



Event: VII PÓLMARATON GLIWICKI
Organiser: Fundacja Bieg Rzeźnika
Date: 2021-10-17
Place: Gliwice
Distance: 10 km

GLIWICKA DYCHA

B4SPORT

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Classification: K Open

Place	Participant	Number	Club	Category	MCat	Start time	2.5km	6.5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	SITEK Monika	1305		K-20	1	00:00:03	00:10:06	00:25:47	00:40:36.90	00:40:39.95		4:03	14.8 (100%)
2	JADASZ Anna	1093	VATTENFALL/ARKADIUSZGARDZIELEWSKI.PL	K-30	1	00:00:01	00:10:30	00:26:49	00:41:47.30	00:41:49.05	+00:01:10 (2.8%)	4:10	14.4 (97.3%)
3	STUCHLIK Magdalena	1339	AKTYWNA PSZCZYNA RUNNERS TEAM	K-30	2	00:00:03	00:10:27	00:26:50	00:41:49.25	00:41:53.10	+00:01:12 (2.9%)	4:10	14.3 (96.6%)
4	PRUSKO Gabriela	1273		K-20	2	00:00:05	00:11:04	00:27:33	00:42:22.55	00:42:27.70	+00:01:45 (4.2%)	4:14	14.2 (95.9%)
5	HAŁKA Oliwia	1084		K-20	3	00:00:05	00:11:04	00:27:34	00:42:36.25	00:42:41.35	+00:01:59 (4.7%)	4:15	14.1 (95.3%)
6	LEGASZEWSKA Maria	1174		K-20	4	00:00:04	00:10:07	00:26:51	00:42:41.10	00:42:45.85	+00:02:04 (4.8%)	4:16	14.1 (95.3%)
7	LEWICKA Elżbieta	1177		K-40	1	00:00:02	00:10:51	00:27:47	00:43:27.80	00:43:30.70	+00:02:50 (6.6%)	4:20	13.8 (93.2%)
8	KRUPOWICZ Wiktoria	1156	ANNA HALSKA COACHING	K-20	5	00:00:04	00:11:00	00:27:54	00:43:47.40	00:43:51.95	+00:03:10 (7.3%)	4:22	13.7 (92.6%)
9	PIECUCH Agnieszka	1257	INŻYNIERIA BIEGANIA TEAM	K-30	3	00:00:05	00:10:55	00:28:00	00:44:13.60	00:44:18.70	+00:03:36 (8.2%)	4:25	13.6 (91.9%)
10	TELEUCKA Sandra	1354	KU AZS POLITECHNIKA OPOLSKA/ #SZYMITEAM	K-20	6	00:00:02	00:10:59	00:29:09	00:45:58.60	00:46:01.25	+00:05:21 (11.7%)	4:35	13.1 (88.5%)
11	SZOŁTYSEK-GRZESIKIEWICZ Anna	1347		K-30	4	00:00:09	00:12:04	00:30:12	00:47:16.65	00:47:25.65	+00:06:39 (14.1%)	4:43	12.7 (85.8%)
12	ZENOWICZ Kinga	1400	ATHLETICS NYSA	K-20	7	00:00:02	00:11:56	00:30:45	00:48:17.50	00:48:20.15	+00:07:40 (15.9%)	4:49	12.4 (83.8%)
13	ZIĘTEK Katarzyna	1404		K-30	5	00:00:15	00:12:11	00:31:21	00:48:42.00	00:48:57.25	+00:08:05 (16.6%)	4:52	12.3 (83.1%)
14	POŁOMSKA Edyta	1471	POLOMSCY TEAM	K-40	2	00:00:08	00:12:21	00:31:58	00:49:46.10	00:49:54.30	+00:09:09 (18.4%)	4:58	12.1 (81.8%)

Place	Participant	Number	Club	Category	MCat	Start time	2.5km	6.5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
15	GROCHOWSKA Anna	1077		K-30	6	00:00:13	00:12:55	00:32:22	00:50:06.55	00:50:20.30	+00:09:29 (18.9%)	5:00	12 (81.1%)
16	NIEMIEC Sławek	1225	INTERGRAFIK.PL	K-30	7	00:00:27	00:13:09	00:32:41	00:50:37.00	00:51:04.95	+00:10:00 (19.8%)	5:03	11.9 (80.4%)
17	KLOZA Iwona	1127	NIGHT RUNNERS PYSKOWICE	K-30	8	00:00:11	00:12:55	00:32:40	00:50:52.40	00:51:04.15	+00:10:15 (20.2%)	5:05	11.8 (79.7%)
18	PAWLIK Aneta	1254		K-30	9	00:00:08	00:12:42	00:33:15	00:51:44.50	00:51:53.25	+00:11:07 (21.5%)	5:10	11.6 (78.4%)
19	MICHALSKA Kamila	1207		K-30	10	00:00:07	00:13:04	00:33:32	00:51:51.55	00:51:59.00	+00:11:14 (21.7%)	5:11	11.6 (78.4%)
20	PAJER Aleksandra	1249	ISTA BIEGAMY	K-30	11	00:00:26	00:13:19	00:33:36	00:52:04.75	00:52:31.20	+00:11:27 (22.0%)	5:12	11.5 (77.7%)
21	WOJAKOWSKA Katarzyna	1379	K&K RUN	K-40	3	00:00:03	00:13:10	00:33:41	00:52:12.30	00:52:16.25	+00:11:35 (22.2%)	5:13	11.5 (77.7%)
22	CETNAR-KLIMAS Katarzyna	1024		K-40	4	00:00:05	00:13:08	00:33:31	00:52:23.65	00:52:29.30	+00:11:46 (22.5%)	5:14	11.5 (77.7%)
23	NOWAKOWSKA Aleksandra	1229		K-30	12	00:00:09	00:13:54	00:34:06	00:52:48.45	00:52:58.10	+00:12:11 (23.1%)	5:16	11.4 (77.0%)
24	LEDWIG Iwona	1173	MAMAX3	K-30	13	00:00:28	00:13:51	00:34:28	00:53:12.85	00:53:41.75	+00:12:35 (23.7%)	5:19	11.3 (76.4%)
25	MICHALIK Zgonia	1205	BABSKA KORBA	K-30	14	00:00:18	00:13:12	00:34:09	00:53:30.00	00:53:48.80	+00:12:53 (24.1%)	5:21	11.2 (75.7%)
26	KOMANDER Katarzyna	1134	JOMAR RUNNERS	K-20	8	00:00:12	00:13:09	00:34:35	00:53:39.00	00:53:51.75	+00:13:02 (24.3%)	5:21	11.2 (75.7%)
27	POWROŹNIK Paulina	1270		K-30	15	00:00:29	00:13:23	00:34:30	00:53:57.10	00:54:26.15	+00:13:20 (24.7%)	5:23	11.1 (75.0%)
28	PETRUS Karolina	1485		K-30	16	00:00:04	00:13:16	00:34:37	00:54:13.90	00:54:18.75	+00:13:37 (25.1%)	5:25	11.1 (75.0%)
29	WIERCIŃSKA Aneta	1368		K-30	17	00:00:19	00:13:40	00:34:36	00:54:15.45	00:54:34.85	+00:13:38 (25.1%)	5:25	11.1 (75.0%)
30	ZIĘBA Sabina	1403		K-30	18	00:00:03	00:13:19	00:34:53	00:54:22.80	00:54:26.30	+00:13:45 (25.3%)	5:26	11 (74.3%)
31	KARPIŃSKA Katarzyna	1115		K-30	19	00:00:09	00:13:26	00:34:29	00:54:37.40	00:54:46.45	+00:14:00 (25.6%)	5:27	11 (74.3%)
32	MICHALSKA Magdalena	1206		K-30	20	00:00:51	00:14:21	00:35:18	00:54:46.50	00:55:38.10	+00:14:09 (25.9%)	5:28	11 (74.3%)
33	ZAPOTOCZNA Renata	1393		K-40	5	00:00:16	00:14:09	00:35:06	00:54:52.75	00:55:09.70	+00:14:15 (26.0%)	5:29	10.9 (73.6%)
34	CZYŻ Wiola	1034		K-30	21	00:00:06	00:13:28	00:34:59	00:55:13.90	00:55:20.45	+00:14:37 (26.5%)	5:31	10.9 (73.6%)
35	BIELIŃSKA Kamila	1013		K-30	22	00:00:06	00:13:28		00:55:14.70	00:55:21.15	+00:14:37 (26.5%)	5:31	10.9 (73.6%)
36	IGNATOWICZ-DĘBSKA Katarzyna	1090	THE PROSECCOS	K-30	23	00:00:29	00:15:16	00:36:42	00:55:26.20	00:55:55.40	+00:14:49 (26.7%)	5:32	10.8 (73.0%)
37	KOLASIŃSKA Monika	1463	STG GLIWICE	K-20	9	00:00:08	00:13:50	00:35:50	00:55:37.60	00:55:46.35	+00:15:00 (27.0%)	5:33	10.8 (73.0%)

Place	Participant	Number	Club	Category	MCat	Start time	2.5km	6.5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
38	MIŚKIEWICZ Lucyna	1212	WARTO BIEGAĆ ZAWIERCIE	K-50	1	00:00:14	00:14:19	00:36:21	00:55:48.65	00:56:02.85	+00:15:11 (27.2%)	5:34	10.8 (73.0%)
39	KACZMAREK Katarzyna	1109	STG GLIWICE	K-40	6	00:00:07	00:13:50	00:35:51	00:55:54.90	00:56:02.75	+00:15:18 (27.4%)	5:35	10.7 (72.3%)
40	PIEKARZ Małgorzata	1258	DRUŻYNA JEDYNKI	K-30	24	00:00:12	00:14:30	00:36:10	00:56:02.80	00:56:15.15	+00:15:25 (27.5%)	5:36	10.7 (72.3%)
41	SALA Nela	1299		K-30	25	00:00:22	00:13:43	00:35:44	00:56:07.90	00:56:30.25	+00:15:31 (27.6%)	5:36	10.7 (72.3%)
42	KELLER Aneta	1119		K-30	26	00:00:41	00:14:47	00:36:10	00:56:27.80	00:57:08.95	+00:15:50 (28.1%)	5:38	10.6 (71.6%)
43	MATUSEK Anna	1198		K-20	10	00:00:36	00:14:18	00:36:14	00:56:58.25	00:57:34.80	+00:16:21 (28.7%)	5:41	10.5 (70.9%)
44	KOSIDŁOWSKA Ewelina	1143	BRAK	K-20	11	00:00:30	00:14:38	00:37:19	00:57:00.45	00:57:31.30	+00:16:23 (28.8%)	5:42	10.5 (70.9%)
45	ŁYSIAK Magdalena	1418		K-30	27	00:00:06	00:14:12	00:36:36	00:57:01.80	00:57:08.15	+00:16:24 (28.8%)	5:42	10.5 (70.9%)
46	KUNOWSKA Małgorzata	1410		K-30	28	00:00:10	00:14:32	00:36:51	00:57:05.75	00:57:15.75	+00:16:28 (28.9%)	5:42	10.5 (70.9%)
47	SOSADA Nicol	1326	ISTA BIEGAMY	K-20	12	00:00:16	00:14:16	00:36:42	00:57:22.50	00:57:38.85	+00:16:45 (29.2%)	5:44	10.5 (70.9%)
48	KUCHTA Katarzyna	1159	NIGHT RUNNERS PYSKOWICE	K-30	29	00:00:15	00:14:16	00:36:38	00:57:24.20	00:57:40.05	+00:16:47 (29.2%)	5:44	10.5 (70.9%)
49	KOTLARSKA Anna	1146		K-40	7	00:00:25	00:15:28	00:37:41	00:57:33.95	00:57:59.15	+00:16:57 (29.4%)	5:45	10.4 (70.3%)
50	PAJOR Izabela	1250		K-30	30	00:00:04	00:14:11		00:57:35.35	00:57:40.05	+00:16:58 (29.5%)	5:45	10.4 (70.3%)
51	BALCER Weronika	1005	JOMAR RUNNERS	K-30	31	00:00:12	00:14:12	00:36:47	00:57:51.85	00:58:04.35	+00:17:14 (29.8%)	5:47	10.4 (70.3%)
52	PETEJA-ĆWIK Aleksandra	1256		K-50	2	00:00:40	00:14:49	00:37:29	00:58:02.15	00:58:43.00	+00:17:25 (30.0%)	5:48	10.3 (69.6%)
53	OSOWSKA Katarzyna	1240		K-40	8	00:00:28	00:15:05	00:37:36	00:58:02.75	00:58:31.35	+00:17:25 (30.0%)	5:48	10.3 (69.6%)
54	ZUKOWSKA Bogusia	1407		K-30	32	00:00:33	00:15:30	00:37:34	00:58:03.90	00:58:37.15	+00:17:27 (30.1%)	5:48	10.3 (69.6%)
55	LIPIŃSKA Anita	1179		K-30	33	00:00:32	00:15:22	00:37:34	00:58:05.80	00:58:38.05	+00:17:28 (30.1%)	5:48	10.3 (69.6%)
56	MEKIER Alicja	1202		K-30	34	00:00:44	00:15:45	00:38:16	00:58:24.40	00:59:08.45	+00:17:47 (30.5%)	5:50	10.3 (69.6%)
57	NOWAKOWSKA-TRZASKA Joanna	1230	GLIWICKA GRUPA BIEGACZY	K-40	9	00:00:18	00:14:34	00:37:06	00:58:27.00	00:58:45.90	+00:17:50 (30.5%)	5:50	10.3 (69.6%)
58	BAŁAJ Anna	1007		K-30	35	00:00:47	00:16:29		00:58:31.10	00:59:18.25	+00:17:54 (30.6%)	5:51	10.3 (69.6%)
59	KOCYBIK Natalia	1133	THE PROSECCOS	K-30	36	00:00:28	00:15:17	00:38:30	00:58:50.15	00:59:19.05	+00:18:13 (31.0%)	5:53	10.2 (68.9%)
60	NEJMAN Joanna	1441		K-30	37	00:00:28	00:15:17	00:38:30	00:58:50.50	00:59:19.15	+00:18:13 (31.0%)	5:53	10.2 (68.9%)

Place	Participant	Number	Club	Category	MCat	Start time	2.5km	6.5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
61	WOJTKIEWICZ Marzena	1381		K-40	10	00:00:38	00:16:14	00:39:17	00:59:01.25	00:59:40.00	+00:18:24 (31.2%)	5:54	10.2 (68.9%)
62	LIS Aleksandra	1181		K-20	13	00:00:13	00:14:28	00:37:52	00:59:10.10	00:59:23.40	+00:18:33 (31.4%)	5:55	10.1 (68.2%)
63	HERUD Sandra	1087	GLIWICKA RADA ROWEROWA	K-30	38	00:00:13	00:14:59	00:38:09	00:59:12.90	00:59:26.25	+00:18:36 (31.4%)	5:55	10.1 (68.2%)
64	BEMŚ Emilia	1422		K-30	39	00:00:30	00:16:14	00:39:33	00:59:16.55	00:59:47.45	+00:18:39 (31.5%)	5:55	10.1 (68.2%)
65	ĆWIOK Barbara	1037	#PANIOWKIRUN	K-40	11	00:00:18	00:15:09	00:37:56	00:59:17.45	00:59:35.45	+00:18:40 (31.5%)	5:55	10.1 (68.2%)
66	WOJTKIEWICZ Marta	1382		K-20	14	00:00:39	00:16:11	00:38:46	00:59:20.75	00:59:59.75	+00:18:43 (31.6%)	5:56	10.1 (68.2%)
67	ZAKLIŃSKA Kasia	1391		K-40	12	00:00:49	00:15:58	00:39:06	00:59:34.55	01:00:24.05	+00:18:57 (31.8%)	5:57	10.1 (68.2%)
68	WARYSZAK Joanna	1365	BAKALOVE	K-30	40	00:00:10	00:15:03	00:38:29	00:59:46.60	00:59:57.55	+00:19:09 (32.1%)	5:58	10 (67.6%)
69	FILIPCZYK Anna	1052		K-30	41	00:00:29	00:15:28	00:38:43	00:59:47.85	01:00:17.40	+00:19:10 (32.1%)	5:58	10 (67.6%)
70	GRABIAŃSKA Katarzyna	1074		K-30	42	00:00:46	00:15:48	00:39:14	00:59:48.40	01:00:34.90	+00:19:11 (32.1%)	5:58	10 (67.6%)
71	MAĆKÓW Klaudia	1187		K-20	15	00:00:27	00:14:58	00:38:30	00:59:51.45	01:00:18.80	+00:19:14 (32.1%)	5:59	10 (67.6%)
72	KLIMASARA Małgorzata	1439		K-30	43	00:00:10	00:14:55	00:38:30	01:00:13.05	01:00:23.95	+00:19:36 (32.6%)	6:01	10 (67.6%)
73	GRZEGORCZYK Monika	1080	NIGHT RUNNERS ZABRZE	K-40	13	00:00:37	00:16:02	00:39:41	01:00:27.50	01:01:04.85	+00:19:50 (32.8%)	6:02	9.9 (66.9%)
74	MASTALSKA Marzena	1197	OPEL ACTIVE TEAM	K-30	44	00:00:37	00:16:02		01:00:27.85	01:01:04.90	+00:19:50 (32.8%)	6:02	9.9 (66.9%)
75	KRAWIEC Agnieszka	1153		K-40	14	00:00:19	00:15:36	00:39:05	01:00:51.80	01:01:11.20	+00:20:14 (33.3%)	6:05	9.9 (66.9%)
76	STANEK Natalia	1328		K-30	45	00:00:36	00:14:59	00:38:45	01:01:00.05	01:01:36.35	+00:20:23 (33.4%)	6:06	9.8 (66.2%)
77	SZARZYŃSKA-GRYCHNIK Jolanta	1343		K-50	3	00:00:16	00:14:52	00:39:06	01:01:04.35	01:01:20.90	+00:20:27 (33.5%)	6:06	9.8 (66.2%)
78	SZNAJDER Anna	1419		K-30	46	00:01:15	00:15:00	00:39:11	01:01:07.60	01:02:22.95	+00:20:30 (33.6%)	6:06	9.8 (66.2%)
79	KULPIŃSKA Anna	1163	START HANGAR	K-40	15	00:00:30	00:16:07	00:39:51	01:01:09.25	01:01:39.70	+00:20:32 (33.6%)	6:06	9.8 (66.2%)
80	KRAJEWSKA Katarzyna	1151	BOJKÓW TEAM	K-30	47	00:00:51	00:15:52		01:01:13.55	01:02:05.05	+00:20:36 (33.7%)	6:07	9.8 (66.2%)
81	NOWOCIN Patrycja	1231		K-20	16	00:00:15	00:13:46	00:37:21	01:01:18.25	01:01:33.85	+00:20:41 (33.7%)	6:07	9.8 (66.2%)
82	KAŁUSKA Magdalena	1111		K-30	48	00:00:20	00:16:09	00:40:24	01:01:32.30	01:01:52.65	+00:20:55 (34.0%)	6:09	9.8 (66.2%)
83	ROŻEK Mariola	1291	#HUTATEAM	K-30	49	00:00:16	00:15:35	00:39:56	01:02:09.25	01:02:25.65	+00:21:32 (34.7%)	6:12	9.7 (65.5%)

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84	CHODURA Juli	1027	STARY HANGAR GLIWICE	K-20	17	00:00:30	00:16:07	00:39:51	01:02:09.40	01:02:40.10	+00:21:32 (34.7%)	6:12	9.7 (65.5%)
85	HAWLICKA Ania	1455	LILA TEAM	K-40	16	00:00:43	00:15:13	00:39:00	01:02:10.85	01:02:54.10	+00:21:33 (34.7%)	6:13	9.7 (65.5%)
86	KWAŚNIEWSKA Ola	1166	BANDA Z POŁUDNIA	K-30	50	00:00:35	00:16:39	00:40:55	01:02:15.85	01:02:50.90	+00:21:38 (34.8%)	6:13	9.6 (64.9%)
87	SZULCEK Dorota	1417		K-30	51	00:00:42	00:16:33	00:40:57	01:02:27.10	01:03:09.45	+00:21:50 (35.0%)	6:14	9.6 (64.9%)
88	KULIK Katarzyna	1162		K-30	52	00:00:09	00:15:21	00:39:56	01:02:29.20	01:02:38.40	+00:21:52 (35.0%)	6:14	9.6 (64.9%)
89	CHĘCIŃSKA Agnieszka	1025		K-40	17	00:00:39	00:16:15	00:40:22	01:02:38.10	01:03:17.75	+00:22:01 (35.2%)	6:15	9.6 (64.9%)
90	KAPTACZ Magdalena	1114		K-40	18	00:00:18	00:15:29	00:39:53	01:02:40.30	01:02:58.35	+00:22:03 (35.2%)	6:16	9.6 (64.9%)
91	ROSIŃSKA Katarzyna	1288		K-40	19	00:00:35	00:16:37	00:40:54	01:02:47.55	01:03:23.05	+00:22:10 (35.3%)	6:16	9.6 (64.9%)
92	STELLMACH Ewa	1333		K-50	4	00:00:18	00:15:28	00:40:13	01:02:49.00	01:03:07.30	+00:22:12 (35.3%)	6:16	9.6 (64.9%)
93	KACZOR Angelika	1435		K-20	18	00:00:48	00:15:58	00:40:18	01:02:58.85	01:03:47.60	+00:22:21 (35.5%)	6:17	9.5 (64.2%)
94	MICZKA Justyna	1209		K-40	20	00:00:38	00:16:19	00:40:40	01:02:59.40	01:03:38.10	+00:22:22 (35.5%)	6:17	9.5 (64.2%)
95	PAJĄK Aleksandra	1248		K-40	21	00:00:26	00:15:45		01:03:14.20	01:03:41.00	+00:22:37 (35.8%)	6:19	9.5 (64.2%)
96	GOŃKA Monika	1452	BANDA Z POŁUDNIA	K-40	22	00:00:22	00:15:45	00:40:17	01:03:16.55	01:03:39.40	+00:22:39 (35.8%)	6:19	9.5 (64.2%)
97	TOWAREK Agnieszka	1356		K-40	23	00:00:22	00:16:09	00:40:32	01:03:23.75	01:03:46.10	+00:22:46 (35.9%)	6:20	9.5 (64.2%)
98	OPANOWSKA Anna	1235	-	K-40	24	00:00:13	00:15:35	00:40:31	01:03:27.70	01:03:41.00	+00:22:50 (36.0%)	6:20	9.5 (64.2%)
99	STELMASZCZYK Iwona	1335	BEERTEAM	K-40	25	00:00:16	00:16:28	00:41:12	01:03:33.90	01:03:50.05	+00:22:57 (36.1%)	6:21	9.4 (63.5%)
100	RÓŻOWSKA Sabina	1293		K-30	53	00:00:41	00:16:15	00:40:57	01:03:37.25	01:04:19.20	+00:23:00 (36.2%)	6:21	9.4 (63.5%)
101	JANIK Sylwia	1095	WARTO BIEGAĆ ZAWIERCIE	K-30	54	00:00:14	00:15:51	00:40:41	01:03:42.15	01:03:56.85	+00:23:05 (36.2%)	6:22	9.4 (63.5%)
102	MOKRZYCKA Justyna	1215	KB ORŁY Z KNUROWA	K-30	55	00:00:08	00:16:04	00:40:53	01:03:57.85	01:04:06.40	+00:23:20 (36.5%)	6:23	9.4 (63.5%)
103	KUWAK Anna	1164	WARTO BIEGAĆ ZAWIERCIE	K-40	26	00:00:15	00:15:55	00:41:20	01:04:01.50	01:04:16.90	+00:23:24 (36.6%)	6:24	9.4 (63.5%)
104	HILASZEK Marzena	1088		K-40	27	00:00:41	00:16:11	00:41:15	01:04:19.10	01:05:00.85	+00:23:42 (36.9%)	6:25	9.3 (62.8%)
105	PACZOSKA KOTTMANN Dorota	1247		K-30	56	00:00:17	00:15:35	00:40:34	01:04:32.30	01:04:49.35	+00:23:55 (37.1%)	6:27	9.3 (62.8%)
106	FRANKIEWICZ Marzena	1057		K-30	57	00:00:39	00:16:52	00:42:00	01:04:34.25	01:05:14.15	+00:23:57 (37.1%)	6:27	9.3 (62.8%)

Place	Participant	Number	Club	Category	MCat	Start time	2.5km	6.5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
107	MADEJA Aleksandra	1465	MIECHOWICKA GRUPA BIEGOWA	K-40	28	00:00:31	00:16:46	00:42:12	01:04:52.05	01:05:23.60	+00:24:15 (37.4%)	6:29	9.2 (62.2%)
108	NOWAK Ewa	1227		K-50	5	00:00:25	00:16:02	00:41:17	01:04:52.45	01:05:17.65	+00:24:15 (37.4%)	6:29	9.2 (62.2%)
109	WIERZBICA Kasia	1370		K-40	29	00:00:37	00:16:37	00:42:24	01:04:55.70	01:05:32.85	+00:24:18 (37.4%)	6:29	9.2 (62.2%)
110	SERWATKA Angelika	1302	KOBIETY WATAHY	K-30	58	00:00:19	00:15:56	00:41:25	01:05:09.55	01:05:28.65	+00:24:32 (37.7%)	6:30	9.2 (62.2%)
111	WILSZ Ewa	1374	#PANIOWKIRUN	K-40	30	00:00:18	00:16:34	00:42:16	01:05:18.35	01:05:37.15	+00:24:41 (37.8%)	6:31	9.2 (62.2%)
112	ORZAŻEWSKA Elżbieta	1238		K-50	6	00:00:13	00:15:49	00:41:23	01:05:30.40	01:05:44.05	+00:24:53 (38.0%)	6:33	9.2 (62.2%)
113	KOPIEC-KRUPA Beata	1142		K-50	7	00:00:24	00:16:27	00:42:06	01:05:41.05	01:06:05.70	+00:25:04 (38.2%)	6:34	9.1 (61.5%)
114	OSTROWSKA Justyna	1241		K-30	59	00:00:35	00:16:40	00:42:02	01:05:47.70	01:06:23.00	+00:25:10 (38.3%)	6:34	9.1 (61.5%)
115	JANOSZKA Julia	1096	ŚLĄZACY BIEGAJĄ	K-20	19	00:00:17	00:16:45	00:42:40	01:06:01.50	01:06:18.75	+00:25:24 (38.5%)	6:36	9.1 (61.5%)
116	GAJEWSKA Izabela	1064		K-50	8	00:00:40	00:17:41	00:43:31	01:06:25.45	01:07:05.95	+00:25:48 (38.9%)	6:38	9 (60.8%)
117	STACHOWSKA Aleksandra	1429	TRI&MORE	K-40	31	00:00:29	00:15:44	00:41:27	01:06:26.05	01:06:55.05	+00:25:49 (38.9%)	6:38	9 (60.8%)
118	SZELAĞ Iwona	1344		K-30	60	00:00:36	00:17:50	00:43:31	01:06:32.50	01:07:09.05	+00:25:55 (39.0%)	6:39	9 (60.8%)
119	KAWECKA-KUŹDŻAŁ Agnieszka	1117		K-40	32	00:00:47	00:17:19	00:43:31	01:06:35.45	01:07:22.70	+00:25:58 (39.0%)	6:39	9 (60.8%)
120	KUBICA Bożena	1158	ZABIEGANI NAUCZYCIELE	K-50	9	00:00:18	00:16:41	00:42:38	01:06:37.80	01:06:56.05	+00:26:00 (39.0%)	6:39	9 (60.8%)
121	STEPOWANY Marta	1337	BOJKÓW TEAM	K-30	61	00:00:51	00:16:28	00:43:13	01:07:04.30	01:07:55.35	+00:26:27 (39.4%)	6:42	8.9 (60.1%)
122	NAFALSKA Anna	1220		K-30	62	00:00:33	00:16:28	00:42:41	01:07:57.35	01:08:30.60	+00:27:20 (40.2%)	6:47	8.8 (59.5%)
123	KOPEC-BRUDEK Magdalena	1139		K-30	63	00:00:41	00:17:27	00:43:51	01:08:01.00	01:08:42.30	+00:27:24 (40.3%)	6:48	8.8 (59.5%)
124	BOGACZ Jagoda	1017		K-40	33	00:00:09	00:16:21	00:43:47	01:08:19.90	01:08:29.50	+00:27:43 (40.6%)	6:49	8.8 (59.5%)
125	ŁUKASZEWSKA Justyna	1182		K-40	34	00:00:38	00:16:59	00:44:07	01:09:08.15	01:09:46.35	+00:28:31 (41.3%)	6:54	8.7 (58.8%)
126	SLUZALEK Małgorzata	1317	TRI&MORE	K-40	35	00:00:23	00:17:29	00:44:54	01:09:15.40	01:09:39.20	+00:28:38 (41.4%)	6:55	8.7 (58.8%)
127	KOCYAN Małgorzata	1132		K-60	1	00:00:42	00:17:06	00:44:01	01:10:10.70	01:10:53.65	+00:29:33 (42.1%)	7:01	8.6 (58.1%)
128	POŹNIAK-BOKŁAK Halina	1271		K-60	2	00:00:24	00:16:45	00:44:00	01:10:42.70	01:11:06.85	+00:30:05 (42.6%)	7:04	8.5 (57.4%)
129	PIETRASZEK Ewa	1261	KOBIETY WATAHY	K-50	10	00:00:18	00:17:07	00:45:04	01:10:48.45	01:11:07.40	+00:30:11 (42.6%)	7:04	8.5 (57.4%)

Place	Participant	Number	Club	Category	MCat	Start time	2.5km	6.5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
130	KOPER Dorota	1141		K-30	64	00:00:28	00:17:22	00:45:11	01:11:11.40	01:11:40.35	+00:30:34 (42.9%)	7:07	8.4 (56.8%)
131	JĘDRZEJOWSKA-DEC Anna	1424		K-40	36	00:00:28	00:18:13	00:45:53	01:11:14.00	01:11:42.25	+00:30:37 (43.0%)	7:07	8.4 (56.8%)
132	DUDZICZ Barbara	1425		K-40	37	00:00:28	00:17:56	00:45:53	01:11:15.75	01:11:44.10	+00:30:38 (43.0%)	7:07	8.4 (56.8%)
133	PŁUCIENNIK Agnieszka	1264	ZICHERKI	K-40	38	00:00:50	00:17:28	00:45:26	01:11:28.05	01:12:18.05	+00:30:51 (43.2%)	7:08	8.4 (56.8%)
134	BĄK-DRABIK Katarzyna	1010		K-40	39	00:00:42	00:17:59	00:46:40	01:11:56.90	01:12:39.70	+00:31:20 (43.5%)	7:11	8.3 (56.1%)
135	FRANCZYK Kinga	1055	FUNDACJA TOŚKA I PRZYJACIELE	K-40	40	00:00:42	00:17:59	00:46:40	01:11:57.05	01:12:39.70	+00:31:20 (43.6%)	7:11	8.3 (56.1%)
136	WIELGUS Karolina	1468		K-20	20	00:00:45	00:17:53	00:45:42	01:12:38.65	01:13:23.80	+00:32:01 (44.1%)	7:15	8.3 (56.1%)
137	ELWIRSKA-OSIŃSKA Alicja	1446		K-30	65	00:00:00			01:12:41.35	01:12:41.35	+00:32:04 (44.1%)	7:16	8.3 (56.1%)
138	JAWORSKA-PRYMAS Karolina	1104		K-20	21	00:00:20	00:17:43	00:46:46	01:12:50.70	01:13:11.40	+00:32:13 (44.2%)	7:17	8.2 (55.4%)
139	KUCZERA-KULAGA Magdalenakulaga	1412		K-40	41	00:00:25	00:17:11	00:46:29	01:13:12.85	01:13:38.65	+00:32:35 (44.5%)	7:19	8.2 (55.4%)
140	BRIANSKA-KORDECKA Aleksandra	1447		K-40	42	00:00:24	00:17:12	00:46:30	01:13:13.65	01:13:38.55	+00:32:36 (44.5%)	7:19	8.2 (55.4%)
141	KOZACZKIEWICZ Helena	1150	KB ORŁY Z KNUROWA	K-60	3	00:00:08	00:17:50	00:46:58	01:13:40.70	01:13:49.10	+00:33:03 (44.9%)	7:22	8.1 (54.7%)
142	MAĆKÓW Małgorzata	1188		K-20	22	00:00:26	00:17:07	00:46:19	01:14:34.65	01:15:01.15	+00:33:57 (45.5%)	7:27	8 (54.1%)
143	GROSS Teresa	1078	FIS-SST TEAM	K-40	43	00:00:18	00:18:16	00:47:43	01:14:50.85	01:15:09.15	+00:34:13 (45.7%)	7:29	8 (54.1%)
144	MRÓWKA Ilona	1218		K-50	11	00:00:13	00:17:21	00:46:32	01:14:52.40	01:15:05.75	+00:34:15 (45.8%)	7:29	8 (54.1%)
145	HOMIŃSKA Krystyna	1458		K-50	12	00:00:26	00:17:57	00:46:46	01:15:07.50	01:15:34.25	+00:34:30 (45.9%)	7:30	8 (54.1%)
146	MICHALIK Honorata	1204		K-30	66	00:00:31	00:19:47	00:52:46	01:23:46.95	01:24:18.90	+00:43:10 (51.5%)	8:22	7.2 (48.6%)
147	KONDRATIEVA Anna	1138		K-20	23	00:00:44	00:20:37		01:24:00.25	01:24:44.75	+00:43:23 (51.7%)	8:24	7.1 (48.0%)
148	GABOR Aleksandra	1062		K-30	67	00:00:50	00:27:01	01:08:08	01:45:58.25	01:46:49.15	+01:05:21 (61.7%)	10:35	5.7 (38.5%)
DNC	CHOLEWA Magdalena	1028		K-40		00:00:00		00:09:05	00:30:59.35	00:30:59.35		0:00	19.4 (131.1%)
DNC	BLASZCZYK Paulina	1015		K-30		00:00:00		00:09:51	00:31:26.95	00:31:26.95		0:00	19.1 (129.1%)
DNC	DEMBOWSKA Bożena	1040		K-40		00:00:00		00:09:58	00:31:38.10	00:31:38.10		0:00	19 (128.4%)
DNC	PRZYDACZ Aleksandra	1474		K-30		00:00:00		00:11:13	00:32:22.35	00:32:22.35		0:00	18.5 (125.0%)

Place	Participant	Number	Club	Category	MCat	Start time	2.5km	6.5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
DNC	MARKOWSKA Sylwia	1195		K-30		00:00:00			00:37:56.25	00:37:56.25	0:00		15.8 (106.8%)
DNC	KLOWAN-SIUDA Katarzyna	1126		K-40		00:00:00			00:39:02.75	00:39:02.75	0:00		15.4 (104.1%)

Total 154 results.