



# MARSZ MIKOŁAJKOWY

B4SPORT

**Wydarzenie:** X Bieg Mikołajkowy  
**Organizator:** Stowarzyszenie BiegamBoLubie Team Police  
**Data:** 2022-12-04  
**Miejsce:** Police  
**Dystans:** 5 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat Police	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>SZAMOTULSKI Henryk</b>	<b>874</b>		M-40	1		Poparzeni Śniegiem	<b>00:29:41.30</b>	<b>00:29:41.30</b>		5:56	10.1 (100%)
2	<b>DOŁĘGOWSKI Marek</b>	<b>650</b>	GMINA WOLIN	M-50	1		Poparzeni Śniegiem	<b>00:30:52.15</b>	<b>00:30:52.15</b>	+00:01:10 (3.8%)	6:10	9.7 (96.0%)
3	<b>LIPIŃSKI Karol</b>	<b>771</b>	KS POGODNI NORDIKOWCY SZCZECIN	M-40	2		KS Pogodni Nordikowcy Szczecin	<b>00:31:30.10</b>	<b>00:31:30.10</b>	+00:01:48 (5.8%)	6:18	9.5 (94.1%)
4	<b>MASŁYK Małgorzata</b>	<b>791</b>		K-50	1		Poparzeni Śniegiem	<b>00:33:19.75</b>	<b>00:33:19.75</b>	+00:03:38 (10.9%)	6:39	9 (89.1%)
5	<b>MARCINIAK Tomasz</b>	<b>788</b>		M-30	1		Poparzeni Śniegiem	<b>00:34:04.90</b>	<b>00:34:04.90</b>	+00:04:23 (12.9%)	6:48	8.8 (87.1%)
6	<b>HAWRYŁAK Marcin</b>	<b>715</b>	DRUŻYNA KORCZAKA	M-50	2		Drużyna Korczaka	<b>00:34:11.20</b>	<b>00:34:11.20</b>	+00:04:29 (13.2%)	6:50	8.8 (87.1%)
7	<b>MURAWSKA Wioletta</b>	<b>806</b>	SKB DZIK POLICE	K-50	2	Tak		<b>00:34:11.55</b>	<b>00:34:11.55</b>	+00:04:30 (13.2%)	6:50	8.8 (87.1%)
8	<b>PAŁOSZ Daniel</b>	<b>369</b>		M-40	3			<b>00:35:11.95</b>	<b>00:35:11.95</b>	+00:05:30 (15.7%)	7:02	8.5 (84.2%)
9	<b>ZDANUK Artur</b>	<b>909</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	M-50	3	Tak	Poparzeni Śniegiem	<b>00:35:30.15</b>	<b>00:35:30.15</b>	+00:05:48 (16.4%)	7:06	8.5 (84.2%)
10	<b>KAROLAK Andrzej</b>	<b>736</b>		M-60	1			<b>00:35:31.90</b>	<b>00:35:31.90</b>	+00:05:50 (16.4%)	7:06	8.4 (83.2%)
11	<b>OLEJNIK Marzena</b>	<b>818</b>		K-50	3		KS Pogodni Nordikowcy Szczecin	<b>00:35:32.60</b>	<b>00:35:32.60</b>	+00:05:51 (16.5%)	7:06	8.4 (83.2%)
12	<b>KRZYWOŃ Paweł</b>	<b>760</b>		M-30	2			<b>00:35:32.95</b>	<b>00:35:32.95</b>	+00:05:51 (16.5%)	7:06	8.4 (83.2%)
13	<b>STACHOWICZ-HAWRYŁAK Sylwia</b>	<b>862</b>	ZACHPOMORSKIE CENTRUM ONKOLOGII	K-50	4			<b>00:35:43.20</b>	<b>00:35:43.20</b>	+00:06:01 (16.9%)	7:08	8.4 (83.2%)
14	<b>STRZELEC Tomasz</b>	<b>868</b>	KB HERMES GRYFINO	M-40	4			<b>00:35:52.30</b>	<b>00:35:52.30</b>	+00:06:11 (17.2%)	7:10	8.4 (83.2%)
15	<b>KLABAN Tetiana</b>	<b>741</b>		K-40	1	Tak		<b>00:36:27.50</b>	<b>00:36:27.50</b>	+00:06:46 (18.6%)	7:17	8.2 (81.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat Police	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
16	<b>LIPIŃSKA Karolina</b>	<b>770</b>	KS POGODNI NORDIKOWCY SZCZECIN	K-40	2		KS Pogodni Nordikowcy Szczecin	<b>00:36:35.15</b>	<b>00:36:35.15</b>	+00:06:53 (18.9%)	7:19	8.2 (81.2%)
17	<b>MISIEWICZ Bożena</b>	<b>802</b>		K-60	1			<b>00:37:18.25</b>	<b>00:37:18.25</b>	+00:07:36 (20.4%)	7:27	8 (79.2%)
18	<b>SEŃ Agata</b>	<b>854</b>		K-30	1			<b>00:37:32.25</b>	<b>00:37:32.25</b>	+00:07:50 (20.9%)	7:30	8 (79.2%)
19	<b>BŁĄD-WASZKIEWICZ Wanda</b>	<b>665</b>		K-40	3			<b>00:37:35.80</b>	<b>00:37:35.80</b>	+00:07:54 (21.0%)	7:31	8 (79.2%)
20	<b>SZUBERT-ADAMSKA Ewelina</b>	<b>876</b>	FUTYMKA TEAM	K-40	4	Tak	Futymka Team	<b>00:38:04.35</b>	<b>00:38:04.35</b>	+00:08:23 (22.0%)	7:36	7.9 (78.2%)
21	<b>SKORNIA Krzysztof</b>	<b>616</b>	GRUPA AZOTY	M-40	5	Tak		<b>00:38:14.30</b>	<b>00:38:14.30</b>	+00:08:33 (22.4%)	7:38	7.8 (77.2%)
22	<b>ADAMSKI Adrian</b>	<b>812</b>		M-30	3			<b>00:38:17.95</b>	<b>00:38:17.95</b>	+00:08:36 (22.5%)	7:39	7.8 (77.2%)
23	<b>TARNOWSKA-PELC Marta</b>	<b>889</b>	URZĄD MIASTA SZCZECIN	K-30	2			<b>00:38:24.95</b>	<b>00:38:24.95</b>	+00:08:43 (22.7%)	7:40	7.8 (77.2%)
24	<b>GÓRSKA Dorota</b>	<b>704</b>		K-50	5	Tak		<b>00:38:31.00</b>	<b>00:38:31.00</b>	+00:08:49 (22.9%)	7:42	7.8 (77.2%)
25	<b>SZYMAŃSKA Ewa</b>	<b>883</b>		K-40	5	Tak	Kompas Team	<b>00:38:33.45</b>	<b>00:38:33.45</b>	+00:08:52 (23.0%)	7:42	7.8 (77.2%)
26	<b>WINCEWICZ Ewa</b>	<b>898</b>	POGODNI NORDIKOWCY	K-30	3		KS Pogodni Nordikowcy Szczecin	<b>00:38:40.45</b>	<b>00:38:40.45</b>	+00:08:59 (23.2%)	7:44	7.8 (77.2%)
27	<b>RUTKOWSKA Dorota</b>	<b>847</b>	KS POGODNI NORDICOWCY SZCZECIN	K-50	6	Tak	KS Pogodni Nordikowcy Szczecin 2	<b>00:38:40.95</b>	<b>00:38:40.95</b>	+00:08:59 (23.3%)	7:44	7.8 (77.2%)
28	<b>HYBIAK Jolanta</b>	<b>720</b>	KS POGODNI NORDIKOWCY	K-30	4		KS Pogodni Nordikowcy Szczecin 2	<b>00:38:44.15</b>	<b>00:38:44.15</b>	+00:09:02 (23.4%)	7:44	7.7 (76.2%)
29	<b>FRĘŚKO Ewelina</b>	<b>692</b>	KS POGODNI NORDIKOWCY SZCZECIN	K-30	5		KS Pogodni Nordikowcy Szczecin	<b>00:38:46.60</b>	<b>00:38:46.60</b>	+00:09:05 (23.4%)	7:45	7.7 (76.2%)
30	<b>GÓRSKA Agnieszka</b>	<b>705</b>		K-40	6		KS Pogodni Nordikowcy Szczecin 2	<b>00:38:52.35</b>	<b>00:38:52.35</b>	+00:09:11 (23.6%)	7:46	7.7 (76.2%)
31	<b>PARCHIMOWICZ Janusz</b>	<b>823</b>		M-60	2	Tak		<b>00:38:59.35</b>	<b>00:38:59.35</b>	+00:09:18 (23.9%)	7:47	7.7 (76.2%)
32	<b>SZYMCZAK Przemysław</b>	<b>884</b>		M-40	6			<b>00:39:11.40</b>	<b>00:39:11.40</b>	+00:09:30 (24.2%)	7:50	7.7 (76.2%)
33	<b>GROCHOLSKA Agnieszka</b>	<b>706</b>		K-40	7			<b>00:39:25.40</b>	<b>00:39:25.40</b>	+00:09:44 (24.7%)	7:53	7.6 (75.2%)
34	<b>MALINOWSKA Marzena</b>	<b>787</b>		K-50	7	Tak		<b>00:39:33.55</b>	<b>00:39:33.55</b>	+00:09:52 (25.0%)	7:54	7.6 (75.2%)
35	<b>KAŁANDYK Paulina</b>	<b>733</b>		K-30	6	Tak		<b>00:39:34.90</b>	<b>00:39:34.90</b>	+00:09:53 (25.0%)	7:54	7.6 (75.2%)
36	<b>ŻARNICKI Mirosław</b>	<b>914</b>		M-60	3			<b>00:39:38.60</b>	<b>00:39:38.60</b>	+00:09:57 (25.1%)	7:55	7.6 (75.2%)
37	<b>BOJKO Marek</b>	<b>667</b>		M-50	4			<b>00:39:40.05</b>	<b>00:39:40.05</b>	+00:09:58 (25.2%)	7:56	7.6 (75.2%)
38	<b>GROCHOLSKI Marek</b>	<b>707</b>		M-50	5			<b>00:40:04.85</b>	<b>00:40:04.85</b>	+00:10:23 (25.9%)	8:00	7.5 (74.3%)

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39	<b>MUSZKIET-SOBAŃSKA Agnieszka</b>	<b>808</b>	MUFFINKOWE MORSY	K-40	8		Muffinkowe Morsy	<b>00:40:07.55</b>	<b>00:40:07.55</b>	+00:10:26 (26.0%)	8:01	7.5 (74.3%)
40	<b>KUDERSKA Iwona</b>	<b>761</b>	KPP POLICE	K-50	8	Tak		<b>00:40:09.15</b>	<b>00:40:09.15</b>	+00:10:27 (26.1%)	8:01	7.5 (74.3%)
41	<b>MARTYNA Ewa</b>	<b>790</b>		K-60	2			<b>00:40:14.95</b>	<b>00:40:14.95</b>	+00:10:33 (26.2%)	8:02	7.5 (74.3%)
42	<b>SZYMANEK Bogusława</b>	<b>882</b>	WALKING WARRIORS	K-60	3		Walking Warriors	<b>00:40:20.60</b>	<b>00:40:20.60</b>	+00:10:39 (26.4%)	8:04	7.4 (73.3%)
43	<b>SŁABOSZEWSKA Elżbieta</b>	<b>859</b>	KS POGODNI NORDIKOWCY SZCZECIN	K-50	9		KS Pogodni Nordikowcy Szczecin 2	<b>00:40:44.05</b>	<b>00:40:44.05</b>	+00:11:02 (27.1%)	8:08	7.4 (73.3%)
44	<b>BOGDAŁ Monika</b>	<b>666</b>	BACKER DREAM TEAM	K-40	9			<b>00:40:45.80</b>	<b>00:40:45.80</b>	+00:11:04 (27.2%)	8:09	7.4 (73.3%)
45	<b>JURCZYK Anna</b>	<b>732</b>	FUTYMKA TEAM	K-30	7	Tak	Futymka Team	<b>00:41:12.70</b>	<b>00:41:12.70</b>	+00:11:31 (28.0%)	8:14	7.3 (72.3%)
46	<b>SYCH Agata</b>	<b>872</b>		K-20	1			<b>00:41:13.00</b>	<b>00:41:13.00</b>	+00:11:31 (28.0%)	8:14	7.3 (72.3%)
47	<b>LEDZION Robert</b>	<b>766</b>		M-50	6			<b>00:41:17.40</b>	<b>00:41:17.40</b>	+00:11:36 (28.1%)	8:15	7.3 (72.3%)
48	<b>BIERNACKA Helena</b>	<b>662</b>	NIEZRZESZONA	K-60	4	Tak		<b>00:41:30.95</b>	<b>00:41:30.95</b>	+00:11:49 (28.5%)	8:18	7.2 (71.3%)
49	<b>LUDWICKA Weronika</b>	<b>775</b>		K-30	8		Świąteczna rodzinka	<b>00:41:37.15</b>	<b>00:41:37.15</b>	+00:11:55 (28.7%)	8:19	7.2 (71.3%)
49	<b>SALA Mirosława</b>	<b>852</b>	KPP POLICE	K-60	5	Tak		<b>00:41:37.15</b>	<b>00:41:37.15</b>	+00:11:55 (28.7%)	8:19	7.2 (71.3%)
51	<b>AMBROZIEWICZ Monika</b>	<b>651</b>		K-40	10			<b>00:41:53.15</b>	<b>00:41:53.15</b>	+00:12:11 (29.1%)	8:22	7.2 (71.3%)
52	<b>FALEŃSKI Rafał</b>	<b>683</b>		M-40	7		Walking Warriors	<b>00:41:53.75</b>	<b>00:41:53.75</b>	+00:12:12 (29.1%)	8:22	7.2 (71.3%)
53	<b>WIŚNIEWSKA Dorota</b>	<b>921</b>	WIOSŁO	K-40	11			<b>00:41:54.40</b>	<b>00:41:54.40</b>	+00:12:13 (29.2%)	8:22	7.2 (71.3%)
53	<b>OLSZEWSKA Magdalena</b>	<b>922</b>	WIOSŁO	K-40	11			<b>00:41:54.40</b>	<b>00:41:54.40</b>	+00:12:13 (29.2%)	8:22	7.2 (71.3%)
55	<b>OSIADACZ Iwona</b>	<b>820</b>	BACKER DREAM TEAM	K-50	10			<b>00:41:56.90</b>	<b>00:41:56.90</b>	+00:12:15 (29.2%)	8:23	7.2 (71.3%)
56	<b>SZEWCUK Małgorzata</b>	<b>875</b>	KS POGODNI NORDICOWCY SZCZECIN	K-40	13	Tak	KS Pogodni Nordikowcy Szczecin 2	<b>00:42:05.40</b>	<b>00:42:05.40</b>	+00:12:24 (29.5%)	8:25	7.1 (70.3%)
57	<b>SIELICKA Agnieszka</b>	<b>856</b>		K-50	11			<b>00:42:09.50</b>	<b>00:42:09.50</b>	+00:12:28 (29.6%)	8:25	7.1 (70.3%)
58	<b>GÓRNIK Anna</b>	<b>920</b>	WIOSŁO	K-40	14			<b>00:42:14.30</b>	<b>00:42:14.30</b>	+00:12:33 (29.7%)	8:26	7.1 (70.3%)
59	<b>GODEK Cezary</b>	<b>701</b>		M-30	4			<b>00:42:18.25</b>	<b>00:42:18.25</b>	+00:12:36 (29.8%)	8:27	7.1 (70.3%)
60	<b>MICHALSKA Karolina</b>	<b>799</b>		K-20	2	Tak		<b>00:42:19.65</b>	<b>00:42:19.65</b>	+00:12:38 (29.9%)	8:27	7.1 (70.3%)
61	<b>MARIAŃSKA-FOJUT Agata</b>	<b>789</b>		K-40	15			<b>00:42:27.75</b>	<b>00:42:27.75</b>	+00:12:46 (30.1%)	8:29	7.1 (70.3%)

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62	<b>PIOTROWSKA Kamila</b>	<b>829</b>		K-30	9	Tak		<b>00:42:29.85</b>	<b>00:42:29.85</b>	+00:12:48 (30.1%)	8:29	7.1 (70.3%)
63	<b>CETERA Janusz</b>	<b>669</b>		M-60	4			<b>00:42:30.05</b>	<b>00:42:30.05</b>	+00:12:48 (30.1%)	8:30	7.1 (70.3%)
64	<b>LUKINIUK Hanna</b>	<b>776</b>	BACKER DREAM TEAM	K-30	10			<b>00:42:30.90</b>	<b>00:42:30.90</b>	+00:12:49 (30.2%)	8:30	7.1 (70.3%)
65	<b>ETMAŃSKA Lidia</b>	<b>682</b>	BACKER DREAM TIME	K-30	11			<b>00:42:31.20</b>	<b>00:42:31.20</b>	+00:12:49 (30.2%)	8:30	7.1 (70.3%)
66	<b>WIELCIOSZEWSKI Konrad</b>	<b>923</b>		M-40	8			<b>00:42:43.35</b>	<b>00:42:43.35</b>	+00:13:02 (30.5%)	8:32	7 (69.3%)
67	<b>DUL Magdalena</b>	<b>678</b>	KB HERMES GRYFINO	K-40	16			<b>00:43:03.25</b>	<b>00:43:03.25</b>	+00:13:21 (31.0%)	8:36	7 (69.3%)
68	<b>SAJEWICZ Piotr</b>	<b>848</b>	WALKIN WARRIORS	M-40	9	Tak	Walking Warriors	<b>00:43:05.45</b>	<b>00:43:05.45</b>	+00:13:24 (31.1%)	8:37	7 (69.3%)
69	<b>MIKLAS Aleksandra</b>	<b>801</b>	WALKING WARRIORS	K-30	12	Tak	Walking Warriors	<b>00:43:06.55</b>	<b>00:43:06.55</b>	+00:13:25 (31.1%)	8:37	7 (69.3%)
70	<b>PILAWSKA Małgorzata</b>	<b>826</b>		K-50	12	Tak		<b>00:43:06.65</b>	<b>00:43:06.65</b>	+00:13:25 (31.1%)	8:37	7 (69.3%)
71	<b>LEWANDOWSKA Dorota</b>	<b>768</b>		K-40	17			<b>00:43:07.55</b>	<b>00:43:07.55</b>	+00:13:26 (31.2%)	8:37	7 (69.3%)
72	<b>ŁEMPKOWSKA Beata</b>	<b>779</b>	BBL POLICE	K-40	18	Tak	Januszek Team BBL	<b>00:43:11.15</b>	<b>00:43:11.15</b>	+00:13:29 (31.3%)	8:38	6.9 (68.3%)
73	<b>ŁEMPKOWSKI Janusz</b>	<b>780</b>	BBL POLICE	M-40	10	Tak	Januszek Team BBL	<b>00:43:11.90</b>	<b>00:43:11.90</b>	+00:13:30 (31.3%)	8:38	6.9 (68.3%)
74	<b>BIENIEWICZ Ewa</b>	<b>660</b>		K-50	13			<b>00:43:13.65</b>	<b>00:43:13.65</b>	+00:13:32 (31.3%)	8:38	6.9 (68.3%)
75	<b>ZALEWSKI Paweł</b>	<b>907</b>		M-50	7	Tak		<b>00:43:14.70</b>	<b>00:43:14.70</b>	+00:13:33 (31.3%)	8:38	6.9 (68.3%)
76	<b>ZALEWSKA Teresa</b>	<b>906</b>		K-50	14	Tak		<b>00:43:14.80</b>	<b>00:43:14.80</b>	+00:13:33 (31.4%)	8:38	6.9 (68.3%)
77	<b>MISIUK Marta</b>	<b>803</b>	LOVELASY	K-30	13	Tak		<b>00:43:16.95</b>	<b>00:43:16.95</b>	+00:13:35 (31.4%)	8:39	6.9 (68.3%)
78	<b>MICHALSKA Aneta</b>	<b>797</b>		K-40	19	Tak		<b>00:43:17.05</b>	<b>00:43:17.05</b>	+00:13:35 (31.4%)	8:39	6.9 (68.3%)
79	<b>MICHALSKA Marianna</b>	<b>798</b>		K-20	3	Tak		<b>00:43:17.25</b>	<b>00:43:17.25</b>	+00:13:35 (31.4%)	8:39	6.9 (68.3%)
80	<b>HETMAŃSKA Diana</b>	<b>716</b>	LOVELASY	K-30	14			<b>00:43:18.05</b>	<b>00:43:18.05</b>	+00:13:36 (31.4%)	8:39	6.9 (68.3%)
81	<b>KAROL Agnieszka</b>	<b>735</b>		K-50	15	Tak		<b>00:43:19.00</b>	<b>00:43:19.00</b>	+00:13:37 (31.5%)	8:39	6.9 (68.3%)
82	<b>WOJNAS Beata</b>	<b>901</b>	HULK TEAM	K-40	20	Tak		<b>00:43:19.35</b>	<b>00:43:19.35</b>	+00:13:38 (31.5%)	8:39	6.9 (68.3%)
83	<b>ŁOBODZIŃSKA Wanda</b>	<b>781</b>	RAZ SZCZECIN	K-60	6			<b>00:43:21.80</b>	<b>00:43:21.80</b>	+00:13:40 (31.5%)	8:40	6.9 (68.3%)
84	<b>BAKOWSKA Sylwia</b>	<b>658</b>		K-40	21	Tak		<b>00:43:24.75</b>	<b>00:43:24.75</b>	+00:13:43 (31.6%)	8:40	6.9 (68.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat Police	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
85	KOŁODZIEJCZYK Justyna	744		K-40	22			00:43:26.00	00:43:26.00	+00:13:44 (31.6%)	8:41	6.9 (68.3%)
86	KOTFICA-TELEJ Agnieszka	749		K-40	23			00:43:29.45	00:43:29.45	+00:13:48 (31.7%)	8:41	6.9 (68.3%)
87	ŻOŁNO Magdalena	915		K-50	16			00:43:32.70	00:43:32.70	+00:13:51 (31.8%)	8:42	6.9 (68.3%)
88	KONDZIOLA Maria	746		K-60	7			00:43:41.65	00:43:41.65	+00:14:00 (32.1%)	8:44	6.9 (68.3%)
89	NEBRATENKO Ilona	810		K-50	17			00:43:56.55	00:43:56.55	+00:14:15 (32.4%)	8:47	6.8 (67.3%)
90	PUTRESZA Marcin	833		M-40	11			00:44:01.85	00:44:01.85	+00:14:20 (32.6%)	8:48	6.8 (67.3%)
91	GROCHOWSKA Anna	708		K-50	18			00:44:06.25	00:44:06.25	+00:14:24 (32.7%)	8:49	6.8 (67.3%)
92	SAJEWICZ Marta	850	WALKING WARRIORS	K-40	24	Tak	Walking Warriors	00:44:08.50	00:44:08.50	+00:14:27 (32.7%)	8:49	6.8 (67.3%)
93	SAJEWICZ Magdalena	849	WALKING WARRIORS	K-30	15	Tak	Walking Warriors	00:44:08.75	00:44:08.75	+00:14:27 (32.7%)	8:49	6.8 (67.3%)
94	SYCH Zbigniew	873	KB KAMIEN POMORSKI	M-50	8			00:44:19.05	00:44:19.05	+00:14:37 (33.0%)	8:51	6.8 (67.3%)
95	SYCH Małgorzata	871	KB KAMIEN POM.	K-40	25			00:44:19.20	00:44:19.20	+00:14:37 (33.0%)	8:51	6.8 (67.3%)
96	ŻURAWSKA Agnieszka	916		K-20	4			00:44:20.30	00:44:20.30	+00:14:39 (33.0%)	8:52	6.8 (67.3%)
97	KRAWCZYK Basia	756	FUTYMKA TEAM	K-50	19			00:44:21.75	00:44:21.75	+00:14:40 (33.1%)	8:52	6.8 (67.3%)
98	ŻARNICKA Renata	913		K-50	20			00:44:23.20	00:44:23.20	+00:14:41 (33.1%)	8:52	6.8 (67.3%)
99	KRYCZKA Adam	758		M-40	12	Tak		00:44:24.05	00:44:24.05	+00:14:42 (33.1%)	8:52	6.8 (67.3%)
100	SZWECH Katarzyna	879		K-30	16	Tak		00:44:24.60	00:44:24.60	+00:14:43 (33.1%)	8:52	6.8 (67.3%)
101	STOMPE Katarzyna	865		K-30	17			00:44:25.20	00:44:25.20	+00:14:43 (33.2%)	8:53	6.8 (67.3%)
102	KOZA Joanna	752		K-40	26	Tak		00:44:26.50	00:44:26.50	+00:14:45 (33.2%)	8:53	6.8 (67.3%)
102	ŁOZIUK Basia	782		K-50	21			00:44:26.50	00:44:26.50	+00:14:45 (33.2%)	8:53	6.8 (67.3%)
104	KARBOWSKI Łukasz	734		M-30	5			00:44:30.20	00:44:30.20	+00:14:48 (33.3%)	8:54	6.7 (66.3%)
105	MIKA Małgorzata	800		K-50	22	Tak		00:44:31.55	00:44:31.55	+00:14:50 (33.3%)	8:54	6.7 (66.3%)
106	RADCZUK Karolina	834	GANG MARIANA	K-40	27	Tak		00:44:32.65	00:44:32.65	+00:14:51 (33.4%)	8:54	6.7 (66.3%)
107	FIGIEL Danuta	684	ALS SZCZECIN	K-60	8			00:44:38.75	00:44:38.75	+00:14:57 (33.5%)	8:55	6.7 (66.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat Police	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
108	<b>ŻARCZYŃSKA Iwona</b>	<b>912</b>		K-40	28	Tak		<b>00:44:47.70</b>	<b>00:44:47.70</b>	+00:15:06 (33.7%)	8:57	6.7 (66.3%)
109	<b>MATWIEJCZUK Agnieszka</b>	<b>792</b>	FUTYMKA TEAM	K-40	29			<b>00:44:57.60</b>	<b>00:44:57.60</b>	+00:15:16 (34.0%)	8:59	6.7 (66.3%)
110	<b>ŁAPA-SUSKA Kamila</b>	<b>777</b>		K-30	18			<b>00:44:57.90</b>	<b>00:44:57.90</b>	+00:15:16 (34.0%)	8:59	6.7 (66.3%)
111	<b>JĘDRUCH Beata</b>	<b>730</b>		K-40	30			<b>00:45:17.40</b>	<b>00:45:17.40</b>	+00:15:36 (34.4%)	9:03	6.6 (65.3%)
112	<b>SIELICKA Małgosia</b>	<b>857</b>		K-50	23			<b>00:45:18.20</b>	<b>00:45:18.20</b>	+00:15:36 (34.5%)	9:03	6.6 (65.3%)
113	<b>STOMPE Jörg</b>	<b>866</b>		M-30	6			<b>00:45:18.95</b>	<b>00:45:18.95</b>	+00:15:37 (34.5%)	9:03	6.6 (65.3%)
114	<b>ROSNER Bożena</b>	<b>842</b>		K-60	9			<b>00:45:29.70</b>	<b>00:45:29.70</b>	+00:15:48 (34.7%)	9:05	6.6 (65.3%)
115	<b>JASTRZĄB Joanna</b>	<b>727</b>		K-50	24			<b>00:45:33.55</b>	<b>00:45:33.55</b>	+00:15:52 (34.8%)	9:06	6.6 (65.3%)
116	<b>ŁUKOMSKA-DZIEDZIC Anna</b>	<b>783</b>	FUNDACJA MIEZR WYSOKO	K-40	31			<b>00:45:35.55</b>	<b>00:45:35.55</b>	+00:15:54 (34.9%)	9:07	6.6 (65.3%)
117	<b>FRONTCZAK Ireneusz</b>	<b>693</b>		M-50	9	Tak		<b>00:45:41.95</b>	<b>00:45:41.95</b>	+00:16:00 (35.0%)	9:08	6.6 (65.3%)
118	<b>KASPRZAK Elżbieta</b>	<b>738</b>		K-60	10	Tak		<b>00:46:07.35</b>	<b>00:46:07.35</b>	+00:16:26 (35.6%)	9:13	6.5 (64.4%)
119	<b>JAGUSZEWSKA Sylwia</b>	<b>721</b>		K-40	32	Tak		<b>00:46:07.45</b>	<b>00:46:07.45</b>	+00:16:26 (35.6%)	9:13	6.5 (64.4%)
120	<b>JATCZAK Katarzyna</b>	<b>728</b>	KPP POLICE	K-40	33	Tak		<b>00:46:15.00</b>	<b>00:46:15.00</b>	+00:16:33 (35.8%)	9:15	6.5 (64.4%)
121	<b>JATCZAK Natalia</b>	<b>729</b>	KPP POLICE	K-20	5	Tak		<b>00:46:15.10</b>	<b>00:46:15.10</b>	+00:16:33 (35.8%)	9:15	6.5 (64.4%)
122	<b>FIJĄLKOWSKA Monika</b>	<b>685</b>		K-40	34	Tak		<b>00:46:15.85</b>	<b>00:46:15.85</b>	+00:16:34 (35.8%)	9:15	6.5 (64.4%)
123	<b>SIKORA Magdalena</b>	<b>858</b>		K-40	35			<b>00:46:16.75</b>	<b>00:46:16.75</b>	+00:16:35 (35.8%)	9:15	6.5 (64.4%)
124	<b>PANAS Tomasz</b>	<b>822</b>		M-60	5	Tak		<b>00:46:18.85</b>	<b>00:46:18.85</b>	+00:16:37 (35.9%)	9:15	6.5 (64.4%)
125	<b>WNUK Wanda</b>	<b>899</b>		K-50	25	Tak		<b>00:46:21.30</b>	<b>00:46:21.30</b>	+00:16:40 (36.0%)	9:16	6.5 (64.4%)
126	<b>POLTORAK Ela</b>	<b>832</b>		K-40	36			<b>00:46:21.85</b>	<b>00:46:21.85</b>	+00:16:40 (36.0%)	9:16	6.5 (64.4%)
127	<b>DUDEK Agnieszka</b>	<b>677</b>		K-40	37			<b>00:46:22.10</b>	<b>00:46:22.10</b>	+00:16:40 (36.0%)	9:16	6.5 (64.4%)
127	<b>JANICKA-GNAT Karolina</b>	<b>724</b>		K-40	37	Tak		<b>00:46:22.10</b>	<b>00:46:22.10</b>	+00:16:40 (36.0%)	9:16	6.5 (64.4%)
129	<b>WOLNA Dorota</b>	<b>903</b>		K-30	19			<b>00:46:39.05</b>	<b>00:46:39.05</b>	+00:16:57 (36.4%)	9:19	6.4 (63.4%)
130	<b>ROSIŃSKA Karolina</b>	<b>840</b>		K-30	20	Tak		<b>00:46:40.45</b>	<b>00:46:40.45</b>	+00:16:59 (36.4%)	9:20	6.4 (63.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat Police	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
131	<b>JAKIEL KUSA Małgorzata</b>	<b>722</b>		K-50	26			<b>00:46:45.65</b>	<b>00:46:45.65</b>	+00:17:04 (36.5%)	9:21	6.4 (63.4%)
132	<b>WENZEL Elwira</b>	<b>895</b>		K-50	27			<b>00:46:45.75</b>	<b>00:46:45.75</b>	+00:17:04 (36.5%)	9:21	6.4 (63.4%)
133	<b>CEBEREK-PŁOTCZYK Marcelina</b>	<b>668</b>		K-60	11			<b>00:47:01.85</b>	<b>00:47:01.85</b>	+00:17:20 (36.9%)	9:24	6.4 (63.4%)
134	<b>ZDANKIEWICZ Olga</b>	<b>908</b>		K-40	39	Tak		<b>00:47:04.45</b>	<b>00:47:04.45</b>	+00:17:23 (36.9%)	9:24	6.4 (63.4%)
135	<b>SENIUTA Marzena</b>	<b>853</b>		K-50	28			<b>00:47:04.85</b>	<b>00:47:04.85</b>	+00:17:23 (36.9%)	9:24	6.4 (63.4%)
136	<b>MAZIUK Elżbieta</b>	<b>795</b>		K-50	29			<b>00:47:05.90</b>	<b>00:47:05.90</b>	+00:17:24 (37.0%)	9:25	6.4 (63.4%)
137	<b>ROSZATYCKA Agata</b>	<b>843</b>		K-30	21			<b>00:47:12.20</b>	<b>00:47:12.20</b>	+00:17:30 (37.1%)	9:26	6.4 (63.4%)
138	<b>LACINA Karolina</b>	<b>764</b>		K-40	40	Tak		<b>00:47:13.30</b>	<b>00:47:13.30</b>	+00:17:32 (37.1%)	9:26	6.4 (63.4%)
139	<b>ROSZATYCKA Magdalena</b>	<b>844</b>		K-40	41			<b>00:47:13.45</b>	<b>00:47:13.45</b>	+00:17:32 (37.1%)	9:26	6.4 (63.4%)
140	<b>PIOŁUNOWICZ Kacper</b>	<b>827</b>		M-20	1	Tak		<b>00:47:28.30</b>	<b>00:47:28.30</b>	+00:17:47 (37.5%)	9:29	6.3 (62.4%)
141	<b>PIOŁUNOWICZ Jolanta</b>	<b>828</b>		K-50	30	Tak		<b>00:47:28.75</b>	<b>00:47:28.75</b>	+00:17:47 (37.5%)	9:29	6.3 (62.4%)
142	<b>ROMAN Ewelina</b>	<b>838</b>		K-30	22			<b>00:47:51.85</b>	<b>00:47:51.85</b>	+00:18:10 (38.0%)	9:34	6.3 (62.4%)
143	<b>SETA Krysia</b>	<b>855</b>		K-30	23			<b>00:47:51.95</b>	<b>00:47:51.95</b>	+00:18:10 (38.0%)	9:34	6.3 (62.4%)
144	<b>EŚWIŁ Agnieszka</b>	<b>681</b>		K-40	42	Tak		<b>00:47:55.05</b>	<b>00:47:55.05</b>	+00:18:13 (38.0%)	9:35	6.3 (62.4%)
145	<b>STELMACH Mirella</b>	<b>864</b>	BEZ	K-40	43			<b>00:47:55.45</b>	<b>00:47:55.45</b>	+00:18:14 (38.1%)	9:35	6.3 (62.4%)
146	<b>ZAJĄC Bożena</b>	<b>905</b>	LEGENDARY POWER SZEWC	K-60	12			<b>00:48:15.05</b>	<b>00:48:15.05</b>	+00:18:33 (38.5%)	9:39	6.2 (61.4%)
147	<b>LEDZION Dagmara</b>	<b>765</b>		K-40	44			<b>00:48:15.35</b>	<b>00:48:15.35</b>	+00:18:34 (38.5%)	9:39	6.2 (61.4%)
148	<b>BAK Kasia</b>	<b>657</b>	TEAM FUTYMKA	K-40	45		Futymka Team	<b>00:48:20.05</b>	<b>00:48:20.05</b>	+00:18:38 (38.6%)	9:40	6.2 (61.4%)
149	<b>MICHALAK Monika</b>	<b>796</b>	FUTYMKA TEAM	K-40	46	Tak		<b>00:48:20.35</b>	<b>00:48:20.35</b>	+00:18:39 (38.6%)	9:40	6.2 (61.4%)
150	<b>KLITYŃSKA Agnieszka</b>	<b>742</b>		K-40	47			<b>00:48:20.50</b>	<b>00:48:20.50</b>	+00:18:39 (38.6%)	9:40	6.2 (61.4%)
151	<b>LITWINIAK Izabela</b>	<b>773</b>	FUTYMKA TEAM	K-40	48		Futymka Team	<b>00:48:20.70</b>	<b>00:48:20.70</b>	+00:18:39 (38.6%)	9:40	6.2 (61.4%)
152	<b>LOLAS-SZYDŁOWSKA Margarita</b>	<b>774</b>		K-40	49	Tak		<b>00:48:21.30</b>	<b>00:48:21.30</b>	+00:18:40 (38.6%)	9:40	6.2 (61.4%)
153	<b>KONDELA Edyta</b>	<b>745</b>	AKTYWNE CHOSZCZNO	K-40	50			<b>00:48:21.50</b>	<b>00:48:21.50</b>	+00:18:40 (38.6%)	9:40	6.2 (61.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat Police	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
154	<b>NIESCIER Dorota</b>	<b>814</b>		K-40	51	Tak		<b>00:48:22.15</b>	<b>00:48:22.15</b>	+00:18:40 (38.6%)	9:40	6.2 (61.4%)
155	<b>SOŁTYS Agnieszka</b>	<b>860</b>		K-40	52	Tak		<b>00:48:38.65</b>	<b>00:48:38.65</b>	+00:18:57 (39.0%)	9:43	6.2 (61.4%)
156	<b>PACEK Małgorzata</b>	<b>821</b>		K-40	53		Kompas Team	<b>00:48:38.95</b>	<b>00:48:38.95</b>	+00:18:57 (39.0%)	9:43	6.2 (61.4%)
157	<b>ŁAZOWSKA Edyta</b>	<b>778</b>	KOMPAS TEAM	K-40	54		Kompas Team	<b>00:48:39.80</b>	<b>00:48:39.80</b>	+00:18:58 (39.0%)	9:43	6.2 (61.4%)
158	<b>TROJANOWSKA Izabela</b>	<b>892</b>		K-40	55			<b>00:48:41.65</b>	<b>00:48:41.65</b>	+00:19:00 (39.0%)	9:44	6.2 (61.4%)
159	<b>DROZDEK Joanna</b>	<b>676</b>	KOMPAS TEAM	K-40	56		Kompas Team	<b>00:48:42.75</b>	<b>00:48:42.75</b>	+00:19:01 (39.1%)	9:44	6.2 (61.4%)
160	<b>GŁADZIK Anna</b>	<b>700</b>	KOMPAS TEAM	K-40	57		Kompas Team	<b>00:48:44.05</b>	<b>00:48:44.05</b>	+00:19:02 (39.1%)	9:44	6.2 (61.4%)
161	<b>ŚNIEGOWSKA Dorota</b>	<b>886</b>	DOROTKA	K-40	58			<b>00:48:55.75</b>	<b>00:48:55.75</b>	+00:19:14 (39.3%)	9:47	6.1 (60.4%)
162	<b>GAŁĄZKA Magdalena</b>	<b>696</b>		K-40	59			<b>00:48:57.60</b>	<b>00:48:57.60</b>	+00:19:16 (39.4%)	9:47	6.1 (60.4%)
163	<b>RUDECKA Edyta</b>	<b>846</b>		K-50	31			<b>00:48:58.55</b>	<b>00:48:58.55</b>	+00:19:17 (39.4%)	9:47	6.1 (60.4%)
164	<b>PIECZYŃSKA Magdalena</b>	<b>824</b>	AKTYWNE GRYFINO	K-40	60			<b>00:49:03.10</b>	<b>00:49:03.10</b>	+00:19:21 (39.5%)	9:48	6.1 (60.4%)
165	<b>GOŁCZYŃSKA Ewa</b>	<b>703</b>	WIOSŁO	K-50	32			<b>00:49:03.40</b>	<b>00:49:03.40</b>	+00:19:22 (39.5%)	9:48	6.1 (60.4%)
166	<b>FUTYMA Karolina</b>	<b>694</b>	FUTYMKA TEAM	K-30	24	Tak		<b>00:49:07.55</b>	<b>00:49:07.55</b>	+00:19:26 (39.6%)	9:49	6.1 (60.4%)
167	<b>KOSTYSZAK Marta</b>	<b>748</b>	FUTYMKA TEAM	K-40	61		Futymka Team	<b>00:49:07.80</b>	<b>00:49:07.80</b>	+00:19:26 (39.6%)	9:49	6.1 (60.4%)
168	<b>BIESAGA Małgorzata</b>	<b>664</b>		K-50	33			<b>00:49:21.00</b>	<b>00:49:21.00</b>	+00:19:39 (39.8%)	9:52	6.1 (60.4%)
169	<b>BIESAGA Piotr</b>	<b>663</b>	ALS	M-50	10			<b>00:49:22.05</b>	<b>00:49:22.05</b>	+00:19:40 (39.9%)	9:52	6.1 (60.4%)
170	<b>CIEŚLAK Helena</b>	<b>674</b>	LEGENDARY POWER SZEWC	K-50	34			<b>00:49:27.80</b>	<b>00:49:27.80</b>	+00:19:46 (40.0%)	9:53	6.1 (60.4%)
171	<b>CIEŚLAK Adam</b>	<b>673</b>	LEGENDARY POWER SZEWC	M-60	6			<b>00:49:27.85</b>	<b>00:49:27.85</b>	+00:19:46 (40.0%)	9:53	6.1 (60.4%)
172	<b>STRZELCZAK-CYBULSKA Agnieszka</b>	<b>867</b>		K-40	62			<b>00:49:29.70</b>	<b>00:49:29.70</b>	+00:19:48 (40.0%)	9:53	6.1 (60.4%)
173	<b>MUJTA Katarzyna</b>	<b>805</b>		K-40	63			<b>00:49:31.40</b>	<b>00:49:31.40</b>	+00:19:50 (40.1%)	9:54	6.1 (60.4%)
174	<b>BASZURO Tomasz</b>	<b>654</b>		M-60	7			<b>00:49:37.95</b>	<b>00:49:37.95</b>	+00:19:56 (40.2%)	9:55	6 (59.4%)
175	<b>GRZYBOWSKA Katarzyna</b>	<b>711</b>		K-40	64	Tak		<b>00:50:08.50</b>	<b>00:50:08.50</b>	+00:20:27 (40.8%)	10:01	6 (59.4%)
176	<b>HRYŃCZUK Marta</b>	<b>719</b>		K-40	65	Tak		<b>00:50:08.85</b>	<b>00:50:08.85</b>	+00:20:27 (40.8%)	10:01	6 (59.4%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat Police	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
177	JAKUBOWSKI Jan	723		M-60	8			00:50:19.70	00:50:19.70	+00:20:38 (41.0%)	10:03	6 (59.4%)
178	JANKOWSKA Małgorzata	725		K-40	66			00:50:19.90	00:50:19.90	+00:20:38 (41.0%)	10:03	6 (59.4%)
179	ROSIŃSKA Grażyna	841		K-50	35	Tak		00:50:36.75	00:50:36.75	+00:20:55 (41.3%)	10:07	5.9 (58.4%)
180	GANDURSKA - TRZECIAKIEWICZ Karolina	697		K-40	67			00:50:40.80	00:50:40.80	+00:20:59 (41.4%)	10:08	5.9 (58.4%)
181	OLCZYK Daria	817		K-30	25			00:50:43.10	00:50:43.10	+00:21:01 (41.5%)	10:08	5.9 (58.4%)
182	JUNAK Gabriela	731		K-40	68			00:50:43.80	00:50:43.80	+00:21:02 (41.5%)	10:08	5.9 (58.4%)
183	SZCZEPANIAK Anna	919		K-40	69			00:50:45.05	00:50:45.05	+00:21:03 (41.5%)	10:09	5.9 (58.4%)
184	SAKOSIK Janina	851	KOMANDOSKA	K-50	36			00:50:46.15	00:50:46.15	+00:21:04 (41.5%)	10:09	5.9 (58.4%)
185	RÓŻAŃSKA Beata	845		K-50	37	Tak		00:50:47.55	00:50:47.55	+00:21:06 (41.5%)	10:09	5.9 (58.4%)
186	MATYJASZCZYK Anna	793		K-40	70			00:50:47.80	00:50:47.80	+00:21:06 (41.6%)	10:09	5.9 (58.4%)
187	SURMA Anna	869		K-30	26			00:50:50.90	00:50:50.90	+00:21:09 (41.6%)	10:10	5.9 (58.4%)
187	BOCZKOWSKA Justyna	897		K-30	26			00:50:50.90	00:50:50.90	+00:21:09 (41.6%)	10:10	5.9 (58.4%)
189	KOSTANSKA Dagmara	747		K-30	28	Tak		00:50:51.15	00:50:51.15	+00:21:09 (41.6%)	10:10	5.9 (58.4%)
190	NIEMIEC Joanna	813		K-40	71	Tak		00:50:51.35	00:50:51.35	+00:21:10 (41.6%)	10:10	5.9 (58.4%)
191	WIJTYK Natalia	896		K-20	6	Tak		00:50:52.05	00:50:52.05	+00:21:10 (41.6%)	10:10	5.9 (58.4%)
192	GRZYWA Joanna	713		K-40	72			00:52:11.85	00:52:11.85	+00:22:30 (43.1%)	10:26	5.7 (56.4%)
193	GRZYWA Adam	712	FIZJOBIEGACZE	M-40	13			00:52:12.60	00:52:12.60	+00:22:31 (43.1%)	10:26	5.7 (56.4%)
194	SZULC Magdalena	877		K-60	13			00:52:28.65	00:52:28.65	+00:22:47 (43.4%)	10:29	5.7 (56.4%)
195	ŻABOKLICKA Monika	911		K-40	73			00:52:31.50	00:52:31.50	+00:22:50 (43.5%)	10:30	5.7 (56.4%)
196	GAZECKA Krystyna	698		K-60	14	Tak		00:52:47.45	00:52:47.45	+00:23:06 (43.8%)	10:33	5.7 (56.4%)
197	OBARZANEK Bożena	816	NIEZRZESZONA	K-50	38			00:52:47.95	00:52:47.95	+00:23:06 (43.8%)	10:33	5.7 (56.4%)
198	RIEDEL Magdalena	837	MORSY SIADŁO	K-40	74	Tak		00:52:50.25	00:52:50.25	+00:23:08 (43.8%)	10:34	5.7 (56.4%)
199	STANISZEWSKA Iza	863	KIJKI SIADŁO DOLNE	K-40	75	Tak		00:52:51.20	00:52:51.20	+00:23:09 (43.8%)	10:34	5.7 (56.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat Police	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
200	GRZĄDKA Iwona	710		K-40	76			00:53:04.50	00:53:04.50	+00:23:23 (44.1%)	10:36	5.7 (56.4%)
200	ROMAŃSKA Joanna	839		K-40	76			00:53:04.50	00:53:04.50	+00:23:23 (44.1%)	10:36	5.7 (56.4%)
202	KRÓLAK-CHOCHOŁ Joanna	757		K-40	78	Tak		00:53:06.15	00:53:06.15	+00:23:24 (44.1%)	10:37	5.6 (55.4%)
202	ŚLĘZAK Anita	885		K-40	78			00:53:06.15	00:53:06.15	+00:23:24 (44.1%)	10:37	5.6 (55.4%)
204	TARWID Bożena	890		K-50	39	Tak		00:53:06.60	00:53:06.60	+00:23:25 (44.1%)	10:37	5.6 (55.4%)
205	BASZURO Krystyna	653		K-50	40			00:53:09.30	00:53:09.30	+00:23:28 (44.1%)	10:37	5.6 (55.4%)
206	BASZURO Magdalena	655		K-30	29			00:53:09.90	00:53:09.90	+00:23:28 (44.2%)	10:37	5.6 (55.4%)
207	KĘSKA-PLĄSEK Małgorzata	740	LOVELASY	K-40	80	Tak		00:53:11.65	00:53:11.65	+00:23:30 (44.2%)	10:38	5.6 (55.4%)
208	KRASNODĘBSKA Magdalena	754		K-40	81	Tak		00:53:12.10	00:53:12.10	+00:23:30 (44.2%)	10:38	5.6 (55.4%)
209	KRASNODĘBSKI Konrad	755	BBL POLICE	M-40	14	Tak		00:53:12.45	00:53:12.45	+00:23:31 (44.2%)	10:38	5.6 (55.4%)
210	CIECHANOWICZ Agnieszka	672		K-40	82	Tak		00:53:19.55	00:53:19.55	+00:23:38 (44.3%)	10:39	5.6 (55.4%)
211	CIECHANOWICZ Martyna	671		K-20	7	Tak		00:53:19.90	00:53:19.90	+00:23:38 (44.3%)	10:39	5.6 (55.4%)
212	CZUPIS Hanka	917		K-60	15			00:53:20.60	00:53:20.60	+00:23:39 (44.3%)	10:40	5.6 (55.4%)
212	WOŁOSZYN Grażyna	918		K-60	15			00:53:20.60	00:53:20.60	+00:23:39 (44.3%)	10:40	5.6 (55.4%)
214	WOLSKA-RAJCHEL Maria	904	ARIELKA TEAM	K-30	30	Tak		00:54:17.10	00:54:17.10	+00:24:35 (45.3%)	10:51	5.5 (54.5%)
215	SZYDELSKA Krystyna	880	NORDICOWELOVE POLICE	K-60	17	Tak		00:55:48.70	00:55:48.70	+00:26:07 (46.8%)	11:09	5.4 (53.5%)
216	TOMZIK-SWINARSKA Izabela	891	NORDICOWE LOVE	K-60	18	Tak	Nordicowe Love	00:55:48.75	00:55:48.75	+00:26:07 (46.8%)	11:09	5.4 (53.5%)
217	CICHECKA Joanna	670	NORDICOWELOVE	K-50	41	Tak	Nordicowe Love	00:55:48.95	00:55:48.95	+00:26:07 (46.8%)	11:09	5.4 (53.5%)
218	WOJTAL Anna	902		K-60	19			00:55:49.05	00:55:49.05	+00:26:07 (46.8%)	11:09	5.4 (53.5%)
219	NOWAK Aneta	815	NORDICOWELOVE	K-40	83			00:55:49.80	00:55:49.80	+00:26:08 (46.8%)	11:09	5.4 (53.5%)
220	PILARSKA Elżbieta	825		K-60	20			00:55:50.70	00:55:50.70	+00:26:09 (46.8%)	11:10	5.4 (53.5%)
221	BAK Kasia	656	FUTYMKA TEAM	K-40	84		Futymka Team	00:55:50.85	00:55:50.85	+00:26:09 (46.8%)	11:10	5.4 (53.5%)
222	BETKER Anna	659	KS ZADYSZKA	K-40	85	Tak	KS Zadyszka	00:56:09.25	00:56:09.25	+00:26:27 (47.1%)	11:13	5.3 (52.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat Police	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
223	<b>GRYGORCEWICZ Anna</b>	<b>709</b>	KS ZADYSZKA	K-40	86	Tak	KS Zadyszka	<b>00:56:09.30</b>	<b>00:56:09.30</b>	+00:26:28 (47.1%)	11:13	5.3 (52.5%)
224	<b>SZYKOŁOWSKA Ewa</b>	<b>881</b>	KS ZADYSZKA	K-40	87		KS Zadyszka	<b>00:56:10.60</b>	<b>00:56:10.60</b>	+00:26:29 (47.2%)	11:14	5.3 (52.5%)
225	<b>BIERKOWSKA Aneta</b>	<b>661</b>		K-40	88	Tak	KS Zadyszka	<b>00:56:11.40</b>	<b>00:56:11.40</b>	+00:26:30 (47.2%)	11:14	5.3 (52.5%)
226	<b>UFNIARZ Grzegorz</b>	<b>894</b>	KS ZADYSZKA	M-40	15		KS Zadyszka	<b>00:56:11.90</b>	<b>00:56:11.90</b>	+00:26:30 (47.2%)	11:14	5.3 (52.5%)
227	<b>ŚWITAŁA Konsuela</b>	<b>887</b>		K-40	89			<b>00:56:27.05</b>	<b>00:56:27.05</b>	+00:26:45 (47.4%)	11:17	5.3 (52.5%)
228	<b>BABYSZKO Alicja</b>	<b>652</b>		K-30	31			<b>00:56:27.40</b>	<b>00:56:27.40</b>	+00:26:46 (47.4%)	11:17	5.3 (52.5%)
229	<b>KUMOR Beata</b>	<b>763</b>	-	K-50	42			<b>00:56:28.10</b>	<b>00:56:28.10</b>	+00:26:46 (47.4%)	11:17	5.3 (52.5%)
230	<b>GURGACZ Gabriela</b>	<b>714</b>	WALKING WARRIORS	K-40	90	Tak		<b>00:57:34.05</b>	<b>00:57:34.05</b>	+00:27:52 (48.4%)	11:30	5.2 (51.5%)
231	<b>SUSZCZEWSKA Bogumiła</b>	<b>870</b>	WALKING WARRIORS	K-60	21	Tak		<b>00:57:34.20</b>	<b>00:57:34.20</b>	+00:27:52 (48.4%)	11:30	5.2 (51.5%)
232	<b>KŁYS Róża</b>	<b>743</b>	BBL POLICE	K-60	22			<b>00:57:46.70</b>	<b>00:57:46.70</b>	+00:28:05 (48.6%)	11:33	5.2 (51.5%)
233	<b>JANOWSKA-PASZKOWSKA Joanna</b>	<b>726</b>	MUFFINKOWE MORSY	K-30	32			<b>00:58:25.80</b>	<b>00:58:25.80</b>	+00:28:44 (49.2%)	11:41	5.1 (50.5%)
234	<b>MALICKA Marzena</b>	<b>786</b>		K-40	91	Tak		<b>01:00:14.50</b>	<b>01:00:14.50</b>	+00:30:33 (50.7%)	12:02	5 (49.5%)
235	<b>REĆKO Wioleta</b>	<b>835</b>		K-30	33			<b>01:00:15.10</b>	<b>01:00:15.10</b>	+00:30:33 (50.7%)	12:03	5 (49.5%)
236	<b>KOTNIEWICZ Agnieszka</b>	<b>750</b>	FUTYMKA TEAM	K-40	92	Tak	Futymka Team	<b>01:00:15.75</b>	<b>01:00:15.75</b>	+00:30:34 (50.7%)	12:03	5 (49.5%)

Znaleziono 236 wynik(ów)