

BIAŁOŁĘCKI BIEG WOLNOŚCI

B4SPORT

Organizator: Urząd Dzielnicy Białołęka m.st. Warszawa
Data: 2021-12-12
Miejsce: Warszawa
Dystans: 13 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
1	ŚLUSARCZYK Katarzyna	367	OK!SPORT	K2 30-39 lat	1	00:00:00	00:21:24	00:42:00	01:02:42.00	01:02:42.00		4:49	12.4 (100%)
2	HASS-KALITA Joanna	436	WARSAW MASTERS TEAM	K3 40-49 lat	1	00:00:06	00:21:19	00:43:05	01:04:53.20	01:04:59.60	+00:02:11 (3.4%)	4:59	12 (96.8%)
3	MEJKA Małgorzata	234		K2 30-39 lat	2	00:00:34	00:22:33	00:43:45	01:06:19.50	01:06:53.80	+00:03:37 (5.5%)	5:06	11.8 (95.2%)
4	KRAJEWSKA Klaudia	469		K1 < 29 lat	1	00:00:05	00:21:44	00:44:16	01:07:20.05	01:07:25.40	+00:04:38 (6.9%)	5:10	11.6 (93.5%)
5	SZYSZKO Ewa	366	MARKOWI BIEGACZE	K3 40-49 lat	2	00:00:14	00:23:46	00:46:42	01:10:28.05	01:10:42.15	+00:07:46 (11.0%)	5:25	11.1 (89.5%)
6	NEJFELD Hanna	264	BIEGAJĄCE ZĄBKI	K3 40-49 lat	3	00:00:14	00:23:42	00:47:14	01:10:52.00	01:11:06.85	+00:08:10 (11.5%)	5:27	11 (88.7%)
7	DROGOSZEWSKA Magdalena	97		K2 30-39 lat	3	00:00:11	00:23:58	00:47:39	01:11:20.60	01:11:31.80	+00:08:38 (12.1%)	5:29	10.9 (87.9%)
8	ZWARDON Ewa	424	KLUB BIEGACZA RTV EURO AGD	K3 40-49 lat	4	00:00:11	00:24:17	00:47:47	01:11:23.30	01:11:34.85	+00:08:41 (12.2%)	5:29	10.9 (87.9%)
9	KALICZYŃSKA Wioletta	171	PROJEKT1000UP/OZZKS MOZ GDAŃSK	K3 40-49 lat	5	00:00:26	00:24:01	00:47:50	01:12:30.55	01:12:56.85	+00:09:48 (13.5%)	5:34	10.8 (87.1%)
10	TARNOWSKA Nika	451		K2 30-39 lat	4	00:00:13	00:24:18	00:48:30	01:12:33.20	01:12:46.80	+00:09:51 (13.6%)	5:34	10.8 (87.1%)
11	WINKOWSKA-STRUZIK Magdalena	396	DUKLANOWSKI TEAM	K2 30-39 lat	5	00:00:14	00:24:15	00:48:37	01:12:46.25	01:13:00.85	+00:10:04 (13.8%)	5:35	10.7 (86.3%)
12	JODŁOWSKA Klaudia	165		K1 < 29 lat	2	00:00:10	00:24:07	00:48:21	01:13:26.85	01:13:36.95	+00:10:44 (14.6%)	5:38	10.6 (85.5%)
13	SERAFIN-GORSZKOWSKA Paulina	326		K3 40-49 lat	6	00:00:22	00:24:34	00:48:48	01:13:30.55	01:13:52.70	+00:10:48 (14.7%)	5:39	10.6 (85.5%)
14	BORUC Magdalena	50	MILWAUKEE POLSKA	K2 30-39 lat	6	00:00:11	00:23:58	00:48:43	01:13:34.35	01:13:45.35	+00:10:52 (14.8%)	5:39	10.6 (85.5%)
15	SIEWRUK Katarzyna	442	WARSAW RUN CLUB	K3 40-49 lat	7	00:00:07	00:24:19	00:48:43	01:13:49.70	01:13:57.60	+00:11:07 (15.1%)	5:40	10.6 (85.5%)
16	NAPIONTEK Maria	262		K2 30-39 lat	7	00:00:08	00:24:48	00:49:44	01:14:33.45	01:14:42.30	+00:11:51 (15.9%)	5:44	10.5 (84.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
17	TYM Joanna	381		K3 40-49 lat	8	00:00:12	00:25:20	00:50:03	01:14:39.60	01:14:52.00	+00:11:57 (16.0%)	5:44	10.4 (83.9%)
18	MAJ Kamila	228		K2 30-39 lat	8	00:00:05	00:24:02	00:48:59	01:14:51.35	01:14:57.20	+00:12:09 (16.2%)	5:45	10.4 (83.9%)
19	ŻURANIEWSKA Agnieszka	429	TEAM PARSZCZYŃSKICH	K3 40-49 lat	9	00:00:41	00:25:10	00:49:48	01:15:00.80	01:15:41.90	+00:12:18 (16.4%)	5:46	10.4 (83.9%)
20	KĄDZIOŁKA Beata	177		K2 30-39 lat	9	00:00:09	00:24:44	00:50:08	01:16:32.70	01:16:42.20	+00:13:50 (18.1%)	5:53	10.2 (82.3%)
21	SŁOMCZYŃSKA Karolina	337		K1 < 29 lat	3	00:00:58	00:25:51	00:51:13	01:16:55.10	01:17:53.65	+00:14:13 (18.5%)	5:55	10.1 (81.5%)
22	TOMCZUK-KUZKA Katarzyna	460		K3 40-49 lat	10	00:01:27	00:25:52	00:51:02	01:17:05.10	01:18:32.70	+00:14:23 (18.7%)	5:55	10.1 (81.5%)
23	GRZECHNIK Renata	144	MKB DREPTAK	K3 40-49 lat	11	00:01:12	00:26:10	00:51:40	01:17:07.05	01:18:19.05	+00:14:25 (18.7%)	5:55	10.1 (81.5%)
24	ŚWIERCZ Iwona	368	BYLEDOBIEC ANIN	K4 50-59 lat	1	00:00:11	00:25:41	00:51:39	01:17:14.00	01:17:25.90	+00:14:32 (18.8%)	5:56	10.1 (81.5%)
25	WALECKA Wiktoria	443	BIEGAM NA TARCHOMINIE	K2 30-39 lat	10	00:00:45	00:25:31	00:51:26	01:17:40.25	01:18:25.55	+00:14:58 (19.3%)	5:58	10 (80.6%)
26	MIKA Anna	245		K1 < 29 lat	4	00:00:30	00:25:37	00:51:49	01:17:47.50	01:18:17.50	+00:15:05 (19.4%)	5:59	10 (80.6%)
27	RZYMOWSKA Krystyna	320	NEW BALANCE RUN CLUB	K4 50-59 lat	2	00:00:26	00:26:48	00:52:37	01:17:53.35	01:18:19.55	+00:15:11 (19.5%)	5:59	10 (80.6%)
28	WINDŁOCH Emilia	395	ZABIEGANY WOŁOMIN	K2 30-39 lat	11	00:01:09	00:27:52	00:53:02	01:18:00.90	01:19:10.75	+00:15:18 (19.6%)	6:00	10 (80.6%)
29	DYDERSKA Wioletta	101		K3 40-49 lat	12	00:00:19	00:25:51	00:52:00	01:18:35.05	01:18:54.15	+00:15:53 (20.2%)	6:02	9.9 (79.8%)
30	IZDEBSKA Karolina	156	AKTYWNA WARSZAWA	K2 30-39 lat	12	00:00:32	00:26:16	00:52:23	01:19:18.25	01:19:50.65	+00:16:36 (20.9%)	6:06	9.8 (79.0%)
31	BUCHALSKA Ewa	54	EKOBIEGI	K4 50-59 lat	3	00:01:23	00:27:02	00:53:26	01:20:04.55	01:21:28.15	+00:17:22 (21.7%)	6:09	9.7 (78.2%)
32	WOJDAK Anna	403		K3 40-49 lat	13	00:00:59	00:26:38	00:53:16	01:20:14.05	01:21:13.05	+00:17:32 (21.9%)	6:10	9.7 (78.2%)
33	WESOŁOWSKA Monika	388	ZABIEGANA	K2 30-39 lat	13	00:00:17	00:26:33	00:53:34	01:20:42.35	01:21:00.20	+00:18:00 (22.3%)	6:12	9.7 (78.2%)
34	FILIPOWICZ Natalia	113		K1 < 29 lat	5	00:00:23	00:29:26	00:54:52	01:21:19.40	01:21:43.15	+00:18:37 (22.9%)	6:15	9.6 (77.4%)
35	KAPUŚCIAREK Elżbieta	457		K3 40-49 lat	14	00:00:39	00:27:40	00:54:05	01:22:05.90	01:22:45.50	+00:19:23 (23.6%)	6:18	9.5 (76.6%)
36	CHMIELOWIEC Anna	64		K3 40-49 lat	15	00:00:11	00:26:26	00:53:44	01:22:09.50	01:22:21.05	+00:19:27 (23.7%)	6:19	9.5 (76.6%)
37	FURMANIAK PAŃCZAK Joanna	117	TEAM PARSZCZYŃSKICH	K2 30-39 lat	14	00:00:47	00:28:18	00:55:14	01:22:17.75	01:23:05.10	+00:19:35 (23.8%)	6:19	9.5 (76.6%)
38	GUSZCZA Ewa	148	MARKOWI BIEGACZE	K3 40-49 lat	16	00:00:30	00:27:32	00:54:21	01:22:18.10	01:22:48.10	+00:19:36 (23.8%)	6:19	9.5 (76.6%)
39	ZUBELEWICZ-JERUZALSKA Anna	423		K2 30-39 lat	15	00:00:44	00:28:20	00:55:17	01:22:20.20	01:23:05.05	+00:19:38 (23.8%)	6:20	9.5 (76.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
40	CABAŃSKA Dorota	58		K3 40-49 lat	17	00:00:46	00:28:42	00:55:39	01:22:53.65	01:23:39.95	+00:20:11 (24.4%)	6:22	9.4 (75.8%)
41	ADAMCZUK Agnieszka	14	MARKOWI BIEGACZE	K3 40-49 lat	18	00:00:29	00:27:59	00:55:51	01:23:04.10	01:23:33.80	+00:20:22 (24.5%)	6:23	9.4 (75.8%)
42	TULA Renata	379	NEW BALANCE RUN CLUB	K5 60 +	1	00:00:07	00:27:32	00:55:26	01:23:12.65	01:23:20.05	+00:20:30 (24.6%)	6:24	9.4 (75.8%)
43	KARASIEWICZ Katarzyna	174		K4 50-59 lat	4	00:00:27	00:27:14	00:55:01	01:23:28.80	01:23:56.55	+00:20:46 (24.9%)	6:25	9.3 (75.0%)
44	STOLARSKA Paulina	349	WARSAW RUN CLUB	K2 30-39 lat	16	00:01:06	00:29:48	00:57:08	01:23:57.25	01:25:03.65	+00:21:15 (25.3%)	6:27	9.3 (75.0%)
45	MAJ Magdalena	449		K2 30-39 lat	17	00:01:05	00:29:59	00:58:34	01:26:03.70	01:27:09.30	+00:23:21 (27.1%)	6:37	9.1 (73.4%)
46	SIWEK Ewa	330	TUPTUŚ OTWOCK	K3 40-49 lat	19	00:00:19	00:29:09	00:58:08	01:26:16.35	01:26:35.55	+00:23:34 (27.3%)	6:38	9 (72.6%)
47	MYŚLIŃSKA Anna	75	BIAŁOŁĘKA JEST KOBIETĄ	K3 40-49 lat	20	00:00:37	00:29:04	00:57:06	01:26:18.50	01:26:55.50	+00:23:36 (27.4%)	6:38	9 (72.6%)
48	WŁODARCZYK Anna	402	ADIDAS RUNNERS WARSAW	K3 40-49 lat	21	00:00:54	00:29:40	00:58:25	01:27:24.45	01:28:18.70	+00:24:42 (28.3%)	6:43	8.9 (71.8%)
49	GRUZD Anna	141	TRIATHLON TARCHOMIN TEAM	K3 40-49 lat	22	00:00:47	00:29:49	00:58:40	01:27:53.20	01:28:40.20	+00:25:11 (28.7%)	6:45	8.9 (71.8%)
50	KĘDZIOREK Ela	179		K2 30-39 lat	18	00:01:15	00:31:40	01:00:10	01:28:18.40	01:29:34.35	+00:25:36 (29.0%)	6:47	8.8 (71.0%)
51	BARNAS Ilona	29	PRETTYFITYTEAM	K2 30-39 lat	19	00:00:56	00:31:46	01:00:43	01:28:28.20	01:29:24.90	+00:25:46 (29.1%)	6:48	8.8 (71.0%)
52	RZEPNIEWSKA Joanna	319	MARKOWI BIEGACZE	K3 40-49 lat	23	00:00:15	00:28:36	00:58:23	01:29:01.10	01:29:16.55	+00:26:19 (29.6%)	6:50	8.8 (71.0%)
53	SKELTON Sarah	332	VEGE RUNNERS	K2 30-39 lat	20	00:01:12	00:32:08	01:01:41	01:30:11.10	01:31:23.90	+00:27:29 (30.5%)	6:56	8.6 (69.4%)
54	FLORCZUK Agnieszka	115	EKOBIEGI	K4 50-59 lat	5	00:00:59	00:31:43	01:00:38	01:30:29.15	01:31:28.45	+00:27:47 (30.7%)	6:57	8.6 (69.4%)
55	GONET Katarzyna	132		K3 40-49 lat	24	00:01:16	00:30:34	01:00:12	01:30:34.35	01:31:50.80	+00:27:52 (30.8%)	6:58	8.6 (69.4%)
56	CZAJKA Justyna	82		K3 40-49 lat	25	00:00:53	00:30:35	01:00:06	01:30:48.05	01:31:41.10	+00:28:06 (30.9%)	6:59	8.6 (69.4%)
57	SZYBOWSKA-SZYMCZAK Joanna	363	SW - AŚ GRÓJEC	K2 30-39 lat	21	00:00:20	00:29:22	00:59:57	01:30:49.85	01:31:09.85	+00:28:07 (31.0%)	6:59	8.6 (69.4%)
58	BORAWSKA Emilia	458	BEMOWO BIEGA	K2 30-39 lat	22	00:01:09	00:33:11	01:02:17	01:30:58.30	01:32:07.30	+00:28:16 (31.1%)	6:59	8.6 (69.4%)
59	HRYCIUK Katarzyna	155	EKOBIEGI	K3 40-49 lat	26	00:01:24	00:33:05	01:01:57	01:31:01.70	01:32:26.30	+00:28:19 (31.1%)	7:00	8.6 (69.4%)
60	MATUSIK Karolina	494		K1 < 29 lat	6	00:00:41	00:31:09	01:01:08	01:31:06.70	01:31:48.10	+00:28:24 (31.2%)	7:00	8.6 (69.4%)
61	GŁÓWCZYŃSKA Małgorzata	131	MARKOWI BIEGACZE	K3 40-49 lat	27	00:00:29	00:31:03	01:00:54	01:31:29.30	01:31:58.80	+00:28:47 (31.5%)	7:02	8.5 (68.5%)
62	JARMUŻEWSKA Teresa	160	TIA	K4 50-59 lat	6	00:01:32	00:32:42	01:01:52	01:31:29.55	01:33:01.75	+00:28:47 (31.5%)	7:02	8.5 (68.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
63	JANKOWSKA Wiola	159	MARKOWI BIEGACZE	K3 40-49 lat	28	00:01:35	00:33:24	01:04:06	01:32:18.95	01:33:54.85	+00:29:36 (32.1%)	7:06	8.5 (68.5%)
64	SZULC Kasia	361		K3 40-49 lat	29	00:00:27	00:29:44	01:00:57	01:32:34.05	01:33:02.00	+00:29:52 (32.3%)	7:07	8.4 (67.7%)
65	KACZMAREK Katarzyna	169		K2 30-39 lat	23	00:01:16	00:30:39	01:01:22	01:32:49.10	01:34:05.15	+00:30:07 (32.4%)	7:08	8.4 (67.7%)
66	CZARTORYSKA Anna	84	OSTRESROKI	K3 40-49 lat	30	00:01:08	00:32:49	01:02:16	01:32:51.50	01:34:00.15	+00:30:09 (32.5%)	7:08	8.4 (67.7%)
67	CZERWIEC Małgorzata	88		K2 30-39 lat	24	00:01:45	00:33:18	01:03:23	01:33:29.15	01:35:14.35	+00:30:47 (32.9%)	7:11	8.3 (66.9%)
68	SROCZYŃSKA Justyna	343		K3 40-49 lat	31	00:00:17	00:30:35	01:02:07	01:33:33.20	01:33:50.30	+00:30:51 (33.0%)	7:11	8.3 (66.9%)
69	OSTAPIŃSKA Magda	282	12TRI.PL	K3 40-49 lat	32	00:00:16	00:30:36	01:02:07	01:33:34.10	01:33:50.75	+00:30:52 (33.0%)	7:11	8.3 (66.9%)
70	SZCZECHOWICZ Marta	478		K3 40-49 lat	33	00:00:56	00:31:53	01:01:52	01:34:05.15	01:35:01.85	+00:31:23 (33.4%)	7:14	8.3 (66.9%)
71	ŁUCZAK Małgorzata	224		K3 40-49 lat	34	00:00:38	00:30:41	01:02:19	01:34:38.05	01:35:16.55	+00:31:56 (33.7%)	7:16	8.2 (66.1%)
72	MOĆKO Anita	255	MARKOWI BIEGACZE	K3 40-49 lat	35	00:00:24	00:31:17	01:03:06	01:35:26.75	01:35:51.35	+00:32:44 (34.3%)	7:20	8.2 (66.1%)
73	MIĄSKO Renata	238	12TRI.PL	K4 50-59 lat	7	00:00:52	00:30:29	01:01:59	01:35:29.35	01:36:21.35	+00:32:47 (34.3%)	7:20	8.2 (66.1%)
74	KOCIK Elżbieta	6		K3 40-49 lat	36	00:01:28	00:33:09	01:03:36	01:35:43.40	01:37:12.35	+00:33:01 (34.5%)	7:21	8.1 (65.3%)
75	SOŁDECKA Anna	341		K4 50-59 lat	8	00:01:42	00:33:11	01:04:30	01:35:47.65	01:37:30.40	+00:33:05 (34.5%)	7:22	8.1 (65.3%)
76	GALIŃSKA Magdalena	120	WARSZAWSKI ZAUŁEK	K2 30-39 lat	25	00:01:32	00:32:42	01:03:54	01:35:55.00	01:37:27.30	+00:33:13 (34.6%)	7:22	8.1 (65.3%)
77	KRASUSKA Magdalena	445		K2 30-39 lat	26	00:01:04	00:32:44	01:04:20	01:36:18.45	01:37:23.40	+00:33:36 (34.9%)	7:24	8.1 (65.3%)
78	LEZNER Karolina	220		K2 30-39 lat	27	00:01:21	00:33:16	01:04:36	01:36:47.45	01:38:08.90	+00:34:05 (35.2%)	7:26	8.1 (65.3%)
79	ZIARKO Joanna	416	VEGE RUNNERS	K3 40-49 lat	37	00:00:33	00:31:57	01:03:31	01:37:05.25	01:37:39.10	+00:34:23 (35.4%)	7:28	8 (64.5%)
80	KOCHMAN Iwona	183		K4 50-59 lat	9	00:00:44	00:33:53	01:05:58	01:37:22.40	01:38:07.25	+00:34:40 (35.6%)	7:29	8 (64.5%)
81	RUDNICKA Agata	313		K4 50-59 lat	10	00:01:00	00:33:16	01:05:07	01:37:48.40	01:38:49.05	+00:35:06 (35.9%)	7:31	8 (64.5%)
82	WINIARSKA Iza	77	OBROŃCÓW TOBRUKU 40 , 01-494 WARSZAWA	K3 40-49 lat	38	00:00:14	00:31:25	01:04:50	01:39:01.75	01:39:16.45	+00:36:19 (36.7%)	7:37	7.9 (63.7%)
83	DZIERŻANOWSKA Kinga	106		K2 30-39 lat	28	00:00:40	00:33:14	01:05:22	01:39:10.75	01:39:50.85	+00:36:28 (36.8%)	7:37	7.9 (63.7%)
84	PRZETAKIEWICZ Magdalena	297		K3 40-49 lat	39	00:01:20	00:33:47	01:06:06	01:39:19.75	01:40:40.60	+00:36:37 (36.9%)	7:38	7.9 (63.7%)
85	MIERZEJEWSKA-JASIŃSKA Martyna	244	BIEGAM NA TARCHOMINIE	K2 30-39 lat	29	00:01:01	00:34:40	01:06:34	01:39:28.95	01:40:30.30	+00:36:46 (37.0%)	7:39	7.8 (62.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
86	CHOJNOWSKA Marta	68		K2 30-39 lat	30	00:01:18	00:33:54	01:06:32	01:40:31.55	01:41:49.65	+00:37:49 (37.6%)	7:43	7.8 (62.9%)
87	TORZEWSKA Agnieszka	376		K3 40-49 lat	40	00:00:50	00:33:09	01:05:19	01:40:49.05	01:41:40.00	+00:38:07 (37.8%)	7:45	7.7 (62.1%)
88	MONIKA Lewandowska	256		K3 40-49 lat	41	00:00:38	00:33:40	01:06:38	01:41:14.15	01:41:52.85	+00:38:32 (38.1%)	7:47	7.7 (62.1%)
89	WIŚNIEWSKA-DUDA Anna	397		K2 30-39 lat	31	00:00:13	00:34:49	01:07:20	01:41:31.80	01:41:45.30	+00:38:49 (38.2%)	7:48	7.7 (62.1%)
90	KOZŁOWSKA-KAWYCZ Karolina	201	ROZBIEGANE MICHAŁOWICE	K3 40-49 lat	42	00:01:19	00:33:44	01:07:36	01:41:42.50	01:43:01.50	+00:39:00 (38.4%)	7:49	7.7 (62.1%)
91	ZATYLNA Joanna	410		K2 30-39 lat	32	00:01:30	00:33:01	01:05:29	01:42:14.65	01:43:45.00	+00:39:32 (38.7%)	7:51	7.6 (61.3%)
92	GROCHOWSKA Joanna	444	BIEGAMY Z OCHOTĄ	K4 50-59 lat	11	00:01:29	00:35:38	01:08:24	01:43:06.20	01:44:35.45	+00:40:24 (39.2%)	7:55	7.6 (61.3%)
93	ZBIŃKOWSKA Dorota	412		K3 40-49 lat	43	00:00:51	00:33:08	01:07:29	01:43:06.25	01:43:57.35	+00:40:24 (39.2%)	7:55	7.6 (61.3%)
94	MNISZKO Urszula	254	MARKOWI BIEGACZE	K3 40-49 lat	44	00:00:32	00:33:20	01:07:13	01:43:27.55	01:44:00.30	+00:40:45 (39.4%)	7:57	7.5 (60.5%)
95	BALCERZAK-JAŁTUSZEWSKA Katarzyna	479	MARKOWI BIEGACZE	K3 40-49 lat	45	00:00:30	00:33:22	01:07:15	01:43:29.10	01:43:59.50	+00:40:47 (39.4%)	7:57	7.5 (60.5%)
96	WINDER Agnieszka	394		K3 40-49 lat	46	00:01:07	00:34:00	01:07:38	01:43:56.45	01:45:03.55	+00:41:14 (39.7%)	7:59	7.5 (60.5%)
97	LESZCZYŃSKA Marlena	219		K2 30-39 lat	33	00:01:25	00:33:53	01:08:49	01:44:46.35	01:46:11.95	+00:42:04 (40.2%)	8:03	7.4 (59.7%)
98	STEFAŃSKA Joanna	346		K3 40-49 lat	47	00:00:27	00:34:34	01:09:12	01:46:37.35	01:47:04.55	+00:43:55 (41.2%)	8:12	7.3 (58.9%)
99	ŁĄCKA Ilona	12	BIAŁOŁĘKA JEST KOBIETĄ	K4 50-59 lat	12	00:01:26	00:34:44	01:10:05	01:46:58.40	01:48:24.80	+00:44:16 (41.4%)	8:13	7.3 (58.9%)
100	STĘPIŃSKA Anna	348		K1 < 29 lat	7	00:00:53	00:35:34	01:10:39	01:46:59.85	01:47:53.80	+00:44:17 (41.4%)	8:13	7.3 (58.9%)
101	GÓRECKA Anna	136		K3 40-49 lat	48	00:00:17	00:34:48	01:10:50	01:47:26.80	01:47:44.35	+00:44:44 (41.6%)	8:15	7.3 (58.9%)
102	WIŚNIEWSKA Katarzyna	398	INDYWIDUALISTKA	K4 50-59 lat	13	00:00:57	00:35:09	01:11:32	01:49:04.90	01:50:02.40	+00:46:22 (42.5%)	8:23	7.2 (58.1%)
103	MIKOŚ Teresa	248		K4 50-59 lat	14	00:01:38	00:35:47	01:13:22	01:51:12.25	01:52:51.05	+00:48:30 (43.6%)	8:33	7 (56.5%)
104	TOMASZEWSKA Mariola	374		K4 50-59 lat	15	00:00:35	00:37:12	01:17:30	01:51:40.35	01:52:15.65	+00:48:58 (43.9%)	8:35	7 (56.5%)
105	ŁOZOWSKA Dorota	223		K3 40-49 lat	49	00:01:46	00:35:44	01:13:16	01:51:51.20	01:53:38.10	+00:49:09 (43.9%)	8:36	7 (56.5%)
106	SIMIŃSKA Marta	81		K3 40-49 lat	50	00:00:38	00:35:53	01:12:36	01:52:15.05	01:52:53.25	+00:49:33 (44.1%)	8:38	6.9 (55.6%)
107	METELSKA Magdalena	235		K3 40-49 lat	51	00:00:21	00:34:06	01:11:08	01:54:21.25	01:54:42.50	+00:51:39 (45.2%)	8:47	6.8 (54.8%)
108	REMBERK Danuta	308		K5 60 +	2	00:01:43	00:38:16	01:16:51	01:56:23.40	01:58:07.30	+00:53:41 (46.1%)	8:57	6.7 (54.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
109	KOLASA Barbara	186	KLUB J.SŁOWACKIEGO	K5 60 +	3	00:00:07	00:38:53	01:18:49	01:57:38.70	01:57:46.60	+00:54:56 (46.7%)	9:02	6.6 (53.2%)
110	ROMANOWSKA Ewa	311		K2 30-39 lat	34	00:00:41	00:30:07	01:00:20			+	6:56	8.7 (70.2%)
111	MĘDEL Marta	236		K3 40-49 lat	52	00:00:48	00:32:46	01:03:56			+	7:20	8.2 (66.1%)
112	KUJAWSKA Joanna	211	BIEGAM NA TARCHOMINIE	K3 40-49 lat	53	00:01:11	00:33:28	01:06:07			+	7:35	7.9 (63.7%)
113	OPOŃSKA Emilia	278	BIEGAM NA TARCHOMINIE	K2 30-39 lat	35	00:00:59	00:32:31	01:06:15			+	7:36	7.9 (63.7%)
114	STĘPLEWSKA Małgorzata	453		K3 40-49 lat	54	00:00:56	00:33:46	01:06:25			+	7:38	7.9 (63.7%)
115	MAJCHRZAK Anna	3		K2 30-39 lat	36	00:01:38	00:35:55	01:09:33			+	7:59	7.5 (60.5%)
116	ROGUSKA Magdalena	500	BIAŁOŁĘKA JEST KOBIETĄ	K3 40-49 lat	55	00:01:38	00:35:56	01:09:34			+	7:59	7.5 (60.5%)
117	SIERZPUTOWSKA Ewa	329	SIE_BIEGA	K4 50-59 lat	16	00:00:36	00:33:21	01:09:55			+	8:02	7.5 (60.5%)
118	OLSZEWSKA Mariola	7	RAZEM DLA BIAŁOŁĘKI	K3 40-49 lat	56	00:01:28	00:35:20	01:10:25			+	8:05	7.4 (59.7%)
119	TELAKOWSKA Anita	372		K3 40-49 lat	57	00:01:11	00:35:15	01:11:23			+	8:12	7.3 (58.9%)
120	FAJKOWSKA-KOSIEC Anna	108		K3 40-49 lat	58	00:01:20	00:35:17	01:12:18			+	8:18	7.2 (58.1%)
121	SAJEWSKA Karolina	321		K2 30-39 lat	37	00:00:36	00:37:11	01:17:30			+	8:54	6.7 (54.0%)
122	KUNDYS Karolina	433		K2 30-39 lat	38	00:00:00	00:29:55	01:22:31			+	9:29	6.3 (50.8%)
123	WILCZYŃSKA Małgorzata	391		K3 40-49 lat	59	00:00:00	00:49:45	01:51:00			+	12:45	4.7 (37.9%)
124	SCHINDLER Żaneta	323		K3 40-49 lat	60	00:00:08	00:25:59				+	5:54	10.2 (82.3%)
125	REGULSKA Ewa	307		K2 30-39 lat	39	00:00:22	00:29:27				+	6:41	9 (72.6%)
126	BISOWSKA Katarzyna	45	A NA CO TO KOMU POTRZEBNE	K3 40-49 lat	61	00:01:00	00:31:34				+	7:10	8.4 (67.7%)
127	GŁOWACKA Elżbieta	129	TEAM ZABIEGANEDNI	K5 60 +	4	00:00:11	00:35:07				+	7:58	7.5 (60.5%)
128	WÓJTOWICZ Agnieszka	407		K3 40-49 lat	62	00:01:01	00:35:35				+	8:05	7.4 (59.7%)
129	SOLAREK Kinga	5		K2 30-39 lat	40	00:01:38	00:36:14				+	8:14	7.3 (58.9%)
130	LACH Marta	215	SLOW JOGGING BIAŁOŁĘKA	K3 40-49 lat	63	00:01:43	00:37:11				+	8:27	7.1 (57.3%)
131	OGOŃCZYK Donata	272		K2 30-39 lat	41	00:00:48	00:39:47				+	9:02	6.6 (53.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4.4km	8.7km	Czas netto 13km	Czas brutto 13km	Różn	Tempo min/km	Tempo km/h
132	BOHDZIEWICZ Izabela	49		K2 30-39 lat	42	00:01:56	00:40:12				+	9:08	6.6 (53.2%)
133	SŁOTWIŃSKA Martyna	493		K1 < 29 lat	8	00:00:31	00:42:01				+	9:32	6.3 (50.8%)
134	WALASIK Agnieszka	384		K3 40-49 lat	64	00:01:42	00:44:27				+	10:06	5.9 (47.6%)
135	SZOT Agnieszka	357		K4 50-59 lat	17	00:01:20	00:48:20				+	10:59	5.5 (44.4%)
136	REDA Alicja	305	NW CZŁAPSKI TEAM	K5 60 +	5	00:00:13	00:51:59				+	11:48	5.1 (41.1%)
137	BRZĄKAŁA Renata	53	SLOW JOGGING BIAŁOŁĘKA	K4 50-59 lat	18	00:01:40	01:02:56				+	14:18	4.2 (33.9%)

Znaleziono 137 wynik(ów)