



BYDGOSKI BIEG URODZINOWY

B4SPORT

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

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K30

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	PĘKAŁA 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	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%)
4	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%)
5	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%)
6	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%)
7	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%)
8	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%)
9	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%)
10	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%)
11	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%)
12	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%)
13	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%)
14	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%)
15	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%)
16	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%)
17	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%)
18	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%)
19	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%)
20	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%)
21	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%)
22	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%)
23	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%)
24	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%)
25	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%)
26	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%)
27	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%)
28	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%)
29	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%)
30	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
31	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%)
32	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%)
33	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%)
34	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%)
35	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%)
36	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%)
37	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%)
38	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%)
39	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%)
40	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%)
41	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%)
42	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%)
43	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%)
44	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%)
45	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%)
46	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%)
47	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%)
48	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%)
49	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%)
50	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%)
51	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%)
52	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%)
53	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%)
54	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%)
55	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%)
56	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%)
57	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%)
58	WAWRZYŃIAK 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%)
59	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%)
60	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%)
61	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%)
62	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%)
63	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%)
64	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%)
65	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%)
66	BIEŃKOWSKA 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%)
67	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%)
68	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%)
69	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%)
70	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%)
71	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%)
72	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%)
73	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%)
74	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
75	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%)
76	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%)
77	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%)
78	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%)
79	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%)
80	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%)
81	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%)
82	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%)
83	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%)
84	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%)
85	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%)
86	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%)
87	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%)
88	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%)
89	STROZYŃSKA 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%)
90	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%)
91	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%)
92	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%)
93	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%)
94	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%)
95	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%)
96	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%)
97	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%)
98	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%)
99	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%)
100	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%)
101	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%)
102	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%)
103	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%)
104	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%)
105	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%)
106	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%)
107	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%)
108	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%)
109	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%)
110	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%)
111	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%)
112	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%)
113	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%)
114	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%)
115	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%)
116	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%)
117	DRESLERSKA 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%)
118	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
119	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%)
120	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%)
121	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%)
122	BRĄGIEL 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%)
123	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%)
124	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%)
125	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%)
126	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%)
127	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%)
128	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%)
129	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%)
130	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%)
131	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%)
132	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%)
133	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%)
134	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%)
135	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%)
136	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%)
137	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%)
138	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%)
139	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%)
140	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%)
141	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%)
142	KUŻNIEWSKA 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%)
143	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%)
144	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%)
145	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%)
146	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%)
147	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%)
148	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%)
149	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%)
150	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%)
151	BURSKA Małgorzata	1413		K30	151	00:00:21	00:33:15.55	00:33:36.55	+00:14:17 (43.0%)	6:39	9 (57.0%)
152	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%)
153	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%)
154	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%)
155	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%)
156	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%)
157	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%)
158	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%)
159	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%)
160	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%)
161	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%)
162	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
163	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%)
164	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%)
165	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%)
166	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%)
167	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%)
168	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%)
169	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%)
170	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%)
171	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%)
172	ORZECZOWSKA 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%)
173	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%)
174	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%)
175	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%)
176	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%)
177	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%)
178	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%)
179	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%)
180	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%)
181	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%)
182	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%)
183	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%)
184	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%)
185	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%)
186	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%)
187	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%)
188	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%)
189	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%)
190	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%)
191	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%)
192	PIEKUŚ Aleksandra	413	PEŁDZĄCE 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%)
193	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%)
194	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%)
195	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%)
196	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%)
197	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%)
198	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%)
199	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%)
200	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%)
201	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%)
202	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%)
203	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%)
204	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%)