



MARSZ MIKOŁAJKOWY

B4SPORT

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

B4SPORT
INTELEGNTE 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	SZAMOTULSKI Henryk	874		M-40	1		Poparzeni Śniegiem	00:29:41.30	00:29:41.30		5:56	10.1 (100%)
2	DOŁĘGOWSKI Marek	650	GMINA WOLIN	M-50	1		Poparzeni Śniegiem	00:30:52.15	00:30:52.15	+00:01:10 (3.8%)	6:10	9.7 (96.0%)
3	LIPIŃSKI Karol	771	KS POGODNI NORDIKOWCY SZCZECIN	M-40	2		KS Pogodni Nordikowcy Szczecin	00:31:30.10	00:31:30.10	+00:01:48 (5.8%)	6:18	9.5 (94.1%)
4	MASŁYK Małgorzata	791		K-50	1		Poparzeni Śniegiem	00:33:19.75	00:33:19.75	+00:03:38 (10.9%)	6:39	9 (89.1%)
5	MARCINIAK Tomasz	788		M-30	1		Poparzeni Śniegiem	00:34:04.90	00:34:04.90	+00:04:23 (12.9%)	6:48	8.8 (87.1%)
6	HAWRYŁAK Marcin	715	DRUŻYNA KORCZAKA	M-50	2		Drużyna Korczaka	00:34:11.20	00:34:11.20	+00:04:29 (13.2%)	6:50	8.8 (87.1%)
7	MURAWSKA Wioletta	806	SKB DZIK POLICE	K-50	2	Tak		00:34:11.55	00:34:11.55	+00:04:30 (13.2%)	6:50	8.8 (87.1%)
8	PAŁOSZ Daniel	369		M-40	3			00:35:11.95	00:35:11.95	+00:05:30 (15.7%)	7:02	8.5 (84.2%)
9	ZDANUK Artur	909	EKSPEDYCJA NORDIC TEAM SZCZECIN	M-50	3	Tak	Poparzeni Śniegiem	00:35:30.15	00:35:30.15	+00:05:48 (16.4%)	7:06	8.5 (84.2%)
10	KAROLAK Andrzej	736		M-60	1			00:35:31.90	00:35:31.90	+00:05:50 (16.4%)	7:06	8.4 (83.2%)
11	OLEJNIK Marzena	818		K-50	3		KS Pogodni Nordikowcy Szczecin	00:35:32.60	00:35:32.60	+00:05:51 (16.5%)	7:06	8.4 (83.2%)
12	KRZYWOŃ Paweł	760		M-30	2			00:35:32.95	00:35:32.95	+00:05:51 (16.5%)	7:06	8.4 (83.2%)
13	STACHOWICZ-HAWRYŁAK Sylwia	862	ZACHPOMORSKIE CENTRUM ONKOLOGII	K-50	4			00:35:43.20	00:35:43.20	+00:06:01 (16.9%)	7:08	8.4 (83.2%)
14	STRZELEC Tomasz	868	KB HERMES GRYFINO	M-40	4			00:35:52.30	00:35:52.30	+00:06:11 (17.2%)	7:10	8.4 (83.2%)
15	KLABAN Tetiana	741		K-40	1	Tak		00:36:27.50	00:36:27.50	+00:06:46 (18.6%)	7:17	8.2 (81.2%)

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

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

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

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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%)

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108	ŻARCZYŃSKA Iwona	912		K-40	28	Tak		00:44:47.70	00:44:47.70	+00:15:06 (33.7%)	8:57	6.7 (66.3%)
109	MATWIEJCZUK Agnieszka	792	FUTYMKA TEAM	K-40	29			00:44:57.60	00:44:57.60	+00:15:16 (34.0%)	8:59	6.7 (66.3%)
110	ŁAPA-SUSKA Kamila	777		K-30	18			00:44:57.90	00:44:57.90	+00:15:16 (34.0%)	8:59	6.7 (66.3%)
111	JĘDRUCH Beata	730		K-40	30			00:45:17.40	00:45:17.40	+00:15:36 (34.4%)	9:03	6.6 (65.3%)
112	SIELICKA Małgosia	857		K-50	23			00:45:18.20	00:45:18.20	+00:15:36 (34.5%)	9:03	6.6 (65.3%)
113	STOMPE Jörg	866		M-30	6			00:45:18.95	00:45:18.95	+00:15:37 (34.5%)	9:03	6.6 (65.3%)
114	ROSNER Bożena	842		K-60	9			00:45:29.70	00:45:29.70	+00:15:48 (34.7%)	9:05	6.6 (65.3%)
115	JASTRZĄB Joanna	727		K-50	24			00:45:33.55	00:45:33.55	+00:15:52 (34.8%)	9:06	6.6 (65.3%)
116	ŁUKOMSKA-DZIEDZIC Anna	783	FUNDACJA MIEZR WYSOKO	K-40	31			00:45:35.55	00:45:35.55	+00:15:54 (34.9%)	9:07	6.6 (65.3%)
117	FRONTCZAK Ireneusz	693		M-50	9	Tak		00:45:41.95	00:45:41.95	+00:16:00 (35.0%)	9:08	6.6 (65.3%)
118	KASPRZAK Elżbieta	738		K-60	10	Tak		00:46:07.35	00:46:07.35	+00:16:26 (35.6%)	9:13	6.5 (64.4%)
119	JAGUSZEWSKA Sylwia	721		K-40	32	Tak		00:46:07.45	00:46:07.45	+00:16:26 (35.6%)	9:13	6.5 (64.4%)
120	JATCZAK Katarzyna	728	KPP POLICE	K-40	33	Tak		00:46:15.00	00:46:15.00	+00:16:33 (35.8%)	9:15	6.5 (64.4%)
121	JATCZAK Natalia	729	KPP POLICE	K-20	5	Tak		00:46:15.10	00:46:15.10	+00:16:33 (35.8%)	9:15	6.5 (64.4%)
122	FIJĄLKOWSKA Monika	685		K-40	34	Tak		00:46:15.85	00:46:15.85	+00:16:34 (35.8%)	9:15	6.5 (64.4%)
123	SIKORA Magdalena	858		K-40	35			00:46:16.75	00:46:16.75	+00:16:35 (35.8%)	9:15	6.5 (64.4%)
124	PANAS Tomasz	822		M-60	5	Tak		00:46:18.85	00:46:18.85	+00:16:37 (35.9%)	9:15	6.5 (64.4%)
125	WNUK Wanda	899		K-50	25	Tak		00:46:21.30	00:46:21.30	+00:16:40 (36.0%)	9:16	6.5 (64.4%)
126	POLTORAK Ela	832		K-40	36			00:46:21.85	00:46:21.85	+00:16:40 (36.0%)	9:16	6.5 (64.4%)
127	DUDEK Agnieszka	677		K-40	37			00:46:22.10	00:46:22.10	+00:16:40 (36.0%)	9:16	6.5 (64.4%)
127	JANICKA-GNAT Karolina	724		K-40	37	Tak		00:46:22.10	00:46:22.10	+00:16:40 (36.0%)	9:16	6.5 (64.4%)
129	WOLNA Dorota	903		K-30	19			00:46:39.05	00:46:39.05	+00:16:57 (36.4%)	9:19	6.4 (63.4%)
130	ROSIŃSKA Karolina	840		K-30	20	Tak		00:46:40.45	00:46:40.45	+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	JAKIEL KUSA Małgorzata	722		K-50	26			00:46:45.65	00:46:45.65	+00:17:04 (36.5%)	9:21	6.4 (63.4%)
132	WENZEL Elwira	895		K-50	27			00:46:45.75	00:46:45.75	+00:17:04 (36.5%)	9:21	6.4 (63.4%)
133	CEBEREK-PŁOTCZYK Marcelina	668		K-60	11			00:47:01.85	00:47:01.85	+00:17:20 (36.9%)	9:24	6.4 (63.4%)
134	ZDANKIEWICZ Olga	908		K-40	39	Tak		00:47:04.45	00:47:04.45	+00:17:23 (36.9%)	9:24	6.4 (63.4%)
135	SENIUTA Marzena	853		K-50	28			00:47:04.85	00:47:04.85	+00:17:23 (36.9%)	9:24	6.4 (63.4%)
136	MAZIUK Elżbieta	795		K-50	29			00:47:05.90	00:47:05.90	+00:17:24 (37.0%)	9:25	6.4 (63.4%)
137	ROSZATYCKA Agata	843		K-30	21			00:47:12.20	00:47:12.20	+00:17:30 (37.1%)	9:26	6.4 (63.4%)
138	LACINA Karolina	764		K-40	40	Tak		00:47:13.30	00:47:13.30	+00:17:32 (37.1%)	9:26	6.4 (63.4%)
139	ROSZATYCKA Magdalena	844		K-40	41			00:47:13.45	00:47:13.45	+00:17:32 (37.1%)	9:26	6.4 (63.4%)
140	PIOŁUNOWICZ Kacper	827		M-20	1	Tak		00:47:28.30	00:47:28.30	+00:17:47 (37.5%)	9:29	6.3 (62.4%)
141	PIOŁUNOWICZ Jolanta	828		K-50	30	Tak		00:47:28.75	00:47:28.75	+00:17:47 (37.5%)	9:29	6.3 (62.4%)
142	ROMAN Ewelina	838		K-30	22			00:47:51.85	00:47:51.85	+00:18:10 (38.0%)	9:34	6.3 (62.4%)
143	SETA Krysia	855		K-30	23			00:47:51.95	00:47:51.95	+00:18:10 (38.0%)	9:34	6.3 (62.4%)
144	EŚWIŁ Agnieszka	681		K-40	42	Tak		00:47:55.05	00:47:55.05	+00:18:13 (38.0%)	9:35	6.3 (62.4%)
145	STELMACH Mirella	864	BEZ	K-40	43			00:47:55.45	00:47:55.45	+00:18:14 (38.1%)	9:35	6.3 (62.4%)
146	ZAJĄC Bożena	905	LEGENDARY POWER SZEWC	K-60	12			00:48:15.05	00:48:15.05	+00:18:33 (38.5%)	9:39	6.2 (61.4%)
147	LEDZION Dagmara	765		K-40	44			00:48:15.35	00:48:15.35	+00:18:34 (38.5%)	9:39	6.2 (61.4%)
148	BAK Kasia	657	TEAM FUTYMKA	K-40	45		Futymka Team	00:48:20.05	00:48:20.05	+00:18:38 (38.6%)	9:40	6.2 (61.4%)
149	MICHALAK Monika	796	FUTYMKA TEAM	K-40	46	Tak		00:48:20.35	00:48:20.35	+00:18:39 (38.6%)	9:40	6.2 (61.4%)
150	KLITYŃSKA Agnieszka	742		K-40	47			00:48:20.50	00:48:20.50	+00:18:39 (38.6%)	9:40	6.2 (61.4%)
151	LITWINIAK Izabela	773	FUTYMKA TEAM	K-40	48		Futymka Team	00:48:20.70	00:48:20.70	+00:18:39 (38.6%)	9:40	6.2 (61.4%)
152	LOLAS-SZYDŁOWSKA Margarita	774		K-40	49	Tak		00:48:21.30	00:48:21.30	+00:18:40 (38.6%)	9:40	6.2 (61.4%)
153	KONDELA Edyta	745	AKTYWNE CHOSZCZNO	K-40	50			00:48:21.50	00:48:21.50	+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	NIESCIER Dorota	814		K-40	51	Tak		00:48:22.15	00:48:22.15	+00:18:40 (38.6%)	9:40	6.2 (61.4%)
155	SOŁTYS Agnieszka	860		K-40	52	Tak		00:48:38.65	00:48:38.65	+00:18:57 (39.0%)	9:43	6.2 (61.4%)
156	PACEK Małgorzata	821		K-40	53		Kompas Team	00:48:38.95	00:48:38.95	+00:18:57 (39.0%)	9:43	6.2 (61.4%)
157	ŁAZOWSKA Edyta	778	KOMPAS TEAM	K-40	54		Kompas Team	00:48:39.80	00:48:39.80	+00:18:58 (39.0%)	9:43	6.2 (61.4%)
158	TROJANOWSKA Izabela	892		K-40	55			00:48:41.65	00:48:41.65	+00:19:00 (39.0%)	9:44	6.2 (61.4%)
159	DROZDEK Joanna	676	KOMPAS TEAM	K-40	56		Kompas Team	00:48:42.75	00:48:42.75	+00:19:01 (39.1%)	9:44	6.2 (61.4%)
160	GŁADZIK Anna	700	KOMPAS TEAM	K-40	57		Kompas Team	00:48:44.05	00:48:44.05	+00:19:02 (39.1%)	9:44	6.2 (61.4%)
161	ŚNIEGOWSKA Dorota	886	DOROTKA	K-40	58			00:48:55.75	00:48:55.75	+00:19:14 (39.3%)	9:47	6.1 (60.4%)
162	GAŁĄZKA Magdalena	696		K-40	59			00:48:57.60	00:48:57.60	+00:19:16 (39.4%)	9:47	6.1 (60.4%)
163	RUDECKA Edyta	846		K-50	31			00:48:58.55	00:48:58.55	+00:19:17 (39.4%)	9:47	6.1 (60.4%)
164	PIECZYŃSKA Magdalena	824	AKTYWNE GRYFINO	K-40	60			00:49:03.10	00:49:03.10	+00:19:21 (39.5%)	9:48	6.1 (60.4%)
165	GOŁCZYŃSKA Ewa	703	WIOSŁO	K-50	32			00:49:03.40	00:49:03.40	+00:19:22 (39.5%)	9:48	6.1 (60.4%)
166	FUTYMA Karolina	694	FUTYMKA TEAM	K-30	24	Tak		00:49:07.55	00:49:07.55	+00:19:26 (39.6%)	9:49	6.1 (60.4%)
167	KOSTYSZAK Marta	748	FUTYMKA TEAM	K-40	61		Futymka Team	00:49:07.80	00:49:07.80	+00:19:26 (39.6%)	9:49	6.1 (60.4%)
168	BIESAGA Małgorzata	664		K-50	33			00:49:21.00	00:49:21.00	+00:19:39 (39.8%)	9:52	6.1 (60.4%)
169	BIESAGA Piotr	663	ALS	M-50	10			00:49:22.05	00:49:22.05	+00:19:40 (39.9%)	9:52	6.1 (60.4%)
170	CIEŚLAK Helena	674	LEGENDARY POWER SZEWC	K-50	34			00:49:27.80	00:49:27.80	+00:19:46 (40.0%)	9:53	6.1 (60.4%)
171	CIEŚLAK Adam	673	LEGENDARY POWER SZEWC	M-60	6			00:49:27.85	00:49:27.85	+00:19:46 (40.0%)	9:53	6.1 (60.4%)
172	STRZELCZAK-CYBULSKA Agnieszka	867		K-40	62			00:49:29.70	00:49:29.70	+00:19:48 (40.0%)	9:53	6.1 (60.4%)
173	MUJTA Katarzyna	805		K-40	63			00:49:31.40	00:49:31.40	+00:19:50 (40.1%)	9:54	6.1 (60.4%)
174	BASZURO Tomasz	654		M-60	7			00:49:37.95	00:49:37.95	+00:19:56 (40.2%)	9:55	6 (59.4%)
175	GRZYBOWSKA Katarzyna	711		K-40	64	Tak		00:50:08.50	00:50:08.50	+00:20:27 (40.8%)	10:01	6 (59.4%)
176	HRYŃCZUK Marta	719		K-40	65	Tak		00:50:08.85	00:50:08.85	+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	GRYGORCEWICZ Anna	709	KS ZADYSZKA	K-40	86	Tak	KS Zadyszka	00:56:09.30	00:56:09.30	+00:26:28 (47.1%)	11:13	5.3 (52.5%)
224	SZYKOŁOWSKA Ewa	881	KS ZADYSZKA	K-40	87		KS Zadyszka	00:56:10.60	00:56:10.60	+00:26:29 (47.2%)	11:14	5.3 (52.5%)
225	BIERKOWSKA Aneta	661		K-40	88	Tak	KS Zadyszka	00:56:11.40	00:56:11.40	+00:26:30 (47.2%)	11:14	5.3 (52.5%)
226	UFNIARZ Grzegorz	894	KS ZADYSZKA	M-40	15		KS Zadyszka	00:56:11.90	00:56:11.90	+00:26:30 (47.2%)	11:14	5.3 (52.5%)
227	ŚWITAŁA Konsuela	887		K-40	89			00:56:27.05	00:56:27.05	+00:26:45 (47.4%)	11:17	5.3 (52.5%)
228	BABYSZKO Alicja	652		K-30	31			00:56:27.40	00:56:27.40	+00:26:46 (47.4%)	11:17	5.3 (52.5%)
229	KUMOR Beata	763	-	K-50	42			00:56:28.10	00:56:28.10	+00:26:46 (47.4%)	11:17	5.3 (52.5%)
230	GURGACZ Gabriela	714	WALKING WARRIORS	K-40	90	Tak		00:57:34.05	00:57:34.05	+00:27:52 (48.4%)	11:30	5.2 (51.5%)
231	SUSZCZEWSKA Bogumiła	870	WALKING WARRIORS	K-60	21	Tak		00:57:34.20	00:57:34.20	+00:27:52 (48.4%)	11:30	5.2 (51.5%)
232	KŁYS Róża	743	BBL POLICE	K-60	22			00:57:46.70	00:57:46.70	+00:28:05 (48.6%)	11:33	5.2 (51.5%)
233	JANOWSKA-PASZKOWSKA Joanna	726	MUFFINKOWE MORSY	K-30	32			00:58:25.80	00:58:25.80	+00:28:44 (49.2%)	11:41	5.1 (50.5%)
234	MALICKA Marzena	786		K-40	91	Tak		01:00:14.50	01:00:14.50	+00:30:33 (50.7%)	12:02	5 (49.5%)
235	REĆKO Wioleta	835		K-30	33			01:00:15.10	01:00:15.10	+00:30:33 (50.7%)	12:03	5 (49.5%)
236	KOTNIEWICZ Agnieszka	750	FUTYMKA TEAM	K-40	92	Tak	Futymka Team	01:00:15.75	01:00:15.75	+00:30:34 (50.7%)	12:03	5 (49.5%)

Znaleziono 236 wynik(ów)