



III MIKOŁAJKOWY BIEG CHARYTATYWNY - BIEG DLA IGNASIA

B4SPORT

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Organizator: Zespół Szkół Ogólnokształcących nr 3 w Bydgoszczy
Data: 2018-12-02
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	PĘKAŁA Aleksandra	348	RUN PASJA	K-30	1	00:00:03	00:19:24.70	00:19:28.50		3:53	15.5 (100%)
2	WOŹNIAKOWSKA Agata	365	RUN BYDGOSZCZ	K-30	2	00:00:03	00:20:29.20	00:20:33.15	+00:01:04 (5.2%)	4:06	14.6 (94.2%)
3	WEŁNIŃSKA Patrycja	21	SZURUSIE TEAM	K-20	1	00:00:06	00:21:14.05	00:21:20.20	+00:01:49 (8.6%)	4:14	14.1 (91.0%)
4	PALACZ Wioletta	192		K-40	1	00:00:04	00:21:21.50	00:21:25.50	+00:01:56 (9.1%)	4:16	14.1 (91.0%)
5	STAŃCZYK Martyna	64		K-20	2	00:00:06	00:21:27.95	00:21:34.65	+00:02:03 (9.6%)	4:17	14 (90.3%)
6	SZOPIŃSKA Agnieszka	411	STRZELECKA 3	K-30	3	00:00:22	00:22:58.10	00:23:20.15	+00:03:33 (15.5%)	4:35	13.1 (84.5%)
7	SAK Joanna	217	DECATHLON TEAM INOWROCŁAW + DRUŻYNA SZPIKU	K-20	3	00:00:03	00:23:02.20	00:23:05.95	+00:03:37 (15.7%)	4:36	13 (83.9%)
8	GROBELNA Angelika	71	BYDGOSZCZ NA START	K-40	2	00:00:21	00:24:10.00	00:24:31.70	+00:04:45 (19.7%)	4:50	12.4 (80.0%)
9	DROŹDŹ Małgorzata	416	AMS / KLONIKTEAM	K-30	4	00:00:33	00:24:24.85	00:24:58.60	+00:05:00 (20.5%)	4:53	12.3 (79.4%)
10	PUZIO Justyna	519		K-10	1	00:00:32	00:24:26.30	00:24:59.15	+00:05:01 (20.6%)	4:53	12.3 (79.4%)
11	LINKA Monika	604		K-30	5	00:00:23	00:24:27.50	00:24:51.20	+00:05:02 (20.6%)	4:53	12.3 (79.4%)
12	MICHALSKA Daria	144		K-20	4	00:00:12	00:24:35.15	00:24:47.35	+00:05:10 (21.0%)	4:55	12.2 (78.7%)
13	GRODZKA Ewelina	249		K-20	5	00:00:10	00:24:37.60	00:24:47.65	+00:05:12 (21.2%)	4:55	12.2 (78.7%)
14	MAJCHRZAK Magdalena	220		K-30	6	00:00:05	00:24:42.15	00:24:47.20	+00:05:17 (21.4%)	4:56	12.1 (78.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
15	KOPACZ Hanna	666		K-30	7	00:00:05	00:24:43.65	00:24:49.60	+00:05:18 (21.5%)	4:56	12.1 (78.1%)
16	NAGORZYSKA Sylwia	32	BIEGAMWSPIERAMMOTYWUJĘ	K-30	8	00:00:07	00:24:49.70	00:24:57.40	+00:05:25 (21.8%)	4:58	12.1 (78.1%)
17	CHRÓŚCIŃSKA Paulina	476		K-20	6	00:00:00	00:24:52.85	00:24:52.85	+00:05:28 (22.0%)	4:58	12.1 (78.1%)
18	SOBOL Magdalena	37		K-40	3	00:00:09	00:25:01.55	00:25:10.90	+00:05:36 (22.4%)	5:00	12 (77.4%)
19	GABRICH Żanetta	137		K-40	4	00:00:22	00:25:07.95	00:25:30.15	+00:05:43 (22.8%)	5:01	11.9 (76.8%)
20	SKUCIŃSKA Karolina	214		K-30	9	00:00:28	00:25:20.05	00:25:48.90	+00:05:55 (23.4%)	5:04	11.8 (76.1%)
21	WŁODARSKA Roksana	60	SZURUSIE TEAM	K-20	7	00:00:26	00:25:22.80	00:25:49.10	+00:05:58 (23.5%)	5:04	11.8 (76.1%)
22	POTRZEBOWSKA Agata	117	DEAF I #B3K	K-30	10	00:00:19	00:25:24.55	00:25:44.00	+00:05:59 (23.6%)	5:05	11.8 (76.1%)
23	DOLATA Aneta	91		K-30	11	00:00:10	00:25:37.95	00:25:48.05	+00:06:13 (24.3%)	5:07	11.7 (75.5%)
24	PAWLEWSKA Joanna	48	SPORTWAY	K-40	5	00:00:20	00:25:40.50	00:26:00.95	+00:06:15 (24.4%)	5:08	11.7 (75.5%)
25	WOJCIECHOWSKA Emilia	47		K-40	6	00:00:31	00:25:45.90	00:26:17.40	+00:06:21 (24.7%)	5:09	11.6 (74.8%)
26	KOŃCZAL Joanna	148		K-30	12	00:00:06	00:25:46.60	00:25:53.00	+00:06:21 (24.7%)	5:09	11.6 (74.8%)
27	RADOWSKA Helena	308		K-50	1	00:00:26	00:25:50.05	00:26:16.40	+00:06:25 (24.9%)	5:10	11.6 (74.8%)
28	GÓRSKA Weronika	81	-	K-20	8	00:00:30	00:25:55.00	00:26:25.10	+00:06:30 (25.1%)	5:11	11.6 (74.8%)
29	TARGOWSKA Małgorzata	635		K-30	13	00:00:07	00:25:58.10	00:26:05.10	+00:06:33 (25.2%)	5:11	11.6 (74.8%)
30	KRYSZTOFINSKA Anna	354	KLUB ZDROWIA BYDGOSZCZ HERBALIFE	K-30	14	00:00:23	00:26:00.35	00:26:24.20	+00:06:35 (25.4%)	5:12	11.5 (74.2%)
31	WAJER Marita	15	REEBOK RUN CREW BYDGOSZCZ	K-20	9	00:00:11	00:26:01.70	00:26:12.80	+00:06:37 (25.4%)	5:12	11.5 (74.2%)
32	JANOWSKA Renata	275		K-40	7	00:00:14	00:26:11.20	00:26:25.55	+00:06:46 (25.9%)	5:14	11.5 (74.2%)
33	KAMPER Małgorzata	481	VEG MEG	K-40	8	00:00:42	00:26:12.00	00:26:54.60	+00:06:47 (25.9%)	5:14	11.5 (74.2%)
34	PRZYBYLSKA Grażyna	297	BYDGOSZCZ NA START, PSLA	K-50	2	00:00:21	00:26:14.25	00:26:35.55	+00:06:49 (26.0%)	5:14	11.4 (73.5%)
35	PALIGA Maria	371	MUKS BYDGOSZCZ SP63	K-10	2	00:00:40	00:26:17.00	00:26:57.80	+00:06:52 (26.1%)	5:15	11.4 (73.5%)
36	STĘPIEŃ Monika	73	CZARNE STOPY	K-40	9	00:00:22	00:26:20.15	00:26:43.05	+00:06:55 (26.3%)	5:16	11.4 (73.5%)
37	SKWAREK Oliwia	165		K-20	10	00:00:08	00:26:25.25	00:26:33.85	+00:07:00 (26.5%)	5:17	11.4 (73.5%)

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38	KALEMBA Daria	18		K-20	11	00:00:29	00:26:28.45	00:26:57.55	+00:07:03 (26.7%)	5:17	11.3 (72.9%)
39	NIKOŁAJEW Monika	103		K-30	15	00:00:09	00:26:28.65	00:26:38.00	+00:07:03 (26.7%)	5:17	11.3 (72.9%)
40	SZYNWELSKA Marlena	292		K-50	3	00:00:13	00:26:30.20	00:26:44.10	+00:07:05 (26.8%)	5:18	11.3 (72.9%)
41	BOROWCZAK Julita	179		K-20	12	00:00:35	00:26:33.35	00:27:08.40	+00:07:08 (26.9%)	5:18	11.3 (72.9%)
42	WESOŁOWSKA Daniela	326	SZURUSIE TEAM	K-40	10	00:00:27	00:26:35.25	00:27:02.85	+00:07:10 (27.0%)	5:19	11.3 (72.9%)
43	TYKWIŃSKA Agnieszka	395		K-30	16	00:00:22	00:26:45.65	00:27:08.05	+00:07:20 (27.5%)	5:21	11.2 (72.3%)
44	FUZ Gabriela	70	KABEL TEAM BYDGOSZCZ	K-40	11	00:00:37	00:26:47.40	00:27:25.30	+00:07:22 (27.5%)	5:21	11.2 (72.3%)
45	PŁOSZAJ Magdalena	23		K-30	17	00:00:29	00:26:49.80	00:27:19.75	+00:07:25 (27.6%)	5:22	11.2 (72.3%)
46	SZULC Joanna	641		K-40	12	00:00:31	00:26:58.85	00:27:30.25	+00:07:34 (28.1%)	5:23	11.1 (71.6%)
47	KUBIAK-KUJAWA Joanna	374		K-30	18	00:00:32	00:27:01.00	00:27:33.15	+00:07:36 (28.1%)	5:24	11.1 (71.6%)
48	CIECHNA Julia	405	BYDGOSKI KLUB WIOŚLAREK	K-10	3	00:00:07	00:27:06.90	00:27:14.80	+00:07:42 (28.4%)	5:25	11.1 (71.6%)
48	SMYK Martyna	407	BYDGOSKI KLUB WIOŚLAREK	K-10	4	00:00:07	00:27:06.90	00:27:13.90	+00:07:42 (28.4%)	5:25	11.1 (71.6%)
50	RÓŻAŃSKA Aleksandra	406	BYDGOSKI KLUB WIOŚLAREK	K-10	5	00:00:07	00:27:07.40	00:27:14.70	+00:07:42 (28.4%)	5:25	11.1 (71.6%)
51	DULSKA Katarzyna	239		K-30	19	00:00:13	00:27:15.25	00:27:28.75	+00:07:50 (28.8%)	5:27	11 (71.0%)
52	STREICH Klaudia	630		K-10	6	00:00:39	00:27:20.00	00:27:59.30	+00:07:55 (29.0%)	5:28	11 (71.0%)
53	ANASZEWICZ Marzena	281		K-40	13	00:00:24	00:27:20.20	00:27:44.55	+00:07:55 (29.0%)	5:28	11 (71.0%)
54	GÓRECKA Anna	258		K-20	13	00:00:43	00:27:23.85	00:28:06.95	+00:07:59 (29.1%)	5:28	11 (71.0%)
55	KARCZEWSKA Agnieszka	257		K-30	20	00:00:42	00:27:23.90	00:28:06.80	+00:07:59 (29.2%)	5:28	10.9 (70.3%)
56	JARANTOWICZ Małgorzata	226	THE RUNNERS ŚWIECIE	K-30	21	00:00:17	00:27:29.65	00:27:46.85	+00:08:04 (29.4%)	5:29	10.9 (70.3%)
57	LEWANDOWSKA Izabela	193		K-30	22	00:00:27	00:27:30.05	00:27:57.05	+00:08:05 (29.4%)	5:30	10.9 (70.3%)
58	ROMANOWSKA Agnieszka	665		K-40	14	00:00:26	00:27:30.60	00:27:56.95	+00:08:05 (29.4%)	5:30	10.9 (70.3%)
59	GRABOWSKA Marlena	316		K-30	23	00:00:26	00:27:30.85	00:27:56.85	+00:08:06 (29.4%)	5:30	10.9 (70.3%)
60	BOROWICZ Małgorzata	339		K-40	15	00:00:30	00:27:32.75	00:28:03.50	+00:08:08 (29.5%)	5:30	10.9 (70.3%)

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61	BRZEZIŃSKA Marta	362		K-20	14	00:00:19	00:27:36.65	00:27:56.20	+00:08:11 (29.7%)	5:31	10.9 (70.3%)
62	TYSZKIEWK Aldona	610		K-40	16	00:00:14	00:27:37.10	00:27:51.90	+00:08:12 (29.7%)	5:31	10.9 (70.3%)
63	DUDZIŃSKA Aleksandra	99	RUN BYDGOSZCZ	K-50	4	00:00:44	00:27:39.60	00:28:24.05	+00:08:14 (29.8%)	5:32	10.8 (69.7%)
64	MALATYŃSKA Barbara	269		K-40	17	00:00:24	00:27:40.30	00:28:04.45	+00:08:15 (29.9%)	5:32	10.8 (69.7%)
65	GÓRSKA Joanna	489		K-30	24	00:00:13	00:27:45.40	00:27:58.40	+00:08:20 (30.1%)	5:33	10.8 (69.7%)
66	CZYŻEWSKA Anna	184		K-30	25	00:00:22	00:27:51.15	00:28:13.55	+00:08:26 (30.3%)	5:34	10.8 (69.7%)
67	SIERNACKA Anna	652		K-30	26	00:00:08	00:27:52.10	00:28:00.35	+00:08:27 (30.3%)	5:34	10.8 (69.7%)
68	KRZEMIŃSKA Jolanta	155		K-30	27	00:00:22	00:27:53.80	00:28:15.90	+00:08:29 (30.4%)	5:34	10.8 (69.7%)
69	SZPYT Ania	357		K-30	28	00:00:21	00:27:55.15	00:28:16.25	+00:08:30 (30.5%)	5:35	10.7 (69.0%)
70	SKWAREK Bogumiła	164		K-50	5	00:00:04	00:28:01.00	00:28:05.55	+00:08:36 (30.7%)	5:36	10.7 (69.0%)
71	KOŁODZIEJSKA Bożena	531		K-40	18	00:00:45	00:28:03.00	00:28:48.00	+00:08:38 (30.8%)	5:36	10.7 (69.0%)
72	JAGIELSKA Patrycja	55	IQOR RUN	K-20	15	00:00:15	00:28:03.80	00:28:19.10	+00:08:39 (30.8%)	5:36	10.7 (69.0%)
73	KOTLĘGA Agata	168		K-20	16	00:00:08	00:28:04.50	00:28:12.85	+00:08:39 (30.9%)	5:36	10.7 (69.0%)
73	GNIAZDOWSKA Marcelina	663		K-10	7	00:00:15	00:28:04.50	00:28:20.20	+00:08:39 (30.9%)	5:37	10.7 (69.0%)
75	KRÓL Katarzyna	83		K-40	19	00:00:24	00:28:05.85	00:28:30.65	+00:08:41 (30.9%)	5:37	10.7 (69.0%)
76	WŁODARCZYK Olga	471	#BANANATEAM	K-20	17	00:00:36	00:28:06.95	00:28:43.15	+00:08:42 (31.0%)	5:37	10.7 (69.0%)
77	SZNEIDROWSKA Agnieszka	437		K-20	18	00:00:25	00:28:12.25	00:28:37.65	+00:08:47 (31.2%)	5:38	10.6 (68.4%)
78	KOTOLIŃSKA Aleksandra	613		K-10	8	00:00:37	00:28:14.40	00:28:52.30	+00:08:49 (31.3%)	5:39	10.6 (68.4%)
79	WEBER Hanna	450	DRUŻYNA SZPIKU	K-40	20	00:00:45	00:28:21.05	00:29:06.50	+00:08:56 (31.5%)	5:40	10.6 (68.4%)
80	GÓRSKA Agnieszka	493		K-30	29	00:00:48	00:28:21.25	00:29:10.20	+00:08:56 (31.5%)	5:40	10.6 (68.4%)
81	KALINOWSKA Kamila	659		K-40	21	00:00:44	00:28:22.05	00:29:06.25	+00:08:57 (31.6%)	5:40	10.6 (68.4%)
82	KACZMAREK Aleksandra	363		K-20	19	00:00:03	00:28:22.85	00:28:26.20	+00:08:58 (31.6%)	5:40	10.6 (68.4%)
83	FRYDRYCHOWICZ Lilianna	53		K-50	6	00:00:32	00:28:23.35	00:28:56.25	+00:08:58 (31.6%)	5:40	10.6 (68.4%)

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84	ZAORSKA Marta	638		K-30	30	00:00:25	00:28:25.45	00:28:50.90	+00:09:00 (31.7%)	5:41	10.6 (68.4%)
85	BEDNAREK Grażyna	260	RUN PASJA	K-40	22	00:00:23	00:28:26.90	00:28:50.85	+00:09:02 (31.8%)	5:41	10.5 (67.7%)
86	RYDELSKA Kinga	89		K-40	23	00:00:29	00:28:28.45	00:28:58.10	+00:09:03 (31.8%)	5:41	10.5 (67.7%)
87	KRYMER Agnieszka	122		K-40	24	00:00:30	00:28:39.80	00:29:09.90	+00:09:15 (32.3%)	5:43	10.5 (67.7%)
88	KARWACKA Agnieszka	248	PINUP BYDGOSZCZ	K-30	31	00:00:12	00:28:43.00	00:28:55.50	+00:09:18 (32.4%)	5:44	10.4 (67.1%)
89	ARASZKIEWICZ Katarzyna	247	PINUP BYDGOSZCZ	K-30	32	00:00:00	00:28:55.40	00:28:55.40	+00:09:30 (32.9%)	5:47	10.4 (67.1%)
90	KUBIS Sylwia	524		K-40	25	00:00:25	00:29:00.90	00:29:26.25	+00:09:36 (33.1%)	5:48	10.3 (66.5%)
91	GŁĘBOCKA Agnieszka	556		K-30	33	00:00:24	00:29:02.05	00:29:26.35	+00:09:37 (33.1%)	5:48	10.3 (66.5%)
92	TARCZYŃSKA Marta	130	COOKIETEAMRUNERS	K-30	34	00:00:24	00:29:02.15	00:29:26.35	+00:09:37 (33.1%)	5:48	10.3 (66.5%)
93	ALEKSANDER Alicja	288	BIEGAJĄCE ŻÓŁWIE IT	K-20	20	00:00:44	00:29:03.25	00:29:47.30	+00:09:38 (33.2%)	5:48	10.3 (66.5%)
94	LEWANDOWSKA Agnieszka	350		K-30	35	00:00:46	00:29:11.30	00:29:58.00	+00:09:46 (33.5%)	5:50	10.3 (66.5%)
95	MICHNIEWICZ Małgorzata	428		K-30	36	00:00:17	00:29:14.85	00:29:32.10	+00:09:50 (33.6%)	5:51	10.3 (66.5%)
96	KAŻMIERCZAK Małgorzata	277	BIEGAJĄCE ŻÓŁWIE IT	K-30	37	00:00:44	00:29:22.35	00:30:06.55	+00:09:57 (33.9%)	5:52	10.2 (65.8%)
97	STAFIEJ Barbara	435	BMS	K-40	26	00:00:35	00:29:23.80	00:29:58.95	+00:09:59 (34.0%)	5:52	10.2 (65.8%)
98	SAK Anna	381	DECATHLON TEAM INOWROCLAW	K-30	38	00:00:37	00:29:25.50	00:30:02.60	+00:10:00 (34.0%)	5:53	10.2 (65.8%)
99	GRABOWSKA Zofia	451		K-10	9	00:00:38	00:29:26.10	00:30:04.45	+00:10:01 (34.1%)	5:53	10.2 (65.8%)
100	WIEWIÓRA Agata	222		K-30	39	00:00:05	00:29:27.50	00:29:32.85	+00:10:02 (34.1%)	5:53	10.2 (65.8%)
101	SZUBARGA Anna	150		K-10	10	00:00:16	00:29:29.20	00:29:45.40	+00:10:04 (34.2%)	5:53	10.2 (65.8%)
102	KOSZOWSKA Rozalia	187	TRITRYSZCZYNTTEAM	K-10	11	00:00:15	00:29:29.95	00:29:45.50	+00:10:05 (34.2%)	5:54	10.2 (65.8%)
103	WOJTASZEK Kinga	614		K-10	12	00:00:37	00:29:30.10	00:30:07.40	+00:10:05 (34.2%)	5:54	10.2 (65.8%)
104	OŻGA Agnieszka	16		K-30	40	00:00:23	00:29:30.15	00:29:53.15	+00:10:05 (34.2%)	5:54	10.2 (65.8%)
105	WOŹNIACKA Beata	516	FUNDACJA JEKO	K-50	7	00:00:42	00:29:31.60	00:30:14.10	+00:10:06 (34.3%)	5:54	10.2 (65.8%)
106	GRUŻEWSKA Justyna	56		K-30	41	00:00:31	00:29:34.00	00:30:05.80	+00:10:09 (34.3%)	5:54	10.1 (65.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
107	MARZAŁKOWSKA Katarzyna	151		K-30	42	00:00:43	00:29:37.35	00:30:20.75	+00:10:12 (34.5%)	5:55	10.1 (65.2%)
108	LEWIŃSKA Aleksandra	625		K-30	43	00:00:35	00:29:39.10	00:30:14.90	+00:10:14 (34.5%)	5:55	10.1 (65.2%)
109	CYBUL Anna	240		K-40	27	00:00:30	00:29:40.00	00:30:10.30	+00:10:15 (34.6%)	5:56	10.1 (65.2%)
110	WIATROWSKA Katarzyna	234		K-30	44	00:00:09	00:29:40.20	00:29:49.55	+00:10:15 (34.6%)	5:56	10.1 (65.2%)
111	LEWICKA Dagmara	486		K-20	21	00:00:09	00:29:42.85	00:29:52.60	+00:10:18 (34.7%)	5:56	10.1 (65.2%)
112	JURUŚ Jolanta	398	HERBALIFE	K-50	8	00:00:25	00:29:43.00	00:30:08.40	+00:10:18 (34.7%)	5:56	10.1 (65.2%)
113	ZDUNKIEWICZ Hania	95	#WIĘCEJSPRZĘTUNIŻTALENTU	K-30	45	00:00:48	00:29:51.00	00:30:39.30	+00:10:26 (35.0%)	5:58	10.1 (65.2%)
114	MICHALAK Anita	205		K-40	28	00:00:46	00:29:52.35	00:30:39.05	+00:10:27 (35.0%)	5:58	10 (64.5%)
115	SOBOTA Beata	541		K-30	46	00:00:34	00:29:54.50	00:30:28.50	+00:10:29 (35.1%)	5:58	10 (64.5%)
116	SKONIECKA Paulina	606		K-10	13	00:00:07	00:29:55.85	00:30:03.05	+00:10:31 (35.1%)	5:59	10 (64.5%)
117	ROZMARYNOWICZ Anna Maria	313	WOLNOŚĆ	K-30	47	00:00:20	00:29:57.95	00:30:18.80	+00:10:33 (35.2%)	5:59	10 (64.5%)
118	JELONEK Angelika	500		K-30	48	00:00:46	00:29:59.00	00:30:45.70	+00:10:34 (35.3%)	5:59	10 (64.5%)
119	CHROMIŃSKA Paulina	176		K-20	22	00:00:08	00:29:59.10	00:30:07.95	+00:10:34 (35.3%)	5:59	10 (64.5%)
120	NOWAK Mariola	298		K-40	29	00:00:13	00:30:01.65	00:30:15.45	+00:10:36 (35.4%)	6:00	10 (64.5%)
121	JAROSZEWSKA Anna	84	DEEP FOREST	K-40	30	00:00:20	00:30:02.35	00:30:22.50	+00:10:37 (35.4%)	6:00	10 (64.5%)
122	MANIKOWSKA Katarzyna	642		K-30	49	00:00:33	00:30:02.60	00:30:35.70	+00:10:37 (35.4%)	6:00	10 (64.5%)
123	RATAJCZAK Arleta	327	SP 63	K-40	31	00:00:17	00:30:03.20	00:30:21.00	+00:10:38 (35.4%)	6:00	10 (64.5%)
124	TRETKA Karolina	624		K-30	50	00:00:18	00:30:03.45	00:30:21.85	+00:10:38 (35.4%)	6:00	10 (64.5%)
125	SAS Kasia	44	AMATOR	K-40	32	00:00:00	00:30:03.55	00:30:03.55	+00:10:38 (35.4%)	6:00	10 (64.5%)
126	SZYDŁOWSKA Beata	312	HERBALIFE	K-50	9	00:00:26	00:30:10.80	00:30:37.20	+00:10:46 (35.7%)	6:02	9.9 (63.9%)
127	BAUMGART Berenika	146		K-20	23	00:00:43	00:30:12.90	00:30:56.15	+00:10:48 (35.8%)	6:02	9.9 (63.9%)
128	JAROSZEWSKA Maria	85	DEEP FOREST	K-10	14	00:00:00	00:30:22.55	00:30:22.55	+00:10:57 (36.1%)	6:04	9.9 (63.9%)
129	KOWALIK Ania	404		K-20	24	00:00:05	00:30:22.75	00:30:28.25	+00:10:58 (36.1%)	6:04	9.9 (63.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
130	OZOROWSKA Karolina	417		K-30	51	00:00:47	00:30:24.60	00:31:12.30	+00:10:59 (36.2%)	6:05	9.9 (63.9%)
131	ZIENKIEWICZ Anna	384		K-40	33	00:00:18	00:30:26.40	00:30:45.10	+00:11:01 (36.2%)	6:05	9.9 (63.9%)
132	GADOMSKA Joanna	643		K-20	25	00:00:25	00:30:28.90	00:30:53.95	+00:11:04 (36.3%)	6:05	9.8 (63.2%)
133	DOLSKA Vanessa	491		K-10	15	00:00:37	00:30:33.10	00:31:10.85	+00:11:08 (36.5%)	6:06	9.8 (63.2%)
134	DOMINIAK Joanna	488		K-30	52	00:00:37	00:30:33.95	00:31:10.95	+00:11:09 (36.5%)	6:06	9.8 (63.2%)
135	PIKIES Patrycja	152		K-20	26	00:00:22	00:30:39.05	00:31:01.80	+00:11:14 (36.7%)	6:07	9.8 (63.2%)
136	KNOP Kamila	547		K-10	16	00:00:00	00:30:43.30	00:30:43.30	+00:11:18 (36.8%)	6:08	9.8 (63.2%)
137	WACH Zofia	602		K-10	17	00:00:52	00:30:43.75	00:31:36.15	+00:11:19 (36.8%)	6:08	9.8 (63.2%)
138	WÓJCIK Anna	28		K-30	53	00:00:13	00:30:45.30	00:30:58.75	+00:11:20 (36.9%)	6:09	9.8 (63.2%)
139	ŻYŁA Marta	504		K-40	34	00:00:06	00:30:48.65	00:30:55.25	+00:11:23 (37.0%)	6:09	9.7 (62.6%)
140	BŁASZKIEWICZ Marzena	265		K-40	35	00:00:18	00:30:49.20	00:31:07.40	+00:11:24 (37.0%)	6:09	9.7 (62.6%)
141	FORTYKOWSKA Laura	661		K-10	18	00:00:14	00:30:50.40	00:31:05.05	+00:11:25 (37.1%)	6:10	9.7 (62.6%)
141	KALINOWSKA Patrycja	660		K-30	54	00:00:17	00:30:50.40	00:31:07.50	+00:11:25 (37.1%)	6:10	9.7 (62.6%)
143	NOSKOWIAK-BAJNO Alicja	315		K-30	55	00:00:16	00:30:50.70	00:31:07.40	+00:11:26 (37.1%)	6:10	9.7 (62.6%)
144	RYTLEWSKA Alicja	299		K-20	27	00:00:48	00:30:50.90	00:31:39.10	+00:11:26 (37.1%)	6:10	9.7 (62.6%)
145	POBOŻAN Agnieszka	314	BIEGAM BO LUBIĘ INOWROCŁAW	K-20	28	00:00:03	00:30:59.55	00:31:02.60	+00:11:34 (37.4%)	6:11	9.7 (62.6%)
146	POGORZELSKA Bogusia	34		K-40	36	00:00:19	00:31:00.40	00:31:19.65	+00:11:35 (37.4%)	6:12	9.7 (62.6%)
147	MULARCZYK Julia	331		K-10	19	00:00:17	00:31:05.50	00:31:23.20	+00:11:40 (37.6%)	6:13	9.6 (61.9%)
148	ROSIAK Aleksandra	380		K-20	29	00:00:42	00:31:05.70	00:31:48.20	+00:11:41 (37.6%)	6:13	9.6 (61.9%)
149	WYPYCH-KLUNDER Katarzyna	2		K-30	56	00:00:29	00:31:07.10	00:31:36.75	+00:11:42 (37.6%)	6:13	9.6 (61.9%)
150	JARUZEL Justyna	424		K-30	57	00:00:13	00:31:07.60	00:31:21.35	+00:11:42 (37.6%)	6:13	9.6 (61.9%)
151	SZUBIŃSKA Dominika	478		K-20	30	00:00:41	00:31:13.55	00:31:54.80	+00:11:48 (37.8%)	6:14	9.6 (61.9%)
152	BULIŃSKA Agnieszka	92		K-30	58	00:00:43	00:31:21.60	00:32:05.15	+00:11:56 (38.1%)	6:16	9.6 (61.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
153	MARCHLEWSKA Dorota	142		K-40	37	00:00:36	00:31:24.05	00:32:00.30	+00:11:59 (38.2%)	6:16	9.6 (61.9%)
154	ORŁOWSKA Katarzyna	141		K-40	38	00:00:36	00:31:24.45	00:32:00.60	+00:11:59 (38.2%)	6:16	9.6 (61.9%)
155	BIENIENDA Martyna	619		K-10	20	00:00:41	00:31:25.05	00:32:07.00	+00:12:00 (38.2%)	6:17	9.5 (61.3%)
156	MEGER Agnieszka	289		K-40	39	00:00:33	00:31:25.40	00:31:59.35	+00:12:00 (38.2%)	6:17	9.5 (61.3%)
157	PIÓRKOWSKA Aga	29	BRB BYDGOSZCZ	K-40	40	00:00:50	00:31:25.50	00:32:15.85	+00:12:00 (38.2%)	6:17	9.5 (61.3%)
158	LEWANDOWSKA Beata	177		K-40	41	00:00:36	00:31:26.40	00:32:03.10	+00:12:01 (38.3%)	6:17	9.5 (61.3%)
159	KIEŁCZEWSKA Malwina	236	PROJECT SOCIETY	K-20	31	00:00:26	00:31:27.70	00:31:53.70	+00:12:03 (38.3%)	6:17	9.5 (61.3%)
160	ZAMIATOWSKA Kinga	42	BELLA LINE BDG	K-40	42	00:00:34	00:31:27.95	00:32:02.20	+00:12:03 (38.3%)	6:17	9.5 (61.3%)
161	MAN Beata	207		K-30	59	00:00:39	00:31:31.75	00:32:11.50	+00:12:07 (38.4%)	6:18	9.5 (61.3%)
162	DEMBIŃSKA Katarzyna	329		K-20	32	00:00:53	00:31:31.80	00:32:25.20	+00:12:07 (38.4%)	6:18	9.5 (61.3%)
163	JANOWIAK Magdalena	330		K-20	33	00:00:52	00:31:32.35	00:32:25.05	+00:12:07 (38.5%)	6:18	9.5 (61.3%)
164	URBAN Dominika	305		K-10	21	00:00:28	00:31:37.50	00:32:05.80	+00:12:12 (38.6%)	6:19	9.5 (61.3%)
165	NOWACKA Kinga	554		K-40	43	00:00:22	00:31:37.65	00:31:59.85	+00:12:12 (38.6%)	6:19	9.5 (61.3%)
166	OZDZYNSKA Patrycja	460	KLUB ZDROWIA BYDGOSZCZ	K-20	34	00:00:23	00:31:48.80	00:32:11.90	+00:12:24 (39.0%)	6:21	9.4 (60.6%)
167	TWARDOWSKA Sylwia	360		K-30	60	00:00:05	00:31:50.45	00:31:55.70	+00:12:25 (39.0%)	6:22	9.4 (60.6%)
168	MALCZEWSKA Mirka	39		K-60+	1	00:00:37	00:32:02.40	00:32:39.40	+00:12:37 (39.4%)	6:24	9.4 (60.6%)
169	CILSKA Agnieszka	208		K-30	61	00:00:47	00:32:04.50	00:32:51.65	+00:12:39 (39.5%)	6:24	9.4 (60.6%)
170	CHWIEDUK Magdalena	78	MTB GARDENFLORA TEAM	K-40	44	00:00:51	00:32:11.65	00:33:02.80	+00:12:46 (39.7%)	6:26	9.3 (60.0%)
171	SZALA Monika	5	ICH DWOJE BYDGOSZCZ	K-30	62	00:00:44	00:32:12.05	00:32:57.00	+00:12:47 (39.7%)	6:26	9.3 (60.0%)
172	KUZIAK Helena	158		K-10	22	00:00:42	00:32:20.35	00:33:03.15	+00:12:55 (40.0%)	6:28	9.3 (60.0%)
173	TERTYKOWSKA Magdalena	662		K-40	45	00:00:00	00:32:27.10	00:32:27.10	+00:13:02 (40.2%)	6:29	9.2 (59.4%)
174	WINOGRODZKA Magda	375		K-30	63	00:00:00	00:32:38.50	00:32:38.50	+00:13:13 (40.5%)	6:31	9.2 (59.4%)
175	GWIZDAŁA Katarzyna	230		K-40	46	00:00:07	00:32:41.60	00:32:49.50	+00:13:16 (40.6%)	6:32	9.2 (59.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
176	PIKIES Agnieszka	153		K-30	64	00:00:22	00:32:43.20	00:33:05.70	+00:13:18 (40.7%)	6:32	9.2 (59.4%)
177	IDCZAK-BOREK Hanna	252		K-40	47	00:00:49	00:32:43.75	00:33:33.65	+00:13:19 (40.7%)	6:32	9.2 (59.4%)
178	ZUZA-WITKOWSKA Anna	307		K-40	48	00:00:49	00:32:44.30	00:33:33.85	+00:13:19 (40.7%)	6:32	9.2 (59.4%)
179	BUZALSKA Agnieszka	383	OGRODY	K-40	49	00:00:40	00:32:46.15	00:33:26.55	+00:13:21 (40.8%)	6:33	9.2 (59.4%)
180	WORONIECKA Anna	293		K-40	50	00:00:36	00:32:53.40	00:33:29.45	+00:13:28 (41.0%)	6:34	9.1 (58.7%)
181	ŻUBIK Karolina	664		K-10	23	00:00:00	00:33:15.35	00:33:15.35	+00:13:50 (41.6%)	6:39	9 (58.1%)
182	SIATKOWSKA Anna	57		K-30	65	00:00:09	00:33:37.20	00:33:46.50	+00:14:12 (42.3%)	6:43	8.9 (57.4%)
183	MOCNA Anna	190		K-20	35	00:00:11	00:33:40.20	00:33:51.30	+00:14:15 (42.3%)	6:44	8.9 (57.4%)
184	STEFAŃSKA Wiesława	104	#WIĘCEJSRZĘTUNIŻTALENTU	K-30	66	00:00:46	00:33:40.30	00:34:26.30	+00:14:15 (42.4%)	6:44	8.9 (57.4%)
185	SCHLABS Magdalena	186		K-20	36	00:00:09	00:33:41.95	00:33:51.25	+00:14:17 (42.4%)	6:44	8.9 (57.4%)
186	KALINOWSKA Kamila	264	RUN BYDGOSZCZ	K-40	51	00:00:40	00:33:52.60	00:34:33.15	+00:14:27 (42.7%)	6:46	8.9 (57.4%)
187	JĘDRZEJCZYK Iwona	408		K-40	52	00:00:45	00:33:54.20	00:34:39.85	+00:14:29 (42.7%)	6:46	8.8 (56.8%)
188	KARDASIŃSKA Marta	108		K-20	37	00:00:42	00:34:06.00	00:34:48.20	+00:14:41 (43.1%)	6:49	8.8 (56.8%)
189	SKONIECKA Agnieszka	447		K-40	53	00:00:13	00:34:11.35	00:34:24.60	+00:14:46 (43.2%)	6:50	8.8 (56.8%)
190	GÓŹDŹ Hanna	309	JĄŚ BIEGA	K-60+	2	00:00:16	00:34:13.85	00:34:30.35	+00:14:49 (43.3%)	6:50	8.8 (56.8%)
191	MUSIDŁOWSKA Ada	318		K-10	24	00:00:36	00:34:25.20	00:35:01.90	+00:15:00 (43.6%)	6:53	8.7 (56.1%)
192	DUDZIŃSKA Magda	161		K-20	38	00:00:41	00:34:40.85	00:35:22.10	+00:15:16 (44.0%)	6:56	8.6 (55.5%)
193	LEWANDOWSKA Joanna	646		K-30	67	00:00:23	00:34:45.95	00:35:09.20	+00:15:21 (44.2%)	6:57	8.6 (55.5%)
194	BILON-MOLENDA Alicja	212		K-30	68	00:00:24	00:34:48.65	00:35:12.95	+00:15:23 (44.2%)	6:57	8.6 (55.5%)
195	GÓRSKA Violetta	80	-	K-50	10	00:00:33	00:34:55.85	00:35:29.55	+00:15:31 (44.4%)	6:59	8.6 (55.5%)
196	MALINOWSKA Paulina	505	NIEZRZESZONA	K-40	54	00:00:35	00:35:08.85	00:35:44.35	+00:15:44 (44.8%)	7:01	8.5 (54.8%)
197	NITYCZ Agnieszka	446		K-30	69	00:00:35	00:35:09.45	00:35:44.80	+00:15:44 (44.8%)	7:01	8.5 (54.8%)
198	GERCZYŃSKA Elżbieta	253		K-30	70	00:00:44	00:35:17.75	00:36:02.70	+00:15:53 (45.0%)	7:03	8.5 (54.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
199	ŁAWSKA Paulina	448		K-20	39	00:00:13	00:35:24.00	00:35:37.80	+00:15:59 (45.2%)	7:04	8.5 (54.8%)
200	KUZIAK Ola	69		K-50	11	00:00:42	00:35:30.25	00:36:13.05	+00:16:05 (45.3%)	7:06	8.4 (54.2%)
201	CHOCHLIŃSKA Marta	14		K-30	71	00:00:43	00:35:33.65	00:36:17.50	+00:16:08 (45.4%)	7:06	8.4 (54.2%)
202	KUFEL Maria	8		K-20	40	00:00:43	00:35:33.85	00:36:17.70	+00:16:09 (45.4%)	7:06	8.4 (54.2%)
203	FEDOROWSKA Oliwia	182		K-10	25	00:00:07	00:35:36.25	00:35:43.25	+00:16:11 (45.5%)	7:07	8.4 (54.2%)
204	ŻAREK Katarzyna	147		K-10	26	00:00:11	00:35:45.00	00:35:56.70	+00:16:20 (45.7%)	7:09	8.4 (54.2%)
205	ŻAREK Magdalena	133		K-20	41	00:00:12	00:35:46.50	00:35:58.60	+00:16:21 (45.7%)	7:09	8.4 (54.2%)
206	BINIENDA Katarzyna	452	BIMAT	K-30	72	00:00:40	00:36:03.30	00:36:44.25	+00:16:38 (46.2%)	7:12	8.3 (53.5%)
207	ZELEK Aleksandra	174		K-40	55	00:00:46	00:36:13.35	00:37:00.05	+00:16:48 (46.4%)	7:14	8.3 (53.5%)
208	NOWAK Aleksandra	149		K-20	42	00:00:51	00:36:14.10	00:37:05.95	+00:16:49 (46.4%)	7:14	8.3 (53.5%)
209	SKONIECKA Ewelina	522		K-10	27	00:00:06	00:36:18.40	00:36:25.30	+00:16:53 (46.5%)	7:15	8.3 (53.5%)
210	PEŻYŃSKA Zofia	279		K-10	28	00:00:40	00:36:27.30	00:37:07.50	+00:17:02 (46.8%)	7:17	8.2 (52.9%)
211	POTERACKA Irena	445		K-50	12	00:00:10	00:36:39.50	00:36:50.35	+00:17:14 (47.0%)	7:20	8.2 (52.9%)
212	GIERSZEWSKA-MUŁOWSKA Marta	623		K-40	56	00:00:21	00:36:39.95	00:37:01.10	+00:17:15 (47.1%)	7:20	8.2 (52.9%)
213	PEŻYŃSKA Ola	280		K-10	29	00:00:39	00:37:53.75	00:38:33.55	+00:18:29 (48.8%)	7:34	7.9 (51.0%)
214	POCIOT Małgorzata	609		K-20	43	00:00:24	00:38:19.05	00:38:43.35	+00:18:54 (49.3%)	7:39	7.8 (50.3%)
215	PEŻYŃSKA Anna	287		K-30	73	00:00:00	00:38:37.65	00:38:37.65	+00:19:12 (49.7%)	7:43	7.8 (50.3%)
216	KISZKA Justyna	160	RUN PASJA	K-30	74	00:00:28	00:38:42.70	00:39:11.50	+00:19:18 (49.9%)	7:44	7.7 (49.7%)
217	KOSIEDOWSKA Magdalena	632		K-30	75	00:00:39	00:38:59.30	00:39:39.20	+00:19:34 (50.2%)	7:48	7.7 (49.7%)
218	KACZMAREK Zofia	189		K-50	13	00:00:54	00:39:26.40	00:40:20.65	+00:20:01 (50.8%)	7:53	7.6 (49.0%)
219	JANUSZEWSKA Agnieszka	12		K-30	76	00:00:12	00:39:43.10	00:39:55.60	+00:20:18 (51.1%)	7:56	7.6 (49.0%)
220	FIJOR-KACZMAREK Arleta	369		K-20	44	00:00:53	00:39:59.85	00:40:53.15	+00:20:35 (51.5%)	8:00	7.5 (48.4%)
221	FAGIELNICZ MROZIK Tina	656		K-30	77	00:00:00	00:41:21.40	00:41:21.40	+00:21:56 (53.1%)	8:16	7.3 (47.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
222	OKROJ Agnieszka	206		K-30	78	00:00:54	00:42:18.95	00:43:13.70	+00:22:54 (54.1%)	8:27	7.1 (45.8%)
223	JAGUSCH Ewa	539		K-50	14	00:00:45	00:43:51.20	00:44:36.20	+00:24:26 (55.7%)	8:46	6.8 (43.9%)
224	RAKOCZY Magdalena	118	GCK BB	K-30	79	00:00:55	00:45:59.00	00:46:54.35	+00:26:34 (57.8%)	9:11	6.5 (41.9%)
225	BOŃDOS Katarzyna	119		K-40	57	00:00:52	00:46:01.45	00:46:54.10	+00:26:36 (57.8%)	9:12	6.5 (41.9%)
226	ZIELIŃSKA Dorota	10		K-40	58	00:00:52	00:46:06.25	00:46:58.65	+00:26:41 (57.9%)	9:13	6.5 (41.9%)
227	CYZIO Urszula	13		K-60+	3	00:00:53	00:46:20.90	00:47:14.55	+00:26:56 (58.1%)	9:16	6.5 (41.9%)
228	LULIŃSKA Magda	509		K-40	59	00:01:01					(0.0%)

Znaleziono 228 wynik(ów)