



Organizator: Green House / Budlex
Data: 2019-09-15
Miejsce: Bydgoszcz
Dystans: 5 km

RUN BUDLEX FOR WOMEN

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K18-35 lat

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Finish_Bud 2.5km | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------|-------|----------------------------|------------|------|-------------|------------------|----------------|-----------------|-------------------|--------------|--------------|
| 1 | MAIK Daria | 227 | | K18-35 lat | 1 | 00:00:01 | 00:09:38 | 00:19:30.80 | 00:19:31.90 | | 3:54 | 15.4 (100%) |
| 2 | ŻUCHOWSKA Anna | 492 | | K18-35 lat | 2 | 00:00:01 | 00:10:15 | 00:20:56.45 | 00:20:58.35 | +00:01:25 (6.8%) | 4:11 | 14.3 (92.9%) |
| 3 | 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 | +00:02:51 (12.8%) | 4:28 | 13.4 (87.0%) |
| 4 | STROKOWSKA Paulina | 398 | | K18-35 lat | 4 | 00:00:05 | 00:11:05 | 00:22:53.35 | 00:22:58.50 | +00:03:22 (14.7%) | 4:34 | 13.1 (85.1%) |
| 5 | TOMCZYK Agata | 430 | SLA POLONIA BYDGOSZCZ | K18-35 lat | 5 | 00:00:03 | 00:11:15 | 00:23:08.10 | 00:23:11.70 | +00:03:37 (15.7%) | 4:37 | 13 (84.4%) |
| 6 | DOBRZYŃSKA Ewa | 65 | | K18-35 lat | 6 | 00:00:04 | 00:11:33 | 00:23:58.55 | 00:24:02.85 | +00:04:27 (18.6%) | 4:47 | 12.5 (81.2%) |
| 7 | RUSOŃ Oliwia | 352 | | K18-35 lat | 7 | 00:00:01 | 00:11:25 | 00:24:06.25 | 00:24:07.95 | +00:04:35 (19.0%) | 4:49 | 12.4 (80.5%) |
| 8 | 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 | +00:04:43 (19.5%) | 4:50 | 12.4 (80.5%) |
| 9 | STRÓŻYK Grażyna | 399 | | K18-35 lat | 9 | 00:00:06 | 00:12:17 | 00:24:41.85 | 00:24:48.40 | +00:05:11 (21.0%) | 4:56 | 12.1 (78.6%) |
| 10 | PIOTROWSKA Katarzyna | 320 | | K18-35 lat | 10 | 00:00:06 | 00:12:18 | 00:24:44.85 | 00:24:51.70 | +00:05:14 (21.2%) | 4:57 | 12.1 (78.6%) |
| 11 | ZWIĄZEK Hanka | 491 | | K18-35 lat | 11 | 00:00:14 | 00:12:34 | 00:24:49.15 | 00:25:03.40 | +00:05:18 (21.4%) | 4:57 | 12.1 (78.6%) |
| 12 | MIRASZEWSKA Marta | 256 | AKTYWNE LISEWO | K18-35 lat | 12 | 00:00:04 | 00:12:18 | 00:25:06.40 | 00:25:10.95 | +00:05:35 (22.3%) | 5:01 | 12 (77.9%) |
| 13 | GIL Żaneta | 93 | | K18-35 lat | 13 | 00:00:09 | 00:12:45 | 00:25:17.40 | 00:25:27.25 | +00:05:46 (22.8%) | 5:03 | 11.9 (77.3%) |
| 14 | ŻUCHOWSKA Paulina | 493 | AZS TORUŃ | K18-35 lat | 14 | 00:00:05 | 00:12:14 | 00:25:18.20 | 00:25:23.80 | +00:05:47 (22.9%) | 5:03 | 11.9 (77.3%) |
| 15 | FILIPSKA Paulina | 79 | | K18-35 lat | 15 | 00:00:03 | 00:12:24 | 00:25:21.85 | 00:25:25.05 | +00:05:51 (23.1%) | 5:04 | 11.8 (76.6%) |
| 16 | MARACH Patrycja | 237 | | K18-35 lat | 16 | 00:00:16 | 00:12:47 | 00:25:35.45 | 00:25:51.85 | +00:06:04 (23.7%) | 5:07 | 11.7 (76.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Finish_Bud 2.5km | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------------|------------|-------------------------|------------|------|-------------|------------------|--------------------|--------------------|-------------------|--------------|--------------|
| 17 | WOJDAT Dominika | 465 | ZIELONY PELIKAN | K18-35 lat | 17 | 00:00:34 | 00:12:32 | 00:25:36.75 | 00:26:10.95 | +00:06:05 (23.8%) | 5:07 | 11.7 (76.0%) |
| 18 | ŁUCZKOWIAK Małgorzata | 225 | | K18-35 lat | 18 | 00:00:10 | 00:13:04 | 00:25:54.05 | 00:26:04.50 | +00:06:23 (24.7%) | 5:10 | 11.6 (75.3%) |
| 19 | DEKOWSKA Ania | 61 | | K18-35 lat | 19 | 00:00:37 | 00:13:17 | 00:25:58.05 | 00:26:35.20 | +00:06:27 (24.9%) | 5:11 | 11.6 (75.3%) |
| 20 | JEZIORSKA Izabela | 134 | | K18-35 lat | 20 | 00:00:08 | 00:12:52 | 00:25:59.35 | 00:26:08.05 | +00:06:28 (24.9%) | 5:12 | 11.5 (74.7%) |
| 21 | WRONKOWSKA Anna | 470 | | K18-35 lat | 21 | 00:00:21 | 00:13:29 | 00:26:08.00 | 00:26:29.85 | +00:06:37 (25.3%) | 5:13 | 11.5 (74.7%) |
| 22 | ULOWSKA Katarzyna | 440 | CHMIELARZ TEAM | K18-35 lat | 22 | 00:00:19 | 00:13:05 | 00:26:12.10 | 00:26:31.25 | +00:06:41 (25.5%) | 5:14 | 11.5 (74.7%) |
| 23 | KALEMBA Daria | 135 | LAUREOLA FITNESS | K18-35 lat | 23 | 00:00:07 | 00:13:06 | 00:26:17.95 | 00:26:25.90 | +00:06:47 (25.8%) | 5:15 | 11.4 (74.0%) |
| 24 | ŁUBIŃSKA-BARTYLAK Hanna | 224 | MAMA HANKA | K18-35 lat | 24 | 00:00:43 | 00:13:05 | 00:26:28.25 | 00:27:11.90 | +00:06:57 (26.3%) | 5:17 | 11.3 (73.4%) |
| 25 | POTRZEBOWSKA Agata | 331 | #ŻÓŁTOKRÓLEWSCY | K18-35 lat | 25 | 00:00:09 | 00:13:17 | 00:26:41.60 | 00:26:50.60 | +00:07:10 (26.9%) | 5:20 | 11.2 (72.7%) |
| 26 | 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 | +00:07:12 (27.0%) | 5:20 | 11.2 (72.7%) |
| 27 | LEWANDOWSKA Sylwia | 209 | | K18-35 lat | 27 | 00:00:06 | 00:12:58 | 00:26:48.25 | 00:26:54.30 | +00:07:17 (27.2%) | 5:21 | 11.2 (72.7%) |
| 28 | PILAKOWSKA Patrycja | 317 | ELTRA | K18-35 lat | 28 | 00:00:07 | 00:13:15 | 00:27:33.80 | 00:27:40.80 | +00:08:03 (29.2%) | 5:30 | 10.9 (70.8%) |
| 29 | BAGNIEWSKA Małgorzata | 11 | | K18-35 lat | 29 | 00:00:16 | 00:14:06 | 00:27:35.10 | 00:27:51.10 | +00:08:04 (29.3%) | 5:31 | 10.9 (70.8%) |
| 30 | SIUDZIŃSKA Anna | 374 | | K18-35 lat | 30 | 00:00:06 | 00:13:47 | 00:27:41.10 | 00:27:47.20 | +00:08:10 (29.5%) | 5:32 | 10.8 (70.1%) |
| 31 | JASKUŁA Karolina | 127 | | K18-35 lat | 31 | 00:00:04 | 00:13:48 | 00:28:06.90 | 00:28:11.20 | +00:08:36 (30.6%) | 5:37 | 10.7 (69.5%) |
| 32 | KORPAL Żaneta | 164 | | K18-35 lat | 32 | 00:00:06 | 00:13:35 | 00:28:10.50 | 00:28:17.10 | +00:08:39 (30.7%) | 5:38 | 10.6 (68.8%) |
| 33 | SOBOLEWSKA Aleksandra | 389 | REEBOKRUNCREW BYDGOSZCZ | K18-35 lat | 33 | 00:00:06 | 00:14:18 | 00:28:17.70 | 00:28:24.15 | +00:08:46 (31.0%) | 5:39 | 10.6 (68.8%) |
| 34 | JESZAWICZ Joanna | 133 | | K18-35 lat | 34 | 00:00:21 | 00:13:52 | 00:28:17.85 | 00:28:39.35 | +00:08:47 (31.0%) | 5:39 | 10.6 (68.8%) |
| 35 | ZAMOJSKA Pola | 480 | | K18-35 lat | 35 | 00:00:08 | 00:13:48 | 00:28:20.65 | 00:28:28.70 | +00:08:49 (31.2%) | 5:40 | 10.6 (68.8%) |
| 36 | POSLAD Martyna | 330 | | K18-35 lat | 36 | 00:00:25 | 00:14:40 | 00:28:22.65 | 00:28:48.05 | +00:08:51 (31.2%) | 5:40 | 10.6 (68.8%) |
| 37 | ZIELIŃSKA Iwona | 484 | MROCZA WOMEN | K18-35 lat | 37 | 00:00:03 | 00:14:29 | 00:28:25.50 | 00:28:28.90 | +00:08:54 (31.4%) | 5:41 | 10.6 (68.8%) |
| 38 | LEWANDOWSKA Ewelina | 205 | | K18-35 lat | 38 | 00:00:09 | 00:14:36 | 00:28:31.40 | 00:28:40.70 | +00:09:00 (31.6%) | 5:42 | 10.5 (68.2%) |
| 39 | GÓRAL Anna | 99 | | K18-35 lat | 39 | 00:00:12 | 00:14:13 | 00:28:46.25 | 00:28:58.30 | +00:09:15 (32.2%) | 5:45 | 10.4 (67.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Finish_Bud 2.5km | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------|-------|------------------|------------|------|-------------|------------------|----------------|-----------------|-------------------|--------------|--------------|
| 40 | OZOROWSKA Karolina | 294 | | K18-35 lat | 40 | 00:00:14 | 00:14:23 | 00:28:55.25 | 00:29:10.05 | +00:09:24 (32.5%) | 5:47 | 10.4 (67.5%) |
| 41 | SKURCZYŃSKA Magdalena | 381 | | K18-35 lat | 41 | 00:00:07 | 00:14:10 | 00:29:03.75 | 00:29:11.50 | +00:09:32 (32.9%) | 5:48 | 10.3 (66.9%) |
| 42 | CHONCHERA Ewelina | 46 | | K18-35 lat | 42 | 00:00:16 | 00:14:27 | 00:29:13.40 | 00:29:30.35 | +00:09:42 (33.2%) | 5:50 | 10.3 (66.9%) |
| 43 | NAWROT Patrycja | 271 | | K18-35 lat | 43 | 00:00:04 | 00:14:39 | 00:29:14.55 | 00:29:18.55 | +00:09:43 (33.3%) | 5:50 | 10.3 (66.9%) |
| 44 | KŁOSOWSKA Magdalena | 160 | FIT MANIA | K18-35 lat | 44 | 00:00:04 | 00:14:10 | 00:29:14.90 | 00:29:19.10 | +00:09:44 (33.3%) | 5:51 | 10.3 (66.9%) |
| 45 | KIERCZYŃSKA Agnieszka | 152 | ZSP4 | K18-35 lat | 45 | 00:00:03 | 00:13:42 | 00:29:25.75 | 00:29:29.65 | +00:09:54 (33.7%) | 5:53 | 10.2 (66.2%) |
| 46 | PALIŃSKA Magdalena | 297 | | K18-35 lat | 46 | 00:00:05 | 00:13:53 | 00:29:40.30 | 00:29:45.30 | +00:10:09 (34.2%) | 5:56 | 10.1 (65.6%) |
| 47 | STYPCZYŃSKA Karolina | 401 | | K18-35 lat | 47 | 00:00:25 | 00:14:57 | 00:29:41.20 | 00:30:06.30 | +00:10:10 (34.3%) | 5:56 | 10.1 (65.6%) |
| 48 | HAJNCE Michalina | 109 | | K18-35 lat | 48 | 00:00:23 | 00:15:40 | 00:29:42.10 | 00:30:06.05 | +00:10:11 (34.3%) | 5:56 | 10.1 (65.6%) |
| 49 | METZLER Magdalena | 245 | | K18-35 lat | 49 | 00:00:26 | 00:15:09 | 00:29:43.35 | 00:30:10.10 | +00:10:12 (34.3%) | 5:56 | 10.1 (65.6%) |
| 50 | PAWLAK Magdalena | 305 | WTORKOWY TRENING | K18-35 lat | 50 | 00:00:22 | 00:15:06 | 00:29:45.80 | 00:30:08.30 | +00:10:15 (34.4%) | 5:57 | 10.1 (65.6%) |
| 51 | GIPP Małgorzata | 94 | | K18-35 lat | 51 | 00:00:12 | 00:15:10 | 00:29:50.00 | 00:30:02.60 | +00:10:19 (34.6%) | 5:58 | 10.1 (65.6%) |
| 52 | FILIPEK Weronika | 78 | NEUROSANA | K18-35 lat | 52 | 00:00:13 | 00:14:33 | 00:29:53.35 | 00:30:07.00 | +00:10:22 (34.7%) | 5:58 | 10 (64.9%) |
| 53 | MSRKIEWICZ Karolina | 262 | | K18-35 lat | 53 | 00:00:05 | 00:14:14 | 00:29:53.90 | 00:29:59.80 | +00:10:23 (34.7%) | 5:58 | 10 (64.9%) |
| 54 | KUBIAK-KUJAWA Joanna | 186 | | K18-35 lat | 54 | 00:00:12 | 00:15:33 | 00:29:59.15 | 00:30:11.70 | +00:10:28 (34.9%) | 5:59 | 10 (64.9%) |
| 55 | BISKUP Katarzyna | 24 | | K18-35 lat | 55 | 00:00:26 | 00:15:41 | 00:30:01.85 | 00:30:28.25 | +00:10:31 (35.0%) | 6:00 | 10 (64.9%) |
| 56 | TEJZA Sandra | 425 | | K18-35 lat | 56 | 00:00:41 | 00:14:50 | 00:30:09.10 | 00:30:50.20 | +00:10:38 (35.3%) | 6:01 | 10 (64.9%) |
| 57 | JAGIELSKA Patrycja | 119 | | K18-35 lat | 57 | 00:00:24 | 00:14:45 | 00:30:10.10 | 00:30:34.50 | +00:10:39 (35.3%) | 6:02 | 9.9 (64.3%) |
| 58 | TUREK Natalia | 434 | | K18-35 lat | 58 | 00:00:14 | 00:15:20 | 00:30:20.40 | 00:30:35.15 | +00:10:49 (35.7%) | 6:04 | 9.9 (64.3%) |
| 59 | RÓŻYCZKA Joanna | 350 | | K18-35 lat | 59 | 00:00:12 | 00:14:59 | 00:30:26.15 | 00:30:38.15 | +00:10:55 (35.9%) | 6:05 | 9.9 (64.3%) |
| 60 | GAPSKA Weronika | 88 | | K18-35 lat | 60 | 00:00:26 | 00:14:49 | 00:30:28.90 | 00:30:55.60 | +00:10:58 (36.0%) | 6:05 | 9.8 (63.6%) |
| 61 | SŁYSZ-DEC Paulina | 385 | | K18-35 lat | 61 | 00:00:03 | 00:14:44 | 00:30:31.00 | 00:30:34.50 | +00:11:00 (36.1%) | 6:06 | 9.8 (63.6%) |
| 62 | SUCHARSKA Magdalena | 402 | | K18-35 lat | 62 | 00:00:40 | 00:14:56 | 00:30:32.10 | 00:31:13.00 | +00:11:01 (36.1%) | 6:06 | 9.8 (63.6%) |

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|-----|-------------------------|-------|--------------------------------|------------|------|-------------|------------------|----------------|-----------------|-------------------|--------------|-------------|
| 63 | SCHUMACHER-RATAJ Marta | 367 | | K18-35 lat | 63 | 00:00:22 | 00:14:59 | 00:30:36.60 | 00:30:58.75 | +00:11:05 (36.3%) | 6:07 | 9.8 (63.6%) |
| 64 | ZIELIŃSKA Izabela | 486 | | K18-35 lat | 64 | 00:00:18 | 00:15:29 | 00:30:44.90 | 00:31:02.95 | +00:11:14 (36.5%) | 6:08 | 9.8 (63.6%) |
| 65 | ŚWIERCZYŃSKA Maria | 424 | | K18-35 lat | 65 | 00:00:07 | 00:14:53 | 00:30:53.80 | 00:31:01.30 | +00:11:23 (36.8%) | 6:10 | 9.7 (63.0%) |
| 66 | PĘZIOŁ Aleksandra | 310 | | K18-35 lat | 66 | 00:00:45 | 00:16:31 | 00:30:53.95 | 00:31:39.10 | +00:11:23 (36.8%) | 6:10 | 9.7 (63.0%) |
| 67 | KRUCZYŃSKA Kamila | 180 | | K18-35 lat | 67 | 00:00:08 | 00:14:50 | 00:30:55.50 | 00:31:03.70 | +00:11:24 (36.9%) | 6:11 | 9.7 (63.0%) |
| 68 | SZULTKA Magdalena | 419 | | K18-35 lat | 68 | 00:00:29 | 00:15:00 | 00:30:58.90 | 00:31:28.40 | +00:11:28 (37.0%) | 6:11 | 9.7 (63.0%) |
| 69 | KONIECZNA Katarzyna | 161 | | K18-35 lat | 69 | 00:00:15 | 00:15:14 | 00:31:07.10 | 00:31:22.85 | +00:11:36 (37.3%) | 6:13 | 9.6 (62.3%) |
| 70 | ZUSKA Ewa | 490 | BUDLEX | K18-35 lat | 70 | 00:00:22 | 00:15:43 | 00:31:10.15 | 00:31:32.60 | +00:11:39 (37.4%) | 6:14 | 9.6 (62.3%) |
| 71 | BONDAS Marta | 27 | | K18-35 lat | 71 | 00:00:11 | 00:15:16 | 00:31:11.00 | 00:31:22.40 | +00:11:40 (37.4%) | 6:14 | 9.6 (62.3%) |
| 72 | SIEG Patrycja | 503 | | K18-35 lat | 72 | 00:00:09 | 00:16:25 | 00:31:12.80 | 00:31:22.15 | +00:11:42 (37.5%) | 6:14 | 9.6 (62.3%) |
| 73 | KLETT Patrycja | 157 | | K18-35 lat | 73 | 00:00:34 | 00:16:15 | 00:31:22.10 | 00:31:56.15 | +00:11:51 (37.8%) | 6:16 | 9.6 (62.3%) |
| 74 | DAMMER Ewa | 59 | | K18-35 lat | 74 | 00:00:41 | 00:16:00 | 00:31:24.55 | 00:32:06.35 | +00:11:53 (37.9%) | 6:17 | 9.5 (61.7%) |
| 75 | MARCINKOWSKA Katarzyna | 240 | | K18-35 lat | 75 | 00:00:14 | 00:15:13 | 00:31:24.90 | 00:31:39.65 | +00:11:54 (37.9%) | 6:17 | 9.5 (61.7%) |
| 76 | TUCZKOWSKA Joanna | 433 | | K18-35 lat | 76 | 00:00:16 | 00:16:12 | 00:31:30.10 | 00:31:46.25 | +00:11:59 (38.1%) | 6:18 | 9.5 (61.7%) |
| 77 | DOMŻAŁSKA Katarzyna | 67 | | K18-35 lat | 77 | 00:00:28 | 00:15:23 | 00:31:30.75 | 00:31:58.90 | +00:11:59 (38.1%) | 6:18 | 9.5 (61.7%) |
| 78 | WILIŃSKA Ewelina | 453 | | K18-35 lat | 78 | 00:00:33 | 00:16:00 | 00:31:36.20 | 00:32:09.65 | +00:12:05 (38.3%) | 6:19 | 9.5 (61.7%) |
| 79 | ALACHNIEWICZ Aleksandra | 4 | | K18-35 lat | 79 | 00:00:08 | 00:15:20 | 00:31:38.00 | 00:31:46.90 | +00:12:07 (38.3%) | 6:19 | 9.5 (61.7%) |
| 80 | MAKSYMIUK Monika | 231 | | K18-35 lat | 80 | 00:00:16 | 00:15:54 | 00:31:38.15 | 00:31:55.10 | +00:12:07 (38.3%) | 6:19 | 9.5 (61.7%) |
| 81 | PAWŁOWSKA Marta | 306 | | K18-35 lat | 81 | 00:00:16 | 00:15:54 | 00:31:38.55 | 00:31:55.05 | +00:12:07 (38.3%) | 6:19 | 9.5 (61.7%) |
| 82 | 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 | +00:12:25 (38.9%) | 6:23 | 9.4 (61.0%) |
| 83 | SIUDOWSKA Marta | 373 | | K18-35 lat | 83 | 00:00:28 | 00:16:15 | 00:32:00.70 | 00:32:29.65 | +00:12:29 (39.0%) | 6:24 | 9.4 (61.0%) |
| 84 | PAŁGAN Kasia | 299 | | K18-35 lat | 84 | 00:00:07 | 00:17:00 | 00:32:03.10 | 00:32:10.10 | +00:12:32 (39.1%) | 6:24 | 9.4 (61.0%) |
| 85 | KRAWCZUK Joanna | 176 | | K18-35 lat | 85 | 00:00:32 | 00:15:50 | 00:32:04.25 | 00:32:36.45 | +00:12:33 (39.2%) | 6:24 | 9.4 (61.0%) |

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|-----|--------------------------------------|------------|---------------------|------------|------|-------------|------------------|--------------------|--------------------|-------------------|--------------|-------------|
| 86 | KAZIMIERAK-MALIŃSKA Agnieszka | 148 | | K18-35 lat | 86 | 00:00:36 | 00:16:14 | 00:32:07.95 | 00:32:44.60 | +00:12:37 (39.3%) | 6:25 | 9.3 (60.4%) |
| 87 | ZIOMKOWSKA Beata | 488 | | K18-35 lat | 87 | 00:00:18 | 00:16:06 | 00:32:16.65 | 00:32:35.00 | +00:12:45 (39.5%) | 6:27 | 9.3 (60.4%) |
| 88 | BRZEZINSKA Kinga | 32 | | K18-35 lat | 88 | 00:00:42 | 00:16:28 | 00:32:20.20 | 00:33:02.55 | +00:12:49 (39.7%) | 6:28 | 9.3 (60.4%) |
| 88 | KUCZKOWSKA-WRÓBEL Małgorzata | 188 | | K18-35 lat | 89 | 00:00:42 | 00:16:29 | 00:32:20.20 | 00:33:02.45 | +00:12:49 (39.7%) | 6:28 | 9.3 (60.4%) |
| 90 | KRZYŻANOWSKA Patrycja | 184 | | K18-35 lat | 90 | 00:00:00 | 00:16:40 | 00:32:28.10 | 00:32:28.10 | +00:12:57 (39.9%) | 6:29 | 9.2 (59.7%) |
| 91 | STEPKA Monika | 397 | | K18-35 lat | 91 | 00:00:42 | 00:16:44 | 00:32:28.65 | 00:33:11.50 | +00:12:57 (39.9%) | 6:29 | 9.2 (59.7%) |
| 92 | SEWRUK Iwona | 369 | | K18-35 lat | 92 | 00:00:42 | 00:16:44 | 00:32:29.05 | 00:33:11.70 | +00:12:58 (39.9%) | 6:29 | 9.2 (59.7%) |
| 93 | BARCIKOWSKA Weronika | 14 | | K18-35 lat | 93 | 00:00:27 | 00:16:16 | 00:32:30.25 | 00:32:58.15 | +00:12:59 (40.0%) | 6:30 | 9.2 (59.7%) |
| 94 | RAKOWSKA Natalia | 339 | STEPONE GIRLS POWER | K18-35 lat | 94 | 00:00:47 | 00:16:34 | 00:32:31.15 | 00:33:18.90 | +00:13:00 (40.0%) | 6:30 | 9.2 (59.7%) |
| 95 | CHLEBOSZ Sylwia | 43 | STEPONE GIRLS POWER | K18-35 lat | 95 | 00:00:47 | 00:16:34 | 00:32:31.20 | 00:33:18.80 | +00:13:00 (40.0%) | 6:30 | 9.2 (59.7%) |
| 96 | SŁOJEWSKA Dorota | 382 | STEPONE GIRLS POWER | K18-35 lat | 96 | 00:00:47 | 00:16:35 | 00:32:31.50 | 00:33:19.10 | +00:13:00 (40.0%) | 6:30 | 9.2 (59.7%) |
| 97 | AMROZIEWICZ Beata | 6 | | K18-35 lat | 97 | 00:00:09 | 00:16:00 | 00:32:37.55 | 00:32:46.80 | +00:13:06 (40.2%) | 6:31 | 9.2 (59.7%) |
| 98 | PIESIK Ewa | 313 | | K18-35 lat | 98 | 00:00:15 | 00:16:26 | 00:32:52.20 | 00:33:07.25 | +00:13:21 (40.6%) | 6:34 | 9.1 (59.1%) |
| 99 | TUSZYŃSKA Anna | 436 | | K18-35 lat | 99 | 00:00:18 | 00:15:36 | 00:32:56.90 | 00:33:15.00 | +00:13:26 (40.8%) | 6:35 | 9.1 (59.1%) |
| 100 | WÓJCIK Monika | 469 | MW AQUA | K18-35 lat | 100 | 00:00:20 | 00:16:52 | 00:32:59.95 | 00:33:20.50 | +00:13:29 (40.9%) | 6:36 | 9.1 (59.1%) |
| 101 | CIESZYŃSKA Agnieszka | 52 | | K18-35 lat | 101 | 00:00:23 | 00:16:46 | 00:33:02.40 | 00:33:25.85 | +00:13:31 (40.9%) | 6:36 | 9.1 (59.1%) |
| 102 | KASZOWSKA Natalia | 144 | | K18-35 lat | 102 | 00:00:25 | 00:16:43 | 00:33:06.25 | 00:33:32.00 | +00:13:35 (41.1%) | 6:37 | 9.1 (59.1%) |
| 103 | LISOWIEC Zuzanna | 212 | LAUREOLA FITNESS | K18-35 lat | 103 | 00:00:39 | 00:16:35 | 00:33:11.70 | 00:33:51.20 | +00:13:40 (41.2%) | 6:38 | 9 (58.4%) |
| 104 | NOWAK Aleksandra | 276 | | K18-35 lat | 104 | 00:00:33 | 00:16:27 | 00:33:19.35 | 00:33:52.55 | +00:13:48 (41.4%) | 6:39 | 9 (58.4%) |
| 105 | JAKUBOWSKA Kasia | 122 | ADHD SQUAD | K18-35 lat | 105 | 00:00:42 | 00:17:30 | 00:33:19.60 | 00:34:02.50 | +00:13:48 (41.4%) | 6:40 | 9 (58.4%) |
| 106 | KWIATKOWSKA Małgorzata | 200 | | K18-35 lat | 106 | 00:00:35 | 00:15:58 | 00:33:19.70 | 00:33:54.95 | +00:13:48 (41.5%) | 6:39 | 9 (58.4%) |
| 107 | SZYMCZAK Elwira | 423 | | K18-35 lat | 107 | 00:00:39 | 00:16:10 | 00:33:24.45 | 00:34:03.50 | +00:13:53 (41.6%) | 6:40 | 9 (58.4%) |
| 108 | STEFANKO-SKAŁECKA Anna | 395 | | K18-35 lat | 108 | 00:00:40 | 00:16:58 | 00:33:28.20 | 00:34:08.70 | +00:13:57 (41.7%) | 6:41 | 9 (58.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Finish_Bud 2.5km | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|------------|-----------------|------------|------|-------------|------------------|--------------------|--------------------|-------------------|--------------|-------------|
| 109 | KUŹNIAK Marta | 197 | | K18-35 lat | 109 | 00:00:21 | 00:17:37 | 00:33:28.45 | 00:33:49.55 | +00:13:57 (41.7%) | 6:41 | 9 (58.4%) |
| 110 | MATYASH Mariya | 243 | ZIELONY PELIKAN | K18-35 lat | 110 | 00:00:36 | 00:17:36 | 00:33:31.50 | 00:34:07.85 | +00:14:00 (41.8%) | 6:42 | 9 (58.4%) |
| 111 | OLECH Justyna | 287 | ZIELONY PELIKAN | K18-35 lat | 111 | 00:00:36 | 00:17:36 | 00:33:31.70 | 00:34:07.90 | +00:14:00 (41.8%) | 6:42 | 9 (58.4%) |
| 112 | WALTER Ania | 446 | | K18-35 lat | 112 | 00:00:27 | 00:16:20 | 00:33:33.70 | 00:34:01.35 | +00:14:02 (41.9%) | 6:42 | 8.9 (57.8%) |
| 113 | WIŚNIEWSKA Karolina | 456 | | K18-35 lat | 113 | 00:00:08 | 00:16:40 | 00:33:38.30 | 00:33:46.80 | +00:14:07 (42.0%) | 6:43 | 8.9 (57.8%) |
| 114 | SKRZYŃSKA Dorota | 380 | | K18-35 lat | 114 | 00:00:10 | 00:16:35 | 00:33:40.00 | 00:33:50.45 | +00:14:09 (42.0%) | 6:44 | 8.9 (57.8%) |
| 115 | WRZESIŃSKA Katarzyna | 473 | | K18-35 lat | 115 | 00:00:32 | 00:16:59 | 00:33:46.70 | 00:34:19.35 | +00:14:15 (42.2%) | 6:45 | 8.9 (57.8%) |
| 116 | GÓRSKA Małgorzata | 101 | ZIELONY PELIKAN | K18-35 lat | 116 | 00:00:36 | 00:17:37 | 00:33:47.35 | 00:34:23.90 | +00:14:16 (42.2%) | 6:45 | 8.9 (57.8%) |
| 117 | WIŚNIEWSKA Izabela | 455 | | K18-35 lat | 117 | 00:00:31 | 00:17:17 | 00:33:48.85 | 00:34:20.20 | +00:14:18 (42.3%) | 6:45 | 8.9 (57.8%) |
| 118 | HETZIG Monika | 114 | | K18-35 lat | 118 | 00:00:13 | 00:18:15 | 00:33:50.40 | 00:34:03.45 | +00:14:19 (42.3%) | 6:46 | 8.9 (57.8%) |
| 119 | SZCZEPANIAK Monika | 409 | | K18-35 lat | 119 | 00:00:06 | 00:16:33 | 00:33:52.15 | 00:33:59.05 | +00:14:21 (42.4%) | 6:46 | 8.9 (57.8%) |
| 120 | SMOLIŃSKA Daria | 388 | | K18-35 lat | 120 | 00:00:18 | 00:16:11 | 00:33:52.55 | 00:34:11.15 | +00:14:21 (42.4%) | 6:46 | 8.9 (57.8%) |
| 121 | GRABSKA-ZIELIŃSKA Sylwia | 105 | | K18-35 lat | 121 | 00:00:25 | 00:16:03 | 00:33:53.65 | 00:34:18.70 | +00:14:22 (42.4%) | 6:46 | 8.9 (57.8%) |
| 122 | PATYK Klaudia | 304 | | K18-35 lat | 122 | 00:00:16 | 00:15:55 | 00:34:06.85 | 00:34:22.95 | +00:14:36 (42.8%) | 6:49 | 8.8 (57.1%) |
| 123 | LUTOMSKA Magdalena | 216 | | K18-35 lat | 123 | 00:00:10 | 00:16:34 | 00:34:09.35 | 00:34:20.25 | +00:14:38 (42.9%) | 6:50 | 8.8 (57.1%) |
| 124 | BUKLEWSKA Katarzyna | 40 | | K18-35 lat | 124 | 00:00:04 | 00:15:54 | 00:34:11.00 | 00:34:15.90 | +00:14:40 (42.9%) | 6:50 | 8.8 (57.1%) |
| 125 | JARMOŁOWICZ Aleksandra | 123 | | K18-35 lat | 125 | 00:00:14 | 00:17:18 | 00:34:12.50 | 00:34:26.70 | +00:14:41 (43.0%) | 6:50 | 8.8 (57.1%) |
| 126 | GÓLCZ Katarzyna | 98 | | K18-35 lat | 126 | 00:00:05 | 00:16:31 | 00:34:16.90 | 00:34:22.10 | +00:14:46 (43.1%) | 6:51 | 8.8 (57.1%) |
| 127 | PIETRZAK Monika | 314 | | K18-35 lat | 127 | 00:00:30 | 00:17:31 | 00:34:26.10 | 00:34:56.50 | +00:14:55 (43.3%) | 6:53 | 8.7 (56.5%) |
| 128 | MOCNA Anna | 260 | | K18-35 lat | 128 | 00:00:14 | 00:17:16 | 00:34:31.45 | 00:34:46.40 | +00:15:00 (43.5%) | 6:54 | 8.7 (56.5%) |
| 129 | HARCZENKO Klaudia | 111 | | K18-35 lat | 129 | 00:00:17 | 00:16:22 | 00:34:36.45 | 00:34:53.95 | +00:15:05 (43.6%) | 6:55 | 8.7 (56.5%) |
| 130 | ŁAZARSKA Joanna | 221 | | K18-35 lat | 130 | 00:00:23 | 00:16:48 | 00:34:37.50 | 00:35:00.85 | +00:15:06 (43.6%) | 6:55 | 8.7 (56.5%) |
| 131 | NAWROCKA Martyna | 268 | | K18-35 lat | 131 | 00:00:41 | 00:17:25 | 00:34:40.55 | 00:35:22.30 | +00:15:09 (43.7%) | 6:56 | 8.6 (55.8%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Finish_Bud 2.5km | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|-------------|------------|------|-------------|------------------|--------------------|--------------------|-------------------|--------------|-------------|
| 132 | LIZOŃ Kamila | 213 | | K18-35 lat | 132 | 00:00:34 | 00:17:41 | 00:34:45.95 | 00:35:20.55 | +00:15:15 (43.9%) | 6:57 | 8.6 (55.8%) |
| 133 | KOSAKOWSKA Dominika | 165 | | K18-35 lat | 133 | 00:00:06 | 00:16:53 | 00:34:51.35 | 00:34:58.15 | +00:15:20 (44.0%) | 6:58 | 8.6 (55.8%) |
| 134 | RUTKOWSKA Oriana | 354 | SERVITOR | K18-35 lat | 134 | 00:00:41 | 00:16:48 | 00:34:55.00 | 00:35:36.75 | +00:15:24 (44.1%) | 6:59 | 8.6 (55.8%) |
| 135 | DEPTUŁA Dominika | 62 | | K18-35 lat | 135 | 00:00:09 | 00:17:07 | 00:34:56.70 | 00:35:06.50 | +00:15:25 (44.2%) | 6:59 | 8.6 (55.8%) |
| 136 | GORGOL Daria | 97 | | K18-35 lat | 136 | 00:00:32 | 00:17:38 | 00:35:05.80 | 00:35:37.90 | +00:15:35 (44.4%) | 7:01 | 8.6 (55.8%) |
| 137 | KOWALSKA Juka | 170 | | K18-35 lat | 137 | 00:00:37 | 00:17:20 | 00:35:08.75 | 00:35:46.65 | +00:15:37 (44.5%) | 7:01 | 8.5 (55.2%) |
| 138 | MIKULSKA Dominika | 252 | | K18-35 lat | 138 | 00:00:18 | 00:16:49 | 00:35:24.95 | 00:35:43.55 | +00:15:54 (44.9%) | 7:05 | 8.5 (55.2%) |
| 139 | NOWACKA Roksana | 275 | | K18-35 lat | 139 | 00:00:37 | 00:17:55 | 00:35:36.50 | 00:36:14.40 | +00:16:05 (45.2%) | 7:07 | 8.4 (54.5%) |
| 140 | RYTLEWSKA Alicja | 358 | | K18-35 lat | 140 | 00:00:45 | 00:17:31 | 00:35:40.00 | 00:36:25.80 | +00:16:09 (45.3%) | 7:08 | 8.4 (54.5%) |
| 141 | FEDEK Natalia | 77 | | K18-35 lat | 141 | 00:00:07 | 00:17:08 | 00:35:50.70 | 00:35:58.25 | +00:16:19 (45.6%) | 7:10 | 8.4 (54.5%) |
| 142 | KAWECKA Marzena | 146 | CROSFICIARY | K18-35 lat | 142 | 00:00:22 | 00:17:48 | 00:35:59.35 | 00:36:22.00 | +00:16:28 (45.8%) | 7:12 | 8.3 (53.9%) |
| 143 | LESZCZYŃSKA Joanna | 203 | | K18-35 lat | 143 | 00:00:40 | 00:18:25 | 00:36:01.80 | 00:36:42.70 | +00:16:31 (45.8%) | 7:12 | 8.3 (53.9%) |
| 144 | KOPROWSKA Aleksandra | 162 | | K18-35 lat | 144 | 00:00:33 | 00:18:01 | 00:36:06.05 | 00:36:39.55 | +00:16:35 (45.9%) | 7:13 | 8.3 (53.9%) |
| 145 | UMIEJSKA Emilia | 441 | | K18-35 lat | 145 | 00:00:43 | 00:17:58 | 00:36:12.80 | 00:36:56.45 | +00:16:42 (46.1%) | 7:14 | 8.3 (53.9%) |
| 146 | KUFEL Maria | 190 | | K18-35 lat | 146 | 00:00:15 | 00:16:35 | 00:36:15.90 | 00:36:31.10 | +00:16:45 (46.2%) | 7:15 | 8.3 (53.9%) |
| 147 | STUCZYŃSKA Paulina | 400 | | K18-35 lat | 147 | 00:00:09 | 00:17:33 | 00:36:30.65 | 00:36:40.15 | +00:16:59 (46.6%) | 7:18 | 8.2 (53.2%) |
| 148 | SIRANT-LITWA Monika | 372 | | K18-35 lat | 148 | 00:00:11 | 00:17:01 | 00:36:35.50 | 00:36:46.95 | +00:17:04 (46.7%) | 7:19 | 8.2 (53.2%) |
| 149 | BAK Paulina | 17 | | K18-35 lat | 149 | 00:00:11 | 00:17:01 | 00:36:35.90 | 00:36:47.05 | +00:17:05 (46.7%) | 7:19 | 8.2 (53.2%) |
| 150 | NAWROCKA Karolina | 269 | TESSA-DOM | K18-35 lat | 150 | 00:00:13 | 00:18:18 | 00:37:02.55 | 00:37:15.60 | +00:17:31 (47.3%) | 7:24 | 8.1 (52.6%) |
| 151 | SZCZAP Natalia | 407 | | K18-35 lat | 151 | 00:00:45 | 00:18:18 | 00:37:15.60 | 00:38:01.50 | +00:17:44 (47.6%) | 7:27 | 8.1 (52.6%) |
| 152 | PLOMINSKA Monika | 323 | | K18-35 lat | 152 | 00:00:07 | 00:17:47 | 00:37:28.20 | 00:37:35.80 | +00:17:57 (47.9%) | 7:29 | 8 (51.9%) |
| 153 | RUTKOWSKA Mariola | 507 | | K18-35 lat | 153 | 00:00:23 | 00:18:27 | 00:38:02.05 | 00:38:25.85 | +00:18:31 (48.7%) | 7:36 | 7.9 (51.3%) |
| 154 | SAKWIŃSKA Aleksandra | 363 | | K18-35 lat | 154 | 00:00:21 | 00:18:39 | 00:38:06.65 | 00:38:27.75 | +00:18:35 (48.8%) | 7:37 | 7.9 (51.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Finish_Bud 2.5km | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------------|------------|----------------|------------|------|-------------|------------------|--------------------|--------------------|-------------------|--------------|-------------|
| 155 | MOCHOCKA Anna | 259 | | K18-35 lat | 155 | 00:00:44 | 00:18:24 | 00:38:14.95 | 00:38:59.10 | +00:18:44 (49.0%) | 7:39 | 7.8 (50.6%) |
| 156 | TOMCZAK Kinga | 429 | | K18-35 lat | 156 | 00:00:39 | 00:20:25 | 00:38:30.45 | 00:39:09.80 | +00:18:59 (49.3%) | 7:42 | 7.8 (50.6%) |
| 157 | GRALAK Anna | 106 | | K18-35 lat | 157 | 00:00:44 | 00:18:40 | 00:38:48.80 | 00:39:33.65 | +00:19:18 (49.7%) | 7:45 | 7.7 (50.0%) |
| 158 | TOPOLEWSKA Sylwia | 431 | | K18-35 lat | 158 | 00:00:20 | 00:18:58 | 00:39:47.60 | 00:40:08.10 | +00:20:16 (51.0%) | 7:57 | 7.5 (48.7%) |
| 159 | KASPRZYK Daria | 143 | | K18-35 lat | 159 | 00:00:46 | 00:19:51 | 00:39:52.10 | 00:40:39.00 | +00:20:21 (51.1%) | 7:58 | 7.5 (48.7%) |
| 160 | SZYDLIK Marzena | 421 | | K18-35 lat | 160 | 00:00:21 | 00:19:05 | 00:40:03.70 | 00:40:24.95 | +00:20:32 (51.3%) | 8:00 | 7.5 (48.7%) |
| 161 | CZERWIŃSKA Ewelina | 56 | | K18-35 lat | 161 | 00:00:32 | 00:19:02 | 00:40:07.90 | 00:40:40.15 | +00:20:37 (51.4%) | 8:01 | 7.5 (48.7%) |
| 162 | CHMIEL Anna | 45 | | K18-35 lat | 162 | 00:00:45 | 00:19:35 | 00:40:17.40 | 00:41:02.75 | +00:20:46 (51.6%) | 8:03 | 7.4 (48.1%) |
| 163 | LESZCZYŃSKA Alicja | 504 | | K18-35 lat | 163 | 00:00:43 | 00:19:49 | 00:40:33.40 | 00:41:16.85 | +00:21:02 (51.9%) | 8:06 | 7.4 (48.1%) |
| 164 | MICHAŁEK Ania | 248 | | K18-35 lat | 164 | 00:00:39 | 00:20:27 | 00:40:39.95 | 00:41:19.60 | +00:21:09 (52.0%) | 8:08 | 7.4 (48.1%) |
| 165 | UMIŃSKA-BERG Joanna | 442 | | K18-35 lat | 165 | 00:00:41 | 00:19:57 | 00:40:46.85 | 00:41:28.45 | +00:21:16 (52.2%) | 8:09 | 7.4 (48.1%) |
| 166 | BARTELA Alicja | 15 | | K18-35 lat | 166 | 00:00:31 | 00:19:53 | 00:40:57.80 | 00:41:29.30 | +00:21:27 (52.4%) | 8:11 | 7.3 (47.4%) |
| 167 | SŁUPIKOWSKA Magdalena | 384 | | K18-35 lat | 167 | 00:00:09 | 00:19:04 | 00:41:29.15 | 00:41:39.10 | +00:21:58 (53.0%) | 8:18 | 7.2 (46.8%) |
| 168 | GAURA Anna | 91 | | K18-35 lat | 168 | 00:00:39 | 00:20:23 | 00:41:50.80 | 00:42:29.80 | +00:22:20 (53.4%) | 8:22 | 7.2 (46.8%) |
| 169 | MIKOŁAJCZYK Joanna | 251 | | K18-35 lat | 169 | 00:00:29 | 00:19:43 | 00:42:00.10 | 00:42:29.65 | +00:22:29 (53.5%) | 8:24 | 7.1 (46.1%) |
| 170 | KATAFIASZ Anna | 145 | | K18-35 lat | 170 | 00:00:29 | 00:19:43 | 00:42:00.45 | 00:42:30.00 | +00:22:29 (53.5%) | 8:24 | 7.1 (46.1%) |
| 171 | GROCHOWSKA Ania | 107 | | K18-35 lat | 171 | 00:00:49 | 00:19:40 | 00:42:19.05 | 00:43:08.75 | +00:22:48 (53.9%) | 8:27 | 7.1 (46.1%) |
| 172 | WITKIEWICZ-ŁUKASZEK Sandra | 458 | | K18-35 lat | 172 | 00:00:39 | 00:21:03 | 00:42:55.85 | 00:43:35.00 | +00:23:25 (54.5%) | 8:35 | 7 (45.5%) |
| 173 | BEDNAREK Julia | 19 | | K18-35 lat | 173 | 00:00:40 | 00:21:43 | 00:45:31.95 | 00:46:11.95 | +00:26:01 (57.1%) | 9:06 | 6.6 (42.9%) |
| 174 | LEŚNIAK Oliwia | 204 | KULAWE PADALCE | K18-35 lat | 174 | 00:00:30 | 00:23:24 | 00:47:21.25 | 00:47:51.90 | +00:27:50 (58.8%) | 9:28 | 6.3 (40.9%) |

Znaleziono 174 wynik(ów)