



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Bieg Mikołajkowy
Stowarzyszenie BiegamBoLubie Team Police
2019-12-01
Police
10 km

VII BIEG MIKOŁAJKOWY

B4SPORT
INTELLIGENTNE ZAWODY SPORTOWE

B4SPORT
INTELLIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Klasyfikacja Rodzinna	Klasyfikacja Mundurowa	Klasyfikacja IV M.P. Grupy Azoty S.A.	5km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KAMIŃSKA Agata	322	PARKRUN SZCZECIN	K-30	1					00:20:58	00:43:50.45	00:43:53.35		4:23	13.7 (100%)
2	SOBCZAK-CZYNSZ Anna	927	FIZJOLINE SZCZECIN	K-30	2	POLICZANKI				00:21:48	00:45:44.15	00:45:45.85	+00:01:52 (4.1%)	4:34	13.1 (95.6%)
3	OLEJNICZAK Agnieszka	579	RAZ SZCZECIN	K-30	3	Biegające Śnieżynki				00:21:59	00:46:04.15	00:46:05.55	+00:02:12 (4.8%)	4:36	13 (94.9%)
4	PIOTROWSKA Marta	630		K-30	4					00:22:32	00:47:11.05	00:47:13.40	+00:03:20 (7.1%)	4:43	12.7 (92.7%)
5	OLBRYCHOWSKA Paulina	577	WIECZORNE BIEGANIE W SZCZECINIE	K-30	5	Biegające Śnieżynki				00:22:59	00:47:30.85	00:47:33.95	+00:03:40 (7.7%)	4:45	12.6 (92.0%)
6	KOTOWSKA Iwona	375		K-30	6					00:23:40	00:47:46.25	00:47:46.25	+00:03:52 (8.1%)	4:46	12.6 (92.0%)
7	PIOTROWSKA Dorota	940		K-30	7					00:23:21	00:47:59.70	00:48:05.55	+00:04:12 (8.7%)	4:48	12.5 (91.2%)
8	WALTROWSKA Marta	830	RAZ SZCZECIN	K-30	8	Biegające Śnieżynki				00:23:39	00:48:40.65	00:48:45.10	+00:04:51 (10.0%)	4:52	12.3 (89.8%)
9	KUSTRA Paulina	434	BBL POLICE	K-30	9	BBL POLICE			Tak	00:23:50	00:49:15.50	00:49:15.50	+00:05:22 (10.9%)	4:55	12.2 (89.1%)
10	DROŹDZIEL Magdalena	120	KB HERMES GRYFINO	K-30	10	KB Hermes Gryfino				00:24:52	00:50:34.85	00:50:44.00	+00:06:50 (13.5%)	5:03	11.9 (86.9%)
11	TROJGA Karolina	818	WIECZORNE BIEGANIE W SZCZECINIE	K-30	11					00:23:51	00:50:41.60	00:50:46.10	+00:06:52 (13.6%)	5:04	11.8 (86.1%)
12	JONASIK Joanna	304	PYRZYCE BIEGAJĄ	K-30	12					00:25:14	00:50:34.70	00:50:51.45	+00:06:58 (13.7%)	5:03	11.9 (86.9%)
13	MADEJ Anna	490	UKŁ ÓSEMKA POLICE	K-30	13					00:25:03	00:51:42.45	00:51:46.60	+00:07:53 (15.2%)	5:10	11.6 (84.7%)
14	KOPKA Magdalena	366	12 BRYGADA ZMECHANIZOWANA	K-30	14			Tak		00:25:38	00:51:42.85	00:51:51.50	+00:07:58 (15.4%)	5:10	11.6 (84.7%)
15	ANTKIEWICZ Agnieszka	23		K-30	15	Biegające Śnieżynki				00:26:01	00:53:43.35	00:53:51.55	+00:09:58 (18.5%)	5:22	11.2 (81.8%)
16	KOZAK Marta	383	ZDRUN EXTREME	K-30	16					00:26:24	00:53:45.30	00:53:59.75	+00:10:06 (18.7%)	5:22	11.2 (81.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Klasyfikacja Rodzinna	Klasyfikacja Mundurowa	Klasyfikacja IV M.P. Grupy Azoty S.A.	5km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
17	WIELICZKO-SOLIŃSKA Anna	842		K-30	17					00:26:18	00:53:40.75	00:54:03.90	+00:10:10 (18.8%)	5:22	11.2 (81.8%)
18	SYCHEL Magdalena	762		K-30	18					00:25:24	00:54:07.70	00:54:10.20	+00:10:16 (19.0%)	5:24	11.1 (81.0%)
19	WOŹNIECKA Karolina	882	SEASIDE TEAM RUN KOŁOBRZEG	K-30	19					00:27:29	00:53:53.20	00:54:25.55	+00:10:32 (19.4%)	5:23	11.1 (81.0%)
20	POPŁAWSKA Weronika	825		K-30	20					00:26:23	00:54:18.70	00:54:44.35	+00:10:51 (19.8%)	5:25	11 (80.3%)
21	POCURAJ Anna	662		K-30	21					00:26:19	00:54:30.35	00:54:52.85	+00:10:59 (20.0%)	5:27	11 (80.3%)
22	SZYDŁOWSKA Alina	788		K-30	22					00:27:11	00:54:28.25	00:54:53.95	+00:11:00 (20.1%)	5:26	11 (80.3%)
23	ZIELIŃSKA Dominika	909	SMT SZCZECIN	K-30	23					00:26:30	00:54:46.10	00:54:59.45	+00:11:06 (20.2%)	5:28	11 (80.3%)
24	SZWARC Ewa	787		K-30	24				Tak	00:26:35	00:54:47.60	00:55:07.40	+00:11:14 (20.4%)	5:28	10.9 (79.6%)
25	SAKOWSKA-CARŁO Magda	697	WIECZORNE BIEGANIE W SZCZECINIE	K-30	25					00:25:41	00:55:24.10	00:55:28.05	+00:11:34 (20.9%)	5:32	10.8 (78.8%)
26	JEMIELITY Julita	299		K-30	26					00:27:08	00:55:07.55	00:55:40.65	+00:11:47 (21.2%)	5:30	10.9 (79.6%)
27	GOŁUBOWICZ Marzena	937		K-30	27					00:27:10	00:55:25.50	00:55:48.70	+00:11:55 (21.4%)	5:32	10.8 (78.8%)
28	CZYŻEWSKA Mirosława	134	WKURW_TEAM	K-30	28	Wkurw Team Szczecin				00:27:15	00:55:40.40	00:55:53.15	+00:11:59 (21.5%)	5:34	10.8 (78.8%)
29	KAMIŃSKA Adriana	321	BBL POLICE	K-30	29	BBL POLICE				00:27:07	00:55:38.35	00:55:53.95	+00:12:00 (21.5%)	5:33	10.8 (78.8%)
30	RZEMIENIECKA-GRUDZIEN Joanna	691		K-30	30					00:27:21	00:55:52.60	00:56:12.90	+00:12:19 (21.9%)	5:35	10.7 (78.1%)
31	SZCZEPANIAK Iwona	768		K-30	31				Tak	00:27:40	00:56:05.65	00:56:28.80	+00:12:35 (22.3%)	5:36	10.7 (78.1%)
32	KACALSKA Zuzanna	314	DECATHLON SZCZECIN	K-30	32					00:27:28	00:56:34.30	00:56:44.25	+00:12:50 (22.6%)	5:39	10.6 (77.4%)
33	KOIS Ewa	349		K-30	33					00:27:50	00:56:14.80	00:56:47.25	+00:12:53 (22.7%)	5:37	10.7 (78.1%)
34	JAROSŁAWSKA Jowita	287		K-30	34	Babcia i Wnuki	Wróżki i Bałwanki			00:27:36	00:56:50.55	00:57:01.05	+00:13:07 (23.0%)	5:41	10.6 (77.4%)
35	TRYCZYK Agnieszka	821	RAZ	K-30	35					00:28:09	00:57:15.50	00:57:28.75	+00:13:35 (23.6%)	5:43	10.5 (76.6%)
36	FRĄCKOWIAK Hanna	191	UKL ÓSEMKA POLICE	K-30	36					00:28:00	00:57:33.00	00:57:39.65	+00:13:46 (23.9%)	5:45	10.4 (75.9%)
37	RAKOCA Monika	663		K-30	37					00:28:00	00:57:17.50	00:57:50.25	+00:13:56 (24.1%)	5:43	10.5 (76.6%)
38	POGORZELSKA Sylwia	644	WIECZORNE BIEGANIE W SZCZECINIE	K-30	38					00:28:14	00:57:39.45	00:57:54.60	+00:14:01 (24.2%)	5:45	10.4 (75.9%)
39	KOSAKOWSK Izabela	369	WIECZORNE BIEGANIE W SZCZECINIE	K-30	39					00:28:34	00:57:33.40	00:58:03.75	+00:14:10 (24.4%)	5:45	10.4 (75.9%)

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40	ZACHEŃKA Żaneta	894	CHMIELEWSKI TEAM - BBL POLICE	K-30	40	POLICZANKI				00:27:54	00:58:18.10	00:58:20.40	+00:14:27 (24.8%)	5:49	10.3 (75.2%)
41	MATUL Hanna	516	KALMAR RUNNERS	K-30	41					00:27:55	00:58:09.65	00:58:27.30	+00:14:33 (24.9%)	5:49	10.3 (75.2%)
42	SKRZYPULEC Agnieszka	719	POL11	K-30	42					00:30:25	00:58:17.15	00:58:41.50	+00:14:48 (25.2%)	5:49	10.3 (75.2%)
43	GRALAK Justyna	226		K-30	43			Tak		00:28:24	00:59:22.45	00:59:22.45	+00:15:29 (26.1%)	5:56	10.1 (73.7%)
44	KONOPACKA Paulina	936		K-30	44					00:27:59	00:59:29.05	00:59:33.90	+00:15:40 (26.3%)	5:56	10.1 (73.7%)
45	CZACZYK Katarzyna	127		K-30	45					00:28:41	00:59:08.85	00:59:38.45	+00:15:45 (26.4%)	5:54	10.1 (73.7%)
46	PUPEK Małgorzata	657		K-30	46					00:28:29	00:59:04.85	00:59:40.85	+00:15:47 (26.5%)	5:54	10.2 (74.5%)
47	SARZYNSKA Luiza	700		K-30	47					00:29:00	00:59:32.85	00:59:48.25	+00:15:54 (26.6%)	5:57	10.1 (73.7%)
48	KOLSKA Lena	351	#WKURW_TEAM SZCZECIN	K-30	48	Wkurw Team Szczecin				00:28:04	00:59:55.25	01:00:07.20	+00:16:13 (27.0%)	5:59	10 (73.0%)
49	ZELMACHOWICZ Aleksandra	906		K-30	49					00:28:53	00:59:42.15	01:00:10.05	+00:16:16 (27.1%)	5:58	10 (73.0%)
50	NIZIOŁ Renata	571		K-30	50					00:30:41	00:59:39.35	01:00:18.65	+00:16:25 (27.2%)	5:57	10.1 (73.7%)
51	NADOBNA Kamila	557	STARGARD JA SIĘ NIE ŚCIGAM	K-30	51					00:28:47	01:00:11.00	01:00:32.25	+00:16:38 (27.5%)	6:01	10 (73.0%)
52	URBAŃSKA-IZYDORCZYK Kinga	826	STARGARD JA SIĘ NIE ŚCIGAM	K-30	52					00:28:48	01:00:11.70	01:00:32.40	+00:16:39 (27.5%)	6:01	10 (73.0%)
53	DOBIECKA Joanna	147	STARGARD JA SIĘ NIE ŚCIGAM	K-30	53					00:28:48	01:00:12.25	01:00:32.45	+00:16:39 (27.5%)	6:01	10 (73.0%)
54	PIOTROWSKA Aleksandra	629		K-30	54					00:29:19	01:01:04.40	01:01:19.45	+00:17:26 (28.4%)	6:06	9.8 (71.5%)
55	WRÓBLEWSKA Anna	889	KLUB BIEGACZA KAMIEŃ POMORSKI	K-30	55					00:31:29	01:01:29.60	01:01:58.05	+00:18:04 (29.2%)	6:09	9.8 (71.5%)
56	BALCERZAK Aleksandra	34	UKŁ ÓSEMKA	K-30	56			Tak		00:28:52	01:01:51.75	01:01:58.10	+00:18:04 (29.2%)	6:11	9.7 (70.8%)
57	MOLENDĄ Sabina	545	SARENKI	K-30	57					00:29:37	01:01:36.95	01:02:05.00	+00:18:11 (29.3%)	6:09	9.7 (70.8%)
58	GUCZE Anna	237		K-30	58			Tak		00:29:56	01:01:56.10	01:02:05.10	+00:18:11 (29.3%)	6:11	9.7 (70.8%)
58	MACIEJEWSKA Agnieszka	485		K-30	58					00:29:57	01:01:56.60	01:02:05.10	+00:18:11 (29.3%)	6:11	9.7 (70.8%)
60	PILARSKA Iwona	626	PYRZYCE BIEGAJĄ	K-30	60					00:31:27	01:01:37.60	01:02:07.20	+00:18:13 (29.3%)	6:09	9.7 (70.8%)
61	DEMKOWICZ Ewelina	139		K-30	61					00:30:41	01:01:51.65	01:02:08.70	+00:18:15 (29.4%)	6:11	9.7 (70.8%)
62	SULŻYŃSKA-KOWALCZYK Izabella	758		K-30	62					00:29:39	01:01:40.20	01:02:15.85	+00:18:22 (29.5%)	6:10	9.7 (70.8%)

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63	MISIUK Marta	537		K-30	63					00:30:48	01:02:05.80	01:02:36.45	+00:18:43 (29.9%)	6:12	9.7 (70.8%)
64	JABŁONOWSKA Aleksandra	268		K-30	64					00:31:38	01:02:27.40	01:02:47.50	+00:18:54 (30.1%)	6:14	9.6 (70.1%)
65	KOWALSKA Anna	382		K-30	65					00:31:35	01:02:27.65	01:02:47.65	+00:18:54 (30.1%)	6:14	9.6 (70.1%)
66	CHODUP Marzena	102		K-30	66					00:29:49	01:02:40.35	01:02:50.75	+00:18:57 (30.2%)	6:16	9.6 (70.1%)
67	SOBCZAK_KUFEL Ilona	724	PATOBIEGANIE	K-30	67					00:30:34	01:02:23.50	01:02:52.20	+00:18:58 (30.2%)	6:14	9.6 (70.1%)
68	WIŚNIEWSKA Marta	861	PATOBIEGANIE	K-30	68					00:30:33	01:02:22.80	01:02:52.35	+00:18:59 (30.2%)	6:14	9.6 (70.1%)
69	SZYSZKOWSKA Katarzyna	798	KALMAR RUNNERS	K-30	69					00:28:43	01:02:44.30	01:02:52.65	+00:18:59 (30.2%)	6:16	9.6 (70.1%)
70	MOTYKA Małgorzata	925		K-30	70					00:27:06	01:03:13.30	01:03:18.25	+00:19:24 (30.7%)	6:19	9.5 (69.3%)
71	JAKUBCZYK Paulina	270		K-30	71					00:30:18	01:02:58.35	01:03:18.55	+00:19:25 (30.7%)	6:17	9.5 (69.3%)
72	KUNIKOWSKA Patrycja	428	STARGARD JA SIĘ NIE ŚCIGAM	K-30	72					00:30:42	01:03:32.05	01:03:58.40	+00:20:05 (31.4%)	6:21	9.4 (68.6%)
73	SZCZYPEK Ola	933		K-30	73					00:30:29	01:03:39.10	01:04:01.85	+00:20:08 (31.5%)	6:21	9.4 (68.6%)
74	WROŃSKA-DRZEWIECKA Justyna	888		K-30	74					00:30:36	01:03:51.35	01:04:04.25	+00:20:10 (31.5%)	6:23	9.4 (68.6%)
75	MILANOWICZ Magda	532	WIECZORNE BIEGANIE W SZCZECINIE	K-30	75					00:30:52	01:04:01.65	01:04:07.90	+00:20:14 (31.6%)	6:24	9.4 (68.6%)
76	JAKUBOWSKA Anna	274		K-30	76					00:30:12	01:03:52.75	01:04:13.75	+00:20:20 (31.7%)	6:23	9.4 (68.6%)
77	ZAMOŻNY Anna	898		K-30	77					00:30:12	01:03:52.60	01:04:13.85	+00:20:20 (31.7%)	6:23	9.4 (68.6%)
78	MIKULSKA-GAWLE Karina	928		K-30	78					00:30:51	01:03:53.00	01:04:15.05	+00:20:21 (31.7%)	6:23	9.4 (68.6%)
79	IZNEROWICZ Monika	267	WIECZORNE BIEGANIE W SZCZECINIE	K-30	79					00:29:26	01:03:56.85	01:04:15.90	+00:20:22 (31.7%)	6:23	9.4 (68.6%)
80	CYGANOWSKA Ewa	126		K-30	80					00:29:22	01:04:08.20	01:04:20.25	+00:20:26 (31.8%)	6:24	9.4 (68.6%)
81	KOTARSKA Joanna	374		K-30	81					00:29:23	01:04:08.65	01:04:20.50	+00:20:27 (31.8%)	6:24	9.4 (68.6%)
82	SZYMAŃSKA Kamila	527		K-30	82					00:32:59	01:03:52.05	01:04:32.70	+00:20:39 (32.0%)	6:23	9.4 (68.6%)
83	GAWRYSIAK Ewa	204		K-30	83					00:29:32	01:04:24.55	01:04:35.80	+00:20:42 (32.1%)	6:26	9.3 (67.9%)
84	ROSIAK-WĄS Ewelina	680	SSC SALLING GROUP	K-30	84	SSC Salling Group				00:29:01	01:04:42.75	01:04:52.90	+00:20:59 (32.4%)	6:28	9.3 (67.9%)
85	JAWORSKA Marta	943		K-30	85					00:31:09	01:04:42.80	01:04:57.65	+00:21:04 (32.4%)	6:28	9.3 (67.9%)
86	FRASZCZYK Agata	190		K-30	86					00:29:39	01:04:49.50	01:05:20.25	+00:21:26 (32.8%)	6:29	9.3 (67.9%)

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87	LEWIŃSKA Monika	459		K-30	87					00:29:37	01:04:50.35	01:05:21.45	+00:21:28 (32.8%)	6:29	9.3 (67.9%)
88	WIĘCŁAW Monika	848		K-30	88					00:31:00	01:05:04.30	01:05:23.50	+00:21:30 (32.9%)	6:30	9.2 (67.2%)
89	TABAS Anna	807	WIECZORNE BIEGANIE W SZCZECINIE	K-30	89					00:32:14	01:04:58.95	01:05:30.85	+00:21:37 (33.0%)	6:29	9.2 (67.2%)
90	STĘPNIAK Monika	748	KOBIECE BIEGANIE	K-30	90					00:32:46	01:04:51.80	01:05:36.65	+00:21:43 (33.1%)	6:29	9.2 (67.2%)
91	BALCEROWSKA Monika	31		K-30	91					00:31:54	01:05:09.85	01:05:38.05	+00:21:44 (33.1%)	6:31	9.2 (67.2%)
92	HOŁOWACZ-WALKOWIAK Kalina	260		K-30	92			Tak		00:31:49	01:05:00.75	01:05:38.50	+00:21:45 (33.1%)	6:30	9.2 (67.2%)
93	MOCZULSKA Urszula	542	DECATHLON SZCZECIN	K-30	93					00:30:46	01:05:57.90	01:06:21.65	+00:22:28 (33.9%)	6:35	9.1 (66.4%)
94	BALCARCZYK Emilia	30	DĘBNOWSKIE CZŁAPAKI	K-30	94					00:32:30	01:05:59.90	01:06:27.15	+00:22:33 (34.0%)	6:36	9.1 (66.4%)
95	HOFMAN Katarzyna	258		K-30	95					00:32:42	01:05:49.95	01:06:29.15	+00:22:35 (34.0%)	6:35	9.1 (66.4%)
96	KLEJNOWSKA Kamila	343	STARGARD. JA SIĘ NIE ŚCIGAM	K-30	96					00:32:16	01:06:16.95	01:06:38.25	+00:22:44 (34.1%)	6:37	9.1 (66.4%)
97	GLAZA Aleksandra	210		K-30	97					00:32:18	01:06:06.60	01:06:40.05	+00:22:46 (34.2%)	6:36	9.1 (66.4%)
98	KWAPIS Anna	435		K-30	98					00:32:45	01:06:17.10	01:06:48.05	+00:22:54 (34.3%)	6:37	9 (65.7%)
99	JASIŃSKA Natalia	291	EXTREMEWOLF	K-30	99					00:31:36	01:06:31.25	01:06:50.60	+00:22:57 (34.3%)	6:39	9 (65.7%)
100	SOBOLEWSKA Agata	725	WIECZORNE BIEGANIE W SZCZECINIE	K-30	100					00:31:37	01:06:32.00	01:06:50.95	+00:22:57 (34.3%)	6:39	9 (65.7%)
101	JÓZWIAK Magdalena	306	WIECZORNE BIEGANIE W SZCZECINIE	K-30	101					00:32:30	01:06:27.05	01:06:55.10	+00:23:01 (34.4%)	6:38	9 (65.7%)
102	STAŃKO Agnieszka	743	STARGARD JA SIĘ NIE ŚCIGAM	K-30	102					00:32:03	01:06:47.40	01:07:09.05	+00:23:15 (34.6%)	6:40	9 (65.7%)
103	BARTNICKA Beata	42		K-30	103					00:32:58	01:06:35.85	01:07:16.85	+00:23:23 (34.8%)	6:39	9 (65.7%)
104	HRYNKIEWICZ-PAWŁASZEK Anna	266		K-30	104					00:31:44	01:07:11.45	01:07:19.95	+00:23:26 (34.8%)	6:43	8.9 (65.0%)
105	KOŁŁATAJ SZYMAŃSKA Marta	354		K-30	105					00:32:32	01:07:15.55	01:07:22.25	+00:23:28 (34.9%)	6:43	8.9 (65.0%)
106	SOKOŁOWSKA Magdalena	728		K-30	106					00:32:14	01:06:59.45	01:07:26.95	+00:23:33 (34.9%)	6:41	9 (65.7%)
107	RZEPIELA Anna	693		K-30	107					00:33:10	01:07:08.35	01:07:29.40	+00:23:36 (35.0%)	6:42	8.9 (65.0%)
108	MAJEWSKA Agnieszka	496	WIECZORNE BIEGANIE W SZCZECINIE	K-30	108					00:33:00	01:06:55.40	01:07:32.45	+00:23:39 (35.0%)	6:41	9 (65.7%)
109	KAROLAK Karolina	328		K-30	109				Tak	00:33:40	01:07:00.20	01:07:35.70	+00:23:42 (35.1%)	6:42	9 (65.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Klasyfikacja Rodzinna	Klasyfikacja Mundurowa	Klasyfikacja IV M.P. Grupy Azoty S.A.	5km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
110	REWERS Aleksandra	673		K-30	110					00:32:18	01:08:04.85	01:08:20.40	+00:24:27 (35.8%)	6:48	8.8 (64.2%)
111	MOKRZYŃSKA-ŁUKASZCZUK Marta	544		K-30	111					00:33:47	01:07:58.80	01:08:35.60	+00:24:42 (36.0%)	6:47	8.8 (64.2%)
112	NIEMCZYK Marta	565		K-30	112					00:31:50	01:08:24.25	01:08:42.05	+00:24:48 (36.1%)	6:50	8.8 (64.2%)
113	BANASIAK Adrianna	36		K-30	113					00:31:49	01:08:25.35	01:08:43.65	+00:24:50 (36.1%)	6:50	8.8 (64.2%)
114	GORCZYCA Kasia	217	NN	K-30	114					00:34:39	01:08:29.50	01:09:11.45	+00:25:18 (36.6%)	6:51	8.8 (64.2%)
115	BRZEZICKA Kornelia	77	WEGAS WOLIN	K-30	115					00:33:02	01:08:49.85	01:09:22.20	+00:25:28 (36.7%)	6:53	8.7 (63.5%)
116	BUGAŁA Milena	82		K-30	116					00:33:03	01:08:50.45	01:09:22.80	+00:25:29 (36.7%)	6:53	8.7 (63.5%)
117	KOSOBUCKA Marta	372		K-30	117					00:34:45	01:08:50.80	01:09:26.00	+00:25:32 (36.8%)	6:53	8.7 (63.5%)
118	SLADKOVA Alona	720		K-30	118					00:32:10	01:08:57.35	01:09:37.80	+00:25:44 (37.0%)	6:53	8.7 (63.5%)
119	DYMITROWSKA Anna	164		K-30	119					00:34:06	01:09:15.75	01:09:44.30	+00:25:50 (37.1%)	6:55	8.7 (63.5%)
120	TRYBUS Anna	819		K-30	120					00:32:33	01:09:23.85	01:09:52.80	+00:25:59 (37.2%)	6:56	8.6 (62.8%)
121	DWORCZYK Magdalena	78	PYRZYCE BIEGAJĄ	K-30	121					00:33:00	01:09:24.85	01:09:54.95	+00:26:01 (37.2%)	6:56	8.6 (62.8%)
122	KOWALEWSKA Joanna	381	ROYAL RUNNERS TEAM	K-30	122					00:34:00	01:09:21.30	01:09:58.00	+00:26:04 (37.3%)	6:56	8.6 (62.8%)
123	ŁĄCZAK Monika	475	STARGARD JA SIĘ NIE ŚCIGAM	K-30	123					00:35:19	01:09:38.00	01:10:21.95	+00:26:28 (37.6%)	6:57	8.6 (62.8%)
124	BANDROWSKA Celina	39	MECOMPLETE.PL	K-30	124					00:34:42	01:10:07.80	01:10:42.25	+00:26:48 (37.9%)	7:00	8.6 (62.8%)
125	DZIEMIDOWICZ Jadwiga	169	WEGAS WOLIN	K-30	125					00:33:27	01:10:34.95	01:10:51.80	+00:26:58 (38.1%)	7:03	8.5 (62.0%)
126	ROSIŃSKA Kamila	955	BRIDGESTONE STARGARD RUNNERS	K-30	126					00:36:01	01:10:22.70	01:11:00.90	+00:27:07 (38.2%)	7:02	8.5 (62.0%)
127	NYGA Julia	575		K-30	127					00:35:33	01:10:40.35	01:11:15.25	+00:27:21 (38.4%)	7:04	8.5 (62.0%)
128	GUGAŁKA Aleksandra	238		K-30	128					00:33:39	01:10:57.20	01:11:19.20	+00:27:25 (38.5%)	7:05	8.5 (62.0%)
129	RYBACZEK Kamila	689	GRYFFINDOR BIEGA	K-30	129					00:35:26	01:10:34.20	01:11:24.25	+00:27:30 (38.5%)	7:03	8.5 (62.0%)
130	GREWLING Anna	227	GRYFFINDOR BIEGA	K-30	130					00:35:26	01:10:34.35	01:11:24.35	+00:27:31 (38.5%)	7:03	8.5 (62.0%)
131	HERIAN Gosia	255		K-30	131					00:35:15	01:11:08.55	01:11:47.05	+00:27:53 (38.9%)	7:06	8.4 (61.3%)
132	ŁUCZYŃSKA Katarzyna	480		K-30	132					00:35:15	01:11:08.95	01:11:47.50	+00:27:54 (38.9%)	7:06	8.4 (61.3%)
133	DOMAŃSKA Anna	151		K-30	133					00:34:50	01:11:22.25	01:11:59.75	+00:28:06 (39.0%)	7:08	8.4 (61.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Klasyfikacja Rodzinna	Klasyfikacja Mundurowa	Klasyfikacja IV M.P. Grupy Azoty S.A.	5km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
134	SZAWARYNSKA Ania	765		K-30	134					00:34:50	01:11:23.00	01:11:59.95	+00:28:06 (39.0%)	7:08	8.4 (61.3%)
135	NIEMIEC Joanna	566		K-30	135					00:36:04	01:13:02.20	01:13:45.25	+00:29:51 (40.5%)	7:18	8.2 (59.9%)
136	TURKIEWICZ Monika	822		K-30	136					00:34:12	01:13:26.15	01:13:51.70	+00:29:58 (40.6%)	7:20	8.2 (59.9%)
137	WOLNA Dorota	875	ROYAL RUNNERS TEAM	K-30	137					00:34:05	01:14:06.65	01:14:36.70	+00:30:43 (41.2%)	7:24	8.1 (59.1%)
138	TOWARNICKA Małgorzata	814		K-30	138					00:34:26	01:14:31.80	01:14:54.80	+00:31:01 (41.4%)	7:27	8.1 (59.1%)
139	WILK Małgorzata	856		K-30	139					00:36:05	01:14:30.25	01:15:13.90	+00:31:20 (41.7%)	7:27	8.1 (59.1%)
140	KRÓL Magdalena	952	ŚRUNDUNIA SZCZECIN	K-30	140					00:36:10	01:14:31.10	01:15:19.65	+00:31:26 (41.7%)	7:27	8.1 (59.1%)
141	PIĄTKOWSKA Izabela	620		K-30	141					00:35:54	01:14:35.80	01:15:24.00	+00:31:30 (41.8%)	7:27	8 (58.4%)
142	KRUCZEK Monika	399	PYRZYCE BIEGAJĄ	K-30	142					00:35:22	01:14:57.50	01:15:28.15	+00:31:34 (41.8%)	7:29	8 (58.4%)
143	PIEROŻYNSKA Natalia	623	PYRZYCE BIEGAJĄ	K-30	143					00:35:22	01:14:58.10	01:15:28.25	+00:31:34 (41.8%)	7:29	8 (58.4%)
144	ROMAN Ewelina	678	MONIA GYM	K-30	144					00:35:53	01:14:44.45	01:15:31.90	+00:31:38 (41.9%)	7:28	8 (58.4%)
145	KURYŁOWICZ-CHRZAN Monika	432		K-30	145					00:36:27	01:15:17.20	01:16:00.15	+00:32:06 (42.3%)	7:31	8 (58.4%)
146	MACIEJUK-CIERPISZEWSKA Marta	486		K-30	146					00:35:58	01:15:25.05	01:16:02.25	+00:32:08 (42.3%)	7:32	8 (58.4%)
147	GRZYB Ilona	236	SPRINT LOGISTYKA POLSKA	K-30	147					00:35:44	01:16:00.55	01:16:33.40	+00:32:40 (42.7%)	7:36	7.9 (57.7%)
148	CHWIEJ Agata	112	BIEGACZEŚWINOUJŚCIE	K-30	148					00:35:32	01:16:18.60	01:16:39.55	+00:32:46 (42.7%)	7:37	7.9 (57.7%)
149	JASIUCHNA Aleksandra	293	JASIUCHNA TEAM	K-30	149					00:35:30	01:16:17.05	01:16:39.70	+00:32:46 (42.7%)	7:37	7.9 (57.7%)
150	KUJAWSKA-SZCZEPAŃSKA Karolina	424		K-30	150					00:37:04	01:16:25.35	01:17:00.05	+00:33:06 (43.0%)	7:38	7.8 (56.9%)
151	KWIATKOWSKA Jowita	965		K-30	151					00:37:21	01:16:35.30	01:17:20.10	+00:33:26 (43.2%)	7:39	7.8 (56.9%)
152	PROKOCKA Asia	652		K-30	152					00:36:07	01:16:47.90	01:17:29.45	+00:33:36 (43.4%)	7:40	7.8 (56.9%)
153	PAGEL Kasia	599		K-30	153					00:36:08	01:16:48.70	01:17:29.95	+00:33:36 (43.4%)	7:40	7.8 (56.9%)
154	WOJDAK Żaneta	869	MONIAGYM	K-30	154					00:35:31	01:17:38.65	01:18:10.35	+00:34:17 (43.9%)	7:45	7.7 (56.2%)
155	ŚWIĄTEK Joanna	804		K-30	155					00:44:01	01:18:18.50	01:19:09.55	+00:35:16 (44.6%)	7:49	7.7 (56.2%)
156	KIELISZEK Anna	338	WIECZORNE BIEGANIE W SZCZECINIE	K-30	156					00:35:53	01:18:35.90	01:19:25.60	+00:35:32 (44.7%)	7:51	7.6 (55.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Klasyfikacja Rodzinna	Klasyfikacja Mundurowa	Klasyfikacja IV M.P. Grupy Azoty S.A.	5km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
157	JARNUCZAK Monika	286		K-30	157					00:37:22	01:19:19.90	01:19:39.70	+00:35:46 (44.9%)	7:56	7.6 (55.5%)
158	WIELOCH Anna	844		K-30	158					00:37:22	01:19:20.60	01:19:40.10	+00:35:46 (44.9%)	7:56	7.6 (55.5%)
159	PŁOSA Monika	638		K-30	159					00:37:44	01:20:33.70	01:21:02.25	+00:37:08 (45.8%)	8:03	7.4 (54.0%)
160	WARTALSKA Daria	834		K-30	160					00:39:07	01:22:04.25	01:22:04.25	+00:38:10 (46.5%)	8:12	7.3 (53.3%)
161	BOROWSKA Karolina	70		K-30	161					00:38:45	01:22:02.70	01:22:30.75	+00:38:37 (46.8%)	8:12	7.3 (53.3%)
162	ANTOL Ewa	24		K-30	162					00:37:39	01:22:45.40	01:23:26.45	+00:39:33 (47.4%)	8:16	7.3 (53.3%)
163	KALICIAK Marta	320		K-30	163					00:40:15	01:24:00.85	01:24:42.15	+00:40:48 (48.2%)	8:24	7.1 (51.8%)
164	JANUSZEWSKA Magdalena	95	KB HERMES GRYFINO	K-30	164	KB Hermes Gryfino				00:40:14	01:24:00.65	01:24:42.65	+00:40:49 (48.2%)	8:24	7.1 (51.8%)
165	WIERZBA Ewa	846	KOBIECE BIEGANIE	K-30	165					00:40:51	01:24:49.30	01:25:34.45	+00:41:41 (48.7%)	8:28	7.1 (51.8%)
166	KACZMAREK Arleta	316	KOBIECE BIEGANIE	K-30	166					00:40:49	01:24:49.70	01:25:35.10	+00:41:41 (48.7%)	8:29	7.1 (51.8%)
167	REDLARSKA Anna	668	KOBIECE BIEGANIE	K-30	167					00:40:51	01:24:49.25	01:25:35.40	+00:41:42 (48.7%)	8:28	7.1 (51.8%)
168	BIRGER Agata	58	KOBIECE BIEGANIE	K-30	168					00:40:53	01:24:49.55	01:25:35.45	+00:41:42 (48.7%)	8:29	7.1 (51.8%)
169	CHUDYNKA Paulina	109	KOBIECE BIEGANIE	K-30	169					00:40:48	01:24:49.45	01:25:35.60	+00:41:42 (48.7%)	8:28	7.1 (51.8%)
170	OLEJNIK Kamila	580	KOBIECE BIEGANIE	K-30	170					00:40:51	01:24:49.00	01:25:36.05	+00:41:42 (48.7%)	8:28	7.1 (51.8%)
171	KOŁAKOWSKA Magdalena	352		K-30	171					00:40:57	01:26:49.00	01:27:31.35	+00:43:38 (49.9%)	8:40	6.9 (50.4%)
172	STANEJKO Agata	740		K-30	172					00:41:16	01:28:19.35	01:28:44.60	+00:44:51 (50.5%)	8:49	6.8 (49.6%)
173	LEJKOWSKA Daria	446		K-30	173					00:41:43	01:30:23.30	01:30:37.20	+00:46:43 (51.6%)	9:02	6.6 (48.2%)
174	WAMKA Anna	831		K-30	174					00:41:44	01:30:23.45	01:30:37.40	+00:46:44 (51.6%)	9:02	6.6 (48.2%)
175	KUCIER Katarzyna	420		K-30	175					00:43:08	01:31:07.75	01:31:44.55	+00:47:51 (52.2%)	9:06	6.6 (48.2%)
176	LIWUŚ-ŁAPIŃSKA Asia	469	NIEZDIAGNOZOWANI W SZALE	K-30	176					00:45:39	01:34:27.90	01:35:10.45	+00:51:17 (53.9%)	9:26	6.4 (46.7%)
177	MARKOWICZ Marlena	941		K-30	177					00:44:24	01:34:26.55	01:35:10.70	+00:51:17 (53.9%)	9:26	6.4 (46.7%)
	KRYGIER-ROSIAK Monika	6	WIECZORNE BIEGANIE W SZCZECINIE	K-30						00:45:00 DNF	DNF	DNF	-	-	- (0.0%)