



RUN BUDLEX FOR WOMEN

B4SPORT

Organizator: Green House / Budlex
Data: 2017-04-22
Miejsce: Bydgoszcz
Dystans: 5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	ŻUCHOWSKA Anna	21	EKO OPAŁ PŁONNE/ PŁOCK BIEGA NO AGE LIMIT	K20	1	00:00:00	00:20:09.40	00:20:10.35		4:02	14.9 (100%)
2	ZIÓŁKOWSKA Natalia	312		K20	2	00:00:00	00:20:15.95	00:20:16.10	+00:00:06 (0.5%)	4:03	14.8 (99.3%)
3	WIŚNIEWSKA Marcjanna	316		K20	3	00:00:01	00:20:16.90	00:20:17.90	+00:00:07 (0.6%)	4:03	14.8 (99.3%)
4	NALEŻYTY Katarzyna	251	TKKF KOLEJARZ BYDGOSZCZ	K20	4	00:00:01	00:20:21.65	00:20:22.90	+00:00:12 (1.0%)	4:04	14.7 (98.7%)
5	JAGODZIŃSKA Magdalena	38	BYDGOSKIE OKONIE	K20	5	00:00:02	00:20:34.30	00:20:37.15	+00:00:24 (2.0%)	4:07	14.6 (98.0%)
6	PARTHEMORE Ann	364		K30	1	00:00:02	00:20:52.05	00:20:54.45	+00:00:42 (3.4%)	4:10	14.4 (96.6%)
7	KRZEMIEŃ Joanna	259	6.KILOMETR	K30	2	00:00:10	00:21:41.50	00:21:51.85	+00:01:32 (7.1%)	4:20	13.8 (92.6%)
8	PEKAŁA Aleksandra	252	RUN PASJA	K30	3	00:00:03	00:21:42.15	00:21:45.20	+00:01:32 (7.1%)	4:20	13.8 (92.6%)
9	GOLON Marlena	42	BARONOWE GOLONOWE	K40	1	00:00:02	00:21:45.75	00:21:48.15	+00:01:36 (7.4%)	4:21	13.8 (92.6%)
10	JAROCKA Beata	28	NIEZRZESZONA	K40	2	00:00:03	00:22:05.80	00:22:09.25	+00:01:56 (8.8%)	4:25	13.6 (91.3%)
11	WOŹNIAK Anna	136	RUN-PASJA	K30	4	00:00:01	00:22:06.05	00:22:08.00	+00:01:56 (8.8%)	4:25	13.6 (91.3%)
12	ZIMOSZ Wiktoria	351		K20	6	00:00:04	00:22:25.40	00:22:30.35	+00:02:16 (10.1%)	4:29	13.4 (89.9%)
13	WĄSOWSKA Katarzyna	98		K30	5	00:00:00	00:22:27.10	00:22:27.30	+00:02:17 (10.2%)	4:29	13.4 (89.9%)
14	STASZKIEWICZ Lucyna	130	STASHKY TEAM	K50	1	00:00:02	00:22:30.55	00:22:33.00	+00:02:21 (10.5%)	4:30	13.3 (89.3%)
15	FILDEBRANDT Basia	114	FTI RACING TEAM	K30	6	00:00:03	00:22:36.90	00:22:40.10	+00:02:27 (10.9%)	4:31	13.3 (89.3%)
16	KRUBER Karolina	285		K20	7	00:00:10	00:22:40.65	00:22:50.65	+00:02:31 (11.1%)	4:32	13.2 (88.6%)
17	STAWARSKA Elżbieta	138		K40	3	00:00:01	00:23:09.75	00:23:11.55	+00:03:00 (13.0%)	4:38	12.9 (86.6%)
18	WIECZOREK Justyna	181	INOWROCLAW BIEGA	K40	4	00:00:03	00:23:23.30	00:23:27.15	+00:03:13 (13.8%)	4:40	12.8 (85.9%)
19	MALCZEWSKA Patrycja	58		K20	8	00:00:09	00:23:33.95	00:23:43.20	+00:03:24 (14.5%)	4:42	12.7 (85.2%)
20	KUŁAKOWSKA Anna	154	ANDRO	K30	7	00:00:01	00:23:46.15	00:23:47.45	+00:03:36 (15.2%)	4:45	12.6 (84.6%)
21	SZYCZEWSKA Ewa	121		K40	5	00:00:01	00:23:51.95	00:23:53.20	+00:03:42 (15.5%)	4:46	12.6 (84.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
22	DERING Hanna	36	BYDGOSKIE ŻÓŁWIE	K30	8	00:00:10	00:23:53.60	00:24:04.10	+00:03:44 (15.6%)	4:46	12.6 (84.6%)
23	SZYCZEWSKA Weronika	149		K20	9	00:00:00	00:23:53.80	00:23:54.75	+00:03:44 (15.7%)	4:46	12.6 (84.6%)
24	SOSIŃSKA Izabela	17	X	K30	9	00:00:03	00:23:54.25	00:23:57.60	+00:03:44 (15.7%)	4:46	12.6 (84.6%)
25	MEGER Aleksandra	57		K20	10	00:00:08	00:23:57.80	00:24:06.75	+00:03:48 (15.9%)	4:47	12.5 (83.9%)
26	HENNESSY Ashley	365		K30	10	00:00:02	00:23:58.50	00:24:00.90	+00:03:49 (15.9%)	4:47	12.5 (83.9%)
27	OKOŃSKA Sandra	358		K20	11	00:00:05	00:24:02.10	00:24:07.10	+00:03:52 (16.1%)	4:48	12.5 (83.9%)
28	MAGDZIARZ Katarzyna	143	KANCELARIA HMM	K30	11	00:00:07	00:24:04.30	00:24:12.05	+00:03:54 (16.3%)	4:49	12.5 (83.9%)
29	STELMACH Agata	183		K20	12	00:00:04	00:24:06.10	00:24:10.55	+00:03:56 (16.4%)	4:49	12.4 (83.2%)
30	BRYWCZYŃSKA Justyna	19	RODOS TEAM	K30	12	00:00:06	00:24:07.40	00:24:13.85	+00:03:58 (16.4%)	4:49	12.4 (83.2%)
31	LEPERT Agnieszka	68	AGMED BYDGOSZCZ	K20	13	00:00:10	00:24:13.25	00:24:23.40	+00:04:03 (16.8%)	4:50	12.4 (83.2%)
32	GIERSZEWSKA Grażyna	280		K40	6	00:00:11	00:24:19.95	00:24:31.05	+00:04:10 (17.2%)	4:52	12.3 (82.6%)
33	NALIWAJSKA Natalia	233		K30	13	00:00:01	00:24:22.10	00:24:23.25	+00:04:12 (17.3%)	4:52	12.3 (82.6%)
34	WOJCIECHOWSKA Emilia	195		K40	7	00:00:05	00:24:24.65	00:24:29.90	+00:04:15 (17.4%)	4:52	12.3 (82.6%)
35	KRYSZTOFORSKA Marta	346		K20	14	00:00:05	00:24:28.50	00:24:34.05	+00:04:19 (17.6%)	4:53	12.3 (82.6%)
36	KRUSZYNA Renata	94		K30	14	00:00:05	00:24:28.60	00:24:34.40	+00:04:19 (17.6%)	4:53	12.3 (82.6%)
37	SIERMIŃSKA-WARCZAK Celina	341	TEAMOCHAL	K30	15	00:00:05	00:24:35.30	00:24:40.65	+00:04:25 (18.0%)	4:55	12.2 (81.9%)
38	BARANOWSKA Julia	89	KLUB ZDROWEGO STYLU ŻYCIA	K20	15	00:00:08	00:24:35.35	00:24:44.00	+00:04:25 (18.0%)	4:55	12.2 (81.9%)
39	KAPELINSKA Dorota	91		K30	16	00:00:00	00:24:37.65	00:24:38.35	+00:04:28 (18.2%)	4:55	12.2 (81.9%)
40	KRUTUL Kasia	108	AMATOR	K40	8	00:00:21	00:24:49.15	00:25:10.75	+00:04:39 (18.8%)	4:57	12.1 (81.2%)
41	KALINOWSKA Anna	178	UKS OMEGA GRUTA	K30	17	00:00:03	00:24:49.35	00:24:52.80	+00:04:39 (18.8%)	4:57	12.1 (81.2%)
42	GĄSIEWSKA Weronika	344		K20	16	00:00:02	00:24:54.95	00:24:57.05	+00:04:45 (19.1%)	4:59	12 (80.5%)
43	ŚWIATOWY Daria	45		K20	17	00:00:05	00:24:58.70	00:25:04.05	+00:04:49 (19.3%)	4:59	12 (80.5%)
44	PECYNA Ewelina	152		K30	18	00:00:01	00:24:59.40	00:25:01.10	+00:04:50 (19.3%)	5:00	12 (80.5%)

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45	CHYŁKA Agata	370		K20	18	00:00:03	00:25:05.20	00:25:08.40	+00:04:55 (19.7%)	5:01	12 (80.5%)
46	KANIEWSKA Alicja	177	AKADEMIA BIEGANIA	K50	2	00:00:04	00:25:05.40	00:25:10.25	+00:04:56 (19.7%)	5:01	12 (80.5%)
47	ZAPAŁOWSKA Joanna	103		K30	19	00:00:01	00:25:06.35	00:25:07.60	+00:04:56 (19.7%)	5:01	12 (80.5%)
48	KARCZMARCZYK Katarzyna	322		K30	20	00:00:08	00:25:12.80	00:25:21.45	+00:05:03 (20.1%)	5:02	11.9 (79.9%)
49	CZYŻEWSKA Justyna	43		K30	21	00:00:15	00:25:14.00	00:25:29.10	+00:05:04 (20.1%)	5:02	11.9 (79.9%)
50	KUBIS Sylwia	92		K40	9	00:00:04	00:25:18.85	00:25:23.00	+00:05:09 (20.4%)	5:03	11.8 (79.2%)
51	JUREK Karolina	158	TKN	K30	22	00:00:01	00:25:18.95	00:25:20.30	+00:05:09 (20.4%)	5:03	11.8 (79.2%)
52	DZIEDZIC Agnieszka	18	X	K30	23	00:00:04	00:25:23.65	00:25:27.80	+00:05:14 (20.6%)	5:04	11.8 (79.2%)
53	POTRZEBOWSKA Agata	23		K30	24	00:00:12	00:25:23.80	00:25:36.45	+00:05:14 (20.6%)	5:04	11.8 (79.2%)
54	RYBKA Ilona	51		K40	10	00:00:11	00:25:24.35	00:25:35.80	+00:05:14 (20.7%)	5:04	11.8 (79.2%)
55	WIŚNIEWSKA Natalia	135		K20	19	00:00:04	00:25:27.65	00:25:31.70	+00:05:18 (20.8%)	5:05	11.8 (79.2%)
56	JAMRÓZ Joanna	48	BARONOWE GOLONOWE	K40	11	00:00:03	00:25:29.25	00:25:32.85	+00:05:19 (20.9%)	5:05	11.8 (79.2%)
57	JAWORSKA Aleksandra	74		K20	20	00:00:14	00:25:33.20	00:25:47.55	+00:05:23 (21.1%)	5:06	11.7 (78.5%)
58	DOBUCKA Katarzyna	290	CHONAROWER.PL	K20	21	00:00:16	00:25:34.15	00:25:50.20	+00:05:24 (21.2%)	5:06	11.7 (78.5%)
59	STOKŁOSA Natalia	25		K30	25	00:00:13	00:25:38.60	00:25:51.80	+00:05:29 (21.4%)	5:07	11.7 (78.5%)
60	GROBELNA Angelika	20		K40	12	00:00:10	00:25:49.30	00:26:00.05	+00:05:39 (21.9%)	5:10	11.6 (77.9%)
61	SMAGAGOWSKA Anna	88		K20	22	00:00:09	00:25:52.65	00:26:02.55	+00:05:43 (22.1%)	5:10	11.6 (77.9%)
62	PORAZINSKA Viktoria	46		K40	13	00:00:02	00:25:53.30	00:25:55.55	+00:05:43 (22.1%)	5:10	11.6 (77.9%)
63	WYLANGOWSKA Joanna	60		K30	26	00:00:02	00:25:54.15	00:25:57.05	+00:05:44 (22.2%)	5:11	11.6 (77.9%)
64	GONCERZEWICZ Katarzyna	234		K30	27	00:00:08	00:25:56.50	00:26:04.65	+00:05:47 (22.3%)	5:11	11.6 (77.9%)
65	JEZIORSKA Monika	81		K30	28	00:00:07	00:25:56.65	00:26:04.50	+00:05:47 (22.3%)	5:11	11.6 (77.9%)
66	KUJDA Dorota	69		K30	29	00:00:15	00:26:02.00	00:26:17.05	+00:05:52 (22.6%)	5:12	11.5 (77.2%)
67	GIŻA Wioletta	8	POLONIA BYDGOSZCZ SLA	K30	30	00:00:14	00:26:03.45	00:26:17.70	+00:05:54 (22.6%)	5:12	11.5 (77.2%)

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68	POLACKA Jadwiga	188	BIEGAJ Z DĘBAMI	K40	14	00:00:10	00:26:06.60	00:26:17.10	+00:05:57 (22.8%)	5:13	11.5 (77.2%)
69	SZAMOCCA Agnieszka	347		K30	31	00:00:11	00:26:07.00	00:26:18.75	+00:05:57 (22.8%)	5:13	11.5 (77.2%)
70	HANCZEWSKA Sonia	101		K20	23	00:00:13	00:26:10.55	00:26:24.35	+00:06:01 (23.0%)	5:14	11.5 (77.2%)
71	BARTOSZYŃSKA Milena	300		K20	24	00:00:19	00:26:13.10	00:26:32.65	+00:06:03 (23.1%)	5:14	11.4 (76.5%)
72	DRÓŹDŹ Małgorzata	271		K20	25	00:00:17	00:26:13.60	00:26:30.85	+00:06:04 (23.1%)	5:14	11.4 (76.5%)
73	SZEWCUK Ewa	175	CENTRUM MASAŻY OSHIN BYDGOSZCZ	K30	32	00:00:05	00:26:15.10	00:26:20.65	+00:06:05 (23.2%)	5:15	11.4 (76.5%)
74	SZTURO Lidia	110	POLONIA BYDGOSZCZ SLA	K30	33	00:00:13	00:26:15.15	00:26:28.85	+00:06:05 (23.2%)	5:15	11.4 (76.5%)
75	GOLIMOWSKA Anna	155	BYDGOSZCZ	K30	34	00:00:25	00:26:22.00	00:26:47.20	+00:06:12 (23.6%)	5:16	11.4 (76.5%)
76	ANDRZEJEWSKA Sylwia	282		K20	26	00:00:16	00:26:22.40	00:26:39.25	+00:06:13 (23.6%)	5:16	11.4 (76.5%)
77	POTURALSKA Karolina	334		K20	27	00:00:13	00:26:23.40	00:26:36.85	+00:06:14 (23.6%)	5:16	11.4 (76.5%)
78	DUDEK Karolina	111		K20	28	00:00:01	00:26:23.90	00:26:25.05	+00:06:14 (23.6%)	5:16	11.4 (76.5%)
79	AFELT Luiza	86		K20	29	00:00:21	00:26:23.95	00:26:45.70	+00:06:14 (23.6%)	5:16	11.4 (76.5%)
80	ZGLIŃSKA Anna	232		K30	35	00:00:04	00:26:24.00	00:26:28.65	+00:06:14 (23.6%)	5:16	11.4 (76.5%)
81	TURZYŃSKA Marta	258		K30	36	00:00:07	00:26:27.30	00:26:34.85	+00:06:17 (23.8%)	5:17	11.3 (75.8%)
82	JANKOWSKA Katarzyna	288		K40	15	00:00:21	00:26:27.80	00:26:48.95	+00:06:18 (23.8%)	5:17	11.3 (75.8%)
83	NUNZEK Agnieszka	62		K40	16	00:00:05	00:26:28.20	00:26:33.20	+00:06:18 (23.9%)	5:17	11.3 (75.8%)
84	LIECAU Monika	180		K20	30	00:00:27	00:26:28.25	00:26:55.65	+00:06:18 (23.9%)	5:17	11.3 (75.8%)
85	ADAMCZYK Sonia	208	KLUB ZDROWEGO STYLU ŻYCIA	K20	31	00:00:09	00:26:30.20	00:26:39.85	+00:06:20 (23.9%)	5:18	11.3 (75.8%)
86	JESZKA Adrianna	355		K20	32	00:00:04	00:26:30.70	00:26:34.95	+00:06:21 (24.0%)	5:18	11.3 (75.8%)
87	POCZWARDOWSKA Wioletta	293		K40	17	00:00:07	00:26:32.55	00:26:39.55	+00:06:23 (24.1%)	5:18	11.3 (75.8%)
88	DZIEWIECZYŃSKA Kasia	277		K20	33	00:00:14	00:26:36.45	00:26:51.25	+00:06:27 (24.2%)	5:19	11.3 (75.8%)
89	SIEWNIAK Patrycja	107		K20	34	00:00:06	00:26:38.45	00:26:44.80	+00:06:29 (24.3%)	5:19	11.3 (75.8%)
90	GRACZKOWSKA Mirka	227		K40	18	00:00:10	00:26:43.55	00:26:54.50	+00:06:34 (24.6%)	5:20	11.2 (75.2%)

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91	KRUKOWSKA Joanna	229		K20	35	00:00:26	00:26:47.85	00:27:14.55	+00:06:38 (24.8%)	5:21	11.2 (75.2%)
92	BESSER Joanna	70		K20	36	00:00:15	00:26:47.95	00:27:02.95	+00:06:38 (24.8%)	5:21	11.2 (75.2%)
93	GOŚCINIAK Agnieszka	76	NA	K30	37	00:00:04	00:26:48.35	00:26:53.15	+00:06:38 (24.8%)	5:21	11.2 (75.2%)
94	CISZEWSKA Emilia	52		K30	38	00:00:18	00:26:48.40	00:27:07.05	+00:06:39 (24.8%)	5:21	11.2 (75.2%)
95	NIKOŁAJEW Monika	308		K30	39	00:00:14	00:26:53.70	00:27:08.50	+00:06:44 (25.1%)	5:22	11.2 (75.2%)
96	CICHULSKA-QUAAS Izabela	47	RUN PASJA	K30	40	00:00:06	00:26:53.75	00:27:00.10	+00:06:44 (25.1%)	5:22	11.2 (75.2%)
97	BIERNACKA Anna	318		K30	41	00:00:03	00:26:54.20	00:26:58.05	+00:06:44 (25.1%)	5:23	11.1 (74.5%)
98	BIERNAT Magdalena	338	PKO DREM TEAM	K30	42	00:00:06	00:26:54.30	00:27:01.20	+00:06:44 (25.1%)	5:23	11.1 (74.5%)
99	SOKÓŁ Krystyna	356		K20	37	00:00:26	00:26:56.50	00:27:22.50	+00:06:47 (25.2%)	5:23	11.1 (74.5%)
100	PŁACZKOWSKA Magdalena	40		K30	43	00:00:17	00:26:56.85	00:27:14.50	+00:06:47 (25.2%)	5:23	11.1 (74.5%)
101	CHMIEL Justyna	140	CHUSTYNKA.PL	K30	44	00:00:23	00:27:02.05	00:27:25.85	+00:06:52 (25.4%)	5:24	11.1 (74.5%)
102	TOMCZAK Krzysztofa	272		K30	45	00:00:12	00:27:03.30	00:27:16.15	+00:06:53 (25.5%)	5:24	11.1 (74.5%)
103	BAJAN Justyna	273		K30	46	00:00:12	00:27:03.40	00:27:16.25	+00:06:54 (25.5%)	5:24	11.1 (74.5%)
104	CEMKE Magdalena	67		K20	38	00:00:09	00:27:06.90	00:27:16.55	+00:06:57 (25.7%)	5:25	11.1 (74.5%)
105	WIŚNIEWSKA Julia	330		K30	47	00:00:10	00:27:07.20	00:27:17.30	+00:06:57 (25.7%)	5:25	11.1 (74.5%)
106	SZWEDA Roma	297		K20	39	00:00:23	00:27:07.90	00:27:31.15	+00:06:58 (25.7%)	5:25	11.1 (74.5%)
107	LESZCZUK Natalia	343		K20	40	00:00:05	00:27:14.50	00:27:19.75	+00:07:05 (26.0%)	5:26	11 (73.8%)
108	JANKOWIAK Paulina	336	ZAWISZA BOKS	K20	41	00:00:15	00:27:15.85	00:27:31.20	+00:07:06 (26.1%)	5:27	11 (73.8%)
109	MELLEM- ZWIEWKA Małgorzata	163	KLUB BIEGAJĄCE BABECZKI	K40	19	00:00:19	00:27:17.25	00:27:36.75	+00:07:07 (26.1%)	5:27	11 (73.8%)
110	BARANOWSKA Marta	342	BYLE DO METY	K20	42	00:00:14	00:27:21.30	00:27:35.60	+00:07:11 (26.3%)	5:28	11 (73.8%)
111	CIBORSKA Dorota	337	CROSSFIT TORUŃ	K20	43	00:00:06	00:27:27.55	00:27:33.60	+00:07:18 (26.6%)	5:29	10.9 (73.2%)
112	ZIELIŃSKA Marzena	139		K30	48	00:00:27	00:27:30.00	00:27:57.85	+00:07:20 (26.7%)	5:30	10.9 (73.2%)
113	KRSIŃSKA Katarzyna	31		K30	49	00:00:12	00:27:30.40	00:27:43.30	+00:07:21 (26.7%)	5:30	10.9 (73.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
114	FILARSKA Marzena	198		K40	20	00:00:31	00:27:33.95	00:28:05.30	+00:07:24 (26.9%)	5:30	10.9 (73.2%)
115	KAWSKA Ewa	197		K40	21	00:00:31	00:27:34.55	00:28:05.60	+00:07:25 (26.9%)	5:30	10.9 (73.2%)
116	WAWRZYNIAK Karolina	49		K30	50	00:00:17	00:27:34.80	00:27:52.45	+00:07:25 (26.9%)	5:31	10.9 (73.2%)
117	KRASZKIEWICZ Monika	7		K20	44	00:00:12	00:27:35.95	00:27:48.00	+00:07:26 (27.0%)	5:31	10.9 (73.2%)
118	KUKUŁA Agata	323		K30	51	00:00:08	00:27:37.70	00:27:46.65	+00:07:28 (27.0%)	5:31	10.9 (73.2%)
119	PAWLACZYK-MATELA Emilia	59	BYDGOSKA GAZELA	K30	52	00:00:17	00:27:38.05	00:27:55.60	+00:07:28 (27.1%)	5:31	10.9 (73.2%)
120	MAJERSKA Beata	126	-	K50	3	00:00:10	00:27:40.85	00:27:51.35	+00:07:31 (27.2%)	5:32	10.8 (72.5%)
121	GÓRECKA Katarzyna	317	NIEZRZESZONA -> AMATOR :)	K30	53	00:00:17	00:27:41.55	00:27:59.10	+00:07:32 (27.2%)	5:32	10.8 (72.5%)
122	KOCHAŃSKA Wioletta	325		K40	22	00:00:20	00:27:41.85	00:28:02.50	+00:07:32 (27.2%)	5:32	10.8 (72.5%)
123	BIERNAT Justyna	339	MKS INOWROCŁAW	K20	45	00:00:08	00:27:42.90	00:27:51.05	+00:07:33 (27.3%)	5:32	10.8 (72.5%)
124	JASTRZĘBSKA Marta	371		K30	54	00:00:03	00:27:43.55	00:27:46.55	+00:07:34 (27.3%)	5:32	10.8 (72.5%)
125	SZYMCZAK Alicja	151		K20	46	00:00:07	00:27:49.70	00:27:56.95	+00:07:40 (27.6%)	5:33	10.8 (72.5%)
126	KULIBERDA Justyna	270		K30	55	00:00:06	00:27:50.00	00:27:56.35	+00:07:40 (27.6%)	5:34	10.8 (72.5%)
127	WESOŁOWSKA Dominika	211		K20	47	00:00:11	00:27:52.50	00:28:03.80	+00:07:43 (27.7%)	5:34	10.8 (72.5%)
128	WESOŁOWSKA Sandra	210		K20	48	00:00:11	00:27:52.70	00:28:04.15	+00:07:43 (27.7%)	5:34	10.8 (72.5%)
129	PRZYBYLSKA Grażyna	219	BRAK	K50	4	00:00:24	00:27:56.65	00:28:21.50	+00:07:47 (27.9%)	5:35	10.7 (71.8%)
130	SZATKOWSKA Beata	253		K50	5	00:00:30	00:27:58.05	00:28:28.05	+00:07:48 (27.9%)	5:35	10.7 (71.8%)
131	JANKOWSKA Ewelina	333		K20	49	00:00:04	00:27:58.40	00:28:03.25	+00:07:49 (27.9%)	5:35	10.7 (71.8%)
132	ZALECH Barbara	125		K30	56	00:00:14	00:27:58.50	00:28:12.75	+00:07:49 (27.9%)	5:35	10.7 (71.8%)
133	JELEŃ Agnieszka	87	VEGE RUNNERS	K30	57	00:00:30	00:27:59.60	00:28:30.20	+00:07:50 (28.0%)	5:36	10.7 (71.8%)
134	BIEGAŁA Renata	82		K50	6	00:00:23	00:27:59.80	00:28:23.70	+00:07:50 (28.0%)	5:36	10.7 (71.8%)
135	FRYMARK Zosia	274		K20	50	00:00:29	00:28:01.85	00:28:31.10	+00:07:52 (28.1%)	5:36	10.7 (71.8%)
136	LEWIŃSKA Aleksandra	373		K30	58	00:00:04	00:28:04.00	00:28:08.25	+00:07:54 (28.2%)	5:36	10.7 (71.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
137	RZEPECKA Katarzyna	14		K40	23	00:00:21	00:28:04.40	00:28:26.25	+00:07:55 (28.2%)	5:37	10.7 (71.8%)
138	JURCZYK Anna	106		K40	24	00:00:22	00:28:07.40	00:28:29.65	+00:07:58 (28.3%)	5:37	10.7 (71.8%)
139	JACHIMOWSKA Malwina	72		K20	51	00:00:28	00:28:10.70	00:28:39.15	+00:08:01 (28.5%)	5:38	10.6 (71.1%)
140	JAROSZEWSKA Magdalena	281		K20	52	00:00:28	00:28:10.75	00:28:39.30	+00:08:01 (28.5%)	5:38	10.6 (71.1%)
141	RASZKOWSKA Klaudia	75		K20	53	00:00:27	00:28:11.40	00:28:39.05	+00:08:02 (28.5%)	5:38	10.6 (71.1%)
142	STANKIEWICZ Anna	372		K20	54	00:00:03	00:28:14.40	00:28:18.15	+00:08:05 (28.6%)	5:39	10.6 (71.1%)
143	BEDNARCZUK Małgorzata	191		K30	59	00:00:02	00:28:15.95	00:28:18.40	+00:08:06 (28.7%)	5:39	10.6 (71.1%)
144	STYCZYŃSKA Anna	260		K40	25	00:00:02	00:28:16.25	00:28:18.25	+00:08:06 (28.7%)	5:39	10.6 (71.1%)
145	PASIŃSKA Magdalena	184		K20	55	00:00:18	00:28:20.25	00:28:38.40	+00:08:10 (28.9%)	5:40	10.6 (71.1%)
146	WIŚNIEWSKA Brygida	354		K20	56	00:00:00	00:28:21.45	00:28:22.10	+00:08:12 (28.9%)	5:40	10.6 (71.1%)
147	OSSOWSKA Danuta	80		K40	26	00:00:24	00:28:23.30	00:28:47.65	+00:08:13 (29.0%)	5:40	10.6 (71.1%)
148	RYDELSKA Kinga	196		K40	27	00:00:23	00:28:24.15	00:28:47.35	+00:08:14 (29.0%)	5:40	10.6 (71.1%)
149	PIECYK-CZAJA Sonia	79		K30	60	00:00:04	00:28:27.90	00:28:32.40	+00:08:18 (29.2%)	5:41	10.5 (70.5%)
150	KRUSIK Aleksandra	156	ALBATROSY	K20	57	00:00:22	00:28:35.30	00:28:58.00	+00:08:25 (29.5%)	5:43	10.5 (70.5%)
151	PANKOWSKA Ewa	278		K40	28	00:00:06	00:28:35.40	00:28:42.30	+00:08:26 (29.5%)	5:43	10.5 (70.5%)
152	NALEWALSKA Justyna	30	SERCE TYBETU	K20	58	00:00:31	00:28:38.00	00:29:09.20	+00:08:28 (29.6%)	5:43	10.5 (70.5%)
153	LIGMANN Anna	199		K30	61	00:00:17	00:28:38.05	00:28:55.05	+00:08:28 (29.6%)	5:43	10.5 (70.5%)
154	MICHALSKA Daria	222		K20	59	00:00:15	00:28:44.60	00:29:00.50	+00:08:35 (29.9%)	5:45	10.4 (69.8%)
155	GAJEK Agnieszka	217	TASAK TEAM	K30	62	00:00:16	00:28:48.10	00:29:04.30	+00:08:38 (30.0%)	5:45	10.4 (69.8%)
156	MAKOWSKA Justyna	216	TASAK TEAM	K30	63	00:00:15	00:28:48.30	00:29:04.25	+00:08:38 (30.0%)	5:45	10.4 (69.8%)
157	SIEDLECKA Ewa	204		K60	1	00:00:06	00:28:51.05	00:28:58.00	+00:08:41 (30.1%)	5:46	10.4 (69.8%)
158	JANKOWSKA Agnieszka	182		K30	64	00:00:12	00:29:02.95	00:29:15.85	+00:08:53 (30.6%)	5:48	10.3 (69.1%)
159	NURKIEWICZ Zofia	53	KUNG FU PANDY 3	K20	60	00:00:21	00:29:03.95	00:29:25.10	+00:08:54 (30.7%)	5:48	10.3 (69.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
160	KOSECKA Justyna	286	ORTIMED RUNNERS TEAM	K30	65	00:00:07	00:29:04.90	00:29:11.95	+00:08:55 (30.7%)	5:48	10.3 (69.1%)
161	JARUSZEWSKA Jowita	313		K40	29	00:00:21	00:29:05.00	00:29:26.35	+00:08:55 (30.7%)	5:49	10.3 (69.1%)
162	CZECZINSKA Pamela	102		K20	61	00:00:20	00:29:12.50	00:29:33.05	+00:09:03 (31.0%)	5:50	10.3 (69.1%)
163	BURCHARDT Mirka	301	RWT W BYDGOSZCZY	K60	2	00:00:18	00:29:20.70	00:29:39.50	+00:09:11 (31.3%)	5:52	10.2 (68.5%)
164	JURUŚ Jolanta	201	PARKRUN	K50	7	00:00:06	00:29:21.50	00:29:27.75	+00:09:12 (31.3%)	5:52	10.2 (68.5%)
165	STAFIEJ Barbara	292	BMS	K40	30	00:00:14	00:29:22.35	00:29:36.35	+00:09:12 (31.4%)	5:52	10.2 (68.5%)
166	PASIEKA Magda	161	MAM TĘ MOC	K30	66	00:00:06	00:29:22.65	00:29:29.55	+00:09:13 (31.4%)	5:52	10.2 (68.5%)
167	JANUSZKIEWICZ Kornelia	294		K30	67	00:00:30	00:29:26.10	00:29:56.35	+00:09:16 (31.5%)	5:53	10.2 (68.5%)
168	FRANCISZKIEWICZ Monika	24	RODOS TEAM	K20	62	00:00:06	00:29:27.55	00:29:34.00	+00:09:18 (31.6%)	5:53	10.2 (68.5%)
169	KOPACZ Hanka	104		K30	68	00:00:27	00:29:30.15	00:29:57.55	+00:09:20 (31.7%)	5:54	10.2 (68.5%)
170	URBAŃSKA Patrycja	159		K20	63	00:00:17	00:29:34.20	00:29:52.15	+00:09:24 (31.8%)	5:55	10.1 (67.8%)
171	GÓRSKA Danuta	299		K40	31	00:00:07	00:29:34.65	00:29:42.35	+00:09:25 (31.9%)	5:55	10.1 (67.8%)
172	PIETRZAK Sylwia	302		K30	69	00:00:29	00:29:37.00	00:30:06.80	+00:09:27 (31.9%)	5:55	10.1 (67.8%)
173	ŚCIESIŃSKA Justyna	250		K40	32	00:00:03	00:29:37.15	00:29:40.35	+00:09:27 (31.9%)	5:55	10.1 (67.8%)
174	PIETRZAK Maria	314		K20	64	00:00:29	00:29:37.35	00:30:06.85	+00:09:27 (32.0%)	5:55	10.1 (67.8%)
175	KUGACZ Aneta	207	RUN BYDGOSZCZ	K30	70	00:00:04	00:29:40.80	00:29:45.15	+00:09:31 (32.1%)	5:56	10.1 (67.8%)
176	RACHUBIŃSKA Natalia	283		K20	65	00:00:28	00:29:46.20	00:30:14.95	+00:09:36 (32.3%)	5:57	10.1 (67.8%)
177	SOBOWIEC Mirka	148	SOBOWIEC TEAM	K40	33	00:00:19	00:29:48.05	00:30:07.75	+00:09:38 (32.4%)	5:57	10.1 (67.8%)
178	STIMMA Anna	100		K40	34	00:00:06	00:29:48.20	00:29:55.10	+00:09:38 (32.4%)	5:57	10.1 (67.8%)
179	KOZŁOWSKA Anna	238		K30	71	00:00:25	00:29:48.85	00:30:14.35	+00:09:39 (32.4%)	5:57	10.1 (67.8%)
180	PIĄTEK Lidia	164	KLUB BIEGAJĄCE BABECZKI	K40	35	00:00:19	00:29:52.55	00:30:11.65	+00:09:43 (32.5%)	5:58	10 (67.1%)
181	FIGURSKA Anna	170		K20	66	00:00:17	00:29:56.90	00:30:14.05	+00:09:47 (32.7%)	5:59	10 (67.1%)
182	MARKOWSKA Magdalena	192		K40	36	00:00:23	00:29:57.65	00:30:21.25	+00:09:48 (32.7%)	5:59	10 (67.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
183	KISZKA Justyna	147	RUN PASJA	K30	72	00:00:21	00:29:58.95	00:30:20.10	+00:09:49 (32.8%)	5:59	10 (67.1%)
184	BOCIEK Seweryna	319		K30	73	00:00:03	00:30:00.35	00:30:03.40	+00:09:50 (32.8%)	6:00	10 (67.1%)
185	KRZYSIAK Katarzyna	304		K30	74	00:00:10	00:30:05.55	00:30:15.70	+00:09:56 (33.0%)	6:01	10 (67.1%)
186	JASKUŁA Karolina	305		K30	75	00:00:09	00:30:05.70	00:30:15.50	+00:09:56 (33.0%)	6:01	10 (67.1%)
187	MARĆ Klara	118		K20	67	00:00:20	00:30:06.65	00:30:27.00	+00:09:57 (33.1%)	6:01	10 (67.1%)
188	DAŃCZUK Agnieszka	249		K50	8	00:00:17	00:30:07.05	00:30:24.80	+00:09:57 (33.1%)	6:01	10 (67.1%)
189	SALAMON Marta	320		K30	76	00:00:17	00:30:09.25	00:30:27.20	+00:09:59 (33.2%)	6:02	9.9 (66.4%)
190	ŚLIŻ Anna	165	ŚLIŻKI	K30	77	00:00:09	00:30:10.40	00:30:19.45	+00:10:01 (33.2%)	6:02	9.9 (66.4%)
191	ŚLIŻ Ewa	167	ŚLIŻKI	K60	3	00:00:08	00:30:10.90	00:30:19.25	+00:10:01 (33.2%)	6:02	9.9 (66.4%)
192	BRETT Diana	353		K40	37	00:00:06	00:30:11.20	00:30:17.30	+00:10:01 (33.2%)	6:02	9.9 (66.4%)
193	RASSALSKA-KAUSA Jola	10		K30	78	00:00:18	00:30:12.10	00:30:30.15	+00:10:02 (33.3%)	6:02	9.9 (66.4%)
194	SERAP Sinem	327		K30	79	00:00:02	00:30:13.70	00:30:16.15	+00:10:04 (33.3%)	6:02	9.9 (66.4%)
195	CIEPLAK-PILC Agata	220		K50	9	00:00:14	00:30:14.20	00:30:28.65	+00:10:04 (33.3%)	6:02	9.9 (66.4%)
196	KORNACKA Sylwia	244		K40	38	00:00:07	00:30:14.55	00:30:22.30	+00:10:05 (33.3%)	6:03	9.9 (66.4%)
197	GNIOT Joanna	90	DIABELKOWA AŚ	K40	39	00:00:18	00:30:16.45	00:30:35.25	+00:10:07 (33.4%)	6:03	9.9 (66.4%)
198	SZYMCZAK Barbara	150		K40	40	00:00:07	00:30:17.50	00:30:24.95	+00:10:08 (33.5%)	6:03	9.9 (66.4%)
199	BIECHOWSKA Beata	296		K40	41	00:00:03	00:30:20.15	00:30:23.15	+00:10:10 (33.6%)	6:04	9.9 (66.4%)
200	MAKLAKIEWICZ Agnieszka	205		K30	80	00:00:22	00:30:20.75	00:30:43.25	+00:10:11 (33.6%)	6:04	9.9 (66.4%)
201	ZAWADZKA Sara	168	ŚLIŻKI	K20	68	00:00:08	00:30:28.40	00:30:36.90	+00:10:19 (33.9%)	6:05	9.8 (65.8%)
202	MARĆ Aga	116		K40	42	00:00:20	00:30:29.55	00:30:49.85	+00:10:20 (33.9%)	6:05	9.8 (65.8%)
203	SADOWSKA Katarzyna	193		K30	81	00:00:23	00:30:32.00	00:30:55.55	+00:10:22 (34.0%)	6:06	9.8 (65.8%)
204	ZAWADOWSKA Anna	83		K50	10	00:00:19	00:30:32.90	00:30:52.80	+00:10:23 (34.0%)	6:06	9.8 (65.8%)
205	SOBCZYŃSKA Aleksandra	228		K20	69	00:00:25	00:30:33.20	00:30:59.10	+00:10:23 (34.0%)	6:06	9.8 (65.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
206	PAPROCKA Małgorzata	54		K50	11	00:00:11	00:30:33.55	00:30:45.40	+00:10:24 (34.0%)	6:06	9.8 (65.8%)
207	BARAŃSKA Sylwia	131	PARKRUN BYDGOSZCZ	K40	43	00:00:11	00:30:34.50	00:30:46.40	+00:10:25 (34.1%)	6:07	9.8 (65.8%)
208	WYPYCH-KLUNDER Katarzyna	189		K30	82	00:00:21	00:30:36.05	00:30:57.20	+00:10:26 (34.1%)	6:07	9.8 (65.8%)
209	WÓJCIK Małgorzata	287		K20	70	00:00:09	00:30:36.90	00:30:46.30	+00:10:27 (34.2%)	6:07	9.8 (65.8%)
210	GÓRAL Anna	298		K20	71	00:00:09	00:30:38.15	00:30:47.35	+00:10:28 (34.2%)	6:07	9.8 (65.8%)
211	PIÓRKOWSKA Aga	22		K30	83	00:00:13	00:30:38.85	00:30:52.20	+00:10:29 (34.2%)	6:07	9.8 (65.8%)
212	KLAJBOR Monika	284		K30	84	00:00:20	00:30:39.40	00:30:59.95	+00:10:30 (34.3%)	6:07	9.8 (65.8%)
213	PARADOWSKA Angelika	235		K20	72	00:00:18	00:30:39.95	00:30:58.35	+00:10:30 (34.3%)	6:08	9.8 (65.8%)
214	TWARDOWSKA Katarzyna	223		K40	44	00:00:26	00:30:43.35	00:31:09.55	+00:10:33 (34.4%)	6:08	9.8 (65.8%)
215	MERYK Elżbieta	245	GRUPA MALBORK	K40	45	00:00:18	00:30:46.75	00:31:05.20	+00:10:37 (34.5%)	6:09	9.7 (65.1%)
216	DĘBCZYŃSKA Agnieszka	61	ILOKLUB	K40	46	00:00:22	00:30:50.85	00:31:12.95	+00:10:41 (34.7%)	6:10	9.7 (65.1%)
217	GRABARSKA Agata	309		K20	73	00:00:21	00:30:51.35	00:31:13.10	+00:10:41 (34.7%)	6:10	9.7 (65.1%)
218	NOWACKA Emilia	243		K20	74	00:00:13	00:30:51.40	00:31:04.85	+00:10:42 (34.7%)	6:10	9.7 (65.1%)
219	SZALA Monika	29	ICH DWOJE	K30	85	00:00:15	00:30:52.20	00:31:07.60	+00:10:42 (34.7%)	6:10	9.7 (65.1%)
220	GROMOWSKA Grażyna	266	TKKF KOLEJARZ	K50	12	00:00:26	00:30:56.05	00:31:22.05	+00:10:46 (34.8%)	6:11	9.7 (65.1%)
221	MRÓWCZYŃSKA Agnieszka	215		K30	86	00:00:08	00:30:57.85	00:31:06.20	+00:10:48 (34.9%)	6:11	9.7 (65.1%)
222	MAJKOWSKA-LUBIŃSKA Judyta	4		K20	75	00:00:20	00:30:58.45	00:31:19.05	+00:10:49 (34.9%)	6:11	9.7 (65.1%)
223	CYBUL Anna	263		K40	47	00:00:11	00:31:00.25	00:31:11.70	+00:10:50 (35.0%)	6:12	9.7 (65.1%)
224	MAKOWSKA Justyna	257		K30	87	00:00:07	00:31:01.00	00:31:08.15	+00:10:51 (35.0%)	6:12	9.7 (65.1%)
225	PRZYBYLSKA Paulina	137		K30	88	00:00:20	00:31:02.90	00:31:23.35	+00:10:53 (35.1%)	6:12	9.7 (65.1%)
226	MELLEM Anna	6		K20	76	00:00:08	00:31:03.65	00:31:11.70	+00:10:54 (35.1%)	6:12	9.7 (65.1%)
227	MICHTA Iwona	307	SPÓJNIA BIAŁE BŁOTA	K30	89	00:00:26	00:31:11.40	00:31:37.95	+00:11:02 (35.4%)	6:14	9.6 (64.4%)
228	KOWALSKA Katarzyna	376		K30	90	00:00:12	00:31:18.75	00:31:31.45	+00:11:09 (35.6%)	6:15	9.6 (64.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
229	MARKOWSKA-BAUMGART Aneta	174	BIEGAJ Z DĘBAMI	K50	13	00:00:32	00:31:28.95	00:32:01.20	+00:11:19 (36.0%)	6:17	9.5 (63.8%)
230	WIŚNIEWSKA Dorota	269		K30	91	00:00:12	00:31:35.45	00:31:48.20	+00:11:26 (36.2%)	6:19	9.5 (63.8%)
231	DOLNA Magda	171		K20	77	00:00:09	00:31:42.85	00:31:52.35	+00:11:33 (36.4%)	6:20	9.5 (63.8%)
232	ŚLIŻ Marta	166	ŚLIŻKI	K20	78	00:00:08	00:31:44.00	00:31:52.60	+00:11:34 (36.5%)	6:20	9.5 (63.8%)
233	KĄTNIK Dorota	267	RUN PASJA BYDGOSZCZ	K20	79	00:00:22	00:31:51.05	00:32:13.30	+00:11:41 (36.7%)	6:22	9.4 (63.1%)
234	GABRYCZEWSKA Sonia	33	-	K20	80	00:00:27	00:31:52.20	00:32:19.50	+00:11:42 (36.8%)	6:22	9.4 (63.1%)
235	SKOWRON Monika	93		K40	48	00:00:27	00:31:54.15	00:32:21.25	+00:11:44 (36.8%)	6:22	9.4 (63.1%)
236	TUCZKOWSKA Joanna	96		K20	81	00:00:27	00:31:54.20	00:32:21.45	+00:11:44 (36.8%)	6:22	9.4 (63.1%)
237	MAKOWSKA-ADAMCZYK Marta	236	AKTYWNA	K30	92	00:00:28	00:31:55.90	00:32:24.05	+00:11:46 (36.9%)	6:23	9.4 (63.1%)
238	WYSMOLIŃSKA Barbara	39		K40	49	00:00:11	00:31:56.35	00:32:07.35	+00:11:46 (36.9%)	6:23	9.4 (63.1%)
239	ROSOŁOWICZ Kamila	247		K30	93	00:00:28	00:31:57.50	00:32:25.95	+00:11:48 (36.9%)	6:23	9.4 (63.1%)
240	NOWAK Agnieszka	264		K30	94	00:00:26	00:31:57.80	00:32:23.85	+00:11:48 (36.9%)	6:23	9.4 (63.1%)
241	LIBERA Sabina	41	PARKRUN BYDGOSZCZ	K40	50	00:00:11	00:32:03.90	00:32:15.75	+00:11:54 (37.1%)	6:24	9.4 (63.1%)
242	BRAĞIEL Anna	153	VEGERUNNERS	K30	95	00:00:27	00:32:11.65	00:32:38.80	+00:12:02 (37.4%)	6:26	9.3 (62.4%)
243	BŁASZCZYK Agnieszka	246		K40	51	00:00:24	00:32:12.00	00:32:36.35	+00:12:02 (37.4%)	6:26	9.3 (62.4%)
244	MALCZEWSKA Mirka	56	SPORT FAKTORY	K60	4	00:00:19	00:32:13.00	00:32:32.95	+00:12:03 (37.4%)	6:26	9.3 (62.4%)
245	ALEKSY Hanna	13	APATOR	K20	82	00:00:24	00:32:15.55	00:32:40.35	+00:12:06 (37.5%)	6:27	9.3 (62.4%)
246	SUDOŁ Karolina	256		K30	96	00:00:15	00:32:20.10	00:32:35.40	+00:12:10 (37.7%)	6:28	9.3 (62.4%)
247	NOWAKOWSKA Sylwia	123		K30	97	00:00:27	00:32:20.90	00:32:48.85	+00:12:11 (37.7%)	6:28	9.3 (62.4%)
248	MIKOŁAJCZAK Aleksandra	3		K30	98	00:00:14	00:32:26.90	00:32:41.85	+00:12:17 (37.9%)	6:29	9.2 (61.7%)
249	WIATROWSKA Katarzyna	145		K30	99	00:00:16	00:32:29.55	00:32:46.25	+00:12:20 (38.0%)	6:30	9.2 (61.7%)
250	ALEKSY Małgorzata	5	APATOR	K40	52	00:00:24	00:32:32.75	00:32:57.40	+00:12:23 (38.1%)	6:30	9.2 (61.7%)
251	STASIAK Renata	120	BIEGAJ Z DĘBAMI	K50	14	00:00:12	00:32:32.90	00:32:44.90	+00:12:23 (38.1%)	6:30	9.2 (61.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
252	CZEKAŁA Dorota	133	-	K50	15	00:00:11	00:32:33.20	00:32:44.65	+00:12:23 (38.1%)	6:30	9.2 (61.7%)
253	BAKA Catherine	367		K40	53	00:00:03	00:32:38.05	00:32:41.05	+00:12:28 (38.2%)	6:31	9.2 (61.7%)
254	STEFANIAK Katarzyna	214	CYKLO KWIDZYN	K40	54	00:00:01	00:32:40.30	00:32:41.85	+00:12:30 (38.3%)	6:32	9.2 (61.7%)
255	ROGINSKI Melissa	240		K20	83	00:00:19	00:32:40.55	00:33:00.10	+00:12:31 (38.3%)	6:32	9.2 (61.7%)
256	BUSTIN Katelyn	241		K20	84	00:00:19	00:32:42.15	00:33:01.25	+00:12:32 (38.4%)	6:32	9.2 (61.7%)
257	TRUŚ Karolina	261	BIEGAJ Z DĘBAMI	K30	100	00:00:26	00:32:48.10	00:33:14.45	+00:12:38 (38.5%)	6:33	9.1 (61.1%)
258	ZIELIŃSKA Justyna	50	SOLECCY BIEGACZE	K30	101	00:00:15	00:32:48.45	00:33:03.75	+00:12:39 (38.6%)	6:33	9.1 (61.1%)
259	WESOŁOWSKA Aleksandra	248		K30	102	00:00:29	00:32:49.85	00:33:19.65	+00:12:40 (38.6%)	6:34	9.1 (61.1%)
260	KRZYŻANOWSKA Beata	310	BALETÓWKI	K50	16	00:00:25	00:32:50.10	00:33:15.60	+00:12:40 (38.6%)	6:34	9.1 (61.1%)
261	NIESPOREK Ewa	231		K50	17	00:00:16	00:33:00.75	00:33:17.10	+00:12:51 (38.9%)	6:36	9.1 (61.1%)
262	GUZZETTA Shelby	345		K20	85	00:00:20	00:33:02.20	00:33:22.35	+00:12:52 (39.0%)	6:36	9.1 (61.1%)
263	SACKREUTER Martina	366		K20	86	00:00:03	00:33:06.45	00:33:09.45	+00:12:57 (39.1%)	6:37	9.1 (61.1%)
264	SZALAPSKA Monika	348		K30	103	00:00:25	00:33:08.15	00:33:33.25	+00:12:58 (39.2%)	6:37	9.1 (61.1%)
265	DEPKA Agnieszka	84		K30	104	00:00:29	00:33:14.65	00:33:43.95	+00:13:05 (39.4%)	6:38	9 (60.4%)
266	KOZŁOWSKA Agata	349		K20	87	00:00:28	00:33:18.65	00:33:47.55	+00:13:09 (39.5%)	6:39	9 (60.4%)
267	CZERWIŃSKA Ewelina	329		K30	105	00:00:25	00:33:25.30	00:33:50.90	+00:13:15 (39.7%)	6:41	9 (60.4%)
268	MINISZEWSKA Irena	221		K30	106	00:00:08	00:33:27.40	00:33:36.35	+00:13:18 (39.8%)	6:41	9 (60.4%)
269	MELLER Anna	37		K20	88	00:00:16	00:33:34.45	00:33:51.20	+00:13:25 (40.0%)	6:43	8.9 (59.7%)
270	DOBRACTKA Anna	35	CENTRUM MASAŻY OSHIN OSHIN.PL	K20	89	00:00:16	00:33:34.95	00:33:51.45	+00:13:25 (40.0%)	6:43	8.9 (59.7%)
271	SZRAM Magdalena	44		K20	90	00:00:16	00:33:35.80	00:33:52.15	+00:13:26 (40.0%)	6:43	8.9 (59.7%)
272	SZYMAŃSKA Izabela	262		K30	107	00:00:10	00:33:36.55	00:33:46.80	+00:13:27 (40.0%)	6:43	8.9 (59.7%)
272	WIŚNIEWSKA Ewa	157		K40	55	00:00:18	00:33:36.55	00:33:55.15	+00:13:27 (40.0%)	6:43	8.9 (59.7%)
274	KOCHAŃSKA Anna	141	BIEGAM BO LUBIĘ :)	K30	108	00:00:20	00:33:37.30	00:33:57.30	+00:13:27 (40.0%)	6:43	8.9 (59.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
275	JAROCH Magdalena	291	BYLE DO METY :)	K30	109	00:00:15	00:33:41.45	00:33:57.35	+00:13:32 (40.2%)	6:44	8.9 (59.7%)
276	BARCIKOWSKA Weronika	113		K20	91	00:00:26	00:33:43.70	00:34:10.05	+00:13:34 (40.2%)	6:44	8.9 (59.7%)
277	KURTA Anna	289		K20	92	00:00:05	00:33:47.40	00:33:53.35	+00:13:38 (40.3%)	6:45	8.9 (59.7%)
278	KURTA-LEIPZIG Danuta	368		K30	110	00:00:05	00:33:47.75	00:33:53.40	+00:13:38 (40.4%)	6:45	8.9 (59.7%)
279	MATUSZEWSKA Agnieszka	144		K30	111	00:00:24	00:33:54.65	00:34:19.25	+00:13:45 (40.6%)	6:47	8.8 (59.1%)
280	GÓŹDŹ Hanna	176	JAŚ BIEGA	K60	5	00:00:13	00:33:55.05	00:34:08.35	+00:13:45 (40.6%)	6:47	8.8 (59.1%)
281	SIEMIENIEC Violetta	73		K40	56	00:00:02	00:33:57.60	00:33:59.70	+00:13:48 (40.6%)	6:47	8.8 (59.1%)
282	RAKOCZY Magdalena	350	POCZĄTKUJĄCA	K30	112	00:00:09	00:34:00.35	00:34:09.85	+00:13:50 (40.7%)	6:48	8.8 (59.1%)
283	KO-KO Anna	55	GORZEŃ RUN	K30	113	00:00:24	00:34:18.75	00:34:43.10	+00:14:09 (41.3%)	6:51	8.7 (58.4%)
284	CIACIUCH Justyna	85	GORZEŃ RUN	K30	114	00:00:24	00:34:19.15	00:34:43.15	+00:14:09 (41.3%)	6:51	8.7 (58.4%)
285	BIERNACKA Julia	326		K20	93	00:00:03	00:34:23.75	00:34:27.40	+00:14:14 (41.4%)	6:52	8.7 (58.4%)
286	CZYZEWSKA Hanna	303		K30	115	00:00:23	00:34:38.90	00:35:02.65	+00:14:29 (41.8%)	6:55	8.7 (58.4%)
287	SPYRKA Agnieszka	328		K30	116	00:00:25	00:34:39.05	00:35:04.55	+00:14:29 (41.8%)	6:55	8.7 (58.4%)
288	KUZIAK Aleksandra	112	BIEGAJ Z DĘBAMI	K50	18	00:00:12	00:35:15.55	00:35:27.70	+00:15:06 (42.8%)	7:03	8.5 (57.0%)
289	CZYŻYCKA Beata	187		K40	57	00:00:28	00:35:17.80	00:35:46.35	+00:15:08 (42.9%)	7:03	8.5 (57.0%)
290	BOSAK Patrycja	97		K30	117	00:00:31	00:35:46.80	00:36:18.70	+00:15:37 (43.7%)	7:09	8.4 (56.4%)
291	MORZYŃSKA Hanna	179		K50	19	00:00:26	00:35:52.55	00:36:19.35	+00:15:43 (43.8%)	7:10	8.4 (56.4%)
292	DĄBROWSKA Hanna	295		K40	58	00:00:04	00:35:54.00	00:35:58.45	+00:15:44 (43.9%)	7:10	8.4 (56.4%)
293	PLIT Klaudia	203	III LO	K20	94	00:00:13	00:36:22.90	00:36:36.00	+00:16:13 (44.6%)	7:16	8.2 (55.0%)
294	KOWALSKA Klaudia	160		K20	95	00:00:12	00:36:23.30	00:36:36.00	+00:16:13 (44.6%)	7:16	8.2 (55.0%)
295	KLUCZYŃSKA Blanka	9		K30	118	00:00:19	00:36:29.10	00:36:48.95	+00:16:19 (44.8%)	7:17	8.2 (55.0%)
296	SZEWCZYK Katarzyna	276		K30	119	00:00:23	00:36:43.25	00:37:06.55	+00:16:33 (45.1%)	7:20	8.2 (55.0%)
297	CEGLARSKA Petra	315		K40	59	00:00:14	00:36:48.80	00:37:03.60	+00:16:39 (45.2%)	7:21	8.1 (54.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
298	BOBIŃSKA Beata	275		K40	60	00:00:22	00:36:50.75	00:37:13.70	+00:16:41 (45.3%)	7:22	8.1 (54.4%)
299	MIGAŁA Dorota	162		K30	120	00:00:09	00:37:36.15	00:37:45.45	+00:17:26 (46.4%)	7:31	8 (53.7%)
300	SMOL Gosia	352		K20	96	00:00:13	00:37:44.50	00:37:58.25	+00:17:35 (46.6%)	7:33	7.9 (53.0%)
301	PASZKOWSKA Katarzyna	117	CROSSFIT BYDGOSZCZ	K30	121	00:00:12	00:37:46.35	00:37:58.40	+00:17:36 (46.6%)	7:33	7.9 (53.0%)
302	DŁUGOSZ Jagoda	332	NIEZRZESZONA	K60	6	00:00:21	00:38:13.35	00:38:35.10	+00:18:03 (47.3%)	7:38	7.8 (52.3%)
303	WITKOWSKA Kamila	16		K20	97	00:00:21	00:38:14.45	00:38:35.50	+00:18:05 (47.3%)	7:38	7.8 (52.3%)
304	TYMCZAK Marta	324		K30	122	00:00:03	00:38:23.85	00:38:27.30	+00:18:14 (47.5%)	7:40	7.8 (52.3%)
305	WIECZOREK-KISTOWSKA Alina	218		K50	20	00:00:25	00:40:24.80	00:40:50.00	+00:20:15 (50.1%)	8:05	7.4 (49.7%)
306	SOBCZYŃSKA Marta	306		K20	98	00:00:24	00:44:53.95	00:45:18.60	+00:24:44 (55.1%)	8:58	6.7 (45.0%)
307	JUDKOWIAK Joanna	340		K30	123	00:00:05					(0.0%)

Znaleziono 307 wynik(ów)