



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

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

| Msc | Zawodnik                      | Numer      | Klub                            | Kategoria | Mkat | Drużyna 1                         | Czas netto 5km     | Czas brutto 5km    | Różn              | Tempo min/km | Tempo km/h  |
|-----|-------------------------------|------------|---------------------------------|-----------|------|-----------------------------------|--------------------|--------------------|-------------------|--------------|-------------|
| 62  | <b>KOŁODZIEJCZYK Justyna</b>  | <b>96</b>  | MUFFINKOWE MORSY                | K-40      | 20   |                                   | <b>00:42:43.90</b> | <b>00:42:55.65</b> | +00:12:28 (29.0%) | 8:32         | 7 (70.7%)   |
| 63  | <b>SADOWSKA Kamila</b>        | <b>198</b> | ZABOEGANE_PO_USZY               | K-40      | 21   |                                   | <b>00:42:56.10</b> | <b>00:42:56.85</b> | +00:12:29 (29.1%) | 8:35         | 7 (70.7%)   |
| 64  | <b>NIEZGODA Adam</b>          | <b>164</b> | KOMPAS TEAM                     | M-40      | 3    | Kompas Team 2                     | <b>00:43:03.70</b> | <b>00:43:11.30</b> | +00:12:43 (29.5%) | 8:36         | 7 (70.7%)   |
| 65  | <b>LEWANDOWSKA Dorota</b>     | <b>119</b> |                                 | K-40      | 22   |                                   | <b>00:43:05.90</b> | <b>00:43:11.75</b> | +00:12:44 (29.5%) | 8:37         | 7 (70.7%)   |
| 66  | <b>KAROL Agnieszka</b>        | <b>87</b>  | TEAMKAROLKI                     | K-40      | 23   |                                   | <b>00:43:07.65</b> | <b>00:43:12.75</b> | +00:12:45 (29.5%) | 8:37         | 7 (70.7%)   |
| 67  | <b>PANAS Tomasz</b>           | <b>265</b> |                                 | 60+       | 8    |                                   | <b>00:43:06.35</b> | <b>00:43:12.95</b> | +00:12:45 (29.5%) | 8:37         | 7 (70.7%)   |
| 68  | <b>MALINOWSKA Marzena</b>     | <b>142</b> |                                 | K-50      | 12   |                                   | <b>00:43:10.55</b> | <b>00:43:14.55</b> | +00:12:46 (29.6%) | 8:38         | 6.9 (69.7%) |
| 69  | <b>SZCZERBIŃSKA Barbara</b>   | <b>216</b> |                                 | 60+       | 9    |                                   | <b>00:43:13.40</b> | <b>00:43:19.75</b> | +00:12:52 (29.7%) | 8:38         | 6.9 (69.7%) |
| 70  | <b>LINHARD Bożena</b>         | <b>120</b> |                                 | 60+       | 10   |                                   | <b>00:43:19.15</b> | <b>00:43:25.35</b> | +00:12:57 (29.9%) | 8:39         | 6.9 (69.7%) |
| 71  | <b>GRYGUŚ Dorota</b>          | <b>67</b>  |                                 | K-40      | 24   | Ekspedycja Nordic Team Szczecin 3 | <b>00:43:17.80</b> | <b>00:43:26.45</b> | +00:12:58 (29.9%) | 8:39         | 6.9 (69.7%) |
| 72  | <b>GROCHOLSKA Agnieszka</b>   | <b>64</b>  |                                 | K-40      | 25   |                                   | <b>00:43:34.35</b> | <b>00:43:49.45</b> | +00:13:21 (30.5%) | 8:42         | 6.9 (69.7%) |
| 73  | <b>DEMKOWICZ Edyta</b>        | <b>41</b>  | WEGAS                           | K-50      | 13   |                                   | <b>00:43:34.30</b> | <b>00:43:49.70</b> | +00:13:22 (30.5%) | 8:42         | 6.9 (69.7%) |
| 73  | <b>GROCHOLSKI Marek</b>       | <b>65</b>  |                                 | M-50      | 8    |                                   | <b>00:43:34.45</b> | <b>00:43:49.70</b> | +00:13:22 (30.5%) | 8:42         | 6.9 (69.7%) |
| 75  | <b>DZIEMIDOWICZ Arkadiusz</b> | <b>49</b>  |                                 | M-40      | 4    |                                   | <b>00:43:33.55</b> | <b>00:43:50.00</b> | +00:13:22 (30.5%) | 8:42         | 6.9 (69.7%) |
| 76  | <b>DZIEMIDOWICZ Jadwiga</b>   | <b>48</b>  |                                 | K-30      | 8    |                                   | <b>00:43:33.60</b> | <b>00:43:50.15</b> | +00:13:22 (30.5%) | 8:42         | 6.9 (69.7%) |
| 77  | <b>CHOJNACKA Maria</b>        | <b>266</b> |                                 | K-40      | 26   |                                   | <b>00:43:48.50</b> | <b>00:43:57.65</b> | +00:13:30 (30.7%) | 8:45         | 6.8 (68.7%) |
| 78  | <b>BURZYCH Ireneusz</b>       | <b>27</b>  | STOWARZYSZENIE WODNE LEŃ POLICE | 60+       | 11   |                                   | <b>00:43:54.10</b> | <b>00:43:59.55</b> | +00:13:31 (30.8%) | 8:46         | 6.8 (68.7%) |
| 79  | <b>JATCZAK Katarzyna</b>      | <b>81</b>  | KPP POLICE                      | K-30      | 9    | KPP Police                        | <b>00:43:59.05</b> | <b>00:44:02.10</b> | +00:13:34 (30.8%) | 8:47         | 6.8 (68.7%) |
| 80  | <b>KUDERSKA Iwona</b>         | <b>107</b> | KPP POLICE                      | K-50      | 14   |                                   | <b>00:43:58.40</b> | <b>00:44:02.25</b> | +00:13:34 (30.8%) | 8:47         | 6.8 (68.7%) |
| 81  | <b>FIJAŁKOWSKA Monika</b>     | <b>53</b>  |                                 | K-30      | 10   | KPP Police                        | <b>00:44:02.45</b> | <b>00:44:05.10</b> | +00:13:37 (30.9%) | 8:48         | 6.8 (68.7%) |
| 82  | <b>BAJERSKA Aurelia</b>       | <b>8</b>   | KS ŻYRAFY                       | K-20      | 3    |                                   | <b>00:44:02.30</b> | <b>00:44:06.65</b> | +00:13:39 (30.9%) | 8:48         | 6.8 (68.7%) |
| 83  | <b>PASZKIEWICZ Monika</b>     | <b>174</b> | DZIUBKI                         | K-30      | 11   |                                   | <b>00:44:03.00</b> | <b>00:44:07.15</b> | +00:13:39 (31.0%) | 8:48         | 6.8 (68.7%) |
| 83  | <b>BINDER-OSMAN Marta</b>     | <b>22</b>  | KS ŻYRAFY                       | K-30      | 11   |                                   | <b>00:44:03.60</b> | <b>00:44:07.15</b> | +00:13:39 (31.0%) | 8:48         | 6.8 (68.7%) |

| Msc | Zawodnik                    | Numer | Klub               | Kategoria | Mkat | Drużyna 1       | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h  |
|-----|-----------------------------|-------|--------------------|-----------|------|-----------------|----------------|-----------------|-------------------|--------------|-------------|
| 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  | KAŻMIERSKI 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 | <b>PALUSIŃSKA Agnieszka</b>    | <b>172</b> | LOVELASY                       | K-40      | 32   | LoveLasy                       | <b>00:45:43.05</b> | <b>00:45:55.70</b> | +00:15:28 (33.7%) | 9:08         | 6.6 (66.7%) |
| 108 | <b>HETMAŃSKA Diana</b>         | <b>74</b>  |                                | K-30      | 19   | LoveLasy                       | <b>00:45:43.95</b> | <b>00:45:55.70</b> | +00:15:28 (33.7%) | 9:08         | 6.6 (66.7%) |
| 110 | <b>CIEŚLAK Helena</b>          | <b>38</b>  | LEGENDARY POWER SZEWC          | K-50      | 19   |                                | <b>00:45:58.45</b> | <b>00:46:06.05</b> | +00:15:38 (33.9%) | 9:11         | 6.5 (65.7%) |
| 111 | <b>CIEŚLAK Adam</b>            | <b>37</b>  | LEGENDARY POWER SZEWC          | M-50      | 11   |                                | <b>00:45:57.65</b> | <b>00:46:06.45</b> | +00:15:38 (33.9%) | 9:11         | 6.5 (65.7%) |
| 112 | <b>RYBCZYK Paweł</b>           | <b>196</b> | KOMPAS TEAM                    | M-50      | 12   | Kompas Team 1                  | <b>00:46:03.65</b> | <b>00:46:12.20</b> | +00:15:44 (34.1%) | 9:12         | 6.5 (65.7%) |
| 113 | <b>PAWLIKIEWICZ Katarzyna</b>  | <b>175</b> | KOMPAS TEAM                    | K-40      | 33   | Kompas Team 1                  | <b>00:46:04.10</b> | <b>00:46:12.65</b> | +00:15:45 (34.1%) | 9:12         | 6.5 (65.7%) |
| 114 | <b>JURCZYK Anna</b>            | <b>83</b>  |                                | K-30      | 20   |                                | <b>00:46:19.65</b> | <b>00:46:24.90</b> | +00:15:57 (34.4%) | 9:15         | 6.5 (65.7%) |
| 115 | <b>LIPIŃSKI Karol</b>          | <b>3</b>   | KS POGODNI NORDIKOWCY SZCZECIN | M-40      | 6    | KS Pogodni Nordikowcy Szczecin | <b>00:46:06.15</b> | <b>00:46:25.25</b> | +00:15:57 (34.4%) | 9:13         | 6.5 (65.7%) |
| 116 | <b>SZUBERT-ADAMSKA Ewelina</b> | <b>218</b> |                                | K-40      | 34   |                                | <b>00:46:20.40</b> | <b>00:46:25.70</b> | +00:15:58 (34.4%) | 9:16         | 6.5 (65.7%) |
| 117 | <b>STUDNIAREK Sylwia</b>       | <b>214</b> |                                | K-30      | 21   |                                | <b>00:46:21.10</b> | <b>00:46:28.25</b> | +00:16:00 (34.5%) | 9:16         | 6.5 (65.7%) |
| 118 | <b>JUDKIEWICZ Halina</b>       | <b>82</b>  |                                | K-50      | 20   | Szalone Kobiety                | <b>00:46:27.70</b> | <b>00:46:32.55</b> | +00:16:04 (34.6%) | 9:17         | 6.5 (65.7%) |
| 119 | <b>RIEDEL Magdalena</b>        | <b>188</b> | MORSY SIADŁO DOLNE             | K-40      | 35   |                                | <b>00:46:13.55</b> | <b>00:46:39.65</b> | +00:16:12 (34.7%) | 9:14         | 6.5 (65.7%) |
| 120 | <b>FALENSKI Rafał</b>          | <b>51</b>  |                                | M-40      | 7    |                                | <b>00:46:46.25</b> | <b>00:46:56.95</b> | +00:16:29 (35.1%) | 9:21         | 6.4 (64.6%) |
| 121 | <b>PIETAŚ Sława</b>            | <b>179</b> | SZALONE WILCZYCE               | 60+       | 17   |                                | <b>00:47:40.75</b> | <b>00:47:50.50</b> | +00:17:22 (36.3%) | 9:32         | 6.3 (63.6%) |
| 122 | <b>UKLEJA-PADOŁ Ilona</b>      | <b>236</b> |                                | K-30      | 22   |                                | <b>00:47:36.00</b> | <b>00:47:51.25</b> | +00:17:23 (36.3%) | 9:31         | 6.3 (63.6%) |
| 123 | <b>ŁASKAWSKA Mariola</b>       | <b>131</b> |                                | K-30      | 23   |                                | <b>00:47:36.45</b> | <b>00:47:51.35</b> | +00:17:23 (36.4%) | 9:31         | 6.3 (63.6%) |
| 124 | <b>BIERNACKA Helena</b>        | <b>17</b>  | NIEZRZESZONA                   | 60+       | 18   |                                | <b>00:47:42.75</b> | <b>00:47:56.35</b> | +00:17:28 (36.5%) | 9:32         | 6.3 (63.6%) |
| 125 | <b>OBARZANEK Bożena</b>        | <b>166</b> | NIEZRZESZONA                   | K-40      | 36   |                                | <b>00:47:41.75</b> | <b>00:47:56.45</b> | +00:17:28 (36.5%) | 9:32         | 6.3 (63.6%) |
| 126 | <b>WOJDAK Żaneta</b>           | <b>240</b> |                                | K-30      | 24   |                                | <b>00:47:47.75</b> | <b>00:47:58.85</b> | +00:17:31 (36.5%) | 9:33         | 6.3 (63.6%) |
| 127 | <b>DROZDEK Joanna</b>          | <b>44</b>  | KOMPAS TEAM                    | K-40      | 37   | Kompas Team 1                  | <b>00:47:51.80</b> | <b>00:48:05.55</b> | +00:17:37 (36.7%) | 9:34         | 6.3 (63.6%) |
| 128 | <b>TRZCIŃSKI Piotr</b>         | <b>232</b> | MUFFINKOWE MORSY               | M-50      | 13   | Muffinkowe Morsy               | <b>00:48:01.80</b> | <b>00:48:10.90</b> | +00:17:43 (36.8%) | 9:36         | 6.2 (62.6%) |
| 129 | <b>TRZCIŃSKA Magdalena</b>     | <b>231</b> | MUFFINKOWE MORSY               | K-50      | 21   | Muffinkowe Morsy               | <b>00:48:00.85</b> | <b>00:48:11.00</b> | +00:17:43 (36.8%) | 9:36         | 6.3 (63.6%) |
| 130 | <b>JANOWICZ Renata</b>         | <b>77</b>  | MORSY SIADŁO DOLNE             | K-30      | 25   |                                | <b>00:48:02.40</b> | <b>00:48:24.05</b> | +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 | <b>GALIKOWSKA Wioletta</b>    | <b>57</b>  |                        | K-40      | 38   |            | <b>00:48:47.00</b> | <b>00:48:47.00</b> | +00:18:19 (37.6%) | 9:45         | 6.1 (61.6%) |
| 132 | <b>WNUK Wanda</b>             | <b>239</b> |                        | K-50      | 22   | KPP Police | <b>00:48:58.20</b> | <b>00:49:02.50</b> | +00:18:34 (37.9%) | 9:47         | 6.1 (61.6%) |
| 133 | <b>LEDZION Dagmara</b>        | <b>114</b> |                        | K-40      | 39   |            | <b>00:48:59.10</b> | <b>00:49:02.75</b> | +00:18:35 (37.9%) | 9:47         | 6.1 (61.6%) |
| 134 | <b>SIKORA Magdalena</b>       | <b>203</b> |                        | K-40      | 40   |            | <b>00:48:46.10</b> | <b>00:49:04.10</b> | +00:18:36 (37.9%) | 9:45         | 6.2 (62.6%) |
| 135 | <b>PABJAN Dorota</b>          | <b>169</b> |                        | K-40      | 41   |            | <b>00:48:54.40</b> | <b>00:49:08.00</b> | +00:18:40 (38.0%) | 9:46         | 6.1 (61.6%) |
| 136 | <b>PIOŁUNOWICZ Jolanta</b>    | <b>182</b> |                        | K-50      | 23   |            | <b>00:49:06.40</b> | <b>00:49:11.50</b> | +00:18:43 (38.1%) | 9:49         | 6.1 (61.6%) |
| 137 | <b>PIOŁUNOWICZ Kacper</b>     | <b>181</b> |                        | M-20      | 2    |            | <b>00:49:07.00</b> | <b>00:49:11.75</b> | +00:18:44 (38.1%) | 9:49         | 6.1 (61.6%) |
| 138 | <b>MOLENDĄ Monika</b>         | <b>154</b> |                        | K-40      | 42   |            | <b>00:49:05.65</b> | <b>00:49:12.70</b> | +00:18:45 (38.1%) | 9:49         | 6.1 (61.6%) |
| 139 | <b>BABIAK Katarzyna</b>       | <b>7</b>   |                        | K-40      | 43   |            | <b>00:49:07.40</b> | <b>00:49:13.90</b> | +00:18:46 (38.1%) | 9:49         | 6.1 (61.6%) |
| 140 | <b>MACIASZCZYK Zbigniew</b>   | <b>135</b> | SAMI SWOI              | 60+       | 19   | Sami Swoi  | <b>00:48:59.20</b> | <b>00:49:14.20</b> | +00:18:46 (38.1%) | 9:47         | 6.1 (61.6%) |
| 141 | <b>ROSIK Joanna</b>           | <b>190</b> | SAMI SWOI              | 60+       | 20   |            | <b>00:48:59.90</b> | <b>00:49:14.50</b> | +00:18:46 (38.1%) | 9:47         | 6.1 (61.6%) |
| 142 | <b>WYPYCH Iwona</b>           | <b>247</b> |                        | K-50      | 24   |            | <b>00:49:03.75</b> | <b>00:49:16.35</b> | +00:18:48 (38.2%) | 9:48         | 6.1 (61.6%) |
| 143 | <b>KRZACZKOWSKA Magdalena</b> | <b>105</b> |                        | K-40      | 44   |            | <b>00:49:21.00</b> | <b>00:49:26.85</b> | +00:18:59 (38.4%) | 9:52         | 6.1 (61.6%) |
| 144 | <b>ROSIŃSKA Karolina</b>      | <b>191</b> |                        | K-30      | 26   |            | <b>00:49:20.25</b> | <b>00:49:27.05</b> | +00:18:59 (38.4%) | 9:52         | 6.1 (61.6%) |
| 145 | <b>GRZĄDKA Iwona</b>          | <b>69</b>  |                        | K-40      | 45   |            | <b>00:49:33.65</b> | <b>00:49:38.40</b> | +00:19:10 (38.6%) | 9:54         | 6.1 (61.6%) |
| 146 | <b>BINDER Zbigniew</b>        | <b>20</b>  | KS ŻYRAFY              | 60+       | 21   |            | <b>00:49:35.40</b> | <b>00:49:40.80</b> | +00:19:13 (38.7%) | 9:55         | 6.1 (61.6%) |
| 147 | <b>GAZECKA Krystyna</b>       | <b>58</b>  | NORDICOVELOVE          | 60+       | 22   |            | <b>00:49:39.45</b> | <b>00:49:42.25</b> | +00:19:14 (38.7%) | 9:55         | 6 (60.6%)   |
| 148 | <b>ZGRAJA Piotr</b>           | <b>253</b> |                        | M-50      | 14   |            | <b>00:49:29.00</b> | <b>00:49:46.75</b> | +00:19:19 (38.8%) | 9:53         | 6.1 (61.6%) |
| 149 | <b>STEFANICKI Marek</b>       | <b>211</b> | WŁÓCZYKIJE ŚWINOUJŚCIE | 60+       | 23   |            | <b>00:49:27.65</b> | <b>00:49:46.90</b> | +00:19:19 (38.8%) | 9:53         | 6.1 (61.6%) |
| 149 | <b>ŚLIWKA Małgorzata</b>      | <b>224</b> |                        | K-50      | 25   |            | <b>00:49:34.05</b> | <b>00:49:46.90</b> | +00:19:19 (38.8%) | 9:54         | 6.1 (61.6%) |
| 151 | <b>OLEŚ Joanna</b>            | <b>168</b> |                        | K-30      | 27   |            | <b>00:49:58.35</b> | <b>00:49:59.50</b> | +00:19:31 (39.1%) | 9:59         | 6 (60.6%)   |
| 152 | <b>WIOLETA REĆKO Wioleta</b>  | <b>238</b> |                        | K-30      | 28   |            | <b>00:49:57.00</b> | <b>00:49:59.55</b> | +00:19:31 (39.1%) | 9:59         | 6 (60.6%)   |
| 153 | <b>MALICKA Marzena</b>        | <b>141</b> |                        | K-40      | 46   |            | <b>00:49:58.35</b> | <b>00:49:59.60</b> | +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 | <b>SOŁTYS Iwona -Franka</b>       | <b>205</b> |                  | K-50      | 26   |                 | <b>00:50:13.00</b> | <b>00:50:13.00</b> | +00:19:45 (39.3%) | 10:02        | 6 (60.6%)   |
| 154 | <b>GÓRSKA Dorota</b>              | <b>62</b>  |                  | K-50      | 26   |                 | <b>00:50:13.00</b> | <b>00:50:13.00</b> | +00:19:45 (39.3%) | 10:02        | 6 (60.6%)   |
| 156 | <b>JANICKA - GNAT Karolina</b>    | <b>261</b> |                  | K-40      | 47   |                 | <b>00:50:10.65</b> | <b>00:50:27.35</b> | +00:19:59 (39.6%) | 10:02        | 6 (60.6%)   |
| 156 | <b>DUDEK Agnieszka</b>            | <b>45</b>  |                  | K-40      | 47   |                 | <b>00:50:10.35</b> | <b>00:50:27.35</b> | +00:19:59 (39.6%) | 10:02        | 6 (60.6%)   |
| 158 | <b>POLTORAK Ela</b>               | <b>262</b> |                  | K-40      | 49   | Szalone Kobiety | <b>00:50:10.35</b> | <b>00:50:27.95</b> | +00:20:00 (39.6%) | 10:02        | 6 (60.6%)   |
| 159 | <b>ŚLIWKA Joanna</b>              | <b>225</b> |                  | K-40      | 50   |                 | <b>00:50:15.25</b> | <b>00:50:29.45</b> | +00:20:01 (39.7%) | 10:03        | 6 (60.6%)   |
| 160 | <b>KRÓLAK-CHOCHOŁ Joanna</b>      | <b>103</b> |                  | K-40      | 51   |                 | <b>00:50:30.50</b> | <b>00:50:33.85</b> | +00:20:06 (39.8%) | 10:06        | 5.9 (59.6%) |
| 161 | <b>LEWAK Arkadiusz</b>            | <b>118</b> | LEWACZKI TEAM    | M-40      | 8    |                 | <b>00:50:25.25</b> | <b>00:50:35.20</b> | +00:20:07 (39.8%) | 10:05        | 6 (60.6%)   |
| 162 | <b>KWAŚNA Teresa</b>              | <b>110</b> | LEWACZKI TEAM    | 60+       | 24   |                 | <b>00:50:24.95</b> | <b>00:50:35.35</b> | +00:20:07 (39.8%) | 10:04        | 6 (60.6%)   |
| 163 | <b>LEWAK Katarzyna</b>            | <b>117</b> | LEWACZKI TEAM    | K-40      | 52   |                 | <b>00:50:26.80</b> | <b>00:50:35.45</b> | +00:20:07 (39.8%) | 10:05        | 5.9 (59.6%) |
| 164 | <b>PRZYGODZKA Katarzyna</b>       | <b>186</b> | LEWACZKI TEAM    | K-40      | 53   |                 | <b>00:50:28.15</b> | <b>00:50:35.80</b> | +00:20:08 (39.8%) | 10:05        | 5.9 (59.6%) |
| 165 | <b>WUJDA Anna</b>                 | <b>246</b> |                  | K-40      | 54   |                 | <b>00:42:01.30</b> | <b>00:50:36.85</b> | +00:20:09 (39.8%) | 8:24         | 7.1 (71.7%) |
| 166 | <b>CEBEREK-PŁOTCZYK Marcelina</b> | <b>28</b>  |                  | 60+       | 25   |                 | <b>00:50:20.20</b> | <b>00:50:38.55</b> | +00:20:10 (39.9%) | 10:04        | 6 (60.6%)   |
| 167 | <b>POSPYCHAŁA Ewa</b>             | <b>271</b> |                  | K-50      | 28   |                 | <b>00:50:30.75</b> | <b>00:50:41.80</b> | +00:20:14 (39.9%) | 10:06        | 5.9 (59.6%) |
| 168 | <b>WOLNA Dorota</b>               | <b>242</b> |                  | K-30      | 29   |                 | <b>00:50:18.55</b> | <b>00:50:42.70</b> | +00:20:15 (39.9%) | 10:03        | 6 (60.6%)   |
| 169 | <b>ŁAPA-SUSKA Kamila</b>          | <b>130</b> |                  | K-30      | 30   |                 | <b>00:52:12.00</b> | <b>00:52:12.00</b> | +00:21:44 (41.6%) | 10:26        | 5.7 (57.6%) |
| 170 | <b>SUSZCZEWSKA Bogumiła</b>       | <b>215</b> | WALKING WARRIORS | 60+       | 26   |                 | <b>00:48:14.90</b> | <b>00:52:16.90</b> | +00:21:49 (41.7%) | 9:38         | 6.2 (62.6%) |
| 171 | <b>NIESCIER Dorota</b>            | <b>163</b> |                  | K-40      | 55   |                 | <b>00:52:07.95</b> | <b>00:52:25.40</b> | +00:21:57 (41.9%) | 10:25        | 5.8 (58.6%) |
| 172 | <b>KOWERSKA Elżbieta</b>          | <b>101</b> |                  | K-50      | 29   |                 | <b>00:52:08.35</b> | <b>00:52:25.70</b> | +00:21:58 (41.9%) | 10:25        | 5.8 (58.6%) |
| 172 | <b>LOLAS-SZYDŁOWSKA Margarita</b> | <b>126</b> |                  | K-40      | 56   |                 | <b>00:52:07.85</b> | <b>00:52:25.70</b> | +00:21:58 (41.9%) | 10:25        | 5.8 (58.6%) |
| 174 | <b>ŁEMPKOWSKA Beata</b>           | <b>264</b> |                  | M-40      | 9    |                 | <b>00:52:34.20</b> | <b>00:52:47.95</b> | +00:22:20 (42.3%) | 10:30        | 5.7 (57.6%) |
| 175 | <b>KRASNODĘBSKA Magdalena</b>     | <b>102</b> | BBL POLICE       | K-40      | 57   |                 | <b>00:52:35.20</b> | <b>00:52:48.10</b> | +00:22:20 (42.3%) | 10:31        | 5.7 (57.6%) |
| 176 | <b>KĘSKA-PLĄSEK Małgorzata</b>    | <b>93</b>  | LOVELASY         | K-40      | 58   | LoveLasy        | <b>00:52:35.00</b> | <b>00:52:48.20</b> | +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 | <b>SOSNOWSKA Aneta</b>          | <b>207</b> |                      | K-40      | 59   |                  | <b>00:52:25.50</b> | <b>00:52:52.50</b> | +00:22:24 (42.4%) | 10:29        | 5.7 (57.6%) |
| 178 | <b>SOSNOWSKA Patrycja</b>       | <b>206</b> |                      | K-20      | 4    |                  | <b>00:52:26.05</b> | <b>00:52:52.55</b> | +00:22:24 (42.4%) | 10:29        | 5.7 (57.6%) |
| 179 | <b>SACHARSKA Beata</b>          | <b>197</b> |                      | 60+       | 27   |                  | <b>00:52:37.80</b> | <b>00:52:56.40</b> | +00:22:28 (42.5%) | 10:31        | 5.7 (57.6%) |
| 180 | <b>NIEDŹWIECKI Paweł</b>        | <b>162</b> |                      | M-40      | 10   |                  | <b>00:52:52.75</b> | <b>00:52:58.55</b> | +00:22:30 (42.5%) | 10:34        | 5.7 (57.6%) |
| 181 | <b>MURAWSKI Sławomir</b>        | <b>155</b> |                      | M-40      | 11   |                  | <b>00:52:53.40</b> | <b>00:53:14.15</b> | +00:22:46 (42.8%) | 10:34        | 5.7 (57.6%) |
| 182 | <b>MIKLAS Aleksandra</b>        | <b>151</b> | WALKING WARRIORS     | K-30      | 31   | Walking Warriors | <b>00:49:41.60</b> | <b>00:53:47.35</b> | +00:23:19 (43.4%) | 9:56         | 6 (60.6%)   |
| 183 | <b>NAJMARK Małgorzata</b>       | <b>158</b> | NORDI                | K-40      | 60   |                  | <b>00:53:56.55</b> | <b>00:54:07.25</b> | +00:23:39 (43.7%) | 10:47        | 5.6 (56.6%) |
| 184 | <b>KOTARSKA Małgorzata</b>      | <b>100</b> | NORDIKOWELOVE POLICE | 60+       | 28   |                  | <b>00:53:56.15</b> | <b>00:54:07.70</b> | +00:23:40 (43.7%) | 10:47        | 5.6 (56.6%) |
| 185 | <b>NOWAK Aneta</b>              | <b>165</b> | NORDICOWELOVE POLICE | K-40      | 61   |                  | <b>00:53:56.80</b> | <b>00:54:08.25</b> | +00:23:40 (43.7%) | 10:47        | 5.6 (56.6%) |
| 186 | <b>SZYDELSKA Krystyna</b>       | <b>219</b> | NORDICOWELOVE        | 60+       | 29   |                  | <b>00:53:56.05</b> | <b>00:54:08.30</b> | +00:23:40 (43.7%) | 10:47        | 5.6 (56.6%) |
| 187 | <b>PILARSKA Elżbieta</b>        | <b>180</b> | NORDICOWELOVE        | 60+       | 30   | NordicoweLove    | <b>00:53:56.80</b> | <b>00:54:08.45</b> | +00:23:40 (43.7%) | 10:47        | 5.6 (56.6%) |
| 187 | <b>TOMZIK-SWINARSKA Izabela</b> | <b>230</b> | NORDINCOWELOVE       | 60+       | 30   | NordicoweLove    | <b>00:53:56.70</b> | <b>00:54:08.45</b> | +00:23:40 (43.7%) | 10:47        | 5.6 (56.6%) |
| 189 | <b>STOMPE Katarzyna</b>         | <b>212</b> |                      | K-30      | 32   |                  | <b>00:53:57.20</b> | <b>00:54:19.80</b> | +00:23:52 (43.9%) | 10:47        | 5.6 (56.6%) |
| 190 | <b>STOMPE Jörg</b>              | <b>213</b> |                      | M-30      | 6    |                  | <b>00:53:58.05</b> | <b>00:54:20.20</b> | +00:23:52 (43.9%) | 10:47        | 5.6 (56.6%) |
| 191 | <b>FRAĆKIEWICZ Sylwia</b>       | <b>55</b>  |                      | K-40      | 62   |                  | <b>00:54:34.65</b> | <b>00:54:34.65</b> | +00:24:07 (44.2%) | 10:54        | 5.5 (55.6%) |
| 192 | <b>FRAĆKIEWICZ Piotr</b>        | <b>54</b>  |                      | M-40      | 12   |                  | <b>00:54:35.30</b> | <b>00:54:35.30</b> | +00:24:07 (44.2%) | 10:55        | 5.5 (55.6%) |
| 193 | <b>WOLSKA-RAJCHEL Maria</b>     | <b>243</b> |                      | K-30      | 33   |                  | <b>00:54:34.90</b> | <b>00:54:57.75</b> | +00:24:30 (44.6%) | 10:54        | 5.5 (55.6%) |
| 194 | <b>NIEDŹWIECKA Katarzyna</b>    | <b>161</b> |                      | K-40      | 63   |                  | <b>00:54:54.70</b> | <b>00:55:00.70</b> | +00:24:33 (44.6%) | 10:58        | 5.5 (55.6%) |
| 195 | <b>PIEKARSKA Katarzyna</b>      | <b>177</b> |                      | K-30      | 34   |                  | <b>00:46:42.80</b> | <b>00:55:18.85</b> | +00:24:51 (44.9%) | 9:20         | 6.4 (64.6%) |
| 196 | <b>ROSIŃSKA Grażyna</b>         | <b>192</b> |                      | K-50      | 30   |                  | <b>00:55:10.65</b> | <b>00:55:20.30</b> | +00:24:52 (45.0%) | 11:02        | 5.4 (54.5%) |
| 197 | <b>BRODA Aleksander</b>         | <b>25</b>  | BOLI BOLI            | M-20      | 3    | BOLI BOLI        | <b>00:55:15.15</b> | <b>00:55:36.25</b> | +00:25:08 (45.2%) | 11:03        | 5.4 (54.5%) |
| 198 | <b>GRZYBOWSKA Katarzyna</b>     | <b>70</b>  |                      | K-40      | 64   |                  | <b>00:55:14.85</b> | <b>00:55:36.55</b> | +00:25:08 (45.2%) | 11:02        | 5.4 (54.5%) |
| 199 | <b>BRODA Dagmara</b>            | <b>26</b>  | BOLI BOLI            | K-30      | 35   | BOLI BOLI        | <b>00:55:15.75</b> | <b>00:55:36.75</b> | +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)