

**Wydarzenie:** Niepodległościowy Bieg Terenowy i Maraton MTB  
**Organizator:** Gmina Nakło nad Notecią, LZS SKRA Paterek  
**Data:** 2019-11-03  
**Miejsce:** Nakło nad Notecią  
**Dystans:** 7 km

Klasyfikacja: K-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Nakło nad Notecią	Czas netto 7km	Czas brutto 7km	Różn	Tempo min/km	Tempo km/h
1	<b>MŁYNAREK Monika</b>	<b>64</b>		K16	1		<b>00:34:14.40</b>	<b>00:34:17.85</b>		4:53	12.3 (100%)
2	<b>KASPRZYK Adrianna</b>	<b>39</b>	KASPRZYK RUNNING TEAM	K20	1		<b>00:34:16.70</b>	<b>00:34:19.95</b>	+00:00:02 (0.1%)	4:53	12.3 (100%)
3	<b>WALCZYK Sybilla</b>	<b>100</b>		K30	1	Tak	<b>00:34:39.00</b>	<b>00:34:42.35</b>	+00:00:24 (1.2%)	4:57	12.1 (98.4%)
4	<b>CHMARA Sylwia</b>	<b>9</b>		K30	2	Tak	<b>00:35:42.15</b>	<b>00:35:50.25</b>	+00:01:32 (4.3%)	5:06	11.8 (95.9%)
5	<b>DROŹDŹ Małgorzata</b>	<b>18</b>	AMS	K40	1		<b>00:36:55.90</b>	<b>00:37:00.35</b>	+00:02:42 (7.3%)	5:16	11.4 (92.7%)
6	<b>MICHALSKA Daria</b>	<b>58</b>	BOHAR PALETY RUNNERS	K30	3		<b>00:38:49.35</b>	<b>00:38:58.35</b>	+00:04:40 (12.0%)	5:32	10.8 (87.8%)
7	<b>JAWORSKA Aleksandra</b>	<b>35</b>	6. KILOMETR	K20	2		<b>00:39:32.00</b>	<b>00:39:35.75</b>	+00:05:17 (13.4%)	5:38	10.6 (86.2%)
8	<b>SZCZEPANIAK Justyna</b>	<b>92</b>		K40	2	Tak	<b>00:39:50.95</b>	<b>00:39:55.50</b>	+00:05:37 (14.1%)	5:41	10.5 (85.4%)
9	<b>MARZYŃSKA Ilona</b>	<b>55</b>		K30	4		<b>00:40:02.85</b>	<b>00:40:05.75</b>	+00:05:47 (14.5%)	5:43	10.5 (85.4%)
10	<b>ĆWIKLIŃSKA Anna</b>	<b>14</b>	AMS	K40	3		<b>00:40:19.50</b>	<b>00:40:25.30</b>	+00:06:07 (15.2%)	5:45	10.4 (84.6%)
11	<b>SOBOL Magdalena</b>	<b>90</b>	#BIEGACZE	K40	4	Tak	<b>00:40:23.85</b>	<b>00:40:29.95</b>	+00:06:12 (15.3%)	5:46	10.4 (84.6%)
12	<b>GROBELNA Monika</b>	<b>27</b>		K30	5		<b>00:40:32.90</b>	<b>00:40:39.45</b>	+00:06:21 (15.6%)	5:47	10.4 (84.6%)
13	<b>CHMARA Marta</b>	<b>10</b>		K30	6		<b>00:40:38.30</b>	<b>00:40:47.40</b>	+00:06:29 (15.9%)	5:48	10.3 (83.7%)
14	<b>KRZEMIŃSKA Jolanta</b>	<b>45</b>	BYDGOSZCZANKA BIEGA	K30	7		<b>00:40:43.05</b>	<b>00:40:48.85</b>	+00:06:31 (16.0%)	5:49	10.3 (83.7%)
15	<b>MAJEWSKA Monika</b>	<b>110</b>		K30	8		<b>00:40:45.45</b>	<b>00:40:50.55</b>	+00:06:32 (16.0%)	5:49	10.3 (83.7%)
16	<b>BOROWIEC Wioleta</b>	<b>4</b>	BBL SZUBIN	K30	9		<b>00:40:43.45</b>	<b>00:40:51.00</b>	+00:06:33 (16.0%)	5:49	10.3 (83.7%)
17	<b>GOLLNIK Daria</b>	<b>23</b>	ROZBIEGAMY NOWY DWÓR	K30	10		<b>00:41:41.00</b>	<b>00:41:43.65</b>	+00:07:25 (17.8%)	5:57	10.1 (82.1%)
18	<b>SZPYT Ania</b>	<b>94</b>		K30	11	Tak	<b>00:42:58.40</b>	<b>00:43:04.60</b>	+00:08:46 (20.4%)	6:08	9.8 (79.7%)
19	<b>KOSELKE Agnieszka</b>	<b>43</b>		K30	12		<b>00:43:07.95</b>	<b>00:43:20.25</b>	+00:09:02 (20.9%)	6:09	9.7 (78.9%)
20	<b>KĄKOL Patrycja</b>	<b>41</b>		K20	3	Tak	<b>00:43:39.60</b>	<b>00:43:46.10</b>	+00:09:28 (21.6%)	6:14	9.6 (78.0%)
21	<b>SZTEJKA Jolanta</b>	<b>95</b>		K40	5		<b>00:44:36.60</b>	<b>00:44:44.55</b>	+00:10:26 (23.3%)	6:22	9.4 (76.4%)
22	<b>CIESIELSKA Agnieszka</b>	<b>11</b>		K30	13	Tak	<b>00:45:03.75</b>	<b>00:45:14.70</b>	+00:10:56 (24.2%)	6:26	9.3 (75.6%)
23	<b>WRÓBLEWICZ Irena</b>	<b>106</b>		K30	14	Tak	<b>00:45:19.25</b>	<b>00:45:29.00</b>	+00:11:11 (24.6%)	6:28	9.3 (75.6%)
24	<b>GRABARSKA Anna</b>	<b>26</b>		K40	6	Tak	<b>00:45:32.70</b>	<b>00:45:37.05</b>	+00:11:19 (24.8%)	6:30	9.2 (74.8%)
25	<b>POPOWSKA Barbara</b>	<b>80</b>	RUN BYDGOSZCZ	K60	1		<b>00:45:35.75</b>	<b>00:45:40.50</b>	+00:11:22 (24.9%)	6:30	9.2 (74.8%)
26	<b>WRONKA Joanna</b>	<b>105</b>		K30	15	Tak	<b>00:47:11.25</b>	<b>00:47:21.60</b>	+00:13:03 (27.6%)	6:44	8.9 (72.4%)
27	<b>MALUZIŃSKA Aleksandra</b>	<b>54</b>	BBL SZUBIN	K30	16		<b>00:48:04.20</b>	<b>00:48:14.05</b>	+00:13:56 (28.9%)	6:52	8.7 (70.7%)
28	<b>WIATROWSKA Kasia</b>	<b>101</b>	SPA KROPKA	K30	17		<b>00:49:50.45</b>	<b>00:49:56.10</b>	+00:15:38 (31.3%)	7:07	8.4 (68.3%)
29	<b>BORKOWSKA Magdalena</b>	<b>112</b>		K40	7	Tak	<b>00:49:49.85</b>	<b>00:49:57.05</b>	+00:15:39 (31.3%)	7:07	8.4 (68.3%)

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30	<b>ANDRZEJCZAK Natalia</b>	<b>1</b>		K20	4		<b>00:51:03.40</b>	<b>00:51:12.15</b>	+00:16:54 (33.0%)	7:17	8.2 (66.7%)
31	<b>MICHTA Iwona</b>	<b>59</b>	SPÓJNIA BIAŁE BŁOTA	K30	18		<b>00:51:55.20</b>	<b>00:52:08.90</b>	+00:17:51 (34.2%)	7:25	8.1 (65.9%)
32	<b>BIELUSZEWSKA Mirela</b>	<b>3</b>	BBKTS	K30	19		<b>00:51:55.85</b>	<b>00:52:09.95</b>	+00:17:52 (34.3%)	7:25	8.1 (65.9%)
33	<b>MALCZEWSKA Mirka</b>	<b>53</b>		K60	2		<b>00:52:19.95</b>	<b>00:52:30.35</b>	+00:18:12 (34.7%)	7:28	8 (65.0%)
34	<b>ŁYK-PLEWIŃSKA Magdalena</b>	<b>52</b>		K30	20		<b>00:53:37.50</b>	<b>00:53:46.30</b>	+00:19:28 (36.2%)	7:39	7.8 (63.4%)
35	<b>PATER Ewa</b>	<b>74</b>		K30	21	Tak	<b>00:56:33.20</b>	<b>00:56:44.95</b>	+00:22:27 (39.6%)	8:04	7.4 (60.2%)
36	<b>LEPPERT Monika</b>	<b>46</b>		K20	5		<b>01:00:19.35</b>	<b>01:00:28.80</b>	+00:26:10 (43.3%)	8:37	7 (56.9%)
37	<b>LEPPERT Dominika</b>	<b>47</b>		K40	8		<b>01:00:29.00</b>	<b>01:00:41.05</b>	+00:26:23 (43.5%)	8:38	6.9 (56.1%)
38	<b>LEPPERT Marta</b>	<b>48</b>		K60	3		<b>01:00:34.20</b>	<b>01:00:46.90</b>	+00:26:29 (43.6%)	8:39	6.9 (56.1%)
39	<b>WIŚNIEWSKA Ewa</b>	<b>103</b>		K50	1		<b>01:01:20.60</b>	<b>01:01:34.10</b>	+00:27:16 (44.3%)	8:45	6.8 (55.3%)
40	<b>PASIEKA Magda</b>	<b>72</b>	OSP NAKŁO	K30	22		<b>01:01:21.60</b>	<b>01:01:35.30</b>	+00:27:17 (44.3%)	8:46	6.8 (55.3%)
41	<b>BORZYCH-KUBACKA Katarzyna</b>	<b>5</b>	LOVE WALKING NAD NOTECIĄ	K40	9	Tak	<b>01:21:21.95</b>	<b>01:21:36.85</b>	+00:47:19 (58.0%)	11:37	5.2 (42.3%)
41	<b>TEWS Iwona</b>	<b>97</b>	LOVE WALKING NAD NOTECIĄ	K50	2	Tak	<b>01:21:22.15</b>	<b>01:21:36.85</b>	+00:47:19 (58.0%)	11:37	5.2 (42.3%)
43	<b>MICHALAK Agnieszka</b>	<b>57</b>	LOVE WALKING NAD NOTECIĄ	K40	10		<b>01:21:20.85</b>	<b>01:21:36.95</b>	+00:47:19 (58.0%)	11:37	5.2 (42.3%)
44	<b>MŁYNARCZYK Monika</b>	<b>60</b>	LOVE WALKING NAD NOTECIĄ	K30	23	Tak	<b>01:21:22.40</b>	<b>01:21:37.25</b>	+00:47:19 (58.0%)	11:37	5.2 (42.3%)
45	<b>MOŹDŻYŃSKA Mirosława</b>	<b>65</b>	LOVE WALKING	K60	4	Tak	<b>01:21:23.40</b>	<b>01:21:38.40</b>	+00:47:20 (58.0%)	11:37	5.2 (42.3%)
46	<b>DRYCHTA Lucyna</b>	<b>19</b>	LOVE WALKING NAD NOTECIĄ	K40	11	Tak	<b>01:21:23.05</b>	<b>01:21:38.50</b>	+00:47:20 (58.0%)	11:37	5.2 (42.3%)

Znaleziono 46 wynik(ów)