



II MIKOŁAJKOWY BIEG CHARYTATYWNY - BIEG DLA IZY

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Organizator: Zespół Szkół Ogólnokształcących nr 3 w Bydgoszczy
Data: 2017-12-03
Miejsce: Bydgoszcz
Dystans: 5 km

Klasyfikacja: K-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	MATUSZAK Dorota	569		K-30	1	00:00:06	00:21:16.10	00:21:22.50		4:15	14.1 (100%)
2	PALACZ Wioletta	391		K-30	2	00:00:00	00:22:06.45	00:22:06.45	+00:00:50 (3.8%)	4:25	13.6 (96.5%)
3	GLAZIŃSKA Paulina	178		K-30	3	00:00:03	00:22:18.75	00:22:22.50	+00:01:02 (4.7%)	4:27	13.4 (95.0%)
4	DERING Hanna	7	BYDGOSKIE ŻÓŁWIE	K-30	4	00:00:09	00:22:54.55	00:23:03.85	+00:01:38 (7.2%)	4:34	13.1 (92.9%)
5	JURCZYK Ewa	268		K-40	1	00:00:27	00:22:57.05	00:23:24.55	+00:01:40 (7.3%)	4:35	13.1 (92.9%)
6	MROTEK Katarzyna	32	ON THE MOVE	K-30	5	00:00:12	00:23:32.25	00:23:44.35	+00:02:16 (9.6%)	4:42	12.7 (90.1%)
7	PASZEK Maria	438	TKKF KOLEJARZ BYDGOSZCZ	K-30	6	00:00:11	00:23:58.80	00:24:10.20	+00:02:42 (11.3%)	4:47	12.5 (88.7%)
8	SZYCZEWSKA Ewa	467		K-40	2	00:00:10	00:24:02.60	00:24:12.90	+00:02:46 (11.5%)	4:48	12.5 (88.7%)
9	KOSECKA Justyna	179		K-30	7	00:00:03	00:24:06.95	00:24:10.55	+00:02:50 (11.8%)	4:49	12.4 (87.9%)
10	ZDROJOWA Agnieszka	126		K-30	8	00:00:00	00:24:19.35	00:24:19.45	+00:03:03 (12.6%)	4:51	12.3 (87.2%)
11	KRUTUL Kasia	58	AMATOR	K-40	3	00:00:01	00:24:19.90	00:24:20.90	+00:03:03 (12.6%)	4:51	12.3 (87.2%)
12	DOLATA Magda	343		K-40	4	00:00:17	00:24:21.75	00:24:38.95	+00:03:05 (12.7%)	4:52	12.3 (87.2%)
13	JACKOWSKA Alicja	361		K-40	5	00:00:18	00:24:27.15	00:24:45.30	+00:03:11 (13.0%)	4:53	12.3 (87.2%)
14	WOJCIECHOWSKA Emilia	3		K-40	6	00:00:11	00:24:32.90	00:24:44.80	+00:03:16 (13.4%)	4:54	12.2 (86.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
15	LUDNICKA-SIEKACZ Katarzyna	583		K-10	1	00:00:03	00:24:36.35	00:24:39.85	+00:03:20 (13.6%)	4:55	12.2 (86.5%)
16	ELTINGER Justyna	582	RUN BYDGOSZCZ	K-30	9	00:00:03	00:24:37.70	00:24:41.35	+00:03:21 (13.6%)	4:55	12.2 (86.5%)
17	WŁODARSKA Roksana	145	SZURUSIE TEAM	K-20	1	00:00:08	00:24:38.60	00:24:47.00	+00:03:22 (13.7%)	4:55	12.2 (86.5%)
18	LEWANDOWSKA Joanna	70		K-30	10	00:00:20	00:24:39.30	00:25:00.00	+00:03:23 (13.7%)	4:56	12.2 (86.5%)
19	ZIEMBA Agnieszka	647		K-Open	1	00:00:13	00:24:45.60	00:24:59.50	+00:03:29 (14.1%)	4:57	12.1 (85.8%)
20	PRZYBYŁA Agnieszka	265	PACTUM	K-30	11	00:00:27	00:24:46.45	00:25:14.40	+00:03:30 (14.2%)	4:57	12.1 (85.8%)
21	LUZAK Magdalena	449	BIEGNĘ DLA AGU, KRZYŻACZKA I TOMECZKA	K-20	2	00:00:06	00:24:50.80	00:24:57.60	+00:03:34 (14.4%)	4:58	12.1 (85.8%)
22	KLATOWSKA Sylwia	574		K-Open	2	00:00:15	00:25:04.45	00:25:19.95	+00:03:48 (15.2%)	5:00	12 (85.1%)
23	GULSKA Barbara	328	GULAJE	K-40	7	00:00:01	00:25:12.75	00:25:13.90	+00:03:56 (15.6%)	5:02	11.9 (84.4%)
24	GROBELNA Angelika	383		K-40	8	00:00:17	00:25:12.90	00:25:30.40	+00:03:56 (15.7%)	5:02	11.9 (84.4%)
25	GADZIŃSKA Aleksandra	19		K-40	9	00:00:03	00:25:22.05	00:25:25.85	+00:04:05 (16.2%)	5:04	11.8 (83.7%)
26	NAPIERALSKA Natalia	20		K-30	12	00:00:17	00:25:28.50	00:25:45.50	+00:04:12 (16.5%)	5:05	11.8 (83.7%)
27	PILAKOWSKA Angelika	112		K-30	13	00:00:05	00:25:31.50	00:25:36.50	+00:04:15 (16.7%)	5:06	11.8 (83.7%)
28	POTRZEBOWSKA Agata	4	DEAF	K-30	14	00:00:33	00:25:43.60	00:26:17.15	+00:04:27 (17.3%)	5:08	11.7 (83.0%)
29	GIERSZEWSKA Grażyna	323		K-40	10	00:00:10	00:25:48.70	00:25:59.55	+00:04:32 (17.6%)	5:09	11.6 (82.3%)
30	PAWLACZYK-MATELA Emilia	417	BYDGOSKA GAZELA	K-30	15	00:00:15	00:25:51.55	00:26:06.80	+00:04:35 (17.8%)	5:10	11.6 (82.3%)
31	MAZANOWSKA Ewa	87	RUN PASJA	K-40	11	00:00:00	00:26:01.40	00:26:01.40	+00:04:45 (18.3%)	5:12	11.5 (81.6%)
32	PŁOSZAJ Magdalena	105		K-30	16	00:00:05	00:26:06.95	00:26:12.55	+00:04:50 (18.6%)	5:13	11.5 (81.6%)
33	MAJDA Kasia	107		K-20	3	00:00:20	00:26:10.50	00:26:30.55	+00:04:54 (18.7%)	5:14	11.5 (81.6%)
34	KALINOWSKA Kamila	337	RUN BYDGOSZCZ	K-40	12	00:00:35	00:26:12.45	00:26:48.25	+00:04:56 (18.8%)	5:14	11.4 (80.9%)
35	ŁUSZCZEK Iwona	75		K-20	4	00:00:24	00:26:17.30	00:26:41.50	+00:05:01 (19.1%)	5:15	11.4 (80.9%)
36	TRAWCZYŃSKA Katarzyna	73		K-20	5	00:00:25	00:26:18.80	00:26:43.80	+00:05:02 (19.2%)	5:15	11.4 (80.9%)
37	TARCZYŃSKA Marta	22	TEAM KUCYKI	K-30	17	00:00:32	00:26:29.80	00:27:02.65	+00:05:13 (19.7%)	5:18	11.3 (80.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
38	WŁODARCZYK Olga	240	#BANANATEAM	K-20	6	00:00:32	00:26:30.15	00:27:02.85	+00:05:14 (19.7%)	5:18	11.3 (80.1%)
39	CISZEWSKA Emilia	8		K-30	18	00:00:34	00:26:31.55	00:27:05.75	+00:05:15 (19.8%)	5:18	11.3 (80.1%)
40	POPIOŁEK Barbara	356		K-30	19	00:00:23	00:26:34.30	00:26:58.15	+00:05:18 (20.0%)	5:19	11.3 (80.1%)
41	DURAŁEK Anna	376		K-40	13	00:00:26	00:26:36.00	00:27:02.45	+00:05:19 (20.0%)	5:19	11.3 (80.1%)
42	LIS Monika	451		K-20	7	00:00:23	00:26:37.65	00:27:01.05	+00:05:21 (20.1%)	5:19	11.3 (80.1%)
43	PIETRZAK Agata	378		K-20	8	00:00:28	00:26:38.15	00:27:07.00	+00:05:22 (20.2%)	5:19	11.3 (80.1%)
44	GRACZKOWSKA Mirosława	135		K-40	14	00:00:17	00:26:40.85	00:26:58.05	+00:05:24 (20.3%)	5:20	11.2 (79.4%)
45	GRODZKA Ewelina	218		K-20	9	00:00:07	00:26:47.10	00:26:54.90	+00:05:31 (20.6%)	5:21	11.2 (79.4%)
46	BRZYKCY Karolina	47		K-30	20	00:00:14	00:27:16.20	00:27:30.25	+00:06:00 (22.0%)	5:27	11 (78.0%)
47	TOMCZYK Agnieszka	173		K-40	15	00:00:09	00:27:17.95	00:27:27.65	+00:06:01 (22.1%)	5:27	11 (78.0%)
48	SZATKOWSKA Beata	560		K-50	1	00:00:47	00:27:21.10	00:28:08.30	+00:06:05 (22.2%)	5:28	11 (78.0%)
49	WIELIŃSKA Dorota	614		K-20	10	00:00:23	00:27:23.85	00:27:47.00	+00:06:07 (22.4%)	5:28	10.9 (77.3%)
50	FIEGEL Katarzyna	322		K-30	21	00:00:22	00:27:23.90	00:27:46.70	+00:06:07 (22.4%)	5:28	10.9 (77.3%)
51	FALGOWSKA Agnieszka	155	SZURUSIE TEAM	K-30	22	00:00:35	00:27:30.85	00:28:06.05	+00:06:14 (22.7%)	5:30	10.9 (77.3%)
52	OBREŃBSKA Ela	279	BIEGASIE	K-30	23	00:00:28	00:27:33.70	00:28:02.60	+00:06:17 (22.8%)	5:30	10.9 (77.3%)
53	RYDELSKA Kinga	39		K-40	16	00:00:22	00:27:39.40	00:28:01.55	+00:06:23 (23.1%)	5:31	10.8 (76.6%)
54	MICHNIEWICZ Małgorzata	123		K-30	24	00:00:10	00:27:39.75	00:27:50.35	+00:06:23 (23.1%)	5:32	10.8 (76.6%)
55	OSIŃSKA Daria	602		K-20	11	00:00:39	00:27:41.50	00:28:20.55	+00:06:25 (23.2%)	5:32	10.8 (76.6%)
56	ŚWIATOWY Daria	120		K-20	12	00:00:19	00:27:48.35	00:28:07.75	+00:06:32 (23.5%)	5:33	10.8 (76.6%)
57	BOROWIEC Lucyna	513		K-30	25	00:00:07	00:27:54.00	00:28:01.15	+00:06:37 (23.8%)	5:34	10.8 (76.6%)
58	JASKOWSKA-PAWSKA Danuta	524		K-40	17	00:00:24	00:27:55.50	00:28:20.40	+00:06:39 (23.8%)	5:35	10.7 (75.9%)
59	SUSZEK Kasia	357		K-30	26	00:00:23	00:27:57.80	00:28:20.85	+00:06:41 (23.9%)	5:35	10.7 (75.9%)
60	MINDYKOWSKA Anna	102	RUN BDG	K-40	18	00:00:36	00:27:59.75	00:28:36.60	+00:06:43 (24.0%)	5:36	10.7 (75.9%)

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61	NALIŃSKA Anna	420		K-20	13	00:00:07	00:28:02.20	00:28:09.35	+00:06:46 (24.1%)	5:36	10.7 (75.9%)
62	TWARDOWSKA Sylwia	530		K-30	27	00:00:22	00:28:02.45	00:28:24.60	+00:06:46 (24.2%)	5:36	10.7 (75.9%)
63	GOŚCINIAK Agnieszka	482		K-Open	3	00:00:13	00:28:04.50	00:28:18.10	+00:06:48 (24.2%)	5:37	10.7 (75.9%)
64	JĄKALAK Alicja	297		K-30	28	00:00:37	00:28:07.60	00:28:45.20	+00:06:51 (24.4%)	5:37	10.7 (75.9%)
65	MINDYKOWSKA Beata	79	SZALONE INDYKI	K-40	19	00:00:36	00:28:12.50	00:28:48.50	+00:06:56 (24.6%)	5:38	10.6 (75.2%)
66	KRÓL Katarzyna	287		K-40	20	00:00:41	00:28:13.95	00:28:55.15	+00:06:57 (24.7%)	5:38	10.6 (75.2%)
67	MARIAŃSKA Emilia	286	SANIMAR	K-40	21	00:00:37	00:28:14.35	00:28:51.80	+00:06:58 (24.7%)	5:38	10.6 (75.2%)
68	SZNEJDROWSKA Agnieszka	599		K-20	14	00:00:04	00:28:14.55	00:28:19.30	+00:06:58 (24.7%)	5:39	10.6 (75.2%)
68	ZAUER Magda	382	-	K-20	15	00:00:43	00:28:14.55	00:28:57.85	+00:06:58 (24.7%)	5:38	10.6 (75.2%)
70	OŻGA Agnieszka	31		K-20	16	00:00:29	00:28:24.00	00:28:53.90	+00:07:07 (25.1%)	5:40	10.6 (75.2%)
71	CEGIELSKA Dominika	349		K-20	17	00:00:47	00:28:25.35	00:29:13.25	+00:07:09 (25.2%)	5:41	10.6 (75.2%)
72	NUNZEK Agnieszka	277		K-40	22	00:00:04	00:28:26.80	00:28:31.25	+00:07:10 (25.2%)	5:41	10.5 (74.5%)
73	NAGORZYSKA Sylwia	16		K-30	29	00:00:06	00:28:26.95	00:28:33.25	+00:07:10 (25.2%)	5:41	10.5 (74.5%)
74	OKOŃSKA Joanna	567		K-30	30	00:00:00	00:28:28.90	00:28:28.90	+00:07:12 (25.3%)	5:41	10.5 (74.5%)
75	CZERWIAKOWSKA Nikola	48		K-10	2	00:00:14	00:28:32.15	00:28:46.70	+00:07:16 (25.5%)	5:42	10.5 (74.5%)
76	GĄSIOROWSKA Justyna	18		K-20	18	00:00:26	00:28:46.90	00:29:13.75	+00:07:30 (26.1%)	5:45	10.4 (73.8%)
77	CHMIEL Justyna	419	CHUSTYNKA.PL	K-30	31	00:00:41	00:28:50.05	00:29:31.45	+00:07:33 (26.2%)	5:46	10.4 (73.8%)
78	BOROŃSKA Sylwia	592		K-40	23	00:00:32	00:28:55.05	00:29:27.30	+00:07:38 (26.5%)	5:47	10.4 (73.8%)
79	LEWANDOWSKA Sylwia	68		K-30	32	00:00:09	00:28:55.45	00:29:04.75	+00:07:39 (26.5%)	5:47	10.4 (73.8%)
80	TUREK Natalia	517		K-20	19	00:00:11	00:28:58.55	00:29:10.05	+00:07:42 (26.6%)	5:47	10.4 (73.8%)
81	CZECZINSKA Pamela	115		K-20	20	00:00:34	00:28:59.65	00:29:34.55	+00:07:43 (26.6%)	5:48	10.3 (73.0%)
82	CZERENKIEWICZ Magdalena	238	BLACKSTARMTB	K-20	21	00:00:45	00:29:01.85	00:29:47.15	+00:07:45 (26.7%)	5:48	10.3 (73.0%)
83	SYGULSKA Justyna	196		K-30	33	00:00:29	00:29:04.50	00:29:34.00	+00:07:48 (26.9%)	5:49	10.3 (73.0%)

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84	SZYMCZAK KŁOSOWSKA Magdalena	249		K-40	24	00:00:43	00:29:04.75	00:29:48.50	+00:07:48 (26.9%)	5:49	10.3 (73.0%)
85	KAMZELEWSKA Beata	613		K-40	25	00:00:11	00:29:07.45	00:29:19.25	+00:07:51 (27.0%)	5:49	10.3 (73.0%)
86	TORZEWSKA Małgorzata	594		K-40	26	00:00:11	00:29:09.00	00:29:20.80	+00:07:52 (27.0%)	5:49	10.3 (73.0%)
87	MALICKA Beata	71		K-50	2	00:00:26	00:29:10.85	00:29:36.95	+00:07:54 (27.1%)	5:50	10.3 (73.0%)
88	LUBOŃSKA Kinga	64		K-10	3	00:00:04	00:29:12.15	00:29:16.30	+00:07:56 (27.2%)	5:50	10.3 (73.0%)
89	KWIATKOWSKA Karolina	158		K-30	34	00:00:25	00:29:13.95	00:29:39.75	+00:07:57 (27.2%)	5:50	10.3 (73.0%)
90	MAJEWICZ Violetta	258	-	K-50	3	00:00:11	00:29:15.75	00:29:27.25	+00:07:59 (27.3%)	5:51	10.3 (73.0%)
91	ROSZCZYŃIAŁA Paula	373		K-20	22	00:00:05	00:29:18.45	00:29:24.25	+00:08:02 (27.4%)	5:51	10.2 (72.3%)
92	ANDRZEJEWSKA Agata	296		K-40	27	00:00:37	00:29:22.30	00:30:00.20	+00:08:06 (27.6%)	5:52	10.2 (72.3%)
93	WELGER Maria	558		K-40	28	00:00:51	00:29:28.20	00:30:19.50	+00:08:12 (27.8%)	5:53	10.2 (72.3%)
94	KAJTEK Marta	649		K-30	35	00:00:53	00:29:30.40	00:30:23.45	+00:08:14 (27.9%)	5:54	10.2 (72.3%)
95	HOFFMANN Monika	231		K-30	36	00:00:42	00:29:33.70	00:30:16.10	+00:08:17 (28.1%)	5:54	10.1 (71.6%)
96	ŁOŻYKOWSKA Justyna	355		K-30	37	00:00:03	00:29:35.00	00:29:38.20	+00:08:18 (28.1%)	5:55	10.1 (71.6%)
97	WESOŁOWSKA Daniela	172	SZURUSIE TEAM	K-40	29	00:00:35	00:29:35.60	00:30:10.90	+00:08:19 (28.1%)	5:55	10.1 (71.6%)
98	GÖRNIWICZ Angelika	347		K-30	38	00:00:03	00:29:36.00	00:29:39.00	+00:08:19 (28.1%)	5:55	10.1 (71.6%)
99	WOJTASZAK Kinga	625		K-10	4	00:00:01	00:29:36.35	00:29:37.95	+00:08:20 (28.2%)	5:55	10.1 (71.6%)
100	KODWICH Aleksandra	522		K-10	5	00:00:01	00:29:37.40	00:29:38.70	+00:08:21 (28.2%)	5:55	10.1 (71.6%)
101	LEWANDOWSKA Izabela	410		K-30	39	00:00:30	00:29:38.60	00:30:08.80	+00:08:22 (28.3%)	5:55	10.1 (71.6%)
102	ROMIANOWSKA Agnieszka	412		K-40	30	00:00:30	00:29:38.80	00:30:09.20	+00:08:22 (28.3%)	5:55	10.1 (71.6%)
103	CZYŻEWSKA Bernadeta	101		K-30	40	00:00:00	00:29:39.50	00:29:39.50	+00:08:23 (28.3%)	5:55	10.1 (71.6%)
104	MUSIAŁ Emilia	525		K-20	23	00:00:39	00:29:40.60	00:30:20.30	+00:08:24 (28.3%)	5:56	10.1 (71.6%)
105	RADZIEJEWSKA Grażyna	547		K-50	4	00:00:04	00:29:41.70	00:29:46.05	+00:08:25 (28.4%)	5:56	10.1 (71.6%)
106	KUBONIA-KAMIŃSKA Hanna	564		K-30	41	00:00:01	00:29:48.50	00:29:49.90	+00:08:32 (28.6%)	5:57	10.1 (71.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
107	FIGURA-ZGÓRSKA Joanna	305		K-30	42	00:00:10	00:30:06.35	00:30:16.40	+00:08:50 (29.4%)	6:01	10 (70.9%)
108	CHROMIŃSKA Paulina	182		K-20	24	00:00:00	00:30:12.25	00:30:12.45	+00:08:56 (29.6%)	6:02	9.9 (70.2%)
109	DUDZIŃSKA Małgorzata	214		K-40	31	00:00:24	00:30:18.30	00:30:42.40	+00:09:02 (29.8%)	6:03	9.9 (70.2%)
110	KASPRZAK Paula	189		K-10	6	00:00:34	00:30:22.25	00:30:56.50	+00:09:06 (30.0%)	6:04	9.9 (70.2%)
111	SZALA Monika	473		K-30	43	00:00:18	00:30:23.35	00:30:41.50	+00:09:07 (30.0%)	6:04	9.9 (70.2%)
112	CELEJEWSKA Agnieszka	256		K-30	44	00:00:09	00:30:23.40	00:30:33.05	+00:09:07 (30.0%)	6:04	9.9 (70.2%)
113	MAJEWSKA Małgorzata	431		K-20	25	00:00:19	00:30:26.65	00:30:46.50	+00:09:10 (30.1%)	6:05	9.9 (70.2%)
114	GRZYWACZ Karolina	90		K-30	45	00:00:02	00:30:26.70	00:30:29.35	+00:09:10 (30.1%)	6:05	9.9 (70.2%)
115	SAŁASIŃSKA Marta	521		K-30	46	00:00:01	00:30:27.65	00:30:29.60	+00:09:11 (30.2%)	6:05	9.8 (69.5%)
116	ŁUKASZKIEWICZ Karolina	515		K-30	47	00:00:34	00:30:29.65	00:31:03.70	+00:09:13 (30.3%)	6:05	9.8 (69.5%)
117	ZALEWSKA Michalina	41	UKS KOPERNIK	K-10	7	00:00:33	00:30:30.25	00:31:03.80	+00:09:14 (30.3%)	6:06	9.8 (69.5%)
118	CHILEWSKA Lidia	427	CB163	K-40	32	00:00:59	00:30:36.70	00:31:36.50	+00:09:20 (30.5%)	6:07	9.8 (69.5%)
119	KOWALSKA Katarzyna	342		K-30	48	00:00:01	00:30:37.35	00:30:38.45	+00:09:21 (30.5%)	6:07	9.8 (69.5%)
120	CZAJA Iwona	345		K-30	49	00:00:07	00:30:38.55	00:30:46.30	+00:09:22 (30.6%)	6:07	9.8 (69.5%)
121	URASIŃSKA Karolina	596		K-30	50	00:00:02	00:30:45.50	00:30:48.35	+00:09:29 (30.9%)	6:09	9.8 (69.5%)
122	TYKWIŃSKA Agnieszka	230		K-30	51	00:00:02	00:30:46.05	00:30:48.40	+00:09:29 (30.9%)	6:09	9.8 (69.5%)
123	PROKOPOWICZ Agnieszka	51		K-30	52	00:00:31	00:30:46.70	00:31:17.85	+00:09:30 (30.9%)	6:09	9.8 (69.5%)
124	ZAMIATOWSKA Kinga	50	BELLA LINE BDG	K-40	33	00:00:30	00:30:46.75	00:31:17.65	+00:09:30 (30.9%)	6:09	9.7 (68.8%)
125	SKRZĄTEK Anna	587		K-40	34	00:00:30	00:30:47.45	00:31:18.00	+00:09:31 (30.9%)	6:09	9.7 (68.8%)
126	MEGER Agnieszka	149		K-30	53	00:00:29	00:30:47.95	00:31:17.75	+00:09:31 (30.9%)	6:09	9.7 (68.8%)
127	BUDZRAL Zuzanna	481		K-10	8	00:00:51	00:30:51.75	00:31:42.95	+00:09:35 (31.1%)	6:10	9.7 (68.8%)
128	KAMBUŁ Aleksandra	200		K-20	26	00:00:39	00:30:52.50	00:31:32.35	+00:09:36 (31.1%)	6:10	9.7 (68.8%)
129	MALICKA Maria	143		K-30	54	00:00:26	00:30:57.55	00:31:24.00	+00:09:41 (31.3%)	6:11	9.7 (68.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
130	SZAJDA Magdalena	339		K-40	35	00:00:17	00:31:01.10	00:31:18.30	+00:09:45 (31.4%)	6:12	9.7 (68.8%)
131	BYRTEK Sandra	440		K-10	9	00:00:02	00:31:03.90	00:31:06.30	+00:09:47 (31.5%)	6:12	9.7 (68.8%)
132	PLUCIŃSKA-HUK Aleksandra	261	PACTUM	K-40	36	00:00:31	00:31:05.00	00:31:36.40	+00:09:48 (31.6%)	6:13	9.7 (68.8%)
133	STAFIEJ Barbara	480		K-40	37	00:00:18	00:31:08.20	00:31:26.50	+00:09:52 (31.7%)	6:13	9.6 (68.1%)
134	WÓJCIK Anna	325		K-30	55	00:00:22	00:31:09.65	00:31:32.10	+00:09:53 (31.7%)	6:14	9.6 (68.1%)
135	SMYK Adrianna	441		K-20	27	00:00:14	00:31:11.05	00:31:25.90	+00:09:54 (31.8%)	6:14	9.6 (68.1%)
136	HENNING Maria	533		K-10	10	00:00:48	00:31:14.50	00:32:02.80	+00:09:58 (31.9%)	6:14	9.6 (68.1%)
137	WAWRZYŃIAK Zuzanna	63		K-20	28	00:00:41	00:31:14.90	00:31:56.50	+00:09:58 (31.9%)	6:15	9.6 (68.1%)
138	LEWANDOWSKA Beata	518		K-40	38	00:00:28	00:31:17.25	00:31:45.80	+00:10:01 (32.0%)	6:15	9.6 (68.1%)
139	BINIENDA Martyna	139	BIMAT	K-10	11	00:00:10	00:31:27.05	00:31:37.25	+00:10:10 (32.4%)	6:17	9.5 (67.4%)
140	BEDNACZEK Małgorzata	470		K-40	39	00:00:49	00:31:29.95	00:32:19.30	+00:10:13 (32.5%)	6:18	9.5 (67.4%)
141	WIATROWSKA Katarzyna	392		K-30	56	00:00:22	00:31:30.20	00:31:53.10	+00:10:14 (32.5%)	6:18	9.5 (67.4%)
142	BUSZTA Julia	225	KLUB ZDROWEGO STYLU ŻYCIA	K-10	12	00:00:48	00:31:30.65	00:32:18.85	+00:10:14 (32.5%)	6:18	9.5 (67.4%)
143	RADZIŃSKA Aleksandra	304		K-30	57	00:00:50	00:31:36.65	00:32:27.55	+00:10:20 (32.7%)	6:19	9.5 (67.4%)
144	GRALLA Aida	475		K-40	40	00:00:47	00:31:36.95	00:32:24.30	+00:10:20 (32.7%)	6:19	9.5 (67.4%)
145	SZULC Joanna	453		K-40	41	00:00:40	00:31:39.35	00:32:19.65	+00:10:23 (32.8%)	6:19	9.5 (67.4%)
146	PORAZIŃSKA Wiktoria	509		K-40	42	00:00:40	00:31:39.60	00:32:20.00	+00:10:23 (32.8%)	6:20	9.5 (67.4%)
147	BOCZKAJA Agata	588		K-30	58	00:00:24	00:31:45.05	00:32:09.35	+00:10:28 (33.0%)	6:21	9.4 (66.7%)
148	MALCZEWSKA Mirka	9	SPORT FAKTORY	K-60+	1	00:00:34	00:31:46.00	00:32:20.60	+00:10:29 (33.0%)	6:21	9.4 (66.7%)
149	MARIAŃSKA Magda	181		K-10	13	00:00:36	00:31:47.45	00:32:24.40	+00:10:31 (33.1%)	6:21	9.4 (66.7%)
150	SROCZYŃSKA Marta	512		K-20	29	00:00:29	00:31:59.75	00:32:29.30	+00:10:43 (33.5%)	6:24	9.4 (66.7%)
151	JANUSZEWSKA Monika	631		K-40	43	00:00:25	00:32:05.25	00:32:31.05	+00:10:49 (33.7%)	6:25	9.3 (66.0%)
152	CHWIAŁKOWSKA Joanna	177		K-40	44	00:00:41	00:32:06.25	00:32:47.50	+00:10:50 (33.8%)	6:25	9.3 (66.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
153	SPADZIŃSKA Maria	407		K-50	5	00:00:38	00:32:07.20	00:32:46.00	+00:10:51 (33.8%)	6:25	9.3 (66.0%)
154	RUDZIŃSKA Karolina	93		K-20	30	00:00:24	00:32:07.45	00:32:31.55	+00:10:51 (33.8%)	6:25	9.3 (66.0%)
155	PREWYSZ-KWINTO Joanna	551		K-40	45	00:00:44	00:32:07.85	00:32:52.45	+00:10:51 (33.8%)	6:25	9.3 (66.0%)
156	WESOŁOWSKA Ewa	549		K-40	46	00:00:44	00:32:08.10	00:32:52.65	+00:10:52 (33.8%)	6:25	9.3 (66.0%)
157	NURKIEWICZ Zofia	28	KUNG FU PANDY 3	K-10	14	00:00:51	00:32:12.45	00:33:03.95	+00:10:56 (34.0%)	6:26	9.3 (66.0%)
158	DZUDZIŃSKA Malwina	622		K-10	15	00:00:11	00:32:16.00	00:32:27.40	+00:10:59 (34.1%)	6:27	9.3 (66.0%)
159	TREPANOWSKA Katarzyna	409		K-20	31	00:00:41	00:32:16.20	00:32:57.40	+00:11:00 (34.1%)	6:27	9.3 (66.0%)
160	GĄSIENNICA Joanna	619		K-30	59	00:00:11	00:32:16.30	00:32:27.30	+00:11:00 (34.1%)	6:27	9.3 (66.0%)
161	KROLL Agnieszka	610		K-20	32	00:00:31	00:32:16.60	00:32:48.10	+00:11:00 (34.1%)	6:27	9.3 (66.0%)
162	KOWALCZYK Violetta	460		K-40	47	00:00:39	00:32:25.70	00:33:05.40	+00:11:09 (34.4%)	6:29	9.2 (65.2%)
163	BLOK Monika	546		K-30	60	00:00:31	00:32:25.75	00:32:56.95	+00:11:09 (34.4%)	6:29	9.3 (66.0%)
164	NOSKOWIAK-BAJNO Alicja	630		K-30	61	00:00:13	00:32:25.95	00:32:39.00	+00:11:09 (34.4%)	6:29	9.2 (65.2%)
165	BŁASZKIEWICZ Marzena	100		K-30	62	00:00:12	00:32:26.55	00:32:39.20	+00:11:10 (34.4%)	6:29	9.2 (65.2%)
166	PAZDERSKA Aleksandra	590		K-20	33	00:00:00	00:32:30.10	00:32:30.10	+00:11:14 (34.6%)	6:30	9.2 (65.2%)
167	WALEWSKA Magdalena	161		K-30	63	00:00:04	00:32:33.15	00:32:37.20	+00:11:17 (34.7%)	6:30	9.2 (65.2%)
168	WORONIECKA Anna	117		K-30	64	00:00:31	00:32:38.90	00:33:09.90	+00:11:22 (34.9%)	6:31	9.2 (65.2%)
169	LIBERT Karolina	44		K-20	34	00:00:08	00:32:39.45	00:32:47.80	+00:11:23 (34.9%)	6:31	9.2 (65.2%)
170	NOWAK Oliwia	138	SP NR 12	K-10	16	00:00:10	00:32:43.90	00:32:53.95	+00:11:27 (35.0%)	6:32	9.2 (65.2%)
171	MICKIEWICZ Katarzyna	36		K-20	35	00:00:10	00:32:47.50	00:32:58.30	+00:11:31 (35.1%)	6:33	9.1 (64.5%)
172	FERTYKOWSKA Magdalena	572		K-40	48	00:00:07	00:32:48.85	00:32:56.00	+00:11:32 (35.2%)	6:33	9.1 (64.5%)
173	PATER Amelia	333		K-10	17	00:00:00	00:32:49.10	00:32:49.80	+00:11:33 (35.2%)	6:33	9.1 (64.5%)
174	PIANOWSKA Ewa	395	BIURO INŻYNIWRII ŚRODOWISKA	K-50	6	00:00:12	00:32:55.55	00:33:07.65	+00:11:39 (35.4%)	6:35	9.1 (64.5%)
175	DUDZIŃSKA Agnieszka	620		K-40	49	00:00:12	00:33:07.05	00:33:19.25	+00:11:50 (35.8%)	6:37	9.1 (64.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
176	SAPALSKA Michalina	111		K-20	36	00:00:45	00:33:30.40	00:34:16.10	+00:12:14 (36.5%)	6:42	9 (63.8%)
177	KUŹNIAR Melisa	500		K-20	37	00:00:40	00:33:31.10	00:34:11.50	+00:12:15 (36.5%)	6:42	9 (63.8%)
178	SAPALSKA Małgorzata	12		K-20	38	00:00:45	00:33:32.75	00:34:18.45	+00:12:16 (36.6%)	6:42	8.9 (63.1%)
179	KLUCZYŃSKA Blanka	127		K-30	65	00:00:00	00:33:35.25	00:33:35.25	+00:12:19 (36.7%)	6:43	8.9 (63.1%)
180	ALEKSANDER Alicja	61	GLÜCKLICHE EINHÖRCHEN	K-20	39	00:00:46	00:33:35.65	00:34:21.75	+00:12:19 (36.7%)	6:43	8.9 (63.1%)
181	KAŹMIERCZAK Gosia	99	GLÜCKLICHE EINHÖRCHEN	K-20	40	00:00:45	00:33:36.25	00:34:22.00	+00:12:20 (36.7%)	6:43	8.9 (63.1%)
182	ZELEK Aleksandra	169		K-40	50	00:00:56	00:33:40.50	00:34:36.60	+00:12:24 (36.8%)	6:44	8.9 (63.1%)
183	WIEKIESAK Dominika	584		K-30	66	00:00:23	00:33:45.20	00:34:08.75	+00:12:29 (37.0%)	6:45	8.9 (63.1%)
184	BURCHARDT Agnieszka	585		K-30	67	00:00:23	00:33:45.50	00:34:09.35	+00:12:29 (37.0%)	6:45	8.9 (63.1%)
185	JAKUBOWSKA Beata	125	ELTRA W BIEGU	K-40	51	00:01:02	00:33:52.75	00:34:55.55	+00:12:36 (37.2%)	6:46	8.9 (63.1%)
186	SIATKOWSKA Anna	402		K-30	68	00:00:16	00:33:59.20	00:34:15.20	+00:12:43 (37.4%)	6:47	8.8 (62.4%)
187	ŚCIESIŃSKA Natalia	291		K-20	41	00:00:23	00:33:59.80	00:34:23.15	+00:12:43 (37.4%)	6:48	8.8 (62.4%)
188	ZALEWSKA Paulina	42		K-30	69	00:00:33	00:34:07.55	00:34:40.55	+00:12:51 (37.7%)	6:49	8.8 (62.4%)
189	SZYMKOWIAK Wanda	284		K-20	42	00:00:32	00:34:08.45	00:34:40.70	+00:12:52 (37.7%)	6:49	8.8 (62.4%)
190	KORNIK Agata	59		K-50	7	00:00:26	00:34:10.30	00:34:37.20	+00:12:54 (37.8%)	6:50	8.8 (62.4%)
191	DYMNICKA Klaudia	415		K-20	43	00:00:05	00:34:16.00	00:34:21.10	+00:12:59 (37.9%)	6:51	8.8 (62.4%)
192	ZALEWSKA Julia	598		K-20	44	00:00:04	00:34:16.30	00:34:21.00	+00:13:00 (37.9%)	6:51	8.8 (62.4%)
193	MARECKA Sylwia	589		K-40	52	00:00:12	00:34:16.45	00:34:28.85	+00:13:00 (37.9%)	6:51	8.8 (62.4%)
194	KLABACHA Katarzyna	113		K-40	53	00:00:01	00:34:23.55	00:34:24.95	+00:13:07 (38.2%)	6:52	8.7 (61.7%)
195	FERTYKOWSKA Laura	571		K-10	18	00:00:06	00:35:03.00	00:35:09.30	+00:13:46 (39.3%)	7:00	8.6 (61.0%)
196	ŻUBIK Karolina	570		K-10	19	00:00:06	00:35:03.10	00:35:09.70	+00:13:47 (39.3%)	7:00	8.6 (61.0%)
197	OLSZEWSKA Marta	274	ILO	K-30	70	00:00:21	00:35:12.75	00:35:33.75	+00:13:56 (39.6%)	7:02	8.5 (60.3%)
198	ANDERSON Agnieszka	505		K-30	71	00:00:59	00:35:41.35	00:36:41.00	+00:14:25 (40.4%)	7:08	8.4 (59.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
199	POPŁAWSKA Joanna	340		K-30	72	00:00:07	00:35:48.20	00:35:55.95	+00:14:32 (40.6%)	7:09	8.4 (59.6%)
200	WYSOCKA Klaudia	389		K-10	20	00:00:51	00:36:02.05	00:36:54.00	+00:14:45 (41.0%)	7:12	8.3 (58.9%)
201	FURGAL Maria	384		K-40	54	00:00:52	00:36:07.40	00:37:00.00	+00:14:51 (41.1%)	7:13	8.3 (58.9%)
202	TOMECKA Marzena	369		K-30	73	00:01:09	00:36:20.75	00:37:30.60	+00:15:04 (41.5%)	7:16	8.3 (58.9%)
203	POKORSKA Roma	629		K-30	74	00:00:25	00:36:26.00	00:36:51.80	+00:15:09 (41.6%)	7:17	8.2 (58.2%)
204	CYBUL Anna	43		K-40	55	00:00:23	00:36:51.85	00:37:14.95	+00:15:35 (42.3%)	7:22	8.1 (57.4%)
205	FORDON Hanna	235		K-40	56	00:00:57	00:37:20.20	00:38:18.00	+00:16:04 (43.0%)	7:28	8 (56.7%)
206	KRZYWDZIŃSKA Alicja	66		K-40	57	00:00:30	00:37:28.15	00:37:59.00	+00:16:12 (43.2%)	7:29	8 (56.7%)
207	BUSZTA Anna	223	KLUB ZDROWEGO STYLU ŻYCIA	K-30	75	00:00:48	00:37:45.25	00:38:34.15	+00:16:29 (43.7%)	7:33	7.9 (56.0%)
208	ŁYCZYWEK Wiktoria	416		K-10	21	00:00:48	00:37:45.60	00:38:34.35	+00:16:29 (43.7%)	7:33	7.9 (56.0%)
209	PŁOCKA Patrycja	216		K-30	76	00:00:24	00:38:50.30	00:39:14.50	+00:17:34 (45.2%)	7:46	7.7 (54.6%)
210	CHMIELEWSKA Paulina	27		K-20	45	00:00:43	00:38:51.05	00:39:34.95	+00:17:34 (45.3%)	7:46	7.7 (54.6%)
211	WITKOWSKA Danuta	381		K-60+	2	00:00:27	00:40:07.75	00:40:35.00	+00:18:51 (47.0%)	8:01	7.5 (53.2%)
212	WARDĘCKA- HOŁTYN Justyna	336		K-20	46	00:00:51	00:40:38.45	00:41:29.95	+00:19:22 (47.7%)	8:07	7.4 (52.5%)
213	MISCHKE Joanna	436		K-20	47	00:00:27	00:40:48.75	00:41:16.25	+00:19:32 (47.9%)	8:09	7.3 (51.8%)
214	SMARUJ - SADOWSKA Janina	253		K-60+	3	00:00:53	00:41:02.85	00:41:56.55	+00:19:46 (48.2%)	8:12	7.3 (51.8%)
215	PAWLACZYK Grażyna	418		K-60+	4	00:00:52	00:41:12.70	00:42:05.00	+00:19:56 (48.4%)	8:14	7.3 (51.8%)
216	SENGBUSCH - MAŁECKA Beata	399	NZS	K-50	8	00:00:51	00:43:06.85	00:43:58.65	+00:21:50 (50.7%)	8:37	7 (49.6%)
217	MURAWSKA Oliwia	77		K-10	22	00:00:33	00:45:13.35	00:45:47.10	+00:23:57 (53.0%)	9:02	6.6 (46.8%)
218	DELIG Danuta	554		K-50	9	00:00:53	00:45:31.10	00:46:24.75	+00:24:15 (53.3%)	9:06	6.6 (46.8%)
219	BECZYŃSKA Justyna	514		K-20	48	00:00:33	00:45:31.35	00:46:05.25	+00:24:15 (53.3%)	9:06	6.6 (46.8%)
220	SAMSELSKA-LASZUK Mariola	254	KRAJANKA	K-50	10	00:00:53	00:45:31.95	00:46:25.90	+00:24:15 (53.3%)	9:06	6.6 (46.8%)
221	MARCINIAK Wiktoria	600		K-10	23	00:00:05					(0.0%)
222	NOWICKA Marta	236	NIGHT RUNNERS	K-20	49	00:00:50					(0.0%)

Znaleziono 222 wynik(ów)