



Wydarzenie: IX Bieg Mikołajkowy
Organizator: Stowarzyszenie BiegamBoLubie Team Police
Data: 2021-12-05
Miejsce: Police
Dystans: 10 km

IX BIEG MIKOŁAJKOWY

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: K-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja rodzinna	Klasyfikacja Mundurowa	Klasyfikacja V M.P. Grupy			5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
								Azoty S.A.	Drużyna 1	Drużyna 2						
1	SZABAŁOWSKA Małgorzata	7		K-20	1						00:21:26	00:44:16.80	00:44:20.35		4:25	13.6 (100%)
2	WASIELEWSKA Paulina	518	UKL ÓSEMKA POLICE	K-20	2						00:21:27	00:44:28.90	00:44:31.60	+00:00:11 (0.4%)	4:26	13.5 (99.3%)
3	BIAŁEK Beata	1	KB HERMES	K-40	1					KB Hermes Gryfino	00:21:54	00:44:43.25	00:44:47.10	+00:00:26 (1.0%)	4:28	13.4 (98.5%)
4	KAMIŃSKA Agata	162	KAMIŃSKI TEAM	K-30	1					Parkrun szczecin	00:22:03	00:45:53.85	00:45:59.20	+00:01:38 (3.6%)	4:35	13.1 (96.3%)
5	KOSZTOWNY Agata	195	SKSG KORONA SZCZECIN	K-30	2						00:22:24	00:46:09.30	00:46:12.15	+00:01:51 (4.0%)	4:36	13 (95.6%)
6	GRZEGÓRZEK Paulina	4	RAZ SZCZECIN	K-30	3						00:23:25	00:48:31.70	00:48:34.90	+00:04:14 (8.7%)	4:51	12.4 (91.2%)
7	BYSIAK Weronika	55	KB KAMIEŃ POMORSKI	K-20	3						00:23:51	00:48:25.40	00:48:35.25	+00:04:14 (8.7%)	4:50	12.4 (91.2%)
8	PILC Anna	349	TARNOWO PODGÓRNE BIEGA	K-30	4					Policzanki	00:23:37	00:49:11.60	00:49:17.00	+00:04:56 (10.0%)	4:55	12.2 (89.7%)
9	RZEMIENIECKA-GRUDZIEŃ Joanna	407		K-40	2						00:23:54	00:49:28.30	00:49:35.25	+00:05:14 (10.6%)	4:56	12.1 (89.0%)
10	PARUZEL Joanna	329	HULK TEAM POLICE	K-30	5					AktywnySplot	00:23:37	00:49:59.60	00:50:03.85	+00:05:43 (11.4%)	4:59	12 (88.2%)
11	DYDEK Edyta	89	SKB DZIK	K-20	4	Dydek	Tak			SKB DZIK	00:23:53	00:50:11.55	00:50:14.65	+00:05:54 (11.8%)	5:01	12 (88.2%)
12	BRZOZOWSKA Mirela	47		K-20	5						00:24:20	00:50:57.70	00:51:01.80	+00:06:41 (13.1%)	5:05	11.8 (86.8%)
13	STOREK Katarzyna	450		K-20	6		Tak			Świnoujście	00:24:56	00:52:02.55	00:52:08.15	+00:07:47 (15.0%)	5:12	11.5 (84.6%)
14	TROJGA Karolina	505	WIECZORNE BIEGANIE W SZCZECINIE	K-30	6						00:24:56	00:52:08.40	00:52:12.85	+00:07:52 (15.1%)	5:12	11.5 (84.6%)
15	SZCZEPANIAK Iwona	464		K-30	7						00:25:02	00:52:10.45	00:52:16.25	+00:07:55 (15.2%)	5:13	11.5 (84.6%)
16	PROKOP Agata	373	WIECZORNE BIEGANIE W SZCZECINIE	K-30	8					Wieczorne Bieganie w Szczecinie	00:25:49	00:52:15.60	00:52:20.20	+00:07:59 (15.3%)	5:13	11.5 (84.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja rodzinna	Klasyfikacja Mundurowa	Klasyfikacja V M.P. Grupy		5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
								Azoty S.A.	Drużyna 1						
17	LEDWOLORZ Kasia	234		K-40	3					00:25:34	00:52:38.80	00:52:47.65	+00:08:27 (16.0%)	5:15	11.4 (83.8%)
18	SZEWCZYK Monika	469		K-30	9					00:25:47	00:52:37.80	00:52:47.75	+00:08:27 (16.0%)	5:15	11.4 (83.8%)
19	MURAWSKA Wioletta	292	KB DZIK POLICE	K-50	1				SKB DZIK	00:26:00	00:53:06.20	00:53:10.65	+00:08:50 (16.6%)	5:18	11.3 (83.1%)
20	TROJANOWSKA-BARAN Aleksandra	504		K-20	7		Tak			00:25:28	00:53:12.70	00:53:19.85	+00:08:59 (16.9%)	5:19	11.3 (83.1%)
21	WIKLAK Natalia	530		K-20	8					00:25:51	00:53:19.65	00:53:31.55	+00:09:11 (17.2%)	5:19	11.3 (83.1%)
22	MADEJ Anna	257	UKL ÓSEMKA POLICE	K-30	10					00:25:51	00:53:25.60	00:53:33.25	+00:09:12 (17.2%)	5:20	11.2 (82.4%)
23	JAROSŁAWSKA Sandra	144		K-30	11	Jarosławscy		Jarosławskie i on		00:26:07	00:54:23.50	00:54:29.65	+00:10:09 (18.6%)	5:26	11 (80.9%)
24	KACALSKA Zuzanna	154	DECATHLON SZCZECIN	K-30	12			Decathlon Szczecin		00:26:38	00:54:30.85	00:54:43.05	+00:10:22 (19.0%)	5:27	11 (80.9%)
25	MIKOŁAJUK Aneta	280		K-40	4					00:27:10	00:54:37.90	00:54:54.15	+00:10:33 (19.2%)	5:27	11 (80.9%)
26	KOWALSKA Anna	203	HERMES	K-40	5			KB Hermesa Gryfino		00:26:41	00:55:21.90	00:55:24.75	+00:11:04 (20.0%)	5:32	10.8 (79.4%)
27	MRÓZ Aleksandra	290	MOCZYLSKIE DIABLICE	K-40	6					00:28:30	00:54:51.00	00:55:25.85	+00:11:05 (20.0%)	5:29	10.9 (80.1%)
27	JENDRZEJCZAK Magdalena	152	MOCZYLSKIE DIABLICE	K-40	6					00:28:34	00:54:50.55	00:55:25.85	+00:11:05 (20.0%)	5:29	10.9 (80.1%)
29	MURAWSKA Monika	291	BIEGACZE ŚWINOUJŚCIE	K-40	8					00:27:12	00:55:19.30	00:55:30.05	+00:11:09 (20.1%)	5:31	10.8 (79.4%)
30	BATÓG Iwona	18	DĘBNOWSKIE CZŁAPAKI	K-40	9					00:27:10	00:56:08.60	00:56:18.55	+00:11:58 (21.3%)	5:36	10.7 (78.7%)
31	JANKA Joanna	140		K-40	10					00:27:57	00:56:36.30	00:56:52.55	+00:12:32 (22.0%)	5:39	10.6 (77.9%)
32	DEJNAK Mariola	73	GRYFICKA SIŁA BIEGOWA	K-60	1					00:27:16	00:57:32.15	00:57:38.00	+00:13:17 (23.1%)	5:45	10.4 (76.5%)
33	KRÓLAK Beata	211	SP8 POLICE	K-50	2			Policzanki		00:27:30	00:57:43.80	00:57:49.95	+00:13:29 (23.3%)	5:46	10.4 (76.5%)
34	WOJCIECHOWSKA Basia	539		K-20	9					00:27:37	00:57:58.10	00:58:08.60	+00:13:48 (23.7%)	5:47	10.4 (76.5%)
35	KISIEL Kamila	179	BRIDGESTONE STARGARD	K-20	10					00:28:10	00:58:00.45	00:58:09.80	+00:13:49 (23.8%)	5:48	10.3 (75.7%)
36	KACPRZAK Beata	156	MODRZYCA HUNTERS	K-30	13					00:28:09	00:57:58.95	00:58:14.20	+00:13:53 (23.9%)	5:47	10.4 (76.5%)
37	SOWISZ Adrianna	439		K-20	11					00:28:04	00:58:07.20	00:58:34.35	+00:14:14 (24.3%)	5:48	10.3 (75.7%)
38	ŁĄCZAK Justyna	233	RADOMYSKIE LWY	K-40	11					00:28:02	00:58:37.95	00:58:47.05	+00:14:26 (24.6%)	5:51	10.2 (75.0%)
39	ŁAWKIEL Natalia	245		K-20	12					00:28:14	00:58:49.95	00:58:59.50	+00:14:39 (24.8%)	5:52	10.2 (75.0%)
40	BOCHEN Izabela	31		K-40	12		Tak			00:28:32	00:58:46.30	00:59:05.15	+00:14:44 (25.0%)	5:52	10.2 (75.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja rodzinna	Klasyfikacja Mundurowa	Klasyfikacja V M.P. Grupy Azoty S.A.		5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
								Drużyna 1	Drużyna 2						
41	PUPEK Małgorzata	377	WILKI Z CIECHOCINKA	K-40	13					00:28:45	00:58:52.75	00:59:07.75	+00:14:47 (25.0%)	5:53	10.2 (75.0%)
42	SERKOWSKA Paulina	413	BLIŻNIAKI TEAM	K-20	13		Tak			00:29:06	00:58:50.40	00:59:19.55	+00:14:59 (25.3%)	5:53	10.2 (75.0%)
43	BRENDA Jowita	42		K-30	14	Jarosławscy		Jarosławskie i on		00:28:41	00:59:37.90	00:59:43.70	+00:15:23 (25.8%)	5:57	10.1 (74.3%)
44	OLBRYCHOWSKA Paulina	311	WIECZOREN BIEGANIE W SZCZECINIE	K-30	15					00:28:52	00:59:38.50	00:59:56.20	+00:15:35 (26.0%)	5:57	10.1 (74.3%)
45	PIECYK Katarzyna	344		K-30	16					00:28:01	00:59:53.75	01:00:02.95	+00:15:42 (26.2%)	5:59	10 (73.5%)
46	JĄSKIEWICZ Katarzyna	150		K-40	14					00:28:30	00:59:42.05	01:00:07.15	+00:15:46 (26.2%)	5:58	10.1 (74.3%)
47	KĘSKA Katarzyna	174	LOVELASY	K-40	15			LoveLasy		00:28:47	01:00:23.95	01:00:27.95	+00:16:07 (26.7%)	6:02	9.9 (72.8%)
48	CHMIELEWSKA Agnieszka	58	CHMIELEWSKI TEAM - BBL POLICE	K-40	16			Policzanki		00:29:28	01:00:49.20	01:00:52.10	+00:16:31 (27.2%)	6:04	9.9 (72.8%)
49	WIĄCEK Anna	524	KOBIECE BIEGANIE	K-40	17					00:29:57	01:00:21.35	01:00:57.00	+00:16:36 (27.3%)	6:02	9.9 (72.8%)
50	KACZMAREK Arleta	157	KOBIECE BIEGANIE	K-40	18					00:29:57	01:00:20.90	01:00:57.25	+00:16:36 (27.3%)	6:02	9.9 (72.8%)
51	TROFIMOVA Victoriia	503	RUNNING RED SQUIRREL	K-30	17					00:30:22	01:01:06.25	01:01:18.95	+00:16:58 (27.7%)	6:06	9.8 (72.1%)
52	BUDNA Anna	48		K-40	19					00:29:06	01:01:20.90	01:01:31.25	+00:17:10 (27.9%)	6:08	9.8 (72.1%)
53	BONDIA Aga	36		K-40	20					00:29:44	01:01:17.95	01:01:35.10	+00:17:14 (28.0%)	6:07	9.8 (72.1%)
54	PITURA Małgorzata	353		K-30	18					00:29:44	01:01:18.45	01:01:35.55	+00:17:15 (28.0%)	6:07	9.8 (72.1%)
55	KELM Małgorzata	170		K-40	21					00:29:20	01:01:26.25	01:01:46.90	+00:17:26 (28.2%)	6:08	9.8 (72.1%)
56	KUKOWSKA Małgorzata	226	SWINOUJSZCIE	K-30	19			Świnoujscie 1		00:29:39	01:01:39.25	01:01:50.65	+00:17:30 (28.3%)	6:09	9.7 (71.3%)
57	SZMID Magdalena	472	WIECZORNE BIEGANIE W SZCZECINIE	K-30	20			Wieczorne Bieganie w Szczecinie		00:29:44	01:01:37.30	01:01:58.85	+00:17:38 (28.5%)	6:09	9.7 (71.3%)
58	BOLEŃ Zuzanna	34		K-20	14					00:29:50	01:01:37.30	01:02:00.70	+00:17:40 (28.5%)	6:09	9.7 (71.3%)
59	MACIASZEK Linda	254		K-20	15					00:29:51	01:01:43.80	01:02:06.00	+00:17:45 (28.6%)	6:10	9.7 (71.3%)
60	KRUPA Roksana	217		K-20	16					00:29:45	01:03:00.30	01:03:09.40	+00:18:49 (29.8%)	6:18	9.5 (69.9%)
61	NITSCHKE Iwona	307	MOCZYLSKIE DIABLICE	K-40	22					00:30:06	01:02:26.30	01:03:16.90	+00:18:56 (29.9%)	6:14	9.6 (70.6%)
62	POLICZKIEWICZ Aneta	365		K-40	23					00:30:32	01:03:09.95	01:03:26.10	+00:19:05 (30.1%)	6:18	9.5 (69.9%)
63	KĘSICKA-BLOCH Aneta	173		K-40	24					00:30:41	01:03:04.60	01:03:27.70	+00:19:07 (30.1%)	6:18	9.5 (69.9%)
64	MAJ Anna	260	WIECZORNE BIEGANIE W SZCZECINIE	K-40	25					00:31:43	01:02:49.20	01:03:31.55	+00:19:11 (30.2%)	6:16	9.6 (70.6%)

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								Drużyna 1	Drużyna 2							
65	WILK Ania	532	DECATHLON SZCZECIN	K-20	17											
								Decathlon Szczecin		00:30:23	01:03:24.05	01:03:36.20	+00:19:15 (30.3%)	6:20	9.5 (69.9%)	
66	KIERNOŻYCKA Kasia	177	BOSMAN	K-40	26					00:29:46	01:03:26.60	01:03:39.10	+00:19:18 (30.3%)	6:20	9.5 (69.9%)	
67	SZYMKIEWICZ Ewa	489		K-40	27					00:31:13	01:03:22.30	01:03:41.55	+00:19:21 (30.4%)	6:20	9.5 (69.9%)	
68	WAWRZYNIAK Monika	521	WF TEAM KOSTRZYN NAD ODRĄ	K-30	21			WF TEAM Kostrzyn nad Odrą		00:29:47	01:03:43.45	01:03:55.95	+00:19:35 (30.6%)	6:22	9.4 (69.1%)	
68	KRAWCZYK Marta	208		K-30	21					00:29:47	01:03:43.30	01:03:55.95	+00:19:35 (30.6%)	6:22	9.4 (69.1%)	
70	KOLSKA Lena	186	RAZ SZCZECIN	K-30	23			RAZ Szczecin		00:29:42	01:03:49.15	01:03:59.20	+00:19:38 (30.7%)	6:22	9.4 (69.1%)	
71	SLADKOVA Alona	425	UKL ÓSEMKA	K-30	24					00:30:27	01:04:07.50	01:04:13.70	+00:19:53 (31.0%)	6:24	9.4 (69.1%)	
72	ŁUKASIEWICZ Agnieszka	252	KB HERMES GRYPINO	K-40	28			kB Hermesa Gryfino		00:31:58	01:04:21.65	01:04:26.45	+00:20:06 (31.2%)	6:26	9.3 (68.4%)	
73	TOKARZ Joanna	498	WIECZORNE NIEGANIE W SZCZECINIE	K-40	29			Wieczorne Bieganie w Szczecinie		00:32:55	01:04:02.20	01:04:27.85	+00:20:07 (31.2%)	6:24	9.4 (69.1%)	
74	RUDIUK-PLISZKA Katarzyna	393		K-30	25					00:30:16	01:04:13.90	01:04:28.60	+00:20:08 (31.2%)	6:25	9.3 (68.4%)	
75	MAŁACHOWSKA Katarzyna	267		K-20	18					00:30:47	01:02:42.25	01:04:30.25	+00:20:09 (31.3%)	6:16	9.6 (70.6%)	
76	GRIMM-SPERLING Anja	110		K-40	30					00:31:23	01:04:24.35	01:04:45.75	+00:20:25 (31.5%)	6:26	9.3 (68.4%)	
77	SOBCZAK Alina	575	HULK TEAM	K-30	26			AktywnySplot		00:32:17	01:04:46.75	01:05:06.55	+00:20:46 (31.9%)	6:28	9.3 (68.4%)	
78	SIKORSKA Anna	417		K-40	31					00:32:18	01:04:42.30	01:05:07.30	+00:20:46 (31.9%)	6:28	9.3 (68.4%)	
79	HAJDUKIEWICZ Kasia	118	AKTYWNYSPLOT	K-30	27			AktywnySplot		00:32:17	01:04:47.80	01:05:07.90	+00:20:47 (31.9%)	6:28	9.3 (68.4%)	
80	PIWONI Marta	355	PYRZYCE BIEGAJĄ	K-30	28			Pyrzyce biegają		00:33:07	01:04:51.60	01:05:20.00	+00:20:59 (32.1%)	6:29	9.3 (68.4%)	
81	WOJCIECHOWSKA Wanda	538	POLSKA	K-50	3					00:33:58	01:04:46.15	01:05:24.90	+00:21:04 (32.2%)	6:28	9.3 (68.4%)	
82	DYDEK Dorota	90	SKB DZIK	K-50	4	Dydek		SKB DZIK		00:30:25	01:05:29.10	01:05:41.35	+00:21:21 (32.5%)	6:32	9.2 (67.6%)	
83	CHMIELEWSKA Katarzyna	577		K-60	2			Policzanki		00:32:06	01:05:39.65	01:05:51.05	+00:21:30 (32.7%)	6:33	9.1 (66.9%)	
84	REINHOLZ Ełżbieta	382		K-40	32					00:31:04	01:05:42.90	01:05:59.70	+00:21:39 (32.8%)	6:34	9.1 (66.9%)	
85	KALISZ Irena	160		K-40	33					00:32:01	01:05:37.90	01:06:00.85	+00:21:40 (32.8%)	6:33	9.1 (66.9%)	
86	OZIEWICZ Wioleta	326		K-40	34					00:31:21	01:05:48.10	01:06:03.70	+00:21:43 (32.9%)	6:34	9.1 (66.9%)	
87	STOCKA Anna	600		K-40	35					00:31:21	01:05:48.05	01:06:03.95	+00:21:43 (32.9%)	6:34	9.1 (66.9%)	
88	TRELIŃSKA Edyta	502	WIECZORNE BIEGAIE	K-40	36					00:31:53	01:05:48.20	01:06:20.65	+00:22:00 (33.2%)	6:34	9.1 (66.9%)	

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								Drużyna 1	Drużyna 2						
89	STASZYK Magdalena	444	FLEKS	K-20	19					00:34:02	01:05:46.80	01:06:24.05	+00:22:03 (33.2%)	6:34	9.1 (66.9%)
90	KOCHAŃSKA Magdalena	183	PILCHOWO RUNNER TEAM	K-40	37					00:33:27	01:06:01.35	01:06:29.05	+00:22:08 (33.3%)	6:36	9.1 (66.9%)
91	KORNIAGO Katarzyna	192		K-40	38					00:33:27	01:06:01.50	01:06:29.30	+00:22:08 (33.3%)	6:36	9.1 (66.9%)
92	RUDNICKA Anita	394		K-40	39					00:33:27	01:06:01.85	01:06:29.35	+00:22:09 (33.3%)	6:36	9.1 (66.9%)
93	CHOYNACKA-SAŃKA Alicja	60		K-40	40					00:32:08	01:06:23.25	01:06:38.35	+00:22:18 (33.5%)	6:38	9 (66.2%)
94	REKOWSKA Danuta	384		K-60	3					00:31:55	01:06:35.00	01:06:39.80	+00:22:19 (33.5%)	6:39	9 (66.2%)
95	PIASECKA Angelika	341		K-20	20					00:31:33	01:06:32.20	01:06:46.30	+00:22:25 (33.6%)	6:39	9 (66.2%)
96	DUMA Malgorzata	86	KOBIECE BIEGANIE	K-40	41					00:31:54	01:06:20.50	01:06:52.95	+00:22:32 (33.7%)	6:38	9 (66.2%)
97	JABŁONOWSKA Aleksandra	132		K-30	29					00:33:09	01:06:43.10	01:07:08.75	+00:22:48 (34.0%)	6:40	9 (66.2%)
98	NADOLNA Monika	295	PARKRUN SZCZECIN	K-40	42			Parkrun szczecin		00:32:58	01:06:58.95	01:07:19.25	+00:22:58 (34.1%)	6:41	9 (66.2%)
99	GŁAZEK Julia	103	WIECZORNE BIEGANIE W SZCZECINIE	K-20	21					00:29:52	01:07:19.05	01:07:32.70	+00:23:12 (34.4%)	6:43	8.9 (65.4%)
100	ULDYNOWICZ Kasia	511		K-30	30					00:33:37	01:07:25.80	01:07:49.35	+00:23:29 (34.6%)	6:44	8.9 (65.4%)
100	BUJNOWSKA Anita	50		K-30	30					00:33:38	01:07:26.05	01:07:49.35	+00:23:29 (34.6%)	6:44	8.9 (65.4%)
102	CIEMNA Joanna	64		K-40	43					00:33:37	01:08:03.50	01:08:28.65	+00:24:08 (35.3%)	6:48	8.8 (64.7%)
103	KAROLAK Karolina	165		K-30	32					00:33:48	01:08:19.00	01:08:34.15	+00:24:13 (35.3%)	6:49	8.8 (64.7%)
104	BŁAŻEJEWSKA-JANNASZ Kamila	30		K-30	33					00:33:09	01:08:10.35	01:08:34.60	+00:24:14 (35.3%)	6:49	8.8 (64.7%)
105	DANICKA Lidia	72		K-40	44					00:33:01	01:08:22.95	01:08:39.20	+00:24:18 (35.4%)	6:50	8.8 (64.7%)
106	TIETZ Monika	496		K-40	45					00:33:02	01:08:23.90	01:08:39.40	+00:24:19 (35.4%)	6:50	8.8 (64.7%)
107	ORSZULSKA Magdalena	319	WIECZORNE BIEGANIE W SZCZECINIE	K-40	46			Wieczorne Bieganie w Szczecinie		00:34:56	01:08:17.55	01:08:41.75	+00:24:21 (35.5%)	6:49	8.8 (64.7%)
108	SOŁTYSZEWSKA Izabela	434		K-50	5					00:32:42	01:08:26.60	01:08:43.25	+00:24:22 (35.5%)	6:50	8.8 (64.7%)
109	ŁOKUCJEWSKA Aleksandra	249	POL-BUD POLICE	K-30	34					00:33:19	01:08:26.25	01:08:45.35	+00:24:25 (35.5%)	6:50	8.8 (64.7%)
110	WROŃSKA DRZEWIECKA Justyna	552		K-30	35					00:33:47	01:08:31.95	01:08:47.95	+00:24:27 (35.6%)	6:51	8.8 (64.7%)
111	KRUCZKOWSKA Agnieszka	214		K-40	47					00:33:03	01:08:32.90	01:08:49.70	+00:24:29 (35.6%)	6:51	8.8 (64.7%)
112	KRUCZKOWSKA Malwina	215		K-20	22					00:33:03	01:08:32.45	01:08:50.00	+00:24:29 (35.6%)	6:51	8.8 (64.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja rodzinna	Klasyfikacja Mundurowa	Klasyfikacja V M.P. Grupy Azoty S.A.		5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
								Drużyna 1	Drużyna 1						
113	NAMEJKO Elżbieta	300		K-30	36					00:33:56	01:08:22.45	01:08:53.80	+00:24:33 (35.6%)	6:50	8.8 (64.7%)
114	SOKOŁOWSKA Magdalena	432		K-30	37				Parkrun szczecin	00:33:44	01:08:41.95	01:09:02.55	+00:24:42 (35.8%)	6:52	8.7 (64.0%)
115	MASŁOWSKA Barbara	274		K-40	48					00:33:40	01:08:45.20	01:09:04.20	+00:24:43 (35.8%)	6:52	8.7 (64.0%)
116	KRAWCZYK Marlena	209		K-40	49					00:33:57	01:08:30.30	01:09:10.20	+00:24:49 (35.9%)	6:51	8.8 (64.7%)
117	JASIUCHNA Aleksandra	147	BIEGACZE ŚWINOUJŚCIE	K-30	38					00:33:07	01:08:57.25	01:09:11.05	+00:24:50 (35.9%)	6:53	8.7 (64.0%)
118	MIKULSKA-GAWLE Karina	281	UNITY LINE	K-40	50					00:33:52	01:08:50.60	01:09:11.20	+00:24:50 (35.9%)	6:53	8.7 (64.0%)
119	WENTA Julia	522		K-30	39					00:33:07	01:08:57.25	01:09:11.30	+00:24:50 (35.9%)	6:53	8.7 (64.0%)
120	KRUSZEWICZ Dalida	218	AMPIO TEAM	K-40	51				Ampio Team	00:34:28	01:09:16.60	01:09:34.65	+00:25:14 (36.3%)	6:55	8.7 (64.0%)
121	GOCAŁ Anita	578		K-30	40				Policzanki	00:34:25	01:09:11.85	01:09:42.15	+00:25:21 (36.4%)	6:55	8.7 (64.0%)
122	MAŁACHOWICZ Marika	266		K-20	23					00:34:26	01:09:12.40	01:09:42.25	+00:25:21 (36.4%)	6:55	8.7 (64.0%)
123	MICHALCZYK Patrycja	278		K-30	41					00:33:13	01:09:23.60	01:09:47.45	+00:25:27 (36.5%)	6:56	8.6 (63.2%)
124	JAKSINA Anna	135		K-40	52					00:34:10	01:09:21.50	01:09:53.30	+00:25:32 (36.6%)	6:56	8.7 (64.0%)
125	JABŁOŃSKA Agnieszka	133		K-40	53					00:32:29	01:09:47.20	01:10:00.80	+00:25:40 (36.7%)	6:58	8.6 (63.2%)
126	PIEROŻYŃSKA Natalia	346	PYRZYCE BIEGAJĄ	K-30	42				Pyrzyce biegają	00:33:32	01:09:38.40	01:10:07.80	+00:25:47 (36.8%)	6:57	8.6 (63.2%)
127	KOMAR Anna	188	PYRZYCE BIEGAJĄ	K-40	54				Pyrzyce biegają	00:33:33	01:09:38.75	01:10:07.85	+00:25:47 (36.8%)	6:57	8.6 (63.2%)
128	WOŻNA Katarzyna	548	WIECZORNE BIEGANIE W SZCZECINIE	K-30	43					00:33:12	01:10:31.25	01:10:41.25	+00:26:20 (37.3%)	7:03	8.5 (62.5%)
129	ŻDŻAŃSKA Marzena	572		K-30	44					00:34:49	01:10:29.00	01:11:01.10	+00:26:40 (37.6%)	7:02	8.5 (62.5%)
129	KASIŃSKA Zofia	168		K-20	24					00:34:49	01:10:29.00	01:11:01.10	+00:26:40 (37.6%)	7:02	8.5 (62.5%)
131	KWIATKOWSKA Aleksandra	582	WIECZORNE BIEGANIE W SZCZECINIE	K-30	45					00:35:14	01:11:22.50	01:12:07.85	+00:27:47 (38.5%)	7:08	8.4 (61.8%)
132	LIPKIEWICZ Martyna	242		K-30	46					00:34:10	01:11:52.55	01:12:11.80	+00:27:51 (38.6%)	7:11	8.3 (61.0%)
133	ROMAN Ewelina	388	MONIAGYM	K-30	47		Tak			00:35:53	01:11:36.45	01:12:15.60	+00:27:55 (38.6%)	7:09	8.4 (61.8%)
134	UŁANOWICZ Katarzyna	513		K-40	55					00:37:01	01:11:33.30	01:12:15.75	+00:27:55 (38.6%)	7:09	8.4 (61.8%)
135	WIDUCH Anna	525	MONIA GYM	K-30	48					00:35:53	01:11:37.45	01:12:16.05	+00:27:55 (38.6%)	7:09	8.4 (61.8%)
136	BRANICA Hanna	41		K-40	56					00:35:13	01:11:50.85	01:12:31.50	+00:28:11 (38.9%)	7:11	8.4 (61.8%)
137	PIOTROWSKA Dorota	351	AMPIO TEAM	K-40	57				Ampio Team	00:34:28	01:12:21.45	01:12:39.45	+00:28:19 (39.0%)	7:14	8.3 (61.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja rodzinna	Klasyfikacja Mundurowa	Klasyfikacja V M.P.		5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
								Grupy Azoty S.A.	Drużyna 1						
138	OLKOWICZ Marta	315	WIECZORNE BIEGANIE W SZCZECINIE	K-20	25					00:33:44	01:12:33.75	01:12:49.30	+00:28:28 (39.1%)	7:15	8.3 (61.0%)
139	KAŁUZIŃSKA Aleksandra	161		K-40	58					00:35:32	01:12:32.05	01:12:52.15	+00:28:31 (39.2%)	7:15	8.3 (61.0%)
140	SOWISZ Danuta	438		K-50	6					00:34:12	01:12:48.45	01:13:15.50	+00:28:55 (39.5%)	7:16	8.2 (60.3%)
141	JAKUBIK Anna	136	WIECZORNE BIEGANIE	K-30	49					00:33:26	01:13:14.00	01:13:39.85	+00:29:19 (39.8%)	7:19	8.2 (60.3%)
142	KRUGLAK Anna	216	WIECZORNE BIEGANIE	K-40	59					00:33:27	01:13:16.50	01:13:41.30	+00:29:20 (39.8%)	7:19	8.2 (60.3%)
143	ROLLA Magdalena	387		K-40	60					00:35:31	01:14:20.20	01:14:37.95	+00:30:17 (40.6%)	7:26	8.1 (59.6%)
144	IZNEROWICZ Monika	131	DPT RUN TEAM SZCZECIN	K-30	50				DPT RUN TEAM SZCZECIN	00:41:13	01:14:00.95	01:14:47.15	+00:30:26 (40.7%)	7:24	8.1 (59.6%)
145	WIEŻEL Hanna	528		K-30	51					00:35:34	01:14:43.25	01:14:59.50	+00:30:39 (40.9%)	7:28	8 (58.8%)
146	ZIELIŃSKA Beata	569		K-40	61					00:35:34	01:14:43.15	01:14:59.70	+00:30:39 (40.9%)	7:28	8 (58.8%)
147	ZUBA Lucyna	570		K-50	7					00:35:04	01:14:48.30	01:15:03.25	+00:30:42 (40.9%)	7:28	8 (58.8%)
148	DĘBIAWA Iwona	66		K-40	62					00:35:16	01:14:26.25	01:15:03.35	+00:30:43 (40.9%)	7:26	8.1 (59.6%)
149	RUTKOWSKA Justyna	402	SKB DZIK	K-40	63				SKB DZIK	00:35:11	01:15:00.50	01:15:03.95	+00:30:43 (40.9%)	7:30	8 (58.8%)
150	PRAWDA Iwona	368	WIECZORNE BIEGANIE	K-40	64					00:35:28	01:15:03.45	01:15:27.70	+00:31:07 (41.2%)	7:30	8 (58.8%)
151	KOLASA Agnieszka	185		K-40	65					00:36:16	01:15:26.65	01:15:43.45	+00:31:23 (41.4%)	7:32	8 (58.8%)
152	SURMA Anna	457		K-30	52					00:36:58	01:15:24.60	01:16:05.25	+00:31:44 (41.7%)	7:32	8 (58.8%)
153	KAROLAK Kamila	167		K-40	66					00:35:53	01:15:58.20	01:16:12.45	+00:31:52 (41.8%)	7:35	7.9 (58.1%)
154	SZCZEPANIAK Izabela	463		K-30	53					00:35:37	01:16:01.15	01:16:27.40	+00:32:07 (42.0%)	7:36	7.9 (58.1%)
155	BIEŁOWIEC Adrianna	25	PUSZCZYK BUKOWY	K-20	26					00:37:00	01:17:51.30	01:18:19.00	+00:33:58 (43.4%)	7:47	7.7 (56.6%)
156	SZYMAŃSKA Ania	480		K-50	8					00:38:05	01:20:14.15	01:20:23.55	+00:36:03 (44.8%)	8:01	7.5 (55.1%)
157	HERIAN Małgorzata	126		K-30	54					00:37:22	01:20:26.20	01:21:07.70	+00:36:47 (45.3%)	8:02	7.5 (55.1%)
158	ŁUCZYŃSKA Katarzyna	251		K-30	55					00:37:22	01:20:26.65	01:21:07.85	+00:36:47 (45.3%)	8:02	7.5 (55.1%)
159	CHROBOCIŃSKA Elżbieta	63		K-50	9					00:37:50	01:23:13.00	01:23:35.00	+00:39:14 (47.0%)	8:19	7.2 (52.9%)
160	STUPNICKA Monika	456		K-30	56					00:39:48	01:23:18.70	01:23:45.75	+00:39:25 (47.1%)	8:19	7.2 (52.9%)
161	SZYMCZAK Kamila	485		K-30	57				RAZ Szczecin	00:39:50	01:23:18.90	01:23:45.85	+00:39:25 (47.1%)	8:19	7.2 (52.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja rodzinna	Klasyfikacja Mundurowa	Klasyfikacja V M.P. Grupy		5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
								Azoty S.A.	Drużyna 1						
162	JARNUCZAK Monika	143		K-30	58					00:38:42	01:24:57.05	01:25:16.85	+00:40:56 (48.0%)	8:29	7.1 (52.2%)
163	WIELOCH Anna	527		K-40	67					00:38:42	01:24:57.60	01:25:17.25	+00:40:56 (48.0%)	8:29	7.1 (52.2%)
164	KLEINSCHMIDT Anja	181		K-40	68					00:40:21	01:25:33.00	01:25:55.60	+00:41:35 (48.4%)	8:33	7 (51.5%)
165	WILK Małgorzata	533		K-30	59					00:39:59	01:25:26.55	01:26:08.20	+00:41:47 (48.5%)	8:32	7 (51.5%)
166	GIBAS-JASTRZĘBSKA Iwona	102	WIECZORNE BIEGANIE W SZCZECINIE	K-50	10					00:39:58	01:26:35.90	01:27:01.20	+00:42:40 (49.0%)	8:39	6.9 (50.7%)
167	BOŚKO Paulina	40		K-30	60					00:42:19	01:19:07.85	01:29:29.50	+00:45:09 (50.5%)	7:54	7.6 (55.9%)
168	LICZBIŃSKA-HANKE Małgorzata	241	DECATHLON SZCZECIN	K-20	27				Decathlon Szczecin	00:40:23	01:29:51.55	01:30:19.55	+00:45:59 (50.9%)	8:59	6.7 (49.3%)
169	SOKOŁOWSKA Anna	431	PARKRUN SZCZECIN	K-60	4				Parkrun szczecin	00:44:01	01:33:30.95	01:33:52.75	+00:49:32 (52.8%)	9:21	6.4 (47.1%)
169	DYKER-WOŹNIAK Monika	91	PARKRUN SZCZECIN	K-40	69				Parkrun szczecin	00:44:01	01:33:30.90	01:33:52.75	+00:49:32 (52.8%)	9:21	6.4 (47.1%)
171	DURKA Hanna	87	PARKRUN	K-60	5				Parkrun szczecin	00:44:02	01:33:30.90	01:33:53.10	+00:49:32 (52.8%)	9:21	6.4 (47.1%)
	KOWALCZYK Magdalena	198	WIECZORNE BIEGANIE W SZCZECINIE	K-40						00:34:48 DNF	DNF	DNF	-	-	- (0.0%)
	MĄDRZYK Magdalena	277	WIECZORNE BIEGANIE W SZCZECINIE	K-40						00:34:55 DNF	DNF	DNF	-	-	- (0.0%)
	KRĘPA Małgorzata	597		K-40						00:36:31 DNF	DNF	DNF	-	-	- (0.0%)
	PRIEDITIS Magdalena	370		K-40						00:37:36 DNF	DNF	DNF	-	-	- (0.0%)
	ADAM Kamila	11		K-30						00:42:18 DNF	DNF	DNF	-	-	- (0.0%)
	MAZUR Mirosława	276		K-60						00:42:18 DNF	DNF	DNF	-	-	- (0.0%)
	KRÓL Magdalena	212	SIOSTRY SĄSIADKI	K-30						00:42:21 DNF	DNF	DNF	-	-	- (0.0%)
	GUMOWSKA Karolina	115		K-30					TĘCZOWE TAJNIACZKI □	00:43:06 DNF	DNF	DNF	-	-	- (0.0%)
	OLSZEWSKA Małgorzata	316		K-50					TĘCZOWE TAJNIACZKI □	00:43:06 DNF	DNF	DNF	-	-	- (0.0%)
	ŚWIDER Marzena	492	TĘCZOWE TAJNIACZKI	K-40					TĘCZOWE TAJNIACZKI □	00:43:06 DNF	DNF	DNF	-	-	- (0.0%)
	MOLENDASabina	287	TĘCZOWE TAJNIACZKI	K-30					TĘCZOWE TAJNIACZKI □	00:43:07 DNF	DNF	DNF	-	-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Klasyfikacja rodzinna	Klasyfikacja Mundurowa	Klasyfikacja V M.P. Grupy Azoty S.A.		5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
								Drużyna 1							
	SIEMEK Anna	416		K-40						TECZOWE TAJNIACZKI □	00:43:07 DNF	DNF	DNF	-	- (0.0%)
	PIERŚCIŃSKA Marzena	347	HULK TEAM POLICE	K-40						AktywnySplot	01:04:29 DNF	DNF	DNF	-	- (0.0%)
	TOMASZEWSKA Beata	499	HULK TEAM POLICE	K-30				Tak		AktywnySplot	01:04:41 DNF	DNF	DNF	-	- (0.0%)
	LIWUŚ-ŁAPIŃSKA Asia	243	NIEZDIAGNOZOWANI W SZALE	K-30							01:10:07 DNF	DNF	DNF	-	- (0.0%)
	KRYGIER-ROŻEK Monika	595		K-30							01:10:07 DNF	DNF	DNF	-	- (0.0%)
	REDLARSKA Anna	381	NWS	K-30							01:10:55 DNF	DNF	DNF	-	- (0.0%)
	CIELUCH Paulina	579		K-30						Policzanki	DNF	DNF	DNF	-	- (0.0%)
	WARDEGA Monika	517	KB HERMES	K-30						kB Hermesa Gryfino	DNF	DNF	DNF	-	- (0.0%)

Znaleziono 190 wynik(ów)