



# 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	WAŚOWSKA 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	KIELCZYNSKA 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	<b>GACKOWSKA Daria</b>	<b>217</b>	SŁODZIAKI	K30	17		00:00:16	<b>00:26:07.30</b>	<b>00:26:23.65</b>	+00:07:07 (27.3%)	5:13	11.5 (72.8%)
18	<b>DRÓZDŹ-OPRAWA Małgosia</b>	<b>179</b>		K30	18		00:00:08	<b>00:26:10.75</b>	<b>00:26:19.40</b>	+00:07:10 (27.4%)	5:14	11.5 (72.8%)
19	<b>GURZYŃSKA Beata</b>	<b>306</b>	SUPRAVIS	K30	19		00:01:00	<b>00:26:19.85</b>	<b>00:27:20.30</b>	+00:07:19 (27.8%)	5:15	11.4 (72.2%)
20	<b>BIERNACKA Magdalena</b>	<b>55</b>		K30	20		00:00:12	<b>00:26:27.30</b>	<b>00:26:40.10</b>	+00:07:27 (28.2%)	5:17	11.3 (71.5%)
21	<b>BAGNIEWSKA Sandra</b>	<b>19</b>		K30	21		00:00:32	<b>00:26:31.55</b>	<b>00:27:03.85</b>	+00:07:31 (28.4%)	5:18	11.3 (71.5%)
22	<b>SEMPOWICZ Paulina</b>	<b>923</b>		K30	22		00:01:20	<b>00:26:43.55</b>	<b>00:28:03.95</b>	+00:07:43 (28.9%)	5:20	11.2 (70.9%)
23	<b>EJSMONT Wiktoria</b>	<b>191</b>		K30	23		00:00:28	<b>00:26:46.20</b>	<b>00:27:15.10</b>	+00:07:46 (29.0%)	5:21	11.2 (70.9%)
24	<b>CZAPLICKA Żaneta</b>	<b>124</b>		K30	24		00:00:10	<b>00:26:48.75</b>	<b>00:26:59.40</b>	+00:07:48 (29.1%)	5:21	11.2 (70.9%)
25	<b>KAJA Dominika</b>	<b>396</b>		K30	25		00:00:42	<b>00:26:58.85</b>	<b>00:27:40.95</b>	+00:07:58 (29.6%)	5:23	11.1 (70.3%)
26	<b>CHMIEL Monika</b>	<b>99</b>		K30	26		00:00:37	<b>00:27:04.95</b>	<b>00:27:42.80</b>	+00:08:04 (29.8%)	5:24	11.1 (70.3%)
27	<b>BAGNIEWSKA Małgorzata</b>	<b>18</b>		K30	27		00:00:42	<b>00:27:06.70</b>	<b>00:27:48.90</b>	+00:08:06 (29.9%)	5:25	11.1 (70.3%)
28	<b>BADURA Anna</b>	<b>17</b>		K30	28		00:00:33	<b>00:27:10.70</b>	<b>00:27:44.00</b>	+00:08:10 (30.1%)	5:26	11 (69.6%)
29	<b>WIECZOREK Izabela</b>	<b>1272</b>		K30	29		00:00:48	<b>00:27:21.55</b>	<b>00:28:10.35</b>	+00:08:21 (30.5%)	5:28	11 (69.6%)
30	<b>STACHOWICZ Justyna</b>	<b>966</b>		K30	30		00:00:34	<b>00:27:31.65</b>	<b>00:28:05.90</b>	+00:08:31 (31.0%)	5:30	10.9 (69.0%)
31	<b>NIEKRASZEWICZ Joanna</b>	<b>719</b>		K30	31		00:00:00	<b>00:27:34.20</b>	<b>00:27:34.20</b>	+00:08:34 (31.1%)	5:30	10.9 (69.0%)
32	<b>IRZA Katarzyna</b>	<b>325</b>		K30	32		00:00:14	<b>00:27:49.10</b>	<b>00:28:03.95</b>	+00:08:48 (31.7%)	5:33	10.8 (68.4%)
33	<b>WOSZCZYK Agnieszka</b>	<b>1144</b>		K30	33		00:00:33	<b>00:28:07.30</b>	<b>00:28:40.85</b>	+00:09:07 (32.4%)	5:37	10.7 (67.7%)
34	<b>MATOWSKA Monika</b>	<b>647</b>		K30	34		00:00:17	<b>00:28:14.25</b>	<b>00:28:31.45</b>	+00:09:14 (32.7%)	5:38	10.6 (67.1%)
35	<b>MISIAK Agata</b>	<b>678</b>		K30	35		00:01:21	<b>00:28:16.70</b>	<b>00:29:38.10</b>	+00:09:16 (32.8%)	5:39	10.6 (67.1%)
36	<b>KABACIŃSKA Kinga</b>	<b>388</b>		K30	36		00:00:40	<b>00:28:23.30</b>	<b>00:29:03.65</b>	+00:09:23 (33.1%)	5:40	10.6 (67.1%)
37	<b>BORTA Monika</b>	<b>69</b>		K30	37		00:01:24	<b>00:28:24.90</b>	<b>00:29:49.05</b>	+00:09:24 (33.1%)	5:40	10.6 (67.1%)
38	<b>PIĄTEK Justyna</b>	<b>787</b>	TEAM RUDNIK	K30	38		00:00:17	<b>00:28:29.30</b>	<b>00:28:47.00</b>	+00:09:29 (33.3%)	5:41	10.5 (66.5%)
39	<b>LEWANDOWSKA Marlena</b>	<b>570</b>	JURASZA	K30	39	1	00:00:46	<b>00:28:32.85</b>	<b>00:29:18.85</b>	+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	<b>KRZYWDZINSKA Magdalena</b>	<b>532</b>		K30	63		00:00:09	<b>00:30:55.75</b>	<b>00:31:05.00</b>	+00:11:55 (38.6%)	6:11	9.7 (61.4%)
64	<b>JEZIORSKA Monika</b>	<b>378</b>		K30	64		00:01:28	<b>00:30:56.15</b>	<b>00:32:24.50</b>	+00:11:55 (38.6%)	6:11	9.7 (61.4%)
65	<b>KOMOŚ-CZECZOT Żaneta</b>	<b>465</b>		K30	65		00:00:32	<b>00:31:02.10</b>	<b>00:31:34.70</b>	+00:12:01 (38.8%)	6:12	9.7 (61.4%)
66	<b>WAWRZYNIAK Milena</b>	<b>1092</b>		K30	66		00:00:56	<b>00:31:03.90</b>	<b>00:32:00.50</b>	+00:12:03 (38.8%)	6:12	9.7 (61.4%)
67	<b>ZIELIŃSKA Agnieszka</b>	<b>1178</b>	RUNNING STARS	K30	67		00:01:29	<b>00:31:05.20</b>	<b>00:32:34.75</b>	+00:12:05 (38.9%)	6:13	9.7 (61.4%)
68	<b>NOWICKA Małgorzata</b>	<b>732</b>		K30	68		00:00:27	<b>00:31:09.30</b>	<b>00:31:36.55</b>	+00:12:09 (39.0%)	6:13	9.6 (60.8%)
69	<b>SIUDZIŃSKA-BESS Anna</b>	<b>940</b>		K30	69		00:00:15	<b>00:31:13.55</b>	<b>00:31:29.05</b>	+00:12:13 (39.1%)	6:14	9.6 (60.8%)
70	<b>KOZICKA Magdalena</b>	<b>496</b>		K30	70		00:00:51	<b>00:31:18.55</b>	<b>00:32:09.70</b>	+00:12:18 (39.3%)	6:15	9.6 (60.8%)
71	<b>DOMEK Katarzyna</b>	<b>165</b>		K30	71		00:00:33	<b>00:31:19.55</b>	<b>00:31:53.30</b>	+00:12:19 (39.3%)	6:15	9.6 (60.8%)
72	<b>KŁYSZEJKO Klaudia</b>	<b>455</b>		K30	72		00:01:13	<b>00:31:26.00</b>	<b>00:32:39.10</b>	+00:12:25 (39.5%)	6:17	9.5 (60.1%)
73	<b>WAŚNIEWSKA Ewa</b>	<b>1090</b>	SLK POLONIA BYDGOSZCZ	K30	73		00:00:23	<b>00:31:27.50</b>	<b>00:31:51.20</b>	+00:12:27 (39.6%)	6:17	9.5 (60.1%)
74	<b>KARCZMARCZYK Dorota</b>	<b>416</b>		K30	74		00:00:35	<b>00:31:28.05</b>	<b>00:32:03.85</b>	+00:12:27 (39.6%)	6:17	9.5 (60.1%)
75	<b>KALEMBA Daria</b>	<b>398</b>		K30	75		00:01:33	<b>00:31:28.35</b>	<b>00:33:01.95</b>	+00:12:28 (39.6%)	6:17	9.5 (60.1%)
76	<b>DĄBROWSKA Agata</b>	<b>143</b>		K30	76		00:02:02	<b>00:31:42.80</b>	<b>00:33:45.40</b>	+00:12:42 (40.1%)	6:20	9.5 (60.1%)
77	<b>CHMIELEWSKA Antonina</b>	<b>101</b>		K30	77		00:00:43	<b>00:31:43.30</b>	<b>00:32:26.50</b>	+00:12:43 (40.1%)	6:20	9.5 (60.1%)
78	<b>SIUDA-LESIKOWSKA Hanna</b>	<b>939</b>		K30	78		00:02:02	<b>00:31:43.90</b>	<b>00:33:46.00</b>	+00:12:43 (40.1%)	6:20	9.5 (60.1%)
79	<b>ŁUKASIK Agnieszka</b>	<b>1236</b>		K30	79		00:00:20	<b>00:31:53.00</b>	<b>00:32:13.75</b>	+00:12:52 (40.4%)	6:22	9.4 (59.5%)
80	<b>LEWANDOWSKA Iza</b>	<b>573</b>		K30	80		00:00:56	<b>00:32:06.35</b>	<b>00:33:02.70</b>	+00:13:06 (40.8%)	6:25	9.3 (58.9%)
81	<b>MŁYNARCZYK Monika</b>	<b>683</b>		K30	81		00:01:40	<b>00:32:08.25</b>	<b>00:33:48.65</b>	+00:13:08 (40.9%)	6:25	9.3 (58.9%)
82	<b>BARON Malgorzata</b>	<b>29</b>		K30	82		00:00:10	<b>00:32:19.15</b>	<b>00:32:29.65</b>	+00:13:18 (41.2%)	6:27	9.3 (58.9%)
83	<b>HERBA Kamila</b>	<b>317</b>		K30	83		00:00:36	<b>00:32:21.30</b>	<b>00:32:57.35</b>	+00:13:21 (41.3%)	6:28	9.3 (58.9%)
84	<b>KAŻMIERCZAK Monika</b>	<b>428</b>		K30	84		00:01:08	<b>00:32:22.65</b>	<b>00:33:30.90</b>	+00:13:22 (41.3%)	6:28	9.3 (58.9%)
85	<b>PODLEWSKA Michalina</b>	<b>824</b>	CZARNE STOPY	K30	85		00:00:45	<b>00:32:26.15</b>	<b>00:33:11.50</b>	+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	<b>DOBIJA Kamila</b>	<b>159</b>		K30	86		00:02:03	<b>00:32:30.00</b>	<b>00:34:33.25</b>	+00:13:29 (41.5%)	6:30	9.2 (58.2%)
87	<b>WALICHNOWSKA Patrycja</b>	<b>1083</b>		K30	87		00:01:12	<b>00:32:39.90</b>	<b>00:33:52.00</b>	+00:13:39 (41.8%)	6:31	9.2 (58.2%)
88	<b>FRĄCZEK-STACHOWICZ Kinga</b>	<b>1219</b>		K30	88		00:01:50	<b>00:32:47.70</b>	<b>00:34:37.95</b>	+00:13:47 (42.1%)	6:33	9.2 (58.2%)
89	<b>DAWIDOWICZ Iwona</b>	<b>142</b>		K30	89		00:00:54	<b>00:32:53.30</b>	<b>00:33:47.55</b>	+00:13:53 (42.2%)	6:34	9.1 (57.6%)
90	<b>SZALA Monika</b>	<b>996</b>		K30	90		00:02:07	<b>00:32:54.40</b>	<b>00:35:01.85</b>	+00:13:54 (42.3%)	6:34	9.1 (57.6%)
91	<b>MILARSKA Patrycja</b>	<b>676</b>		K30	91		00:01:01	<b>00:33:04.15</b>	<b>00:34:06.05</b>	+00:14:03 (42.5%)	6:36	9.1 (57.6%)
92	<b>SYLWESTRUK Marta</b>	<b>993</b>		K30	92		00:00:21	<b>00:33:04.80</b>	<b>00:33:26.10</b>	+00:14:04 (42.6%)	6:36	9.1 (57.6%)
93	<b>JASTROWSKA Aleksandra</b>	<b>370</b>		K30	93		00:00:18	<b>00:33:07.15</b>	<b>00:33:25.80</b>	+00:14:06 (42.6%)	6:37	9.1 (57.6%)
94	<b>KOLLIT Paulina</b>	<b>462</b>		K30	94		00:00:56	<b>00:33:08.75</b>	<b>00:34:04.85</b>	+00:14:08 (42.7%)	6:37	9.1 (57.6%)
95	<b>DĄBROWSKA Danuta</b>	<b>145</b>		K30	95		00:01:22	<b>00:33:15.35</b>	<b>00:34:38.25</b>	+00:14:15 (42.9%)	6:39	9 (57.0%)
96	<b>HARASZKIEWICZ Małgorzata</b>	<b>312</b>		K30	96		00:01:22	<b>00:33:15.55</b>	<b>00:34:38.10</b>	+00:14:15 (42.9%)	6:39	9 (57.0%)
97	<b>KERL FABROWSKA Paulina</b>	<b>433</b>		K30	97		00:02:01	<b>00:33:22.65</b>	<b>00:35:23.90</b>	+00:14:22 (43.1%)	6:40	9 (57.0%)
98	<b>ZELMA Natalia</b>	<b>1172</b>		K30	98		00:00:59	<b>00:33:22.75</b>	<b>00:34:22.35</b>	+00:14:22 (43.1%)	6:40	9 (57.0%)
99	<b>BONDARCZYK Karolina</b>	<b>1208</b>		K30	99		00:01:08	<b>00:33:36.20</b>	<b>00:34:45.05</b>	+00:14:36 (43.4%)	6:43	8.9 (56.3%)
100	<b>SERAFINOWICZ Marta</b>	<b>925</b>		K30	100		00:00:38	<b>00:33:39.65</b>	<b>00:34:18.10</b>	+00:14:39 (43.5%)	6:43	8.9 (56.3%)
101	<b>KOWALCZYK Klaudia</b>	<b>487</b>		K30	101		00:01:42	<b>00:33:44.00</b>	<b>00:35:26.55</b>	+00:14:43 (43.7%)	6:44	8.9 (56.3%)
102	<b>CIEŚLIK Iwona</b>	<b>117</b>		K30	102		00:01:37	<b>00:33:48.65</b>	<b>00:35:26.35</b>	+00:14:48 (43.8%)	6:45	8.9 (56.3%)
103	<b>RETKOWSKI Marta</b>	<b>1274</b>		K30	103		00:01:50	<b>00:33:49.75</b>	<b>00:35:40.00</b>	+00:14:49 (43.8%)	6:45	8.9 (56.3%)
104	<b>PUDO Dorota</b>	<b>846</b>		K30	104		00:00:54	<b>00:34:13.00</b>	<b>00:35:07.20</b>	+00:15:12 (44.5%)	6:50	8.8 (55.7%)
105	<b>BULCZYŃSKA Izabela</b>	<b>78</b>		K30	105		00:00:23	<b>00:34:13.85</b>	<b>00:34:36.85</b>	+00:15:13 (44.5%)	6:50	8.8 (55.7%)
106	<b>PUŁKOWNIK Gabriela</b>	<b>850</b>		K30	106		00:00:22	<b>00:34:13.95</b>	<b>00:34:36.50</b>	+00:15:13 (44.5%)	6:50	8.8 (55.7%)
107	<b>FELSKA Katarzyna</b>	<b>200</b>		K30	107		00:01:44	<b>00:34:14.40</b>	<b>00:35:58.45</b>	+00:15:14 (44.5%)	6:50	8.8 (55.7%)
108	<b>BANIA-JASKULSKA Karolina</b>	<b>24</b>		K30	108		00:01:44	<b>00:34:14.65</b>	<b>00:35:58.65</b>	+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	<b>SZATKOWSKA Monika</b>	<b>1002</b>	FITFORMA	K30	109		00:01:43	<b>00:34:14.85</b>	<b>00:35:58.55</b>	+00:15:14 (44.5%)	6:50	8.8 (55.7%)
110	<b>KOZIOŁ Magdalena</b>	<b>501</b>		K30	110		00:01:43	<b>00:34:15.25</b>	<b>00:35:58.95</b>	+00:15:15 (44.5%)	6:51	8.8 (55.7%)
111	<b>JASIŃSKA Agata</b>	<b>364</b>		K30	111		00:01:32	<b>00:34:16.50</b>	<b>00:35:48.60</b>	+00:15:16 (44.6%)	6:51	8.8 (55.7%)
112	<b>KACZMAREK Angelika</b>	<b>394</b>		K30	112		00:00:16	<b>00:34:18.85</b>	<b>00:34:35.80</b>	+00:15:18 (44.6%)	6:51	8.7 (55.1%)
113	<b>MALINA Justyna</b>	<b>627</b>		K30	113		00:01:42	<b>00:34:20.65</b>	<b>00:36:03.15</b>	+00:15:20 (44.7%)	6:52	8.7 (55.1%)
114	<b>BOGDANÓW Karolina</b>	<b>66</b>		K30	114		00:01:35	<b>00:34:21.40</b>	<b>00:35:56.40</b>	+00:15:21 (44.7%)	6:52	8.7 (55.1%)
115	<b>KUREK Dorota</b>	<b>548</b>	KLUB SPORTOWY NIEWIDOMYCH ŁUCZNICZKA BYDGOSZCZ	K30	115		00:01:59	<b>00:34:24.35</b>	<b>00:36:23.75</b>	+00:15:24 (44.8%)	6:52	8.7 (55.1%)
116	<b>NIEMCZEWSKA Magdalena</b>	<b>720</b>		K30	116		00:00:34	<b>00:34:26.45</b>	<b>00:35:01.40</b>	+00:15:26 (44.8%)	6:53	8.7 (55.1%)
117	<b>GIL Martyna</b>	<b>242</b>		K30	117		00:01:39	<b>00:34:46.95</b>	<b>00:36:26.70</b>	+00:15:46 (45.4%)	6:57	8.6 (54.4%)
118	<b>MISZTELA Justyna</b>	<b>680</b>		K30	118		00:00:30	<b>00:34:48.50</b>	<b>00:35:18.50</b>	+00:15:48 (45.4%)	6:57	8.6 (54.4%)
119	<b>PIETRZAK Sylwia</b>	<b>805</b>		K30	119		00:00:44	<b>00:34:52.30</b>	<b>00:35:37.05</b>	+00:15:52 (45.5%)	6:58	8.6 (54.4%)
120	<b>STANOLEWICZ Magdalena</b>	<b>968</b>		K30	120		00:01:26	<b>00:34:54.65</b>	<b>00:36:21.45</b>	+00:15:54 (45.6%)	6:58	8.6 (54.4%)
121	<b>WYSOCKA Joanna</b>	<b>1309</b>		K30	121		00:01:35	<b>00:34:59.05</b>	<b>00:36:34.65</b>	+00:15:58 (45.7%)	6:59	8.6 (54.4%)
122	<b>SUWAŁA Karolina</b>	<b>991</b>		K30	122		00:01:21	<b>00:35:08.95</b>	<b>00:36:30.45</b>	+00:16:08 (45.9%)	7:01	8.5 (53.8%)
123	<b>POCHOWSKA Izabela</b>	<b>821</b>		K30	123		00:02:07	<b>00:35:54.45</b>	<b>00:38:01.75</b>	+00:16:54 (47.1%)	7:10	8.4 (53.2%)
124	<b>MŁODZIKOWSKA Karolina</b>	<b>682</b>		K30	124		00:02:06	<b>00:35:54.80</b>	<b>00:38:01.60</b>	+00:16:54 (47.1%)	7:10	8.4 (53.2%)
125	<b>PALACZ Maria</b>	<b>761</b>		K30	125		00:01:10	<b>00:35:55.35</b>	<b>00:37:05.95</b>	+00:16:55 (47.1%)	7:11	8.4 (53.2%)
126	<b>GULBINOWICZ Dominika</b>	<b>1301</b>		K30	126		00:01:35	<b>00:36:00.60</b>	<b>00:37:35.90</b>	+00:17:00 (47.2%)	7:12	8.3 (52.5%)
127	<b>PISKRZYŃSKA Dominika</b>	<b>817</b>		K30	127		00:02:01	<b>00:36:02.10</b>	<b>00:38:03.25</b>	+00:17:01 (47.3%)	7:12	8.3 (52.5%)
128	<b>MARUT Joanna</b>	<b>643</b>		K30	128		00:01:25	<b>00:36:13.70</b>	<b>00:37:39.55</b>	+00:17:13 (47.5%)	7:14	8.3 (52.5%)
129	<b>MAZURKIEWICZ Daria</b>	<b>655</b>		K30	129		00:01:19	<b>00:37:00.25</b>	<b>00:38:19.30</b>	+00:18:00 (48.6%)	7:24	8.1 (51.3%)
130	<b>WOJCIECHOWSKA Aleksandra</b>	<b>1130</b>		K30	130		00:00:36	<b>00:37:19.10</b>	<b>00:37:55.25</b>	+00:18:18 (49.1%)	7:27	8 (50.6%)
131	<b>ZAWADZKA Monika</b>	<b>1169</b>		K30	131		00:01:29	<b>00:37:21.00</b>	<b>00:38:50.65</b>	+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	<b>PRZYBORSKA-DERON Beata Julia</b>	<b>1215</b>	WKS „O.R.I.” W KRUSZYNIĘ KRAJEŃSKIM	K30	132	00:01:52	<b>00:37:21.20</b>	<b>00:39:14.15</b>	+00:18:21 (49.1%)	7:28	8 (50.6%)
133	<b>KACZMAREK Marta</b>	<b>391</b>		K30	133	00:01:34	<b>00:38:41.55</b>	<b>00:40:15.80</b>	+00:19:41 (50.9%)	7:44	7.8 (49.4%)
134	<b>KRYSPIN Ewelina</b>	<b>526</b>		K30	134	00:01:25	<b>00:38:53.85</b>	<b>00:40:19.30</b>	+00:19:53 (51.1%)	7:46	7.7 (48.7%)
135	<b>RUTKOWSKA Mariola</b>	<b>897</b>		K30	135	00:01:15	<b>00:38:56.30</b>	<b>00:40:12.15</b>	+00:19:56 (51.2%)	7:47	7.7 (48.7%)
136	<b>GROCHOWALSKA Katarzyna</b>	<b>291</b>	SPORTHUB	K30	136	00:01:13	<b>00:39:04.95</b>	<b>00:40:18.55</b>	+00:20:04 (51.4%)	7:48	7.7 (48.7%)
137	<b>ANTCZAK Natalia</b>	<b>8</b>		K30	137	00:01:52	<b>00:39:16.85</b>	<b>00:41:09.65</b>	+00:20:16 (51.6%)	7:51	7.6 (48.1%)
138	<b>SKIBIŃSKA Paulina</b>	<b>941</b>		K30	138	00:01:27	<b>00:39:31.20</b>	<b>00:40:58.30</b>	+00:20:31 (51.9%)	7:54	7.6 (48.1%)
139	<b>KACZMAREK Dominika</b>	<b>392</b>		K30	139	00:01:34	<b>00:39:48.05</b>	<b>00:41:22.50</b>	+00:20:47 (52.3%)	7:57	7.5 (47.5%)
140	<b>PIETROWSKA Kinga</b>	<b>803</b>		K30	140	00:02:05	<b>00:40:19.95</b>	<b>00:42:25.15</b>	+00:21:19 (52.9%)	8:03	7.4 (46.8%)
141	<b>MAĆZYŃSKA-WALKOWIAK Ewa</b>	<b>656</b>		K30	141	00:02:04	<b>00:40:20.20</b>	<b>00:42:25.10</b>	+00:21:20 (52.9%)	8:04	7.4 (46.8%)
142	<b>NADRATOWSKA Patrycja</b>	<b>706</b>	SPORTHUB	K30	142	00:01:15	<b>00:41:36.85</b>	<b>00:42:52.45</b>	+00:22:36 (54.3%)	8:19	7.2 (45.6%)
143	<b>SERLIKOWSKA Agnieszka</b>	<b>926</b>		K30	143	00:00:23	<b>00:41:58.15</b>	<b>00:42:21.35</b>	+00:22:57 (54.7%)	8:23	7.1 (44.9%)
144	<b>CIEŚLIŃSKA-RYPOLC Agata</b>	<b>118</b>		K30	144	00:01:23	<b>00:43:27.15</b>	<b>00:44:50.75</b>	+00:24:26 (56.3%)	8:41	6.9 (43.7%)
	<b>DŁUGOBORSKA Katarzyna</b>	<b>153</b>		K30		DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)

Znaleziono 145 wynik(ów)