



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

VII MARSZ MIKOŁAJKOWY

B4SPORT

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: K-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	ZGRAJA Katarzyna	1	BIEGACZE ŚWINOUJŚCIE	K-40	1	Szybcy i gniewni z Zach Pom	00:32:43.10	00:32:44.20		6:32	9.2 (100%)
2	MASŁYK Małgorzata	5		K-50	1	Szybcy i gniewni z Zach Pom	00:32:54.25	00:32:54.60	+00:00:10 (0.5%)	6:34	9.1 (98.9%)
3	SZYMSKA Małgorzata	223	LUKI TEAM POLAND	K-40	2	Szybcy i gniewni z Zach Pom	00:33:00.05	00:33:00.25	+00:00:16 (0.8%)	6:36	9.1 (98.9%)
4	LUDWICZAK Andżelika	128	EKSPEDYCJA NORDIC TEAM	K-40	3	Ekspedycja Nordic Team Szczecin 1	00:33:40.70	00:33:42.05	+00:00:57 (2.9%)	6:44	8.9 (96.7%)
5	ZIÓŁKOWSKA Sylwia	255	PUSZCZYK BUKOWY	K-40	4	Szybcy i gniewni z Zach Pom	00:34:39.20	00:34:39.45	+00:01:55 (5.5%)	6:55	8.7 (94.6%)
6	KEDZIERSKA Karolina	92	EKSPEDYCJA NORDIC TEAM SZCZECIN	K-40	5	Ekspedycja Nordic Team Szczecin 1	00:34:43.10	00:34:44.65	+00:02:00 (5.8%)	6:56	8.6 (93.5%)
7	KARPIENIA Ewa	89		K-50	2	Ekspedycja Nordic Team Szczecin 2	00:34:44.90	00:34:47.45	+00:02:03 (5.9%)	6:56	8.6 (93.5%)
8	ŚWIERCZ Ewa	270		K-40	6	Ekspedycja Nordic Team Szczecin 2	00:35:19.60	00:35:20.90	+00:02:36 (7.4%)	7:03	8.5 (92.4%)
9	STACHOWICZ-HAWRYLAK Sylwia	208	BIEG KORCZAKA	K-40	7	Bieg Korczaka	00:35:45.70	00:35:46.20	+00:03:02 (8.5%)	7:09	8.4 (91.3%)
10	KUPNIEWSKA Aleksandra	109	LOVELASY	K-30	1		00:36:12.70	00:36:13.25	+00:03:29 (9.6%)	7:14	8.3 (90.2%)
11	RADCZUK Karolina	187		K-40	8		00:36:15.90	00:36:16.75	+00:03:32 (9.8%)	7:15	8.3 (90.2%)
12	MISIEWICZ Bożena	152		60+	1		00:36:22.50	00:36:22.95	+00:03:38 (10.0%)	7:16	8.2 (89.1%)
13	ABRAMOWICZ Małgorzata	6	EKSPEDYCJA NORDIC TEAM SZCZECIN	K-30	2	Ekspedycja Nordic Team Szczecin 3	00:36:21.35	00:36:23.30	+00:03:39 (10.0%)	7:16	8.3 (90.2%)
14	KRYCKA Danuta	104	EKSPEDYCJA NORDIC TEAM SZCZECIN	K-40	9	Ekspedycja Nordic Team Szczecin 2	00:37:11.75	00:37:14.90	+00:04:30 (12.1%)	7:26	8.1 (88.0%)
15	KLABAN Tetiana	94	KOMPAS TEAM	K-40	10	Kompas Team 2	00:37:21.00	00:37:24.75	+00:04:40 (12.5%)	7:28	8 (87.0%)

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16	DAJLID Martyna	260		K-20	1		00:37:52.30	00:37:54.15	+00:05:09 (13.6%)	7:34	7.9 (85.9%)
17	OLEJNIK Marzena	167		K-50	3		00:38:00.35	00:38:04.00	+00:05:19 (14.0%)	7:36	7.9 (85.9%)
18	JARCZEWSKA Renata	79		K-50	4		00:38:52.40	00:39:02.75	+00:06:18 (16.2%)	7:46	7.7 (83.7%)
19	PALIWODA Kasia	171		K-40	11	Ekspedycja Nordic Team Szczecin 2	00:39:06.15	00:39:08.70	+00:06:24 (16.4%)	7:49	7.7 (83.7%)
20	ŻOŁNO Magdalena	258		K-50	5	Ekspedycja Nordic Team Szczecin 3	00:39:12.45	00:39:15.70	+00:06:31 (16.6%)	7:50	7.7 (83.7%)
21	MARTYNA Ewa	148		60+	4		00:39:19.25	00:39:21.90	+00:06:37 (16.8%)	7:51	7.6 (82.6%)
22	KAŻMIERSKA-JASTRZĘBSKA Katarzyna	90	SOPURE.MILLINERY	K-30	3		00:39:20.40	00:39:25.85	+00:06:41 (17.0%)	7:52	7.6 (82.6%)
23	BŁĄD-WASZKIEWICZ Wanda	23		K-40	12		00:39:26.50	00:39:33.45	+00:06:49 (17.2%)	7:53	7.6 (82.6%)
24	MARCHIEL Lenka	146		K-50	6		00:39:08.55	00:39:46.45	+00:07:02 (17.7%)	7:49	7.7 (83.7%)
25	GŁADZIK Anna	61	KOMPAS TEAM	K-30	4	Kompas Team 2	00:39:48.90	00:39:52.40	+00:07:08 (17.9%)	7:57	7.5 (81.5%)
26	MUSZKIET-SOBAŃSKA Agnieszka	157	MUFFINKOWE MORSY	K-40	13	Muffinkowe Morsy	00:40:18.30	00:40:20.35	+00:07:36 (18.8%)	8:03	7.4 (80.4%)
27	FRĘSKO Ewelina	56		K-30	5	Ekspedycja Nordic Team Szczecin	00:40:25.80	00:40:27.45	+00:07:43 (19.1%)	8:05	7.4 (80.4%)
28	PIĄTKIEWICZ Grażyna	176	EKSPEDYCJA	K-50	7	Ekspedycja Nordic Team Szczecin 3	00:40:34.60	00:40:43.00	+00:07:58 (19.6%)	8:06	7.4 (80.4%)
29	MICHALSKA Aneta	150	KOMPAS TEAM	K-40	14	Kompas Team 1	00:41:04.00	00:41:07.05	+00:08:22 (20.4%)	8:12	7.3 (79.3%)
30	SZYMAŃSKA Ewa	4	#ZABIEGANE_PO_USZY	K-40	15		00:40:59.20	00:41:07.35	+00:08:23 (20.4%)	8:11	7.3 (79.3%)
31	NARUK Regina	160		K-50	8	Szalone Kobiety	00:41:03.10	00:41:07.40	+00:08:23 (20.4%)	8:12	7.3 (79.3%)
32	BARYŁA Dorota	11		K-50	9	Szalone Kobiety	00:41:20.45	00:41:24.85	+00:08:40 (21.0%)	8:16	7.3 (79.3%)
33	GÓRSKA Agnieszka	63	SZALONE WILCZYCE	K-40	16		00:41:15.50	00:41:25.00	+00:08:40 (21.0%)	8:15	7.3 (79.3%)
34	PODHAJNA Agnieszka	184		K-40	17		00:41:20.05	00:41:31.85	+00:08:47 (21.2%)	8:16	7.3 (79.3%)
35	HASA Alicja	72		K-20	2		00:41:36.50	00:41:43.45	+00:08:59 (21.5%)	8:19	7.2 (78.3%)
36	MALINOWSKA Ewelina	143		K-30	6		00:42:01.50	00:42:05.65	+00:09:21 (22.2%)	8:24	7.1 (77.2%)
37	LITWINIAK Izabela	124		K-40	18		00:42:08.95	00:42:08.95	+00:09:24 (22.3%)	8:25	7.1 (77.2%)
38	SIELICKA Agnieszka	202		K-50	10		00:42:15.30	00:42:25.05	+00:09:40 (22.8%)	8:27	7.1 (77.2%)

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							netto 5km	brutto 5km			
39	SŁABOSZEWSKA Elżbieta	204	KS POGODNI NORDIKOWCY	K-50	11	KS Pogodni Nordikowcy Szczecin	00:42:22.85	00:42:27.30	+00:09:43 (22.9%)	8:28	7.1 (77.2%)
40	ŁAZOWSKA Edyta	132	KOMPAS TEAM	K-40	19	Kompas Team 2	00:42:14.30	00:42:28.20	+00:09:44 (22.9%)	8:26	7.1 (77.2%)
41	LUDWICKA Weronika	127		K-30	7	Świąteczna rodzinka	00:42:51.45	00:42:51.45	+00:10:07 (23.6%)	8:34	7 (76.1%)
42	ZIEMNIEWICZ Krystyna	254		60+	7		00:42:52.65	00:42:55.30	+00:10:11 (23.7%)	8:34	7 (76.1%)
43	KOŁODZIEJCZYK Justyna	96	MUFFINKOWE MORSY	K-40	20		00:42:43.90	00:42:55.65	+00:10:11 (23.7%)	8:32	7 (76.1%)
44	SADOWSKA Kamila	198	ZABOEGANE_PO_USZY	K-40	21		00:42:56.10	00:42:56.85	+00:10:12 (23.8%)	8:35	7 (76.1%)
45	LEWANDOWSKA Dorota	119		K-40	22		00:43:05.90	00:43:11.75	+00:10:27 (24.2%)	8:37	7 (76.1%)
46	KAROL Agnieszka	87	TEAMKAROLKI	K-40	23		00:43:07.65	00:43:12.75	+00:10:28 (24.2%)	8:37	7 (76.1%)
47	MALINOWSKA Marzena	142		K-50	12		00:43:10.55	00:43:14.55	+00:10:30 (24.3%)	8:38	6.9 (75.0%)
48	SZCZERBIŃSKA Barbara	216		60+	9		00:43:13.40	00:43:19.75	+00:10:35 (24.4%)	8:38	6.9 (75.0%)
49	LINHARD Bożena	120		60+	10		00:43:19.15	00:43:25.35	+00:10:41 (24.6%)	8:39	6.9 (75.0%)
50	GRYGUŚ Dorota	67		K-40	24	Ekspedycja Nordic Team Szczecin 3	00:43:17.80	00:43:26.45	+00:10:42 (24.6%)	8:39	6.9 (75.0%)
51	GROCHOLSKA Agnieszka	64		K-40	25		00:43:34.35	00:43:49.45	+00:11:05 (25.3%)	8:42	6.9 (75.0%)
52	DEMROWICZ Edyta	41	WEGAS	K-50	13		00:43:34.30	00:43:49.70	+00:11:05 (25.3%)	8:42	6.9 (75.0%)
53	DZIEMIDOWICZ Jadwiga	48		K-30	8		00:43:33.60	00:43:50.15	+00:11:05 (25.3%)	8:42	6.9 (75.0%)
54	CHOJNACKA Maria	266		K-40	26		00:43:48.50	00:43:57.65	+00:11:13 (25.5%)	8:45	6.8 (73.9%)
55	JATCZAK Katarzyna	81	KPP POLICE	K-30	9	KPP Police	00:43:59.05	00:44:02.10	+00:11:17 (25.7%)	8:47	6.8 (73.9%)
56	KUDERSKA Iwona	107	KPP POLICE	K-50	14		00:43:58.40	00:44:02.25	+00:11:18 (25.7%)	8:47	6.8 (73.9%)
57	FIJAŁKOWSKA Monika	53		K-30	10	KPP Police	00:44:02.45	00:44:05.10	+00:11:20 (25.7%)	8:48	6.8 (73.9%)
58	BAJERSKA Aurelia	8	KS ŻYRAFY	K-20	3		00:44:02.30	00:44:06.65	+00:11:22 (25.8%)	8:48	6.8 (73.9%)
59	PASZKIEWICZ Monika	174	DZIUBKI	K-30	11		00:44:03.00	00:44:07.15	+00:11:22 (25.8%)	8:48	6.8 (73.9%)
59	BINDER-OSMAN Marta	22	KS ŻYRAFY	K-30	11		00:44:03.60	00:44:07.15	+00:11:22 (25.8%)	8:48	6.8 (73.9%)
61	SALA Mirosława	199		60+	12		00:44:04.40	00:44:08.45	+00:11:24 (25.8%)	8:48	6.8 (73.9%)

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							netto 5km	brutto 5km			
62	JASTRZĄB Joanna	80		K-50	15		00:44:01.05	00:44:08.95	+00:11:24 (25.8%)	8:48	6.8 (73.9%)
63	KARCZEWSKA Magdalena	85	SZALONE WILCZYCE	K-30	13		00:44:00.95	00:44:11.40	+00:11:27 (25.9%)	8:48	6.8 (73.9%)
64	WOŹNIEWSKA Grażyna	244		K-50	16	AktywnySplot	00:44:02.70	00:44:11.90	+00:11:27 (25.9%)	8:48	6.8 (73.9%)
65	KARLEWSKA Maria	86		K-30	14		00:44:13.35	00:44:15.20	+00:11:31 (26.0%)	8:50	6.8 (73.9%)
66	TYŁODZIECKA Magda	233	#ZABIEGANEPOUSZY:)	K-30	15		00:44:13.10	00:44:15.30	+00:11:31 (26.0%)	8:50	6.8 (73.9%)
67	BASZURO Krystyna	12		K-50	17		00:44:10.65	00:44:18.00	+00:11:33 (26.1%)	8:50	6.8 (73.9%)
68	MALEK Monika	140		K-40	27		00:44:09.00	00:44:25.40	+00:11:41 (26.3%)	8:49	6.8 (73.9%)
69	BARTYNA Krystyna	9		60+	13		00:44:29.30	00:44:30.80	+00:11:46 (26.5%)	8:53	6.7 (72.8%)
70	SZYDŁOWSKA-JAROSZ Agnieszka	220	POBIEROWO BIEGA	K-40	28	Szalone Kobiety	00:44:30.95	00:44:33.00	+00:11:48 (26.5%)	8:54	6.7 (72.8%)
71	WOJNAS Beata	241	HULK	K-40	29	AktywnySplot	00:44:32.25	00:44:34.20	+00:11:50 (26.5%)	8:54	6.7 (72.8%)
72	SELIGA Dominika	200		K-30	16		00:44:39.00	00:44:43.95	+00:11:59 (26.8%)	8:55	6.7 (72.8%)
73	FIGIEL Danuta	52	ALS SZCZECIN	60+	14		00:44:21.40	00:44:46.85	+00:12:02 (26.9%)	8:52	6.8 (73.9%)
74	SEŃ Agata	201		K-30	17		00:42:38.30	00:44:57.00	+00:12:12 (27.2%)	8:31	7 (76.1%)
75	MAJCHEREK Paulina	137		K-30	18		00:44:38.00	00:44:57.70	+00:12:13 (27.2%)	8:55	6.7 (72.8%)
76	KACPERSKA Katarzyna	84		K-50	18		00:45:03.00	00:45:08.45	+00:12:24 (27.5%)	9:00	6.7 (72.8%)
77	KONDZIOŁA Maria	98		60+	15		00:45:01.25	00:45:09.35	+00:12:25 (27.5%)	9:00	6.7 (72.8%)
78	BAKOWSKA Sylwia	14		K-40	30	AktywnySplot	00:45:15.95	00:45:18.40	+00:12:34 (27.7%)	9:03	6.6 (71.7%)
79	PACEK Małgorzata	170	KOMPAS TEAM	K-40	31	Kompas Team 1	00:45:31.05	00:45:44.00	+00:12:59 (28.4%)	9:06	6.6 (71.7%)
80	ROSNER Bożena	193	ALS SZCZECIN	60+	16		00:45:30.15	00:45:54.55	+00:13:10 (28.7%)	9:06	6.6 (71.7%)
81	PALUSIŃSKA Agnieszka	172	LOVELASY	K-40	32	LoveLasy	00:45:43.05	00:45:55.70	+00:13:11 (28.7%)	9:08	6.6 (71.7%)
81	HETMAŃSKA Diana	74		K-30	19	LoveLasy	00:45:43.95	00:45:55.70	+00:13:11 (28.7%)	9:08	6.6 (71.7%)
83	CIEŚLAK Helena	38	LEGENDARY POWER SZEWC	K-50	19		00:45:58.45	00:46:06.05	+00:13:21 (29.0%)	9:11	6.5 (70.7%)
84	PAWLIKIEWICZ Katarzyna	175	KOMPAS TEAM	K-40	33	Kompas Team 1	00:46:04.10	00:46:12.65	+00:13:28 (29.2%)	9:12	6.5 (70.7%)

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85	JURCZYK Anna	83		K-30	20		00:46:19.65	00:46:24.90	+00:13:40 (29.5%)	9:15	6.5 (70.7%)
86	SZUBERT-ADAMSKA Ewelina	218		K-40	34		00:46:20.40	00:46:25.70	+00:13:41 (29.5%)	9:16	6.5 (70.7%)
87	STUDNIAREK Sylwia	214		K-30	21		00:46:21.10	00:46:28.25	+00:13:44 (29.6%)	9:16	6.5 (70.7%)
88	JUDKIEWICZ Halina	82		K-50	20	Szalone Kobiety	00:46:27.70	00:46:32.55	+00:13:48 (29.7%)	9:17	6.5 (70.7%)
89	RIEDEL Magdalena	188	MORSY SIADŁO DOLNE	K-40	35		00:46:13.55	00:46:39.65	+00:13:55 (29.8%)	9:14	6.5 (70.7%)
90	PIETAŚ Sława	179	SZALONE WILCZYCE	60+	17		00:47:40.75	00:47:50.50	+00:15:06 (31.6%)	9:32	6.3 (68.5%)
91	UKLEJA-PADOŁ Ilona	236		K-30	22		00:47:36.00	00:47:51.25	+00:15:07 (31.6%)	9:31	6.3 (68.5%)
92	ŁASKAWSKA Mariola	131		K-30	23		00:47:36.45	00:47:51.35	+00:15:07 (31.6%)	9:31	6.3 (68.5%)
93	BIERNACKA Helena	17	NIEZRZESZONA	60+	18		00:47:42.75	00:47:56.35	+00:15:12 (31.7%)	9:32	6.3 (68.5%)
94	OBARZANEK Bożena	166	NIEZRZESZONA	K-40	36		00:47:41.75	00:47:56.45	+00:15:12 (31.7%)	9:32	6.3 (68.5%)
95	WOJDAK Żaneta	240		K-30	24		00:47:47.75	00:47:58.85	+00:15:14 (31.8%)	9:33	6.3 (68.5%)
96	DROZDEK Joanna	44	KOMPAS TEAM	K-40	37	Kompas Team 1	00:47:51.80	00:48:05.55	+00:15:21 (31.9%)	9:34	6.3 (68.5%)
97	TRZCIŃSKA Magdalena	231	MUFFINKOWE MORSY	K-50	21	Muffinkowe Morsy	00:48:00.85	00:48:11.00	+00:15:26 (32.1%)	9:36	6.3 (68.5%)
98	JANOWICZ Renata	77	MORSY SIADŁO DOLNE	K-30	25		00:48:02.40	00:48:24.05	+00:15:39 (32.4%)	9:36	6.2 (67.4%)
99	GALIKOWSKA Wioletta	57		K-40	38		00:48:47.00	00:48:47.00	+00:16:02 (32.9%)	9:45	6.1 (66.3%)
100	WNUK Wanda	239		K-50	22	KPP Police	00:48:58.20	00:49:02.50	+00:16:18 (33.2%)	9:47	6.1 (66.3%)
101	LEDZION Dagmara	114		K-40	39		00:48:59.10	00:49:02.75	+00:16:18 (33.3%)	9:47	6.1 (66.3%)
102	SIKORA Magdalena	203		K-40	40		00:48:46.10	00:49:04.10	+00:16:19 (33.3%)	9:45	6.2 (67.4%)
103	PABJAN Dorota	169		K-40	41		00:48:54.40	00:49:08.00	+00:16:23 (33.4%)	9:46	6.1 (66.3%)
104	PIOŁUNOWICZ Jolanta	182		K-50	23		00:49:06.40	00:49:11.50	+00:16:27 (33.5%)	9:49	6.1 (66.3%)
105	MOLENDĄ Monika	154		K-40	42		00:49:05.65	00:49:12.70	+00:16:28 (33.5%)	9:49	6.1 (66.3%)
106	BABIAK Katarzyna	7		K-40	43		00:49:07.40	00:49:13.90	+00:16:29 (33.5%)	9:49	6.1 (66.3%)
107	ROSIK Joanna	190	SAMI SWOI	60+	20		00:48:59.90	00:49:14.50	+00:16:30 (33.5%)	9:47	6.1 (66.3%)

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108	WYPYCH Iwona	247		K-50	24		00:49:03.75	00:49:16.35	+00:16:32 (33.6%)	9:48	6.1 (66.3%)
109	KRZACZKOWSKA Magdalena	105		K-40	44		00:49:21.00	00:49:26.85	+00:16:42 (33.8%)	9:52	6.1 (66.3%)
110	ROSIŃSKA Karolina	191		K-30	26		00:49:20.25	00:49:27.05	+00:16:42 (33.8%)	9:52	6.1 (66.3%)
111	GRZAĐKA Iwona	69		K-40	45		00:49:33.65	00:49:38.40	+00:16:54 (34.1%)	9:54	6.1 (66.3%)
112	GAZECKA Krystyna	58	NORDICOVELOVE	60+	22		00:49:39.45	00:49:42.25	+00:16:58 (34.1%)	9:55	6 (65.2%)
113	ŚLIWKA Małgorzata	224		K-50	25		00:49:34.05	00:49:46.90	+00:17:02 (34.2%)	9:54	6.1 (66.3%)
114	OLEŚ Joanna	168		K-30	27		00:49:58.35	00:49:59.50	+00:17:15 (34.5%)	9:59	6 (65.2%)
115	WIOLETA REĆKO Wioleta	238		K-30	28		00:49:57.00	00:49:59.55	+00:17:15 (34.5%)	9:59	6 (65.2%)
116	MALICKA Marzena	141		K-40	46		00:49:58.35	00:49:59.60	+00:17:15 (34.5%)	9:59	6 (65.2%)
117	SOŁTYS Iwona -Franka	205		K-50	26		00:50:13.00	00:50:13.00	+00:17:28 (34.8%)	10:02	6 (65.2%)
117	GÓRSKA Dorota	62		K-50	26		00:50:13.00	00:50:13.00	+00:17:28 (34.8%)	10:02	6 (65.2%)
119	JANICKA - GNAT Karolina	261		K-40	47		00:50:10.65	00:50:27.35	+00:17:43 (35.1%)	10:02	6 (65.2%)
119	DUDEK Agnieszka	45		K-40	47		00:50:10.35	00:50:27.35	+00:17:43 (35.1%)	10:02	6 (65.2%)
121	POLTORAK Ela	262		K-40	49	Szalone Kobiety	00:50:10.35	00:50:27.95	+00:17:43 (35.1%)	10:02	6 (65.2%)
122	ŚLIWKA Joanna	225		K-40	50		00:50:15.25	00:50:29.45	+00:17:45 (35.2%)	10:03	6 (65.2%)
123	KRÓLAK-CHOCHOŁ Joanna	103		K-40	51		00:50:30.50	00:50:33.85	+00:17:49 (35.3%)	10:06	5.9 (64.1%)
124	KWAŚNA Teresa	110	LEWACZKI TEAM	60+	24		00:50:24.95	00:50:35.35	+00:17:51 (35.3%)	10:04	6 (65.2%)
125	LEWAK Katarzyna	117	LEWACZKI TEAM	K-40	52		00:50:26.80	00:50:35.45	+00:17:51 (35.3%)	10:05	5.9 (64.1%)
126	PRZYGODZKA Katarzyna	186	LEWACZKI TEAM	K-40	53		00:50:28.15	00:50:35.80	+00:17:51 (35.3%)	10:05	5.9 (64.1%)
127	WUJDA Anna	246		K-40	54		00:42:01.30	00:50:36.85	+00:17:52 (35.3%)	8:24	7.1 (77.2%)
128	CEBEREK-PŁOTCZYK Marcelina	28		60+	25		00:50:20.20	00:50:38.55	+00:17:54 (35.4%)	10:04	6 (65.2%)
129	POSPYCHAŁA Ewa	271		K-50	28		00:50:30.75	00:50:41.80	+00:17:57 (35.4%)	10:06	5.9 (64.1%)
130	WOLNA Dorota	242		K-30	29		00:50:18.55	00:50:42.70	+00:17:58 (35.4%)	10:03	6 (65.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
131	ŁAPA-SUSKA Kamila	130		K-30	30		00:52:12.00	00:52:12.00	+00:19:27 (37.3%)	10:26	5.7 (62.0%)
132	SUSZCZEWSKA Bogumiła	215	WALKING WARRIORS	60+	26		00:48:14.90	00:52:16.90	+00:19:32 (37.4%)	9:38	6.2 (67.4%)
133	NIESCIER Dorota	163		K-40	55		00:52:07.95	00:52:25.40	+00:19:41 (37.6%)	10:25	5.8 (63.0%)
134	KOWERSKA Elżbieta	101		K-50	29		00:52:08.35	00:52:25.70	+00:19:41 (37.6%)	10:25	5.8 (63.0%)
134	LOLAS-SZYDŁOWSKA Margarita	126		K-40	56		00:52:07.85	00:52:25.70	+00:19:41 (37.6%)	10:25	5.8 (63.0%)
136	KRASNODĘBSKA Magdalena	102	BBL POLICE	K-40	57		00:52:35.20	00:52:48.10	+00:20:03 (38.0%)	10:31	5.7 (62.0%)
137	KĘSKA-PLĄSEK Małgorzata	93	LOVELASY	K-40	58	LoveLasy	00:52:35.00	00:52:48.20	+00:20:04 (38.0%)	10:31	5.7 (62.0%)
138	SOSNOWSKA Aneta	207		K-40	59		00:52:25.50	00:52:52.50	+00:20:08 (38.1%)	10:29	5.7 (62.0%)
139	SOSNOWSKA Patrycja	206		K-20	4		00:52:26.05	00:52:52.55	+00:20:08 (38.1%)	10:29	5.7 (62.0%)
140	SACHARSKA Beata	197		60+	27		00:52:37.80	00:52:56.40	+00:20:12 (38.2%)	10:31	5.7 (62.0%)
141	MIKLAS Aleksandra	151	WALKING WARRIORS	K-30	31	Walking Warriors	00:49:41.60	00:53:47.35	+00:21:03 (39.1%)	9:56	6 (65.2%)
142	NAJMARK Małgorzata	158	NORDI	K-40	60		00:53:56.55	00:54:07.25	+00:21:23 (39.5%)	10:47	5.6 (60.9%)
143	KOTARSKA Małgorzata	100	NORDIKOWELOVE POLICE	60+	28		00:53:56.15	00:54:07.70	+00:21:23 (39.5%)	10:47	5.6 (60.9%)
144	NOWAK Aneta	165	NORDICOWELOVE POLICE	K-40	61		00:53:56.80	00:54:08.25	+00:21:24 (39.5%)	10:47	5.6 (60.9%)
145	SZYDELSKA Krystyna	219	NORDICOWELOVE	60+	29		00:53:56.05	00:54:08.30	+00:21:24 (39.5%)	10:47	5.6 (60.9%)
146	PILARSKA Elżbieta	180	NORDICOWELOVE	60+	30	NordicoweLove	00:53:56.80	00:54:08.45	+00:21:24 (39.5%)	10:47	5.6 (60.9%)
146	TOMZIK-SWINARSKA Izabela	230	NORDINCOWELOVE	60+	30	NordicoweLove	00:53:56.70	00:54:08.45	+00:21:24 (39.5%)	10:47	5.6 (60.9%)
148	STOMPE Katarzyna	212		K-30	32		00:53:57.20	00:54:19.80	+00:21:35 (39.7%)	10:47	5.6 (60.9%)
149	FRAŃKIEWICZ Sylwia	55		K-40	62		00:54:34.65	00:54:34.65	+00:21:50 (40.0%)	10:54	5.5 (59.8%)
150	WOLSKA-RAJCHEL Maria	243		K-30	33		00:54:34.90	00:54:57.75	+00:22:13 (40.4%)	10:54	5.5 (59.8%)
151	NIEDŹWIECKA Katarzyna	161		K-40	63		00:54:54.70	00:55:00.70	+00:22:16 (40.5%)	10:58	5.5 (59.8%)
152	PIEKARSKA Katarzyna	177		K-30	34		00:46:42.80	00:55:18.85	+00:22:34 (40.8%)	9:20	6.4 (69.6%)
153	ROSIŃSKA Grażyna	192		K-50	30		00:55:10.65	00:55:20.30	+00:22:36 (40.8%)	11:02	5.4 (58.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
154	GRZYBOWSKA Katarzyna	70		K-40	64		00:55:14.85	00:55:36.55	+00:22:52 (41.1%)	11:02	5.4 (58.7%)
155	BRODA Dagmara	26	BOLI BOLI	K-30	35	BOLI BOLI	00:55:15.75	00:55:36.75	+00:22:52 (41.1%)	11:03	5.4 (58.7%)
156	WALCZAK Urszula	269		60+	32		00:55:46.00	00:55:46.00	+00:23:01 (41.3%)	11:09	5.4 (58.7%)
157	HRYŃCZUK Marta	75		K-30	36		00:55:43.00	00:56:05.00	+00:23:20 (41.6%)	11:08	5.4 (58.7%)
158	RÓŻAŃSKA Beata	194		K-50	31		00:55:56.15	00:56:06.45	+00:23:22 (41.7%)	11:11	5.4 (58.7%)
159	CIACHLA Matylda	33		K-30	37		00:55:57.00	00:56:06.55	+00:23:22 (41.7%)	11:11	5.4 (58.7%)
160	MUSZKIET Zdzisława	156	MUFFINKOWE MORSY	60+	33		00:57:18.35	00:57:30.35	+00:24:46 (43.1%)	11:27	5.2 (56.5%)
161	JANOWSKA-PASZKOWSKA Joanna	78	MUFFINKOWE MORSY	K-30	38		00:57:18.15	00:57:30.65	+00:24:46 (43.1%)	11:27	5.2 (56.5%)
162	SZYLL Renata	222		K-30	39		00:57:13.05	00:57:32.70	+00:24:48 (43.1%)	11:26	5.2 (56.5%)
163	DREWS Izabela	43		K-30	40		00:57:11.30	00:57:32.80	+00:24:48 (43.1%)	11:26	5.2 (56.5%)
164	LIPIEC Ewelina	121		K-30	41		00:57:22.30	00:57:37.60	+00:24:53 (43.2%)	11:28	5.2 (56.5%)
165	STANISZEWSKA Izabela	209		K-40	65		00:57:12.85	00:57:37.70	+00:24:53 (43.2%)	11:26	5.2 (56.5%)
166	SIDŁOW Paulina	259		K-30	42		00:59:21.00	00:59:21.00	+00:26:36 (44.8%)	11:52	5.1 (55.4%)
167	GURGACZ Gabriela	71	WALKING WARRIORS	K-40	66	Walking Warriors	00:55:20.80	00:59:30.55	+00:26:46 (45.0%)	11:04	5.4 (58.7%)
168	EUNIKA Jania	272		60+	34		00:59:31.00	00:59:31.00	+00:26:46 (45.0%)	11:54	5 (54.3%)
169	TARWID Bożena	227		K-50	32		01:02:19.65	01:02:37.80	+00:29:53 (47.7%)	12:27	4.8 (52.2%)
170	GEBKA-ZYLA Magdalena	59		K-40	67		01:02:19.40	01:02:38.25	+00:29:54 (47.7%)	12:27	4.8 (52.2%)
171	GRYGORCEWICZ Anna	66		K-40	68		01:02:22.05	01:02:41.55	+00:29:57 (47.8%)	12:28	4.8 (52.2%)
172	BETKER Anna	15		K-40	69		01:02:18.35	01:02:41.65	+00:29:57 (47.8%)	12:27	4.8 (52.2%)
173	SZYKOŁOWSKA Ewa	221		K-40	70		01:02:17.85	01:02:42.20	+00:29:58 (47.8%)	12:27	4.8 (52.2%)
174	LITWINIAK Patrycja	123		K-20	5						(0.0%)

Znaleziono 174 wynik(ów)