

KOŁOBRZESKA 15-STKA ZAŚLUBIN

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Wydarzenie: Kołobrzaska 15-stka Zaślubin
Organizator: Miejski Ośrodek Sportu i Rekreacji
Data: 2024-03-17
Miejsce: Kołobrzeg
Dystans: 15 km



Klasyfikacja: OPEN -K

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
1	BOHOMIAHKOVA Khrystyna	44	STAYER RUN CLUB	K-30	1	00:00:00	00:55:15.82	00:55:16.14		3:41	16.3 (100%)
2	KUCZYŃSKA Wioletta	262	WIERZBICKI RUNNING PROJECT	K-30	2	00:00:00	00:57:01.95	00:57:02.92	+00:01:46 (3.1%)	3:48	15.8 (96.9%)
3	ZATOŃ Olga	564		K-30	3	00:00:14	00:59:38.90	00:59:53.21	+00:04:23 (7.4%)	3:58	15.1 (92.6%)
4	PRZYBYŁA Agnieszka	404	RUN GOKU TEAM	K-30	4	00:00:01	00:59:40.43	00:59:41.62	+00:04:24 (7.4%)	3:58	15.1 (92.6%)
5	KRYNICKA GRZYB Małgorzata	250		K-30	5	00:00:00	01:00:57.19	01:00:57.50	+00:05:41 (9.3%)	4:03	14.8 (90.8%)
6	ZIELIŃSKA Anna	571	TRUCHT ŁOBEZ	K-50	1	00:00:01	01:01:07.65	01:01:09.41	+00:05:51 (9.6%)	4:04	14.7 (90.2%)
7	CYGAN Małgorzata	85		K-30	6	00:00:06	01:03:38.87	01:03:45.08	+00:08:23 (13.2%)	4:14	14.1 (86.5%)
8	COKAN Paulina	83		K-16	1	00:00:45	01:05:07.53	01:05:52.82	+00:09:51 (15.1%)	4:20	13.8 (84.7%)
9	HAŁKA Justyna	146	KO-Ł-OB	K-40	1	00:00:09	01:05:22.04	01:05:32.01	+00:10:06 (15.5%)	4:21	13.8 (84.7%)
10	KUBIAK Jagoda	256		K-30	7	00:00:18	01:05:41.45	01:06:00.17	+00:10:25 (15.9%)	4:22	13.7 (84.0%)
11	MICKIEWICZ - SZYMAŃSKA Ilona	338		K-30	8	00:00:03	01:05:43.80	01:05:47.78	+00:10:27 (15.9%)	4:22	13.7 (84.0%)
12	WIZE Małgorzata	541		K-40	2	00:00:03	01:06:00.16	01:06:03.27	+00:10:44 (16.3%)	4:24	13.6 (83.4%)
13	KRYNICKA Magdalena	249		K-16	2	00:00:06	01:06:45.09	01:06:51.78	+00:11:29 (17.2%)	4:27	13.5 (82.8%)
14	KLUPŚ Marta	208		K-16	3	00:00:02	01:07:21.82	01:07:24.46	+00:12:06 (18.0%)	4:29	13.4 (82.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
15	ANDRZEJCZAK Anna	6	NKB CHYŻY NOWY TOMYŚL	K-40	3	00:00:17	01:08:03.74	01:08:21.25	+00:12:47 (18.8%)	4:32	13.2 (81.0%)
16	BANASIAK Agnieszka	19		K-40	4	00:00:16	01:08:19.17	01:08:36.14	+00:13:03 (19.1%)	4:33	13.2 (81.0%)
17	NOWICKA Karolina	360	KB WYGAN	K-40	5	00:00:02	01:08:43.92	01:08:46.89	+00:13:28 (19.6%)	4:34	13.1 (80.4%)
18	CHODOR Martyna	73	7PRO SIÓDMIAK TEAM	K-40	6	00:00:11	01:08:59.01	01:09:10.21	+00:13:43 (19.9%)	4:35	13 (79.8%)
19	PIETKIEWICZ Agata	384	FIZJOBIEGACZE SZCZECIN	K-16	4	00:00:05	01:08:59.06	01:09:04.47	+00:13:43 (19.9%)	4:35	13 (79.8%)
20	STORCZYK-RAK Agnieszka	460		K-30	9	00:00:04	01:09:14.20	01:09:18.97	+00:13:58 (20.2%)	4:36	13 (79.8%)
21	MAZIEC Beata	325	NICE'S RUNNERSTEAM	K-30	10	00:00:05	01:09:23.43	01:09:28.50	+00:14:07 (20.4%)	4:37	13 (79.8%)
22	KUJTKOWSKA Urszula	264		K-30	11	00:00:37	01:09:39.61	01:10:17.56	+00:14:23 (20.7%)	4:38	12.9 (79.1%)
23	GAPSKA Rozalia	125	BIEGACZE JÓZEFA NOJI	K-16	5	00:00:06	01:10:29.51	01:10:35.62	+00:15:13 (21.6%)	4:41	12.8 (78.5%)
24	KLIMCZAK Agnieszka	204	BBL SŁUPSK	K-50	2	00:00:39	01:11:51.58	01:12:30.95	+00:16:35 (23.1%)	4:47	12.5 (76.7%)
25	IWANOWICZ Magda	160		K-40	7	00:00:32	01:12:01.47	01:12:33.90	+00:16:45 (23.3%)	4:48	12.5 (76.7%)
26	FEDORCZAK Joanna	111	NICE'S RUNNERSTEAM	K-40	8	00:00:11	01:12:09.31	01:12:20.45	+00:16:53 (23.4%)	4:48	12.5 (76.7%)
27	CHODOR Izabela	72	TKKF KOSZALIN	K-40	9	00:00:12	01:12:13.21	01:12:25.47	+00:16:57 (23.5%)	4:48	12.5 (76.7%)
28	MAJEWSKA Dorota	301	BIEGOLAS KOSZALIN	K-50	3	00:00:06	01:12:14.57	01:12:21.22	+00:16:58 (23.5%)	4:48	12.5 (76.7%)
29	KOZIARZ Anna	231		K-40	10	00:00:09	01:12:34.51	01:12:44.10	+00:17:18 (23.9%)	4:50	12.4 (76.1%)
30	TOMASZEWICZ Magda	501		K-40	11	00:00:16	01:12:42.98	01:12:59.78	+00:17:27 (24.0%)	4:50	12.4 (76.1%)
31	DŁUGA Magdalena	93	TEAM TERMINATORUN	K-40	12	00:00:12	01:13:07.15	01:13:20.12	+00:17:51 (24.4%)	4:52	12.3 (75.5%)
32	WOJCIECHOWSKA Basia	544		K-16	6	00:00:17	01:13:08.21	01:13:25.50	+00:17:52 (24.4%)	4:52	12.3 (75.5%)
33	FELSKA Natalia	112	MŻS WOŁCZA MAŁA	K-30	12	00:00:35	01:13:09.79	01:13:45.35	+00:17:53 (24.5%)	4:52	12.3 (75.5%)
34	KLUPŚ Agata	207		K-16	7	00:00:10	01:13:30.83	01:13:41.14	+00:18:15 (24.8%)	4:54	12.2 (74.8%)
35	LIPKA Daria	289	KPP WAŁCZ	K-30	13	00:00:22	01:13:48.40	01:14:10.86	+00:18:32 (25.1%)	4:55	12.2 (74.8%)
36	WIĘSEK Natalia	530	ULTRA WAY TEAM	K-30	14	00:00:06	01:14:03.92	01:14:10.88	+00:18:48 (25.4%)	4:56	12.2 (74.8%)
37	KUROWSKA Olga	269	SHELTIES RACE	K-40	13	00:00:40	01:14:29.41	01:15:09.46	+00:19:13 (25.8%)	4:57	12.1 (74.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
38	GRABCZEWSKA Ewa	137	KPP WAŁCZ	K-30	15	00:00:24	01:14:51.80	01:15:16.80	+00:19:35 (26.2%)	4:59	12 (73.6%)
39	MEYER Joanna	336		K-50	4	00:00:09	01:15:16.44	01:15:25.90	+00:20:00 (26.6%)	5:01	12 (73.6%)
40	WYSOCKA Urszula	560		K-40	14	00:00:08	01:15:50.56	01:15:59.28	+00:20:34 (27.1%)	5:03	11.9 (73.0%)
41	WOJCIECHOWSKA-HRYCYK Agata	532		K-50	5	00:00:28	01:16:41.68	01:17:10.17	+00:21:25 (27.9%)	5:06	11.7 (71.8%)
42	SYDONOWICZ Kinga	472	TEAM TERMINATORUN	K-16	8	00:00:13	01:16:55.25	01:17:08.71	+00:21:39 (28.2%)	5:07	11.7 (71.8%)
43	SZUBERT Julia	480	KOŁOBRZEG BIEGA	K-16	9	00:00:33	01:16:55.38	01:17:29.24	+00:21:39 (28.2%)	5:07	11.7 (71.8%)
44	ZIELIŃSKA Danuta	570	USB USTKA	K-40	15	00:00:07	01:17:03.35	01:17:11.17	+00:21:47 (28.3%)	5:08	11.7 (71.8%)
45	ZIELINSKA Marzena	569		K-50	6	00:00:40	01:17:12.61	01:17:52.75	+00:21:56 (28.4%)	5:08	11.7 (71.8%)
46	KACHNOWICZ-BUKAŁA Izabela	183	PUSZCZYK BUKOWY	K-50	7	00:00:13	01:17:18.17	01:17:32.11	+00:22:02 (28.5%)	5:09	11.6 (71.2%)
47	MACIAS Justyna	297	KB BRYZA POSTOMINO	K-30	16	00:00:19	01:17:28.82	01:17:48.28	+00:22:13 (28.7%)	5:09	11.6 (71.2%)
48	KLUPŚ Monika	209	POZYTYWNI Z PASJĄ	K-40	16	00:00:25	01:17:33.86	01:17:59.26	+00:22:18 (28.8%)	5:10	11.6 (71.2%)
49	SAWICKA - WERS Urszula	429	NADMORSKY BIEGACZE KOŁOBRZEG	K-30	17	00:00:23	01:17:40.45	01:18:04.42	+00:22:24 (28.9%)	5:10	11.6 (71.2%)
50	MIKULSKA GAWLE Karina	342	UNITY LINE	K-40	17	00:00:15	01:18:05.86	01:18:21.46	+00:22:50 (29.2%)	5:12	11.5 (70.6%)
51	KULCZYK Katarzyna	267	KB BRYZA POSTOMINO	K-40	18	00:00:30	01:18:06.09	01:18:36.13	+00:22:50 (29.2%)	5:12	11.5 (70.6%)
52	LACHCIK Iwona	276		K-40	19	00:00:26	01:18:14.31	01:18:40.86	+00:22:58 (29.4%)	5:12	11.5 (70.6%)
53	WOJCIECHOWSKA Wanda	545		K-50	8	00:00:28	01:18:15.56	01:18:44.45	+00:22:59 (29.4%)	5:13	11.5 (70.6%)
54	JABŁOŃSKA Katarzyna	162		K-40	20	00:00:24	01:18:22.70	01:18:47.39	+00:23:06 (29.5%)	5:13	11.5 (70.6%)
55	SIUTA Marta	441		K-40	21	00:00:08	01:18:50.48	01:18:59.45	+00:23:34 (29.9%)	5:15	11.4 (69.9%)
56	GRZESIAK Magdalena	144		K-40	22	00:00:25	01:19:28.72	01:19:54.66	+00:24:12 (30.5%)	5:17	11.3 (69.3%)
57	BOGACKA Lucyna	42	TKKF KOSZALIN	K-60	1	00:00:30	01:20:37.81	01:21:08.75	+00:25:21 (31.5%)	5:22	11.2 (68.7%)
58	DĄBROWSKA Dorota	87	BIEGACZE JÓZEFA NOJI	K-50	9	00:00:20	01:20:47.31	01:21:08.05	+00:25:31 (31.6%)	5:23	11.1 (68.1%)
59	GRABOWSKA Marta	138		K-30	18	00:00:33	01:20:51.72	01:21:24.77	+00:25:35 (31.7%)	5:23	11.1 (68.1%)
60	CIEŚLAK Monika	82		K-30	19	00:00:15	01:21:00.82	01:21:16.60	+00:25:45 (31.8%)	5:24	11.1 (68.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
61	MAKSZEWSKA Aleksandra	308		K-16	10	00:00:29	01:21:24.82	01:21:54.17	+00:26:08 (32.1%)	5:25	11.1 (68.1%)
62	WOJDA Paulina	596		K-30	20	00:00:21	01:21:36.86	01:21:58.74	+00:26:21 (32.3%)	5:26	11 (67.5%)
63	MURAWSKA Monika	353	BIEGACZE ŚWINOUJŚCIA	K-40	23	00:00:15	01:21:42.14	01:21:57.69	+00:26:26 (32.4%)	5:26	11 (67.5%)
64	BOBER Anna	41	#ZALINIAMETYTEAM	K-30	21	00:00:32	01:21:51.75	01:22:24.72	+00:26:35 (32.5%)	5:27	11 (67.5%)
65	GREندا Monika	142	DOBRZANY	K-40	24	00:00:20	01:22:06.25	01:22:27.02	+00:26:50 (32.7%)	5:28	11 (67.5%)
66	SUCHODOLSKA Aleksandra	466		K-30	22	00:00:42	01:22:07.29	01:22:50.27	+00:26:51 (32.7%)	5:28	11 (67.5%)
67	KUZIĄK Aleksandra	273	GRABOWO	K-30	23	00:00:16	01:22:16.58	01:22:32.62	+00:27:00 (32.8%)	5:29	10.9 (66.9%)
68	WARNIEŁO Adriana	519		K-40	25	00:00:37	01:22:17.63	01:22:55.09	+00:27:01 (32.8%)	5:29	10.9 (66.9%)
69	SZYMKOWIAK-PIASKOWSKA Barbara	489	#ZALINIAMETYTEAM	K-40	26	00:00:05	01:22:37.12	01:22:43.07	+00:27:21 (33.1%)	5:30	10.9 (66.9%)
70	KRYCIŃSKA Jolanta	248		K-40	27	00:00:21	01:22:38.19	01:23:00.00	+00:27:22 (33.1%)	5:30	10.9 (66.9%)
71	ŚLĄSKA Małgorzata	490	ZMĘCZENI JUŻ NA STARCIE	K-50	10	00:00:23	01:22:40.37	01:23:03.93	+00:27:24 (33.2%)	5:30	10.9 (66.9%)
72	ADAMOWICZ Anna	2	FIGA PRACOWNIA PROJEKTOWA	K-16	11	00:00:09	01:22:47.57	01:22:57.50	+00:27:31 (33.3%)	5:31	10.9 (66.9%)
73	SALAWA Anna	425	BIEGAJZMAŃKIEMTEAM	K-30	24	00:00:26	01:23:14.17	01:23:41.06	+00:27:58 (33.6%)	5:32	10.8 (66.3%)
74	RĘBELIŃSKA Anna	409		K-40	28	00:00:21	01:23:22.77	01:23:44.61	+00:28:06 (33.7%)	5:33	10.8 (66.3%)
75	MONGIAŁO Aleksandra	351		K-30	25	00:00:55	01:23:38.57	01:24:33.87	+00:28:22 (33.9%)	5:34	10.8 (66.3%)
76	OLESIŃSKA Patrycja	370		K-30	26	00:00:25	01:23:56.36	01:24:21.42	+00:28:40 (34.2%)	5:35	10.7 (65.6%)
77	ŁANGOWSKA Iwona	293	KOŁOBRZEG BIEGA	K-50	11	00:00:29	01:24:03.34	01:24:33.29	+00:28:47 (34.3%)	5:36	10.7 (65.6%)
78	TRZECIAK Anna	505	KOŁOBRZEG BIEGA	K-50	12	00:00:29	01:24:26.56	01:24:56.44	+00:29:10 (34.6%)	5:37	10.7 (65.6%)
79	KOWALSKA Katarzyna	225	TRIDARKO	K-30	27	00:00:38	01:24:41.31	01:25:20.27	+00:29:25 (34.7%)	5:38	10.6 (65.0%)
80	CIESZYŃSKA Marta	80	BEAUTY STUDIO LĘBORK	K-40	29	00:00:36	01:24:42.93	01:25:19.31	+00:29:27 (34.8%)	5:38	10.6 (65.0%)
81	LASOTA Irena	279		K-70	1	00:00:19	01:24:43.88	01:25:03.26	+00:29:28 (34.8%)	5:38	10.6 (65.0%)
82	TOFIL Anna	500		K-50	13	00:00:48	01:24:53.06	01:25:41.44	+00:29:37 (34.9%)	5:39	10.6 (65.0%)
83	BUNIEWICZ Adrianna	62		K-50	14	00:00:42	01:24:59.83	01:25:42.68	+00:29:44 (35.0%)	5:39	10.6 (65.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
84	MARZEC Agnieszka	321		K-40	30	00:00:42	01:25:24.28	01:26:07.20	+00:30:08 (35.3%)	5:41	10.5 (64.4%)
85	OCHOWIAK Amelia	363		K-16	12	00:00:31	01:25:24.44	01:25:55.51	+00:30:08 (35.3%)	5:41	10.5 (64.4%)
86	KURZAWIŃSKA- Kasia	271	TEAM JABŁOŃSCY	K-50	15	00:00:14	01:25:35.30	01:25:50.16	+00:30:19 (35.4%)	5:42	10.5 (64.4%)
87	OLAS Iwona	367		K-30	28	00:00:35	01:25:35.82	01:26:11.25	+00:30:19 (35.4%)	5:42	10.5 (64.4%)
88	BARTON Krystyna	25	PRZECHLEWO	K-60	2	00:00:14	01:25:55.45	01:26:10.07	+00:30:39 (35.7%)	5:43	10.5 (64.4%)
89	KĘPKA Karolina	194	STOPA SŁUPSK	K-40	31	00:00:43	01:25:56.49	01:26:40.40	+00:30:40 (35.7%)	5:43	10.5 (64.4%)
90	SUŁEK Dorotka	468	KB BRYZA POSTOMINO	K-40	32	00:00:25	01:26:03.64	01:26:28.79	+00:30:47 (35.8%)	5:44	10.5 (64.4%)
91	WAJS Agnieszka	517		K-40	33	00:00:47	01:26:16.48	01:27:03.86	+00:31:00 (35.9%)	5:45	10.4 (63.8%)
92	MALINOWSKA Anna	310	GRABOWO	K-40	34	00:00:57	01:26:16.90	01:27:14.61	+00:31:01 (35.9%)	5:45	10.4 (63.8%)
93	SIUTKOWSKA Martyna	442		K-30	29	00:00:39	01:26:49.48	01:27:29.40	+00:31:33 (36.4%)	5:47	10.4 (63.8%)
94	BRODECKA Monika	53	BIEGOLAS KOSZALIN	K-30	30	00:00:29	01:27:11.73	01:27:40.80	+00:31:55 (36.6%)	5:48	10.3 (63.2%)
95	ZIELIŃSKA Berenika	572		K-40	35	00:00:10	01:27:15.05	01:27:25.92	+00:31:59 (36.7%)	5:49	10.3 (63.2%)
96	NAKONIECZNA Katarzyna	358	BIEGOLAS KOSZALIN	K-40	36	00:00:28	01:27:17.51	01:27:46.24	+00:32:01 (36.7%)	5:49	10.3 (63.2%)
97	BURBULIS Agnieszka	63	LOKATOR NIERUCHOMOŚCI PIŁA	K-40	37	00:00:36	01:27:23.96	01:27:59.99	+00:32:08 (36.8%)	5:49	10.3 (63.2%)
98	BĘGOWSKA Katarzyna	32	NOGI Z KAMIENIA	K-16	13	00:00:08	01:27:25.50	01:27:33.93	+00:32:09 (36.8%)	5:49	10.3 (63.2%)
99	KĘSICKA-BLOCH Aneta	195		K-40	38	00:00:36	01:28:02.74	01:28:38.94	+00:32:46 (37.2%)	5:52	10.2 (62.6%)
100	KROCZYŃSKA Kinga	240		K-40	39	00:00:31	01:28:30.19	01:29:01.38	+00:33:14 (37.6%)	5:54	10.2 (62.6%)
101	BEJNAR Katarzyna	30		K-30	31	00:00:27	01:28:47.89	01:29:15.74	+00:33:32 (37.8%)	5:55	10.1 (62.0%)
102	JANUSZEWSKA Anna	169		K-40	40	00:00:52	01:29:21.74	01:30:14.60	+00:34:05 (38.2%)	5:57	10.1 (62.0%)
103	FILIPIAK Honorata	117		K-30	32	00:00:38	01:30:00.70	01:30:39.21	+00:34:44 (38.6%)	6:00	10 (61.3%)
104	OSTROWSKA Kinga	380		K-16	14	00:00:43	01:30:37.22	01:31:20.73	+00:35:21 (39.0%)	6:02	9.9 (60.7%)
105	DYMEK Urszula	107	BIEGACZE JÓZEFA NOJI	K-40	41	00:00:20	01:31:08.55	01:31:29.27	+00:35:52 (39.4%)	6:04	9.9 (60.7%)
106	DRYMEL Agata	102		K-40	42	00:00:27	01:31:31.46	01:31:58.73	+00:36:15 (39.6%)	6:06	9.8 (60.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
107	SADOWSKA Maria	423	BBL ZŁOTÓW	K-50	16	00:00:33	01:31:41.26	01:32:15.21	+00:36:25 (39.7%)	6:06	9.8 (60.1%)
108	ROMANOWICZ Monika	411	DZIKIE ŻÓŁWIE	K-30	33	00:00:47	01:31:58.35	01:32:45.64	+00:36:42 (39.9%)	6:07	9.8 (60.1%)
109	ZIONTKOWSKA Jolanta	577		K-60	3	00:00:16	01:31:59.19	01:32:15.83	+00:36:43 (39.9%)	6:07	9.8 (60.1%)
110	ARTEMENKO Yana	11		K-30	34	00:00:21	01:32:21.59	01:32:43.27	+00:37:05 (40.2%)	6:09	9.7 (59.5%)
111	CSULITS Claudia	84		K-50	17	00:00:40	01:32:37.23	01:33:17.91	+00:37:21 (40.3%)	6:10	9.7 (59.5%)
112	DĄBROWSKA Izabela	88		K-30	35	00:00:30	01:33:02.19	01:33:33.10	+00:37:46 (40.6%)	6:12	9.7 (59.5%)
113	GONERSKA Ewa	135	ŚWIERZNO	K-50	18	00:00:29	01:33:13.61	01:33:43.08	+00:37:57 (40.7%)	6:12	9.7 (59.5%)
114	SOBKOWIAK Ewa	449	100MCP	K-60	4	00:00:50	01:34:25.38	01:35:15.90	+00:39:09 (41.5%)	6:17	9.5 (58.3%)
115	GRABOWSKA Elżbieta	139		K-50	19	00:00:33	01:35:01.03	01:35:34.98	+00:39:45 (41.8%)	6:20	9.5 (58.3%)
116	CHMIELEWSKA Katarzyna	71		K-30	36	00:00:39	01:35:04.10	01:35:43.93	+00:39:48 (41.9%)	6:20	9.5 (58.3%)
117	RYCKIEWICZ Anna	421		K-40	43	00:00:39	01:35:04.22	01:35:43.71	+00:39:48 (41.9%)	6:20	9.5 (58.3%)
118	BEDNARZ Katarzyna	29		K-50	20	00:00:24	01:36:12.73	01:36:37.17	+00:40:56 (42.6%)	6:24	9.4 (57.7%)
119	GIERMAKOWSKA Helena	132		K-40	44	00:00:10	01:36:41.09	01:36:51.14	+00:41:25 (42.8%)	6:26	9.3 (57.1%)
120	BRĘGOSZEWSKA-SZYSZKO Adrianna	52		K-40	45	00:00:26	01:37:42.05	01:38:08.55	+00:42:26 (43.4%)	6:30	9.2 (56.4%)
121	FRYDRYCHOWICZ Lilianna	119	SENIORKA	K-60	5	00:00:23	01:38:06.24	01:38:29.56	+00:42:50 (43.7%)	6:32	9.2 (56.4%)
122	JARCZEWSKA Katarzyna	170		K-16	15	00:00:45	01:38:22.17	01:39:07.51	+00:43:06 (43.8%)	6:33	9.1 (55.8%)
123	RUDINICZ Sylwia	589		K-30	37	00:00:56	01:38:24.60	01:39:21.55	+00:43:08 (43.8%)	6:33	9.1 (55.8%)
124	KONDAK Anna	215		K-40	46	00:00:37	01:38:33.56	01:39:11.30	+00:43:17 (43.9%)	6:34	9.1 (55.8%)
125	JAKUBIAK Katarzyna	164		K-40	47	00:00:37	01:38:34.39	01:39:11.52	+00:43:18 (43.9%)	6:34	9.1 (55.8%)
126	PRAWDA Iwona	397		K-40	48	00:00:23	01:39:11.20	01:39:34.24	+00:43:55 (44.3%)	6:36	9.1 (55.8%)
127	KLEINSCHMIDT Anja	201		K-50	21	00:00:23	01:39:34.65	01:39:58.16	+00:44:18 (44.5%)	6:38	9 (55.2%)
128	GARBACZ - ZATORSKA Milena	127		K-40	49	00:00:21	01:40:17.08	01:40:38.31	+00:45:01 (44.9%)	6:41	9 (55.2%)
129	MARCZAK Małgorzata	317	W .P .K .SŁOŃTEAM	K-60	6	00:00:46	01:44:12.38	01:44:58.47	+00:48:56 (47.0%)	6:56	8.6 (52.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
130	WITKOWSKA Kinga	538		K-16	16	00:00:20	01:46:04.60	01:46:25.55	+00:50:48 (47.9%)	7:04	8.5 (52.1%)
131	TREJDER Maria	503	BAJADERKI KOSZALIN	K-50	22	00:00:29	01:47:12.82	01:47:42.40	+00:51:56 (48.5%)	7:08	8.4 (51.5%)
132	HECIAK Karolina	151		K-16	17	00:00:50	01:49:25.77	01:50:16.69	+00:54:09 (49.5%)	7:17	8.2 (50.3%)
133	SZUTRA Agnieszka	481	7	K-40	50	00:00:31	01:49:42.25	01:50:13.81	+00:54:26 (49.6%)	7:18	8.2 (50.3%)
134	KRAMER-DWÓŹNIK Ewa	238		K-50	23	00:00:42	01:59:28.44	02:00:11.33	+01:04:12 (53.7%)	7:57	7.5 (46.0%)
135	LIPIŃSKA Bernadeta	287	KB MANIAC POZNAŃ	K-60	7	00:00:45	01:59:43.69	02:00:29.09	+01:04:27 (53.8%)	7:58	7.5 (46.0%)
136	KOLASA Barbara	212	KLUB J.SŁOWACKIEGO	K-60	8	00:00:13	02:04:41.66	02:04:55.22	+01:09:25 (55.7%)	8:18	7.2 (44.2%)
137	STEC Wioletta	457	14 ZBOT 142 BATALION LEKKIEJ PIECHOTY	K-40	51	00:00:31	02:04:54.87	02:05:26.30	+01:09:39 (55.8%)	8:19	7.2 (44.2%)

Znaleziono 137 wynik(ów)