



# 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: K-Open

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>MASŁYK Małgorzata</b>	<b>791</b>		K-50	1		Poparzeni Śniegiem	<b>00:33:19.75</b>	<b>00:33:19.75</b>		6:39	9 (100%)
2	<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>	+00:00:51 (2.5%)	6:50	8.8 (97.8%)
3	<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>	+00:02:12 (6.2%)	7:06	8.4 (93.3%)
4	<b>STACHOWICZ-HAWRYLAK Sylwia</b>	<b>862</b>	ZACHPOMORSKIE CENTRUM ONKOLOGII	K-50	4			<b>00:35:43.20</b>	<b>00:35:43.20</b>	+00:02:23 (6.7%)	7:08	8.4 (93.3%)
5	<b>KLABAN Tetiana</b>	<b>741</b>		K-40	1	Tak		<b>00:36:27.50</b>	<b>00:36:27.50</b>	+00:03:07 (8.6%)	7:17	8.2 (91.1%)
6	<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>	+00:03:15 (8.9%)	7:19	8.2 (91.1%)
7	<b>MISIEWICZ Bożena</b>	<b>802</b>		K-60	1			<b>00:37:18.25</b>	<b>00:37:18.25</b>	+00:03:58 (10.7%)	7:27	8 (88.9%)
8	<b>SEŃ Agata</b>	<b>854</b>		K-30	1			<b>00:37:32.25</b>	<b>00:37:32.25</b>	+00:04:12 (11.2%)	7:30	8 (88.9%)
9	<b>BŁĄD-WASZKIEWICZ Wanda</b>	<b>665</b>		K-40	3			<b>00:37:35.80</b>	<b>00:37:35.80</b>	+00:04:16 (11.4%)	7:31	8 (88.9%)
10	<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>	+00:04:44 (12.5%)	7:36	7.9 (87.8%)
11	<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>	+00:05:05 (13.2%)	7:40	7.8 (86.7%)
12	<b>GÓRSKA Dorota</b>	<b>704</b>		K-50	5	Tak		<b>00:38:31.00</b>	<b>00:38:31.00</b>	+00:05:11 (13.5%)	7:42	7.8 (86.7%)
13	<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>	+00:05:13 (13.6%)	7:42	7.8 (86.7%)
14	<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>	+00:05:20 (13.8%)	7:44	7.8 (86.7%)
15	<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>	+00:05:21 (13.8%)	7:44	7.8 (86.7%)

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>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>	+00:05:24 (14.0%)	7:44	7.7 (85.6%)
17	<b>FRĘSKO 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>	+00:05:26 (14.0%)	7:45	7.7 (85.6%)
18	<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>	+00:05:32 (14.3%)	7:46	7.7 (85.6%)
19	<b>GROCHOLSKA Agnieszka</b>	<b>706</b>		K-40	7			<b>00:39:25.40</b>	<b>00:39:25.40</b>	+00:06:05 (15.5%)	7:53	7.6 (84.4%)
20	<b>MALINOWSKA Marzena</b>	<b>787</b>		K-50	7	Tak		<b>00:39:33.55</b>	<b>00:39:33.55</b>	+00:06:13 (15.7%)	7:54	7.6 (84.4%)
21	<b>KAŁANDYK Paulina</b>	<b>733</b>		K-30	6	Tak		<b>00:39:34.90</b>	<b>00:39:34.90</b>	+00:06:15 (15.8%)	7:54	7.6 (84.4%)
22	<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>	+00:06:47 (16.9%)	8:01	7.5 (83.3%)
23	<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>	+00:06:49 (17.0%)	8:01	7.5 (83.3%)
24	<b>MARTYNA Ewa</b>	<b>790</b>		K-60	2			<b>00:40:14.95</b>	<b>00:40:14.95</b>	+00:06:55 (17.2%)	8:02	7.5 (83.3%)
25	<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>	+00:07:00 (17.4%)	8:04	7.4 (82.2%)
26	<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>	+00:07:24 (18.2%)	8:08	7.4 (82.2%)
27	<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>	+00:07:26 (18.2%)	8:09	7.4 (82.2%)
28	<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>	+00:07:52 (19.1%)	8:14	7.3 (81.1%)
29	<b>SYCH Agata</b>	<b>872</b>		K-20	1			<b>00:41:13.00</b>	<b>00:41:13.00</b>	+00:07:53 (19.1%)	8:14	7.3 (81.1%)
30	<b>BIERNACKA Helena</b>	<b>662</b>	NIEZRZESZONA	K-60	4	Tak		<b>00:41:30.95</b>	<b>00:41:30.95</b>	+00:08:11 (19.7%)	8:18	7.2 (80.0%)
31	<b>LUDWICKA Weronika</b>	<b>775</b>		K-30	8		Świąteczna rodzinka	<b>00:41:37.15</b>	<b>00:41:37.15</b>	+00:08:17 (19.9%)	8:19	7.2 (80.0%)
31	<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>	+00:08:17 (19.9%)	8:19	7.2 (80.0%)
33	<b>AMBROZIEWICZ Monika</b>	<b>651</b>		K-40	10			<b>00:41:53.15</b>	<b>00:41:53.15</b>	+00:08:33 (20.4%)	8:22	7.2 (80.0%)
34	<b>WIŚNIEWSKA Dorota</b>	<b>921</b>	WIOSŁO	K-40	11			<b>00:41:54.40</b>	<b>00:41:54.40</b>	+00:08:34 (20.5%)	8:22	7.2 (80.0%)
34	<b>OLSZEWSKA Magdalena</b>	<b>922</b>	WIOSŁO	K-40	11			<b>00:41:54.40</b>	<b>00:41:54.40</b>	+00:08:34 (20.5%)	8:22	7.2 (80.0%)
36	<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>	+00:08:37 (20.5%)	8:23	7.2 (80.0%)
37	<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>	+00:08:45 (20.8%)	8:25	7.1 (78.9%)
38	<b>SIELICKA Agnieszka</b>	<b>856</b>		K-50	11			<b>00:42:09.50</b>	<b>00:42:09.50</b>	+00:08:49 (20.9%)	8:25	7.1 (78.9%)

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39	<b>GÓRNIK Anna</b>	<b>920</b>	WIOSŁO	K-40	14			<b>00:42:14.30</b>	<b>00:42:14.30</b>	+00:08:54 (21.1%)	8:26	7.1 (78.9%)
40	<b>MICHALSKA Karolina</b>	<b>799</b>		K-20	2	Tak		<b>00:42:19.65</b>	<b>00:42:19.65</b>	+00:08:59 (21.3%)	8:27	7.1 (78.9%)
41	<b>MARIAŃSKA-FOJUT Agata</b>	<b>789</b>		K-40	15			<b>00:42:27.75</b>	<b>00:42:27.75</b>	+00:09:08 (21.5%)	8:29	7.1 (78.9%)
42	<b>PIOTROWSKA Kamila</b>	<b>829</b>		K-30	9	Tak		<b>00:42:29.85</b>	<b>00:42:29.85</b>	+00:09:10 (21.6%)	8:29	7.1 (78.9%)
43	<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>	+00:09:11 (21.6%)	8:30	7.1 (78.9%)
44	<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>	+00:09:11 (21.6%)	8:30	7.1 (78.9%)
45	<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>	+00:09:43 (22.6%)	8:36	7 (77.8%)
46	<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>	+00:09:46 (22.7%)	8:37	7 (77.8%)
47	<b>PILAWSKA Małgorzata</b>	<b>826</b>		K-50	12	Tak		<b>00:43:06.65</b>	<b>00:43:06.65</b>	+00:09:46 (22.7%)	8:37	7 (77.8%)
48	<b>LEWANDOWSKA Dorota</b>	<b>768</b>		K-40	17			<b>00:43:07.55</b>	<b>00:43:07.55</b>	+00:09:47 (22.7%)	8:37	7 (77.8%)
49	<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>	+00:09:51 (22.8%)	8:38	6.9 (76.7%)
50	<b>BIENIEWICZ Ewa</b>	<b>660</b>		K-50	13			<b>00:43:13.65</b>	<b>00:43:13.65</b>	+00:09:53 (22.9%)	8:38	6.9 (76.7%)
51	<b>ZALEWSKA Teresa</b>	<b>906</b>		K-50	14	Tak		<b>00:43:14.80</b>	<b>00:43:14.80</b>	+00:09:55 (22.9%)	8:38	6.9 (76.7%)
52	<b>MISIUK Marta</b>	<b>803</b>	LOVELASY	K-30	13	Tak		<b>00:43:16.95</b>	<b>00:43:16.95</b>	+00:09:57 (23.0%)	8:39	6.9 (76.7%)
53	<b>MICHALSKA Aneta</b>	<b>797</b>		K-40	19	Tak		<b>00:43:17.05</b>	<b>00:43:17.05</b>	+00:09:57 (23.0%)	8:39	6.9 (76.7%)
54	<b>MICHALSKA Marianna</b>	<b>798</b>		K-20	3	Tak		<b>00:43:17.25</b>	<b>00:43:17.25</b>	+00:09:57 (23.0%)	8:39	6.9 (76.7%)
55	<b>HETMAŃSKA Diana</b>	<b>716</b>	LOVELASY	K-30	14			<b>00:43:18.05</b>	<b>00:43:18.05</b>	+00:09:58 (23.0%)	8:39	6.9 (76.7%)
56	<b>KAROL Agnieszka</b>	<b>735</b>		K-50	15	Tak		<b>00:43:19.00</b>	<b>00:43:19.00</b>	+00:09:59 (23.1%)	8:39	6.9 (76.7%)
57	<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>	+00:09:59 (23.1%)	8:39	6.9 (76.7%)
58	<b>ŁOBODZIŃSKA Wanda</b>	<b>781</b>	RAZ SZCZECIN	K-60	6			<b>00:43:21.80</b>	<b>00:43:21.80</b>	+00:10:02 (23.1%)	8:40	6.9 (76.7%)
59	<b>BAKOWSKA Sylwia</b>	<b>658</b>		K-40	21	Tak		<b>00:43:24.75</b>	<b>00:43:24.75</b>	+00:10:05 (23.2%)	8:40	6.9 (76.7%)
60	<b>KOŁODZIEJCZYK Justyna</b>	<b>744</b>		K-40	22			<b>00:43:26.00</b>	<b>00:43:26.00</b>	+00:10:06 (23.3%)	8:41	6.9 (76.7%)
61	<b>KOTFICA-TELEJ Agnieszka</b>	<b>749</b>		K-40	23			<b>00:43:29.45</b>	<b>00:43:29.45</b>	+00:10:09 (23.4%)	8:41	6.9 (76.7%)

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62	<b>ŻOŁNO Magdalena</b>	<b>915</b>		K-50	16			<b>00:43:32.70</b>	<b>00:43:32.70</b>	+00:10:12 (23.5%)	8:42	6.9 (76.7%)
63	<b>KONDZIOLA Maria</b>	<b>746</b>		K-60	7			<b>00:43:41.65</b>	<b>00:43:41.65</b>	+00:10:21 (23.7%)	8:44	6.9 (76.7%)
64	<b>NEBRATENKO Ilona</b>	<b>810</b>		K-50	17			<b>00:43:56.55</b>	<b>00:43:56.55</b>	+00:10:36 (24.2%)	8:47	6.8 (75.6%)
65	<b>GROCHOWSKA Anna</b>	<b>708</b>		K-50	18			<b>00:44:06.25</b>	<b>00:44:06.25</b>	+00:10:46 (24.4%)	8:49	6.8 (75.6%)
66	<b>SAJEWICZ Marta</b>	<b>850</b>	WALKING WARRIORS	K-40	24	Tak	Walking Warriors	<b>00:44:08.50</b>	<b>00:44:08.50</b>	+00:10:48 (24.5%)	8:49	6.8 (75.6%)
67	<b>SAJEWICZ Magdalena</b>	<b>849</b>	WALKING WARRIORS	K-30	15	Tak	Walking Warriors	<b>00:44:08.75</b>	<b>00:44:08.75</b>	+00:10:49 (24.5%)	8:49	6.8 (75.6%)
68	<b>SYCH Małgorzata</b>	<b>871</b>	KB KAMIEN POM.	K-40	25			<b>00:44:19.20</b>	<b>00:44:19.20</b>	+00:10:59 (24.8%)	8:51	6.8 (75.6%)
69	<b>ŻURAWSKA Agnieszka</b>	<b>916</b>		K-20	4			<b>00:44:20.30</b>	<b>00:44:20.30</b>	+00:11:00 (24.8%)	8:52	6.8 (75.6%)
70	<b>KRAWCZYK Basia</b>	<b>756</b>	FUTYMKA TEAM	K-50	19			<b>00:44:21.75</b>	<b>00:44:21.75</b>	+00:11:02 (24.9%)	8:52	6.8 (75.6%)
71	<b>ŻARNICKA Renata</b>	<b>913</b>		K-50	20			<b>00:44:23.20</b>	<b>00:44:23.20</b>	+00:11:03 (24.9%)	8:52	6.8 (75.6%)
72	<b>SZWECH Katarzyna</b>	<b>879</b>		K-30	16	Tak		<b>00:44:24.60</b>	<b>00:44:24.60</b>	+00:11:04 (25.0%)	8:52	6.8 (75.6%)
73	<b>STOMPE Katarzyna</b>	<b>865</b>		K-30	17			<b>00:44:25.20</b>	<b>00:44:25.20</b>	+00:11:05 (25.0%)	8:53	6.8 (75.6%)
74	<b>KOZA Joanna</b>	<b>752</b>		K-40	26	Tak		<b>00:44:26.50</b>	<b>00:44:26.50</b>	+00:11:06 (25.0%)	8:53	6.8 (75.6%)
74	<b>ŁOZIUK Basia</b>	<b>782</b>		K-50	21			<b>00:44:26.50</b>	<b>00:44:26.50</b>	+00:11:06 (25.0%)	8:53	6.8 (75.6%)
76	<b>MIKA Małgorzata</b>	<b>800</b>		K-50	22	Tak		<b>00:44:31.55</b>	<b>00:44:31.55</b>	+00:11:11 (25.1%)	8:54	6.7 (74.4%)
77	<b>RADCZUK Karolina</b>	<b>834</b>	GANG MARIANA	K-40	27	Tak		<b>00:44:32.65</b>	<b>00:44:32.65</b>	+00:11:12 (25.2%)	8:54	6.7 (74.4%)
78	<b>FIGIEL Danuta</b>	<b>684</b>	ALS SZCZECIN	K-60	8			<b>00:44:38.75</b>	<b>00:44:38.75</b>	+00:11:19 (25.3%)	8:55	6.7 (74.4%)
79	<b>ŻARCZYŃSKA Iwona</b>	<b>912</b>		K-40	28	Tak		<b>00:44:47.70</b>	<b>00:44:47.70</b>	+00:11:27 (25.6%)	8:57	6.7 (74.4%)
80	<b>MATWIEJCZUK Agnieszka</b>	<b>792</b>	FUTYMKA TEAM	K-40	29			<b>00:44:57.60</b>	<b>00:44:57.60</b>	+00:11:37 (25.9%)	8:59	6.7 (74.4%)
81	<b>ŁAPA-SUSKA Kamila</b>	<b>777</b>		K-30	18			<b>00:44:57.90</b>	<b>00:44:57.90</b>	+00:11:38 (25.9%)	8:59	6.7 (74.4%)
82	<b>JĘDRUCH Beata</b>	<b>730</b>		K-40	30			<b>00:45:17.40</b>	<b>00:45:17.40</b>	+00:11:57 (26.4%)	9:03	6.6 (73.3%)
83	<b>SIELICKA Małgosia</b>	<b>857</b>		K-50	23			<b>00:45:18.20</b>	<b>00:45:18.20</b>	+00:11:58 (26.4%)	9:03	6.6 (73.3%)
84	<b>ROSNER Bożena</b>	<b>842</b>		K-60	9			<b>00:45:29.70</b>	<b>00:45:29.70</b>	+00:12:09 (26.7%)	9:05	6.6 (73.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat Police	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
85	<b>JASTRZĄB Joanna</b>	<b>727</b>		K-50	24			<b>00:45:33.55</b>	<b>00:45:33.55</b>	+00:12:13 (26.8%)	9:06	6.6 (73.3%)
86	<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>	+00:12:15 (26.9%)	9:07	6.6 (73.3%)
87	<b>KASPRZAK Elżbieta</b>	<b>738</b>		K-60	10	Tak		<b>00:46:07.35</b>	<b>00:46:07.35</b>	+00:12:47 (27.7%)	9:13	6.5 (72.2%)
88	<b>JAGUSZEWSKA Sylwia</b>	<b>721</b>		K-40	32	Tak		<b>00:46:07.45</b>	<b>00:46:07.45</b>	+00:12:47 (27.7%)	9:13	6.5 (72.2%)
89	<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>	+00:12:55 (27.9%)	9:15	6.5 (72.2%)
90	<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>	+00:12:55 (27.9%)	9:15	6.5 (72.2%)
91	<b>FIJAŁKOWSKA Monika</b>	<b>685</b>		K-40	34	Tak		<b>00:46:15.85</b>	<b>00:46:15.85</b>	+00:12:56 (28.0%)	9:15	6.5 (72.2%)
92	<b>SIKORA Magdalena</b>	<b>858</b>		K-40	35			<b>00:46:16.75</b>	<b>00:46:16.75</b>	+00:12:57 (28.0%)	9:15	6.5 (72.2%)
93	<b>WNUK Wanda</b>	<b>899</b>		K-50	25	Tak		<b>00:46:21.30</b>	<b>00:46:21.30</b>	+00:13:01 (28.1%)	9:16	6.5 (72.2%)
94	<b>POLTORAK Ela</b>	<b>832</b>		K-40	36			<b>00:46:21.85</b>	<b>00:46:21.85</b>	+00:13:02 (28.1%)	9:16	6.5 (72.2%)
95	<b>DUDEK Agnieszka</b>	<b>677</b>		K-40	37			<b>00:46:22.10</b>	<b>00:46:22.10</b>	+00:13:02 (28.1%)	9:16	6.5 (72.2%)
95	<b>JANICKA-GNAT Karolina</b>	<b>724</b>		K-40	37	Tak		<b>00:46:22.10</b>	<b>00:46:22.10</b>	+00:13:02 (28.1%)	9:16	6.5 (72.2%)
97	<b>WOLNA Dorota</b>	<b>903</b>		K-30	19			<b>00:46:39.05</b>	<b>00:46:39.05</b>	+00:13:19 (28.6%)	9:19	6.4 (71.1%)
98	<b>ROSIŃSKA Karolina</b>	<b>840</b>		K-30	20	Tak		<b>00:46:40.45</b>	<b>00:46:40.45</b>	+00:13:20 (28.6%)	9:20	6.4 (71.1%)
99	<b>JAKIEL KUSA Małgorzata</b>	<b>722</b>		K-50	26			<b>00:46:45.65</b>	<b>00:46:45.65</b>	+00:13:25 (28.7%)	9:21	6.4 (71.1%)
100	<b>WENZEL Elwira</b>	<b>895</b>		K-50	27			<b>00:46:45.75</b>	<b>00:46:45.75</b>	+00:13:26 (28.7%)	9:21	6.4 (71.1%)
101	<b>CEBEREK-PŁOTCZYK Marcelina</b>	<b>668</b>		K-60	11			<b>00:47:01.85</b>	<b>00:47:01.85</b>	+00:13:42 (29.1%)	9:24	6.4 (71.1%)
102	<b>ZDANKIEWICZ Olga</b>	<b>908</b>		K-40	39	Tak		<b>00:47:04.45</b>	<b>00:47:04.45</b>	+00:13:44 (29.2%)	9:24	6.4 (71.1%)
103	<b>SENIUTA Marzena</b>	<b>853</b>		K-50	28			<b>00:47:04.85</b>	<b>00:47:04.85</b>	+00:13:45 (29.2%)	9:24	6.4 (71.1%)
104	<b>MAZIUK Elżbieta</b>	<b>795</b>		K-50	29			<b>00:47:05.90</b>	<b>00:47:05.90</b>	+00:13:46 (29.2%)	9:25	6.4 (71.1%)
105	<b>ROSZATYCKA Agata</b>	<b>843</b>		K-30	21			<b>00:47:12.20</b>	<b>00:47:12.20</b>	+00:13:52 (29.4%)	9:26	6.4 (71.1%)
106	<b>LACINA Karolina</b>	<b>764</b>		K-40	40	Tak		<b>00:47:13.30</b>	<b>00:47:13.30</b>	+00:13:53 (29.4%)	9:26	6.4 (71.1%)
107	<b>ROSZATYCKA Magdalena</b>	<b>844</b>		K-40	41			<b>00:47:13.45</b>	<b>00:47:13.45</b>	+00:13:53 (29.4%)	9:26	6.4 (71.1%)

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>PIOŁUNOWICZ Jolanta</b>	<b>828</b>		K-50	30	Tak		<b>00:47:28.75</b>	<b>00:47:28.75</b>	+00:14:09 (29.8%)	9:29	6.3 (70.0%)
109	<b>ROMAN Ewelina</b>	<b>838</b>		K-30	22			<b>00:47:51.85</b>	<b>00:47:51.85</b>	+00:14:32 (30.4%)	9:34	6.3 (70.0%)
110	<b>SETA Krysia</b>	<b>855</b>		K-30	23			<b>00:47:51.95</b>	<b>00:47:51.95</b>	+00:14:32 (30.4%)	9:34	6.3 (70.0%)
111	<b>EŚWIŁ Agnieszka</b>	<b>681</b>		K-40	42	Tak		<b>00:47:55.05</b>	<b>00:47:55.05</b>	+00:14:35 (30.4%)	9:35	6.3 (70.0%)
112	<b>STELMACH Mirella</b>	<b>864</b>	BEZ	K-40	43			<b>00:47:55.45</b>	<b>00:47:55.45</b>	+00:14:35 (30.5%)	9:35	6.3 (70.0%)
113	<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>	+00:14:55 (30.9%)	9:39	6.2 (68.9%)
114	<b>LEDZION Dagmara</b>	<b>765</b>		K-40	44			<b>00:48:15.35</b>	<b>00:48:15.35</b>	+00:14:55 (30.9%)	9:39	6.2 (68.9%)
115	<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>	+00:15:00 (31.0%)	9:40	6.2 (68.9%)
116	<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>	+00:15:00 (31.1%)	9:40	6.2 (68.9%)
117	<b>KLITYŃSKA Agnieszka</b>	<b>742</b>		K-40	47			<b>00:48:20.50</b>	<b>00:48:20.50</b>	+00:15:00 (31.1%)	9:40	6.2 (68.9%)
118	<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>	+00:15:00 (31.1%)	9:40	6.2 (68.9%)
119	<b>LOLAS-SZYDŁOWSKA Margarita</b>	<b>774</b>		K-40	49	Tak		<b>00:48:21.30</b>	<b>00:48:21.30</b>	+00:15:01 (31.1%)	9:40	6.2 (68.9%)
120	<b>KONDELA Edyta</b>	<b>745</b>	AKTYWNE CHOSZCZNO	K-40	50			<b>00:48:21.50</b>	<b>00:48:21.50</b>	+00:15:01 (31.1%)	9:40	6.2 (68.9%)
121	<b>NIESCIER Dorota</b>	<b>814</b>		K-40	51	Tak		<b>00:48:22.15</b>	<b>00:48:22.15</b>	+00:15:02 (31.1%)	9:40	6.2 (68.9%)
122	<b>SOŁTYS Agnieszka</b>	<b>860</b>		K-40	52	Tak		<b>00:48:38.65</b>	<b>00:48:38.65</b>	+00:15:18 (31.5%)	9:43	6.2 (68.9%)
123	<b>PACEK Małgorzata</b>	<b>821</b>		K-40	53		Kompas Team	<b>00:48:38.95</b>	<b>00:48:38.95</b>	+00:15:19 (31.5%)	9:43	6.2 (68.9%)
124	<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>	+00:15:20 (31.5%)	9:43	6.2 (68.9%)
125	<b>TROJANOWSKA Izabela</b>	<b>892</b>		K-40	55			<b>00:48:41.65</b>	<b>00:48:41.65</b>	+00:15:21 (31.6%)	9:44	6.2 (68.9%)
126	<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>	+00:15:23 (31.6%)	9:44	6.2 (68.9%)
127	<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>	+00:15:24 (31.6%)	9:44	6.2 (68.9%)
128	<b>ŚNIEGOWSKA Dorota</b>	<b>886</b>	DOROTKA	K-40	58			<b>00:48:55.75</b>	<b>00:48:55.75</b>	+00:15:36 (31.9%)	9:47	6.1 (67.8%)
129	<b>GAŁĄZKA Magdalena</b>	<b>696</b>		K-40	59			<b>00:48:57.60</b>	<b>00:48:57.60</b>	+00:15:37 (31.9%)	9:47	6.1 (67.8%)
130	<b>RUDECKA Edyta</b>	<b>846</b>		K-50	31			<b>00:48:58.55</b>	<b>00:48:58.55</b>	+00:15:38 (31.9%)	9:47	6.1 (67.8%)

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>PIECZYŃSKA Magdalena</b>	<b>824</b>	AKTYWNE GRYFINO	K-40	60			<b>00:49:03.10</b>	<b>00:49:03.10</b>	+00:15:43 (32.1%)	9:48	6.1 (67.8%)
132	<b>GOŁCZYŃSKA Ewa</b>	<b>703</b>	WIOSŁO	K-50	32			<b>00:49:03.40</b>	<b>00:49:03.40</b>	+00:15:43 (32.1%)	9:48	6.1 (67.8%)
133	<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>	+00:15:47 (32.2%)	9:49	6.1 (67.8%)
134	<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>	+00:15:48 (32.2%)	9:49	6.1 (67.8%)
135	<b>BIESAGA Małgorzata</b>	<b>664</b>		K-50	33			<b>00:49:21.00</b>	<b>00:49:21.00</b>	+00:16:01 (32.5%)	9:52	6.1 (67.8%)
136	<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>	+00:16:08 (32.6%)	9:53	6.1 (67.8%)
137	<b>STRZELCZAK-CYBULSKA Agnieszka</b>	<b>867</b>		K-40	62			<b>00:49:29.70</b>	<b>00:49:29.70</b>	+00:16:09 (32.7%)	9:53	6.1 (67.8%)
138	<b>MUJTA Katarzyna</b>	<b>805</b>		K-40	63			<b>00:49:31.40</b>	<b>00:49:31.40</b>	+00:16:11 (32.7%)	9:54	6.1 (67.8%)
139	<b>GRZYBOWSKA Katarzyna</b>	<b>711</b>		K-40	64	Tak		<b>00:50:08.50</b>	<b>00:50:08.50</b>	+00:16:48 (33.5%)	10:01	6 (66.7%)
140	<b>HRYŃCZUK Marta</b>	<b>719</b>		K-40	65	Tak		<b>00:50:08.85</b>	<b>00:50:08.85</b>	+00:16:49 (33.5%)	10:01	6 (66.7%)
141	<b>JANKOWSKA Małgorzata</b>	<b>725</b>		K-40	66			<b>00:50:19.90</b>	<b>00:50:19.90</b>	+00:17:00 (33.8%)	10:03	6 (66.7%)
142	<b>ROSIŃSKA Grażyna</b>	<b>841</b>		K-50	35	Tak		<b>00:50:36.75</b>	<b>00:50:36.75</b>	+00:17:17 (34.1%)	10:07	5.9 (65.6%)
143	<b>GANDURSKA - TRZECIAKIEWICZ Karolina</b>	<b>697</b>		K-40	67			<b>00:50:40.80</b>	<b>00:50:40.80</b>	+00:17:21 (34.2%)	10:08	5.9 (65.6%)
144	<b>OLCZYK Daria</b>	<b>817</b>		K-30	25			<b>00:50:43.10</b>	<b>00:50:43.10</b>	+00:17:23 (34.3%)	10:08	5.9 (65.6%)
145	<b>JUNAK Gabriela</b>	<b>731</b>		K-40	68			<b>00:50:43.80</b>	<b>00:50:43.80</b>	+00:17:24 (34.3%)	10:08	5.9 (65.6%)
146	<b>SZCZEPANIAK Anna</b>	<b>919</b>		K-40	69			<b>00:50:45.05</b>	<b>00:50:45.05</b>	+00:17:25 (34.3%)	10:09	5.9 (65.6%)
147	<b>SAKOSIK Janina</b>	<b>851</b>	KOMANDOSKA	K-50	36			<b>00:50:46.15</b>	<b>00:50:46.15</b>	+00:17:26 (34.4%)	10:09	5.9 (65.6%)
148	<b>RÓŻAŃSKA Beata</b>	<b>845</b>		K-50	37	Tak		<b>00:50:47.55</b>	<b>00:50:47.55</b>	+00:17:27 (34.4%)	10:09	5.9 (65.6%)
149	<b>MATYJASZCZYK Anna</b>	<b>793</b>		K-40	70			<b>00:50:47.80</b>	<b>00:50:47.80</b>	+00:17:28 (34.4%)	10:09	5.9 (65.6%)
150	<b>SURMA Anna</b>	<b>869</b>		K-30	26			<b>00:50:50.90</b>	<b>00:50:50.90</b>	+00:17:31 (34.5%)	10:10	5.9 (65.6%)
150	<b>BOCZKOWSKA Justyna</b>	<b>897</b>		K-30	26			<b>00:50:50.90</b>	<b>00:50:50.90</b>	+00:17:31 (34.5%)	10:10	5.9 (65.6%)
152	<b>KOSTANSKA Dagmara</b>	<b>747</b>		K-30	28	Tak		<b>00:50:51.15</b>	<b>00:50:51.15</b>	+00:17:31 (34.5%)	10:10	5.9 (65.6%)
153	<b>NIEMIEC Joanna</b>	<b>813</b>		K-40	71	Tak		<b>00:50:51.35</b>	<b>00:50:51.35</b>	+00:17:31 (34.5%)	10:10	5.9 (65.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat Police	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
154	WIJTYK Natalia	896		K-20	6	Tak		00:50:52.05	00:50:52.05	+00:17:32 (34.5%)	10:10	5.9 (65.6%)
155	GRZYWA Joanna	713		K-40	72			00:52:11.85	00:52:11.85	+00:18:52 (36.1%)	10:26	5.7 (63.3%)
156	SZULC Magdalena	877		K-60	13			00:52:28.65	00:52:28.65	+00:19:08 (36.5%)	10:29	5.7 (63.3%)
157	ŻABOKLICKA Monika	911		K-40	73			00:52:31.50	00:52:31.50	+00:19:11 (36.5%)	10:30	5.7 (63.3%)
158	GAZECKA Krystyna	698		K-60	14	Tak		00:52:47.45	00:52:47.45	+00:19:27 (36.9%)	10:33	5.7 (63.3%)
159	OBARZANEK Bożena	816	NIEZRZESZONA	K-50	38			00:52:47.95	00:52:47.95	+00:19:28 (36.9%)	10:33	5.7 (63.3%)
160	RIEDEL Magdalena	837	MORSY SIADŁO	K-40	74	Tak		00:52:50.25	00:52:50.25	+00:19:30 (36.9%)	10:34	5.7 (63.3%)
161	STANISZEWSKA Iza	863	KIJKI SIADŁO DOLNE	K-40	75	Tak		00:52:51.20	00:52:51.20	+00:19:31 (36.9%)	10:34	5.7 (63.3%)
162	GRZĄDKA Iwona	710		K-40	76			00:53:04.50	00:53:04.50	+00:19:44 (37.2%)	10:36	5.7 (63.3%)
162	ROMAŃSKA Joanna	839		K-40	76			00:53:04.50	00:53:04.50	+00:19:44 (37.2%)	10:36	5.7 (63.3%)
164	KRÓLAK-CHOCHOŁ Joanna	757		K-40	78	Tak		00:53:06.15	00:53:06.15	+00:19:46 (37.2%)	10:37	5.6 (62.2%)
164	ŚLĘZAK Anita	885		K-40	78			00:53:06.15	00:53:06.15	+00:19:46 (37.2%)	10:37	5.6 (62.2%)
166	TARWID Bożena	890		K-50	39	Tak		00:53:06.60	00:53:06.60	+00:19:46 (37.2%)	10:37	5.6 (62.2%)
167	BASZURO Krystyna	653		K-50	40			00:53:09.30	00:53:09.30	+00:19:49 (37.3%)	10:37	5.6 (62.2%)
168	BASZURO Magdalena	655		K-30	29			00:53:09.90	00:53:09.90	+00:19:50 (37.3%)	10:37	5.6 (62.2%)
169	KĘSKA-PLĄSEK Małgorzata	740	LOVELASY	K-40	80	Tak		00:53:11.65	00:53:11.65	+00:19:51 (37.3%)	10:38	5.6 (62.2%)
170	KRASNODĘBSKA Magdalena	754		K-40	81	Tak		00:53:12.10	00:53:12.10	+00:19:52 (37.4%)	10:38	5.6 (62.2%)
171	CIECHANOWICZ Agnieszka	672		K-40	82	Tak		00:53:19.55	00:53:19.55	+00:19:59 (37.5%)	10:39	5.6 (62.2%)
172	CIECHANOWICZ Martyna	671		K-20	7	Tak		00:53:19.90	00:53:19.90	+00:20:00 (37.5%)	10:39	5.6 (62.2%)
173	CZUPIS Hanka	917		K-60	15			00:53:20.60	00:53:20.60	+00:20:00 (37.5%)	10:40	5.6 (62.2%)
173	WOŁOSZYN Grażyna	918		K-60	15			00:53:20.60	00:53:20.60	+00:20:00 (37.5%)	10:40	5.6 (62.2%)
175	WOLSKA-RAJCHEL Maria	904	ARIELKA TEAM	K-30	30	Tak		00:54:17.10	00:54:17.10	+00:20:57 (38.6%)	10:51	5.5 (61.1%)
176	SZYDELSKA Krystyna	880	NORDICOWELOVE POLICE	K-60	17	Tak		00:55:48.70	00:55:48.70	+00:22:28 (40.3%)	11:09	5.4 (60.0%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat Police	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
177	<b>TOMZIK-SWINARSKA Izabela</b>	<b>891</b>	NORDICOWE LOVE	K-60	18	Tak	Nordicowe Love	<b>00:55:48.75</b>	<b>00:55:48.75</b>	+00:22:29 (40.3%)	11:09	5.4 (60.0%)
178	<b>CICHECKA Joanna</b>	<b>670</b>	NORDICOWE LOVE	K-50	41	Tak	Nordicowe Love	<b>00:55:48.95</b>	<b>00:55:48.95</b>	+00:22:29 (40.3%)	11:09	5.4 (60.0%)
179	<b>WOJTAL Anna</b>	<b>902</b>		K-60	19			<b>00:55:49.05</b>	<b>00:55:49.05</b>	+00:22:29 (40.3%)	11:09	5.4 (60.0%)
180	<b>NOWAK Aneta</b>	<b>815</b>	NORDICOWE LOVE	K-40	83			<b>00:55:49.80</b>	<b>00:55:49.80</b>	+00:22:30 (40.3%)	11:09	5.4 (60.0%)
181	<b>PILARSKA Elżbieta</b>	<b>825</b>		K-60	20			<b>00:55:50.70</b>	<b>00:55:50.70</b>	+00:22:30 (40.3%)	11:10	5.4 (60.0%)
182	<b>BĄK Kasia</b>	<b>656</b>	FUTYMKA TEAM	K-40	84		Futymka Team	<b>00:55:50.85</b>	<b>00:55:50.85</b>	+00:22:31 (40.3%)	11:10	5.4 (60.0%)
183	<b>BETKER Anna</b>	<b>659</b>	KS ZADYSZKA	K-40	85	Tak	KS Zadyszka	<b>00:56:09.25</b>	<b>00:56:09.25</b>	+00:22:49 (40.6%)	11:13	5.3 (58.9%)
184	<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>	+00:22:49 (40.6%)	11:13	5.3 (58.9%)
185	<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>	+00:22:50 (40.7%)	11:14	5.3 (58.9%)
186	<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>	+00:22:51 (40.7%)	11:14	5.3 (58.9%)
187	<b>ŚWITAŁA Konsuela</b>	<b>887</b>		K-40	89			<b>00:56:27.05</b>	<b>00:56:27.05</b>	+00:23:07 (41.0%)	11:17	5.3 (58.9%)
188	<b>BABYSZKO Alicja</b>	<b>652</b>		K-30	31			<b>00:56:27.40</b>	<b>00:56:27.40</b>	+00:23:07 (41.0%)	11:17	5.3 (58.9%)
189	<b>KUMOR Beata</b>	<b>763</b>	-	K-50	42			<b>00:56:28.10</b>	<b>00:56:28.10</b>	+00:23:08 (41.0%)	11:17	5.3 (58.9%)
190	<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>	+00:24:14 (42.1%)	11:30	5.2 (57.8%)
191	<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>	+00:24:14 (42.1%)	11:30	5.2 (57.8%)
192	<b>KŁYS Róża</b>	<b>743</b>	BBL POLICE	K-60	22			<b>00:57:46.70</b>	<b>00:57:46.70</b>	+00:24:26 (42.3%)	11:33	5.2 (57.8%)
193	<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>	+00:25:06 (43.0%)	11:41	5.1 (56.7%)
194	<b>MALICKA Marzena</b>	<b>786</b>		K-40	91	Tak		<b>01:00:14.50</b>	<b>01:00:14.50</b>	+00:26:54 (44.7%)	12:02	5 (55.6%)
195	<b>REĆKO Wioleta</b>	<b>835</b>		K-30	33			<b>01:00:15.10</b>	<b>01:00:15.10</b>	+00:26:55 (44.7%)	12:03	5 (55.6%)
196	<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>	+00:26:56 (44.7%)	12:03	5 (55.6%)

Znaleziono 196 wynik(ów)