



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

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

VII BIEG MIKOŁAJKOWY

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-Open

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	BIAŁEK Beata	51	KB HERMES GRYFINO	K-40	1	KB Hermes Gryfino				00:19:34	00:40:48.30	00:40:49.80		4:04	14.7 (100%)
2	SZABAŁOWSKA Małgorzata	763	MKL SZCZECINEK	K-20	1					00:20:57	00:43:22.70	00:43:26.65	+00:02:36 (6.0%)	4:20	13.8 (93.9%)
3	KAMIŃSKA Agata	322	PARKRUN SZCZECIN	K-30	1					00:20:58	00:43:50.45	00:43:53.35	+00:03:03 (7.0%)	4:23	13.7 (93.2%)
4	MURAWSKA Wioletta	554		K-50	1					00:21:07	00:44:35.25	00:44:37.25	+00:03:47 (8.5%)	4:27	13.5 (91.8%)
5	SOBCZAK-CZYNSZ Anna	927	FIZJOLINE SZCZECIN	K-30	2	POLICZANKI				00:21:48	00:45:44.15	00:45:45.85	+00:04:56 (10.8%)	4:34	13.1 (89.1%)
6	OLEJNICZAK Agnieszka	579	RAZ SZCZECIN	K-30	3	Biegające Śnieżynki				00:21:59	00:46:04.15	00:46:05.55	+00:05:15 (11.4%)	4:36	13 (88.4%)
7	CENIUCH Magdalena	96	WIECZORNE BIEGANIE W SZCZECINIE	K-20	2	Wieczorne Bieganie w Szczecinie				00:22:22	00:47:02.30	00:47:04.05	+00:06:14 (13.3%)	4:42	12.8 (87.1%)
8	PIOTROWSKA Marta	630		K-30	4					00:22:32	00:47:11.05	00:47:13.40	+00:06:23 (13.5%)	4:43	12.7 (86.4%)
9	DROŹDŻEWSKA Paulina	154	MKS HERMES GRYFINO	K-16	1					00:22:31	00:47:12.35	00:47:15.60	+00:06:25 (13.6%)	4:43	12.7 (86.4%)
10	OLBRYCHOWSKA Paulina	577	WIECZORNE BIEGANIE W SZCZECINIE	K-30	5	Biegające Śnieżynki				00:22:59	00:47:30.85	00:47:33.95	+00:06:44 (14.2%)	4:45	12.6 (85.7%)
11	DYDEK Edyta	961	SKB DZIK	K-20	3	SKB DZIK	Dydek			00:22:45	00:47:33.50	00:47:34.75	+00:06:44 (14.2%)	4:45	12.6 (85.7%)
12	KOTOWSKA Iwona	375		K-30	6					00:23:40	00:47:46.25	00:47:46.25	+00:06:56 (14.5%)	4:46	12.6 (85.7%)
13	PIOTROWSKA Dorota	940		K-30	7					00:23:21	00:47:59.70	00:48:05.55	+00:07:15 (15.1%)	4:48	12.5 (85.0%)
14	CIELUCH Paulina	115	CHMIELEWSKI TEAM	K-20	4	POLICZANKI				00:23:13	00:48:04.70	00:48:06.75	+00:07:16 (15.1%)	4:48	12.5 (85.0%)
15	WALTROWSKA Marta	830	RAZ SZCZECIN	K-30	8	Biegające Śnieżynki				00:23:39	00:48:40.65	00:48:45.10	+00:07:55 (16.2%)	4:52	12.3 (83.7%)
16	STRĄK Izabela	751	WIECZORNE BIEGANIE W SZCZECINIE	K-40	2	Wieczorne Bieganie w Szczecinie				00:23:42	00:48:43.15	00:48:49.50	+00:07:59 (16.4%)	4:52	12.3 (83.7%)
17	KOZANECKA Iwona	384		K-60	1					00:24:29	00:49:09.25	00:49:09.25	+00:08:19 (16.9%)	4:54	12.2 (83.0%)
18	MRÓZ Ola	549		K-40	3					00:23:39	00:49:00.10	00:49:11.00	+00:08:21 (17.0%)	4:54	12.2 (83.0%)

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19	KUSTRA Paulina	434	BBL POLICE	K-30	9	BBL POLICE			Tak	00:23:50	00:49:15.50	00:49:15.50	+00:08:25 (17.1%)	4:55	12.2 (83.0%)
20	PODPORSKA Izabela	642	WIECZORNE BIEGANIE W SZCZECINIE	K-40	4					00:24:15	00:49:56.00	00:50:02.95	+00:09:13 (18.4%)	4:59	12 (81.6%)
21	DROŹDZIEL Magdalena	120	KB HERMES GRYFINO	K-30	10	KB Hermes Gryfino				00:24:52	00:50:34.85	00:50:44.00	+00:09:54 (19.5%)	5:03	11.9 (81.0%)
22	TROJGA Karolina	818	WIECZORNE BIEGANIE W SZCZECINIE	K-30	11					00:23:51	00:50:41.60	00:50:46.10	+00:09:56 (19.6%)	5:04	11.8 (80.3%)
23	JONASIK Joanna	304	PYRZYCE BIEGAJĄ	K-30	12					00:25:14	00:50:34.70	00:50:51.45	+00:10:01 (19.7%)	5:03	11.9 (81.0%)
24	FELTYNOWSKA Asia	178		K-20	5					00:25:03	00:50:55.70	00:51:26.65	+00:10:36 (20.6%)	5:05	11.8 (80.3%)
25	ZAPOR Anna	899		K-40	5					00:24:59	00:51:20.05	00:51:35.20	+00:10:45 (20.9%)	5:08	11.7 (79.6%)
26	MADEJ Anna	490	UKŁ ÓSEMKA POLICE	K-30	13					00:25:03	00:51:42.45	00:51:46.60	+00:10:56 (21.1%)	5:10	11.6 (78.9%)
27	JAROSŁAWSKA Sandra	288		K-20	6	Babcia i Wnuki	Wróżki i Bałwanki			00:25:21	00:51:49.85	00:51:49.85	+00:11:00 (21.2%)	5:10	11.6 (78.9%)
28	KOPKA Magdalena	366	12 BRYGADA ZMECHANIZOWANA	K-30	14			Tak		00:25:38	00:51:42.85	00:51:51.50	+00:11:01 (21.3%)	5:10	11.6 (78.9%)
29	SOWISZ Adrianna	736	SOWISZ TEAM	K-20	7		SOWISZ TEAM			00:24:57	00:51:37.90	00:51:54.35	+00:11:04 (21.3%)	5:09	11.6 (78.9%)
30	LEWANDOWSKA Anna	453		K-40	6					00:25:29	00:51:57.05	00:52:13.50	+00:11:23 (21.8%)	5:11	11.5 (78.2%)
31	BANIAK Joanna	40	HIAB SPORT TEAM	K-20	8					00:25:48	00:52:05.20	00:52:20.50	+00:11:30 (22.0%)	5:12	11.5 (78.2%)
32	JANCZURA Wioletta	277	BIEGAM BO LUBIE	K-40	7					00:25:21	00:52:44.55	00:52:47.35	+00:11:57 (22.7%)	5:16	11.4 (77.6%)
33	SZCZEPANIAK Izabela	767		K-20	9					00:25:41	00:53:03.50	00:53:11.20	+00:12:21 (23.2%)	5:18	11.3 (76.9%)
34	KRÓLAK Beata	397	SP 8 POLICE	K-50	2	POLICZANKI				00:25:23	00:53:11.55	00:53:14.70	+00:12:24 (23.3%)	5:19	11.3 (76.9%)
35	SZAMOCKA Paulina	962	SSC SALLING GROUP	K-20	10	SSC Salling Group				00:26:07	00:53:15.75	00:53:25.55	+00:12:35 (23.6%)	5:19	11.3 (76.9%)
36	KOŁODZIEJCZAK Ania	355	WIECZORNE BIEGANIE W SZCZECINIE	K-16	2					00:25:40	00:53:05.10	00:53:25.70	+00:12:35 (23.6%)	5:18	11.3 (76.9%)
37	JANKOWSKA Edyta	279	STOWARZYSZENIE BLIŻEJ SIEBIE	K-40	8					00:26:12	00:53:12.85	00:53:28.25	+00:12:38 (23.6%)	5:19	11.3 (76.9%)
38	MURAWSKA Wioletta	555	SKB DZIK POLICE	K-50	3	Biegające Snieżynki				00:25:31	00:53:26.75	00:53:29.30	+00:12:39 (23.7%)	5:20	11.2 (76.2%)
39	MIKOŁAJUK Aneta	531		K-40	9					00:27:07	00:53:33.35	00:53:42.75	+00:12:52 (24.0%)	5:21	11.2 (76.2%)
40	TUREK Agata	836		K-50	4					00:26:09	00:53:47.60	00:53:47.60	+00:12:57 (24.1%)	5:22	11.2 (76.2%)
41	ANTKIEWICZ Agnieszka	23		K-30	15	Biegające Snieżynki				00:26:01	00:53:43.35	00:53:51.55	+00:13:01 (24.2%)	5:22	11.2 (76.2%)
42	DOMALEWSKA Teresa	150	KS UZNAM	K-60	2					00:26:05	00:53:42.45	00:53:54.20	+00:13:04 (24.3%)	5:22	11.2 (76.2%)
43	KOZAK Marta	383	ZDRUN EXTREME	K-30	16					00:26:24	00:53:45.30	00:53:59.75	+00:13:09 (24.4%)	5:22	11.2 (76.2%)
44	LEWIKOWSKA Patrycja	458	WIECZORNE BIEGANIE W SZCZECINIE	K-40	10					00:27:10	00:53:32.60	00:54:00.95	+00:13:11 (24.4%)	5:21	11.2 (76.2%)
45	WIELICZKO-SOLIŃSKA Anna	842		K-30	17					00:26:18	00:53:40.75	00:54:03.90	+00:13:14 (24.5%)	5:22	11.2 (76.2%)

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46	SYCHEL Magdalena	762		K-30	18					00:25:24	00:54:07.70	00:54:10.20	+00:13:20 (24.6%)	5:24	11.1 (75.5%)
47	WIĄCEK Anna	840	KOBIECE BIEGANIE	K-40	11					00:26:10	00:54:11.60	00:54:22.15	+00:13:32 (24.9%)	5:25	11.1 (75.5%)
48	WOŹNIECKA Karolina	882	SEASIDE TEAM RUN KOŁOBRZEG	K-30	19					00:27:29	00:53:53.20	00:54:25.55	+00:13:35 (25.0%)	5:23	11.1 (75.5%)
49	MAŁOCHA Klaudyna	508		K-16	3	Biegacze Swinoujście	Małocha			00:26:10	00:54:12.55	00:54:25.65	+00:13:35 (25.0%)	5:25	11.1 (75.5%)
50	POPŁAWSKA Weronika	825		K-30	20					00:26:23	00:54:18.70	00:54:44.35	+00:13:54 (25.4%)	5:25	11 (74.8%)
51	ŁĄCZAK Justyna	443	ASSECO ACTIVE TEAM	K-40	12					00:25:58	00:54:38.95	00:54:44.85	+00:13:55 (25.4%)	5:27	11 (74.8%)
52	POCURAJ Anna	662		K-30	21					00:26:19	00:54:30.35	00:54:52.85	+00:14:03 (25.6%)	5:27	11 (74.8%)
53	ZIELIŃSKA-MACIĄG Agnieszka	910		K-40	13					00:27:11	00:54:28.00	00:54:53.90	+00:14:04 (25.6%)	5:26	11 (74.8%)
54	SZYDŁOWSKA Alina	788		K-30	22					00:27:11	00:54:28.25	00:54:53.95	+00:14:04 (25.6%)	5:26	11 (74.8%)
55	JAŃCZAK Bożena	283	KLUB BIEGACZA KAMIEŃ POMORSKI	K-40	14					00:27:35	00:54:40.95	00:54:59.35	+00:14:09 (25.7%)	5:28	11 (74.8%)
56	ZIELIŃSKA Dominika	909	SMT SZCZECIN	K-30	23					00:26:30	00:54:46.10	00:54:59.45	+00:14:09 (25.8%)	5:28	11 (74.8%)
57	WYGLĄDACZ Alicja	890	HAWAJSKIE REKINY/WIELGOWO NA BIEGOWO	K-40	15					00:26:09	00:54:48.35	00:55:06.65	+00:14:16 (25.9%)	5:28	10.9 (74.1%)
58	SZWARC Ewa	787		K-30	24				Tak	00:26:35	00:54:47.60	00:55:07.40	+00:14:17 (25.9%)	5:28	10.9 (74.1%)
59	SAKOWSKA-CARŁO Magda	697	WIECZORNE BIEGANIE W SZCZECINIE	K-30	25					00:25:41	00:55:24.10	00:55:28.05	+00:14:38 (26.4%)	5:32	10.8 (73.5%)
60	RĘKORAJSKA Ewa	674		K-40	16					00:27:03	00:55:17.95	00:55:30.40	+00:14:40 (26.4%)	5:31	10.8 (73.5%)
61	PRUSS Kasia	653	WKURW TEAM	K-40	17	Wkurw Team Szczecin				00:27:14	00:55:26.00	00:55:39.10	+00:14:49 (26.6%)	5:32	10.8 (73.5%)
62	JEMIELITY Julita	299		K-30	26					00:27:08	00:55:07.55	00:55:40.65	+00:14:50 (26.7%)	5:30	10.9 (74.1%)
63	LIASKENKO Liliia	931	SSC SALLING GROUP/ TRIGYM	K-20	11	SSC Salling Group				00:26:36	00:55:23.90	00:55:43.15	+00:14:53 (26.7%)	5:32	10.8 (73.5%)
64	GOŁUBOWICZ Marzena	937		K-30	27					00:27:10	00:55:25.50	00:55:48.70	+00:14:58 (26.8%)	5:32	10.8 (73.5%)
65	CZYŻEWSKA Mirosława	134	WKURW_TEAM	K-30	28	Wkurw Team Szczecin				00:27:15	00:55:40.40	00:55:53.15	+00:15:03 (26.9%)	5:34	10.8 (73.5%)
66	DĄBROWSKA Paulina	138		K-20	12					00:27:08	00:55:38.05	00:55:53.60	+00:15:03 (27.0%)	5:33	10.8 (73.5%)
67	KAMIŃSKA Adriana	321	BBL POLICE	K-30	29	BBL POLICE				00:27:07	00:55:38.35	00:55:53.95	+00:15:04 (27.0%)	5:33	10.8 (73.5%)
68	MACKIEWICZ Magdalena	487	DŁUGOBIEGANIE	K-40	18					00:27:07	00:55:55.55	00:56:04.95	+00:15:15 (27.2%)	5:35	10.7 (72.8%)
69	GÓRNIAK Joanna	221		K-50	5					00:27:14	00:55:57.85	00:56:12.05	+00:15:22 (27.3%)	5:35	10.7 (72.8%)
70	RZEMIENIECKA-GRUDZIEN Joanna	691		K-30	30					00:27:21	00:55:52.60	00:56:12.90	+00:15:23 (27.4%)	5:35	10.7 (72.8%)

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71	ŻYLUK Bożena	919	WIECZORNE BIEGANIE W SZCZECINIE	K-40	19					00:27:31	00:55:47.95	00:56:15.75	+00:15:25 (27.4%)	5:34	10.8 (73.5%)
72	CHMIELEWSKA Agnieszka	100	CHMIELEWSKI TEAM - BBL POLICE	K-40	20	POLICZANKI				00:27:06	00:56:26.45	00:56:28.65	+00:15:38 (27.7%)	5:38	10.6 (72.1%)
73	SZCZEPANIAK Iwona	768		K-30	31				Tak	00:27:40	00:56:05.65	00:56:28.80	+00:15:39 (27.7%)	5:36	10.7 (72.8%)
74	ROSZAK Weronika	682	CIUWERTEAM	K-20	13					00:27:31	00:56:06.80	00:56:30.15	+00:15:40 (27.7%)	5:36	10.7 (72.8%)
75	BUDNA Anna	80		K-20	14					00:26:29	00:56:29.90	00:56:37.35	+00:15:47 (27.9%)	5:39	10.6 (72.1%)
76	WILK Ania	855	DECATHLON SZCZECIN	K-20	15					00:27:28	00:56:33.90	00:56:44.05	+00:15:54 (28.0%)	5:39	10.6 (72.1%)
77	KACALSKA Zuzanna	314	DECATHLON SZCZECIN	K-30	32					00:27:28	00:56:34.30	00:56:44.25	+00:15:54 (28.0%)	5:39	10.6 (72.1%)
78	KOIS Ewa	349		K-30	33					00:27:50	00:56:14.80	00:56:47.25	+00:15:57 (28.1%)	5:37	10.7 (72.8%)
79	WIŚNIEWSKA Marta	862	WIECZORNE BIEGANIE W SZCZECINIE	K-40	21					00:27:43	00:56:36.40	00:56:55.75	+00:16:05 (28.3%)	5:39	10.6 (72.1%)
80	JAROSŁAWSKA Jowita	287		K-30	34	Babcia i Wnuki	Wróżki i Bałwanki			00:27:36	00:56:50.55	00:57:01.05	+00:16:11 (28.4%)	5:41	10.6 (72.1%)
81	MAZUREK Izabela	521	WIECZORNE BIEGANIE W SZCZECINIE	K-20	16					00:28:29	00:56:51.80	00:57:18.55	+00:16:28 (28.8%)	5:41	10.6 (72.1%)
82	OLKOWICZ Marta	585		K-20	17					00:27:51	00:57:12.15	00:57:23.30	+00:16:33 (28.9%)	5:43	10.5 (71.4%)
83	TRYCZYK Agnieszka	821	RAZ	K-30	35					00:28:09	00:57:15.50	00:57:28.75	+00:16:38 (29.0%)	5:43	10.5 (71.4%)
84	PODOLAK Julia	641		K-16	4					00:27:59	00:57:16.35	00:57:38.55	+00:16:48 (29.2%)	5:43	10.5 (71.4%)
85	FRĄCKOWIAK Hanna	191	UKŁ ÓSEMKA POLICE	K-30	36					00:28:00	00:57:33.00	00:57:39.65	+00:16:49 (29.2%)	5:45	10.4 (70.7%)
86	WIKLAK Natalia	850		K-20	18					00:28:43	00:57:13.20	00:57:40.60	+00:16:50 (29.2%)	5:43	10.5 (71.4%)
87	RAKOCA Monika	663		K-30	37					00:28:00	00:57:17.50	00:57:50.25	+00:17:00 (29.4%)	5:43	10.5 (71.4%)
88	KOMOROWSKA Adrianna	359		K-40	22					00:28:12	00:57:33.60	00:57:52.00	+00:17:02 (29.4%)	5:45	10.4 (70.7%)
89	POGORZELSKA Sylwia	644	WIECZORNE BIEGANIE W SZCZECINIE	K-30	38					00:28:14	00:57:39.45	00:57:54.60	+00:17:04 (29.5%)	5:45	10.4 (70.7%)
90	MIASKOWSKA-MAGADZIA Katarzyna	526		K-40	23					00:28:01	00:57:47.65	00:58:02.85	+00:17:13 (29.7%)	5:46	10.4 (70.7%)
91	KOSAKOWSK Izabela	369	WIECZORNE BIEGANIE W SZCZECINIE	K-30	39					00:28:34	00:57:33.40	00:58:03.75	+00:17:13 (29.7%)	5:45	10.4 (70.7%)
92	RYBICKA Eliza	548		K-20	19					00:28:15	00:57:35.15	00:58:08.50	+00:17:18 (29.8%)	5:45	10.4 (70.7%)
93	BĄCIK Aneta	46		K-40	24					00:28:20	00:57:51.70	00:58:14.65	+00:17:24 (29.9%)	5:47	10.4 (70.7%)
94	ZACHĘCKA Żaneta	894	CHMIELEWSKI TEAM - BBL POLICE	K-30	40	POLICZANKI				00:27:54	00:58:18.10	00:58:20.40	+00:17:30 (30.0%)	5:49	10.3 (70.1%)
95	MATUL Hanna	516	KALMAR RUNNERS	K-30	41					00:27:55	00:58:09.65	00:58:27.30	+00:17:37 (30.2%)	5:49	10.3 (70.1%)
96	ROSZAK Krystyna	683	GRYFUS SZCZECIN	K-50	6					00:27:57	00:58:07.90	00:58:34.40	+00:17:44 (30.3%)	5:48	10.3 (70.1%)

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
97	TROJANOWSKA-BARAN Aleksandra	817		K-20	20			Tak		00:29:06	00:58:07.55	00:58:36.20	+00:17:46 (30.3%)	5:48	10.3 (70.1%)
98	SKRZYPULEC Agnieszka	719	POL11	K-30	42					00:30:25	00:58:17.15	00:58:41.50	+00:17:51 (30.4%)	5:49	10.3 (70.1%)
99	WOJTAŚ Agnieszka	872		K-40	25					00:28:16	00:58:27.65	00:58:52.60	+00:18:02 (30.7%)	5:50	10.3 (70.1%)
100	MAJ Anna	493	WIECZORNE BIEGANIE W SZCZECINIE	K-40	26					00:28:25	00:58:42.15	00:59:02.95	+00:18:13 (30.9%)	5:52	10.2 (69.4%)
101	KOWALCZYK Mirosława	377		K-50	7					00:28:30	00:58:57.60	00:59:10.05	+00:18:20 (31.0%)	5:53	10.2 (69.4%)
102	REKOWSKA Danuta	671		K-50	8					00:28:02	00:59:11.15	00:59:14.45	+00:18:24 (31.1%)	5:55	10.1 (68.7%)
103	POSZUMSKA Gabriela	648		K-20	21					00:28:46	00:58:54.95	00:59:21.25	+00:18:31 (31.2%)	5:53	10.2 (69.4%)
104	GRALAK Justyna	226		K-30	43			Tak		00:28:24	00:59:22.45	00:59:22.45	+00:18:32 (31.2%)	5:56	10.1 (68.7%)
105	REINHOLZ Elżbieta	669		K-40	27					00:29:16	00:59:22.70	00:59:22.70	+00:18:32 (31.2%)	5:56	10.1 (68.7%)
106	BORKOWSKA Alicja	68		K-40	28					00:28:44	00:59:23.15	00:59:25.60	+00:18:35 (31.3%)	5:56	10.1 (68.7%)
107	SKARŻYŃSKA Anna	713		K-20	22					00:28:28	00:59:18.25	00:59:26.00	+00:18:36 (31.3%)	5:55	10.1 (68.7%)
108	KRUCZKOWSKA Malwina	400	KRUCZKI	K-20	23					00:29:00	00:59:12.05	00:59:28.50	+00:18:38 (31.3%)	5:55	10.1 (68.7%)
109	KRUCZKOWSKA Agnieszka	401	KRUCZKI	K-40	29					00:29:00	00:59:12.30	00:59:28.65	+00:18:38 (31.4%)	5:55	10.1 (68.7%)
110	ŻURAWSKA Krystyna	917	BBL POLICE	K-20	24	BBL POLICE				00:28:57	00:59:17.05	00:59:33.20	+00:18:43 (31.4%)	5:55	10.1 (68.7%)
111	KRUPA Roksana	403		K-20	25					00:27:59	00:59:28.85	00:59:33.60	+00:18:43 (31.4%)	5:56	10.1 (68.7%)
112	KONOPACKA Paulina	936		K-30	44					00:27:59	00:59:29.05	00:59:33.90	+00:18:44 (31.5%)	5:56	10.1 (68.7%)
113	CZACZYK Katarzyna	127		K-30	45					00:28:41	00:59:08.85	00:59:38.45	+00:18:48 (31.5%)	5:54	10.1 (68.7%)
114	SMOLSKA Barbara	722		K-40	30					00:29:21	00:59:03.70	00:59:38.75	+00:18:48 (31.5%)	5:54	10.2 (69.4%)
115	KUKUROWSKA Sylwia	425	BBL POLICE	K-40	31	BBL POLICE				00:28:57	00:59:22.40	00:59:38.90	+00:18:49 (31.5%)	5:56	10.1 (68.7%)
116	PUPEK Małgorzata	657		K-30	46					00:28:29	00:59:04.85	00:59:40.85	+00:18:51 (31.6%)	5:54	10.2 (69.4%)
117	BURGHARDT Renata	88	KB HERMES GRYFINO	K-40	32	KB Hermes Gryfino				00:29:16	00:59:06.25	00:59:46.50	+00:18:56 (31.7%)	5:54	10.2 (69.4%)
118	SARZYŃSKA Luiza	700		K-30	47					00:29:00	00:59:32.85	00:59:48.25	+00:18:58 (31.7%)	5:57	10.1 (68.7%)
119	KOSIŃSKA Agnieszka	370		K-40	33					00:28:14	00:59:34.60	00:59:50.45	+00:19:00 (31.8%)	5:57	10.1 (68.7%)
120	KOLSKA Lena	351	#WKURW_TEAM SZCZECIN	K-30	48	Wkurw Team Szczecin				00:28:04	00:59:55.25	01:00:07.20	+00:19:17 (32.1%)	5:59	10 (68.0%)
121	PIGŁA Monika	625		K-40	34					00:29:06	00:59:46.75	01:00:09.00	+00:19:19 (32.1%)	5:58	10 (68.0%)
121	MORAWIECKA Magdalena	546		K-20	26					00:28:34	01:00:01.65	01:00:09.00	+00:19:19 (32.1%)	6:00	10 (68.0%)

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
123	ZELMACHOWICZ Aleksandra	906		K-30	49					00:28:53	00:59:42.15	01:00:10.05	+00:19:20 (32.1%)	5:58	10 (68.0%)
124	DZIEMIANKO Ilona	168		K-20	27					00:30:41	00:59:38.45	01:00:18.35	+00:19:28 (32.3%)	5:57	10.1 (68.7%)
125	NIZIOŁ Renata	571		K-30	50					00:30:41	00:59:39.35	01:00:18.65	+00:19:28 (32.3%)	5:57	10.1 (68.7%)
126	SZABLEWSKA Katarzyna	764		K-20	28					00:30:41	00:59:40.45	01:00:19.40	+00:19:29 (32.3%)	5:58	10.1 (68.7%)
127	NADOBNA Kamila	557	STARGARD JA SIĘ NIE ŚCIGAM	K-30	51					00:28:47	01:00:11.00	01:00:32.25	+00:19:42 (32.6%)	6:01	10 (68.0%)
128	URBAŃSKA-IZYDORCZYK Kinga	826	STARGARD JA SIĘ NIE ŚCIGAM	K-30	52					00:28:48	01:00:11.70	01:00:32.40	+00:19:42 (32.6%)	6:01	10 (68.0%)
129	DOBIECKA Joanna	147	STARGARD JA SIĘ NIE ŚCIGAM	K-30	53					00:28:48	01:00:12.25	01:00:32.45	+00:19:42 (32.6%)	6:01	10 (68.0%)
130	KOCHAŃSKA Magdalena	347		K-40	35					00:29:43	01:00:40.60	01:00:52.15	+00:20:02 (32.9%)	6:04	9.9 (67.3%)
131	BANUCHA Agata	41		K-50	9	Bieg Korczaka				00:30:12	01:00:14.95	01:00:54.15	+00:20:04 (33.0%)	6:01	10 (68.0%)
132	ŚWITALSKA Edyta	806	ZACHODNIOPOMORSKIE CENTRUM TRENINGU PERSONALNEGO	K-40	36					00:29:09	01:00:40.05	01:00:55.05	+00:20:05 (33.0%)	6:04	9.9 (67.3%)
133	JAŚKIEWICZ Katarzyna	297		K-40	37					00:29:13	01:00:49.30	01:01:06.80	+00:20:17 (33.2%)	6:04	9.9 (67.3%)
134	CHUDZIK Anna	110		K-40	38					00:29:15	01:00:43.20	01:01:11.55	+00:20:21 (33.3%)	6:04	9.9 (67.3%)
135	JURYS Elżbieta	311		K-50	10	Bieg Korczaka				00:30:18	01:00:35.50	01:01:14.90	+00:20:25 (33.3%)	6:03	9.9 (67.3%)
136	PIOTROWSKA Aleksandra	629		K-30	54					00:29:19	01:01:04.40	01:01:19.45	+00:20:29 (33.4%)	6:06	9.8 (66.7%)
137	BULASIŃSKA Irena	85		K-50	11					00:29:36	01:01:08.10	01:01:28.40	+00:20:38 (33.6%)	6:06	9.8 (66.7%)
138	JAKUBOWSKA Patrycja	272		K-20	29					00:29:27	01:00:55.80	01:01:28.90	+00:20:39 (33.6%)	6:05	9.8 (66.7%)
139	GROBELNA Małgorzata	228		K-20	30					00:29:28	01:01:00.15	01:01:33.10	+00:20:43 (33.7%)	6:06	9.8 (66.7%)
140	LEBIODA Jolanta	444	WIECZORNE BIEGANIE W SZCZECINIE	K-40	39					00:29:47	01:01:28.15	01:01:42.15	+00:20:52 (33.8%)	6:08	9.8 (66.7%)
141	JUSINSKA Anna	312		K-40	40			Tak		00:30:47	01:01:07.80	01:01:46.00	+00:20:56 (33.9%)	6:06	9.8 (66.7%)
142	WRÓBLEWSKA Anna	889	KLUB BIEGACZA KAMIEŃ POMORSKI	K-30	55					00:31:29	01:01:29.60	01:01:58.05	+00:21:08 (34.1%)	6:09	9.8 (66.7%)
143	BALCERZAK Aleksandra	34	UKŁ ÓSEMKĄ	K-30	56				Tak	00:28:52	01:01:51.75	01:01:58.10	+00:21:08 (34.1%)	6:11	9.7 (66.0%)
144	CIEMNA Regina	117		K-60	3					00:30:21	01:01:29.80	01:02:02.45	+00:21:12 (34.2%)	6:09	9.8 (66.7%)
145	LEONOWICZ Martyna	451	TRIGYM	K-20	31					00:29:45	01:01:38.30	01:02:03.65	+00:21:13 (34.2%)	6:09	9.7 (66.0%)
146	LUBOWICKA Gabriela	470		K-40	41					00:30:21	01:01:38.00	01:02:04.85	+00:21:15 (34.2%)	6:09	9.7 (66.0%)
147	MOLENDĄ Sabina	545	SARENKI	K-30	57					00:29:37	01:01:36.95	01:02:05.00	+00:21:15 (34.2%)	6:09	9.7 (66.0%)
148	GUCZE Anna	237		K-30	58			Tak		00:29:56	01:01:56.10	01:02:05.10	+00:21:15 (34.2%)	6:11	9.7 (66.0%)
148	MACIEJEWSKA Agnieszka	485		K-30	58					00:29:57	01:01:56.60	01:02:05.10	+00:21:15 (34.2%)	6:11	9.7 (66.0%)

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
150	JASZCZ Magdalena	296	PYRZYCE BIEGAJĄ	K-40	42					00:31:28	01:01:38.00	01:02:07.15	+00:21:17 (34.3%)	6:09	9.7 (66.0%)
151	PILARSKA Iwona	626	PYRZYCE BIEGAJĄ	K-30	60					00:31:27	01:01:37.60	01:02:07.20	+00:21:17 (34.3%)	6:09	9.7 (66.0%)
152	GOLUCH Ilona	215	PYRZYCE BIEGAJĄ	K-40	43					00:31:27	01:01:37.75	01:02:07.35	+00:21:17 (34.3%)	6:09	9.7 (66.0%)
153	DEMKOWICZ Ewelina	139		K-30	61					00:30:41	01:01:51.65	01:02:08.70	+00:21:18 (34.3%)	6:11	9.7 (66.0%)
154	ŁOBOS Anna	478	WIECZORNE BIEGANIE W SZCZECINIE	K-20	32					00:30:47	01:01:30.40	01:02:11.85	+00:21:22 (34.4%)	6:09	9.8 (66.7%)
155	SULŻYŃSKA-KOWALCZYK Izabella	758		K-30	62					00:29:39	01:01:40.20	01:02:15.85	+00:21:26 (34.4%)	6:10	9.7 (66.0%)
156	CIEŚLAK Małgorzata	124		K-40	44					00:28:53	01:02:19.55	01:02:32.90	+00:21:43 (34.7%)	6:13	9.6 (65.3%)
157	MISIUK Marta	537		K-30	63					00:30:48	01:02:05.80	01:02:36.45	+00:21:46 (34.8%)	6:12	9.7 (66.0%)
158	ŁUKASIEWICZ Agnieszka	482	KB HERMES GRYFINO	K-40	45	KB Hermes Gryfino				00:31:45	01:01:56.35	01:02:37.35	+00:21:47 (34.8%)	6:11	9.7 (66.0%)
159	ŻYWICKA Barbara	921		K-40	46					00:30:37	01:02:07.70	01:02:41.15	+00:21:51 (34.9%)	6:12	9.7 (66.0%)
160	CZARNECKA Teresa	129		K-20	33					00:30:35	01:02:07.30	01:02:43.40	+00:21:53 (34.9%)	6:12	9.7 (66.0%)
161	DYDEK Dorota	161	SKB DZIK	K-50	12	SKB DZIK	Dydek			00:29:54	01:02:30.80	01:02:46.95	+00:21:57 (35.0%)	6:15	9.6 (65.3%)
162	JABŁONOWSKA Aleksandra	268		K-30	64					00:31:38	01:02:27.40	01:02:47.50	+00:21:57 (35.0%)	6:14	9.6 (65.3%)
163	KOWALSKA Anna	382		K-30	65					00:31:35	01:02:27.65	01:02:47.65	+00:21:57 (35.0%)	6:14	9.6 (65.3%)
164	BUJALSKA Anna	84		K-40	47					00:29:57	01:02:39.80	01:02:49.25	+00:21:59 (35.0%)	6:16	9.6 (65.3%)
165	CHODUP Marzena	102		K-30	66					00:29:49	01:02:40.35	01:02:50.75	+00:22:00 (35.0%)	6:16	9.6 (65.3%)
166	SOBCZAK_KUFEL Ilona	724	PATOBIEGANIE	K-30	67					00:30:34	01:02:23.50	01:02:52.20	+00:22:02 (35.1%)	6:14	9.6 (65.3%)
167	WIŚNIEWSKA Marta	861	PATOBIEGANIE	K-30	68					00:30:33	01:02:22.80	01:02:52.35	+00:22:02 (35.1%)	6:14	9.6 (65.3%)
168	SZYSZKOWSKA Katarzyna	798	KALMAR RUNNERS	K-30	69					00:28:43	01:02:44.30	01:02:52.65	+00:22:02 (35.1%)	6:16	9.6 (65.3%)
169	SYCH Małgorzata	761	KB KAMIEŃ POMORSKI	K-40	48					00:31:10	01:02:31.70	01:03:04.55	+00:22:14 (35.3%)	6:15	9.6 (65.3%)
170	MAŁECKA Anna	503		K-40	49					00:29:15	01:02:44.75	01:03:08.60	+00:22:18 (35.3%)	6:16	9.6 (65.3%)
171	SZYSZKA Iwona	797		K-40	50					00:31:47	01:02:39.90	01:03:09.75	+00:22:19 (35.4%)	6:16	9.6 (65.3%)
172	OCHMAŃSKA Barbara	576	POSESOR BIEGA	K-50	13					00:31:47	01:02:40.40	01:03:10.20	+00:22:20 (35.4%)	6:16	9.6 (65.3%)
173	MOTYKA Małgorzata	925		K-30	70					00:27:06	01:03:13.30	01:03:18.25	+00:22:28 (35.5%)	6:19	9.5 (64.6%)
174	JAKUBCZYK Paulina	270		K-30	71					00:30:18	01:02:58.35	01:03:18.55	+00:22:28 (35.5%)	6:17	9.5 (64.6%)
175	DOMZALSKA Aneta	152		K-40	51					00:30:18	01:02:57.90	01:03:18.65	+00:22:28 (35.5%)	6:17	9.5 (64.6%)
176	SOWISZ Danuta	735	SOWISZ TEAM	K-40	52		SOWISZ TEAM			00:29:27	01:03:03.40	01:03:21.55	+00:22:31 (35.6%)	6:18	9.5 (64.6%)

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
177	MASŁOWSKA Barbara	513		K-40	53					00:30:41	01:03:22.15	01:03:45.40	+00:22:55 (36.0%)	6:20	9.5 (64.6%)
178	LENARD Magdalena	448	BRIDGESTONE STARGARD RUNNERS	K-20	34					00:31:39	01:03:12.20	01:03:50.60	+00:23:00 (36.0%)	6:19	9.5 (64.6%)
179	SAWARYN Małgorzata	701		K-40	54					00:31:02	01:03:30.15	01:03:52.85	+00:23:03 (36.1%)	6:21	9.4 (63.9%)
180	KUNIKOWSKA Patrycja	428	STARGARD JA SIĘ NIE ŚCIGAM	K-30	72					00:30:42	01:03:32.05	01:03:58.40	+00:23:08 (36.2%)	6:21	9.4 (63.9%)
181	SZCZYPEK Ola	933		K-30	73					00:30:29	01:03:39.10	01:04:01.85	+00:23:12 (36.2%)	6:21	9.4 (63.9%)
182	GÓRSKA Maja	224		K-20	35					00:30:48	01:04:00.85	01:04:02.70	+00:23:12 (36.2%)	6:24	9.4 (63.9%)
183	WRÓŃSKA-DRZEWIECKA Justyna	888		K-30	74					00:30:36	01:03:51.35	01:04:04.25	+00:23:14 (36.3%)	6:23	9.4 (63.9%)
184	MILANOWICZ Magda	532	WIECZORNE BIEGANIE W SZCZECINIE	K-30	75					00:30:52	01:04:01.65	01:04:07.90	+00:23:18 (36.3%)	6:24	9.4 (63.9%)
185	ŚWIGOŃ Izabela	805	SZWLA STARGARD	K-40	55					00:30:53	01:04:04.80	01:04:12.85	+00:23:23 (36.4%)	6:24	9.4 (63.9%)
186	NIEWADZIK Ula	567		K-40	56					00:30:12	01:03:52.05	01:04:13.45	+00:23:23 (36.4%)	6:23	9.4 (63.9%)
187	JAKUBOWSKA Anna	274		K-30	76					00:30:12	01:03:52.75	01:04:13.75	+00:23:23 (36.4%)	6:23	9.4 (63.9%)
188	ZAMOŻNY Anna	898		K-30	77					00:30:12	01:03:52.60	01:04:13.85	+00:23:24 (36.4%)	6:23	9.4 (63.9%)
189	MIKULSKA-GAWLE Karina	928		K-30	78					00:30:51	01:03:53.00	01:04:15.05	+00:23:25 (36.5%)	6:23	9.4 (63.9%)
190	IZNEROWICZ Monika	267	WIECZORNE BIEGANIE W SZCZECINIE	K-30	79					00:29:26	01:03:56.85	01:04:15.90	+00:23:26 (36.5%)	6:23	9.4 (63.9%)
191	ŚLIWIŃSKA Justyna	799		K-20	36					00:30:48	01:04:01.60	01:04:20.00	+00:23:30 (36.5%)	6:24	9.4 (63.9%)
192	CYGANOWSKA Ewa	126		K-30	80					00:29:22	01:04:08.20	01:04:20.25	+00:23:30 (36.5%)	6:24	9.4 (63.9%)
193	KOTARSKA Joanna	374		K-30	81					00:29:23	01:04:08.65	01:04:20.50	+00:23:30 (36.5%)	6:24	9.4 (63.9%)
194	CZARNECKA Agnieszka	128	WIECZORNE BIEGANIE W SZCZECINIE	K-40	57					00:31:51	01:03:53.45	01:04:21.25	+00:23:31 (36.6%)	6:23	9.4 (63.9%)
195	SOKÓŁ Katarzyna	729	KRÓL GÓR	K-40	58					00:32:45	01:03:48.55	01:04:31.65	+00:23:41 (36.7%)	6:22	9.4 (63.9%)
196	GASIEWICZ Anna	200		K-50	14					00:32:46	01:03:48.10	01:04:31.85	+00:23:42 (36.7%)	6:22	9.4 (63.9%)
197	GARBARCZYK Ela	198		K-20	37					00:32:59	01:03:52.00	01:04:32.45	+00:23:42 (36.7%)	6:23	9.4 (63.9%)
198	SZYMAŃSKA Kamila	527		K-30	82					00:32:59	01:03:52.05	01:04:32.70	+00:23:42 (36.7%)	6:23	9.4 (63.9%)
199	GAWRYSIAK Ewa	204		K-30	83					00:29:32	01:04:24.55	01:04:35.80	+00:23:46 (36.8%)	6:26	9.3 (63.3%)
200	ROSIAK-WĄS Ewelina	680	SSC SALLING GROUP	K-30	84	SSC Salling Group				00:29:01	01:04:42.75	01:04:52.90	+00:24:03 (37.1%)	6:28	9.3 (63.3%)
201	JAWORSKA Marta	943		K-30	85					00:31:09	01:04:42.80	01:04:57.65	+00:24:07 (37.1%)	6:28	9.3 (63.3%)
202	MĄDRZYK Magdalena	524	WIECZORNE BIEGANIE W SZCZECINIE	K-40	59					00:32:03	01:04:30.50	01:04:57.75	+00:24:07 (37.1%)	6:27	9.3 (63.3%)
203	SZYMKIEWICZ Ewa	63		K-40	60			Tak		00:29:14	01:04:56.50	01:05:03.60	+00:24:13 (37.2%)	6:29	9.2 (62.6%)

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
204	LASEK Anna	440	WIECZORNE BIEGANIE W SZCZECINIE	K-40	61					00:31:27	01:04:48.35	01:05:06.25	+00:24:16 (37.3%)	6:28	9.3 (63.3%)
205	FRASZCZYK Agata	190		K-30	86					00:29:39	01:04:49.50	01:05:20.25	+00:24:30 (37.5%)	6:29	9.3 (63.3%)
206	JANKOWSKA Emilia	280		K-16	5					00:31:23	01:04:58.55	01:05:21.25	+00:24:31 (37.5%)	6:29	9.2 (62.6%)
207	LEWIŃSKA Monika	459		K-30	87					00:29:37	01:04:50.35	01:05:21.45	+00:24:31 (37.5%)	6:29	9.3 (63.3%)
208	WIĘCŁAW Monika	848		K-30	88					00:31:00	01:05:04.30	01:05:23.50	+00:24:33 (37.6%)	6:30	9.2 (62.6%)
209	WITCZAK Dorota	865	WIECZORNE BIEGANIE W SZCZECINIE	K-20	38					00:32:13	01:04:58.70	01:05:30.55	+00:24:40 (37.7%)	6:29	9.2 (62.6%)
210	TABAS Anna	807	WIECZORNE BIEGANIE W SZCZECINIE	K-30	89					00:32:14	01:04:58.95	01:05:30.85	+00:24:41 (37.7%)	6:29	9.2 (62.6%)
211	MATUSIK Kazimiera	517	WIECZORNE BIEGANIE	K-50	15					00:32:14	01:05:01.50	01:05:32.60	+00:24:42 (37.7%)	6:30	9.2 (62.6%)
212	NARÓĆ Aneta	561		K-40	62				Tak	00:31:29	01:05:08.85	01:05:33.95	+00:24:44 (37.7%)	6:30	9.2 (62.6%)
213	STĘPNIAK Monika	748	KOBIECE BIEGANIE	K-30	90					00:32:46	01:04:51.80	01:05:36.65	+00:24:46 (37.8%)	6:29	9.2 (62.6%)
214	BALCEROWSKA Monika	31		K-30	91					00:31:54	01:05:09.85	01:05:38.05	+00:24:48 (37.8%)	6:31	9.2 (62.6%)
215	HOŁOWACZ-WALKOWIAK Kalina	260		K-30	92			Tak		00:31:49	01:05:00.75	01:05:38.50	+00:24:48 (37.8%)	6:30	9.2 (62.6%)
216	KUDRA Grażyna	421	MORSOLE SZCZECIN	K-60	4					00:31:28	01:05:29.35	01:05:47.65	+00:24:57 (37.9%)	6:32	9.2 (62.6%)
217	DZIAŁOWSKA Sara	166	ŚRUNDUNIA SZCZECIN	K-20	39					00:31:43	01:05:15.35	01:05:57.20	+00:25:07 (38.1%)	6:31	9.2 (62.6%)
218	KLIK Sylwia	344		K-40	63					00:32:29	01:05:38.05	01:06:13.55	+00:25:23 (38.3%)	6:33	9.1 (61.9%)
219	PALUSZYŃSKA Małgosia	600		K-50	16					00:32:30	01:05:39.25	01:06:14.15	+00:25:24 (38.4%)	6:34	9.1 (61.9%)
220	MALINOWSKA Małgorzata	501	1961	K-50	17					00:33:00	01:05:36.45	01:06:15.05	+00:25:25 (38.4%)	6:33	9.1 (61.9%)
221	MEGGER Agata	946		K-40	64					00:32:10	01:05:39.70	01:06:15.65	+00:25:25 (38.4%)	6:34	9.1 (61.9%)
222	ZŁOTA Lidia	914		K-40	65					00:32:27	01:05:41.00	01:06:16.50	+00:25:26 (38.4%)	6:34	9.1 (61.9%)
223	MOCZULSKA Urszula	542	DECATHLON SZCZECIN	K-30	93					00:30:46	01:05:57.90	01:06:21.65	+00:25:31 (38.5%)	6:35	9.1 (61.9%)
224	BALCARCZYK Emilia	30	DĘBNOWSKIE CZŁAPAKI	K-30	94					00:32:30	01:05:59.90	01:06:27.15	+00:25:37 (38.6%)	6:36	9.1 (61.9%)
225	BŁAŻKÓW Anna	60	NETTO GRUPA BIEGOWA 42,145 DĘBNO	K-40	66					00:32:30	01:06:00.40	01:06:27.40	+00:25:37 (38.6%)	6:36	9.1 (61.9%)
226	HOFMAN Katarzyna	258		K-30	95					00:32:42	01:05:49.95	01:06:29.15	+00:25:39 (38.6%)	6:35	9.1 (61.9%)
227	CACKOWSKA Magdalena	92		K-20	40					00:32:35	01:05:54.70	01:06:34.85	+00:25:45 (38.7%)	6:35	9.1 (61.9%)
228	ORDON Izabela	587	PARKRUN GORZÓW	K-40	67					00:32:00	01:06:15.95	01:06:37.65	+00:25:47 (38.7%)	6:37	9.1 (61.9%)
229	KLEJNOWSKA Kamila	343	STARGARD. JA SIĘ NIE ŚCIGAM	K-30	96					00:32:16	01:06:16.95	01:06:38.25	+00:25:48 (38.7%)	6:37	9.1 (61.9%)
230	GLAZA Aleksandra	210		K-30	97					00:32:18	01:06:06.60	01:06:40.05	+00:25:50 (38.8%)	6:36	9.1 (61.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Klasyfikacja Rodzinna	Klasyfikacja Mundurowa	Klasyfikacja IV M.P. Grupy Azoty S.A.	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
									5km	5km					
231	JAKSINA Anna	269		K-40	68					00:32:30	01:06:03.95	01:06:46.20	+00:25:56 (38.8%)	6:36	9.1 (61.9%)
232	KWAPIS Anna	435		K-30	98					00:32:45	01:06:17.10	01:06:48.05	+00:25:58 (38.9%)	6:37	9 (61.2%)
233	KONIECZNA Natalia	363		K-20	41					00:32:45	01:06:17.40	01:06:48.20	+00:25:58 (38.9%)	6:37	9 (61.2%)
234	SKROBISZ Justyna	716		K-20	42					00:32:44	01:06:17.30	01:06:48.85	+00:25:59 (38.9%)	6:37	9.1 (61.9%)
235	JASIŃSKA Natalia	291	EXTREMEWOLF	K-30	99					00:31:36	01:06:31.25	01:06:50.60	+00:26:00 (38.9%)	6:39	9 (61.2%)
236	SOBOLEWSKA Agata	725	WIECZORNE BIEGANIE W SZCZECINIE	K-30	100					00:31:37	01:06:32.00	01:06:50.95	+00:26:01 (38.9%)	6:39	9 (61.2%)
237	JÓŹWIAK Magdalena	306	WIECZORNE BIEGANIE W SZCZECINIE	K-30	101					00:32:30	01:06:27.05	01:06:55.10	+00:26:05 (39.0%)	6:38	9 (61.2%)
238	STAŃKO Agnieszka	743	STARGARD JA SIĘ NIE ŚCIGAM	K-30	102					00:32:03	01:06:47.40	01:07:09.05	+00:26:19 (39.2%)	6:40	9 (61.2%)
239	KRUSZEWICZ Dalida	406	AMPIO TEAM	K-40	69					00:30:44	01:07:00.35	01:07:13.20	+00:26:23 (39.3%)	6:42	9 (61.2%)
240	KĘDZIERSKA Alicja	335	AMPIO TEAM	K-20	43					00:30:43	01:07:00.30	01:07:13.65	+00:26:23 (39.3%)	6:42	9 (61.2%)
241	HAWRYLUK WIRASZKA Anna	254	AMPIO TEAM	K-20	44					00:30:43	01:07:00.95	01:07:14.30	+00:26:24 (39.3%)	6:42	9 (61.2%)
242	PIOTROWSKA Dorota	628	AMPIO TEAM	K-40	70					00:31:13	01:07:00.85	01:07:14.35	+00:26:24 (39.3%)	6:42	9 (61.2%)
243	BUJACZ Angelika	83	AMPIO TEAM	K-40	71					00:30:43	01:07:01.95	01:07:14.85	+00:26:25 (39.3%)	6:42	9 (61.2%)
244	BARTNICKA Beata	42		K-30	103					00:32:58	01:06:35.85	01:07:16.85	+00:26:27 (39.3%)	6:39	9 (61.2%)
245	HRYNKIEWICZ-PAWŁASZEK Anna	266		K-30	104					00:31:44	01:07:11.45	01:07:19.95	+00:26:30 (39.4%)	6:43	8.9 (60.5%)
246	KOŁŁATAJ SZYMAŃSKA Marta	354		K-30	105					00:32:32	01:07:15.55	01:07:22.25	+00:26:32 (39.4%)	6:43	8.9 (60.5%)
247	SOKOŁOWSKA Magdalena	728		K-30	106					00:32:14	01:06:59.45	01:07:26.95	+00:26:37 (39.5%)	6:41	9 (61.2%)
248	RZEPIELA Anna	693		K-30	107					00:33:10	01:07:08.35	01:07:29.40	+00:26:39 (39.5%)	6:42	8.9 (60.5%)
249	ROLLA Magdalena	677		K-40	72					00:33:00	01:06:54.75	01:07:32.15	+00:26:42 (39.5%)	6:41	9 (61.2%)
250	MAJEWSKA Agnieszka	496	WIECZORNE BIEGANIE W SZCZECINIE	K-30	108					00:33:00	01:06:55.40	01:07:32.45	+00:26:42 (39.5%)	6:41	9 (61.2%)
251	KAROLAK Karolina	328		K-30	109				Tak	00:33:40	01:07:00.20	01:07:35.70	+00:26:45 (39.6%)	6:42	9 (61.2%)
252	PÓŁTORAK Ela	649		K-40	73					00:32:43	01:07:13.80	01:07:44.15	+00:26:54 (39.7%)	6:43	8.9 (60.5%)
253	CHROBOCIŃSKA Elżbieta	107		K-50	18					00:31:42	01:07:28.45	01:07:54.80	+00:27:05 (39.9%)	6:44	8.9 (60.5%)
254	GARBOWSKA Paulina	199	WIECZORNE BIEGANIE W SZCZECINIE	K-20	45					00:33:56	01:07:30.15	01:08:16.05	+00:27:26 (40.2%)	6:45	8.9 (60.5%)
255	REWERS Aleksandra	673		K-30	110					00:32:18	01:08:04.85	01:08:20.40	+00:27:30 (40.3%)	6:48	8.8 (59.9%)
256	HALEJCIO Małgorzata	250		K-40	74					00:32:29	01:08:12.50	01:08:32.75	+00:27:42 (40.4%)	6:49	8.8 (59.9%)

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
257	MOKRZYŃSKA-ŁUKASZCZUK Marta	544		K-30	111					00:33:47	01:07:58.80	01:08:35.60	+00:27:45 (40.5%)	6:47	8.8 (59.9%)
258	OSTROWSKA Ewa	598		K-20	46				Tak	00:31:49	01:08:23.85	01:08:41.95	+00:27:52 (40.6%)	6:50	8.8 (59.9%)
259	NIEMCZYK Marta	565		K-30	112					00:31:50	01:08:24.25	01:08:42.05	+00:27:52 (40.6%)	6:50	8.8 (59.9%)
260	BANASIAK Adrianna	36		K-30	113					00:31:49	01:08:25.35	01:08:43.65	+00:27:53 (40.6%)	6:50	8.8 (59.9%)
261	ŁAWRYNOWICZ Anna	473	WIECZORNE BIEGANIE W SZCZECINIE	K-40	75					00:33:02	01:08:53.20	01:08:59.25	+00:28:09 (40.8%)	6:53	8.7 (59.2%)
262	MARKS Katarzyna	511	STOWARZYSZENIE NA RZECZ ROZWOJU SOŁECTWA DOŁUJE	K-40	76					00:33:06	01:08:48.75	01:09:06.35	+00:28:16 (40.9%)	6:52	8.7 (59.2%)
263	GORCZYCA Kasia	217	NN	K-30	114					00:34:39	01:08:29.50	01:09:11.45	+00:28:21 (41.0%)	6:51	8.8 (59.9%)
264	MAZUR Mirosława	519		K-60	5					00:33:07	01:08:54.20	01:09:16.90	+00:28:27 (41.1%)	6:53	8.7 (59.2%)
265	BRZEZICKA Kornelia	77	WEGAS WOLIN	K-30	115					00:33:02	01:08:49.85	01:09:22.20	+00:28:32 (41.1%)	6:53	8.7 (59.2%)
266	ZELEK-PĄŁOSZ Magdalena	905	WEGAS WOLIN	K-40	77					00:33:02	01:08:49.80	01:09:22.30	+00:28:32 (41.1%)	6:53	8.7 (59.2%)
267	SEMEZH Ira	703		K-20	47					00:33:04	01:08:50.60	01:09:22.55	+00:28:32 (41.1%)	6:53	8.7 (59.2%)
268	BUGAŁA Milena	82		K-30	116					00:33:03	01:08:50.45	01:09:22.80	+00:28:33 (41.2%)	6:53	8.7 (59.2%)
269	CIEMNA Joanna	116		K-40	78					00:33:04	01:08:51.95	01:09:24.25	+00:28:34 (41.2%)	6:53	8.7 (59.2%)
270	PIEKARSKA Katarzyna	621		K-20	48					00:31:37	01:09:03.40	01:09:24.70	+00:28:34 (41.2%)	6:54	8.7 (59.2%)
271	KOSOBUCKA Marta	372		K-30	117					00:34:45	01:08:50.80	01:09:26.00	+00:28:36 (41.2%)	6:53	8.7 (59.2%)
272	STROJNY Joanna	753	RAZ SZCZECIN	K-40	79					00:32:50	01:09:10.05	01:09:28.00	+00:28:38 (41.2%)	6:55	8.7 (59.2%)
273	BAGIŃSKA Monika	28		K-40	80					00:32:07	01:09:20.50	01:09:35.30	+00:28:45 (41.3%)	6:56	8.7 (59.2%)
274	SLADKOVA Alona	720		K-30	118					00:32:10	01:08:57.35	01:09:37.80	+00:28:48 (41.4%)	6:53	8.7 (59.2%)
275	KRYSZCZAK Paulina	408	EMEL ATHLETIC TEAM	K-20	49					00:36:51	01:09:11.50	01:09:42.60	+00:28:52 (41.4%)	6:55	8.7 (59.2%)
276	OSSOWSKA Patrycja	597	1979	K-40	81					00:34:07	01:09:15.55	01:09:43.70	+00:28:53 (41.4%)	6:55	8.7 (59.2%)
277	DYMITROWSKA Anna	164		K-30	119					00:34:06	01:09:15.75	01:09:44.30	+00:28:54 (41.5%)	6:55	8.7 (59.2%)
278	TRYBUS Anna	819		K-30	120					00:32:33	01:09:23.85	01:09:52.80	+00:29:03 (41.6%)	6:56	8.6 (58.5%)
279	BRZOZOWSKA Ewelina	357		K-40	82					00:33:02	01:09:24.70	01:09:54.65	+00:29:04 (41.6%)	6:56	8.6 (58.5%)
280	KOBUS Kasia	346	PYRZYCE BIEGAJĄ	K-40	83					00:33:00	01:09:24.65	01:09:54.75	+00:29:04 (41.6%)	6:56	8.6 (58.5%)
281	DWORCZYK Magdalena	78	PYRZYCE BIEGAJĄ	K-30	121					00:33:00	01:09:24.85	01:09:54.95	+00:29:05 (41.6%)	6:56	8.6 (58.5%)
282	KOWALEWSKA Joanna	381	ROYAL RUNNERS TEAM	K-30	122					00:34:00	01:09:21.30	01:09:58.00	+00:29:08 (41.6%)	6:56	8.6 (58.5%)
283	ŚLUZAR Karolina	801		K-20	50					00:34:20	01:09:32.10	01:10:12.45	+00:29:22 (41.8%)	6:57	8.6 (58.5%)

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
284	STERNA Magdalena	746		K-20	51	Babcia i Wnuki				00:32:58	01:10:09.70	01:10:20.65	+00:29:30 (42.0%)	7:01	8.6 (58.5%)
285	ŁĄCZAK Monika	475	STARGARD JA SIĘ NIE ŚCIGAM	K-30	123					00:35:19	01:09:38.00	01:10:21.95	+00:29:32 (42.0%)	6:57	8.6 (58.5%)
286	FIDOSZ Lidia	180	STARGARD JA SIĘ NIE ŚCIGAM	K-40	84					00:35:18	01:09:38.10	01:10:22.15	+00:29:32 (42.0%)	6:57	8.6 (58.5%)
287	GENDA Jadwiga	206	TIME55	K-60	6					00:32:53	01:10:17.00	01:10:25.50	+00:29:35 (42.0%)	7:01	8.5 (57.8%)
288	KUŹNIŃSKA Weronika	947	SKB DZIK	K-16	6					00:33:12	01:10:23.05	01:10:34.90	+00:29:45 (42.2%)	7:02	8.5 (57.8%)
289	ELEROWSKA Inga	171	FIZJOBIEGACZE SZVZECIN	K-50	19					00:33:07	01:10:04.90	01:10:36.80	+00:29:47 (42.2%)	7:00	8.6 (58.5%)
290	GIBES-FOSTRĘKA Iwona	295		K-40	85					00:33:47	01:10:23.05	01:10:40.65	+00:29:50 (42.2%)	7:02	8.5 (57.8%)
291	BANDROWSKA Celina	39	MECOMPLETE.PL	K-30	124					00:34:42	01:10:07.80	01:10:42.25	+00:29:52 (42.3%)	7:00	8.6 (58.5%)
292	PODWALSKA Małgorzata	643		K-20	52					00:34:32	01:10:24.00	01:10:46.70	+00:29:56 (42.3%)	7:02	8.5 (57.8%)
293	FOSZMANOWICZ Paulina	188	SSC SALLING GROUP	K-20	53					00:38:16	01:10:24.45	01:10:48.20	+00:29:58 (42.3%)	7:02	8.5 (57.8%)
294	DEMKOWICZ Edyta	140	WEGAS	K-40	86					00:33:27	01:10:34.75	01:10:51.65	+00:30:01 (42.4%)	7:03	8.5 (57.8%)
295	DZIEMIDOWICZ Jadwiga	169	WEGAS WOLIN	K-30	125					00:33:27	01:10:34.95	01:10:51.80	+00:30:02 (42.4%)	7:03	8.5 (57.8%)
296	KOLASA Agnieszka	350		K-40	87					00:34:02	01:10:19.50	01:10:54.05	+00:30:04 (42.4%)	7:02	8.5 (57.8%)
297	ROSIŃSKA Kamila	955	BRIDGESTONE STARGARD RUNNERS	K-30	126					00:36:01	01:10:22.70	01:11:00.90	+00:30:11 (42.5%)	7:02	8.5 (57.8%)
298	LIPIŃSKA Sylwia	467		K-20	54					00:33:55	01:10:23.25	01:11:03.15	+00:30:13 (42.5%)	7:02	8.5 (57.8%)
299	NYGA Julia	575		K-30	127					00:35:33	01:10:40.35	01:11:15.25	+00:30:25 (42.7%)	7:04	8.5 (57.8%)
300	GUGAŁKA Aleksandra	238		K-30	128					00:33:39	01:10:57.20	01:11:19.20	+00:30:29 (42.8%)	7:05	8.5 (57.8%)
301	KIELCZYK Katarzyna	337	WIECZORNE BIEGANIE W SZCZECINIE	K-40	88					00:34:01	01:11:19.35	01:11:19.35	+00:30:29 (42.8%)	7:07	8.4 (57.1%)
302	RYBACZEK Kamila	689	GRYFFINDOR BIEGA	K-30	129					00:35:26	01:10:34.20	01:11:24.25	+00:30:34 (42.8%)	7:03	8.5 (57.8%)
303	GREWLING Anna	227	GRYFFINDOR BIEGA	K-30	130					00:35:26	01:10:34.35	01:11:24.35	+00:30:34 (42.8%)	7:03	8.5 (57.8%)
304	FIEDOROWICZ Julia	182		K-16	7					00:35:54	01:10:47.05	01:11:25.10	+00:30:35 (42.8%)	7:04	8.5 (57.8%)
305	ADAMOWICZ Sylwia	15	TORPEDY	K-40	89					00:34:46	01:10:58.50	01:11:40.05	+00:30:50 (43.0%)	7:05	8.5 (57.8%)
306	HERIAN Gosia	255		K-30	131					00:35:15	01:11:08.55	01:11:47.05	+00:30:57 (43.1%)	7:06	8.4 (57.1%)
307	ŁUCZYŃSKA Katarzyna	480		K-30	132					00:35:15	01:11:08.95	01:11:47.50	+00:30:57 (43.1%)	7:06	8.4 (57.1%)
308	KIJOWSKA Monika	340	WIECZORNE BIEGANIE W SZCZECINIE	K-40	90					00:34:48	01:11:28.70	01:11:58.50	+00:31:08 (43.3%)	7:08	8.4 (57.1%)
309	DOMAŃSKA Anna	151		K-30	133					00:34:50	01:11:22.25	01:11:59.75	+00:31:09 (43.3%)	7:08	8.4 (57.1%)
310	SZAWARYNSKA Ania	765		K-30	134					00:34:50	01:11:23.00	01:11:59.95	+00:31:10 (43.3%)	7:08	8.4 (57.1%)

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
311	KRZYWICKA Edyta	413		K-50	20					00:33:11	01:12:02.55	01:12:18.35	+00:31:28 (43.5%)	7:12	8.3 (56.5%)
312	ŁYCZEK Agata	483		K-40	91					00:33:42	01:12:14.75	01:12:26.90	+00:31:37 (43.6%)	7:13	8.3 (56.5%)
313	MICHALAK Anna	529		K-40	92					00:34:12	01:12:37.95	01:12:37.95	+00:31:48 (43.8%)	7:15	8.3 (56.5%)
314	MICHALAK-ŚWIECZKOWSKA Katarzyna	528		K-40	93					00:33:47	01:12:12.35	01:12:38.30	+00:31:48 (43.8%)	7:13	8.3 (56.5%)
315	PAWLIK Danuta	608	WIECZORNE BIEGANIE W SZCZECINIE	K-40	94					00:33:40	01:12:12.25	01:12:45.30	+00:31:55 (43.9%)	7:13	8.3 (56.5%)
316	LICZBIŃSKA Małgorzata	461		K-20	55					00:33:58	01:12:21.75	01:13:00.75	+00:32:10 (44.1%)	7:14	8.3 (56.5%)
317	LIGOCKA Aneta	463	BIO-SPA ALEKSANDRA BURKOWSKA	K-40	95					00:36:12	01:12:24.55	01:13:10.45	+00:32:20 (44.2%)	7:14	8.3 (56.5%)
318	URIASZ Julia	827		K-16	8					00:33:46	01:12:47.55	01:13:16.80	+00:32:27 (44.3%)	7:16	8.2 (55.8%)
319	NIEMIEC Joanna	566		K-30	135					00:36:04	01:13:02.20	01:13:45.25	+00:32:55 (44.6%)	7:18	8.2 (55.8%)
320	BRANICA Hanna	71		K-40	96					00:36:04	01:13:02.30	01:13:45.55	+00:32:55 (44.6%)	7:18	8.2 (55.8%)
321	TURKIEWICZ Monika	822		K-30	136					00:34:12	01:13:26.15	01:13:51.70	+00:33:01 (44.7%)	7:20	8.2 (55.8%)
322	GAWORECKA Marta	203	WIECZORNE BIEGANIE	K-40	97					00:34:49	01:13:36.10	01:14:06.55	+00:33:16 (44.9%)	7:21	8.2 (55.8%)
323	PERROT Magdalena	615		K-40	98					00:34:58	01:13:48.70	01:14:25.40	+00:33:35 (45.1%)	7:22	8.1 (55.1%)
324	MUCHA Martyna	550	RUNGRYF	K-20	56					00:34:55	01:14:07.25	01:14:33.30	+00:33:43 (45.2%)	7:24	8.1 (55.1%)
325	WOLNA Dorota	875	ROYAL RUNNERS TEAM	K-30	137					00:34:05	01:14:06.65	01:14:36.70	+00:33:46 (45.3%)	7:24	8.1 (55.1%)
326	KUBÓW Katarzyna	419		K-40	99					00:34:48	01:13:56.55	01:14:45.25	+00:33:55 (45.4%)	7:23	8.1 (55.1%)
327	TOWARNICKA Małgorzata	814		K-30	138					00:34:26	01:14:31.80	01:14:54.80	+00:34:05 (45.5%)	7:27	8.1 (55.1%)
328	WILK Małgorzata	856		K-30	139					00:36:05	01:14:30.25	01:15:13.90	+00:34:24 (45.7%)	7:27	8.1 (55.1%)
329	JERZYK-SZAMAŁEK Bogusława	300	ŚRUNDUNIA SZCZEIN	K-50	21					00:36:40	01:15:18.00	01:15:18.00	+00:34:28 (45.8%)	7:31	8 (54.4%)
329	PONIATOWSKA-TARKOWSKA Edyta	647	ŚRUNDUNIA	K-40	100					00:36:40	01:15:18.00	01:15:18.00	+00:34:28 (45.8%)	7:31	8 (54.4%)
331	KRÓL Magdalena	952	ŚRUNDUNIA SZCZECIN	K-30	140					00:36:10	01:14:31.10	01:15:19.65	+00:34:29 (45.8%)	7:27	8.1 (55.1%)
332	PIĄTKOWSKA Izabela	620		K-30	141					00:35:54	01:14:35.80	01:15:24.00	+00:34:34 (45.8%)	7:27	8 (54.4%)
333	STROJNA Dorota	752		K-40	101					00:35:56	01:14:36.55	01:15:24.45	+00:34:34 (45.9%)	7:27	8 (54.4%)
334	KRUCZEK Monika	399	PYRZYCE BIEGAJĄ	K-30	142					00:35:22	01:14:57.50	01:15:28.15	+00:34:38 (45.9%)	7:29	8 (54.4%)
335	PIEROŻYNSKA Natalia	623	PYRZYCE BIEGAJĄ	K-30	143					00:35:22	01:14:58.10	01:15:28.25	+00:34:38 (45.9%)	7:29	8 (54.4%)
336	ROMAN Ewelina	678	MONIA GYM	K-30	144					00:35:53	01:14:44.45	01:15:31.90	+00:34:42 (45.9%)	7:28	8 (54.4%)

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
337	MARKIEWICZ Olga	510		K-20	57					00:34:59	01:14:47.65	01:15:32.95	+00:34:43 (46.0%)	7:28	8 (54.4%)
338	LEMAŃSKA Katarzyna	447		K-20	58					00:34:59	01:14:48.05	01:15:33.15	+00:34:43 (46.0%)	7:28	8 (54.4%)
339	BĄCZYK Monika	958		K-40	102					00:35:55	01:14:48.25	01:15:35.45	+00:34:45 (46.0%)	7:28	8 (54.4%)
340	BIEŁOWIEC Adrianna	56	PUSZCZYK BUKOWY	K-20	59					00:35:57	01:14:54.05	01:15:41.50	+00:34:51 (46.1%)	7:29	8 (54.4%)
341	KRANZMANN ŻELEPIEŃ Anna	390		K-40	103					00:35:08	01:15:18.00	01:15:43.40	+00:34:53 (46.1%)	7:31	8 (54.4%)
342	KURYŁOWICZ-CHYZAN Monika	432		K-30	145					00:36:27	01:15:17.20	01:16:00.15	+00:35:10 (46.3%)	7:31	8 (54.4%)
343	MACIEJUK-CIERPISZEWSKA Marta	486		K-30	146					00:35:58	01:15:25.05	01:16:02.25	+00:35:12 (46.3%)	7:32	8 (54.4%)
344	WIŚNIOŚ Emilia	863		K-20	60					00:35:47	01:15:44.70	01:16:23.20	+00:35:33 (46.5%)	7:34	7.9 (53.7%)
345	GRZYB Ilona	236	SPRINT LOGISTYKA POLSKA	K-30	147					00:35:44	01:16:00.55	01:16:33.40	+00:35:43 (46.7%)	7:36	7.9 (53.7%)
346	CHWIEJ Agata	112	BIEGACZEŚWINOUJŚCIE	K-30	148					00:35:32	01:16:18.60	01:16:39.55	+00:35:49 (46.7%)	7:37	7.9 (53.7%)
347	JASIUCHNA Aleksandra	293	JASIUCHNA TEAM	K-30	149					00:35:30	01:16:17.05	01:16:39.70	+00:35:49 (46.7%)	7:37	7.9 (53.7%)
348	CIEŚLAK Helana	123	LEGENDARY POWER SZEWC	K-50	22					00:35:58	01:16:31.75	01:16:47.90	+00:35:58 (46.8%)	7:39	7.8 (53.1%)
349	KOZŁOWSKA-BONIOK Paulina	954	BRIDGESTONE STARGARD RUNNERS	K-40	104					00:36:20	01:16:15.50	01:16:53.35	+00:36:03 (46.9%)	7:37	7.9 (53.7%)
350	KUJAWSKA-SZCZEPAŃSKA Karolina	424		K-30	150					00:37:04	01:16:25.35	01:17:00.05	+00:36:10 (47.0%)	7:38	7.8 (53.1%)
351	KWIATKOWSKA Jowita	965		K-30	151					00:37:21	01:16:35.30	01:17:20.10	+00:36:30 (47.2%)	7:39	7.8 (53.1%)
352	JAKUBIK Anna	271	HUSARIA RACE TEAM	K-20	61					00:36:41	01:16:32.65	01:17:28.65	+00:36:38 (47.3%)	7:39	7.8 (53.1%)
353	KRUGŁAK Anna	402	WIECZORNE BIEGANIE	K-40	105					00:36:42	01:16:33.35	01:17:29.05	+00:36:39 (47.3%)	7:39	7.8 (53.1%)
354	PROKOCKA Asia	652		K-30	152					00:36:07	01:16:47.90	01:17:29.45	+00:36:39 (47.3%)	7:40	7.8 (53.1%)
354	SZOPIŃSKA Katarzyna	781	WIECZORNE BIEGANIE	K-20	62					00:36:47	01:16:33.60	01:17:29.45	+00:36:39 (47.3%)	7:39	7.8 (53.1%)
356	PAGEL Kasia	599		K-30	153					00:36:08	01:16:48.70	01:17:29.95	+00:36:40 (47.3%)	7:40	7.8 (53.1%)
357	KWIATKOWSKA Aleksandra	437	WIECZORNE BIEGANIE W SZCZECINIE	K-20	63					00:38:43	01:16:53.85	01:17:46.20	+00:36:56 (47.5%)	7:41	7.8 (53.1%)
358	BIAŁKOWSKA Monika	52	WIECZORNE BIEGANIE W SZCZECINIE	K-40	106					00:37:39	01:17:42.20	01:18:04.05	+00:37:14 (47.7%)	7:46	7.7 (52.4%)
359	WOJDAK Żaneta	869	MONIAGYM	K-30	154					00:35:31	01:17:38.65	01:18:10.35	+00:37:20 (47.8%)	7:45	7.7 (52.4%)
360	ZAJĄC Bożena	895	LEGENDARY POWERSZEWC	K-50	23					00:36:18	01:18:09.25	01:18:25.60	+00:37:35 (47.9%)	7:48	7.7 (52.4%)
361	PIASECKA Renata	617		K-40	107					00:36:35	01:18:01.70	01:18:31.75	+00:37:41 (48.0%)	7:48	7.7 (52.4%)
362	KASPRZAK Elżbieta	331		K-60	7					00:36:42	01:18:49.45	01:19:02.55	+00:38:12 (48.3%)	7:52	7.6 (51.7%)

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
363	ŚWIĄTEK Joanna	804		K-30	155					00:44:01	01:18:18.50	01:19:09.55	+00:38:19 (48.4%)	7:49	7.7 (52.4%)
364	KIELISZEK Anna	338	WIECZORNE BIEGANIE W SZCZECINIE	K-30	156					00:35:53	01:18:35.90	01:19:25.60	+00:38:35 (48.6%)	7:51	7.6 (51.7%)
365	JARNUCZAK Monika	286		K-30	157					00:37:22	01:19:19.90	01:19:39.70	+00:38:49 (48.7%)	7:56	7.6 (51.7%)
366	WIELOCH Anna	844		K-30	158					00:37:22	01:19:20.60	01:19:40.10	+00:38:50 (48.8%)	7:56	7.6 (51.7%)
367	WIKA Marta	849	WIECZORNE BIEGANIE W SZCZECINIE	K-20	64					00:37:27	01:19:53.40	01:20:29.50	+00:39:39 (49.3%)	7:59	7.5 (51.0%)
368	STROJNA Karolina	7		K-20	65					00:38:15	01:20:34.05	01:20:49.80	+00:40:00 (49.5%)	8:03	7.4 (50.3%)
369	PŁOSA Monika	638		K-30	159					00:37:44	01:20:33.70	01:21:02.25	+00:40:12 (49.6%)	8:03	7.4 (50.3%)
370	WARTALSKA Daria	834		K-30	160					00:39:07	01:22:04.25	01:22:04.25	+00:41:14 (50.3%)	8:12	7.3 (49.7%)
371	BOROWSKA Karolina	70		K-30	161					00:38:45	01:22:02.70	01:22:30.75	+00:41:40 (50.5%)	8:12	7.3 (49.7%)
372	ANTOL Ewa	24		K-30	162					00:37:39	01:22:45.40	01:23:26.45	+00:42:36 (51.1%)	8:16	7.3 (49.7%)
373	GÓRSKA Magdalena	223		K-40	108					00:40:27	01:23:33.60	01:24:03.15	+00:43:13 (51.4%)	8:21	7.2 (49.0%)
374	SOKOŁOWSKA Anna	727		K-50	24					00:39:54	01:23:57.70	01:24:24.50	+00:43:34 (51.6%)	8:23	7.1 (48.3%)
375	BRONICKA Małgorzata	74		K-40	109					00:40:15	01:24:00.65	01:24:42.00	+00:43:52 (51.8%)	8:24	7.1 (48.3%)
376	KALICIAK Marta	320		K-30	163					00:40:15	01:24:00.85	01:24:42.15	+00:43:52 (51.8%)	8:24	7.1 (48.3%)
377	JANUSZEWSKA Magdalena	95	KB HERMES GRYFINO	K-30	164	KB Hermes Gryfino				00:40:14	01:24:00.65	01:24:42.65	+00:43:52 (51.8%)	8:24	7.1 (48.3%)
378	CAŁKA Barbara	94	KOBIECE BIEGANIE	K-40	110					00:40:48	01:24:47.30	01:25:34.10	+00:44:44 (52.3%)	8:28	7.1 (48.3%)
379	WIERZBA Ewa	846	KOBIECE BIEGANIE	K-30	165					00:40:51	01:24:49.30	01:25:34.45	+00:44:44 (52.3%)	8:28	7.1 (48.3%)
380	TRĘDOWICZ Małgorzata	815	KOBIECE BIEGANIE	K-50	25					00:40:53	01:24:47.75	01:25:34.50	+00:44:44 (52.3%)	8:28	7.1 (48.3%)
381	KACZMAREK Arleta	316	KOBIECE BIEGANIE	K-30	166					00:40:49	01:24:49.70	01:25:35.10	+00:44:45 (52.3%)	8:29	7.1 (48.3%)
382	REDLARSKA Anna	668	KOBIECE BIEGANIE	K-30	167					00:40:51	01:24:49.25	01:25:35.40	+00:44:45 (52.3%)	8:28	7.1 (48.3%)
383	BIRGER Agata	58	KOBIECE BIEGANIE	K-30	168					00:40:53	01:24:49.55	01:25:35.45	+00:44:45 (52.3%)	8:29	7.1 (48.3%)
384	CHUDYNKA Paulina	109	KOBIECE BIEGANIE	K-30	169					00:40:48	01:24:49.45	01:25:35.60	+00:44:45 (52.3%)	8:28	7.1 (48.3%)
385	MODELSKA Justyna	543	KOBIECE BIEGANIE	K-40	111					00:40:54	01:24:50.30	01:25:35.65	+00:44:45 (52.3%)	8:29	7.1 (48.3%)
386	STELMASZYK Ewa	745	KOBIECE BIEGANIE	K-50	26					00:40:55	01:24:50.20	01:25:35.90	+00:44:46 (52.3%)	8:29	7.1 (48.3%)
387	OLEJNIK Kamila	580	KOBIECE BIEGANIE	K-30	170					00:40:51	01:24:49.00	01:25:36.05	+00:44:46 (52.3%)	8:28	7.1 (48.3%)
388	PLACHTA Monika	633	KOBIECE BIEGANIE	K-40	112					00:40:49	01:24:53.95	01:25:39.10	+00:44:49 (52.3%)	8:29	7.1 (48.3%)
389	KOŁAKOWSKA Magdalena	352		K-30	171					00:40:57	01:26:49.00	01:27:31.35	+00:46:41 (53.3%)	8:40	6.9 (46.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Klasyfikacja Rodzinna	Klasyfikacja Mundurowa	Klasyfikacja IV M.P. Grupy Azoty S.A.	5km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
										5km	10km	10km			
390	KUREK Karolina	430		K-20	66					00:40:58	01:26:50.70	01:27:33.30	+00:46:43 (53.4%)	8:41	6.9 (46.9%)
391	SUROVOVA Anastazja	759		K-20	67					00:39:02	01:28:03.15	01:28:37.20	+00:47:47 (53.9%)	8:48	6.8 (46.3%)
392	STANEJKO Agata	740		K-30	172					00:41:16	01:28:19.35	01:28:44.60	+00:47:54 (54.0%)	8:49	6.8 (46.3%)
393	LEJKOWSKA Daria	446		K-30	173					00:41:43	01:30:23.30	01:30:37.20	+00:49:47 (54.9%)	9:02	6.6 (44.9%)
394	WAMKA Anna	831		K-30	174					00:41:44	01:30:23.45	01:30:37.40	+00:49:47 (54.9%)	9:02	6.6 (44.9%)
395	KUCIER Katarzyna	420		K-30	175					00:43:08	01:31:07.75	01:31:44.55	+00:50:54 (55.5%)	9:06	6.6 (44.9%)
396	SZCZEPAŃSKA Aleksandra	769		K-20	68					00:43:04	01:31:08.45	01:31:44.70	+00:50:54 (55.5%)	9:06	6.6 (44.9%)
397	LIWUŚ-ŁAPIŃSKA Asia	469	NIEZDIAGNOZOWANI W SZALE	K-30	176					00:45:39	01:34:27.90	01:35:10.45	+00:54:20 (57.1%)	9:26	6.4 (43.5%)
398	MALEC Edyta	500	NIEZDIAGNOZOWANI W SZALE	K-40	113					00:45:32	01:34:28.15	01:35:10.70	+00:54:20 (57.1%)	9:26	6.4 (43.5%)
398	MARKOWICZ Marlena	941		K-30	177					00:44:24	01:34:26.55	01:35:10.70	+00:54:20 (57.1%)	9:26	6.4 (43.5%)
	KRYGIER-ROSIAK Monika	6	WIECZORNE BIEGANIE W SZCZECINIE	K-30						00:45:00 DNF	DNF	DNF		-	- (0.0%)

Znaleziono 400 wynik(ów)