



Organizator:
Data:
Miejsce:
Dystans:

Stowarzyszenie Waleczne Serca
2021-10-03
Bydgoszcz
5 km

II BYDGOSKI BIEG PO ODDECH

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	GRECMAN Anna	78		K40	1	00:11:51	00:23:43.85	00:23:46.15		4:44	12.6 (100%)
2	DOBRZYŃSKA Ewa	49		K30	1	00:11:51	00:23:52.60	00:23:55.10	+00:00:08 (0.6%)	4:46	12.6 (100%)
3	LINKOWSKA Sandra	165		K20	1	00:11:42	00:23:51.60	00:23:55.40	+00:00:09 (0.6%)	4:46	12.6 (100%)
4	CHEŁMINIAK Monika	32		K30	2	00:11:42	00:23:59.25	00:24:04.05	+00:00:17 (1.2%)	4:47	12.5 (99.2%)
5	RAKOWSKA Natalia	326		K20	2	00:11:52	00:24:23.35	00:24:23.35	+00:00:37 (2.5%)	4:52	12.3 (97.6%)
6	WOJTANIS Magdalena	300		K30	3	00:11:59	00:24:27.35	00:24:29.35	+00:00:43 (2.9%)	4:53	12.3 (97.6%)
7	WOŹNIECKA Karolina	303		K30	4	00:12:03	00:24:27.15	00:24:32.65	+00:00:46 (3.2%)	4:53	12.3 (97.6%)
8	RYMARKIEWICZ Małgorzata	243		K30	5	00:12:05	00:24:33.30	00:24:35.50	+00:00:49 (3.3%)	4:54	12.2 (96.8%)
9	TARCZYŃSKA Marta	275		K30	6	00:12:19	00:24:41.75	00:24:46.20	+00:01:00 (4.0%)	4:56	12.2 (96.8%)
10	POLAŃCZYK Paulina	220		K30	7	00:12:21	00:25:12.50	00:25:14.50	+00:01:28 (5.8%)	5:02	11.9 (94.4%)
11	CICHOŃSKA-BAZAK Marzena	36		K40	2	00:12:19	00:25:12.00	00:25:15.10	+00:01:28 (5.9%)	5:02	11.9 (94.4%)
12	FIEGEL Katarzyna	60		K40	3	00:12:48	00:25:44.00	00:25:44.75	+00:01:58 (7.7%)	5:08	11.7 (92.9%)
13	DROŹDŹ Anna	55		K30	8	00:12:33	00:25:59.10	00:26:01.10	+00:02:14 (8.6%)	5:11	11.5 (91.3%)
14	LEWANDOWSKA Dorota	156		K30	9	00:04:31	00:26:14.40	00:26:14.40	+00:02:28 (9.4%)	5:14	11.4 (90.5%)
15	CIACIUCH Agnieszka	35		K20	3	00:12:48	00:26:14.05	00:26:21.55	+00:02:35 (9.8%)	5:14	11.4 (90.5%)
16	HAN Agnieszka	88		K30	10	00:12:40	00:26:37.35	00:26:53.30	+00:03:07 (11.6%)	5:19	11.3 (89.7%)
17	OKULICZ Anita	199		K30	11	00:13:11	00:26:53.70	00:26:54.25	+00:03:08 (11.7%)	5:22	11.2 (88.9%)
18	KOLINSKA Sylwia	123		K40	4	00:13:19	00:26:54.65	00:26:58.45	+00:03:12 (11.9%)	5:22	11.2 (88.9%)
19	CZYŻEWSKA Justyna	41		K30	12	00:13:11	00:26:54.45	00:26:59.55	+00:03:13 (11.9%)	5:22	11.2 (88.9%)
20	BORAKIEWICZ Natalia	18		K30	13	00:13:26	00:26:56.60	00:27:00.25	+00:03:14 (12.0%)	5:23	11.1 (88.1%)
21	HAŁAS Ewa	86		K40	5	00:13:24	00:27:06.20	00:27:13.70	+00:03:27 (12.7%)	5:25	11.1 (88.1%)
22	NAGORZYSKA Sylwia	187		K30	14	00:13:34	00:27:26.25	00:27:27.75	+00:03:41 (13.4%)	5:29	10.9 (86.5%)
23	BAGNIEWSKA Małgorzata	2		K30	15	00:13:23	00:27:20.30	00:27:32.15	+00:03:46 (13.7%)	5:28	11 (87.3%)
24	KUJDA Dorota	140		K40	6	00:13:25	00:27:41.35	00:27:46.15	+00:04:00 (14.4%)	5:32	10.8 (85.7%)
25	RYDELSKA Marysia	241		K30	16	00:14:09	00:27:56.65	00:28:12.40	+00:04:26 (15.7%)	5:35	10.7 (84.9%)
26	CABAŃSKA Katarzyna	31		K40	7	00:13:52	00:28:03.55	00:28:14.10	+00:04:27 (15.8%)	5:36	10.7 (84.9%)
27	BUDNY Ewa	25		D2	1	00:13:20	00:28:06.10	00:28:14.20	+00:04:28 (15.8%)	5:37	10.7 (84.9%)
28	BUDNY Joanna	24		K30	17	00:13:49	00:28:13.25	00:28:18.50	+00:04:32 (16.0%)	5:38	10.6 (84.1%)
29	KUKLISOVA Gabriela	141		K40	8	00:14:03	00:28:16.20	00:28:20.85	+00:04:34 (16.2%)	5:39	10.6 (84.1%)
30	KAJA Dominika	111		K30	18	00:13:37	00:28:23.95	00:28:36.85	+00:04:50 (16.9%)	5:40	10.6 (84.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	5km			
31	LANGE Monika	149		K40	9	00:14:28	00:28:30.90	00:28:49.10	+00:05:02 (17.5%)	5:42	10.5 (83.3%)
32	ZIELIŃSKA Agnieszka	317		K30	19	00:14:07	00:28:48.00	00:28:57.10	+00:05:10 (17.9%)	5:45	10.4 (82.5%)
33	GRZESIAK-KNUT Lucyna	83		K30	20	00:14:27	00:28:54.50	00:29:13.05	+00:05:26 (18.6%)	5:46	10.4 (82.5%)
34	GOŁATTA Magdalena	77		K40	10	00:14:27	00:28:54.35	00:29:13.35	+00:05:27 (18.7%)	5:46	10.4 (82.5%)
35	PIECZYŃSKA Joanna	214		K30	21	00:14:17	00:29:05.80	00:29:22.15	+00:05:36 (19.1%)	5:49	10.3 (81.7%)
36	POTRZEBOWSKA Agata	223		K30	22	00:14:57	00:29:12.85	00:29:30.25	+00:05:44 (19.4%)	5:50	10.3 (81.7%)
37	OKRĘGLICKA Barbara	197		K50	1	00:14:38	00:29:43.90	00:29:49.35	+00:06:03 (20.3%)	5:56	10.1 (80.2%)
38	BOCHNIAK Aleksandra	16		K50	2	00:14:38	00:29:33.85	00:29:49.60	+00:06:03 (20.3%)	5:54	10.2 (81.0%)
39	BOJAŁKOWSKA Krystyna	17		K40	11	00:14:51	00:29:53.10	00:29:57.85	+00:06:11 (20.7%)	5:58	10 (79.4%)
40	WALENTYN Katarzyna	285		K40	12	00:14:55	00:29:48.40	00:29:58.55	+00:06:12 (20.7%)	5:57	10.1 (80.2%)
41	BUREK Dorota	26		K40	13	00:15:18	00:30:11.00	00:30:15.15	+00:06:29 (21.4%)	6:02	9.9 (78.6%)
42	GAIDA Milena	67		K30	23	00:15:08	00:29:59.50	00:30:15.70	+00:06:29 (21.5%)	5:59	10 (79.4%)
43	PIONTEK Elżbieta	215		K60	1	00:14:41	00:30:15.95	00:30:19.00	+00:06:32 (21.6%)	6:03	9.9 (78.6%)
44	DEMBIŃSKA Katarzyna	45		K20	4	00:15:27	00:30:07.50	00:30:31.90	+00:06:45 (22.1%)	6:01	10 (79.4%)
45	GIERCZAK Dorota	70		K30	24	00:15:04	00:30:30.10	00:30:37.00	+00:06:50 (22.4%)	6:06	9.8 (77.8%)
46	PIECHOWSKA Magdalena	213		K40	14	00:14:57	00:30:36.75	00:30:42.20	+00:06:56 (22.6%)	6:07	9.8 (77.8%)
47	RYDZEWSKA Alina	242		K40	15	00:15:10	00:30:53.50	00:31:09.05	+00:07:22 (23.7%)	6:10	9.7 (77.0%)
48	GIZINSKA Paulina	71		K40	16	00:15:25	00:31:09.45	00:31:13.80	+00:07:27 (23.9%)	6:13	9.6 (76.2%)
49	KABACIŃSKA Kinga	108		K30	25	00:15:10	00:31:06.45	00:31:21.95	+00:07:35 (24.2%)	6:13	9.6 (76.2%)
50	FRYCA Aleksandra	64		K30	26	00:15:22	00:31:32.10	00:31:45.45	+00:07:59 (25.2%)	6:18	9.5 (75.4%)
51	KABLUKA Valeria	109		K30	27	00:15:36	00:31:46.25	00:31:57.25	+00:08:11 (25.6%)	6:21	9.4 (74.6%)
52	PANKOWSKA-SIWIAK Agata	207		K20	5	00:15:58	00:31:43.00	00:32:01.85	+00:08:15 (25.8%)	6:20	9.5 (75.4%)
53	HADOWSKA Anna	85		K60	2	00:15:46	00:32:25.05	00:32:28.85	+00:08:42 (26.8%)	6:29	9.3 (73.8%)
54	BOROWA Agnieszka	21		K30	28	00:15:24	00:32:18.00	00:32:30.20	+00:08:44 (26.9%)	6:27	9.3 (73.8%)
55	LEWANDOWSKA Sylwia	157		K40	17	00:16:19	00:32:18.25	00:32:31.90	+00:08:45 (26.9%)	6:27	9.3 (73.8%)
56	MARSZAŁEK Monika	175		K20	6	00:15:25	00:32:48.55	00:32:54.20	+00:09:08 (27.8%)	6:33	9.1 (72.2%)
57	BIEDROŃ Aleksandra	13		K20	7	00:15:56	00:32:31.45	00:32:55.75	+00:09:09 (27.8%)	6:30	9.2 (73.0%)
58	TOKARSKA Katarzyna	279		K40	18	00:16:03	00:32:51.50	00:32:57.95	+00:09:11 (27.9%)	6:34	9.1 (72.2%)
59	NOWAKOWSKA Agnieszka	190		K40	19	00:16:05	00:32:58.35	00:33:05.30	+00:09:19 (28.2%)	6:35	9.1 (72.2%)
60	SOBUCKA Ewelina	252		K20	8	00:15:44	00:33:12.70	00:33:23.25	+00:09:37 (28.8%)	6:38	9 (71.4%)
61	CHUDECKA Beata	34		K40	20	00:16:34	00:33:03.65	00:33:42.70	+00:09:56 (29.5%)	6:36	9.1 (72.2%)
62	JARCZEWSKA Renata	99		K50	3	00:16:13	00:33:41.95	00:33:48.20	+00:10:02 (29.7%)	6:44	8.9 (70.6%)
63	MACINKIEWICZ Natalia	170		K30	29	00:16:16	00:33:41.15	00:33:54.75	+00:10:08 (29.9%)	6:44	8.9 (70.6%)
64	DŁUGOŃSKA Beata	47		K40	21	00:16:08	00:33:57.85	00:34:03.80	+00:10:17 (30.2%)	6:47	8.8 (69.8%)
65	JENERALSKA Natalia	103		K30	30	00:16:59	00:33:58.15	00:34:05.50	+00:10:19 (30.3%)	6:47	8.8 (69.8%)
66	BŁAŻEK Kasia	14		K30	31	00:16:20	00:33:55.45	00:34:07.65	+00:10:21 (30.4%)	6:47	8.8 (69.8%)
67	TYKWIŃSKA Agnieszka	280		K30	32	00:16:44	00:34:05.65	00:34:10.70	+00:10:24 (30.5%)	6:49	8.8 (69.8%)
68	LEMAŃSKA Agnieszka	152		K20	9	00:16:09	00:34:05.40	00:34:12.45	+00:10:26 (30.5%)	6:49	8.8 (69.8%)
69	MATUSZEWSKA-KUJAWA Natalia	176		K30	33	00:16:52	00:34:14.80	00:34:17.45	+00:10:31 (30.7%)	6:50	8.8 (69.8%)
70	PANFIL Paulina	206		K20	10	00:15:58	00:34:00.70	00:34:19.20	+00:10:33 (30.7%)	6:48	8.8 (69.8%)
71	WOJCZAKOWSKA Paulina	299		K30	34	00:17:36	00:34:11.55	00:34:37.30	+00:10:51 (31.3%)	6:50	8.8 (69.8%)
72	NOWAKOWSKA Marta	191		K30	35	00:16:49	00:34:30.15	00:34:47.45	+00:11:01 (31.7%)	6:54	8.7 (69.0%)
73	HORKA Natalia	91		D1	4	00:15:03	00:34:45.65	00:34:47.50	+00:11:01 (31.7%)	6:57	8.6 (68.3%)
74	DOKTOR Katarzyna	50		K50	4	00:17:13	00:34:08.35	00:34:47.75	+00:11:01 (31.7%)	6:49	8.8 (69.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	5km			
75	NOWICKA Tatiana	193		K40	22	00:16:51	00:34:13.35	00:34:50.70	+00:11:04 (31.8%)	6:50	8.8 (69.8%)
76	MACIEJEWSKA Magdalena	181		K30	36	00:18:04	00:34:51.00	00:35:00.20	+00:11:14 (32.1%)	6:58	8.6 (68.3%)
77	TEMPSKA Agnieszka	277		K40	23	00:17:13	00:34:56.05	00:35:02.40	+00:11:16 (32.2%)	6:59	8.6 (68.3%)
78	MILEWSKA Violetta	182		K40	24	00:17:07	00:35:28.80	00:35:33.60	+00:11:47 (33.2%)	7:05	8.5 (67.5%)
79	LEŚNIAK Edyta	153		K30	37	00:16:55	00:35:29.50	00:35:35.30	+00:11:49 (33.2%)	7:05	8.5 (67.5%)
80	DYPOLT Julia	59		K30	38	00:17:18	00:35:24.70	00:35:44.50	+00:11:58 (33.5%)	7:04	8.5 (67.5%)
81	LEWANDOWSKA Sylwia	154		K30	39	00:16:51	00:35:46.45	00:35:47.85	+00:12:01 (33.6%)	7:09	8.4 (66.7%)
82	LEWANDOWSKA Kornelia	155		D1	5	00:16:52	00:35:46.55	00:35:47.95	+00:12:01 (33.6%)	7:09	8.4 (66.7%)
83	DŁUGOŃSKA Agnieszka	48		K20	11	00:16:44	00:35:43.35	00:35:49.50	+00:12:03 (33.7%)	7:08	8.4 (66.7%)
84	PARADOWSKA Katarzyna	208		K40	25	00:15:50	00:35:51.85	00:35:51.85	+00:12:05 (33.7%)	7:10	8.4 (66.7%)
85	OSTROWSKA Justyna	204		K30	40	00:17:32	00:36:06.50	00:36:21.65	+00:12:35 (34.6%)	7:13	8.3 (65.9%)
86	KULIŃSKA Sylwia	145		K20	12	00:17:11	00:36:15.80	00:36:25.30	+00:12:39 (34.7%)	7:15	8.3 (65.9%)
87	WIECZOREK Justyna	289		K40	26	00:18:26	00:35:59.55	00:36:25.80	+00:12:39 (34.8%)	7:11	8.3 (65.9%)
88	BUZALSKA Agnieszka	29		K50	5	00:17:21	00:36:16.20	00:36:31.15	+00:12:45 (34.9%)	7:15	8.3 (65.9%)
89	UMIŃSKA Marzena	281		K30	41	00:18:29	00:36:59.05	00:37:05.15	+00:13:19 (35.9%)	7:23	8.1 (64.3%)
90	GOŁATA-KRZYWDZIŃSKA Aleksandra	76		K20	13	00:18:23	00:36:45.75	00:37:05.25	+00:13:19 (35.9%)	7:21	8.2 (65.1%)
91	DUSZYŃSKA Katarzyna	58		K40	27	00:18:11	00:37:03.55	00:37:17.60	+00:13:31 (36.3%)	7:24	8.1 (64.3%)
92	ZALEWSKA Joanna	311		K20	14	00:17:54	00:36:55.35	00:37:19.05	+00:13:32 (36.3%)	7:23	8.1 (64.3%)
93	WYPYCH KLUNDER Katarzyna	322		K30	42	00:18:27	00:37:12.35	00:37:22.60	+00:13:36 (36.4%)	7:26	8.1 (64.3%)
94	ŻYWICA Joanna	320		K40	28	00:18:39	00:37:05.30	00:37:30.85	+00:13:44 (36.6%)	7:25	8.1 (64.3%)
95	BERTLING Monika	11		K30	43	00:18:39	00:37:05.20	00:37:30.95	+00:13:44 (36.6%)	7:25	8.1 (64.3%)
96	MIKOŁAJCZAK Martyna	179		K20	15	00:18:08	00:37:24.80	00:37:38.30	+00:13:52 (36.8%)	7:28	8 (63.5%)
97	NOWICKA Renata	195		K50	6	00:19:21	00:37:14.15	00:37:41.60	+00:13:55 (36.9%)	7:26	8.1 (64.3%)
98	KACZMAREK Paulina	110		K30	44	00:19:22	00:37:15.50	00:37:41.65	+00:13:55 (36.9%)	7:27	8.1 (64.3%)
99	NOWICKA Aldona	194		K20	16	00:19:22	00:37:14.90	00:37:41.75	+00:13:55 (36.9%)	7:26	8.1 (64.3%)
100	KUJAWA Agnieszka	139		K40	29	00:18:13	00:37:37.35	00:37:57.75	+00:14:11 (37.4%)	7:31	8 (63.5%)
101	ZYBER-TARCZYŃSKA Zuzanna	318		K30	45	00:17:59	00:37:29.70	00:38:16.85	+00:14:30 (37.9%)	7:29	8 (63.5%)
102	STELLER Agnieszka	264		K40	30	00:19:44	00:38:07.00	00:38:27.40	+00:14:41 (38.2%)	7:37	7.9 (62.7%)
103	STAROSTECKA Joanna	261		K30	46	00:18:31	00:38:21.70	00:38:30.25	+00:14:44 (38.3%)	7:40	7.8 (61.9%)
104	KULIGOWSKA Barbara	142		K30	47	00:19:44	00:38:14.85	00:38:35.25	+00:14:49 (38.4%)	7:38	7.8 (61.9%)
105	KLEWICZ Jolanta	121		K50	7	00:18:06	00:38:32.35	00:38:39.35	+00:14:53 (38.5%)	7:42	7.8 (61.9%)
106	POKORSKA KAWA Justyna	219		K40	31	00:18:43	00:38:05.75	00:38:45.70	+00:14:59 (38.7%)	7:37	7.9 (62.7%)
107	WÓJCIK Anna	304		K40	32	00:18:32	00:38:44.15	00:38:48.30	+00:15:02 (38.7%)	7:44	7.7 (61.1%)
108	WIRSZYŁŁO Karina	291		K30	48	00:18:10	00:38:43.10	00:38:58.25	+00:15:12 (39.0%)	7:44	7.7 (61.1%)
109	GRZEMPA Joanna	81		K20	17	00:19:26	00:38:47.40	00:39:08.65	+00:15:22 (39.3%)	7:45	7.7 (61.1%)
110	BUŚKO Karolina	27		K40	33	00:19:36	00:38:25.60	00:39:12.15	+00:15:26 (39.4%)	7:41	7.8 (61.9%)
111	GOŁATA Joanna	75		K50	8	00:19:47	00:38:52.85	00:39:12.70	+00:15:26 (39.4%)	7:46	7.7 (61.1%)
112	JAROCH Magdalena	101		K40	34	00:19:13	00:39:05.15	00:39:18.75	+00:15:32 (39.5%)	7:49	7.7 (61.1%)
113	PIWECKA Karolina	217		K40	35	00:19:27	00:39:08.50	00:39:31.30	+00:15:45 (39.9%)	7:49	7.7 (61.1%)
113	BARTCZAK Natalia	6		K30	49	00:19:33	00:39:13.10	00:39:31.30	+00:15:45 (39.9%)	7:50	7.6 (60.3%)
115	LAMENT Lidia	148		K60	3	00:19:40	00:39:34.30	00:39:37.85	+00:15:51 (40.0%)	7:54	7.6 (60.3%)
116	WOJCIECHOWSKA Monika	298		K40	36	00:18:50	00:39:17.60	00:39:39.55	+00:15:53 (40.1%)	7:51	7.6 (60.3%)
117	WALCZYNA-WELC Weronika	284		K30	50	00:20:05	00:39:47.45	00:39:55.40	+00:16:09 (40.5%)	7:57	7.5 (59.5%)
118	KEMNITZ Agnieszka	114		K30	51	00:19:56	00:40:00.15	00:40:09.00	+00:16:22 (40.8%)	8:00	7.5 (59.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
119	PRYBIŃSKA-MARCINIAK Anna	225		K40	37	00:19:59	00:40:03.90	00:40:12.90	+00:16:26 (40.9%)	8:00	7.5 (59.5%)
120	KĘDZIERSKA Julia	115		K20	18	00:18:54	00:39:57.25	00:40:39.75	+00:16:53 (41.5%)	7:59	7.5 (59.5%)
121	WIŃSKA Marta	290		K30	52	00:19:54	00:40:31.95	00:41:02.05	+00:17:15 (42.1%)	8:06	7.4 (58.7%)
122	WAWRZYNIAK Sandra	287		K30	53	00:19:55	00:40:39.20	00:41:08.85	+00:17:22 (42.2%)	8:07	7.4 (58.7%)
123	GROCHOWSKA Karolina	79		K40	38	00:20:16	00:41:01.40	00:41:18.85	+00:17:32 (42.5%)	8:12	7.3 (57.9%)
124	STRZYŻOWSKA Monika	265		K40	39	00:18:36	00:40:49.50	00:41:30.35	+00:17:44 (42.7%)	8:09	7.3 (57.9%)
125	WITKIEWICZ-ŁUKASZEK Sandra	295		K30	54	00:18:29	00:40:46.50	00:41:31.70	+00:17:45 (42.8%)	8:09	7.4 (58.7%)
126	PYPKOWSKA Agnieszka	229		K50	9	00:19:37	00:41:14.50	00:41:38.80	+00:17:52 (42.9%)	8:14	7.3 (57.9%)
127	BORAKIEWICZ Maria	19		K60	4	00:20:05	00:42:22.45	00:42:26.30	+00:18:40 (44.0%)	8:28	7.1 (56.3%)
128	KOMOROWSKA Hania	125		K30	55	00:21:10	00:42:26.90	00:42:35.00	+00:18:48 (44.2%)	8:29	7.1 (56.3%)
129	ZARĘBA Joanna	313		K40	40	00:21:01	00:42:22.85	00:42:46.60	+00:19:00 (44.4%)	8:28	7.1 (56.3%)
129	ZARĘBA Iga	315		D1	10	00:21:02	00:42:24.55	00:42:46.60	+00:19:00 (44.4%)	8:28	7.1 (56.3%)
131	RUTKOWSKA Karolina	323		K40	41	00:20:22	00:42:48.15	00:42:52.90	+00:19:06 (44.6%)	8:33	7 (55.6%)
132	ZAKRZEWSKA Lidia	310		K30	56	00:21:23	00:42:47.70	00:42:56.45	+00:19:10 (44.6%)	8:33	7 (55.6%)
133	FIEREK Bernadeta	61		K50	10	00:21:50	00:43:05.95	00:43:19.15	+00:19:33 (45.1%)	8:37	7 (55.6%)
134	DECOWSKA Sylwia	43		K30	57	00:16:48	00:43:09.25	00:43:36.15	+00:19:50 (45.5%)	8:37	7 (55.6%)
135	RUDNA Nadia	237		D1	11	00:21:05	00:43:32.95	00:43:47.25	+00:20:01 (45.7%)	8:42	6.9 (54.8%)
136	LIPIŃSKA Karolina	166		D2	8	00:21:04	00:43:33.25	00:43:47.60	+00:20:01 (45.7%)	8:42	6.9 (54.8%)
137	LASOTA Agata	150		K30	58	00:21:31	00:43:58.20	00:44:22.95	+00:20:36 (46.4%)	8:47	6.8 (54.0%)
138	RUTKOWSKA PISZCZYŃSKA Agata	240		K30	59	00:21:53	00:44:08.80	00:44:28.35	+00:20:42 (46.6%)	8:49	6.8 (54.0%)
139	RĘDZINA Agnieszka	231		K40	42	00:21:39	00:43:54.30	00:44:29.05	+00:20:42 (46.6%)	8:46	6.8 (54.0%)
140	CZERNIAK MALACHOWSKA Anna	39		K30	60	00:21:40	00:43:55.30	00:44:29.15	+00:20:43 (46.6%)	8:47	6.8 (54.0%)
141	BARAN Magdalena	4		K50	11	00:21:59	00:44:46.80	00:45:02.65	+00:21:16 (47.2%)	8:57	6.7 (53.2%)
142	HORKA Izabela	90		K40	43	00:22:08	00:45:17.10	00:45:39.60	+00:21:53 (47.9%)	9:03	6.6 (52.4%)
143	ORCZYK Katarzyna	203		K50	12	00:22:25	00:45:36.25	00:45:45.90	+00:21:59 (48.1%)	9:07	6.6 (52.4%)
144	PRZYBYŁA Agata	228		K20	19	00:22:26	00:45:44.50	00:45:53.55	+00:22:07 (48.2%)	9:08	6.6 (52.4%)
145	MINCZYNSKA Anna	184		D1	15	00:16:49	00:46:06.05	00:46:32.95	+00:22:46 (48.9%)	9:13	6.5 (51.6%)
146	MINCZYNSKA Paulina	183		K30	61	00:19:27	00:46:05.90	00:46:33.15	+00:22:47 (48.9%)	9:13	6.5 (51.6%)
147	JUSZCZAK Małgorzata	107		K50	13	00:22:49	00:46:12.30	00:46:39.20	+00:22:53 (49.1%)	9:14	6.5 (51.6%)
148	DAMRATH Maja	42		K20	20	00:23:07	00:47:12.75	00:47:38.50	+00:23:52 (50.1%)	9:26	6.4 (50.8%)
149	SUCHARA Magdalena	268		K30	62	00:22:56	00:47:35.10	00:47:49.95	+00:24:03 (50.3%)	9:31	6.3 (50.0%)
149	JANAS Malwina	96		K30	62	00:22:56	00:47:35.25	00:47:49.95	+00:24:03 (50.3%)	9:31	6.3 (50.0%)
151	SUCHARA Maria	271		D0	1	00:22:56	00:47:35.80	00:47:50.15	+00:24:04 (50.3%)	9:31	6.3 (50.0%)
152	BANAŚKIEWICZ Paulina	3		K30	64	00:21:26	00:47:33.65	00:47:51.70	+00:24:05 (50.3%)	9:30	6.3 (50.0%)
153	SMARUJ - SADOWSKA Janina	251		K70	1	00:23:24	00:47:14.85	00:47:52.55	+00:24:06 (50.4%)	9:26	6.4 (50.8%)
154	POKORSKA Marika	218		K30	65	00:23:21	00:48:07.85	00:48:28.50	+00:24:42 (51.0%)	9:37	6.2 (49.2%)
155	SOŁDYGA Jolanta	253		K30	66	00:23:52	00:48:20.35	00:48:32.90	+00:24:46 (51.0%)	9:40	6.2 (49.2%)
156	SOŁDYGA Urszula	255		D1	16	00:23:51	00:48:20.25	00:48:33.10	+00:24:46 (51.0%)	9:40	6.2 (49.2%)
157	SPANCERSKA Sandra	257		K20	21	00:23:39	00:48:39.05	00:49:07.50	+00:25:21 (51.6%)	9:43	6.2 (49.2%)
158	BIAŁECKA Katarzyna	12		K50	14	00:24:49	00:50:01.70	00:50:33.95	+00:26:47 (53.0%)	10:00	6 (47.6%)
159	RYMASZEWSKA Jolanta	244		K50	15	00:24:50	00:50:02.55	00:50:34.25	+00:26:48 (53.0%)	10:00	6 (47.6%)
160	DOMBROWSKA Karolina	52		K30	67	00:25:26	00:50:59.05	00:51:11.60	+00:27:25 (53.6%)	10:11	5.9 (46.8%)
161	NOWAK Natalia	189		K30	68	00:25:25	00:50:58.20	00:51:11.85	+00:27:25 (53.6%)	10:11	5.9 (46.8%)
162	MLICKA Agnieszka	185		K40	44	00:25:18	00:50:51.10	00:51:12.05	+00:27:25 (53.6%)	10:10	5.9 (46.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
163	SŁOMSKA Monika	249		K40	45	00:26:47	00:52:37.55	00:53:14.85	+00:29:28 (55.4%)	10:31	5.7 (45.2%)
164	WIŚNIEWSKA Agnieszka	292		K40	46	00:27:23	00:53:25.70	00:54:01.95	+00:30:15 (56.0%)	10:41	5.6 (44.4%)
165	OLECHNOWICZ Ana	200		K40	47	00:27:23	00:53:26.80	00:54:02.60	+00:30:16 (56.0%)	10:41	5.6 (44.4%)
166	RUSS Magdalena	239		K30	69	00:28:35	00:55:48.35	00:56:17.25	+00:32:31 (57.8%)	11:09	5.4 (42.9%)
167	STASZAK-KOWALSKA Radośćawa	262		K60	5	00:28:56	00:55:48.80	00:56:21.20	+00:32:35 (57.8%)	11:09	5.4 (42.9%)
	BOCHAŃSKA Magdalena	15		K30		00:16:21 DNF	DNF	DNF	-	-	- (0.0%)
	SPANCERSKA Dagmara	256		K40		00:34:01 DNF	DNF	DNF	-	-	- (0.0%)

Znaleziono 169 wynik(ów)