)
299	MICKIEWICZ Barbara	402		K40	66	00:00:50	00:31:10.70	00:32:00.75	+00:12:12 (39.2%)	6:14	9.6 (60.8%)
300	PIK Aleksandra	1181		K18	4	00:01:41	00:31:11.75	00:32:52.75	+00:12:13 (39.2%)	6:14	9.6 (60.8%)
301	WÓJCIK Anna	37		K30	113	00:00:32	00:31:11.80	00:31:44.25	+00:12:13 (39.2%)	6:14	9.6 (60.8%)
302	CZARNECKA Natalia	1164		K20	82	00:00:34	00:31:14.45	00:31:48.50	+00:12:16 (39.3%)	6:14	9.6 (60.8%)
303	KUŹBA Karolina	875		K20	83	00:01:30	00:31:17.95	00:32:48.40	+00:12:20 (39.4%)	6:15	9.6 (60.8%)
304	CIESIELSKA Agnieszka	1131		K30	114	00:01:50	00:31:18.40	00:33:08.55	+00:12:20 (39.4%)	6:15	9.6 (60.8%)
305	NOWICKA Marta	1277	NIGHT RUNNERS	K30	115	00:01:20	00:31:21.80	00:32:42.35	+00:12:23 (39.5%)	6:16	9.6 (60.8%)
306	NIEMCZEWSKA Zofia	1094	ŁABISZYN RUNNERS	K30	116	00:01:10	00:31:22.10	00:32:32.65	+00:12:24 (39.5%)	6:16	9.6 (60.8%)
307	DRESLEWSKA Agnieszka	273		K30	117	00:00:49	00:31:24.00	00:32:13.15	+00:12:26 (39.6%)	6:16	9.6 (60.8%)
308	GRUŻEWSKA Justyna	815		K30	118	00:01:31	00:31:24.80	00:32:56.15	+00:12:26 (39.6%)	6:17	9.5 (60.1%)
309	SARNECKA Małgorzata	1210		K40	67	00:01:19	00:31:27.60	00:32:47.55	+00:12:29 (39.7%)	6:17	9.5 (60.1%)
309	LEWANDOWSKA Magdalena	1211		K30	119	00:01:19	00:31:27.60	00:32:47.50	+00:12:29 (39.7%)	6:17	9.5 (60.1%)
311	CHUDECKA Beata	608		K40	68	00:01:26	00:31:31.85	00:32:58.25	+00:12:33 (39.8%)	6:18	9.5 (60.1%)
312	SAMUL Ewa	506		K30	120	00:01:57	00:31:32.45	00:33:30.05	+00:12:34 (39.9%)	6:18	9.5 (60.1%)
313	KULEWICZ Natalia	1341		K20	84	00:01:35	00:31:33.75	00:33:09.35	+00:12:35 (39.9%)	6:18	9.5 (60.1%)
314	ARENDR Marlena	71		K40	69	00:00:41	00:31:33.85	00:32:15.55	+00:12:35 (39.9%)	6:18	9.5 (60.1%)
315	MIKOŁAJCZAK Magdalena	699		K40	70	00:00:06	00:31:34.10	00:31:40.55	+00:12:36 (39.9%)	6:18	9.5 (60.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
316	CHMARA Marzenna	1457		K50	17	00:01:32	00:31:37.15	00:33:09.85	+00:12:39 (40.0%)	6:19	9.5 (60.1%)
317	ŚMIELIŃSKA Nina	1311		K20	85	00:00:32	00:31:37.40	00:32:10.35	+00:12:39 (40.0%)	6:19	9.5 (60.1%)
318	KALISZEWSKA Agnieszka	578		K30	121	00:00:47	00:31:40.30	00:32:27.80	+00:12:42 (40.1%)	6:20	9.5 (60.1%)
319	ZIELIŃSKA Dorota	160		K40	71	00:00:37	00:31:41.20	00:32:18.50	+00:12:43 (40.1%)	6:20	9.5 (60.1%)
320	MEGER Agnieszka	599		K40	72	00:01:18	00:31:42.60	00:33:01.20	+00:12:44 (40.2%)	6:20	9.5 (60.1%)
321	ZAMIATOWSKA Kinga	509	BELLA LINE BDG	K40	73	00:01:17	00:31:44.30	00:33:01.40	+00:12:46 (40.2%)	6:20	9.5 (60.1%)
322	SKRZĄTEK Anna	937		K40	74	00:01:16	00:31:45.05	00:33:01.45	+00:12:47 (40.3%)	6:21	9.4 (59.5%)
323	DĘBCZYŃSKA Agnieszka	407	DOBRY KLIMAT	K40	75	00:01:53	00:31:46.00	00:33:39.45	+00:12:48 (40.3%)	6:21	9.4 (59.5%)
324	BRAĞIEL Anna	1026	VEGE RUNNERS	K30	122	00:01:36	00:31:46.10	00:33:22.35	+00:12:48 (40.3%)	6:21	9.4 (59.5%)
325	POGORZELSKA Bogusia	1490		K40	76	00:00:19	00:31:48.85	00:32:08.30	+00:12:50 (40.4%)	6:21	9.4 (59.5%)
326	WRZESIŃSKA Katarzyna	1300		K20	86	00:01:36	00:31:50.05	00:33:26.20	+00:12:52 (40.4%)	6:22	9.4 (59.5%)
327	GÓRALEWSKA Dominika	257		K20	87	00:00:37	00:31:51.50	00:32:28.85	+00:12:53 (40.5%)	6:22	9.4 (59.5%)
328	JABŁONKA Marta	425		K20	88	00:01:38	00:31:52.05	00:33:30.90	+00:12:54 (40.5%)	6:22	9.4 (59.5%)
329	CIŻMOWSKA Anna	246		K30	123	00:00:35	00:31:53.65	00:32:29.35	+00:12:55 (40.5%)	6:22	9.4 (59.5%)
330	SŁOWIŃSKA Marta	1359		K30	124	00:01:05	00:31:53.70	00:32:59.25	+00:12:55 (40.5%)	6:22	9.4 (59.5%)
331	DEMBEK Magdalena	424		K30	125	00:01:09	00:31:55.80	00:33:05.40	+00:12:57 (40.6%)	6:23	9.4 (59.5%)
332	PAPROCKA Małgosia	710		K50	18	00:00:46	00:31:56.00	00:32:42.00	+00:12:58 (40.6%)	6:23	9.4 (59.5%)
333	KRUK Anna	377		K40	77	00:01:12	00:31:56.75	00:33:08.90	+00:12:58 (40.6%)	6:23	9.4 (59.5%)
334	WŁOSIŃSKA Paulina	591		K20	89	00:01:12	00:31:58.60	00:33:10.65	+00:13:00 (40.7%)	6:23	9.4 (59.5%)
335	KAŻMIERCZAK Monika	666		K30	126	00:01:26	00:31:58.85	00:33:25.45	+00:13:00 (40.7%)	6:23	9.4 (59.5%)
336	JASIAK Joanna	923		K30	127	00:01:32	00:32:01.95	00:33:34.55	+00:13:04 (40.8%)	6:24	9.4 (59.5%)
337	MAKOWSKA Justyna	976	TASAK TEAM	K40	78	00:01:24	00:32:02.40	00:33:27.35	+00:13:04 (40.8%)	6:24	9.4 (59.5%)
337	STEFAŃSKA Wiesława	751		K30	128	00:02:01	00:32:02.40	00:34:03.50	+00:13:04 (40.8%)	6:24	9.4 (59.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
339	ZDUNKIEWICZ Hanna	659		K30	129	00:02:02	00:32:04.25	00:34:07.10	+00:13:06 (40.9%)	6:25	9.4 (59.5%)
340	LEWANDOWSKA Beata	467		K40	79	00:01:42	00:32:04.35	00:33:46.55	+00:13:06 (40.9%)	6:24	9.4 (59.5%)
341	RADZIŃSKA Joanna	366	EXIMO EXTREME TEAM	K30	130	00:01:37	00:32:05.80	00:33:43.75	+00:13:07 (40.9%)	6:25	9.3 (58.9%)
342	RADZIEJEWSKA Grażyna	531		K50	19	00:01:13	00:32:06.25	00:33:20.10	+00:13:08 (40.9%)	6:25	9.3 (58.9%)
343	GŁOWACKA Daria	1268		K30	131	00:01:32	00:32:06.35	00:33:38.35	+00:13:08 (40.9%)	6:25	9.3 (58.9%)
344	KURKUS Kamila	1401		K20	90	00:00:52	00:32:06.55	00:32:59.10	+00:13:08 (40.9%)	6:25	9.3 (58.9%)
345	KRYSZAK Maria	1068		K20	91	00:00:51	00:32:06.95	00:32:58.20	+00:13:09 (40.9%)	6:25	9.3 (58.9%)
346	KOWALSKA Irena	851		K60	5	00:00:48	00:32:08.00	00:32:56.55	+00:13:10 (41.0%)	6:25	9.3 (58.9%)
347	LUBIENIECKA Aleksandra	986		K20	92	00:00:58	00:32:08.50	00:33:07.35	+00:13:10 (41.0%)	6:25	9.3 (58.9%)
348	KATLEWSKA Marika	700		K30	132	00:01:38	00:32:08.70	00:33:47.30	+00:13:10 (41.0%)	6:25	9.3 (58.9%)
349	NOSKOWIAK-BAJNO Alicja	185		K40	80	00:01:45	00:32:11.65	00:33:57.40	+00:13:13 (41.1%)	6:26	9.3 (58.9%)
350	BŁASZKIEWICZ Marzena	310	CHOŁE KLÓLIKI	K40	81	00:01:46	00:32:11.85	00:33:57.85	+00:13:13 (41.1%)	6:26	9.3 (58.9%)
351	KILIŃSKA Magdalena	193	HELIX POMATIA	K30	133	00:00:40	00:32:13.20	00:32:54.05	+00:13:15 (41.1%)	6:26	9.3 (58.9%)
352	MARCHLEWSKA Dorota	512		K40	82	00:00:48	00:32:13.50	00:33:02.40	+00:13:15 (41.1%)	6:26	9.3 (58.9%)
353	ORŁOWSKA Katarzyna	510		K50	20	00:00:48	00:32:14.50	00:33:02.75	+00:13:16 (41.2%)	6:26	9.3 (58.9%)
354	WUDNIAK Agnieszka	417		K40	83	00:00:17	00:32:17.75	00:32:34.95	+00:13:19 (41.3%)	6:27	9.3 (58.9%)
355	KOCZOROWSKA Kamila	190		K30	134	00:00:30	00:32:18.10	00:32:48.95	+00:13:20 (41.3%)	6:27	9.3 (58.9%)
356	LICA Ewa	1034		K40	84	00:01:09	00:32:19.40	00:33:29.00	+00:13:21 (41.3%)	6:28	9.3 (58.9%)
357	TRUŚ Karolina	1362		K30	135	00:01:38	00:32:20.00	00:33:58.60	+00:13:22 (41.3%)	6:28	9.3 (58.9%)
358	BALCERZAK - DANILEWICZ Katarzyna	370		K30	136	00:01:46	00:32:21.00	00:34:07.30	+00:13:23 (41.4%)	6:28	9.3 (58.9%)
359	KUJAWA Magdalena	1366		K30	137	00:01:09	00:32:21.55	00:33:30.70	+00:13:23 (41.4%)	6:28	9.3 (58.9%)
360	ZAWORSKA Anna	988		K20	93	00:00:27	00:32:25.70	00:32:52.75	+00:13:27 (41.5%)	6:29	9.3 (58.9%)
361	SKIBIŃSKA Paulina	579		K30	138	00:01:17	00:32:26.55	00:33:44.05	+00:13:28 (41.5%)	6:29	9.2 (58.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
362	KUBICKA Sandra	1283		K20	94	00:01:24	00:32:26.60	00:33:50.95	+00:13:28 (41.5%)	6:29	9.2 (58.2%)
363	RATAJCZAK Arleta	303		K40	85	00:01:29	00:32:28.30	00:33:57.40	+00:13:30 (41.6%)	6:29	9.2 (58.2%)
364	LELEWSKA Aleksandra	528		K20	95	00:00:42	00:32:28.70	00:33:11.20	+00:13:30 (41.6%)	6:29	9.2 (58.2%)
365	PIONTEK Elżbieta	62		K60	6	00:00:40	00:32:30.45	00:33:10.50	+00:13:32 (41.7%)	6:30	9.2 (58.2%)
366	KRZYŻAŃSKA Pola	1232	BYDGOSZCZ TRIATHLON TEAM	K10	18	00:01:41	00:32:34.40	00:34:15.80	+00:13:36 (41.8%)	6:30	9.2 (58.2%)
367	ANDRUSEWICZ Hanna	1348		K40	86	00:01:47	00:32:34.55	00:34:21.85	+00:13:36 (41.8%)	6:30	9.2 (58.2%)
368	MATUSZEWSKA Agnieszka	1046		K30	139	00:01:31	00:32:35.40	00:34:06.45	+00:13:37 (41.8%)	6:31	9.2 (58.2%)
369	ANDRZEJCZAK Natalia	822		K20	96	00:00:25	00:32:35.95	00:33:01.40	+00:13:38 (41.8%)	6:31	9.2 (58.2%)
370	PIETRZAK Anna	254		K20	97	00:01:19	00:32:37.00	00:33:56.70	+00:13:39 (41.9%)	6:31	9.2 (58.2%)
371	SKULSKA Aleksandra	1442		K10	19	00:01:28	00:32:38.75	00:34:06.80	+00:13:40 (41.9%)	6:31	9.2 (58.2%)
372	NOWACZEWSKA Paulina	288		K30	140	00:01:34	00:32:38.95	00:34:12.95	+00:13:41 (41.9%)	6:31	9.2 (58.2%)
373	PRZYMORSKA-WIERCIOCH Joanna	1116	KDK KOŚCIÓŁ DLA KAŻDEGO	K30	141	00:00:53	00:32:39.65	00:33:32.80	+00:13:41 (41.9%)	6:31	9.2 (58.2%)
374	KUŹNIEWSKA Aleksandra	1168		K30	142	00:01:07	00:32:45.15	00:33:52.85	+00:13:47 (42.1%)	6:33	9.2 (58.2%)
375	BIEŃ-KACAŁA Agnieszka	1152		K40	87	00:01:39	00:32:45.65	00:34:24.90	+00:13:47 (42.1%)	6:33	9.2 (58.2%)
376	VAZQUEZ Alicia	897		K30	143	00:01:39	00:32:45.75	00:34:25.45	+00:13:47 (42.1%)	6:33	9.2 (58.2%)
377	ŻOŁNIERKIEWICZ Agata	1288		K20	98	00:01:43	00:32:45.80	00:34:29.40	+00:13:47 (42.1%)	6:33	9.2 (58.2%)
378	OLEJNICZAK Hanna	1470		K30	144	00:00:29	00:32:46.50	00:33:16.15	+00:13:48 (42.1%)	6:33	9.2 (58.2%)
379	BANASZAK Arleta	637		K40	88	00:00:59	00:32:49.00	00:33:48.05	+00:13:51 (42.2%)	6:33	9.1 (57.6%)
380	DERDA Hanna	1099		K50	21	00:01:12	00:32:52.35	00:34:04.95	+00:13:54 (42.3%)	6:34	9.1 (57.6%)
381	GRABSKA-ZIELIŃSKA Sylwia	11		K20	99	00:00:35	00:33:01.00	00:33:36.25	+00:14:03 (42.6%)	6:36	9.1 (57.6%)
382	GROMOWSKA Grażyna	920	TKKF KOLEJARZ BYDGOSZCZ	K50	22	00:01:18	00:33:01.55	00:34:20.15	+00:14:03 (42.6%)	6:36	9.1 (57.6%)
383	ASTUKIEWICZ Julia	1448		K20	100	00:01:54	00:33:02.60	00:34:56.75	+00:14:04 (42.6%)	6:36	9.1 (57.6%)
384	RYDZYŃSKA Adrianna	1389		K20	101	00:01:08	00:33:02.85	00:34:11.50	+00:14:04 (42.6%)	6:36	9.1 (57.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
385	KWIATKOWSKA Joanna	730	ŚWIECIE	K30	145	00:01:00	00:33:03.25	00:34:03.30	+00:14:05 (42.6%)	6:36	9.1 (57.6%)
386	SKÓRCZ Małgorzata	333		K50	23	00:01:41	00:33:03.45	00:34:44.70	+00:14:05 (42.6%)	6:36	9.1 (57.6%)
387	MARC Agnieszka	840		K40	89	00:01:19	00:33:04.75	00:34:23.75	+00:14:06 (42.7%)	6:36	9.1 (57.6%)
388	WYSOCKA Kiara	1443		K10	20	00:01:48	00:33:05.00	00:34:53.80	+00:14:07 (42.7%)	6:37	9.1 (57.6%)
389	NOWAKOWSKA Marta	796	DEAF GARMIN	K30	146	00:00:29	00:33:05.05	00:33:34.25	+00:14:07 (42.7%)	6:37	9.1 (57.6%)
390	SZPERA Joanna	563		K40	90	00:00:51	00:33:08.20	00:34:00.05	+00:14:10 (42.8%)	6:37	9 (57.0%)
391	BIELUSZEWSKA Mirela	771	BBKTS	K30	147	00:02:02	00:33:09.10	00:35:11.50	+00:14:11 (42.8%)	6:37	9 (57.0%)
392	MICHTA Iwona	728	SPÓJNIA BIAŁE BŁOTA	K30	148	00:02:02	00:33:09.70	00:35:11.90	+00:14:11 (42.8%)	6:37	9 (57.0%)
393	FARBOTKO Ania	1038	FOREST GANG	K40	91	00:00:26	00:33:12.20	00:33:38.35	+00:14:14 (42.9%)	6:38	9 (57.0%)
394	JAKUBOWSKA Beata	1138	ELTRA W BIEGU	K40	92	00:01:15	00:33:12.30	00:34:28.20	+00:14:14 (42.9%)	6:38	9 (57.0%)
395	PANTKOWSKA Karolina	1107		K30	149	00:01:57	00:33:12.35	00:35:10.25	+00:14:14 (42.9%)	6:38	9 (57.0%)
396	BUDZIAK Zuzanna	312		K10	21	00:02:06	00:33:14.00	00:35:20.30	+00:14:16 (42.9%)	6:38	9 (57.0%)
397	ZŁAKOWSKA Amelia	678		K10	22	00:01:37	00:33:14.20	00:34:51.75	+00:14:16 (42.9%)	6:38	9 (57.0%)
398	KUBIAK Katarzyna	1380		K30	150	00:00:22	00:33:14.30	00:33:36.95	+00:14:16 (42.9%)	6:38	9 (57.0%)
399	BURSKA Malgorzata	1413		K30	151	00:00:21	00:33:15.55	00:33:36.55	+00:14:17 (43.0%)	6:39	9 (57.0%)
400	NOWAK Natalia	1027		K18	5	00:01:22	00:33:16.45	00:34:39.40	+00:14:18 (43.0%)	6:39	9 (57.0%)
401	WIŚNIEWSKA Beata	643		K20	102	00:01:48	00:33:17.15	00:35:05.95	+00:14:19 (43.0%)	6:39	9 (57.0%)
402	RUTKOWSKA Kinga	595		K20	103	00:01:26	00:33:18.05	00:34:44.30	+00:14:20 (43.0%)	6:39	9 (57.0%)
403	KWASIGROCH Aleksandra	1310		K30	152	00:01:07	00:33:19.10	00:34:26.35	+00:14:21 (43.1%)	6:39	9 (57.0%)
404	SZYMAŃSKA Alicja	1187	FUNDACJA WIELKA RODZINA	K30	153	00:01:23	00:33:19.40	00:34:42.65	+00:14:21 (43.1%)	6:39	9 (57.0%)
405	ZMUDZIŃSKA Anna	940	TEAM RUN KCYNIA	K40	93	00:01:42	00:33:20.10	00:35:03.05	+00:14:22 (43.1%)	6:40	9 (57.0%)
406	CELUSTA Sylwia	935	IMMORTAL	K40	94	00:01:40	00:33:22.15	00:35:02.20	+00:14:24 (43.2%)	6:40	9 (57.0%)
407	PIÓRKOWSKA Aga	12	BRB BYDGOSZCZ	K40	95	00:01:23	00:33:26.05	00:34:49.40	+00:14:28 (43.3%)	6:41	9 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
408	ARAGONES Amandine	1478		K30	154	00:01:28	00:33:29.40	00:34:57.60	+00:14:31 (43.4%)	6:41	9 (57.0%)
409	DEFEMME Céline	938		K30	155	00:01:27	00:33:30.20	00:34:57.40	+00:14:32 (43.4%)	6:42	9 (57.0%)
410	MUCHA-BOINSKA Anna	1347		K30	156	00:00:54	00:33:31.75	00:34:26.05	+00:14:33 (43.4%)	6:42	8.9 (56.3%)
411	POCZWARDOWSKA Wioletta	1177		K40	96	00:01:27	00:33:32.05	00:34:59.50	+00:14:34 (43.4%)	6:42	8.9 (56.3%)
412	PRZYGOCKA Katarzyna	401		K30	157	00:00:54	00:33:32.80	00:34:27.10	+00:14:34 (43.5%)	6:42	8.9 (56.3%)
413	GUL Justyna	1339		K30	158	00:00:25	00:33:33.55	00:33:58.90	+00:14:35 (43.5%)	6:42	8.9 (56.3%)
414	RYBICKA Anna	765		K40	97	00:00:25	00:33:33.80	00:33:59.15	+00:14:35 (43.5%)	6:42	8.9 (56.3%)
415	KLUZA Marta	1162		K20	104	00:01:21	00:33:35.00	00:34:56.25	+00:14:37 (43.5%)	6:43	8.9 (56.3%)
416	KAMINSKA Julia	1357		K10	23	00:01:24	00:33:37.30	00:35:02.00	+00:14:39 (43.6%)	6:43	8.9 (56.3%)
417	JADCZAK Katarzyna	650		K40	98	00:00:46	00:33:38.70	00:34:25.30	+00:14:40 (43.6%)	6:43	8.9 (56.3%)
418	WINIARZ Karolina	1183		K30	159	00:00:52	00:33:39.25	00:34:31.35	+00:14:41 (43.6%)	6:43	8.9 (56.3%)
419	URBAŃSKA Agnieszka	209		K40	99	00:00:22	00:33:39.40	00:34:01.50	+00:14:41 (43.6%)	6:43	8.9 (56.3%)
420	PIÓRKOWSKA Anna	13		K40	100	00:01:01	00:33:39.60	00:34:40.75	+00:14:41 (43.7%)	6:43	8.9 (56.3%)
421	TARNOWSKA Anna	1500		K40	101	00:01:09	00:33:44.30	00:34:53.95	+00:14:46 (43.8%)	6:44	8.9 (56.3%)
421	MALCZEWSKA Mirka	189		K60	7	00:02:01	00:33:44.30	00:35:46.15	+00:14:46 (43.8%)	6:45	8.9 (56.3%)
423	BIERYT Magdalena	1105	POLIFAX POLIGRAFIA I REKLAMA	K20	105	00:01:58	00:33:44.80	00:35:43.60	+00:14:46 (43.8%)	6:45	8.9 (56.3%)
424	DZIEWIECZYŃSKA Zuzanna	926		K10	24	00:01:13	00:33:46.10	00:34:59.95	+00:14:48 (43.8%)	6:45	8.9 (56.3%)
425	GRABSKA Patrycja	25		K20	106	00:00:37	00:33:46.85	00:34:24.15	+00:14:48 (43.9%)	6:45	8.9 (56.3%)
426	SOKÓŁ Justyna	1209		K20	107	00:00:57	00:33:48.90	00:34:46.15	+00:14:50 (43.9%)	6:45	8.9 (56.3%)
427	ADASZAK Katarzyna	1263	RUN PASJA	K30	160	00:01:17	00:33:56.75	00:35:14.10	+00:14:58 (44.1%)	6:47	8.8 (55.7%)
428	GSTALTER Stephanie	1293		K30	161	00:01:27	00:33:57.80	00:35:25.55	+00:14:59 (44.2%)	6:47	8.8 (55.7%)
429	SACKREUTER Martina	881		K30	162	00:01:49	00:33:58.15	00:35:47.20	+00:15:00 (44.2%)	6:47	8.8 (55.7%)
430	OSTROWSKA Renata	676		K40	102	00:00:39	00:34:00.05	00:34:39.30	+00:15:02 (44.2%)	6:48	8.8 (55.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
431	MIŁKOWSKA Monika	166	RUN BYDGOSZCZ	K40	103	00:01:14	00:34:00.65	00:35:14.85	+00:15:02 (44.2%)	6:48	8.8 (55.7%)
432	ORLOWSKA Agnieszka	950	CS GROUP RUNNERS TEAM	K40	104	00:01:48	00:34:02.10	00:35:50.45	+00:15:04 (44.3%)	6:48	8.8 (55.7%)
433	SZCZUPAKOWSKA Lucyna	1289		K20	108	00:01:42	00:34:02.35	00:35:45.20	+00:15:04 (44.3%)	6:48	8.8 (55.7%)
434	JANKOWSKA Agnieszka	948	CS GROUP RUNNERS TEAM	K30	163	00:01:47	00:34:02.60	00:35:50.25	+00:15:04 (44.3%)	6:48	8.8 (55.7%)
435	NOWAK Paulina	262		K20	109	00:01:33	00:34:03.90	00:35:37.65	+00:15:05 (44.3%)	6:48	8.8 (55.7%)
436	WIŚNIEWSKA Nicole	991		K20	110	00:02:05	00:34:10.00	00:36:15.65	+00:15:12 (44.5%)	6:50	8.8 (55.7%)
437	KUCZYŃSKA Agnieszka	1320		K30	164	00:01:24	00:34:10.60	00:35:35.15	+00:15:12 (44.5%)	6:50	8.8 (55.7%)
438	DZBANUSZEK Joanna	294		K20	111	00:01:53	00:34:10.85	00:36:04.50	+00:15:12 (44.5%)	6:50	8.8 (55.7%)
439	KALINOWSKA Lidia	1047		K30	165	00:01:25	00:34:11.60	00:35:37.10	+00:15:13 (44.5%)	6:50	8.8 (55.7%)
440	JAŹDŹEWSKA Aleksandra	872		K30	166	00:01:14	00:34:12.35	00:35:26.85	+00:15:14 (44.6%)	6:50	8.8 (55.7%)
441	ŁADNIAK Bernadeta	890		K30	167	00:01:24	00:34:12.45	00:35:37.35	+00:15:14 (44.6%)	6:50	8.8 (55.7%)
442	BOJARSKA Bożena	369		K40	105	00:01:23	00:34:13.20	00:35:36.85	+00:15:15 (44.6%)	6:50	8.8 (55.7%)
442	GIETKO-CIEŚLIŃSKA Sylwia	1180	KDK KOŚCIÓŁ DLA KAŻDEGO	K40	106	00:00:52	00:34:13.20	00:35:05.65	+00:15:15 (44.6%)	6:50	8.8 (55.7%)
444	PIOTROWSKA Klaudia	1085		K20	112	00:01:58	00:34:13.45	00:36:11.85	+00:15:15 (44.6%)	6:50	8.8 (55.7%)
445	TARASIEWICZ Beata	570		K30	168	00:00:46	00:34:13.75	00:35:00.10	+00:15:15 (44.6%)	6:50	8.8 (55.7%)
446	ZALEWSKA Paulina	1259		K30	169	00:00:25	00:34:17.30	00:34:42.35	+00:15:19 (44.7%)	6:51	8.8 (55.7%)
447	REINKE Joanna	281		K30	170	00:00:04	00:34:17.65	00:34:22.10	+00:15:19 (44.7%)	6:51	8.7 (55.1%)
448	ARENT Marzena	214		K50	24	00:01:29	00:34:19.40	00:35:48.80	+00:15:21 (44.7%)	6:51	8.7 (55.1%)
449	NOWAKOWSKA Patrycja	733		K20	113	00:01:17	00:34:20.60	00:35:37.65	+00:15:22 (44.8%)	6:52	8.7 (55.1%)
450	KROPIŃSKA Monika	84		K30	171	00:01:43	00:34:20.70	00:36:04.15	+00:15:22 (44.8%)	6:52	8.7 (55.1%)
451	NOWOPOLSKA Klaudia	834		K18	6	00:01:22	00:34:22.10	00:35:44.40	+00:15:24 (44.8%)	6:52	8.7 (55.1%)
452	PIETRZAK Marta	235	BBL INOWROCŁAW	K50	25	00:02:00	00:34:23.40	00:36:23.85	+00:15:25 (44.9%)	6:52	8.7 (55.1%)
453	ORZECHOWSKA Agnieszka	359		K30	172	00:01:10	00:34:28.85	00:35:39.65	+00:15:30 (45.0%)	6:53	8.7 (55.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
454	MARKOWSKA Maja	1337		K20	114	00:00:26	00:34:30.95	00:34:57.90	+00:15:33 (45.1%)	6:54	8.7 (55.1%)
455	KONIECZNA Weronika	1265		K18	7	00:01:37	00:34:33.05	00:36:10.85	+00:15:35 (45.1%)	6:54	8.7 (55.1%)
456	GOSZCZAK Magdalena	706		K30	173	00:01:02	00:34:40.25	00:35:42.30	+00:15:42 (45.3%)	6:56	8.7 (55.1%)
457	MICHALSKA Aleksandra	476		K40	107	00:00:55	00:34:40.85	00:35:36.75	+00:15:42 (45.3%)	6:56	8.6 (54.4%)
458	KOCHAŃSKA Magdalena	342		K40	108	00:02:00	00:34:41.30	00:36:41.85	+00:15:43 (45.3%)	6:56	8.6 (54.4%)
459	NOWAK Anna	143		K20	115	00:00:32	00:34:42.30	00:35:14.75	+00:15:44 (45.4%)	6:56	8.6 (54.4%)
460	NOWAK Mariola	144		K40	109	00:00:29	00:34:44.95	00:35:14.40	+00:15:47 (45.4%)	6:57	8.6 (54.4%)
461	SZULC Daria	864		K30	174	00:01:37	00:34:45.65	00:36:22.90	+00:15:47 (45.4%)	6:57	8.6 (54.4%)
462	HORYD Justyna	139		K40	110	00:01:49	00:34:47.80	00:36:36.85	+00:15:49 (45.5%)	6:57	8.6 (54.4%)
463	BRZOZOWSKA Henryka	237		K40	111	00:02:01	00:34:47.85	00:36:49.20	+00:15:49 (45.5%)	6:57	8.6 (54.4%)
464	RASSALSKA Roma	147		K40	112	00:01:49	00:34:47.90	00:36:37.15	+00:15:49 (45.5%)	6:57	8.6 (54.4%)
465	RASSALSKA-KAUSA Jola	60		K40	113	00:01:48	00:34:47.95	00:36:36.80	+00:15:50 (45.5%)	6:57	8.6 (54.4%)
466	BIAŁEK Anna	1261	BIEGAJ Z DĘBAMI	K30	175	00:00:39	00:34:53.35	00:35:33.30	+00:15:55 (45.6%)	6:58	8.6 (54.4%)
467	TEWS Marzena	1247		K40	114	00:00:39	00:34:53.85	00:35:33.05	+00:15:55 (45.7%)	6:58	8.6 (54.4%)
468	PAWELEC Joanna	671		K40	115	00:00:57	00:34:54.20	00:35:52.00	+00:15:56 (45.7%)	6:59	8.6 (54.4%)
469	BASSET Laurence	1292		K30	176	00:01:29	00:34:56.00	00:36:25.90	+00:15:58 (45.7%)	6:59	8.6 (54.4%)
470	LAMAZE Julie	1370		K30	177	00:01:29	00:34:57.05	00:36:26.15	+00:15:59 (45.7%)	6:59	8.6 (54.4%)
471	TOKAREWICZ Joanna	905		K40	116	00:01:22	00:34:58.85	00:36:20.90	+00:16:00 (45.8%)	6:59	8.6 (54.4%)
472	CZARNECKA - PIJAROWSKA Dominika	1484		K30	178	00:02:12	00:35:02.55	00:37:14.75	+00:16:04 (45.9%)	7:00	8.6 (54.4%)
473	PIJAROWSKA Ilona	1485		K10	25	00:02:11	00:35:03.35	00:37:15.05	+00:16:05 (45.9%)	7:00	8.6 (54.4%)
474	ŁOŻYKOWSKA Justyna	1463		K30	179	00:00:35	00:35:10.20	00:35:45.25	+00:16:12 (46.1%)	7:02	8.5 (53.8%)
475	PACYNA Ewa	259		K20	116	00:01:19	00:35:10.25	00:36:30.20	+00:16:12 (46.1%)	7:02	8.5 (53.8%)
476	BROWNELL Julie	1286		K30	180	00:01:29	00:35:10.85	00:36:40.75	+00:16:12 (46.1%)	7:02	8.5 (53.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
477	GÓRNIWICZ Angelika	1466		K40	117	00:00:34	00:35:10.90	00:35:45.35	+00:16:12 (46.1%)	7:02	8.5 (53.8%)
478	WIŚNIEWSKA Ewa	848		K50	26	00:01:38	00:35:21.35	00:36:59.70	+00:16:23 (46.4%)	7:04	8.5 (53.8%)
479	OLSZEWSKA Karolina	619		K30	181	00:00:49	00:35:22.30	00:36:11.75	+00:16:24 (46.4%)	7:04	8.5 (53.8%)
480	SŁOMSKA Monika	543	BRAK	K30	182	00:01:32	00:35:24.30	00:36:56.30	+00:16:26 (46.4%)	7:04	8.5 (53.8%)
480	NOWICKA Tatiana	511		K40	118	00:01:32	00:35:24.30	00:36:56.35	+00:16:26 (46.4%)	7:04	8.5 (53.8%)
482	KOWALSKA Zuzanna	891		K10	26	00:01:13	00:35:26.20	00:36:40.05	+00:16:28 (46.5%)	7:05	8.5 (53.8%)
483	WIĘCKOWSKA Karolina	1418		K30	183	00:00:50	00:35:26.85	00:36:17.70	+00:16:28 (46.5%)	7:05	8.5 (53.8%)
484	DZIEWIECZYŃSKA Arleta	428		K30	184	00:01:13	00:35:29.20	00:36:43.00	+00:16:31 (46.6%)	7:06	8.5 (53.8%)
485	TWARDOWSKA Sylwia	252		K30	185	00:01:59	00:35:31.95	00:37:31.40	+00:16:34 (46.6%)	7:06	8.4 (53.2%)
486	CYCHOWSKA Anna	515		K30	186	00:01:46	00:35:38.90	00:37:25.65	+00:16:40 (46.8%)	7:07	8.4 (53.2%)
487	RÓŻAŃSKA Katarzyna	21		K30	187	00:01:40	00:35:41.70	00:37:21.95	+00:16:43 (46.9%)	7:08	8.4 (53.2%)
488	GIPP Karolina	1063		K30	188	00:01:55	00:35:42.85	00:37:38.45	+00:16:44 (46.9%)	7:08	8.4 (53.2%)
489	BOROWIAK Agnieszka	942	TEAM RUN KCYNIA	K30	189	00:01:42	00:35:43.35	00:37:25.50	+00:16:45 (46.9%)	7:08	8.4 (53.2%)
490	KONARZEWSKA Jolanta	558		K40	119	00:01:23	00:35:45.35	00:37:08.55	+00:16:47 (47.0%)	7:09	8.4 (53.2%)
491	PROKOPOWICZ Agnieszka	535		K40	120	00:01:22	00:35:45.75	00:37:08.55	+00:16:47 (47.0%)	7:09	8.4 (53.2%)
492	JAROCH Magdalena	225	ZS 19	K30	190	00:00:57	00:35:47.90	00:36:45.75	+00:16:49 (47.0%)	7:09	8.4 (53.2%)
493	ZELEK Aleksandra	83		K40	121	00:01:57	00:35:55.95	00:37:53.25	+00:16:58 (47.2%)	7:11	8.3 (52.5%)
494	WRÓBEL Marta	1195	BYŁE DO METY	K20	117	00:02:05	00:35:56.60	00:38:02.05	+00:16:58 (47.2%)	7:11	8.3 (52.5%)
495	KIELISZAK Kinga	1198	DZIKIE KUNY	K20	118	00:01:03	00:35:56.80	00:37:00.70	+00:16:58 (47.2%)	7:11	8.3 (52.5%)
496	NADRAJKOWSKA Joanna	28	DZIKIE KUNY	K30	191	00:01:04	00:35:56.95	00:37:01.35	+00:16:59 (47.2%)	7:11	8.3 (52.5%)
497	MACIEJEWSKA Joanna	632		K20	119	00:01:46	00:35:57.90	00:37:44.45	+00:16:59 (47.3%)	7:11	8.3 (52.5%)
498	LASOTA Anna	687		K40	122	00:01:41	00:36:05.25	00:37:47.10	+00:17:07 (47.4%)	7:13	8.3 (52.5%)
499	PIEKUŚ Aleksandra	413	PĘDZĄCE KUNY	K30	192	00:01:26	00:36:08.45	00:37:34.95	+00:17:10 (47.5%)	7:13	8.3 (52.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
500	DROZDOWSKA Ola	1252		K20	120	00:01:03	00:36:09.25	00:37:12.25	+00:17:11 (47.5%)	7:13	8.3 (52.5%)
501	MARKOWSKA-BAUMGART Aneta	770	BIEGAJ Z DĘBAMI	K50	27	00:01:55	00:36:11.85	00:38:07.15	+00:17:13 (47.6%)	7:14	8.3 (52.5%)
502	MAJKOWSKA-LUBIŃSKA Judyta	372	CS GROUP RUNNERS TEAM	K30	193	00:01:23	00:36:12.25	00:37:35.80	+00:17:14 (47.6%)	7:14	8.3 (52.5%)
503	ZŁAKOWSKA Sandra	680		K20	121	00:01:36	00:36:17.60	00:37:54.30	+00:17:19 (47.7%)	7:15	8.3 (52.5%)
504	LEPPERT Monika	470		K20	122	00:00:42	00:36:18.50	00:37:00.70	+00:17:20 (47.8%)	7:15	8.3 (52.5%)
505	NOWAKOWSKA Anna	42		K30	194	00:00:51	00:36:22.35	00:37:13.45	+00:17:24 (47.9%)	7:16	8.2 (51.9%)
506	MŁYNARCZYK Monika	614		K20	123	00:01:51	00:36:24.90	00:38:16.45	+00:17:26 (47.9%)	7:17	8.2 (51.9%)
507	HOMZA Agnieszka	1350		K20	124	00:01:28	00:36:39.00	00:38:07.35	+00:17:41 (48.3%)	7:19	8.2 (51.9%)
508	KOWALSKA Anna	886		K40	123	00:01:15	00:36:43.15	00:37:58.30	+00:17:45 (48.3%)	7:20	8.2 (51.9%)
509	WALKOWIAK Greta	432		K50	28	00:00:52	00:36:44.05	00:37:36.50	+00:17:46 (48.4%)	7:20	8.2 (51.9%)
510	IWANIEC Ewelina	390		K40	124	00:00:52	00:36:52.90	00:37:45.80	+00:17:54 (48.6%)	7:22	8.1 (51.3%)
511	RESMER Anna	429		K40	125	00:00:52	00:36:54.65	00:37:47.10	+00:17:56 (48.6%)	7:23	8.1 (51.3%)
512	SZRAMSKA Violetta	416		K40	126	00:00:52	00:36:54.85	00:37:46.95	+00:17:56 (48.6%)	7:22	8.1 (51.3%)
513	ŁAKOMSKA Anna	391		K40	127	00:00:51	00:36:56.15	00:37:47.40	+00:17:58 (48.7%)	7:23	8.1 (51.3%)
514	KAMIŃSKA Monika	469		K30	195	00:01:48	00:36:57.80	00:38:46.00	+00:17:59 (48.7%)	7:23	8.1 (51.3%)
515	GRZYBOWSKA Alicja	1193	BYLE DO METY	K30	196	00:00:54	00:37:07.40	00:38:02.20	+00:18:09 (48.9%)	7:25	8.1 (51.3%)
516	KACZMAREK Agnieszka	1462		K40	128	00:00:27	00:37:23.30	00:37:51.25	+00:18:25 (49.3%)	7:28	8 (50.6%)
517	KUBIAK Beata Kubiak	76		K10	27	00:01:40	00:37:25.90	00:39:06.40	+00:18:27 (49.3%)	7:29	8 (50.6%)
518	ROGALSKA Marcelina	941		K20	125	00:02:07	00:37:38.40	00:39:45.60	+00:18:40 (49.6%)	7:31	8 (50.6%)
519	NOWAKOWSKA Marzena	564		K40	129	00:00:46	00:37:48.95	00:38:35.85	+00:18:51 (49.8%)	7:33	7.9 (50.0%)
520	TESKE Karolina	1001		K30	197	00:02:04	00:37:55.25	00:40:00.10	+00:18:57 (50.0%)	7:35	7.9 (50.0%)
521	WILCZYŃSKA Karolina	1014		K30	198	00:02:04	00:37:56.00	00:40:00.80	+00:18:58 (50.0%)	7:35	7.9 (50.0%)
522	KOZIEŁ Monika	1003		K30	199	00:01:29	00:38:04.85	00:39:34.40	+00:19:06 (50.2%)	7:37	7.9 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
523	ADAMS Gail	1036		K50	29	00:01:20	00:38:07.20	00:39:27.20	+00:19:09 (50.2%)	7:37	7.9 (50.0%)
523	OLECHNOWICZ Aneta	1343		K10	28	00:01:48	00:38:07.20	00:39:55.85	+00:19:09 (50.2%)	7:37	7.9 (50.0%)
525	BUDZIŃSKA Anita	966		K40	130	00:01:04	00:38:12.50	00:39:17.20	+00:19:14 (50.4%)	7:38	7.8 (49.4%)
526	KRZEMIŃSKA Katarzyna	850		K20	126	00:01:01	00:38:25.80	00:39:27.65	+00:19:27 (50.6%)	7:41	7.8 (49.4%)
527	ARACH Daria	962		K30	200	00:02:02	00:38:55.45	00:40:58.35	+00:19:57 (51.3%)	7:47	7.7 (48.7%)
528	OLECHNOWICZ Ana	1344		K30	201	00:01:50	00:39:09.05	00:40:59.75	+00:20:11 (51.6%)	7:49	7.7 (48.7%)
529	PINCZEWSKA Dorota	1104		K30	202	00:02:00	00:39:10.25	00:41:10.25	+00:20:12 (51.6%)	7:50	7.7 (48.7%)
530	KASPRZYK Daria	1188		K30	203	00:02:03	00:39:23.20	00:41:27.00	+00:20:25 (51.8%)	7:52	7.6 (48.1%)
531	GROT Monika	1176		K30	204	00:02:03	00:39:23.55	00:41:26.85	+00:20:25 (51.9%)	7:52	7.6 (48.1%)
532	LEPERT Marta	471		K60	8	00:00:41	00:39:51.50	00:40:32.90	+00:20:53 (52.4%)	7:58	7.5 (47.5%)
533	POLAKOWSKA Angelika	1305		K20	127	00:01:25	00:40:51.85	00:42:17.55	+00:21:53 (53.6%)	8:10	7.3 (46.2%)
534	LEMAŃCZYK Justyna	889		K50	30	00:00:38					(0.0%)

Znaleziono 534 wynik(ów)