



2 BYDGOSKI  
BIEG PO ODDECH  
3 października 2021 Bydgoszcz

**Organizator:** Stowarzyszenie Waleczne Serca  
**Data:** 2021-10-03  
**Miejsce:** Bydgoszcz  
**Dystans:** 5 km

## II BYDGOSKI BIEG PO ODDECH

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	KRYSKE Bartosz	134		M30	1	00:09:40	00:19:21.45	00:19:23.30		3:52	15.5
2	SIWIAK Filip	246		M20	1	00:09:49	00:19:26.30	00:19:28.00	+00:00:04	3:53	15.4
3	KOLIŃSKI Dawid	124		M30	2	00:09:50	00:19:56.05	00:19:56.80	+00:00:33	3:59	15.1
4	HOŁTYN Patryk	89		M30	3	00:09:58	00:20:22.95	00:20:25.40	+00:01:02	4:04	14.7
5	KOTULA Sławomir	130		M30	4	00:09:59	00:20:30.20	00:20:31.90	+00:01:08	4:06	14.6
6	UMIŃSKI Robert	283		M40	1	00:10:27	00:21:09.85	00:21:12.50	+00:01:49	4:13	14.2
7	NAGORZYSKI Arek	188		M30	5	00:10:26	00:21:24.30	00:21:25.55	+00:02:02	4:16	14
8	KRYGOWSKI Tomasz	133		M40	2	00:10:31	00:21:27.60	00:21:28.80	+00:02:05	4:17	14
9	MACIŃSKI Waldek	171		M30	6	00:10:29	00:21:36.05	00:21:37.50	+00:02:14	4:19	13.9
10	ZAJĄKAŁA Wojciech	309		M20	2	00:10:40	00:21:52.55	00:21:53.80	+00:02:30	4:22	13.7
11	DROCIAK Michał	54		M40	3	00:10:25	00:21:56.55	00:21:57.75	+00:02:34	4:23	13.7
12	JOPPEK Łukasz	105		M30	7	00:10:48	00:22:25.00	00:22:25.95	+00:03:02	4:29	13.4
13	MUSZYŃSKI Łukasz	186		M30	8	00:11:04	00:22:37.45	00:22:40.65	+00:03:17	4:31	13.3
14	BUZALSKI Robert	30		M40	4	00:11:17	00:23:09.70	00:23:12.65	+00:03:49	4:37	13
15	LEWANDOWSKI Sebastian	163		M30	9	00:10:52	00:23:22.05	00:23:24.95	+00:04:01	4:40	12.8
16	GRECMAN Anna	78		K40	1	00:11:51	00:23:43.85	00:23:46.15	+00:04:22	4:44	12.6
17	KULIK Stanislav	144		M30	10	00:11:19	00:23:47.20	00:23:50.15	+00:04:26	4:45	12.6
18	BAZAK Cezary	10		M50	1	00:11:50	00:23:50.40	00:23:53.80	+00:04:30	4:46	12.6
19	DOBRZYŃSKA Ewa	49		K30	1	00:11:51	00:23:52.60	00:23:55.10	+00:04:31	4:46	12.6
20	LINKOWSKA Sandra	165		K20	1	00:11:42	00:23:51.60	00:23:55.40	+00:04:32	4:46	12.6
21	CHEŁMINIAK Monika	32		K30	2	00:11:42	00:23:59.25	00:24:04.05	+00:04:40	4:47	12.5
22	RAKOWSKA Natalia	326		K20	2	00:11:52	00:24:23.35	00:24:23.35	+00:05:00	4:52	12.3
23	WOJTANIS Magdalena	300		K30	3	00:11:59	00:24:27.35	00:24:29.35	+00:05:06	4:53	12.3
24	LEWANDOWSKI Maciej	159		M20	3	00:11:57	00:24:29.60	00:24:32.20	+00:05:08	4:53	12.3
25	WOŹNIECKA Karolina	303		K30	4	00:12:03	00:24:27.15	00:24:32.65	+00:05:09	4:53	12.3
26	RYMARKIEWICZ Małgorzata	243		K30	5	00:12:05	00:24:33.30	00:24:35.50	+00:05:12	4:54	12.2
27	LIS Krzysztof	167		M50	2	00:11:52	00:24:33.55	00:24:36.20	+00:05:12	4:54	12.2
28	TARCZYŃSKA Marta	275		K30	6	00:12:19	00:24:41.75	00:24:46.20	+00:05:22	4:56	12.2
29	HRYCZ Paweł	93		M40	5	00:12:20	00:24:47.40	00:24:51.40	+00:05:28	4:57	12.1
30	PASZKIET Remigiusz	210		M40	6	00:12:49	00:24:57.20	00:24:57.20	+00:05:33	4:59	12

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
31	<b>ŻYWICA Szymon</b>	<b>321</b>		M20	4	00:12:14	<b>00:24:53.50</b>	<b>00:24:59.55</b>	+00:05:36	4:58	12.1
32	<b>POLAŃCZYK Paulina</b>	<b>220</b>		K30	7	00:12:21	<b>00:25:12.50</b>	<b>00:25:14.50</b>	+00:05:51	5:02	11.9
33	<b>CICHOŃSKA-BAZAK Marzena</b>	<b>36</b>		K40	2	00:12:19	<b>00:25:12.00</b>	<b>00:25:15.10</b>	+00:05:51	5:02	11.9
34	<b>ROSZAK Zbigniew</b>	<b>235</b>		M30	11	00:12:18	<b>00:25:05.05</b>	<b>00:25:16.85</b>	+00:05:53	5:01	12
35	<b>BARTKOWIAK Franciszek</b>	<b>9</b>		D1	1	00:12:31	<b>00:25:37.00</b>	<b>00:25:39.90</b>	+00:06:16	5:07	11.7
36	<b>SZEIB Robert</b>	<b>273</b>		M40	7	00:12:01	<b>00:25:40.15</b>	<b>00:25:43.55</b>	+00:06:20	5:08	11.7
37	<b>FIGEL Katarzyna</b>	<b>60</b>		K40	3	00:12:48	<b>00:25:44.00</b>	<b>00:25:44.75</b>	+00:06:21	5:08	11.7
38	<b>DOMBROWSKI Rafał</b>	<b>53</b>		M30	12	00:12:43	<b>00:25:54.65</b>	<b>00:25:58.05</b>	+00:06:34	5:10	11.6
39	<b>DROŹDŹ Anna</b>	<b>55</b>		K30	8	00:12:33	<b>00:25:59.10</b>	<b>00:26:01.10</b>	+00:06:37	5:11	11.5
40	<b>NOWAKOWSKI Grzegorz</b>	<b>192</b>		M30	13	00:13:01	<b>00:25:49.80</b>	<b>00:26:07.70</b>	+00:06:44	5:09	11.6
41	<b>LEWANDOWSKA Dorota</b>	<b>156</b>		K30	9	00:04:31	<b>00:26:14.40</b>	<b>00:26:14.40</b>	+00:06:51	5:14	11.4
41	<b>LEWANDOWSKI Marcin</b>	<b>160</b>		M30	14	00:04:31	<b>00:26:14.40</b>	<b>00:26:14.40</b>	+00:06:51	5:14	11.4
43	<b>BUTOWSKI Michał</b>	<b>28</b>		M40	8	00:13:04	<b>00:26:03.75</b>	<b>00:26:15.65</b>	+00:06:52	5:12	11.5
44	<b>BRZYKCY Artur</b>	<b>23</b>		M20	5	00:12:48	<b>00:26:13.55</b>	<b>00:26:20.80</b>	+00:06:57	5:14	11.4
45	<b>CIACIUCH Agnieszka</b>	<b>35</b>		K20	3	00:12:48	<b>00:26:14.05</b>	<b>00:26:21.55</b>	+00:06:58	5:14	11.4
46	<b>FRYDRYCH Marcin</b>	<b>65</b>		M40	9	00:12:34	<b>00:26:00.65</b>	<b>00:26:43.45</b>	+00:07:20	5:12	11.5
47	<b>HAN Sławomir</b>	<b>87</b>		M30	15	00:12:41	<b>00:26:37.85</b>	<b>00:26:53.00</b>	+00:07:29	5:19	11.3
48	<b>HAN Agnieszka</b>	<b>88</b>		K30	10	00:12:40	<b>00:26:37.35</b>	<b>00:26:53.30</b>	+00:07:30	5:19	11.3
49	<b>OKULICZ Anita</b>	<b>199</b>		K30	11	00:13:11	<b>00:26:53.70</b>	<b>00:26:54.25</b>	+00:07:30	5:22	11.2
50	<b>KOLINSKA Sylwia</b>	<b>123</b>		K40	4	00:13:19	<b>00:26:54.65</b>	<b>00:26:58.45</b>	+00:07:35	5:22	11.2
51	<b>CZYŻEWSKA Justyna</b>	<b>41</b>		K30	12	00:13:11	<b>00:26:54.45</b>	<b>00:26:59.55</b>	+00:07:36	5:22	11.2
52	<b>BORAKIEWICZ Natalia</b>	<b>18</b>		K30	13	00:13:26	<b>00:26:56.60</b>	<b>00:27:00.25</b>	+00:07:36	5:23	11.1
53	<b>BRYLIŃSKI Jakub</b>	<b>222</b>		M30	16	00:13:06	<b>00:26:28.70</b>	<b>00:27:02.40</b>	+00:07:39	5:17	11.3
54	<b>ZAPARUCHA Mikołaj</b>	<b>312</b>		M40	10	00:13:10	<b>00:26:59.90</b>	<b>00:27:06.35</b>	+00:07:43	5:23	11.1
55	<b>SŁOWIŃSKKI Paweł</b>	<b>250</b>		M40	11	00:14:10	<b>00:26:54.50</b>	<b>00:27:10.35</b>	+00:07:47	5:22	11.2
56	<b>FIK Marek</b>	<b>62</b>		M30	17	00:13:17	<b>00:27:06.80</b>	<b>00:27:11.15</b>	+00:07:47	5:25	11.1
57	<b>HAŁAS Ewa</b>	<b>86</b>		K40	5	00:13:24	<b>00:27:06.20</b>	<b>00:27:13.70</b>	+00:07:50	5:25	11.1
58	<b>LEWANDOWSKI Michał</b>	<b>164</b>		M40	12	00:13:10	<b>00:27:08.95</b>	<b>00:27:18.45</b>	+00:07:55	5:25	11.1
59	<b>NAGORZYSKA Sylwia</b>	<b>187</b>		K30	14	00:13:34	<b>00:27:26.25</b>	<b>00:27:27.75</b>	+00:08:04	5:29	10.9
60	<b>KOZŁOWSKI Krzysztof</b>	<b>131</b>		M30	18	00:12:56	<b>00:27:20.30</b>	<b>00:27:30.65</b>	+00:08:07	5:28	11
61	<b>BAGNIEWSKA Małgorzata</b>	<b>2</b>		K30	15	00:13:23	<b>00:27:20.30</b>	<b>00:27:32.15</b>	+00:08:08	5:28	11
62	<b>MAKUSZEWSKI Mateusz</b>	<b>174</b>		M30	19	00:13:44	<b>00:27:26.75</b>	<b>00:27:42.95</b>	+00:08:19	5:29	10.9
63	<b>KUJDA Dorota</b>	<b>140</b>		K40	6	00:13:25	<b>00:27:41.35</b>	<b>00:27:46.15</b>	+00:08:22	5:32	10.8
64	<b>ZAGÓRSKI Maciej</b>	<b>330</b>		M40	13	00:13:50	<b>00:27:53.10</b>	<b>00:28:01.20</b>	+00:08:37	5:34	10.8
65	<b>SKÓRCZEWSKI Jacek</b>	<b>248</b>		M50	3	00:13:16	<b>00:27:58.25</b>	<b>00:28:03.90</b>	+00:08:40	5:35	10.7
66	<b>RYDELSKA Marysia</b>	<b>241</b>		K30	16	00:14:09	<b>00:27:56.65</b>	<b>00:28:12.40</b>	+00:08:49	5:35	10.7
67	<b>CABAŃSKA Katarzyna</b>	<b>31</b>		K40	7	00:13:52	<b>00:28:03.55</b>	<b>00:28:14.10</b>	+00:08:50	5:36	10.7
68	<b>BUDNY Ewa</b>	<b>25</b>		D2	1	00:13:20	<b>00:28:06.10</b>	<b>00:28:14.20</b>	+00:08:50	5:37	10.7
69	<b>BUDNY Joanna</b>	<b>24</b>		K30	17	00:13:49	<b>00:28:13.25</b>	<b>00:28:18.50</b>	+00:08:55	5:38	10.6
70	<b>KUKLISOVA Gabriela</b>	<b>141</b>		K40	8	00:14:03	<b>00:28:16.20</b>	<b>00:28:20.85</b>	+00:08:57	5:39	10.6
71	<b>POTRZEBOWSKI Marek</b>	<b>224</b>		M30	20	00:14:11	<b>00:28:12.35</b>	<b>00:28:31.95</b>	+00:09:08	5:38	10.6
72	<b>KAJA Dominika</b>	<b>111</b>		K30	18	00:13:37	<b>00:28:23.95</b>	<b>00:28:36.85</b>	+00:09:13	5:40	10.6
73	<b>PRZYBYLSKI Dariusz</b>	<b>227</b>		M30	21	00:13:26	<b>00:28:41.30</b>	<b>00:28:46.35</b>	+00:09:23	5:44	10.5
74	<b>LANGE Monika</b>	<b>149</b>		K40	9	00:14:28	<b>00:28:30.90</b>	<b>00:28:49.10</b>	+00:09:25	5:42	10.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
75	KRZYWDZIŃSKI Tomasz	135		M20	6	00:14:07	00:28:29.80	00:28:51.85	+00:09:28	5:41	10.5
76	ZIELIŃSKA Agnieszka	317		K30	19	00:14:07	00:28:48.00	00:28:57.10	+00:09:33	5:45	10.4
77	MIKOŁAJCZAK Mateusz	180		M20	7	00:16:21	00:28:52.75	00:28:59.95	+00:09:36	5:46	10.4
78	DUDZIK Andrzej	56		M40	14	00:14:10	00:28:49.55	00:29:01.35	+00:09:38	5:45	10.4
79	OKRĘGLICKI Antoni	198		M70	1	00:14:08	00:28:59.95	00:29:05.60	+00:09:42	5:47	10.4
80	PIĄTKOWSKI Mateusz	212		M30	22	00:14:05	00:29:00.90	00:29:09.35	+00:09:46	5:48	10.3
81	GLINKOWSKI Dariusz	73		M30	23	00:14:08	00:28:46.30	00:29:11.10	+00:09:47	5:45	10.4
82	LEWANDOWSKI Oskar	162		D1	2	00:15:13	00:29:11.65	00:29:12.50	+00:09:49	5:50	10.3
83	GRZESIAK-KNUT Lucyna	83		K30	20	00:14:27	00:28:54.50	00:29:13.05	+00:09:49	5:46	10.4
84	GOŁATTA Magdalena	77		K40	10	00:14:27	00:28:54.35	00:29:13.35	+00:09:50	5:46	10.4
85	KURCZEWSKI Mikołaj	146		M40	15	00:14:35	00:28:57.90	00:29:14.45	+00:09:51	5:47	10.4
86	OLSZEWSKI Paweł	202		M40	16	00:14:30	00:29:00.80	00:29:17.95	+00:09:54	5:48	10.3
87	PIECZYŃSKA Joanna	214		K30	21	00:14:17	00:29:05.80	00:29:22.15	+00:09:58	5:49	10.3
88	KUJAWA Przemysław	138		M30	24	00:14:17	00:29:27.80	00:29:30.10	+00:10:06	5:53	10.2
89	POTRZEBOWSKA Agata	223		K30	22	00:14:57	00:29:12.85	00:29:30.25	+00:10:06	5:50	10.3
90	WOLSZCZAK Rafał	301		M40	17	00:15:01	00:29:27.75	00:29:35.85	+00:10:12	5:53	10.2
91	DĘBSKI Jan	46		M60	1	00:14:36	00:29:32.40	00:29:41.40	+00:10:18	5:54	10.2
92	GLAZIK Jan	72		M30	25	00:14:06	00:29:36.70	00:29:47.30	+00:10:24	5:55	10.1
93	OKRĘGLICKA Barbara	197		K50	1	00:14:38	00:29:43.90	00:29:49.35	+00:10:26	5:56	10.1
94	BOCHNIAK Aleksandra	16		K50	2	00:14:38	00:29:33.85	00:29:49.60	+00:10:26	5:54	10.2
95	WÓJCIK Piotr	306		D2	2	00:15:29	00:29:44.50	00:29:50.90	+00:10:27	5:56	10.1
96	BOJAŁKOWSKA Krystyna	17		K40	11	00:14:51	00:29:53.10	00:29:57.85	+00:10:34	5:58	10
96	CHMIELARSKI Michał	33		M30	26	00:15:14	00:29:40.70	00:29:57.85	+00:10:34	5:56	10.1
98	WALENTYN Katarzyna	285		K40	12	00:14:55	00:29:48.40	00:29:58.55	+00:10:35	5:57	10.1
99	POLAWSKI Marcin	221		M40	18	00:15:16	00:29:59.05	00:30:10.50	+00:10:47	5:59	10
100	KUCHARCZYK Dariusz	137		M50	4	00:14:50	00:29:21.15	00:30:12.90	+00:10:49	5:52	10.2
101	BUREK Dorota	26		K40	13	00:15:18	00:30:11.00	00:30:15.15	+00:10:51	6:02	9.9
101	BUREK Radosław	316		M40	19	00:15:19	00:30:10.70	00:30:15.15	+00:10:51	6:02	9.9
103	GAIDA Milena	67		K30	23	00:15:08	00:29:59.50	00:30:15.70	+00:10:52	5:59	10
104	PIONTEK Elżbieta	215		K60	1	00:14:41	00:30:15.95	00:30:19.00	+00:10:55	6:03	9.9
105	KOSZOWSKI Bartosz	127		D2	3	00:13:53	00:30:21.60	00:30:25.75	+00:11:02	6:04	9.9
106	WARMUZ Adam	286		D2	4	00:15:28	00:30:18.95	00:30:29.95	+00:11:06	6:03	9.9
107	DEMBIŃSKA Katarzyna	45		K20	4	00:15:27	00:30:07.50	00:30:31.90	+00:11:08	6:01	10
108	MĘŻYKOWSKI Krzysztof	177		M40	20	00:14:42	00:30:25.00	00:30:35.25	+00:11:11	6:05	9.9
109	GIERCZAK Dorota	70		K30	24	00:15:04	00:30:30.10	00:30:37.00	+00:11:13	6:06	9.8
110	SPRAWA Zbigniew	258		M30	27	00:14:31	00:29:25.00	00:30:39.50	+00:11:16	5:53	10.2
111	GULKA Wojciech	84		M20	8	00:15:16	00:30:37.45	00:30:39.75	+00:11:16	6:07	9.8
112	PIECHOWSKA Magdalena	213		K40	14	00:14:57	00:30:36.75	00:30:42.20	+00:11:18	6:07	9.8
113	JÓZWIK Jacek	106		M70	2	00:14:23	00:30:45.20	00:30:52.40	+00:11:29	6:09	9.8
114	PRZYBORSKI Łukasz	226		M20	9	00:16:06	00:30:45.85	00:31:07.55	+00:11:44	6:09	9.8
115	RYDZEWSKA Alina	242		K40	15	00:15:10	00:30:53.50	00:31:09.05	+00:11:45	6:10	9.7
116	GIZINSKA Paulina	71		K40	16	00:15:25	00:31:09.45	00:31:13.80	+00:11:50	6:13	9.6
117	GOLIK Krzysztof	74		M40	21	00:15:31	00:31:02.80	00:31:21.90	+00:11:58	6:12	9.7
118	KABACIŃSKA Kinga	108		K30	25	00:15:10	00:31:06.45	00:31:21.95	+00:11:58	6:13	9.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
118	<b>KĘDZIERSKI Adam</b>	<b>117</b>		D2	5	00:13:54	<b>00:30:54.40</b>	<b>00:31:21.95</b>	+00:11:58	6:10	9.7
120	<b>STANISZEWSKI Konrad</b>	<b>259</b>		M30	28	00:15:46	<b>00:31:21.95</b>	<b>00:31:34.65</b>	+00:12:11	6:16	9.6
121	<b>TEMPSKI Aleksander</b>	<b>278</b>		M20	10	00:15:13	<b>00:31:36.80</b>	<b>00:31:44.10</b>	+00:12:20	6:19	9.5
122	<b>FRYCA Aleksandra</b>	<b>64</b>		K30	26	00:15:22	<b>00:31:32.10</b>	<b>00:31:45.45</b>	+00:12:22	6:18	9.5
123	<b>KABLUKA Valeria</b>	<b>109</b>		K30	27	00:15:36	<b>00:31:46.25</b>	<b>00:31:57.25</b>	+00:12:33	6:21	9.4
124	<b>WOŹNIAK Jurand</b>	<b>302</b>		M30	29	00:15:37	<b>00:31:47.05</b>	<b>00:31:57.35</b>	+00:12:34	6:21	9.4
125	<b>PANKOWSKA-SIWIAK Agata</b>	<b>207</b>		K20	5	00:15:58	<b>00:31:43.00</b>	<b>00:32:01.85</b>	+00:12:38	6:20	9.5
126	<b>KIEDROWSKI Krystian</b>	<b>119</b>		M20	11	00:15:31	<b>00:32:11.70</b>	<b>00:32:28.45</b>	+00:13:05	6:26	9.3
127	<b>HADOWSKA Anna</b>	<b>85</b>		K60	2	00:15:46	<b>00:32:25.05</b>	<b>00:32:28.85</b>	+00:13:05	6:29	9.3
128	<b>BOROWA Agnieszka</b>	<b>21</b>		K30	28	00:15:24	<b>00:32:18.00</b>	<b>00:32:30.20</b>	+00:13:06	6:27	9.3
129	<b>LEWANDOWSKA Sylwia</b>	<b>157</b>		K40	17	00:16:19	<b>00:32:18.25</b>	<b>00:32:31.90</b>	+00:13:08	6:27	9.3
130	<b>JANUSZEWSKI Marcin</b>	<b>98</b>		M40	22	00:16:16	<b>00:32:28.60</b>	<b>00:32:48.75</b>	+00:13:25	6:29	9.2
131	<b>WÓJCIK Tomasz</b>	<b>305</b>		M50	5	00:15:29	<b>00:32:42.85</b>	<b>00:32:49.45</b>	+00:13:26	6:32	9.2
132	<b>STRZYŻOWSKI Nikodem</b>	<b>267</b>		D2	6	00:15:09	<b>00:32:39.25</b>	<b>00:32:50.55</b>	+00:13:27	6:31	9.2
133	<b>MARZAŁEK Monika</b>	<b>175</b>		K20	6	00:15:25	<b>00:32:48.55</b>	<b>00:32:54.20</b>	+00:13:30	6:33	9.1
134	<b>BIEDROŃ Aleksandra</b>	<b>13</b>		K20	7	00:15:56	<b>00:32:31.45</b>	<b>00:32:55.75</b>	+00:13:32	6:30	9.2
135	<b>TOKARSKA Katarzyna</b>	<b>279</b>		K40	18	00:16:03	<b>00:32:51.50</b>	<b>00:32:57.95</b>	+00:13:34	6:34	9.1
136	<b>NOWAKOWSKA Agnieszka</b>	<b>190</b>		K40	19	00:16:05	<b>00:32:58.35</b>	<b>00:33:05.30</b>	+00:13:42	6:35	9.1
137	<b>CZERWIŃSKI Michał</b>	<b>40</b>		M20	12	00:15:39	<b>00:32:59.30</b>	<b>00:33:08.95</b>	+00:13:45	6:35	9.1
138	<b>GIERACH Krzysztof</b>	<b>69</b>		M60	2	00:16:37	<b>00:33:03.25</b>	<b>00:33:14.70</b>	+00:13:51	6:36	9.1
139	<b>SOBUCKA Ewelina</b>	<b>252</b>		K20	8	00:15:44	<b>00:33:12.70</b>	<b>00:33:23.25</b>	+00:13:59	6:38	9
140	<b>OBRĘBSKI Kamil</b>	<b>196</b>		M20	13	00:14:17	<b>00:33:28.45</b>	<b>00:33:28.45</b>	+00:14:05	6:41	9
141	<b>CHUDECKA Beata</b>	<b>34</b>		K40	20	00:16:34	<b>00:33:03.65</b>	<b>00:33:42.70</b>	+00:14:19	6:36	9.1
142	<b>CIEŚLIK Marek</b>	<b>37</b>		M60	3	00:17:07	<b>00:33:45.40</b>	<b>00:33:45.40</b>	+00:14:22	6:45	8.9
143	<b>JARCZEWSKA Renata</b>	<b>99</b>		K50	3	00:16:13	<b>00:33:41.95</b>	<b>00:33:48.20</b>	+00:14:24	6:44	8.9
144	<b>MACINKIEWICZ Natalia</b>	<b>170</b>		K30	29	00:16:16	<b>00:33:41.15</b>	<b>00:33:54.75</b>	+00:14:31	6:44	8.9
145	<b>DŁUGOŃSKA Beata</b>	<b>47</b>		K40	21	00:16:08	<b>00:33:57.85</b>	<b>00:34:03.80</b>	+00:14:40	6:47	8.8
146	<b>JENERALSKA Natalia</b>	<b>103</b>		K30	30	00:16:59	<b>00:33:58.15</b>	<b>00:34:05.50</b>	+00:14:42	6:47	8.8
147	<b>BŁAŻEK Kasia</b>	<b>14</b>		K30	31	00:16:20	<b>00:33:55.45</b>	<b>00:34:07.65</b>	+00:14:44	6:47	8.8
148	<b>CZERNIAK Marcin</b>	<b>38</b>		M30	30	00:17:11	<b>00:33:35.15</b>	<b>00:34:07.90</b>	+00:14:44	6:43	8.9
149	<b>RĘDZINA Michał</b>	<b>230</b>		M30	31	00:17:12	<b>00:33:36.00</b>	<b>00:34:07.95</b>	+00:14:44	6:43	8.9
150	<b>TYKWIŃSKA Agnieszka</b>	<b>280</b>		K30	32	00:16:44	<b>00:34:05.65</b>	<b>00:34:10.70</b>	+00:14:47	6:49	8.8
151	<b>LEMAŃSKA Agnieszka</b>	<b>152</b>		K20	9	00:16:09	<b>00:34:05.40</b>	<b>00:34:12.45</b>	+00:14:49	6:49	8.8
152	<b>MATUSZEWSKA-KUJAWA Natalia</b>	<b>176</b>		K30	33	00:16:52	<b>00:34:14.80</b>	<b>00:34:17.45</b>	+00:14:54	6:50	8.8
153	<b>PANFIL Paulina</b>	<b>206</b>		K20	10	00:15:58	<b>00:34:00.70</b>	<b>00:34:19.20</b>	+00:14:55	6:48	8.8
154	<b>SKONIECZKA Piotr</b>	<b>247</b>		M30	32	00:17:08	<b>00:34:18.75</b>	<b>00:34:25.35</b>	+00:15:02	6:51	8.7
155	<b>WOJCIKOWSKA Paulina</b>	<b>299</b>		K30	34	00:17:36	<b>00:34:11.55</b>	<b>00:34:37.30</b>	+00:15:14	6:50	8.8
156	<b>BOROWA Łukasz</b>	<b>20</b>		M30	33	00:15:57	<b>00:34:29.65</b>	<b>00:34:41.50</b>	+00:15:18	6:53	8.7
157	<b>DECOWSKI Adam</b>	<b>44</b>		D1	3	00:16:04	<b>00:34:18.30</b>	<b>00:34:44.85</b>	+00:15:21	6:51	8.7
158	<b>NOWAKOWSKA Marta</b>	<b>191</b>		K30	35	00:16:49	<b>00:34:30.15</b>	<b>00:34:47.45</b>	+00:15:24	6:54	8.7
159	<b>HORKA Natalia</b>	<b>91</b>		D1	4	00:15:03	<b>00:34:45.65</b>	<b>00:34:47.50</b>	+00:15:24	6:57	8.6
160	<b>DOKTOR Katarzyna</b>	<b>50</b>		K50	4	00:17:13	<b>00:34:08.35</b>	<b>00:34:47.75</b>	+00:15:24	6:49	8.8
161	<b>NOWICKA Tatiana</b>	<b>193</b>		K40	22	00:16:51	<b>00:34:13.35</b>	<b>00:34:50.70</b>	+00:15:27	6:50	8.8
162	<b>WIŚNIEWSKI Remigiusz</b>	<b>294</b>		M40	23	00:16:41	<b>00:34:42.95</b>	<b>00:34:52.65</b>	+00:15:29	6:56	8.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
163	MACIEJEWSKA Magdalena	181		K30	36	00:18:04	00:34:51.00	00:35:00.20	+00:15:36	6:58	8.6
164	TEMPSKA Agnieszka	277		K40	23	00:17:13	00:34:56.05	00:35:02.40	+00:15:39	6:59	8.6
165	MILEWSKA Violetta	182		K40	24	00:17:07	00:35:28.80	00:35:33.60	+00:16:10	7:05	8.5
166	LEŚNIAK Edyta	153		K30	37	00:16:55	00:35:29.50	00:35:35.30	+00:16:12	7:05	8.5
167	DYPOLT Julia	59		K30	38	00:17:18	00:35:24.70	00:35:44.50	+00:16:21	7:04	8.5
168	LEWANDOWSKI Robert	161		M40	24	00:16:50	00:35:45.50	00:35:47.60	+00:16:24	7:09	8.4
169	LEWANDOWSKA Sylwia	154		K30	39	00:16:51	00:35:46.45	00:35:47.85	+00:16:24	7:09	8.4
170	LEWANDOWSKA Kornelia	155		D1	5	00:16:52	00:35:46.55	00:35:47.95	+00:16:24	7:09	8.4
171	DŁUGOŃSKA Agnieszka	48		K20	11	00:16:44	00:35:43.35	00:35:49.50	+00:16:26	7:08	8.4
172	WITKOWSKI Dawid	296		M30	34	00:16:36	00:35:22.30	00:35:50.35	+00:16:27	7:04	8.5
173	PARADOWSKA Katarzyna	208		K40	25	00:15:50	00:35:51.85	00:35:51.85	+00:16:28	7:10	8.4
174	ŁUKASZ Wawrzyniak	168		M30	35	00:15:29	00:35:30.10	00:35:54.00	+00:16:30	7:06	8.5
175	KOMOROWSKI Wojciech	126		M30	36	00:17:38	00:35:46.60	00:36:09.55	+00:16:46	7:09	8.4
176	OSTROWSKA Justyna	204		K30	40	00:17:32	00:36:06.50	00:36:21.65	+00:16:58	7:13	8.3
177	KULIŃSKA Sylwia	145		K20	12	00:17:11	00:36:15.80	00:36:25.30	+00:17:02	7:15	8.3
178	WIECZOREK Justyna	289		K40	26	00:18:26	00:35:59.55	00:36:25.80	+00:17:02	7:11	8.3
179	BUZALSKA Agnieszka	29		K50	5	00:17:21	00:36:16.20	00:36:31.15	+00:17:07	7:15	8.3
180	SUCHARA Jan	270		D1	6	00:16:33	00:36:34.50	00:36:45.80	+00:17:22	7:18	8.2
181	KOŚMIEJA Filip	128		D2	7	00:17:48	00:36:30.25	00:36:46.60	+00:17:23	7:18	8.2
182	SZCZESIK Damian	272		M40	25	00:18:46	00:36:25.10	00:36:46.65	+00:17:23	7:17	8.2
183	SUCHARA Dariusz	269		M30	37	00:16:32	00:36:36.00	00:36:47.45	+00:17:24	7:19	8.2
184	UMIŃSKA Marzena	281		K30	41	00:18:29	00:36:59.05	00:37:05.15	+00:17:41	7:23	8.1
185	GOŁATA-KRZYWDZIŃSKA Aleksandra	76		K20	13	00:18:23	00:36:45.75	00:37:05.25	+00:17:41	7:21	8.2
186	PACHOLSKI Tadeusz	205		M40	26	00:18:49	00:36:47.45	00:37:07.50	+00:17:44	7:21	8.2
187	RUDNIKOWSKI Andrzej	238		M50	6	00:17:29	00:37:07.35	00:37:12.70	+00:17:49	7:25	8.1
188	OLECHNOWICZ Tomasz	201		M50	7	00:16:55	00:36:53.70	00:37:16.30	+00:17:53	7:22	8.1
189	DUSZYŃSKA Katarzyna	58		K40	27	00:18:11	00:37:03.55	00:37:17.60	+00:17:54	7:24	8.1
190	ZALEWSKA Joanna	311		K20	14	00:17:54	00:36:55.35	00:37:19.05	+00:17:55	7:23	8.1
191	WYPYCH KLUNDER Katarzyna	322		K30	42	00:18:27	00:37:12.35	00:37:22.60	+00:17:59	7:26	8.1
192	DOMARACKI Wojciech	51		M30	38	00:18:27	00:37:12.45	00:37:22.90	+00:17:59	7:26	8.1
193	ŻYWICA Joanna	320		K40	28	00:18:39	00:37:05.30	00:37:30.85	+00:18:07	7:25	8.1
194	BERTLING Monika	11		K30	43	00:18:39	00:37:05.20	00:37:30.95	+00:18:07	7:25	8.1
195	MIKOŁAJCZAK Martyna	179		K20	15	00:18:08	00:37:24.80	00:37:38.30	+00:18:15	7:28	8
196	BRYLIŃSKI Jakub	22		M30	39	00:17:46	00:37:20.20	00:37:39.60	+00:18:16	7:28	8
197	NOWICKA Renata	195		K50	6	00:19:21	00:37:14.15	00:37:41.60	+00:18:18	7:26	8.1
198	KACZMAREK Paulina	110		K30	44	00:19:22	00:37:15.50	00:37:41.65	+00:18:18	7:27	8.1
199	NOWICKA Aldona	194		K20	16	00:19:22	00:37:14.90	00:37:41.75	+00:18:18	7:26	8.1
200	KUJAWA Agnieszka	139		K40	29	00:18:13	00:37:37.35	00:37:57.75	+00:18:34	7:31	8
201	TARCZYŃSKI Kamil	276		M30	40	00:17:59	00:37:25.50	00:38:13.15	+00:18:49	7:29	8
202	JĘDRZEJCZAK Jakub	104		D1	7	00:18:03	00:37:47.25	00:38:15.25	+00:18:51	7:33	7.9
203	ZYBER-TARCZYŃSKA Zuzanna	318		K30	45	00:17:59	00:37:29.70	00:38:16.85	+00:18:53	7:29	8
204	WIŚNIEWSKI Leszek	293		M30	41	00:18:41	00:37:56.15	00:38:20.80	+00:18:57	7:35	7.9
205	STELLER Agnieszka	264		K40	30	00:19:44	00:38:07.00	00:38:27.40	+00:19:04	7:37	7.9
206	STAROSTECKA Joanna	261		K30	46	00:18:31	00:38:21.70	00:38:30.25	+00:19:06	7:40	7.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
207	<b>KULIGOWSKA Barbara</b>	<b>142</b>		K30	47	00:19:44	<b>00:38:14.85</b>	<b>00:38:35.25</b>	+00:19:11	7:38	7.8
208	<b>KLEWICZ Jolanta</b>	<b>121</b>		K50	7	00:18:06	<b>00:38:32.35</b>	<b>00:38:39.35</b>	+00:19:16	7:42	7.8
209	<b>POKORSKA KAWA Justyna</b>	<b>219</b>		K40	31	00:18:43	<b>00:38:05.75</b>	<b>00:38:45.70</b>	+00:19:22	7:37	7.9
210	<b>WÓJCIK Mikołaj</b>	<b>307</b>		D1	8	00:18:32	<b>00:38:42.45</b>	<b>00:38:46.65</b>	+00:19:23	7:44	7.8
211	<b>WÓJCIK Anna</b>	<b>304</b>		K40	32	00:18:32	<b>00:38:44.15</b>	<b>00:38:48.30</b>	+00:19:25	7:44	7.7
212	<b>WIRSZYŁO Karina</b>	<b>291</b>		K30	48	00:18:10	<b>00:38:43.10</b>	<b>00:38:58.25</b>	+00:19:34	7:44	7.7
213	<b>GRZEMPA Joanna</b>	<b>81</b>		K20	17	00:19:26	<b>00:38:47.40</b>	<b>00:39:08.65</b>	+00:19:45	7:45	7.7
214	<b>GRZEMPA Bartosz</b>	<b>82</b>		M30	42	00:19:26	<b>00:38:47.00</b>	<b>00:39:08.85</b>	+00:19:45	7:45	7.7
215	<b>BUŚKO Karolina</b>	<b>27</b>		K40	33	00:19:36	<b>00:38:25.60</b>	<b>00:39:12.15</b>	+00:19:48	7:41	7.8
216	<b>GOŁATA Joanna</b>	<b>75</b>		K50	8	00:19:47	<b>00:38:52.85</b>	<b>00:39:12.70</b>	+00:19:49	7:46	7.7
217	<b>JAROCH Magdalena</b>	<b>101</b>		K40	34	00:19:13	<b>00:39:05.15</b>	<b>00:39:18.75</b>	+00:19:55	7:49	7.7
218	<b>JAROCH Rafał</b>	<b>100</b>		M40	27	00:19:13	<b>00:39:05.20</b>	<b>00:39:18.80</b>	+00:19:55	7:49	7.7
219	<b>PIWECKA Karolina</b>	<b>217</b>		K40	35	00:19:27	<b>00:39:08.50</b>	<b>00:39:31.30</b>	+00:20:08	7:49	7.7
219	<b>BARTCZAK Piotr</b>	<b>5</b>		M30	43	00:19:34	<b>00:39:14.15</b>	<b>00:39:31.30</b>	+00:20:08	7:50	7.6
219	<b>BARTCZAK Natalia</b>	<b>6</b>		K30	49	00:19:33	<b>00:39:13.10</b>	<b>00:39:31.30</b>	+00:20:08	7:50	7.6
222	<b>LAMENT Lidia</b>	<b>148</b>		K60	3	00:19:40	<b>00:39:34.30</b>	<b>00:39:37.85</b>	+00:20:14	7:54	7.6
223	<b>WOJCIECHOWSKA Monika</b>	<b>298</b>		K40	36	00:18:50	<b>00:39:17.60</b>	<b>00:39:39.55</b>	+00:20:16	7:51	7.6
224	<b>WALCZYNA-WELC Weronika</b>	<b>284</b>		K30	50	00:20:05	<b>00:39:47.45</b>	<b>00:39:55.40</b>	+00:20:32	7:57	7.5
225	<b>WELC Michał</b>	<b>288</b>		M30	44	00:19:54	<b>00:39:37.25</b>	<b>00:39:55.45</b>	+00:20:32	7:55	7.6
226	<b>FRASZ Robert</b>	<b>63</b>		M30	45	00:19:55	<b>00:39:38.00</b>	<b>00:39:55.60</b>	+00:20:32	7:55	7.6
227	<b>KEMNITZ Agnieszka</b>	<b>114</b>		K30	51	00:19:56	<b>00:40:00.15</b>	<b>00:40:09.00</b>	+00:20:45	8:00	7.5
228	<b>PRYBIŃSKA-MARCINIAK Anna</b>	<b>225</b>		K40	37	00:19:59	<b>00:40:03.90</b>	<b>00:40:12.90</b>	+00:20:49	8:00	7.5
229	<b>KĘDZIERSKA Julia</b>	<b>115</b>		K20	18	00:18:54	<b>00:39:57.25</b>	<b>00:40:39.75</b>	+00:21:16	7:59	7.5
230	<b>ŁUKASZEWSKI Kamil</b>	<b>331</b>		M30	46	00:19:50	<b>00:40:42.05</b>	<b>00:40:42.05</b>	+00:21:18	8:08	7.4
231	<b>GROCHOWSKI Jan</b>	<b>80</b>		D1	9	00:20:11	<b>00:40:38.55</b>	<b>00:40:56.15</b>	+00:21:32	8:07	7.4
232	<b>WIŃSKA Marta</b>	<b>290</b>		K30	52	00:19:54	<b>00:40:31.95</b>	<b>00:41:02.05</b>	+00:21:38	8:06	7.4
233	<b>WAWRZYNIAK Sandra</b>	<b>287</b>		K30	53	00:19:55	<b>00:40:39.20</b>	<b>00:41:08.85</b>	+00:21:45	8:07	7.4
234	<b>GROCHOWSKA Karolina</b>	<b>79</b>		K40	38	00:20:16	<b>00:41:01.40</b>	<b>00:41:18.85</b>	+00:21:55	8:12	7.3
235	<b>STRZYŻOWSKA Monika</b>	<b>265</b>		K40	39	00:18:36	<b>00:40:49.50</b>	<b>00:41:30.35</b>	+00:22:07	8:09	7.3
236	<b>WITKIEWICZ-ŁUKASZEK Sandra</b>	<b>295</b>		K30	54	00:18:29	<b>00:40:46.50</b>	<b>00:41:31.70</b>	+00:22:08	8:09	7.4
237	<b>PYPKOWSKA Agnieszka</b>	<b>229</b>		K50	9	00:19:37	<b>00:41:14.50</b>	<b>00:41:38.80</b>	+00:22:15	8:14	7.3
238	<b>UMIŃSKI Kacper</b>	<b>282</b>		M30	47	00:19:51	<b>00:41:42.90</b>	<b>00:42:07.60</b>	+00:22:44	8:20	7.2
239	<b>SIDOROWICZ Paweł</b>	<b>245</b>		M30	48	00:21:23	<b>00:41:57.70</b>	<b>00:42:11.80</b>	+00:22:48	8:23	7.2
240	<b>STANKIEWICZ Miłosz</b>	<b>260</b>		M20	14	00:19:02	<b>00:41:38.60</b>	<b>00:42:12.80</b>	+00:22:49	8:19	7.2
241	<b>MIĘTKIEWICZ Paweł</b>	<b>178</b>		M30	49	00:19:01	<b>00:41:39.30</b>	<b>00:42:14.40</b>	+00:22:51	8:19	7.2
242	<b>BORAKIEWICZ Maria</b>	<b>19</b>		K60	4	00:20:05	<b>00:42:22.45</b>	<b>00:42:26.30</b>	+00:23:03	8:28	7.1
243	<b>KOMOROWSKA Hania</b>	<b>125</b>		K30	55	00:21:10	<b>00:42:26.90</b>	<b>00:42:35.00</b>	+00:23:11	8:29	7.1
244	<b>ZARĘBA Joanna</b>	<b>313</b>		K40	40	00:21:01	<b>00:42:22.85</b>	<b>00:42:46.60</b>	+00:23:23	8:28	7.1
244	<b>ZARĘBA Iga</b>	<b>315</b>		D1	10	00:21:02	<b>00:42:24.55</b>	<b>00:42:46.60</b>	+00:23:23	8:28	7.1
246	<b>RUTKOWSKA Karolina</b>	<b>323</b>		K40	41	00:20:22	<b>00:42:48.15</b>	<b>00:42:52.90</b>	+00:23:29	8:33	7
247	<b>JAGIEŁA Bartosz</b>	<b>95</b>		M30	50	00:20:26	<b>00:42:53.30</b>	<b>00:42:53.30</b>	+00:23:30	8:34	7
248	<b>ZAKRZEWSKA Lidia</b>	<b>310</b>		K30	56	00:21:23	<b>00:42:47.70</b>	<b>00:42:56.45</b>	+00:23:33	8:33	7
249	<b>KWIATKOWSKI Wojciech</b>	<b>147</b>		M50	8	00:19:54	<b>00:42:45.55</b>	<b>00:42:57.65</b>	+00:23:34	8:33	7
250	<b>FIEREK Bernadeta</b>	<b>61</b>		K50	10	00:21:50	<b>00:43:05.95</b>	<b>00:43:19.15</b>	+00:23:55	8:37	7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
251	<b>DECOWSKA Sylwia</b>	<b>43</b>	K30	57	00:16:48	<b>00:43:09.25</b>	<b>00:43:36.15</b>	+00:24:12	8:37	7	
252	<b>DUSZKIEWICZ Adam</b>	<b>57</b>	M30	51	00:20:46	<b>00:43:07.85</b>	<b>00:43:38.15</b>	+00:24:14	8:37	7	
253	<b>RUDNA Nadia</b>	<b>237</b>	D1	11	00:21:05	<b>00:43:32.95</b>	<b>00:43:47.25</b>	+00:24:23	8:42	6.9	
254	<b>LIPIŃSKA Karolina</b>	<b>166</b>	D2	8	00:21:04	<b>00:43:33.25</b>	<b>00:43:47.60</b>	+00:24:24	8:42	6.9	
255	<b>LASOTA Filip</b>	<b>151</b>	D1	12	00:21:24	<b>00:43:50.20</b>	<b>00:44:16.35</b>	+00:24:53	8:46	6.8	
256	<b>LASOTA Agata</b>	<b>150</b>	K30	58	00:21:31	<b>00:43:58.20</b>	<b>00:44:22.95</b>	+00:24:59	8:47	6.8	
257	<b>KULIGOWSKI Damian</b>	<b>143</b>	D1	13	00:21:19	<b>00:44:24.25</b>	<b>00:44:26.55</b>	+00:25:03	8:52	6.8	
258	<b>RUTKOWSKA PISZCZYŃSKA Agata</b>	<b>240</b>	K30	59	00:21:53	<b>00:44:08.80</b>	<b>00:44:28.35</b>	+00:25:05	8:49	6.8	
259	<b>RĘDZINA Szymon</b>	<b>232</b>	D1	14	00:21:39	<b>00:43:54.85</b>	<b>00:44:29.00</b>	+00:25:05	8:46	6.8	
260	<b>RĘDZINA Agnieszka</b>	<b>231</b>	K40	42	00:21:39	<b>00:43:54.30</b>	<b>00:44:29.05</b>	+00:25:05	8:46	6.8	
261	<b>CZERNAK MALACHOWSKA Anna</b>	<b>39</b>	K30	60	00:21:40	<b>00:43:55.30</b>	<b>00:44:29.15</b>	+00:25:05	8:47	6.8	
262	<b>BARAN Magdalena</b>	<b>4</b>	K50	11	00:21:59	<b>00:44:46.80</b>	<b>00:45:02.65</b>	+00:25:39	8:57	6.7	
263	<b>HORKA Adam</b>	<b>92</b>	M40	28	00:22:09	<b>00:45:16.65</b>	<b>00:45:39.00</b>	+00:26:15	9:03	6.6	
264	<b>HORKA Izabela</b>	<b>90</b>	K40	43	00:22:08	<b>00:45:17.10</b>	<b>00:45:39.60</b>	+00:26:16	9:03	6.6	
265	<b>ORCZYK Katarzyna</b>	<b>203</b>	K50	12	00:22:25	<b>00:45:36.25</b>	<b>00:45:45.90</b>	+00:26:22	9:07	6.6	
266	<b>PRZYBYŁA Agata</b>	<b>228</b>	K20	19	00:22:26	<b>00:45:44.50</b>	<b>00:45:53.55</b>	+00:26:30	9:08	6.6	
267	<b>MINCZYŃSKA Anna</b>	<b>184</b>	D1	15	00:16:49	<b>00:46:06.05</b>	<b>00:46:32.95</b>	+00:27:09	9:13	6.5	
268	<b>MINCZYŃSKA Paulina</b>	<b>183</b>	K30	61	00:19:27	<b>00:46:05.90</b>	<b>00:46:33.15</b>	+00:27:09	9:13	6.5	
269	<b>JUSZCZAK Małgorzata</b>	<b>107</b>	K50	13	00:22:49	<b>00:46:12.30</b>	<b>00:46:39.20</b>	+00:27:15	9:14	6.5	
270	<b>DAMRATH Maja</b>	<b>42</b>	K20	20	00:23:07	<b>00:47:12.75</b>	<b>00:47:38.50</b>	+00:28:15	9:26	6.4	
271	<b>SUCHARA Magdalena</b>	<b>268</b>	K30	62	00:22:56	<b>00:47:35.10</b>	<b>00:47:49.95</b>	+00:28:26	9:31	6.3	
271	<b>JANAS Malwina</b>	<b>96</b>	K30	62	00:22:56	<b>00:47:35.25</b>	<b>00:47:49.95</b>	+00:28:26	9:31	6.3	
273	<b>SUCHARA Maria</b>	<b>271</b>	D0	1	00:22:56	<b>00:47:35.80</b>	<b>00:47:50.15</b>	+00:28:26	9:31	6.3	
274	<b>BANAŚKIEWICZ Paulina</b>	<b>3</b>	K30	64	00:21:26	<b>00:47:33.65</b>	<b>00:47:51.70</b>	+00:28:28	9:30	6.3	
275	<b>SMARUJ - SADOWSKA Janina</b>	<b>251</b>	K70	1	00:23:24	<b>00:47:14.85</b>	<b>00:47:52.55</b>	+00:28:29	9:26	6.4	
276	<b>POKORSKA Marika</b>	<b>218</b>	K30	65	00:23:21	<b>00:48:07.85</b>	<b>00:48:28.50</b>	+00:29:05	9:37	6.2	
277	<b>SOŁDYGA Jolanta</b>	<b>253</b>	K30	66	00:23:52	<b>00:48:20.35</b>	<b>00:48:32.90</b>	+00:29:09	9:40	6.2	
278	<b>SOŁDYGA Paweł</b>	<b>254</b>	M40	29	00:23:51	<b>00:48:19.45</b>	<b>00:48:33.10</b>	+00:29:09	9:39	6.2	
278	<b>SOŁDYGA Urszula</b>	<b>255</b>	D1	16	00:23:51	<b>00:48:20.25</b>	<b>00:48:33.10</b>	+00:29:09	9:40	6.2	
280	<b>HUZAKOWSKI Zbigniew</b>	<b>94</b>	M50	9	00:23:27	<b>00:48:33.05</b>	<b>00:48:51.00</b>	+00:29:27	9:42	6.2	
281	<b>SPANCERSKA Sandra</b>	<b>257</b>	K20	21	00:23:39	<b>00:48:39.05</b>	<b>00:49:07.50</b>	+00:29:44	9:43	6.2	
282	<b>BIAŁECKA Katarzyna</b>	<b>12</b>	K50	14	00:24:49	<b>00:50:01.70</b>	<b>00:50:33.95</b>	+00:31:10	10:00	6	
283	<b>RYMASZEWSKA Jolanta</b>	<b>244</b>	K50	15	00:24:50	<b>00:50:02.55</b>	<b>00:50:34.25</b>	+00:31:10	10:00	6	
284	<b>DOMBROWSKA Karolina</b>	<b>52</b>	K30	67	00:25:26	<b>00:50:59.05</b>	<b>00:51:11.60</b>	+00:31:48	10:11	5.9	
285	<b>NOWAK Natalia</b>	<b>189</b>	K30	68	00:25:25	<b>00:50:58.20</b>	<b>00:51:11.85</b>	+00:31:48	10:11	5.9	
286	<b>MLICKA Agnieszka</b>	<b>185</b>	K40	44	00:25:18	<b>00:50:51.10</b>	<b>00:51:12.05</b>	+00:31:48	10:10	5.9	
287	<b>SŁOMSKA Monika</b>	<b>249</b>	K40	45	00:26:47	<b>00:52:37.55</b>	<b>00:53:14.85</b>	+00:33:51	10:31	5.7	
288	<b>WIŚNIEWSKA Agnieszka</b>	<b>292</b>	K40	46	00:27:23	<b>00:53:25.70</b>	<b>00:54:01.95</b>	+00:34:38	10:41	5.6	
289	<b>OLECHNOWICZ Ana</b>	<b>200</b>	K40	47	00:27:23	<b>00:53:26.80</b>	<b>00:54:02.60</b>	+00:34:39	10:41	5.6	
290	<b>MAJEK Adam</b>	<b>173</b>	D1	17	00:29:21	<b>00:55:32.90</b>	<b>00:55:32.90</b>	+00:36:09	11:06	5.4	
291	<b>RUSS Magdalena</b>	<b>239</b>	K30	69	00:28:35	<b>00:55:48.35</b>	<b>00:56:17.25</b>	+00:36:53	11:09	5.4	
292	<b>STASZAK-KOWALSKA Radosława</b>	<b>262</b>	K60	5	00:28:56	<b>00:55:48.80</b>	<b>00:56:21.20</b>	+00:36:57	11:09	5.4	
	<b>BOCHAŃSKA Magdalena</b>	<b>15</b>	K30		00:16:21 DNF	<b>DNF</b>	<b>DNF</b>	-	-	-	
	<b>SPANCERSKA Dagmara</b>	<b>256</b>	K40		00:34:01 DNF	<b>DNF</b>	<b>DNF</b>	-	-	-	

Znaleziono 294 wynik(ów)