



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%)

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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%)

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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)