



Wydarzenie: IX Bieg Mikołajkowy
Organizator: Stowarzyszenie BiegamBoLubie Team Police
Data: 2021-12-05
Miejsce: Police
Dystans: 5 km

VII MARSZ MIKOŁAJKOWY

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	DOŁĘGOWSKI Marek	2	GMINA WOLIN	M-50	1	Szybcy i gniewni z Zach Pom	00:30:27.05	00:30:27.60		6:05	9.9 (100%)
2	MAJKA Dariusz	138	BIEGACZE ŚWINOUJŚCIE	M-30	1		00:30:41.50	00:30:42.65	+00:00:15 (0.8%)	6:08	9.8 (99.0%)
3	NAKONIECZNY Grzegorz	159	EKSPEDYCJA NORDIC TEAM SZCZECIN	M-40	1	Ekspedycja Nordic Team Szczecin 1	00:32:05.75	00:32:07.05	+00:01:39 (5.2%)	6:25	9.4 (94.9%)
4	CHOJNACKI Paweł	31	EKSPEDYCJA NORDIC TEAM SZCZECIN	M-50	2	Ekspedycja Nordic Team Szczecin 1	00:32:25.45	00:32:25.80	+00:01:58 (6.1%)	6:29	9.3 (93.9%)
5	ZGRAJA Katarzyna	1	BIEGACZE ŚWINOUJŚCIE	K-40	1	Szybcy i gniewni z Zach Pom	00:32:43.10	00:32:44.20	+00:02:16 (7.0%)	6:32	9.2 (92.9%)
6	MASŁYK Małgorzata	5		K-50	1	Szybcy i gniewni z Zach Pom	00:32:54.25	00:32:54.60	+00:02:27 (7.4%)	6:34	9.1 (91.9%)
7	SZYMSKA Małgorzata	223	LUKI TEAM POLAND	K-40	2	Szybcy i gniewni z Zach Pom	00:33:00.05	00:33:00.25	+00:02:32 (7.7%)	6:36	9.1 (91.9%)
8	HAWRYLAK Marcin	73	BIEG KORCZAKA	M-50	3	Bieg Korczaka	00:33:24.80	00:33:26.50	+00:02:58 (8.9%)	6:40	9 (90.9%)
9	LUDWICZAK Dariusz	129	EKSPEDYCJA NORDIC TEAM	M-50	4	Ekspedycja Nordic Team Szczecin 1	00:33:30.55	00:33:32.50	+00:03:04 (9.2%)	6:42	9 (90.9%)
10	GŁADZIK Aleksander	60	KOMPAS TEAM	M-30	2	Kompas Team 2	00:33:31.15	00:33:32.80	+00:03:05 (9.2%)	6:42	9 (90.9%)
11	LUDWICZAK Andżelika	128	EKSPEDYCJA NORDIC TEAM	K-40	3	Ekspedycja Nordic Team Szczecin 1	00:33:40.70	00:33:42.05	+00:03:14 (9.6%)	6:44	8.9 (89.9%)
12	ZDANUK Artur	251	EKSPEDYCJA NORDIC TEAM SZCZECIN	M-50	5	Ekspedycja Nordic Team Szczecin 2	00:33:56.70	00:33:59.25	+00:03:31 (10.4%)	6:47	8.8 (88.9%)
13	ZIÓLKOWSKA Sylwia	255	PUSZCZYK BUKOWY	K-40	4	Szybcy i gniewni z Zach Pom	00:34:39.20	00:34:39.45	+00:04:11 (12.1%)	6:55	8.7 (87.9%)
14	KEDZIERSKA Karolina	92	EKSPEDYCJA NORDIC TEAM SZCZECIN	K-40	5	Ekspedycja Nordic Team Szczecin 1	00:34:43.10	00:34:44.65	+00:04:17 (12.3%)	6:56	8.6 (86.9%)
15	KARPIENIA Ewa	89		K-50	2	Ekspedycja Nordic Team Szczecin 2	00:34:44.90	00:34:47.45	+00:04:19 (12.4%)	6:56	8.6 (86.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
16	ŚWIERCZ Ewa	270		K-40	6	Ekspedycja Nordic Team Szczecin 2	00:35:19.60	00:35:20.90	+00:04:53 (13.8%)	7:03	8.5 (85.9%)
17	MARCINIAK Tomasz	147		M-30	3		00:35:32.35	00:35:35.70	+00:05:08 (14.4%)	7:06	8.4 (84.8%)
18	STACHOWICZ-HAWRYLAK Sylwia	208	BIEG KORCZAKA	K-40	7	Bieg Korczaka	00:35:45.70	00:35:46.20	+00:05:18 (14.8%)	7:09	8.4 (84.8%)
19	BASZURO Marcin	13		M-30	4		00:35:57.35	00:36:01.25	+00:05:33 (15.4%)	7:11	8.3 (83.8%)
20	LASZKIEWICZ Waldemar	112		M-50	6		00:36:09.85	00:36:12.30	+00:05:44 (15.9%)	7:13	8.3 (83.8%)
21	KUPNIEWSKA Aleksandra	109	LOVELASY	K-30	1		00:36:12.70	00:36:13.25	+00:05:45 (15.9%)	7:14	8.3 (83.8%)
22	RADCZUK Karolina	187		K-40	8		00:36:15.90	00:36:16.75	+00:05:49 (16.0%)	7:15	8.3 (83.8%)
23	MISIEWICZ Bożena	152		60+	1		00:36:22.50	00:36:22.95	+00:05:55 (16.3%)	7:16	8.2 (82.8%)
24	ABRAMOWICZ Małgorzata	6	EKSPEDYCJA NORDIC TEAM SZCZECIN	K-30	2	Ekspedycja Nordic Team Szczecin 3	00:36:21.35	00:36:23.30	+00:05:55 (16.3%)	7:16	8.3 (83.8%)
25	KUBIK Krystian	106	GRYFICKA SIŁA BIEGOWA	M-20	1		00:36:29.95	00:36:32.35	+00:06:04 (16.6%)	7:17	8.2 (82.8%)
26	KAROLAK Andrzej	88		60+	2		00:37:08.90	00:37:10.30	+00:06:42 (18.1%)	7:25	8.1 (81.8%)
27	KRYCKA Danuta	104	EKSPEDYCJA NORDIC TEAM SZCZECIN	K-40	9	Ekspedycja Nordic Team Szczecin 2	00:37:11.75	00:37:14.90	+00:06:47 (18.2%)	7:26	8.1 (81.8%)
28	KLABAN Tetiana	94	KOMPAS TEAM	K-40	10	Kompas Team 2	00:37:21.00	00:37:24.75	+00:06:57 (18.6%)	7:28	8 (80.8%)
29	DAJLID Martyna	260		K-20	1		00:37:52.30	00:37:54.15	+00:07:26 (19.6%)	7:34	7.9 (79.8%)
30	LEDZION Robert	115		M-50	7		00:37:52.15	00:37:55.40	+00:07:27 (19.7%)	7:34	7.9 (79.8%)
31	OLEJNIK Marzena	167		K-50	3		00:38:00.35	00:38:04.00	+00:07:36 (20.0%)	7:36	7.9 (79.8%)
32	LENER Sławomir	116		60+	3		00:38:10.05	00:38:12.00	+00:07:44 (20.3%)	7:38	7.9 (79.8%)
33	ŁEMPKOWSKI Janusz	263		M-40	2		00:38:34.50	00:38:40.25	+00:08:12 (21.2%)	7:42	7.8 (78.8%)
34	JARCZEWSKA Renata	79		K-50	4		00:38:52.40	00:39:02.75	+00:08:35 (22.0%)	7:46	7.7 (77.8%)
35	PALIWODA Kasia	171		K-40	11	Ekspedycja Nordic Team Szczecin 2	00:39:06.15	00:39:08.70	+00:08:41 (22.2%)	7:49	7.7 (77.8%)
36	ZAJĄC Maciej	248	BIEGACZE ŚWINOUJŚCIE	M-30	5		00:39:09.00	00:39:15.00	+00:08:47 (22.4%)	7:49	7.7 (77.8%)
37	ŻOŁNO Magdalena	258		K-50	5	Ekspedycja Nordic Team Szczecin 3	00:39:12.45	00:39:15.70	+00:08:48 (22.4%)	7:50	7.7 (77.8%)
38	MARTYNA Ewa	148		60+	4		00:39:19.25	00:39:21.90	+00:08:54 (22.6%)	7:51	7.6 (76.8%)

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39	KĄZMIERSKA-JASTRZĘBSKA Katarzyna	90	SOPURE.MILLINERY	K-30	3		00:39:20.40	00:39:25.85	+00:08:58 (22.8%)	7:52	7.6 (76.8%)
40	BŁĄD-WASZKIEWICZ Wanda	23		K-40	12		00:39:26.50	00:39:33.45	+00:09:05 (23.0%)	7:53	7.6 (76.8%)
41	MARCHIEL Lenka	146		K-50	6		00:39:08.55	00:39:46.45	+00:09:18 (23.4%)	7:49	7.7 (77.8%)
42	GŁADZIK Anna	61	KOMPAS TEAM	K-30	4	Kompas Team 2	00:39:48.90	00:39:52.40	+00:09:24 (23.6%)	7:57	7.5 (75.8%)
43	MUSZKIET-SOBAŃSKA Agnieszka	157	MUFFINKOWE MORSY	K-40	13	Muffinkowe Morsy	00:40:18.30	00:40:20.35	+00:09:52 (24.5%)	8:03	7.4 (74.7%)
44	FRĘŚKO Ewelina	56		K-30	5	Ekspedycja Nordic Team Szczecin	00:40:25.80	00:40:27.45	+00:09:59 (24.7%)	8:05	7.4 (74.7%)
45	PIĄTKIEWICZ Grażyna	176	EKSPEDYCJA	K-50	7	Ekspedycja Nordic Team Szczecin 3	00:40:34.60	00:40:43.00	+00:10:15 (25.2%)	8:06	7.4 (74.7%)
46	MICHALSKA Aneta	150	KOMPAS TEAM	K-40	14	Kompas Team 1	00:41:04.00	00:41:07.05	+00:10:39 (25.9%)	8:12	7.3 (73.7%)
47	SZYMAŃSKA Ewa	4	#ZABIEGANE_PO_USZY	K-40	15		00:40:59.20	00:41:07.35	+00:10:39 (25.9%)	8:11	7.3 (73.7%)
48	NARUK Regina	160		K-50	8	Szalone Kobiety	00:41:03.10	00:41:07.40	+00:10:39 (25.9%)	8:12	7.3 (73.7%)
49	PARCHIMOWICZ Janusz	173		60+	5		00:41:23.05	00:41:23.80	+00:10:56 (26.4%)	8:16	7.2 (72.7%)
50	BARYŁA Dorota	11		K-50	9	Szalone Kobiety	00:41:20.45	00:41:24.85	+00:10:57 (26.5%)	8:16	7.3 (73.7%)
51	GÓRSKA Agnieszka	63	SZALONE WILCZYCE	K-40	16		00:41:15.50	00:41:25.00	+00:10:57 (26.5%)	8:15	7.3 (73.7%)
52	PODHAJNA Agnieszka	184		K-40	17		00:41:20.05	00:41:31.85	+00:11:04 (26.7%)	8:16	7.3 (73.7%)
53	HASA Alicja	72		K-20	2		00:41:36.50	00:41:43.45	+00:11:15 (27.0%)	8:19	7.2 (72.7%)
54	CETERA Janusz	29	EKSPEDYCJA NORDIC TEAM SZCZECIN	60+	6	Ekspedycja Nordic Team Szczecin 3	00:42:01.85	00:42:05.40	+00:11:37 (27.6%)	8:24	7.1 (71.7%)
55	MALINOWSKA Ewelina	143		K-30	6		00:42:01.50	00:42:05.65	+00:11:38 (27.6%)	8:24	7.1 (71.7%)
56	LITWINIAK Izabela	124		K-40	18		00:42:08.95	00:42:08.95	+00:11:41 (27.7%)	8:25	7.1 (71.7%)
57	SIELICKA Agnieszka	202		K-50	10		00:42:15.30	00:42:25.05	+00:11:57 (28.2%)	8:27	7.1 (71.7%)
58	SŁABOSZEWSKA Elżbieta	204	KS POGODNI NORDIKOWCY	K-50	11	KS Pogodni Nordikowcy Szczecin	00:42:22.85	00:42:27.30	+00:11:59 (28.3%)	8:28	7.1 (71.7%)
59	ŁAZOWSKA Edyta	132	KOMPAS TEAM	K-40	19	Kompas Team 2	00:42:14.30	00:42:28.20	+00:12:00 (28.3%)	8:26	7.1 (71.7%)
60	LUDWICKA Weronika	127		K-30	7	Świąteczna rodzinka	00:42:51.45	00:42:51.45	+00:12:23 (28.9%)	8:34	7 (70.7%)
61	ZIEMNIEWICZ Krystyna	254		60+	7		00:42:52.65	00:42:55.30	+00:12:27 (29.0%)	8:34	7 (70.7%)

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62	KOŁODZIEJCZYK Justyna	96	MUFFINKOWE MORSY	K-40	20		00:42:43.90	00:42:55.65	+00:12:28 (29.0%)	8:32	7 (70.7%)
63	SADOWSKA Kamila	198	ZABOEGANE_PO_USZY	K-40	21		00:42:56.10	00:42:56.85	+00:12:29 (29.1%)	8:35	7 (70.7%)
64	NIEZGODA Adam	164	KOMPAS TEAM	M-40	3	Kompas Team 2	00:43:03.70	00:43:11.30	+00:12:43 (29.5%)	8:36	7 (70.7%)
65	LEWANDOWSKA Dorota	119		K-40	22		00:43:05.90	00:43:11.75	+00:12:44 (29.5%)	8:37	7 (70.7%)
66	KAROL Agnieszka	87	TEAMKAROLKI	K-40	23		00:43:07.65	00:43:12.75	+00:12:45 (29.5%)	8:37	7 (70.7%)
67	PANAS Tomasz	265		60+	8		00:43:06.35	00:43:12.95	+00:12:45 (29.5%)	8:37	7 (70.7%)
68	MALINOWSKA Marzena	142		K-50	12		00:43:10.55	00:43:14.55	+00:12:46 (29.6%)	8:38	6.9 (69.7%)
69	SZCZERBIŃSKA Barbara	216		60+	9		00:43:13.40	00:43:19.75	+00:12:52 (29.7%)	8:38	6.9 (69.7%)
70	LINHARD Bożena	120		60+	10		00:43:19.15	00:43:25.35	+00:12:57 (29.9%)	8:39	6.9 (69.7%)
71	GRYGUŚ Dorota	67		K-40	24	Ekspedycja Nordic Team Szczecin 3	00:43:17.80	00:43:26.45	+00:12:58 (29.9%)	8:39	6.9 (69.7%)
72	GROCHOLSKA Agnieszka	64		K-40	25		00:43:34.35	00:43:49.45	+00:13:21 (30.5%)	8:42	6.9 (69.7%)
73	DEMKOWICZ Edyta	41	WEGAS	K-50	13		00:43:34.30	00:43:49.70	+00:13:22 (30.5%)	8:42	6.9 (69.7%)
73	GROCHOLSKI Marek	65		M-50	8		00:43:34.45	00:43:49.70	+00:13:22 (30.5%)	8:42	6.9 (69.7%)
75	DZIEMIDOWICZ Arkadiusz	49		M-40	4		00:43:33.55	00:43:50.00	+00:13:22 (30.5%)	8:42	6.9 (69.7%)
76	DZIEMIDOWICZ Jadwiga	48		K-30	8		00:43:33.60	00:43:50.15	+00:13:22 (30.5%)	8:42	6.9 (69.7%)
77	CHOJNACKA Maria	266		K-40	26		00:43:48.50	00:43:57.65	+00:13:30 (30.7%)	8:45	6.8 (68.7%)
78	BURZYCH Ireneusz	27	STOWARZYSZENIE WODNE LEŃ POLICE	60+	11		00:43:54.10	00:43:59.55	+00:13:31 (30.8%)	8:46	6.8 (68.7%)
79	JATCZAK Katarzyna	81	KPP POLICE	K-30	9	KPP Police	00:43:59.05	00:44:02.10	+00:13:34 (30.8%)	8:47	6.8 (68.7%)
80	KUDERSKA Iwona	107	KPP POLICE	K-50	14		00:43:58.40	00:44:02.25	+00:13:34 (30.8%)	8:47	6.8 (68.7%)
81	FIJAŁKOWSKA Monika	53		K-30	10	KPP Police	00:44:02.45	00:44:05.10	+00:13:37 (30.9%)	8:48	6.8 (68.7%)
82	BAJERSKA Aurelia	8	KS ŻYRAFY	K-20	3		00:44:02.30	00:44:06.65	+00:13:39 (30.9%)	8:48	6.8 (68.7%)
83	PASZKIEWICZ Monika	174	DZIUBKI	K-30	11		00:44:03.00	00:44:07.15	+00:13:39 (31.0%)	8:48	6.8 (68.7%)
83	BINDER-OSMAN Marta	22	KS ŻYRAFY	K-30	11		00:44:03.60	00:44:07.15	+00:13:39 (31.0%)	8:48	6.8 (68.7%)

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85	SALA Mirosława	199		60+	12		00:44:04.40	00:44:08.45	+00:13:40 (31.0%)	8:48	6.8 (68.7%)
86	JASTRZĄB Joanna	80		K-50	15		00:44:01.05	00:44:08.95	+00:13:41 (31.0%)	8:48	6.8 (68.7%)
87	KARCZEWSKA Magdalena	85	SZALONE WILCZYCE	K-30	13		00:44:00.95	00:44:11.40	+00:13:43 (31.1%)	8:48	6.8 (68.7%)
88	WOŹNIEWSKA Grażyna	244		K-50	16	AktywnySplot	00:44:02.70	00:44:11.90	+00:13:44 (31.1%)	8:48	6.8 (68.7%)
89	KARLEWSKA Maria	86		K-30	14		00:44:13.35	00:44:15.20	+00:13:47 (31.2%)	8:50	6.8 (68.7%)
90	TYŁODZIECKA Magda	233	#ZABIEGANEPOUSZY:)	K-30	15		00:44:13.10	00:44:15.30	+00:13:47 (31.2%)	8:50	6.8 (68.7%)
91	BASZURO Krystyna	12		K-50	17		00:44:10.65	00:44:18.00	+00:13:50 (31.2%)	8:50	6.8 (68.7%)
92	KAŹMIERSKI Andrzej	91		M-50	9		00:43:44.40	00:44:21.45	+00:13:53 (31.3%)	8:44	6.9 (69.7%)
93	MALEK Monika	140		K-40	27		00:44:09.00	00:44:25.40	+00:13:57 (31.4%)	8:49	6.8 (68.7%)
94	BIESAGA Piotr	18	ALS SZCZECIN	M-50	10		00:44:02.30	00:44:27.95	+00:14:00 (31.5%)	8:48	6.8 (68.7%)
95	BARTYNA Krystyna	9		60+	13		00:44:29.30	00:44:30.80	+00:14:03 (31.6%)	8:53	6.7 (67.7%)
96	SZYDŁOWSKA-JAROSZ Agnieszka	220	POBIEROWO BIEGA	K-40	28	Szalone Kobiety	00:44:30.95	00:44:33.00	+00:14:05 (31.6%)	8:54	6.7 (67.7%)
97	WOJNAS Beata	241	HULK	K-40	29	AktywnySplot	00:44:32.25	00:44:34.20	+00:14:06 (31.7%)	8:54	6.7 (67.7%)
98	SELIGA Dominika	200		K-30	16		00:44:39.00	00:44:43.95	+00:14:16 (31.9%)	8:55	6.7 (67.7%)
99	FIGIEL Danuta	52	ALS SZCZECIN	60+	14		00:44:21.40	00:44:46.85	+00:14:19 (32.0%)	8:52	6.8 (68.7%)
100	SEŃ Agata	201		K-30	17		00:42:38.30	00:44:57.00	+00:14:29 (32.2%)	8:31	7 (70.7%)
101	MAJCHEREK Paulina	137		K-30	18		00:44:38.00	00:44:57.70	+00:14:30 (32.3%)	8:55	6.7 (67.7%)
102	KACPERSKA Katarzyna	84		K-50	18		00:45:03.00	00:45:08.45	+00:14:40 (32.5%)	9:00	6.7 (67.7%)
103	KONDZIOŁA Maria	98		60+	15		00:45:01.25	00:45:09.35	+00:14:41 (32.5%)	9:00	6.7 (67.7%)
104	BĄKOWSKA Sylwia	14		K-40	30	AktywnySplot	00:45:15.95	00:45:18.40	+00:14:50 (32.8%)	9:03	6.6 (66.7%)
105	SKORNIA Krzysztof	21		M-40	5	Azoty	00:44:57.80	00:45:20.40	+00:14:52 (32.8%)	8:59	6.7 (67.7%)
106	PACEK Małgorzata	170	KOMPAS TEAM	K-40	31	Kompas Team 1	00:45:31.05	00:45:44.00	+00:15:16 (33.4%)	9:06	6.6 (66.7%)
107	ROSNER Bożena	193	ALS SZCZECIN	60+	16		00:45:30.15	00:45:54.55	+00:15:26 (33.7%)	9:06	6.6 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
108	PALUSIŃSKA Agnieszka	172	LOVELASY	K-40	32	LoveLasy	00:45:43.05	00:45:55.70	+00:15:28 (33.7%)	9:08	6.6 (66.7%)
108	HETMAŃSKA Diana	74		K-30	19	LoveLasy	00:45:43.95	00:45:55.70	+00:15:28 (33.7%)	9:08	6.6 (66.7%)
110	CIEŚLAK Helena	38	LEGENDARY POWER SZEWC	K-50	19		00:45:58.45	00:46:06.05	+00:15:38 (33.9%)	9:11	6.5 (65.7%)
111	CIEŚLAK Adam	37	LEGENDARY POWER SZEWC	M-50	11		00:45:57.65	00:46:06.45	+00:15:38 (33.9%)	9:11	6.5 (65.7%)
112	RYBCZYK Paweł	196	KOMPAS TEAM	M-50	12	Kompas Team 1	00:46:03.65	00:46:12.20	+00:15:44 (34.1%)	9:12	6.5 (65.7%)
113	PAWLIKIEWICZ Katarzyna	175	KOMPAS TEAM	K-40	33	Kompas Team 1	00:46:04.10	00:46:12.65	+00:15:45 (34.1%)	9:12	6.5 (65.7%)
114	JURCZYK Anna	83		K-30	20		00:46:19.65	00:46:24.90	+00:15:57 (34.4%)	9:15	6.5 (65.7%)
115	LIPIŃSKI Karol	3	KS POGODNI NORDIKOWCY SZCZECIN	M-40	6	KS Pogodni Nordikowcy Szczecin	00:46:06.15	00:46:25.25	+00:15:57 (34.4%)	9:13	6.5 (65.7%)
116	SZUBERT-ADAMSKA Ewelina	218		K-40	34		00:46:20.40	00:46:25.70	+00:15:58 (34.4%)	9:16	6.5 (65.7%)
117	STUDNIAREK Sylwia	214		K-30	21		00:46:21.10	00:46:28.25	+00:16:00 (34.5%)	9:16	6.5 (65.7%)
118	JUDKIEWICZ Halina	82		K-50	20	Szalone Kobiety	00:46:27.70	00:46:32.55	+00:16:04 (34.6%)	9:17	6.5 (65.7%)
119	RIEDEL Magdalena	188	MORSY SIADŁO DOLNE	K-40	35		00:46:13.55	00:46:39.65	+00:16:12 (34.7%)	9:14	6.5 (65.7%)
120	FALENSKI Rafał	51		M-40	7		00:46:46.25	00:46:56.95	+00:16:29 (35.1%)	9:21	6.4 (64.6%)
121	PIETAŚ Sława	179	SZALONE WILCZYCE	60+	17		00:47:40.75	00:47:50.50	+00:17:22 (36.3%)	9:32	6.3 (63.6%)
122	UKLEJA-PADOŁ Ilona	236		K-30	22		00:47:36.00	00:47:51.25	+00:17:23 (36.3%)	9:31	6.3 (63.6%)
123	ŁASKAWSKA Mariola	131		K-30	23		00:47:36.45	00:47:51.35	+00:17:23 (36.4%)	9:31	6.3 (63.6%)
124	BIERNACKA Helena	17	NIEZRZESZONA	60+	18		00:47:42.75	00:47:56.35	+00:17:28 (36.5%)	9:32	6.3 (63.6%)
125	OBARZANEK Bożena	166	NIEZRZESZONA	K-40	36		00:47:41.75	00:47:56.45	+00:17:28 (36.5%)	9:32	6.3 (63.6%)
126	WOJDAK Żaneta	240		K-30	24		00:47:47.75	00:47:58.85	+00:17:31 (36.5%)	9:33	6.3 (63.6%)
127	DROZDEK Joanna	44	KOMPAS TEAM	K-40	37	Kompas Team 1	00:47:51.80	00:48:05.55	+00:17:37 (36.7%)	9:34	6.3 (63.6%)
128	TRZCIŃSKI Piotr	232	MUFFINKOWE MORSY	M-50	13	Muffinkowe Morsy	00:48:01.80	00:48:10.90	+00:17:43 (36.8%)	9:36	6.2 (62.6%)
129	TRZCIŃSKA Magdalena	231	MUFFINKOWE MORSY	K-50	21	Muffinkowe Morsy	00:48:00.85	00:48:11.00	+00:17:43 (36.8%)	9:36	6.3 (63.6%)
130	JANOWICZ Renata	77	MORSY SIADŁO DOLNE	K-30	25		00:48:02.40	00:48:24.05	+00:17:56 (37.1%)	9:36	6.2 (62.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
131	GALIKOWSKA Wioletta	57		K-40	38		00:48:47.00	00:48:47.00	+00:18:19 (37.6%)	9:45	6.1 (61.6%)
132	WNUK Wanda	239		K-50	22	KPP Police	00:48:58.20	00:49:02.50	+00:18:34 (37.9%)	9:47	6.1 (61.6%)
133	LEDZION Dagmara	114		K-40	39		00:48:59.10	00:49:02.75	+00:18:35 (37.9%)	9:47	6.1 (61.6%)
134	SIKORA Magdalena	203		K-40	40		00:48:46.10	00:49:04.10	+00:18:36 (37.9%)	9:45	6.2 (62.6%)
135	PABJAN Dorota	169		K-40	41		00:48:54.40	00:49:08.00	+00:18:40 (38.0%)	9:46	6.1 (61.6%)
136	PIOŁUNOWICZ Jolanta	182		K-50	23		00:49:06.40	00:49:11.50	+00:18:43 (38.1%)	9:49	6.1 (61.6%)
137	PIOŁUNOWICZ Kacper	181		M-20	2		00:49:07.00	00:49:11.75	+00:18:44 (38.1%)	9:49	6.1 (61.6%)
138	MOLENDĄ Monika	154		K-40	42		00:49:05.65	00:49:12.70	+00:18:45 (38.1%)	9:49	6.1 (61.6%)
139	BABIAK Katarzyna	7		K-40	43		00:49:07.40	00:49:13.90	+00:18:46 (38.1%)	9:49	6.1 (61.6%)
140	MACIASZCZYK Zbigniew	135	SAMI SWOI	60+	19	Sami Swoi	00:48:59.20	00:49:14.20	+00:18:46 (38.1%)	9:47	6.1 (61.6%)
141	ROSIK Joanna	190	SAMI SWOI	60+	20		00:48:59.90	00:49:14.50	+00:18:46 (38.1%)	9:47	6.1 (61.6%)
142	WYPYCH Iwona	247		K-50	24		00:49:03.75	00:49:16.35	+00:18:48 (38.2%)	9:48	6.1 (61.6%)
143	KRZACZKOWSKA Magdalena	105		K-40	44		00:49:21.00	00:49:26.85	+00:18:59 (38.4%)	9:52	6.1 (61.6%)
144	ROSIŃSKA Karolina	191		K-30	26		00:49:20.25	00:49:27.05	+00:18:59 (38.4%)	9:52	6.1 (61.6%)
145	GRZĄDKA Iwona	69		K-40	45		00:49:33.65	00:49:38.40	+00:19:10 (38.6%)	9:54	6.1 (61.6%)
146	BINDER Zbigniew	20	KS ŻYRAFY	60+	21		00:49:35.40	00:49:40.80	+00:19:13 (38.7%)	9:55	6.1 (61.6%)
147	GAZECKA Krystyna	58	NORDICOVELOVE	60+	22		00:49:39.45	00:49:42.25	+00:19:14 (38.7%)	9:55	6 (60.6%)
148	ZGRAJA Piotr	253		M-50	14		00:49:29.00	00:49:46.75	+00:19:19 (38.8%)	9:53	6.1 (61.6%)
149	STEFANICKI Marek	211	WŁÓCZYKIJE ŚWINOUJŚCIE	60+	23		00:49:27.65	00:49:46.90	+00:19:19 (38.8%)	9:53	6.1 (61.6%)
149	ŚLIWKA Małgorzata	224		K-50	25		00:49:34.05	00:49:46.90	+00:19:19 (38.8%)	9:54	6.1 (61.6%)
151	OLEŚ Joanna	168		K-30	27		00:49:58.35	00:49:59.50	+00:19:31 (39.1%)	9:59	6 (60.6%)
152	WIOLETA REĆKO Wioleta	238		K-30	28		00:49:57.00	00:49:59.55	+00:19:31 (39.1%)	9:59	6 (60.6%)
153	MALICKA Marzena	141		K-40	46		00:49:58.35	00:49:59.60	+00:19:32 (39.1%)	9:59	6 (60.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
154	SOŁTYS Iwona -Franka	205		K-50	26		00:50:13.00	00:50:13.00	+00:19:45 (39.3%)	10:02	6 (60.6%)
154	GÓRSKA Dorota	62		K-50	26		00:50:13.00	00:50:13.00	+00:19:45 (39.3%)	10:02	6 (60.6%)
156	JANICKA - GNAT Karolina	261		K-40	47		00:50:10.65	00:50:27.35	+00:19:59 (39.6%)	10:02	6 (60.6%)
156	DUDEK Agnieszka	45		K-40	47		00:50:10.35	00:50:27.35	+00:19:59 (39.6%)	10:02	6 (60.6%)
158	POLTORAK Ela	262		K-40	49	Szalone Kobiety	00:50:10.35	00:50:27.95	+00:20:00 (39.6%)	10:02	6 (60.6%)
159	ŚLIWKA Joanna	225		K-40	50		00:50:15.25	00:50:29.45	+00:20:01 (39.7%)	10:03	6 (60.6%)
160	KRÓLAK-CHOCHOŁ Joanna	103		K-40	51		00:50:30.50	00:50:33.85	+00:20:06 (39.8%)	10:06	5.9 (59.6%)
161	LEWAK Arkadiusz	118	LEWACZKI TEAM	M-40	8		00:50:25.25	00:50:35.20	+00:20:07 (39.8%)	10:05	6 (60.6%)
162	KWAŚNA Teresa	110	LEWACZKI TEAM	60+	24		00:50:24.95	00:50:35.35	+00:20:07 (39.8%)	10:04	6 (60.6%)
163	LEWAK Katarzyna	117	LEWACZKI TEAM	K-40	52		00:50:26.80	00:50:35.45	+00:20:07 (39.8%)	10:05	5.9 (59.6%)
164	PRZYGODZKA Katarzyna	186	LEWACZKI TEAM	K-40	53		00:50:28.15	00:50:35.80	+00:20:08 (39.8%)	10:05	5.9 (59.6%)
165	WUJDA Anna	246		K-40	54		00:42:01.30	00:50:36.85	+00:20:09 (39.8%)	8:24	7.1 (71.7%)
166	CEBEREK-PŁOTCZYK Marcelina	28		60+	25		00:50:20.20	00:50:38.55	+00:20:10 (39.9%)	10:04	6 (60.6%)
167	POSPYCHAŁA Ewa	271		K-50	28		00:50:30.75	00:50:41.80	+00:20:14 (39.9%)	10:06	5.9 (59.6%)
168	WOLNA Dorota	242		K-30	29		00:50:18.55	00:50:42.70	+00:20:15 (39.9%)	10:03	6 (60.6%)
169	ŁAPA-SUSKA Kamila	130		K-30	30		00:52:12.00	00:52:12.00	+00:21:44 (41.6%)	10:26	5.7 (57.6%)
170	SUSZCZEWSKA Bogumiła	215	WALKING WARRIORS	60+	26		00:48:14.90	00:52:16.90	+00:21:49 (41.7%)	9:38	6.2 (62.6%)
171	NIESCIER Dorota	163		K-40	55		00:52:07.95	00:52:25.40	+00:21:57 (41.9%)	10:25	5.8 (58.6%)
172	KOWERSKA Elżbieta	101		K-50	29		00:52:08.35	00:52:25.70	+00:21:58 (41.9%)	10:25	5.8 (58.6%)
172	LOLAS-SZYDŁOWSKA Margarita	126		K-40	56		00:52:07.85	00:52:25.70	+00:21:58 (41.9%)	10:25	5.8 (58.6%)
174	ŁEMPKOWSKA Beata	264		M-40	9		00:52:34.20	00:52:47.95	+00:22:20 (42.3%)	10:30	5.7 (57.6%)
175	KRASNODĘBSKA Magdalena	102	BBL POLICE	K-40	57		00:52:35.20	00:52:48.10	+00:22:20 (42.3%)	10:31	5.7 (57.6%)
176	KĘSKA-PLĄSEK Małgorzata	93	LOVELASY	K-40	58	LoveLasy	00:52:35.00	00:52:48.20	+00:22:20 (42.3%)	10:31	5.7 (57.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
177	SOSNOWSKA Aneta	207		K-40	59		00:52:25.50	00:52:52.50	+00:22:24 (42.4%)	10:29	5.7 (57.6%)
178	SOSNOWSKA Patrycja	206		K-20	4		00:52:26.05	00:52:52.55	+00:22:24 (42.4%)	10:29	5.7 (57.6%)
179	SACHARSKA Beata	197		60+	27		00:52:37.80	00:52:56.40	+00:22:28 (42.5%)	10:31	5.7 (57.6%)
180	NIEDŹWIECKI Paweł	162		M-40	10		00:52:52.75	00:52:58.55	+00:22:30 (42.5%)	10:34	5.7 (57.6%)
181	MURAWSKI Sławomir	155		M-40	11		00:52:53.40	00:53:14.15	+00:22:46 (42.8%)	10:34	5.7 (57.6%)
182	MIKLAS Aleksandra	151	WALKING WARRIORS	K-30	31	Walking Warriors	00:49:41.60	00:53:47.35	+00:23:19 (43.4%)	9:56	6 (60.6%)
183	NAJMARK Małgorzata	158	NORDI	K-40	60		00:53:56.55	00:54:07.25	+00:23:39 (43.7%)	10:47	5.6 (56.6%)
184	KOTARSKA Małgorzata	100	NORDIKOWELOVE POLICE	60+	28		00:53:56.15	00:54:07.70	+00:23:40 (43.7%)	10:47	5.6 (56.6%)
185	NOWAK Aneta	165	NORDICOWELOVE POLICE	K-40	61		00:53:56.80	00:54:08.25	+00:23:40 (43.7%)	10:47	5.6 (56.6%)
186	SZYDELSKA Krystyna	219	NORDICOWELOVE	60+	29		00:53:56.05	00:54:08.30	+00:23:40 (43.7%)	10:47	5.6 (56.6%)
187	PILARSKA Elżbieta	180	NORDICOWELOVE	60+	30	NordicoweLove	00:53:56.80	00:54:08.45	+00:23:40 (43.7%)	10:47	5.6 (56.6%)
187	TOMZIK-SWINARSKA Izabela	230	NORDINCOWELOVE	60+	30	NordicoweLove	00:53:56.70	00:54:08.45	+00:23:40 (43.7%)	10:47	5.6 (56.6%)
189	STOMPE Katarzyna	212		K-30	32		00:53:57.20	00:54:19.80	+00:23:52 (43.9%)	10:47	5.6 (56.6%)
190	STOMPE Jörg	213		M-30	6		00:53:58.05	00:54:20.20	+00:23:52 (43.9%)	10:47	5.6 (56.6%)
191	FRAĆKIEWICZ Sylwia	55		K-40	62		00:54:34.65	00:54:34.65	+00:24:07 (44.2%)	10:54	5.5 (55.6%)
192	FRAĆKIEWICZ Piotr	54		M-40	12		00:54:35.30	00:54:35.30	+00:24:07 (44.2%)	10:55	5.5 (55.6%)
193	WOLSKA-RAJCHEL Maria	243		K-30	33		00:54:34.90	00:54:57.75	+00:24:30 (44.6%)	10:54	5.5 (55.6%)
194	NIEDŹWIECKA Katarzyna	161		K-40	63		00:54:54.70	00:55:00.70	+00:24:33 (44.6%)	10:58	5.5 (55.6%)
195	PIEKARSKA Katarzyna	177		K-30	34		00:46:42.80	00:55:18.85	+00:24:51 (44.9%)	9:20	6.4 (64.6%)
196	ROSIŃSKA Grażyna	192		K-50	30		00:55:10.65	00:55:20.30	+00:24:52 (45.0%)	11:02	5.4 (54.5%)
197	BRODA Aleksander	25	BOLI BOLI	M-20	3	BOLI BOLI	00:55:15.15	00:55:36.25	+00:25:08 (45.2%)	11:03	5.4 (54.5%)
198	GRZYBOWSKA Katarzyna	70		K-40	64		00:55:14.85	00:55:36.55	+00:25:08 (45.2%)	11:02	5.4 (54.5%)
199	BRODA Dagmara	26	BOLI BOLI	K-30	35	BOLI BOLI	00:55:15.75	00:55:36.75	+00:25:09 (45.2%)	11:03	5.4 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
200	WALCZAK Urszula	269		60+	32		00:55:46.00	00:55:46.00	+00:25:18 (45.4%)	11:09	5.4 (54.5%)
201	MAĆKOWIAK Radosław	268		M-40	13		00:55:55.00	00:55:55.00	+00:25:27 (45.5%)	11:11	5.4 (54.5%)
202	HRYŃCZUK Marta	75		K-30	36		00:55:43.00	00:56:05.00	+00:25:37 (45.7%)	11:08	5.4 (54.5%)
203	RÓŻAŃSKA Beata	194		K-50	31		00:55:56.15	00:56:06.45	+00:25:38 (45.7%)	11:11	5.4 (54.5%)
204	CIACHLA Matylda	33		K-30	37		00:55:57.00	00:56:06.55	+00:25:38 (45.7%)	11:11	5.4 (54.5%)
205	BARYŁA Piotr	10		M-50	15	Szalone Kobiety	00:57:08.90	00:57:14.50	+00:26:46 (46.8%)	11:25	5.3 (53.5%)
206	MUSZKIET Zdzisława	156	MUFFINKOWE MORSY	60+	33		00:57:18.35	00:57:30.35	+00:27:02 (47.0%)	11:27	5.2 (52.5%)
207	JANOWSKA-PASZKOWSKA Joanna	78	MUFFINKOWE MORSY	K-30	38		00:57:18.15	00:57:30.65	+00:27:03 (47.0%)	11:27	5.2 (52.5%)
208	SZYLL Renata	222		K-30	39		00:57:13.05	00:57:32.70	+00:27:05 (47.1%)	11:26	5.2 (52.5%)
209	DREWS Izabela	43		K-30	40		00:57:11.30	00:57:32.80	+00:27:05 (47.1%)	11:26	5.2 (52.5%)
210	LIPIEC Ewelina	121		K-30	41		00:57:22.30	00:57:37.60	+00:27:10 (47.1%)	11:28	5.2 (52.5%)
211	STANISZEWSKA Izabela	209		K-40	65		00:57:12.85	00:57:37.70	+00:27:10 (47.1%)	11:26	5.2 (52.5%)
212	SIDŁOW Paulina	259		K-30	42		00:59:21.00	00:59:21.00	+00:28:53 (48.7%)	11:52	5.1 (51.5%)
213	GURGACZ Gabriela	71	WALKING WARRIORS	K-40	66	Walking Warriors	00:55:20.80	00:59:30.55	+00:29:02 (48.8%)	11:04	5.4 (54.5%)
214	EUNIKA Jania	272		60+	34		00:59:31.00	00:59:31.00	+00:29:03 (48.8%)	11:54	5 (50.5%)
215	TARWID Bożena	227		K-50	32		01:02:19.65	01:02:37.80	+00:32:10 (51.4%)	12:27	4.8 (48.5%)
216	GEBKA-ZYLA Magdalena	59		K-40	67		01:02:19.40	01:02:38.25	+00:32:10 (51.4%)	12:27	4.8 (48.5%)
217	GRYGORCEWICZ Anna	66		K-40	68		01:02:22.05	01:02:41.55	+00:32:13 (51.4%)	12:28	4.8 (48.5%)
218	BETKER Anna	15		K-40	69		01:02:18.35	01:02:41.65	+00:32:14 (51.4%)	12:27	4.8 (48.5%)
219	SZYKOŁOWSKA Ewa	221		K-40	70		01:02:17.85	01:02:42.20	+00:32:14 (51.4%)	12:27	4.8 (48.5%)
220	LITWINIAK Patrycja	123		K-20	5						(0.0%)

Znaleziono 220 wynik(ów)