

# IV BIEG POGOŃ RAKA - SZCZECIN

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

**Organizator:** Stowarzyszenie Walki z Rakiem Płuca Oddział Szczecin  
**Data:** 2020-10-04  
**Miejsce:** Szczecin  
**Dystans:** 5 km

**B4SPORT**  
INTELEGENNE ZAWODY SPORTOWE

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	<b>FIENKO Katarzyna</b>	<b>48</b>		K Open	1	00:02:01	<b>00:23:59.00</b>	<b>00:26:00.20</b>		4:47	12.5 (100%)
2	<b>DYDEK Edyta</b>	<b>333</b>	SKB DZIK	K Open	2	00:53:20	<b>00:24:32.45</b>	<b>01:17:53.25</b>	+00:00:33 (2.3%)	4:54	12.2 (97.6%)
3	<b>TROJGA Karolina</b>	<b>273</b>	WIECZORNE BIEGANIE W SZCZECINIE	K Open	3	00:02:40	<b>00:25:21.25</b>	<b>00:28:01.60</b>	+00:01:22 (5.4%)	5:04	11.8 (94.4%)
4	<b>CIESZYŃSKA Marika</b>	<b>27</b>	RAZ SZCZECIN	K Open	4	01:05:03	<b>00:25:26.75</b>	<b>01:30:29.80</b>	+00:01:27 (5.7%)	5:05	11.8 (94.4%)
5	<b>MAZUR Marta</b>	<b>151</b>	SWIM2TRI	K Open	5	00:13:09	<b>00:25:49.30</b>	<b>00:38:58.90</b>	+00:01:50 (7.1%)	5:09	11.6 (92.8%)
6	<b>IZWIKOW Monika</b>	<b>75</b>		K Open	6	00:07:24	<b>00:26:09.35</b>	<b>00:33:33.40</b>	+00:02:10 (8.3%)	5:13	11.5 (92.0%)
7	<b>WIKLAK Natalia</b>	<b>292</b>		K Open	7	00:01:35	<b>00:26:43.85</b>	<b>00:28:19.30</b>	+00:02:44 (10.3%)	5:20	11.2 (89.6%)
8	<b>CZUBA Emilia</b>	<b>32</b>		K Open	8	00:02:17	<b>00:26:46.10</b>	<b>00:29:04.00</b>	+00:02:47 (10.4%)	5:21	11.2 (89.6%)
9	<b>MAŚLANKA Klaudia</b>	<b>147</b>	#TYMTRITEAM	K Open	9	00:02:21	<b>00:27:03.45</b>	<b>00:29:24.60</b>	+00:03:04 (11.4%)	5:24	11.1 (88.8%)
10	<b>SERKOWSKA Paulina</b>	<b>228</b>		K Open	10	00:08:11	<b>00:27:29.15</b>	<b>00:35:40.70</b>	+00:03:30 (12.7%)	5:29	10.9 (87.2%)
11	<b>ZAPOR Anna</b>	<b>307</b>		K Open	11	00:08:00	<b>00:27:36.75</b>	<b>00:35:37.05</b>	+00:03:37 (13.1%)	5:31	10.9 (87.2%)
12	<b>POPŁAWSKA Weronika</b>	<b>198</b>	LKS PRZECŁAW	K Open	12	00:05:47	<b>00:27:42.25</b>	<b>00:33:29.85</b>	+00:03:43 (13.4%)	5:32	10.8 (86.4%)
13	<b>MADEJ Anna</b>	<b>138</b>	UKL ÓSEMKA POLICE	K Open	13	00:07:33	<b>00:27:44.15</b>	<b>00:35:17.35</b>	+00:03:45 (13.5%)	5:32	10.8 (86.4%)
14	<b>RADCZUK Karolina</b>	<b>204</b>	KOMPAS TEAM	K Open	14	00:05:09	<b>00:27:48.55</b>	<b>00:32:57.75</b>	+00:03:49 (13.8%)	5:33	10.8 (86.4%)
15	<b>RUDNIK-MIJAL Małgorzata</b>	<b>215</b>	ZMĘCZENI NA STARCIE	K Open	15	00:07:53	<b>00:28:02.15</b>	<b>00:35:55.35</b>	+00:04:03 (14.5%)	5:36	10.7 (85.6%)
16	<b>KOLSKA Lena</b>	<b>322</b>	WKURW-TEAM	K Open	16	00:09:38	<b>00:28:06.75</b>	<b>00:37:45.40</b>	+00:04:07 (14.7%)	5:37	10.7 (85.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
17	<b>ŁAWKIEL Natalia</b>	<b>124</b>		K Open	17	00:00:50	<b>00:28:16.65</b>	<b>00:29:07.30</b>	+00:04:17 (15.2%)	5:39	10.6 (84.8%)
18	<b>MACIĄŻEK Anna</b>	<b>132</b>		K Open	18	00:07:14	<b>00:28:42.20</b>	<b>00:35:56.30</b>	+00:04:43 (16.4%)	5:44	10.5 (84.0%)
19	<b>ŁĄCZAK Justyna</b>	<b>118</b>	ASSECO ACTIVE TEAM	K Open	19	00:07:27	<b>00:28:45.30</b>	<b>00:36:12.35</b>	+00:04:46 (16.6%)	5:45	10.4 (83.2%)
20	<b>REKOWSKA Danuta</b>	<b>206</b>		K Open	20	00:04:17	<b>00:29:02.90</b>	<b>00:33:20.50</b>	+00:05:03 (17.4%)	5:48	10.3 (82.4%)
21	<b>NATALCZYK Ewelina</b>	<b>165</b>		K Open	21	00:16:30	<b>00:29:09.80</b>	<b>00:45:39.95</b>	+00:05:10 (17.8%)	5:49	10.3 (82.4%)
22	<b>KARPIENIA Ewa</b>	<b>87</b>		K Open	22	00:15:42	<b>00:29:15.10</b>	<b>00:44:57.85</b>	+00:05:16 (18.0%)	5:51	10.3 (82.4%)
23	<b>PACYNA Renata</b>	<b>178</b>	KOZIELICE BIEGA	K Open	23	00:02:31	<b>00:29:15.20</b>	<b>00:31:47.00</b>	+00:05:16 (18.0%)	5:51	10.3 (82.4%)
24	<b>ROJEWSKA Weronika</b>	<b>208</b>		K Open	24	00:08:32	<b>00:29:20.65</b>	<b>00:37:52.80</b>	+00:05:21 (18.3%)	5:52	10.2 (81.6%)
25	<b>RZYMSKA Marta</b>	<b>218</b>	OSTRE DZIDY	K Open	25	00:02:08	<b>00:29:22.75</b>	<b>00:31:31.30</b>	+00:05:23 (18.4%)	5:52	10.2 (81.6%)
26	<b>KOZŁOWSKA Karolina</b>	<b>99</b>	#BIEGACZE	K Open	26	00:15:54	<b>00:29:24.30</b>	<b>00:45:18.50</b>	+00:05:25 (18.4%)	5:52	10.2 (81.6%)
27	<b>BĄCIK Aneta</b>	<b>8</b>		K Open	27	00:08:53	<b>00:29:33.95</b>	<b>00:38:27.40</b>	+00:05:34 (18.9%)	5:54	10.2 (81.6%)
28	<b>SAKOWSKA-CARŁO Magda</b>	<b>221</b>	WIECZORNE BIEGANIE W SZCZECINIE	K Open	28	00:01:16	<b>00:29:53.10</b>	<b>00:31:09.55</b>	+00:05:54 (19.7%)	5:58	10 (80.0%)
29	<b>POGORZELSKA Sylwia</b>	<b>197</b>	WIECZORNE BIEGANIE W SZCZECINIE	K Open	29	00:03:53	<b>00:29:57.65</b>	<b>00:33:51.60</b>	+00:05:58 (20.0%)	5:59	10 (80.0%)
30	<b>KRUCZKOWSKA Malwina</b>	<b>103</b>		K Open	30	00:06:52	<b>00:29:58.50</b>	<b>00:36:50.50</b>	+00:05:59 (20.0%)	5:59	10 (80.0%)
31	<b>SIKORA Magdalena</b>	<b>230</b>		K Open	31	00:02:45	<b>00:29:59.20</b>	<b>00:32:44.60</b>	+00:06:00 (20.0%)	5:59	10 (80.0%)
32	<b>KRUCZKOWSKA Agnieszka</b>	<b>104</b>		K Open	32	00:06:49	<b>00:30:00.95</b>	<b>00:36:50.75</b>	+00:06:01 (20.1%)	6:00	10 (80.0%)
33	<b>SCHNEIDER Aleksandra</b>	<b>224</b>		K Open	33	00:01:00	<b>00:30:07.95</b>	<b>00:31:08.65</b>	+00:06:08 (20.4%)	6:01	10 (80.0%)
34	<b>PUPEK Małgorzata</b>	<b>202</b>	WILKI Z CIECHOCINKA	K Open	34	00:01:40	<b>00:30:13.60</b>	<b>00:31:53.65</b>	+00:06:14 (20.7%)	6:02	9.9 (79.2%)
35	<b>ŁUKASIEWICZ Agnieszka</b>	<b>130</b>	KB HERMES GRYFINO	K Open	35	00:04:56	<b>00:30:14.30</b>	<b>00:35:10.90</b>	+00:06:15 (20.7%)	6:02	9.9 (79.2%)
36	<b>JAWORSKA Sonia</b>	<b>79</b>		K Open	36	00:00:51	<b>00:30:18.00</b>	<b>00:31:09.75</b>	+00:06:19 (20.8%)	6:03	9.9 (79.2%)
37	<b>PIĄTEK Karolina</b>	<b>186</b>		K Open	37	00:05:42	<b>00:30:24.85</b>	<b>00:36:07.30</b>	+00:06:25 (21.1%)	6:04	9.9 (79.2%)
38	<b>BUJNOWSKA Anita</b>	<b>19</b>		K Open	38	00:01:38	<b>00:30:26.15</b>	<b>00:32:04.60</b>	+00:06:27 (21.2%)	6:05	9.9 (79.2%)
39	<b>TURCZYK Marta</b>	<b>274</b>		K Open	39	00:02:10	<b>00:30:42.90</b>	<b>00:32:53.50</b>	+00:06:43 (21.9%)	6:08	9.8 (78.4%)

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40	<b>GAŁUSZKO Dagmara</b>	<b>51</b>		K Open	40	00:26:38	<b>00:30:55.40</b>	<b>00:57:33.50</b>	+00:06:56 (22.4%)	6:11	9.7 (77.6%)
41	<b>KOPKA Elżbieta</b>	<b>94</b>	WIECZORNE BIEGANIE W SZCZECINIE	K Open	41	00:03:06	<b>00:30:55.85</b>	<b>00:34:02.65</b>	+00:06:56 (22.5%)	6:11	9.7 (77.6%)
42	<b>MATUSZAK Justyna</b>	<b>148</b>	RUNDORFINA	K Open	42	00:00:46	<b>00:30:59.30</b>	<b>00:31:46.00</b>	+00:07:00 (22.6%)	6:11	9.7 (77.6%)
43	<b>WIECZOREK Magdalena</b>	<b>287</b>		K Open	43	00:06:34	<b>00:31:04.50</b>	<b>00:37:39.20</b>	+00:07:05 (22.8%)	6:12	9.7 (77.6%)
44	<b>SMOLSKA Barbara</b>	<b>239</b>		K Open	44	00:26:34	<b>00:31:07.10</b>	<b>00:57:42.00</b>	+00:07:08 (22.9%)	6:13	9.6 (76.8%)
45	<b>DOMAGALSKA Daria</b>	<b>38</b>		K Open	45	00:12:40	<b>00:31:14.90</b>	<b>00:43:55.00</b>	+00:07:15 (23.2%)	6:14	9.6 (76.8%)
46	<b>CHŁAPOWSKA Ewelina</b>	<b>22</b>		K Open	46	00:00:55	<b>00:31:16.40</b>	<b>00:32:11.60</b>	+00:07:17 (23.3%)	6:15	9.6 (76.8%)
47	<b>ORLON Barbara</b>	<b>174</b>		K Open	47	00:02:27	<b>00:31:16.95</b>	<b>00:33:44.00</b>	+00:07:17 (23.3%)	6:15	9.6 (76.8%)
48	<b>RÓŻYCKA Karina</b>	<b>214</b>		K Open	48	00:05:06	<b>00:31:24.30</b>	<b>00:36:30.60</b>	+00:07:25 (23.6%)	6:16	9.6 (76.8%)
49	<b>ROPIAK Renata</b>	<b>211</b>		K Open	49	00:20:39	<b>00:31:27.00</b>	<b>00:52:06.30</b>	+00:07:28 (23.7%)	6:17	9.5 (76.0%)
50	<b>KALINOWSKA Karolina</b>	<b>83</b>		K Open	50	00:20:38	<b>00:31:27.60</b>	<b>00:52:05.70</b>	+00:07:28 (23.8%)	6:17	9.5 (76.0%)
51	<b>KIJO-ŁYDKA Magdalena</b>	<b>89</b>		K Open	51	00:08:22	<b>00:31:28.35</b>	<b>00:39:50.95</b>	+00:07:29 (23.8%)	6:17	9.5 (76.0%)
52	<b>MATYSIAK Magdalena</b>	<b>149</b>		K Open	52	00:04:59	<b>00:31:40.05</b>	<b>00:36:39.10</b>	+00:07:41 (24.3%)	6:20	9.5 (76.0%)
53	<b>MADEJ Anna</b>	<b>137</b>		K Open	53	00:09:23	<b>00:31:40.80</b>	<b>00:41:03.80</b>	+00:07:41 (24.3%)	6:20	9.5 (76.0%)
54	<b>MURAWSKA Dorota</b>	<b>317</b>		K Open	54	00:02:06	<b>00:31:40.95</b>	<b>00:33:46.95</b>	+00:07:41 (24.3%)	6:20	9.5 (76.0%)
55	<b>ROMAŃSKA Joanna</b>	<b>210</b>		K Open	55	00:00:53	<b>00:31:44.70</b>	<b>00:32:38.00</b>	+00:07:45 (24.5%)	6:20	9.5 (76.0%)
56	<b>KWIATKOWSKA Aleksandra</b>	<b>116</b>		K Open	56	00:01:52	<b>00:31:45.05</b>	<b>00:33:37.40</b>	+00:07:46 (24.5%)	6:21	9.4 (75.2%)
57	<b>ŁODZIATO Magdalena</b>	<b>127</b>	TURKEYS TEAM	K Open	57	00:01:11	<b>00:31:50.95</b>	<b>00:33:02.35</b>	+00:07:51 (24.7%)	6:22	9.4 (75.2%)
58	<b>TOKARCZYK Marta</b>	<b>269</b>		K Open	58	00:16:57	<b>00:31:51.10</b>	<b>00:48:48.60</b>	+00:07:52 (24.7%)	6:22	9.4 (75.2%)
59	<b>MIŚNIK Zofia</b>	<b>160</b>		K Open	59	00:06:24	<b>00:32:08.30</b>	<b>00:38:32.55</b>	+00:08:09 (25.4%)	6:25	9.3 (74.4%)
60	<b>STACHOWICZ-HAWRYLAK Sylwia</b>	<b>243</b>		K Open	60	00:09:58	<b>00:32:16.95</b>	<b>00:42:15.05</b>	+00:08:17 (25.7%)	6:27	9.3 (74.4%)
61	<b>NOWAKOWSKA Adriana</b>	<b>170</b>		K Open	61	00:07:44	<b>00:32:18.45</b>	<b>00:40:03.10</b>	+00:08:19 (25.8%)	6:27	9.3 (74.4%)
62	<b>MRÓZ Marta</b>	<b>162</b>		K Open	62	00:02:12	<b>00:32:21.40</b>	<b>00:34:34.20</b>	+00:08:22 (25.9%)	6:28	9.3 (74.4%)

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63	<b>TOŁKACZ Karolina</b>	<b>270</b>		K Open	63	00:01:45	<b>00:32:21.70</b>	<b>00:34:06.75</b>	+00:08:22 (25.9%)	6:28	9.3 (74.4%)
64	<b>SZWABOWSKA Karolina</b>	<b>262</b>		K Open	64	00:08:05	<b>00:32:40.05</b>	<b>00:40:45.80</b>	+00:08:41 (26.6%)	6:32	9.2 (73.6%)
65	<b>MAZUR Emilia</b>	<b>150</b>		K Open	65	00:08:03	<b>00:32:42.60</b>	<b>00:40:45.90</b>	+00:08:43 (26.7%)	6:32	9.2 (73.6%)
66	<b>MAKSYM Sylwia</b>	<b>143</b>	BKS SKORPION SZCZECIN	K Open	66	00:00:17	<b>00:32:43.75</b>	<b>00:33:00.90</b>	+00:08:44 (26.7%)	6:32	9.2 (73.6%)
67	<b>HARWAT Katarzyna</b>	<b>65</b>		K Open	67	00:24:21	<b>00:32:46.10</b>	<b>00:57:07.30</b>	+00:08:47 (26.8%)	6:33	9.2 (73.6%)
68	<b>ŚWITALSKA Edyta</b>	<b>265</b>	SZCZECIŃSKIE CENTRUM TRENINGU PERSONALNEGO	K Open	68	00:06:31	<b>00:33:05.45</b>	<b>00:39:37.20</b>	+00:09:06 (27.5%)	6:37	9.1 (72.8%)
69	<b>MARCINKIEWICZ-ZIOMEK Oliwia</b>	<b>146</b>		K Open	69	00:01:09	<b>00:33:06.95</b>	<b>00:34:16.65</b>	+00:09:07 (27.6%)	6:37	9.1 (72.8%)
70	<b>JAKUBOWSKA Anna</b>	<b>76</b>		K Open	70	00:02:54	<b>00:33:19.45</b>	<b>00:36:14.00</b>	+00:09:20 (28.0%)	6:39	9 (72.0%)
71	<b>PIOTROWSKA Dorota</b>	<b>189</b>	AMPIO TEAM	K Open	71	00:03:48	<b>00:33:22.20</b>	<b>00:37:11.00</b>	+00:09:23 (28.1%)	6:40	9 (72.0%)
72	<b>WIELGUS-ULATOWSKA Joanna</b>	<b>290</b>		K Open	72	00:24:44	<b>00:33:25.90</b>	<b>00:58:10.30</b>	+00:09:26 (28.3%)	6:41	9 (72.0%)
73	<b>PACH Magdalena</b>	<b>177</b>		K Open	73	00:08:19	<b>00:33:32.85</b>	<b>00:41:52.10</b>	+00:09:33 (28.5%)	6:42	8.9 (71.2%)
74	<b>ZIELIŃSKA Ludmiła</b>	<b>312</b>	KB WIKON NOWA SÓL	K Open	74	00:20:58	<b>00:33:33.05</b>	<b>00:54:31.40</b>	+00:09:34 (28.5%)	6:42	8.9 (71.2%)
75	<b>ZAKRZEWSKA Anna</b>	<b>306</b>		K Open	75	00:17:50	<b>00:33:34.25</b>	<b>00:51:24.80</b>	+00:09:35 (28.6%)	6:42	8.9 (71.2%)
76	<b>IZNEROWICZ Monika</b>	<b>74</b>	WIECZORNE BIEGANIE W SZCZECINIE	K Open	76	00:03:11	<b>00:33:44.25</b>	<b>00:36:56.00</b>	+00:09:45 (28.9%)	6:44	8.9 (71.2%)
77	<b>CIEŚLA Agnieszka</b>	<b>28</b>		K Open	77	00:07:36	<b>00:34:01.40</b>	<b>00:41:38.25</b>	+00:10:02 (29.5%)	6:48	8.8 (70.4%)
78	<b>SOBCZAK-KUFEL Ilona</b>	<b>240</b>	PATOBIEGANIE	K Open	78	00:18:37	<b>00:34:08.95</b>	<b>00:52:46.25</b>	+00:10:09 (29.8%)	6:49	8.8 (70.4%)
79	<b>LEBIODA Alicja</b>	<b>119</b>		K Open	79	00:07:17	<b>00:34:09.30</b>	<b>00:41:27.05</b>	+00:10:10 (29.8%)	6:49	8.8 (70.4%)
80	<b>KOŚCIŃSKA Elżbieta</b>	<b>97</b>		K Open	80	00:25:00	<b>00:34:09.55</b>	<b>00:59:10.00</b>	+00:10:10 (29.8%)	6:49	8.8 (70.4%)
81	<b>WIŚNIEWSKA Marta</b>	<b>295</b>	PATOBIEGANIE	K Open	81	00:18:22	<b>00:34:24.80</b>	<b>00:52:46.90</b>	+00:10:25 (30.3%)	6:52	8.7 (69.6%)
82	<b>DĘBICKA Iwona</b>	<b>34</b>		K Open	82	00:15:29	<b>00:34:28.85</b>	<b>00:49:58.75</b>	+00:10:29 (30.4%)	6:53	8.7 (69.6%)
83	<b>MAJCHEREK Paulina</b>	<b>140</b>		K Open	83	00:14:59	<b>00:34:32.60</b>	<b>00:49:32.25</b>	+00:10:33 (30.6%)	6:54	8.7 (69.6%)
84	<b>DZIĘCIOŁ Katarzyna</b>	<b>46</b>		K Open	84	00:02:51	<b>00:34:40.70</b>	<b>00:37:32.00</b>	+00:10:41 (30.8%)	6:56	8.7 (69.6%)
85	<b>JEKSIWA Anna</b>	<b>11</b>		K Open	85	00:04:11	<b>00:34:55.70</b>	<b>00:39:07.05</b>	+00:10:56 (31.3%)	6:59	8.6 (68.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
86	SULEJA Joanna	250		K Open	86	00:17:27	00:35:11.00	00:52:38.30	+00:11:12 (31.8%)	7:02	8.5 (68.0%)
87	WASYLÓW Katarzyna	283		K Open	87	00:13:53	00:35:12.00	00:49:05.00	+00:11:13 (31.9%)	7:02	8.5 (68.0%)
88	SATEJA-FLEJETRSKA Paulina	223		K Open	88	00:08:36	00:35:14.50	00:43:50.50	+00:11:15 (31.9%)	7:02	8.5 (68.0%)
89	KUROWSKA Ewa	321		K Open	89	00:38:22	00:35:20.85	01:13:43.05	+00:11:21 (32.1%)	7:04	8.5 (68.0%)
90	SYDOR Katarzyna	252	RUNDORFINA	K Open	90	00:00:45	00:35:29.95	00:36:15.40	+00:11:30 (32.4%)	7:05	8.5 (68.0%)
91	CHROBOCIŃSKA Elżbieta	25		K Open	91	00:03:59	00:35:35.50	00:39:34.85	+00:11:36 (32.6%)	7:07	8.4 (67.2%)
92	DZIWISZ Bogusława	47	#BIEGACZE	K Open	92	00:07:07	00:35:42.10	00:42:49.55	+00:11:43 (32.8%)	7:08	8.4 (67.2%)
93	NIEWIAROWSKA Weronika	168		K Open	93	00:05:14	00:35:43.40	00:40:58.30	+00:11:44 (32.9%)	7:08	8.4 (67.2%)
94	KOLASA Agnieszka	92		K Open	94	00:06:26	00:35:45.45	00:42:12.30	+00:11:46 (32.9%)	7:09	8.4 (67.2%)
95	STODOLNA Ewa	247		K Open	95	00:07:41	00:35:45.50	00:43:26.85	+00:11:46 (32.9%)	7:09	8.4 (67.2%)
96	ZIELIŃSKA Beata	311		K Open	96	00:08:56	00:35:46.45	00:44:42.95	+00:11:47 (33.0%)	7:09	8.4 (67.2%)
97	JARCZEWSKA Renata	77		K Open	97	00:00:48	00:35:49.35	00:36:38.15	+00:11:50 (33.0%)	7:09	8.4 (67.2%)
98	MAZURAK Joanna	152		K Open	98	00:34:50	00:36:01.50	01:10:51.80	+00:12:02 (33.4%)	7:12	8.3 (66.4%)
99	SZEPLEWICZ Małgosia	257		K Open	99	00:01:02	00:36:18.75	00:37:21.15	+00:12:19 (34.0%)	7:15	8.3 (66.4%)
100	KOSINSKA Agnieszka	96	WIECZORNE BIEGANIE	K Open	100	00:03:55	00:36:20.25	00:40:16.10	+00:12:21 (34.0%)	7:16	8.3 (66.4%)
101	WIKTOROWSKA Katarzyna	293		K Open	101	00:01:22	00:36:41.65	00:38:04.55	+00:12:42 (34.6%)	7:20	8.2 (65.6%)
102	PIOTROWSKA Julita	190		K Open	102	00:00:28	00:37:06.90	00:37:35.65	+00:13:07 (35.4%)	7:25	8.1 (64.8%)
103	MALCZAK-RAJ Dominika	144		K Open	103	00:00:23	00:37:12.25	00:37:35.70	+00:13:13 (35.5%)	7:26	8.1 (64.8%)
104	KUPISZ Kasia	110		K Open	104	00:00:35	00:37:26.30	00:38:01.30	+00:13:27 (35.9%)	7:29	8 (64.0%)
105	LASKOWSKA Beata	117		K Open	105	00:00:42	00:37:30.35	00:38:12.60	+00:13:31 (36.1%)	7:30	8 (64.0%)
106	ANDRZEJEWSKA Sylwia	2	ŚLIMKA BIEGA	K Open	106	00:05:39	00:37:32.15	00:43:12.10	+00:13:33 (36.1%)	7:30	8 (64.0%)
107	KILIAN PAWELEC Katarzyna	90	MONIKA GYM	K Open	107	00:07:05	00:37:42.95	00:44:48.30	+00:13:43 (36.4%)	7:32	8 (64.0%)
108	MACULEWICZ Gabriela	135		K Open	108	00:05:50	00:38:02.45	00:43:52.85	+00:14:03 (37.0%)	7:36	7.9 (63.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
109	<b>SZALEWICZ Małgorzata</b>	<b>253</b>	SZYBCIEJ NIE MOGĘ	K Open	109	00:11:02	<b>00:38:16.25</b>	<b>00:49:18.45</b>	+00:14:17 (37.3%)	7:39	7.8 (62.4%)
110	<b>KURASIŃSKA Dorota</b>	<b>111</b>		K Open	110	00:03:19	<b>00:38:36.45</b>	<b>00:41:56.10</b>	+00:14:37 (37.9%)	7:43	7.8 (62.4%)
111	<b>ORSZULSKA Magdalena</b>	<b>175</b>	WIECZORNE BIEGANIE W SZCZECINIE	K Open	111	00:03:15	<b>00:38:38.85</b>	<b>00:41:54.70</b>	+00:14:39 (37.9%)	7:43	7.8 (62.4%)
112	<b>SZCZERBIŃSKA Barbara</b>	<b>256</b>		K Open	112	00:10:45	<b>00:38:40.05</b>	<b>00:49:25.70</b>	+00:14:41 (38.0%)	7:44	7.8 (62.4%)
113	<b>KUSZYK Małgorzata</b>	<b>113</b>		K Open	113	00:03:03	<b>00:38:40.90</b>	<b>00:41:44.85</b>	+00:14:41 (38.0%)	7:44	7.8 (62.4%)
114	<b>HURKO-PIOTROWSKA Paulina</b>	<b>72</b>		K Open	114	00:04:07	<b>00:38:43.05</b>	<b>00:42:51.00</b>	+00:14:44 (38.1%)	7:44	7.7 (61.6%)
115	<b>WOŹNIAK Karolina</b>	<b>303</b>		K Open	115	00:04:36	<b>00:38:49.95</b>	<b>00:43:26.45</b>	+00:14:50 (38.2%)	7:45	7.7 (61.6%)
116	<b>WYSOCKA Izabela</b>	<b>305</b>		K Open	116	00:06:37	<b>00:38:50.35</b>	<b>00:45:27.75</b>	+00:14:51 (38.2%)	7:46	7.7 (61.6%)
117	<b>GÓRSKA Agnieszka</b>	<b>57</b>	SZALONE WILCZYCE	K Open	117	00:04:31	<b>00:39:15.85</b>	<b>00:43:47.80</b>	+00:15:16 (38.9%)	7:51	7.6 (60.8%)
118	<b>GRABOŃ-GRZEŚKOWIAK Gabriela</b>	<b>58</b>		K Open	118	00:26:31	<b>00:39:19.50</b>	<b>01:05:51.30</b>	+00:15:20 (39.0%)	7:51	7.6 (60.8%)
119	<b>SZUDARSKA Kasia</b>	<b>261</b>		K Open	119	00:26:29	<b>00:39:21.30</b>	<b>01:05:50.30</b>	+00:15:22 (39.1%)	7:52	7.6 (60.8%)
120	<b>MISIASZEK Beata</b>	<b>156</b>		K Open	120	00:06:41	<b>00:39:29.55</b>	<b>00:46:10.70</b>	+00:15:30 (39.3%)	7:53	7.6 (60.8%)
121	<b>OLEJNIK Agnieszka</b>	<b>172</b>	AGA ROZBIEGANI MAMA	K Open	121	00:02:15	<b>00:40:37.50</b>	<b>00:42:52.95</b>	+00:16:38 (41.0%)	8:07	7.4 (59.2%)
122	<b>SĄŁAGA Anna</b>	<b>222</b>	BKS SKORIOPN SZCZECIN	K Open	122	00:00:24	<b>00:40:47.45</b>	<b>00:41:12.20</b>	+00:16:48 (41.2%)	8:09	7.4 (59.2%)
123	<b>WASIELEWSKA Katarzyna</b>	<b>280</b>		K Open	123	00:08:48	<b>00:41:02.25</b>	<b>00:49:50.80</b>	+00:17:03 (41.6%)	8:12	7.3 (58.4%)
124	<b>PŁOSA Monika</b>	<b>194</b>		K Open	124	00:08:45	<b>00:41:04.10</b>	<b>00:49:49.65</b>	+00:17:05 (41.6%)	8:12	7.3 (58.4%)
125	<b>LIGNOWSKA Martyna</b>	<b>122</b>		K Open	125	00:20:31	<b>00:41:55.50</b>	<b>01:02:27.10</b>	+00:17:56 (42.8%)	8:23	7.2 (57.6%)
126	<b>HUDECKA Evelyn</b>	<b>71</b>		K Open	126	00:05:01	<b>00:42:10.25</b>	<b>00:47:11.40</b>	+00:18:11 (43.1%)	8:26	7.1 (56.8%)
127	<b>SIKORA Magdalena</b>	<b>231</b>		K Open	127	00:04:28	<b>00:43:02.70</b>	<b>00:47:31.00</b>	+00:19:03 (44.3%)	8:36	7 (56.0%)
128	<b>TADYCH Beata</b>	<b>266</b>		K Open	128	00:17:39	<b>00:44:25.45</b>	<b>01:02:04.75</b>	+00:20:26 (46.0%)	8:53	6.8 (54.4%)
129	<b>MALINOWSKA-WASILUK Agnieszka</b>	<b>145</b>	MATKI-WARIATKI	K Open	129	00:07:35	<b>00:45:07.40</b>	<b>00:52:42.90</b>	+00:21:08 (46.8%)	9:01	6.6 (52.8%)
130	<b>ŚLIWIŃSKA Anna</b>	<b>264</b>	BOKSERSKI SKORPION	K Open	130	00:00:32	<b>00:46:06.70</b>	<b>00:46:39.50</b>	+00:22:07 (48.0%)	9:13	6.5 (52.0%)
131	<b>DOMAGALSKA Agata</b>	<b>39</b>	SKB DZIK	K Open	131	00:06:02	<b>00:46:58.80</b>	<b>00:53:01.70</b>	+00:22:59 (48.9%)	9:23	6.4 (51.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
132	<b>KORACH Aleksandra</b>	<b>95</b>		K Open	132	00:00:37	<b>00:47:01.70</b>	<b>00:47:38.85</b>	+00:23:02 (49.0%)	9:24	6.4 (51.2%)
133	<b>SIENKIEWICZ Jolanta</b>	<b>229</b>	DMUCHAWIEC GOLENIÓW	K Open	133	00:04:05	<b>00:48:05.85</b>	<b>00:52:10.90</b>	+00:24:06 (50.1%)	9:37	6.2 (49.6%)
134	<b>BARTOŁD Marta</b>	<b>6</b>		K Open	134	00:00:30	<b>00:49:07.50</b>	<b>00:49:38.40</b>	+00:25:08 (51.2%)	9:49	6.1 (48.8%)
135	<b>LITWINIAK Izabela</b>	<b>123</b>		K Open	135	00:08:15	<b>00:52:26.45</b>	<b>01:00:41.70</b>	+00:28:27 (54.3%)	10:29	5.7 (45.6%)

Znaleziono 135 wynik(ów)