



BYDGOSKI BIEG URODZINOWY

B4SPORT

Organizator: Miasto Bydgoszcz
Data: 2017-04-23
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	846		K30	1	00:00:02	00:18:10.95	00:18:13.50		3:38	16.5 (100%)
2	SOBCZAK Monika	1219		K30	2	00:00:26	00:21:14.20	00:21:40.80	+00:03:03 (14.4%)	4:14	14.1 (85.5%)
3	WOŹNIAK Anna	122	RUN PASJA	K30	3	00:00:05	00:21:28.20	00:21:34.10	+00:03:17 (15.3%)	4:17	14 (84.8%)
4	KRASIŃSKA Katarzyna	439		K30	4	00:00:16	00:23:08.35	00:23:25.20	+00:04:57 (21.4%)	4:37	13 (78.8%)
5	DOCZEKALSKA Paulina	1244	RUN BYDGOSZCZ	K30	5	00:00:16	00:23:15.50	00:23:31.70	+00:05:04 (21.8%)	4:39	12.9 (78.2%)
6	WOLAN Magdalena	1134		K30	6	00:00:05	00:23:15.65	00:23:21.50	+00:05:04 (21.8%)	4:39	12.9 (78.2%)
7	SZEWCUK Małgorzata	166	ASSECO ACTIVE TEAM	K30	7	00:00:33	00:23:54.25	00:24:27.80	+00:05:43 (23.9%)	4:46	12.6 (76.4%)
8	DERING Hanna	184	BYDGOSKIE ŻÓŁWIE	K30	8	00:01:02	00:24:14.60	00:25:16.70	+00:06:03 (25.0%)	4:50	12.4 (75.2%)
9	JUREK Karolina	608	TKN	K30	9	00:00:12	00:24:29.80	00:24:42.25	+00:06:18 (25.8%)	4:54	12.2 (73.9%)
10	OLSZEWSKA Marta	1147		K30	10	00:00:18	00:24:34.40	00:24:52.70	+00:06:23 (26.0%)	4:54	12.2 (73.9%)
11	MROTEK Katarzyna	171	QUAPRO TEAM	K30	11	00:00:30	00:24:41.30	00:25:11.90	+00:06:30 (26.4%)	4:56	12.2 (73.9%)
12	JANUSZKIEWICZ Judyta	817	BIEGAM PO PIWO	K30	12	00:00:32	00:24:49.50	00:25:21.95	+00:06:38 (26.8%)	4:57	12.1 (73.3%)
13	LACH Bogumiła	1261		K30	13	00:00:38	00:25:00.95	00:25:39.15	+00:06:50 (27.3%)	5:00	12 (72.7%)
14	ADAMSKA Izabela	1384		K30	14	00:00:03	00:25:01.75	00:25:05.10	+00:06:50 (27.4%)	5:00	12 (72.7%)
15	HORYD Justyna	985	SPORT FACTORY	K30	15	00:01:05	00:25:02.25	00:26:07.85	+00:06:51 (27.4%)	5:00	12 (72.7%)
16	FRANK Agnieszka	716		K30	16	00:00:34	00:25:04.30	00:25:38.30	+00:06:53 (27.5%)	5:00	12 (72.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
17	CZYŻEWSKA Justyna	91		K30	17	00:00:08	00:25:10.80	00:25:19.55	+00:06:59 (27.8%)	5:02	11.9 (72.1%)
18	DROŹDŹ Małgorzata	94	KLONIKTEAM	K30	18	00:00:38	00:25:12.70	00:25:51.10	+00:07:01 (27.9%)	5:02	11.9 (72.1%)
19	POTRZEBOWSKA Agata	163		K30	19	00:00:37	00:25:20.90	00:25:58.00	+00:07:09 (28.3%)	5:04	11.8 (71.5%)
20	ZDROJOWA Agnieszka	1277		K30	20	00:00:11	00:25:32.65	00:25:43.80	+00:07:21 (28.8%)	5:06	11.7 (70.9%)
21	ĆWIKLIŃSKA Anna	97	KLONIKTEAM	K30	21	00:00:38	00:25:34.05	00:26:12.40	+00:07:23 (28.9%)	5:06	11.7 (70.9%)
22	BRYWCZYŃSKA Justyna	70	RODOS TEAM	K30	22	00:00:44	00:25:37.35	00:26:21.50	+00:07:26 (29.0%)	5:07	11.7 (70.9%)
23	GRZESIAK - KNUT Lucyna	467		K30	23	00:00:26	00:25:40.05	00:26:06.40	+00:07:29 (29.2%)	5:08	11.7 (70.9%)
24	KOWALSKA Anna	1373	BOOM	K30	24	00:00:45	00:25:42.25	00:26:28.20	+00:07:31 (29.3%)	5:08	11.7 (70.9%)
25	GOŁATTA Magdalena	450		K30	25	00:00:25	00:25:42.30	00:26:07.60	+00:07:31 (29.3%)	5:08	11.7 (70.9%)
26	GONCERZ Katarzyna	862		K30	26	00:00:30	00:25:43.45	00:26:13.55	+00:07:32 (29.3%)	5:08	11.7 (70.9%)
26	GESZKIEWICZ Marta	564	TOASTMASTERS SPEAKERS ZONE	K30	27	00:00:50	00:25:43.45	00:26:34.15	+00:07:32 (29.3%)	5:08	11.7 (70.9%)
28	GONCERZEWICZ Katarzyna	646		K30	28	00:01:00	00:25:44.40	00:26:45.10	+00:07:33 (29.4%)	5:09	11.7 (70.9%)
29	SKUCIŃSKA Karolina	262		K30	29	00:00:41	00:25:44.45	00:26:26.10	+00:07:33 (29.4%)	5:09	11.7 (70.9%)
30	ROGALSKA Justyna	678	BIEGAJĄCE KEBABY	K30	30	00:01:13	00:25:46.85	00:27:00.50	+00:07:35 (29.5%)	5:09	11.6 (70.3%)
31	JEZIORSKA Monika	308	ANIOŁY	K30	31	00:01:00	00:25:57.20	00:26:57.90	+00:07:46 (29.9%)	5:11	11.6 (70.3%)
32	PADZIKOWSKA Agnieszka	362		K30	32	00:00:46	00:26:13.15	00:26:59.40	+00:08:02 (30.7%)	5:14	11.4 (69.1%)
33	STOKŁOSA Natalia	428		K30	33	00:01:11	00:26:19.65	00:27:31.10	+00:08:08 (30.9%)	5:16	11.4 (69.1%)
34	BIERNAT Magdalena	590	PKO DREAM TEAM	K30	34	00:00:40	00:26:21.80	00:27:01.85	+00:08:10 (31.0%)	5:16	11.4 (69.1%)
35	MAZURKIEWICZ Anna	1386		K30	35	00:00:17	00:26:23.30	00:26:41.00	+00:08:12 (31.1%)	5:16	11.4 (69.1%)
36	PIŃSKA Sylwia	1018	INOWROCŁAW BIEGA	K30	36	00:00:52	00:26:24.95	00:27:17.15	+00:08:14 (31.2%)	5:17	11.4 (69.1%)
37	TURZYŃSKA Marta	952		K30	37	00:00:42	00:26:33.70	00:27:16.40	+00:08:22 (31.5%)	5:18	11.3 (68.5%)
38	ULATOWSKA Sylwia	1165		K30	38	00:01:05	00:26:36.05	00:27:41.95	+00:08:25 (31.6%)	5:19	11.3 (68.5%)
39	CZAPLEWSKA Alicja	1363		K30	39	00:01:18	00:26:38.05	00:27:56.20	+00:08:27 (31.7%)	5:19	11.3 (68.5%)

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40	SCHUMACHER-RATAJ Marta	786		K30	40	00:00:07	00:26:39.60	00:26:47.30	+00:08:28 (31.8%)	5:20	11.3 (68.5%)
41	JELEŃ Agnieszka	778	VEGE RUNNERS	K30	41	00:00:57	00:26:39.85	00:27:37.70	+00:08:28 (31.8%)	5:20	11.3 (68.5%)
42	BOROWIEC Wioleta	584	BBL SZUBIN	K30	42	00:00:05	00:26:46.10	00:26:51.80	+00:08:35 (32.1%)	5:21	11.2 (67.9%)
43	NOWICKA Izabela	275		K30	43	00:00:25	00:26:47.00	00:27:12.60	+00:08:36 (32.1%)	5:21	11.2 (67.9%)
44	CICHULSKA QUAAS Izabela	123	RUN PASJA	K30	44	00:00:04	00:26:48.30	00:26:52.65	+00:08:37 (32.2%)	5:21	11.2 (67.9%)
45	NIKOŁAJEW Monika	186		K30	45	00:00:42	00:26:50.20	00:27:32.35	+00:08:39 (32.2%)	5:22	11.2 (67.9%)
46	KARAŚ Monika	1383		K30	46	00:00:03	00:26:52.95	00:26:56.00	+00:08:42 (32.4%)	5:22	11.2 (67.9%)
47	JAGIEŁO Sylwia	896	BBL INOWROCŁAW BIEGA	K30	47	00:00:51	00:26:56.60	00:27:48.55	+00:08:45 (32.5%)	5:23	11.1 (67.3%)
48	GUMIENNA Monika	757	LAKIERYGUMIENNY.PL	K30	48	00:01:07	00:27:00.50	00:28:07.70	+00:08:49 (32.7%)	5:24	11.1 (67.3%)
49	CHYLIŃSKA Monika	1385		K30	49	00:00:46	00:27:08.10	00:27:54.65	+00:08:57 (33.0%)	5:25	11.1 (67.3%)
50	WISNIEWSKA Małgorzata	113		K30	50	00:01:18	00:27:09.85	00:28:28.10	+00:08:58 (33.1%)	5:26	11 (66.7%)
50	KONOPIŃSKA Agnieszka	90	RUN BYDGOSZCZ	K30	51	00:01:18	00:27:09.85	00:28:28.25	+00:08:58 (33.1%)	5:26	11 (66.7%)
52	KROPIDŁOWSKA Magdalena	994	OCELOTY KRUSZYN KRAJEŃSKI	K30	52	00:00:57	00:27:12.40	00:28:10.05	+00:09:01 (33.2%)	5:26	11 (66.7%)
53	WUJEK Magdalena	950		K30	53	00:01:27	00:27:21.20	00:28:48.55	+00:09:10 (33.5%)	5:28	11 (66.7%)
54	CISZEWSKA Emilia	283		K30	54	00:00:54	00:27:23.15	00:28:17.50	+00:09:12 (33.6%)	5:28	11 (66.7%)
55	WASILEWSKA-MICHALAK Agata	489		K30	55	00:00:46	00:27:24.45	00:28:10.65	+00:09:13 (33.7%)	5:28	10.9 (66.1%)
56	WASILEWSKA Martyna	488		K30	56	00:00:46	00:27:24.60	00:28:10.65	+00:09:13 (33.7%)	5:28	10.9 (66.1%)
57	GÓRSKA Joanna	74		K30	57	00:00:50	00:27:28.70	00:28:19.30	+00:09:17 (33.8%)	5:29	10.9 (66.1%)
58	OWCZAREK Agnieszka	595	BIEGAM BO LUBIĘ	K30	58	00:00:44	00:27:29.40	00:28:14.10	+00:09:18 (33.9%)	5:30	10.9 (66.1%)
59	PIECYK-CZAJA Sonia	227		K30	59	00:00:45	00:27:41.45	00:28:27.10	+00:09:30 (34.3%)	5:32	10.8 (65.5%)
60	FLOREK Milena	495	RE MEDIA BYDGOSZCZ	K30	60	00:01:26	00:27:41.60	00:29:08.20	+00:09:30 (34.3%)	5:32	10.8 (65.5%)
61	PŁACZKOWSKA Magdalena	478		K30	61	00:01:09	00:27:53.10	00:29:02.85	+00:09:42 (34.8%)	5:34	10.8 (65.5%)
62	WAWRZYŃIAK Karolina	479		K30	62	00:01:09	00:27:54.05	00:29:03.15	+00:09:43 (34.8%)	5:34	10.8 (65.5%)

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63	ŻUCHELKOWSKA Agata	451		K30	63	00:01:13	00:27:55.10	00:29:08.20	+00:09:44 (34.9%)	5:35	10.7 (64.8%)
64	WORONIECKA Anna	189		K30	64	00:01:12	00:27:58.60	00:29:10.75	+00:09:47 (35.0%)	5:35	10.7 (64.8%)
65	PAWLAK Monika	1327		K30	65	00:00:10	00:27:58.85	00:28:09.80	+00:09:47 (35.0%)	5:35	10.7 (64.8%)
66	JARZĄB Joanna	1417		K30	66	00:00:07	00:27:59.65	00:28:07.15	+00:09:48 (35.0%)	5:36	10.7 (64.8%)
67	KUGACZ Aneta	205	RUN BYDGOSZCZ	K30	67	00:00:45	00:28:00.80	00:28:45.80	+00:09:49 (35.1%)	5:36	10.7 (64.8%)
68	MICHALAK Agnieszka	400		K30	68	00:00:35	00:28:07.60	00:28:43.25	+00:09:56 (35.4%)	5:37	10.7 (64.8%)
69	RADZIŃSKA Joanna	627		K30	69	00:00:53	00:28:09.25	00:29:02.45	+00:09:58 (35.4%)	5:37	10.7 (64.8%)
70	SAMOĆKO Katarzyna	285		K30	70	00:00:43	00:28:11.20	00:28:54.55	+00:10:00 (35.5%)	5:38	10.6 (64.2%)
71	KIEDROWSKA Magdalena	1194		K30	71	00:00:02	00:28:13.25	00:28:15.70	+00:10:02 (35.6%)	5:38	10.6 (64.2%)
72	STANISZEWSKA Marta	831		K30	72	00:00:32	00:28:17.25	00:28:49.50	+00:10:06 (35.7%)	5:39	10.6 (64.2%)
73	TRELA Jolanta	726		K30	73	00:00:51	00:28:22.50	00:29:14.25	+00:10:11 (35.9%)	5:40	10.6 (64.2%)
74	TOBOLSKA Małgorzata	1011		K30	74	00:00:33	00:28:38.50	00:29:11.70	+00:10:27 (36.5%)	5:43	10.5 (63.6%)
75	STAFIŃSKA Paulina	47		K30	75	00:00:55	00:28:41.50	00:29:36.50	+00:10:30 (36.6%)	5:44	10.5 (63.6%)
76	STRZESZAK Sylwia	30		K30	76	00:00:54	00:28:42.60	00:29:37.50	+00:10:31 (36.7%)	5:44	10.4 (63.0%)
77	SZWEDA Mirosława	1227		K30	77	00:00:14	00:28:49.25	00:29:03.80	+00:10:38 (36.9%)	5:45	10.4 (63.0%)
78	MEGER Agnieszka	311		K30	78	00:01:11	00:28:59.15	00:30:10.30	+00:10:48 (37.3%)	5:47	10.4 (63.0%)
79	PODOSEK Magdalena	547	BYDGOSZCZ	K30	79	00:00:40	00:29:02.20	00:29:42.25	+00:10:51 (37.4%)	5:48	10.3 (62.4%)
80	PIÓRKOWSKA Anna	1071		K30	80	00:00:58	00:29:09.40	00:30:08.20	+00:10:58 (37.6%)	5:50	10.3 (62.4%)
81	FLORCZAK Barbara	1355		K30	81	00:00:24	00:29:15.85	00:29:39.90	+00:11:04 (37.9%)	5:51	10.3 (62.4%)
82	NOWICKA Justyna	487		K30	82	00:00:51	00:29:17.05	00:30:08.05	+00:11:06 (37.9%)	5:51	10.2 (61.8%)
83	NOSKOWIAK-BAJNO Alicja	957		K30	83	00:00:44	00:29:29.70	00:30:13.85	+00:11:18 (38.4%)	5:53	10.2 (61.8%)
84	KONKEL Agata	750		K30	84	00:01:15	00:29:32.90	00:30:47.90	+00:11:21 (38.5%)	5:54	10.2 (61.8%)
85	KOSECKA Justyna	1309	ORTIMED RUNNERS TEAM	K30	85	00:01:18	00:29:33.80	00:30:52.60	+00:11:22 (38.5%)	5:54	10.1 (61.2%)

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86	PASIEKA Magda	710	MAM TĘ MOC	K30	86	00:01:17	00:29:34.25	00:30:52.05	+00:11:23 (38.5%)	5:55	10.1 (61.2%)
87	DUTKIEWICZ Urszula	1056	TKKF KOLEJARZ BYDGOSZCZ	K30	87	00:00:43	00:29:34.35	00:30:17.60	+00:11:23 (38.5%)	5:54	10.1 (61.2%)
88	CHLEBOSZ Sylwia	932		K30	88	00:00:33	00:29:38.75	00:30:12.35	+00:11:27 (38.7%)	5:55	10.1 (61.2%)
89	KACZMAREK Anna	85		K30	89	00:00:23	00:29:38.85	00:30:02.40	+00:11:27 (38.7%)	5:55	10.1 (61.2%)
90	GAJEK Agnieszka	355	ASSECO ACTIVE TEAM	K30	90	00:00:39	00:29:38.95	00:30:18.05	+00:11:28 (38.7%)	5:55	10.1 (61.2%)
91	MAKOWSKA Justyna	354	TASAK TEAM	K30	91	00:00:38	00:29:39.60	00:30:18.20	+00:11:28 (38.7%)	5:56	10.1 (61.2%)
92	WIATROWSKA Izabela	1248		K30	92	00:00:08	00:29:45.60	00:29:53.80	+00:11:34 (38.9%)	5:57	10.1 (61.2%)
93	ŻMICH Aleksandra	813		K30	93	00:00:35	00:29:47.40	00:30:22.95	+00:11:36 (39.0%)	5:57	10.1 (61.2%)
94	SZULAKOWSKA Patrycja	672	TERENOWA MASAKRA TEAM	K30	94	00:01:19	00:29:54.70	00:31:14.30	+00:11:43 (39.2%)	5:59	10 (60.6%)
95	OSIŃSKA Alicja	1127	AA	K30	95	00:01:30	00:29:55.40	00:31:25.60	+00:11:44 (39.2%)	5:59	10 (60.6%)
96	ANTCZAK Karolina	867		K30	96	00:01:08	00:30:07.95	00:31:16.90	+00:11:57 (39.7%)	6:01	10 (60.6%)
97	MIŁKOWSKA Monika	725		K30	97	00:01:27	00:30:19.80	00:31:47.30	+00:12:08 (40.1%)	6:04	9.9 (60.0%)
98	WRZYSZCZ Marzena	669		K30	98	00:01:33	00:30:30.45	00:32:04.10	+00:12:19 (40.4%)	6:06	9.8 (59.4%)
99	BONALSKA Magdalena	155	RUN BYDGOSZCZ	K30	99	00:01:27	00:30:40.45	00:32:08.25	+00:12:29 (40.7%)	6:08	9.8 (59.4%)
100	SZALA Monika	1101	ICH DWOJE	K30	100	00:01:32	00:30:40.65	00:32:13.15	+00:12:29 (40.7%)	6:08	9.8 (59.4%)
101	SZCZEPANEK-KOZIŃSKA Justyna	1353	1 BLOG	K30	101	00:00:59	00:30:46.35	00:31:45.45	+00:12:35 (40.9%)	6:09	9.8 (59.4%)
102	MAKLAKIEWICZ Agnieszka	680		K30	102	00:00:17	00:30:51.40	00:31:08.50	+00:12:40 (41.1%)	6:10	9.7 (58.8%)
103	MAKOWSKA Justyna	953		K30	103	00:00:42	00:30:53.40	00:31:36.35	+00:12:42 (41.1%)	6:10	9.7 (58.8%)
104	KATLEWSKA Marika	128		K30	104	00:01:12	00:30:56.50	00:32:08.55	+00:12:45 (41.2%)	6:11	9.7 (58.8%)
105	PIÓRKOWSKA Aga	54		K30	105	00:01:16	00:30:59.55	00:32:16.50	+00:12:48 (41.3%)	6:12	9.7 (58.8%)
106	MICHTA Iwona	934	SPÓJNIA BIAŁE BŁOTA	K30	106	00:00:57	00:30:59.75	00:31:57.40	+00:12:48 (41.3%)	6:12	9.7 (58.8%)
107	KUK Sylwia	536		K30	107	00:01:04	00:31:13.25	00:32:18.15	+00:13:02 (41.8%)	6:14	9.6 (58.2%)
108	BŁASZKIEWICZ Marzena	956		K30	108	00:00:44	00:31:13.35	00:31:58.05	+00:13:02 (41.8%)	6:14	9.6 (58.2%)

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109	CHOJNACKA Monika	445		K30	109	00:00:42	00:31:15.90	00:31:58.85	+00:13:04 (41.8%)	6:15	9.6 (58.2%)
110	BUSSE Jagoda	970		K30	110	00:00:13	00:31:19.85	00:31:33.75	+00:13:08 (42.0%)	6:16	9.6 (58.2%)
111	LIGMANN Anna	529		K30	111	00:01:32	00:31:27.80	00:33:00.75	+00:13:16 (42.2%)	6:17	9.5 (57.6%)
112	BRAĞIEL Anna	92	VEGE RUNNERS	K30	112	00:01:54	00:31:39.05	00:33:33.50	+00:13:28 (42.6%)	6:19	9.5 (57.6%)
113	GRZYWACZ Karolina	236	BBL BYDGOSZCZ	K30	113	00:00:15	00:31:40.00	00:31:55.00	+00:13:29 (42.6%)	6:20	9.5 (57.6%)
113	CHMIELEWSKA Agnieszka	233		K30	114	00:00:14	00:31:40.00	00:31:54.60	+00:13:29 (42.6%)	6:20	9.5 (57.6%)
115	OKRÓJ Dagmara	625		K30	115	00:00:35	00:31:48.55	00:32:24.25	+00:13:37 (42.8%)	6:21	9.4 (57.0%)
116	URBAŃSKA Kamila	1409	REGIONALNE CENTRUM KRWIODAWSTWA I KRWIOLECNICTWA W BYDGOSZCZY	K30	116	00:00:00	00:31:52.55	00:31:52.55	+00:13:41 (43.0%)	6:22	9.4 (57.0%)
117	OLKOWSKA Magdalena	828		K30	117	00:01:14	00:31:58.60	00:33:13.10	+00:13:47 (43.1%)	6:23	9.4 (57.0%)
118	SUDOŁ Karolina	984		K30	118	00:01:17	00:32:01.90	00:33:19.10	+00:13:50 (43.2%)	6:24	9.4 (57.0%)
119	RASSALSKA-KAUSA Jola	267		K30	119	00:01:10	00:32:04.25	00:33:14.75	+00:13:53 (43.3%)	6:24	9.4 (57.0%)
120	RASSALSKA Roma	269		K30	120	00:01:10	00:32:04.40	00:33:14.45	+00:13:53 (43.3%)	6:24	9.4 (57.0%)
121	WAWROWSKA-GRODZKA Marta	470		K30	121	00:00:26	00:32:13.50	00:32:40.40	+00:14:02 (43.6%)	6:26	9.3 (56.4%)
122	NOWAKOWSKA Marta	344		K30	122	00:00:37	00:32:16.65	00:32:53.70	+00:14:05 (43.7%)	6:27	9.3 (56.4%)
123	ZIELIŃSKA Justyna	781	SOLECCY BIEGACZE	K30	123	00:01:29	00:32:17.40	00:33:46.85	+00:14:06 (43.7%)	6:27	9.3 (56.4%)
124	WYPYCH-KLUNDER Katarzyna	856		K30	124	00:01:06	00:32:18.50	00:33:25.40	+00:14:07 (43.7%)	6:27	9.3 (56.4%)
125	ZAORSKA Joanna	137		K30	125	00:00:56	00:32:22.15	00:33:18.70	+00:14:11 (43.8%)	6:28	9.3 (56.4%)
126	SONTOWSKA Sylwia	788		K30	126	00:00:03	00:32:22.50	00:32:26.00	+00:14:11 (43.8%)	6:28	9.3 (56.4%)
127	DEPKA Agnieszka	493		K30	127	00:01:16	00:32:28.30	00:33:44.80	+00:14:17 (44.0%)	6:29	9.2 (55.8%)
128	KOTOWSKA-KOWALSKA Anna	1041	GORZEŃ RUN	K30	128	00:01:30	00:32:28.40	00:33:59.00	+00:14:17 (44.0%)	6:29	9.2 (55.8%)
129	DUDEK Joanna	1136	FORDONRUNNERS	K30	129	00:01:28	00:32:29.85	00:33:58.40	+00:14:18 (44.0%)	6:30	9.2 (55.8%)
130	BABIŃSKA Agata	614		K30	130	00:01:33	00:32:33.35	00:34:06.80	+00:14:22 (44.1%)	6:30	9.2 (55.8%)
131	WÓJCIK Anna	1300		K30	131	00:00:47	00:32:48.75	00:33:35.90	+00:14:37 (44.6%)	6:33	9.1 (55.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
132	HOŁOWNIA-MLECZEK Izabela	334		K30	132	00:00:50	00:32:57.05	00:33:47.40	+00:14:46 (44.8%)	6:35	9.1 (55.2%)
133	KOWALSKA Katarzyna	216		K30	133	00:01:03	00:33:01.50	00:34:05.30	+00:14:50 (44.9%)	6:36	9.1 (55.2%)
134	LASOTA Anna	1425		K30	134	00:00:34	00:33:02.00	00:33:36.50	+00:14:51 (45.0%)	6:36	9.1 (55.2%)
135	BOCHAŃSKA Agnieszka	1224	SZYSZKI	K30	135	00:01:34	00:33:06.35	00:34:41.15	+00:14:55 (45.1%)	6:37	9.1 (55.2%)
136	MATUSZEWSKA Agnieszka	178		K30	136	00:01:11	00:33:11.65	00:34:23.45	+00:15:00 (45.2%)	6:38	9 (54.5%)
137	NOWAKOWSKA Sylwia	353		K30	137	00:01:35	00:33:23.10	00:34:58.65	+00:15:12 (45.5%)	6:40	9 (54.5%)
138	NOWAKOWSKA Anna	1289		K30	138	00:00:12	00:33:31.95	00:33:44.80	+00:15:21 (45.8%)	6:42	8.9 (53.9%)
139	SZULC Joanna	1111		K30	139	00:01:29	00:33:42.65	00:35:11.95	+00:15:31 (46.1%)	6:44	8.9 (53.9%)
140	MRÓWCZYŃSKA Agnieszka	735	MRÓWKI	K30	140	00:00:39	00:33:59.30	00:34:38.80	+00:15:48 (46.5%)	6:47	8.8 (53.3%)
141	BOSAK Patrycja	1401		K30	141	00:01:42	00:34:43.00	00:36:25.35	+00:16:32 (47.6%)	6:56	8.6 (52.1%)
142	MINISZEWSKA Irena	462		K30	142	00:01:06	00:34:55.40	00:36:02.00	+00:16:44 (47.9%)	6:59	8.6 (52.1%)
143	RUDNICKI Karolina	31	TASAK TEAM	K30	143	00:00:50	00:35:00.20	00:35:50.70	+00:16:49 (48.1%)	7:00	8.6 (52.1%)
144	STACHOWSKA Aleksandra	886		K30	144	00:00:59	00:36:03.55	00:37:03.40	+00:17:52 (49.6%)	7:12	8.3 (50.3%)
145	TUBAJA Anita	57	KABEL TEAM BYDGOSZCZ	K30	145	00:00:45	00:36:12.05	00:36:57.30	+00:18:01 (49.8%)	7:14	8.3 (50.3%)
146	CSONOPIOLI Viktoria	1447		K30	146	00:00:37	00:36:15.20	00:36:52.60	+00:18:04 (49.8%)	7:15	8.3 (50.3%)
147	PARTATUS-SKRZYPIŃSKA Barbara	1192		K30	147	00:00:16	00:36:33.35	00:36:49.55	+00:18:22 (50.3%)	7:18	8.2 (49.7%)
148	KAPTUR Małgorzata	613		K30	148	00:01:33	00:36:37.85	00:38:10.95	+00:18:26 (50.4%)	7:19	8.2 (49.7%)
149	GROCHOWALSKA Marzena	199	GROSZKI	K30	149	00:01:10	00:36:53.45	00:38:03.50	+00:18:42 (50.7%)	7:22	8.1 (49.1%)
150	KLUCZYŃSKA Blanka	44		K30	150	00:01:01	00:37:05.00	00:38:06.05	+00:18:54 (51.0%)	7:25	8.1 (49.1%)
151	PŁOCKA Patrycja	923		K30	151	00:00:42	00:39:15.55	00:39:58.25	+00:21:04 (53.7%)	7:51	7.6 (46.1%)
152	SMOLEŃ Joanna	291		K30	152	00:01:55	00:39:58.95	00:41:54.50	+00:21:48 (54.5%)	7:59	7.5 (45.5%)
153	UMIŃSKA Anna	799		K30	153	00:01:24	00:40:50.15	00:42:15.10	+00:22:39 (55.5%)	8:10	7.3 (44.2%)
154	MINDIKOWSKA Agnieszka	136		K30	154	00:01:11	00:42:34.15	00:43:45.90	+00:24:23 (57.3%)	8:30	7 (42.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
155	PŁÓCIENNICZAK Izabella	645	IZA Z MATIZA, MONIKA Z CIĄGNIKA	K30	155	00:01:42	00:44:53.45	00:46:36.30	+00:26:42 (59.5%)	8:58	6.7 (40.6%)

Znaleziono 155 wynik(ów)