



VII MARSZ MIKOŁAJKOWY

B4SPORT

Wydarzenie: Bieg Mikołajkowy
Organizator: Stowarzyszenie BiegamBoLubie Team Police
Data: 2019-12-01
Miejsce: Police
Dystans: 5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	BRZOWSKI Piotr	33	EKSPEDYCJA NORDIC TEAM SZCZECIN	M-30	1	00:28:55.60	00:28:57.60		2:53	20.7 (100%)
2	DOŁĘGOWSKI Marek	1	BKS MANIAK WOLIN	M-40	1	00:29:07.85	00:29:07.85	+00:00:10 (0.6%)	2:54	20.6 (99.5%)
3	NAKONIECZNY Grzegorz	2	EKSPEDYCJA NORDIC TEAM SZCZECIN	M-40	2	00:30:37.50	00:30:38.75	+00:01:41 (5.5%)	3:03	19.6 (94.7%)
4	ZDANUK Artur	338	EKSPEDYCJA NORDIC TEAM SZCZECIN	M-40	3	00:30:54.35	00:30:54.35	+00:01:56 (6.3%)	3:05	19.4 (93.7%)
5	LIPIŃSKI Karol	170	EKSPEDYCJA NORDIC TEAM SZCZECIN	M-40	4	00:31:40.60	00:31:43.05	+00:02:45 (8.7%)	3:10	18.9 (91.3%)
6	SZUĆKO Andrzej	284		M-30	2	00:31:43.35	00:31:45.00	+00:02:47 (8.8%)	3:10	18.9 (91.3%)
7	KAŹMIERCZAK Norbert	125	TUP TUP TEAM	M-40	5	00:32:03.80	00:32:05.70	+00:03:08 (9.8%)	3:12	18.7 (90.3%)
8	ZGRAJA Katarzyna	341	BIGACZESWINOUJSCIE	K-40	1	00:32:22.50	00:32:22.50	+00:03:24 (10.5%)	3:14	18.5 (89.4%)
9	WRZOCHAL Mariusz	330	POLICE	M-40	6	00:32:37.15	00:32:39.65	+00:03:42 (11.3%)	3:15	18.4 (88.9%)
10	OKRZESIK-FRĄCKOWIAK Izabela	215		K-50	1	00:32:42.25	00:32:43.75	+00:03:46 (11.5%)	3:16	18.3 (88.4%)
11	SZYMSKA Małgorzata	296	NORDIC WALKING POLAND	K-30	1	00:33:04.65	00:33:06.30	+00:04:08 (12.5%)	3:18	18.1 (87.4%)
12	WARYSZAK Sławomir	356		M-50	1	00:33:14.90	00:33:16.35	+00:04:18 (13.0%)	3:19	18 (87.0%)
13	MASŁYK Małgorzata	198		K-50	2	00:33:19.50	00:33:19.50	+00:04:21 (13.1%)	3:19	18 (87.0%)
14	GŁADZIK Aleksander	78	KOMPAS TEAM	M-30	3	00:33:21.35	00:33:22.50	+00:04:24 (13.2%)	3:20	18 (87.0%)
15	BIELAŃSKI Mirosław	19	PACZOCZIKEJKOS	M-50	2	00:33:29.00	00:33:31.00	+00:04:33 (13.6%)	3:20	17.9 (86.5%)
16	WITKOWSKI Artur	321	KOMPAS TEAM	M-40	7	00:33:46.75	00:33:46.75	+00:04:49 (14.3%)	3:22	17.8 (86.0%)
17	LIPIŃSKA Karolina	169	EKSPEDYCJA NORDIC TEAM SZCZECIN	K-30	2	00:33:53.35	00:33:55.70	+00:04:58 (14.6%)	3:23	17.7 (85.5%)
18	KAROLAK Andrzej	122		M-50	3	00:33:54.95	00:33:58.90	+00:05:01 (14.8%)	3:23	17.7 (85.5%)
19	ZIÓŁKOWSKA Sylwia	342	PUSZCZYK BUKOWY	K-40	2	00:33:57.45	00:33:59.10	+00:05:01 (14.8%)	3:23	17.7 (85.5%)
20	NAWROCKA Joanna	352	EKSPEDYCJA NORDIC TEAM SZCZECIN	K-30	3	00:34:11.65	00:34:11.65	+00:05:14 (15.3%)	3:25	17.6 (85.0%)
21	LENER Sławomir	161	EKSPEDYCJA NORDIC TEAM SZCZECIN	M-50	4	00:34:45.15	00:34:47.90	+00:05:50 (16.8%)	3:28	17.3 (83.6%)
22	CHOJNACKI Paweł	39	GEBERIT TEAM	M-40	8	00:34:57.90	00:35:01.65	+00:06:04 (17.3%)	3:29	17.2 (83.1%)
23	GŁADKOWSKA Iryna	77		K-40	3	00:35:03.50	00:35:05.85	+00:06:08 (17.5%)	3:30	17.1 (82.6%)
24	PALIWODA Kasia	4		K-40	4	00:35:13.10	00:35:14.60	+00:06:17 (17.8%)	3:31	17 (82.1%)
25	STACHOWICZ-HAWRYLAK Sylwia	270	ZACHPOM.CENTRUM ONKOLOGII	K-40	5	00:35:18.85	00:35:20.60	+00:06:23 (18.1%)	3:31	17 (82.1%)
26	LUDWICZAK Andżelika	174	EKSPEDYCJAOSIMY WYBRAĆ	K-40	6	00:35:16.95	00:35:21.40	+00:06:23 (18.1%)	3:31	17 (82.1%)
27	ŁEMPKOWSKI Janusz	179	BBL POLICE	M-40	9	00:35:20.25	00:35:25.25	+00:06:27 (18.2%)	3:32	17 (82.1%)
28	RADCZUK Karolina	237	KOMPAS TEAM OPEN	K-30	4	00:35:41.00	00:35:42.85	+00:06:45 (18.9%)	3:34	16.8 (81.2%)
29	PARCHIMOWICZ Janusz	220		M-50	5	00:36:00.45	00:36:03.65	+00:07:06 (19.7%)	3:36	16.7 (80.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 10km	brutto 10km			
30	KORYBSKA Aleksandra	136		K-40	7	00:36:10.80	00:36:10.80	+00:07:13 (20.0%)	3:37	16.6 (80.2%)
31	GABERT Beata	67	EKSPEDYCJA NORDIC TEAM SZCZECIN	K-40	8	00:36:11.15	00:36:11.15	+00:07:13 (20.0%)	3:37	16.6 (80.2%)
32	KUPNIEWSKA Aleksandra	155	KOMPAS TEAM	K-30	5	00:36:09.80	00:36:12.55	+00:07:14 (20.0%)	3:37	16.6 (80.2%)
33	MARCHIEL Lena	194		K-50	3	00:36:18.35	00:36:21.80	+00:07:24 (20.4%)	3:37	16.5 (79.7%)
34	KĘSKA-PLĄSEK Małgorzata	126	LOVELASY/BBLPOLICE	K-40	9	00:36:22.90	00:36:28.85	+00:07:31 (20.6%)	3:38	16.5 (79.7%)
35	GINIEWSKI Piotr	76	SEESITE	M-40	10	00:36:29.95	00:36:33.35	+00:07:35 (20.8%)	3:39	16.4 (79.2%)
36	MAKOCKA Halina	188	EKSPEDYCJA NORDIC TEAM SZCZECIN	K-50	4	00:36:44.55	00:36:44.55	+00:07:46 (21.2%)	3:40	16.3 (78.7%)
37	MASŁOWSKA Magdalena	197		K-40	10	00:36:49.25	00:36:55.55	+00:07:57 (21.6%)	3:40	16.3 (78.7%)
38	GÓRSKA Dorota	83		K-50	5	00:36:58.95	00:36:58.95	+00:08:01 (21.7%)	3:41	16.2 (78.3%)
39	ZGRAJA Piotr	340	HOL ŚWINOUJŚCIE	M-50	6	00:36:59.60	00:37:02.40	+00:08:04 (21.8%)	3:42	16.2 (78.3%)
40	MISIEWICZ Bożena	209		K-50	6	00:37:09.65	00:37:11.55	+00:08:13 (22.1%)	3:43	16.1 (77.8%)
41	STEBLECKA Marta	271	KOMPAS TEAM	K-30	6	00:37:16.50	00:37:20.85	+00:08:23 (22.5%)	3:43	16.1 (77.8%)
42	KRZYCHOWIEC Agata	148	EKSPEDYCJA NORDIC TEAM SZCZECIN	K-40	11	00:37:34.15	00:37:37.80	+00:08:40 (23.0%)	3:45	16 (77.3%)
43	JEZIORSKI Artur	108		M-30	4	00:37:35.75	00:37:38.40	+00:08:40 (23.1%)	3:45	16 (77.3%)
44	PIEKARSKI Kamil	226		M-30	5	00:37:31.90	00:37:39.35	+00:08:41 (23.1%)	3:45	16 (77.3%)
45	WIPPLINGER Adam	319		M-40	11	00:37:25.50	00:37:45.35	+00:08:47 (23.3%)	3:44	16 (77.3%)
46	POPIOŁEK Przemysław	234		M-40	12	00:37:42.25	00:37:46.80	+00:08:49 (23.3%)	3:46	15.9 (76.8%)
47	SEŃ Agata	254		K-30	7	00:37:47.10	00:37:47.10	+00:08:49 (23.4%)	3:46	15.9 (76.8%)
48	OLEJNIK Marzena	216	NIEZRZESZON	K-50	7	00:37:40.90	00:37:54.30	+00:08:56 (23.6%)	3:46	15.9 (76.8%)
49	GOLUS Urszula	81	EKSPEDYCJA NORDIC TEAM SZCZECIN	K-50	8	00:37:54.50	00:37:54.50	+00:08:56 (23.6%)	3:47	15.8 (76.3%)
50	GRYNFELDER Izabela	88		K-50	9	00:38:05.90	00:38:09.65	+00:09:12 (24.1%)	3:48	15.7 (75.8%)
51	MARTYNA Ewa	195		K-50	10	00:38:17.00	00:38:20.45	+00:09:22 (24.5%)	3:49	15.7 (75.8%)
52	PODAHJNA Agnieszka	231		K-40	12	00:38:22.65	00:38:22.65	+00:09:25 (24.5%)	3:50	15.6 (75.4%)
53	KAZMIERSKI Andrzej	124		M-50	7	00:38:23.15	00:38:26.85	+00:09:29 (24.7%)	3:50	15.6 (75.4%)
54	WÓJCIK Kalina	329		K-30	8	00:38:29.30	00:38:34.05	+00:09:36 (24.9%)	3:51	15.6 (75.4%)
55	ŻARNICKI Mirosław	347		M-50	8	00:38:42.45	00:38:42.45	+00:09:44 (25.2%)	3:52	15.5 (74.9%)
56	LASZKIEWICZ Anita	159		K-20	1	00:38:47.75	00:38:47.75	+00:09:50 (25.4%)	3:52	15.5 (74.9%)
57	LEWANDOWSKI Piotr	167	EKSPEDYCJA NORDIC TEAM SZCZECIN	M-30	6	00:38:47.75	00:38:50.05	+00:09:52 (25.4%)	3:52	15.5 (74.9%)
58	SKOWROŃ-GINIEWSKA Katarzyna	266		K-40	13	00:38:52.35	00:38:52.35	+00:09:54 (25.5%)	3:53	15.4 (74.4%)
59	PANAS Tomasz	361		M-50	9	00:39:05.00	00:39:05.95	+00:10:08 (25.9%)	3:54	15.4 (74.4%)
60	BIERNACKA Helena	21	NIEZRZESZONA	K-50	11	00:39:00.85	00:39:06.25	+00:10:08 (25.9%)	3:54	15.4 (74.4%)
61	KRASNODEBSKA Julia	143	BBL POLICE	K-20	2	00:39:00.00	00:39:06.40	+00:10:08 (25.9%)	3:54	15.4 (74.4%)
62	KACZMARCZYK Agnieszka	111		K-30	9	00:39:09.25	00:39:09.25	+00:10:11 (26.0%)	3:54	15.3 (73.9%)
63	ŁAZOWSKA Edyta	177	KOMPAS TEAM	K-40	14	00:39:10.00	00:39:13.70	+00:10:16 (26.2%)	3:55	15.3 (73.9%)
64	ŚNIEŻKO Elżbieta	298		K-50	12	00:39:21.45	00:39:21.45	+00:10:23 (26.4%)	3:56	15.2 (73.4%)
65	WŁADKOWSKA Agnieszka	322		K-40	15	00:39:12.65	00:39:21.75	+00:10:24 (26.4%)	3:55	15.3 (73.9%)
66	GRZEGORCZYK Ela	91		K-50	13	00:39:23.70	00:39:23.70	+00:10:26 (26.5%)	3:56	15.2 (73.4%)
67	BARTYNA Krystyna	9		K-50	14	00:39:23.90	00:39:29.50	+00:10:31 (26.7%)	3:56	15.2 (73.4%)
68	FALENSKI Rafał	57		M-40	13	00:39:25.55	00:39:31.20	+00:10:33 (26.7%)	3:56	15.2 (73.4%)
69	DERUCKI Marcin	50		M-40	14	00:39:28.45	00:39:31.25	+00:10:33 (26.7%)	3:56	15.2 (73.4%)
70	MADRAK Anna	186	BBL	K-40	16	00:39:30.40	00:39:36.45	+00:10:38 (26.9%)	3:57	15.2 (73.4%)
71	KĘSY Wiesław	127	MY Z PODWÓRKA	M-50	10	00:39:42.05	00:39:42.05	+00:10:44 (27.1%)	3:58	15.1 (72.9%)
72	BOROWIK Dorota	29		K-40	17	00:39:53.70	00:39:59.05	+00:11:01 (27.6%)	3:59	15 (72.5%)
73	KACPERSKA Katarzyna	110		K-50	15	00:39:59.30	00:39:59.30	+00:11:01 (27.6%)	3:59	15 (72.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 10km	brutto 10km			
74	ZDANUK Małgorzata	339		K-40	18	00:40:09.85	00:40:13.80	+00:11:16 (28.0%)	4:01	14.9 (72.0%)
75	MUĆKO Iwona	210		K-30	10	00:40:18.10	00:40:18.10	+00:11:20 (28.1%)	4:01	14.9 (72.0%)
76	SETA Krysia	255	MONIAGYM	K-30	11	00:40:09.95	00:40:18.25	+00:11:20 (28.1%)	4:01	14.9 (72.0%)
77	LASZKIEWICZ Lila	160		K-40	19	00:40:22.00	00:40:22.00	+00:11:24 (28.3%)	4:02	14.9 (72.0%)
78	FIGIEL Danuta	59		K-50	16	00:40:02.80	00:40:23.40	+00:11:25 (28.3%)	4:00	15 (72.5%)
79	ROSNER Bożena	246	ALS SZCZECIN	K-50	17	00:40:03.00	00:40:23.65	+00:11:26 (28.3%)	4:00	15 (72.5%)
80	NIEZGODA Adam	213	KOMPAS TEAM	M-40	15	00:40:16.55	00:40:25.95	+00:11:28 (28.4%)	4:01	14.9 (72.0%)
81	KRAUSE Andrzej	144	DMUCHAWIEC GOLENIÓW	M-40	16	00:40:00.60	00:40:26.40	+00:11:28 (28.4%)	4:00	15 (72.5%)
82	GŁUSZYK Anna	80		K-20	3	00:40:21.15	00:40:32.20	+00:11:34 (28.6%)	4:02	14.9 (72.0%)
83	ŻABOKLICKA Monika	343		K-40	20	00:40:24.90	00:40:32.40	+00:11:34 (28.6%)	4:02	14.8 (71.5%)
84	JERKA-ŻEBIAŁOWICZ Bożena	107		K-50	18	00:40:34.90	00:40:39.45	+00:11:41 (28.8%)	4:03	14.8 (71.5%)
85	SALA Mirosława	252		K-50	19	00:40:48.00	00:40:49.85	+00:11:52 (29.1%)	4:04	14.7 (71.0%)
86	LEWAK Arkadiusz	163	LEWACZKI TEAM	M-40	17	00:40:43.40	00:40:51.25	+00:11:53 (29.1%)	4:04	14.7 (71.0%)
87	LINHARD Bożena	168		K-50	20	00:40:52.20	00:40:52.20	+00:11:54 (29.1%)	4:05	14.7 (71.0%)
88	HYBIAK Jolanta	93		K-30	12	00:40:56.25	00:40:56.25	+00:11:58 (29.3%)	4:05	14.7 (71.0%)
89	KOSTUR Bożena	139		K-50	21	00:40:52.60	00:40:57.65	+00:12:00 (29.3%)	4:05	14.7 (71.0%)
90	KOSTUR Jacek	138		M-50	11	00:40:51.85	00:40:58.45	+00:12:00 (29.3%)	4:05	14.7 (71.0%)
91	BUJNOWSKA Anita	36		K-20	4	00:40:44.50	00:41:00.15	+00:12:02 (29.4%)	4:04	14.7 (71.0%)
92	KAROL Agnieszka	121	LEJDISPOLICE	K-40	21	00:41:00.00	00:41:07.25	+00:12:09 (29.6%)	4:06	14.6 (70.5%)
92	LEWANDOWSKA Dorota	166	LEJDISPOLICE	K-40	21	00:40:59.20	00:41:07.25	+00:12:09 (29.6%)	4:05	14.6 (70.5%)
94	BOGACZ Natalia	26	EKSPEDYCJA NORDIC TEAM	K-40	23	00:40:48.10	00:41:12.95	+00:12:15 (29.7%)	4:04	14.7 (71.0%)
95	GŁADZIK Anna	79	KOMPAS TEAM	K-30	13	00:41:14.30	00:41:18.70	+00:12:21 (29.9%)	4:07	14.6 (70.5%)
96	FRONTCZAK Ireneusz	65		M-40	18	00:41:22.60	00:41:27.40	+00:12:29 (30.1%)	4:08	14.5 (70.0%)
97	CEBEREK-PŁOTCZYK Marcelina	37		K-50	22	00:41:36.10	00:41:39.20	+00:12:41 (30.5%)	4:09	14.4 (69.6%)
98	KONDZIOŁA Maria	135		K-50	23	00:41:40.80	00:41:45.50	+00:12:47 (30.6%)	4:10	14.4 (69.6%)
99	KRUGŁY Magdalena	145		K-30	14	00:41:58.45	00:41:58.45	+00:13:00 (31.0%)	4:11	14.3 (69.1%)
100	MICHALIK-CAŁY Kasia	204	KOBIECE BIEGANIE	K-30	15	00:42:04.35	00:42:04.35	+00:13:06 (31.2%)	4:12	14.3 (69.1%)
101	BIELAŃSKA Dorota	18		K-50	24	00:42:00.25	00:42:06.85	+00:13:09 (31.2%)	4:12	14.3 (69.1%)
102	WINCEWICZ Ewa	317		K-30	16	00:42:08.50	00:42:08.50	+00:13:10 (31.3%)	4:12	14.2 (68.6%)
103	MAŁKOWSKA Ewa	193		K-40	24	00:41:58.15	00:42:09.90	+00:13:12 (31.3%)	4:11	14.3 (69.1%)
104	SIKORA Magdalena	265		K-30	17	00:42:10.10	00:42:10.10	+00:13:12 (31.3%)	4:13	14.2 (68.6%)
105	STRUK Agata	275		K-30	18	00:42:16.45	00:42:16.45	+00:13:18 (31.5%)	4:13	14.2 (68.6%)
106	SZWICHTENBERG Andrzej	292	DKKS	M-40	19	00:42:10.85	00:42:25.80	+00:13:28 (31.7%)	4:13	14.2 (68.6%)
107	GRZEGORCZYK Leszek	90	ECOPOL	M-50	12	00:42:42.00	00:42:42.00	+00:13:44 (32.2%)	4:16	14.1 (68.1%)
108	PRZYGODZKA Katarzyna	235		K-40	25	00:42:43.75	00:42:43.75	+00:13:46 (32.2%)	4:16	14 (67.6%)
109	KACZOROWSKA Justyna	112		K-30	19	00:42:36.75	00:42:45.25	+00:13:47 (32.3%)	4:15	14.1 (68.1%)
110	DURAJ Paulina	55		K-30	20	00:42:36.55	00:42:45.35	+00:13:47 (32.3%)	4:15	14.1 (68.1%)
111	VOIGT Harry	310	EINHEIT LÖCKNITZ	M-50	13	00:42:39.80	00:42:52.65	+00:13:55 (32.5%)	4:16	14.1 (68.1%)
112	STOMPE Katarzyna	272		K-30	21	00:42:38.45	00:42:57.60	+00:14:00 (32.6%)	4:15	14.1 (68.1%)
112	ŻURAWSKA Agnieszka	350		K-20	5	00:42:57.60	00:42:57.60	+00:14:00 (32.6%)	4:17	14 (67.6%)
114	RIEDEL Magdalena	241		K-40	26	00:42:42.70	00:42:59.65	+00:14:02 (32.6%)	4:16	14 (67.6%)
115	DUDEK Agnieszka	54		K-40	27	00:43:01.50	00:43:05.60	+00:14:08 (32.8%)	4:18	13.9 (67.1%)
116	JANICKA-GNAT Karolina	98		K-40	28	00:43:01.75	00:43:05.75	+00:14:08 (32.8%)	4:18	13.9 (67.1%)
117	STOMPE Joerg	273		M-30	7	00:43:08.70	00:43:08.70	+00:14:11 (32.9%)	4:18	13.9 (67.1%)

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						netto 10km	brutto 10km			
118	KOTFICA-TELEJ Agnieszka	140	RAZ SZCZECIN	K-40	29	00:42:52.20	00:43:09.80	+00:14:12 (32.9%)	4:17	14 (67.6%)
119	ŁOBODZIŃSKA Wanda	180	RAZ SZCZECIN	K-50	25	00:42:52.45	00:43:10.00	+00:14:12 (32.9%)	4:17	14 (67.6%)
120	FLEJTER Magdalena	61		K-30	22	00:42:52.15	00:43:10.40	+00:14:12 (32.9%)	4:17	14 (67.6%)
121	SZYMAŃSKA Ewa	295		K-40	30	00:42:52.75	00:43:10.70	+00:14:13 (32.9%)	4:17	14 (67.6%)
122	ŻARNICKA Renata	346		K-50	26	00:43:14.20	00:43:14.20	+00:14:16 (33.0%)	4:19	13.9 (67.1%)
123	SIELICKA Agnieszka	257		K-40	31	00:43:24.00	00:43:24.00	+00:14:26 (33.3%)	4:20	13.8 (66.7%)
124	ZAMKOWSKA-ZAZULAK Iwona	334		K-50	27	00:43:18.70	00:43:27.35	+00:14:29 (33.4%)	4:19	13.9 (67.1%)
125	WIELIŃSKA Iwona	315		K-40	32	00:43:22.70	00:43:27.55	+00:14:29 (33.4%)	4:20	13.8 (66.7%)
126	MALINOWSKA Kamila	190		K-30	23	00:43:09.25	00:43:28.50	+00:14:30 (33.4%)	4:18	13.9 (67.1%)
127	MICHALSKA Aneta	205	KOMPAS TEAM	K-40	33	00:43:19.90	00:43:28.80	+00:14:31 (33.4%)	4:20	13.8 (66.7%)
128	MAZAŃSKA Mirosława	200		K-50	28	00:43:30.65	00:43:30.65	+00:14:33 (33.4%)	4:21	13.8 (66.7%)
129	UFNIARZ Grzegorz	307	SKB DZIK	M-40	20	00:43:24.45	00:43:31.35	+00:14:33 (33.5%)	4:20	13.8 (66.7%)
130	GREINERT Maciej	360		M-50	14	00:43:24.15	00:43:31.65	+00:14:34 (33.5%)	4:20	13.8 (66.7%)
131	KAŁWA Ania	116		K-20	6	00:43:47.00	00:43:47.00	+00:14:49 (33.9%)	4:22	13.7 (66.2%)
132	BENDIG-WIELOWIEJSKA Beata	15		K-30	24	00:43:44.20	00:43:48.35	+00:14:50 (33.9%)	4:22	13.7 (66.2%)
133	JASIUCHNA Marek	103	JASIUCHNA TEAM	M-30	8	00:43:29.10	00:43:49.55	+00:14:51 (33.9%)	4:20	13.8 (66.7%)
134	STRUK Jadwiga	276		K-50	29	00:43:52.75	00:43:52.75	+00:14:55 (34.0%)	4:23	13.7 (66.2%)
135	SOŁTYS Iwona -Franka	268		K-50	30	00:43:54.15	00:43:54.15	+00:14:56 (34.0%)	4:23	13.7 (66.2%)
136	SIELICKI Piotr	260		M-40	21	00:43:57.75	00:43:57.75	+00:15:00 (34.1%)	4:23	13.7 (66.2%)
137	SZULC Magdalena	287		K-50	31	00:43:52.30	00:43:59.70	+00:15:02 (34.2%)	4:23	13.7 (66.2%)
138	SIELICKA Małgorzata	259		K-50	32	00:43:52.85	00:44:02.60	+00:15:05 (34.2%)	4:23	13.7 (66.2%)
139	WENZEL Elwira	314		K-50	33	00:43:56.00	00:44:03.25	+00:15:05 (34.3%)	4:23	13.7 (66.2%)
140	WNUK Wanda	323		K-50	34	00:44:01.25	00:44:03.45	+00:15:05 (34.3%)	4:24	13.6 (65.7%)
141	JAKIEL-KUSA Malgorzata	96		K-50	35	00:43:56.40	00:44:03.65	+00:15:06 (34.3%)	4:23	13.7 (66.2%)
142	TYŁODZIECKA Magdalena	306		K-30	25	00:44:05.90	00:44:05.90	+00:15:08 (34.3%)	4:24	13.6 (65.7%)
143	UKLEJA Iłona	308		K-30	26	00:44:06.20	00:44:06.20	+00:15:08 (34.3%)	4:24	13.6 (65.7%)
144	KUCHARSKA Edyta	151		K-40	34	00:43:56.85	00:44:06.25	+00:15:08 (34.3%)	4:23	13.7 (66.2%)
145	WOJNAS Beata	325		K-40	35	00:44:02.95	00:44:14.10	+00:15:16 (34.5%)	4:24	13.6 (65.7%)
146	BAKOWSKA Sylwia	13		K-40	36	00:44:14.15	00:44:14.15	+00:15:16 (34.5%)	4:25	13.6 (65.7%)
147	BEŚ Joanna	17		K-40	37	00:44:18.25	00:44:24.35	+00:15:26 (34.8%)	4:25	13.5 (65.2%)
148	POPIOŁEK Joanna	233		K-30	27	00:44:26.35	00:44:26.35	+00:15:28 (34.8%)	4:26	13.5 (65.2%)
149	JABŁOŃSKA Danuta	95	PACZOCZIKEJKOS	K-50	36	00:44:25.80	00:44:26.65	+00:15:29 (34.8%)	4:26	13.5 (65.2%)
150	SZCZEREK Iwona	278	WIECZORNE BIEGANIE W SZCZECINIE	K-30	28	00:44:08.25	00:44:31.35	+00:15:33 (35.0%)	4:24	13.6 (65.7%)
151	WIERSZYCKA Malgorzata	316	WIECZORNE BIEGANIE W SZCZECINIE	K-40	38	00:44:08.40	00:44:31.55	+00:15:33 (35.0%)	4:24	13.6 (65.7%)
152	BUDIS Halina	35		K-30	29	00:44:18.60	00:44:36.65	+00:15:39 (35.1%)	4:25	13.5 (65.2%)
153	ŻARNOWSKA Emilia	349		K-20	7	00:44:35.00	00:44:40.90	+00:15:43 (35.2%)	4:27	13.5 (65.2%)
154	ROSIAK Paulina	243		K-30	30	00:44:33.05	00:44:42.35	+00:15:44 (35.2%)	4:27	13.5 (65.2%)
155		365				00:44:33.60	00:44:42.50	+00:15:44 (35.2%)	4:27	13.5 (65.2%)
156	PEDA Kamila	223		K-30	31	00:44:39.05	00:44:50.05	+00:15:52 (35.4%)	4:27	13.4 (64.7%)
157	PUCHTA Anna	236	KOMPAS TEAM	K-30	32	00:44:40.65	00:44:50.65	+00:15:53 (35.4%)	4:28	13.4 (64.7%)
158	KWAŚNA Teresa	158	LEWACZKI TEAM	K-50	37	00:44:51.85	00:44:51.85	+00:15:54 (35.4%)	4:29	13.4 (64.7%)
159	GAŁUSZKA Livia	72		K-20	8	00:44:29.80	00:44:54.15	+00:15:56 (35.5%)	4:27	13.5 (65.2%)
160	KARCZMARCZYK Adriana	120		K-30	33	00:44:43.65	00:44:55.05	+00:15:57 (35.5%)	4:28	13.4 (64.7%)
161	DROZDEK Joanna	53	KOMPAS TEAM	K-40	39	00:44:44.40	00:44:55.65	+00:15:58 (35.5%)	4:28	13.4 (64.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 10km	brutto 10km			
161	KARPIŃSKA Anita	123		K-30	34	00:44:33.95	00:44:55.65	+00:15:58 (35.5%)	4:27	13.5 (65.2%)
163	SIKORA Paweł	264	KOMPAS TEAM	M-40	22	00:44:46.45	00:44:57.25	+00:15:59 (35.6%)	4:28	13.4 (64.7%)
164	ZASOWSKA Konrad	336		M-20	1	00:44:31.85	00:44:58.55	+00:16:00 (35.6%)	4:27	13.5 (65.2%)
165	WIŚNIEWSKA Aleksandra	320		K-40	40	00:44:59.50	00:44:59.50	+00:16:01 (35.6%)	4:29	13.3 (64.3%)
166	ROSIŃSKA Karolina	245		K-30	35	00:44:53.85	00:45:00.10	+00:16:02 (35.6%)	4:29	13.4 (64.7%)
167	KRZACZKOWSKA Magdalena	147		K-40	41	00:45:00.20	00:45:00.20	+00:16:02 (35.6%)	4:30	13.3 (64.3%)
168	BASZURO Krystyna	10		K-50	38	00:44:54.40	00:45:04.00	+00:16:06 (35.7%)	4:29	13.4 (64.7%)
169	BASZURO Magdalena	12		K-30	36	00:45:06.10	00:45:06.10	+00:16:08 (35.8%)	4:30	13.3 (64.3%)
170	FIJAŁKOWSKA Monika	60		K-30	37	00:44:55.50	00:45:07.75	+00:16:10 (35.8%)	4:29	13.4 (64.7%)
171	KLITYŃSKA Agnieszka	130	NIEZRZESZONY	K-30	38	00:44:49.65	00:45:10.45	+00:16:12 (35.9%)	4:29	13.4 (64.7%)
172	MALICZAK Ryszard	359	WIECZORNE BIEGANIE W SZCZECINIE	M-40	23	00:45:07.20	00:45:15.40	+00:16:17 (36.0%)	4:30	13.3 (64.3%)
172	MALICZAK Alicja	358		K-20	9	00:45:07.25	00:45:15.40	+00:16:17 (36.0%)	4:30	13.3 (64.3%)
174	RĄCZKA Aleksandra	238		K-20	10	00:45:19.50	00:45:19.50	+00:16:21 (36.1%)	4:31	13.2 (63.8%)
175	ŻARCZYŃSKA Klaudia	344		K-20	11	00:45:11.65	00:45:20.15	+00:16:22 (36.1%)	4:31	13.3 (64.3%)
176	ŻARCZYŃSKA Iwona	345		K-40	42	00:45:20.25	00:45:20.25	+00:16:22 (36.1%)	4:32	13.2 (63.8%)
177	ŁUKOMSKA-DZIEDZIC Anna	182	FUNDACJA MIERZ WYSOKO	K-40	43	00:45:19.80	00:45:29.70	+00:16:32 (36.3%)	4:32	13.2 (63.8%)
178	NEBRATENKO Ilona	212		K-40	44	00:45:25.85	00:45:31.30	+00:16:33 (36.4%)	4:32	13.2 (63.8%)
179	LEWAK Katarzyna	162	LEWACZKI TEAM	K-40	45	00:45:26.15	00:45:33.10	+00:16:35 (36.4%)	4:32	13.2 (63.8%)
180	DAHLKE Edyta	49		K-40	46	00:45:34.90	00:45:34.90	+00:16:37 (36.5%)	4:33	13.2 (63.8%)
181	MIERZICKA Dorota	207		K-50	39	00:45:24.95	00:45:35.15	+00:16:37 (36.5%)	4:32	13.2 (63.8%)
182	BLANK Carmen	24	EINHEIT LÖCKNITZ	K-50	40	00:45:27.90	00:45:39.95	+00:16:42 (36.6%)	4:32	13.2 (63.8%)
183	TYKWINSKA Ewelina	305	EINHEIT LÖCKNITZ	K-40	47	00:45:28.35	00:45:40.40	+00:16:42 (36.6%)	4:32	13.2 (63.8%)
184	TOMASZEWSKA Joanna	303		K-40	48	00:45:36.10	00:45:48.45	+00:16:50 (36.8%)	4:33	13.2 (63.8%)
185	BOROWSKA Magdalena	30		K-40	49	00:45:49.25	00:45:49.25	+00:16:51 (36.8%)	4:34	13.1 (63.3%)
186	WOLSKA-RAJCHEL Maria	327		K-30	39	00:45:34.70	00:45:54.25	+00:16:56 (36.9%)	4:33	13.2 (63.8%)
187	ŁAPA - SUSKA Kamila	175		K-30	40	00:45:55.20	00:45:55.20	+00:16:57 (36.9%)	4:35	13.1 (63.3%)
188	BETKER Anna	16		K-40	50	00:45:50.00	00:46:01.65	+00:17:04 (37.1%)	4:35	13.1 (63.3%)
189	GRYGORCEWICZ Anna	87		K-40	51	00:45:49.65	00:46:01.85	+00:17:04 (37.1%)	4:34	13.1 (63.3%)
190	KALINOWSKI Heike	113	EINHEIT LÖCKNITZ	K-50	41	00:45:50.55	00:46:03.05	+00:17:05 (37.1%)	4:35	13.1 (63.3%)
191	SZWARC-LASZCZYK Katarzyna	291		K-40	52	00:45:48.75	00:46:06.95	+00:17:09 (37.2%)	4:34	13.1 (63.3%)
192	DOBROWOLSKA Dorota	51	ALS SZCZECIN	K-50	42	00:45:38.60	00:46:07.30	+00:17:09 (37.2%)	4:33	13.1 (63.3%)
193	FRĄCKWIECZ Sylwia	63		K-40	53	00:45:57.75	00:46:08.30	+00:17:10 (37.2%)	4:35	13.1 (63.3%)
194	FRĄCKIEWICZ Piotr	62		M-40	24	00:45:57.75	00:46:08.45	+00:17:10 (37.2%)	4:35	13.1 (63.3%)
195	ŁOZIUK Basia	181		K-50	43	00:46:05.30	00:46:09.65	+00:17:12 (37.3%)	4:36	13 (62.8%)
196	MALINOWSKA-WASILUK Agnieszka	191		K-40	54	00:46:12.05	00:46:12.05	+00:17:14 (37.3%)	4:37	13 (62.8%)
197	SZEWCZUK Małgorzata	280		K-40	55	00:46:13.85	00:46:13.85	+00:17:16 (37.4%)	4:37	13 (62.8%)
198	ŚLIWKA Małgorzata	297	MORŚWINY	K-40	56	00:45:54.45	00:46:18.05	+00:17:20 (37.5%)	4:35	13.1 (63.3%)
199	WYPYCH Iwona	331	MORŚWINY ŚWINOUJŚCIE	K-40	57	00:45:53.70	00:46:18.35	+00:17:20 (37.5%)	4:35	13.1 (63.3%)
200	KOŁACKA Anita	134	KAGIK	K-30	41	00:46:06.05	00:46:19.25	+00:17:21 (37.5%)	4:36	13 (62.8%)
201	MIKSZA Katarzyna	208	KAGIK	K-40	58	00:46:06.40	00:46:19.35	+00:17:21 (37.5%)	4:36	13 (62.8%)
202	KOŁECKA Natalia	353		K-20	12	00:46:10.80	00:46:20.80	+00:17:23 (37.5%)	4:37	13 (62.8%)
203	KISIELEWSKA Anna	129		K-30	42	00:46:09.80	00:46:23.80	+00:17:26 (37.6%)	4:36	13 (62.8%)
203	OLENDER Barbara	217		K-40	59	00:46:10.05	00:46:23.80	+00:17:26 (37.6%)	4:37	13 (62.8%)
205	JATCZAK Ewa	105		K-40	60	00:46:25.70	00:46:25.70	+00:17:28 (37.6%)	4:38	12.9 (62.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 10km	brutto 10km			
206	RUDZIK Franciszek	249		M-50	15	00:46:05.05	00:46:26.15	+00:17:28 (37.6%)	4:36	13 (62.8%)
207	LITWINIAK Patrycja	172	DZIEWCZYNY Z KIJKAMI	K-20	13	00:46:08.30	00:46:27.00	+00:17:29 (37.7%)	4:36	13 (62.8%)
208	PIECHOTA Katarzyna	225		K-40	61	00:46:13.95	00:46:28.25	+00:17:30 (37.7%)	4:37	13 (62.8%)
209	CZERNECKI Radosław	48		M-30	9	00:46:30.05	00:46:30.05	+00:17:32 (37.7%)	4:39	12.9 (62.3%)
210	WIPPLINGER Jolanta	318		K-40	62	00:46:16.55	00:46:37.30	+00:17:39 (37.9%)	4:37	13 (62.8%)
211	IGNACIUK Joanna	94		K-40	63	00:46:14.20	00:46:37.95	+00:17:40 (37.9%)	4:37	13 (62.8%)
212	PABJAN Dorota	219	MORŚWINY	K-40	64	00:46:13.05	00:46:38.35	+00:17:40 (37.9%)	4:37	13 (62.8%)
213	BŁĄD-WASZKIEWICZ Wanda	25		K-30	43	00:46:43.60	00:46:43.60	+00:17:46 (38.0%)	4:40	12.8 (61.8%)
214	RUSIECKA Marta	250		K-30	44	00:46:50.45	00:46:50.45	+00:17:52 (38.2%)	4:41	12.8 (61.8%)
215	RUSIECKA Anna	354		K-20	14	00:46:50.60	00:46:50.60	+00:17:53 (38.2%)	4:41	12.8 (61.8%)
216	WYSOCKA-LEŚNIK Agnieszka	332		K-40	65	00:46:52.25	00:46:52.25	+00:17:54 (38.2%)	4:41	12.8 (61.8%)
217	GABRIELA Ziętarska	68		K-40	66	00:46:31.20	00:46:52.60	+00:17:55 (38.2%)	4:39	12.9 (62.3%)
218	BOKHAN Irina	27		K-50	44	00:46:45.25	00:46:54.85	+00:17:57 (38.3%)	4:40	12.8 (61.8%)
219	MACIASZCZYK Zbigniew	183	SZYBCIEJ NIE MOGĘ	M-50	16	00:46:36.80	00:46:56.45	+00:17:58 (38.3%)	4:39	12.9 (62.3%)
220	ROSIK - MACIASZCZYK Joanna	244	SZYBCIEJ NIE MOGĘ	K-50	45	00:46:39.90	00:46:56.65	+00:17:59 (38.3%)	4:40	12.9 (62.3%)
221	KUBIAK-WOLNA Małgorzata	149	GWIEZDNI WOLNI	K-40	67	00:47:02.80	00:47:07.05	+00:18:09 (38.5%)	4:42	12.8 (61.8%)
222	KUDERSKA Iwona	152		K-40	68	00:46:56.15	00:47:08.75	+00:18:11 (38.6%)	4:41	12.8 (61.8%)
223	JATCZAK Katarzyna	104		K-30	45	00:47:09.05	00:47:09.05	+00:18:11 (38.6%)	4:42	12.7 (61.4%)
224	BARTNICKA Jolanta	364	BBL POLICE	K-50	46	00:47:07.15	00:47:10.50	+00:18:12 (38.6%)	4:42	12.7 (61.4%)
225	REĆKO Wioleta	239		K-30	46	00:46:55.40	00:47:16.05	+00:18:18 (38.7%)	4:41	12.8 (61.8%)
226	FUTYMA Karolina	66	DZIEWCZYNY Z KIJKAMI	K-30	47	00:46:57.45	00:47:16.35	+00:18:18 (38.7%)	4:41	12.8 (61.8%)
227	KUPCZYK Katarzyna	154		K-30	48	00:47:01.70	00:47:17.00	+00:18:19 (38.8%)	4:42	12.8 (61.8%)
228	ROSZATYCKA-KRAUSE Agnieszka	365	DMUCHAWIEC GOLENIÓW	K-40	69	00:46:53.95	00:47:20.15	+00:18:22 (38.8%)	4:41	12.8 (61.8%)
229	GARNCAREK Monika	73	DMUCHAWIEC	K-30	49	00:46:54.90	00:47:20.45	+00:18:22 (38.8%)	4:41	12.8 (61.8%)
230	ŻARNOWSKA Monika	348		K-40	70	00:47:25.10	00:47:30.30	+00:18:32 (39.0%)	4:44	12.7 (61.4%)
231	SZUKALSKA Monika	285		K-40	71	00:47:09.60	00:47:31.35	+00:18:33 (39.1%)	4:43	12.7 (61.4%)
232	SZUKALSKI Michał	286		M-30	10	00:47:08.70	00:47:31.55	+00:18:33 (39.1%)	4:42	12.7 (61.4%)
233	GĄGOL Marlena	75		K-30	50	00:47:32.65	00:47:32.65	+00:18:35 (39.1%)	4:45	12.6 (60.9%)
234	GAJDZIŃSKA Dagmara	69		K-30	51	00:47:21.90	00:47:32.90	+00:18:35 (39.1%)	4:44	12.7 (61.4%)
235	MICHALAK Halina	202		K-30	52	00:47:35.50	00:47:35.50	+00:18:37 (39.1%)	4:45	12.6 (60.9%)
236	MICHALAK Monika	357		K-20	15	00:47:35.75	00:47:35.75	+00:18:38 (39.2%)	4:45	12.6 (60.9%)
237	KOWALSKA Agnieszka	355		K-40	72	00:47:25.50	00:47:37.30	+00:18:39 (39.2%)	4:44	12.6 (60.9%)
238	BABYSZKO Alicja	8		K-30	53	00:47:31.55	00:47:47.75	+00:18:50 (39.4%)	4:45	12.6 (60.9%)
239	CZERNECKA Aleksandra	47		K-30	54	00:47:33.35	00:47:48.25	+00:18:50 (39.4%)	4:45	12.6 (60.9%)
240	JANOWSKA-PASZKOWSKA Joanna	101		K-30	55	00:47:38.40	00:47:51.55	+00:18:53 (39.5%)	4:45	12.6 (60.9%)
241	KAŁWA Agnieszka	114		K-40	73	00:48:02.65	00:48:14.40	+00:19:16 (40.0%)	4:48	12.5 (60.4%)
242	ŁUKASZEWSKA Ilona	351		K-30	56	00:47:52.15	00:48:16.95	+00:19:19 (40.0%)	4:47	12.5 (60.4%)
242	WASYLÓW Katarzyna	313		K-50	47	00:47:50.70	00:48:16.95	+00:19:19 (40.0%)	4:47	12.5 (60.4%)
244	MAŁECKA Karolina	192		K-30	57	00:47:51.30	00:48:17.25	+00:19:19 (40.0%)	4:47	12.5 (60.4%)
244	TARGOSIŃSKA Marcelina	300		K-20	16	00:47:56.40	00:48:17.25	+00:19:19 (40.0%)	4:47	12.5 (60.4%)
246	SIKORA Magdalena	263	DZIKI WEEKEND	K-30	58	00:48:17.55	00:48:17.55	+00:19:19 (40.0%)	4:49	12.4 (59.9%)
247	PODZIELNA Aleksandra	232		K-30	59	00:48:03.10	00:48:18.45	+00:19:20 (40.1%)	4:48	12.5 (60.4%)
248	TARGOSIŃSKA Wioletta	299		K-40	74	00:47:58.95	00:48:18.95	+00:19:21 (40.1%)	4:47	12.5 (60.4%)
249	AGATOWSKA Joanna	6		K-40	75	00:48:15.60	00:48:32.65	+00:19:35 (40.3%)	4:49	12.4 (59.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 10km	brutto 10km			
250	CIESIELSKA Agnieszka	45		K-40	76	00:48:33.15	00:48:33.15	+00:19:35 (40.4%)	4:51	12.4 (59.9%)
251	ROMAŃSKA Joanna	242		K-30	60	00:48:14.00	00:48:35.85	+00:19:38 (40.4%)	4:49	12.4 (59.9%)
252	GRZĄDKA Iwona	89		K-40	77	00:48:14.85	00:48:36.85	+00:19:39 (40.4%)	4:49	12.4 (59.9%)
253	BAGIŃSKA Weronika	363		K-30	61	00:48:39.70	00:48:56.25	+00:19:58 (40.8%)	4:52	12.3 (59.4%)
254	BAGIŃSKI Włodzimierz	362		M-30	11	00:48:40.20	00:48:56.70	+00:19:59 (40.8%)	4:52	12.3 (59.4%)
255	CHYLEWSKA - KĘSY Danuta	43	MY Z PODWÓRKA	K-50	48	00:48:46.75	00:49:08.50	+00:20:10 (41.1%)	4:52	12.3 (59.4%)
256	ZAWODNIAK Mirosław	337	BBL POLICE	M-40	25	00:49:15.00	00:49:15.00	+00:20:17 (41.2%)	4:55	12.2 (58.9%)
257	KRASNODEBSKA Magdalena	142	BBL POLICE	K-30	62	00:48:49.70	00:49:15.30	+00:20:17 (41.2%)	4:53	12.3 (59.4%)
258	ŁEMPKOWSKA Beata	178	BBL POLICE	K-40	78	00:49:15.90	00:49:15.90	+00:20:18 (41.2%)	4:55	12.2 (58.9%)
259	AUGUSTOWSKA Julia	222	KOMPAS TEAM	K-30	63	00:49:04.90	00:49:16.60	+00:20:19 (41.2%)	4:54	12.2 (58.9%)
260	MICHALSKA Karolina	206	KOMPAS TEAM	K-20	17	00:49:07.40	00:49:17.85	+00:20:20 (41.3%)	4:54	12.2 (58.9%)
261	DOMINIAK-OLSZEWSKA Małgorzata	52	KIJKI&SZILKI	K-30	64	00:49:06.85	00:49:22.80	+00:20:25 (41.4%)	4:54	12.2 (58.9%)
262	JANOWICZ Renata	99	KIJKI&SZPILKI	K-30	65	00:49:06.55	00:49:23.10	+00:20:25 (41.4%)	4:54	12.2 (58.9%)
263	BEDNARCZYK Alicja	14	KIJKI&SZPILKI	K-50	49	00:49:08.10	00:49:23.85	+00:20:26 (41.4%)	4:54	12.2 (58.9%)
264	TARWID Bożena	302		K-40	79	00:49:09.65	00:49:26.80	+00:20:29 (41.4%)	4:54	12.2 (58.9%)
265	LEWANDOWSKA Elżbieta	165		K-40	80	00:49:20.60	00:49:28.05	+00:20:30 (41.5%)	4:56	12.2 (58.9%)
266	SZYMAŃSKA Aleksandra	294		K-30	66	00:49:08.65	00:49:30.20	+00:20:32 (41.5%)	4:54	12.2 (58.9%)
267	PIOTROWSKA Izabela	230	DMUCHAWIEC	K-30	67	00:49:05.95	00:49:30.45	+00:20:32 (41.5%)	4:54	12.2 (58.9%)
267	PARYŚ Ewa	221		K-50	50	00:49:08.65	00:49:30.45	+00:20:32 (41.5%)	4:54	12.2 (58.9%)
269	SIENKIEWICZ Jolanta	261	DMUCHAWIEC	K-50	51	00:49:06.50	00:49:30.75	+00:20:33 (41.5%)	4:54	12.2 (58.9%)
270	SIENKIEWICZ Gosia	262		K-20	18	00:49:06.75	00:49:31.15	+00:20:33 (41.5%)	4:54	12.2 (58.9%)
271	GAŁUSZKA Agnieszka	70		K-30	68	00:49:15.20	00:49:40.80	+00:20:43 (41.7%)	4:55	12.2 (58.9%)
272	GAŁUSZKA Jarosław	71		M-30	12	00:49:14.90	00:49:41.50	+00:20:43 (41.7%)	4:55	12.2 (58.9%)
273	LITWINIAK Izabela	171	DZIEWCZYNY Z KIJKAMI	K-40	81	00:49:22.40	00:49:42.05	+00:20:44 (41.7%)	4:56	12.1 (58.5%)
274	WARYLAK Mateusz	312		M-20	2	00:49:43.10	00:49:43.10	+00:20:45 (41.8%)	4:58	12.1 (58.5%)
275	JANOWSKA Emilia	100		K-40	82	00:49:43.25	00:49:43.25	+00:20:45 (41.8%)	4:58	12.1 (58.5%)
276	WACHNIK Barbara	311		K-50	52	00:50:18.45	00:50:18.45	+00:21:20 (42.4%)	5:01	11.9 (57.5%)
277	GRIEGER Monika	86		K-40	83	00:50:34.65	00:50:41.85	+00:21:44 (42.9%)	5:03	11.9 (57.5%)
278	BREWIŃSKA-GRACZYK Adriana	31		K-40	84	00:50:29.25	00:50:42.85	+00:21:45 (42.9%)	5:02	11.9 (57.5%)
279	GRIEGER Marcin	85		M-40	26	00:50:43.25	00:50:43.25	+00:21:45 (42.9%)	5:04	11.8 (57.0%)
280	KAŁWA Adam	117		M-20	3	00:50:47.00	00:50:47.00	+00:21:49 (43.0%)	5:04	11.8 (57.0%)
281	KAŁWA Andrzej	115		M-50	17	00:50:49.00	00:50:49.00	+00:21:51 (43.0%)	5:04	11.8 (57.0%)
282	PIETRAS Anita	228	BIEGACZE ŚWINOUJŚCIA	K-50	53	00:50:34.25	00:50:52.75	+00:21:55 (43.1%)	5:03	11.9 (57.5%)
283	STEFANICKI Marek	3	WŁÓCZYKIJE ŚWINOUJŚCIE	M-50	18	00:50:33.60	00:50:52.85	+00:21:55 (43.1%)	5:03	11.9 (57.5%)
284	MACIEJEWSKI Henryk	185	SZWL A I SKM MIEDWIANIE	M-50	19	00:51:02.60	00:51:21.10	+00:22:23 (43.6%)	5:06	11.8 (57.0%)
285	MACIEJEWSKA Grażyna	184	SKM MIEDWIANIE	K-50	54	00:51:03.25	00:51:21.15	+00:22:23 (43.6%)	5:06	11.7 (56.5%)
286	LIWUŚ Anna	173		K-50	55	00:51:21.85	00:51:21.85	+00:22:24 (43.6%)	5:08	11.7 (56.5%)
287	SZULC Anna	288		K-30	69	00:51:07.10	00:51:30.10	+00:22:32 (43.8%)	5:06	11.7 (56.5%)
288	CHMIELEWSKA Sabina	38		K-30	70	00:51:30.70	00:51:30.70	+00:22:33 (43.8%)	5:09	11.7 (56.5%)
289	SZCZUROWSKA Joanna	279		K-40	85	00:51:26.85	00:51:49.50	+00:22:51 (44.1%)	5:08	11.7 (56.5%)
290	WOŹNIEWSKA Grażyna	328	NORDICOWELOVE POLICE	K-50	56	00:51:39.25	00:51:52.90	+00:22:55 (44.2%)	5:09	11.6 (56.0%)
291	GAZECKA Krystyna	74		K-50	57	00:51:39.20	00:51:52.95	+00:22:55 (44.2%)	5:09	11.6 (56.0%)
292	NAJMARK Małgorzata	211	NORDICOVE LOVE POLICE	K-40	86	00:51:33.90	00:51:53.20	+00:22:55 (44.2%)	5:09	11.6 (56.0%)
293	CICHECKA Joanna	44	NORDICOWELOVE POLICE	K-50	58	00:51:53.40	00:51:53.40	+00:22:55 (44.2%)	5:11	11.6 (56.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
294	TOMZIK-SWINARSKA Izabela	304	NORDICOWE LOVE	K-50	59	00:51:38.20	00:51:53.65	+00:22:56 (44.2%)	5:09	11.6 (56.0%)
295	SZYDELSKA Krystyna	293	NORDICOWELOVE POLICE	K-50	60	00:51:39.40	00:51:53.80	+00:22:56 (44.2%)	5:09	11.6 (56.0%)
296	SROCZYŃSKA Marlena	269	NORDICOWELOVE POLICE	K-40	87	00:51:36.15	00:51:54.80	+00:22:57 (44.2%)	5:09	11.6 (56.0%)
297	PILARSKA Elżbieta	229	NORDICOWELOVE POLICE	K-50	61	00:51:36.75	00:51:55.25	+00:22:57 (44.2%)	5:09	11.6 (56.0%)
298	JAKIMIUK Mariola	97		K-50	62	00:51:55.75	00:51:55.75	+00:22:58 (44.2%)	5:11	11.6 (56.0%)
299	GÓRSKA Agnieszka	84	NORDICOWELOVE POLICE	K-40	88	00:51:39.85	00:51:56.35	+00:22:58 (44.2%)	5:10	11.6 (56.0%)
300	RUBAJ Anna	248		K-30	71	00:51:57.00	00:51:57.00	+00:22:59 (44.3%)	5:11	11.5 (55.6%)
301	KIELISZEK Gabriela	128		K-50	63	00:52:16.55	00:52:43.95	+00:23:46 (45.1%)	5:13	11.5 (55.6%)
302	ANTCZAK Mateusz	7		M-20	4	00:52:41.00	00:53:02.90	+00:24:05 (45.4%)	5:16	11.4 (55.1%)
303	MALICKA Marzena	189	DZIEWCZYNY Z KIJKAMI	K-30	72	00:52:40.05	00:53:03.05	+00:24:05 (45.4%)	5:16	11.4 (55.1%)
304	KŁYS Róża	131	BBL POLICE	K-50	64	00:55:03.50	00:55:03.50	+00:26:05 (47.4%)	5:30	10.9 (52.7%)
305	CZARNECKA Ewa	46		K-50	65	00:55:15.95	00:55:15.95	+00:26:18 (47.6%)	5:31	10.9 (52.7%)
306	KOSMACZEWSKI Leszek	137		M-50	20	00:55:25.05	00:55:32.70	+00:26:35 (47.9%)	5:32	10.8 (52.2%)
	SOCHACKA Sylwia	267		K-20		DNF	DNF	-	-	- (0.0%)
	BRUCH Edyta	32		K-40		DNF	DNF	-	-	- (0.0%)
	JUCHA Iza	109		K-50		DNF	DNF	-	-	- (0.0%)
	WOJTAL Anna	326	NORDICOWELOVE	K-50		DNF	DNF	-	-	- (0.0%)
	BUCICHOWSKA Malgorzata	34		K-40		DNF	DNF	-	-	- (0.0%)
	JAWORSKA Karolina	106		K-20		DNF	DNF	-	-	- (0.0%)
	MATLAKIEWICZ-KUŁAK Marta	199		K-40		DNF	DNF	-	-	- (0.0%)
	SZKUDLAREK Elżbieta	281		K-50		DNF	DNF	-	-	- (0.0%)
	SZOPIŃSKI Zbigniew	283		M-50		DNF	DNF	-	-	- (0.0%)

Znaleziono 315 wynik(ów)