



BIEG PRZECZ MOST 2021

B4SPORT

Organizator:
Data:
Miejsce:
Dystans:

Urząd Dzielnicy Warszawa - Białoleka
2021-09-12
Warszawa
10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	STELMACH Dominika	659		K 30-39	1	00:22:43	00:32:33	00:36:39.65		3:39	16.4 (100%)
2	NAWRAT Monika	649	KS PREFBET-SONAROL	K 30-39	2	00:25:21	00:35:54	00:40:14.35	+00:03:34 (8.9%)	4:01	14.9 (90.9%)
3	HASS Joanna	185		K 40-49	1	00:26:24	00:37:32	00:42:03.50	+00:05:23 (12.8%)	4:12	14.3 (87.2%)
4	MALANOWSKA Elzbieta	309		K 1-29	1	00:26:18	00:37:55	00:42:48.90	+00:06:09 (14.4%)	4:16	14 (85.4%)
5	WESOŁOWSKA Katarzyna	548	ORANGE POLSKA	K 40-49	2	00:27:14	00:38:45	00:43:26.80	+00:06:47 (15.6%)	4:20	13.8 (84.1%)
6	JARZYŃSKA Kinga	682		K 1-29	2	00:27:09	00:38:59	00:43:47.00	+00:07:07 (16.3%)	4:22	13.7 (83.5%)
7	MODZELEWSKA Iga	35		K 1-29	3	00:27:40	00:40:01	00:44:38.15	+00:07:58 (17.9%)	4:27	13.4 (81.7%)
8	SADOWSKA Marzena	445		K 30-39	3	00:28:14	00:40:02	00:44:51.00	+00:08:11 (18.3%)	4:29	13.4 (81.7%)
9	WINKOWSKA-STRUZIK Magda	558	DUKLANOWSKI TEAM	K 30-39	4	00:28:24	00:40:27	00:45:15.00	+00:08:35 (19.0%)	4:31	13.3 (81.1%)
10	PACIOREK Ewa	377	GRUPA BIEGOWA UM W-WA	K 30-39	5	00:28:44	00:40:51	00:45:44.95	+00:09:05 (19.9%)	4:34	13.1 (79.9%)
11	SEKŚCIŃSKA Magda	449	GRUPA BIEGOWA UM W-WA	K 30-39	6	00:28:58	00:41:06	00:45:58.25	+00:09:18 (20.3%)	4:35	13.1 (79.9%)
12	ŻURANIEWSKA Agnieszka	612	NUDNE PIĄTKI	K 40-49	3	00:28:51	00:41:12	00:45:59.35	+00:09:19 (20.3%)	4:35	13 (79.3%)
13	JAKUBISIAK Renata	182	BIEGAM NA TARCHOMINIE	K 40-49	4	00:28:52	00:41:09	00:46:21.10	+00:09:41 (20.9%)	4:38	12.9 (78.7%)
14	WALECKA Wiktoria	542	BIEGAM NA TARCHOMINIE	K 30-39	7	00:29:20	00:41:40	00:46:37.95	+00:09:58 (21.4%)	4:39	12.9 (78.7%)
15	TRUSZKOWSKA Marta	527	BESTIE OCR LEGIONOWO	K 30-39	8	00:29:30	00:41:49	00:46:56.25	+00:10:16 (21.9%)	4:41	12.8 (78.0%)
16	KOWALIKOWSKA Renata	246	BIEGAM NA TARCHOMINIE	K 40-49	5	00:28:56	00:41:49	00:47:03.20	+00:10:23 (22.1%)	4:42	12.8 (78.0%)
17	RATASZEWSKA Matylda	423	NEW BALANCE RUN CLUB	K 1-29	4	00:29:44	00:42:17	00:47:07.60	+00:10:27 (22.2%)	4:42	12.7 (77.4%)
18	FETISOVA Ekaterina	622		K 30-39	9	00:29:58	00:42:09	00:47:32.15	+00:10:52 (22.9%)	4:45	12.6 (76.8%)
19	AUGUSTYŃSKA-ŚMIETAŁO Iwona	21	WŚCIEKŁY FINISZ	K 30-39	10	00:29:52	00:42:46	00:47:47.40	+00:11:07 (23.3%)	4:46	12.6 (76.8%)
20	NEJFELD Hanna	345	MARKOWI BIEGACZE	K 40-49	6	00:30:02	00:42:45	00:47:55.95	+00:11:16 (23.5%)	4:47	12.5 (76.2%)
21	KRUPA Kamila	259		K 1-29	5	00:29:56	00:42:39	00:47:57.60	+00:11:17 (23.6%)	4:47	12.5 (76.2%)
22	MACHUL Ewa	306		K 30-39	11	00:29:32	00:42:43	00:48:03.35	+00:11:23 (23.7%)	4:48	12.5 (76.2%)
23	JAGIEŁŁO-FAJKOWSKA Agnieszka	181	ADIDAS RUNNERS WARSAW	K 30-39	12	00:30:00	00:43:13	00:48:17.90	+00:11:38 (24.1%)	4:49	12.4 (75.6%)
24	NOWACKA Dominika	349	KUŹNIA TRIATHLONU	K 30-39	13	00:28:43	00:42:30	00:48:19.80	+00:11:40 (24.1%)	4:49	12.4 (75.6%)
25	SIEWRUK Katarzyna	457	WARSAW RUN CLUB	K 40-49	7	00:29:48	00:42:55	00:48:23.55	+00:11:43 (24.2%)	4:50	12.4 (75.6%)
26	KRUPA Agnieszka	258		K 40-49	8	00:30:14	00:43:08	00:48:24.80	+00:11:45 (24.3%)	4:50	12.4 (75.6%)
27	ROMAN Anna	646		K 30-39	14	00:29:31	00:43:19	00:48:53.50	+00:12:13 (25.0%)	4:53	12.3 (75.0%)
28	ŻEBROWSKA Anna	606		K 30-39	15	00:30:46	00:43:44	00:49:05.00	+00:12:25 (25.3%)	4:54	12.2 (74.4%)
29	TOMCZUK-KUZKA Katarzyna	524		K 40-49	9	00:30:28	00:43:47	00:49:08.40	+00:12:28 (25.4%)	4:54	12.2 (74.4%)
30	JĘDRZEJCZYK-KOWALSKA Sylwia	196	BIGTIRESRUNTEAM	K 40-49	10	00:30:47	00:43:59	00:49:17.40	+00:12:37 (25.6%)	4:55	12.2 (74.4%)

								Czas netto 10km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km				
31	CICHOŃSKA Elżbieta	90		K 50-59	1	00:31:19	00:44:29	00:49:53.65	+00:13:14 (26.5%)	4:59	12 (73.2%)
32	SZCZEPKOWSKA Marta	493		K 30-39	16	00:31:31	00:44:49	00:50:17.95	+00:13:38 (27.1%)	5:01	11.9 (72.6%)
33	DURKA Dorota	124	BIEGUSTATORZY	K 40-49	11	00:31:14	00:44:43	00:50:20.10	+00:13:40 (27.2%)	5:02	11.9 (72.6%)
34	CHOTOMSKA Dorota	83		K 30-39	17	00:31:31	00:45:11	00:50:46.00	+00:14:06 (27.8%)	5:04	11.8 (72.0%)
35	CHWALISZ Michalina	89	VEGE RUNNERS	K 1-29	6	00:32:41	00:45:36	00:50:54.95	+00:14:15 (28.0%)	5:05	11.8 (72.0%)
36	MICHEWICZ Gosia	326		K 30-39	18	00:33:09	00:45:59	00:51:02.90	+00:14:23 (28.2%)	5:06	11.8 (72.0%)
37	ŁATKOWSKA Monika	300	GRUPA BIEGOWA CHTMO	K 40-49	12	00:32:15	00:45:53	00:51:25.45	+00:14:45 (28.7%)	5:08	11.7 (71.3%)
38	WAGNER Jolanta	539		K 50-59	2	00:32:29	00:46:08	00:51:46.75	+00:15:07 (29.2%)	5:10	11.6 (70.7%)
39	RAWSKA Małgorzata	425		K 40-49	13	00:32:49	00:46:22	00:51:47.95	+00:15:08 (29.2%)	5:10	11.6 (70.7%)
40	DRAJCZYK Maria	627		K 30-39	19	00:32:29	00:46:14	00:51:56.40	+00:15:16 (29.4%)	5:11	11.6 (70.7%)
41	WNĘK Joanna	227		K 30-39	20	00:32:22	00:46:10	00:52:00.25	+00:15:20 (29.5%)	5:12	11.5 (70.1%)
42	GÓRSKA Malgorzata	160		K 30-39	21	00:32:53	00:46:27	00:52:01.85	+00:15:22 (29.5%)	5:12	11.5 (70.1%)
43	MOLAK Katarzyna	339		K 1-29	7	00:33:12	00:46:41	00:52:09.30	+00:15:29 (29.7%)	5:12	11.5 (70.1%)
44	APANOWICZ Angelika	16	EKOBIEGI	K 40-49	14	00:32:51	00:46:24	00:52:14.25	+00:15:34 (29.8%)	5:13	11.5 (70.1%)
45	BLAIM Katarzyna	53		K 40-49	15	00:32:11	00:46:43	00:52:22.45	+00:15:42 (30.0%)	5:14	11.5 (70.1%)
46	WOŁYNEK Agnieszka	576		K 40-49	16	00:32:50	00:46:47	00:52:23.85	+00:15:44 (30.0%)	5:14	11.5 (70.1%)
47	BUCHALSKA Ewa	69	EKOBIEGI	K 50-59	3	00:32:49	00:46:54	00:52:41.30	+00:16:01 (30.4%)	5:16	11.4 (69.5%)
48	ZARĘBA-TREMELET Katarzyna	590		K 40-49	17	00:32:57	00:47:16	00:52:51.90	+00:16:12 (30.7%)	5:17	11.4 (69.5%)
49	MYŚLIŃSKA Anna	357	BIAŁOŁĘKA JEST KOBIETĄ	K 40-49	18	00:33:23	00:47:08	00:52:54.65	+00:16:15 (30.7%)	5:17	11.3 (68.9%)
50	KARASIEWICZ Katarzyna	208		K 50-59	4	00:32:32	00:47:15	00:53:11.30	+00:16:31 (31.1%)	5:19	11.3 (68.9%)
51	RAKOWSKA Agnieszka	421		K 30-39	22	00:33:02	00:47:15	00:53:13.60	+00:16:33 (31.1%)	5:19	11.3 (68.9%)
52	MATUSZEWSKA Jolanta	317		K 40-49	19	00:32:59	00:47:23	00:53:16.65	+00:16:37 (31.2%)	5:19	11.3 (68.9%)
53	SUCHECKA Joanna	483	KS POMORSKA	K 30-39	23	00:34:03	00:47:49	00:53:18.45	+00:16:38 (31.2%)	5:19	11.3 (68.9%)
54	BRZOZOWSKA Magdalena	66	BIEGUSTATORZY	K 30-39	24	00:33:03	00:47:31	00:53:24.80	+00:16:45 (31.4%)	5:20	11.2 (68.3%)
55	CIMOCHOWSKA Magdalena	96	BIEGAM NA TARCHOMINIE	K 40-49	20	00:33:30	00:47:32	00:53:31.90	+00:16:52 (31.5%)	5:21	11.2 (68.3%)
56	BANASIK-URBANOWSKA Katarzyna	31	GRUPA BIEGOWA UM W-WA	K 30-39	25	00:33:26	00:47:45	00:53:37.70	+00:16:58 (31.6%)	5:21	11.2 (68.3%)
57	SZLAGA Kinga	5		K 30-39	26	00:34:30	00:48:53	00:54:12.75	+00:17:33 (32.4%)	5:25	11.1 (67.7%)
58	SZYMAŃSKA Alicja	686		K 40-49	21	00:33:45	00:48:19	00:54:18.35	+00:17:38 (32.5%)	5:25	11 (67.1%)
59	SAMOCIUK Karolina	447		K 30-39	27	00:33:06	00:48:04	00:54:24.60	+00:17:44 (32.6%)	5:26	11 (67.1%)
60	POWROŃSKA Marta	384		K 30-39	28	00:33:46	00:48:32	00:54:28.90	+00:17:49 (32.7%)	5:26	11 (67.1%)
61	ZUBELEWICZ-JERUZALSKA Anna	604		K 30-39	29	00:34:21	00:48:35	00:54:30.75	+00:17:51 (32.7%)	5:27	11 (67.1%)
62	JARMUŻEWSKA Teresa	191	TIA	K 50-59	5	00:34:52	00:49:05	00:54:34.85	+00:17:55 (32.8%)	5:27	11 (67.1%)
63	JANKOWSKA Wiola	188		K 40-49	22	00:33:47	00:48:59	00:54:42.75	+00:18:03 (33.0%)	5:28	11 (67.1%)
64	TEJCHMA Natalia	515		K 40-49	23	00:34:36	00:48:42	00:54:44.25	+00:18:04 (33.0%)	5:28	11 (67.1%)
65	FURMANIAK PAŃCZAK Joanna	138	BIEGOWE WTORKI NA TARCHOMINIE	K 30-39	30	00:34:38	00:48:54	00:54:48.35	+00:18:08 (33.1%)	5:28	10.9 (66.5%)
66	RING Urszula	427		K 30-39	31	00:34:02	00:48:54	00:54:50.05	+00:18:10 (33.1%)	5:29	10.9 (66.5%)
67	RADOMSKA-ZUBCZYŃSKA Maria	418		K 30-39	32	00:33:53	00:49:16	00:55:14.80	+00:18:35 (33.6%)	5:31	10.9 (66.5%)
68	KOCIK Elżbieta	4		K 40-49	24			00:55:23.00	+00:18:43 (33.8%)	5:32	10.8 (65.9%)
69	PASTERNAK Justyna	383	Z BIEGANIEM MI DO TWARZY	K 40-49	25	00:34:34	00:49:26	00:55:28.50	+00:18:48 (33.9%)	5:32	10.8 (65.9%)
70	CHODKOWSKA Anna	81		K 30-39	33	00:34:31	00:49:36	00:55:37.65	+00:18:58 (34.1%)	5:33	10.8 (65.9%)
71	JAROS Honorata	192	.	K 50-59	6	00:34:08	00:49:34	00:55:47.15	+00:19:07 (34.3%)	5:34	10.8 (65.9%)
72	KROSZKIEWICZ Joanna	254		K 30-39	34	00:34:34	00:49:41	00:55:51.60	+00:19:11 (34.4%)	5:35	10.7 (65.2%)
73	MYCIELSKA Ewa	651		K 40-49	26	00:34:59	00:50:00	00:55:53.85	+00:19:14 (34.4%)	5:35	10.7 (65.2%)
74	BERECZ Eva	41		K 30-39	35	00:34:39	00:49:23	00:55:59.25	+00:19:19 (34.5%)	5:35	10.7 (65.2%)

										Czas netto 10km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km						
75	FIRCHAŁ Monika	131	ORT ŁOMIANKI	K 40-49	27	00:34:41	00:49:45	00:56:02.70	+00:19:23 (34.6%)	5:36	10.7 (65.2%)		
76	SZYMBORSKA Dota	503	POŁAWIACZKI PEREŁ	K 40-49	28	00:35:19	00:50:08	00:56:13.50	+00:19:33 (34.8%)	5:37	10.7 (65.2%)		
77	CIEŻ Marcelina	95		K 1-29	8	00:35:58	00:50:39	00:56:18.65	+00:19:39 (34.9%)	5:37	10.7 (65.2%)		
78	HRYCIUK Katarzyna	180	EKOBIEGI	K 40-49	29	00:35:52	00:50:45	00:56:33.25	+00:19:53 (35.2%)	5:39	10.6 (64.6%)		
79	ŚWIDERSKA Joanna	510		K 30-39	36	00:35:37	00:50:37	00:56:56.10	+00:20:16 (35.6%)	5:41	10.5 (64.0%)		
80	MURAWSKA Magdalena	342		K 30-39	37	00:35:41	00:50:37	00:56:57.60	+00:20:17 (35.6%)	5:41	10.5 (64.0%)		
81	BOGUMIŁ Izabela	57		K 40-49	30	00:35:41	00:50:46	00:57:01.50	+00:20:21 (35.7%)	5:42	10.5 (64.0%)		
82	FLORCZUK Agnieszka	133		K 50-59	7	00:36:38	00:51:08	00:57:04.30	+00:20:24 (35.8%)	5:42	10.5 (64.0%)		
83	CZARTORYSKA Maja	108		K 1-29	9	00:35:59	00:51:20	00:57:17.00	+00:20:37 (36.0%)	5:43	10.5 (64.0%)		
84	MŁYŃCZYK Adriana	336		K 40-49	31	00:35:14	00:51:04	00:57:24.60	+00:20:44 (36.1%)	5:44	10.5 (64.0%)		
85	O'NEILL Agnieszka	366	BIEGOWE WTORKI NA TARCHOMINIE	K 40-49	32	00:34:58	00:50:39	00:57:24.70	+00:20:45 (36.1%)	5:44	10.5 (64.0%)		
86	MAJEWSKA Hanna	308	BIEGAM NA TARCHOMINIE	K 30-39	38	00:35:40	00:51:28	00:57:34.20	+00:20:54 (36.3%)	5:45	10.4 (63.4%)		
87	SZCZEŚNIAK Marta	496		K 30-39	39	00:36:30	00:52:02	00:57:44.35	+00:21:04 (36.5%)	5:46	10.4 (63.4%)		
88	CZARTORYSKA Anna	107		K 40-49	33	00:36:05	00:51:35	00:57:48.65	+00:21:09 (36.6%)	5:46	10.4 (63.4%)		
89	KRÓL Kamila	255		K 1-29	10	00:36:37	00:51:57	00:57:55.75	+00:21:16 (36.7%)	5:47	10.4 (63.4%)		
90	GONET Katarzyna	156		K 40-49	34	00:36:41	00:51:59	00:58:01.65	+00:21:22 (36.8%)	5:48	10.3 (62.8%)		
91	POLAKOWSKA Anna	399		K 30-39	40	00:36:35	00:52:09	00:58:14.75	+00:21:35 (37.1%)	5:49	10.3 (62.8%)		
92	MAĆKOWIAK Weronika	307		K 30-39	41	00:36:59	00:52:23	00:58:15.00	+00:21:35 (37.1%)	5:49	10.3 (62.8%)		
93	GŁÓWKA Małgorzata	148		K 40-49	35	00:36:28	00:52:23	00:58:19.95	+00:21:40 (37.2%)	5:49	10.3 (62.8%)		
94	DYMARSKA Marzena	125	BUSHIDO CENTRUM	K 40-49	36	00:36:32	00:51:59	00:58:21.70	+00:21:42 (37.2%)	5:50	10.3 (62.8%)		
95	DĄBROWSKA Anna	113		K 40-49	37	00:36:29	00:52:01	00:58:22.60	+00:21:42 (37.2%)	5:50	10.3 (62.8%)		
96	MAZUR Jowita	321	FUNKCJONUJ	K 40-49	38	00:37:02	00:52:17	00:58:23.25	+00:21:43 (37.2%)	5:50	10.3 (62.8%)		
97	CHOYNOWSKA Małgorzata	85		K 50-59	8	00:37:13	00:52:01	00:58:25.45	+00:21:45 (37.3%)	5:50	10.3 (62.8%)		
98	LEGAN Martyna	697		K 1-29	11	00:36:47	00:52:27	00:58:33.95	+00:21:54 (37.4%)	5:51	10.2 (62.2%)		
99	GRABOWSKA Marta	161		K 30-39	42	00:36:07	00:52:17	00:58:34.85	+00:21:55 (37.4%)	5:51	10.2 (62.2%)		
100	HIŻ Marta	179		K 40-49	39	00:37:34	00:52:29	00:58:45.20	+00:22:05 (37.6%)	5:52	10.2 (62.2%)		
101	BAJERA Aneta	24		K 30-39	43	00:36:31	00:52:25	00:58:45.70	+00:22:06 (37.6%)	5:52	10.2 (62.2%)		
102	ORZEŁ Karolina	370		K 30-39	44	00:36:50	00:52:36	00:59:00.40	+00:22:20 (37.9%)	5:54	10.2 (62.2%)		
103	FLOREK Małgorzata	134		K 30-39	45	00:36:50	00:52:50	00:59:09.70	+00:22:30 (38.0%)	5:54	10.1 (61.6%)		
104	WAWRYK Dorota	545		K 40-49	40	00:36:29	00:52:42	00:59:17.45	+00:22:37 (38.2%)	5:55	10.1 (61.6%)		
105	KLIMCZAK Justyna	224	FLORIAN CHOJNICE	K 30-39	46	00:37:05	00:53:08	00:59:23.75	+00:22:44 (38.3%)	5:56	10.1 (61.6%)		
106	CZARNIAKOWSKA Aleksandra	106		K 30-39	47	00:36:32	00:52:53	00:59:25.45	+00:22:45 (38.3%)	5:56	10.1 (61.6%)		
107	KIESIO Sylwia	219	NESSI TEAM	K 30-39	48	00:37:39	00:53:17	00:59:34.20	+00:22:54 (38.5%)	5:57	10.1 (61.6%)		
108	OPOŃSKA Emilia	367	BIEGAM NA TARCHOMINIE	K 30-39	49	00:36:44	00:53:08	00:59:39.10	+00:22:59 (38.5%)	5:57	10.1 (61.6%)		
109	KUCHARCZYK Nikola	268		K 1-29	12	00:37:13	00:53:43	00:59:40.65	+00:23:01 (38.6%)	5:58	10.1 (61.6%)		
110	TOBIASZ Dorota	519	GRUPA BIEGOWA CHTMO	K 40-49	41	00:37:30	00:53:35	00:59:42.50	+00:23:02 (38.6%)	5:58	10.1 (61.6%)		
111	ARAŻNY Kamila	19	TRUCHT TARCHOMIN TEAM	K 40-49	42	00:37:42	00:53:12	00:59:45.40	+00:23:05 (38.6%)	5:58	10 (61.0%)		
112	LAZARSKA Małgorzata	278		K 40-49	43	00:37:04	00:53:03	00:59:45.45	+00:23:05 (38.7%)	5:58	10 (61.0%)		
113	MICHAŁOWSKA Anna	648	BIEGAM NA TARCHOMINIE	K 40-49	44	00:37:13	00:53:33	00:59:54.70	+00:23:15 (38.8%)	5:59	10 (61.0%)		
114	BALCERZAK-JAŁTUSZEWSKA Katarzyna	28	MARKOWI BIEGACZE	K 40-49	45	00:37:23	00:53:43	01:00:11.30	+00:23:31 (39.1%)	6:01	10 (61.0%)		
115	MAJCHRZAK Anna	320		K 30-39	50	00:38:03	00:53:48	01:00:15.45	+00:23:35 (39.2%)	6:01	10 (61.0%)		
116	KWAPISZ-CICHOWSKA Katarzyna	275		K 40-49	46	00:38:09	00:53:43	01:00:27.00	+00:23:47 (39.4%)	6:02	9.9 (60.4%)		
117	ŁUCZAK Małgorzata	303	RUNNERSI ZE SKARBKA	K 40-49	47	00:37:32	00:54:04	01:00:37.50	+00:23:57 (39.5%)	6:03	9.9 (60.4%)		
118	SIKORSKA Agnieszka	626		K 30-39	51	00:37:50	00:54:05	01:00:43.25	+00:24:03 (39.6%)	6:04	9.9 (60.4%)		

								Czas netto		Tempo	Tempo
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	10km	Różn	min/km	km/h
119	MATUSZEWSKA Julia	693		K 40-49	48	00:36:32	00:53:24	01:00:52.10	+00:24:12 (39.8%)	6:05	9.9 (60.4%)
120	BAKALARSKA Mariola	25	BW RUNNING TEAM	K 50-59	9	00:37:14	00:54:17	01:00:52.85	+00:24:13 (39.8%)	6:05	9.9 (60.4%)
121	CZAPIEWSKA Małgorzata	103	BRODNICA BIEGA	K 50-59	10	00:38:21	00:54:36	01:01:07.95	+00:24:28 (40.0%)	6:06	9.8 (59.8%)
122	KUJAWSKA Joanna	118		K 40-49	49	00:37:23	00:54:28	01:01:12.25	+00:24:32 (40.1%)	6:07	9.8 (59.8%)
123	SHERSHUN Halyna	452	MASTERS DOJO KARATE KYOKUSHIN	K 30-39	52	00:36:57	00:54:20	01:01:19.10	+00:24:39 (40.2%)	6:07	9.8 (59.8%)
124	WALCZUK Magda	541	BRAK	K 30-39	53	00:37:13	00:54:36	01:01:22.85	+00:24:43 (40.3%)	6:08	9.8 (59.8%)
125	GWIZDAŁA Wioletta	677		K 30-39	54	00:38:18	00:55:07	01:01:22.90	+00:24:43 (40.3%)	6:08	9.8 (59.8%)
126	CISZEWSKA Anna	98		K 40-49	50	00:37:49	00:54:49	01:01:32.55	+00:24:52 (40.4%)	6:09	9.8 (59.8%)
127	KACZMAREK Katarzyna	204		K 30-39	55	00:39:06	00:55:18	01:01:36.20	+00:24:56 (40.5%)	6:09	9.7 (59.1%)
128	LEWANDOWSKA Monika	284		K 40-49	51	00:38:18	00:55:05	01:01:48.20	+00:25:08 (40.7%)	6:10	9.7 (59.1%)
129	BESSARABA Jagoda	43		K 1-29	13	00:37:24	00:55:09	01:02:21.70	+00:25:42 (41.2%)	6:14	9.6 (58.5%)
130	GURMIŃSKA Katarzyna	175		K 1-29	14	00:39:15	00:55:34	01:02:22.00	+00:25:42 (41.2%)	6:14	9.6 (58.5%)
131	KUŚMIREK-KOWAL Joanna	274		K 30-39	56	00:37:54	00:55:44	01:02:23.20	+00:25:43 (41.2%)	6:14	9.6 (58.5%)
132	RUCKA Aleksandra	435		K 1-29	15	00:38:11	00:55:50	01:02:24.35	+00:25:44 (41.3%)	6:14	9.6 (58.5%)
133	CZERESNIEWSKA Anna	111		K 30-39	57	00:38:22	00:55:29	01:02:24.85	+00:25:45 (41.3%)	6:14	9.6 (58.5%)
134	AUGUSTYNIAK Aleksandra	20		K 40-49	52	00:39:33	00:56:19	01:03:09.15	+00:26:29 (41.9%)	6:18	9.5 (57.9%)
135	BRZÓZKA Magda	68	TARCHO ZIOMY	K 30-39	58	00:39:09	00:56:26	01:03:16.10	+00:26:36 (42.1%)	6:19	9.5 (57.9%)
136	NOWAK Kasia	350		K 30-39	59	00:39:09	00:56:26	01:03:16.45	+00:26:36 (42.1%)	6:19	9.5 (57.9%)
137	TRZCIŃSKA Iwona	530		K 50-59	11	00:39:48	00:56:40	01:03:24.50	+00:26:44 (42.2%)	6:20	9.5 (57.9%)
138	ŁOZOWSKA Dorota	301		K 40-49	53	00:39:52	00:56:45	01:03:26.65	+00:26:47 (42.2%)	6:20	9.5 (57.9%)
139	TERECH Ewelina	624		K 40-49	54	00:39:31	00:56:33	01:03:32.75	+00:26:53 (42.3%)	6:21	9.4 (57.3%)
140	JANIK-ARMATA Aneta	186		K 30-39	60	00:39:12	00:56:40	01:03:33.65	+00:26:54 (42.3%)	6:21	9.4 (57.3%)
141	WYSOCKA-LEŚNIKOWSKA Magdalena	580		K 30-39	61	00:39:54	00:56:36	01:03:43.95	+00:27:04 (42.5%)	6:22	9.4 (57.3%)
142	DOMINIAK Edyta	688		K 30-39	62	00:39:13	00:56:48	01:03:53.20	+00:27:13 (42.6%)	6:23	9.4 (57.3%)
143	TERPIŁOWSKA Agnieszka	518		K 30-39	63	00:38:31	00:57:06	01:04:03.30	+00:27:23 (42.8%)	6:24	9.4 (57.3%)
144	PODSADNI-KRYSIK Paulina	397	EKOBIEGI	K 30-39	64	00:40:06	00:56:37	01:04:05.05	+00:27:25 (42.8%)	6:24	9.4 (57.3%)
145	RYSZKA Magdalena	442		K 1-29	16	00:39:39	00:57:24	01:04:06.70	+00:27:27 (42.8%)	6:24	9.4 (57.3%)
146	WOJTAŚ Beata	574		K 40-49	55	00:39:15	00:56:48	01:04:10.90	+00:27:31 (42.9%)	6:25	9.4 (57.3%)
147	WINDER Agnieszka	557		K 40-49	56	00:39:31	00:57:07	01:04:18.80	+00:27:39 (43.0%)	6:25	9.3 (56.7%)
148	MIERCZYK Agnieszka	332		K 40-49	57	00:39:33	00:57:07	01:04:19.30	+00:27:39 (43.0%)	6:25	9.3 (56.7%)
149	POPARDOWSKA Magda	401		K 1-29	17	00:40:32	00:58:00	01:04:19.40	+00:27:39 (43.0%)	6:25	9.3 (56.7%)
150	KNIAZIAK - BOBROWICZ Magdalena	631	ORANGE POLSKA	K 40-49	58	00:39:01	00:57:10	01:04:26.70	+00:27:47 (43.1%)	6:26	9.3 (56.7%)
151	OCHENKOWSKA Monika	353		K 30-39	65	00:39:48	00:57:19	01:04:26.90	+00:27:47 (43.1%)	6:26	9.3 (56.7%)
152	NIEDZWIEDZKA Edyta	347		K 30-39	66	00:40:01	00:57:41	01:04:41.75	+00:28:02 (43.3%)	6:28	9.3 (56.7%)
153	BUDEK Joanna	71		K 40-49	59	00:40:18	00:57:09	01:04:48.70	+00:28:09 (43.4%)	6:28	9.3 (56.7%)
154	RATASZEWSKA Edyta	422	NEW BALANCE RUN CLUB	K 50-59	12	00:40:49	00:57:52	01:04:50.35	+00:28:10 (43.5%)	6:29	9.3 (56.7%)
155	NASEWICZ-MAMLA Halina	343		K 50-59	13	00:40:38	00:57:44	01:04:54.50	+00:28:14 (43.5%)	6:29	9.2 (56.1%)
156	RUDNICKA Emilia	625	ZABIEGANI PO USZY	K 30-39	67	00:39:00	00:57:26	01:05:00.75	+00:28:21 (43.6%)	6:30	9.2 (56.1%)
157	BALINSKA Justyna	29		K 30-39	68	00:40:50	00:58:25	01:05:46.50	+00:29:06 (44.3%)	6:34	9.1 (55.5%)
158	OSIAL Anita	373	PŁOŃSZCZANKI	K 30-39	69	00:42:12	01:00:17	01:07:10.35	+00:30:30 (45.4%)	6:43	8.9 (54.3%)
159	KORNACKA Agnieszka	239		K 1-29	18	00:41:50	00:59:25	01:07:15.50	+00:30:35 (45.5%)	6:43	8.9 (54.3%)
160	JUNDZIŁŁ-BOGUSIEWICZ Paulina	200		K 30-39	70	00:39:07	00:59:02	01:07:29.95	+00:30:50 (45.7%)	6:44	8.9 (54.3%)
161	LACHERT STRYJKOWSKA Ewa	277	ROZBIEGANY SULEJÓWEK	K 50-59	14	00:41:39	01:00:24	01:07:48.75	+00:31:09 (45.9%)	6:46	8.8 (53.7%)
162	STRZELEC Agnieszka	482		K 40-49	60	00:41:17	01:00:15	01:08:01.50	+00:31:21 (46.1%)	6:48	8.8 (53.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	6.6km	9km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
163	TRUSZKOWSKA Agnieszka	528		K 30-39	71	00:41:12	01:00:32	01:08:05.60	+00:31:25 (46.2%)	6:48	8.8 (53.7%)
164	LISOWSKA Alicja	291	BIEGAM NA TARCHOMINIE	K 30-39	72	00:41:07	01:00:41	01:08:35.05	+00:31:55 (46.5%)	6:51	8.7 (53.0%)
165	WIŚNIEWSKA-DUDA Anna	562		K 30-39	73	00:42:56	01:01:00	01:08:36.00	+00:31:56 (46.6%)	6:51	8.7 (53.0%)
165	WÓJCIK Monika	653	TRUCHTAM NA TARCHOMINIE	K 40-49	61			01:08:36.00	+00:31:56 (46.6%)	6:51	8.7 (53.0%)
167	ZATYLNA Joanna	591		K 30-39	74	00:41:31	01:00:19	01:08:50.40	+00:32:10 (46.7%)	6:53	8.7 (53.0%)
168	CIEPLAK Katarzyna	91		K 40-49	62	00:41:59	01:01:07	01:08:57.80	+00:32:18 (46.8%)	6:53	8.7 (53.0%)
169	TELAKOWSKA Anita	516		K 40-49	63	00:41:13	01:00:50	01:09:07.35	+00:32:27 (47.0%)	6:54	8.7 (53.0%)
170	MICHNOWSKA Adriana	328		K 40-49	64	00:42:16	01:01:06	01:09:13.65	+00:32:34 (47.0%)	6:55	8.7 (53.0%)
171	ROGUSKA Magdalena	1	BIAŁOŁĘKA JEST KOBIETĄ	K 40-49	65	00:42:01	01:00:49	01:09:14.70	+00:32:35 (47.1%)	6:55	8.7 (53.0%)
172	ŁĄCKA Ilona	10	BIAŁOŁĘKA JEST KOBIETĄ	K 50-59	15	00:41:59	01:00:50	01:09:15.30	+00:32:35 (47.1%)	6:55	8.7 (53.0%)
173	OŁDAK Katarzyna	691		K 40-49	66	00:41:03	01:01:28	01:09:18.20	+00:32:38 (47.1%)	6:55	8.7 (53.0%)
174	ORŁOWSKA Dorota	680		K 30-39	75	00:42:03	01:01:24	01:09:34.00	+00:32:54 (47.3%)	6:57	8.6 (52.4%)
174	MAKOWSKA Izabella	681		K 30-39	76	00:42:03	01:01:25	01:09:34.00	+00:32:54 (47.3%)	6:57	8.6 (52.4%)
176	OSTASZEWSKA Katarzyna	374		K 40-49	67	00:40:14	01:01:41	01:10:00.55	+00:33:20 (47.6%)	7:00	8.6 (52.4%)
177	OLSZEWSKA Katarzyna Bernadetta	362		K 40-49	68	00:42:14	01:03:21	01:10:02.80	+00:33:23 (47.7%)	7:00	8.6 (52.4%)
178	ZAKABŁUKOWSKA Angelika	583		K 40-49	69	00:42:34	01:02:42	01:10:49.65	+00:34:10 (48.2%)	7:04	8.5 (51.8%)
179	KOPEĆ Maria	236	NAPRZÓD MŁOCINY	K 1-29	19	00:42:43	01:03:29	01:11:10.95	+00:34:31 (48.5%)	7:07	8.4 (51.2%)
180	- -	654		K Odcinek specjalny	1	00:41:35	01:02:20	01:11:14.65	+00:34:35 (48.5%)	7:07	8.4 (51.2%)
181	LOTKO Justyna	295		K 40-49	70	00:43:00	01:04:04	01:12:10.35	+00:35:30 (49.2%)	7:13	8.3 (50.6%)
182	KRZANOWSKA Małgorzata	262		K 50-59	16	00:42:33	01:03:56	01:12:35.20	+00:35:55 (49.5%)	7:15	8.3 (50.6%)
183	PARZYCH Sylwia	633		K 30-39	77	00:42:41	01:04:09	01:12:48.70	+00:36:09 (49.6%)	7:16	8.2 (50.0%)
184	ROSZKOWSKA-KAZAŁA Małgorzata	432	BIEGOWE WTORKI NA TARCHOMINIE	K 40-49	71	00:44:41	01:04:48	01:13:10.45	+00:36:30 (49.9%)	7:19	8.2 (50.0%)
185	JORDAN Agnieszka	198	BIEGANIE W WARSZAWIE	K 30-39	78			01:13:22.00	+00:36:42 (50.0%)	7:20	8.2 (50.0%)
186	WIĘCKOWSKA Marzena	552		K 40-49	72			01:13:23.00	+00:36:43 (50.0%)	7:20	8.2 (50.0%)
187	WÓJTOWICZ Agnieszka	579		K 40-49	73	00:45:13	01:05:48	01:14:23.70	+00:37:44 (50.7%)	7:26	8.1 (49.4%)
188	OLCZAK Urszula	359	UMCS BIEGA	K 50-59	17	00:45:23	01:06:23	01:15:30.15	+00:38:50 (51.4%)	7:33	7.9 (48.2%)
189	REMBERK Danuta	426		K 60+	1	00:46:59	01:06:47	01:15:36.45	+00:38:56 (51.5%)	7:33	7.9 (48.2%)
190	KORSZER Agnieszka	311		K 50-59	18	00:45:19	01:06:40	01:15:38.60	+00:38:58 (51.5%)	7:33	7.9 (48.2%)
191	OGOŃCZYK Donata	355		K 30-39	79	00:45:55	01:07:44	01:15:54.90	+00:39:15 (51.7%)	7:35	7.9 (48.2%)
192	BIDZIŃSKA Alicja	46		K 30-39	80	00:46:44	01:07:38	01:16:06.55	+00:39:26 (51.8%)	7:36	7.9 (48.2%)
193	WIŚNIEWSKA Estera	561		K 1-29	20	00:47:16	01:08:13	01:17:04.25	+00:40:24 (52.4%)	7:42	7.8 (47.6%)
194	KĘSICKA Katarzyna	217		K 40-49	74	00:47:14	01:08:55	01:17:09.30	+00:40:29 (52.5%)	7:42	7.8 (47.6%)
195	ŚLIMKO Adriana	507		K 40-49	75	00:48:45	01:10:03	01:19:30.70	+00:42:51 (53.9%)	7:57	7.5 (45.7%)
196	KOLASA Barbara	233	KLUB J.SŁOWACKIEGO	K 60+	2	00:48:26	01:10:48	01:20:22.35	+00:43:42 (54.4%)	8:02	7.5 (45.7%)
197	KISIELEWICZ Bożena	221	PSTROKATY PAREOMARATON	K 40-49	76	00:49:06	01:12:42	01:21:46.45	+00:45:06 (55.2%)	8:10	7.3 (44.5%)
Przekroczony limit czasu: 01:30:00											
198	MAJKOWSKA Zofia	684		K 1-29	21	00:58:06	01:23:40	01:34:19.55	+00:57:39 (61.1%)	9:25	6.4 (39.0%)
199	WALASIK Agnieszka	540		K 40-49	77	00:59:20	01:26:49	01:37:38.30	+01:00:58 (62.5%)	9:45	6.1 (37.2%)
200	BRZAKAŁA Renata	65	SLOW JOGGING BIAŁOŁĘKA	K 50-59	19	01:00:22	01:27:12	01:37:43.25	+01:01:03 (62.5%)	9:46	6.1 (37.2%)
201	BOROWIAK Jolanta	61	SLOW JOGGING POLSKA	K 60+	3	01:00:21	01:27:12	01:37:43.55	+01:01:03 (62.5%)	9:46	6.1 (37.2%)
202	CZESNAR Kasia	670		K 50-59	20	01:00:17	01:25:40	01:37:44.40	+01:01:04 (62.5%)	9:46	6.1 (37.2%)