



Organizator: Extreme Events, Runmageddon
Data: 2018-04-14
Miejsce: Warszawa
Dystans: 10 km

REEBOK POWERUN BY RUNMAGEDDON

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Open Kobiet

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	ŁAPIŃSKA Anna	1326		Open Kobiet	1	09:00	00:00:03	00:12:32	00:26:31		00:37:48.15	00:37:51.15		3:46	15.9 (100%)
2	JAGIELSKA Ewa	1044	REEBOK RUN CREW	Open Kobiet	2	12:45	00:00:04	00:13:24	00:28:30		00:40:11.20	00:40:15.25	+00:02:23 (5.9%)	4:01	14.9 (93.7%)
3	DELEWSKA Dalia	1009	REEBOK RUN CREW	Open Kobiet	3	11:30	00:00:05	00:13:39	00:29:22		00:41:41.90	00:41:47.35	+00:03:53 (9.3%)	4:10	14.4 (90.6%)
4	DUDA Aneta	130	SKURCZE ŁYDEK	Open Kobiet	4	09:15	00:00:04	00:15:47	00:33:48	-00:08:00	00:44:22.25	00:44:26.75	+00:06:34 (14.8%)	5:14	11.5 (72.3%)
5	MAZEK Emilia	1276		Open Kobiet	5	11:30	00:00:07	00:18:33	00:37:24	-00:11:00	00:44:33.00	00:44:40.60	+00:06:44 (15.1%)	5:33	10.8 (67.9%)
6	PIETROSZEK Agata	1283		Open Kobiet	6	09:00	00:00:03	00:17:47	00:37:43	-00:14:00	00:44:45.10	00:44:48.25	+00:06:56 (15.5%)	5:52	10.2 (64.2%)
7	NĘCKA Urszula	941	REEBOK RUN CREW	Open Kobiet	7	11:15	00:00:06	00:17:37	00:36:02	-00:09:00	00:45:26.35	00:45:32.95	+00:07:38 (16.8%)	5:26	11 (69.2%)
8	LEWANDOWSKA Lidia	62		Open Kobiet	8	09:00	00:00:05	00:18:04	00:38:17	-00:12:00	00:45:56.45	00:46:01.80	+00:08:08 (17.7%)	5:47	10.4 (65.4%)
9	PŁATOS Ewelina	1316		Open Kobiet	9	10:15	00:00:05	00:15:47	00:35:30	-00:08:00	00:46:18.55	00:46:23.75	+00:08:30 (18.4%)	5:25	11 (69.2%)
10	KOTECKA Julita	1347		Open Kobiet	10	11:45	00:00:06	00:18:18	00:38:12	-00:13:00	00:47:37.50	00:47:43.80	+00:09:49 (20.6%)	6:03	9.9 (62.3%)
11	POLAK-TYLEK Joanna	487		Open Kobiet	11	10:00	00:00:05	00:18:28	00:39:32	-00:14:00	00:48:22.20	00:48:27.35	+00:10:34 (21.8%)	6:14	9.6 (60.4%)
12	BLAŻEJOWSKA Julia	1159	CROSSFIT URSYNÓW	Open Kobiet	12	12:15	00:00:05	00:18:56	00:39:36	-00:13:00	00:48:57.20	00:49:02.60	+00:11:09 (22.8%)	6:11	9.7 (61.0%)
13	WALKIEWICZ Agnieszka	293		Open Kobiet	13	09:30	00:00:06	00:18:34	00:39:09	-00:10:00	00:49:56.65	00:50:03.05	+00:12:08 (24.3%)	5:59	10 (62.9%)
14	BRUSIŁO Ilona	1394	MAMY RUSZAMY	Open Kobiet	14	12:45	00:00:05	00:16:21	00:35:08		00:50:36.05	00:50:41.25	+00:12:47 (25.3%)	5:03	11.9 (74.8%)
15	WĄSIKOWSKA Emilia	1035		Open Kobiet	15	11:30	00:00:07	00:18:14	00:39:27	-00:11:00	00:50:48.35	00:50:56.20	+00:13:00 (25.6%)	6:10	9.7 (61.0%)
16	PILARSKA Anna	822	FRAUEN POWER!	Open Kobiet	16	11:00	00:00:08	00:20:53	00:41:43	-00:11:00	00:50:56.45	00:51:05.15	+00:13:08 (25.8%)	6:11	9.7 (61.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas			Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km						
17	ZAREMBA Anna	1256		Open Kobiet	17	12:45	00:00:07	00:20:10	00:41:08	-00:13:00	00:51:29.35	00:51:36.65	+00:13:41 (26.6%)	6:26	9.3 (58.5%)
18	KUCHARSKA Izabela	318	JANUSZE I GRAŻYNY FITNESSU:)	Open Kobiet	18	09:45	00:00:10	00:19:46	00:40:58	-00:13:00	00:51:38.75	00:51:49.55	+00:13:50 (26.8%)	6:27	9.3 (58.5%)
19	LIŚKIEWICZ Sylwia	1518		Open Kobiet	19	12:30	00:00:04	00:18:14	00:37:34	-00:01:00	00:52:15.85	00:52:20.75	+00:14:27 (27.7%)	5:19	11.3 (71.1%)
20	BIEŃ Marta	246	JANUSZE I GRAŻYNY FITNESSU:)	Open Kobiet	20	09:30	00:00:09	00:19:51	00:41:15	-00:11:00	00:52:47.30	00:52:56.35	+00:14:59 (28.4%)	6:22	9.4 (59.1%)
21	KRAJEWSKA Olga	435	HUSARIA RACE TEAM	Open Kobiet	21	10:00	00:00:03	00:19:06	00:40:35	-00:10:00	00:52:49.75	00:52:53.65	+00:15:01 (28.4%)	6:17	9.5 (59.7%)
22	GOŁĄB Anna	255		Open Kobiet	22	09:30	00:00:07	00:21:39	00:42:15	-00:11:00	00:52:50.25	00:52:57.40	+00:15:02 (28.5%)	6:23	9.4 (59.1%)
23	SKAŁECKA Paulina	326	PUMPERSY	Open Kobiet	23	09:45	00:00:06	00:19:15	00:40:37	-00:10:00	00:52:52.20	00:52:58.25	+00:15:04 (28.5%)	6:17	9.5 (59.7%)
24	SZAFRAŃSKA Aleksandra	1307	TEAM BIEGAJ POD OKIEM TRENERA	Open Kobiet	24	11:30	00:00:09	00:19:58	00:39:42	-00:07:00	00:52:52.60	00:53:01.75	+00:15:04 (28.5%)	5:59	10 (62.9%)
25	MARKOWICZ Ewelina	213	HUSARIA RACE TEAM	Open Kobiet	25	09:30	00:00:05	00:19:30	00:42:19	-00:14:00	00:53:16.45	00:53:21.85	+00:15:28 (29.0%)	6:43	8.9 (56.0%)
26	GRAJCAR Magdalena	834	LOFT TEAM EXTREME	Open Kobiet	26	11:00	00:00:03	00:19:34	00:40:40	-00:09:00	00:53:24.15	00:53:27.95	+00:15:36 (29.2%)	6:14	9.6 (60.4%)
27	KACZMAREK Marta	1529		Open Kobiet	27	12:30	00:00:07	00:18:22	00:39:55	-00:08:00	00:53:37.75	00:53:45.20	+00:15:49 (29.5%)	6:09	9.7 (61.0%)
28	JAKUBOWSKA Ewa	837	LOFT TEAM EXTREME	Open Kobiet	28	11:00	00:00:04	00:19:43	00:40:50	-00:09:00	00:53:37.85	00:53:41.85	+00:15:49 (29.5%)	6:15	9.6 (60.4%)
29	CEDRO Patrycja	34		Open Kobiet	29	09:00	00:00:07	00:21:24	00:42:56	-00:10:00	00:53:46.00	00:53:53.60	+00:15:57 (29.7%)	6:22	9.4 (59.1%)
30	CHOBOT Iwona	1265		Open Kobiet	30	09:15	00:00:05	00:19:22	00:41:24	-00:09:00	00:54:26.25	00:54:31.75	+00:16:38 (30.6%)	6:20	9.5 (59.7%)
31	SEKRETA Anna	7	AGATA PIETROSZEK TEAM	Open Kobiet	31	09:00	00:00:04	00:21:54	00:43:58	-00:12:00	00:54:41.90	00:54:46.05	+00:16:53 (30.9%)	6:40	9 (56.6%)
32	GAWLIK Justyna	231	RUNNERSCLUB.PL WARSZAWA	Open Kobiet	32	09:30	00:00:10	00:19:35	00:40:16	-00:02:00	00:54:42.40	00:54:52.55	+00:16:54 (30.9%)	5:40	10.6 (66.7%)
33	KAMIŃSKA Anna	52		Open Kobiet	33	09:00	00:00:08	00:19:25	00:40:33	-00:08:00	00:54:45.00	00:54:53.30	+00:16:56 (31.0%)	6:16	9.6 (60.4%)
34	WRÓBLEWSKA Aleksandra	432	CROSSFIT SIEDLCE	Open Kobiet	34	10:00	00:00:10	00:19:57	00:41:52	-00:08:00	00:54:48.30	00:54:58.85	+00:17:00 (31.0%)	6:16	9.6 (60.4%)
35	WYSOWSKA Edyta	96		Open Kobiet	35	09:00	00:00:04	00:19:25	00:41:57	-00:11:00	00:54:56.05	00:55:00.90	+00:17:07 (31.2%)	6:35	9.1 (57.2%)
36	KOWALEWSKA Luiza	1327	HUSARIA RACE TEAM	Open Kobiet	36	09:15	00:00:03	00:19:55	00:43:06	-00:13:00	00:55:09.45	00:55:13.40	+00:17:21 (31.5%)	6:49	8.8 (55.3%)
37	KAMIŃSKA Sylwia	416	BRUD EKIPA	Open Kobiet	37	10:00	00:00:09	00:20:45	00:42:59	-00:08:00	00:55:15.45	00:55:24.70	+00:17:27 (31.6%)	6:19	9.5 (59.7%)
38	POPIOŁEK Magdalena	114	NOLIMIT TEAM+	Open Kobiet	38	09:00	00:00:06	00:21:57	00:44:08	-00:12:00	00:55:25.30	00:55:31.75	+00:17:37 (31.8%)	6:44	8.9 (56.0%)
39	PRAŁAT Weronika	730	CROSSFIT GCW	Open Kobiet	39	10:45	00:00:06	00:20:24	00:42:11	-00:09:00	00:55:27.70	00:55:34.05	+00:17:39 (31.8%)	6:26	9.3 (58.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
40	ILOWSKA-REMBARZ Karolina	836	LOFT TEAM EXTREME	Open Kobiet	40	11:00	00:00:03	00:19:15	00:41:08	-00:08:00	00:55:45.95	00:55:49.20	+00:17:57 (32.2%)	6:22	9.4 (59.1%)
41	SOBCZAK Roksana	495	CROSSFIT MGW	Open Kobiet	41	10:00	00:00:07	00:22:08	00:44:45	-00:12:00	00:55:48.45	00:55:55.80	+00:18:00 (32.3%)	6:46	8.8 (55.3%)
42	LASZEWICZ Patrycja	1246		Open Kobiet	42	12:45	00:00:06	00:19:44	00:42:44	-00:05:00	00:56:03.40	00:56:09.65	+00:18:15 (32.6%)	6:06	9.8 (61.6%)
43	GOŚCINIAK Klaudia	1017	TOTAL FITNESS	Open Kobiet	43	11:30	00:00:11	00:21:43		-00:13:00	00:56:08.40	00:56:19.45	+00:18:20 (32.7%)	6:54	8.7 (54.7%)
44	KĘPA Alicja	1275		Open Kobiet	44	10:15	00:00:10	00:19:04	00:41:48	-00:08:00	00:56:24.90	00:56:34.95	+00:18:36 (33.0%)	6:26	9.3 (58.5%)
45	WÓJCIK Małgorzata	1389		Open Kobiet	45	12:15	00:00:05	00:20:01	00:43:24	-00:11:00	00:56:39.10	00:56:44.80	+00:18:50 (33.3%)	6:45	8.9 (56.0%)
46	DUDARONEK Paulina	236	XRUNNERS	Open Kobiet	46	09:30	00:00:04	00:20:23	00:43:18	-00:11:00	00:56:42.85	00:56:47.50	+00:18:54 (33.3%)	6:46	8.9 (56.0%)
47	KOWALIK Dorota	550	STREFA FITNESS	Open Kobiet	47	10:15	00:00:09	00:21:23	00:43:59	-00:10:00	00:56:47.85	00:56:57.20	+00:18:59 (33.4%)	6:40	9 (56.6%)
48	BRZEZICKA Angelika	307	FIGHT GYM TEAM	Open Kobiet	48	09:45	00:00:07	00:21:45	00:45:36	-00:12:00	00:56:51.00	00:56:58.30	+00:19:02 (33.5%)	6:53	8.7 (54.7%)
49	ORDON Dorota	75		Open Kobiet	49	09:00	00:00:06	00:19:49	00:43:21	-00:10:00	00:57:01.75	00:57:08.60	+00:19:13 (33.7%)	6:42	9 (56.6%)
50	WIECEK Paulina	1018	TOTAL FITNESS	Open Kobiet	50	11:30	00:00:10	00:21:44		-00:12:00	00:57:08.45	00:57:19.35	+00:19:20 (33.8%)	6:54	8.7 (54.7%)
51	JĘDRZEJCZYK-KOWALSKA Sylwia	616	BIGTIRES.PL TEAM	Open Kobiet	51	10:30	00:00:09	00:19:09	00:40:18	-00:06:00	00:57:17.95	00:57:27.30	+00:19:29 (34.0%)	6:19	9.5 (59.7%)
52	ILUKOWICZ Dagmara	1162	CROSSFIT URSYNÓW	Open Kobiet	52	12:15	00:00:06	00:22:02	00:44:58	-00:11:00	00:57:20.50	00:57:27.25	+00:19:32 (34.1%)	6:50	8.8 (55.3%)
53	DRUŻKOWSKA Monika	747	GONI NAS KREDENS	Open Kobiet	53	10:45	00:00:04	00:19:13	00:41:11	-00:07:00	00:57:23.70	00:57:28.60	+00:19:35 (34.1%)	6:26	9.3 (58.5%)
54	PIĄTKOWSKA Ilona	134	TI AUTOMOTIVE	Open Kobiet	54	09:15	00:00:03	00:19:38	00:43:08	-00:11:00	00:57:30.10	00:57:33.85	+00:19:41 (34.3%)	6:51	8.8 (55.3%)
55	MYSZKOWSKA Monika	69		Open Kobiet	55	09:00	00:00:07	00:22:03	00:44:42	-00:12:00	00:57:30.90	00:57:38.30	+00:19:42 (34.3%)	6:57	8.6 (54.1%)
56	VOVK Alina	408	ADIDAS RUNNERS WARSAW	Open Kobiet	56	10:00	00:00:05	00:19:17	00:43:39	-00:09:00	00:57:36.95	00:57:42.60	+00:19:48 (34.4%)	6:39	9 (56.6%)
57	ZIELINSKA Ewelina	1556		Open Kobiet	57	12:30	00:00:05	00:20:38	00:43:31	-00:10:00	00:57:45.65	00:57:51.55	+00:19:57 (34.6%)	6:46	8.9 (56.0%)
58	ŻURAWIŃSKA Ewa	203	4FACES RUNNING TEAM	Open Kobiet	58	09:30	00:00:12	00:20:49	00:43:17	-00:07:00	00:57:49.90	00:58:02.45	+00:20:01 (34.6%)	6:29	9.3 (58.5%)
59	KARPINSKA Malgorzata	363		Open Kobiet	59	09:30	00:00:12	00:20:54	00:43:14	-00:07:00	00:57:50.50	00:58:02.65	+00:20:02 (34.6%)	6:29	9.3 (58.5%)
60	ROSŁONIEC Agnieszka	899		Open Kobiet	60	11:00	00:00:09	00:18:52	00:39:56	-00:04:00	00:57:55.85	00:58:05.45	+00:20:07 (34.7%)	6:11	9.7 (61.0%)
61	ROSŁON Dominika	1320		Open Kobiet	61	10:30	00:00:04	00:17:16	00:40:22	-00:05:00	00:57:58.95	00:58:03.10	+00:20:10 (34.8%)	6:17	9.5 (59.7%)

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62	RABCZYNSKA Anna	235	W DOBREJ FORMIE	Open Kobiet	62	09:15	00:00:05	00:20:32	00:44:57	-00:11:00	00:58:08.65	00:58:13.95	+00:20:20 (35.0%)	6:54	8.7 (54.7%)
63	MIROSZ Michalina	1131		Open Kobiet	63	12:00	00:00:03	00:21:16	00:45:07	-00:13:00	00:58:19.10	00:58:22.95	+00:20:30 (35.2%)	7:07	8.4 (52.8%)
64	GWÓZDŹ Elżbieta	1012	RUNCOHOLICS	Open Kobiet	64	11:30	00:00:04	00:18:38	00:41:13	-00:07:00	00:58:19.25	00:58:24.15	+00:20:31 (35.2%)	6:32	9.2 (57.9%)
65	KIERCZEK Justyna	410	BIEGNIJ ZE MNĄ 2.0	Open Kobiet	65	10:00	00:00:04	00:24:02	00:48:18	-00:13:00	00:58:26.55	00:58:31.15	+00:20:38 (35.3%)	7:08	8.4 (52.8%)
66	SAMEK Karolina	1169	CROSSFIT URSYNÓW	Open Kobiet	66	12:15	00:00:08	00:22:56	00:45:21	-00:13:00	00:58:28.75	00:58:37.15	+00:20:40 (35.4%)	7:08	8.4 (52.8%)
67	ZALEWSKA Anna	1278	BESTIE OCR LEGIONOWO	Open Kobiet	67	11:15	00:00:03	00:22:01	00:44:32	-00:10:00	00:58:29.40	00:58:33.00	+00:20:41 (35.4%)	6:51	8.8 (55.3%)
68	KAMIŃSKA Anna	1377	SPORTERA OCR	Open Kobiet	68	12:00	00:00:05	00:19:49	00:43:26	-00:11:00	00:58:34.65	00:58:39.65	+00:20:46 (35.5%)	6:57	8.6 (54.1%)
69	CZUŁEK Magdalena	1237		Open Kobiet	69	12:45	00:00:05	00:21:10	00:44:19	-00:11:00	00:58:37.15	00:58:42.20	+00:20:49 (35.5%)	6:57	8.6 (54.1%)
70	DUDEK Barbara	127	ROSSMANN	Open Kobiet	70	09:15	00:00:08	00:22:59	00:45:11	-00:09:00	00:58:38.85	00:58:47.40	+00:20:50 (35.5%)	6:45	8.9 (56.0%)
71	WYSOKIŃSKA Karolina	193		Open Kobiet	71	09:15	00:00:07	00:21:09	00:45:32	-00:11:00	00:58:44.30	00:58:51.90	+00:20:56 (35.6%)	6:58	8.6 (54.1%)
72	ILCZYSZYN Julita	1013	RUNCOHOLICS	Open Kobiet	72	11:30	00:00:04	00:20:40		-00:10:00	00:58:44.90	00:58:49.45	+00:20:56 (35.7%)	6:52	8.7 (54.7%)
73	KOSZEWA Anastazja	1164	CROSSFIT URSYNÓW	Open Kobiet	73	12:15	00:00:08	00:22:56	00:45:22	-00:12:00	00:58:55.50	00:59:04.30	+00:21:07 (35.8%)	7:05	8.5 (53.5%)
74	BRONIAK-CZUPRYNA Joanna	148		Open Kobiet	74	09:15	00:00:06	00:21:54	00:45:47	-00:13:00	00:58:56.50	00:59:02.80	+00:21:08 (35.9%)	7:11	8.3 (52.2%)
75	KOPYTKO Małgorzata	882		Open Kobiet	75	11:00	00:00:05	00:21:00	00:44:48	-00:09:00	00:59:04.85	00:59:10.75	+00:21:16 (36.0%)	6:48	8.8 (55.3%)
76	WILK Magdalena	514	DZIADY OCR	Open Kobiet	76	10:15	00:00:05	00:20:33	00:43:41	-00:11:00	00:59:09.00	00:59:14.45	+00:21:20 (36.1%)	7:00	8.6 (54.1%)
77	GÓRNIAK Katarzyna	875		Open Kobiet	77	11:00	00:00:06	00:20:25	00:45:08	-00:09:00	00:59:09.40	00:59:15.65	+00:21:21 (36.1%)	6:48	8.8 (55.3%)
78	GENTTNEROVÁ Kateřina	1328		Open Kobiet	78	09:30	00:00:05	00:18:58	00:41:58	-00:06:00	00:59:11.40	00:59:16.45	+00:21:23 (36.1%)	6:31	9.2 (57.9%)
79	ZAJDOWSKA TRYC Katarzyna	1463		Open Kobiet	79	11:15	00:00:06	00:21:48	00:44:53	-00:10:00	00:59:12.45	00:59:19.05	+00:21:24 (36.2%)	6:55	8.7 (54.7%)
80	TERMENA-POLKOWSKA Marta	906		Open Kobiet	80	11:30	00:00:09	00:18:45	00:41:05	-00:05:00	00:59:24.25	00:59:33.35	+00:21:36 (36.4%)	6:26	9.3 (58.5%)
81	TARASZEWSKA Paulina	122	PWPW S.A.	Open Kobiet	81	09:15	00:00:06	00:19:42	00:42:41	-00:07:00	00:59:27.80	00:59:34.30	+00:21:39 (36.4%)	6:38	9 (56.6%)
82	GIELNIEWSKA Patrycja	768	CROSSFIT GENIUS	Open Kobiet	82	10:00	00:00:03	00:21:07	00:45:09	-00:12:00	00:59:36.10	00:59:40.05	+00:21:47 (36.6%)	7:09	8.4 (52.8%)
83	RYBKA Zuzanna	1077	HUSARIA RACE TEAM	Open Kobiet	83	12:00	00:00:04	00:24:58	00:46:53	-00:12:00	00:59:39.80	00:59:43.95	+00:21:51 (36.6%)	7:09	8.4 (52.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas			Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km						
84	NAWROCKA Agnieszka	1134		Open Kobiet	84	12:00	00:00:06	00:20:52	00:45:00	-00:10:00	00:59:55.05	01:00:01.25	+00:22:06 (36.9%)	6:59	8.6 (54.1%)
85	DZIEDZIC Justyna	1537		Open Kobiet	85	12:00	00:00:08	00:22:40	00:45:46	-00:10:00	00:59:57.75	01:00:05.75	+00:22:09 (37.0%)	6:59	8.6 (54.1%)
86	JASEK-BORS Paulina	316	HUSARIA RACE TEAM	Open Kobiet	86	09:45	00:00:05	00:22:10	00:46:42	-00:13:00	01:00:00.55	01:00:06.00	+00:22:12 (37.0%)	7:18	8.2 (51.6%)
87	ANTOLIK Aneta	414	BRUD EKIPA	Open Kobiet	87	10:00	00:00:09	00:20:45	00:43:02	-00:06:00	01:00:08.10	01:00:17.45	+00:22:19 (37.1%)	6:36	9.1 (57.2%)
88	ZERO Joanna	142	WWL TEAM	Open Kobiet	88	09:15	00:00:07	00:19:06	00:42:10	-00:06:00	01:00:08.20	01:00:15.85	+00:22:20 (37.1%)	6:36	9.1 (57.2%)
89	GRAJCAR Anna	832	LOFT TEAM EXTREME	Open Kobiet	89	11:00	00:00:04	00:19:05	00:41:35		01:00:13.90	01:00:18.60	+00:22:25 (37.2%)	6:01	10 (62.9%)
90	MENDREK Adrianna	914	CRAZY RUNNERFUCKERS	Open Kobiet	90	11:15	00:00:09	00:21:04	00:44:29	-00:11:00	01:00:13.95	01:00:23.10	+00:22:25 (37.2%)	7:07	8.4 (52.8%)
91	ŁASZCZYCH Małgorzata	1521		Open Kobiet	91	12:45	00:00:06	00:21:17	00:45:44	-00:09:00	01:00:14.10	01:00:20.45	+00:22:25 (37.2%)	6:55	8.7 (54.7%)
92	BRÓŃCZYK Kinga	548	STREFA FITNESS	Open Kobiet	92	10:15	00:00:09	00:22:01	00:46:42	-00:12:00	01:00:16.60	01:00:26.45	+00:22:28 (37.3%)	7:13	8.3 (52.2%)
93	LUBASZKA Kinga	1126		Open Kobiet	93	12:00	00:00:03	00:21:16	00:45:08	-00:11:00	01:00:19.25	01:00:23.05	+00:22:31 (37.3%)	7:08	8.4 (52.8%)
94	BIENIEK Anna	306	FIGHT GYM TEAM	Open Kobiet	94	09:45	00:00:07	00:21:48	00:45:53	-00:11:00	01:00:24.40	01:00:32.25	+00:22:36 (37.4%)	7:08	8.4 (52.8%)
95	CIOCH Weronika	153		Open Kobiet	95	09:15	00:00:07	00:22:09	00:45:27	-00:10:00	01:00:26.90	01:00:34.35	+00:22:38 (37.5%)	7:02	8.5 (53.5%)
96	KULIK Dominika	839	LOFT TEAM EXTREME	Open Kobiet	96	11:00	00:00:04	00:20:28	00:44:24	-00:03:00	01:00:40.45	01:00:44.75	+00:22:52 (37.7%)	6:22	9.4 (59.1%)
97	ZARĘBA Justyna	1048	SPORTERA OCR	Open Kobiet	97	12:00	00:00:07	00:23:17	00:47:16	-00:11:00	01:00:44.30	01:00:51.30	+00:22:56 (37.8%)	7:10	8.4 (52.8%)
98	DMYTRUK Anzhela	347		Open Kobiet	98	09:45	00:00:08	00:23:02	00:46:06	-00:10:00	01:00:45.40	01:00:53.65	+00:22:57 (37.8%)	7:04	8.5 (53.5%)
99	GODZIMIRSKA Eliza	1333		Open Kobiet	99	12:45	00:00:06	00:18:44	00:40:23	-00:04:00	01:00:46.15	01:00:52.75	+00:22:58 (37.8%)	6:28	9.3 (58.5%)
100	MILCZAREK Maja	1249		Open Kobiet	100	12:45	00:00:03	00:19:24	00:42:36		01:00:46.95	01:00:50.80	+00:22:58 (37.8%)	6:04	9.9 (62.3%)
101	NAGRABA Anna	821	FRAUEN POWER!	Open Kobiet	101	11:00	00:00:07	00:23:31	00:46:53	-00:11:00	01:00:47.30	01:00:55.20	+00:22:59 (37.8%)	7:10	8.4 (52.8%)
102	GRADOMSKA Magdalena	818	FRAUEN POWER!	Open Kobiet	102	11:00	00:00:08	00:23:30	00:46:51	-00:11:00	01:00:48.30	01:00:56.45	+00:23:00 (37.8%)	7:10	8.4 (52.8%)
103	OTOKA-FRĄCKIEWICZ Monika	375		Open Kobiet	103	09:45	00:00:10	00:19:25	00:41:50	-00:04:00	01:00:54.70	01:01:05.25	+00:23:06 (37.9%)	6:29	9.2 (57.9%)
104	WYSZCZELSKA Ewelina	194		Open Kobiet	104	09:15	00:00:06	00:22:09	00:45:52	-00:11:00	01:00:58.05	01:01:04.55	+00:23:09 (38.0%)	7:11	8.3 (52.2%)
105	BUDNIK Agnieszka	457		Open Kobiet	105	10:00	00:00:07	00:23:33	00:46:45	-00:10:00	01:01:02.20	01:01:09.45	+00:23:14 (38.1%)	7:06	8.4 (52.8%)
106	NOWAK Marta	844	LOFT TEAM EXTREME	Open Kobiet	106	11:00	00:00:04	00:20:45	00:43:40	-00:08:00	01:01:02.45	01:01:06.90	+00:23:14 (38.1%)	6:54	8.7 (54.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas			Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km						
107	WARNECKA Monika	801		Open Kobiet	107	10:45	00:00:07	00:21:05	00:45:39	-00:09:00	01:01:10.15	01:01:17.25	+00:23:22 (38.2%)	7:01	8.6 (54.1%)
108	MARCINIAK Klaudia	793		Open Kobiet	108	10:45	00:00:06	00:21:27	00:45:41	-00:09:00	01:01:11.55	01:01:18.45	+00:23:23 (38.2%)	7:01	8.5 (53.5%)
109	KISZKIS Elżbieta	317	HUSARIA RACE TEAM	Open Kobiet	109	09:45	00:00:05	00:22:09	00:46:42	-00:11:00	01:01:25.10	01:01:30.65	+00:23:36 (38.5%)	7:14	8.3 (52.2%)
110	SZWEDA Justyna	528	DZIKIE DZIKI MIGU	Open Kobiet	110	10:15	00:00:07	00:24:02	00:48:14	-00:13:00	01:01:29.30	01:01:37.00	+00:23:41 (38.5%)	7:27	8.1 (50.9%)
111	MYKHAILOVA Olha	172		Open Kobiet	111	09:15	00:00:08		00:41:49	-00:04:00	01:01:32.25	01:01:40.50	+00:23:44 (38.6%)	6:33	9.2 (57.9%)
112	CHOROŚ Sylwia	152		Open Kobiet	112	09:15	00:00:06	00:19:38	00:41:44	-00:04:00	01:01:33.70	01:01:40.50	+00:23:45 (38.6%)	6:33	9.2 (57.9%)
113	WOŹNICKA Kasia	507		Open Kobiet	113	10:00	00:00:04	00:21:38	00:46:41	-00:12:00	01:01:36.00	01:01:40.15	+00:23:47 (38.6%)	7:21	8.2 (51.6%)
114	KALWAT Katarzyna	259		Open Kobiet	114	09:30	00:00:05	00:22:55	00:49:28	-00:14:00	01:01:38.40	01:01:43.55	+00:23:50 (38.7%)	7:33	7.9 (49.7%)
115	TRUSZKOWSKA Marta	1231	S&M	Open Kobiet	115	12:45	00:00:07	00:22:58	00:46:53	-00:10:00	01:01:42.70	01:01:50.15	+00:23:54 (38.7%)	7:10	8.4 (52.8%)
116	JAKUBIAK Sylwia	1230	S&M	Open Kobiet	116	12:45	00:00:07	00:22:58	00:46:53	-00:10:00	01:01:43.30	01:01:50.35	+00:23:55 (38.8%)	7:10	8.4 (52.8%)
117	KUSY Teresa	648	R99	Open Kobiet	117	10:30	00:00:06	00:22:17	00:47:02	-00:11:00	01:01:49.60	01:01:55.75	+00:24:01 (38.9%)	7:16	8.2 (51.6%)
118	HAGEMAJER Klaudia	1112		Open Kobiet	118	12:00	00:00:08	00:22:24	00:46:08	-00:08:00	01:02:01.40	01:02:09.85	+00:24:13 (39.1%)	7:00	8.6 (54.1%)
119	KWIATKOWSKA Aleksandra	1503		Open Kobiet	119	11:45	00:00:08	00:20:52	00:44:27	-00:02:00	01:02:06.25	01:02:14.25	+00:24:18 (39.1%)	6:24	9.4 (59.1%)
120	MAĆKOWIAK Alicja	842	LOFT TEAM EXTREME	Open Kobiet	120	11:00	00:00:03	00:22:01	00:45:53	-00:12:00	01:02:08.30	01:02:12.10	+00:24:20 (39.2%)	7:24	8.1 (50.9%)
121	WYSZKOWSKA Natalia	402		Open Kobiet	121	09:45	00:00:07	00:22:51	00:48:14	-00:12:00	01:02:10.60	01:02:17.70	+00:24:22 (39.2%)	7:25	8.1 (50.9%)
122	ORCZYKOWSKA Izabela	483		Open Kobiet	122	10:00	00:00:06	00:25:22	00:48:32	-00:11:00	01:02:11.50	01:02:17.95	+00:24:23 (39.2%)	7:19	8.2 (51.6%)
123	WOŹNIEWSKA Karolina	1507		Open Kobiet	123	12:15	00:00:08	00:20:28	00:42:49	-00:04:00	01:02:11.65	01:02:20.10	+00:24:23 (39.2%)	6:37	9.1 (57.2%)
124	WODZINSKA Edyta	1004	JANUSZE BŁOTNYCH BIEGÓW	Open Kobiet	124	11:30	00:00:04	00:22:52	00:47:14	-00:10:00	01:02:14.35	01:02:18.80	+00:24:26 (39.3%)	7:13	8.3 (52.2%)
125	MOCZULSKA Danuta	1523	DIRTY6	Open Kobiet	125	09:00	00:00:06	00:22:17	00:46:43	-00:12:00	01:02:19.10	01:02:25.75	+00:24:30 (39.3%)	7:25	8.1 (50.9%)
126	MIZIELIŃSKA Anna	890		Open Kobiet	126	11:00	00:00:06	00:20:25	00:45:08	-00:07:00	01:02:20.20	01:02:26.20	+00:24:32 (39.4%)	6:56	8.7 (54.7%)
127	DOWNAR Agata	1001	CO ZA UPOKORZENIE!	Open Kobiet	127	11:30	00:00:09	00:24:08	00:49:06	-00:12:00	01:02:35.35	01:02:44.35	+00:24:47 (39.6%)	7:27	8 (50.3%)
128	MAREK Joanna	1127		Open Kobiet	128	12:00	00:00:04	00:23:51	00:47:52	-00:11:00	01:02:42.25	01:02:46.65	+00:24:54 (39.7%)	7:22	8.1 (50.9%)
129	ZIELIŃSKA Anna	202	4FACES RUNNING TEAM	Open Kobiet	129	09:30	00:00:12	00:20:19	00:43:17		01:02:48.05	01:03:00.20	+00:24:59 (39.8%)	6:16	9.6 (60.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/bonifikata	10km	10km			
130	SZYLBERG Aleksandra	1381	SPARTAN SGX WARSAW	Open Kobiet	130	12:15	00:00:06	00:23:11	00:48:10	-00:11:00	01:02:53.40	01:03:00.05	+00:25:05 (39.9%)	7:23	8.1 (50.9%)
131	VOYTOVYCH Halyna	1406		Open Kobiet	131	12:30	00:00:06	00:21:52	00:47:17	-00:10:00	01:03:01.35	01:03:07.65	+00:25:13 (40.0%)	7:18	8.2 (51.6%)
132	KAŁUZIŃSKA Dorota	104	HUSARIA RACE TEAM	Open Kobiet	132	09:15	00:00:05	00:20:26	00:46:19	-00:09:00	01:03:14.85	01:03:19.95	+00:25:26 (40.2%)	7:13	8.3 (52.2%)
133	BARAN Paulina	1204	PIĘKNI I BESTIE	Open Kobiet	133	12:30	00:00:06	00:21:52	00:47:38	-00:12:00	01:03:29.50	01:03:36.05	+00:25:41 (40.5%)	7:33	7.9 (49.7%)
134	SALAMOŃSKA Alicja	655	ŻMIJE	Open Kobiet	134	09:30	00:00:09	00:21:57	00:47:35	-00:09:00	01:03:35.80	01:03:44.90	+00:25:47 (40.6%)	7:15	8.3 (52.2%)
135	PARTYKA Jolanta	484		Open Kobiet	135	10:00	00:00:06	00:22:20	00:47:30	-00:10:00	01:03:47.40	01:03:54.20	+00:25:59 (40.7%)	7:22	8.1 (50.9%)
136	SZALA Aleksandra	601		Open Kobiet	136	10:15	00:00:08	00:25:46	00:50:22	-00:11:00	01:04:09.60	01:04:18.45	+00:26:21 (41.1%)	7:31	8 (50.3%)
137	BARAN Kasia	449	TRENER24H.COM.PL	Open Kobiet	137	09:45	00:00:06	00:22:52	00:48:15	-00:10:00	01:04:10.15	01:04:16.95	+00:26:22 (41.1%)	7:25	8.1 (50.9%)
138	MOCARSKA Dorota	987		Open Kobiet	138	11:15	00:00:07	00:24:24	00:49:10	-00:10:00	01:04:11.30	01:04:18.80	+00:26:23 (41.1%)	7:25	8.1 (50.9%)
139	ABRAMCZYK Marta	434	HUSARIA RACE TEAM	Open Kobiet	139	10:00	00:00:03	00:20:45	00:45:02	-00:10:00	01:04:16.35	01:04:19.90	+00:26:28 (41.2%)	7:25	8.1 (50.9%)
140	ŚLIWIŃSKA Ewelina	182		Open Kobiet	140	09:15	00:00:07	00:20:25	00:44:34	-00:04:00	01:04:25.25	01:04:32.70	+00:26:37 (41.3%)	6:50	8.8 (55.3%)
141	KRUSZYŃSKA Anna	3	AGATA PIETROSZEK TEAM	Open Kobiet	141	09:00	00:00:03	00:23:32	00:48:45	-00:11:00	01:04:26.60	01:04:30.50	+00:26:38 (41.3%)	7:32	8 (50.3%)
142	ŁĄCKA Karolina	1334		Open Kobiet	142	12:45	00:02:38	00:20:27	00:44:33		01:04:33.50	01:07:11.70	+00:26:45 (41.4%)	6:27	9.3 (58.5%)
143	ERDMANN Karolina	157		Open Kobiet	143	12:45	00:02:38	00:20:27	00:44:31		01:04:39.10	01:07:17.95	+00:26:50 (41.5%)	6:27	9.3 (58.5%)
144	LATOSIŃSKA Adrianna	215	LUZIE GORSZEGO SORTU	Open Kobiet	144	09:30	00:00:11	00:23:36	00:47:54	-00:09:00	01:04:41.05	01:04:52.35	+00:26:52 (41.6%)	7:22	8.1 (50.9%)
145	PODSIADŁO Anna	823	FRAUEN POWER!	Open Kobiet	145	11:00	00:00:08	00:24:25	00:49:46	-00:10:00	01:04:43.10	01:04:51.50	+00:26:54 (41.6%)	7:28	8 (50.3%)
146	KOSTRZEWSKA Ewelina	1544		Open Kobiet	146	11:45	00:00:03	00:21:26	00:48:02	-00:13:00	01:04:43.50	01:04:47.20	+00:26:55 (41.6%)	7:46	7.7 (48.4%)
147	CHEĆIŃSKA Anita	441	MARTWYBAsEN	Open Kobiet	147	10:00	00:00:11	00:24:11	00:48:33	-00:11:00	01:04:47.30	01:04:59.00	+00:26:59 (41.7%)	7:34	7.9 (49.7%)
148	JAKACKA Anna	360		Open Kobiet	148	09:45	00:00:09	00:24:12	00:48:35	-00:11:00	01:04:47.50	01:04:56.95	+00:26:59 (41.7%)	7:34	7.9 (49.7%)
149	SZUBA Ada	1337	WARSAW CREW	Open Kobiet	149	12:30	00:00:05	00:23:30	00:47:48	-00:08:00	01:04:55.10	01:05:00.75	+00:27:06 (41.8%)	7:17	8.2 (51.6%)
150	LAWRÓW Magdalena	168		Open Kobiet	150	09:15	00:00:00	00:20:06	00:44:11	-00:04:00	01:05:06.15	01:05:06.15	+00:27:18 (41.9%)	6:54	8.7 (54.7%)
151	OKÓLSKA Katarzyna	1043	DIRTY CHEWBACCA	Open Kobiet	151	11:45	00:00:05	00:22:52	00:48:02	-00:09:00	01:05:07.05	01:05:12.40	+00:27:18 (41.9%)	7:24	8.1 (50.9%)
152	DOBRZYCKA Ania	719	CROSSFIT GCW	Open Kobiet	152	10:45	00:00:07	00:23:55	00:49:28	-00:09:00	01:05:10.00	01:05:17.95	+00:27:21 (42.0%)	7:25	8.1 (50.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	10km	10km			
153	MAZUR Magdalena	64		Open Kobiet	153	09:00	00:00:06	00:18:22	00:43:30	-00:05:00	01:05:11.90	01:05:17.95	+00:27:23 (42.0%)	7:01	8.5 (53.5%)
154	OKONSKA Cecylia	1157	AUTOJOZEFOW	Open Kobiet	154	12:15	00:00:07	00:24:11	00:49:10	-00:12:00	01:05:13.90	01:05:21.10	+00:27:25 (42.0%)	7:43	7.8 (49.1%)
155	RESZKE Anna	439	KAJKOTA	Open Kobiet	155	10:00	00:00:10	00:23:59	00:48:59	-00:11:00	01:05:30.15	01:05:40.30	+00:27:42 (42.3%)	7:39	7.8 (49.1%)
156	ZIELIŃSKA Marlena	707		Open Kobiet	156	10:30	00:00:06	00:22:23	00:47:25	-00:10:00	01:05:33.30	01:05:40.00	+00:27:45 (42.3%)	7:33	7.9 (49.7%)
157	DOBROWOLSKA Joanna	622	DOBRE TWAROGI	Open Kobiet	157	10:00	00:00:11	00:23:09	00:49:21	-00:11:00	01:05:34.70	01:05:45.85	+00:27:46 (42.4%)	7:39	7.8 (49.1%)
158	WOŹNIAK Anna	763	SPORTOWE MAMUŚKI	Open Kobiet	158	10:45	00:00:09	00:24:19	00:49:39	-00:10:00	01:05:40.65	01:05:50.15	+00:27:52 (42.4%)	7:34	7.9 (49.7%)
159	MACHNIK Marta	521	DZIKIE DZIKI MIGU	Open Kobiet	159	10:15	00:00:08	00:24:45	00:48:37	-00:10:00	01:05:43.75	01:05:52.05	+00:27:55 (42.5%)	7:34	7.9 (49.7%)
160	STEMBNOWSKA Aleksandra	600		Open Kobiet	160	09:30	00:00:08	00:22:36	00:47:23	-00:09:00	01:05:43.85	01:05:52.80	+00:27:55 (42.5%)	7:28	8 (50.3%)
161	PASIECZYŃSKA Justyna	1306	TEAM BIEGAJ POD OKIEM TRENERA	Open Kobiet	161	11:30	00:00:09	00:22:59	00:47:45	-00:11:00	01:05:53.50	01:06:02.90	+00:28:05 (42.6%)	7:41	7.8 (49.1%)
162	GAŁĄZKA Karolina	1409		Open Kobiet	162	11:45	00:00:07	00:24:10	00:49:04	-00:10:00	01:05:55.45	01:06:03.25	+00:28:07 (42.7%)	7:35	7.9 (49.7%)
163	KOTOWICZ Małgorzata	164		Open Kobiet	163	09:15	00:00:06	00:20:44	00:44:59	-00:06:00	01:05:58.00	01:06:04.65	+00:28:09 (42.7%)	7:11	8.3 (52.2%)
164	DOMAŃSKA Katarzyna	720	CROSSFIT GCW	Open Kobiet	164	10:45	00:00:07	00:23:57	00:49:32	-00:10:00	01:06:02.40	01:06:09.75	+00:28:14 (42.8%)	7:36	7.9 (49.7%)
165	ZYZAK Alicja	912		Open Kobiet	165	11:00	00:00:06	00:23:03	00:48:42	-00:09:00	01:06:02.95	01:06:09.25	+00:28:14 (42.8%)	7:30	8 (50.3%)
166	SKARZYŃSKA Lidia	1172	CROSSFIT URSYNÓW	Open Kobiet	166	12:15	00:00:08	00:23:09	00:47:54	-00:09:00	01:06:08.45	01:06:16.65	+00:28:20 (42.8%)	7:30	8 (50.3%)
167	ROSTEK Katarzyna	900		Open Kobiet	167	11:00	00:00:06	00:22:11	00:48:26	-00:07:00	01:06:08.95	01:06:15.40	+00:28:20 (42.9%)	7:18	8.2 (51.6%)
168	WIŚNIEWSKA Karolina	909		Open Kobiet	168	11:00	00:00:08	00:20:43	00:46:43	-00:01:00	01:06:19.40	01:06:28.10	+00:28:31 (43.0%)	6:44	8.9 (56.0%)
169	KOTAS Patrycja	265		Open Kobiet	169	09:15	00:00:05	00:22:22	00:48:42	-00:11:00	01:06:24.55	01:06:29.55	+00:28:36 (43.1%)	7:44	7.8 (49.1%)
170	PIGUŁA Daria	1070	CROSSFIT POŁUDNIE	Open Kobiet	170	12:00	00:00:05	00:22:42	00:48:45	-00:10:00	01:06:27.05	01:06:32.40	+00:28:38 (43.1%)	7:38	7.8 (49.1%)
171	PIESIAK Gosia	1210	TRENER24H.COM.PL	Open Kobiet	171	12:30	00:00:06	00:20:53	00:46:05	-00:06:00	01:06:29.20	01:06:35.45	+00:28:41 (43.1%)	7:14	8.3 (52.2%)
172	KĄDZIELSKA Magdalena	785		Open Kobiet	172	10:45	00:00:07	00:23:33	00:50:06	-00:11:00	01:06:29.45	01:06:37.10	+00:28:41 (43.1%)	7:45	7.7 (48.4%)
173	SAS Aldona	492		Open Kobiet	173	09:45	00:00:09	00:24:12	00:48:35	-00:10:00	01:06:36.65	01:06:46.10	+00:28:48 (43.2%)	7:39	7.8 (49.1%)
174	FILIPOWSKA Teresa	1400		Open Kobiet	174	12:30	00:00:05	00:21:24	00:47:17	-00:08:00	01:06:36.95	01:06:42.85	+00:28:48 (43.3%)	7:27	8 (50.3%)
175	GOCLIK Adriana	463	CROSSFIT MGW	Open Kobiet	175	10:00	00:00:07	00:23:36	00:49:22	-00:08:00	01:06:38.45	01:06:45.45	+00:28:50 (43.3%)	7:27	8 (50.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
176	WRÓBLEWSKA Anna	508		Open Kobiet	176	10:00	00:00:10	00:25:48	00:52:13	-00:11:00	01:06:47.75	01:06:58.55	+00:28:59 (43.4%)	7:46	7.7 (48.4%)
177	ZAKRZEWSKA Sylwia	1270	REEBOK RUN CREW SKIERNIEWICE	Open Kobiet	177	10:30	00:00:07	00:24:06	00:50:41	-00:12:00	01:06:49.55	01:06:56.95	+00:29:01 (43.4%)	7:52	7.6 (47.8%)
178	WNOROWSKA Magdalena	611	DZIADY OCR	Open Kobiet	178	10:15	00:00:08	00:24:30	00:49:31	-00:11:00	01:06:57.05	01:07:05.30	+00:29:08 (43.5%)	7:47	7.7 (48.4%)
179	MIGDAŁ Małgorzata	106	HUSARIA RACE TEAM	Open Kobiet	179	09:15	00:00:07	00:23:13	00:48:11	-00:07:00	01:06:59.50	01:07:06.95	+00:29:11 (43.6%)	7:23	8.1 (50.9%)
180	ŚWISTAK Ilona	1150		Open Kobiet	180	12:00	00:00:06	00:26:37	00:52:33	-00:12:00	01:07:13.95	01:07:20.40	+00:29:25 (43.8%)	7:55	7.6 (47.8%)
181	REJ-WITT Marta	533	HUSARIA RACE TEAM	Open Kobiet	181	10:15	00:00:09	00:25:06	00:50:38	-00:13:00	01:07:14.00	01:07:23.95	+00:29:25 (43.8%)	8:01	7.5 (47.2%)
182	SZABELSKA Paulina	390		Open Kobiet	182	09:45	00:00:11	00:24:44	00:50:33	-00:13:00	01:07:22.90	01:07:34.65	+00:29:34 (43.9%)	8:02	7.5 (47.2%)
183	TYŃSKA Martyna	607		Open Kobiet	183	10:15	00:00:10	00:24:51	00:50:57	-00:10:00	01:07:32.00	01:07:42.95	+00:29:43 (44.0%)	7:45	7.7 (48.4%)
184	STOCKA Małgorzata	1174	CROSSFIT URSYNÓW	Open Kobiet	184	12:15	00:00:07	00:24:03	00:48:33	-00:08:00	01:07:35.20	01:07:42.25	+00:29:47 (44.1%)	7:33	7.9 (49.7%)
185	GRZELAK Marta	1024		Open Kobiet	185	11:30	00:00:07	00:24:25	00:49:44	-00:10:00	01:07:38.40	01:07:46.30	+00:29:50 (44.1%)	7:45	7.7 (48.4%)
186	DMYTROWSKA Małgorzata	977		Open Kobiet	186	11:15	00:00:05	00:23:14	00:49:51	-00:08:00	01:07:48.05	01:07:53.45	+00:29:59 (44.2%)	7:34	7.9 (49.7%)
187	KALISZ-WIŚNIEWSKA Diana	465		Open Kobiet	187	10:00	00:00:06	00:23:37	00:50:12	-00:09:00	01:07:49.65	01:07:55.65	+00:30:01 (44.3%)	7:40	7.8 (49.1%)
188	TATARA Barbara	86		Open Kobiet	188	09:00	00:00:08	00:21:26	00:46:56	-00:04:00	01:07:55.20	01:08:03.80	+00:30:07 (44.3%)	7:11	8.3 (52.2%)
189	POTACZEK Agata	543	ROZTOCZKI	Open Kobiet	189	10:15	00:00:09	00:25:09	00:51:01	-00:11:00	01:08:02.35	01:08:11.65	+00:30:14 (44.4%)	7:54	7.6 (47.8%)
190	RODZIK Joanna	1100	SPORTERA OCR	Open Kobiet	190	12:00	00:00:04	00:24:34	00:54:03	-00:12:00	01:08:03.15	01:08:07.90	+00:30:15 (44.5%)	8:00	7.5 (47.2%)
191	SKOWERA Anita	996	101 COUNTRIES BEFORE 50	Open Kobiet	191	11:30	00:00:04	00:23:56	00:50:01	-00:11:00	01:08:03.40	01:08:08.25	+00:30:15 (44.5%)	7:54	7.6 (47.8%)
192	ZACZEK Gosia	739	CROSSFITGCW	Open Kobiet	192	11:00	00:00:08	00:25:58	00:53:41	-00:12:00	01:08:05.65	01:08:14.60	+00:30:17 (44.5%)	8:00	7.5 (47.2%)
193	KAPUŚCIŃSKA Aleksandra	1224	CROSSFIT URSYNÓW	Open Kobiet	193	12:15	00:00:07	00:24:39	00:51:33	-00:11:00	01:08:16.25	01:08:24.20	+00:30:28 (44.6%)	7:55	7.6 (47.8%)
194	SZAŁAŃSKA Agata	993		Open Kobiet	194	11:15	00:00:06	00:22:06	00:46:59	-00:06:00	01:08:29.15	01:08:35.45	+00:30:41 (44.8%)	7:26	8.1 (50.9%)
195	PIŁAT Renata	991		Open Kobiet	195	11:15	00:00:05	00:23:13	00:49:51	-00:07:00	01:08:30.40	01:08:36.15	+00:30:42 (44.8%)	7:33	7.9 (49.7%)
196	HORA Weronika	358		Open Kobiet	196	09:30	00:00:09	00:24:27	00:49:55	-00:08:00	01:08:31.70	01:08:41.65	+00:30:43 (44.8%)	7:39	7.8 (49.1%)
197	KLEPACZ Noemi	109	MIRAZ RACE TEAM	Open Kobiet	197	09:00	00:00:02	00:25:33	00:54:17	-00:13:00	01:08:36.85	01:08:39.75	+00:30:48 (44.9%)	8:09	7.4 (46.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
198	SULEJ-DĄBROWSKA Aleksandra	1353	MAMY RUSZAMY	Open Kobiet	198	11:30	00:00:10	00:21:31	00:46:12	-00:04:00	01:08:43.60	01:08:54.25	+00:30:55 (45.0%)	7:16	8.2 (51.6%)
199	ZVOLSKA Marketa	1198		Open Kobiet	199	12:15	00:00:07	00:24:04	00:52:14	-00:13:00	01:08:54.05	01:09:01.60	+00:31:05 (45.1%)	8:11	7.3 (45.9%)
200	KAPŁON Anna	1302	TEAM BIEGAJ POD OKIEM TRENERA	Open Kobiet	200	11:30	00:00:08	00:22:46	00:49:24	-00:08:00	01:08:57.10	01:09:05.30	+00:31:08 (45.2%)	7:41	7.8 (49.1%)
201	ZIEŃ Klaudia	772	TOTAL FITNESS	Open Kobiet	201	10:45	00:00:08	00:21:56	00:47:59		01:09:00.00	01:09:08.70	+00:31:11 (45.2%)	6:54	8.7 (54.7%)
202	DERDA Marta	740	DERDY	Open Kobiet	202	11:45	00:00:05	00:23:33	00:50:19	-00:11:00	01:09:00.35	01:09:05.75	+00:31:12 (45.2%)	8:00	7.5 (47.2%)
203	ABRAMCZYK Aleksandra	860		Open Kobiet	203	11:00	00:00:07	00:25:41	00:51:21	-00:11:00	01:09:04.70	01:09:11.85	+00:31:16 (45.3%)	8:00	7.5 (47.2%)
204	JAKUBOWSKA Anna	878		Open Kobiet	204	11:00	00:00:07	00:25:41	00:51:21	-00:11:00	01:09:04.85	01:09:11.90	+00:31:16 (45.3%)	8:00	7.5 (47.2%)
205	GRUDZIŃSKA Agnieszka	356		Open Kobiet	205	09:45	00:00:07	00:24:18	00:51:18	-00:10:00	01:09:13.50	01:09:21.15	+00:31:25 (45.4%)	7:55	7.6 (47.8%)
206	OZGA Anna	1486		Open Kobiet	206	11:45	00:00:05	00:23:28	00:50:59	-00:09:00	01:09:17.20	01:09:22.35	+00:31:29 (45.4%)	7:49	7.7 (48.4%)
207	LAZAREVA Viktoriia	61		Open Kobiet	207	09:00	00:00:08	00:24:57	00:52:06	-00:10:00	01:09:21.80	01:09:30.00	+00:31:33 (45.5%)	7:56	7.6 (47.8%)
208	ZWOLAK Joanna	404		Open Kobiet	208	09:45	00:00:11	00:24:45	00:50:32	-00:11:00	01:09:22.90	01:09:34.05	+00:31:34 (45.5%)	8:02	7.5 (47.2%)
209	RYBIŃSKA Karolina	381		Open Kobiet	209	09:45	00:00:10	00:26:43	00:52:00	-00:08:00	01:09:25.70	01:09:35.80	+00:31:37 (45.6%)	7:44	7.8 (49.1%)
210	KOTOMSKA Renata	312	FIGLARZE	Open Kobiet	210	09:45	00:00:06	00:24:00	00:50:41	-00:11:00	01:09:32.30	01:09:39.15	+00:31:44 (45.6%)	8:03	7.4 (46.5%)
211	SOSNOWSKA-SCHILLER Bernadetta	315	HISZPAŃSKIE SCHODY	Open Kobiet	211	09:45	00:00:06	00:24:01	00:52:53	-00:11:00	01:09:32.80	01:09:39.15	+00:31:44 (45.6%)	8:03	7.4 (46.5%)
212	POPIELARSKA Marta	378		Open Kobiet	212	09:45	00:00:11	00:25:53	00:52:39	-00:12:00	01:09:35.20	01:09:46.65	+00:31:47 (45.7%)	8:09	7.4 (46.5%)
213	SACZUK Magda	1398	NIEZAPROSZENI	Open Kobiet	213	11:45	00:00:04	00:24:25	00:53:00	-00:10:00	01:09:37.25	01:09:41.30	+00:31:49 (45.7%)	7:57	7.5 (47.2%)
214	NOJAK Marta	1208	TOO FAST TOO FURIOUS	Open Kobiet	214	12:30	00:00:08	00:21:23	00:47:44	-00:04:00	01:09:38.95	01:09:47.20	+00:31:50 (45.7%)	7:21	8.1 (50.9%)
215	PIEŚNIEWSKA Anna	176		Open Kobiet	215	11:15	00:00:05	00:22:54	00:48:38	-00:09:00	01:09:40.00	01:09:45.80	+00:31:51 (45.7%)	7:52	7.6 (47.8%)
216	IZAK Aneta	762	SPORTOWE MAMUŚKI	Open Kobiet	216	10:45	00:00:09	00:27:28	00:54:45	-00:12:00	01:09:44.30	01:09:53.95	+00:31:56 (45.8%)	8:10	7.3 (45.9%)
217	FLORCZYK Mariola	1051		Open Kobiet	217	12:15	00:00:04	00:22:57	00:49:38	-00:11:00	01:09:46.95	01:09:51.65	+00:31:58 (45.8%)	8:04	7.4 (46.5%)
218	TUROWSKA Anna	1058		Open Kobiet	218	11:45	00:00:07	00:24:11	00:51:29	-00:09:00	01:09:47.75	01:09:55.10	+00:31:59 (45.8%)	7:52	7.6 (47.8%)
219	WOJTAL Katarzyna	556	WTF?	Open Kobiet	219	10:15	00:00:04	00:23:46	00:50:52	-00:11:00	01:09:48.05	01:09:52.60	+00:31:59 (45.8%)	8:04	7.4 (46.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas			Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km						
220	WITKOWSKA Monika	1059		Open Kobiet	220	12:15	00:00:00	00:23:03	00:49:46	-00:11:00	01:09:51.95	01:09:51.95	+00:32:03 (45.9%)	8:05	7.4 (46.5%)
221	JÓŻWIK Agnieszka	669		Open Kobiet	221	10:30	00:00:05	00:25:02	00:52:22	-00:11:00	01:09:54.70	01:09:59.75	+00:32:06 (45.9%)	8:05	7.4 (46.5%)
222	KASSNER Ewelina	1315	TEAM BIEGAJ POD OKIEM TRENERA	Open Kobiet	222	11:30	00:00:09	00:23:01	00:47:45	-00:07:00	01:09:56.60	01:10:05.90	+00:32:08 (46.0%)	7:41	7.8 (49.1%)
223	BIADUŃ Agnieszka	998	BOZONY HIGGSA	Open Kobiet	223	11:00	00:00:04	00:24:14	00:51:11	-00:09:00	01:10:10.25	01:10:14.30	+00:32:22 (46.1%)	7:55	7.6 (47.8%)
224	BŁASZCZYK Anna	30		Open Kobiet	224	09:00	00:00:10	00:21:58	00:49:02	-00:06:00	01:10:12.50	01:10:22.95	+00:32:24 (46.2%)	7:37	7.9 (49.7%)
225	GOMULSKA Agnieszka	663		Open Kobiet	225	10:30	00:00:05	00:25:04	00:52:24	-00:04:00	01:10:15.00	01:10:20.85	+00:32:26 (46.2%)	7:25	8.1 (50.9%)
226	SOCHA Justyna	1002	CO ZA UPOKORZENIE!	Open Kobiet	226	11:30	00:00:08	00:24:46	00:52:03	-00:10:00	01:10:15.15	01:10:23.95	+00:32:27 (46.2%)	8:01	7.5 (47.2%)
227	TOKARSKA Agnieszka	1387		Open Kobiet	227	12:15	00:00:04	00:28:15	00:57:18	-00:11:00	01:10:19.90	01:10:24.20	+00:32:31 (46.3%)	8:08	7.4 (46.5%)
228	ROZWADOWSKA Izabela	1386		Open Kobiet	228	12:15	00:00:03	00:28:16	00:57:19	-00:11:00	01:10:20.20	01:10:24.10	+00:32:32 (46.3%)	8:08	7.4 (46.5%)
229	PODSIADLY Aleksandra	1417	SPORTOWE MAMUŚKI	Open Kobiet	229	10:45	00:00:09	00:27:28	00:54:45	-00:10:00	01:10:25.60	01:10:35.05	+00:32:37 (46.3%)	8:02	7.5 (47.2%)
230	KEDZIORA Monika	429	CROSSFIT SIEDLCE	Open Kobiet	230	10:00	00:00:11	00:26:27	00:52:24	-00:10:00	01:10:25.75	01:10:37.70	+00:32:37 (46.3%)	8:02	7.5 (47.2%)
231	GOŁĘBIEWSKA Aleksandra	355		Open Kobiet	231	09:45	00:00:08	00:24:46	00:51:07	-00:09:00	01:10:32.25	01:10:40.80	+00:32:44 (46.4%)	7:57	7.5 (47.2%)
232	POPIELARSKA Milena	379		Open Kobiet	232	09:45	00:00:10	00:25:46	00:52:15	-00:11:00	01:10:35.65	01:10:46.30	+00:32:47 (46.5%)	8:09	7.4 (46.5%)
233	URBANOWICZ Elżbieta	800		Open Kobiet	233	10:45	00:00:10	00:26:10	00:52:25	-00:10:00	01:10:38.50	01:10:48.75	+00:32:50 (46.5%)	8:03	7.4 (46.5%)
234	ŚLUBOWSKA Aleksandra	494		Open Kobiet	234	10:00	00:00:07	00:20:49	00:48:45	-00:01:00	01:10:42.65	01:10:50.25	+00:32:54 (46.5%)	7:10	8.4 (52.8%)
235	JANKOWSKA Anita	1053		Open Kobiet	235	12:15	00:00:05	00:22:57	00:49:40	-00:10:00	01:10:46.50	01:10:51.50	+00:32:58 (46.6%)	8:04	7.4 (46.5%)
236	PRZĄDKA Magdalena	857	OFF-ROAD RUNNERS BENEFIT SYSTEMS	Open Kobiet	236	10:45	00:00:10	00:26:10	00:52:25	-00:10:00	01:10:46.70	01:10:57.05	+00:32:58 (46.6%)	8:04	7.4 (46.5%)
237	KUBRAT Aleksandra	55		Open Kobiet	237	09:00	00:00:08	00:25:41	00:54:19	-00:14:00	01:10:47.65	01:10:55.95	+00:32:59 (46.6%)	8:28	7.1 (44.7%)
238	DUK Milena	871		Open Kobiet	238	11:00	00:00:07	00:21:26	00:47:59	-00:04:00	01:10:57.70	01:11:05.30	+00:33:09 (46.7%)	7:29	8 (50.3%)
239	RZYMSKA Patrycja	743	FEHUT	Open Kobiet	239	10:45	00:00:10	00:25:03	00:51:42	-00:07:00	01:10:58.30	01:11:08.40	+00:33:10 (46.7%)	7:47	7.7 (48.4%)
240	MIERZWA Agnieszka	727	CROSSFIT GCW	Open Kobiet	240	10:45	00:00:06	00:25:57	00:54:45	-00:12:00	01:11:01.35	01:11:07.80	+00:33:13 (46.8%)	8:18	7.2 (45.3%)
241	ZENKA Sandra	99		Open Kobiet	241	09:00	00:00:07	00:23:48	00:51:38	-00:09:00	01:11:03.75	01:11:11.00	+00:33:15 (46.8%)	8:00	7.5 (47.2%)
242	GOSTKOWSKA Agata	876		Open Kobiet	242	11:15	00:00:03	00:25:35	00:52:41	-00:08:00	01:11:10.45	01:11:13.90	+00:33:22 (46.9%)	7:55	7.6 (47.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas			Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km						
243	KUR Anna	57		Open Kobiet	243	09:00	00:00:08	00:21:17	00:47:43	-00:04:00	01:11:11.70	01:11:20.60	+00:33:23 (46.9%)	7:31	8 (50.3%)
244	GANOWSKA Małgorzata	1052		Open Kobiet	244	11:45	00:00:09	00:21:35	00:49:43	-00:07:00	01:11:14.30	01:11:23.85	+00:33:26 (46.9%)	7:49	7.7 (48.4%)
245	STAROSZCZYK Oktawia	1264		Open Kobiet	245	11:15	00:00:08	00:27:41	00:54:28	-00:12:00	01:11:18.75	01:11:27.40	+00:33:30 (47.0%)	8:19	7.2 (45.3%)
246	DĘBICKA Katarzyna	1022		Open Kobiet	246	11:30	00:00:07	00:25:31	00:53:24	-00:10:00	01:11:24.00	01:11:31.10	+00:33:35 (47.1%)	8:08	7.4 (46.5%)
247	JABŁONOWSKA Olga	770	TOTAL FITNESS	Open Kobiet	247	10:45	00:00:08	00:27:14	00:56:02	-00:11:00	01:11:26.10	01:11:34.90	+00:33:37 (47.1%)	8:14	7.3 (45.9%)
248	DŻEGAN Kinga	1238		Open Kobiet	248	12:45	00:00:07	00:23:18	00:51:03	-00:01:00	01:11:28.15	01:11:36.05	+00:33:40 (47.1%)	7:14	8.3 (52.2%)
249	CHWIEJCZAK Justyna	458		Open Kobiet	249	10:00	00:00:08	00:26:21	00:54:07	-00:10:00	01:11:32.45	01:11:41.20	+00:33:44 (47.2%)	8:09	7.4 (46.5%)
250	JAKUBIAK Marta	14	BARANY	Open Kobiet	250	09:00	00:00:09	00:21:15	00:47:47	-00:04:00	01:11:35.40	01:11:44.70	+00:33:47 (47.2%)	7:33	7.9 (49.7%)
251	WITWICKA Marta	91		Open Kobiet	251	09:00	00:00:09	00:21:15	00:47:42	-00:04:00	01:11:35.45	01:11:44.65	+00:33:47 (47.2%)	7:33	7.9 (49.7%)
252	DYLEWSKA Magda	462		Open Kobiet	252	09:45	00:00:10	00:25:53	00:52:40	-00:10:00	01:11:35.70	01:11:46.65	+00:33:47 (47.2%)	8:09	7.4 (46.5%)
253	KAROLAK Jolanta	466		Open Kobiet	253	10:00	00:00:07	00:20:49	00:48:45		01:11:42.30	01:11:49.85	+00:33:54 (47.3%)	7:10	8.4 (52.8%)
254	ALLAWIAH Suzan	453		Open Kobiet	254	10:30	00:00:09	00:25:04	00:53:08	-00:11:00	01:11:44.15	01:11:54.00	+00:33:56 (47.3%)	8:16	7.3 (45.9%)
255	TURULSKA Joanna	129	ROSSMANN	Open Kobiet	255	09:15	00:00:07	00:24:40	00:52:37	-00:09:00	01:11:56.00	01:12:03.10	+00:34:07 (47.4%)	8:05	7.4 (46.5%)
256	TISAKOVA Jelena	395		Open Kobiet	256	09:45	00:00:07	00:27:02	00:55:07	-00:12:00	01:11:58.10	01:12:05.40	+00:34:09 (47.5%)	8:23	7.1 (44.7%)
257	MALCZYK Natalia	477		Open Kobiet	257	10:00	00:00:08	00:27:14	00:54:15	-00:11:00	01:11:58.55	01:12:06.65	+00:34:10 (47.5%)	8:17	7.2 (45.3%)
258	KOWNACKA Ewelina	472		Open Kobiet	258	10:00	00:00:07	00:27:15	00:54:16	-00:11:00	01:11:58.90	01:12:06.55	+00:34:10 (47.5%)	8:17	7.2 (45.3%)
259	NOWAK Ewa	320	JANUSZE I GRAŻYNY FITNESSU:)	Open Kobiet	259	09:45	00:00:11	00:25:24	00:53:15	-00:11:00	01:11:59.70	01:12:10.75	+00:34:11 (47.5%)	8:17	7.2 (45.3%)
260	KOT Estera	1303	TEAM BIEGAJ POD OKIEM TRENERA	Open Kobiet	260	11:30	00:00:09	00:22:29	00:50:04	-00:01:00	01:12:06.20	01:12:15.20	+00:34:18 (47.6%)	7:18	8.2 (51.6%)
261	BAR Katarzyna	1531		Open Kobiet	261	11:30	00:00:07	00:22:31	00:50:06	-00:01:00	01:12:07.30	01:12:15.25	+00:34:19 (47.6%)	7:18	8.2 (51.6%)
262	GAJOWNICZEK Magdalena	981		Open Kobiet	262	11:15	00:01:58	00:25:57	00:49:40	-00:06:00	01:12:13.95	01:14:12.30	+00:34:25 (47.7%)	7:49	7.7 (48.4%)
263	DUDZIŃSKA Joanna	978		Open Kobiet	263	11:15	00:00:05	00:25:54	00:52:02	-00:10:00	01:12:17.45	01:12:22.95	+00:34:29 (47.7%)	8:13	7.3 (45.9%)
263	NOWACKA Patrycja	174		Open Kobiet	264	09:15	00:00:05	00:23:39	00:51:06	-00:06:00	01:12:17.45	01:12:22.90	+00:34:29 (47.7%)	7:49	7.7 (48.4%)
265	MISIOR Renata	820	FRAUEN POWER!	Open Kobiet	265	11:00	00:00:08	00:26:39	00:55:20	-00:11:00	01:12:20.30	01:12:28.50	+00:34:32 (47.7%)	8:20	7.2 (45.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
266	RUTKOWSKA Marta	595		Open Kobiet	266	10:15	00:00:07	00:20:26	00:48:04	-00:04:00	01:12:20.85	01:12:28.00	+00:34:32 (47.7%)	7:38	7.9 (49.7%)
267	MIKOŁAJCZYK Anna	479		Open Kobiet	267	10:00	00:00:08		00:51:15	-00:06:00	01:12:24.80	01:12:33.25	+00:34:36 (47.8%)	7:50	7.7 (48.4%)
268	CZABAN Iwona	1418		Open Kobiet	268	10:15	00:00:09	00:21:32	00:48:00	-00:04:00	01:12:25.75	01:12:35.20	+00:34:37 (47.8%)	7:38	7.8 (49.1%)
269	DERMAŃSKA Marta	612	A TO NIE MARATON?	Open Kobiet	269	10:30	00:00:09	00:24:32	00:53:15	-00:12:00	01:12:31.15	01:12:40.60	+00:34:43 (47.9%)	8:27	7.1 (44.7%)
270	STĘPIEŃ Dorota	614	A TO NIE MARATON?	Open Kobiet	270	10:30	00:00:09	00:24:32	00:53:09	-00:12:00	01:12:31.50	01:12:40.55	+00:34:43 (47.9%)	8:27	7.1 (44.7%)
271	SOBCZYŃSKA Krystyna	386		Open Kobiet	271	09:45	00:00:10	00:25:45	00:52:15	-00:09:00	01:12:35.60	01:12:46.25	+00:34:47 (47.9%)	8:09	7.4 (46.5%)
272	SALIŃSKA Anna	491		Open Kobiet	272	10:00	00:00:08	00:26:21	00:54:07	-00:09:00	01:12:37.65	01:12:46.60	+00:34:49 (48.0%)	8:09	7.3 (45.9%)
273	ŁUCZAK Justyna	841	LOFT TEAM EXTREME	Open Kobiet	273	11:00	00:00:04	00:23:06	00:50:43	-00:06:00	01:12:44.55	01:12:48.85	+00:34:56 (48.0%)	7:52	7.6 (47.8%)
274	BARSZCZ Dominika	943	ROSSMANN	Open Kobiet	274	11:15	00:00:06	00:28:53		-00:12:00	01:12:45.05	01:12:51.25	+00:34:56 (48.0%)	8:28	7.1 (44.7%)
275	ZIÓŁKOWSKA Lidia	1049	ŻUKI GNOJARZE	Open Kobiet	275	12:15	00:00:04	00:22:58	00:49:38	-00:08:00	01:12:46.80	01:12:51.65	+00:34:58 (48.1%)	8:04	7.4 (46.5%)
276	CHOJNACKA Dominika	35		Open Kobiet	276	09:00	00:00:08	00:25:42	00:54:20	-00:12:00	01:12:47.80	01:12:56.00	+00:34:59 (48.1%)	8:28	7.1 (44.7%)
277	MARZANTOWICZ Katarzyna	1220		Open Kobiet	277	12:30	00:00:07	00:24:57	00:53:19	-00:11:00	01:12:50.15	01:12:57.95	+00:35:02 (48.1%)	8:23	7.2 (45.3%)
278	MARYNIAK Katarzyna	1219		Open Kobiet	278	12:30	00:00:07	00:24:58	00:53:19	-00:11:00	01:12:50.80	01:12:58.20	+00:35:02 (48.1%)	8:23	7.2 (45.3%)
279	PASEK Marta	638	PACZKA Z PIASECZNA	Open Kobiet	279	10:30	00:00:06	00:26:29	00:55:43	-00:11:00	01:12:51.20	01:12:57.90	+00:35:03 (48.1%)	8:23	7.2 (45.3%)
280	ZWOLIŃSKA Barbara	759	MŁODE WILKI 99	Open Kobiet	280	10:45	00:00:07	00:24:39	00:52:21	-00:11:00	01:12:53.00	01:13:00.10	+00:35:04 (48.1%)	8:23	7.2 (45.3%)
281	MICHALSKA Halina	65		Open Kobiet	281	09:00	00:00:08	00:21:51	00:50:37	-00:07:00	01:12:54.30	01:13:02.95	+00:35:06 (48.1%)	7:59	7.5 (47.2%)
282	STANKIEWICZ Małgorzata	1251		Open Kobiet	282	12:45	00:00:06	00:23:32	00:50:45	-00:06:00	01:12:54.90	01:13:01.55	+00:35:06 (48.2%)	7:53	7.6 (47.8%)
283	ADAMCZYK Ewelina	126	ROSSMANN	Open Kobiet	283	09:15	00:00:07	00:24:40	00:52:37	-00:08:00	01:12:57.90	01:13:05.05	+00:35:09 (48.2%)	8:05	7.4 (46.5%)
284	MIODUSZEWSKA Joanna	917	CROSS ELITE GRAJEWO	Open Kobiet	284	11:15	00:00:04	00:21:44	00:47:56	-00:04:00	01:13:08.15	01:13:12.30	+00:35:20 (48.3%)	7:42	7.8 (49.1%)
285	IDASZAK Wioletta	1259	REEBOK RUN CREW SKIERNIEWICE	Open Kobiet	285	10:30	00:00:07	00:23:16	00:50:43	-00:06:00	01:13:19.60	01:13:27.35	+00:35:31 (48.4%)	7:56	7.6 (47.8%)
286	KOWNACKA Magdalena	24	GANG ANIELIC	Open Kobiet	286	09:00	00:00:05	00:25:19	00:55:18	-00:12:00	01:13:24.65	01:13:30.50	+00:35:36 (48.5%)	8:32	7 (44.0%)
287	GASIUK Monika	353		Open Kobiet	287	09:45	00:00:07	00:23:55	00:51:45	-00:06:00	01:13:29.15	01:13:36.90	+00:35:41 (48.6%)	7:56	7.5 (47.2%)
288	KRUSZYŃSKA Agnieszka	613	A TO NIE MARATON?	Open Kobiet	288	10:30	00:00:09	00:24:31	00:53:10	-00:11:00	01:13:31.60	01:13:40.70	+00:35:43 (48.6%)	8:27	7.1 (44.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	10km	10km			
289	MOTORINA Ekaterina	585		Open Kobiet	289	10:15	00:00:05	00:25:05	00:53:28	-00:08:00	01:13:35.40	01:13:41.15	+00:35:47 (48.6%)	8:09	7.4 (46.5%)
290	URBAŃCZYK Monika	502		Open Kobiet	290	10:00	00:00:04	00:26:06	00:55:20	-00:10:00	01:13:40.20	01:13:44.95	+00:35:52 (48.7%)	8:22	7.2 (45.3%)
291	DYMARSKA Marzena	1205	TOO FAST TOO FURIOUS	Open Kobiet	291	12:30	00:00:07	00:22:52	00:49:22	-00:04:00	01:13:46.05	01:13:53.75	+00:35:57 (48.8%)	7:46	7.7 (48.4%)
292	SZEWCZYK Zuzanna	1545		Open Kobiet	292	10:30	00:00:09	00:25:08	00:53:10	-00:09:00	01:13:49.20	01:13:59.15	+00:36:01 (48.8%)	8:17	7.2 (45.3%)
293	JASIEWICZ Anna	637	P&D	Open Kobiet	293	11:30	00:00:06	00:25:11	00:51:14	-00:05:00	01:13:53.85	01:14:00.00	+00:36:05 (48.8%)	7:53	7.6 (47.8%)
294	KONOPKA Agnieszka	1244		Open Kobiet	294	12:45	00:00:06	00:23:32	00:50:45	-00:05:00	01:13:54.00	01:14:00.95	+00:36:05 (48.8%)	7:53	7.6 (47.8%)
295	BUDNY Aleksandra	309	FIGLARZE	Open Kobiet	295	09:45	00:00:06	00:24:00	00:50:41	-00:11:00	01:13:54.90	01:14:01.35	+00:36:06 (48.9%)	8:29	7.1 (44.7%)
296	GOŁĘBIEWSKA Joanna	965	TINDERCOUPLE	Open Kobiet	296	11:15	00:00:07	00:26:39	00:54:12	-00:11:00	01:13:55.30	01:14:02.70	+00:36:07 (48.9%)	8:29	7.1 (44.7%)
297	LASKA Anna	1083	OCR TEAM DĘBICA	Open Kobiet	297	12:00	00:00:07	00:25:59	00:53:43	-00:14:00	01:14:04.20	01:14:12.15	+00:36:16 (49.0%)	8:48	6.8 (42.8%)
298	GÓRA Anna	1081	OCR TEAM DĘBICA	Open Kobiet	298	12:00	00:00:07	00:25:57	00:53:41	-00:14:00	01:14:04.45	01:14:12.30	+00:36:16 (49.0%)	8:48	6.8 (42.8%)
299	PIWOWARCZYK Agata	412	BRAVEHARTS LEGIONOWO	Open Kobiet	299	10:00	00:00:09	00:24:47	00:53:42	-00:07:00	01:14:05.80	01:14:15.75	+00:36:17 (49.0%)	8:06	7.4 (46.5%)
300	DOMŻAŁ Joanna	460		Open Kobiet	300	10:00	00:00:09	00:26:15	00:53:39	-00:09:00	01:14:08.95	01:14:18.30	+00:36:20 (49.0%)	8:18	7.2 (45.3%)
301	MILCZAREK Karolina	651	VIGO SYSTEM	Open Kobiet	301	10:30	00:00:05	00:26:02	00:56:54	-00:11:00	01:14:09.20	01:14:14.40	+00:36:21 (49.0%)	8:30	7 (44.0%)
302	KOTARSKA Aneta	1054		Open Kobiet	302	11:45	00:00:10	00:21:35	00:49:41	-00:04:00	01:14:14.05	01:14:24.10	+00:36:25 (49.1%)	7:49	7.7 (48.4%)
303	NIEMCZYŃSKA Dorota	173		Open Kobiet	303	09:15	00:00:09	00:23:33	00:52:52	-00:06:00	01:14:18.00	01:14:27.15	+00:36:29 (49.1%)	8:01	7.5 (47.2%)
304	KUREK Izabella	922	DILERZY ASSISTANCE	Open Kobiet	304	11:15	00:00:07	00:29:59		-00:12:00	01:14:25.25	01:14:32.60	+00:36:37 (49.2%)	8:38	6.9 (43.4%)
305	KORCZYŃSKA Marta	1293		Open Kobiet	305	10:15	00:00:10	00:27:44	00:55:46	-00:12:00	01:14:35.50	01:14:45.60	+00:36:47 (49.3%)	8:39	6.9 (43.4%)
306	KOMIŃCZYK Zuzanna	263		Open Kobiet	306	09:15	00:00:09	00:26:45	00:56:53	-00:05:00	01:14:41.55	01:14:51.25	+00:36:53 (49.4%)	7:58	7.5 (47.2%)
307	KLOZA - LASKOWSKA Dorota	1067	CROSSFIT POŁUDNIE	Open Kobiet	307	12:00	00:00:06	00:26:55	00:55:20	-00:14:00	01:14:56.25	01:15:02.55	+00:37:08 (49.6%)	8:53	6.7 (42.1%)
308	POPŁAWSKA Aleksandra	329	RUN BITCHES RUN	Open Kobiet	308	09:45	00:00:08	00:28:33	00:57:16	-00:12:00	01:15:02.85	01:15:11.10	+00:37:14 (49.6%)	8:42	6.9 (43.4%)
309	ZMORCZYŃSKA Agata	639	PACZKA Z PIASECZNA	Open Kobiet	309	10:30	00:00:07	00:27:03	00:57:06	-00:11:00	01:15:15.00	01:15:22.00	+00:37:26 (49.8%)	8:37	7 (44.0%)
310	NIEZGODA Aneta	794		Open Kobiet	310	10:45	00:00:08	00:28:45	00:58:29	-00:11:00	01:15:15.10	01:15:23.90	+00:37:26 (49.8%)	8:37	7 (44.0%)
311	TRACZ Magdalena	1513		Open Kobiet	311	09:45	00:00:09	00:28:10	00:56:46	-00:11:00	01:15:17.35	01:15:26.35	+00:37:29 (49.8%)	8:37	7 (44.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	10km	10km			
312	WOŹNIAK Agnieszka	1258		Open Kobiet	312	09:15	00:00:09	00:27:29	00:57:35	-00:08:00	01:15:23.95	01:15:33.05	+00:37:35 (49.9%)	8:20	7.2 (45.3%)
313	KUCIŃSKA Weronika	140	WWL TEAM	Open Kobiet	313	09:15	00:00:08	00:25:25	00:53:57	-00:09:00	01:15:25.10	01:15:33.95	+00:37:36 (49.9%)	8:26	7.1 (44.7%)
314	KUCIŃSKA-ZAWISTOWSKA Małgorzata	141	WWL TEAM	Open Kobiet	314	09:15	00:00:08	00:25:25	00:53:57	-00:09:00	01:15:25.30	01:15:34.15	+00:37:37 (49.9%)	8:26	7.1 (44.7%)
315	LASZCZKA Monika	219	PEKAES TEAM	Open Kobiet	315	09:15	00:00:05	00:25:32	00:52:32	-00:09:00	01:15:35.75	01:15:41.50	+00:37:47 (50.0%)	8:27	7.1 (44.7%)
316	DRAŻYK Małgorzata	1504		Open Kobiet	316	10:15	00:00:07	00:27:03	00:55:32	-00:10:00	01:15:38.90	01:15:46.65	+00:37:50 (50.0%)	8:33	7 (44.0%)
317	GILARSKA Marta	564		Open Kobiet	317	10:15	00:00:08	00:26:36	00:57:35	-00:08:00	01:15:40.45	01:15:48.70	+00:37:52 (50.0%)	8:22	7.2 (45.3%)
318	RAZUM Paulina	594		Open Kobiet	318	10:15	00:00:08	00:26:36	00:57:35	-00:08:00	01:15:40.85	01:15:49.00	+00:37:52 (50.1%)	8:22	7.2 (45.3%)
319	KAŻMIERCZAK Monika	618	BŁYSKAWICZNE RĘCE	Open Kobiet	319	10:30	00:00:04	00:28:50	00:58:00	-00:11:00	01:15:42.40	01:15:46.75	+00:37:54 (50.1%)	8:40	6.9 (43.4%)
320	CHAMIER KWIATKOWSKA Anna	1476		Open Kobiet	320	11:45	00:00:07	00:25:43	00:55:22	-00:11:00	01:15:43.05	01:15:50.95	+00:37:54 (50.1%)	8:40	6.9 (43.4%)
321	KOBRYŃSKA Marta	984		Open Kobiet	321	11:15	00:00:06	00:29:27		-00:08:00	01:15:44.15	01:15:50.95	+00:37:56 (50.1%)	8:22	7.2 (45.3%)
322	KWIASOWSKA Sandra	1099	SPORTERA OCR	Open Kobiet	322	12:00	00:00:05	00:24:38	00:54:18	-00:08:00	01:15:59.75	01:16:04.80	+00:38:11 (50.3%)	8:23	7.1 (44.7%)
323	ZIELIŃSKA Magdalena	331	RUN BITCHES RUN	Open Kobiet	323	09:45	00:00:08	00:28:33	00:57:17	-00:11:00	01:16:02.90	01:16:11.05	+00:38:14 (50.3%)	8:42	6.9 (43.4%)
324	JĘDRAS Ewa	546	SPORTERA OCR	Open Kobiet	324	10:15	00:00:06	00:28:30	00:57:47	-00:11:00	01:16:03.00	01:16:09.80	+00:38:14 (50.3%)	8:42	6.9 (43.4%)
325	ROSA Zuzia	330	RUN BITCHES RUN	Open Kobiet	325	09:45	00:00:08	00:28:33	00:57:17	-00:11:00	01:16:03.05	01:16:11.15	+00:38:14 (50.3%)	8:42	6.9 (43.4%)
326	BIAŁOSKÓRSKA Paulina	545	SPORTERA OCR	Open Kobiet	326	10:15	00:00:06	00:28:30	00:57:47	-00:11:00	01:16:03.50	01:16:09.95	+00:38:15 (50.3%)	8:42	6.9 (43.4%)
327	OKSIEJUK Katarzyna	962	THE POWER OF SISTERS	Open Kobiet	327	11:15	00:00:09	00:29:23		-00:10:00	01:16:11.00	01:16:20.75	+00:38:22 (50.4%)	8:37	7 (44.0%)
328	SÓJKA Magdalena	963	THE POWER OF SISTERS	Open Kobiet	328	11:15	00:00:09	00:29:23		-00:10:00	01:16:11.30	01:16:20.65	+00:38:23 (50.4%)	8:37	7 (44.0%)
329	BOJANOWICZ Katarzyna	1469	REKINY FITNESSU	Open Kobiet	329	12:15	00:00:04	00:28:16	00:58:02	-00:11:00	01:16:11.35	01:16:15.50	+00:38:23 (50.4%)	8:43	6.9 (43.4%)
330	SIEMBAB Joanna	313	FIGLARZE	Open Kobiet	330	09:45	00:00:06	00:24:01	00:52:53	-00:11:00	01:16:23.65	01:16:30.00	+00:38:35 (50.5%)	8:44	6.9 (43.4%)
331	MIZERSKA Sylwia	25	GANG ANIELIC	Open Kobiet	331	09:00	00:00:05	00:25:19	00:55:18	-00:09:00	01:16:24.80	01:16:30.55	+00:38:36 (50.5%)	8:32	7 (44.0%)
332	GRYCKO Marta	1479		Open Kobiet	332	11:45	00:00:05	00:23:50	00:51:53	-00:06:00	01:16:26.65	01:16:32.60	+00:38:38 (50.5%)	8:14	7.3 (45.9%)
333	MATUSIAK Karolina	950	ROSSMANN	Open Kobiet	333	11:15	00:00:05	00:28:48		-00:12:00	01:16:33.20	01:16:39.15	+00:38:45 (50.6%)	8:51	6.8 (42.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	10km	10km			
334	KAŁUZIŃSKA Roksana	1448	X TEAM SPECIAL FORCES	Open Kobiet	334	12:45	00:00:10	00:25:22	00:57:11	-00:13:00	01:16:42.60	01:16:53.15	+00:38:54 (50.7%)	8:58	6.7 (42.1%)
335	BIELECKA Karolina	862		Open Kobiet	335	11:00	00:00:11	00:25:40	00:55:14		01:16:43.80	01:16:55.10	+00:38:55 (50.7%)	7:40	7.8 (49.1%)
336	KUCZYŃSKA Patrycja	620	BŁYSKAWICZNE RĘCE	Open Kobiet	336	10:30	00:00:05	00:28:49	00:57:59	-00:11:00	01:16:44.50	01:16:49.90	+00:38:56 (50.7%)	8:46	6.8 (42.8%)
337	DOBROWOLSKA Paulina	1360		Open Kobiet	337	11:30	00:00:04	00:26:55	00:55:32	-00:08:00	01:16:48.85	01:16:53.05	+00:39:00 (50.8%)	8:28	7.1 (44.7%)
338	ZAWISZA Joanna	1411		Open Kobiet	338	12:15	00:00:04	00:28:17	00:58:03	-00:10:00	01:17:11.05	01:17:15.75	+00:39:22 (51.0%)	8:43	6.9 (43.4%)
339	BOROWSKA Monika	817	FRAUEN POWER!	Open Kobiet	339	11:00	00:00:08	00:26:40	00:56:27	-00:06:00	01:17:20.45	01:17:28.80	+00:39:32 (51.1%)	8:20	7.2 (45.3%)
340	HYRA Katarzyna	1241		Open Kobiet	340	12:45	00:00:11	00:28:16	00:59:41	-00:11:00	01:17:20.70	01:17:31.95	+00:39:32 (51.1%)	8:50	6.8 (42.8%)
341	LORENT - RYBAK Natalia	791		Open Kobiet	341	10:45	00:00:09	00:24:39	00:57:38	-00:03:00	01:17:24.20	01:17:34.00	+00:39:36 (51.2%)	8:02	7.5 (47.2%)
342	SAMBORSKA Anna	951	ROSSMANN	Open Kobiet	342	11:15	00:00:05	00:28:52		-00:11:00	01:17:30.60	01:17:35.95	+00:39:42 (51.2%)	8:51	6.8 (42.8%)
343	LISZEWSKA Marta	1427		Open Kobiet	343	12:15	00:00:06	00:33:17	01:00:29	-00:11:00	01:17:32.90	01:17:39.00	+00:39:44 (51.3%)	8:51	6.8 (42.8%)
344	JASKÓLSKA Izabela	1177	JASKÓLKI PLUS	Open Kobiet	344	12:15	00:00:06	00:26:24	00:56:23	-00:11:00	01:17:37.85	01:17:44.70	+00:39:49 (51.3%)	8:51	6.8 (42.8%)
345	GRONOWSKA Aleksandra	1554		Open Kobiet	345	12:30	00:00:05	00:24:53	00:58:06	-00:11:00	01:17:53.80	01:17:58.85	+00:40:05 (51.5%)	8:53	6.8 (42.8%)
346	PIECHOCKA Monika	1056		Open Kobiet	346	11:45	00:00:00		00:53:43	-00:06:00	01:17:53.85	01:17:53.85	+00:40:05 (51.5%)	8:23	7.2 (45.3%)
347	MARKOWSKA Katarzyna	1350	ERROR404 - TEAM NOT FOUND	Open Kobiet	347	11:30	00:00:05	00:27:54	00:56:52	-00:10:00	01:17:54.05	01:17:59.60	+00:40:05 (51.5%)	8:47	6.8 (42.8%)
348	HORBACZEWSKA Magdalena	220	POGROMCY IKSÓW	Open Kobiet	348	09:30	00:00:11	00:27:50	00:56:33	-00:11:00	01:17:57.00	01:18:08.05	+00:40:08 (51.5%)	8:53	6.7 (42.1%)
349	GÓRECKA Ewa	664		Open Kobiet	349	10:30	00:00:11	00:26:50	00:55:12	-00:08:00	01:17:57.10	01:18:08.75	+00:40:08 (51.5%)	8:35	7 (44.0%)
350	TURKIEWICZ-RUCIŃSKA Edyta	397		Open Kobiet	350	09:45	00:00:09	00:27:32	00:57:55	-00:11:00	01:18:22.30	01:18:31.50	+00:40:34 (51.8%)	8:56	6.7 (42.1%)
351	LACHTARA Marta	949	ROSSMANN	Open Kobiet	351	11:15	00:00:06	00:29:03		-00:11:00	01:18:27.40	01:18:33.60	+00:40:39 (51.8%)	8:56	6.7 (42.1%)
352	TRZASKA Malgorzata	136	TI AUTOMOTIVE	Open Kobiet	352	09:15	00:00:05	00:27:03	00:57:50	-00:10:00	01:18:27.70	01:18:33.00	+00:40:39 (51.8%)	8:50	6.8 (42.8%)
353	TYLISZCZAK Bożena	606		Open Kobiet	353	10:15	00:00:11	00:23:39	00:52:32	-00:04:00	01:18:27.85	01:18:39.10	+00:40:39 (51.8%)	8:14	7.3 (45.9%)
354	SZYMANIAK Magdalena	756	ŁOMIANKI HUSARIA TEAM	Open Kobiet	354	10:45	00:00:04	00:27:30	00:58:25	-00:11:00	01:18:35.80	01:18:40.25	+00:40:47 (51.9%)	8:57	6.7 (42.1%)
355	SKROBOWSKA Aleksandra	287		Open Kobiet	355	09:30	00:00:09	00:26:20	00:57:05	-00:09:00	01:18:39.80	01:18:49.75	+00:40:51 (51.9%)	8:46	6.8 (42.8%)
356	PRZEPIÓRA Alicja	526	DZIKIE DZIKI MIGU	Open Kobiet	356	10:15	00:00:09	00:29:35	01:00:19	-00:10:00	01:18:45.65	01:18:55.00	+00:40:57 (52.0%)	8:52	6.8 (42.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	10km	10km			
357	MOTYKA Monika	522	DZIKIE DZIKI MIGU	Open Kobiet	357	10:15	00:00:09	00:29:36	01:00:40	-00:10:00	01:18:46.05	01:18:55.10	+00:40:57 (52.0%)	8:52	6.8 (42.8%)
358	LITWINOWICZ Magdalena	683		Open Kobiet	358	10:30	00:00:07	00:27:59	00:57:05	-00:11:00	01:18:54.60	01:19:02.45	+00:41:06 (52.1%)	8:59	6.7 (42.1%)
359	SARNA Urszula	901		Open Kobiet	359	11:00	00:00:05	00:27:41	00:57:38	-00:08:00	01:19:01.80	01:19:06.85	+00:41:13 (52.2%)	8:42	6.9 (43.4%)
360	AKSAMITOWSKA Irena	1357		Open Kobiet	360	11:30	00:00:06	00:27:28	00:58:27	-00:03:00	01:19:19.95	01:19:26.10	+00:41:31 (52.3%)	8:14	7.3 (45.9%)
361	REJDYCH Daria	630	LAZY BONES	Open Kobiet	361	10:30	00:00:09	00:26:36	00:56:21	-00:10:00	01:19:20.60	01:19:30.10	+00:41:32 (52.4%)	8:56	6.7 (42.1%)
362	KAMINSKA Agnieszka	672		Open Kobiet	362	10:30	00:00:08	00:28:13	00:57:29	-00:11:00	01:19:25.45	01:19:33.85	+00:41:37 (52.4%)	9:02	6.6 (41.5%)
363	BYTNIIEWSKA Justyna	1075	HUSARIA RACE TEAM	Open Kobiet	363	12:00	00:00:04	00:28:11	00:58:55	-00:09:00	01:19:38.85	01:19:43.70	+00:41:50 (52.5%)	8:51	6.8 (42.8%)
364	MALKOWSKA Ewelina	270		Open Kobiet	364	09:30	00:00:06	00:27:49	00:59:03	-00:10:00	01:19:39.70	01:19:46.15	+00:41:51 (52.5%)	8:58	6.7 (42.1%)
365	KĄŁOWSKA Agnieszka	671		Open Kobiet	365	10:30	00:00:08	00:26:38	00:57:29	-00:07:00	01:19:44.65	01:19:52.70	+00:41:56 (52.6%)	8:40	6.9 (43.4%)
366	OCHWAT Martyna	525	DZIKIE DZIKI MIGU	Open Kobiet	366	10:15	00:00:09	00:29:34	01:00:19	-00:09:00	01:19:45.75	01:19:55.10	+00:41:57 (52.6%)	8:52	6.8 (42.8%)
367	HELIA Switłana	464		Open Kobiet	367	12:45	00:00:05	00:25:44	00:57:22	-00:09:00	01:19:47.20	01:19:52.55	+00:41:59 (52.6%)	8:52	6.8 (42.8%)
368	GAWRYSZEWSKA Agnieszka	780		Open Kobiet	368	10:45	00:00:08		00:57:52	-00:02:00	01:19:50.45	01:19:59.00	+00:42:02 (52.7%)	8:11	7.3 (45.9%)
369	OLSZEWSKA Natalia	999	BOZONY HIGGSA	Open Kobiet	369	09:15	00:00:05	00:26:29	00:58:49	-00:09:00	01:19:52.80	01:19:57.80	+00:42:04 (52.7%)	8:53	6.8 (42.8%)
370	NOWAKOWSKA Małgorzata	175		Open Kobiet	370	09:30	00:00:11	00:27:50	00:56:33	-00:09:00	01:19:57.75	01:20:08.90	+00:42:09 (52.7%)	8:53	6.7 (42.1%)
371	KOSIERADZKA Aleksandra	1466		Open Kobiet	371	10:30	00:00:00	00:28:06	00:57:12	-00:10:00	01:20:02.45	01:20:02.45	+00:42:14 (52.8%)	9:00	6.7 (42.1%)
372	KABAS-KOMORNICZAK Renata	819	FRAUEN POWER!	Open Kobiet	372	11:00	00:00:08	00:26:35	00:56:51	-00:08:00	01:20:02.75	01:20:11.65	+00:42:14 (52.8%)	8:48	6.8 (42.8%)
373	MIGAS Monika	1029		Open Kobiet	373	11:30	00:00:10	00:26:04	00:56:54	-00:10:00	01:20:09.45	01:20:19.85	+00:42:21 (52.8%)	9:00	6.7 (42.1%)
374	ŻUKOWSKA Ewa	826	FRAUEN POWER!	Open Kobiet	374	11:00	00:00:08	00:27:54	00:58:13	-00:10:00	01:20:24.10	01:20:33.05	+00:42:35 (53.0%)	9:02	6.6 (41.5%)
375	NOWAK Weronika	1136		Open Kobiet	375	12:00	00:00:06	00:28:41	00:59:13	-00:03:00	01:20:24.80	01:20:31.40	+00:42:36 (53.0%)	8:20	7.2 (45.3%)
376	BILSKA Agata	1534		Open Kobiet	376	09:00	00:00:09	00:24:02	00:54:52	-00:05:00	01:20:25.80	01:20:35.75	+00:42:37 (53.0%)	8:32	7 (44.0%)
377	PODLASKA Maria	279		Open Kobiet	377	09:30	00:00:08	00:27:30	00:56:14	-00:11:00	01:20:43.65	01:20:52.25	+00:42:55 (53.2%)	9:10	6.5 (40.9%)
378	MROCZKO Urszula	523	DZIKIE DZIKI MIGU	Open Kobiet	378	10:15	00:00:09	00:29:35	01:00:40	-00:08:00	01:20:45.45	01:20:54.85	+00:42:57 (53.2%)	8:52	6.8 (42.8%)
379	LIWIŃSKA Paulina	684		Open Kobiet	379	10:30	00:00:08	00:29:29	00:59:29	-00:11:00	01:20:47.35	01:20:56.20	+00:42:59 (53.2%)	9:10	6.5 (40.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas			Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km						
380	LELAK Barbara	790		Open Kobiet	380	10:45	00:00:09	00:26:30	00:57:51	-00:01:00	01:20:49.40	01:20:58.75	+00:43:01 (53.2%)	8:10	7.3 (45.9%)
381	CZARNECKA Magdalena	778		Open Kobiet	381	10:45	00:00:09	00:28:55	00:59:34	-00:05:00	01:21:15.95	01:21:24.95	+00:43:27 (53.5%)	8:37	7 (44.0%)
382	KACZYŃSKA Magdalena	1363		Open Kobiet	382	11:30	00:00:06	00:27:28	00:58:27	-00:01:00	01:21:18.90	01:21:25.05	+00:43:30 (53.5%)	8:13	7.3 (45.9%)
383	GAŚIOR Katarzyna	1547		Open Kobiet	383	12:15	00:00:06	00:28:55	01:00:23	-00:10:00	01:21:19.95	01:21:26.35	+00:43:31 (53.5%)	9:08	6.6 (41.5%)
384	TOMCZYK Małgorzata	952	ROSSMANN	Open Kobiet	384	11:15	00:00:05	00:28:53		-00:08:00	01:21:27.35	01:21:33.30	+00:43:39 (53.6%)	8:56	6.7 (42.1%)
385	JANTAS Żaneta	1536		Open Kobiet	385	11:45	00:00:09	00:30:28	01:02:02	-00:12:00	01:21:42.80	01:21:52.45	+00:43:54 (53.7%)	9:22	6.4 (40.3%)
386	KASPRZAK Marta	674	CROSSBOXFIT KĘTRZYN	Open Kobiet	386	10:30	00:00:09	00:30:47	01:00:56	-00:09:00	01:21:51.95	01:22:01.60	+00:44:03 (53.8%)	9:05	6.6 (41.5%)
387	TEPEREK Małgorzata	939	NIGHTMARE RUNNERS	Open Kobiet	387	11:15	00:00:06	00:24:30	00:56:09	-00:08:00	01:21:52.50	01:21:59.10	+00:44:04 (53.8%)	8:59	6.7 (42.1%)
388	KUBACKA Małgorzata	708	CROSSBOXFIT KĘTRZYN	Open Kobiet	388	10:30	00:00:09	00:30:45	01:00:51	-00:09:00	01:21:54.70	01:22:04.35	+00:44:06 (53.8%)	9:05	6.6 (41.5%)
389	KUSIAK Marta	1027		Open Kobiet	389	11:30	00:00:10	00:26:04	00:56:53	-00:08:00	01:22:09.65	01:22:19.85	+00:44:21 (54.0%)	9:00	6.7 (42.1%)
390	KAMIŃSKA Barbara	418	CROSSFIT GCW	Open Kobiet	390	10:00	00:00:07	00:25:54	00:57:35		01:22:11.45	01:22:19.05	+00:44:23 (54.0%)	8:13	7.3 (45.9%)
391	KLIMEK Katarzyna	974	WATAHA GRUPA TRENINGOWA	Open Kobiet	391	11:15	00:00:09	00:27:42		-00:11:00	01:22:15.25	01:22:24.55	+00:44:27 (54.0%)	9:19	6.4 (40.3%)
392	MROZIŃSKA Justyna	892		Open Kobiet	392	11:00	00:00:06	00:26:31	00:59:23	-00:11:00	01:22:16.30	01:22:22.50	+00:44:28 (54.1%)	9:19	6.4 (40.3%)
393	OCHOJSKA Martyna	1506		Open Kobiet	393	09:45	00:00:09	00:28:11	00:59:10	-00:09:00	01:22:22.60	01:22:31.90	+00:44:34 (54.1%)	9:08	6.6 (41.5%)
394	STANGRET Paulina	621	BŁYSKAWICZNE RĘCE	Open Kobiet	394	10:30	00:00:00	00:30:15	01:00:36	-00:06:00	01:22:38.95	01:22:38.95	+00:44:50 (54.3%)	8:51	6.8 (42.8%)
395	JANICKA Marta	931	HUSARIA RACE TEAM	Open Kobiet	395	11:15	00:00:03	00:30:28	01:03:57	-00:07:00	01:22:40.20	01:22:44.00	+00:44:52 (54.3%)	8:58	6.7 (42.1%)
396	KOŁTUNICKA Agnieszka	1481		Open Kobiet	396	11:45	00:00:09	00:30:28	01:02:02	-00:11:00	01:22:42.85	01:22:52.20	+00:44:54 (54.3%)	9:22	6.4 (40.3%)
397	SAPIECHA Anna	79		Open Kobiet	397	09:00	00:00:09	00:27:01	00:58:03	-00:05:00	01:23:42.95	01:23:52.15	+00:45:54 (54.8%)	8:52	6.8 (42.8%)
398	WOŹNIAK Sandra	1489		Open Kobiet	398	12:00	00:00:06	00:28:49	00:59:35	-00:10:00	01:24:09.15	01:24:15.20	+00:46:21 (55.1%)	9:24	6.4 (40.3%)
399	LASKUS Weronika	1028		Open Kobiet	399	11:30	00:00:09	00:29:17	01:00:22	-00:11:00	01:24:11.10	01:24:21.00	+00:46:22 (55.1%)	9:31	6.3 (39.6%)
400	GOLON Kamila	662	ŁOMIANKI HUSARIA TEAM	Open Kobiet	400	10:45	00:00:07	00:27:28	00:58:25	-00:05:00	01:24:33.55	01:24:40.65	+00:46:45 (55.3%)	8:57	6.7 (42.1%)
401	KOMOROWSKA Sylwia	677		Open Kobiet	401	10:30	00:00:09	00:30:44	01:00:54	-00:06:00	01:24:46.95	01:24:56.45	+00:46:58 (55.4%)	9:04	6.6 (41.5%)
402	SKRĘTA Kasia	1146		Open Kobiet	402	12:00	00:00:07	00:30:34	01:01:21	-00:07:00	01:24:47.60	01:24:55.25	+00:46:59 (55.4%)	9:10	6.5 (40.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria					Czas	Czas	Różn	Tempo min/km	Tempo km/h
							Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	netto 10km	brutto 10km			
403	MATWIEJCZYK Justyna	581		Open Kobiet	403	10:15	00:00:07	00:29:24	01:03:01	-00:10:00	01:24:52.55	01:25:00.20	+00:47:04 (55.5%)	9:29	6.3 (39.6%)
404	MIERZEJEWSKA Anna	583		Open Kobiet	404	10:15	00:00:06	00:29:24	01:03:02	-00:10:00	01:24:52.75	01:24:59.40	+00:47:04 (55.5%)	9:29	6.3 (39.6%)
405	FURMANIUK Ewa	1323	TEAM DORIS KRAKÓW	Open Kobiet	405	09:45	00:00:06	00:31:35	01:04:47	-00:13:00	01:25:09.45	01:25:16.05	+00:47:21 (55.6%)	9:49	6.1 (38.4%)
406	OLKUSKA Anna	337	TEAM DORIS KRAKÓW	Open Kobiet	406	09:45	00:00:06	00:31:33	01:04:46	-00:13:00	01:25:10.00	01:25:16.05	+00:47:21 (55.6%)	9:49	6.1 (38.4%)
407	SZCZEPANIK Dorota	339	TEAM DORIS KRAKÓW	Open Kobiet	407	09:45	00:00:06	00:31:32	01:04:45	-00:13:00	01:25:10.15	01:25:16.35	+00:47:22 (55.6%)	9:49	6.1 (38.4%)
408	SZUBA Sonia	973	WARSAW CREW	Open Kobiet	408	11:15	00:00:08	00:30:42	01:03:36	-00:12:00	01:25:14.90	01:25:23.10	+00:47:26 (55.7%)	9:43	6.2 (39.0%)
409	FIDOS Anna	920	DILERZY ASSISTANCE	Open Kobiet	409	11:15	00:00:06	00:30:02	01:02:57	-00:11:00	01:25:20.70	01:25:27.05	+00:47:32 (55.7%)	9:38	6.2 (39.0%)
410	PELC Aleksandra	754	ŁOMIANKI HUSARIA TEAM	Open Kobiet	410	10:45	00:00:07	00:27:28	00:58:22	-00:04:00	01:25:42.35	01:25:50.30	+00:47:54 (55.9%)	8:58	6.7 (42.1%)
411	ZALEWSKA Adrianna	1197		Open Kobiet	411	12:15	00:00:04	00:30:10	01:02:08	-00:09:00	01:26:05.50	01:26:09.75	+00:48:17 (56.1%)	9:30	6.3 (39.6%)
412	KĄKOL Alicja	921	DILERZY ASSISTANCE	Open Kobiet	412	11:15	00:00:06	00:30:02	01:02:57	-00:10:00	01:26:20.90	01:26:27.45	+00:48:32 (56.2%)	9:38	6.2 (39.0%)
413	JĘDRYCH Dominika	750	JĘDRYCHY	Open Kobiet	413	10:45	00:02:03	00:28:23	00:59:33	-00:11:00	01:26:22.50	01:28:25.55	+00:48:34 (56.2%)	9:44	6.2 (39.0%)
414	KOSIM Mariola	787		Open Kobiet	414	10:45	00:00:08	00:32:43	01:05:41	-00:06:00	01:26:28.40	01:26:37.10	+00:48:40 (56.3%)	9:14	6.5 (40.9%)
415	FEDEROWICZ Beata	351		Open Kobiet	415	09:45	00:00:08	00:28:42	01:02:22	-00:09:00	01:26:30.95	01:26:39.75	+00:48:42 (56.3%)	9:33	6.3 (39.6%)
416	PAWŁOWSKA Agnieszka	1370		Open Kobiet	416	12:15	00:00:05	00:33:20	01:03:17	-00:09:00	01:26:36.05	01:26:41.05	+00:48:47 (56.3%)	9:33	6.3 (39.6%)
417	RŻYCKA Hanna	179		Open Kobiet	417	09:15	00:00:04	00:28:55	01:02:06	-00:09:00	01:26:52.15	01:26:56.65	+00:49:04 (56.5%)	9:35	6.3 (39.6%)
418	SZAFRAŃSKA Magdalena	1324	TEAM DORIS KRAKÓW	Open Kobiet	418	09:45	00:00:06	00:31:36	01:04:46	-00:11:00	01:27:09.65	01:27:16.20	+00:49:21 (56.6%)	9:49	6.1 (38.4%)
419	PRUCIA Katarzyna	338	TEAM DORIS KRAKÓW	Open Kobiet	419	09:45	00:00:06	00:31:37	01:04:47	-00:11:00	01:27:09.85	01:27:16.20	+00:49:21 (56.6%)	9:49	6.1 (38.4%)
420	JANUSZ Marlena	335	TEAM DORIS KRAKÓW	Open Kobiet	420	09:45	00:00:05	00:31:34	01:04:47	-00:11:00	01:27:10.90	01:27:16.00	+00:49:22 (56.6%)	9:49	6.1 (38.4%)
421	PIETROSZEK Honorata	5	AGATA PIETROSZEK TEAM	Open Kobiet	421	09:00	00:00:08	00:27:29	00:58:31	-00:05:00	01:27:39.65	01:27:48.15	+00:49:51 (56.9%)	9:16	6.5 (40.9%)
422	SIERPIEŃ Paulina	400		Open Kobiet	422	09:45	00:00:08	00:28:43	01:02:22	-00:07:00	01:28:31.00	01:28:39.80	+00:50:42 (57.3%)	9:33	6.3 (39.6%)
423	NIEWIŃSKA Martyna	1428		Open Kobiet	423	12:15	00:00:06	00:33:20	01:03:23	-00:07:00	01:28:40.25	01:28:46.70	+00:50:52 (57.4%)	9:34	6.3 (39.6%)
424	WOS Anna	296		Open Kobiet	424	09:30	00:00:10	00:27:39	01:01:05	-00:09:00	01:28:56.30	01:29:06.95	+00:51:08 (57.5%)	9:47	6.1 (38.4%)
425	KACPRZAK Monika	535	MOCNIAMATORZY	Open Kobiet	425	10:15	00:00:06	00:27:04	01:05:54	-00:08:00	01:29:08.10	01:29:14.85	+00:51:19 (57.6%)	9:42	6.2 (39.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas			Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km						
426	WIĄCEK Izabela	609		Open Kobiet	426	10:15	00:00:10	00:28:59	01:05:20	-00:07:00	01:29:32.85	01:29:43.35	+00:51:44 (57.8%)	9:39	6.2 (39.0%)
427	BORYSIEWICZ Monika	1020		Open Kobiet	427	11:00	00:00:06	00:28:53	01:02:18	-00:06:00	01:29:57.95	01:30:04.20	+00:52:09 (58.0%)	9:35	6.3 (39.6%)
428	KMITA Aleksandra	881		Open Kobiet	428	11:00	00:00:05	00:28:51	01:02:18	-00:05:00	01:30:58.10	01:31:03.15	+00:53:09 (58.4%)	9:35	6.3 (39.6%)
429	SZAROW Paulina	501		Open Kobiet	429	10:00	00:00:07	00:27:40	01:02:00	-00:02:00	01:31:03.35	01:31:10.95	+00:53:15 (58.5%)	9:18	6.4 (40.3%)
430	BARCIŃSKA Magda	455		Open Kobiet	430	10:00	00:00:07	00:27:41	01:02:00	-00:02:00	01:31:04.15	01:31:11.35	+00:53:16 (58.5%)	9:18	6.4 (40.3%)
431	KĘZIK Anna	311	FIGLARZE	Open Kobiet	431	09:30	00:00:10	00:27:42	01:01:06	-00:09:00	01:31:23.50	01:31:34.10	+00:53:35 (58.6%)	10:02	6 (37.7%)
432	BIELAWSKA Ewa	245		Open Kobiet	432	09:30	00:00:10	00:27:42	01:01:07	-00:08:00	01:32:23.40	01:32:33.85	+00:54:35 (59.1%)	10:02	6 (37.7%)
433	LABA Anna	789		Open Kobiet	433	10:45	00:00:09	00:32:42	01:05:39		01:32:28.45	01:32:37.50	+00:54:40 (59.1%)	9:14	6.5 (40.9%)
434	JAKUBCZAK Paulina	783		Open Kobiet	434	10:45	00:00:06	00:31:33	01:05:56	-00:07:00	01:32:43.45	01:32:50.30	+00:54:55 (59.2%)	9:58	6 (37.7%)
435	STRUSKA Oliwia	755	ŁOMIANKI HUSARIA TEAM	Open Kobiet	435	10:45	00:00:07	00:30:10	01:04:53	-00:07:00	01:33:11.75	01:33:19.35	+00:55:23 (59.4%)	10:01	6 (37.7%)
436	PAWLOWSKA Maria	654	ŻMIJE	Open Kobiet	436	09:30	00:00:09	00:32:29	01:08:16	-00:12:00	01:33:35.85	01:33:45.05	+00:55:47 (59.6%)	10:33	5.7 (35.8%)
437	OPITZ Agnieszka	653	ŻMIJE	Open Kobiet	437	09:00	00:29:21	00:32:29	01:08:17	-00:12:00	01:33:36.30	02:02:57.50	+00:55:48 (59.6%)	10:33	5.7 (35.8%)
438	SOKÓŁ Anna	496		Open Kobiet	438	10:00	00:00:13	00:32:18	01:09:30	-00:10:00	01:33:36.70	01:33:49.85	+00:55:48 (59.6%)	10:21	5.8 (36.5%)
439	ŁUKOWSKA Ewa	63		Open Kobiet	439	11:45	00:00:08	00:33:11	01:08:35	-00:11:00	01:34:09.55	01:34:17.95	+00:56:21 (59.9%)	10:30	5.7 (35.8%)
440	SAJNOG Lena	1144		Open Kobiet	440	12:00	00:00:08	00:31:50	01:11:20	-00:08:00	01:36:27.65	01:36:36.00	+00:58:39 (60.8%)	10:26	5.7 (35.8%)
441	PAKUŁA Oktawia	536	MOCNIAMATORZY	Open Kobiet	441	10:15	00:00:06	00:29:44	01:06:42	-00:09:00	01:36:41.30	01:36:48.25	+00:58:53 (60.9%)	10:34	5.7 (35.8%)
442	KORONA-WILK Edyta	469		Open Kobiet	442	10:00	00:00:14	00:32:18	01:09:30	-00:06:00	01:37:45.85	01:38:00.00	+00:59:57 (61.3%)	10:22	5.8 (36.5%)
443	MACHALSKA Iwona	1525		Open Kobiet	443	11:45	00:00:06	00:33:13	01:08:38	-00:05:00	01:40:11.60	01:40:17.80	+01:02:23 (62.3%)	10:31	5.7 (35.8%)
444	KOCHANOWSKA Karina	1180	MONSTERY	Open Kobiet	444	12:15	00:00:07	00:33:16	01:13:43	-00:06:00	01:50:29.70	01:50:37.40	+01:12:41 (65.8%)	11:39	5.2 (32.7%)
445	KOWALCZYK Katarzyna	1410	LEPIEJ PÓŻNO NIŻ WCALE	Open Kobiet	445	12:15	00:00:05	00:36:14	01:18:28	-00:07:00	01:54:25.15	01:54:30.30	+01:16:37 (67.0%)	12:08	4.9 (30.8%)
446	ZAGÓRSKA Sylwia	1390	LEPIEJ PÓŻNO NIŻ WCALE	Open Kobiet	446	12:15	00:00:05	00:36:15	01:18:29	-00:06:00	01:55:35.80	01:55:41.50	+01:17:47 (67.3%)	12:09	4.9 (30.8%)
447	CHRZANOWSKA Agata	806	CEBULAKI	Open Kobiet	447	11:00	00:00:05	00:15:10	00:32:15	-00:12:00				5:23	11.1 (69.8%)
448	KOWALCZYK Marlena	883		Open Kobiet	448	11:00	00:00:05	00:21:50	00:45:06	-00:10:00				7:23	8.1 (50.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
449	KOZŁOWSKA Alicja	886		Open Kobiet	449	11:00	00:00:00	00:20:58	00:44:43	-00:10:00				7:28	8 (50.3%)
450	WOŹNIAK Agata	1517		Open Kobiet	450	10:45	00:00:08	00:27:14	00:56:05	-00:10:00				9:02	6.6 (41.5%)
451	SMALA Dorota	699		Open Kobiet	451	10:30	00:00:08	00:32:23	01:05:58	-00:09:00				10:25	5.8 (36.5%)
452	KOWALSKA Katarzyna	788		Open Kobiet	452	10:45	00:00:09	00:26:25	00:55:32	-00:08:00				8:03	7.4 (46.5%)
453	PAPROT Katarzyna	1137		Open Kobiet	453	12:00	00:00:07								(0.0%)

Znaleziono 453 wynik(ów)