



# IX NOCNY BIEG SZLAKIEM DZIKA

B4SPORT

**Wydarzenie:** Dziki Weekend 2019  
**Organizator:** Stowarzyszenie Klub Biegowy Dzik  
**Data:** 2019-08-16  
**Miejsce:** Police  
**Dystans:** 5 km

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Open K

| Msc | Zawodnik                 | Numer | Klub                            | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h   |
|-----|--------------------------|-------|---------------------------------|-----------|------|-------------|----------------|-----------------|-------------------|--------------|--------------|
| 1   | ZABOROWSKA Małgorzata    | 1104  | GRARUNNERS/OSP PŁOTY            | K2 30-39  | 1    | 00:00:04    | 00:25:30.75    | 00:25:35.50     |                   | 5:06         | 11.8 (100%)  |
| 2   | DYDEK Edyta              | 1396  | SKB DZIK                        | K1 16-29  | 1    | 00:00:01    | 00:26:08.95    | 00:26:10.40     | +00:00:38 (2.4%)  | 5:13         | 11.5 (97.5%) |
| 3   | KRZACZKOWSKA Iwona       | 761   | DZIKI WROCŁAW                   | K2 30-39  | 2    | 00:00:03    | 00:26:11.65    | 00:26:14.65     | +00:00:40 (2.6%)  | 5:14         | 11.5 (97.5%) |
| 4   | LACHOWICZ Blanka         | 785   | HUSARIA RACE TEAM               | K2 30-39  | 3    | 00:00:00    | 00:26:54.80    | 00:26:54.80     | +00:01:24 (5.2%)  | 5:22         | 11.2 (94.9%) |
| 5   | MARZEC Karolina          | 828   | DZIKIE DZIKI GORZÓW             | K3 40-49  | 1    | 00:00:02    | 00:27:47.45    | 00:27:49.95     | +00:02:16 (8.2%)  | 5:33         | 10.8 (91.5%) |
| 6   | KAMIŃSKA Adriana         | 709   | BBL POLICE                      | K2 30-39  | 4    | 00:00:05    | 00:27:58.80    | 00:28:04.50     | +00:02:28 (8.8%)  | 5:35         | 10.7 (90.7%) |
| 7   | DOLEŻEK Agnieszka        | 600   | WIECZORNE BIEGANIE W SZCZECINIE | K2 30-39  | 5    | 00:00:03    | 00:28:03.30    | 00:28:06.50     | +00:02:32 (9.1%)  | 5:36         | 10.7 (90.7%) |
| 8   | ALABRUDZIŃSKA Agnieszka  | 1423  |                                 | K2 30-39  | 6    | 00:00:11    | 00:28:34.05    | 00:28:45.80     | +00:03:03 (10.7%) | 5:42         | 10.5 (89.0%) |
| 9   | NIKLAS Małgorzata        | 872   | KSF                             | K2 30-39  | 7    | 00:00:10    | 00:28:37.30    | 00:28:47.55     | +00:03:06 (10.9%) | 5:43         | 10.5 (89.0%) |
| 10  | SZATANEK Ewa             | 1016  |                                 | K3 40-49  | 2    | 00:00:12    | 00:28:43.10    | 00:28:56.00     | +00:03:12 (11.2%) | 5:44         | 10.4 (88.1%) |
| 11  | LANG Monika              | 786   | AWL                             | K1 16-29  | 2    | 00:01:02    | 00:28:47.85    | 00:29:50.20     | +00:03:17 (11.4%) | 5:45         | 10.4 (88.1%) |
| 12  | KWIATKOWSKA Aleksandra   | 779   | WIECZORNE BIEGANIE W SZCZECINIE | K1 16-29  | 3    | 00:00:04    | 00:28:58.00    | 00:29:02.80     | +00:03:27 (11.9%) | 5:47         | 10.4 (88.1%) |
| 13  | MAJDAN-ADAMSKA Agnieszka | 816   | HUSARIA RACE TEAM               | K2 30-39  | 8    | 00:00:01    | 00:29:20.90    | 00:29:22.80     | +00:03:50 (13.1%) | 5:52         | 10.2 (86.4%) |
| 14  | BLICHARSKA Marta         | 540   | 12 BZ                           | K2 30-39  | 9    | 00:00:10    | 00:29:21.15    | 00:29:31.15     | +00:03:50 (13.1%) | 5:52         | 10.2 (86.4%) |

| Msc | Zawodnik                           | Numer       | Klub                            | Kategoria | Mkat | Czas startu | Czas netto 5km     | Czas brutto 5km    | Różn              | Tempo min/km | Tempo km/h   |
|-----|------------------------------------|-------------|---------------------------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|--------------|
| 15  | <b>ADAMSKA Barbara</b>             | <b>503</b>  | DUOLIFE TEAM                    | K1 16-29  | 4    | 00:00:03    | <b>00:29:40.90</b> | <b>00:29:44.40</b> | +00:04:10 (14.0%) | 5:56         | 10.1 (85.6%) |
| 16  | <b>ŻYLUK-GADOWSKA Paulina</b>      | <b>1129</b> | NIE PROWOKUJ LOCHY              | K2 30-39  | 10   | 00:00:13    | <b>00:29:49.95</b> | <b>00:30:03.05</b> | +00:04:19 (14.5%) | 5:58         | 10.1 (85.6%) |
| 17  | <b>RUTKOWSKA Anna</b>              | <b>954</b>  | WATAHA WAŁCZ                    | K4 50-59  | 1    | 00:00:05    | <b>00:30:28.90</b> | <b>00:30:34.10</b> | +00:04:58 (16.3%) | 6:05         | 9.8 (83.1%)  |
| 18  | <b>SCHERFENBERG-KERL Katarzyna</b> | <b>965</b>  |                                 | K2 30-39  | 11   | 00:00:02    | <b>00:30:34.75</b> | <b>00:30:37.45</b> | +00:05:04 (16.6%) | 6:07         | 9.8 (83.1%)  |
| 19  | <b>DIKTA Anna</b>                  | <b>596</b>  | 23. BAZA LOTNICTWA TAKTYCZNEGO  | K1 16-29  | 5    | 00:00:28    | <b>00:30:40.65</b> | <b>00:31:08.65</b> | +00:05:09 (16.8%) | 6:08         | 9.8 (83.1%)  |
| 20  | <b>MASYS Agnieszka</b>             | <b>829</b>  | GRUPA MALBORK                   | K3 40-49  | 3    | 00:00:39    | <b>00:30:42.35</b> | <b>00:31:21.80</b> | +00:05:11 (16.9%) | 6:08         | 9.8 (83.1%)  |
| 21  | <b>JAKUBIAK Anna</b>               | <b>679</b>  | RAZ SZCZECIN                    | K4 50-59  | 2    | 00:00:17    | <b>00:31:01.80</b> | <b>00:31:19.10</b> | +00:05:31 (17.8%) | 6:12         | 9.7 (82.2%)  |
| 22  | <b>MATUSZAK Anita</b>              | <b>832</b>  |                                 | K3 40-49  | 4    | 00:00:34    | <b>00:31:04.80</b> | <b>00:31:39.65</b> | +00:05:34 (17.9%) | 6:13         | 9.7 (82.2%)  |
| 23  | <b>KOZŁOWSKA Justyna</b>           | <b>753</b>  | KLUB BIEGOWY WIKON NOWA SÓL     | K1 16-29  | 6    | 00:00:07    | <b>00:31:14.50</b> | <b>00:31:21.80</b> | +00:05:43 (18.3%) | 6:14         | 9.6 (81.4%)  |
| 24  | <b>GRABOWSKA Joanna</b>            | <b>648</b>  | SPC                             | K3 40-49  | 5    | 00:00:10    | <b>00:31:18.45</b> | <b>00:31:29.30</b> | +00:05:47 (18.5%) | 6:15         | 9.6 (81.4%)  |
| 25  | <b>SYCHEL Magdalena</b>            | <b>1014</b> |                                 | K2 30-39  | 12   | 00:00:11    | <b>00:31:28.20</b> | <b>00:31:39.55</b> | +00:05:57 (18.9%) | 6:17         | 9.5 (80.5%)  |
| 26  | <b>JAROSŁAWSKA Sandra</b>          | <b>687</b>  |                                 | K1 16-29  | 7    | 00:00:11    | <b>00:31:28.60</b> | <b>00:31:39.60</b> | +00:05:57 (18.9%) | 6:17         | 9.5 (80.5%)  |
| 27  | <b>JODŁOWSKA Ewa</b>               | <b>700</b>  |                                 | K2 30-39  | 13   | 00:00:18    | <b>00:31:29.10</b> | <b>00:31:47.30</b> | +00:05:58 (19.0%) | 6:17         | 9.5 (80.5%)  |
| 28  | <b>KRYSIAK Halina</b>              | <b>1304</b> | WIECZORNE BIEGANIE W SZCZECINIE | K2 30-39  | 14   | 00:00:52    | <b>00:31:34.90</b> | <b>00:32:27.70</b> | +00:06:04 (19.2%) | 6:19         | 9.5 (80.5%)  |
| 29  | <b>ŻUROWSKA Agnieszka</b>          | <b>1126</b> |                                 | K3 40-49  | 6    | 00:00:05    | <b>00:31:42.80</b> | <b>00:31:48.30</b> | +00:06:12 (19.6%) | 6:20         | 9.5 (80.5%)  |
| 30  | <b>PTAK Patrycja</b>               | <b>932</b>  | HUSARIA RACE TEAM               | K2 30-39  | 15   | 00:00:10    | <b>00:31:47.25</b> | <b>00:31:57.25</b> | +00:06:16 (19.7%) | 6:21         | 9.4 (79.7%)  |
| 31  | <b>CHODAK Monika</b>               | <b>571</b>  | HUSARIA RACE TEAM               | K3 40-49  | 7    | 00:00:03    | <b>00:31:55.45</b> | <b>00:31:58.80</b> | +00:06:24 (20.1%) | 6:23         | 9.4 (79.7%)  |
| 32  | <b>SZYMAŃSKA Jolanta</b>           | <b>1023</b> |                                 | K2 30-39  | 16   | 00:00:47    | <b>00:32:04.65</b> | <b>00:32:51.95</b> | +00:06:33 (20.5%) | 6:24         | 9.4 (79.7%)  |
| 33  | <b>CZYŻEWSKA Mirosława</b>         | <b>591</b>  |                                 | K2 30-39  | 17   | 00:00:31    | <b>00:32:13.15</b> | <b>00:32:44.80</b> | +00:06:42 (20.8%) | 6:26         | 9.3 (78.8%)  |
| 34  | <b>BIAŁKOWSKA Katarzyna</b>        | <b>1151</b> | KOBIECE BIEGANIE                | K3 40-49  | 8    | 00:00:20    | <b>00:32:23.95</b> | <b>00:32:44.35</b> | +00:06:53 (21.3%) | 6:28         | 9.3 (78.8%)  |
| 35  | <b>SOWISZ Adrianna</b>             | <b>995</b>  | SOWISZ TEAM                     | K1 16-29  | 8    | 00:00:20    | <b>00:32:26.00</b> | <b>00:32:46.25</b> | +00:06:55 (21.3%) | 6:29         | 9.2 (78.0%)  |
| 36  | <b>KUSTRA Paulina</b>              | <b>1392</b> | BBL POLICE                      | Open K    | 1    | 00:00:05    | <b>00:32:36.95</b> | <b>00:32:42.20</b> | +00:07:06 (21.8%) | 6:31         | 9.2 (78.0%)  |
| 37  | <b>KOLEJ Monika</b>                | <b>734</b>  | DZIKIE DZIKI GORZÓW             | K3 40-49  | 9    | 00:00:14    | <b>00:32:46.85</b> | <b>00:33:00.85</b> | +00:07:16 (22.2%) | 6:33         | 9.2 (78.0%)  |

| Msc | Zawodnik                          | Numer       | Klub                            | Kategoria | Mkat | Czas startu | Czas netto 5km     | Czas brutto 5km    | Różn              | Tempo min/km | Tempo km/h  |
|-----|-----------------------------------|-------------|---------------------------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|-------------|
| 38  | <b>STEFAŃCZYK Małgorzata</b>      | <b>1001</b> | GAZELA ŚWINOUJŚCIE              | K3 40-49  | 10   | 00:00:12    | <b>00:32:55.05</b> | <b>00:33:07.35</b> | +00:07:24 (22.5%) | 6:35         | 9.1 (77.1%) |
| 39  | <b>NICEWICZ Beata</b>             | <b>865</b>  | UBAWIENI PO PACHY V             | K3 40-49  | 11   | 00:01:04    | <b>00:32:57.65</b> | <b>00:34:01.90</b> | +00:07:26 (22.6%) | 6:35         | 9.1 (77.1%) |
| 40  | <b>DOBACZEWSKA-WASEK Ewa</b>      | <b>597</b>  |                                 | K3 40-49  | 12   | 00:00:19    | <b>00:33:04.00</b> | <b>00:33:23.00</b> | +00:07:33 (22.8%) | 6:36         | 9.1 (77.1%) |
| 41  | <b>ADAMCZEWSKA Agnieszka</b>      | <b>501</b>  | 3ATEAM                          | K3 40-49  | 13   | 00:00:47    | <b>00:33:09.50</b> | <b>00:33:57.40</b> | +00:07:38 (23.1%) | 6:38         | 9 (76.3%)   |
| 42  | <b>SURGUCKA Iwona</b>             | <b>1011</b> | W POGONI ZA DUCHEM              | K3 40-49  | 14   | 00:00:38    | <b>00:33:14.25</b> | <b>00:33:52.65</b> | +00:07:43 (23.2%) | 6:38         | 9 (76.3%)   |
| 43  | <b>LEWANDOWSKA Dorota</b>         | <b>792</b>  | LOSZKI I WARCHLAKI              | K3 40-49  | 15   | 00:00:40    | <b>00:33:15.95</b> | <b>00:33:56.80</b> | +00:07:45 (23.3%) | 6:39         | 9 (76.3%)   |
| 44  | <b>BUDNA Anna</b>                 | <b>561</b>  |                                 | K3 40-49  | 16   | 00:00:25    | <b>00:33:28.25</b> | <b>00:33:53.80</b> | +00:07:57 (23.8%) | 6:41         | 9 (76.3%)   |
| 45  | <b>MAŁOCHA Klaudyna</b>           | <b>822</b>  | BIEGACZE ŚWINOUJŚCIE            | K1 16-29  | 9    | 00:00:50    | <b>00:33:28.30</b> | <b>00:34:19.25</b> | +00:07:57 (23.8%) | 6:41         | 9 (76.3%)   |
| 46  | <b>SAKOWSKA-CARŁO Magda</b>       | <b>960</b>  | WIECZORNE BIEGANIE W SZCZECINIE | K2 30-39  | 18   | 00:00:12    | <b>00:33:30.10</b> | <b>00:33:42.30</b> | +00:07:59 (23.8%) | 6:42         | 9 (76.3%)   |
| 47  | <b>MIKICIUK Natalia</b>           | <b>841</b>  |                                 | K1 16-29  | 10   | 00:00:26    | <b>00:33:35.45</b> | <b>00:34:02.35</b> | +00:08:04 (24.0%) | 6:43         | 8.9 (75.4%) |
| 48  | <b>NIEWADZIK Ula</b>              | <b>868</b>  |                                 | K3 40-49  | 17   | 00:00:21    | <b>00:33:42.50</b> | <b>00:34:04.45</b> | +00:08:11 (24.3%) | 6:44         | 8.9 (75.4%) |
| 49  | <b>WITKOWSKA Kamila</b>           | <b>1075</b> |                                 | K2 30-39  | 19   | 00:00:08    | <b>00:33:50.65</b> | <b>00:33:59.35</b> | +00:08:19 (24.6%) | 6:46         | 8.9 (75.4%) |
| 50  | <b>BOBEL Urszula</b>              | <b>544</b>  |                                 | K2 30-39  | 20   | 00:00:52    | <b>00:33:51.70</b> | <b>00:34:44.15</b> | +00:08:20 (24.7%) | 6:46         | 8.9 (75.4%) |
| 51  | <b>MURAWSKA Wioletta</b>          | <b>852</b>  | KB DZIK POLICE                  | K4 50-59  | 3    | 00:00:03    | <b>00:33:52.95</b> | <b>00:33:56.35</b> | +00:08:22 (24.7%) | 6:46         | 8.9 (75.4%) |
| 52  | <b>STROJNA-GRZYBOWSKA Marta</b>   | <b>1009</b> | KALMAR RUNNERS                  | K2 30-39  | 21   | 00:01:00    | <b>00:33:55.65</b> | <b>00:34:55.80</b> | +00:08:24 (24.8%) | 6:47         | 8.8 (74.6%) |
| 53  | <b>TOMCZAK Joanna</b>             | <b>1039</b> | OSP OCIESZYN                    | K2 30-39  | 22   | 00:00:22    | <b>00:34:02.50</b> | <b>00:34:24.90</b> | +00:08:31 (25.1%) | 6:48         | 8.8 (74.6%) |
| 54  | <b>POSZUMSKA Gabriela</b>         | <b>923</b>  |                                 | K1 16-29  | 11   | 00:00:27    | <b>00:34:04.95</b> | <b>00:34:32.55</b> | +00:08:34 (25.1%) | 6:49         | 8.8 (74.6%) |
| 55  | <b>ŁEMPKOWSKA Beata</b>           | <b>805</b>  | DLL PARTNERS                    | K3 40-49  | 18   | 00:00:06    | <b>00:34:11.95</b> | <b>00:34:17.95</b> | +00:08:41 (25.4%) | 6:50         | 8.8 (74.6%) |
| 56  | <b>HANDKE Justyna</b>             | <b>666</b>  | XRUNNERS                        | K2 30-39  | 23   | 00:00:10    | <b>00:34:18.00</b> | <b>00:34:28.30</b> | +00:08:47 (25.6%) | 6:51         | 8.7 (73.7%) |
| 57  | <b>RAWA Donata</b>                | <b>942</b>  |                                 | K3 40-49  | 19   | 00:00:21    | <b>00:34:27.10</b> | <b>00:34:48.15</b> | +00:08:56 (25.9%) | 6:53         | 8.7 (73.7%) |
| 58  | <b>STACHOWICZ-HAWRYLAK Sylwia</b> | <b>1317</b> |                                 | K3 40-49  | 20   | 00:00:23    | <b>00:34:28.20</b> | <b>00:34:51.40</b> | +00:08:57 (26.0%) | 6:53         | 8.7 (73.7%) |
| 59  | <b>POŹNIAK Aleksandra</b>         | <b>926</b>  |                                 | K2 30-39  | 24   | 00:00:14    | <b>00:34:32.30</b> | <b>00:34:46.90</b> | +00:09:01 (26.1%) | 6:54         | 8.7 (73.7%) |
| 60  | <b>PYREK Iwona</b>                | <b>938</b>  |                                 | K2 30-39  | 25   | 00:00:06    | <b>00:34:34.95</b> | <b>00:34:41.85</b> | +00:09:04 (26.2%) | 6:55         | 8.7 (73.7%) |

| Msc | Zawodnik                     | Numer       | Klub                             | Kategoria | Mkat | Czas startu | Czas netto 5km     | Czas brutto 5km    | Różn              | Tempo min/km | Tempo km/h  |
|-----|------------------------------|-------------|----------------------------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|-------------|
| 61  | <b>ŚWIETLIK Alicja</b>       | <b>1031</b> |                                  | K3 40-49  | 21   | 00:00:11    | <b>00:34:37.65</b> | <b>00:34:48.80</b> | +00:09:06 (26.3%) | 6:55         | 8.7 (73.7%) |
| 62  | <b>KUNIKOWSKA Patrycja</b>   | <b>773</b>  | STARGARD. JA SIĘ NIE ŚCIGAM.     | K2 30-39  | 26   | 00:00:43    | <b>00:34:39.30</b> | <b>00:35:22.70</b> | +00:09:08 (26.4%) | 6:55         | 8.7 (73.7%) |
| 63  | <b>JA Małgorzata</b>         | <b>1142</b> | KOBIECE BIEGANIE                 | K3 40-49  | 22   | 00:00:21    | <b>00:34:50.85</b> | <b>00:35:12.00</b> | +00:09:20 (26.8%) | 6:58         | 8.6 (72.9%) |
| 64  | <b>BRZESKA Ewa</b>           | <b>557</b>  |                                  | K1 16-29  | 12   | 00:00:17    | <b>00:34:51.95</b> | <b>00:35:09.25</b> | +00:09:21 (26.8%) | 6:58         | 8.6 (72.9%) |
| 65  | <b>JAROSŁAWSKA Jowita</b>    | <b>688</b>  |                                  | K2 30-39  | 27   | 00:00:10    | <b>00:35:03.25</b> | <b>00:35:14.15</b> | +00:09:32 (27.2%) | 7:00         | 8.6 (72.9%) |
| 66  | <b>SZCZYPEK Ola</b>          | <b>1018</b> | ADRENALINA                       | K2 30-39  | 28   | 00:00:23    | <b>00:35:05.00</b> | <b>00:35:28.10</b> | +00:09:34 (27.3%) | 7:01         | 8.6 (72.9%) |
| 67  | <b>KNIOŁA Agnieszka</b>      | <b>729</b>  | PIŁA TEAM                        | K2 30-39  | 29   | 00:00:06    | <b>00:35:06.45</b> | <b>00:35:12.60</b> | +00:09:35 (27.3%) | 7:01         | 8.5 (72.0%) |
| 68  | <b>ADAMSKA Karolina</b>      | <b>504</b>  | DUOLIFE TEAM                     | K1 16-29  | 13   | 00:00:03    | <b>00:35:17.20</b> | <b>00:35:20.90</b> | +00:09:46 (27.7%) | 7:03         | 8.5 (72.0%) |
| 69  | <b>MISTAK Paula</b>          | <b>845</b>  | NIEZDECYDOWANI                   | K2 30-39  | 30   | 00:00:15    | <b>00:35:24.30</b> | <b>00:35:39.95</b> | +00:09:53 (27.9%) | 7:04         | 8.5 (72.0%) |
| 70  | <b>BAGIŃSKA Laura</b>        | <b>516</b>  |                                  | K1 16-29  | 14   | 00:00:28    | <b>00:35:28.10</b> | <b>00:35:56.20</b> | +00:09:57 (28.1%) | 7:05         | 8.5 (72.0%) |
| 71  | <b>JAKUBOWSKA Dorota</b>     | <b>681</b>  | 23. BAZA LOTNICTWA TAKTYCZNEGO   | K2 30-39  | 31   | 00:00:50    | <b>00:35:28.30</b> | <b>00:36:18.80</b> | +00:09:57 (28.1%) | 7:05         | 8.5 (72.0%) |
| 72  | <b>WOJSZCZYK Marlena</b>     | <b>1079</b> | TRYTON BIKE TEAM                 | K2 30-39  | 32   | 00:00:51    | <b>00:35:28.55</b> | <b>00:36:19.85</b> | +00:09:57 (28.1%) | 7:05         | 8.5 (72.0%) |
| 73  | <b>CIEŚLA Beata</b>          | <b>583</b>  | ZABIEGANI GOLENIÓW               | K4 50-59  | 4    | 00:00:53    | <b>00:35:30.55</b> | <b>00:36:23.70</b> | +00:09:59 (28.2%) | 7:06         | 8.5 (72.0%) |
| 74  | <b>JAKUBOWSKA Aneta</b>      | <b>682</b>  | DZIKUS                           | K3 40-49  | 23   | 00:00:50    | <b>00:35:34.40</b> | <b>00:36:24.45</b> | +00:10:03 (28.3%) | 7:06         | 8.4 (71.2%) |
| 75  | <b>MOSKWA Martyna</b>        | <b>848</b>  | GO SPORT/MASZ PRZEBIEGANE        | K1 16-29  | 15   | 00:00:26    | <b>00:35:35.40</b> | <b>00:36:01.65</b> | +00:10:04 (28.3%) | 7:07         | 8.4 (71.2%) |
| 76  | <b>ROGOWSKA Agnieszka</b>    | <b>945</b>  | PIĘKNI I BESTIE                  | K2 30-39  | 33   | 00:00:32    | <b>00:35:38.10</b> | <b>00:36:10.90</b> | +00:10:07 (28.4%) | 7:07         | 8.4 (71.2%) |
| 77  | <b>TOKARCZYK Marta</b>       | <b>1035</b> |                                  | K3 40-49  | 24   | 00:00:23    | <b>00:35:39.05</b> | <b>00:36:02.25</b> | +00:10:08 (28.4%) | 7:07         | 8.4 (71.2%) |
| 78  | <b>JĘDRYKA Anna</b>          | <b>698</b>  |                                  | K1 16-29  | 16   | 00:00:47    | <b>00:35:46.35</b> | <b>00:36:33.60</b> | +00:10:15 (28.7%) | 7:09         | 8.4 (71.2%) |
| 79  | <b>KRUBER Katarzyna</b>      | <b>759</b>  |                                  | K2 30-39  | 34   | 00:00:44    | <b>00:35:50.70</b> | <b>00:36:34.90</b> | +00:10:19 (28.8%) | 7:10         | 8.4 (71.2%) |
| 80  | <b>DUDARONEK Paulina</b>     | <b>611</b>  | HUSARIA RACE TEAM                | K1 16-29  | 17   | 00:00:24    | <b>00:35:52.45</b> | <b>00:36:16.80</b> | +00:10:21 (28.9%) | 7:10         | 8.4 (71.2%) |
| 81  | <b>BOCK Agnieszka</b>        | <b>546</b>  | BRAUNSCHWEIG HASH HOUSE HARRIERS | K2 30-39  | 35   | 00:00:15    | <b>00:36:00.15</b> | <b>00:36:15.30</b> | +00:10:29 (29.1%) | 7:12         | 8.3 (70.3%) |
| 82  | <b>WIETRZYŃSKA Agnieszka</b> | <b>1068</b> | MASZ PRZEBIEGANE                 | K2 30-39  | 36   | 00:00:26    | <b>00:36:02.40</b> | <b>00:36:28.60</b> | +00:10:31 (29.2%) | 7:12         | 8.3 (70.3%) |
| 83  | <b>SIWIELA Katarzyna</b>     | <b>972</b>  | KP PSP POLICE                    | K2 30-39  | 37   | 00:00:28    | <b>00:36:03.50</b> | <b>00:36:32.30</b> | +00:10:32 (29.2%) | 7:12         | 8.3 (70.3%) |

| Msc | Zawodnik              | Numer | Klub                         | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h  |
|-----|-----------------------|-------|------------------------------|-----------|------|-------------|----------------|-----------------|-------------------|--------------|-------------|
| 84  | PRZYBYSZ Katarzyna    | 929   |                              | K2 30-39  | 38   | 00:00:12    | 00:36:10.20    | 00:36:23.00     | +00:10:39 (29.5%) | 7:14         | 8.3 (70.3%) |
| 85  | GRABOWSKA Iwona       | 1297  |                              | K3 40-49  | 25   | 00:00:05    | 00:36:14.35    | 00:36:20.05     | +00:10:43 (29.6%) | 7:15         | 8.3 (70.3%) |
| 86  | KRYSA Magda           | 760   |                              | K2 30-39  | 39   | 00:00:05    | 00:36:16.25    | 00:36:21.90     | +00:10:45 (29.7%) | 7:15         | 8.3 (70.3%) |
| 87  | GUCZE Anna            | 1270  |                              | K2 30-39  | 40   | 00:00:52    | 00:36:17.50    | 00:37:09.65     | +00:10:46 (29.7%) | 7:15         | 8.3 (70.3%) |
| 88  | MACIEJEWSKA Agnieszka | 1277  |                              | K2 30-39  | 41   | 00:00:51    | 00:36:17.65    | 00:37:09.55     | +00:10:46 (29.7%) | 7:15         | 8.3 (70.3%) |
| 89  | GŁUSZYK Małgorzata    | 641   |                              | K2 30-39  | 42   | 00:00:07    | 00:36:19.35    | 00:36:26.95     | +00:10:48 (29.8%) | 7:15         | 8.3 (70.3%) |
| 90  | PUPEK Małgorzata      | 935   |                              | K2 30-39  | 43   | 00:00:45    | 00:36:25.70    | 00:37:11.60     | +00:10:54 (30.0%) | 7:17         | 8.2 (69.5%) |
| 91  | ROSIŃSKA Kamila       | 950   | BRIDGESTONE STARGARD RUNNERS | K2 30-39  | 44   | 00:00:46    | 00:36:27.00    | 00:37:13.05     | +00:10:56 (30.0%) | 7:17         | 8.2 (69.5%) |
| 92  | NAPOROWSKA Monika     | 1319  |                              | K2 30-39  | 45   | 00:00:28    | 00:36:27.15    | 00:36:56.05     | +00:10:56 (30.0%) | 7:17         | 8.2 (69.5%) |
| 92  | KNOT Martyna          | 731   | PIĘKNI I BESTIE              | K2 30-39  | 46   | 00:00:32    | 00:36:27.15    | 00:37:00.05     | +00:10:56 (30.0%) | 7:17         | 8.2 (69.5%) |
| 94  | PIROŹEK Agnieszka     | 1311  |                              | K1 16-29  | 18   | 00:00:23    | 00:36:35.90    | 00:36:59.60     | +00:11:05 (30.3%) | 7:19         | 8.2 (69.5%) |
| 95  | KWIATKOWSKA Julita    | 780   |                              | K2 30-39  | 47   | 00:00:42    | 00:36:35.95    | 00:37:18.55     | +00:11:05 (30.3%) | 7:19         | 8.2 (69.5%) |
| 96  | LEONOWICZ Martyna     | 1276  |                              | K1 16-29  | 19   | 00:00:22    | 00:36:36.95    | 00:36:59.50     | +00:11:06 (30.3%) | 7:19         | 8.2 (69.5%) |
| 97  | PORAZIŃSKA Dagmara    | 918   |                              | K1 16-29  | 20   | 00:00:24    | 00:36:39.85    | 00:37:04.20     | +00:11:09 (30.4%) | 7:20         | 8.2 (69.5%) |
| 98  | NIEWIADOMSKA Magda    | 869   | KOBIECE BIEGANIE             | K2 30-39  | 48   | 00:00:20    | 00:36:41.30    | 00:37:02.25     | +00:11:10 (30.5%) | 7:20         | 8.2 (69.5%) |
| 99  | BROCZKOWSKA Żaneta    | 555   |                              | K2 30-39  | 49   | 00:00:22    | 00:36:48.10    | 00:37:10.50     | +00:11:17 (30.7%) | 7:21         | 8.2 (69.5%) |
| 100 | JÓZEFOWICZ Anna       | 702   | PIĘKNI I BESTIE              | K2 30-39  | 50   | 00:00:34    | 00:36:49.15    | 00:37:23.15     | +00:11:18 (30.7%) | 7:21         | 8.1 (68.6%) |
| 101 | LEŚNIEWSKA Julia      | 790   |                              | K3 40-49  | 26   | 00:00:36    | 00:36:52.80    | 00:37:29.70     | +00:11:22 (30.8%) | 7:22         | 8.1 (68.6%) |
| 102 | KUKUROWSKA Sylwia     | 768   | DLL PARTNERS                 | K3 40-49  | 27   | 00:00:36    | 00:36:53.15    | 00:37:29.90     | +00:11:22 (30.8%) | 7:22         | 8.1 (68.6%) |
| 103 | WIŚNIEWSKA Karolina   | 1072  |                              | K1 16-29  | 21   | 00:01:01    | 00:37:02.70    | 00:38:04.55     | +00:11:31 (31.1%) | 7:24         | 8.1 (68.6%) |
| 104 | WRÓBLEWSKA Małgorzata | 1096  | POŁUPIN                      | K3 40-49  | 28   | 00:00:20    | 00:37:05.85    | 00:37:26.80     | +00:11:35 (31.2%) | 7:25         | 8.1 (68.6%) |
| 105 | JEZIOREK Agnieszka    | 697   | BABINEK BIEGA                | K3 40-49  | 29   | 00:00:30    | 00:37:06.80    | 00:37:36.95     | +00:11:36 (31.3%) | 7:25         | 8.1 (68.6%) |
| 106 | JAKUBOWSKA Anna       | 683   |                              | K2 30-39  | 51   | 00:00:12    | 00:37:19.70    | 00:37:32.40     | +00:11:48 (31.7%) | 7:28         | 8 (67.8%)   |

| Msc | Zawodnik                               | Numer       | Klub                                       | Kategoria | Mkat | Czas startu | Czas netto 5km     | Czas brutto 5km    | Różn              | Tempo min/km | Tempo km/h  |
|-----|--|-------------|--|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|-------------|
| 107 | <b>BARSZCZEWSKA Marlena</b>            | <b>520</b>  | ZDROWO PIEPRZNIĘCI                         | K3 40-49  | 30   | 00:01:08    | <b>00:37:23.80</b> | <b>00:38:32.25</b> | +00:11:53 (31.8%) | 7:28         | 8 (67.8%)   |
| 108 | <b>ŚWITALSKA Edyta</b>                 | <b>1032</b> | SZCZECIŃSKIE CENTRUM TRENINGU PERSONALNEGO | K3 40-49  | 31   | 00:00:16    | <b>00:37:27.80</b> | <b>00:37:44.30</b> | +00:11:57 (31.9%) | 7:29         | 8 (67.8%)   |
| 109 | <b>MARCHIEL Lena</b>                   | <b>825</b>  |  | K4 50-59  | 5    | 00:00:32    | <b>00:37:28.50</b> | <b>00:38:01.10</b> | +00:11:57 (31.9%) | 7:29         | 8 (67.8%)   |
| 110 | <b>KRUPIŃSKA Paulina</b>               | <b>1274</b> |  | K2 30-39  | 52   | 00:00:53    | <b>00:37:28.55</b> | <b>00:38:22.15</b> | +00:11:57 (31.9%) | 7:29         | 8 (67.8%)   |
| 111 | <b>KLIMECKA Katarzyna</b>              | <b>725</b>  |  | K2 30-39  | 53   | 00:00:51    | <b>00:37:30.75</b> | <b>00:38:22.30</b> | +00:12:00 (32.0%) | 7:30         | 8 (67.8%)   |
| 112 | <b>CHMIELEWSKA Katarzyna</b>           | <b>1253</b> |  | K5 60+    | 1    | 00:00:19    | <b>00:38:02.30</b> | <b>00:38:21.30</b> | +00:12:31 (32.9%) | 7:36         | 7.9 (66.9%) |
| 113 | <b>CHROBOCIŃSKA Elżbieta</b>           | <b>576</b>  |  | K4 50-59  | 6    | 00:00:14    | <b>00:38:21.40</b> | <b>00:38:35.65</b> | +00:12:50 (33.5%) | 7:40         | 7.8 (66.1%) |
| 114 | <b>KAROL Monika</b>                    | <b>712</b>  | LOSZKI I WARCHLAKI                         | K1 16-29  | 22   | 00:00:40    | <b>00:38:27.00</b> | <b>00:39:07.05</b> | +00:12:56 (33.6%) | 7:41         | 7.8 (66.1%) |
| 115 | <b>NOWAKOWSKA Oiwia</b>                | <b>877</b>  | OCR TEAM WŁOCŁAWEK                         | K1 16-29  | 23   | 00:00:21    | <b>00:38:29.90</b> | <b>00:38:51.80</b> | +00:12:59 (33.7%) | 7:42         | 7.8 (66.1%) |
| 116 | <b>ZAJĄCZKOWSKA LEWANDOWSKA Marika</b> | <b>1108</b> | OCR TEAM WŁOCŁAWEK                         | K2 30-39  | 54   | 00:00:21    | <b>00:38:30.55</b> | <b>00:38:51.90</b> | +00:12:59 (33.7%) | 7:42         | 7.8 (66.1%) |
| 117 | <b>BEDNARZ Katarzyna</b>               | <b>527</b>  |  | K3 40-49  | 32   | 00:00:25    | <b>00:38:31.00</b> | <b>00:38:56.15</b> | +00:13:00 (33.8%) | 7:42         | 7.8 (66.1%) |
| 118 | <b>WOLSKA Agnieszka</b>                | <b>1082</b> |  | K2 30-39  | 55   | 00:00:24    | <b>00:38:31.90</b> | <b>00:38:56.55</b> | +00:13:01 (33.8%) | 7:42         | 7.8 (66.1%) |
| 119 | <b>POST Mariola</b>                    | <b>922</b>  |  | K3 40-49  | 33   | 00:00:38    | <b>00:38:33.75</b> | <b>00:39:12.15</b> | +00:13:03 (33.8%) | 7:42         | 7.8 (66.1%) |
| 120 | <b>WOSZCZYK Renata</b>                 | <b>1087</b> |  | K3 40-49  | 34   | 00:00:54    | <b>00:38:39.70</b> | <b>00:39:34.40</b> | +00:13:08 (34.0%) | 7:44         | 7.8 (66.1%) |
| 121 | <b>CZAPLIŃSKA Magdalena</b>            | <b>586</b>  |  | K2 30-39  | 56   | 00:00:18    | <b>00:38:40.50</b> | <b>00:38:59.30</b> | +00:13:09 (34.0%) | 7:44         | 7.8 (66.1%) |
| 122 | <b>STAŃKO Agnieszka</b>                | <b>999</b>  | STARGARD JA SIĘ NIE ŚCIGAM                 | K2 30-39  | 57   | 00:00:49    | <b>00:38:46.35</b> | <b>00:39:36.10</b> | +00:13:15 (34.2%) | 7:45         | 7.7 (65.3%) |
| 123 | <b>MAJCHER Agata</b>                   | <b>813</b>  | PIŁA TEAM                                  | K1 16-29  | 24   | 00:00:06    | <b>00:38:46.40</b> | <b>00:38:53.30</b> | +00:13:15 (34.2%) | 7:45         | 7.7 (65.3%) |
| 123 | <b>DOBIECKA Joanna</b>                 | <b>598</b>  |  | K2 30-39  | 58   | 00:00:48    | <b>00:38:46.40</b> | <b>00:39:35.30</b> | +00:13:15 (34.2%) | 7:45         | 7.7 (65.3%) |
| 125 | <b>IZYDORCZYK Kinga</b>                | <b>677</b>  | STARGARD JA SIĘ NIE SCIGAM                 | K2 30-39  | 59   | 00:00:49    | <b>00:38:46.75</b> | <b>00:39:36.25</b> | +00:13:16 (34.2%) | 7:45         | 7.7 (65.3%) |
| 126 | <b>NADOBNA Kamila</b>                  | <b>856</b>  | STARGARD JA SIĘ NIE SCIGAM                 | K2 30-39  | 60   | 00:00:48    | <b>00:38:47.10</b> | <b>00:39:35.65</b> | +00:13:16 (34.2%) | 7:45         | 7.7 (65.3%) |
| 127 | <b>MAKOWSKA Joanna</b>                 | <b>1261</b> |  | K2 30-39  | 61   | 00:00:41    | <b>00:38:53.60</b> | <b>00:39:35.25</b> | +00:13:22 (34.4%) | 7:46         | 7.7 (65.3%) |
| 128 | <b>KUBÓW Katarzyna</b>                 | <b>1275</b> | ŚRUNDUNIA SZCZECIN                         | K3 40-49  | 35   | 00:00:51    | <b>00:38:57.40</b> | <b>00:39:49.25</b> | +00:13:26 (34.5%) | 7:47         | 7.7 (65.3%) |
| 129 | <b>ŁEMPICKA Karolina</b>               | <b>803</b>  |  | K1 16-29  | 25   | 00:00:56    | <b>00:39:04.35</b> | <b>00:40:00.40</b> | +00:13:33 (34.7%) | 7:48         | 7.7 (65.3%) |

| Msc | Zawodnik                          | Numer       | Klub                            | Kategoria | Mkat | Czas startu | Czas netto 5km     | Czas brutto 5km    | Różn              | Tempo min/km | Tempo km/h  |
|-----|-----------------------------------|-------------|---------------------------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|-------------|
| 130 | <b>ULASS Patrycja</b>             | <b>1045</b> |                                 | K1 16-29  | 26   | 00:01:02    | <b>00:39:04.60</b> | <b>00:40:07.30</b> | +00:13:33 (34.7%) | 7:49         | 7.7 (65.3%) |
| 131 | <b>GUMOWSKA Karolina</b>          | <b>1256</b> | SARENKI                         | K2 30-39  | 62   | 00:00:53    | <b>00:39:13.00</b> | <b>00:40:06.40</b> | +00:13:42 (34.9%) | 7:50         | 7.6 (64.4%) |
| 132 | <b>ŚWIDER Marzena</b>             | <b>1263</b> | SARENKI                         | K3 40-49  | 36   | 00:00:52    | <b>00:39:13.40</b> | <b>00:40:06.20</b> | +00:13:42 (35.0%) | 7:50         | 7.6 (64.4%) |
| 133 | <b>DEPTUŁA-BILL Bożena</b>        | <b>595</b>  | HUSARIA RACE TEAM SZCZECINEK    | K2 30-39  | 63   | 00:01:07    | <b>00:39:17.80</b> | <b>00:40:25.05</b> | +00:13:47 (35.1%) | 7:51         | 7.6 (64.4%) |
| 134 | <b>DZIEMIANKO Ilona</b>           | <b>617</b>  |                                 | K1 16-29  | 27   | 00:01:00    | <b>00:39:31.15</b> | <b>00:40:31.60</b> | +00:14:00 (35.4%) | 7:54         | 7.6 (64.4%) |
| 135 | <b>SOWISZ Danuta</b>              | <b>993</b>  | SOWISZ TEAM                     | K3 40-49  | 37   | 00:00:21    | <b>00:39:31.55</b> | <b>00:39:52.80</b> | +00:14:00 (35.5%) | 7:54         | 7.6 (64.4%) |
| 136 | <b>LIS Klaudia</b>                | <b>797</b>  |                                 | K1 16-29  | 28   | 00:00:59    | <b>00:39:32.85</b> | <b>00:40:32.80</b> | +00:14:02 (35.5%) | 7:54         | 7.6 (64.4%) |
| 137 | <b>ZYGIEL- SZAKOŁA Szakoła</b>    | <b>1121</b> |                                 | K2 30-39  | 64   | 00:00:00    | <b>00:39:34.95</b> | <b>00:39:34.95</b> | +00:14:04 (35.5%) | 7:54         | 7.6 (64.4%) |
| 138 | <b>BIELAWSKA Katarzyna</b>        | <b>1251</b> |                                 | K1 16-29  | 29   | 00:00:19    | <b>00:39:38.80</b> | <b>00:39:57.95</b> | +00:14:08 (35.7%) | 7:55         | 7.6 (64.4%) |
| 139 | <b>BIELSKA Ola</b>                | <b>533</b>  |                                 | K2 30-39  | 65   | 00:00:06    | <b>00:39:40.20</b> | <b>00:39:46.90</b> | +00:14:09 (35.7%) | 7:56         | 7.6 (64.4%) |
| 140 | <b>KRZEMIĘŃ Patrycja</b>          | <b>1260</b> |                                 | K2 30-39  | 66   | 00:00:14    | <b>00:39:41.50</b> | <b>00:39:55.75</b> | +00:14:10 (35.7%) | 7:56         | 7.6 (64.4%) |
| 141 | <b>HRYNKIEWICZ-PAWŁASZEK Anna</b> | <b>674</b>  | DRUŻYNA P                       | K2 30-39  | 67   | 00:00:54    | <b>00:39:52.60</b> | <b>00:40:46.90</b> | +00:14:21 (36.0%) | 7:58         | 7.5 (63.6%) |
| 142 | <b>WALENT Marta</b>               | <b>1052</b> |                                 | K2 30-39  | 68   | 00:00:33    | <b>00:39:56.35</b> | <b>00:40:30.00</b> | +00:14:25 (36.1%) | 7:59         | 7.5 (63.6%) |
| 143 | <b>ISKRA Angelika</b>             | <b>675</b>  |                                 | K1 16-29  | 30   | 00:00:53    | <b>00:39:59.45</b> | <b>00:40:52.85</b> | +00:14:28 (36.2%) | 7:59         | 7.5 (63.6%) |
| 144 | <b>GOŁUBOWICZ Marzena</b>         | <b>1254</b> | WIECZORNE BIEGANIE W SZCZECINIE | K2 30-39  | 69   | 00:00:39    | <b>00:40:00.65</b> | <b>00:40:40.30</b> | +00:14:29 (36.2%) | 8:00         | 7.5 (63.6%) |
| 145 | <b>SOBOLEWSKA Agata</b>           | <b>989</b>  | WIECZORNE BIEGANIE W SZCZECINIE | K2 30-39  | 70   | 00:01:02    | <b>00:40:02.05</b> | <b>00:41:04.90</b> | +00:14:31 (36.3%) | 8:00         | 7.5 (63.6%) |
| 146 | <b>JASIŃSKA Natalia</b>           | <b>693</b>  | WIECZORNE BIEGANIE W SZCZECINIE | K2 30-39  | 71   | 00:01:02    | <b>00:40:02.25</b> | <b>00:41:04.85</b> | +00:14:31 (36.3%) | 8:00         | 7.5 (63.6%) |
| 147 | <b>WIECZOREK Magdalena</b>        | <b>1061</b> |                                 | K3 40-49  | 38   | 00:00:16    | <b>00:40:06.40</b> | <b>00:40:23.20</b> | +00:14:35 (36.4%) | 8:01         | 7.5 (63.6%) |
| 148 | <b>JAKUBIK Anna</b>               | <b>680</b>  | HUSARIA RACE TEAM               | K1 16-29  | 31   | 00:00:59    | <b>00:40:07.90</b> | <b>00:41:07.20</b> | +00:14:37 (36.4%) | 8:01         | 7.5 (63.6%) |
| 149 | <b>WITKOWSKA Anna</b>             | <b>535</b>  | NIEZRZESZONA                    | K3 40-49  | 39   | 00:00:05    | <b>00:40:14.00</b> | <b>00:40:19.20</b> | +00:14:43 (36.6%) | 8:02         | 7.5 (63.6%) |
| 150 | <b>MICHALSKA Magda</b>            | <b>1378</b> |                                 | K2 30-39  | 72   | 00:00:05    | <b>00:40:19.70</b> | <b>00:40:25.10</b> | +00:14:48 (36.7%) | 8:04         | 7.4 (62.7%) |
| 151 | <b>KAROL Agnieszka</b>            | <b>713</b>  | LOSZKI I WARCHLAKI              | K3 40-49  | 40   | 00:00:40    | <b>00:40:22.65</b> | <b>00:41:02.95</b> | +00:14:51 (36.8%) | 8:04         | 7.4 (62.7%) |
| 152 | <b>KACZMAREK Sylwia</b>           | <b>705</b>  |                                 | K3 40-49  | 41   | 00:01:04    | <b>00:40:27.75</b> | <b>00:41:32.30</b> | +00:14:57 (36.9%) | 8:05         | 7.4 (62.7%) |

| Msc | Zawodnik                       | Numer       | Klub                           | Kategoria | Mkat | Czas startu | Czas netto 5km     | Czas brutto 5km    | Różn              | Tempo min/km | Tempo km/h  |
|-----|--------------------------------|-------------|--------------------------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|-------------|
| 153 | <b>ŻBIKOWSKA Małgorzata</b>    | <b>1123</b> | SPC                            | K4 50-59  | 7    | 00:00:58    | <b>00:40:28.05</b> | <b>00:41:26.05</b> | +00:14:57 (37.0%) | 8:05         | 7.4 (62.7%) |
| 154 | <b>DRZEWIECKA Agnieszka</b>    | <b>607</b>  | BIEGACZE ŚWINOUJŚCIE           | K3 40-49  | 42   | 00:00:45    | <b>00:40:29.15</b> | <b>00:41:14.60</b> | +00:14:58 (37.0%) | 8:05         | 7.4 (62.7%) |
| 155 | <b>GABERT-JAWORSKA Klaudia</b> | <b>1372</b> |                                | K1 16-29  | 32   | 00:00:28    | <b>00:40:39.35</b> | <b>00:41:07.65</b> | +00:15:08 (37.2%) | 8:07         | 7.4 (62.7%) |
| 156 | <b>GABERT Beata</b>            | <b>1267</b> | RAZ SZCZECIN                   | K3 40-49  | 43   | 00:00:28    | <b>00:40:39.55</b> | <b>00:41:07.70</b> | +00:15:08 (37.3%) | 8:07         | 7.4 (62.7%) |
| 157 | <b>GROS Ewa</b>                | <b>1298</b> |                                | K2 30-39  | 73   | 00:00:52    | <b>00:40:40.35</b> | <b>00:41:33.25</b> | +00:15:09 (37.3%) | 8:08         | 7.4 (62.7%) |
| 158 | <b>CHOJNACKA Natalia</b>       | <b>1294</b> |                                | K1 16-29  | 33   | 00:00:51    | <b>00:40:41.70</b> | <b>00:41:33.60</b> | +00:15:10 (37.3%) | 8:08         | 7.4 (62.7%) |
| 159 | <b>SARABURA Magdalena</b>      | <b>1286</b> | KREJZOLE                       | K3 40-49  | 44   | 00:00:24    | <b>00:40:44.40</b> | <b>00:41:08.45</b> | +00:15:13 (37.4%) | 8:08         | 7.4 (62.7%) |
| 160 | <b>KROTECKA Anna</b>           | <b>1273</b> | KREJZOLE                       | K2 30-39  | 74   | 00:00:23    | <b>00:40:44.95</b> | <b>00:41:08.50</b> | +00:15:14 (37.4%) | 8:09         | 7.4 (62.7%) |
| 161 | <b>KOWALSKA Anna</b>           | <b>1371</b> |                                | K2 30-39  | 75   | 00:01:01    | <b>00:40:45.45</b> | <b>00:41:47.15</b> | +00:15:14 (37.4%) | 8:09         | 7.4 (62.7%) |
| 161 | <b>SZCZUKIEWICZ Aneta</b>      | <b>1017</b> | WIECZORNE BIEGANIEW SZCZECINIE | K1 16-29  | 34   | 00:01:01    | <b>00:40:45.45</b> | <b>00:41:47.40</b> | +00:15:14 (37.4%) | 8:09         | 7.4 (62.7%) |
| 163 | <b>KWIATKOWSKA Alicja</b>      | <b>781</b>  | GDAŃSKIE DZIKI                 | K2 30-39  | 76   | 00:00:14    | <b>00:40:49.20</b> | <b>00:41:03.25</b> | +00:15:18 (37.5%) | 8:09         | 7.3 (61.9%) |
| 164 | <b>MOŹDŻEŃ Anna</b>            | <b>1145</b> |                                | K2 30-39  | 77   | 00:00:15    | <b>00:40:49.40</b> | <b>00:41:04.45</b> | +00:15:18 (37.5%) | 8:09         | 7.3 (61.9%) |
| 165 | <b>STACH Sara</b>              | <b>997</b>  |                                | K1 16-29  | 35   | 00:00:32    | <b>00:40:49.55</b> | <b>00:41:21.90</b> | +00:15:18 (37.5%) | 8:09         | 7.3 (61.9%) |
| 166 | <b>SETA Krysia</b>             | <b>967</b>  | MONIA GYM                      | K2 30-39  | 78   | 00:00:43    | <b>00:40:56.25</b> | <b>00:41:39.60</b> | +00:15:25 (37.7%) | 8:11         | 7.3 (61.9%) |
| 167 | <b>ROMAN Ewelina</b>           | <b>690</b>  |                                | K2 30-39  | 79   | 00:00:41    | <b>00:40:58.10</b> | <b>00:41:39.75</b> | +00:15:27 (37.7%) | 8:11         | 7.3 (61.9%) |
| 168 | <b>MAJCHER Małgorzata</b>      | <b>814</b>  | PIŁA TEAM                      | K3 40-49  | 45   | 00:00:07    | <b>00:41:01.95</b> | <b>00:41:09.50</b> | +00:15:31 (37.8%) | 8:12         | 7.3 (61.9%) |
| 169 | <b>KOBUS Natalia</b>           | <b>732</b>  | IRON HOUSE                     | K2 30-39  | 80   | 00:00:18    | <b>00:41:03.50</b> | <b>00:41:22.30</b> | +00:15:32 (37.9%) | 8:12         | 7.3 (61.9%) |
| 170 | <b>BAUMGART Katarzyna</b>      | <b>525</b>  | STARGARD. JA SIĘ NIE ŚCIGAM!   | K2 30-39  | 81   | 00:00:47    | <b>00:41:03.95</b> | <b>00:41:51.90</b> | +00:15:33 (37.9%) | 8:12         | 7.3 (61.9%) |
| 171 | <b>GĘBICKA Agata</b>           | <b>638</b>  | STARGARD JA SIĘ NIE ŚCIGAM     | K2 30-39  | 82   | 00:00:48    | <b>00:41:04.10</b> | <b>00:41:52.30</b> | +00:15:33 (37.9%) | 8:12         | 7.3 (61.9%) |
| 172 | <b>OSTOLSKA Sylwia</b>         | <b>890</b>  |                                | K3 40-49  | 46   | 00:01:07    | <b>00:41:05.30</b> | <b>00:42:13.15</b> | +00:15:34 (37.9%) | 8:13         | 7.3 (61.9%) |
| 173 | <b>SZYMAŃSKA Mirela</b>        | <b>1289</b> | HARDCOROWE WYCHYLYLYBYMY       | K1 16-29  | 36   | 00:00:32    | <b>00:41:11.55</b> | <b>00:41:43.60</b> | +00:15:40 (38.1%) | 8:14         | 7.3 (61.9%) |
| 174 | <b>SOSKA Joanna</b>            | <b>990</b>  | MUD GOATS                      | K3 40-49  | 47   | 00:00:26    | <b>00:41:11.75</b> | <b>00:41:38.60</b> | +00:15:41 (38.1%) | 8:14         | 7.3 (61.9%) |
| 175 | <b>DOMAGALSKA Daria</b>        | <b>603</b>  | DRUŻYNA SZPIKU                 | K1 16-29  | 37   | 00:00:37    | <b>00:41:13.95</b> | <b>00:41:51.25</b> | +00:15:43 (38.1%) | 8:14         | 7.3 (61.9%) |



| Msc | Zawodnik                        | Numer       | Klub                       | Kategoria | Mkat | Czas startu | Czas netto 5km     | Czas brutto 5km    | Różn              | Tempo min/km | Tempo km/h  |
|-----|---------------------------------|-------------|----------------------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|-------------|
| 176 | <b>REGULINSKA Kamila</b>        | <b>1285</b> | KREJZOLE                   | K3 40-49  | 48   | 00:00:23    | <b>00:41:15.05</b> | <b>00:41:38.60</b> | +00:15:44 (38.2%) | 8:15         | 7.3 (61.9%) |
| 177 | <b>POŹNIAK Dorota</b>           | <b>925</b>  |                            | K1 16-29  | 38   | 00:00:29    | <b>00:41:21.85</b> | <b>00:41:51.55</b> | +00:15:51 (38.3%) | 8:16         | 7.3 (61.9%) |
| 178 | <b>MARSCHAŁKOWSKA Dorota</b>    | <b>1262</b> |                            | K4 50-59  | 8    | 00:00:49    | <b>00:41:22.25</b> | <b>00:42:11.25</b> | +00:15:51 (38.3%) | 8:16         | 7.3 (61.9%) |
| 179 | <b>WOŁCZAK Iwona</b>            | <b>1083</b> |                            | K2 30-39  | 83   | 00:00:51    | <b>00:41:22.90</b> | <b>00:42:14.05</b> | +00:15:52 (38.3%) | 8:16         | 7.2 (61.0%) |
| 180 | <b>WOLANO Anna</b>              | <b>1081</b> | CF PRAWY BRZEG             | K2 30-39  | 84   | 00:00:24    | <b>00:41:24.15</b> | <b>00:41:48.35</b> | +00:15:53 (38.4%) | 8:16         | 7.2 (61.0%) |
| 181 | <b>SZAJEK Marta</b>             | <b>1321</b> |                            | K2 30-39  | 85   | 00:00:35    | <b>00:41:26.65</b> | <b>00:42:02.60</b> | +00:15:55 (38.4%) | 8:17         | 7.2 (61.0%) |
| 182 | <b>STĘPIEŃ Agnieszka</b>        | <b>1007</b> | AGA                        | K2 30-39  | 86   | 00:00:43    | <b>00:41:26.70</b> | <b>00:42:10.20</b> | +00:15:55 (38.4%) | 8:17         | 7.2 (61.0%) |
| 183 | <b>WIELGUS-ULATOWSKA Joanna</b> | <b>1066</b> | HUSARIA RACE TEAM          | K2 30-39  | 87   | 00:00:59    | <b>00:41:28.10</b> | <b>00:42:27.90</b> | +00:15:57 (38.5%) | 8:17         | 7.2 (61.0%) |
| 184 | <b>BORKOWSKA Sylwia</b>         | <b>1292</b> |                            | K1 16-29  | 39   | 00:00:21    | <b>00:41:45.45</b> | <b>00:42:07.30</b> | +00:16:14 (38.9%) | 8:21         | 7.2 (61.0%) |
| 185 | <b>ELBIŃSKA-KRAWCZUK Monika</b> | <b>619</b>  |                            | K3 40-49  | 49   | 00:00:45    | <b>00:41:47.70</b> | <b>00:42:33.30</b> | +00:16:16 (39.0%) | 8:21         | 7.2 (61.0%) |
| 186 | <b>MATUSZAK Kamila</b>          | <b>834</b>  | MATUSZAK TEAM              | K1 16-29  | 40   | 00:00:35    | <b>00:41:52.05</b> | <b>00:42:27.70</b> | +00:16:21 (39.1%) | 8:22         | 7.2 (61.0%) |
| 187 | <b>BZDAWKA Joanna</b>           | <b>567</b>  | 1976                       | K3 40-49  | 50   | 00:00:50    | <b>00:41:52.35</b> | <b>00:42:43.20</b> | +00:16:21 (39.1%) | 8:22         | 7.2 (61.0%) |
| 188 | <b>GRALEWICZ Magdalena</b>      | <b>651</b>  | MUROWANE MORSY             | K3 40-49  | 51   | 00:00:54    | <b>00:42:01.70</b> | <b>00:42:56.35</b> | +00:16:30 (39.3%) | 8:24         | 7.1 (60.2%) |
| 189 | <b>ZALEWSKA Małgorzata</b>      | <b>1328</b> |                            | K2 30-39  | 88   | 00:00:11    | <b>00:42:02.75</b> | <b>00:42:14.25</b> | +00:16:32 (39.3%) | 8:24         | 7.1 (60.2%) |
| 190 | <b>NIEWIADOMSKA Kamila</b>      | <b>870</b>  | ZS ZWYROLE                 | K1 16-29  | 41   | 00:00:29    | <b>00:42:05.80</b> | <b>00:42:34.80</b> | +00:16:35 (39.4%) | 8:25         | 7.1 (60.2%) |
| 191 | <b>GRODZIŃSKA Agnieszka</b>     | <b>652</b>  | KLUB MORSÓW MIEDWIANIE     | K3 40-49  | 52   | 00:00:43    | <b>00:42:39.30</b> | <b>00:43:22.65</b> | +00:17:08 (40.2%) | 8:31         | 7 (59.3%)   |
| 192 | <b>KOŹLIK Teresa</b>            | <b>755</b>  |                            | K4 50-59  | 9    | 00:01:07    | <b>00:42:45.30</b> | <b>00:43:52.60</b> | +00:17:14 (40.3%) | 8:33         | 7 (59.3%)   |
| 193 | <b>KOWNACKA Aleksandra</b>      | <b>750</b>  | ZDROWO PIEPRZNIĘCI         | K2 30-39  | 89   | 00:01:10    | <b>00:42:55.15</b> | <b>00:44:05.85</b> | +00:17:24 (40.6%) | 8:35         | 7 (59.3%)   |
| 194 | <b>ULASS Agnieszka</b>          | <b>1044</b> |                            | K3 40-49  | 53   | 00:01:02    | <b>00:42:58.00</b> | <b>00:44:00.85</b> | +00:17:27 (40.6%) | 8:35         | 7 (59.3%)   |
| 195 | <b>WROŃSKA Sandra</b>           | <b>1094</b> | STARGARD JA SIĘ NIE ŚCIGAM | K1 16-29  | 42   | 00:00:50    | <b>00:43:00.95</b> | <b>00:43:51.15</b> | +00:17:30 (40.7%) | 8:36         | 7 (59.3%)   |
| 196 | <b>PIERŚCIŃSKA Marzena</b>      | <b>909</b>  |                            | K3 40-49  | 54   | 00:00:30    | <b>00:43:04.50</b> | <b>00:43:34.55</b> | +00:17:33 (40.8%) | 8:36         | 7 (59.3%)   |
| 197 | <b>CYBULSKA Anna</b>            | <b>1402</b> |                            | K2 30-39  | 90   | 00:01:03    | <b>00:43:07.20</b> | <b>00:44:10.75</b> | +00:17:36 (40.8%) | 8:37         | 7 (59.3%)   |
| 198 | <b>FINSTER Joanna</b>           | <b>624</b>  |                            | K1 16-29  | 43   | 00:01:05    | <b>00:43:12.20</b> | <b>00:44:17.65</b> | +00:17:41 (40.9%) | 8:38         | 6.9 (58.5%) |

| Msc | Zawodnik                  | Numer | Klub                         | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h  |
|-----|---------------------------|-------|------------------------------|-----------|------|-------------|----------------|-----------------|-------------------|--------------|-------------|
| 199 | TALARCZYK Weronika        | 1033  |                              | K1 16-29  | 44   | 00:01:05    | 00:43:13.45    | 00:44:18.45     | +00:17:42 (41.0%) | 8:38         | 6.9 (58.5%) |
| 200 | WASYLÓW Katarzyna         | 1058  |                              | K4 50-59  | 10   | 00:00:23    | 00:43:13.95    | 00:43:37.75     | +00:17:43 (41.0%) | 8:38         | 6.9 (58.5%) |
| 201 | KULA Joanna               | 770   |                              | K2 30-39  | 91   | 00:01:05    | 00:43:20.00    | 00:44:25.00     | +00:17:49 (41.1%) | 8:40         | 6.9 (58.5%) |
| 202 | NANU Justyna              | 859   | GRYFUS SZCZECIN              | K2 30-39  | 92   | 00:00:52    | 00:43:22.75    | 00:44:15.05     | +00:17:52 (41.2%) | 8:40         | 6.9 (58.5%) |
| 203 | DUDKA Agata               | 613   |                              | K1 16-29  | 45   | 00:01:05    | 00:43:25.85    | 00:44:31.30     | +00:17:55 (41.3%) | 8:41         | 6.9 (58.5%) |
| 204 | STEMPNIAK Ewa             | 1004  |                              | K2 30-39  | 93   | 00:00:57    | 00:43:35.35    | 00:44:32.70     | +00:18:04 (41.5%) | 8:43         | 6.9 (58.5%) |
| 205 | BARSZCZEWSKA Małgorzata   | 519   |                              | K3 40-49  | 55   | 00:00:50    | 00:43:37.25    | 00:44:28.05     | +00:18:06 (41.5%) | 8:43         | 6.9 (58.5%) |
| 206 | TOMASIŃSKA Monika         | 1036  | OSOWA-BIEGA                  | K3 40-49  | 56   | 00:01:05    | 00:43:40.45    | 00:44:46.20     | +00:18:09 (41.6%) | 8:44         | 6.9 (58.5%) |
| 207 | NOWAK Marta               | 1376  |                              | K2 30-39  | 94   | 00:00:56    | 00:43:41.65    | 00:44:38.45     | +00:18:10 (41.6%) | 8:44         | 6.9 (58.5%) |
| 208 | DUTKIEWICZ Urszula        | 615   | LUNA WOLVES                  | K2 30-39  | 95   | 00:00:57    | 00:43:43.55    | 00:44:40.60     | +00:18:12 (41.7%) | 8:44         | 6.9 (58.5%) |
| 209 | MAĆKÓW Natalia            | 811   |                              | K3 40-49  | 57   | 00:00:43    | 00:43:44.15    | 00:44:27.95     | +00:18:13 (41.7%) | 8:44         | 6.9 (58.5%) |
| 210 | KUCHARSKA Katarzyna       | 766   | BRIDGESTONE STARGARD RUNNERS | K2 30-39  | 96   | 00:00:46    | 00:43:44.25    | 00:44:30.30     | +00:18:13 (41.7%) | 8:44         | 6.9 (58.5%) |
| 211 | KOZŁOWSKA-BANIAK Paulina  | 754   | BRIDGESTONE STARGARD RUNNERS | K3 40-49  | 58   | 00:00:45    | 00:43:45.25    | 00:44:30.50     | +00:18:14 (41.7%) | 8:45         | 6.9 (58.5%) |
| 212 | DOMASIK Izabela           | 605   |                              | K3 40-49  | 59   | 00:00:54    | 00:43:49.30    | 00:44:44.25     | +00:18:18 (41.8%) | 8:46         | 6.8 (57.6%) |
| 213 | WOŹNIAK Beata             | 1089  |                              | K3 40-49  | 60   | 00:00:54    | 00:43:49.60    | 00:44:43.70     | +00:18:18 (41.8%) | 8:45         | 6.8 (57.6%) |
| 214 | BŁACHOWIAK Małgorzata     | 541   | CZERWONAK BIEGA              | K4 50-59  | 11   | 00:00:54    | 00:43:49.80    | 00:44:44.25     | +00:18:19 (41.8%) | 8:46         | 6.8 (57.6%) |
| 215 | BERNACKA-SZYDLIK Karolina | 528   |                              | K2 30-39  | 97   | 00:00:14    | 00:43:50.00    | 00:44:04.30     | +00:18:19 (41.8%) | 8:46         | 6.8 (57.6%) |
| 216 | STEMPNIAK Katarzyna       | 1003  | REBELS LEGION TEAM           | K2 30-39  | 98   | 00:00:57    | 00:43:50.95    | 00:44:48.30     | +00:18:20 (41.8%) | 8:46         | 6.8 (57.6%) |
| 217 | MASZCZYK Marta            | 830   |                              | K2 30-39  | 99   | 00:00:42    | 00:44:03.55    | 00:44:46.30     | +00:18:32 (42.1%) | 8:48         | 6.8 (57.6%) |
| 218 | NIEMIERKO Magdalena       | 866   |                              | K3 40-49  | 61   | 00:00:44    | 00:44:04.75    | 00:44:49.30     | +00:18:34 (42.1%) | 8:49         | 6.8 (57.6%) |
| 219 | WIELGOSZEWSKA Olga        | 1065  |                              | K2 30-39  | 100  | 00:00:44    | 00:44:05.30    | 00:44:49.90     | +00:18:34 (42.1%) | 8:49         | 6.8 (57.6%) |
| 220 | WOŹNIAK Wiktoria          | 1091  | FIFNE PYRKI                  | K1 16-29  | 46   | 00:01:05    | 00:44:06.55    | 00:45:12.20     | +00:18:35 (42.2%) | 8:49         | 6.8 (57.6%) |
| 221 | SKOWYRA Wioletta          | 978   | RUNGRYF GRYFICE              | K3 40-49  | 62   | 00:00:58    | 00:44:16.95    | 00:45:15.55     | +00:18:46 (42.4%) | 8:51         | 6.8 (57.6%) |

| Msc | Zawodnik                   | Numer       | Klub                       | Kategoria | Mkat | Czas startu | Czas netto 5km     | Czas brutto 5km    | Różn              | Tempo min/km | Tempo km/h  |
|-----|----------------------------|-------------|----------------------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|-------------|
| 222 | <b>NOWAK Irena</b>         | <b>873</b>  | RUNGRYF                    | K4 50-59  | 12   | 00:00:59    | <b>00:44:26.20</b> | <b>00:45:25.40</b> | +00:18:55 (42.6%) | 8:53         | 6.8 (57.6%) |
| 223 | <b>KLEJNOWSKA Kamila</b>   | <b>722</b>  | STARGARD JA SIĘ NIE ŚCIGAM | K2 30-39  | 101  | 00:00:47    | <b>00:44:29.05</b> | <b>00:45:17.00</b> | +00:18:58 (42.6%) | 8:54         | 6.7 (56.8%) |
| 224 | <b>MAŁKOWSKA Edyta</b>     | <b>820</b>  |                            | K2 30-39  | 102  | 00:00:58    | <b>00:44:36.50</b> | <b>00:45:34.70</b> | +00:19:05 (42.8%) | 8:55         | 6.7 (56.8%) |
| 225 | <b>PERROT Magdalena</b>    | <b>905</b>  |                            | K3 40-49  | 63   | 00:00:50    | <b>00:44:37.25</b> | <b>00:45:27.95</b> | +00:19:06 (42.8%) | 8:55         | 6.7 (56.8%) |
| 226 | <b>SIELICKA Małgorzata</b> | <b>1314</b> |                            | K4 50-59  | 13   | 00:00:41    | <b>00:44:55.80</b> | <b>00:45:37.45</b> | +00:19:25 (43.2%) | 8:59         | 6.7 (56.8%) |
| 227 | <b>LIPIŃSKA Sylwia</b>     | <b>795</b>  |                            | K1 16-29  | 47   | 00:01:02    | <b>00:45:02.65</b> | <b>00:46:04.70</b> | +00:19:31 (43.4%) | 9:00         | 6.7 (56.8%) |
| 228 | <b>RODAK Agnieszka</b>     | <b>944</b>  |                            | K3 40-49  | 64   | 00:00:59    | <b>00:45:03.65</b> | <b>00:46:02.70</b> | +00:19:32 (43.4%) | 9:00         | 6.7 (56.8%) |
| 229 | <b>KAWKA Aleksandra</b>    | <b>1302</b> |                            | K1 16-29  | 48   | 00:00:18    | <b>00:45:08.80</b> | <b>00:45:26.80</b> | +00:19:38 (43.5%) | 9:01         | 6.6 (55.9%) |
| 230 | <b>NIEMCZYK Marta</b>      | <b>1308</b> |                            | K2 30-39  | 103  | 00:00:18    | <b>00:45:09.00</b> | <b>00:45:27.35</b> | +00:19:38 (43.5%) | 9:01         | 6.6 (55.9%) |
| 231 | <b>SZCZEPANIK Ewa</b>      | <b>1322</b> |                            | K1 16-29  | 49   | 00:00:19    | <b>00:45:10.20</b> | <b>00:45:29.50</b> | +00:19:39 (43.5%) | 9:02         | 6.6 (55.9%) |
| 232 | <b>BANASIAK Adrianna</b>   | <b>1291</b> |                            | K2 30-39  | 104  | 00:00:18    | <b>00:45:11.20</b> | <b>00:45:29.50</b> | +00:19:40 (43.5%) | 9:02         | 6.6 (55.9%) |
| 233 | <b>SKARŻYŃSKA Anna</b>     | <b>973</b>  |                            | K1 16-29  | 50   | 00:00:25    | <b>00:45:11.75</b> | <b>00:45:37.45</b> | +00:19:41 (43.6%) | 9:02         | 6.6 (55.9%) |
| 234 | <b>PŁOSA Monika</b>        | <b>915</b>  |                            | K2 30-39  | 105  | 00:01:05    | <b>00:45:15.20</b> | <b>00:46:20.90</b> | +00:19:44 (43.6%) | 9:03         | 6.6 (55.9%) |
| 235 | <b>PUZIO Hanna</b>         | <b>936</b>  |                            | K2 30-39  | 106  | 00:00:25    | <b>00:45:42.60</b> | <b>00:46:07.70</b> | +00:20:11 (44.2%) | 9:08         | 6.6 (55.9%) |
| 236 | <b>NOWAK Aneta</b>         | <b>874</b>  | NORDICOWELOVE              | K3 40-49  | 65   | 00:01:06    | <b>00:45:50.80</b> | <b>00:46:57.70</b> | +00:20:20 (44.4%) | 9:10         | 6.5 (55.1%) |
| 236 | <b>FIEDZIUSZKO Anna</b>    | <b>1296</b> |                            | K2 30-39  | 107  | 00:01:07    | <b>00:45:50.80</b> | <b>00:46:57.85</b> | +00:20:20 (44.4%) | 9:10         | 6.5 (55.1%) |
| 238 | <b>SIKORA Magda</b>        | <b>1315</b> | KLUB BIEGOWY DZIK          | K2 30-39  | 108  | 00:01:06    | <b>00:45:51.00</b> | <b>00:46:57.55</b> | +00:20:20 (44.4%) | 9:10         | 6.5 (55.1%) |
| 239 | <b>NAJMARK Małgorzata</b>  | <b>858</b>  | SKB DZIK                   | K3 40-49  | 66   | 00:01:06    | <b>00:45:51.05</b> | <b>00:46:57.90</b> | +00:20:20 (44.4%) | 9:10         | 6.5 (55.1%) |
| 239 | <b>GÓRSKA Agnieszka</b>    | <b>647</b>  | NORDICOWE LOVE POLICE      | K3 40-49  | 67   | 00:01:06    | <b>00:45:51.05</b> | <b>00:46:57.30</b> | +00:20:20 (44.4%) | 9:10         | 6.5 (55.1%) |
| 241 | <b>KULEWSKA Joanna</b>     | <b>771</b>  | NORDICOWELOVE              | K3 40-49  | 68   | 00:01:06    | <b>00:45:51.30</b> | <b>00:46:57.55</b> | +00:20:20 (44.4%) | 9:10         | 6.5 (55.1%) |
| 242 | <b>GRYTA Janina</b>        | <b>656</b>  | BIEGACZE ŚWINOUJŚCIE       | K4 50-59  | 14   | 00:00:49    | <b>00:46:12.70</b> | <b>00:47:02.25</b> | +00:20:41 (44.8%) | 9:14         | 6.5 (55.1%) |
| 243 | <b>CZYŻEWSKA Danuta</b>    | <b>590</b>  | BIEGACZE ŚWINOUJŚCIE       | K4 50-59  | 15   | 00:00:49    | <b>00:46:13.45</b> | <b>00:47:02.75</b> | +00:20:42 (44.8%) | 9:14         | 6.5 (55.1%) |
| 244 | <b>STANEJKO Agata</b>      | <b>1318</b> |                            | K2 30-39  | 109  | 00:00:34    | <b>00:46:20.30</b> | <b>00:46:54.50</b> | +00:20:49 (44.9%) | 9:16         | 6.5 (55.1%) |

| Msc | Zawodnik                         | Numer       | Klub                            | Kategoria | Mkat | Czas startu | Czas netto 5km     | Czas brutto 5km    | Różn              | Tempo min/km | Tempo km/h  |
|-----|----------------------------------|-------------|---------------------------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|-------------|
| 245 | <b>SZYDŁOWSKA Alina</b>          | <b>1323</b> |                                 | K2 30-39  | 110  | 00:00:33    | <b>00:46:20.35</b> | <b>00:46:54.30</b> | +00:20:49 (44.9%) | 9:16         | 6.5 (55.1%) |
| 246 | <b>ADAMCZEWSKA Anna</b>          | <b>502</b>  | 3ATEAM                          | K3 40-49  | 69   | 00:00:47    | <b>00:46:28.30</b> | <b>00:47:15.95</b> | +00:20:57 (45.1%) | 9:17         | 6.5 (55.1%) |
| 247 | <b>BABIŁO Natalia</b>            | <b>515</b>  | MASZ PRZEBIEGANE                | K1 16-29  | 51   | 00:00:25    | <b>00:46:28.90</b> | <b>00:46:54.85</b> | +00:20:58 (45.1%) | 9:17         | 6.5 (55.1%) |
| 248 | <b>CZYŻ Anna</b>                 | <b>589</b>  | 3ATEAM                          | K3 40-49  | 70   | 00:00:46    | <b>00:46:30.40</b> | <b>00:47:17.15</b> | +00:20:59 (45.1%) | 9:18         | 6.4 (54.2%) |
| 249 | <b>JASIK Agnieszka</b>           | <b>691</b>  |                                 | K3 40-49  | 71   | 00:00:33    | <b>00:46:31.35</b> | <b>00:47:04.55</b> | +00:21:00 (45.2%) | 9:18         | 6.4 (54.2%) |
| 250 | <b>MINDA Justyna</b>             | <b>1306</b> | PASJA BIEGANIA                  | K2 30-39  | 111  | 00:01:03    | <b>00:46:36.00</b> | <b>00:47:39.55</b> | +00:21:05 (45.3%) | 9:19         | 6.4 (54.2%) |
| 251 | <b>KUPNIEWSKA Aleksandra</b>     | <b>776</b>  | KOMPAS TEAM                     | K2 30-39  | 112  | 00:00:31    | <b>00:46:50.05</b> | <b>00:47:21.25</b> | +00:21:19 (45.5%) | 9:22         | 6.4 (54.2%) |
| 252 | <b>DROZDEK Joanna</b>            | <b>1295</b> | KOMPAS TEAM                     | K3 40-49  | 72   | 00:00:30    | <b>00:46:50.45</b> | <b>00:47:20.95</b> | +00:21:19 (45.5%) | 9:22         | 6.4 (54.2%) |
| 253 | <b>MICHALSKA Karolina</b>        | <b>839</b>  | KOMPAS TEAM                     | K1 16-29  | 52   | 00:00:30    | <b>00:46:50.80</b> | <b>00:47:21.45</b> | +00:21:20 (45.5%) | 9:22         | 6.4 (54.2%) |
| 254 | <b>TITONI Marta</b>              | <b>1034</b> | MASZ PRZEBIEGANE                | K1 16-29  | 53   | 00:00:00    | <b>00:46:54.95</b> | <b>00:46:54.95</b> | +00:21:24 (45.6%) | 9:22         | 6.4 (54.2%) |
| 255 | <b>LISIECKA Barbara</b>          | <b>798</b>  |                                 | K4 50-59  | 16   | 00:00:40    | <b>00:47:00.70</b> | <b>00:47:41.25</b> | +00:21:29 (45.7%) | 9:24         | 6.4 (54.2%) |
| 256 | <b>WIKA Marta</b>                | <b>1069</b> |                                 | K1 16-29  | 54   | 00:00:40    | <b>00:47:34.85</b> | <b>00:48:15.40</b> | +00:22:04 (46.4%) | 9:31         | 6.3 (53.4%) |
| 257 | <b>ORLON Barbara</b>             | <b>886</b>  | RUN HAPPY                       | K3 40-49  | 73   | 00:00:08    | <b>00:48:01.65</b> | <b>00:48:10.35</b> | +00:22:30 (46.9%) | 9:36         | 6.2 (52.5%) |
| 258 | <b>MUSZYŃSKA Oliwia</b>          | <b>853</b>  | PIŁA TEAM                       | K1 16-29  | 55   | 00:00:07    | <b>00:48:08.90</b> | <b>00:48:16.80</b> | +00:22:38 (47.0%) | 9:37         | 6.2 (52.5%) |
| 259 | <b>STEMPNIAK-LECHOWICZ Lidia</b> | <b>1006</b> |                                 | K2 30-39  | 113  | 00:00:56    | <b>00:48:40.45</b> | <b>00:49:36.95</b> | +00:23:09 (47.6%) | 9:44         | 6.2 (52.5%) |
| 260 | <b>KOŁACZYŃSKA Monika</b>        | <b>735</b>  |                                 | K3 40-49  | 74   | 00:01:01    | <b>00:49:42.15</b> | <b>00:50:43.25</b> | +00:24:11 (48.7%) | 9:56         | 6 (50.8%)   |
| 261 | <b>PEDA Kamila</b>               | <b>901</b>  |                                 | K2 30-39  | 114  | 00:00:27    | <b>00:49:52.50</b> | <b>00:50:20.10</b> | +00:24:21 (48.8%) | 9:58         | 6 (50.8%)   |
| 262 | <b>KIELISZEK Anna</b>            | <b>719</b>  | WIECZORNE BIEGANIE W SZCZECINIE | K2 30-39  | 115  | 00:01:10    | <b>00:51:06.95</b> | <b>00:52:17.05</b> | +00:25:36 (50.1%) | 10:13        | 5.9 (50.0%) |
| 263 | <b>KUCHARCZYK Elżbieta</b>       | <b>765</b>  | RUNGRYF                         | K3 40-49  | 75   | 00:00:59    | <b>00:52:16.70</b> | <b>00:53:16.50</b> | +00:26:45 (51.2%) | 10:27        | 5.7 (48.3%) |
| 264 | <b>HAŁAS Renata</b>              | <b>665</b>  | SZYBCIEJ NIE MOGĘ               | K4 50-59  | 17   | 00:01:08    | <b>00:52:44.60</b> | <b>00:53:52.80</b> | +00:27:13 (51.6%) | 10:32        | 5.7 (48.3%) |
| 265 | <b>GORYŃSKA Daria</b>            | <b>644</b>  |                                 | K1 16-29  | 56   | 00:00:06    | <b>00:54:23.15</b> | <b>00:54:29.50</b> | +00:28:52 (53.1%) | 10:52        | 5.5 (46.6%) |
| 266 | <b>MUSZYŃSKA Barbara</b>         | <b>854</b>  | PIŁA TEAM                       | K3 40-49  | 76   | 00:00:09    | <b>00:54:45.70</b> | <b>00:54:55.35</b> | +00:29:14 (53.4%) | 10:57        | 5.5 (46.6%) |
| 267 | <b>ZAMOŻNY Anna</b>              | <b>1109</b> |                                 | K2 30-39  | 116  | 00:00:12    | <b>00:55:09.00</b> | <b>00:55:21.00</b> | +00:29:38 (53.7%) | 11:01        | 5.4 (45.8%) |

| Msc | Zawodnik                             | Numer       | Klub                            | Kategoria | Mkat | Czas startu | Czas netto 5km     | Czas brutto 5km    | Różn                 | Tempo min/km | Tempo km/h     |
|-----|--------------------------------------|-------------|---------------------------------|-----------|------|-------------|--------------------|--------------------|----------------------|--------------|----------------|
| 268 | <b>WINIARSKA-GRABOWSKA Agnieszka</b> | <b>1071</b> |                                 | K2 30-39  | 117  | 00:01:01    | <b>00:55:52.10</b> | <b>00:56:53.35</b> | +00:30:21<br>(54.3%) | 11:10        | 5.4<br>(45.8%) |
| 269 | <b>KOSIANOWSKA Monika</b>            | <b>742</b>  | GRUPA MALBORK                   | K4 50-59  | 18   | 00:01:01    | <b>00:55:52.75</b> | <b>00:56:54.00</b> | +00:30:22<br>(54.3%) | 11:10        | 5.4<br>(45.8%) |
| 270 | <b>LIWUŚ-ŁAPIŃSKA Asia</b>           | <b>799</b>  | WIECZORNE BIEGANIE W SZCZECINIE | K2 30-39  | 118  | 00:00:42    | <b>00:56:30.15</b> | <b>00:57:12.65</b> | +00:30:59<br>(54.8%) | 11:18        | 5.3<br>(44.9%) |
| 271 | <b>JADCZAK Danuta</b>                | <b>678</b>  | SZCZECINSKO-POLICKI KLUB MORSY  | K5 60+    | 2    | 00:00:19    | <b>00:56:45.50</b> | <b>00:57:04.65</b> | +00:31:14<br>(55.1%) | 11:21        | 5.3<br>(44.9%) |

Znaleziono 271 wynik(ów)