BYDGOSKI BIEG NIEPODLEGŁOŚCI 2022

Organizator: Aktywna Bydgoszcz
Data: 2022-11-11
Miejsce: Bydgoszcz
Dystans: 5 km

Klasyfikacja: K-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	**SZENK Marta**	**220**		K-40	1	00:00:02	**00:18:59.50**	**00:19:02.10**		3:47	15.8 (100%)
2	**MROTEK Katarzyna**	**8**	AKADEMIA MISTRZÓW SPORTU	K-40	2	00:00:21	**00:22:18.80**	**00:22:40.05**	+00:03:19 (14.9%)	4:27	13.5 (85.4%)
3	**URBAŃSKA Ewa**	**780**	TM IRONTEAM	K-40	3	00:00:04	**00:22:24.20**	**00:22:28.65**	+00:03:24 (15.2%)	4:28	13.4 (84.8%)
4	**ŚWIETLIK Michalina**	**439**	POLFARMEX TEAM	K-40	4	00:00:10	**00:23:36.15**	**00:23:46.90**	+00:04:36 (19.5%)	4:43	12.7 (80.4%)
5	**PRZYBYŁA Agnieszka**	**459**		K-40	5	00:00:13	**00:23:49.90**	**00:24:03.30**	+00:04:50 (20.3%)	4:45	12.6 (79.7%)
6	**WOLAN Magdalena**	**194**	AMOREK	K-40	6	00:00:20	**00:23:53.10**	**00:24:13.90**	+00:04:53 (20.5%)	4:46	12.6 (79.7%)
7	**MŁYNARCZYK Ewa**	**1109**	BYDGOSKIE ŻÓŁWIE	K-40	7	00:00:03	**00:24:03.45**	**00:24:07.40**	+00:05:03 (21.1%)	4:48	12.5 (79.1%)
8	**WASILEWSKA Agata**	**225**	AKADEMIA MISTRZÓW SPORTU	K-40	8	00:00:41	**00:24:13.30**	**00:24:54.40**	+00:05:13 (21.6%)	4:50	12.4 (78.5%)
9	**PIOTROWSKA-RADZIEJEWSKA Marzena**	**831**		K-40	9	00:00:11	**00:24:29.35**	**00:24:40.50**	+00:05:29 (22.4%)	4:53	12.3 (77.8%)
10	**KUJDA Dorota**	**45**		K-40	10	00:00:15	**00:24:45.15**	**00:25:00.95**	+00:05:45 (23.3%)	4:57	12.1 (76.6%)
11	**KARCZEWSKA Arletta**	**728**	WHM/SPORTWAY	K-40	11	00:00:14	**00:25:04.45**	**00:25:18.85**	+00:06:04 (24.3%)	5:00	12 (75.9%)
12	**ZIELIŃSKA Barbara**	**554**	SHUGO	K-40	12	00:01:10	**00:25:10.95**	**00:26:21.90**	+00:06:11 (24.6%)	5:02	11.9 (75.3%)
13	**GROBELNA Monika**	**195**		K-40	13	00:00:28	**00:25:12.25**	**00:25:41.00**	+00:06:12 (24.6%)	5:02	11.9 (75.3%)
14	**GOLIMOWSKA Anna**	**517**		K-40	14	00:00:17	**00:25:46.65**	**00:26:04.40**	+00:06:47 (26.3%)	5:09	11.6 (73.4%)
15	**NAGORZYSKA Sylwia**	**279**	MUDFOXES	K-40	15	00:00:17	**00:25:47.50**	**00:26:04.80**	+00:06:48 (26.4%)	5:09	11.6 (73.4%)
16	**SZABLINSKA Honorata**	**423**		K-40	16	00:00:34	**00:25:48.50**	**00:26:22.95**	+00:06:49 (26.4%)	5:09	11.6 (73.4%)
17	**MACIOSZEK Ewa**	**1171**		K-40	17	00:00:42	**00:26:18.45**	**00:27:00.55**	+00:07:18 (27.8%)	5:15	11.4 (72.2%)
18	**HAŁAS Ewa**	**419**	BIEGACZE KCYNIA TEAM	K-40	18	00:00:09	**00:26:29.25**	**00:26:39.20**	+00:07:29 (28.3%)	5:17	11.3 (71.5%)
19	**PISKORSKA Marta**	**48**	KOLOROWE GACIE	K-40	19	00:00:44	**00:26:31.20**	**00:27:15.70**	+00:07:31 (28.4%)	5:18	11.3 (71.5%)
20	**KUBIS Sylwia**	**86**	YOGA BLISKO NATURY	K-40	20	00:01:06	**00:26:32.75**	**00:27:39.25**	+00:07:33 (28.5%)	5:18	11.3 (71.5%)
21	**BESS Ania**	**520**		K-40	21	00:00:06	**00:26:36.50**	**00:26:43.45**	+00:07:37 (28.6%)	5:19	11.3 (71.5%)
22	**MIKOŁAJCZAK Małgorzata**	**1117**		K-40	22	00:00:38	**00:27:08.80**	**00:27:46.90**	+00:08:09 (30.0%)	5:25	11.1 (70.3%)
23	**GRZESIAK-KNUT Lucyna**	**99**		K-40	23	00:01:09	**00:27:12.50**	**00:28:21.85**	+00:08:13 (30.2%)	5:26	11 (69.6%)
24	**LANGE Monika**	**706**		K-40	24	00:01:09	**00:27:12.65**	**00:28:22.05**	+00:08:13 (30.2%)	5:26	11 (69.6%)
25	**GOŁATTA Magdalena**	**110**		K-40	25	00:01:09	**00:27:12.80**	**00:28:22.25**	+00:08:13 (30.2%)	5:26	11 (69.6%)
26	**DAWGUL Hanna**	**160**	AMS	K-40	26	00:00:41	**00:27:13.90**	**00:27:55.65**	+00:08:14 (30.3%)	5:26	11 (69.6%)
27	**KOWALSKA Jolanta**	**391**		K-40	27	00:00:52	**00:27:17.90**	**00:28:10.75**	+00:08:18 (30.4%)	5:27	11 (69.6%)
28	**MAGDZIARZ Katarzyna**	**586**		K-40	28	00:01:07	**00:27:25.15**	**00:28:32.70**	+00:08:25 (30.7%)	5:29	10.9 (69.0%)
29	**ZAMIATOWSKA Kinga**	**24**	BELLA LINE	K-40	29	00:00:15	**00:27:25.35**	**00:27:40.55**	+00:08:25 (30.7%)	5:29	10.9 (69.0%)
30	**SIERADZKA Małgorzata**	**734**		K-40	30	00:01:16	**00:27:29.50**	**00:28:46.30**	+00:08:30 (30.9%)	5:29	10.9 (69.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
31	**MEYER Marzena**	**398**		K-40	31	00:00:42	**00:27:32.95**	**00:28:15.35**	+00:08:33 (31.1%)	5:30	10.9 (69.0%)
32	**BUREK Dorota**	**740**		K-40	32	00:00:18	**00:27:33.15**	**00:27:52.05**	+00:08:33 (31.1%)	5:30	10.9 (69.0%)
33	**SIWAK Anna**	**1006**		K-40	33	00:01:01	**00:27:36.60**	**00:28:38.20**	+00:08:37 (31.2%)	5:31	10.9 (69.0%)
34	**MUSS Karolina**	**1067**		K-40	34	00:01:08	**00:27:38.80**	**00:28:47.35**	+00:08:39 (31.3%)	5:31	10.9 (69.0%)
35	**PIECHOWSKA Magdalena**	**257**		K-40	35	00:00:54	**00:27:43.00**	**00:28:37.65**	+00:08:43 (31.5%)	5:32	10.8 (68.4%)
36	**MISUN-NOWAK Katarzyna**	**227**	AKADEMIA MISTRZÓW SPORTU	K-40	36	00:00:44	**00:27:43.80**	**00:28:28.20**	+00:08:44 (31.5%)	5:32	10.8 (68.4%)
37	**KRZYWAŃSKA Aleksandra**	**576**	BIEGACZKI SIŁACZKI	K-40	37	00:00:19	**00:27:49.20**	**00:28:09.00**	+00:08:49 (31.7%)	5:33	10.8 (68.4%)
38	**KOPCZYŃSKA Ewelina**	**1098**		K-40	38	00:01:12	**00:27:51.55**	**00:29:03.55**	+00:08:52 (31.8%)	5:34	10.8 (68.4%)
39	**SITKO Agata**	**458**		K-40	39	00:00:26	**00:27:52.70**	**00:28:18.95**	+00:08:53 (31.9%)	5:34	10.8 (68.4%)
40	**WŁODARCZYK Hanna**	**413**		K-40	40	00:00:35	**00:27:58.85**	**00:28:34.10**	+00:08:59 (32.1%)	5:35	10.7 (67.7%)
41	**FUZ Gabriela**	**309**	KABEL TEAM BYDGOSZCZ	K-40	41	00:00:42	**00:28:03.60**	**00:28:46.30**	+00:09:04 (32.3%)	5:36	10.7 (67.7%)
42	**CHYLIŃSKA Monika**	**339**	-	K-40	42	00:00:57	**00:28:24.60**	**00:29:22.25**	+00:09:25 (33.2%)	5:40	10.6 (67.1%)
43	**SUCHOMSKA Beata**	**103**		K-40	43	00:01:06	**00:28:27.30**	**00:29:33.30**	+00:09:27 (33.3%)	5:41	10.5 (66.5%)
44	**PARADOWSKA Bogumiła**	**981**		K-40	44	00:00:38	**00:28:32.05**	**00:29:10.65**	+00:09:32 (33.4%)	5:42	10.5 (66.5%)
45	**FRANKOWSKA Małgorzata**	**539**		K-40	45	00:00:38	**00:28:54.80**	**00:29:32.90**	+00:09:55 (34.3%)	5:46	10.4 (65.8%)
46	**WESOŁOWSKA Aleksandra**	**68**		K-40	46	00:00:15	**00:28:55.10**	**00:29:10.80**	+00:09:55 (34.3%)	5:47	10.4 (65.8%)
47	**WESOŁOWSKA Aleksandra**	**905**		K-40	47	00:00:19	**00:28:56.10**	**00:29:16.05**	+00:09:56 (34.4%)	5:47	10.4 (65.8%)
48	**CZARNECKA -PIJAROWSKA Dominika**	**473**	KU BLISKOŚCI	K-40	48	00:00:15	**00:29:04.50**	**00:29:19.90**	+00:10:05 (34.7%)	5:48	10.3 (65.2%)
49	**PAWLEWSKA Joanna**	**228**		K-40	49	00:00:41	**00:29:19.30**	**00:30:00.55**	+00:10:19 (35.2%)	5:51	10.2 (64.6%)
50	**POLACKA Jadwiga**	**1104**	BIEGAJ Z DĘBAMI	K-40	50	00:01:11	**00:29:29.90**	**00:30:41.30**	+00:10:30 (35.6%)	5:53	10.2 (64.6%)
51	**WISNIEWSKA Małgorzata**	**1160**		K-40	51	00:00:44	**00:29:31.35**	**00:30:15.35**	+00:10:31 (35.7%)	5:54	10.2 (64.6%)
52	**IGNASIAK Bernadeta**	**961**		K-40	52	00:00:26	**00:29:38.35**	**00:30:04.45**	+00:10:38 (35.9%)	5:55	10.1 (63.9%)
53	**SZAJDA Magdalena**	**367**	TRICHICKAS	K-40	53	00:00:32	**00:29:39.25**	**00:30:12.00**	+00:10:39 (36.0%)	5:55	10.1 (63.9%)
54	**NAWROCKA Joanna**	**1072**		K-40	54	00:00:19	**00:29:47.95**	**00:30:07.75**	+00:10:48 (36.3%)	5:57	10.1 (63.9%)
55	**KLIMZA Marzena**	**1038**	LUBICZ TEAM	K-40	55	00:00:42	**00:29:49.70**	**00:30:32.10**	+00:10:50 (36.3%)	5:57	10.1 (63.9%)
56	**HORYD Justyna**	**37**		K-40	56	00:00:54	**00:29:59.20**	**00:30:53.60**	+00:10:59 (36.7%)	5:59	10 (63.3%)
57	**LENSER Ewa**	**759**		K-40	57	00:00:45	**00:30:04.40**	**00:30:50.05**	+00:11:04 (36.8%)	6:00	10 (63.3%)
58	**ZIELIŃSKA Justyna**	**14**	KOLOROWE GACIE	K-40	58	00:00:44	**00:30:04.80**	**00:30:49.50**	+00:11:05 (36.9%)	6:00	10 (63.3%)
59	**RASSALSKA-KAUSA Jola**	**35**		K-40	59	00:00:54	**00:30:12.70**	**00:31:06.70**	+00:11:13 (37.1%)	6:02	9.9 (62.7%)
60	**RYBACKA Iwona**	**989**		K-40	60	00:00:50	**00:30:12.90**	**00:31:03.45**	+00:11:13 (37.1%)	6:02	9.9 (62.7%)
61	**AUGUSTYNOWICZ Katarzyna**	**283**		K-40	61	00:00:15	**00:30:17.30**	**00:30:33.20**	+00:11:17 (37.3%)	6:03	9.9 (62.7%)
62	**SZYMCZAK Barbara**	**1188**		K-40	62	00:00:32	**00:30:19.40**	**00:30:52.30**	+00:11:19 (37.4%)	6:03	9.9 (62.7%)
63	**HOŁYŃSKA Katarzyna**	**730**		K-40	63	00:00:19	**00:30:23.50**	**00:30:43.00**	+00:11:24 (37.5%)	6:04	9.9 (62.7%)
64	**WOJCIECHOWSKA Dagmara**	**967**		K-40	64	00:00:39	**00:30:25.15**	**00:31:04.90**	+00:11:25 (37.6%)	6:05	9.9 (62.7%)
65	**STEGNERSKA Agnieszka**	**846**		K-40	65	00:00:22	**00:30:26.15**	**00:30:48.90**	+00:11:26 (37.6%)	6:05	9.9 (62.7%)
66	**PROKOPOWICZ Aleksandra**	**50**		K-40	66	00:01:17	**00:30:33.75**	**00:31:50.80**	+00:11:34 (37.9%)	6:06	9.8 (62.0%)
67	**JANULEWICZ Monika**	**1158**		K-40	67	00:00:36	**00:30:41.30**	**00:31:17.50**	+00:11:41 (38.1%)	6:08	9.8 (62.0%)
68	**KACPERSKA Anna**	**583**	BIEGACZKI SIŁACZKI	K-40	68	00:00:18	**00:30:45.75**	**00:31:04.30**	+00:11:46 (38.3%)	6:09	9.8 (62.0%)
69	**SZULAKOWSKA Patrycja**	**687**	TERENOWA MASAKRA TEAM	K-40	69	00:01:05	**00:30:46.95**	**00:31:52.75**	+00:11:47 (38.3%)	6:09	9.8 (62.0%)
70	**FELKNER Sylwia**	**1127**		K-40	70	00:01:12	**00:30:50.20**	**00:32:02.75**	+00:11:50 (38.4%)	6:10	9.7 (61.4%)
71	**MAZANOWSKA Ewa**	**1025**		K-40	71	00:00:54	**00:30:57.35**	**00:31:52.25**	+00:11:57 (38.6%)	6:11	9.7 (61.4%)
72	**KRASINSKAKOBUS Agata**	**500**		K-40	72	00:00:54	**00:31:08.70**	**00:32:03.60**	+00:12:09 (39.0%)	6:13	9.6 (60.8%)
73	**WŁAŚNIAK Sylwia**	**329**		K-40	73	00:00:46	**00:31:09.45**	**00:31:55.80**	+00:12:09 (39.0%)	6:13	9.6 (60.8%)
74	**GŁĘBOCKA Agnieszka**	**43**		K-40	74	00:01:10	**00:31:10.60**	**00:32:21.15**	+00:12:11 (39.1%)	6:14	9.6 (60.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
75	**CICHULSKA-QUAAS Izabela**	**157**		K-40	75	00:00:42	**00:31:17.55**	**00:31:59.85**	+00:12:18 (39.3%)	6:15	9.6 (60.8%)
76	**MICHNIEWICZ Małgorzata**	**415**		K-40	76	00:00:25	**00:31:20.25**	**00:31:46.05**	+00:12:20 (39.4%)	6:16	9.6 (60.8%)
77	**PIERZCHALSKA Kasia**	**202**		K-40	77	00:00:16	**00:31:20.60**	**00:31:37.35**	+00:12:21 (39.4%)	6:16	9.6 (60.8%)
78	**ZAREMBA WANCZURA Joanna**	**1215**		K-40	78	00:00:35	**00:31:23.80**	**00:31:59.05**	+00:12:24 (39.5%)	6:16	9.6 (60.8%)
79	**ZBIRANEK Beata**	**575**	BIEGACZKI SIŁACZKI	K-40	79	00:00:20	**00:31:25.75**	**00:31:45.95**	+00:12:26 (39.6%)	6:17	9.5 (60.1%)
80	**JANIC Joanna**	**147**		K-40	80	00:01:02	**00:31:38.45**	**00:32:40.80**	+00:12:38 (40.0%)	6:19	9.5 (60.1%)
81	**KAŹMIERCZAK Aleksandra**	**788**	BIEGAJ Z DĘBAMI	K-40	81	00:01:11	**00:31:48.55**	**00:32:59.95**	+00:12:49 (40.3%)	6:21	9.4 (59.5%)
82	**NIEMIEC Karolina**	**590**	DLA WIKTORKA	K-40	82	00:00:56	**00:31:57.45**	**00:32:53.45**	+00:12:57 (40.6%)	6:23	9.4 (59.5%)
83	**KWASIGROCH Aleksandra**	**1207**		K-40	83	00:00:22	**00:32:17.25**	**00:32:39.70**	+00:13:17 (41.2%)	6:27	9.3 (58.9%)
84	**KONOPIŃSKA Agnieszka**	**1010**		K-40	84	00:00:27	**00:32:38.10**	**00:33:05.45**	+00:13:38 (41.8%)	6:31	9.2 (58.2%)
85	**POLEK Krystyna**	**1125**		K-40	85	00:00:27	**00:32:38.50**	**00:33:05.55**	+00:13:39 (41.8%)	6:31	9.2 (58.2%)
86	**POLIWODZIŃSKA Agnieszka**	**476**	WISŁA FORDON	K-40	86	00:01:17	**00:32:39.40**	**00:33:56.90**	+00:13:39 (41.8%)	6:31	9.2 (58.2%)
87	**LUTKOWSKA Katarzyna**	**982**		K-40	87	00:00:35	**00:32:43.05**	**00:33:18.35**	+00:13:43 (42.0%)	6:32	9.2 (58.2%)
88	**MAZELA Monika**	**699**		K-40	88	00:00:51	**00:32:45.10**	**00:33:36.60**	+00:13:45 (42.0%)	6:33	9.2 (58.2%)
89	**PRIETZ Agata**	**342**		K-40	89	00:01:02	**00:32:51.90**	**00:33:54.15**	+00:13:52 (42.2%)	6:34	9.1 (57.6%)
90	**TOKARSKA Alicja**	**401**	VEGE RUNNERS	K-40	90	00:00:45	**00:32:53.40**	**00:33:39.05**	+00:13:53 (42.3%)	6:34	9.1 (57.6%)
91	**LEWANDOWSKA Renata**	**1195**	ROLLTEAM BYDGOSZCZ	K-40	91	00:00:23	**00:32:54.65**	**00:33:17.80**	+00:13:55 (42.3%)	6:34	9.1 (57.6%)
92	**SENSKA Magdalena**	**117**		K-40	92	00:00:31	**00:32:56.65**	**00:33:28.30**	+00:13:57 (42.4%)	6:35	9.1 (57.6%)
93	**ERDMANN Agnieszka**	**996**		K-40	93	00:00:56	**00:32:58.75**	**00:33:55.20**	+00:13:59 (42.4%)	6:35	9.1 (57.6%)
94	**DRAFC Mariola**	**1136**		K-40	94	00:00:56	**00:32:59.35**	**00:33:55.80**	+00:13:59 (42.4%)	6:35	9.1 (57.6%)
95	**KUK Sylwia**	**568**		K-40	95	00:01:14	**00:33:00.50**	**00:34:15.40**	+00:14:01 (42.5%)	6:36	9.1 (57.6%)
96	**KOWALEWSKA Monika**	**1094**		K-40	96	00:00:42	**00:33:01.60**	**00:33:43.70**	+00:14:02 (42.5%)	6:36	9.1 (57.6%)
97	**MIELCAREK Małgorza**	**895**		K-40	97	00:00:59	**00:33:11.50**	**00:34:11.00**	+00:14:12 (42.8%)	6:38	9 (57.0%)
98	**CZYŻNIKOWSKA Anna**	**510**		K-40	98	00:01:01	**00:33:13.80**	**00:34:15.50**	+00:14:14 (42.8%)	6:38	9 (57.0%)
99	**KUBERSKA Roma**	**616**		K-40	99	00:01:03	**00:33:16.50**	**00:34:19.90**	+00:14:17 (42.9%)	6:39	9 (57.0%)
100	**KRYSIŃSKA Kamila**	**1162**		K-40	100	00:01:01	**00:33:45.10**	**00:34:46.10**	+00:14:45 (43.7%)	6:45	8.9 (56.3%)
101	**REINKE Joanna**	**723**		K-40	101	00:00:03	**00:34:03.00**	**00:34:06.70**	+00:15:03 (44.2%)	6:48	8.8 (55.7%)
102	**OSTROWSKA Renata**	**338**		K-40	102	00:00:33	**00:34:10.80**	**00:34:44.40**	+00:15:11 (44.4%)	6:50	8.8 (55.7%)
103	**TEWS Marzena**	**835**		K-40	103	00:00:32	**00:34:12.15**	**00:34:44.40**	+00:15:12 (44.5%)	6:50	8.8 (55.7%)
104	**SĘDZIK Joanna**	**1012**		K-40	104	00:00:58	**00:34:42.40**	**00:35:40.50**	+00:15:42 (45.3%)	6:56	8.6 (54.4%)
105	**ANDRYSZCZYK Olga**	**1129**		K-40	105	00:00:43	**00:35:17.00**	**00:36:00.35**	+00:16:17 (46.2%)	7:03	8.5 (53.8%)
106	**PALACZ Wioletta**	**577**	POLONIA BYDGOSZCZ SLA	K-40	106	00:00:17	**00:35:21.80**	**00:35:38.90**	+00:16:22 (46.3%)	7:04	8.5 (53.8%)
107	**PIĘKNA Monika**	**738**		K-40	107	00:00:53	**00:35:24.35**	**00:36:18.00**	+00:16:24 (46.4%)	7:04	8.5 (53.8%)
108	**MIKOŁAJCZAK Aleksandra**	**1121**		K-40	108	00:00:45	**00:35:41.35**	**00:36:26.40**	+00:16:41 (46.8%)	7:08	8.4 (53.2%)
109	**KUCHARCZYK Jola**	**949**	BOGMAR OSTROMECKO	K-40	109	00:00:34	**00:35:41.40**	**00:36:16.20**	+00:16:41 (46.8%)	7:08	8.4 (53.2%)
110	**GRABOWSKA Marlena**	**742**		K-40	110	00:00:15	**00:35:53.80**	**00:36:09.50**	+00:16:54 (47.1%)	7:10	8.4 (53.2%)
111	**ROMIANOWSKA Agnieszka**	**743**		K-40	111	00:00:15	**00:35:54.15**	**00:36:09.95**	+00:16:54 (47.1%)	7:10	8.4 (53.2%)
112	**SPRENGEL Agnieszka**	**737**		K-40	112	00:01:16	**00:35:56.50**	**00:37:12.65**	+00:16:57 (47.2%)	7:11	8.3 (52.5%)
113	**SADOWSKA-CHORĄŻAK Aneta**	**968**		K-40	113	00:00:20	**00:35:58.25**	**00:36:18.35**	+00:16:58 (47.2%)	7:11	8.3 (52.5%)
114	**MIELCAREK Ania**	**760**		K-40	114	00:01:03	**00:36:10.20**	**00:37:13.60**	+00:17:10 (47.5%)	7:14	8.3 (52.5%)
115	**WOŹNIAK Anna**	**532**		K-40	115	00:00:33	**00:37:07.95**	**00:37:41.50**	+00:18:08 (48.9%)	7:25	8.1 (51.3%)
116	**BAGROVA Olena**	**1163**	RUNTEAM PRUSZCZ	K-40	116	00:01:20	**00:37:55.80**	**00:39:16.10**	+00:18:56 (49.9%)	7:35	7.9 (50.0%)
117	**RACKA-KUBIAK Beata**	**78**		K-40	117	00:01:21	**00:37:59.35**	**00:39:21.10**	+00:18:59 (50.0%)	7:35	7.9 (50.0%)
118	**MATUSZEWSKA Agnieszka**	**710**		K-40	118	00:00:27	**00:38:05.65**	**00:38:33.00**	+00:19:06 (50.1%)	7:37	7.9 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
119	**TWAROWSKA-ANTCZAK Emilia**	**1043**		K-40	119	00:00:04	**00:38:19.90**	**00:38:24.55**	+00:19:20 (50.5%)	7:39	7.8 (49.4%)
120	**WÓJCIK Anna**	**177**		K-40	120	00:00:48	**00:38:28.40**	**00:39:17.20**	+00:19:28 (50.6%)	7:41	7.8 (49.4%)
121	**RATAJCZAK Aurelia**	**292**		K-40	121	00:01:13	**00:38:35.05**	**00:39:48.05**	+00:19:35 (50.8%)	7:43	7.8 (49.4%)
122	**SURMACZ Agata**	**206**		K-40	122	00:00:15	**00:38:37.65**	**00:38:53.45**	+00:19:38 (50.8%)	7:43	7.8 (49.4%)
123	**BIELIŃSKA Joanna**	**1173**		K-40	123	00:00:44	**00:38:51.25**	**00:39:35.80**	+00:19:51 (51.1%)	7:46	7.7 (48.7%)
124	**PIERZGALSKA Anita**	**501**	ZAMULONE OSTRYGI	K-40	124	00:00:53	**00:38:55.65**	**00:39:49.50**	+00:19:56 (51.2%)	7:47	7.7 (48.7%)
125	**KNUT Agnieszka**	**640**		K-40	125	00:01:19	**00:39:05.95**	**00:40:25.20**	+00:20:06 (51.4%)	7:49	7.7 (48.7%)
126	**IWANIUK Anita**	**498**		K-40	126	00:00:53	**00:39:06.05**	**00:39:59.70**	+00:20:06 (51.4%)	7:49	7.7 (48.7%)
127	**PULC Anna**	**412**		K-40	127	00:01:04	**00:39:17.00**	**00:40:21.50**	+00:20:17 (51.7%)	7:51	7.6 (48.1%)
128	**KUGLARZ Karolina**	**766**		K-40	128	00:01:04	**00:41:30.20**	**00:42:34.50**	+00:22:30 (54.2%)	8:18	7.2 (45.6%)
129	**ŻYMANT-SŁODKA Magdalena**	**643**	SWEETVET TEAM	K-40	129	00:00:00	**00:45:09.65**	**00:45:09.65**	+00:26:10 (57.9%)	9:01	6.6 (41.8%)
	JANISZAK Beata	**748**	BIEGACZKI SIŁACZKI	K-40		DNF	**DNF**	**DNF**		-	- (0.0%)

Znaleziono 130 wynik(ów)