



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

RUN BUDLEX FOR WOMEN

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K36-49 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 | SZENK Marta | 412 | | K36-49 lat | 1 | 00:00:01 | 00:09:38 | 00:19:06.35 | 00:19:07.95 | | 3:49 | 15.7 (100%) |
| 2 | GAŁUSZKA Dorota | 87 | WTORKOWY TRENING | K36-49 lat | 2 | 00:00:06 | 00:11:06 | 00:22:27.15 | 00:22:33.20 | +00:03:20 (14.9%) | 4:29 | 13.4 (85.4%) |
| 3 | MICHALIK Joanna | 247 | | K36-49 lat | 3 | 00:00:02 | 00:11:08 | 00:22:34.95 | 00:22:37.60 | +00:03:28 (15.4%) | 4:31 | 13.3 (84.7%) |
| 4 | JAROCKA Beata | 124 | | K36-49 lat | 4 | 00:00:09 | 00:11:23 | 00:22:41.15 | 00:22:51.10 | +00:03:34 (15.8%) | 4:32 | 13.2 (84.1%) |
| 5 | PALACZ Wioletta | 296 | | K36-49 lat | 5 | 00:00:03 | 00:11:17 | 00:22:45.80 | 00:22:49.40 | +00:03:39 (16.1%) | 4:33 | 13.2 (84.1%) |
| 6 | MURAWIEC Iza | 512 | | K36-49 lat | 6 | 00:00:05 | 00:11:29 | 00:23:30.35 | 00:23:35.95 | +00:04:24 (18.7%) | 4:42 | 12.8 (81.5%) |
| 7 | PILAKOWSKA Angelika | 316 | ELTRA W BIEGU | K36-49 lat | 7 | 00:00:05 | 00:11:30 | 00:23:33.90 | 00:23:38.90 | +00:04:27 (18.9%) | 4:42 | 12.7 (80.9%) |
| 8 | WRÓBLEWSKA Dagmara | 471 | TKKF KOLEJARZ BYDGOSZCZ | K36-49 lat | 8 | 00:00:02 | 00:11:34 | 00:23:35.80 | 00:23:38.10 | +00:04:29 (19.0%) | 4:43 | 12.7 (80.9%) |
| 9 | ŻYTOWICZ Anita | 500 | | K36-49 lat | 9 | 00:00:04 | 00:12:06 | 00:24:44.20 | 00:24:49.10 | +00:05:37 (22.8%) | 4:57 | 12.1 (77.1%) |
| 10 | BOROWICZ Anna | 29 | | K36-49 lat | 10 | 00:00:18 | 00:12:46 | 00:25:08.10 | 00:25:26.20 | +00:06:01 (24.0%) | 5:01 | 11.9 (75.8%) |
| 11 | 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 | +00:06:34 (25.6%) | 5:08 | 11.7 (74.5%) |
| 12 | 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 | +00:06:52 (26.5%) | 5:12 | 11.5 (73.2%) |
| 13 | SZCZEPANIAK Justyna | 410 | | K36-49 lat | 13 | 00:00:05 | 00:12:36 | 00:26:13.40 | 00:26:19.00 | +00:07:07 (27.1%) | 5:14 | 11.4 (72.6%) |
| 14 | NAGORZYSKA Sylwia | 265 | | K36-49 lat | 14 | 00:00:08 | 00:13:16 | 00:26:27.00 | 00:26:35.50 | +00:07:20 (27.8%) | 5:17 | 11.3 (72.0%) |
| 15 | WOJCIECHOWSKA Emilia | 464 | | K36-49 lat | 15 | 00:00:04 | 00:12:58 | 00:26:37.80 | 00:26:42.15 | +00:07:31 (28.3%) | 5:19 | 11.3 (72.0%) |
| 16 | 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 | +00:07:38 (28.6%) | 5:21 | 11.2 (71.3%) |

| 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 |
|-----|------------------------|-------|-------------------|------------|------|-------------|------------------|----------------|-----------------|-------------------|--------------|--------------|
| 17 | KAMIŃSKA Iwona | 139 | NIEZRZESZONA | K36-49 lat | 17 | 00:00:02 | 00:13:21 | 00:26:50.50 | 00:26:53.40 | +00:07:44 (28.8%) | 5:22 | 11.2 (71.3%) |
| 18 | ŻYŁA Magdalena | 499 | | K36-49 lat | 18 | 00:00:29 | 00:14:13 | 00:27:18.25 | 00:27:47.40 | +00:08:11 (30.0%) | 5:27 | 11 (70.1%) |
| 19 | GABRICH Żanetta | 84 | KLUB ZDROWI FIT24 | K36-49 lat | 19 | 00:00:12 | 00:14:00 | 00:27:25.15 | 00:27:37.40 | +00:08:18 (30.3%) | 5:29 | 10.9 (69.4%) |
| 20 | KUJDA Dorota | 194 | | K36-49 lat | 20 | 00:00:09 | 00:13:23 | 00:27:28.05 | 00:27:37.25 | +00:08:21 (30.4%) | 5:29 | 10.9 (69.4%) |
| 21 | KRÓL Katarzyna | 179 | | K36-49 lat | 21 | 00:00:21 | 00:13:46 | 00:27:39.85 | 00:28:01.50 | +00:08:33 (30.9%) | 5:32 | 10.8 (68.8%) |
| 22 | AGACIAK Elżbieta | 3 | | K36-49 lat | 22 | 00:00:18 | 00:13:42 | 00:27:41.00 | 00:27:59.60 | +00:08:34 (31.0%) | 5:32 | 10.8 (68.8%) |
| 23 | RAKAŁOWICZ Justyna | 338 | ATOS | K36-49 lat | 23 | 00:00:16 | 00:13:41 | 00:27:53.25 | 00:28:09.35 | +00:08:46 (31.5%) | 5:34 | 10.8 (68.8%) |
| 24 | KWIATKOWSKA Małgorzata | 201 | | K36-49 lat | 24 | 00:00:18 | 00:13:42 | 00:27:57.20 | 00:28:16.05 | +00:08:50 (31.7%) | 5:35 | 10.7 (68.2%) |
| 25 | ROGOZIŃSKA Karolina | 344 | | K36-49 lat | 25 | 00:00:17 | 00:13:45 | 00:27:58.25 | 00:28:16.05 | +00:08:51 (31.7%) | 5:35 | 10.7 (68.2%) |
| 26 | JASIULEWICZ Agnieszka | 126 | | K36-49 lat | 26 | 00:00:10 | 00:13:52 | 00:28:04.85 | 00:28:15.25 | +00:08:58 (32.0%) | 5:37 | 10.7 (68.2%) |
| 27 | MAZANOWSKA Ewa | 244 | | K36-49 lat | 27 | 00:00:10 | 00:14:20 | 00:28:07.05 | 00:28:17.85 | +00:09:00 (32.1%) | 5:37 | 10.7 (68.2%) |
| 28 | SZEWCUK Ewa | 414 | | K36-49 lat | 28 | 00:00:10 | 00:13:47 | 00:28:10.20 | 00:28:21.10 | +00:09:03 (32.2%) | 5:38 | 10.6 (67.5%) |
| 29 | PESZYŃSKA Joanna | 309 | | K36-49 lat | 29 | 00:00:23 | 00:14:15 | 00:28:11.05 | 00:28:34.70 | +00:09:04 (32.2%) | 5:38 | 10.6 (67.5%) |
| 30 | JAWOROWSKA Justyna | 128 | | K36-49 lat | 30 | 00:00:03 | 00:14:11 | 00:28:17.05 | 00:28:20.95 | +00:09:10 (32.5%) | 5:39 | 10.6 (67.5%) |
| 31 | SAS Kasia | 364 | | K36-49 lat | 31 | 00:00:22 | 00:14:59 | 00:28:49.90 | 00:29:12.40 | +00:09:43 (33.7%) | 5:46 | 10.4 (66.2%) |
| 32 | CIEŚLAK Emilia | 53 | | K36-49 lat | 32 | 00:00:30 | 00:14:42 | 00:28:51.15 | 00:29:21.50 | +00:09:44 (33.8%) | 5:46 | 10.4 (66.2%) |
| 33 | NOGA Magdalena | 274 | | K36-49 lat | 33 | 00:00:07 | 00:14:28 | 00:29:04.10 | 00:29:11.75 | +00:09:57 (34.3%) | 5:48 | 10.3 (65.6%) |
| 34 | BRZYKCA Joanna | 36 | | K36-49 lat | 34 | 00:00:30 | 00:14:43 | 00:29:04.85 | 00:29:35.40 | +00:09:58 (34.3%) | 5:49 | 10.3 (65.6%) |
| 35 | BUZIAK Małgorzata | 42 | | K36-49 lat | 35 | 00:00:07 | 00:14:02 | 00:29:07.10 | 00:29:15.05 | +00:10:00 (34.4%) | 5:49 | 10.3 (65.6%) |
| 36 | WŁODARCZYK Katarzyna | 462 | | K36-49 lat | 36 | 00:00:28 | 00:13:58 | 00:29:08.75 | 00:29:37.70 | +00:10:02 (34.4%) | 5:49 | 10.3 (65.6%) |
| 37 | WOJEWÓDZKA Magdalena | 466 | | K36-49 lat | 37 | 00:00:38 | 00:15:34 | 00:29:08.95 | 00:29:47.35 | +00:10:02 (34.5%) | 5:49 | 10.3 (65.6%) |
| 38 | FRĄTCZAK Beata | 80 | | K36-49 lat | 38 | 00:00:04 | 00:14:10 | 00:29:09.45 | 00:29:13.80 | +00:10:03 (34.5%) | 5:49 | 10.3 (65.6%) |
| 39 | ŁADNIAK Bernadeta | 218 | | K36-49 lat | 39 | 00:00:18 | 00:14:49 | 00:29:28.90 | 00:29:47.50 | +00:10:22 (35.2%) | 5:53 | 10.2 (65.0%) |

| 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 |
|-----|-------------------------------------|------------|--------------|------------|------|-------------|------------------|--------------------|--------------------|-------------------|--------------|--------------|
| 40 | KOŹLIKOWSKA-WENCKA Magdalena | 174 | | K36-49 lat | 40 | 00:00:28 | 00:14:19 | 00:29:31.60 | 00:30:00.30 | +00:10:25 (35.3%) | 5:54 | 10.2 (65.0%) |
| 41 | SENSKA Magdalena | 368 | | K36-49 lat | 41 | 00:00:36 | 00:14:59 | 00:29:33.35 | 00:30:10.30 | +00:10:27 (35.4%) | 5:54 | 10.1 (64.3%) |
| 42 | JAKUBIK-LORENC Aneta | 510 | | K36-49 lat | 42 | 00:00:26 | 00:14:50 | 00:29:40.70 | 00:30:06.75 | +00:10:34 (35.6%) | 5:56 | 10.1 (64.3%) |
| 43 | JAKUBOWSKA Anna | 121 | NIEZRZESZONY | K36-49 lat | 43 | 00:00:04 | 00:14:40 | 00:29:41.00 | 00:29:45.30 | +00:10:34 (35.6%) | 5:56 | 10.1 (64.3%) |
| 44 | SOSIŃSKA Izabela | 391 | X | K36-49 lat | 44 | 00:00:13 | 00:14:52 | 00:29:44.75 | 00:29:58.10 | +00:10:38 (35.8%) | 5:57 | 10.1 (64.3%) |
| 45 | DZIEDZIC Agnieszka | 74 | | K36-49 lat | 45 | 00:00:13 | 00:14:53 | 00:29:44.80 | 00:29:58.20 | +00:10:38 (35.8%) | 5:57 | 10.1 (64.3%) |
| 46 | ALBETZKA Wioleta | 5 | NEUROSANA | K36-49 lat | 46 | 00:00:13 | 00:14:33 | 00:29:53.70 | 00:30:06.80 | +00:10:47 (36.1%) | 5:58 | 10 (63.7%) |
| 47 | LEWANDOWSKA-GBYL Kinga | 210 | NEUROSANA | K36-49 lat | 47 | 00:00:12 | 00:14:33 | 00:29:54.70 | 00:30:07.00 | +00:10:48 (36.1%) | 5:59 | 10 (63.7%) |
| 48 | DOMINIAK Joanna | 66 | | K36-49 lat | 48 | 00:00:06 | 00:14:23 | 00:29:55.30 | 00:30:01.30 | +00:10:48 (36.1%) | 5:59 | 10 (63.7%) |
| 49 | TYLL Anna | 438 | | K36-49 lat | 49 | 00:00:11 | 00:15:15 | 00:29:56.20 | 00:30:08.05 | +00:10:49 (36.2%) | 5:59 | 10 (63.7%) |
| 50 | PISKORSKA Marta | 321 | | K36-49 lat | 50 | 00:00:32 | 00:15:43 | 00:30:00.75 | 00:30:33.60 | +00:10:54 (36.3%) | 6:00 | 10 (63.7%) |
| 51 | MORACZEWSKA Angelika | 261 | | K36-49 lat | 51 | 00:00:25 | 00:15:41 | 00:30:02.35 | 00:30:28.25 | +00:10:56 (36.4%) | 6:00 | 10 (63.7%) |
| 52 | MICHNIEWICZ Małgorzata | 249 | | K36-49 lat | 52 | 00:00:17 | 00:14:54 | 00:30:04.95 | 00:30:22.20 | +00:10:58 (36.5%) | 6:01 | 10 (63.7%) |
| 53 | BŁAŻEK Kasia | 26 | | K36-49 lat | 53 | 00:00:12 | 00:14:47 | 00:30:05.00 | 00:30:17.70 | +00:10:58 (36.5%) | 6:01 | 10 (63.7%) |
| 54 | KUKLISOVA Gabriela | 195 | | K36-49 lat | 54 | 00:00:19 | 00:15:20 | 00:30:07.25 | 00:30:26.45 | +00:11:00 (36.6%) | 6:01 | 10 (63.7%) |
| 55 | RICHERT Teresa | 342 | | K36-49 lat | 55 | 00:00:32 | 00:15:03 | 00:30:12.10 | 00:30:44.90 | +00:11:05 (36.7%) | 6:02 | 9.9 (63.1%) |
| 56 | ZDUNKIEWICZ Hanna | 482 | | K36-49 lat | 56 | 00:00:29 | 00:15:30 | 00:30:15.90 | 00:30:45.65 | +00:11:09 (36.9%) | 6:03 | 9.9 (63.1%) |
| 57 | MICHALAK Anita | 246 | | K36-49 lat | 57 | 00:00:27 | 00:15:32 | 00:30:17.80 | 00:30:45.70 | +00:11:11 (36.9%) | 6:03 | 9.9 (63.1%) |
| 58 | NAWROCKA Joanna | 270 | | K36-49 lat | 58 | 00:00:03 | 00:14:51 | 00:30:21.40 | 00:30:24.75 | +00:11:15 (37.1%) | 6:04 | 9.9 (63.1%) |
| 59 | NAWROT Katarzyna | 272 | | K36-49 lat | 59 | 00:00:04 | 00:14:39 | 00:30:29.90 | 00:30:34.10 | +00:11:23 (37.4%) | 6:06 | 9.8 (62.4%) |
| 60 | DZIKOWSKA Agnieszka | 75 | MAMUŚKI | K36-49 lat | 60 | 00:00:33 | 00:16:07 | 00:30:36.90 | 00:31:10.40 | +00:11:30 (37.6%) | 6:07 | 9.8 (62.4%) |
| 61 | GARDYZA Lidia | 90 | | K36-49 lat | 61 | 00:00:04 | 00:14:54 | 00:30:41.65 | 00:30:46.30 | +00:11:35 (37.8%) | 6:08 | 9.8 (62.4%) |
| 62 | UKLEJA Karolina | 439 | | K36-49 lat | 62 | 00:00:31 | 00:15:28 | 00:30:50.70 | 00:31:21.80 | +00:11:44 (38.1%) | 6:10 | 9.7 (61.8%) |

| 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 |
|-----|--------------------------|-------|------------------------|------------|------|-------------|------------------|----------------|-----------------|-------------------|--------------|-------------|
| 63 | KUJAWA Magdalena | 193 | | K36-49 lat | 63 | 00:00:09 | 00:15:13 | 00:30:53.65 | 00:31:03.30 | +00:11:47 (38.2%) | 6:10 | 9.7 (61.8%) |
| 64 | WITKOWSKA Lucyna | 459 | | K36-49 lat | 64 | 00:00:09 | 00:15:13 | 00:30:53.75 | 00:31:03.45 | +00:11:47 (38.2%) | 6:10 | 9.7 (61.8%) |
| 65 | POL Małgorzata | 327 | | K36-49 lat | 65 | 00:00:06 | 00:14:54 | 00:30:54.60 | 00:31:01.50 | +00:11:48 (38.2%) | 6:11 | 9.7 (61.8%) |
| 66 | KOWALSKA Anna | 169 | | K36-49 lat | 66 | 00:00:37 | 00:16:12 | 00:30:57.75 | 00:31:35.05 | +00:11:51 (38.3%) | 6:11 | 9.7 (61.8%) |
| 67 | JAŹDŹEWSKA Aleksandra | 131 | | K36-49 lat | 67 | 00:00:36 | 00:16:13 | 00:30:58.30 | 00:31:35.20 | +00:11:51 (38.3%) | 6:11 | 9.7 (61.8%) |
| 68 | SIERADZKA Małgorzata | 371 | | K36-49 lat | 68 | 00:00:30 | 00:15:07 | 00:31:05.25 | 00:31:36.20 | +00:11:58 (38.5%) | 6:13 | 9.6 (61.1%) |
| 69 | ŁUKASZEWSKA Grażyna | 226 | | K36-49 lat | 69 | 00:00:23 | 00:15:55 | 00:31:05.75 | 00:31:29.20 | +00:11:59 (38.6%) | 6:13 | 9.6 (61.1%) |
| 70 | BARTKOWIAK Dorota | 16 | | K36-49 lat | 70 | 00:00:42 | 00:16:00 | 00:31:07.85 | 00:31:50.20 | +00:12:01 (38.6%) | 6:13 | 9.6 (61.1%) |
| 71 | SAWALISCH Beata | 365 | CENTRUM KLUB SPORTOWY | K36-49 lat | 71 | 00:00:10 | 00:15:18 | 00:31:09.75 | 00:31:20.05 | +00:12:03 (38.7%) | 6:14 | 9.6 (61.1%) |
| 72 | OLEJNICZAK Magdalena | 289 | GWIAZDY NESTLE FITNESS | K36-49 lat | 72 | 00:00:21 | 00:15:44 | 00:31:09.85 | 00:31:31.50 | +00:12:03 (38.7%) | 6:14 | 9.6 (61.1%) |
| 73 | BARAŃSKA Sylwia | 13 | PARKRUN BYDGOSZCZ | K36-49 lat | 73 | 00:00:05 | 00:14:58 | 00:31:12.50 | 00:31:18.05 | +00:12:06 (38.8%) | 6:14 | 9.6 (61.1%) |
| 74 | MALINOWSKA Agata | 511 | | K36-49 lat | 74 | 00:00:26 | 00:15:12 | 00:31:13.95 | 00:31:40.40 | +00:12:07 (38.8%) | 6:14 | 9.6 (61.1%) |
| 75 | KRYMER Agnieszka | 182 | | K36-49 lat | 75 | 00:00:15 | 00:15:59 | 00:31:16.35 | 00:31:32.10 | +00:12:10 (38.9%) | 6:15 | 9.6 (61.1%) |
| 76 | SIWIAK-STARZYŃSKA Joanna | 375 | | K36-49 lat | 76 | 00:00:15 | 00:15:59 | 00:31:16.75 | 00:31:32.10 | +00:12:10 (38.9%) | 6:15 | 9.6 (61.1%) |
| 77 | RYDELSKA Kinga | 357 | | K36-49 lat | 77 | 00:00:17 | 00:15:07 | 00:31:18.35 | 00:31:35.50 | +00:12:12 (39.0%) | 6:15 | 9.6 (61.1%) |
| 78 | AUGUSTYNOWICZ Aurelia | 10 | RCI BYDGOSZCZ | K36-49 lat | 78 | 00:00:16 | 00:15:46 | 00:31:27.40 | 00:31:43.60 | +00:12:21 (39.3%) | 6:17 | 9.5 (60.5%) |
| 79 | STEFAŃSKA Wiesia | 396 | | K36-49 lat | 79 | 00:00:27 | 00:15:38 | 00:31:28.95 | 00:31:56.55 | +00:12:22 (39.3%) | 6:17 | 9.5 (60.5%) |
| 80 | SKOWRON Monika | 379 | | K36-49 lat | 80 | 00:00:15 | 00:16:13 | 00:31:30.30 | 00:31:46.10 | +00:12:23 (39.4%) | 6:18 | 9.5 (60.5%) |
| 81 | SAK Ewa | 361 | | K36-49 lat | 81 | 00:00:18 | 00:15:48 | 00:31:31.15 | 00:31:49.55 | +00:12:24 (39.4%) | 6:18 | 9.5 (60.5%) |
| 82 | KĘDZIERSKA Marzena | 150 | | K36-49 lat | 82 | 00:00:27 | 00:15:07 | 00:31:31.40 | 00:31:58.40 | +00:12:25 (39.4%) | 6:18 | 9.5 (60.5%) |
| 83 | DŁUGOŃSKA Beata | 64 | | K36-49 lat | 83 | 00:00:07 | 00:15:18 | 00:31:32.00 | 00:31:39.45 | +00:12:25 (39.4%) | 6:18 | 9.5 (60.5%) |
| 84 | RÓŹAŃSKA Agnieszka | 348 | EUROFINANSE TEAM | K36-49 lat | 84 | 00:00:32 | 00:16:06 | 00:31:36.85 | 00:32:09.50 | +00:12:30 (39.6%) | 6:19 | 9.5 (60.5%) |
| 85 | WALCZAK Joanna | 444 | | K36-49 lat | 85 | 00:00:11 | 00:15:45 | 00:31:39.50 | 00:31:50.65 | +00:12:33 (39.6%) | 6:19 | 9.5 (60.5%) |

| 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 |
|-----|---------------------------------|------------|--------------------|------------|------|-------------|------------------|--------------------|--------------------|-------------------|--------------|-------------|
| 86 | BERNAT Joanna | 22 | | K36-49 lat | 86 | 00:00:31 | 00:16:22 | 00:31:42.00 | 00:32:13.65 | +00:12:35 (39.7%) | 6:20 | 9.5 (60.5%) |
| 87 | LEWANDOWSKA Sylwia | 206 | | K36-49 lat | 87 | 00:00:13 | 00:15:58 | 00:31:44.95 | 00:31:58.15 | +00:12:38 (39.8%) | 6:21 | 9.4 (59.9%) |
| 88 | WALICH Aleksandra | 445 | | K36-49 lat | 88 | 00:00:15 | 00:15:44 | 00:31:49.25 | 00:32:04.50 | +00:12:42 (40.0%) | 6:21 | 9.4 (59.9%) |
| 89 | WEYNA-KUŹNIAK Anita | 451 | MAMUŚKI | K36-49 lat | 89 | 00:00:32 | 00:16:08 | 00:31:53.45 | 00:32:25.80 | +00:12:47 (40.1%) | 6:22 | 9.4 (59.9%) |
| 90 | NOWAK Mariola | 277 | | K36-49 lat | 90 | 00:00:07 | 00:15:39 | 00:31:59.55 | 00:32:06.55 | +00:12:53 (40.3%) | 6:23 | 9.4 (59.9%) |
| 91 | DANIELEWICZ Anna | 60 | | K36-49 lat | 91 | 00:00:08 | 00:16:10 | 00:32:00.90 | 00:32:09.25 | +00:12:54 (40.3%) | 6:24 | 9.4 (59.9%) |
| 92 | LEWANDOWSKA Magdalena | 208 | | K36-49 lat | 92 | 00:00:08 | 00:16:10 | 00:32:01.70 | 00:32:10.10 | +00:12:55 (40.3%) | 6:24 | 9.4 (59.9%) |
| 93 | KLAF CZYŃSKA Iwona | 155 | | K36-49 lat | 93 | 00:00:33 | 00:16:05 | 00:32:02.35 | 00:32:35.40 | +00:12:56 (40.4%) | 6:24 | 9.4 (59.9%) |
| 94 | ID CZAK Małgorzata | 116 | | K36-49 lat | 94 | 00:00:35 | 00:16:06 | 00:32:14.70 | 00:32:50.15 | +00:13:08 (40.7%) | 6:27 | 9.3 (59.2%) |
| 95 | SZPYT Ania | 417 | | K36-49 lat | 95 | 00:00:34 | 00:16:07 | 00:32:15.15 | 00:32:49.95 | +00:13:08 (40.8%) | 6:27 | 9.3 (59.2%) |
| 96 | MALINOWSKA Joanna | 235 | | K36-49 lat | 96 | 00:00:30 | 00:16:09 | 00:32:23.25 | 00:32:54.10 | +00:13:16 (41.0%) | 6:28 | 9.3 (59.2%) |
| 97 | KAMIŃSKA Małgorzata | 140 | | K36-49 lat | 97 | 00:00:27 | 00:17:00 | 00:32:25.15 | 00:32:52.45 | +00:13:18 (41.1%) | 6:29 | 9.3 (59.2%) |
| 98 | SAWARSKA-WILK Agnieszka | 366 | | K36-49 lat | 98 | 00:00:17 | 00:16:27 | 00:32:29.40 | 00:32:46.90 | +00:13:23 (41.2%) | 6:29 | 9.2 (58.6%) |
| 99 | DĘBCZYŃSKA Agnieszka | 63 | DOBRY KLIMAT | K36-49 lat | 99 | 00:00:25 | 00:15:36 | 00:32:31.15 | 00:32:56.30 | +00:13:24 (41.2%) | 6:30 | 9.2 (58.6%) |
| 100 | WITKOWSKA Anna | 461 | HULAJ TEAM | K36-49 lat | 100 | 00:00:20 | 00:16:49 | 00:32:34.10 | 00:32:54.60 | +00:13:27 (41.3%) | 6:30 | 9.2 (58.6%) |
| 101 | ID CZAK - BOREK Hanna | 117 | | K36-49 lat | 101 | 00:00:20 | 00:16:50 | 00:32:34.30 | 00:32:54.70 | +00:13:27 (41.3%) | 6:30 | 9.2 (58.6%) |
| 102 | CHUDECKA Beata | 50 | DIABELSKIE PIORUNY | K36-49 lat | 102 | 00:00:34 | 00:16:38 | 00:32:45.85 | 00:33:20.00 | +00:13:39 (41.7%) | 6:33 | 9.2 (58.6%) |
| 103 | CIESIELSKA Agnieszka | 51 | | K36-49 lat | 103 | 00:00:29 | 00:16:41 | 00:32:46.50 | 00:33:16.05 | +00:13:40 (41.7%) | 6:33 | 9.2 (58.6%) |
| 104 | GIZINSKA Paulina | 95 | | K36-49 lat | 104 | 00:00:41 | 00:16:15 | 00:32:48.65 | 00:33:30.55 | +00:13:42 (41.8%) | 6:33 | 9.1 (58.0%) |
| 105 | GRABOWSKA_KUTOWIŃSKA Ewa | 104 | | K36-49 lat | 105 | 00:00:05 | 00:16:35 | 00:32:52.60 | 00:32:58.50 | +00:13:46 (41.9%) | 6:34 | 9.1 (58.0%) |
| 106 | KAŹMIERCZAK Aleksandra | 149 | BIEGAJ Z DĘBAMI | K36-49 lat | 106 | 00:00:38 | 00:16:35 | 00:32:52.65 | 00:33:30.85 | +00:13:46 (41.9%) | 6:34 | 9.1 (58.0%) |
| 107 | KOSTRZEWSKA Dorota | 166 | CROSFICIARY | K36-49 lat | 107 | 00:00:23 | 00:17:25 | 00:32:54.80 | 00:33:17.95 | +00:13:48 (42.0%) | 6:34 | 9.1 (58.0%) |
| 108 | KALISIAK Sylwia | 138 | | K36-49 lat | 108 | 00:00:06 | 00:16:33 | 00:33:01.40 | 00:33:07.70 | +00:13:55 (42.1%) | 6:36 | 9.1 (58.0%) |

| 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 |
|-----|--------------------------------|------------|----------------------|------------|------|-------------|------------------|--------------------|--------------------|-------------------|--------------|-------------|
| 109 | KRÓL Hanna | 178 | | K36-49 lat | 109 | 00:00:31 | 00:16:23 | 00:33:02.65 | 00:33:34.10 | +00:13:56 (42.2%) | 6:36 | 9.1 (58.0%) |
| 110 | GRABOWSKA Joanna | 102 | | K36-49 lat | 110 | 00:00:07 | 00:16:11 | 00:33:03.60 | 00:33:10.75 | +00:13:57 (42.2%) | 6:36 | 9.1 (58.0%) |
| 111 | WÓJCIK Anna | 468 | | K36-49 lat | 111 | 00:00:28 | 00:16:10 | 00:33:03.90 | 00:33:32.10 | +00:13:57 (42.2%) | 6:36 | 9.1 (58.0%) |
| 112 | BIAŁACHOWSKA Mariola | 23 | | K36-49 lat | 112 | 00:00:27 | 00:15:37 | 00:33:04.35 | 00:33:31.65 | +00:13:58 (42.2%) | 6:36 | 9.1 (58.0%) |
| 113 | OLEJNICZAK Hanna | 288 | | K36-49 lat | 113 | 00:00:26 | 00:16:06 | 00:33:08.75 | 00:33:35.30 | +00:14:02 (42.4%) | 6:37 | 9 (57.3%) |
| 114 | POCZWARDOWSKA Wioletta | 324 | | K36-49 lat | 114 | 00:00:22 | 00:16:51 | 00:33:09.05 | 00:33:31.85 | +00:14:02 (42.4%) | 6:37 | 9 (57.3%) |
| 115 | HECKERT Ewelina | 112 | | K36-49 lat | 115 | 00:00:40 | 00:17:32 | 00:33:09.20 | 00:33:49.70 | +00:14:02 (42.4%) | 6:37 | 9 (57.3%) |
| 116 | DURZYŃSKA Anna | 72 | BUDLEX | K36-49 lat | 116 | 00:00:22 | 00:17:06 | 00:33:16.75 | 00:33:39.20 | +00:14:10 (42.6%) | 6:39 | 9 (57.3%) |
| 117 | SURDYK Marzena | 403 | ADHD SQUAD | K36-49 lat | 117 | 00:00:42 | 00:17:29 | 00:33:19.30 | 00:34:02.00 | +00:14:12 (42.7%) | 6:40 | 9 (57.3%) |
| 118 | MARC Agnieszka | 242 | | K36-49 lat | 118 | 00:00:16 | 00:16:50 | 00:33:21.60 | 00:33:38.20 | +00:14:15 (42.7%) | 6:40 | 9 (57.3%) |
| 119 | SMOLIŃSKA Beata | 387 | ZIELONY PELIKAN | K36-49 lat | 119 | 00:00:36 | 00:17:37 | 00:33:25.40 | 00:34:01.80 | +00:14:19 (42.8%) | 6:41 | 9 (57.3%) |
| 120 | PILARSKA-KENSIK Justyna | 318 | | K36-49 lat | 120 | 00:00:43 | 00:17:37 | 00:33:27.30 | 00:34:10.50 | +00:14:20 (42.9%) | 6:41 | 9 (57.3%) |
| 120 | LEWANDOWSKA Agnieszka | 211 | | K36-49 lat | 121 | 00:00:43 | 00:17:37 | 00:33:27.30 | 00:34:10.65 | +00:14:20 (42.9%) | 6:41 | 9 (57.3%) |
| 122 | KUICH Agnieszka | 192 | | K36-49 lat | 122 | 00:00:08 | 00:15:59 | 00:33:27.85 | 00:33:35.95 | +00:14:21 (42.9%) | 6:41 | 9 (57.3%) |
| 123 | PEPLIŃSKA Joanna | 308 | KANGOO JUMP ŚWIECIE | K36-49 lat | 123 | 00:00:10 | 00:16:27 | 00:33:36.60 | 00:33:47.00 | +00:14:30 (43.2%) | 6:43 | 8.9 (56.7%) |
| 124 | MILER Anna | 253 | | K36-49 lat | 124 | 00:00:09 | 00:16:28 | 00:33:36.75 | 00:33:46.40 | +00:14:30 (43.2%) | 6:43 | 8.9 (56.7%) |
| 125 | ŻUREK Edyta | 497 | KANGOO JAMPS ŚWIECIE | K36-49 lat | 125 | 00:00:09 | 00:16:40 | 00:33:37.95 | 00:33:46.95 | +00:14:31 (43.2%) | 6:43 | 8.9 (56.7%) |
| 126 | MINISZEWSKA Irena | 255 | | K36-49 lat | 126 | 00:00:23 | 00:16:37 | 00:33:45.35 | 00:34:09.00 | +00:14:39 (43.4%) | 6:45 | 8.9 (56.7%) |
| 127 | MARCZAK Monika | 241 | | K36-49 lat | 127 | 00:00:07 | 00:17:00 | 00:33:52.25 | 00:33:59.60 | +00:14:45 (43.6%) | 6:46 | 8.9 (56.7%) |
| 128 | WYCZLING Agnieszka | 474 | INNOVAD TEAM | K36-49 lat | 128 | 00:00:05 | 00:16:22 | 00:33:53.25 | 00:33:58.90 | +00:14:46 (43.6%) | 6:46 | 8.9 (56.7%) |
| 129 | ADAMCZAK Ewa | 1 | | K36-49 lat | 129 | 00:00:05 | 00:16:22 | 00:33:53.45 | 00:33:59.05 | +00:14:47 (43.6%) | 6:46 | 8.8 (56.1%) |
| 130 | POKORA Monika | 326 | | K36-49 lat | 130 | 00:00:09 | 00:16:20 | 00:33:57.95 | 00:34:07.35 | +00:14:51 (43.7%) | 6:47 | 8.8 (56.1%) |
| 131 | ZIELIŃSKA Dorota | 509 | | K36-49 lat | 131 | 00:00:28 | 00:16:24 | 00:33:58.65 | 00:34:27.30 | +00:14:52 (43.8%) | 6:47 | 8.8 (56.1%) |

| 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 | KWASIGROCH Aleksandra | 199 | | K36-49 lat | 132 | 00:00:19 | 00:16:23 | 00:34:06.60 | 00:34:26.00 | +00:15:00 (44.0%) | 6:49 | 8.8 (56.1%) |
| 133 | KUCZYŃSKA Agnieszka | 189 | | K36-49 lat | 133 | 00:00:20 | 00:16:40 | 00:34:13.75 | 00:34:33.75 | +00:15:07 (44.2%) | 6:50 | 8.8 (56.1%) |
| 134 | TYKWIŃSKA Katarzyna | 437 | | K36-49 lat | 134 | 00:00:05 | 00:16:31 | 00:34:16.40 | 00:34:22.15 | +00:15:10 (44.3%) | 6:51 | 8.8 (56.1%) |
| 135 | TOMASIK Aleksandra | 428 | | K36-49 lat | 135 | 00:00:37 | 00:17:43 | 00:34:30.70 | 00:35:08.20 | +00:15:24 (44.6%) | 6:54 | 8.7 (55.4%) |
| 136 | WESÓŁ Violetta | 450 | | K36-49 lat | 136 | 00:00:13 | 00:16:45 | 00:34:33.20 | 00:34:46.80 | +00:15:26 (44.7%) | 6:54 | 8.7 (55.4%) |
| 137 | WITKOWSKA Joanna | 460 | | K36-49 lat | 137 | 00:00:40 | 00:17:34 | 00:34:33.70 | 00:35:14.50 | +00:15:27 (44.7%) | 6:54 | 8.7 (55.4%) |
| 138 | JAROSIŃSKA Romana | 125 | | K36-49 lat | 138 | 00:00:40 | 00:17:34 | 00:34:34.00 | 00:35:14.35 | +00:15:27 (44.7%) | 6:54 | 8.7 (55.4%) |
| 139 | WENERSKA Magdalena | 448 | DIABELSKIE PIORUNY | K36-49 lat | 139 | 00:00:35 | 00:17:29 | 00:34:34.05 | 00:35:09.55 | +00:15:27 (44.7%) | 6:54 | 8.7 (55.4%) |
| 140 | KUŹNIEWSKA Aleksandra | 198 | | K36-49 lat | 140 | 00:00:16 | 00:17:14 | 00:34:36.00 | 00:34:52.60 | +00:15:29 (44.8%) | 6:55 | 8.7 (55.4%) |
| 141 | KILIŃSKA Magdalena | 153 | HELIX POMATIA | K36-49 lat | 141 | 00:00:06 | 00:16:45 | 00:34:37.10 | 00:34:43.40 | +00:15:30 (44.8%) | 6:55 | 8.7 (55.4%) |
| 142 | SZEWCZYK Katarzyna | 415 | | K36-49 lat | 142 | 00:00:28 | 00:17:00 | 00:34:37.45 | 00:35:06.40 | +00:15:31 (44.8%) | 6:55 | 8.7 (55.4%) |
| 143 | DOMŻALSKA Sławomira | 68 | | K36-49 lat | 143 | 00:00:25 | 00:17:09 | 00:34:40.50 | 00:35:05.90 | +00:15:34 (44.9%) | 6:56 | 8.7 (55.4%) |
| 144 | BURNICKA Ewa | 41 | | K36-49 lat | 144 | 00:00:24 | 00:17:10 | 00:34:40.95 | 00:35:05.75 | +00:15:34 (44.9%) | 6:56 | 8.6 (54.8%) |
| 145 | WYPYCH-KLUNDER Katarzyna | 476 | | K36-49 lat | 145 | 00:00:24 | 00:17:51 | 00:34:44.70 | 00:35:08.95 | +00:15:38 (45.0%) | 6:56 | 8.6 (54.8%) |
| 146 | KRANZ Kinga | 175 | | K36-49 lat | 146 | 00:00:09 | 00:16:38 | 00:34:58.10 | 00:35:07.60 | +00:15:51 (45.4%) | 6:59 | 8.6 (54.8%) |
| 147 | ŁAKOMSKA - OPALA Iwona | 220 | | K36-49 lat | 147 | 00:00:33 | 00:16:47 | 00:34:59.90 | 00:35:33.50 | +00:15:53 (45.4%) | 7:00 | 8.6 (54.8%) |
| 148 | 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 | +00:15:56 (45.5%) | 7:00 | 8.6 (54.8%) |
| 149 | KUBERA Monika | 185 | | K36-49 lat | 149 | 00:00:19 | 00:17:37 | 00:35:05.75 | 00:35:25.45 | +00:15:59 (45.6%) | 7:01 | 8.5 (54.1%) |
| 150 | KULWICKA Aneta | 196 | | K36-49 lat | 150 | 00:00:31 | 00:17:39 | 00:35:06.40 | 00:35:38.20 | +00:16:00 (45.6%) | 7:01 | 8.5 (54.1%) |
| 151 | STACHÓLEC Adela | 394 | | K36-49 lat | 151 | 00:00:08 | 00:16:57 | 00:35:11.20 | 00:35:19.70 | +00:16:04 (45.7%) | 7:02 | 8.5 (54.1%) |
| 152 | RYCHLIKA Agnieszka | 356 | | K36-49 lat | 152 | 00:00:25 | 00:17:09 | 00:35:21.80 | 00:35:47.30 | +00:16:15 (46.0%) | 7:04 | 8.5 (54.1%) |
| 153 | PASIEKA Magda | 302 | OSP NAKŁO | K36-49 lat | 153 | 00:00:34 | 00:17:58 | 00:35:32.80 | 00:36:07.75 | +00:16:26 (46.3%) | 7:06 | 8.4 (53.5%) |
| 154 | SZTOLIN Sylwia | 501 | BYDGOSKI KLUB MORSÓW | K36-49 lat | 154 | 00:00:07 | 00:16:59 | 00:35:34.80 | 00:35:42.75 | +00:16:28 (46.3%) | 7:07 | 8.4 (53.5%) |

| 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 |
|-----|---------------------------|-------|-----------------------------|------------|------|-------------|------------------|----------------|-----------------|-------------------|--------------|-------------|
| 155 | REDECKA Sylwia | 341 | | K36-49 lat | 155 | 00:00:18 | 00:17:53 | 00:35:48.55 | 00:36:06.60 | +00:16:42 (46.6%) | 7:09 | 8.4 (53.5%) |
| 156 | BEMBNISTA Agnieszka | 21 | | K36-49 lat | 156 | 00:00:17 | 00:17:54 | 00:35:48.65 | 00:36:06.45 | +00:16:42 (46.6%) | 7:09 | 8.4 (53.5%) |
| 157 | WAŚNIEWSKA Hanna | 447 | | K36-49 lat | 157 | 00:00:17 | 00:17:54 | 00:35:48.95 | 00:36:06.20 | +00:16:42 (46.7%) | 7:09 | 8.4 (53.5%) |
| 158 | ZALEWSKA Alina | 479 | DIABELSKIE PIORUNY | K36-49 lat | 158 | 00:00:35 | 00:17:43 | 00:35:50.00 | 00:36:25.60 | +00:16:43 (46.7%) | 7:10 | 8.4 (53.5%) |
| 159 | RUPIŃSKA Justyna | 351 | | K36-49 lat | 159 | 00:00:36 | 00:17:27 | 00:36:01.15 | 00:36:37.70 | +00:16:54 (47.0%) | 7:12 | 8.3 (52.9%) |
| 160 | OJRZANOWSKA Maria | 286 | | K36-49 lat | 160 | 00:00:38 | 00:17:55 | 00:36:01.25 | 00:36:39.70 | +00:16:54 (47.0%) | 7:12 | 8.3 (52.9%) |
| 161 | OSTROWSKA Renata | 293 | | K36-49 lat | 161 | 00:00:38 | 00:17:56 | 00:36:01.50 | 00:36:39.60 | +00:16:55 (47.0%) | 7:12 | 8.3 (52.9%) |
| 162 | TEWS Marzena | 426 | | K36-49 lat | 162 | 00:00:38 | 00:17:56 | 00:36:01.55 | 00:36:39.60 | +00:16:55 (47.0%) | 7:12 | 8.3 (52.9%) |
| 163 | JAWORSKA KACZMAREK Sylwia | 130 | #4FAJTER | K36-49 lat | 163 | 00:00:37 | 00:17:57 | 00:36:02.05 | 00:36:39.85 | +00:16:55 (47.0%) | 7:12 | 8.3 (52.9%) |
| 164 | WRUK Justyna | 472 | DIABELSKIE PIORUNY | K36-49 lat | 164 | 00:00:35 | 00:18:00 | 00:36:22.05 | 00:36:57.50 | +00:17:15 (47.5%) | 7:16 | 8.2 (52.2%) |
| 165 | KARPIŃSKA Asia | 142 | | K36-49 lat | 165 | 00:00:27 | 00:17:42 | 00:36:33.05 | 00:37:00.55 | +00:17:26 (47.7%) | 7:18 | 8.2 (52.2%) |
| 166 | SWOBODZIŃSKA Agata | 404 | | K36-49 lat | 166 | 00:00:36 | 00:18:12 | 00:36:36.10 | 00:37:12.20 | +00:17:29 (47.8%) | 7:19 | 8.2 (52.2%) |
| 167 | WIŚNIEWSKA Dorota | 457 | | K36-49 lat | 167 | 00:00:36 | 00:18:12 | 00:36:36.45 | 00:37:12.55 | +00:17:30 (47.8%) | 7:19 | 8.2 (52.2%) |
| 168 | WOJCIECHOWSKA Dagmara | 463 | - | K36-49 lat | 168 | 00:00:09 | 00:17:08 | 00:36:37.45 | 00:36:46.65 | +00:17:31 (47.8%) | 7:19 | 8.2 (52.2%) |
| 169 | BUBACZ Dominika | 37 | | K36-49 lat | 169 | 00:00:10 | 00:14:28 | 00:36:37.60 | 00:36:48.20 | +00:17:31 (47.8%) | 7:19 | 8.2 (52.2%) |
| 170 | SKORUPA Gosia | 378 | WALECZNE SERCE | K36-49 lat | 170 | 00:00:02 | 00:17:57 | 00:36:37.90 | 00:36:40.65 | +00:17:31 (47.8%) | 7:19 | 8.2 (52.2%) |
| 171 | NOWAKOWSKA-SZWAJCA Anna | 280 | | K36-49 lat | 171 | 00:00:24 | 00:18:14 | 00:36:42.25 | 00:37:07.05 | +00:17:35 (47.9%) | 7:20 | 8.2 (52.2%) |
| 172 | ZMUDZIŃSKA Anna | 489 | TEAMRUN KCYNIA | K36-49 lat | 172 | 00:00:44 | 00:18:21 | 00:36:55.50 | 00:37:39.75 | +00:17:49 (48.3%) | 7:23 | 8.1 (51.6%) |
| 173 | ROZMARYNOWICZ Anna | 513 | MORSY Z ZALESIA | K36-49 lat | 173 | 00:00:28 | 00:17:29 | 00:37:08.95 | 00:37:37.10 | +00:18:02 (48.6%) | 7:25 | 8.1 (51.6%) |
| 174 | NOWAKOWSKA Katarzyna | 281 | | K36-49 lat | 174 | 00:00:07 | 00:17:47 | 00:37:28.50 | 00:37:36.00 | +00:18:22 (49.0%) | 7:29 | 8 (51.0%) |
| 175 | KORPAL Ilona | 163 | | K36-49 lat | 175 | 00:00:06 | 00:18:19 | 00:37:46.90 | 00:37:53.60 | +00:18:40 (49.4%) | 7:33 | 7.9 (50.3%) |
| 176 | GRABOWSKA Ilona | 103 | WATAHA - ŁĄCZY NAS BIEGANIE | K36-49 lat | 176 | 00:00:22 | 00:18:20 | 00:37:57.95 | 00:38:20.70 | +00:18:51 (49.7%) | 7:35 | 7.9 (50.3%) |
| 177 | KRĘCICKA Ewa | 177 | | K36-49 lat | 177 | 00:00:41 | 00:18:34 | 00:37:58.80 | 00:38:40.40 | +00:18:52 (49.7%) | 7:35 | 7.9 (50.3%) |

| 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 |
|-----|------------------------------------|------------|----------------------|------------|------|-------------|------------------|--------------------|--------------------|-------------------|--------------|-------------|
| 178 | KLAWIKOWSKA Agnieszka | 156 | TESSA-DOM | K36-49 lat | 178 | 00:00:13 | 00:18:18 | 00:38:01.75 | 00:38:15.70 | +00:18:55 (49.8%) | 7:36 | 7.9 (50.3%) |
| 179 | PASIUT Bogumiła | 303 | TESSA - DOM | K36-49 lat | 179 | 00:00:13 | 00:18:19 | 00:38:02.30 | 00:38:15.65 | +00:18:55 (49.8%) | 7:36 | 7.9 (50.3%) |
| 180 | KOSZOWSKA Ania | 167 | 1BLOG | K36-49 lat | 180 | 00:00:45 | 00:18:01 | 00:38:06.00 | 00:38:51.50 | +00:18:59 (49.9%) | 7:37 | 7.9 (50.3%) |
| 181 | SZCZEPANEK-KOZIŃSKA Justyna | 408 | BYDGOSKIE ŻÓŁWIE | K36-49 lat | 181 | 00:00:45 | 00:18:02 | 00:38:06.25 | 00:38:51.60 | +00:18:59 (49.9%) | 7:37 | 7.9 (50.3%) |
| 182 | BRUZDEWICZ Kamilla | 31 | | K36-49 lat | 182 | 00:00:44 | 00:18:43 | 00:38:12.45 | 00:38:57.20 | +00:19:06 (50.0%) | 7:38 | 7.8 (49.7%) |
| 183 | OBREMSKA Magdalena | 285 | | K36-49 lat | 183 | 00:00:25 | 00:18:52 | 00:38:12.50 | 00:38:38.00 | +00:19:06 (50.0%) | 7:38 | 7.8 (49.7%) |
| 184 | KOWALSKA Anna | 171 | | K36-49 lat | 184 | 00:00:44 | 00:18:18 | 00:38:20.35 | 00:39:04.90 | +00:19:14 (50.2%) | 7:40 | 7.8 (49.7%) |
| 185 | ROMANOWSKA Sylwia | 346 | | K36-49 lat | 185 | 00:00:19 | 00:18:46 | 00:38:29.60 | 00:38:49.40 | +00:19:23 (50.4%) | 7:42 | 7.8 (49.7%) |
| 186 | HEJZA-KLIMCZAK Magda | 113 | MUKS REKIN | K36-49 lat | 186 | 00:00:36 | 00:18:49 | 00:38:33.55 | 00:39:10.40 | +00:19:27 (50.5%) | 7:42 | 7.8 (49.7%) |
| 187 | PACZYŃSKA Katarzyna | 295 | | K36-49 lat | 187 | 00:00:12 | 00:19:21 | 00:38:38.00 | 00:38:50.55 | +00:19:31 (50.5%) | 7:43 | 7.8 (49.7%) |
| 188 | ROMPALSKA Lucyna | 347 | | K36-49 lat | 188 | 00:00:12 | 00:19:19 | 00:38:38.25 | 00:38:50.25 | +00:19:31 (50.6%) | 7:43 | 7.8 (49.7%) |
| 189 | MALINOWSKA Justyna | 234 | | K36-49 lat | 189 | 00:00:11 | 00:18:36 | 00:38:41.35 | 00:38:52.50 | +00:19:35 (50.6%) | 7:44 | 7.8 (49.7%) |
| 190 | MARACH-NEUMANN Monika | 238 | | K36-49 lat | 190 | 00:00:44 | 00:18:19 | 00:38:49.25 | 00:39:33.50 | +00:19:42 (50.8%) | 7:45 | 7.7 (49.0%) |
| 191 | SOKOŁOWSCY Joanna | 390 | | K36-49 lat | 191 | 00:00:21 | 00:18:35 | 00:39:03.00 | 00:39:24.35 | +00:19:56 (51.1%) | 7:48 | 7.7 (49.0%) |
| 192 | SUŁKOWSKA Jadwiga | 502 | BYDGOSKI KLUB MORSÓW | K36-49 lat | 192 | 00:00:07 | 00:18:42 | 00:39:10.75 | 00:39:18.20 | +00:20:04 (51.2%) | 7:50 | 7.7 (49.0%) |
| 193 | MUSZYŃSKA Kamila | 264 | | K36-49 lat | 193 | 00:00:20 | 00:19:06 | 00:39:24.25 | 00:39:44.55 | +00:20:17 (51.5%) | 7:52 | 7.6 (48.4%) |
| 194 | RZESZOTARSKA Dorota | 359 | #BBKTS | K36-49 lat | 194 | 00:00:23 | 00:19:13 | 00:39:31.60 | 00:39:55.25 | +00:20:25 (51.7%) | 7:54 | 7.6 (48.4%) |
| 195 | CYCHOWSKA Anna | 54 | | K36-49 lat | 195 | 00:00:39 | 00:19:12 | 00:39:47.15 | 00:40:26.65 | +00:20:40 (52.0%) | 7:57 | 7.5 (47.8%) |
| 196 | SZRAMSKA Violetta | 418 | LEOŚ TEAM | K36-49 lat | 196 | 00:00:33 | 00:18:28 | 00:39:48.00 | 00:40:21.50 | +00:20:41 (52.0%) | 7:57 | 7.5 (47.8%) |
| 197 | ŁAKOMSKA Anna | 219 | LEOŚ TEAM | K36-49 lat | 197 | 00:00:33 | 00:19:02 | 00:39:48.15 | 00:40:21.45 | +00:20:41 (52.0%) | 7:57 | 7.5 (47.8%) |
| 198 | GROT Monika | 108 | | K36-49 lat | 198 | 00:00:46 | 00:19:51 | 00:39:52.20 | 00:40:39.00 | +00:20:45 (52.1%) | 7:58 | 7.5 (47.8%) |
| 199 | SPLITT Anna | 393 | | K36-49 lat | 199 | 00:00:45 | 00:19:35 | 00:40:17.15 | 00:41:02.75 | +00:21:10 (52.6%) | 8:03 | 7.4 (47.1%) |
| 200 | MARCINIAK Jolanta9 | 239 | | K36-49 lat | 200 | 00:00:21 | 00:19:31 | 00:40:31.45 | 00:40:52.50 | +00:21:25 (52.9%) | 8:06 | 7.4 (47.1%) |

| 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 |
|-----|----------------------------|------------|------|------------|------|-------------|------------------|--------------------|--------------------|----------------------|--------------|----------------|
| 201 | GERCZYŃSKA Elżbieta | 508 | | K36-49 lat | 201 | 00:00:41 | 00:19:56 | 00:40:47.05 | 00:41:28.30 | +00:21:40 (53.2%) | 8:09 | 7.4 (47.1%) |
| 202 | KŁACZYŃSKA Ewa | 158 | | K36-49 lat | 202 | 00:00:16 | 00:20:03 | 00:41:26.50 | 00:41:42.95 | +00:22:20 (53.9%) | 8:17 | 7.2 (45.9%) |
| 203 | BEDNAREK Justyna | 20 | | K36-49 lat | 203 | 00:00:39 | 00:21:44 | 00:41:54.90 | 00:42:34.85 | +00:22:48 (54.4%) | 8:23 | 7.2 (45.9%) |
| 204 | BOROWIAK Agnieszka | 28 | | K36-49 lat | 204 | 00:00:43 | 00:19:55 | 00:42:07.85 | 00:42:51.55 | +00:23:01 (54.7%) | 8:25 | 7.1 (45.2%) |
| 205 | LIZOŃ Barbara | 214 | | K36-49 lat | 205 | 00:00:18 | 00:20:15 | 00:42:32.95 | 00:42:51.85 | +00:23:26 (55.1%) | 8:30 | 7.1 (45.2%) |
| 206 | ZIĘTEK Ewelina | 487 | | K36-49 lat | 206 | 00:00:13 | 00:18:06 | | | +00:08:28 | 7:14 | 8.3 (52.9%) |

Znaleziono 206 wynik(ów)