



BYDGOSKI BIEG URODZINOWY

B4SPORT

Organizator: Miasto Bydgoszcz
Data: 2024-04-14
Miejsce: Bydgoszcz
Dystans: 5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	sponsorzy	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	KRUBER Karolina	514	ADRIANBEDNAREK.PL	K30	1		00:00:04	00:19:00.20	00:19:04.65		3:48	15.8 (100%)
2	KALOTA Joanna	402		K30	2		00:00:04	00:19:19.75	00:19:24.60	+00:00:19 (1.7%)	3:51	15.5 (98.1%)
3	PIEKUT Aleksandra	1291	BRZEZIŃSKI RUN CLUB	K30	3		00:00:03	00:20:50.55	00:20:54.10	+00:01:50 (8.8%)	4:10	14.4 (91.1%)
4	RUCHLEWICZ Natalia	1294		K30	4	1	00:00:05	00:20:59.45	00:21:04.50	+00:01:59 (9.5%)	4:11	14.3 (90.5%)
5	WITEK Magdalena	1119		K30	5	1	00:00:12	00:22:16.30	00:22:28.85	+00:03:16 (14.7%)	4:27	13.5 (85.4%)
6	RADOMSKA Kinga	862		K30	6		00:00:02	00:22:49.85	00:22:52.05	+00:03:49 (16.8%)	4:33	13.1 (82.9%)
7	GAPIŃSKA Alicja	227		K30	7		00:00:06	00:22:53.45	00:22:59.50	+00:03:53 (17.0%)	4:34	13.1 (82.9%)
8	WADELSKA Joanna	1079		K30	8		00:00:04	00:23:30.90	00:23:35.60	+00:04:30 (19.2%)	4:42	12.8 (81.0%)
9	ULAN Natalia	1070		K30	9		00:00:12	00:23:38.95	00:23:51.75	+00:04:38 (19.6%)	4:43	12.7 (80.4%)
10	NAWROCKA Sylwia	717		K30	10		00:00:06	00:24:20.95	00:24:27.25	+00:05:20 (22.0%)	4:52	12.3 (77.8%)
11	RACZKO Agata	857		K30	11		00:00:45	00:24:21.50	00:25:07.05	+00:05:21 (22.0%)	4:52	12.3 (77.8%)
12	WĄSOWSKA Katarzyna	1094		K30	12		00:00:03	00:24:55.80	00:24:59.60	+00:05:55 (23.8%)	4:59	12 (75.9%)
13	KOLAROVA Nikola	459		K30	13		00:00:04	00:25:06.85	00:25:11.45	+00:06:06 (24.3%)	5:01	12 (75.9%)
14	WÓJT Monika	1160		K30	14		00:00:00	00:25:21.35	00:25:21.35	+00:06:21 (25.1%)	5:04	11.8 (74.7%)
15	KIELCZYŃSKA Agnieszka	1245		K30	15		00:00:32	00:25:23.95	00:25:56.85	+00:06:23 (25.2%)	5:04	11.8 (74.7%)
16	KAPUCKA Marzena	412		K30	16		00:00:00	00:26:02.80	00:26:02.80	+00:07:02 (27.0%)	5:12	11.5 (72.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	sponsorzy	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
17	GACKOWSKA Daria	217	SŁODZIAKI	K30	17		00:00:16	00:26:07.30	00:26:23.65	+00:07:07 (27.3%)	5:13	11.5 (72.8%)
18	DRÓZDŹ-OPRAWA Małgosia	179		K30	18		00:00:08	00:26:10.75	00:26:19.40	+00:07:10 (27.4%)	5:14	11.5 (72.8%)
19	GURZYŃSKA Beata	306	SUPRAVIS	K30	19		00:01:00	00:26:19.85	00:27:20.30	+00:07:19 (27.8%)	5:15	11.4 (72.2%)
20	BIERNACKA Magdalena	55		K30	20		00:00:12	00:26:27.30	00:26:40.10	+00:07:27 (28.2%)	5:17	11.3 (71.5%)
21	BAGNIEWSKA Sandra	19		K30	21		00:00:32	00:26:31.55	00:27:03.85	+00:07:31 (28.4%)	5:18	11.3 (71.5%)
22	SEMPOWICZ Paulina	923		K30	22		00:01:20	00:26:43.55	00:28:03.95	+00:07:43 (28.9%)	5:20	11.2 (70.9%)
23	EJSMONT Wiktoria	191		K30	23		00:00:28	00:26:46.20	00:27:15.10	+00:07:46 (29.0%)	5:21	11.2 (70.9%)
24	CZAPLICKA Żaneta	124		K30	24		00:00:10	00:26:48.75	00:26:59.40	+00:07:48 (29.1%)	5:21	11.2 (70.9%)
25	KAJA Dominika	396		K30	25		00:00:42	00:26:58.85	00:27:40.95	+00:07:58 (29.6%)	5:23	11.1 (70.3%)
26	CHMIEL Monika	99		K30	26		00:00:37	00:27:04.95	00:27:42.80	+00:08:04 (29.8%)	5:24	11.1 (70.3%)
27	BAGNIEWSKA Małgorzata	18		K30	27		00:00:42	00:27:06.70	00:27:48.90	+00:08:06 (29.9%)	5:25	11.1 (70.3%)
28	BADURA Anna	17		K30	28		00:00:33	00:27:10.70	00:27:44.00	+00:08:10 (30.1%)	5:26	11 (69.6%)
29	WIECZOREK Izabela	1272		K30	29		00:00:48	00:27:21.55	00:28:10.35	+00:08:21 (30.5%)	5:28	11 (69.6%)
30	STACHOWICZ Justyna	966		K30	30		00:00:34	00:27:31.65	00:28:05.90	+00:08:31 (31.0%)	5:30	10.9 (69.0%)
31	NIEKRASZEWICZ Joanna	719		K30	31		00:00:00	00:27:34.20	00:27:34.20	+00:08:34 (31.1%)	5:30	10.9 (69.0%)
32	IRZA Katarzyna	325		K30	32		00:00:14	00:27:49.10	00:28:03.95	+00:08:48 (31.7%)	5:33	10.8 (68.4%)
33	WOSZCZYK Agnieszka	1144		K30	33		00:00:33	00:28:07.30	00:28:40.85	+00:09:07 (32.4%)	5:37	10.7 (67.7%)
34	MATOWSKA Monika	647		K30	34		00:00:17	00:28:14.25	00:28:31.45	+00:09:14 (32.7%)	5:38	10.6 (67.1%)
35	MISIAK Agata	678		K30	35		00:01:21	00:28:16.70	00:29:38.10	+00:09:16 (32.8%)	5:39	10.6 (67.1%)
36	KABACIŃSKA Kinga	388		K30	36		00:00:40	00:28:23.30	00:29:03.65	+00:09:23 (33.1%)	5:40	10.6 (67.1%)
37	BORTA Monika	69		K30	37		00:01:24	00:28:24.90	00:29:49.05	+00:09:24 (33.1%)	5:40	10.6 (67.1%)
38	PIĄTEK Justyna	787	TEAM RUDNIK	K30	38		00:00:17	00:28:29.30	00:28:47.00	+00:09:29 (33.3%)	5:41	10.5 (66.5%)
39	LEWANDOWSKA Marlena	570	JURASZA	K30	39	1	00:00:46	00:28:32.85	00:29:18.85	+00:09:32 (33.4%)	5:42	10.5 (66.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat sponsorzy	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
40	ZHURAVEL Olena	1175		K30	40	00:03:00	00:28:39.30	00:31:39.85	+00:09:39 (33.7%)	5:43	10.5 (66.5%)
41	SYGNECKA Kasia	992	KS FIT NOWA	K30	41	00:01:08	00:28:40.40	00:29:49.05	+00:09:40 (33.7%)	5:44	10.5 (66.5%)
42	PUZIAK Karolina	853		K30	42	00:00:32	00:28:48.55	00:29:21.30	+00:09:48 (34.0%)	5:45	10.4 (65.8%)
43	SAPALSKA Michalina	918	BIEGAJĄCE ŚLIWICE	K30	43	00:00:14	00:28:50.95	00:29:05.50	+00:09:50 (34.1%)	5:46	10.4 (65.8%)
44	SPYCHALSKA Kinga	963		K30	44	00:00:52	00:28:52.90	00:29:45.75	+00:09:52 (34.2%)	5:46	10.4 (65.8%)
45	OLBORSKA Joanna	739		K30	45	00:00:19	00:29:02.90	00:29:22.60	+00:10:02 (34.6%)	5:48	10.3 (65.2%)
46	JANUSZKIEWICZ Judyta	355		K30	46	00:00:14	00:29:10.80	00:29:25.20	+00:10:10 (34.9%)	5:50	10.3 (65.2%)
47	KUBIAK Magdalena	1284		K30	47	00:01:39	00:29:14.05	00:30:53.25	+00:10:13 (35.0%)	5:50	10.3 (65.2%)
48	POLAŃCZYK Paulina	826		K30	48	00:01:54	00:29:38.40	00:31:33.05	+00:10:38 (35.9%)	5:55	10.1 (63.9%)
49	PASTEWSKA Anna	772	WATAHA L-PAAK	K30	49	00:00:02	00:29:44.50	00:29:47.30	+00:10:44 (36.1%)	5:56	10.1 (63.9%)
50	TUCHÓŁKA Marta	1063	INVESTA	K30	50	00:00:23	00:29:54.20	00:30:18.10	+00:10:54 (36.5%)	5:58	10 (63.3%)
51	MYK Edyta	705	CB163	K30	51	00:00:31	00:30:01.85	00:30:33.70	+00:11:01 (36.7%)	6:00	10 (63.3%)
52	SMERLIŃSKA Katarzyna	950		K30	52	00:00:11	00:30:10.95	00:30:22.75	+00:11:10 (37.0%)	6:02	9.9 (62.7%)
53	NALEWALSKA Justyna	711	SERCE TYBETU	K30	53	00:01:36	00:30:21.75	00:31:57.95	+00:11:21 (37.4%)	6:04	9.9 (62.7%)
54	BRZEZIŃSKA Sylwia	73		K30	54	00:01:23	00:30:24.30	00:31:47.45	+00:11:24 (37.5%)	6:04	9.9 (62.7%)
55	DOLIŃSKA-FOJUT Anna	164		K30	55	00:01:38	00:30:28.45	00:32:07.10	+00:11:28 (37.6%)	6:05	9.8 (62.0%)
56	RZHEVSKA Kateryna	916		K30	56	00:00:18	00:30:33.60	00:30:51.75	+00:11:33 (37.8%)	6:06	9.8 (62.0%)
57	POCIOT Małgorzata	822		K30	57	00:01:00	00:30:34.05	00:31:35.00	+00:11:33 (37.8%)	6:06	9.8 (62.0%)
58	FATZ Joanna	197		K30	58	00:01:22	00:30:44.20	00:32:06.95	+00:11:44 (38.2%)	6:08	9.8 (62.0%)
59	MIKA Monika	667		K30	59	00:01:34	00:30:44.80	00:32:19.60	+00:11:44 (38.2%)	6:08	9.8 (62.0%)
60	BURBO Marta	79		K30	60	00:01:15	00:30:46.55	00:32:01.60	+00:11:46 (38.3%)	6:09	9.8 (62.0%)
61	MARKIEWICZ Karolina	640		K30	61	00:00:41	00:30:54.00	00:31:35.35	+00:11:53 (38.5%)	6:10	9.7 (61.4%)
62	OWIEŚNA Agata	756		K30	62	00:00:15	00:30:55.35	00:31:10.45	+00:11:55 (38.5%)	6:11	9.7 (61.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	sponsorzy	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
63	KRZYWDZINSKA Magdalena	532		K30	63		00:00:09	00:30:55.75	00:31:05.00	+00:11:55 (38.6%)	6:11	9.7 (61.4%)
64	JEZIORSKA Monika	378		K30	64		00:01:28	00:30:56.15	00:32:24.50	+00:11:55 (38.6%)	6:11	9.7 (61.4%)
65	KOMOŚ-CZECZOT Żaneta	465		K30	65		00:00:32	00:31:02.10	00:31:34.70	+00:12:01 (38.8%)	6:12	9.7 (61.4%)
66	WAWRZYNIAK Milena	1092		K30	66		00:00:56	00:31:03.90	00:32:00.50	+00:12:03 (38.8%)	6:12	9.7 (61.4%)
67	ZIELIŃSKA Agnieszka	1178	RUNNING STARS	K30	67		00:01:29	00:31:05.20	00:32:34.75	+00:12:05 (38.9%)	6:13	9.7 (61.4%)
68	NOWICKA Małgorzata	732		K30	68		00:00:27	00:31:09.30	00:31:36.55	+00:12:09 (39.0%)	6:13	9.6 (60.8%)
69	SIUDZIŃSKA-BESS Anna	940		K30	69		00:00:15	00:31:13.55	00:31:29.05	+00:12:13 (39.1%)	6:14	9.6 (60.8%)
70	KOZICKA Magdalena	496		K30	70		00:00:51	00:31:18.55	00:32:09.70	+00:12:18 (39.3%)	6:15	9.6 (60.8%)
71	DOMEK Katarzyna	165		K30	71		00:00:33	00:31:19.55	00:31:53.30	+00:12:19 (39.3%)	6:15	9.6 (60.8%)
72	KŁYSZEJKO Klaudia	455		K30	72		00:01:13	00:31:26.00	00:32:39.10	+00:12:25 (39.5%)	6:17	9.5 (60.1%)
73	WAŚNIEWSKA Ewa	1090	SLK POLONIA BYDGOSZCZ	K30	73		00:00:23	00:31:27.50	00:31:51.20	+00:12:27 (39.6%)	6:17	9.5 (60.1%)
74	KARCZMARCZYK Dorota	416		K30	74		00:00:35	00:31:28.05	00:32:03.85	+00:12:27 (39.6%)	6:17	9.5 (60.1%)
75	KALEMBA Daria	398		K30	75		00:01:33	00:31:28.35	00:33:01.95	+00:12:28 (39.6%)	6:17	9.5 (60.1%)
76	DĄBROWSKA Agata	143		K30	76		00:02:02	00:31:42.80	00:33:45.40	+00:12:42 (40.1%)	6:20	9.5 (60.1%)
77	CHMIELEWSKA Antonina	101		K30	77		00:00:43	00:31:43.30	00:32:26.50	+00:12:43 (40.1%)	6:20	9.5 (60.1%)
78	SIUDA-LESIKOWSKA Hanna	939		K30	78		00:02:02	00:31:43.90	00:33:46.00	+00:12:43 (40.1%)	6:20	9.5 (60.1%)
79	ŁUKASIK Agnieszka	1236		K30	79		00:00:20	00:31:53.00	00:32:13.75	+00:12:52 (40.4%)	6:22	9.4 (59.5%)
80	LEWANDOWSKA Iza	573		K30	80		00:00:56	00:32:06.35	00:33:02.70	+00:13:06 (40.8%)	6:25	9.3 (58.9%)
81	MŁYNARCZYK Monika	683		K30	81		00:01:40	00:32:08.25	00:33:48.65	+00:13:08 (40.9%)	6:25	9.3 (58.9%)
82	BARON Malgorzata	29		K30	82		00:00:10	00:32:19.15	00:32:29.65	+00:13:18 (41.2%)	6:27	9.3 (58.9%)
83	HERBA Kamila	317		K30	83		00:00:36	00:32:21.30	00:32:57.35	+00:13:21 (41.3%)	6:28	9.3 (58.9%)
84	KAŻMIERCZAK Monika	428		K30	84		00:01:08	00:32:22.65	00:33:30.90	+00:13:22 (41.3%)	6:28	9.3 (58.9%)
85	PODLEWSKA Michalina	824	CZARNE STOPY	K30	85		00:00:45	00:32:26.15	00:33:11.50	+00:13:25 (41.4%)	6:29	9.2 (58.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	sponsorzy	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
86	DOBIJA Kamila	159		K30	86		00:02:03	00:32:30.00	00:34:33.25	+00:13:29 (41.5%)	6:30	9.2 (58.2%)
87	WALICHNOWSKA Patrycja	1083		K30	87		00:01:12	00:32:39.90	00:33:52.00	+00:13:39 (41.8%)	6:31	9.2 (58.2%)
88	FRAŃCZEK-STACHOWICZ Kinga	1219		K30	88		00:01:50	00:32:47.70	00:34:37.95	+00:13:47 (42.1%)	6:33	9.2 (58.2%)
89	DAWIDOWICZ Iwona	142		K30	89		00:00:54	00:32:53.30	00:33:47.55	+00:13:53 (42.2%)	6:34	9.1 (57.6%)
90	SZALA Monika	996		K30	90		00:02:07	00:32:54.40	00:35:01.85	+00:13:54 (42.3%)	6:34	9.1 (57.6%)
91	MILARSKA Patrycja	676		K30	91		00:01:01	00:33:04.15	00:34:06.05	+00:14:03 (42.5%)	6:36	9.1 (57.6%)
92	SYLWESTRUK Marta	993		K30	92		00:00:21	00:33:04.80	00:33:26.10	+00:14:04 (42.6%)	6:36	9.1 (57.6%)
93	JASTROWSKA Aleksandra	370		K30	93		00:00:18	00:33:07.15	00:33:25.80	+00:14:06 (42.6%)	6:37	9.1 (57.6%)
94	KOLLIT Paulina	462		K30	94		00:00:56	00:33:08.75	00:34:04.85	+00:14:08 (42.7%)	6:37	9.1 (57.6%)
95	DĄBROWSKA Danuta	145		K30	95		00:01:22	00:33:15.35	00:34:38.25	+00:14:15 (42.9%)	6:39	9 (57.0%)
96	HARASZKIEWICZ Małgorzata	312		K30	96		00:01:22	00:33:15.55	00:34:38.10	+00:14:15 (42.9%)	6:39	9 (57.0%)
97	KERL FABROWSKA Paulina	433		K30	97		00:02:01	00:33:22.65	00:35:23.90	+00:14:22 (43.1%)	6:40	9 (57.0%)
98	ZELMA Natalia	1172		K30	98		00:00:59	00:33:22.75	00:34:22.35	+00:14:22 (43.1%)	6:40	9 (57.0%)
99	BONDARCZYK Karolina	1208		K30	99		00:01:08	00:33:36.20	00:34:45.05	+00:14:36 (43.4%)	6:43	8.9 (56.3%)
100	SERAFINOWICZ Marta	925		K30	100		00:00:38	00:33:39.65	00:34:18.10	+00:14:39 (43.5%)	6:43	8.9 (56.3%)
101	KOWALCZYK Klaudia	487		K30	101		00:01:42	00:33:44.00	00:35:26.55	+00:14:43 (43.7%)	6:44	8.9 (56.3%)
102	CIEŚLIK Iwona	117		K30	102		00:01:37	00:33:48.65	00:35:26.35	+00:14:48 (43.8%)	6:45	8.9 (56.3%)
103	RETKOWSKI Marta	1274		K30	103		00:01:50	00:33:49.75	00:35:40.00	+00:14:49 (43.8%)	6:45	8.9 (56.3%)
104	PUDO Dorota	846		K30	104		00:00:54	00:34:13.00	00:35:07.20	+00:15:12 (44.5%)	6:50	8.8 (55.7%)
105	BULCZYŃSKA Izabela	78		K30	105		00:00:23	00:34:13.85	00:34:36.85	+00:15:13 (44.5%)	6:50	8.8 (55.7%)
106	PUŁKOWNIK Gabriela	850		K30	106		00:00:22	00:34:13.95	00:34:36.50	+00:15:13 (44.5%)	6:50	8.8 (55.7%)
107	FELSKA Katarzyna	200		K30	107		00:01:44	00:34:14.40	00:35:58.45	+00:15:14 (44.5%)	6:50	8.8 (55.7%)
108	BANIA-JASKULSKA Karolina	24		K30	108		00:01:44	00:34:14.65	00:35:58.65	+00:15:14 (44.5%)	6:50	8.8 (55.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	sponsorzy	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
109	SZATKOWSKA Monika	1002	FITFORMA	K30	109		00:01:43	00:34:14.85	00:35:58.55	+00:15:14 (44.5%)	6:50	8.8 (55.7%)
110	KOZIOŁ Magdalena	501		K30	110		00:01:43	00:34:15.25	00:35:58.95	+00:15:15 (44.5%)	6:51	8.8 (55.7%)
111	JASIŃSKA Agata	364		K30	111		00:01:32	00:34:16.50	00:35:48.60	+00:15:16 (44.6%)	6:51	8.8 (55.7%)
112	KACZMAREK Angelika	394		K30	112		00:00:16	00:34:18.85	00:34:35.80	+00:15:18 (44.6%)	6:51	8.7 (55.1%)
113	MALINA Justyna	627		K30	113		00:01:42	00:34:20.65	00:36:03.15	+00:15:20 (44.7%)	6:52	8.7 (55.1%)
114	BOGDANÓW Karolina	66		K30	114		00:01:35	00:34:21.40	00:35:56.40	+00:15:21 (44.7%)	6:52	8.7 (55.1%)
115	KUREK Dorota	548	KLUB SPORTOWY NIEWIDOMYCH ŁUCZNICZKA BYDGOSZCZ	K30	115		00:01:59	00:34:24.35	00:36:23.75	+00:15:24 (44.8%)	6:52	8.7 (55.1%)
116	NIEMCZEWSKA Magdalena	720		K30	116		00:00:34	00:34:26.45	00:35:01.40	+00:15:26 (44.8%)	6:53	8.7 (55.1%)
117	GIL Martyna	242		K30	117		00:01:39	00:34:46.95	00:36:26.70	+00:15:46 (45.4%)	6:57	8.6 (54.4%)
118	MISZTELA Justyna	680		K30	118		00:00:30	00:34:48.50	00:35:18.50	+00:15:48 (45.4%)	6:57	8.6 (54.4%)
119	PIETRZAK Sylwia	805		K30	119		00:00:44	00:34:52.30	00:35:37.05	+00:15:52 (45.5%)	6:58	8.6 (54.4%)
120	STANOLEWICZ Magdalena	968		K30	120		00:01:26	00:34:54.65	00:36:21.45	+00:15:54 (45.6%)	6:58	8.6 (54.4%)
121	WYSOCKA Joanna	1309		K30	121		00:01:35	00:34:59.05	00:36:34.65	+00:15:58 (45.7%)	6:59	8.6 (54.4%)
122	SUWAŁA Karolina	991		K30	122		00:01:21	00:35:08.95	00:36:30.45	+00:16:08 (45.9%)	7:01	8.5 (53.8%)
123	POCHOWSKA Izabela	821		K30	123		00:02:07	00:35:54.45	00:38:01.75	+00:16:54 (47.1%)	7:10	8.4 (53.2%)
124	MŁODZIKOWSKA Karolina	682		K30	124		00:02:06	00:35:54.80	00:38:01.60	+00:16:54 (47.1%)	7:10	8.4 (53.2%)
125	PALACZ Maria	761		K30	125		00:01:10	00:35:55.35	00:37:05.95	+00:16:55 (47.1%)	7:11	8.4 (53.2%)
126	GULBINOWICZ Dominika	1301		K30	126		00:01:35	00:36:00.60	00:37:35.90	+00:17:00 (47.2%)	7:12	8.3 (52.5%)
127	PISKRZYŃSKA Dominika	817		K30	127		00:02:01	00:36:02.10	00:38:03.25	+00:17:01 (47.3%)	7:12	8.3 (52.5%)
128	MARUT Joanna	643		K30	128		00:01:25	00:36:13.70	00:37:39.55	+00:17:13 (47.5%)	7:14	8.3 (52.5%)
129	MAZURKIEWICZ Daria	655		K30	129		00:01:19	00:37:00.25	00:38:19.30	+00:18:00 (48.6%)	7:24	8.1 (51.3%)
130	WOJCIECHOWSKA Aleksandra	1130		K30	130		00:00:36	00:37:19.10	00:37:55.25	+00:18:18 (49.1%)	7:27	8 (50.6%)
131	ZAWADZKA Monika	1169		K30	131		00:01:29	00:37:21.00	00:38:50.65	+00:18:20 (49.1%)	7:28	8 (50.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat sponsorzy	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
132	PRZYBORSKA-DERON Beata Julia	1215	WKS „O.R.I.” W KRUSZYŃIE KRAJEŃSKIM	K30	132	00:01:52	00:37:21.20	00:39:14.15	+00:18:21 (49.1%)	7:28	8 (50.6%)
133	KACZMAREK Marta	391		K30	133	00:01:34	00:38:41.55	00:40:15.80	+00:19:41 (50.9%)	7:44	7.8 (49.4%)
134	KRYSPIN Ewelina	526		K30	134	00:01:25	00:38:53.85	00:40:19.30	+00:19:53 (51.1%)	7:46	7.7 (48.7%)
135	RUTKOWSKA Mariola	897		K30	135	00:01:15	00:38:56.30	00:40:12.15	+00:19:56 (51.2%)	7:47	7.7 (48.7%)
136	GROCHOWALSKA Katarzyna	291	SPORTHUB	K30	136	00:01:13	00:39:04.95	00:40:18.55	+00:20:04 (51.4%)	7:48	7.7 (48.7%)
137	ANTCZAK Natalia	8		K30	137	00:01:52	00:39:16.85	00:41:09.65	+00:20:16 (51.6%)	7:51	7.6 (48.1%)
138	SKIBIŃSKA Paulina	941		K30	138	00:01:27	00:39:31.20	00:40:58.30	+00:20:31 (51.9%)	7:54	7.6 (48.1%)
139	KACZMAREK Dominika	392		K30	139	00:01:34	00:39:48.05	00:41:22.50	+00:20:47 (52.3%)	7:57	7.5 (47.5%)
140	PIETROWSKA Kinga	803		K30	140	00:02:05	00:40:19.95	00:42:25.15	+00:21:19 (52.9%)	8:03	7.4 (46.8%)
141	MAĆZYŃSKA-WALKOWIAK Ewa	656		K30	141	00:02:04	00:40:20.20	00:42:25.10	+00:21:20 (52.9%)	8:04	7.4 (46.8%)
142	NADRATOWSKA Patrycja	706	SPORTHUB	K30	142	00:01:15	00:41:36.85	00:42:52.45	+00:22:36 (54.3%)	8:19	7.2 (45.6%)
143	SERLIKOWSKA Agnieszka	926		K30	143	00:00:23	00:41:58.15	00:42:21.35	+00:22:57 (54.7%)	8:23	7.1 (44.9%)
144	CIEŚLIŃSKA-RYPOLC Agata	118		K30	144	00:01:23	00:43:27.15	00:44:50.75	+00:24:26 (56.3%)	8:41	6.9 (43.7%)
	DŁUGOBORSKA Katarzyna	153		K30		DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 145 wynik(ów)