



BYDGOSKI BIEG URODZINOWY

B4SPORT

Organizator: Miasto Bydgoszcz
Data: 2018-04-22
Miejsce: Bydgoszcz
Dystans: 5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	SZENK Marta	555		K30	1	00:00:01	00:18:20.20	00:18:21.95		3:40	16.4 (100%)
2	SZWEDA Mirosława	1336	DRUŻYNA SZPIKU	K30	2	00:00:01	00:19:17.85	00:19:19.25	+00:00:57 (5.0%)	3:51	15.5 (94.5%)
3	WNĘK Natalia	837	MASTIFF WEAR	K20	1	00:00:03	00:19:59.45	00:20:03.40	+00:01:39 (8.3%)	4:00	15 (91.5%)
4	PERTEK Izabela	1210		K20	2	00:00:00	00:20:24.35	00:20:25.15	+00:02:04 (10.1%)	4:05	14.7 (89.6%)
5	GURNA Jolanta	1126		K50	1	00:00:03	00:20:34.35	00:20:37.75	+00:02:14 (10.9%)	4:06	14.6 (89.0%)
6	WEŁNIŃSKA Patrycja	1029	SZURUSIE TEAM	K20	3	00:00:26	00:22:02.30	00:22:28.45	+00:03:42 (16.8%)	4:24	13.6 (82.9%)
7	DERING Hanna	675	BYDGOSKIE ŻÓŁWIE	K30	3	00:00:19	00:22:02.75	00:22:21.85	+00:03:42 (16.8%)	4:24	13.6 (82.9%)
8	MROTEK Katarzyna	154	ON THE MOVE	K30	4	00:00:11	00:22:31.35	00:22:42.40	+00:04:11 (18.6%)	4:30	13.3 (81.1%)
9	SCHULZ Milena	834	CB163	K30	5	00:00:09	00:22:32.80	00:22:42.00	+00:04:12 (18.7%)	4:30	13.3 (81.1%)
10	PALACZ Wioletta	170		K40	1	00:00:15	00:22:38.05	00:22:53.80	+00:04:17 (19.0%)	4:31	13.3 (81.1%)
11	CICHOŃSKA - BAZAK Marzena	599	CZARNE STOPY.SM	K40	2	00:00:08	00:22:49.85	00:22:58.20	+00:04:29 (19.7%)	4:34	13.1 (79.9%)
12	MATOWSKA Monika	1323		K30	6	00:00:12	00:22:54.20	00:23:07.15	+00:04:34 (19.9%)	4:35	13.1 (79.9%)
13	PILAKOWSKA Angelika	347		K30	7	00:00:06	00:22:58.60	00:23:04.95	+00:04:38 (20.2%)	4:35	13.1 (79.9%)
14	JANIKOWSKA Awa	458		K20	4	00:00:09	00:23:07.10	00:23:16.45	+00:04:46 (20.7%)	4:37	13 (79.3%)
15	STASZKIEWICZ Lucyna	232	CZARNE STOPY SM	K50	2	00:00:08	00:23:08.30	00:23:16.35	+00:04:48 (20.8%)	4:37	13 (79.3%)
16	SIKORA Sylwia	1200	1 BRYGADA LOGISTYCZNA	K30	8	00:00:06	00:23:09.50	00:23:16.05	+00:04:49 (20.8%)	4:38	12.9 (78.7%)
17	ROGALSKA Justyna	1320		K30	9	00:00:04	00:23:20.55	00:23:25.40	+00:05:00 (21.4%)	4:40	12.8 (78.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
18	FIGLER Iwona	1140		K40	3	00:00:20	00:23:23.70	00:23:44.45	+00:05:03 (21.6%)	4:40	12.8 (78.0%)
19	WÓJT Monika	194		K30	10	00:01:21	00:23:23.75	00:24:45.05	+00:05:03 (21.6%)	4:40	12.8 (78.0%)
20	SZULC Małgorzata	6		K40	4	00:00:03	00:23:36.65	00:23:40.05	+00:05:16 (22.3%)	4:43	12.7 (77.4%)
21	KOPACZEWSKA Agata	267		K20	5	00:00:32	00:23:39.00	00:24:11.65	+00:05:18 (22.5%)	4:43	12.7 (77.4%)
22	FILARECKA Agnieszka	726	BYDGOSZCZ TRIATHLON/TRISPACE	K30	11	00:01:30	00:23:44.20	00:25:14.20	+00:05:24 (22.7%)	4:44	12.6 (76.8%)
22	WAWERKA Aleksandra	1348		K20	6	00:00:02	00:23:44.20	00:23:46.90	+00:05:24 (22.7%)	4:44	12.6 (76.8%)
24	WOJDAT Dominika	8	ZIELONY PELIKAN	K20	7	00:00:46	00:23:49.90	00:24:36.30	+00:05:29 (23.1%)	4:46	12.6 (76.8%)
25	ŻARLIŃSKA Olga	315		K20	8	00:00:15	00:23:55.70	00:24:10.75	+00:05:35 (23.4%)	4:47	12.5 (76.2%)
26	STEJUK Aleksandra	868		K40	5	00:00:17	00:23:59.80	00:24:16.85	+00:05:39 (23.6%)	4:47	12.5 (76.2%)
27	WOLAN Magdalena	32		K30	12	00:00:19	00:24:04.90	00:24:24.75	+00:05:44 (23.9%)	4:49	12.5 (76.2%)
28	JAŁOSZYŃSKA Agata	1295		K20	9	00:00:08	00:24:06.95	00:24:15.10	+00:05:46 (24.0%)	4:49	12.4 (75.6%)
29	POTRZEBOWSKA Agata	214		K30	13	00:00:29	00:24:12.40	00:24:41.95	+00:05:52 (24.2%)	4:50	12.4 (75.6%)
30	RUDOL Magdalena	825		K40	6	00:00:22	00:24:14.05	00:24:36.95	+00:05:53 (24.3%)	4:50	12.4 (75.6%)
31	MAJEWSKA Ryszarda	179		K60	1	00:00:06	00:24:18.30	00:24:24.75	+00:05:58 (24.6%)	4:51	12.3 (75.0%)
32	GAWROŃSKA Magdalena	815		K20	10	00:00:14	00:24:20.05	00:24:34.45	+00:05:59 (24.6%)	4:52	12.3 (75.0%)
33	STRÓŻYK Grażyna	7		K20	11	00:00:21	00:24:26.20	00:24:47.75	+00:06:06 (25.0%)	4:53	12.3 (75.0%)
34	NOWAKOWSKA Edyta	850		K30	14	00:00:41	00:24:26.40	00:25:07.75	+00:06:06 (25.0%)	4:53	12.3 (75.0%)
35	KUŹMA Anna	363	THE RUNNERS ŚWIECIE	K40	7	00:00:10	00:24:26.70	00:24:37.55	+00:06:06 (25.0%)	4:53	12.3 (75.0%)
36	HARASIMCZYK Weronika	37	BYDGOSKIE OKONIE	K20	12	00:00:17	00:24:31.25	00:24:49.15	+00:06:11 (25.2%)	4:54	12.2 (74.4%)
36	WŁODARCZYK Anna	728		K30	15	00:00:16	00:24:31.25	00:24:47.85	+00:06:11 (25.2%)	4:54	12.2 (74.4%)
38	GIERJATOWICZ Maria	286		K40	8	00:01:02	00:24:33.90	00:25:36.25	+00:06:13 (25.4%)	4:54	12.2 (74.4%)
39	SZCZUKOWSKA Nicol	948	GIMNAZJUM KORYTOWO	K10	1	00:00:23	00:24:35.10	00:24:58.60	+00:06:14 (25.4%)	4:55	12.2 (74.4%)
40	MASŁOWSKA Angelika	922		K30	16	00:00:22	00:24:36.95	00:24:58.95	+00:06:16 (25.5%)	4:55	12.2 (74.4%)

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41	GANDZIAROWSKA Anna	149		K20	13	00:00:11	00:24:41.45	00:24:53.30	+00:06:21 (25.7%)	4:56	12.1 (73.8%)
42	CHMIELARZ Karina	133		K20	14	00:01:04	00:24:45.35	00:25:50.10	+00:06:25 (25.9%)	4:57	12.1 (73.8%)
43	OSSETE Julia	764		K20	15	00:00:45	00:24:45.50	00:25:30.75	+00:06:25 (25.9%)	4:57	12.1 (73.8%)
44	RAKAŁOWICZ Justyna	217	ATOS	K40	9	00:00:28	00:24:47.65	00:25:16.20	+00:06:27 (26.0%)	4:57	12.1 (73.8%)
45	ULATOWSKA Sylwia	558		K30	17	00:00:43	00:24:48.95	00:25:32.70	+00:06:28 (26.1%)	4:57	12.1 (73.8%)
46	OTT Joanna	48	MLKS TUCHOLANKA TUCHOLA	K18	1	00:00:57	00:24:59.20	00:25:56.40	+00:06:39 (26.6%)	4:59	12 (73.2%)
47	SZYMCZAK Sandra	898		K20	16	00:00:54	00:25:00.30	00:25:54.80	+00:06:40 (26.7%)	5:00	12 (73.2%)
48	KAMINSKA Julia	1081		K10	2	00:01:17	00:25:01.15	00:26:18.85	+00:06:40 (26.7%)	5:00	12 (73.2%)
49	ZALEWSKA Paulina	497		K10	3	00:00:31	00:25:05.00	00:25:36.45	+00:06:44 (26.9%)	5:01	12 (73.2%)
50	WRÓBLEWSKA Justyna	877		K20	17	00:00:17	00:25:12.05	00:25:29.90	+00:06:51 (27.2%)	5:02	11.9 (72.6%)
51	KAJA Dominika	731		K20	18	00:00:47	00:25:19.70	00:26:07.20	+00:06:59 (27.6%)	5:04	11.8 (72.0%)
52	ZAGOZDZON Wioleta	223	SOLECCY BIEGACZE	K30	18	00:00:30	00:25:22.80	00:25:53.30	+00:07:02 (27.8%)	5:04	11.8 (72.0%)
53	WŁODARSKA Roksana	1027	SZURUSIE TEAM	K20	19	00:00:30	00:25:29.20	00:25:59.20	+00:07:09 (28.1%)	5:05	11.8 (72.0%)
54	STĘPSKA Ola	190		K10	4	00:01:31	00:25:30.80	00:27:01.95	+00:07:10 (28.1%)	5:06	11.8 (72.0%)
55	CHODUR Agnieszka	278		K40	10	00:00:41	00:25:33.95	00:26:15.10	+00:07:13 (28.3%)	5:06	11.7 (71.3%)
56	HORBACZEWSKA-PIOTROWSKA Iga	885		K20	20	00:01:03	00:25:35.90	00:26:39.15	+00:07:15 (28.4%)	5:07	11.7 (71.3%)
57	JANKOWSKA Katarzyna	782		K40	11	00:00:25	00:25:41.15	00:26:06.65	+00:07:20 (28.6%)	5:08	11.7 (71.3%)
58	KOWALSKA Aleksandra	795		K20	21	00:00:26	00:25:41.50	00:26:07.65	+00:07:21 (28.6%)	5:08	11.7 (71.3%)
59	GRALAK Martyna	604		K10	5	00:00:04	00:25:44.75	00:25:48.90	+00:07:24 (28.8%)	5:08	11.7 (71.3%)
60	MOLENDĄ Patrycja	1206	KLINIKĄ TRIATHLONU	K20	22	00:01:06	00:25:49.05	00:26:55.20	+00:07:28 (29.0%)	5:09	11.6 (70.7%)
61	MELWIŃSKA Paulina	549		K30	19	00:00:33	00:25:50.85	00:26:24.50	+00:07:30 (29.1%)	5:10	11.6 (70.7%)
62	SZEWCZUK Małgorzata	876		K30	20	00:01:13	00:25:54.15	00:27:07.20	+00:07:33 (29.2%)	5:10	11.6 (70.7%)
63	CZYŻEWSKA Justyna	20		K30	21	00:00:34	00:25:55.05	00:26:29.20	+00:07:34 (29.2%)	5:11	11.6 (70.7%)

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64	MAGDZIARZ Katarzyna	212	KANCELARIA HMM	K30	22	00:00:49	00:25:55.30	00:26:44.40	+00:07:35 (29.3%)	5:11	11.6 (70.7%)
65	MATERA Magda	1238		K20	23	00:00:23	00:25:57.55	00:26:21.25	+00:07:37 (29.4%)	5:11	11.6 (70.7%)
66	MIKSZTOWICZ Oliwia	178		K20	24	00:01:28	00:26:01.30	00:27:30.15	+00:07:41 (29.5%)	5:12	11.5 (70.1%)
67	WIŚNIEWSKA Aleksandra	395		K18	2	00:01:05	00:26:01.50	00:27:06.75	+00:07:41 (29.5%)	5:12	11.5 (70.1%)
68	POGORZELSKA Bogusia	382		K40	12	00:00:47	00:26:02.20	00:26:50.15	+00:07:42 (29.6%)	5:12	11.5 (70.1%)
69	KOSIŃSKA Ania	1096		K10	6	00:01:04	00:26:04.25	00:27:08.95	+00:07:44 (29.7%)	5:12	11.5 (70.1%)
70	PUZIO Justyna	1098		K10	7	00:01:05	00:26:04.60	00:27:09.85	+00:07:44 (29.7%)	5:12	11.5 (70.1%)
71	DZIEŻA Roma	242	RUN BYDGOSZCZ	K40	13	00:01:03	00:26:05.15	00:27:08.25	+00:07:44 (29.7%)	5:13	11.5 (70.1%)
72	SZABLINSKA Honorata	546		K30	23	00:00:21	00:26:05.55	00:26:26.90	+00:07:45 (29.7%)	5:13	11.5 (70.1%)
73	NAPIERALSKA Natalia	1247		K30	24	00:01:05	00:26:05.90	00:27:11.55	+00:07:45 (29.7%)	5:13	11.5 (70.1%)
74	KANIA Dorota	1270		K40	14	00:01:05	00:26:06.85	00:27:12.70	+00:07:46 (29.8%)	5:13	11.5 (70.1%)
75	DOBRZAŃSKA Małgorzata	1343		K20	25	00:01:07	00:26:07.05	00:27:14.75	+00:07:46 (29.8%)	5:13	11.5 (70.1%)
76	NALEWALSKA Justyna	2	SERCE TYBETU	K20	26	00:00:14	00:26:08.45	00:26:23.40	+00:07:48 (29.9%)	5:13	11.5 (70.1%)
77	PIETRZAK Anna	198		K20	27	00:01:09	00:26:09.15	00:27:18.80	+00:07:48 (29.9%)	5:13	11.5 (70.1%)
78	ROBACZEWSKA Kinga	784		K30	25	00:00:44	00:26:09.65	00:26:53.85	+00:07:49 (29.9%)	5:13	11.5 (70.1%)
79	PILIUKH Marharyta	1066	TRISPACE	K20	28	00:00:21	00:26:14.05	00:26:35.70	+00:07:53 (30.1%)	5:14	11.4 (69.5%)
80	WIENEKE Annika	1357		K30	26	00:00:42	00:26:18.70	00:27:01.00	+00:07:58 (30.3%)	5:15	11.4 (69.5%)
81	MAZANOWSKA Ewa	215		K40	15	00:00:24	00:26:18.85	00:26:42.85	+00:07:58 (30.3%)	5:15	11.4 (69.5%)
82	BOROWIEC Wioleta	727	BBL SZUBIN	K30	27	00:00:17	00:26:20.40	00:26:37.45	+00:08:00 (30.4%)	5:16	11.4 (69.5%)
83	CZECZINSKA Pamela	369		K20	29	00:00:33	00:26:22.65	00:26:55.80	+00:08:02 (30.5%)	5:16	11.4 (69.5%)
84	ANDRZEJEWSKA Sylwia	43		K30	28	00:01:07	00:26:24.30	00:27:31.85	+00:08:04 (30.6%)	5:16	11.4 (69.5%)
85	AFELT Luiza	79		K20	30	00:01:07	00:26:25.00	00:27:32.30	+00:08:04 (30.6%)	5:17	11.4 (69.5%)
86	DOBUCKA Katarzyna	112	CHONAROWER.PL	K20	31	00:01:23	00:26:26.50	00:27:50.15	+00:08:06 (30.7%)	5:17	11.3 (68.9%)

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87	KOSIŃSKA Patrycja	817		K20	32	00:00:08	00:26:27.10	00:26:36.05	+00:08:06 (30.7%)	5:17	11.3 (68.9%)
88	MATUSIAK Aneta	1321		K30	29	00:01:22	00:26:30.20	00:27:53.15	+00:08:10 (30.8%)	5:18	11.3 (68.9%)
89	BĘC Dominika	712		K20	33	00:01:36	00:26:31.95	00:28:08.65	+00:08:11 (30.9%)	5:18	11.3 (68.9%)
90	HAUS Katarzyna	729	BBL SZUBIN	K40	16	00:00:17	00:26:33.95	00:26:51.15	+00:08:13 (31.0%)	5:18	11.3 (68.9%)
91	BARCZAK Agnieszka	1034	AGNIESZKAB	K30	30	00:00:15	00:26:38.70	00:26:54.65	+00:08:18 (31.2%)	5:19	11.3 (68.9%)
92	OSTROWSKA Anna	937		K10	8	00:01:01	00:26:39.15	00:27:40.25	+00:08:18 (31.2%)	5:19	11.3 (68.9%)
93	FRANK Agnieszka	180		K30	31	00:00:52	00:26:40.20	00:27:32.85	+00:08:20 (31.2%)	5:20	11.3 (68.9%)
94	SKWAREK Oliwia	1303		K20	34	00:00:43	00:26:41.05	00:27:24.35	+00:08:20 (31.3%)	5:20	11.2 (68.3%)
95	DUDZIŃSKA Małgorzata	219		K40	17	00:00:38	00:26:42.35	00:27:20.75	+00:08:22 (31.3%)	5:20	11.2 (68.3%)
96	SZYNWELSKA Marlena	295		K50	3	00:00:20	00:26:46.00	00:27:06.40	+00:08:25 (31.5%)	5:21	11.2 (68.3%)
97	TOMYS Julia	1245		K20	35	00:00:25	00:26:47.00	00:27:12.20	+00:08:26 (31.5%)	5:21	11.2 (68.3%)
98	GRABOWSKA Dominika	318		K20	36	00:00:11	00:26:48.15	00:26:59.60	+00:08:27 (31.6%)	5:21	11.2 (68.3%)
99	BEŁKOWSKA Paulina	1191		K30	32	00:00:33	00:26:49.90	00:27:22.90	+00:08:29 (31.7%)	5:21	11.2 (68.3%)
100	CYBUL Anna	982		K40	18	00:00:19	00:26:53.75	00:27:13.10	+00:08:33 (31.8%)	5:22	11.2 (68.3%)
101	JARZEMSKA Alicja	1326	BYDGOSZCZ TRIATHLON TEAM	K30	33	00:01:49	00:26:55.45	00:28:45.25	+00:08:35 (31.9%)	5:23	11.1 (67.7%)
102	TOMCZYK Agnieszka	645		K40	19	00:00:36	00:26:55.70	00:27:32.15	+00:08:35 (31.9%)	5:23	11.1 (67.7%)
103	JANUSZEWSKA Natalia	935		K20	37	00:00:10	00:26:55.95	00:27:06.15	+00:08:35 (31.9%)	5:23	11.1 (67.7%)
104	REDECKA Karolina	1104		K30	34	00:00:20	00:26:57.75	00:27:18.45	+00:08:37 (32.0%)	5:23	11.1 (67.7%)
105	NIKOŁAJEW Monika	1022	--	K30	35	00:00:23	00:26:58.10	00:27:21.20	+00:08:37 (32.0%)	5:23	11.1 (67.7%)
106	WORONIECKA Anna	732		K40	20	00:00:25	00:26:58.45	00:27:23.85	+00:08:38 (32.0%)	5:23	11.1 (67.7%)
107	JELEŃ Agnieszka	470		K30	36	00:00:13	00:27:01.10	00:27:14.95	+00:08:40 (32.1%)	5:24	11.1 (67.7%)
108	RUDZKA Monika	1014		K20	38	00:01:10	00:27:02.00	00:28:12.65	+00:08:41 (32.2%)	5:24	11.1 (67.7%)
109	PLATH - KOPERSKA Krystyna	1084		K50	4	00:00:36	00:27:10.10	00:27:46.75	+00:08:49 (32.5%)	5:26	11 (67.1%)

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110	DURAŁEK Laura	504		K10	9	00:00:56	00:27:10.50	00:28:07.35	+00:08:50 (32.5%)	5:26	11 (67.1%)
111	SCHUMACHER-RATAJ Marta	630	BRAK	K30	37	00:00:44	00:27:13.10	00:27:57.55	+00:08:52 (32.6%)	5:26	11 (67.1%)
112	CRÉPIN Tiffaine	1342		K20	39	00:00:53	00:27:14.75	00:28:08.00	+00:08:54 (32.7%)	5:27	11 (67.1%)
113	DURAŁEK Anna	503		K40	21	00:00:56	00:27:16.55	00:28:13.50	+00:08:56 (32.8%)	5:27	11 (67.1%)
114	SIWIŃSKA Elżbieta	469	BBL INOWROCŁAW	K50	5	00:00:33	00:27:17.15	00:27:50.90	+00:08:56 (32.8%)	5:27	11 (67.1%)
115	PŁACZKOWSKA Magdalena	320		K30	38	00:00:21	00:27:17.95	00:27:39.40	+00:08:57 (32.8%)	5:27	11 (67.1%)
115	BORUCH Martyna	669		K20	40	00:00:56	00:27:17.95	00:28:14.05	+00:08:57 (32.8%)	5:27	11 (67.1%)
117	ANASZEWICZ Marzena	1018		K40	22	00:00:37	00:27:18.20	00:27:55.90	+00:08:58 (32.8%)	5:27	11 (67.1%)
118	SAJUR Sylwia	1233		K20	41	00:00:39	00:27:18.40	00:27:57.55	+00:08:58 (32.8%)	5:27	11 (67.1%)
119	MALATYŃSKA Barbara	75		K40	23	00:00:37	00:27:18.70	00:27:56.40	+00:08:58 (32.9%)	5:27	11 (67.1%)
120	KRAKOWIAK Marta	128		K20	42	00:00:08	00:27:19.00	00:27:27.75	+00:08:58 (32.9%)	5:27	11 (67.1%)
121	KONOWECKA Ewelina	1163		K20	43	00:01:10	00:27:21.25	00:28:31.85	+00:09:01 (33.0%)	5:28	11 (67.1%)
122	STĘŻEWSKA Emilia	1010		K20	44	00:01:10	00:27:21.40	00:28:32.10	+00:09:01 (33.0%)	5:28	11 (67.1%)
123	GIPP Małgorzata	1347		K30	39	00:00:05	00:27:21.80	00:27:26.95	+00:09:01 (33.0%)	5:28	11 (67.1%)
124	KOCHAŃSKA Wioletta	1259		K40	24	00:01:04	00:27:27.95	00:28:32.90	+00:09:07 (33.2%)	5:29	10.9 (66.5%)
124	WOSZCZYK Agnieszka	489		K20	45	00:01:14	00:27:27.95	00:28:42.25	+00:09:07 (33.2%)	5:29	10.9 (66.5%)
126	CHMIELEWSKA Agnieszka	521		K30	40	00:00:09	00:27:28.35	00:27:37.95	+00:09:08 (33.3%)	5:29	10.9 (66.5%)
127	GUTKOWSKA Agnieszka	512		K30	41	00:01:10	00:27:28.95	00:28:39.85	+00:09:08 (33.3%)	5:29	10.9 (66.5%)
128	GROBELNA Angelika	239	BYDGOSZCZ NA START	K40	25	00:00:42	00:27:29.90	00:28:12.40	+00:09:09 (33.3%)	5:30	10.9 (66.5%)
129	RAKOCZY Justyna	602		K40	26	00:00:42	00:27:30.20	00:28:12.60	+00:09:10 (33.3%)	5:30	10.9 (66.5%)
130	WITOS Ania	1296		K20	46	00:00:08	00:27:30.55	00:27:39.30	+00:09:10 (33.3%)	5:30	10.9 (66.5%)
131	SKORNIA Marika	1093		K20	47	00:00:33	00:27:33.05	00:28:06.50	+00:09:12 (33.4%)	5:30	10.9 (66.5%)
132	GRZONKA Emilia	595		K20	48	00:01:06	00:27:34.45	00:28:40.90	+00:09:14 (33.5%)	5:30	10.9 (66.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
133	MARZEC Małgorzata	946	TEBI	K40	27	00:01:16	00:27:36.25	00:28:52.35	+00:09:16 (33.6%)	5:31	10.9 (66.5%)
134	LASKOWSKA Aleksandra	1058		K30	42	00:01:10	00:27:36.55	00:28:47.15	+00:09:16 (33.6%)	5:31	10.9 (66.5%)
135	COUREL DEL RIO Virginia	1339		K20	49	00:00:52	00:27:38.90	00:28:31.35	+00:09:18 (33.7%)	5:31	10.8 (65.9%)
136	WESOŁOWSKA Daniela	1075	SZURUSIE TEAM	K40	28	00:00:32	00:27:40.65	00:28:13.15	+00:09:20 (33.7%)	5:32	10.8 (65.9%)
137	ZALEWSKA Michalina	796	UKS KOPERNIK	K10	10	00:01:09	00:27:42.20	00:28:51.35	+00:09:22 (33.8%)	5:32	10.8 (65.9%)
138	WIELUŃSKA Dorota	182		K20	50	00:01:23	00:27:42.45	00:29:06.10	+00:09:22 (33.8%)	5:32	10.8 (65.9%)
139	LICZMAŃSKA Anna	991		K30	43	00:01:29	00:27:42.65	00:29:12.25	+00:09:22 (33.8%)	5:32	10.8 (65.9%)
140	SKWAREK Bogumiła	1302		K50	6	00:00:42	00:27:51.95	00:28:34.60	+00:09:31 (34.2%)	5:34	10.8 (65.9%)
141	SKORA-TUPTANOWSKA Monika	1085		K30	44	00:01:16	00:27:52.10	00:29:08.25	+00:09:31 (34.2%)	5:34	10.8 (65.9%)
142	KLIMCZAK Justyna	140		K30	45	00:00:52	00:27:54.00	00:28:46.95	+00:09:33 (34.3%)	5:34	10.8 (65.9%)
143	KRZYŻANOWSKA Patrycja	262		K20	51	00:00:40	00:27:59.10	00:28:39.65	+00:09:38 (34.5%)	5:35	10.7 (65.2%)
144	WÓJCIK Marika	760	BBL INOWROCŁAW / INOWROCŁAW BIEGA	K20	52	00:00:35	00:28:02.85	00:28:38.75	+00:09:42 (34.6%)	5:36	10.7 (65.2%)
145	DRZEWIECKA Maria	1306		K30	46	00:00:37	00:28:03.50	00:28:41.40	+00:09:43 (34.6%)	5:36	10.7 (65.2%)
146	WOJTYSIAK Alicja	95		K30	47	00:00:53	00:28:08.65	00:29:01.75	+00:09:48 (34.8%)	5:37	10.7 (65.2%)
147	BIERNAT Renata	1327		K20	53	00:01:12	00:28:08.95	00:29:21.50	+00:09:48 (34.9%)	5:37	10.7 (65.2%)
148	PRZYBYLSKA Grażyna	290		K50	7	00:01:17	00:28:09.85	00:29:27.55	+00:09:49 (34.9%)	5:38	10.7 (65.2%)
149	SMOCZYŃSKA Agnieszka	250		K20	54	00:01:32	00:28:13.00	00:29:45.65	+00:09:52 (35.0%)	5:38	10.6 (64.6%)
150	KOWALCZYK Zuzanna	910		K20	55	00:01:16	00:28:14.45	00:29:30.80	+00:09:54 (35.1%)	5:38	10.6 (64.6%)
151	WITKOWSKA Paulina	1264	VIVA LA VIDA	K30	48	00:00:27	00:28:15.25	00:28:42.65	+00:09:55 (35.1%)	5:39	10.6 (64.6%)
152	GADOMSKA Maria	735	RUN BYDGOSZCZ	K60	2	00:00:33	00:28:16.15	00:28:49.70	+00:09:55 (35.1%)	5:39	10.6 (64.6%)
153	OLSZEWSKA-PAWLACZYK Dorota	93		K30	49	00:00:18	00:28:18.20	00:28:36.80	+00:09:58 (35.2%)	5:39	10.6 (64.6%)
154	LEWANDOWSKA Izabela	745		K30	50	00:00:16	00:28:19.90	00:28:35.90	+00:09:59 (35.3%)	5:39	10.6 (64.6%)
155	MIĘTKOWSKA Paulina	1239		K20	56	00:01:11	00:28:20.75	00:29:32.05	+00:10:00 (35.3%)	5:40	10.6 (64.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
156	MIŁKOWSKA Monika	589	RUN BYDGOSZCZ	K40	29	00:01:05	00:28:22.60	00:29:28.35	+00:10:02 (35.4%)	5:40	10.6 (64.6%)
157	JACKOWIAK -ZALEWSKA Agnieszka	245		K40	30	00:00:31	00:28:22.80	00:28:54.70	+00:10:02 (35.4%)	5:40	10.6 (64.6%)
158	PODEMSKA Patrycja	177	HDR WATAHA BYDGOSZCZ	K30	51	00:00:50	00:28:25.35	00:29:16.05	+00:10:05 (35.5%)	5:41	10.6 (64.6%)
159	TRELA Jolanta	1201		K30	52	00:00:57	00:28:25.45	00:29:23.35	+00:10:05 (35.5%)	5:41	10.6 (64.6%)
160	DRÓDŹ Małgorzata	66		K30	53	00:01:08	00:28:25.55	00:29:33.85	+00:10:05 (35.5%)	5:41	10.6 (64.6%)
161	PIOTROWSKA Katarzyna	487		K20	57	00:01:07	00:28:26.25	00:29:33.85	+00:10:06 (35.5%)	5:41	10.6 (64.6%)
162	MAZUREK Anita	68		K40	31	00:01:28	00:28:26.75	00:29:55.60	+00:10:06 (35.5%)	5:41	10.5 (64.0%)
163	NAGORZYSKA Sylwia	96	BIEGAM WSPIERAM MOTYWUJĘ	K30	54	00:00:25	00:28:27.40	00:28:53.00	+00:10:07 (35.6%)	5:41	10.5 (64.0%)
164	JEZIORSKA Monika	1097		K30	55	00:00:59	00:28:27.90	00:29:27.30	+00:10:07 (35.6%)	5:41	10.5 (64.0%)
165	KAMPER Małgorzata	1188	BÓL TO ŚCIEMA	K40	32	00:00:29	00:28:28.30	00:28:57.40	+00:10:08 (35.6%)	5:41	10.5 (64.0%)
166	BURCZYK Katarzyna	460		K40	33	00:01:32	00:28:29.75	00:30:02.10	+00:10:09 (35.7%)	5:42	10.5 (64.0%)
167	GIZIŃSKA Aleksandra	701		K20	58	00:01:10	00:28:30.50	00:29:41.15	+00:10:10 (35.7%)	5:42	10.5 (64.0%)
168	CEMKE Magdalena	31		K20	59	00:00:39	00:28:37.15	00:29:16.80	+00:10:16 (35.9%)	5:43	10.5 (64.0%)
169	TOKARCZYK Maria	692		K30	56	00:01:11	00:28:37.75	00:29:49.15	+00:10:17 (36.0%)	5:43	10.5 (64.0%)
170	PIECYK-CZAJA Sonia	248		K30	57	00:00:37	00:28:38.80	00:29:16.35	+00:10:18 (36.0%)	5:43	10.5 (64.0%)
171	RADZIŃSKA Joanna	568	ZIELONY PELIKAN	K30	58	00:00:46	00:28:41.70	00:29:27.75	+00:10:21 (36.1%)	5:44	10.5 (64.0%)
172	SERAP Sinem	514		K30	59	00:01:11	00:28:42.55	00:29:53.75	+00:10:22 (36.1%)	5:44	10.5 (64.0%)
173	MIKA Monika	137	KRAJNA SĘPÓLNO	K20	60	00:01:02	00:28:42.85	00:29:45.05	+00:10:22 (36.1%)	5:44	10.4 (63.4%)
174	SKORNIA Agata	1092		K40	34	00:00:33	00:28:43.85	00:29:17.45	+00:10:23 (36.2%)	5:44	10.4 (63.4%)
175	KOZACZYK Julia	1250	BBL INOWROCŁAW	K10	11	00:00:34	00:28:45.80	00:29:20.35	+00:10:25 (36.2%)	5:45	10.4 (63.4%)
176	FOSS Dorota	952	LEGE ARTIS	K30	60	00:01:49	00:28:46.55	00:30:35.60	+00:10:26 (36.3%)	5:45	10.4 (63.4%)
177	KUJAWSKA Klaudia	44		K10	12	00:00:46	00:28:46.95	00:29:33.25	+00:10:26 (36.3%)	5:45	10.4 (63.4%)
178	LORENC-KRUSZYŃSKA Sylwia	953		K30	61	00:01:10	00:28:47.60	00:29:57.70	+00:10:27 (36.3%)	5:45	10.4 (63.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
179	SZATKOWSKA Beata	449		K50	8	00:01:24	00:28:48.55	00:30:12.60	+00:10:28 (36.4%)	5:45	10.4 (63.4%)
180	CICHULSKA-QUAAS Izabela	852	#BIEGAMJAION	K30	62	00:01:25	00:28:49.35	00:30:14.50	+00:10:29 (36.4%)	5:45	10.4 (63.4%)
181	CHMIELEWSKA Sylwia	681	DYNAMO SKARPA	K20	61	00:01:49	00:28:50.35	00:30:40.10	+00:10:30 (36.4%)	5:46	10.4 (63.4%)
182	DZIERZANOWSKA Eliza	906		K18	3	00:01:34	00:28:53.20	00:30:27.95	+00:10:33 (36.5%)	5:46	10.4 (63.4%)
183	MROCZEK Barbara	1159		K30	63	00:00:20	00:28:53.80	00:29:14.65	+00:10:33 (36.5%)	5:46	10.4 (63.4%)
184	GRYGORCZUK Elżbieta	724		K60	3	00:00:20	00:28:58.45	00:29:19.40	+00:10:38 (36.7%)	5:47	10.4 (63.4%)
185	ADAMCZAK Ewa	964		K30	64	00:00:45	00:28:58.90	00:29:44.35	+00:10:38 (36.7%)	5:47	10.4 (63.4%)
186	MIKOŁAJCZAK Magdalena	237		K40	35	00:00:35	00:28:59.80	00:29:35.00	+00:10:39 (36.8%)	5:48	10.3 (62.8%)
187	BOROWICZ Anna	120		K30	65	00:00:54	00:28:59.85	00:29:54.80	+00:10:39 (36.8%)	5:48	10.3 (62.8%)
187	ROGOZIŃSKA Karolina	1154		K30	66	00:00:54	00:28:59.85	00:29:54.80	+00:10:39 (36.8%)	5:48	10.3 (62.8%)
189	KOZACZYK Joanna	1249	BBL INOWROCŁAW	K40	36	00:00:34	00:29:01.00	00:29:35.85	+00:10:40 (36.8%)	5:48	10.3 (62.8%)
190	MICHNIEWICZ Małgorzata	53		K30	67	00:00:44	00:29:01.90	00:29:46.45	+00:10:41 (36.8%)	5:48	10.3 (62.8%)
191	STĘPIEŃ Monika	1065	CZARNE STOPYSM	K40	37	00:00:48	00:29:02.30	00:29:50.85	+00:10:42 (36.9%)	5:48	10.3 (62.8%)
192	BIERNACKA Julia	1363		K10	13	00:00:20	00:29:07.15	00:29:27.60	+00:10:46 (37.0%)	5:49	10.3 (62.8%)
193	BIERNACKA Anka	257		K30	68	00:00:20	00:29:07.35	00:29:27.65	+00:10:47 (37.0%)	5:49	10.3 (62.8%)
194	PORAZINSKA Viktoria	4		K40	38	00:01:15	00:29:08.55	00:30:23.65	+00:10:48 (37.1%)	5:49	10.3 (62.8%)
195	NAPIÓRKOWSKA Ewa	670		K60	4	00:00:41	00:29:08.60	00:29:49.90	+00:10:48 (37.1%)	5:49	10.3 (62.8%)
196	SZULC Joanna	89		K40	39	00:01:15	00:29:08.70	00:30:23.80	+00:10:48 (37.1%)	5:49	10.3 (62.8%)
197	PODOSEK Magdalena	613	BYDGOSZCZ	K30	69	00:01:20	00:29:10.10	00:30:30.95	+00:10:49 (37.1%)	5:50	10.3 (62.8%)
198	JĘDRYCZKA Agnieszka	616		K40	40	00:00:25	00:29:11.05	00:29:36.40	+00:10:50 (37.2%)	5:50	10.3 (62.8%)
199	KOCHAŃSKA Natalia	1086		K20	62	00:01:04	00:29:13.85	00:30:18.15	+00:10:53 (37.3%)	5:50	10.3 (62.8%)
200	MIKLER Aleksandra	29		K20	63	00:00:51	00:29:15.15	00:30:06.60	+00:10:54 (37.3%)	5:51	10.3 (62.8%)
201	KOWALKOWSKA Alicja	1361	EVERY DAY RUNNING TEAM	K20	64	00:01:27	00:29:18.50	00:30:46.15	+00:10:58 (37.4%)	5:51	10.2 (62.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
202	IDCZAK-BOREK Hania	429		K40	41	00:00:49	00:29:19.00	00:30:08.75	+00:10:58 (37.5%)	5:51	10.2 (62.2%)
203	BRAĞIEL Anna	401	VEGE RUNNERS	K30	70	00:00:41	00:29:22.60	00:30:04.55	+00:11:02 (37.6%)	5:52	10.2 (62.2%)
204	DOMERACKA Oliwia	114	MLKS TUCHOLANKA TUCHOLA	K20	65	00:00:59	00:29:25.50	00:30:25.25	+00:11:05 (37.7%)	5:53	10.2 (62.2%)
205	FILIPEK Mirosława	16	PTASIE MLECZKA	K40	42	00:00:24	00:29:27.70	00:29:51.75	+00:11:07 (37.8%)	5:53	10.2 (62.2%)
206	WAWRZYNIAK Karolina	324		K30	71	00:00:21	00:29:31.30	00:29:52.45	+00:11:11 (37.9%)	5:54	10.2 (62.2%)
207	SKRZĄTEK Anna	1147		K40	43	00:01:14	00:29:31.45	00:30:45.85	+00:11:11 (37.9%)	5:54	10.2 (62.2%)
208	REREK Agnieszka	531		K20	66	00:00:40	00:29:31.70	00:30:11.70	+00:11:11 (37.9%)	5:54	10.2 (62.2%)
209	PIKULIK Natalia	83		K30	72	00:00:24	00:29:32.30	00:29:57.15	+00:11:12 (37.9%)	5:54	10.2 (62.2%)
210	CHROMIŃSKA Paulina	1079		K20	67	00:00:07	00:29:33.85	00:29:41.00	+00:11:13 (38.0%)	5:54	10.1 (61.6%)
211	BUSKA Aleksandra	918		K20	68	00:00:46	00:29:34.75	00:30:21.70	+00:11:14 (38.0%)	5:55	10.1 (61.6%)
212	MEGER Agnieszka	228		K40	44	00:00:26	00:29:36.50	00:30:02.55	+00:11:16 (38.1%)	5:55	10.1 (61.6%)
213	PIETRUSZKIEWICZ Klaudia	235		K20	69	00:01:06	00:29:38.60	00:30:45.25	+00:11:18 (38.1%)	5:55	10.1 (61.6%)
214	CISZEWSKA Emilia	362		K30	73	00:00:39	00:29:38.80	00:30:18.45	+00:11:18 (38.1%)	5:55	10.1 (61.6%)
215	ANDRZEJEWSKA Joanna	912		K40	45	00:00:31	00:29:40.85	00:30:12.15	+00:11:20 (38.2%)	5:56	10.1 (61.6%)
216	SARNECKA Małgorzata	691	BANDA ŁYSEGO	K40	46	00:01:10	00:29:41.90	00:30:52.60	+00:11:21 (38.3%)	5:56	10.1 (61.6%)
217	DANKOWIAKOWSKA Anna	1072		K20	70	00:01:01	00:29:42.20	00:30:43.95	+00:11:22 (38.3%)	5:56	10.1 (61.6%)
218	LEWANDOWSKA Magdalena	690	BANDA ŁYSEGO	K30	74	00:01:10	00:29:42.35	00:30:52.95	+00:11:22 (38.3%)	5:56	10.1 (61.6%)
219	POCZWARDOWSKA Wioletta	810		K40	47	00:00:38	00:29:45.50	00:30:23.60	+00:11:25 (38.4%)	5:57	10.1 (61.6%)
220	DĘBICKA Joanna	272	KK ASTORIA	K20	71	00:01:27	00:29:45.75	00:31:13.15	+00:11:25 (38.4%)	5:57	10.1 (61.6%)
221	SOBOTA Beata	480		K30	75	00:00:19	00:29:46.50	00:30:06.25	+00:11:26 (38.4%)	5:57	10.1 (61.6%)
222	FRELICHOWSKA Karolina	130	CB163	K30	76	00:01:39	00:29:46.70	00:31:25.95	+00:11:26 (38.4%)	5:57	10.1 (61.6%)
223	MŁYNARCZYK Monika	493		K20	72	00:00:42	00:29:47.40	00:30:29.65	+00:11:27 (38.4%)	5:57	10.1 (61.6%)
224	JAROSZEWSKA Małgorzata	902		K30	77	00:00:56	00:29:49.35	00:30:45.75	+00:11:29 (38.5%)	5:57	10.1 (61.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
225	GRZYWACZ Karolina	766		K30	78	00:00:09	00:29:51.80	00:30:01.10	+00:11:31 (38.6%)	5:58	10 (61.0%)
226	SZYDŁOWSKA Beata	823	KLUB ZDROWIA	K50	9	00:00:37	00:29:52.40	00:30:29.85	+00:11:32 (38.6%)	5:58	10 (61.0%)
227	SZCZEPAŃSKA-DOLNA Edyta	522		K40	48	00:00:50	00:29:53.30	00:30:43.35	+00:11:33 (38.6%)	5:58	10 (61.0%)
228	WIŚNIEWSKA Lucyna	679		K50	10	00:00:21	00:29:54.80	00:30:16.45	+00:11:34 (38.7%)	5:59	10 (61.0%)
229	OTT Małgorzata	110		K18	4	00:00:57	00:29:57.70	00:30:55.50	+00:11:37 (38.8%)	5:59	10 (61.0%)
230	OŹGA Agnieszka	13	NOKIA BYDGOSZCZ	K30	79	00:00:48	00:29:57.80	00:30:46.15	+00:11:37 (38.8%)	5:59	10 (61.0%)
231	RATAJCZAK Arleta	1168		K40	49	00:00:33	00:29:59.30	00:30:32.30	+00:11:39 (38.9%)	5:59	10 (61.0%)
232	MAĆKOWIAK Magdalena	332	LUXTORPEDY	K30	80	00:00:49	00:30:01.15	00:30:51.10	+00:11:40 (38.9%)	6:00	10 (61.0%)
233	PAPROCKA Małgorzata	873		K50	11	00:01:03	00:30:02.00	00:31:05.80	+00:11:41 (38.9%)	6:00	10 (61.0%)
234	MYK-KOPACZ Agnieszka	941		K30	81	00:01:04	00:30:02.10	00:31:06.85	+00:11:41 (38.9%)	6:00	10 (61.0%)
235	CZARNECKA -PIJAROWSKA Dominika	1181	WUJEK PORADA TEAM	K30	82	00:00:36	00:30:03.45	00:30:39.80	+00:11:43 (39.0%)	6:00	10 (61.0%)
236	WRÓBLEWSKA Oliwia	833		K10	14	00:00:58	00:30:04.85	00:31:03.65	+00:11:44 (39.0%)	6:01	10 (61.0%)
237	RYDELSKA Kinga	327		K40	50	00:00:55	00:30:06.10	00:31:01.70	+00:11:45 (39.1%)	6:01	10 (61.0%)
238	DRESLERSKA Agnieszka	730		K30	83	00:00:37	00:30:08.45	00:30:45.55	+00:11:48 (39.2%)	6:01	10 (61.0%)
239	KOWALSKA Justyna	1062	BIEGAJĄCE PSYCHOPATKI	K20	73	00:01:43	00:30:10.00	00:31:53.45	+00:11:49 (39.2%)	6:02	9.9 (60.4%)
240	PLUTKA Martyna	413		K20	74	00:00:51	00:30:10.50	00:31:01.50	+00:11:50 (39.2%)	6:02	9.9 (60.4%)
241	PRZEWOŹNIAK Marta	19		K20	75	00:00:29	00:30:11.00	00:30:40.90	+00:11:50 (39.2%)	6:02	9.9 (60.4%)
242	SAPALSKA Michalina	213		K20	76	00:00:45	00:30:11.85	00:30:57.40	+00:11:51 (39.3%)	6:02	9.9 (60.4%)
243	MICHALSKA Aleksandra	570		K40	51	00:00:44	00:30:16.75	00:31:01.70	+00:11:56 (39.4%)	6:03	9.9 (60.4%)
244	SZTEJKA Jolanta	374	BENEFITKSO	K40	52	00:01:24	00:30:18.05	00:31:42.90	+00:11:57 (39.5%)	6:03	9.9 (60.4%)
245	PADZIKOWSKA Agnieszka	447		K30	84	00:01:42	00:30:18.10	00:32:00.85	+00:11:57 (39.5%)	6:03	9.9 (60.4%)
246	WUDNIAK Agnieszka	615		K40	53	00:00:24	00:30:21.00	00:30:45.55	+00:12:00 (39.6%)	6:04	9.9 (60.4%)
247	NOSKOWIAK-BAJNO Alicja	361		K30	85	00:00:30	00:30:22.35	00:30:53.00	+00:12:02 (39.6%)	6:04	9.9 (60.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
248	KOSTRZEWSKA Agata	1049		K30	86	00:00:36	00:30:23.00	00:30:59.15	+00:12:02 (39.6%)	6:04	9.9 (60.4%)
249	ZADWORNA Kasia	903		K30	87	00:00:56	00:30:25.05	00:31:21.30	+00:12:04 (39.7%)	6:05	9.9 (60.4%)
250	MAJEWSKA Aleksandra	12	TEBI	K20	77	00:01:37	00:30:25.75	00:32:02.90	+00:12:05 (39.7%)	6:05	9.9 (60.4%)
251	KROLL Agnieszka	1110	RUN BYDGOSZCZ	K20	78	00:00:53	00:30:27.70	00:31:21.15	+00:12:07 (39.8%)	6:05	9.8 (59.8%)
252	ROGALSKA Marcelina	1319		K20	79	00:00:34	00:30:28.55	00:31:02.85	+00:12:08 (39.8%)	6:05	9.8 (59.8%)
253	KONOPIŃSKA Agnieszka	544		K30	88	00:00:26	00:30:32.25	00:30:58.50	+00:12:12 (40.0%)	6:06	9.8 (59.8%)
254	TOKARSKA Alicja	147	VEGE RUNNERS	K30	89	00:01:21	00:30:32.65	00:31:54.05	+00:12:12 (40.0%)	6:06	9.8 (59.8%)
255	RZEŹNIKOWSKA Anna	776		K30	90	00:01:51	00:30:32.95	00:32:24.20	+00:12:12 (40.0%)	6:06	9.8 (59.8%)
256	ZAMIATOWSKA Kinga	515	BELLA LINE BDB	K40	54	00:00:25	00:30:33.20	00:30:58.55	+00:12:13 (40.0%)	6:06	9.8 (59.8%)
257	OSTROWSKA Justyna	195		K30	91	00:01:51	00:30:34.20	00:32:25.70	+00:12:14 (40.0%)	6:06	9.8 (59.8%)
258	CENTKOWSKA Ewelina	1292		K30	92	00:01:44	00:30:34.50	00:32:18.65	+00:12:14 (40.0%)	6:06	9.8 (59.8%)
259	STANISZEWSKA Joanna	1290		K30	93	00:01:44	00:30:34.80	00:32:18.80	+00:12:14 (40.0%)	6:06	9.8 (59.8%)
260	FELKNER Alicja	938		K10	15	00:00:48	00:30:36.65	00:31:25.25	+00:12:16 (40.1%)	6:07	9.8 (59.8%)
261	SZOŁDRA Marta	226	WPL BYDGOSZCZ	K20	80	00:01:04	00:30:41.95	00:31:46.20	+00:12:21 (40.3%)	6:08	9.8 (59.8%)
262	KOTŁĘGA Agata	1305		K20	81	00:00:44	00:30:43.50	00:31:28.15	+00:12:23 (40.3%)	6:08	9.8 (59.8%)
263	JANIC Dagmara	861		K10	16	00:00:46	00:30:46.80	00:31:32.95	+00:12:26 (40.4%)	6:09	9.8 (59.8%)
264	KULCZYK Żaneta	18	TEBI	K20	82	00:01:37	00:30:49.35	00:32:26.80	+00:12:29 (40.5%)	6:09	9.7 (59.1%)
265	STREICH Marlena	607	CALISTHENICS ACADEMY	K20	83	00:00:35	00:30:49.85	00:31:25.05	+00:12:29 (40.5%)	6:10	9.7 (59.1%)
266	RUTKOWSKA Weronika	848		K20	84	00:00:54	00:30:50.00	00:31:44.65	+00:12:29 (40.5%)	6:10	9.7 (59.1%)
267	JAROMIRSKA Karolina	1064		K20	85	00:00:33	00:30:50.20	00:31:23.25	+00:12:30 (40.5%)	6:10	9.7 (59.1%)
268	WIŚNIEWSKA-KACZOR Iga	175		K30	94	00:01:07	00:30:50.70	00:31:58.45	+00:12:30 (40.6%)	6:10	9.7 (59.1%)
269	RUTKOWSKA Natalia	867		K20	86	00:00:54	00:30:50.80	00:31:44.80	+00:12:30 (40.6%)	6:10	9.7 (59.1%)
270	ŁASICKA Katarzyna	106	TEBI	K40	55	00:01:38	00:30:51.55	00:32:29.60	+00:12:31 (40.6%)	6:10	9.7 (59.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
271	RUTKOWSKA Kinga	865		K20	87	00:00:53	00:30:54.85	00:31:48.55	+00:12:34 (40.7%)	6:11	9.7 (59.1%)
272	STEFAŃSKA Wiesława	563		K30	95	00:01:14	00:30:57.15	00:32:11.75	+00:12:36 (40.8%)	6:11	9.7 (59.1%)
273	JANIC Joanna	853		K40	56	00:00:46	00:30:58.70	00:31:45.05	+00:12:38 (40.8%)	6:11	9.7 (59.1%)
274	PACYNA Ewa	206		K20	88	00:01:09	00:31:01.55	00:32:11.20	+00:12:41 (40.9%)	6:12	9.7 (59.1%)
275	BUDZIAK Zuzanna	337		K10	17	00:01:41	00:31:03.90	00:32:45.05	+00:12:43 (41.0%)	6:12	9.7 (59.1%)
276	BUDZIŃSKA Anita	759		K40	57	00:00:21	00:31:04.30	00:31:26.10	+00:12:44 (41.0%)	6:13	9.7 (59.1%)
277	GOŁATA Agnieszka	70	WILCZA WATAHA	K30	96	00:01:08	00:31:04.50	00:32:12.65	+00:12:44 (41.0%)	6:12	9.7 (59.1%)
278	DANIELEK Ewa	108		K30	97	00:01:11	00:31:05.85	00:32:17.50	+00:12:45 (41.0%)	6:13	9.6 (58.5%)
279	KRUSIK Aleksandra	536	ALBATROSY	K20	89	00:00:24	00:31:05.95	00:31:30.25	+00:12:45 (41.0%)	6:13	9.6 (58.5%)
280	WÓJCIK Anna	123		K30	98	00:00:30	00:31:07.20	00:31:37.65	+00:12:47 (41.1%)	6:13	9.6 (58.5%)
281	KŁOBUKOWSKA Patrycja	658		K20	90	00:00:52	00:31:08.90	00:32:01.55	+00:12:48 (41.1%)	6:13	9.6 (58.5%)
282	OKRĘGLICKA Barbara	84		K50	12	00:00:14	00:31:12.15	00:31:27.00	+00:12:51 (41.2%)	6:14	9.6 (58.5%)
283	NELKE Monika	864		K40	58	00:01:14	00:31:12.45	00:32:27.40	+00:12:52 (41.2%)	6:14	9.6 (58.5%)
284	SOBOTA Gracja	454		K30	99	00:01:18	00:31:13.15	00:32:31.75	+00:12:52 (41.3%)	6:14	9.6 (58.5%)
285	STELAK-KOWALSKA Joanna	411		K30	100	00:01:08	00:31:14.55	00:32:23.20	+00:12:54 (41.3%)	6:15	9.6 (58.5%)
286	SZCZEPANIAK Natalia	640		K30	101	00:01:23	00:31:17.20	00:32:40.65	+00:12:57 (41.4%)	6:15	9.6 (58.5%)
287	KRAWCZYK Martyna	1260		K20	91	00:01:10	00:31:18.60	00:32:28.95	+00:12:58 (41.4%)	6:15	9.6 (58.5%)
288	ZUZA-WITKOWSKA Anna	1000	KTR MASA TURYSTYCZNA	K40	59	00:01:26	00:31:19.20	00:32:45.85	+00:12:59 (41.5%)	6:15	9.6 (58.5%)
289	DROŹNIEWSKA Ada	1308		K20	92	00:00:38	00:31:20.10	00:31:58.65	+00:12:59 (41.5%)	6:16	9.6 (58.5%)
290	DZIEWIECZYŃSKA Arleta	1169		K30	102	00:00:27	00:31:22.15	00:31:49.20	+00:13:01 (41.5%)	6:16	9.6 (58.5%)
291	MUCHA-BOINSKA Anna	993		K30	103	00:00:43	00:31:22.95	00:32:06.90	+00:13:02 (41.6%)	6:16	9.6 (58.5%)
292	FELKNER Sylwia	936		K40	60	00:01:01	00:31:23.15	00:32:24.75	+00:13:02 (41.6%)	6:16	9.6 (58.5%)
293	JASIACZYK Krystyna	1252	BBL INOWROCŁAW	K50	13	00:01:18	00:31:24.25	00:32:42.25	+00:13:04 (41.6%)	6:16	9.6 (58.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
294	PIÓRKOWSKA Aga	27	BRB BYDGOSZCZ	K40	61	00:00:45	00:31:27.65	00:32:13.50	+00:13:07 (41.7%)	6:17	9.5 (57.9%)
295	GAJEWSKA Monika	1190		K30	104	00:01:40	00:31:28.00	00:33:08.70	+00:13:07 (41.7%)	6:17	9.5 (57.9%)
296	KOWALSKA Magdalena	390		K20	93	00:01:44	00:31:28.05	00:33:12.40	+00:13:07 (41.7%)	6:17	9.5 (57.9%)
297	LEBA Monika	244		K20	94	00:01:43	00:31:28.55	00:33:12.45	+00:13:08 (41.7%)	6:17	9.5 (57.9%)
298	FARBOTKO Amelia	1284	FARBOTKI	K10	18	00:01:42	00:31:29.05	00:33:11.10	+00:13:08 (41.8%)	6:17	9.5 (57.9%)
299	ZYGMUNT Paulina	172		K20	95	00:01:39	00:31:29.10	00:33:08.85	+00:13:08 (41.8%)	6:17	9.5 (57.9%)
300	FLORCZAK Monika	704		K40	62	00:01:04	00:31:29.80	00:32:34.10	+00:13:09 (41.8%)	6:18	9.5 (57.9%)
301	KATLEWSKA Marika	163		K30	105	00:01:08	00:31:30.50	00:32:38.80	+00:13:10 (41.8%)	6:18	9.5 (57.9%)
302	SŁOWIŃSKA Joanna	930		K40	63	00:01:09	00:31:31.10	00:32:40.95	+00:13:10 (41.8%)	6:18	9.5 (57.9%)
303	MIKOŁAJCZAK Aleksandra	161	SOLECCY BIEGACZE	K40	64	00:00:45	00:31:31.90	00:32:17.45	+00:13:11 (41.8%)	6:18	9.5 (57.9%)
304	FARBOTKO Amelia	1283	FARBOTKI	K10	19	00:01:43	00:31:33.05	00:33:16.45	+00:13:12 (41.9%)	6:18	9.5 (57.9%)
305	FARBOTKO Ania	1282	FARBOTKI	K40	65	00:01:43	00:31:33.10	00:33:16.15	+00:13:12 (41.9%)	6:18	9.5 (57.9%)
306	PULKOWSKA Natalia	707		K30	106	00:01:04	00:31:35.90	00:32:40.00	+00:13:15 (42.0%)	6:19	9.5 (57.9%)
307	NAWROCKA Joanna	713	VAUPE TEAM	K30	107	00:00:58	00:31:37.00	00:32:35.95	+00:13:16 (42.0%)	6:19	9.5 (57.9%)
308	KUBICKA Sandra	1063	BIEGAJĄCE PSYCHOPATKI	K20	96	00:01:42	00:31:40.75	00:33:23.10	+00:13:20 (42.1%)	6:20	9.5 (57.9%)
309	JUAN Lea	1340		K20	97	00:00:52	00:31:40.85	00:32:33.80	+00:13:20 (42.1%)	6:20	9.5 (57.9%)
310	MAJKA Jagoda	1241		K30	108	00:01:46	00:31:41.10	00:33:28.05	+00:13:20 (42.1%)	6:20	9.5 (57.9%)
311	DOBRZAŃSKA Anna	104		K20	98	00:01:38	00:31:42.20	00:33:20.95	+00:13:22 (42.2%)	6:20	9.5 (57.9%)
312	KORZENIOWSKA Beata	1197	EMOTION	K40	66	00:00:35	00:31:42.30	00:32:18.05	+00:13:22 (42.2%)	6:20	9.5 (57.9%)
313	TUBAJA Anita	1088	KABEL TEAM BYDGOSZCZ	K40	67	00:00:39	00:31:45.20	00:32:25.00	+00:13:25 (42.3%)	6:21	9.4 (57.3%)
314	URBAŃSKA Agnieszka	697		K30	109	00:00:47	00:31:48.00	00:32:35.40	+00:13:27 (42.3%)	6:21	9.4 (57.3%)
315	WITKOWSKA Karolina	1157		K40	68	00:01:21	00:31:48.65	00:33:10.45	+00:13:28 (42.4%)	6:21	9.4 (57.3%)
316	GRZECHOWIAK Ania	403		K20	99	00:01:21	00:31:52.80	00:33:14.70	+00:13:32 (42.5%)	6:22	9.4 (57.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
317	ZAWORSKA Anna	491		K20	100	00:00:24	00:31:54.45	00:32:19.40	+00:13:34 (42.5%)	6:23	9.4 (57.3%)
318	LEWANDOWSKA Beata	1119		K40	69	00:01:15	00:31:55.65	00:33:11.05	+00:13:35 (42.6%)	6:23	9.4 (57.3%)
319	SOŁOBODOWSKA Weronika	1137		K20	101	00:01:05	00:31:56.25	00:33:01.75	+00:13:36 (42.6%)	6:23	9.4 (57.3%)
320	WICHROWSKA Marta	1244		K20	102	00:00:26	00:31:58.95	00:32:25.30	+00:13:38 (42.7%)	6:23	9.4 (57.3%)
321	BETKA Marta	1115		K30	110	00:01:35	00:32:00.00	00:33:35.05	+00:13:39 (42.7%)	6:24	9.4 (57.3%)
322	JAGOS Olimpia	1116		K20	103	00:01:34	00:32:00.35	00:33:35.30	+00:13:40 (42.7%)	6:24	9.4 (57.3%)
323	KUJAWA Iwona	431		K30	111	00:01:09	00:32:02.50	00:33:11.60	+00:13:42 (42.8%)	6:24	9.4 (57.3%)
324	ŻARNOCH Patrycja	1271		K20	104	00:00:13	00:32:06.40	00:32:20.20	+00:13:46 (42.9%)	6:25	9.3 (56.7%)
325	TEWS Marzena	866		K40	70	00:01:01	00:32:08.85	00:33:10.00	+00:13:48 (43.0%)	6:25	9.3 (56.7%)
326	OSTROWSKA Renata	711		K30	112	00:01:00	00:32:09.15	00:33:09.80	+00:13:48 (43.0%)	6:25	9.3 (56.7%)
327	ORZECZOWSKA Agnieszka	1265		K30	113	00:00:26	00:32:12.65	00:32:39.40	+00:13:52 (43.1%)	6:26	9.3 (56.7%)
328	KUŹNIAR Melisa	478		K20	105	00:00:58	00:32:18.00	00:33:16.60	+00:13:57 (43.2%)	6:27	9.3 (56.7%)
329	ZŁAKOWSKA Sandra	1360		K20	106	00:01:00	00:32:19.20	00:33:19.45	+00:13:59 (43.3%)	6:27	9.3 (56.7%)
330	ZŁAKOWSKA Amelia	1359		K10	20	00:01:00	00:32:20.05	00:33:20.40	+00:13:59 (43.3%)	6:28	9.3 (56.7%)
331	NOWAKOWSKA Sylwia	388		K40	71	00:01:12	00:32:20.40	00:33:33.05	+00:14:00 (43.3%)	6:28	9.3 (56.7%)
332	GRABOWSKA Ilona	47		K30	114	00:01:06	00:32:20.70	00:33:27.45	+00:14:00 (43.3%)	6:28	9.3 (56.7%)
333	RÓŻAŃSKA Marta	220		K30	115	00:01:38	00:32:22.95	00:34:01.85	+00:14:02 (43.4%)	6:28	9.3 (56.7%)
334	GROBELNA Ida	1007		K20	107	00:01:35	00:32:26.15	00:34:01.70	+00:14:05 (43.5%)	6:29	9.2 (56.1%)
335	MARĆ Agnieszka	1234		K40	72	00:01:27	00:32:26.35	00:33:53.90	+00:14:06 (43.5%)	6:29	9.2 (56.1%)
336	MARĆ Klara	1236		K10	21	00:01:27	00:32:26.45	00:33:53.75	+00:14:06 (43.5%)	6:29	9.2 (56.1%)
337	ŻMICH Aleksandra	806		K30	116	00:01:13	00:32:28.65	00:33:41.90	+00:14:08 (43.5%)	6:29	9.2 (56.1%)
338	BIELUSZEWSKA Mirela	65		K30	117	00:01:32	00:32:29.40	00:34:01.60	+00:14:09 (43.6%)	6:29	9.2 (56.1%)
339	MICHTA Iwona	387	SPÓJNIA BIAŁE BŁOTA	K30	118	00:01:32	00:32:29.55	00:34:01.90	+00:14:09 (43.6%)	6:29	9.2 (56.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
340	STĘPKOWSKA Izabela	11	TEBI	K40	73	00:01:44	00:32:31.30	00:34:15.95	+00:14:11 (43.6%)	6:30	9.2 (56.1%)
341	KOSZCZYŃSKA Kinga	275		K30	119	00:01:51	00:32:33.90	00:34:25.35	+00:14:13 (43.7%)	6:30	9.2 (56.1%)
342	TWARDOWSKA Katarzyna	827		K40	74	00:01:16	00:32:40.75	00:33:56.90	+00:14:20 (43.9%)	6:32	9.2 (56.1%)
343	SUDOŁ Karolina	185		K40	75	00:01:22	00:32:41.60	00:34:04.55	+00:14:21 (43.9%)	6:32	9.2 (56.1%)
344	BANASZAK Arleta	1105		K40	76	00:01:12	00:32:41.90	00:33:54.65	+00:14:21 (43.9%)	6:32	9.2 (56.1%)
345	SOBACKA Kamila	134	GALERIA WHISKY	K30	120	00:01:09	00:32:42.70	00:33:52.65	+00:14:22 (43.9%)	6:32	9.2 (56.1%)
346	BUCHOLC Dominika	1155		K18	5	00:00:36	00:32:42.90	00:33:19.15	+00:14:22 (44.0%)	6:32	9.2 (56.1%)
347	BARANOWSKA Izabela	448	DECATHLON TEAM INOWROCŁAW	K50	14	00:00:35	00:32:43.40	00:33:19.15	+00:14:23 (44.0%)	6:32	9.2 (56.1%)
348	MAGIEROWSKA-GRUBICH Daria	751		K30	121	00:01:17	00:32:44.05	00:34:01.10	+00:14:23 (44.0%)	6:32	9.2 (56.1%)
349	GRABSKA Patrycja	846		K20	108	00:00:43	00:32:47.75	00:33:31.35	+00:14:27 (44.1%)	6:33	9.1 (55.5%)
350	PLUCIŃSKA-HUK Aleksandra	787	PACTUM	K40	77	00:01:33	00:32:53.55	00:34:26.95	+00:14:33 (44.3%)	6:34	9.1 (55.5%)
351	SZALA Monika	39		K30	122	00:00:51	00:32:55.20	00:33:46.85	+00:14:35 (44.3%)	6:35	9.1 (55.5%)
351	NADRAJKOWSKA Joanna	90		K30	123	00:01:28	00:32:55.20	00:34:23.65	+00:14:35 (44.3%)	6:35	9.1 (55.5%)
353	TUBISZ Agnieszka	738		K30	124	00:00:51	00:32:55.50	00:33:47.15	+00:14:35 (44.3%)	6:35	9.1 (55.5%)
354	KLUGIEWICZ Dorota	758		K40	78	00:01:08	00:32:56.45	00:34:04.85	+00:14:36 (44.3%)	6:35	9.1 (55.5%)
355	WOŹNIACKA Beata	407	AZYL DLA JEŻY	K50	15	00:01:18	00:32:57.60	00:34:15.70	+00:14:37 (44.4%)	6:35	9.1 (55.5%)
356	GROT Monika	21		K30	125	00:01:59	00:32:58.40	00:34:58.10	+00:14:38 (44.4%)	6:35	9.1 (55.5%)
357	ŚWIDER Patrycja	143	ARMIA CHRYSYUSA	K20	109	00:01:32	00:32:59.30	00:34:31.65	+00:14:39 (44.4%)	6:35	9.1 (55.5%)
358	PIÓRKOWSKA Anna	331		K40	79	00:00:47	00:33:02.30	00:33:50.25	+00:14:42 (44.5%)	6:36	9.1 (55.5%)
359	ZALEWSKA Paulina	797		K30	126	00:01:09	00:33:04.90	00:34:14.25	+00:14:44 (44.6%)	6:37	9.1 (55.5%)
360	CZERENKIEWICZ Magdalena	465		K20	110	00:01:27	00:33:10.30	00:34:37.85	+00:14:50 (44.7%)	6:38	9 (54.9%)
361	ŁADNIAK Bernadeta	1225		K30	127	00:00:54	00:33:10.90	00:34:05.50	+00:14:50 (44.7%)	6:38	9 (54.9%)
362	WANKE Marzena	310		K40	80	00:01:25	00:33:12.35	00:34:38.00	+00:14:52 (44.8%)	6:38	9 (54.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
363	GROSZEWSKA Mirela	1130	RUNTEAMPRUSZCZ	K40	81	00:01:13	00:33:13.80	00:34:27.50	+00:14:53 (44.8%)	6:38	9 (54.9%)
364	KRANC Magdalena	1102		K20	111	00:01:49	00:33:14.20	00:35:03.20	+00:14:54 (44.8%)	6:38	9 (54.9%)
365	LEWANDOWSKA Magdalena	626	ATOS BYDGOSZCZ	K20	112	00:01:06	00:33:17.75	00:34:24.20	+00:14:57 (44.9%)	6:39	9 (54.9%)
366	NOWAK Anna	78		K20	113	00:00:29	00:33:19.60	00:33:49.00	+00:14:59 (45.0%)	6:40	9 (54.9%)
367	NOWAK Mariola	64		K40	82	00:00:28	00:33:20.10	00:33:48.95	+00:14:59 (45.0%)	6:40	9 (54.9%)
368	BOJARSKA Bożena	620		K40	83	00:00:47	00:33:27.10	00:34:14.50	+00:15:06 (45.2%)	6:41	9 (54.9%)
369	MAJORKOWSKA Anna	1274		K40	84	00:00:38	00:33:29.35	00:34:07.55	+00:15:09 (45.2%)	6:41	9 (54.9%)
370	FABIANOWSKA Karolina	1297		K30	128	00:01:09	00:33:29.70	00:34:39.65	+00:15:09 (45.3%)	6:42	9 (54.9%)
371	GÓZDŹ Hanna	560	JAŚ BIEGA	K60	5	00:00:44	00:33:30.00	00:34:14.95	+00:15:09 (45.3%)	6:42	9 (54.9%)
372	DZBANUSZEK Joanna	1228		K20	114	00:00:22	00:33:31.60	00:33:54.20	+00:15:11 (45.3%)	6:42	8.9 (54.3%)
373	KARDASIŃSKA Marta	740		K20	115	00:01:34	00:33:32.30	00:35:06.65	+00:15:12 (45.3%)	6:42	8.9 (54.3%)
374	GWIZDAŁA Katarzyna	1307		K40	85	00:00:44	00:33:32.95	00:34:17.15	+00:15:12 (45.3%)	6:42	8.9 (54.3%)
375	KRAJEWSKA Katarzyna	131		K30	129	00:01:20	00:33:33.05	00:34:53.30	+00:15:12 (45.3%)	6:42	8.9 (54.3%)
376	JĘDRYCZKA Dorota	132		K30	130	00:01:20	00:33:33.15	00:34:53.35	+00:15:12 (45.3%)	6:42	8.9 (54.3%)
377	ŻURAWSKA Marta	62		K30	131	00:01:19	00:33:33.80	00:34:53.20	+00:15:13 (45.4%)	6:42	8.9 (54.3%)
378	OSIŃSKA Justyna	129	PRZYCHODNIA ROMET	K20	116	00:01:43	00:33:39.25	00:35:22.75	+00:15:19 (45.5%)	6:43	8.9 (54.3%)
379	NUNZEK Agnieszka	860		K40	86	00:02:04	00:33:41.85	00:35:46.00	+00:15:21 (45.6%)	6:44	8.9 (54.3%)
380	RYBKA Aldona	444	BIEGINSTALATORA.PL	K40	87	00:02:04	00:33:41.95	00:35:46.40	+00:15:21 (45.6%)	6:44	8.9 (54.3%)
381	WŁODARCZYK Olga	234	#TEAMFARFALLA	K20	117	00:02:03	00:33:42.35	00:35:46.20	+00:15:22 (45.6%)	6:44	8.9 (54.3%)
382	KOŁC Katarzyna	543	POLI-FAX UL. BOCZNA 10	K40	88	00:01:15	00:33:44.10	00:34:59.85	+00:15:23 (45.6%)	6:44	8.9 (54.3%)
383	NOWAKOWSKA Marta	821	DEAF	K30	132	00:00:30	00:33:47.70	00:34:17.75	+00:15:27 (45.7%)	6:45	8.9 (54.3%)
384	MATUSZEWSKA Monika	587		K30	133	00:01:39	00:33:51.90	00:35:31.25	+00:15:31 (45.9%)	6:46	8.9 (54.3%)
385	CIECHOŃSKA Karina	402		K40	89	00:01:38	00:33:52.70	00:35:31.15	+00:15:32 (45.9%)	6:46	8.9 (54.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
386	TOMCZAK Marzena	188		K20	118	00:00:59	00:33:56.65	00:34:56.60	+00:15:36 (46.0%)	6:47	8.8 (53.7%)
387	KIERASZEWICZ Daria	1304		K30	134	00:01:38	00:33:58.30	00:35:36.90	+00:15:38 (46.0%)	6:47	8.8 (53.7%)
388	WALEWSKA Magdalena	1268		K30	135	00:00:31	00:34:00.35	00:34:31.35	+00:15:40 (46.1%)	6:48	8.8 (53.7%)
389	REINKE Joanna	840		K30	136	00:00:52	00:34:01.35	00:34:53.50	+00:15:41 (46.1%)	6:48	8.8 (53.7%)
390	DOBRACKA Anna	56		K20	119	00:00:47	00:34:01.75	00:34:49.10	+00:15:41 (46.1%)	6:48	8.8 (53.7%)
391	BIERYT Magdalena	445	POLI-FAX UL. BOCZNA 10	K20	120	00:01:15	00:34:02.35	00:35:17.35	+00:15:42 (46.1%)	6:48	8.8 (53.7%)
392	KOBYLARZ Małgorzata	921		K20	121	00:01:30	00:34:03.90	00:35:34.15	+00:15:43 (46.2%)	6:48	8.8 (53.7%)
393	FLOREK Magdalena	67	RUNADDICTS	K50	16	00:01:52	00:34:10.85	00:36:03.65	+00:15:50 (46.4%)	6:50	8.8 (53.7%)
394	RASSALSKA Roma	49		K40	90	00:01:24	00:34:11.70	00:35:36.45	+00:15:51 (46.4%)	6:50	8.8 (53.7%)
395	GRABSKA Sylwia	241		K20	122	00:00:43	00:34:11.90	00:34:55.25	+00:15:51 (46.4%)	6:50	8.8 (53.7%)
396	JODŁOWSKA Marta	1094		K10	22	00:00:39	00:34:12.85	00:34:52.60	+00:15:52 (46.4%)	6:50	8.8 (53.7%)
397	RASSALSKA-KAUSA Jola	10		K40	91	00:01:24	00:34:23.15	00:35:47.65	+00:16:02 (46.7%)	6:52	8.7 (53.0%)
398	JAROCH Magdalena	355	ZS 19	K30	137	00:01:23	00:34:23.50	00:35:47.15	+00:16:03 (46.7%)	6:52	8.7 (53.0%)
399	STĘPSKA Krystyna	171		K40	92	00:00:49	00:34:24.55	00:35:14.25	+00:16:04 (46.7%)	6:53	8.7 (53.0%)
400	KOSIŃSKA Magdalena	914		K30	138	00:01:36	00:34:26.25	00:36:02.25	+00:16:06 (46.8%)	6:53	8.7 (53.0%)
401	ANDRZEJCZAK Natalia	818		K20	123	00:00:36	00:34:26.45	00:35:03.30	+00:16:06 (46.8%)	6:53	8.7 (53.0%)
402	RESZELA Marta	642		K30	139	00:01:03	00:34:30.45	00:35:34.40	+00:16:10 (46.9%)	6:54	8.7 (53.0%)
403	RESZELA Aleksandra	597		K30	140	00:01:03	00:34:31.05	00:35:34.60	+00:16:10 (46.9%)	6:54	8.7 (53.0%)
404	RUBASZEWSKA Magdalena	393		K30	141	00:01:35	00:34:33.55	00:36:09.00	+00:16:13 (46.9%)	6:54	8.7 (53.0%)
405	JURCZYK Anna	987		K40	93	00:01:45	00:34:35.40	00:36:20.80	+00:16:15 (47.0%)	6:55	8.7 (53.0%)
406	ZELEK Aleksandra	61		K40	94	00:00:50	00:34:35.50	00:35:26.05	+00:16:15 (47.0%)	6:55	8.7 (53.0%)
407	KORDAS-LEWANDOWSKA Agnieszka	631		K30	142	00:01:31	00:34:35.80	00:36:07.65	+00:16:15 (47.0%)	6:55	8.7 (53.0%)
408	ZNANIECKA Dominika	575	BYĆ MOŻE	K30	143	00:01:42	00:34:52.85	00:36:35.75	+00:16:32 (47.4%)	6:58	8.6 (52.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
409	GÓRAS Sandra	1186		K20	124	00:00:49	00:34:57.70	00:35:47.15	+00:16:37 (47.6%)	6:59	8.6 (52.4%)
410	GÓRAS Monika	1185		K20	125	00:00:49	00:34:57.75	00:35:47.00	+00:16:37 (47.6%)	6:59	8.6 (52.4%)
411	WIŚNIEWSKA Ewa	394		K50	17	00:01:05	00:34:59.45	00:36:05.20	+00:16:39 (47.6%)	7:00	8.6 (52.4%)
412	KAMIŃSKA Monika	586		K30	144	00:01:24	00:35:01.15	00:36:25.25	+00:16:40 (47.6%)	7:00	8.6 (52.4%)
413	WYPYCH-KLUNDER Katarzyna	1083		K30	145	00:00:37	00:35:04.10	00:35:41.35	+00:16:43 (47.7%)	7:00	8.6 (52.4%)
414	SMOLEŃ Joanna	574		K40	95	00:01:41	00:35:04.75	00:36:46.35	+00:16:44 (47.7%)	7:01	8.6 (52.4%)
415	SENDROWICZ Gaja	365		K30	146	00:01:22	00:35:06.95	00:36:29.40	+00:16:46 (47.8%)	7:01	8.5 (51.8%)
416	PESTKA Anna	1113		K30	147	00:00:24	00:35:07.85	00:35:32.50	+00:16:47 (47.8%)	7:01	8.5 (51.8%)
417	PIEKUŚ Aleksandra	325		K30	148	00:00:55	00:35:23.70	00:36:18.80	+00:17:03 (48.2%)	7:04	8.5 (51.8%)
418	CIEMNY Sylwia	1138		K20	126	00:01:04	00:35:25.00	00:36:29.90	+00:17:04 (48.2%)	7:05	8.5 (51.8%)
419	MALCZEWSKA Mirka	247	SPORT FAKTORY	K60	6	00:01:37	00:35:28.05	00:37:05.50	+00:17:07 (48.3%)	7:05	8.5 (51.8%)
420	OLECHNOWICZ Aneta	975	KOCIAKI	K10	23	00:01:47	00:35:28.60	00:37:16.25	+00:17:08 (48.3%)	7:05	8.5 (51.8%)
421	MARCINIAK Jolanta	317		K40	96	00:00:45	00:35:30.00	00:36:15.85	+00:17:09 (48.3%)	7:06	8.5 (51.8%)
422	PERS Aleksandra	773		K40	97	00:01:02	00:35:30.85	00:36:33.70	+00:17:10 (48.4%)	7:06	8.4 (51.2%)
423	STACHOWSKA Aleksandra	1121		K30	149	00:00:59	00:35:32.05	00:36:31.20	+00:17:11 (48.4%)	7:06	8.4 (51.2%)
424	REMUS Sandra	273		K20	127	00:00:54	00:35:33.50	00:36:28.30	+00:17:13 (48.4%)	7:06	8.4 (51.2%)
425	REMUS Magdalena	277		K30	150	00:00:54	00:35:33.65	00:36:28.45	+00:17:13 (48.4%)	7:06	8.4 (51.2%)
426	KOCHAŃSKA Anna	1112		K30	151	00:00:24	00:35:44.10	00:36:08.70	+00:17:23 (48.7%)	7:08	8.4 (51.2%)
427	WALKOWIAK Greta	700		K50	18	00:01:09	00:35:45.55	00:36:55.20	+00:17:25 (48.7%)	7:09	8.4 (51.2%)
428	JACKOWIAK Anna	256		K60	7	00:00:32	00:35:49.75	00:36:21.95	+00:17:29 (48.8%)	7:09	8.4 (51.2%)
429	KUBOWICZ-KAMIŃSKA Hania	516	QBOWICZ RODZINNA MAFIA BIEGOWA	K30	152	00:01:16	00:35:50.55	00:37:06.95	+00:17:30 (48.8%)	7:10	8.4 (51.2%)
430	CISZEWSKA Daria	932		K20	128	00:01:36	00:35:54.45	00:37:31.10	+00:17:34 (48.9%)	7:11	8.4 (51.2%)
431	LUBIŃSKA Patrycja	349		K20	129	00:01:34	00:35:55.00	00:37:29.70	+00:17:34 (48.9%)	7:11	8.4 (51.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
432	CICHOCKA Maria	1019	CYBERMORSY	K60	8	00:01:21	00:36:02.45	00:37:24.20	+00:17:42 (49.1%)	7:12	8.3 (50.6%)
433	RÓŻYCKA Jagoda	252		K60	9	00:00:52	00:36:09.20	00:37:02.15	+00:17:49 (49.3%)	7:14	8.3 (50.6%)
434	PORA Julia	694		K18	6	00:01:17	00:36:09.35	00:37:26.40	+00:17:49 (49.3%)	7:13	8.3 (50.6%)
435	MALATYŃSKA Agnieszka	54	TEBI	K20	130	00:01:37	00:36:13.15	00:37:51.10	+00:17:52 (49.4%)	7:14	8.3 (50.6%)
436	PŁOCKA Patrycja	146		K30	153	00:00:38	00:36:34.20	00:37:12.65	+00:18:14 (49.9%)	7:18	8.2 (50.0%)
437	BŁĄŻEJEWSKA Anna	1150		K20	131	00:01:12	00:36:39.55	00:37:52.45	+00:18:19 (50.0%)	7:20	8.2 (50.0%)
438	LEWANDOWSKA Sylwia	88	BIEGAMY DLA KORNELKI	K30	154	00:00:28	00:36:40.35	00:37:08.45	+00:18:20 (50.0%)	7:20	8.2 (50.0%)
439	LEWANDOWSKA Kornelia	153	BIEGAMY DLA KORNELKI	K10	24	00:00:27	00:36:40.50	00:37:08.10	+00:18:20 (50.0%)	7:20	8.2 (50.0%)
440	KORNIK Agata	139		K50	19	00:00:54	00:36:41.15	00:37:35.80	+00:18:20 (50.0%)	7:20	8.2 (50.0%)
441	LIBERA Sabina	344		K40	98	00:01:04	00:36:42.40	00:37:46.50	+00:18:22 (50.0%)	7:20	8.2 (50.0%)
442	KLIMKIEWICZ Elżbieta	855	SETOPOOLS	K10	25	00:01:26	00:36:45.40	00:38:11.45	+00:18:25 (50.1%)	7:21	8.2 (50.0%)
443	KONARZEWSKA Hanna	541		K10	26	00:01:13	00:36:47.50	00:38:01.00	+00:18:27 (50.2%)	7:21	8.2 (50.0%)
444	KONARZEWSKA Jolanta	538		K40	99	00:01:13	00:36:47.70	00:38:01.10	+00:18:27 (50.2%)	7:21	8.2 (50.0%)
445	KUBIAK Daria	165	ARMIA CHRYSYUSA	K30	155	00:01:31	00:36:50.95	00:38:22.60	+00:18:30 (50.2%)	7:22	8.1 (49.4%)
446	KOŻŁOWSKA Natalia	1331		K30	156	00:01:30	00:37:08.35	00:38:39.10	+00:18:48 (50.6%)	7:25	8.1 (49.4%)
447	KRZEMIŃSKA Jolanta	1089		K30	157	00:01:50	00:37:12.60	00:39:02.70	+00:18:52 (50.7%)	7:26	8.1 (49.4%)
448	ŁUKOMSKA Kasia	203		K20	132	00:01:25	00:37:17.65	00:38:43.30	+00:18:57 (50.8%)	7:27	8 (48.8%)
449	KLABACHA Katarzyna	377		K40	100	00:00:27	00:37:18.20	00:37:45.80	+00:18:58 (50.8%)	7:27	8 (48.8%)
450	MULLER Bogumiła	702	STOWARZYSZENIE SERDUSZKO NA DŁONI	K50	20	00:00:06	00:37:20.40	00:37:27.25	+00:19:00 (50.9%)	7:28	8 (48.8%)
451	SUSKA Sylwia	871		K40	101	00:00:58	00:37:32.40	00:38:30.90	+00:19:12 (51.2%)	7:30	8 (48.8%)
452	JAWORSKA Kalina	625		K10	27	00:01:22	00:37:32.95	00:38:55.40	+00:19:12 (51.2%)	7:30	8 (48.8%)
453	RUDNICKA Karolina	974	TASAK TEAM	K30	158	00:01:34	00:37:53.60	00:39:27.75	+00:19:33 (51.6%)	7:34	7.9 (48.2%)
454	GRZESZAK Patrycja	889		K20	133	00:01:12	00:39:15.35	00:40:27.75	+00:20:55 (53.3%)	7:51	7.6 (46.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
455	KOŁC Jessica	629	POLI-FAX UL. BOCZNA 10	K10	28	00:01:15	00:39:16.75	00:40:31.85	+00:20:56 (53.3%)	7:51	7.6 (46.3%)
456	CZYŻYCKA Beata	1257		K40	102	00:01:11	00:39:24.40	00:40:36.15	+00:21:04 (53.5%)	7:53	7.6 (46.3%)
457	WASIELEWSKA-KASZUBOWSKA Julietta	769		K20	134	00:00:56	00:39:26.90	00:40:23.75	+00:21:06 (53.5%)	7:53	7.6 (46.3%)
458	BIERYT Joanna	439	POLI-FAX UL. BOCZNA 10	K50	21	00:01:15	00:39:53.55	00:41:08.65	+00:21:33 (54.0%)	7:58	7.5 (45.7%)
459	LESINSKA Danuta	1165		K50	22	00:00:55	00:41:42.25	00:42:37.85	+00:23:22 (56.0%)	8:20	7.2 (43.9%)
460	TOMCZAK Anna	916		K10	29	00:01:24	00:42:08.90	00:43:33.25	+00:23:48 (56.5%)	8:25	7.1 (43.3%)
461	PAWELCZAK - ZABOROWSKA Joanna	651		K40	103	00:00:43	00:43:31.95	00:44:14.95	+00:25:11 (57.9%)	8:42	6.9 (42.1%)
462	- -	981		K20	135	00:00:17			+00:09:02	5:32	10.8 (65.9%)
	DOMERADZKA Jagoda	805		K20		DNF	DNF	DNF		-	- (0.0%)
	BILKIEWICZ Anna Maria	528	#B3K	K40		DNF	DNF	DNF		-	- (0.0%)

Znaleziono 464 wynik(ów)