Organizator:
Data:
Miejsce:
Dystans:

Green House / Budlex
2019-09-15
Bydgoszcz
5 km

B4SP@RT
inteligentne zawody sportowe

Klasyfikacja: K-Open

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $\begin{aligned} & \text { Finish_Bud } \\ & 2.5 \mathrm{~km} \end{aligned}$ | Czas <br> netto <br> 5 km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | SZENK Marta | 412 |  | K36-49 lat | 1 | 00:00:01 | 00:09:38 | 00:19:06.35 | 00:19:07.95 |  | 3:49 | $\begin{aligned} & 15.7 \\ & (100 \%) \end{aligned}$ |
| 2 | MAIK Daria | 227 |  | K18-35 lat | 1 | 00:00:01 | 00:09:38 | 00:19:30.80 | 00:19:31.90 | $\begin{aligned} & +00: 00: 24 \\ & (2.1 \%) \end{aligned}$ | 3:54 | $\begin{aligned} & 15.4 \\ & \text { (98.1\%) } \end{aligned}$ |
| 3 | ŻUCHOWSKA Anna | 492 |  | K18-35 lat | 2 | 00:00:01 | 00:10:15 | 00:20:56.45 | 00:20:58.35 | $\begin{aligned} & +00: 01: 50 \\ & (8.8 \%) \end{aligned}$ | 4:11 | $\begin{aligned} & 14.3 \\ & \text { (91.1\%) } \end{aligned}$ |
| 4 | ŻUCHOWSKA Joanna | 494 | EKO OPAŁ PŁONNE/ UMK TORUŃ | K18-35 lat | 3 | 00:00:01 | 00:11:06 | 00:22:22.75 | 00:22:24.10 | $\begin{aligned} & +00: 03: 16 \\ & (14.6 \%) \end{aligned}$ | 4:28 | $\begin{aligned} & 13.4 \\ & \text { (85.4\%) } \end{aligned}$ |
| 5 | GAŁUSZKA Dorota | 87 | WTORKOWY TRENING | K36-49 lat | 2 | 00:00:06 | 00:11:06 | 00:22:27.15 | 00:22:33.20 | $\begin{aligned} & +00: 03: 20 \\ & (14.9 \%) \end{aligned}$ | 4:29 | $\begin{aligned} & 13.4 \\ & \text { (85.4\%) } \end{aligned}$ |
| 6 | MICHALIK Joanna | 247 |  | K36-49 lat | 3 | 00:00:02 | 00:11:08 | 00:22:34.95 | 00:22:37.60 | $\begin{aligned} & +00: 03: 28 \\ & (15.4 \%) \end{aligned}$ | 4:31 | $\begin{aligned} & 13.3 \\ & \text { (84.7\%) } \end{aligned}$ |
| 7 | JAROCKA Beata | 124 |  | K36-49 lat | 4 | 00:00:09 | 00:11:23 | 00:22:41.15 | 00:22:51.10 | $\begin{aligned} & +00: 03: 34 \\ & (15.8 \%) \end{aligned}$ | 4:32 | $\begin{aligned} & 13.2 \\ & (84.1 \%) \end{aligned}$ |
| 8 | PALACZ Wioletta | 296 |  | K36-49 lat | 5 | 00:00:03 | 00:11:17 | 00:22:45.80 | 00:22:49.40 | $\begin{aligned} & +00: 03: 39 \\ & (16.1 \%) \end{aligned}$ | 4:33 | $\begin{aligned} & 13.2 \\ & (84.1 \%) \end{aligned}$ |
| 9 | STROKOWSKA Paulina | 398 |  | K18-35 lat | 4 | 00:00:05 | 00:11:05 | 00:22:53.35 | 00:22:58.50 | $\begin{aligned} & +00: 03: 47 \\ & (16.5 \%) \end{aligned}$ | 4:34 | $\begin{aligned} & 13.1 \\ & (83.4 \%) \end{aligned}$ |
| 10 | TOMCZYK Agata | 430 | SLA POLONIA BYDGOSZCZ | K18-35 lat | 5 | 00:00:03 | 00:11:15 | 00:23:08.10 | 00:23:11.70 | $\begin{aligned} & +00: 04: 01 \\ & (17.4 \%) \end{aligned}$ | 4:37 | $\begin{aligned} & 13 \\ & (82.8 \%) \end{aligned}$ |
| 11 | MURAWIEC Iza | 512 |  | K36-49 lat | 6 | 00:00:05 | 00:11:29 | 00:23:30.35 | 00:23:35.95 | $\begin{aligned} & +00: 04: 24 \\ & (18.7 \%) \end{aligned}$ | 4:42 | $\begin{aligned} & 12.8 \\ & (81.5 \%) \end{aligned}$ |
| 12 | PILAKOWSKA Angelika | 316 | ELTRA W BIEGU | K36-49 lat | 7 | 00:00:05 | 00:11:30 | 00:23:33.90 | 00:23:38.90 | $\begin{aligned} & +00: 04: 27 \\ & (18.9 \%) \end{aligned}$ | 4:42 | $\begin{aligned} & 12.7 \\ & (80.9 \%) \end{aligned}$ |
| 13 | WRÓBLEWSKA Dagmara | 471 | TKKF KOLEJARZ BYDGOSZCZ | K36-49 lat | 8 | 00:00:02 | 00:11:34 | 00:23:35.80 | 00:23:38.10 | $\begin{aligned} & +00: 04: 29 \\ & (19.0 \%) \end{aligned}$ | 4:43 | $\begin{aligned} & 12.7 \\ & (80.9 \%) \end{aligned}$ |
| 14 | DOBRZYŃSKA Ewa | 65 |  | K18-35 lat | 6 | 00:00:04 | 00:11:33 | 00:23:58.55 | 00:24:02.85 | $\begin{aligned} & +00: 04: 52 \\ & (20.3 \%) \end{aligned}$ | 4:47 | $\begin{aligned} & 12.5 \\ & (79.6 \%) \end{aligned}$ |
| 15 | RUSOŃ Oliwia | 352 |  | K18-35 lat | 7 | 00:00:01 | 00:11:25 | 00:24:06.25 | 00:24:07.95 | $\begin{aligned} & +00: 04: 59 \\ & (20.7 \%) \end{aligned}$ | 4:49 | $\begin{aligned} & 12.4 \\ & (79.0 \%) \end{aligned}$ |
| 16 | LUZAK Magdalena | 217 | REEBOK RUN CREW BYDGOSZCZ | K18-35 lat | 8 | 00:00:06 | 00:11:56 | 00:24:14.10 | 00:24:20.10 | $\begin{aligned} & +00: 05: 07 \\ & (21.2 \%) \end{aligned}$ | 4:50 | $\begin{aligned} & 12.4 \\ & (79.0 \%) \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $\begin{aligned} & \text { Finish_Bud } \\ & 2.5 \mathrm{~km} \end{aligned}$ | Czas netto 5 km | Czas brutto 5 km | Różn | Tempo min/km | $\begin{aligned} & \text { Tempo } \\ & \mathrm{km} / \mathrm{h} \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 17 | ANDRZEJAK Sylwia | 9 |  | K50-59 lat | 1 | 00:00:01 | 00:12:08 | 00:24:37.15 | 00:24:38.20 | $\begin{aligned} & +00: 05: 30 \\ & \text { (22.4\%) } \end{aligned}$ | 4:55 | $\begin{aligned} & 12.2 \\ & (77.7 \%) \end{aligned}$ |
| 18 | STRÓŻYK Grażyna | 399 |  | K18-35 lat | 9 | 00:00:06 | 00:12:17 | 00:24:41.85 | 00:24:48.40 | $\begin{aligned} & +00: 05: 35 \\ & (22.6 \%) \end{aligned}$ | 4:56 | $\begin{aligned} & 12.1 \\ & \text { (77.1\%) } \end{aligned}$ |
| 19 | ŻYTOWICZ Anita | 500 |  | K36-49 lat | 9 | 00:00:04 | 00:12:06 | 00:24:44.20 | 00:24:49.10 | $\begin{aligned} & +00: 05: 37 \\ & (22.8 \%) \end{aligned}$ | 4:57 | $\begin{aligned} & 12.1 \\ & (77.1 \%) \end{aligned}$ |
| 20 | PIOTROWSKA Katarzyna | 320 |  | K18-35 lat | 10 | 00:00:06 | 00:12:18 | 00:24:44.85 | 00:24:51.70 | $\begin{aligned} & +00: 05: 38 \\ & (22.8 \%) \end{aligned}$ | 4:57 | $\begin{aligned} & 12.1 \\ & (77.1 \%) \end{aligned}$ |
| 21 | ZWIAZEK Hanka | 491 |  | K18-35 lat | 11 | 00:00:14 | 00:12:34 | 00:24:49.15 | 00:25:03.40 | $\begin{aligned} & +00: 05: 42 \\ & (23.0 \%) \end{aligned}$ | 4:57 | $\begin{aligned} & 12.1 \\ & \text { (77.1\%) } \end{aligned}$ |
| 22 | MIRASZEWSKA Marta | 256 | AKTYWNE LISEWO | K18-35 lat | 12 | 00:00:04 | 00:12:18 | 00:25:06.40 | 00:25:10.95 | $\begin{aligned} & +00: 06: 00 \\ & (23.9 \%) \end{aligned}$ | 5:01 | $\begin{aligned} & 12 \\ & \text { (76.4\%) } \end{aligned}$ |
| 23 | BOROWICZ Anna | 29 |  | K36-49 lat | 10 | 00:00:18 | 00:12:46 | 00:25:08.10 | 00:25:26.20 | $\begin{aligned} & +00: 06: 01 \\ & (24.0 \%) \end{aligned}$ | 5:01 | $\begin{aligned} & 11.9 \\ & \text { (75.8\%) } \end{aligned}$ |
| 24 | GIL Żaneta | 93 |  | K18-35 lat | 13 | 00:00:09 | 00:12:45 | 00:25:17.40 | 00:25:27.25 | $\begin{aligned} & +00: 06: 11 \\ & (24.5 \%) \end{aligned}$ | 5:03 | $\begin{aligned} & 11.9 \\ & (75.8 \%) \end{aligned}$ |
| 25 | ŻUCHOWSKA Paulina | 493 | AZS TORUŃ | K18-35 lat | 14 | 00:00:05 | 00:12:14 | 00:25:18.20 | 00:25:23.80 | $\begin{aligned} & +00: 06: 11 \\ & (24.5 \%) \end{aligned}$ | 5:03 | $\begin{aligned} & 11.9 \\ & \text { (75.8\%) } \end{aligned}$ |
| 26 | FILIPSKA Paulina | 79 |  | K18-35 lat | 15 | 00:00:03 | 00:12:24 | 00:25:21.85 | 00:25:25.05 | $\begin{aligned} & +00: 06: 15 \\ & (24.7 \%) \end{aligned}$ | 5:04 | $\begin{aligned} & 11.8 \\ & \text { (75.2\%) } \end{aligned}$ |
| 27 | MARACH Patrycja | 237 |  | K18-35 lat | 16 | 00:00:16 | 00:12:47 | 00:25:35.45 | 00:25:51.85 | $\begin{aligned} & +00: 06: 29 \\ & (25.3 \%) \end{aligned}$ | 5:07 | $\begin{aligned} & 11.7 \\ & (74.5 \%) \end{aligned}$ |
| 28 | WOJDAT Dominika | 465 | ZIELONY PELIKAN | K18-35 lat | 17 | 00:00:34 | 00:12:32 | 00:25:36.75 | 00:26:10.95 | $\begin{aligned} & +00: 06: 30 \\ & (25.4 \%) \end{aligned}$ | 5:07 | $\begin{aligned} & 11.7 \\ & (74.5 \%) \end{aligned}$ |
| 29 | WOJTANIS Magdalena | 467 | BIEGAM BO KOCHAM TEN STAN | K36-49 lat | 11 | 00:00:03 | 00:12:24 | 00:25:40.70 | 00:25:44.50 | $\begin{aligned} & +00: 06: 34 \\ & (25.6 \%) \end{aligned}$ | 5:08 | $\begin{aligned} & 11.7 \\ & (74.5 \%) \end{aligned}$ |
| 30 | ŁUCZKOWIAK Małgorzata | 225 |  | K18-35 lat | 18 | 00:00:10 | 00:13:04 | 00:25:54.05 | 00:26:04.50 | $\begin{aligned} & +00: 06: 47 \\ & (26.2 \%) \end{aligned}$ | 5:10 | $\begin{aligned} & 11.6 \\ & \text { (73.9\%) } \end{aligned}$ |
| 31 | DEKOWSKA Ania | 61 |  | K18-35 lat | 19 | 00:00:37 | 00:13:17 | 00:25:58.05 | 00:26:35.20 | $\begin{aligned} & +00: 06: 51 \\ & (26.4 \%) \end{aligned}$ | 5:11 | $\begin{aligned} & 11.6 \\ & (73.9 \%) \end{aligned}$ |
| 32 | ZGLIŃSKA Anna | 483 | PRZEBIEGLI UNISŁAW I OKOLICE | K36-49 lat | 12 | 00:00:04 | 00:12:47 | 00:25:59.20 | 00:26:04.05 | $\begin{aligned} & +00: 06: 52 \\ & (26.5 \%) \end{aligned}$ | 5:12 | $\begin{aligned} & 11.5 \\ & \text { (73.2\%) } \end{aligned}$ |
| 33 | JEZIORSKA Izabela | 134 |  | K18-35 lat | 20 | 00:00:08 | 00:12:52 | 00:25:59.35 | 00:26:08.05 | $\begin{aligned} & +00: 06: 53 \\ & (26.5 \%) \end{aligned}$ | 5:12 | $\begin{aligned} & 11.5 \\ & (73.2 \%) \end{aligned}$ |
| 34 | WRONKOWSKA Anna | 470 |  | K18-35 lat | 21 | 00:00:21 | 00:13:29 | 00:26:08.00 | 00:26:29.85 | $\begin{aligned} & +00: 07: 01 \\ & (26.9 \%) \end{aligned}$ | 5:13 | $\begin{aligned} & 11.5 \\ & \text { (73.2\%) } \end{aligned}$ |
| 35 | ULOWSKA Katarzyna | 440 | CHMIELARZ TEAM | K18-35 lat | 22 | 00:00:19 | 00:13:05 | 00:26:12.10 | 00:26:31.25 | $\begin{aligned} & +00: 07: 05 \\ & (27.1 \%) \end{aligned}$ | 5:14 | $\begin{aligned} & 11.5 \\ & (73.2 \%) \end{aligned}$ |
| 36 | SZCZEPANIAK Justyna | 410 |  | K36-49 lat | 13 | 00:00:05 | 00:12:36 | 00:26:13.40 | 00:26:19.00 | $\begin{aligned} & +00: 07: 07 \\ & (27.1 \%) \end{aligned}$ | 5:14 | $\begin{aligned} & 11.4 \\ & (72.6 \%) \end{aligned}$ |
| 37 | KALEMBA Daria | 135 | LAUREOLA FITNESS | K18-35 lat | 23 | 00:00:07 | 00:13:06 | 00:26:17.95 | 00:26:25.90 | $\begin{aligned} & +00: 07: 11 \\ & (27.4 \%) \end{aligned}$ | 5:15 | $\begin{aligned} & 11.4 \\ & \text { (72.6\%) } \end{aligned}$ |
| 38 | NAGORZYSKA Sylwia | 265 |  | K36-49 lat | 14 | 00:00:08 | 00:13:16 | 00:26:27.00 | 00:26:35.50 | $\begin{aligned} & +00: 07: 20 \\ & \text { (27.8\%) } \end{aligned}$ | 5:17 | $\begin{aligned} & 11.3 \\ & (72.0 \%) \end{aligned}$ |
| 39 | ŁUBIŃSKA-BARTYLAK Hanna | 224 | MAMA HANKA | K18-35 lat | 24 | 00:00:43 | 00:13:05 | 00:26:28.25 | 00:27:11.90 | $\begin{aligned} & +00: 07: 21 \\ & (27.8 \%) \end{aligned}$ | 5:17 | $\begin{aligned} & 11.3 \\ & (72.0 \%) \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $\begin{aligned} & \text { Finish_Bud } \\ & 2.5 \mathrm{~km} \end{aligned}$ | Czas netto 5 km | Czas brutto 5 km | Różn | Tempo min/km | $\begin{aligned} & \text { Tempo } \\ & \mathrm{km} / \mathrm{h} \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 40 | WOJCIECHOWSKA Emilia | 464 |  | K36-49 lat | 15 | 00:00:04 | 00:12:58 | 00:26:37.80 | 00:26:42.15 | $\begin{aligned} & +00: 07: 31 \\ & (28.3 \%) \end{aligned}$ | 5:19 | $\begin{aligned} & 11.3 \\ & \text { (72.0\%) } \end{aligned}$ |
| 41 | POTRZEBOWSKA Agata | 331 | \#ŻÓŁTOKRÓLEWSCY | K18-35 lat | 25 | 00:00:09 | 00:13:17 | 00:26:41.60 | 00:26:50.60 | $\begin{aligned} & +00: 07: 35 \\ & (28.4 \%) \end{aligned}$ | 5:20 | $\begin{aligned} & 11.2 \\ & \text { (71.3\%) } \end{aligned}$ |
| 42 | NALEWALSKA Justyna | 267 | SERCE TYBETU/WKURW_TEAM | K18-35 lat | 26 | 00:00:15 | 00:12:49 | 00:26:43.30 | 00:26:58.35 | $\begin{aligned} & +00: 07: 36 \\ & (28.5 \%) \end{aligned}$ | 5:20 | $\begin{aligned} & 11.2 \\ & (71.3 \%) \end{aligned}$ |
| 43 | SKONIECZNA Marlena | 377 | FORDON RUNNERS-NESSI KOLOROWA DRUŻYNA-BIEGACZE | K36-49 lat | 16 | 00:00:12 | 00:13:21 | 00:26:44.75 | 00:26:57.10 | $\begin{aligned} & +00: 07: 38 \\ & (28.6 \%) \end{aligned}$ | 5:21 | $\begin{aligned} & 11.2 \\ & (71.3 \%) \end{aligned}$ |
| 44 | LEWANDOWSKA Sylwia | 209 |  | K18-35 lat | 27 | 00:00:06 | 00:12:58 | 00:26:48.25 | 00:26:54.30 | $\begin{aligned} & +00: 07: 41 \\ & (28.7 \%) \end{aligned}$ | 5:21 | $\begin{aligned} & 11.2 \\ & (71.3 \%) \end{aligned}$ |
| 45 | KAMIŃSKA Iwona | 139 | NIEZRZESZONA | K36-49 lat | 17 | 00:00:02 | 00:13:21 | 00:26:50.50 | 00:26:53.40 | $\begin{aligned} & +00: 07: 44 \\ & (28.8 \%) \end{aligned}$ | 5:22 | $\begin{aligned} & 11.2 \\ & (71.3 \%) \end{aligned}$ |
| 46 | ŻYŁA Magdalena | 499 |  | K36-49 lat | 18 | 00:00:29 | 00:14:13 | 00:27:18.25 | 00:27:47.40 | $\begin{aligned} & +00: 08: 11 \\ & (30.0 \%) \end{aligned}$ | 5:27 | $\begin{aligned} & 11 \\ & (70.1 \%) \end{aligned}$ |
| 47 | GABRICH Żanetta | 84 | KLUB ZDROWI FIT24 | K36-49 lat | 19 | 00:00:12 | 00:14:00 | 00:27:25.15 | 00:27:37.40 | $\begin{aligned} & +00: 08: 18 \\ & (30.3 \%) \end{aligned}$ | 5:29 | $\begin{aligned} & 10.9 \\ & (69.4 \%) \end{aligned}$ |
| 48 | KUJDA Dorota | 194 |  | K36-49 lat | 20 | 00:00:09 | 00:13:23 | 00:27:28.05 | 00:27:37.25 | $\begin{aligned} & +00: 08: 21 \\ & (30.4 \%) \end{aligned}$ | 5:29 | $\begin{aligned} & 10.9 \\ & (69.4 \%) \end{aligned}$ |
| 49 | PILAKOWSKA Patrycja | 317 | ELTRA | K18-35 lat | 28 | 00:00:07 | 00:13:15 | 00:27:33.80 | 00:27:40.80 | $\begin{aligned} & +00: 08: 27 \\ & (30.7 \%) \end{aligned}$ | 5:30 | $\begin{aligned} & 10.9 \\ & \text { (69.4\%) } \end{aligned}$ |
| 50 | BAGNIEWSKA Małgorzata | 11 |  | K18-35 lat | 29 | 00:00:16 | 00:14:06 | 00:27:35.10 | 00:27:51.10 | $\begin{aligned} & +00: 08: 28 \\ & (30.7 \%) \end{aligned}$ | 5:31 | $\begin{aligned} & 10.9 \\ & \text { (69.4\%) } \end{aligned}$ |
| 51 | KRÓL Katarzyna | 179 |  | K36-49 lat | 21 | 00:00:21 | 00:13:46 | 00:27:39.85 | 00:28:01.50 | $\begin{aligned} & +00: 08: 33 \\ & (30.9 \%) \end{aligned}$ | 5:32 | $\begin{aligned} & 10.8 \\ & (68.8 \%) \end{aligned}$ |
| 52 | AGACIAK Elżbieta | 3 |  | K36-49 lat | 22 | 00:00:18 | 00:13:42 | 00:27:41.00 | 00:27:59.60 | $\begin{aligned} & +00: 08: 34 \\ & (31.0 \%) \end{aligned}$ | 5:32 | $\begin{aligned} & 10.8 \\ & \text { (68.8\%) } \end{aligned}$ |
| 53 | SIUDZIŃSKA Anna | 374 |  | K18-35 lat | 30 | 00:00:06 | 00:13:47 | 00:27:41.10 | 00:27:47.20 | $\begin{aligned} & +00: 08: 34 \\ & (31.0 \%) \end{aligned}$ | 5:32 | $\begin{aligned} & 10.8 \\ & (68.8 \%) \end{aligned}$ |
| 54 | RAKAŁOWICZ Justyna | 338 | ATOS | K36-49 lat | 23 | 00:00:16 | 00:13:41 | 00:27:53.25 | 00:28:09.35 | $\begin{aligned} & +00: 08: 46 \\ & (31.5 \%) \end{aligned}$ | 5:34 | $\begin{aligned} & 10.8 \\ & (68.8 \%) \end{aligned}$ |
| 55 | PRZYBYLSKA Grażyna | 334 | PSL | K50-59 lat | 2 | 00:00:37 | 00:14:07 | 00:27:56.90 | 00:28:34.50 | $\begin{aligned} & +00: 08: 50 \\ & (31.6 \%) \end{aligned}$ | 5:35 | $\begin{aligned} & 10.7 \\ & (68.2 \%) \end{aligned}$ |
| 56 | KWIATKOWSKA Małgorzata | 201 |  | K36-49 lat | 24 | 00:00:18 | 00:13:42 | 00:27:57.20 | 00:28:16.05 | $\begin{aligned} & +00: 08: 50 \\ & (31.7 \%) \end{aligned}$ | 5:35 | $\begin{aligned} & 10.7 \\ & (68.2 \%) \end{aligned}$ |
| 57 | ROGOZINSKA Karolina | 344 |  | K36-49 lat | 25 | 00:00:17 | 00:13:45 | 00:27:58.25 | 00:28:16.05 | $\begin{aligned} & +00: 08: 51 \\ & (31.7 \%) \end{aligned}$ | 5:35 | $\begin{aligned} & 10.7 \\ & \text { (68.2\%) } \end{aligned}$ |
| 58 | JASIULEWICZ Agnieszka | 126 |  | K36-49 lat | 26 | 00:00:10 | 00:13:52 | 00:28:04.85 | 00:28:15.25 | $\begin{aligned} & +00: 08: 58 \\ & (32.0 \%) \end{aligned}$ | 5:37 | $\begin{aligned} & 10.7 \\ & (68.2 \%) \end{aligned}$ |
| 59 | JASKUŁA Karolina | 127 |  | K18-35 lat | 31 | 00:00:04 | 00:13:48 | 00:28:06.90 | 00:28:11.20 | $\begin{aligned} & +00: 09: 00 \\ & (32.0 \%) \end{aligned}$ | 5:37 | $\begin{aligned} & 10.7 \\ & (68.2 \%) \end{aligned}$ |
| 60 | MAZANOWSKA Ewa | 244 |  | K36-49 lat | 27 | 00:00:10 | 00:14:20 | 00:28:07.05 | 00:28:17.85 | $\begin{aligned} & +00: 09: 00 \\ & (32.1 \%) \end{aligned}$ | 5:37 | $\begin{aligned} & 10.7 \\ & (68.2 \%) \end{aligned}$ |
| 61 | BRZOZOWSKA Jolanta | 34 |  | K50-59 lat | 3 | 00:00:10 | 00:13:44 | 00:28:08.40 | 00:28:18.45 | $\begin{aligned} & +00: 09: 02 \\ & (32.1 \%) \end{aligned}$ | 5:37 | $\begin{aligned} & 10.7 \\ & (68.2 \%) \end{aligned}$ |
| 62 | SZEWCZUK Ewa | 414 |  | K36-49 lat | 28 | 00:00:10 | 00:13:47 | 00:28:10.20 | 00:28:21.10 | $\begin{aligned} & +00: 09: 03 \\ & (32.2 \%) \end{aligned}$ | 5:38 | $\begin{aligned} & 10.6 \\ & \text { (67.5\%) } \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $\begin{aligned} & \text { Finish_Bud } \\ & 2.5 \mathrm{~km} \end{aligned}$ | Czas netto 5 km | Czas brutto 5 km | Różn | Tempo min/km | $\begin{aligned} & \text { Tempo } \\ & \mathrm{km} / \mathrm{h} \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 63 | KORPAL Żaneta | 164 |  | K18-35 lat | 32 | 00:00:06 | 00:13:35 | 00:28:10.50 | 00:28:17.10 | $\begin{aligned} & +00: 09: 04 \\ & (32.2 \%) \end{aligned}$ | 5:38 | $\begin{aligned} & 10.6 \\ & \text { (67.5\%) } \end{aligned}$ |
| 64 | PESZYŃSKA Joanna | 309 |  | K36-49 lat | 29 | 00:00:23 | 00:14:15 | 00:28:11.05 | 00:28:34.70 | $\begin{aligned} & +00: 09: 04 \\ & (32.2 \%) \end{aligned}$ | 5:38 | $\begin{aligned} & 10.6 \\ & \text { (67.5\%) } \end{aligned}$ |
| 65 | JAWOROWSKA Justyna | 128 |  | K36-49 lat | 30 | 00:00:03 | 00:14:11 | 00:28:17.05 | 00:28:20.95 | $\begin{aligned} & +00: 09: 10 \\ & (32.5 \%) \end{aligned}$ | 5:39 | $\begin{aligned} & 10.6 \\ & \text { (67.5\%) } \end{aligned}$ |
| 66 | SOBOLEWSKA Aleksandra | 389 | REEBOKRUNCREW BYDGOSZCZ | K18-35 lat | 33 | 00:00:06 | 00:14:18 | 00:28:17.70 | 00:28:24.15 | $\begin{aligned} & +00: 09: 11 \\ & (32.5 \%) \end{aligned}$ | 5:39 | $\begin{aligned} & 10.6 \\ & \text { (67.5\%) } \end{aligned}$ |
| 67 | CHRZANOWSKA Cecylia | 49 | AKTYWNE LISEWO | K60+ | 1 | 00:00:04 | 00:13:57 | 00:28:17.80 | 00:28:22.35 | $\begin{aligned} & +00: 09: 11 \\ & (32.5 \%) \end{aligned}$ | 5:39 | $\begin{aligned} & 10.6 \\ & (67.5 \%) \end{aligned}$ |
| 68 | JESZAWICZ Joanna | 133 |  | K18-35 lat | 34 | 00:00:21 | 00:13:52 | 00:28:17.85 | 00:28:39.35 | $\begin{aligned} & +00: 09: 11 \\ & (32.5 \%) \end{aligned}$ | 5:39 | $\begin{aligned} & 10.6 \\ & \text { (67.5\%) } \end{aligned}$ |
| 69 | PANKOWSKA Ewa | 300 |  | K50-59 lat | 4 | 00:00:04 | 00:13:47 | 00:28:18.30 | 00:28:22.85 | $\begin{aligned} & +00: 09: 11 \\ & (32.5 \%) \end{aligned}$ | 5:39 | $\begin{aligned} & 10.6 \\ & \text { (67.5\%) } \end{aligned}$ |
| 70 | ZAMOJSKA Pola | 480 |  | K18-35 lat | 35 | 00:00:08 | 00:13:48 | 00:28:20.65 | 00:28:28.70 | $\begin{aligned} & +00: 09: 14 \\ & (32.6 \%) \end{aligned}$ | 5:40 | $\begin{aligned} & 10.6 \\ & (67.5 \%) \end{aligned}$ |
| 71 | POSLAD Martyna | 330 |  | K18-35 lat | 36 | 00:00:25 | 00:14:40 | 00:28:22.65 | 00:28:48.05 | $\begin{aligned} & +00: 09: 16 \\ & (32.7 \%) \end{aligned}$ | 5:40 | $\begin{aligned} & 10.6 \\ & \text { (67.5\%) } \end{aligned}$ |
| 72 | ZIELIŃSKA Iwona | 484 | MROCZA WOMEN | K18-35 lat | 37 | 00:00:03 | 00:14:29 | 00:28:25.50 | 00:28:28.90 | $\begin{aligned} & +00: 09: 19 \\ & (32.8 \%) \end{aligned}$ | 5:41 | $\begin{aligned} & 10.6 \\ & \text { (67.5\%) } \end{aligned}$ |
| 73 | LEWANDOWSKA Ewelina | 205 |  | K18-35 lat | 38 | 00:00:09 | 00:14:36 | 00:28:31.40 | 00:28:40.70 | $\begin{aligned} & +00: 09: 25 \\ & (33.0 \%) \end{aligned}$ | 5:42 | $\begin{aligned} & 10.5 \\ & \text { (66.9\%) } \end{aligned}$ |
| 74 | GÓRAL Anna | 99 |  | K18-35 lat | 39 | 00:00:12 | 00:14:13 | 00:28:46.25 | 00:28:58.30 | $\begin{aligned} & +00: 09: 39 \\ & (33.6 \%) \end{aligned}$ | 5:45 | $\begin{aligned} & 10.4 \\ & (66.2 \%) \end{aligned}$ |
| 75 | SAS Kasia | 364 |  | K36-49 lat | 31 | 00:00:22 | 00:14:59 | 00:28:49.90 | 00:29:12.40 | $\begin{aligned} & +00: 09: 43 \\ & (33.7 \%) \end{aligned}$ | 5:46 | $\begin{aligned} & 10.4 \\ & (66.2 \%) \end{aligned}$ |
| 76 | CIEŚLAK Emilia | 53 |  | K36-49 lat | 32 | 00:00:30 | 00:14:42 | 00:28:51.15 | 00:29:21.50 | $\begin{aligned} & +00: 09: 44 \\ & (33.8 \%) \end{aligned}$ | 5:46 | $\begin{aligned} & 10.4 \\ & (66.2 \%) \end{aligned}$ |
| 77 | OZOROWSKA Karolina | 294 |  | K18-35 lat | 40 | 00:00:14 | 00:14:23 | 00:28:55.25 | 00:29:10.05 | $\begin{aligned} & +00: 09: 48 \\ & (33.9 \%) \end{aligned}$ | 5:47 | $\begin{aligned} & 10.4 \\ & (66.2 \%) \end{aligned}$ |
| 78 | SKURCZYŃSKA Magdalena | 381 |  | K18-35 lat | 41 | 00:00:07 | 00:14:10 | 00:29:03.75 | 00:29:11.50 | $\begin{aligned} & +00: 09: 57 \\ & (34.3 \%) \end{aligned}$ | 5:48 | $\begin{aligned} & 10.3 \\ & \text { (65.6\%) } \end{aligned}$ |
| 79 | NOGA Magdalena | 274 |  | K36-49 lat | 33 | 00:00:07 | 00:14:28 | 00:29:04.10 | 00:29:11.75 | $\begin{aligned} & +00: 09: 57 \\ & (34.3 \%) \end{aligned}$ | 5:48 | $\begin{aligned} & 10.3 \\ & (65.6 \%) \end{aligned}$ |
| 80 | ŁOZIŃSKA Iwona | 506 | BELLA LINE | K50-59 lat | 5 | 00:00:07 | 00:14:36 | 00:29:04.70 | 00:29:12.50 | $\begin{aligned} & +00: 09: 58 \\ & (34.3 \%) \end{aligned}$ | 5:49 | $\begin{aligned} & 10.3 \\ & (65.6 \%) \end{aligned}$ |
| 81 | BRZYKCA Joanna | 36 |  | K36-49 lat | 34 | 00:00:30 | 00:14:43 | 00:29:04.85 | 00:29:35.40 | $\begin{aligned} & +00: 09: 58 \\ & (34.3 \%) \end{aligned}$ | 5:49 | $\begin{aligned} & 10.3 \\ & \text { ( } 65.6 \% \text { ) } \end{aligned}$ |
| 82 | BUZIAK Małgorzata | 42 |  | K36-49 lat | 35 | 00:00:07 | 00:14:02 | 00:29:07.10 | 00:29:15.05 | $\begin{aligned} & +00: 10: 00 \\ & (34.4 \%) \end{aligned}$ | 5:49 | $\begin{aligned} & 10.3 \\ & (65.6 \%) \end{aligned}$ |
| 83 | WŁODARCZYK Katarzyna | 462 |  | K36-49 lat | 36 | 00:00:28 | 00:13:58 | 00:29:08.75 | 00:29:37.70 | $\begin{aligned} & +00: 10: 02 \\ & (34.4 \%) \end{aligned}$ | 5:49 | $\begin{aligned} & 10.3 \\ & \text { ( } 65.6 \% \text { ) } \end{aligned}$ |
| 84 | WOJEWÓDZKA Magdalena | 466 |  | K36-49 lat | 37 | 00:00:38 | 00:15:34 | 00:29:08.95 | 00:29:47.35 | $\begin{aligned} & +00: 10: 02 \\ & (34.5 \%) \end{aligned}$ | 5:49 | $\begin{aligned} & 10.3 \\ & \text { ( } 65.6 \% \text { ) } \end{aligned}$ |
| 85 | FRATCZAK Beata | 80 |  | K36-49 lat | 38 | 00:00:04 | 00:14:10 | 00:29:09.45 | 00:29:13.80 | $\begin{aligned} & +00: 10: 03 \\ & (34.5 \%) \end{aligned}$ | 5:49 | $\begin{aligned} & 10.3 \\ & \text { ( } 65.6 \% \text { ) } \end{aligned}$ |


| Msc | Zawodnik | Numer |  | Klub | Kategoria | Mkat | Czas startu | $\begin{array}{\|l} \text { Finish_Bud } \\ 2.5 \mathrm{~km} \end{array}$ | Czas netto 5 km | Czas brutto 5 km | Różn | Tempo min/km | Tempo km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 86 | CHONCHERA Ewelina | 46 |  |  | K18-35 lat | 42 | 00:00:16 | 00:14:27 | 00:29:13.40 | 00:29:30.35 | $\begin{aligned} & +00: 10: 07 \\ & (34.6 \%) \end{aligned}$ | 5:50 | $\begin{aligned} & 10.3 \\ & (65.6 \%) \end{aligned}$ |
| 87 | NAWROT Patrycja | 271 |  |  | K18-35 lat | 43 | 00:00:04 | 00:14:39 | 00:29:14.55 | 00:29:18.55 | $\begin{aligned} & +00: 10: 08 \\ & (34.7 \%) \end{aligned}$ | 5:50 | $\begin{aligned} & 10.3 \\ & (65.6 \%) \end{aligned}$ |
| 88 | KŁOSOWSKA Magdalena | 160 | FIT MANIA |  | K18-35 lat | 44 | 00:00:04 | 00:14:10 | 00:29:14.90 | 00:29:19.10 | $\begin{aligned} & +00: 10: 08 \\ & (34.7 \%) \end{aligned}$ | 5:51 | $\begin{aligned} & 10.3 \\ & \text { (65.6\%) } \end{aligned}$ |
| 89 | KIERCZYŃSKA Agnieszka | 152 | ZSP4 |  | K18-35 lat | 45 | 00:00:03 | 00:13:42 | 00:29:25.75 | 00:29:29.65 | $\begin{aligned} & +00: 10: 19 \\ & (35.1 \%) \end{aligned}$ | 5:53 | $\begin{aligned} & 10.2 \\ & (65.0 \%) \end{aligned}$ |
| 90 | ŁADNIAK Bernadeta | 218 |  |  | K36-49 lat | 39 | 00:00:18 | 00:14:49 | 00:29:28.90 | 00:29:47.50 | $\begin{aligned} & +00: 10: 22 \\ & (35.2 \%) \end{aligned}$ | 5:53 | $\begin{aligned} & 10.2 \\ & (65.0 \%) \end{aligned}$ |
| 91 | KOŹLIKOWSKA-WENCKA Magdalena | 174 |  |  | K36-49 lat | 40 | 00:00:28 | 00:14:19 | 00:29:31.60 | 00:30:00.30 | $\begin{aligned} & +00: 10: 25 \\ & (35.3 \%) \end{aligned}$ | 5:54 | $\begin{aligned} & 10.2 \\ & (65.0 \%) \end{aligned}$ |
| 92 | SENSKA Magdalena | 368 |  |  | K36-49 lat | 41 | 00:00:36 | 00:14:59 | 00:29:33.35 | 00:30:10.30 | $\begin{aligned} & +00: 10: 27 \\ & (35.4 \%) \end{aligned}$ | 5:54 | $\begin{aligned} & 10.1 \\ & (64.3 \%) \end{aligned}$ |
| 93 | FRYDRYCHOWICZ Lilianna | 83 |  |  | K50-59 lat | 6 | 00:00:14 | 00:14:25 | 00:29:35.65 | 00:29:50.15 | $\begin{aligned} & +00: 10: 29 \\ & (35.4 \%) \end{aligned}$ | 5:55 | $\begin{aligned} & 10.1 \\ & (64.3 \%) \end{aligned}$ |
| 94 | PALIŃSKA Magdalena | 297 |  |  | K18-35 lat | 46 | 00:00:05 | 00:13:53 | 00:29:40.30 | 00:29:45.30 | $\begin{aligned} & +00: 10: 33 \\ & (35.6 \%) \end{aligned}$ | 5:56 | $\begin{aligned} & 10.1 \\ & (64.3 \%) \end{aligned}$ |
| 95 | JAKUBIK-LORENC Aneta | 510 |  |  | K36-49 lat | 42 | 00:00:26 | 00:14:50 | 00:29:40.70 | 00:30:06.75 | $\begin{aligned} & +00: 10: 34 \\ & (35.6 \%) \end{aligned}$ | 5:56 | $\begin{aligned} & 10.1 \\ & (64.3 \%) \end{aligned}$ |
| 96 | JAKUBOWSKA Anna | 121 | NIEZRZESZONY |  | K36-49 lat | 43 | 00:00:04 | 00:14:40 | 00:29:41.00 | 00:29:45.30 | $\begin{aligned} & +00: 10: 34 \\ & (35.6 \%) \end{aligned}$ | 5:56 | $\begin{aligned} & 10.1 \\ & (64.3 \%) \end{aligned}$ |
| 97 | STYPCZYŃSKA Karolina | 401 |  |  | K18-35 lat | 47 | 00:00:25 | 00:14:57 | 00:29:41.20 | 00:30:06.30 | $\begin{aligned} & +00: 10: 34 \\ & (35.6 \%) \end{aligned}$ | 5:56 | $\begin{aligned} & 10.1 \\ & (64.3 \%) \end{aligned}$ |
| 98 | HAJNCE Michalina | 109 |  |  | K18-35 lat | 48 | 00:00:23 | 00:15:40 | 00:29:42.10 | 00:30:06.05 | $\begin{aligned} & +00: 10: 35 \\ & (35.7 \%) \end{aligned}$ | 5:56 | $\begin{aligned} & 10.1 \\ & (64.3 \%) \end{aligned}$ |
| 99 | METZLER Magdalena | 245 |  |  | K18-35 lat | 49 | 00:00:26 | 00:15:09 | 00:29:43.35 | 00:30:10.10 | $\begin{aligned} & +00: 10: 37 \\ & (35.7 \%) \end{aligned}$ | 5:56 | $\begin{aligned} & 10.1 \\ & (64.3 \%) \end{aligned}$ |
| 100 | SOSIŃSKA Izabela | 391 | X |  | K36-49 lat | 44 | 00:00:13 | 00:14:52 | 00:29:44.75 | 00:29:58.10 | $\begin{aligned} & +00: 10: 38 \\ & (35.8 \%) \end{aligned}$ | 5:57 | $\begin{aligned} & 10.1 \\ & (64.3 \%) \end{aligned}$ |
| 101 | DZIEDZIC Agnieszka | 74 |  |  | K36-49 lat | 45 | 00:00:13 | 00:14:53 | 00:29:44.80 | 00:29:58.20 | $\begin{aligned} & +00: 10: 38 \\ & (35.8 \%) \end{aligned}$ | 5:57 | $\begin{aligned} & 10.1 \\ & (64.3 \%) \end{aligned}$ |
| 102 | PAWLAK Magdalena | 305 | WTORKOWY TRENING |  | K18-35 lat | 50 | 00:00:22 | 00:15:06 | 00:29:45.80 | 00:30:08.30 | $\begin{aligned} & +00: 10: 39 \\ & (35.8 \%) \end{aligned}$ | 5:57 | $\begin{aligned} & 10.1 \\ & (64.3 \%) \end{aligned}$ |
| 103 | GIPP Małgorzata | 94 |  |  | K18-35 lat | 51 | 00:00:12 | 00:15:10 | 00:29:50.00 | 00:30:02.60 | $\begin{aligned} & +00: 10: 43 \\ & (36.0 \%) \end{aligned}$ | 5:58 | $\begin{aligned} & 10.1 \\ & (64.3 \%) \end{aligned}$ |
| 104 | FILIPEK Weronika | 78 | NEUROSANA |  | K18-35 lat | 52 | 00:00:13 | 00:14:33 | 00:29:53.35 | 00:30:07.00 | $\begin{aligned} & +00: 10: 47 \\ & (36.1 \%) \end{aligned}$ | 5:58 | $\begin{aligned} & 10 \\ & (63.7 \%) \end{aligned}$ |
| 105 | ALBETZKA Wioleta | 5 | NEUROSANA |  | K36-49 lat | 46 | 00:00:13 | 00:14:33 | 00:29:53.70 | 00:30:06.80 | $\begin{aligned} & +00: 10: 47 \\ & (36.1 \%) \end{aligned}$ | 5:58 | $\begin{aligned} & 10 \\ & (63.7 \%) \end{aligned}$ |
| 106 | MSRKIEWICZ Karolina | 262 |  |  | K18-35 lat | 53 | 00:00:05 | 00:14:14 | 00:29:53.90 | 00:29:59.80 | $\begin{aligned} & +00: 10: 47 \\ & (36.1 \%) \end{aligned}$ | 5:58 | $\begin{aligned} & 10 \\ & (63.7 \%) \end{aligned}$ |
| 107 | LEWANDOWSKA-GBYL Kinga | 210 | NEUROSANA |  | K36-49 lat | 47 | 00:00:12 | 00:14:33 | 00:29:54.70 | 00:30:07.00 | $\begin{aligned} & +00: 10: 48 \\ & \text { (36.1\%) } \end{aligned}$ | 5:59 | $\begin{aligned} & 10 \\ & (63.7 \%) \end{aligned}$ |
| 108 | DOMINIAK Joanna | 66 |  |  | K36-49 lat | 48 | 00:00:06 | 00:14:23 | 00:29:55.30 | 00:30:01.30 | $\begin{aligned} & +00: 10: 48 \\ & (36.1 \%) \end{aligned}$ | 5:59 | $10$ (63.7\%) |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $\begin{aligned} & \text { Finish_Bud } \\ & 2.5 \mathrm{~km} \end{aligned}$ | Czas netto 5 km | Czas brutto 5 km | Różn | Tempo min/km | $\begin{aligned} & \text { Tempo } \\ & \mathrm{km} / \mathrm{h} \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 109 | TYLL Anna | 438 |  | K36-49 lat | 49 | 00:00:11 | 00:15:15 | 00:29:56.20 | 00:30:08.05 | $\begin{aligned} & +00: 10: 49 \\ & (36.2 \%) \end{aligned}$ | 5:59 | $\begin{aligned} & 10 \\ & \text { (63.7\%) } \end{aligned}$ |
| 110 | KUBIAK-KUJAWA Joanna | 186 |  | K18-35 lat | 54 | 00:00:12 | 00:15:33 | 00:29:59.15 | 00:30:11.70 | $\begin{aligned} & +00: 10: 52 \\ & (36.3 \%) \end{aligned}$ | 5:59 | $\begin{aligned} & 10 \\ & (63.7 \%) \end{aligned}$ |
| 111 | PISKORSKA Marta | 321 |  | K36-49 lat | 50 | 00:00:32 | 00:15:43 | 00:30:00.75 | 00:30:33.60 | $\begin{aligned} & +00: 10: 54 \\ & (36.3 \%) \end{aligned}$ | 6:00 | $\begin{aligned} & 10 \\ & \text { (63.7\%) } \end{aligned}$ |
| 112 | BISKUP Katarzyna | 24 |  | K18-35 lat | 55 | 00:00:26 | 00:15:41 | 00:30:01.85 | 00:30:28.25 | $\begin{aligned} & +00: 10: 55 \\ & (36.4 \%) \end{aligned}$ | 6:00 | $\begin{aligned} & 10 \\ & \text { (63.7\%) } \end{aligned}$ |
| 113 | MORACZEWSKA Angelika | 261 |  | K36-49 lat | 51 | 00:00:25 | 00:15:41 | 00:30:02.35 | 00:30:28.25 | $\begin{aligned} & +00: 10: 56 \\ & (36.4 \%) \end{aligned}$ | 6:00 | $\begin{aligned} & 10 \\ & \text { (63.7\%) } \end{aligned}$ |
| 114 | MICHNIEWICZ Małgorzata | 249 |  | K36-49 lat | 52 | 00:00:17 | 00:14:54 | 00:30:04.95 | 00:30:22.20 | $\begin{aligned} & +00: 10: 58 \\ & (36.5 \%) \end{aligned}$ | 6:01 | $\begin{aligned} & 10 \\ & \text { (63.7\%) } \end{aligned}$ |
| 115 | BŁAŻEK Kasia | 26 |  | K36-49 lat | 53 | 00:00:12 | 00:14:47 | 00:30:05.00 | 00:30:17.70 | $\begin{aligned} & +00: 10: 58 \\ & (36.5 \%) \end{aligned}$ | 6:01 | $\begin{aligned} & 10 \\ & \text { (63.7\%) } \end{aligned}$ |
| 116 | KUKLISOVA Gabriela | 195 |  | K36-49 lat | 54 | 00:00:19 | 00:15:20 | 00:30:07.25 | 00:30:26.45 | $\begin{aligned} & +00: 11: 00 \\ & (36.6 \%) \end{aligned}$ | 6:01 | $\begin{aligned} & 10 \\ & \text { (63.7\%) } \end{aligned}$ |
| 117 | TEJZA Sandra | 425 |  | K18-35 lat | 56 | 00:00:41 | 00:14:50 | 00:30:09.10 | 00:30:50.20 | $\begin{aligned} & +00: 11: 02 \\ & (36.6 \%) \end{aligned}$ | 6:01 | $\begin{aligned} & 10 \\ & \text { (63.7\%) } \end{aligned}$ |
| 118 | JAGIELSKA Patrycja | 119 |  | K18-35 lat | 57 | 00:00:24 | 00:14:45 | 00:30:10.10 | 00:30:34.50 | $\begin{aligned} & +00: 11: 03 \\ & (36.7 \%) \end{aligned}$ | 6:02 | $\begin{aligned} & 9.9 \\ & (63.1 \%) \end{aligned}$ |
| 119 | RICHERT Teresa | 342 |  | K36-49 lat | 55 | 00:00:32 | 00:15:03 | 00:30:12.10 | 00:30:44.90 | $\begin{aligned} & +00: 11: 05 \\ & (36.7 \%) \end{aligned}$ | 6:02 | $\begin{aligned} & 9.9 \\ & (63.1 \%) \end{aligned}$ |
| 120 | NIESZCZERZEWSKA Hanna | 273 |  | K50-59 lat | 7 | 00:00:26 | 00:15:36 | 00:30:14.45 | 00:30:40.80 | $\begin{aligned} & +00: 11: 08 \\ & (36.8 \%) \end{aligned}$ | 6:02 | $\begin{aligned} & 9.9 \\ & (63.1 \%) \end{aligned}$ |
| 121 | CHMARA Marzenna | 44 |  | K50-59 lat | 8 | 00:00:26 | 00:15:38 | 00:30:15.05 | 00:30:41.20 | $\begin{aligned} & +00: 11: 08 \\ & (36.8 \%) \end{aligned}$ | 6:03 | $\begin{aligned} & 9.9 \\ & (63.1 \%) \end{aligned}$ |
| 122 | ZDUNKIEWICZ Hanna | 482 |  | K36-49 lat | 56 | 00:00:29 | 00:15:30 | 00:30:15.90 | 00:30:45.65 | $\begin{aligned} & +00: 11: 09 \\ & (36.9 \%) \end{aligned}$ | 6:03 | $\begin{aligned} & 9.9 \\ & (63.1 \%) \end{aligned}$ |
| 123 | MICHALAK Anita | 246 |  | K36-49 lat | 57 | 00:00:27 | 00:15:32 | 00:30:17.80 | 00:30:45.70 | $\begin{aligned} & +00: 11: 11 \\ & (36.9 \%) \end{aligned}$ | 6:03 | $\begin{aligned} & 9.9 \\ & (63.1 \%) \end{aligned}$ |
| 124 | TUREK Natalia | 434 |  | K18-35 lat | 58 | 00:00:14 | 00:15:20 | 00:30:20.40 | 00:30:35.15 | $\begin{aligned} & +00: 11: 14 \\ & (37.0 \%) \end{aligned}$ | 6:04 | $\begin{aligned} & 9.9 \\ & (63.1 \%) \end{aligned}$ |
| 125 | NAWROCKA Joanna | 270 |  | K36-49 lat | 58 | 00:00:03 | 00:14:51 | 00:30:21.40 | 00:30:24.75 | $\begin{aligned} & +00: 11: 15 \\ & (37.1 \%) \end{aligned}$ | 6:04 | $\begin{aligned} & 9.9 \\ & (63.1 \%) \end{aligned}$ |
| 126 | RÓŻYCZKA Joanna | 350 |  | K18-35 lat | 59 | 00:00:12 | 00:14:59 | 00:30:26.15 | 00:30:38.15 | $\begin{aligned} & +00: 11: 19 \\ & (37.2 \%) \end{aligned}$ | 6:05 | $\begin{aligned} & 9.9 \\ & (63.1 \%) \end{aligned}$ |
| 127 | GAPSKA Weronika | 88 |  | K18-35 lat | 60 | 00:00:26 | 00:14:49 | 00:30:28.90 | 00:30:55.60 | $\begin{aligned} & +00: 11: 22 \\ & (37.3 \%) \end{aligned}$ | 6:05 | $\begin{aligned} & 9.8 \\ & (62.4 \%) \end{aligned}$ |
| 128 | PLATH - KOPERSKA Krystyna | 322 |  | K50-59 lat | 9 | 00:00:24 | 00:15:36 | 00:30:29.50 | 00:30:53.90 | $\begin{aligned} & +00: 11: 23 \\ & (37.3 \%) \end{aligned}$ | 6:05 | $\begin{aligned} & 9.8 \\ & \text { (62.4\%) } \end{aligned}$ |
| 129 | NAWROT Katarzyna | 272 |  | K36-49 lat | 59 | 00:00:04 | 00:14:39 | 00:30:29.90 | 00:30:34.10 | $\begin{aligned} & +00: 11: 23 \\ & (37.4 \%) \end{aligned}$ | 6:06 | $\begin{aligned} & 9.8 \\ & \text { (62.4\%) } \end{aligned}$ |
| 130 | StYSZ-DEC Paulina | 385 |  | K18-35 lat | 61 | 00:00:03 | 00:14:44 | 00:30:31.00 | 00:30:34.50 | $\begin{aligned} & +00: 11: 24 \\ & (37.4 \%) \end{aligned}$ | 6:06 | $\begin{aligned} & 9.8 \\ & (62.4 \%) \end{aligned}$ |
| 131 | SUCHARSKA Magdalena | 402 |  | K18-35 lat | 62 | 00:00:40 | 00:14:56 | 00:30:32.10 | 00:31:13.00 | $\begin{aligned} & +00: 11: 25 \\ & (37.4 \%) \end{aligned}$ | 6:06 | $\begin{aligned} & 9.8 \\ & (62.4 \%) \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $\begin{aligned} & \text { Finish_Bud } \\ & 2.5 \mathrm{~km} \end{aligned}$ | Czas netto 5 km | Czas brutto 5 km | Różn | Tempo min/km | $\begin{aligned} & \text { Tempo } \\ & \text { km/h } \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 132 | SCHUMACHER-RATAJ Marta | 367 |  | K18-35 lat | 63 | 00:00:22 | 00:14:59 | 00:30:36.60 | 00:30:58.75 | $\begin{aligned} & +00: 11: 30 \\ & (37.6 \%) \end{aligned}$ | 6:07 | $\begin{aligned} & 9.8 \\ & (62.4 \%) \end{aligned}$ |
| 133 | DZIKOWSKA Agnieszka | 75 | MAMUŚKI | K36-49 lat | 60 | 00:00:33 | 00:16:07 | 00:30:36.90 | 00:31:10.40 | $\begin{aligned} & +00: 11: 30 \\ & (37.6 \%) \end{aligned}$ | 6:07 | $\begin{aligned} & 9.8 \\ & (62.4 \%) \end{aligned}$ |
| 134 | GARDYZA Lidia | 90 |  | K36-49 lat | 61 | 00:00:04 | 00:14:54 | 00:30:41.65 | 00:30:46.30 | $\begin{aligned} & +00: 11: 35 \\ & (37.8 \%) \end{aligned}$ | 6:08 | $\begin{aligned} & 9.8 \\ & (62.4 \%) \end{aligned}$ |
| 135 | ZIELIŃSKA Izabela | 486 |  | K18-35 lat | 64 | 00:00:18 | 00:15:29 | 00:30:44.90 | 00:31:02.95 | $\begin{aligned} & +00: 11: 38 \\ & (37.9 \%) \end{aligned}$ | 6:08 | $\begin{aligned} & 9.8 \\ & (62.4 \%) \end{aligned}$ |
| 136 | UKLEJA Karolina | 439 |  | K36-49 lat | 62 | 00:00:31 | 00:15:28 | 00:30:50.70 | 00:31:21.80 | $\begin{aligned} & +00: 11: 44 \\ & (38.1 \%) \end{aligned}$ | 6:10 | $\begin{aligned} & 9.7 \\ & \text { ( } 61.8 \% \text { ) } \end{aligned}$ |
| 137 | KUJAWA Magdalena | 193 |  | K36-49 lat | 63 | 00:00:09 | 00:15:13 | 00:30:53.65 | 00:31:03.30 | $\begin{aligned} & +00: 11: 47 \\ & (38.2 \%) \end{aligned}$ | 6:10 | $\begin{aligned} & 9.7 \\ & \text { ( } 61.8 \% \text { ) } \end{aligned}$ |
| 138 | WITKOWSKA Lucyna | 459 |  | K36-49 lat | 64 | 00:00:09 | 00:15:13 | 00:30:53.75 | 00:31:03.45 | $\begin{aligned} & +00: 11: 47 \\ & (38.2 \%) \end{aligned}$ | 6:10 | $\begin{aligned} & 9.7 \\ & \text { (61.8\%) } \end{aligned}$ |
| 139 | ŚWIERCZYŃSKA Maria | 424 |  | K18-35 lat | 65 | 00:00:07 | 00:14:53 | 00:30:53.80 | 00:31:01.30 | $\begin{aligned} & +00: 11: 47 \\ & (38.2 \%) \end{aligned}$ | 6:10 | $\begin{aligned} & 9.7 \\ & (61.8 \%) \end{aligned}$ |
| 140 | PĘZIOŁ Aleksandra | 310 |  | K18-35 lat | 66 | 00:00:45 | 00:16:31 | 00:30:53.95 | 00:31:39.10 | $\begin{aligned} & +00: 11: 47 \\ & (38.2 \%) \end{aligned}$ | 6:10 | $\begin{aligned} & 9.7 \\ & (61.8 \%) \end{aligned}$ |
| 141 | POL Małgorzata | 327 |  | K36-49 lat | 65 | 00:00:06 | 00:14:54 | 00:30:54.60 | 00:31:01.50 | $\begin{aligned} & +00: 11: 48 \\ & (38.2 \%) \end{aligned}$ | 6:11 | $\begin{aligned} & 9.7 \\ & (61.8 \%) \end{aligned}$ |
| 142 | KRUCZYŃSKA Kamila | 180 |  | K18-35 lat | 67 | 00:00:08 | 00:14:50 | 00:30:55.50 | 00:31:03.70 | $\begin{aligned} & +00: 11: 49 \\ & (38.2 \%) \end{aligned}$ | 6:11 | $\begin{aligned} & 9.7 \\ & (61.8 \%) \end{aligned}$ |
| 143 | KOWALSKA Anna | 169 |  | K36-49 lat | 66 | 00:00:37 | 00:16:12 | 00:30:57.75 | 00:31:35.05 | $\begin{aligned} & +00: 11: 51 \\ & (38.3 \%) \end{aligned}$ | 6:11 | $\begin{aligned} & 9.7 \\ & \text { (61.8\%) } \end{aligned}$ |
| 144 | JAŻDŻEWSKA Aleksandra | 131 |  | K36-49 lat | 67 | 00:00:36 | 00:16:13 | 00:30:58.30 | 00:31:35.20 | $\begin{aligned} & +00: 11: 51 \\ & (38.3 \%) \end{aligned}$ | 6:11 | $\begin{aligned} & 9.7 \\ & \text { (61.8\%) } \end{aligned}$ |
| 145 | SZULTKA Magdalena | 419 |  | K18-35 lat | 68 | 00:00:29 | 00:15:00 | 00:30:58.90 | 00:31:28.40 | $\begin{aligned} & +00: 11: 52 \\ & (38.3 \%) \end{aligned}$ | 6:11 | $\begin{aligned} & 9.7 \\ & \text { (61.8\%) } \end{aligned}$ |
| 146 | SIERADZKA Małgorzata | 371 |  | K36-49 lat | 68 | 00:00:30 | 00:15:07 | 00:31:05.25 | 00:31:36.20 | $\begin{aligned} & +00: 11: 58 \\ & (38.5 \%) \end{aligned}$ | 6:13 | $\begin{aligned} & 9.6 \\ & (61.1 \%) \end{aligned}$ |
| 147 | ŁUKASZEWSKA Grażyna | 226 |  | K36-49 lat | 69 | 00:00:23 | 00:15:55 | 00:31:05.75 | 00:31:29.20 | $\begin{aligned} & +00: 11: 59 \\ & (38.6 \%) \end{aligned}$ | 6:13 | $\begin{aligned} & 9.6 \\ & \text { (61.1\%) } \end{aligned}$ |
| 148 | KONIECZNA Katarzyna | 161 |  | K18-35 lat | 69 | 00:00:15 | 00:15:14 | 00:31:07.10 | 00:31:22.85 | $\begin{aligned} & +00: 12: 00 \\ & (38.6 \%) \end{aligned}$ | 6:13 | $\begin{aligned} & 9.6 \\ & (61.1 \%) \end{aligned}$ |
| 149 | BARTKOWIAK Dorota | 16 |  | K36-49 lat | 70 | 00:00:42 | 00:16:00 | 00:31:07.85 | 00:31:50.20 | $\begin{aligned} & +00: 12: 01 \\ & (38.6 \%) \end{aligned}$ | 6:13 | $\begin{aligned} & 9.6 \\ & (61.1 \%) \end{aligned}$ |
| 150 | SAWALISCH Beata | 365 | CENTRUM KLUB SPORTOWY | K36-49 lat | 71 | 00:00:10 | 00:15:18 | 00:31:09.75 | 00:31:20.05 | $\begin{aligned} & +00: 12: 03 \\ & (38.7 \%) \end{aligned}$ | 6:14 | $\begin{aligned} & 9.6 \\ & (61.1 \%) \end{aligned}$ |
| 151 | OLEJNICZAK Magdalena | 289 | GWIAZDY NESTLE FITNESS | K36-49 lat | 72 | 00:00:21 | 00:15:44 | 00:31:09.85 | 00:31:31.50 | $\begin{aligned} & +00: 12: 03 \\ & (38.7 \%) \end{aligned}$ | 6:14 | $\begin{aligned} & 9.6 \\ & \text { (61.1\%) } \end{aligned}$ |
| 152 | ZUSKA Ewa | 490 | BUDLEX | K18-35 lat | 70 | 00:00:22 | 00:15:43 | 00:31:10.15 | 00:31:32.60 | $\begin{aligned} & +00: 12: 03 \\ & (38.7 \%) \end{aligned}$ | 6:14 | $\begin{aligned} & 9.6 \\ & (61.1 \%) \end{aligned}$ |
| 153 | BONDAS Marta | 27 |  | K18-35 lat | 71 | 00:00:11 | 00:15:16 | 00:31:11.00 | 00:31:22.40 | $\begin{aligned} & +00: 12: 04 \\ & (38.7 \%) \end{aligned}$ | 6:14 | $\begin{aligned} & 9.6 \\ & \text { (61.1\%) } \end{aligned}$ |
| 154 | BARAŃSKA Sylwia | 13 | PARKRUN BYDGOSZCZ | K36-49 lat | 73 | 00:00:05 | 00:14:58 | 00:31:12.50 | 00:31:18.05 | $\begin{aligned} & +00: 12: 06 \\ & (38.8 \%) \end{aligned}$ | 6:14 | $\begin{aligned} & 9.6 \\ & \text { (61.1\%) } \end{aligned}$ |



| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $\begin{aligned} & \text { Finish_Bud } \\ & 2.5 \mathrm{~km} \end{aligned}$ | Czas netto 5 km | Czas brutto 5 km | Różn | Tempo min/km | $\begin{aligned} & \text { Tempo } \\ & \text { km/h } \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 178 | BERNAT Joanna | 22 |  | K36-49 lat | 86 | 00:00:31 | 00:16:22 | 00:31:42.00 | 00:32:13.65 | $\begin{aligned} & +00: 12: 35 \\ & (39.7 \%) \end{aligned}$ | 6:20 | $\begin{aligned} & 9.5 \\ & (60.5 \%) \end{aligned}$ |
| 179 | BRETT Diana | 30 |  | K50-59 lat | 10 | 00:00:13 | 00:16:05 | 00:31:43.05 | 00:31:56.95 | $\begin{aligned} & +00: 12: 36 \\ & (39.8 \%) \end{aligned}$ | 6:20 | $\begin{aligned} & 9.5 \\ & (60.5 \%) \end{aligned}$ |
| 180 | LEWANDOWSKA Sylwia | 206 |  | K36-49 lat | 87 | 00:00:13 | 00:15:58 | 00:31:44.95 | 00:31:58.15 | $\begin{aligned} & +00: 12: 38 \\ & (39.8 \%) \end{aligned}$ | 6:21 | $\begin{aligned} & 9.4 \\ & \text { (59.9\%) } \end{aligned}$ |
| 181 | WALICH Aleksandra | 445 |  | K36-49 lat | 88 | 00:00:15 | 00:15:44 | 00:31:49.25 | 00:32:04.50 | $\begin{aligned} & +00: 12: 42 \\ & (40.0 \%) \end{aligned}$ | 6:21 | $\begin{aligned} & 9.4 \\ & \text { (59.9\%) } \end{aligned}$ |
| 182 | SZATKOWSKA Beata | 406 |  | K50-59 lat | 11 | 00:00:48 | 00:15:58 | 00:31:53.40 | 00:32:41.75 | $\begin{aligned} & +00: 12: 47 \\ & (40.1 \%) \end{aligned}$ | 6:22 | $\begin{aligned} & 9.4 \\ & \text { (59.9\%) } \end{aligned}$ |
| 183 | WEYNA-KUŹNIAK Anita | 451 | MAMUŚKI | K36-49 lat | 89 | 00:00:32 | 00:16:08 | 00:31:53.45 | 00:32:25.80 | $\begin{aligned} & +00: 12: 47 \\ & (40.1 \%) \end{aligned}$ | 6:22 | $\begin{aligned} & 9.4 \\ & \text { (59.9\%) } \end{aligned}$ |
| 184 | KUBOWICZ-KAMIŃSKA Hania | 187 | QBOWICZ RODZINNA MAFIA BIEGOWA | K18-35 lat | 82 | 00:00:51 | 00:15:57 | 00:31:56.45 | 00:32:47.75 | $\begin{aligned} & +00: 12: 50 \\ & (40.2 \%) \end{aligned}$ | 6:23 | $\begin{aligned} & 9.4 \\ & \text { (59.9\%) } \end{aligned}$ |
| 185 | NOWAK Mariola | 277 |  | K36-49 lat | 90 | 00:00:07 | 00:15:39 | 00:31:59.55 | 00:32:06.55 | $\begin{aligned} & +00: 12: 53 \\ & (40.3 \%) \end{aligned}$ | 6:23 | $\begin{aligned} & 9.4 \\ & \text { (59.9\%) } \end{aligned}$ |
| 186 | SIUDOWSKA Marta | 373 |  | K18-35 lat | 83 | 00:00:28 | 00:16:15 | 00:32:00.70 | 00:32:29.65 | $\begin{aligned} & +00: 12: 54 \\ & (40.3 \%) \end{aligned}$ | 6:24 | $\begin{aligned} & 9.4 \\ & (59.9 \%) \end{aligned}$ |
| 187 | DANIELEWICZ Anna | 60 |  | K36-49 lat | 91 | 00:00:08 | 00:16:10 | 00:32:00.90 | 00:32:09.25 | $\begin{aligned} & +00: 12: 54 \\ & (40.3 \%) \end{aligned}$ | 6:24 | $\begin{aligned} & 9.4 \\ & \text { (59.9\%) } \end{aligned}$ |
| 188 | LEWANDOWSKA Magdalena | 208 |  | K36-49 lat | 92 | 00:00:08 | 00:16:10 | 00:32:01.70 | 00:32:10.10 | $\begin{aligned} & +00: 12: 55 \\ & (40.3 \%) \end{aligned}$ | 6:24 | $\begin{aligned} & 9.4 \\ & \text { (59.9\%) } \end{aligned}$ |
| 189 | KLAFCZYŃSKA Iwona | 155 |  | K36-49 lat | 93 | 00:00:33 | 00:16:05 | 00:32:02.35 | 00:32:35.40 | $\begin{aligned} & +00: 12: 56 \\ & (40.4 \%) \end{aligned}$ | 6:24 | $\begin{aligned} & 9.4 \\ & \text { (59.9\%) } \end{aligned}$ |
| 190 | PAŁGAN Kasia | 299 |  | K18-35 lat | 84 | 00:00:07 | 00:17:00 | 00:32:03.10 | 00:32:10.10 | $\begin{aligned} & +00: 12: 56 \\ & (40.4 \%) \end{aligned}$ | 6:24 | $\begin{aligned} & 9.4 \\ & \text { (59.9\%) } \end{aligned}$ |
| 191 | KRAWCZUK Joanna | 176 |  | K18-35 lat | 85 | 00:00:32 | 00:15:50 | 00:32:04.25 | 00:32:36.45 | $\begin{aligned} & +00: 12: 57 \\ & (40.4 \%) \end{aligned}$ | 6:24 | $\begin{aligned} & 9.4 \\ & (59.9 \%) \end{aligned}$ |
| 192 | KAZIMIERAK-MALIŃSKA Agnieszka | 148 |  | K18-35 lat | 86 | 00:00:36 | 00:16:14 | 00:32:07.95 | 00:32:44.60 | $\begin{aligned} & +00: 13: 01 \\ & (40.5 \%) \end{aligned}$ | 6:25 | $\begin{aligned} & 9.3 \\ & \text { (59.2\%) } \end{aligned}$ |
| 193 | IDCZAK Małgorzata | 116 |  | K36-49 lat | 94 | 00:00:35 | 00:16:06 | 00:32:14.70 | 00:32:50.15 | $\begin{aligned} & +00: 13: 08 \\ & (40.7 \%) \end{aligned}$ | 6:27 | $\begin{aligned} & 9.3 \\ & \text { (59.2\%) } \end{aligned}$ |
| 194 | SZPYT Ania | 417 |  | K36-49 lat | 95 | 00:00:34 | 00:16:07 | 00:32:15.15 | 00:32:49.95 | $\begin{aligned} & +00: 13: 08 \\ & (40.8 \%) \end{aligned}$ | 6:27 | $\begin{aligned} & 9.3 \\ & \text { (59.2\%) } \end{aligned}$ |
| 195 | ZIOMKOWSKA Beata | 488 |  | K18-35 lat | 87 | 00:00:18 | 00:16:06 | 00:32:16.65 | 00:32:35.00 | $\begin{aligned} & +00: 13: 10 \\ & (40.8 \%) \end{aligned}$ | 6:27 | $\begin{aligned} & 9.3 \\ & \text { (59.2\%) } \end{aligned}$ |
| 196 | BRZEZINSKA Kinga | 32 |  | K18-35 lat | 88 | 00:00:42 | 00:16:28 | 00:32:20.20 | 00:33:02.55 | $\begin{aligned} & +00: 13: 13 \\ & (40.9 \%) \end{aligned}$ | 6:28 | $\begin{aligned} & 9.3 \\ & \text { (59.2\%) } \end{aligned}$ |
| 196 | KUCZKOWSKA-WRÓBEL Małgorzata | 188 |  | K18-35 lat | 89 | 00:00:42 | 00:16:29 | 00:32:20.20 | 00:33:02.45 | $\begin{aligned} & +00: 13: 13 \\ & (40.9 \%) \end{aligned}$ | 6:28 | $\begin{aligned} & 9.3 \\ & \text { (59.2\%) } \end{aligned}$ |
| 198 | MALINOWSKA Joanna | 235 |  | K36-49 lat | 96 | 00:00:30 | 00:16:09 | 00:32:23.25 | 00:32:54.10 | $\begin{aligned} & +00: 13: 16 \\ & (41.0 \%) \end{aligned}$ | 6:28 | $\begin{aligned} & 9.3 \\ & \text { (59.2\%) } \end{aligned}$ |
| 199 | KAMIŃSKA Małgorzata | 140 |  | K36-49 lat | 97 | 00:00:27 | 00:17:00 | 00:32:25.15 | 00:32:52.45 | $\begin{aligned} & +00: 13: 18 \\ & (41.1 \%) \end{aligned}$ | 6:29 | $\begin{aligned} & 9.3 \\ & \text { (59.2\%) } \end{aligned}$ |
| 200 | KRZYŻANOWSKA Patrycja | 184 |  | K18-35 lat | 90 | 00:00:00 | 00:16:40 | 00:32:28.10 | 00:32:28.10 | $\begin{aligned} & +00: 13: 21 \\ & (41.2 \%) \end{aligned}$ | 6:29 | $\begin{aligned} & 9.2 \\ & \text { (58.6\%) } \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $\begin{aligned} & \text { Finish_Bud } \\ & 2.5 \mathrm{~km} \end{aligned}$ | Czas netto 5 km | Czas brutto 5 km | Różn | Tempo min/km | Tempo km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 201 | STEPKA Monika | 397 |  | K18-35 lat | 91 | 00:00:42 | 00:16:44 | 00:32:28.65 | 00:33:11.50 | $\begin{aligned} & +00: 13: 22 \\ & (41.2 \%) \end{aligned}$ | 6:29 | $\begin{aligned} & 9.2 \\ & \text { (58.6\%) } \end{aligned}$ |
| 202 | SEWRUK Iwona | 369 |  | K18-35 lat | 92 | 00:00:42 | 00:16:44 | 00:32:29.05 | 00:33:11.70 | $\begin{aligned} & +00: 13: 22 \\ & (41.2 \%) \end{aligned}$ | 6:29 | $\begin{aligned} & 9.2 \\ & (58.6 \%) \end{aligned}$ |
| 203 | SAWARSKA-WILK Agnieszka | 366 |  | K36-49 lat | 98 | 00:00:17 | 00:16:27 | 00:32:29.40 | 00:32:46.90 | $\begin{aligned} & +00: 13: 23 \\ & (41.2 \%) \end{aligned}$ | 6:29 | $\begin{aligned} & 9.2 \\ & \text { (58.6\%) } \end{aligned}$ |
| 204 | BARCIKOWSKA Weronika | 14 |  | K18-35 lat | 93 | 00:00:27 | 00:16:16 | 00:32:30.25 | 00:32:58.15 | $\begin{aligned} & +00: 13: 23 \\ & (41.2 \%) \end{aligned}$ | 6:30 | $\begin{aligned} & 9.2 \\ & \text { (58.6\%) } \end{aligned}$ |
| 205 | DĘBCZYŃSKA Agnieszka | 63 | DOBRY KLIMAT | K36-49 lat | 99 | 00:00:25 | 00:15:36 | 00:32:31.15 | 00:32:56.30 | $\begin{aligned} & +00: 13: 24 \\ & (41.2 \%) \end{aligned}$ | 6:30 | $\begin{aligned} & 9.2 \\ & \text { (58.6\%) } \end{aligned}$ |
| 205 | RAKOWSKA Natalia | 339 | STEPONE GIRLS POWER | K18-35 lat | 94 | 00:00:47 | 00:16:34 | 00:32:31.15 | 00:33:18.90 | $\begin{aligned} & +00: 13: 24 \\ & (41.2 \%) \end{aligned}$ | 6:30 | $\begin{aligned} & 9.2 \\ & (58.6 \%) \end{aligned}$ |
| 207 | CHLEBOSZ Sylwia | 43 | STEPONE GIRLS POWER | K18-35 lat | 95 | 00:00:47 | 00:16:34 | 00:32:31.20 | 00:33:18.80 | $\begin{aligned} & +00: 13: 24 \\ & (41.2 \%) \end{aligned}$ | 6:30 | $\begin{aligned} & 9.2 \\ & (58.6 \%) \end{aligned}$ |
| 208 | SŁOJEWSKA Dorota | 382 | STEPONE GIRLS POWER | K18-35 lat | 96 | 00:00:47 | 00:16:35 | 00:32:31.50 | 00:33:19.10 | $\begin{aligned} & +00: 13: 25 \\ & (41.3 \%) \end{aligned}$ | 6:30 | $\begin{aligned} & 9.2 \\ & (58.6 \%) \end{aligned}$ |
| 209 | WITKOWSKA Anna | 461 | HULAJ TEAM | K36-49 lat | 100 | 00:00:20 | 00:16:49 | 00:32:34.10 | 00:32:54.60 | $\begin{aligned} & +00: 13: 27 \\ & (41.3 \%) \end{aligned}$ | 6:30 | $\begin{aligned} & 9.2 \\ & (58.6 \%) \end{aligned}$ |
| 210 | IDCZAK - BOREK Hanna | 117 |  | K36-49 lat | 101 | 00:00:20 | 00:16:50 | 00:32:34.30 | 00:32:54.70 | $\begin{aligned} & +00: 13: 27 \\ & (41.3 \%) \end{aligned}$ | 6:30 | $\begin{aligned} & 9.2 \\ & \text { (58.6\%) } \end{aligned}$ |
| 211 | AMROZIEWICZ Beata | 6 |  | K18-35 lat | 97 | 00:00:09 | 00:16:00 | 00:32:37.55 | 00:32:46.80 | $\begin{aligned} & +00: 13: 31 \\ & (41.4 \%) \end{aligned}$ | 6:31 | $\begin{aligned} & 9.2 \\ & \text { (58.6\%) } \end{aligned}$ |
| 212 | CHUDECKA Beata | 50 | DIABELSKIE PIORUNY | K36-49 lat | 102 | 00:00:34 | 00:16:38 | 00:32:45.85 | 00:33:20.00 | $\begin{aligned} & +00: 13: 39 \\ & (41.7 \%) \end{aligned}$ | 6:33 | $\begin{aligned} & 9.2 \\ & \text { (58.6\%) } \end{aligned}$ |
| 213 | CIESIELSKA Agnieszka | 51 |  | K36-49 lat | 103 | 00:00:29 | 00:16:41 | 00:32:46.50 | 00:33:16.05 | $\begin{aligned} & +00: 13: 40 \\ & (41.7 \%) \end{aligned}$ | 6:33 | $\begin{aligned} & 9.2 \\ & \text { (58.6\%) } \end{aligned}$ |
| 214 | GIZINSKA Paulina | 95 |  | K36-49 lat | 104 | 00:00:41 | 00:16:15 | 00:32:48.65 | 00:33:30.55 | $\begin{aligned} & +00: 13: 42 \\ & (41.8 \%) \end{aligned}$ | 6:33 | $\begin{aligned} & 9.1 \\ & (58.0 \%) \end{aligned}$ |
| 215 | PIESIK Ewa | 313 |  | K18-35 lat | 98 | 00:00:15 | 00:16:26 | 00:32:52.20 | 00:33:07.25 | $\begin{aligned} & +00: 13: 45 \\ & (41.9 \%) \end{aligned}$ | 6:34 | $\begin{aligned} & 9.1 \\ & \text { (58.0\%) } \end{aligned}$ |
| 216 | GRABOWSKA_KUTOWIŃSKA Ewa | 104 |  | K36-49 lat | 105 | 00:00:05 | 00:16:35 | 00:32:52.60 | 00:32:58.50 | $\begin{aligned} & +00: 13: 46 \\ & (41.9 \%) \end{aligned}$ | 6:34 | $\begin{aligned} & 9.1 \\ & \text { (58.0\%) } \end{aligned}$ |
| 217 | KAŹMIERCZAK Aleksandra | 149 | BIEGAJ Z DĘBAMI | K36-49 lat | 106 | 00:00:38 | 00:16:35 | 00:32:52.65 | 00:33:30.85 | $\begin{aligned} & +00: 13: 46 \\ & (41.9 \%) \end{aligned}$ | 6:34 | $\begin{aligned} & 9.1 \\ & \text { (58.0\%) } \end{aligned}$ |
| 218 | KOSTRZEWSKA Dorota | 166 | CROSFICIARY | K36-49 lat | 107 | 00:00:23 | 00:17:25 | 00:32:54.80 | 00:33:17.95 | $\begin{aligned} & +00: 13: 48 \\ & (42.0 \%) \end{aligned}$ | 6:34 | $\begin{aligned} & 9.1 \\ & \text { (58.0\%) } \end{aligned}$ |
| 219 | TUSZYŃSKA Anna | 436 |  | K18-35 lat | 99 | 00:00:18 | 00:15:36 | 00:32:56.90 | 00:33:15.00 | $\begin{aligned} & +00: 13: 50 \\ & (42.0 \%) \end{aligned}$ | 6:35 | $\begin{aligned} & 9.1 \\ & \text { (58.0\%) } \end{aligned}$ |
| 220 | WÓJCIK Monika | 469 | MW AQUA | K18-35 lat | 100 | 00:00:20 | 00:16:52 | 00:32:59.95 | 00:33:20.50 | $\begin{aligned} & +00: 13: 53 \\ & (42.1 \%) \end{aligned}$ | 6:36 | $\begin{aligned} & 9.1 \\ & (58.0 \%) \end{aligned}$ |
| 221 | KALISIAK Sylwia | 138 |  | K36-49 lat | 108 | 00:00:06 | 00:16:33 | 00:33:01.40 | 00:33:07.70 | $\begin{aligned} & +00: 13: 55 \\ & (42.1 \%) \end{aligned}$ | 6:36 | $\begin{aligned} & 9.1 \\ & (58.0 \%) \end{aligned}$ |
| 222 | CIESZYŃSKA Agnieszka | 52 |  | K18-35 lat | 101 | 00:00:23 | 00:16:46 | 00:33:02.40 | 00:33:25.85 | $\begin{aligned} & +00: 13: 56 \\ & (42.2 \%) \end{aligned}$ | 6:36 | $\begin{aligned} & 9.1 \\ & \text { (58.0\%) } \end{aligned}$ |
| 223 | KRÓL Hanna | 178 |  | K36-49 lat | 109 | 00:00:31 | 00:16:23 | 00:33:02.65 | 00:33:34.10 | $\begin{aligned} & +00: 13: 56 \\ & (42.2 \%) \end{aligned}$ | 6:36 | $\begin{aligned} & 9.1 \\ & (58.0 \%) \end{aligned}$ |


| Msc | Zawodnik | Numer |  | Klub | Kategoria | Mkat | Czas startu | $\begin{aligned} & \text { Finish_Bud } \\ & 2.5 \mathrm{~km} \end{aligned}$ | Czas netto 5 km | Czas brutto 5 km | Różn | Tempo min/km | $\begin{aligned} & \text { Tempo } \\ & \mathrm{km} / \mathrm{h} \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 224 | GRABOWSKA Joanna | 102 |  |  | K36-49 lat | 110 | 00:00:07 | 00:16:11 | 00:33:03.60 | 00:33:10.75 | $\begin{aligned} & +00: 13: 57 \\ & (42.2 \%) \end{aligned}$ | 6:36 | $\begin{aligned} & 9.1 \\ & \text { (58.0\%) } \end{aligned}$ |
| 225 | WÓJCIK Anna | 468 |  |  | K36-49 lat | 111 | 00:00:28 | 00:16:10 | 00:33:03.90 | 00:33:32.10 | $\begin{aligned} & +00: 13: 57 \\ & (42.2 \%) \end{aligned}$ | 6:36 | $\begin{aligned} & 9.1 \\ & \text { (58.0\%) } \end{aligned}$ |
| 225 | JAWORSKA Mirosława | 129 |  |  | K60+ | 3 | 00:00:24 | 00:16:38 | 00:33:03.90 | 00:33:28.30 | $\begin{aligned} & +00: 13: 57 \\ & (42.2 \%) \end{aligned}$ | 6:36 | $\begin{aligned} & 9.1 \\ & (58.0 \%) \end{aligned}$ |
| 227 | BIAŁACHOWSKA Mariola | 23 |  |  | K36-49 lat | 112 | 00:00:27 | 00:15:37 | 00:33:04.35 | 00:33:31.65 | $\begin{aligned} & +00: 13: 58 \\ & (42.2 \%) \end{aligned}$ | 6:36 | $\begin{aligned} & 9.1 \\ & \text { (58.0\%) } \end{aligned}$ |
| 228 | KASZOWSKA Natalia | 144 |  |  | K18-35 lat | 102 | 00:00:25 | 00:16:43 | 00:33:06.25 | 00:33:32.00 | $\begin{aligned} & +00: 13: 59 \\ & (42.3 \%) \end{aligned}$ | 6:37 | $\begin{aligned} & 9.1 \\ & (58.0 \%) \end{aligned}$ |
| 229 | OLEJNICZAK Hanna | 288 |  |  | K36-49 lat | 113 | 00:00:26 | 00:16:06 | 00:33:08.75 | 00:33:35.30 | $\begin{aligned} & +00: 14: 02 \\ & (42.4 \%) \end{aligned}$ | 6:37 | $\begin{aligned} & 9 \\ & (57.3 \%) \end{aligned}$ |
| 230 | POCZWARDOWSKA Wioletta | 324 |  |  | K36-49 lat | 114 | 00:00:22 | 00:16:51 | 00:33:09.05 | 00:33:31.85 | $\begin{aligned} & +00: 14: 02 \\ & (42.4 \%) \end{aligned}$ | 6:37 | $\begin{aligned} & 9 \\ & (57.3 \%) \end{aligned}$ |
| 231 | HECKERT Ewelina | 112 |  |  | K36-49 lat | 115 | 00:00:40 | 00:17:32 | 00:33:09.20 | 00:33:49.70 | $\begin{aligned} & +00: 14: 02 \\ & (42.4 \%) \end{aligned}$ | 6:37 | $\begin{aligned} & 9 \\ & \text { (57.3\%) } \end{aligned}$ |
| 232 | LISOWIEC Zuzanna | 212 | LAUREOLA FITNESS |  | K18-35 lat | 103 | 00:00:39 | 00:16:35 | 00:33:11.70 | 00:33:51.20 | $\begin{aligned} & +00: 14: 05 \\ & (42.4 \%) \end{aligned}$ | 6:38 | $\begin{aligned} & 9 \\ & (57.3 \%) \end{aligned}$ |
| 233 | DURZYŃSKA Anna | 72 | BUDLEX |  | K36-49 lat | 116 | 00:00:22 | 00:17:06 | 00:33:16.75 | 00:33:39.20 | $\begin{aligned} & +00: 14: 10 \\ & (42.6 \%) \end{aligned}$ | 6:39 | $\begin{aligned} & 9 \\ & \text { (57.3\%) } \end{aligned}$ |
| 234 | SURDYK Marzena | 403 | ADHD SQUAD |  | K36-49 lat | 117 | 00:00:42 | 00:17:29 | 00:33:19.30 | 00:34:02.00 | $\begin{aligned} & +00: 14: 12 \\ & (42.7 \%) \end{aligned}$ | 6:40 | $\begin{aligned} & 9 \\ & \text { (57.3\%) } \end{aligned}$ |
| 235 | NOWAK Aleksandra | 276 |  |  | K18-35 lat | 104 | 00:00:33 | 00:16:27 | 00:33:19.35 | 00:33:52.55 | $\begin{aligned} & +00: 14: 13 \\ & (42.7 \%) \end{aligned}$ | 6:39 | $\begin{aligned} & 9 \\ & (57.3 \%) \end{aligned}$ |
| 236 | JAKUBOWSKA Kasia | 122 | ADHD SQUAD |  | K18-35 lat | 105 | 00:00:42 | 00:17:30 | 00:33:19.60 | 00:34:02.50 | $\begin{aligned} & +00: 14: 13 \\ & (42.7 \%) \end{aligned}$ | 6:40 | $\begin{aligned} & 9 \\ & (57.3 \%) \end{aligned}$ |
| 237 | KWIATKOWSKA Malgorzata | 200 |  |  | K18-35 lat | 106 | 00:00:35 | 00:15:58 | 00:33:19.70 | 00:33:54.95 | $\begin{aligned} & +00: 14: 13 \\ & (42.7 \%) \end{aligned}$ | 6:39 | $\begin{aligned} & 9 \\ & (57.3 \%) \end{aligned}$ |
| 238 | MARĆ Agnieszka | 242 |  |  | K36-49 lat | 118 | 00:00:16 | 00:16:50 | 00:33:21.60 | 00:33:38.20 | $\begin{aligned} & +00: 14: 15 \\ & (42.7 \%) \end{aligned}$ | 6:40 | $\begin{aligned} & 9 \\ & (57.3 \%) \end{aligned}$ |
| 239 | SZYMCZAK Elwira | 423 |  |  | K18-35 lat | 107 | 00:00:39 | 00:16:10 | 00:33:24.45 | 00:34:03.50 | $\begin{aligned} & +00: 14: 18 \\ & (42.8 \%) \end{aligned}$ | 6:40 | $\begin{aligned} & 9 \\ & (57.3 \%) \end{aligned}$ |
| 240 | SMOLIŃSKA Beata | 387 | ZIELONY PELIKAN |  | K36-49 lat | 119 | 00:00:36 | 00:17:37 | 00:33:25.40 | 00:34:01.80 | $\begin{aligned} & +00: 14: 19 \\ & (42.8 \%) \end{aligned}$ | 6:41 | $\begin{aligned} & 9 \\ & \text { (57.3\%) } \end{aligned}$ |
| 241 | PILARSKA-KENSIK Justyna | 318 |  |  | K36-49 lat | 120 | 00:00:43 | 00:17:37 | 00:33:27.30 | 00:34:10.50 | $\begin{aligned} & +00: 14: 20 \\ & (42.9 \%) \end{aligned}$ | 6:41 | $\begin{aligned} & 9 \\ & \text { (57.3\%) } \end{aligned}$ |
| 241 | LEWANDOWSKA Agnieszka | 211 |  |  | K36-49 lat | 121 | 00:00:43 | 00:17:37 | 00:33:27.30 | 00:34:10.65 | $\begin{aligned} & +00: 14: 20 \\ & (42.9 \%) \end{aligned}$ | 6:41 | $\begin{aligned} & 9 \\ & (57.3 \%) \end{aligned}$ |
| 243 | KUICH Agnieszka | 192 |  |  | K36-49 lat | 122 | 00:00:08 | 00:15:59 | 00:33:27.85 | 00:33:35.95 | $\begin{aligned} & +00: 14: 21 \\ & (42.9 \%) \end{aligned}$ | 6:41 | $\begin{aligned} & 9 \\ & \text { (57.3\%) } \end{aligned}$ |
| 244 | STEFANKO-SKAŁECKA Anna | 395 |  |  | K18-35 lat | 108 | 00:00:40 | 00:16:58 | 00:33:28.20 | 00:34:08.70 | $\begin{aligned} & +00: 14: 21 \\ & (42.9 \%) \end{aligned}$ | 6:41 | $\begin{aligned} & 9 \\ & (57.3 \%) \end{aligned}$ |
| 245 | KUŹNIAK Marta | 197 |  |  | K18-35 lat | 109 | 00:00:21 | 00:17:37 | 00:33:28.45 | 00:33:49.55 | $\begin{aligned} & +00: 14: 22 \\ & (42.9 \%) \end{aligned}$ | 6:41 | $\begin{aligned} & 9 \\ & \text { (57.3\%) } \end{aligned}$ |
| 246 | MATYASH Mariya | 243 | ZIELONY PELIKAN |  | K18-35 lat | 110 | 00:00:36 | 00:17:36 | 00:33:31.50 | 00:34:07.85 | $\begin{aligned} & +00: 14: 25 \\ & (43.0 \%) \end{aligned}$ | 6:42 | $\begin{aligned} & 9 \\ & (57.3 \%) \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $\begin{array}{\|l} \text { Finish_Bud } \\ 2.5 \mathrm{~km} \end{array}$ | Czas netto 5 km | Czas brutto 5 km | Róż | Tempo min/km | $\begin{aligned} & \text { Tempo } \\ & \mathrm{km} / \mathrm{h} \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 247 | OLECH Justyna | 287 | ZIELONY PELIKAN | K18-35 lat | 111 | 00:00:36 | 00:17:36 | 00:33:31.70 | 00:34:07.90 | $\begin{aligned} & +00: 14: 25 \\ & (43.0 \%) \end{aligned}$ | 6:42 | $\begin{aligned} & 9 \\ & \text { (57.3\%) } \end{aligned}$ |
| 248 | WALTER Ania | 446 |  | K18-35 lat | 112 | 00:00:27 | 00:16:20 | 00:33:33.70 | 00:34:01.35 | $\begin{aligned} & +00: 14: 27 \\ & (43.1 \%) \end{aligned}$ | 6:42 | $\begin{aligned} & 8.9 \\ & \text { (56.7\%) } \end{aligned}$ |
| 249 | PEPLIŃSKA Joanna | 308 | KANGOO JUMP ŚWIECIE | K36-49 lat | 123 | 00:00:10 | 00:16:27 | 00:33:36.60 | 00:33:47.00 | $\begin{aligned} & +00: 14: 30 \\ & (43.2 \%) \end{aligned}$ | 6:43 | $\begin{aligned} & 8.9 \\ & (56.7 \%) \end{aligned}$ |
| 250 | MILER Anna | 253 |  | K36-49 lat | 124 | 00:00:09 | 00:16:28 | 00:33:36.75 | 00:33:46.40 | $\begin{aligned} & +00: 14: 30 \\ & (43.2 \%) \end{aligned}$ | 6:43 | $\begin{aligned} & 8.9 \\ & \text { (56.7\%) } \end{aligned}$ |
| 251 | ŻUREK Edyta | 497 | KANGOO JAMPS ŚWIECIE | K36-49 lat | 125 | 00:00:09 | 00:16:40 | 00:33:37.95 | 00:33:46.95 | $\begin{aligned} & +00: 14: 31 \\ & (43.2 \%) \end{aligned}$ | 6:43 | $\begin{aligned} & 8.9 \\ & \text { (56.7\%) } \end{aligned}$ |
| 252 | WIŚNIEWSKA Karolina | 456 |  | K18-35 lat | 113 | 00:00:08 | 00:16:40 | 00:33:38.30 | 00:33:46.80 | $\begin{aligned} & +00: 14: 31 \\ & (43.2 \%) \end{aligned}$ | 6:43 | $\begin{aligned} & 8.9 \\ & (56.7 \%) \end{aligned}$ |
| 253 | KOWALSKA Irena | 172 |  | K60+ | 4 | 00:00:08 | 00:15:53 | 00:33:38.60 | 00:33:47.00 | $\begin{aligned} & +00: 14: 32 \\ & (43.2 \%) \end{aligned}$ | 6:43 | $\begin{aligned} & 8.9 \\ & \text { (56.7\%) } \end{aligned}$ |
| 254 | SKRZYŃSKA Dorota | 380 |  | K18-35 lat | 114 | 00:00:10 | 00:16:35 | 00:33:40.00 | 00:33:50.45 | $\begin{aligned} & +00: 14: 33 \\ & (43.3 \%) \end{aligned}$ | 6:44 | $\begin{aligned} & 8.9 \\ & (56.7 \%) \end{aligned}$ |
| 255 | MINISZEWSKA Irena | 255 |  | K36-49 lat | 126 | 00:00:23 | 00:16:37 | 00:33:45.35 | 00:34:09.00 | $\begin{aligned} & +00: 14: 39 \\ & (43.4 \%) \end{aligned}$ | 6:45 | $\begin{aligned} & 8.9 \\ & \text { (56.7\%) } \end{aligned}$ |
| 256 | WRZESIŃSKA Katarzyna | 473 |  | K18-35 lat | 115 | 00:00:32 | 00:16:59 | 00:33:46.70 | 00:34:19.35 | $\begin{aligned} & +00: 14: 40 \\ & (43.4 \%) \end{aligned}$ | 6:45 | $\begin{aligned} & 8.9 \\ & \text { (56.7\%) } \end{aligned}$ |
| 257 | GÓRSKA Małgorzata | 101 | ZIELONY PELIKAN | K18-35 lat | 116 | 00:00:36 | 00:17:37 | 00:33:47.35 | 00:34:23.90 | $\begin{aligned} & +00: 14: 41 \\ & (43.5 \%) \end{aligned}$ | 6:45 | $\begin{aligned} & 8.9 \\ & \text { (56.7\%) } \end{aligned}$ |
| 258 | WIŚNIEWSKA Izabela | 455 |  | K18-35 lat | 117 | 00:00:31 | 00:17:17 | 00:33:48.85 | 00:34:20.20 | $\begin{aligned} & +00: 14: 42 \\ & (43.5 \%) \end{aligned}$ | 6:45 | $\begin{aligned} & 8.9 \\ & (56.7 \%) \end{aligned}$ |
| 259 | ANDRUSZKIEWICZ Ewa | 7 |  | K50-59 lat | 12 | 00:00:40 | 00:16:38 | 00:33:49.00 | 00:34:29.70 | $\begin{aligned} & +00: 14: 42 \\ & (43.5 \%) \end{aligned}$ | 6:45 | $\begin{aligned} & 8.9 \\ & \text { (56.7\%) } \end{aligned}$ |
| 260 | HETZIG Monika | 114 |  | K18-35 lat | 118 | 00:00:13 | 00:18:15 | 00:33:50.40 | 00:34:03.45 | $\begin{aligned} & +00: 14: 44 \\ & (43.5 \%) \end{aligned}$ | 6:46 | $\begin{aligned} & 8.9 \\ & \text { (56.7\%) } \end{aligned}$ |
| 261 | SZCZEPANIAK Monika | 409 |  | K18-35 lat | 119 | 00:00:06 | 00:16:33 | 00:33:52.15 | 00:33:59.05 | $\begin{aligned} & +00: 14: 45 \\ & (43.6 \%) \end{aligned}$ | 6:46 | $\begin{aligned} & 8.9 \\ & \text { (56.7\%) } \end{aligned}$ |
| 262 | MARCZAK Monika | 241 |  | K36-49 lat | 127 | 00:00:07 | 00:17:00 | 00:33:52.25 | 00:33:59.60 | $\begin{aligned} & +00: 14: 45 \\ & (43.6 \%) \end{aligned}$ | 6:46 | $\begin{aligned} & 8.9 \\ & \text { (56.7\%) } \end{aligned}$ |
| 263 | SMOLIŃSKA Daria | 388 |  | K18-35 lat | 120 | 00:00:18 | 00:16:11 | 00:33:52.55 | 00:34:11.15 | $\begin{aligned} & +00: 14: 46 \\ & (43.6 \%) \end{aligned}$ | 6:46 | $\begin{aligned} & 8.9 \\ & \text { (56.7\%) } \end{aligned}$ |
| 264 | WYCZLING Agnieszka | 474 | INNOVAD TEAM | K36-49 lat | 128 | 00:00:05 | 00:16:22 | 00:33:53.25 | 00:33:58.90 | $\begin{aligned} & +00: 14: 46 \\ & (43.6 \%) \end{aligned}$ | 6:46 | $\begin{aligned} & 8.9 \\ & \text { (56.7\%) } \end{aligned}$ |
| 265 | ADAMCZAK Ewa | 1 |  | K36-49 lat | 129 | 00:00:05 | 00:16:22 | 00:33:53.45 | 00:33:59.05 | $\begin{aligned} & +00: 14: 47 \\ & (43.6 \%) \end{aligned}$ | 6:46 | $\begin{aligned} & 8.8 \\ & \text { (56.1\%) } \end{aligned}$ |
| 266 | GRABSKA-ZIELIŃSKA Sylwia | 105 |  | K18-35 lat | 121 | 00:00:25 | 00:16:03 | 00:33:53.65 | 00:34:18.70 | $\begin{aligned} & +00: 14: 47 \\ & (43.6 \%) \end{aligned}$ | 6:46 | $\begin{aligned} & 8.9 \\ & \text { (56.7\%) } \end{aligned}$ |
| 267 | POKORA Monika | 326 |  | K36-49 lat | 130 | 00:00:09 | 00:16:20 | 00:33:57.95 | 00:34:07.35 | $\begin{aligned} & +00: 14: 51 \\ & (43.7 \%) \end{aligned}$ | 6:47 | $\begin{aligned} & 8.8 \\ & \text { (56.1\%) } \end{aligned}$ |
| 268 | ZIELIŃSKA Dorota | 509 |  | K36-49 lat | 131 | 00:00:28 | 00:16:24 | 00:33:58.65 | 00:34:27.30 | $\begin{aligned} & +00: 14: 52 \\ & (43.8 \%) \end{aligned}$ | 6:47 | $\begin{aligned} & 8.8 \\ & \text { (56.1\%) } \end{aligned}$ |
| 269 | KWASIGROCH Aleksandra | 199 |  | K36-49 lat | 132 | 00:00:19 | 00:16:23 | 00:34:06.60 | 00:34:26.00 | $\begin{aligned} & +00: 15: 00 \\ & (44.0 \%) \end{aligned}$ | 6:49 | $\begin{aligned} & 8.8 \\ & \text { (56.1\%) } \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $\begin{aligned} & \text { Finish_Bud } \\ & 2.5 \mathrm{~km} \end{aligned}$ | Czas netto 5 km | Czas brutto 5 km | Różn | Tempo min/km | $\begin{gathered} \text { Tempo } \\ \mathrm{km} / \mathrm{h} \end{gathered}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 270 | PATYK Klaudia | 304 |  | K18-35 lat | 122 | 00:00:16 | 00:15:55 | 00:34:06.85 | 00:34:22.95 | $\begin{aligned} & +00: 15: 00 \\ & (44.0 \%) \end{aligned}$ | 6:49 | $\begin{aligned} & 8.8 \\ & (56.1 \%) \end{aligned}$ |
| 271 | LUTOMSKA Magdalena | 216 |  | K18-35 lat | 123 | 00:00:10 | 00:16:34 | 00:34:09.35 | 00:34:20.25 | $\begin{aligned} & +00: 15: 03 \\ & (44.1 \%) \end{aligned}$ | 6:50 | $\begin{aligned} & 8.8 \\ & \text { (56.1\%) } \end{aligned}$ |
| 272 | BUKLEWSKA Katarzyna | 40 |  | K18-35 lat | 124 | 00:00:04 | 00:15:54 | 00:34:11.00 | 00:34:15.90 | $\begin{aligned} & +00: 15: 04 \\ & (44.1 \%) \end{aligned}$ | 6:50 | $\begin{aligned} & 8.8 \\ & (56.1 \%) \end{aligned}$ |
| 273 | JARMOŁOWICZ Aleksandra | 123 |  | K18-35 lat | 125 | 00:00:14 | 00:17:18 | 00:34:12.50 | 00:34:26.70 | $\begin{aligned} & +00: 15: 06 \\ & (44.1 \%) \end{aligned}$ | 6:50 | $\begin{aligned} & 8.8 \\ & (56.1 \%) \end{aligned}$ |
| 274 | KUCZYŃSKA Agnieszka | 189 |  | K36-49 lat | 133 | 00:00:20 | 00:16:40 | 00:34:13.75 | 00:34:33.75 | $\begin{aligned} & +00: 15: 07 \\ & (44.2 \%) \end{aligned}$ | 6:50 | $\begin{aligned} & 8.8 \\ & \text { (56.1\%) } \end{aligned}$ |
| 275 | TYKWIŃSKA Katarzyna | 437 |  | K36-49 lat | 134 | 00:00:05 | 00:16:31 | 00:34:16.40 | 00:34:22.15 | $\begin{aligned} & +00: 15: 10 \\ & (44.3 \%) \end{aligned}$ | 6:51 | $\begin{aligned} & 8.8 \\ & (56.1 \%) \end{aligned}$ |
| 276 | GÓLCZ Katarzyna | 98 |  | K18-35 lat | 126 | 00:00:05 | 00:16:31 | 00:34:16.90 | 00:34:22.10 | $\begin{aligned} & +00: 15: 10 \\ & (44.3 \%) \end{aligned}$ | 6:51 | $\begin{aligned} & 8.8 \\ & (56.1 \%) \end{aligned}$ |
| 277 | PIETRZAK Monika | 314 |  | K18-35 lat | 127 | 00:00:30 | 00:17:31 | 00:34:26.10 | 00:34:56.50 | $\begin{aligned} & +00: 15: 19 \\ & (44.5 \%) \end{aligned}$ | 6:53 | $\begin{aligned} & 8.7 \\ & \text { (55.4\%) } \end{aligned}$ |
| 278 | TOMASIK Aleksandra | 428 |  | K36-49 lat | 135 | 00:00:37 | 00:17:43 | 00:34:30.70 | 00:35:08.20 | $\begin{aligned} & +00: 15: 24 \\ & (44.6 \%) \end{aligned}$ | 6:54 | $\begin{aligned} & 8.7 \\ & \text { (55.4\%) } \end{aligned}$ |
| 279 | MOCNA Anna | 260 |  | K18-35 lat | 128 | 00:00:14 | 00:17:16 | 00:34:31.45 | 00:34:46.40 | $\begin{aligned} & +00: 15: 25 \\ & (44.7 \%) \end{aligned}$ | 6:54 | $\begin{aligned} & 8.7 \\ & \text { (55.4\%) } \end{aligned}$ |
| 280 | WESÓŁ Violetta | 450 |  | K36-49 lat | 136 | 00:00:13 | 00:16:45 | 00:34:33.20 | 00:34:46.80 | $\begin{aligned} & +00: 15: 26 \\ & (44.7 \%) \end{aligned}$ | 6:54 | $\begin{aligned} & 8.7 \\ & \text { (55.4\%) } \end{aligned}$ |
| 281 | WITKOWSKA Joanna | 460 |  | K36-49 lat | 137 | 00:00:40 | 00:17:34 | 00:34:33.70 | 00:35:14.50 | $\begin{aligned} & +00: 15: 27 \\ & (44.7 \%) \end{aligned}$ | 6:54 | $\begin{aligned} & 8.7 \\ & \text { (55.4\%) } \end{aligned}$ |
| 282 | JAROSIŃSKA Romana | 125 |  | K36-49 lat | 138 | 00:00:40 | 00:17:34 | 00:34:34.00 | 00:35:14.35 | $\begin{aligned} & +00: 15: 27 \\ & (44.7 \%) \end{aligned}$ | 6:54 | $\begin{aligned} & 8.7 \\ & \text { (55.4\%) } \end{aligned}$ |
| 283 | WENERSKA Magdalena | 448 | DIABELSKIE PIORUNY | K36-49 lat | 139 | 00:00:35 | 00:17:29 | 00:34:34.05 | 00:35:09.55 | $\begin{aligned} & +00: 15: 27 \\ & (44.7 \%) \end{aligned}$ | 6:54 | $\begin{aligned} & 8.7 \\ & (55.4 \%) \end{aligned}$ |
| 284 | KUŹNIEWSKA Aleksandra | 198 |  | K36-49 lat | 140 | 00:00:16 | 00:17:14 | 00:34:36.00 | 00:34:52.60 | $\begin{aligned} & +00: 15: 29 \\ & (44.8 \%) \end{aligned}$ | 6:55 | $\begin{aligned} & 8.7 \\ & (55.4 \%) \end{aligned}$ |
| 285 | HARCZENKO Klaudia | 111 |  | K18-35 lat | 129 | 00:00:17 | 00:16:22 | 00:34:36.45 | 00:34:53.95 | $\begin{aligned} & +00: 15: 30 \\ & (44.8 \%) \end{aligned}$ | 6:55 | $\begin{aligned} & 8.7 \\ & \text { (55.4\%) } \end{aligned}$ |
| 286 | KILIŃSKA Magdalena | 153 | HELIX POMATIA | K36-49 lat | 141 | 00:00:06 | 00:16:45 | 00:34:37.10 | 00:34:43.40 | $\begin{aligned} & +00: 15: 30 \\ & (44.8 \%) \end{aligned}$ | 6:55 | $\begin{aligned} & 8.7 \\ & \text { (55.4\%) } \end{aligned}$ |
| 287 | SZEWCZYK Katarzyna | 415 |  | K36-49 lat | 142 | 00:00:28 | 00:17:00 | 00:34:37.45 | 00:35:06.40 | $\begin{aligned} & +00: 15: 31 \\ & (44.8 \%) \end{aligned}$ | 6:55 | $\begin{aligned} & 8.7 \\ & \text { (55.4\%) } \end{aligned}$ |
| 288 | ŁAZARSKA Joanna | 221 |  | K18-35 lat | 130 | 00:00:23 | 00:16:48 | 00:34:37.50 | 00:35:00.85 | $\begin{aligned} & +00: 15: 31 \\ & (44.8 \%) \end{aligned}$ | 6:55 | $\begin{aligned} & 8.7 \\ & \text { (55.4\%) } \end{aligned}$ |
| 289 | DOMŻALSKA Sławomira | 68 |  | K36-49 lat | 143 | 00:00:25 | 00:17:09 | 00:34:40.50 | 00:35:05.90 | $\begin{aligned} & +00: 15: 34 \\ & (44.9 \%) \end{aligned}$ | 6:56 | $\begin{aligned} & 8.7 \\ & \text { (55.4\%) } \end{aligned}$ |
| 290 | NAWROCKA Martyna | 268 |  | K18-35 lat | 131 | 00:00:41 | 00:17:25 | 00:34:40.55 | 00:35:22.30 | $\begin{aligned} & +00: 15: 34 \\ & (44.9 \%) \end{aligned}$ | 6:56 | $\begin{aligned} & 8.6 \\ & (54.8 \%) \end{aligned}$ |
| 291 | BURNICKA Ewa | 41 |  | K36-49 lat | 144 | 00:00:24 | 00:17:10 | 00:34:40.95 | 00:35:05.75 | $\begin{aligned} & +00: 15: 34 \\ & (44.9 \%) \end{aligned}$ | 6:56 | $\begin{aligned} & 8.6 \\ & (54.8 \%) \end{aligned}$ |
| 292 | WYPYCH-KLUNDER Katarzyna | 476 |  | K36-49 lat | 145 | 00:00:24 | 00:17:51 | 00:34:44.70 | 00:35:08.95 | $\begin{aligned} & +00: 15: 38 \\ & (45.0 \%) \end{aligned}$ | 6:56 | $\begin{aligned} & 8.6 \\ & (54.8 \%) \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas <br> startu | $\begin{aligned} & \text { Finish_Bud } \\ & 2.5 \mathrm{~km} \end{aligned}$ | Czas netto 5 km | Czas brutto 5 km | Różn | Tempo min/km | $\begin{gathered} \text { Tempo } \\ \mathrm{km} / \mathrm{h} \end{gathered}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 293 | LIZOŃ Kamila | 213 |  | K18-35 lat | 132 | 00:00:34 | 00:17:41 | 00:34:45.95 | 00:35:20.55 | $\begin{aligned} & +00: 15: 39 \\ & (45.0 \%) \end{aligned}$ | 6:57 | $\begin{aligned} & 8.6 \\ & \text { (54.8\%) } \end{aligned}$ |
| 294 | KOSAKOWSKA Dominika | 165 |  | K18-35 lat | 133 | 00:00:06 | 00:16:53 | 00:34:51.35 | 00:34:58.15 | $\begin{aligned} & +00: 15: 45 \\ & (45.2 \%) \end{aligned}$ | 6:58 | $\begin{aligned} & 8.6 \\ & \text { (54.8\%) } \end{aligned}$ |
| 295 | RUTKOWSKA Oriana | 354 | SERVITOR | K18-35 lat | 134 | 00:00:41 | 00:16:48 | 00:34:55.00 | 00:35:36.75 | $\begin{aligned} & +00: 15: 48 \\ & (45.3 \%) \end{aligned}$ | 6:59 | $\begin{aligned} & 8.6 \\ & (54.8 \%) \end{aligned}$ |
| 296 | DEPTUŁA Dominika | 62 |  | K18-35 lat | 135 | 00:00:09 | 00:17:07 | 00:34:56.70 | 00:35:06.50 | $\begin{aligned} & +00: 15: 50 \\ & (45.3 \%) \end{aligned}$ | 6:59 | $\begin{aligned} & 8.6 \\ & (54.8 \%) \end{aligned}$ |
| 297 | KRANZ Kinga | 175 |  | K36-49 lat | 146 | 00:00:09 | 00:16:38 | 00:34:58.10 | 00:35:07.60 | $\begin{aligned} & +00: 15: 51 \\ & (45.4 \%) \end{aligned}$ | 6:59 | $\begin{aligned} & 8.6 \\ & \text { (54.8\%) } \end{aligned}$ |
| 298 | ŁAKOMSKA - OPALA Iwona | 220 |  | K36-49 lat | 147 | 00:00:33 | 00:16:47 | 00:34:59.90 | 00:35:33.50 | $\begin{aligned} & +00: 15: 53 \\ & (45.4 \%) \end{aligned}$ | 7:00 | $\begin{aligned} & 8.6 \\ & (54.8 \%) \end{aligned}$ |
| 299 | MURACH-JAGŁA Dorota | 263 |  | K50-59 lat | 13 | 00:00:19 | 00:16:41 | 00:35:02.45 | 00:35:21.45 | $\begin{aligned} & +00: 15: 56 \\ & (45.5 \%) \end{aligned}$ | 7:00 | $\begin{aligned} & 8.6 \\ & \text { (54.8\%) } \end{aligned}$ |
| 300 | DZIŻA-KONICZYŃSKA Zuzanna | 76 | BYDGOSKI KLUB MORSÓW | K36-49 lat | 148 | 00:00:07 | 00:17:16 | 00:35:03.05 | 00:35:10.90 | $\begin{aligned} & +00: 15: 56 \\ & (45.5 \%) \end{aligned}$ | 7:00 | $\begin{aligned} & 8.6 \\ & \text { (54.8\%) } \end{aligned}$ |
| 301 | KUBERA Monika | 185 |  | K36-49 lat | 149 | 00:00:19 | 00:17:37 | 00:35:05.75 | 00:35:25.45 | $\begin{aligned} & +00: 15: 59 \\ & (45.6 \%) \end{aligned}$ | 7:01 | $\begin{aligned} & 8.5 \\ & (54.1 \%) \end{aligned}$ |
| 302 | GORGOL Daria | 97 |  | K18-35 lat | 136 | 00:00:32 | 00:17:38 | 00:35:05.80 | 00:35:37.90 | $\begin{aligned} & +00: 15: 59 \\ & (45.6 \%) \end{aligned}$ | 7:01 | $\begin{aligned} & 8.6 \\ & (54.8 \%) \end{aligned}$ |
| 303 | KULWICKA Aneta | 196 |  | K36-49 lat | 150 | 00:00:31 | 00:17:39 | 00:35:06.40 | 00:35:38.20 | $\begin{aligned} & +00: 16: 00 \\ & (45.6 \%) \end{aligned}$ | 7:01 | $\begin{aligned} & 8.5 \\ & \text { (54.1\%) } \end{aligned}$ |
| 304 | KOWALSKA Juka | 170 |  | K18-35 lat | 137 | 00:00:37 | 00:17:20 | 00:35:08.75 | 00:35:46.65 | $\begin{aligned} & +00: 16: 02 \\ & (45.6 \%) \end{aligned}$ | 7:01 | $\begin{aligned} & 8.5 \\ & \text { (54.1\%) } \end{aligned}$ |
| 305 | BANASZAK Ilona | 12 |  | K50-59 lat | 14 | 00:00:25 | 00:17:03 | 00:35:10.05 | 00:35:35.40 | $\begin{aligned} & +00: 16: 03 \\ & (45.7 \%) \end{aligned}$ | 7:02 | $\begin{aligned} & 8.5 \\ & \text { (54.1\%) } \end{aligned}$ |
| 306 | STACHÓLEC Adela | 394 |  | K36-49 lat | 151 | 00:00:08 | 00:16:57 | 00:35:11.20 | 00:35:19.70 | $\begin{aligned} & +00: 16: 04 \\ & (45.7 \%) \end{aligned}$ | 7:02 | $\begin{aligned} & 8.5 \\ & (54.1 \%) \end{aligned}$ |
| 307 | RYCHLICKA Agnieszka | 356 |  | K36-49 lat | 152 | 00:00:25 | 00:17:09 | 00:35:21.80 | 00:35:47.30 | $\begin{aligned} & +00: 16: 15 \\ & (46.0 \%) \end{aligned}$ | 7:04 | $\begin{aligned} & 8.5 \\ & (54.1 \%) \end{aligned}$ |
| 308 | MIKULSKA Dominika | 252 |  | K18-35 lat | 138 | 00:00:18 | 00:16:49 | 00:35:24.95 | 00:35:43.55 | $\begin{aligned} & +00: 16: 18 \\ & (46.1 \%) \end{aligned}$ | 7:05 | $\begin{aligned} & 8.5 \\ & (54.1 \%) \end{aligned}$ |
| 309 | WIŚNIEWSKA Ewa | 454 |  | K50-59 lat | 15 | 00:00:35 | 00:17:57 | 00:35:32.45 | 00:36:07.45 | $\begin{aligned} & +00: 16: 26 \\ & (46.2 \%) \end{aligned}$ | 7:06 | $\begin{aligned} & 8.4 \\ & \text { (53.5\%) } \end{aligned}$ |
| 310 | PASIEKA Magda | 302 | OSP NAKŁO | K36-49 lat | 153 | 00:00:34 | 00:17:58 | 00:35:32.80 | 00:36:07.75 | $\begin{aligned} & +00: 16: 26 \\ & (46.3 \%) \end{aligned}$ | 7:06 | $\begin{aligned} & 8.4 \\ & (53.5 \%) \end{aligned}$ |
| 311 | SZTOLIN Sylwia | 501 | BYDGOSKI KLUB MORSÓW | K36-49 lat | 154 | 00:00:07 | 00:16:59 | 00:35:34.80 | 00:35:42.75 | $\begin{aligned} & +00: 16: 28 \\ & (46.3 \%) \end{aligned}$ | 7:07 | $\begin{aligned} & 8.4 \\ & (53.5 \%) \end{aligned}$ |
| 312 | NOWACKA Roksana | 275 |  | K18-35 lat | 139 | 00:00:37 | 00:17:55 | 00:35:36.50 | 00:36:14.40 | $\begin{aligned} & +00: 16: 30 \\ & (46.3 \%) \end{aligned}$ | 7:07 | $\begin{aligned} & 8.4 \\ & (53.5 \%) \end{aligned}$ |
| 313 | RYTLEWSKA Alicja | 358 |  | K18-35 lat | 140 | 00:00:45 | 00:17:31 | 00:35:40.00 | 00:36:25.80 | $\begin{aligned} & +00: 16: 33 \\ & (46.4 \%) \end{aligned}$ | 7:08 | $\begin{aligned} & 8.4 \\ & (53.5 \%) \end{aligned}$ |
| 314 | REDECKA Sylwia | 341 |  | K36-49 lat | 155 | 00:00:18 | 00:17:53 | 00:35:48.55 | 00:36:06.60 | $\begin{aligned} & +00: 16: 42 \\ & (46.6 \%) \end{aligned}$ | 7:09 | $\begin{aligned} & 8.4 \\ & \text { (53.5\%) } \end{aligned}$ |
| 315 | BEMBNISTA Agnieszka | 21 |  | K36-49 lat | 156 | 00:00:17 | 00:17:54 | 00:35:48.65 | 00:36:06.45 | $\begin{aligned} & +00: 16: 42 \\ & (46.6 \%) \end{aligned}$ | 7:09 | $\begin{aligned} & 8.4 \\ & (53.5 \%) \end{aligned}$ |


| Msc | Zawodnik | Numer |  | Klub | Kategoria | Mkat | Czas startu | $\begin{aligned} & \text { Finish_Bud } \\ & 2.5 \mathrm{~km} \end{aligned}$ | Czas netto 5 km | Czas brutto 5 km | Różn | Tempo min/km | $\begin{aligned} & \text { Tempo } \\ & \text { km/h } \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 316 | WAŚNIOWSKA Hanna | 447 |  |  | K36-49 lat | 157 | 00:00:17 | 00:17:54 | 00:35:48.95 | 00:36:06.20 | $\begin{aligned} & +00: 16: 42 \\ & (46.7 \%) \end{aligned}$ | 7:09 | $\begin{aligned} & 8.4 \\ & \text { (53.5\%) } \end{aligned}$ |
| 317 | ZALEWSKA Alina | 479 | DIABELSKIE PIORUNY |  | K36-49 lat | 158 | 00:00:35 | 00:17:43 | 00:35:50.00 | 00:36:25.60 | $\begin{aligned} & +00: 16: 43 \\ & (46.7 \%) \end{aligned}$ | 7:10 | $\begin{aligned} & 8.4 \\ & \text { (53.5\%) } \end{aligned}$ |
| 318 | FEDEK Natalia | 77 |  |  | K18-35 lat | 141 | 00:00:07 | 00:17:08 | 00:35:50.70 | 00:35:58.25 | $\begin{aligned} & +00: 16: 44 \\ & (46.7 \%) \end{aligned}$ | 7:10 | $\begin{aligned} & 8.4 \\ & (53.5 \%) \end{aligned}$ |
| 319 | KAWECKA Marzena | 146 | CROSFICIARY |  | K18-35 lat | 142 | 00:00:22 | 00:17:48 | 00:35:59.35 | 00:36:22.00 | $\begin{aligned} & +00: 16: 53 \\ & (46.9 \%) \end{aligned}$ | 7:12 | $\begin{aligned} & 8.3 \\ & \text { (52.9\%) } \end{aligned}$ |
| 320 | RUPIŃSKA Justyna | 351 |  |  | K36-49 lat | 159 | 00:00:36 | 00:17:27 | 00:36:01.15 | 00:36:37.70 | $\begin{aligned} & +00: 16: 54 \\ & (47.0 \%) \end{aligned}$ | 7:12 | $\begin{aligned} & 8.3 \\ & \text { (52.9\%) } \end{aligned}$ |
| 321 | OJRZANOWSKA Maria | 286 |  |  | K36-49 lat | 160 | 00:00:38 | 00:17:55 | 00:36:01.25 | 00:36:39.70 | $\begin{aligned} & +00: 16: 54 \\ & (47.0 \%) \end{aligned}$ | 7:12 | $\begin{aligned} & 8.3 \\ & \text { (52.9\%) } \end{aligned}$ |
| 322 | OSTROWSKA Renata | 293 |  |  | K36-49 lat | 161 | 00:00:38 | 00:17:56 | 00:36:01.50 | 00:36:39.60 | $\begin{aligned} & +00: 16: 55 \\ & (47.0 \%) \end{aligned}$ | 7:12 | $\begin{aligned} & 8.3 \\ & (52.9 \%) \end{aligned}$ |
| 323 | TEWS Marzena | 426 |  |  | K36-49 lat | 162 | 00:00:38 | 00:17:56 | 00:36:01.55 | 00:36:39.60 | $\begin{aligned} & +00: 16: 55 \\ & (47.0 \%) \end{aligned}$ | 7:12 | $\begin{aligned} & 8.3 \\ & \text { (52.9\%) } \end{aligned}$ |
| 324 | LESZCZYŃSKA Joanna | 203 |  |  | K18-35 lat | 143 | 00:00:40 | 00:18:25 | 00:36:01.80 | 00:36:42.70 | $\begin{aligned} & +00: 16: 55 \\ & (47.0 \%) \end{aligned}$ | 7:12 | $\begin{aligned} & 8.3 \\ & \text { (52.9\%) } \end{aligned}$ |
| 325 | JAWORSKA KACZMAREK Sylwia | 130 | \#4FAJTER |  | K36-49 lat | 163 | 00:00:37 | 00:17:57 | 00:36:02.05 | 00:36:39.85 | $\begin{aligned} & +00: 16: 55 \\ & (47.0 \%) \end{aligned}$ | 7:12 | $\begin{aligned} & 8.3 \\ & \text { (52.9\%) } \end{aligned}$ |
| 326 | KOPROWSKA Aleksandra | 162 |  |  | K18-35 lat | 144 | 00:00:33 | 00:18:01 | 00:36:06.05 | 00:36:39.55 | $\begin{aligned} & +00: 16: 59 \\ & (47.1 \%) \end{aligned}$ | 7:13 | $\begin{aligned} & 8.3 \\ & (52.9 \%) \end{aligned}$ |
| 327 | UMIEJSKA Emilia | 441 |  |  | K18-35 lat | 145 | 00:00:43 | 00:17:58 | 00:36:12.80 | 00:36:56.45 | $\begin{aligned} & +00: 17: 06 \\ & (47.2 \%) \end{aligned}$ | 7:14 | $\begin{aligned} & 8.3 \\ & (52.9 \%) \end{aligned}$ |
| 328 | KUFEL Maria | 190 |  |  | K18-35 lat | 146 | 00:00:15 | 00:16:35 | 00:36:15.90 | 00:36:31.10 | $\begin{aligned} & +00: 17: 09 \\ & (47.3 \%) \end{aligned}$ | 7:15 | $\begin{aligned} & 8.3 \\ & (52.9 \%) \end{aligned}$ |
| 329 | WRUK Justyna | 472 | DIABELSKIE PIORUNY |  | K36-49 lat | 164 | 00:00:35 | 00:18:00 | 00:36:22.05 | 00:36:57.50 | $\begin{aligned} & +00: 17: 15 \\ & (47.5 \%) \end{aligned}$ | 7:16 | $\begin{aligned} & 8.2 \\ & \text { (52.2\%) } \end{aligned}$ |
| 330 | STUCZYŃSKA Paulina | 400 |  |  | K18-35 lat | 147 | 00:00:09 | 00:17:33 | 00:36:30.65 | 00:36:40.15 | $\begin{aligned} & +00: 17: 24 \\ & (47.7 \%) \end{aligned}$ | 7:18 | $\begin{aligned} & 8.2 \\ & \text { (52.2\%) } \end{aligned}$ |
| 331 | KARPIŃSKA Asia | 142 |  |  | K36-49 lat | 165 | 00:00:27 | 00:17:42 | 00:36:33.05 | 00:37:00.55 | $\begin{aligned} & +00: 17: 26 \\ & (47.7 \%) \end{aligned}$ | 7:18 | $\begin{aligned} & 8.2 \\ & \text { (52.2\%) } \end{aligned}$ |
| 332 | SIRANT-LITWA Monika | 372 |  |  | K18-35 lat | 148 | 00:00:11 | 00:17:01 | 00:36:35.50 | 00:36:46.95 | $\begin{aligned} & +00: 17: 29 \\ & (47.8 \%) \end{aligned}$ | 7:19 | $\begin{aligned} & 8.2 \\ & (52.2 \%) \end{aligned}$ |
| 333 | BȦK Paulina | 17 |  |  | K18-35 lat | 149 | 00:00:11 | 00:17:01 | 00:36:35.90 | 00:36:47.05 | $\begin{aligned} & +00: 17: 29 \\ & (47.8 \%) \end{aligned}$ | 7:19 | $\begin{aligned} & 8.2 \\ & \text { (52.2\%) } \end{aligned}$ |
| 334 | SWOBODZIŃSKA Agata | 404 |  |  | K36-49 lat | 166 | 00:00:36 | 00:18:12 | 00:36:36.10 | 00:37:12.20 | $\begin{aligned} & +00: 17: 29 \\ & (47.8 \%) \end{aligned}$ | 7:19 | $\begin{aligned} & 8.2 \\ & (52.2 \%) \end{aligned}$ |
| 335 | WIŚNIEWSKA Dorota | 457 |  |  | K36-49 lat | 167 | 00:00:36 | 00:18:12 | 00:36:36.45 | 00:37:12.55 | $\begin{aligned} & +00: 17: 30 \\ & (47.8 \%) \end{aligned}$ | 7:19 | $\begin{aligned} & 8.2 \\ & \text { (52.2\%) } \end{aligned}$ |
| 336 | WOJCIECHOWSKA Dagmara | 463 | - |  | K36-49 lat | 168 | 00:00:09 | 00:17:08 | 00:36:37.45 | 00:36:46.65 | $\begin{aligned} & +00: 17: 31 \\ & (47.8 \%) \end{aligned}$ | 7:19 | $\begin{aligned} & 8.2 \\ & \text { (52.2\%) } \end{aligned}$ |
| 337 | BUBACZ Dominika | 37 |  |  | K36-49 lat | 169 | 00:00:10 | 00:14:28 | 00:36:37.60 | 00:36:48.20 | $\begin{aligned} & +00: 17: 31 \\ & (47.8 \%) \end{aligned}$ | 7:19 | $\begin{aligned} & 8.2 \\ & (52.2 \%) \end{aligned}$ |
| 338 | SKORUPA Gosia | 378 | WALECZNE SERCE |  | K36-49 lat | 170 | 00:00:02 | 00:17:57 | 00:36:37.90 | 00:36:40.65 | $\begin{aligned} & +00: 17: 31 \\ & (47.8 \%) \end{aligned}$ | 7:19 | $\begin{aligned} & 8.2 \\ & (52.2 \%) \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $\begin{aligned} & \text { Finish_Bud } \\ & 2.5 \mathrm{~km} \end{aligned}$ | Czas netto 5 km | Czas brutto 5 km | Różn | Tempo min/km | Tempo km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 339 | NOWAKOWSKA-SZWAJCA Anna | 280 |  | K36-49 lat | 171 | 00:00:24 | 00:18:14 | 00:36:42.25 | 00:37:07.05 | $\begin{aligned} & +00: 17: 35 \\ & (47.9 \%) \end{aligned}$ | 7:20 | $\begin{aligned} & 8.2 \\ & (52.2 \%) \end{aligned}$ |
| 340 | ZMUDZIŃSKA Anna | 489 | TEAMRUN KCYNIA | K36-49 lat | 172 | 00:00:44 | 00:18:21 | 00:36:55.50 | 00:37:39.75 | $\begin{aligned} & +00: 17: 49 \\ & (48.3 \%) \end{aligned}$ | 7:23 | $\begin{aligned} & 8.1 \\ & (51.6 \%) \end{aligned}$ |
| 341 | NAWROCKA Karolina | 269 | TESSA-DOM | K18-35 lat | 150 | 00:00:13 | 00:18:18 | 00:37:02.55 | 00:37:15.60 | $\begin{aligned} & +00: 17: 56 \\ & (48.4 \%) \end{aligned}$ | 7:24 | $\begin{aligned} & 8.1 \\ & (51.6 \%) \end{aligned}$ |
| 342 | ROZMARYNOWICZ Anna | 513 | MORSY Z ZALESIA | K36-49 lat | 173 | 00:00:28 | 00:17:29 | 00:37:08.95 | 00:37:37.10 | $\begin{aligned} & +00: 18: 02 \\ & (48.6 \%) \end{aligned}$ | 7:25 | $\begin{aligned} & 8.1 \\ & (51.6 \%) \end{aligned}$ |
| 343 | SZCZAP Natalia | 407 |  | K18-35 lat | 151 | 00:00:45 | 00:18:18 | 00:37:15.60 | 00:38:01.50 | $\begin{aligned} & +00: 18: 09 \\ & (48.7 \%) \end{aligned}$ | 7:27 | $\begin{aligned} & 8.1 \\ & (51.6 \%) \end{aligned}$ |
| 344 | KOWALSKA Irena | 173 |  | K60+ | 5 | 00:00:21 | 00:18:42 | 00:37:20.45 | 00:37:41.55 | $\begin{aligned} & +00: 18: 14 \\ & (48.8 \%) \end{aligned}$ | 7:28 | $\begin{aligned} & 8 \\ & (51.0 \%) \end{aligned}$ |
| 345 | MALCHERCZYK Ineza | 232 |  | K50-59 lat | 16 | 00:00:22 | 00:18:18 | 00:37:23.95 | 00:37:46.85 | $\begin{aligned} & +00: 18: 17 \\ & (48.9 \%) \end{aligned}$ | 7:28 | $\begin{aligned} & 8 \\ & (51.0 \%) \end{aligned}$ |
| 346 | PLOMINSKA Monika | 323 |  | K18-35 lat | 152 | 00:00:07 | 00:17:47 | 00:37:28.20 | 00:37:35.80 | $\begin{aligned} & +00: 18: 21 \\ & (49.0 \%) \end{aligned}$ | 7:29 | $\begin{aligned} & 8 \\ & \text { (51.0\%) } \end{aligned}$ |
| 347 | NOWAKOWSKA Katarzyna | 281 |  | K36-49 lat | 174 | 00:00:07 | 00:17:47 | 00:37:28.50 | 00:37:36.00 | $\begin{aligned} & +00: 18: 22 \\ & (49.0 \%) \end{aligned}$ | 7:29 | $\begin{aligned} & 8 \\ & (51.0 \%) \end{aligned}$ |
| 348 | KORPAL Ilona | 163 |  | K36-49 lat | 175 | 00:00:06 | 00:18:19 | 00:37:46.90 | 00:37:53.60 | $\begin{aligned} & +00: 18: 40 \\ & (49.4 \%) \end{aligned}$ | 7:33 | $\begin{aligned} & 7.9 \\ & (50.3 \%) \end{aligned}$ |
| 349 | GRABOWSKA Ilona | 103 | WATAHA - ŁACZZY NAS BIEGANIE | K36-49 lat | 176 | 00:00:22 | 00:18:20 | 00:37:57.95 | 00:38:20.70 | $\begin{aligned} & +00: 18: 51 \\ & (49.7 \%) \end{aligned}$ | 7:35 | $\begin{aligned} & 7.9 \\ & (50.3 \%) \end{aligned}$ |
| 350 | KRĘCICKA Ewa | 177 |  | K36-49 lat | 177 | 00:00:41 | 00:18:34 | 00:37:58.80 | 00:38:40.40 | $\begin{aligned} & +00: 18: 52 \\ & (49.7 \%) \end{aligned}$ | 7:35 | $\begin{aligned} & 7.9 \\ & (50.3 \%) \end{aligned}$ |
| 351 | KLAWIKOWSKA Agnieszka | 156 | TESSA-DOM | K36-49 lat | 178 | 00:00:13 | 00:18:18 | 00:38:01.75 | 00:38:15.70 | $\begin{aligned} & +00: 18: 55 \\ & (49.8 \%) \end{aligned}$ | 7:36 | $\begin{aligned} & 7.9 \\ & (50.3 \%) \end{aligned}$ |
| 352 | RUTKOWSKA Mariola | 507 |  | K18-35 lat | 153 | 00:00:23 | 00:18:27 | 00:38:02.05 | 00:38:25.85 | $\begin{aligned} & +00: 18: 55 \\ & (49.8 \%) \end{aligned}$ | 7:36 | $\begin{aligned} & 7.9 \\ & (50.3 \%) \end{aligned}$ |
| 353 | PASIUT Bogumiła | 303 | TESSA - DOM | K36-49 lat | 179 | 00:00:13 | 00:18:19 | 00:38:02.30 | 00:38:15.65 | $\begin{aligned} & +00: 18: 55 \\ & (49.8 \%) \end{aligned}$ | 7:36 | $\begin{aligned} & 7.9 \\ & (50.3 \%) \end{aligned}$ |
| 354 | KOSZOWSKA Ania | 167 | 1BLOG | K36-49 lat | 180 | 00:00:45 | 00:18:01 | 00:38:06.00 | 00:38:51.50 | $\begin{aligned} & +00: 18: 59 \\ & (49.9 \%) \end{aligned}$ | 7:37 | $\begin{aligned} & 7.9 \\ & (50.3 \%) \end{aligned}$ |
| 355 | SZCZEPANEK-KOZIŃSKA Justyna | 408 | BYDGOSKIE ŻÓŁWIE | K36-49 lat | 181 | 00:00:45 | 00:18:02 | 00:38:06.25 | 00:38:51.60 | $\begin{aligned} & +00: 18: 59 \\ & (49.9 \%) \end{aligned}$ | 7:37 | $\begin{aligned} & 7.9 \\ & (50.3 \%) \end{aligned}$ |
| 356 | SAKWIŃSKA Aleksandra | 363 |  | K18-35 lat | 154 | 00:00:21 | 00:18:39 | 00:38:06.65 | 00:38:27.75 | $\begin{aligned} & +00: 19: 00 \\ & (49.9 \%) \end{aligned}$ | 7:37 | $\begin{aligned} & 7.9 \\ & (50.3 \%) \end{aligned}$ |
| 357 | BRUZDEWICZ Kamilla | 31 |  | K36-49 lat | 182 | 00:00:44 | 00:18:43 | 00:38:12.45 | 00:38:57.20 | $\begin{aligned} & +00: 19: 06 \\ & (50.0 \%) \end{aligned}$ | 7:38 | $\begin{aligned} & 7.8 \\ & (49.7 \%) \end{aligned}$ |
| 358 | OBREMSKA Magdalena | 285 |  | K36-49 lat | 183 | 00:00:25 | 00:18:52 | 00:38:12.50 | 00:38:38.00 | $\begin{aligned} & +00: 19: 06 \\ & (50.0 \%) \end{aligned}$ | 7:38 | $\begin{aligned} & 7.8 \\ & (49.7 \%) \end{aligned}$ |
| 359 | MOCHOCKA Anna | 259 |  | K18-35 lat | 155 | 00:00:44 | 00:18:24 | 00:38:14.95 | 00:38:59.10 | $\begin{aligned} & +00: 19: 08 \\ & (50.0 \%) \end{aligned}$ | 7:39 | $\begin{aligned} & 7.8 \\ & (49.7 \%) \end{aligned}$ |
| 360 | KOWALSKA Anna | 171 |  | K36-49 lat | 184 | 00:00:44 | 00:18:18 | 00:38:20.35 | 00:39:04.90 | $\begin{aligned} & +00: 19: 14 \\ & (50.2 \%) \end{aligned}$ | 7:40 | $\begin{aligned} & 7.8 \\ & (49.7 \%) \end{aligned}$ |
| 361 | ROMANOWSKA Sylwia | 346 |  | K36-49 lat | 185 | 00:00:19 | 00:18:46 | 00:38:29.60 | 00:38:49.40 | $\begin{aligned} & +00: 19: 23 \\ & (50.4 \%) \end{aligned}$ | 7:42 | $\begin{aligned} & 7.8 \\ & (49.7 \%) \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $\begin{aligned} & \text { Finish_Bud } \\ & 2.5 \mathrm{~km} \end{aligned}$ | Czas netto 5 km | Czas brutto 5 km | Różn | Tempo min/km | Tempo km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 362 | TOMCZAK Kinga | 429 |  | K18-35 lat | 156 | 00:00:39 | 00:20:25 | 00:38:30.45 | 00:39:09.80 | $\begin{aligned} & +00: 19: 24 \\ & (50.4 \%) \end{aligned}$ | 7:42 | $\begin{aligned} & 7.8 \\ & (49.7 \%) \end{aligned}$ |
| 363 | HEJZA-KLIMCZAK Magda | 113 | MUKS REKIN | K36-49 lat | 186 | 00:00:36 | 00:18:49 | 00:38:33.55 | 00:39:10.40 | $\begin{aligned} & +00: 19: 27 \\ & (50.5 \%) \end{aligned}$ | 7:42 | $\begin{aligned} & 7.8 \\ & \text { (49.7\%) } \end{aligned}$ |
| 364 | PACZYŃSKA Katarzyna | 295 |  | K36-49 lat | 187 | 00:00:12 | 00:19:21 | 00:38:38.00 | 00:38:50.55 | $\begin{aligned} & +00: 19: 31 \\ & (50.5 \%) \end{aligned}$ | 7:43 | $\begin{aligned} & 7.8 \\ & (49.7 \%) \end{aligned}$ |
| 365 | ROMPALSKA Lucyna | 347 |  | K36-49 lat | 188 | 00:00:12 | 00:19:19 | 00:38:38.25 | 00:38:50.25 | $\begin{aligned} & +00: 19: 31 \\ & (50.6 \%) \end{aligned}$ | 7:43 | $\begin{aligned} & 7.8 \\ & \text { (49.7\%) } \end{aligned}$ |
| 366 | MALINOWSKA Justyna | 234 |  | K36-49 lat | 189 | 00:00:11 | 00:18:36 | 00:38:41.35 | 00:38:52.50 | $\begin{aligned} & +00: 19: 35 \\ & (50.6 \%) \end{aligned}$ | 7:44 | $\begin{aligned} & 7.8 \\ & \text { (49.7\%) } \end{aligned}$ |
| 367 | GRALAK Anna | 106 |  | K18-35 lat | 157 | 00:00:44 | 00:18:40 | 00:38:48.80 | 00:39:33.65 | $\begin{aligned} & +00: 19: 42 \\ & (50.8 \%) \end{aligned}$ | 7:45 | $\begin{aligned} & 7.7 \\ & (49.0 \%) \end{aligned}$ |
| 368 | MARACH-NEUMANN Monika | 238 |  | K36-49 lat | 190 | 00:00:44 | 00:18:19 | 00:38:49.25 | 00:39:33.50 | $\begin{aligned} & +00: 19: 42 \\ & (50.8 \%) \end{aligned}$ | 7:45 | $\begin{aligned} & 7.7 \\ & (49.0 \%) \end{aligned}$ |
| 369 | MISUN Mariola | 257 | AMS | K60+ | 6 | 00:00:46 | 00:18:59 | 00:38:58.50 | 00:39:45.15 | $\begin{aligned} & +00: 19: 52 \\ & (51.0 \%) \end{aligned}$ | 7:47 | $\begin{aligned} & 7.7 \\ & \text { (49.0\%) } \end{aligned}$ |
| 370 | SOKOŁOWSCY Joanna | 390 |  | K36-49 lat | 191 | 00:00:21 | 00:18:35 | 00:39:03.00 | 00:39:24.35 | $\begin{aligned} & +00: 19: 56 \\ & (51.1 \%) \end{aligned}$ | 7:48 | $\begin{aligned} & 7.7 \\ & (49.0 \%) \end{aligned}$ |
| 371 | SUŁKOWSKA Jadwiga | 502 | BYDGOSKI KLUB MORSÓW | K36-49 lat | 192 | 00:00:07 | 00:18:42 | 00:39:10.75 | 00:39:18.20 | $\begin{aligned} & +00: 20: 04 \\ & (51.2 \%) \end{aligned}$ | 7:50 | $\begin{aligned} & 7.7 \\ & \text { (49.0\%) } \end{aligned}$ |
| 372 | MUSZYŃSKA Kamila | 264 |  | K36-49 lat | 193 | 00:00:20 | 00:19:06 | 00:39:24.25 | 00:39:44.55 | $\begin{aligned} & +00: 20: 17 \\ & (51.5 \%) \end{aligned}$ | 7:52 | $\begin{aligned} & 7.6 \\ & (48.4 \%) \end{aligned}$ |
| 373 | HEYMANN Maria | 115 |  | K50-59 lat | 17 | 00:00:30 | 00:19:14 | 00:39:26.10 | 00:39:56.45 | $\begin{aligned} & +00: 20: 19 \\ & (51.6 \%) \end{aligned}$ | 7:53 | $\begin{aligned} & 7.6 \\ & (48.4 \%) \end{aligned}$ |
| 374 | RZESZOTARSKA Dorota | 359 | \#BBKTS | K36-49 lat | 194 | 00:00:23 | 00:19:13 | 00:39:31.60 | 00:39:55.25 | $\begin{aligned} & +00: 20: 25 \\ & (51.7 \%) \end{aligned}$ | 7:54 | $\begin{aligned} & 7.6 \\ & (48.4 \%) \end{aligned}$ |
| 375 | CYCHOWSKA Anna | 54 |  | K36-49 lat | 195 | 00:00:39 | 00:19:12 | 00:39:47.15 | 00:40:26.65 | $\begin{aligned} & +00: 20: 40 \\ & (52.0 \%) \end{aligned}$ | 7:57 | $\begin{aligned} & 7.5 \\ & (47.8 \%) \end{aligned}$ |
| 376 | TOPOLEWSKA Sylwia | 431 |  | K18-35 lat | 158 | 00:00:20 | 00:18:58 | 00:39:47.60 | 00:40:08.10 | $\begin{aligned} & +00: 20: 41 \\ & (52.0 \%) \end{aligned}$ | 7:57 | $\begin{aligned} & 7.5 \\ & (47.8 \%) \end{aligned}$ |
| 377 | SZRAMSKA Violetta | 418 | LEOŚ TEAM | K36-49 lat | 196 | 00:00:33 | 00:18:28 | 00:39:48.00 | 00:40:21.50 | $\begin{aligned} & +00: 20: 41 \\ & (52.0 \%) \end{aligned}$ | 7:57 | $\begin{aligned} & 7.5 \\ & (47.8 \%) \end{aligned}$ |
| 378 | ŁAKOMSKA Anna | 219 | LEOŚ TEAM | K36-49 lat | 197 | 00:00:33 | 00:19:02 | 00:39:48.15 | 00:40:21.45 | $\begin{aligned} & +00: 20: 41 \\ & (52.0 \%) \end{aligned}$ | 7:57 | $\begin{aligned} & 7.5 \\ & (47.8 \%) \end{aligned}$ |
| 379 | KASPRZYK Daria | 143 |  | K18-35 lat | 159 | 00:00:46 | 00:19:51 | 00:39:52.10 | 00:40:39.00 | $\begin{aligned} & +00: 20: 45 \\ & (52.1 \%) \end{aligned}$ | 7:58 | $\begin{aligned} & 7.5 \\ & (47.8 \%) \end{aligned}$ |
| 380 | GROT Monika | 108 |  | K36-49 lat | 198 | 00:00:46 | 00:19:51 | 00:39:52.20 | 00:40:39.00 | $\begin{aligned} & +00: 20: 45 \\ & (52.1 \%) \end{aligned}$ | 7:58 | $\begin{aligned} & 7.5 \\ & (47.8 \%) \end{aligned}$ |
| 381 | SZYDLIK Marzena | 421 |  | K18-35 lat | 160 | 00:00:21 | 00:19:05 | 00:40:03.70 | 00:40:24.95 | $\begin{aligned} & +00: 20: 57 \\ & (52.3 \%) \end{aligned}$ | 8:00 | $\begin{aligned} & 7.5 \\ & (47.8 \%) \end{aligned}$ |
| 382 | CZERWIŃSKA Ewelina | 56 |  | K18-35 lat | 161 | 00:00:32 | 00:19:02 | 00:40:07.90 | 00:40:40.15 | $\begin{aligned} & +00: 21: 01 \\ & (52.4 \%) \end{aligned}$ | 8:01 | $\begin{aligned} & 7.5 \\ & (47.8 \%) \end{aligned}$ |
| 383 | SPLITT Anna | 393 |  | K36-49 lat | 199 | 00:00:45 | 00:19:35 | 00:40:17.15 | 00:41:02.75 | $\begin{aligned} & +00: 21: 10 \\ & (52.6 \%) \end{aligned}$ | 8:03 | $\begin{aligned} & 7.4 \\ & (47.1 \%) \end{aligned}$ |
| 384 | CHMIEL Anna | 45 |  | K18-35 lat | 162 | 00:00:45 | 00:19:35 | 00:40:17.40 | 00:41:02.75 | $\begin{aligned} & +00: 21: 11 \\ & (52.6 \%) \end{aligned}$ | 8:03 | $\begin{aligned} & 7.4 \\ & (47.1 \%) \end{aligned}$ |


| Msc | Zawodnik | Numer |  | Klub | Kategoria | Mkat | Czas startu | $\begin{aligned} & \text { Finish_Bud } \\ & 2.5 \mathrm{~km} \end{aligned}$ | Czas netto 5 km | Czas brutto 5 km | Róż | Tempo min/km | Tempo km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 385 | MARCINIAK Jolanta9 | 239 |  |  | K36-49 lat | 200 | 00:00:21 | 00:19:31 | 00:40:31.45 | 00:40:52.50 | $\begin{aligned} & +00: 21: 25 \\ & (52.9 \%) \end{aligned}$ | 8:06 | $\begin{aligned} & 7.4 \\ & \text { (47.1\%) } \end{aligned}$ |
| 386 | LESZCZYŃSKA Alicja | 504 |  |  | K18-35 lat | 163 | 00:00:43 | 00:19:49 | 00:40:33.40 | 00:41:16.85 | $\begin{aligned} & +00: 21: 27 \\ & (52.9 \%) \end{aligned}$ | 8:06 | $\begin{aligned} & 7.4 \\ & (47.1 \%) \end{aligned}$ |
| 387 | KOLASIŃSKA Edyta | 505 |  |  | K60+ | 7 | 00:00:42 | 00:19:50 | 00:40:33.90 | 00:41:16.80 | $\begin{aligned} & +00: 21: 27 \\ & (52.9 \%) \end{aligned}$ | 8:06 | $\begin{aligned} & 7.4 \\ & (47.1 \%) \end{aligned}$ |
| 388 | MICHALEK Ania | 248 |  |  | K18-35 lat | 164 | 00:00:39 | 00:20:27 | 00:40:39.95 | 00:41:19.60 | $\begin{aligned} & +00: 21: 33 \\ & (53.0 \%) \end{aligned}$ | 8:08 | $\begin{aligned} & 7.4 \\ & (47.1 \%) \end{aligned}$ |
| 389 | UMINSSKA-BERG Joanna | 442 |  |  | K18-35 lat | 165 | 00:00:41 | 00:19:57 | 00:40:46.85 | 00:41:28.45 | $\begin{aligned} & +00: 21: 40 \\ & (53.1 \%) \end{aligned}$ | 8:09 | $\begin{aligned} & 7.4 \\ & \text { (47.1\%) } \end{aligned}$ |
| 390 | GERCZYŃSKA Elżbieta | 508 |  |  | K36-49 lat | 201 | 00:00:41 | 00:19:56 | 00:40:47.05 | 00:41:28.30 | $\begin{aligned} & +00: 21: 40 \\ & (53.2 \%) \end{aligned}$ | 8:09 | $\begin{aligned} & 7.4 \\ & (47.1 \%) \end{aligned}$ |
| 391 | BARTELA Alicja | 15 |  |  | K18-35 lat | 166 | 00:00:31 | 00:19:53 | 00:40:57.80 | 00:41:29.30 | $\begin{aligned} & +00: 21: 51 \\ & (53.4 \%) \end{aligned}$ | 8:11 | $\begin{aligned} & 7.3 \\ & (46.5 \%) \end{aligned}$ |
| 392 | RAMPALSKA Ewa | 340 |  |  | K50-59 lat | 18 | 00:00:06 | 00:20:15 | 00:41:08.60 | 00:41:15.30 | $\begin{aligned} & +00: 22: 02 \\ & (53.6 \%) \end{aligned}$ | 8:13 | $\begin{aligned} & 7.3 \\ & (46.5 \%) \end{aligned}$ |
| 393 | KŁACZYŃSKA Ewa | 158 |  |  | K36-49 lat | 202 | 00:00:16 | 00:20:03 | 00:41:26.50 | 00:41:42.95 | $\begin{aligned} & +00: 22: 20 \\ & (53.9 \%) \end{aligned}$ | 8:17 | $\begin{aligned} & 7.2 \\ & (45.9 \%) \end{aligned}$ |
| 394 | SŁUPIKOWSKA Magdalena | 384 |  |  | K18-35 lat | 167 | 00:00:09 | 00:19:04 | 00:41:29.15 | 00:41:39.10 | $\begin{aligned} & +00: 22: 22 \\ & (53.9 \%) \end{aligned}$ | 8:18 | $\begin{aligned} & 7.2 \\ & (45.9 \%) \end{aligned}$ |
| 395 | GAURA Anna | 91 |  |  | K18-35 lat | 168 | 00:00:39 | 00:20:23 | 00:41:50.80 | 00:42:29.80 | $\begin{aligned} & +00: 22: 44 \\ & (54.3 \%) \end{aligned}$ | 8:22 | $\begin{aligned} & 7.2 \\ & (45.9 \%) \end{aligned}$ |
| 396 | BEDNAREK Justyna | 20 |  |  | K36-49 lat | 203 | 00:00:39 | 00:21:44 | 00:41:54.90 | 00:42:34.85 | $\begin{aligned} & +00: 22: 48 \\ & (54.4 \%) \end{aligned}$ | 8:23 | $\begin{aligned} & 7.2 \\ & (45.9 \%) \end{aligned}$ |
| 397 | MIKOŁAJCZYK Joanna | 251 |  |  | K18-35 lat | 169 | 00:00:29 | 00:19:43 | 00:42:00.10 | 00:42:29.65 | $\begin{aligned} & +00: 22: 53 \\ & (54.5 \%) \end{aligned}$ | 8:24 | $\begin{aligned} & 7.1 \\ & \text { (45.2\%) } \end{aligned}$ |
| 398 | KATAFIASZ Anna | 145 |  |  | K18-35 lat | 170 | 00:00:29 | 00:19:43 | 00:42:00.45 | 00:42:30.00 | $\begin{aligned} & +00: 22: 54 \\ & (54.5 \%) \end{aligned}$ | 8:24 | $\begin{aligned} & 7.1 \\ & (45.2 \%) \end{aligned}$ |
| 399 | BOROWIAK Agnieszka | 28 |  |  | K36-49 lat | 204 | 00:00:43 | 00:19:55 | 00:42:07.85 | 00:42:51.55 | $\begin{aligned} & +00: 23: 01 \\ & (54.7 \%) \end{aligned}$ | 8:25 | $\begin{aligned} & 7.1 \\ & (45.2 \%) \end{aligned}$ |
| 400 | GROCHOWSKA Ania | 107 |  |  | K18-35 lat | 171 | 00:00:49 | 00:19:40 | 00:42:19.05 | 00:43:08.75 | $\begin{aligned} & +00: 23: 12 \\ & (54.9 \%) \end{aligned}$ | 8:27 | $\begin{aligned} & 7.1 \\ & \text { (45.2\%) } \end{aligned}$ |
| 401 | LIZON Barbara | 214 |  |  | K36-49 lat | 205 | 00:00:18 | 00:20:15 | 00:42:32.95 | 00:42:51.85 | $\begin{aligned} & +00: 23: 26 \\ & \text { (55.1\%) } \end{aligned}$ | 8:30 | $\begin{aligned} & 7.1 \\ & \text { (45.2\%) } \end{aligned}$ |
| 402 | WITKIEWICZ-ŁUKASZEK Sandra | 458 |  |  | K18-35 lat | 172 | 00:00:39 | 00:21:03 | 00:42:55.85 | 00:43:35.00 | $\begin{aligned} & +00: 23: 49 \\ & (55.5 \%) \end{aligned}$ | 8:35 | $\begin{aligned} & 7 \\ & \text { (44.6\%) } \end{aligned}$ |
| 403 | BEDNAREK Julia | 19 |  |  | K18-35 lat | 173 | 00:00:40 | 00:21:43 | 00:45:31.95 | 00:46:11.95 | $\begin{aligned} & +00: 26: 25 \\ & (58.0 \%) \end{aligned}$ | 9:06 | $\begin{aligned} & 6.6 \\ & \text { (42.0\%) } \end{aligned}$ |
| 404 | LEŚNIAK Oliwia | 204 | KULAWE PADALCE |  | K18-35 lat | 174 | 00:00:30 | 00:23:24 | 00:47:21.25 | 00:47:51.90 | $\begin{aligned} & +00: 28: 14 \\ & (59.7 \%) \end{aligned}$ | 9:28 | $\begin{aligned} & 6.3 \\ & (40.1 \%) \end{aligned}$ |
| 405 | SIDOROWICZ Ewa | 370 | WILCZAK |  | K50-59 lat | 19 | 00:00:49 | 00:23:29 | 00:48:40.10 | 00:49:29.90 | $\begin{aligned} & +00: 29: 33 \\ & (60.7 \%) \end{aligned}$ | 9:44 | $\begin{aligned} & 6.2 \\ & (39.5 \%) \end{aligned}$ |
| 406 | WIECZOREK-KISTOWSKA Alina | 452 | MPK POZNAN |  | K50-59 lat | 20 | 00:00:48 | 00:25:08 | 00:50:37.25 | 00:51:25.80 | $\begin{aligned} & +00: 31: 30 \\ & (62.3 \%) \end{aligned}$ | 10:07 | $\begin{aligned} & 5.9 \\ & (37.6 \%) \end{aligned}$ |
| 407 | ZIĘTEK Ewelina | 487 |  |  | K36-49 lat | 206 | 00:00:13 | 00:18:06 |  |  | +00:08:28 | 7:14 | $\begin{aligned} & 8.3 \\ & \text { (52.9\%) } \end{aligned}$ |

