



Organizator: Hotel Brzoza
Data: 2015-12-31
Miejsce: Brzoza
Dystans: 10 km

IX BIEG SYLWESTROWY

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	4.85km	7.2km	9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	SZENK Marta	187	ZAWISZA BYDGOSZCZ	K-30	1	00:09:30	00:18:24	00:27:24	00:36:34	00:38:20.00	00:38:21.90		3:50	15.7 (100%)
2	ARSENIUK Anna	649	T.S.OPATRUNKI TORUŃ	K-30	2	00:09:50	00:19:27	00:29:09	00:38:46	00:40:31.05	00:40:33.25	+00:02:11 (5.4%)	4:03	14.8 (94.3%)
3	MOLTZAN-MAŁKOWSKA Magdalena	322		K-40	1	00:10:50	00:20:46	00:30:48	00:40:45	00:42:36.35	00:42:46.05	+00:04:24 (10.3%)	4:15	14.1 (89.8%)
4	MACIEJEWSKA Kamila	117	ŚLIMAKI BARCIN	K-30	3	00:10:46	00:20:41	00:30:48	00:40:44	00:42:41.10	00:42:51.45	+00:04:29 (10.5%)	4:16	14.1 (89.8%)
5	STOLARÓW Agnieszka	630	ACTIVE MALBORK	K-40	2	00:10:44	00:20:52	00:31:09	00:41:23	00:43:21.70	00:43:25.30	+00:05:03 (11.6%)	4:20	13.8 (87.9%)
6	DUDEK Agnieszka	449		K-40	3	00:11:12	00:21:31	00:32:06	00:42:36	00:44:32.90	00:44:43.70	+00:06:21 (14.2%)	4:27	13.5 (86.0%)
7	GURNA Jolanta	277		K-50	1	00:11:22	00:21:52	00:32:27	00:42:48	00:44:44.15	00:44:50.50	+00:06:28 (14.4%)	4:28	13.4 (85.4%)
8	PALACZ Wioletta	572		K-30	4	00:11:12	00:21:33	00:32:10	00:42:41	00:44:35.80	00:44:51.40	+00:06:29 (14.5%)	4:27	13.5 (86.0%)
9	WOŹNIAKOWSKA Agata	667	RUNERS BYDGOSZCZ	K-30	5	00:11:33	00:22:01	00:32:29	00:42:51	00:44:47.10	00:44:55.00	+00:06:33 (14.6%)	4:28	13.4 (85.4%)
10	ZNAROWSKA Bożena	308	ACTIVE MALBORK	K-50	2	00:11:09	00:21:41	00:32:19	00:42:59	00:45:00.35	00:45:01.90	+00:06:40 (14.8%)	4:30	13.3 (84.7%)
11	WIŚNIEWSKA Marcjanna	266		K-20	1	00:11:34	00:22:21	00:33:06	00:43:34	00:45:22.75	00:45:36.55	+00:07:14 (15.9%)	4:32	13.2 (84.1%)
12	WRÓBLEWSKA Dagmara	236	TKKF KOLEJARZ BYDGOSZCZ	K-30	6	00:11:42	00:22:20	00:33:02	00:43:37	00:45:34.55	00:45:41.50	+00:07:19 (16.0%)	4:33	13.2 (84.1%)
13	SUCHOMSKA Beata	76	OPENTAX24.PL	K-30	7	00:11:31	00:22:20	00:33:12	00:44:08	00:46:14.40	00:46:22.80	+00:08:00 (17.3%)	4:37	13 (82.8%)
14	DARPATOWA-HRUZEWICZ Donka	640	OBÓZ BIEGOWY	K-40	4	00:11:44	00:22:24	00:33:08	00:43:52	00:45:59.25	00:46:26.25	+00:08:04 (17.4%)	4:35	13 (82.8%)
15	DUDEK Joanna	157	RUN BYDGOSZCZ	K-30	8	00:11:41	00:22:14	00:33:01	00:44:03	00:46:26.20	00:46:36.70	+00:08:14 (17.7%)	4:38	12.9 (82.2%)
16	MATUŁA Ewelina	666	SALCO SPORT TEAM	K-20	2	00:11:59	00:23:04	00:34:17	00:45:26	00:47:29.80	00:47:32.90	+00:09:11 (19.3%)	4:44	12.6 (80.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	4.85km	7.2km	9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
17	KOWALSKA Angelika	142	BRZOZA BIEGA	K-30	9	00:11:57	00:23:02	00:34:15	00:45:24	00:47:28.10	00:47:33.15	+00:09:11 (19.3%)	4:44	12.6 (80.3%)
18	NAWROCKA Ewelina	493		K-30	10	00:11:35	00:22:40	00:33:58	00:45:19	00:47:26.70	00:47:34.15	+00:09:12 (19.3%)	4:44	12.6 (80.3%)
19	ZIELIŃSKA Marta	549	KB MANIAC POZNAŃ	K-20	3	00:11:59	00:23:07	00:34:28	00:45:32	00:47:30.30	00:47:49.00	+00:09:27 (19.8%)	4:45	12.6 (80.3%)
20	KOWALCZYK Aleksandra	610		K-20	4	00:11:54	00:22:57	00:34:09	00:45:39	00:47:45.15	00:47:57.00	+00:09:35 (20.0%)	4:46	12.6 (80.3%)
21	SYREK Grażyna	680	OBÓZ BIEGOWY	K-40	5	00:12:30	00:23:45	00:35:09	00:46:23	00:48:28.30	00:48:55.15	+00:10:33 (21.6%)	4:50	12.4 (79.0%)
22	NEUMANN Kamila	440		K-20	5	00:12:16	00:24:01	00:35:35	00:46:48	00:48:55.10	00:49:04.00	+00:10:42 (21.8%)	4:53	12.3 (78.3%)
23	PĘCZKOWSKA Anna	563		K-20	6	00:12:41	00:24:08	00:35:16	00:46:27	00:48:30.85	00:49:11.75	+00:10:49 (22.0%)	4:51	12.4 (79.0%)
24	EWALD Karolina	586		K-30	11	00:12:09	00:23:48	00:35:23	00:46:51	00:48:58.80	00:49:13.00	+00:10:51 (22.0%)	4:53	12.2 (77.7%)
25	KRAJEWSKA Lucyna	656	PAŁUKI RUNNING TEAM	K-30	12	00:12:19	00:23:49	00:35:24	00:46:49	00:48:57.65	00:49:29.30	+00:11:07 (22.5%)	4:53	12.3 (78.3%)
26	CZAPLEWSKA Agnieszka	317	KB ŁAPKA	K-20	7	00:12:11	00:24:03	00:35:48	00:47:23	00:49:29.50	00:49:47.70	+00:11:25 (23.0%)	4:56	12.1 (77.1%)
27	KRUCZKOWSKA Magdalena	232	RUN BYDGOSZCZ	K-30	13	00:12:43	00:24:25	00:36:21	00:47:54	00:49:50.50	00:50:00.35	+00:11:38 (23.3%)	4:59	12 (76.4%)
28	WALIGÓRA Karolina	377		K-40	6	00:12:15	00:23:42	00:35:15	00:49:19	00:50:10.40	00:50:13.65	+00:11:51 (23.6%)	5:01	12 (76.4%)
29	RYBKA Ilona	328	NIEZRZESZONY	K-40	7	00:12:21	00:24:10	00:36:14	00:48:05	00:50:13.30	00:50:26.90	+00:12:05 (24.0%)	5:01	11.9 (75.8%)
30	CICHOŃSKA- BAZAK Marzena	240		K-40	8	00:12:19	00:24:00	00:35:55	00:47:46	00:50:01.45	00:50:30.35	+00:12:08 (24.0%)	5:00	12 (76.4%)
31	GIERSZEWSKA Grażyna	128		K-40	9	00:12:53	00:24:36	00:36:22	00:48:07	00:50:13.45	00:50:42.15	+00:12:20 (24.3%)	5:01	11.9 (75.8%)
32	SZYMCZAK Sandra	386		K-20	8	00:12:54	00:24:50	00:36:50	00:48:25	00:50:39.05	00:50:49.20	+00:12:27 (24.5%)	5:03	11.8 (75.2%)
33	KONOPIŃSKA Agnieszka	152	RUN BYDGOSZCZ	K-30	14	00:13:01	00:24:50	00:36:28	00:48:06	00:50:20.25	00:50:53.55	+00:12:31 (24.6%)	5:02	11.9 (75.8%)
34	ZIENTARSKA Joanna	619	ŚWIAT PŁYTEK U KRYSPIŃ	K-40	10	00:12:38	00:24:28	00:36:15	00:48:21	00:50:38.65	00:50:59.85	+00:12:37 (24.8%)	5:03	11.8 (75.2%)
35	KUŹMIŃSKA Maryla	661	BRZOZA BIEGA	K-30	15	00:13:59	00:25:40	00:37:18	00:48:59	00:51:01.20	00:51:02.55	+00:12:40 (24.8%)	5:06	11.8 (75.2%)
36	STĘPIEŃ Monika	84		K-30	16	00:12:30	00:24:09	00:36:18	00:48:27	00:50:46.05	00:51:06.65	+00:12:44 (24.9%)	5:04	11.8 (75.2%)
37	HUTEK Agnieszka	523		K-30	17	00:12:52	00:24:34	00:36:21	00:48:28	00:50:48.85	00:51:09.15	+00:12:47 (25.0%)	5:04	11.8 (75.2%)
38	KRUK Małgorzata	140	KUJAWSKO-POMORSKIE.PL	K-20	9	00:13:05	00:24:45	00:36:37	00:48:22	00:50:34.35	00:51:09.45	+00:12:47 (25.0%)	5:03	11.9 (75.8%)
39	DOMARADZKA Anita	643	OBÓZ BIEGOWY	K-30	18	00:13:06	00:24:56	00:36:51	00:48:36	00:50:53.05	00:51:19.40	+00:12:57 (25.2%)	5:05	11.8 (75.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	4.85km	7.2km	9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
40	WROŃSKA Dorota	410	LUBAWA KOCHA BIEGAĆ	K-40	11	00:13:33	00:25:41	00:37:34	00:48:53	00:50:58.45	00:51:27.60	+00:13:05 (25.4%)	5:05	11.8 (75.2%)
41	BZDAWKA-OSIŃSKA Anna	441	NKB	K-30	19	00:13:27	00:25:20	00:37:18	00:49:06	00:51:24.70	00:51:57.40	+00:13:35 (26.2%)	5:08	11.7 (74.5%)
42	BRZYKCY Karolina	459	ING	K-20	10	00:13:28	00:25:22	00:37:19	00:49:08	00:51:26.60	00:51:57.95	+00:13:36 (26.2%)	5:08	11.7 (74.5%)
43	GADOMSKA Maria	47	RUN BYDGOSZCZ	K-60	1	00:12:44	00:24:44	00:37:04	00:49:38	00:51:57.05	00:52:06.20	+00:13:44 (26.4%)	5:11	11.5 (73.2%)
44	DĄBROWSKA Ewelina	676		K-20	11	00:13:28	00:25:57	00:38:14	00:49:46	00:51:53.40	00:52:07.60	+00:13:45 (26.4%)	5:11	11.6 (73.9%)
45	MAZANOWSKA Ewa	29	REBELRUNNERS	K-30	20	00:12:47	00:25:08	00:37:33	00:49:32	00:51:50.25	00:52:09.85	+00:13:47 (26.5%)	5:11	11.6 (73.9%)
46	WICZKOWSKA Jolanta	132	WKB MARATOŃCZYK	K-40	12	00:13:58	00:26:02	00:38:01	00:49:45	00:52:03.10	00:52:25.60	+00:14:03 (26.8%)	5:12	11.5 (73.2%)
47	BANASZAK Monika	651	RUN-PASJA	K-30	21	00:13:31	00:25:47	00:37:55	00:49:42	00:51:55.70	00:52:26.90	+00:14:05 (26.9%)	5:11	11.6 (73.9%)
48	WARCZAK Katarzyna	669	TEAMOCHAL	K-30	22	00:13:14	00:25:23	00:37:44	00:49:54	00:52:09.55	00:52:48.70	+00:14:26 (27.4%)	5:12	11.5 (73.2%)
49	TRZCIŃSKA Klaudia	528		K-20	12	00:13:54	00:26:27	00:38:41	00:50:13	00:52:23.45	00:52:51.35	+00:14:29 (27.4%)	5:14	11.5 (73.2%)
50	STANKOWSKA Justyna	536	MKS TRZEMESZNO	K-30	23	00:13:53	00:26:26	00:38:40	00:50:12	00:52:23.65	00:52:51.65	+00:14:29 (27.4%)	5:14	11.5 (73.2%)
51	MINDYKOWSKA Anna	150	RUN BYDGOSZCZ	K-40	13	00:13:30	00:25:56	00:38:14	00:50:22	00:52:31.25	00:52:52.15	+00:14:30 (27.4%)	5:15	11.4 (72.6%)
52	FARBICKA-ŻYWICA Paulina	568	BRZOZA BIEGA	K-30	24	00:14:04	00:26:14	00:38:44	00:50:45	00:52:51.00	00:52:53.20	+00:14:31 (27.5%)	5:17	11.4 (72.6%)
53	STASZEWSKA Monika	421		K-30	25	00:13:24	00:25:30	00:37:54	00:50:07	00:52:23.85	00:53:00.10	+00:14:38 (27.6%)	5:14	11.5 (73.2%)
54	PIANOWSKA Ewa	115	BIURO INŻYNIERII ŚRODOWISKA	K-50	3	00:13:32	00:25:41	00:38:04	00:50:20	00:52:15.00	00:53:00.65	+00:14:38 (27.6%)	5:13	11.5 (73.2%)
55	STASZKIEWICZ Lucyna	183	STASHKY TEAM	K-40	14	00:12:12	00:24:07	00:36:16	00:50:07	00:52:32.05	00:53:03.55	+00:14:41 (27.7%)	5:15	11.4 (72.6%)
56	KUBIAK Małgorzata	54	BBL INOWROCŁAW	K-50	4	00:13:16	00:25:46	00:38:14	00:50:33	00:52:51.80	00:53:05.65	+00:14:43 (27.7%)	5:17	11.3 (72.0%)
57	WOJCIECHOWSKA Emilia	78		K-40	15	00:12:53	00:25:21	00:38:02	00:50:43	00:53:06.10	00:53:24.15	+00:15:02 (28.2%)	5:18	11.3 (72.0%)
58	SÓŁKOWSKA Hannelore	286	SAMA BIEGAM	K-50	5	00:12:37	00:24:50	00:37:33	00:50:36	00:53:06.60	00:53:29.90	+00:15:08 (28.3%)	5:18	11.3 (72.0%)
59	JEZIORSKA Monika	244	ANIOŁY	K-30	26	00:13:17	00:25:39	00:38:05	00:50:47	00:53:17.70	00:53:35.15	+00:15:13 (28.4%)	5:19	11.3 (72.0%)
60	CZUCZEJKO Jolanta	156	RUN BYDGOSZCZ	K-40	16	00:13:46	00:26:21	00:38:48	00:50:52	00:53:18.30	00:53:35.55	+00:15:13 (28.4%)	5:19	11.3 (72.0%)
61	KALLAS-LIPSKA Anetta	227	RUN BYDGOSZCZ	K-40	17	00:13:41	00:26:21	00:38:48	00:50:57	00:53:18.50	00:53:36.10	+00:15:14 (28.4%)	5:19	11.3 (72.0%)
62	MRUK-WAWRZYŃIAK Patrycja	297		K-30	27	00:13:14	00:25:33	00:38:16	00:51:01	00:53:24.95	00:53:43.45	+00:15:21 (28.6%)	5:20	11.2 (71.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	4.85km	7.2km	9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
63	ZABOROWSKA Beata	544		K-40	18	00:13:14	00:25:40	00:38:16	00:50:51	00:53:11.90	00:53:44.40	+00:15:22 (28.6%)	5:19	11.3 (72.0%)
64	KOŻUCHOWSKA Katarzyna	130	RUN BYDGOSZCZ	K-40	19	00:13:30	00:25:56	00:38:36	00:51:12	00:53:35.30	00:53:44.50	+00:15:22 (28.6%)	5:21	11.2 (71.3%)
65	WITKA Grażyna	44	KLUB ŁEBA MORS POLAND	K-40	20	00:13:24	00:25:31	00:38:40	00:50:59	00:53:17.35	00:53:44.80	+00:15:22 (28.6%)	5:19	11.3 (72.0%)
66	PURWIN Beata	502	CYTADELA GRUDZIĄDZ	K-40	21	00:13:11	00:25:38	00:38:10	00:50:56	00:53:23.35	00:53:47.30	+00:15:25 (28.7%)	5:20	11.2 (71.3%)
67	MAĆKOWIAK Magdalena	225		K-20	13	00:13:27	00:26:10	00:38:49	00:51:01	00:54:00.25	00:54:06.70	+00:15:44 (29.1%)	5:24	11.1 (70.7%)
68	CHECHŁA Agata	206		K-30	28	00:14:19	00:26:41	00:38:55	00:51:14	00:53:33.25	00:54:11.95	+00:15:50 (29.2%)	5:21	11.2 (71.3%)
69	DALKE Jowita	460		K-30	29	00:13:15	00:25:53	00:38:41	00:51:42	00:54:09.85	00:54:15.50	+00:15:53 (29.3%)	5:25	11.1 (70.7%)
70	MAKUCH Urszula	487		K-40	22	00:14:04	00:26:30	00:38:55	00:51:09	00:53:44.20	00:54:25.70	+00:16:03 (29.5%)	5:22	11.2 (71.3%)
71	KWIATKOWSKA Bożena	255		K-40	23	00:13:19	00:26:01	00:39:02	00:51:52	00:54:12.40	00:54:32.45	+00:16:10 (29.7%)	5:25	11.1 (70.7%)
72	ZIELIŃSKA Elżbieta	252		K-50	6	00:13:20	00:26:01	00:39:02	00:51:52	00:54:12.20	00:54:32.50	+00:16:10 (29.7%)	5:25	11.1 (70.7%)
73	RATAJ Zuzanna	672	KOBIETY BIEGAJĄ	K-20	14	00:13:29	00:25:59	00:38:41	00:51:28	00:54:01.65	00:54:36.35	+00:16:14 (29.7%)	5:24	11.1 (70.7%)
74	LORENS Paula	360	TEAMOCHAL	K-30	30	00:13:53	00:26:29	00:39:12	00:51:45	00:54:07.70	00:54:45.80	+00:16:23 (29.9%)	5:24	11.1 (70.7%)
75	LUZAK Magdalena	245		K-20	15	00:13:09	00:25:45	00:38:50	00:52:15	00:54:36.65	00:54:50.55	+00:16:28 (30.0%)	5:27	11 (70.1%)
76	ŁUKOMSKA Monika	677	PAŁUKI RUNNING TEAM	K-30	31	00:13:23	00:25:53	00:38:48	00:51:58	00:54:20.35	00:54:50.75	+00:16:28 (30.0%)	5:26	11 (70.1%)
77	BUDZIK Justyna	97	BOZITA TEAM	K-40	24	00:13:42	00:26:42	00:39:28	00:52:32	00:55:01.40	00:55:19.60	+00:16:57 (30.7%)	5:30	10.9 (69.4%)
78	LENGIEWCZ Anna	635	OBÓZ BIEGOWY	K-40	25	00:13:33	00:26:27	00:39:32	00:52:35	00:54:59.95	00:55:20.45	+00:16:58 (30.7%)	5:30	10.9 (69.4%)
79	SADOWSKA Maria	123		K-40	26	00:14:05	00:26:58	00:39:52	00:52:49	00:55:15.70	00:55:46.15	+00:17:24 (31.2%)	5:31	10.9 (69.4%)
80	STUDZIŃSKA Justyna	279		K-30	32	00:14:13	00:27:13	00:40:08	00:53:01	00:55:30.30	00:55:46.80	+00:17:24 (31.2%)	5:33	10.8 (68.8%)
81	TATULIŃSKA Aleksandra	283	RUN BDG	K-30	33	00:14:15	00:27:11	00:40:26	00:53:02	00:55:27.25	00:56:00.75	+00:17:38 (31.5%)	5:32	10.8 (68.8%)
82	ZATOŃ Bożena	239	RUN - PASJA	K-50	7	00:13:34	00:26:22	00:39:48	00:53:17	00:55:41.00	00:56:09.25	+00:17:47 (31.7%)	5:34	10.8 (68.8%)
83	GROMEK Zuzanna	357		K-20	16	00:13:30	00:26:18	00:39:40	00:53:22	00:56:01.80	00:56:15.35	+00:17:53 (31.8%)	5:36	10.7 (68.2%)
84	PORAZINSKA Viktoria	241		K-40	27	00:13:51	00:26:47	00:39:56	00:53:28	00:56:06.15	00:56:19.45	+00:17:57 (31.9%)	5:36	10.7 (68.2%)
85	STERNAL Elżbieta	62		K-40	28	00:13:23	00:26:18	00:39:34	00:52:54	00:56:10.05	00:56:25.00	+00:18:03 (32.0%)	5:37	10.7 (68.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	4.85km	7.2km	9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
86	NOWAK Paula	379	KUJATT RUNNERS TEAM	K-20	17	00:12:42	00:25:35	00:39:18	00:53:12	00:55:47.75	00:56:27.40	+00:18:05 (32.0%)	5:34	10.8 (68.8%)
87	MISUN-NOWAK Katarzyna	194	ORTIMED RUNNERS TEAM	K-30	34	00:14:02	00:26:57	00:40:38	00:53:38	00:55:55.90	00:56:27.90	+00:18:06 (32.1%)	5:35	10.7 (68.2%)
88	PYDYN Regina	210	SBZZ ZŁOTÓW	K-50	8	00:13:39	00:26:33	00:39:49	00:53:28	00:56:05.15	00:56:28.35	+00:18:06 (32.1%)	5:36	10.7 (68.2%)
89	ŚWIĄTEK Karolina	503	CYTADELA GRUDZIĄDZ	K-20	18	00:13:38	00:26:40	00:40:07	00:53:34	00:56:07.15	00:56:31.15	+00:18:09 (32.1%)	5:36	10.7 (68.2%)
90	LOKS WIŚNIEWSKA Joanna	496		K-30	35	00:14:16	00:27:26	00:40:28	00:53:34	00:56:01.70	00:56:32.25	+00:18:10 (32.1%)	5:36	10.7 (68.2%)
91	JANISZEWSKA Zuzanna	510		K-30	36	00:13:51	00:26:56	00:40:27	00:53:58	00:56:27.10	00:56:38.85	+00:18:16 (32.3%)	5:38	10.6 (67.5%)
92	KOSECKA Justyna	195	ORTIMED RUNNERS TEAM	K-30	37	00:14:03	00:26:58	00:40:40	00:53:46	00:56:09.75	00:56:41.70	+00:18:19 (32.3%)	5:37	10.7 (68.2%)
93	NIKOŁAJEW Monika	93		K-30	38	00:13:38	00:26:43	00:40:01	00:53:39	00:56:08.80	00:56:42.30	+00:18:20 (32.3%)	5:36	10.7 (68.2%)
94	KALISZEWSKA Małgorzata	313	RUN PASJA	K-30	39	00:13:34	00:26:32	00:40:07	00:53:51	00:56:27.40	00:56:59.65	+00:18:37 (32.7%)	5:38	10.6 (67.5%)
95	REPKA Anna	203	LUPUS TEAM	K-40	29	00:14:44	00:28:18	00:41:39	00:54:37	00:56:54.10	00:57:06.50	+00:18:44 (32.8%)	5:41	10.5 (66.9%)
96	REMUS Sandra	171		K-20	19	00:13:26	00:26:39	00:40:14	00:54:12	00:56:42.50	00:57:11.90	+00:18:50 (32.9%)	5:40	10.6 (67.5%)
97	MIAZGA Katarzyna	417		K-20	20	00:14:23	00:27:20	00:40:38	00:54:16	00:56:47.45	00:57:15.45	+00:18:53 (33.0%)	5:40	10.6 (67.5%)
98	DROŹDŹ Małgorzata	524	KLONIKTEAM	K-30	40	00:14:19	00:27:36	00:41:07	00:54:34	00:57:04.90	00:57:40.50	+00:19:18 (33.5%)	5:42	10.5 (66.9%)
99	KEMPCZYŃSKA-KALINOWSKA Marta	598		K-20	21	00:14:58	00:28:11	00:41:19	00:54:34	00:57:07.25	00:57:41.25	+00:19:19 (33.5%)	5:42	10.5 (66.9%)
100	GAJEK Agnieszka	175		K-30	41	00:14:32	00:27:51	00:41:15	00:54:48	00:57:17.10	00:57:47.25	+00:19:25 (33.6%)	5:43	10.5 (66.9%)
101	MARKLIK Grayżyna	154		K-40	30	00:14:32	00:27:50	00:41:15	00:54:48	00:57:17.15	00:57:47.45	+00:19:25 (33.6%)	5:43	10.5 (66.9%)
102	WASIŃSKA Eliza	639	OBÓZ BIEGOWY	K-30	42	00:14:33	00:28:15	00:41:44	00:54:57	00:57:33.85	00:58:00.10	+00:19:38 (33.9%)	5:45	10.4 (66.2%)
103	MICHAŁEK Ania	430	RUN BYDGOSZCZ	K-30	43	00:15:15	00:29:08	00:43:03	00:55:23	00:57:42.00	00:58:21.15	+00:19:59 (34.3%)	5:46	10.4 (66.2%)
104	KOBUSIŃSKA Sylwia	310		K-40	31	00:14:50	00:28:13	00:41:45	00:55:08	00:57:41.15	00:58:23.00	+00:20:01 (34.3%)	5:46	10.4 (66.2%)
105	CUDAK Małgorzata	456	AQUA 4	K-30	44	00:13:51	00:27:58	00:42:07	00:55:53	00:58:30.00	00:59:00.10	+00:20:38 (35.0%)	5:51	10.3 (65.6%)
106	ŚPICA Dorota	346	BBL	K-40	32	00:14:21	00:27:40	00:41:47	00:55:47	00:58:21.95	00:59:01.25	+00:20:39 (35.0%)	5:50	10.3 (65.6%)
107	GROCHOWIAK Karolina	51	ŚLIMAKI BARCIN	K-30	45	00:14:30	00:28:32	00:42:36	00:56:30	00:59:05.75	00:59:12.40	+00:20:50 (35.2%)	5:54	10.2 (65.0%)
108	BUJAK Justyna	409	KUJATT RUNNERS TEAM	K-30	46	00:14:28	00:28:07	00:42:03	00:56:05	00:58:44.25	00:59:17.40	+00:20:55 (35.3%)	5:52	10.2 (65.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	4.85km	7.2km	9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
109	LEWANDOWSKA Sylwia	329		K-30	47	00:14:59	00:28:40	00:42:34	00:56:28	00:58:55.95	00:59:31.55	+00:21:09 (35.5%)	5:53	10.2 (65.0%)
110	BEDNAREK Grażyna	458	RUN-PASJA	K-40	33	00:14:39	00:28:51	00:42:48	00:56:37	00:59:00.10	00:59:32.15	+00:21:10 (35.6%)	5:54	10.2 (65.0%)
111	ŚLESIŃSKA Agata	648		K-20	22	00:14:51	00:28:28	00:42:20	00:56:19	00:58:54.40	00:59:42.60	+00:21:20 (35.7%)	5:53	10.2 (65.0%)
112	JARZEMSKA Alicja	692		K-20	23	00:14:48	00:28:23	00:42:21	00:56:33	00:59:14.10	00:59:55.75	+00:21:33 (36.0%)	5:55	10.1 (64.3%)
113	KŁOPOTEK Anna	485		K-30	48	00:15:17	00:29:10	00:43:05	00:56:53	00:59:20.50	00:59:59.00	+00:21:37 (36.0%)	5:56	10.1 (64.3%)
114	ADAMCZAK Marta	141	RUN PASJA BYDGOSZCZ	K-30	49	00:15:01	00:29:33	00:43:08	00:57:00	00:59:23.55	01:00:00.70	+00:21:38 (36.1%)	5:56	10.1 (64.3%)
115	KALISZ Małgorzata	331		K-40	34	00:14:33	00:28:11	00:42:33	00:56:52	00:59:29.00	01:00:11.45	+00:21:49 (36.3%)	5:56	10.1 (64.3%)
116	PITUŁA Monika	546		K-30	50	00:14:41	00:28:20	00:42:30	00:56:58	00:59:36.85	01:00:14.85	+00:21:52 (36.3%)	5:57	10.1 (64.3%)
117	KOŹLIKOWSKA Magdalena	102	ES-TEAM	K-30	51	00:14:51	00:28:52	00:43:17	00:57:54	01:00:06.85	01:00:20.30	+00:21:58 (36.4%)	6:00	10 (63.7%)
118	BALCERZAK Dorota	596	BBL INOWROCŁAW	K-40	35	00:14:37	00:28:47	00:43:15	00:57:36	01:00:14.35	01:00:29.35	+00:22:07 (36.6%)	6:01	10 (63.7%)
119	KUGACZ Aneta	471	RUN BYDGOSZCZ	K-30	52	00:14:02	00:28:09	00:42:33	00:57:37	01:00:22.65	01:00:31.65	+00:22:09 (36.6%)	6:02	9.9 (63.1%)
120	STYPCZYŃSKA Natalia	482		K-20	24	00:14:47	00:28:51	00:43:05	00:57:18	00:59:57.30	01:00:38.80	+00:22:16 (36.7%)	5:59	10 (63.7%)
121	KOLASIŃSKA Joanna	561	RUN BYDGOSZCZ	K-30	53	00:15:41	00:30:02	00:43:43	00:57:46	01:00:12.00	01:00:45.10	+00:22:23 (36.8%)	6:01	10 (63.7%)
122	LUWAŃSKA Aleksandra	574	WILD AND ...	K-30	54	00:14:22	00:28:23	00:42:43	00:57:44	01:00:41.05	01:00:52.15	+00:22:30 (37.0%)	6:04	9.9 (63.1%)
123	RZETELNA Sylwia	617		K-40	36	00:14:49	00:28:51	00:43:07	00:57:37	01:00:13.30	01:00:57.80	+00:22:35 (37.1%)	6:01	10 (63.7%)
124	URBAŃSKA Magdalena	618		K-40	37	00:14:49	00:28:50	00:43:07	00:57:37	01:00:13.55	01:00:57.90	+00:22:36 (37.1%)	6:01	10 (63.7%)
125	MAGDZIARZ Katarzyna	256	KANCELARIA HMM	K-30	55	00:14:57	00:28:53	00:43:00	00:57:08	01:00:22.55	01:01:07.85	+00:22:45 (37.2%)	6:02	9.9 (63.1%)
126	KOWAL Magdalena	634	OBÓZ BIEGOWY	K-30	56	00:15:52	00:30:51	00:44:20	00:58:10	01:00:39.10	01:01:15.55	+00:22:53 (37.4%)	6:03	9.9 (63.1%)
127	TARASZKA Olga	384	UMK TORUŃ	K-20	25	00:15:06	00:29:28	00:44:05	00:58:41	01:01:21.00	01:01:46.70	+00:23:24 (37.9%)	6:08	9.8 (62.4%)
128	WALCZAK Maria	24	TKKF KOLEJARZ BYDGOSZCZ	K-60	2	00:14:48	00:29:23	00:44:10	00:59:02	01:01:55.00	01:02:20.90	+00:23:59 (38.5%)	6:11	9.7 (61.8%)
129	PISKORSKA Marta	575		K-30	57	00:14:52	00:29:28	00:44:08	00:59:13	01:02:06.85	01:02:25.20	+00:24:03 (38.5%)	6:12	9.7 (61.8%)
129	KUBIAK Małgorzata	162		K-30	58	00:14:55	00:29:30	00:44:10	00:59:16	01:02:08.40	01:02:25.20	+00:24:03 (38.5%)	6:12	9.7 (61.8%)
131	KORBIŃSKA Sylwia	17	BRZOZA TRI TEAM	K-20	26	00:15:03	00:29:35	00:44:27	00:59:18	01:01:59.75	01:02:35.70	+00:24:13 (38.7%)	6:12	9.7 (61.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	4.85km	7.2km	9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
132	JĘDRZEJCZYK Rita	564	NAKIELSKI KB	K-40	38	00:15:40	00:30:28	00:45:13	00:59:41	01:02:25.55	01:02:39.65	+00:24:17 (38.8%)	6:14	9.6 (61.1%)
133	JĘDRZEJCZYK Paulina	565	NAKIELSKI KB	K-20	27	00:15:41	00:30:29	00:45:14	00:59:42	01:02:25.90	01:02:39.80	+00:24:17 (38.8%)	6:14	9.6 (61.1%)
134	NOWAK Monika	454		K-20	28	00:15:01	00:29:52	00:45:28	01:01:14	01:02:21.25	01:02:51.05	+00:24:29 (39.0%)	6:14	9.6 (61.1%)
135	KOSAKOWSKA Barbara	644	OBÓZ BIEGOWY	K-50	9	00:16:07	00:30:47	00:45:15	00:59:42	01:02:28.60	01:02:54.10	+00:24:32 (39.0%)	6:14	9.6 (61.1%)
136	KLATECKA Emilia	8		K-30	59	00:15:25	00:29:56	00:44:47	00:59:23	01:02:25.80	01:03:07.90	+00:24:46 (39.2%)	6:14	9.6 (61.1%)
137	ĆWIKLIŃSKA Anna	292	KLONIKTEAM	K-30	60	00:15:06	00:29:47	00:44:44	01:00:00	01:02:53.40	01:03:29.10	+00:25:07 (39.6%)	6:17	9.5 (60.5%)
138	KWIATKOWSKA Elżbieta	53		K-40	39	00:15:18	00:30:02	00:45:19	01:00:42	01:03:28.10	01:03:56.65	+00:25:34 (40.0%)	6:20	9.5 (60.5%)
139	GRABOWSKA Lucyna	104	BRZOZA BIEGA	K-40	40	00:15:22	00:30:06	00:45:23	01:00:46	01:03:33.05	01:03:57.05	+00:25:35 (40.0%)	6:21	9.4 (59.9%)
140	SIĘBOR Agnieszka	298		K-30	61	00:14:51	00:29:54	00:45:11	01:00:52	01:03:42.50	01:04:03.10	+00:25:41 (40.1%)	6:22	9.4 (59.9%)
141	LEWANDOWSKA Katarzyna	424		K-30	62	00:16:04	00:30:56	00:45:57	01:01:27	01:04:18.75	01:04:55.60	+00:26:33 (40.9%)	6:25	9.3 (59.2%)
142	BŁASIŃSKA Natalia	614		K-20	29	00:15:24	00:30:16	00:45:53	01:01:53	01:04:38.95	01:05:02.30	+00:26:40 (41.0%)	6:27	9.3 (59.2%)
143	PACZKOWSKA Agata	219		K-20	30	00:14:26	00:29:45	00:45:48	01:02:01	01:04:40.00	01:05:04.20	+00:26:42 (41.0%)	6:28	9.3 (59.2%)
144	SOWIŃSKA Justyna	391		K-40	41	00:15:48	00:31:12	00:46:41	01:02:12	01:05:04.45	01:05:34.05	+00:27:12 (41.5%)	6:30	9.2 (58.6%)
145	WOJCIECHOWSKA Małgorzata	340	BRZOZA BIEGA	K-50	10	00:16:05	00:31:40	00:47:08	01:02:30	01:05:12.95	01:05:41.65	+00:27:19 (41.6%)	6:31	9.2 (58.6%)
146	KUZIEMSKA Anna	638	OBÓZ BIEGOWY	K-30	63	00:16:34	00:32:26	00:47:53	01:02:37	01:05:23.05	01:05:48.95	+00:27:27 (41.7%)	6:32	9.2 (58.6%)
147	CZYŻEWSKA Justyna	134		K-30	64	00:15:05	00:31:00	00:46:27	01:02:25	01:05:30.00	01:05:52.90	+00:27:31 (41.8%)	6:33	9.2 (58.6%)
148	WIŚNIEWSKA RYBUS Roksana	373		K-40	42	00:16:11	00:31:34	00:47:04	01:02:36	01:05:36.80	01:06:18.15	+00:27:56 (42.1%)	6:33	9.1 (58.0%)
149	MOROSZCZAK Dominika	387	4RUN TEAM BYDGOSZCZ	K-30	65	00:15:24	00:30:24	00:46:37	01:03:20	01:06:07.05	01:06:47.05	+00:28:25 (42.6%)	6:36	9.1 (58.0%)
150	ŻYCHOWSKA Zuzanna	136	BOLS	K-20	31	00:15:59	00:31:23	00:47:20	01:03:26	01:06:25.75	01:06:47.20	+00:28:25 (42.6%)	6:38	9 (57.3%)
151	KARDACH Magdalena	535		K-30	66	00:16:29	00:32:07	00:47:58	01:03:26	01:06:17.30	01:06:50.70	+00:28:28 (42.6%)	6:37	9.1 (58.0%)
152	BUSE Małgorzata	69		K-20	32	00:15:58	00:31:29	00:47:23	01:03:08	01:06:12.20	01:06:52.20	+00:28:30 (42.6%)	6:37	9.1 (58.0%)
153	LUTKOWSKA Katarzyna	166	TEAMOCHAL	K-30	67	00:13:58	00:32:59	00:49:07	01:05:24	01:08:29.55	01:09:07.85	+00:30:45 (44.5%)	6:50	8.8 (56.1%)
154	LATOS Sandra	12	TEAMOCHAL	K-30	68	00:16:51	00:32:59	00:49:06	01:05:24	01:08:28.55	01:09:08.15	+00:30:46 (44.5%)	6:50	8.8 (56.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	4.85km	7.2km	9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
155	CENTKOWSKA Ewelina	404		K-30	69	00:16:02	00:32:06	00:48:42	01:05:31	01:08:36.05	01:09:21.90	+00:31:00 (44.7%)	6:51	8.7 (55.4%)
156	ŚLESIŃSKA Patrycja	420		K-20	33	00:16:55	00:32:52	00:49:15	01:05:57	01:08:43.90	01:09:24.70	+00:31:02 (44.7%)	6:52	8.7 (55.4%)
157	WIŚNIEWSKA Elżbieta	341	BRZOZA BIEGA	K-40	43	00:16:40	00:33:05	00:49:14	01:05:58	01:09:07.95	01:09:31.95	+00:31:10 (44.8%)	6:54	8.7 (55.4%)
158	SZNAJDROWSKA Marta	597	RUN BYDGOSZCZ	K-20	34	00:16:55	00:33:07	00:49:47	01:06:14	01:09:17.65	01:09:52.05	+00:31:30 (45.1%)	6:55	8.7 (55.4%)
159	LIBERA Sabina	20	PARKRUN BYDGOSZCZ	K-40	44	00:17:22	00:34:09	00:51:20	01:08:21	01:11:14.15	01:11:37.40	+00:33:15 (46.4%)	7:07	8.4 (53.5%)
160	KOISZEWSKA Izabela	350	MIRAP ŁĘBORK	K-40	45	00:17:06	00:33:47	00:50:50	01:08:02	01:11:06.30	01:11:43.15	+00:33:21 (46.5%)	7:06	8.4 (53.5%)
161	MIROWSKA Anna	352		K-40	46	00:17:05	00:33:46	00:50:49	01:08:01	01:11:06.20	01:11:43.35	+00:33:21 (46.5%)	7:06	8.4 (53.5%)
162	DUTKIEWICZ Urszula	375	TKKF KOLEJARZ BYDGOSZCZ	K-20	35	00:17:00	00:32:45	00:49:31	01:08:11	01:11:58.10	01:12:44.35	+00:34:22 (47.3%)	7:11	8.3 (52.9%)
163	PEPLIŃSKA Iwona	682	ŁEBA MORS POLAND	K-40	47	00:17:26	00:34:42	00:52:35	01:09:58	01:12:57.80	01:13:25.90	+00:35:04 (47.8%)	7:17	8.2 (52.2%)
164	KLIMEK Karolina	399		K-20	36	00:19:02	00:37:16	00:56:06	01:14:04	01:17:06.80	01:17:55.80	+00:39:33 (50.8%)	7:42	7.8 (49.7%)
165	BRÓZDA Karolina	381		K-30	70	00:17:48	00:36:19	00:57:00	01:14:25	01:17:33.80	01:18:04.60	+00:39:42 (50.9%)	7:45	7.7 (49.0%)
166	ROSIŃSKA Janina	694		K-70	1	00:21:36	00:44:19	01:05:58		01:29:51.80	01:29:54.85	+00:51:32 (57.3%)	8:59	6.7 (42.7%)
	KOŁODYŃSKA Aleksandra	106		K-20		00:16:14 DNF	00:32:53 DNF	00:51:05 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 167 wynik(ów)