



VIII BIEG SZLAKIEM DZIKA

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dziki Weekend 2018
Stowarzyszenie Klub Biegowy Dzik
2018-08-18
Police
10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Open K

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	TELATYŃSKA Sylwia	814	102. BOCHR	K3 40-49	1	00:00:05	00:20:58	00:42:30.90	00:42:36.10		4:15	14.1 (100%)
2	NIEMIRO Dominika	690	JAGODOWO-KALINOWY TEAM	K2 30-39	1	00:00:04	00:23:04	00:46:35.00	00:46:39.10	+00:04:04 (8.7%)	4:39	12.9 (91.5%)
3	CZARNECKA Barbara	149		K2 30-39	2	00:00:06	00:23:03	00:46:41.95	00:46:48.90	+00:04:11 (9.0%)	4:40	12.8 (90.8%)
4	SIERADZKA Justyna	864	MOŻW	K2 30-39	3	00:00:07	00:23:30	00:47:14.90	00:47:21.95	+00:04:44 (10.0%)	4:43	12.7 (90.1%)
5	CENIUCH Magdalena	844		K1 16-29	1	00:00:03	00:23:11	00:47:16.55	00:47:20.25	+00:04:45 (10.1%)	4:43	12.7 (90.1%)
6	ZABOROWSKA Małgorzata	817	GRARUNNERS	K2 30-39	4	00:00:09	00:23:38	00:47:43.30	00:47:53.15	+00:05:12 (10.9%)	4:46	12.6 (89.4%)
7	PASIEKA Agnieszka	203	K.B.SPRINT ŚWIDWIN / 21.BLT	K2 30-39	5	00:00:09	00:23:52	00:48:25.80	00:48:35.10	+00:05:54 (12.2%)	4:50	12.4 (87.9%)
8	SOBOCIŃSKA Ewelina	745	15 GIŻYCKA BRYGADA ZMECHANIZOWANA	K2 30-39	6	00:00:05	00:24:23	00:48:37.70	00:48:43.40	+00:06:06 (12.6%)	4:51	12.3 (87.2%)
9	TAMBORSKA Agata	694	DZIK KOMANDO	K2 30-39	7	00:00:09	00:23:27	00:48:43.50	00:48:53.30	+00:06:12 (12.7%)	4:52	12.3 (87.2%)
10	ŚWIST Joanna	42	RUNNING QUEEN	K2 30-39	8	00:00:19	00:24:19	00:48:54.35	00:49:14.25	+00:06:23 (13.1%)	4:53	12.3 (87.2%)
11	KRZACZKOWSKA Iwona	715	DZIKI WROCŁAW	K2 30-39	9	00:00:03	00:23:55	00:49:37.60	00:49:40.80	+00:07:06 (14.3%)	4:57	12.1 (85.8%)
12	SZYMAŃSKA Katarzyna	32	WIECZORNE BIEGANIE W SZCZECINIE	K2 30-39	10	00:00:04	00:24:35	00:50:06.05	00:50:10.95	+00:07:35 (15.1%)	5:00	12 (85.1%)
13	MŁYNARCZYK Tatiana	61	HUSARIA RACE TEAM	K2 30-39	11	00:00:05	00:24:39	00:50:27.35	00:50:33.00	+00:07:56 (15.7%)	5:02	11.9 (84.4%)
14	WILK Agnieszka	618		K1 16-29	2	00:00:21	00:25:17	00:50:38.05	00:50:59.20	+00:08:07 (16.0%)	5:03	11.8 (83.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	KOPKA Magdalena	56		K2 30-39	12	00:00:19	00:25:07	00:50:58.95	00:51:18.05	+00:08:28 (16.6%)	5:05	11.8 (83.7%)
16	BOROWSKA Karolina	146	PUSZCZYK BUKOWY	K2 30-39	13	00:00:06	00:24:38	00:51:01.35	00:51:07.35	+00:08:30 (16.7%)	5:06	11.8 (83.7%)
17	KWIATKOWSKA Aleksandra	96	WIECZORNE BIEGANIE W SZCZECINIE	K1 16-29	3	00:00:04	00:25:11	00:51:28.25	00:51:33.15	+00:08:57 (17.4%)	5:08	11.7 (83.0%)
18	BLICHARSKA Marta	594		K2 30-39	14	00:00:34	00:25:35	00:51:29.25	00:52:03.85	+00:08:58 (17.4%)	5:08	11.7 (83.0%)
19	RYBACKA Kamila	861		K1 16-29	4	00:00:15	00:25:50	00:51:38.25	00:51:54.15	+00:09:07 (17.7%)	5:09	11.6 (82.3%)
20	MARZEC Karolina	441	DZIKIE DZIKI GORZÓW	K2 30-39	15	00:00:03	00:25:37	00:51:39.55	00:51:42.95	+00:09:08 (17.7%)	5:09	11.6 (82.3%)
21	DYDEK Edyta	943	CF PRAWY BRZEG	K1 16-29	5	00:00:03	00:24:45	00:52:12.00	00:52:15.70	+00:09:41 (18.6%)	5:13	11.5 (81.6%)
22	ALABRUDZIŃSKA Agnieszka	855	SZWLA STARGARD	K2 30-39	16	00:00:09	00:25:07	00:52:21.15	00:52:30.85	+00:09:50 (18.8%)	5:14	11.5 (81.6%)
23	KAMIŃSKA Ewelina	117	MUD GOATS	K2 30-39	17	00:00:08	00:26:13	00:52:33.25	00:52:41.85	+00:10:02 (19.1%)	5:15	11.4 (80.9%)
24	NIKONOWICZ Ewa	464	15 GIŻYCKA BRYGADA ZMECHANIZOWANA	K2 30-39	18	00:00:06	00:26:43	00:52:44.30	00:52:50.85	+00:10:13 (19.4%)	5:16	11.4 (80.9%)
25	ADAMCZEWSKA Agnieszka	657		K3 40-49	2	00:00:12	00:26:56	00:53:36.10	00:53:48.95	+00:11:05 (20.7%)	5:21	11.2 (79.4%)
26	GRABOWSKA Joanna	65	SPC	K3 40-49	3	00:00:12	00:26:23	00:53:37.80	00:53:50.25	+00:11:06 (20.7%)	5:21	11.2 (79.4%)
27	ŻUKOWSKA Natalia	770	JW 3605	K2 30-39	19	00:00:04	00:26:13	00:53:51.80	00:53:56.10	+00:11:20 (21.1%)	5:23	11.1 (78.7%)
28	BRUSIŁOWICZ Dagmara	219	WIECZORNE BIEGANIE W SZCZECINIE	K3 40-49	4	00:00:09	00:26:38	00:53:52.70	00:54:01.75	+00:11:21 (21.1%)	5:23	11.1 (78.7%)
29	ROSTRYGIN Katarzyna	33		K2 30-39	20	00:00:17	00:27:06	00:54:04.50	00:54:22.40	+00:11:33 (21.4%)	5:24	11.1 (78.7%)
30	JACHIRA Klaudia	373	TRENER24H.COM.PL	K1 16-29	6	00:00:40	00:27:40	00:54:15.75	00:54:56.45	+00:11:44 (21.6%)	5:25	11.1 (78.7%)
31	SCHERFENBERG Katarzyna	772		K2 30-39	21	00:04:02	00:26:33	00:54:17.10	00:58:19.10	+00:11:46 (21.7%)	5:25	11.1 (78.7%)
32	PASŁAWSKA Magda	127		K2 30-39	22	00:00:18	00:28:24	00:54:17.95	00:54:36.70	+00:11:47 (21.7%)	5:25	11 (78.0%)
33	MAJDAN-ADAMSKA Agnieszka	496		K2 30-39	23	00:00:37	00:27:00	00:54:26.95	00:55:04.40	+00:11:56 (21.9%)	5:26	11 (78.0%)
34	BERNACKA-SZYDLIK Karolina	45		K2 30-39	24	00:00:12	00:26:46	00:54:27.85	00:54:40.55	+00:11:56 (21.9%)	5:26	11 (78.0%)
35	NIKLAS Małgorzata	752	KSF NOWOGRÓDEK POMORSKI	K2 30-39	25	00:00:50	00:27:38	00:54:42.95	00:55:32.95	+00:12:12 (22.3%)	5:28	11 (78.0%)
36	STROJNA-GRZYBOWSKA Marta	678	MAUPOLAND	K2 30-39	26	00:00:29	00:27:09	00:54:53.50	00:55:22.90	+00:12:22 (22.5%)	5:29	10.9 (77.3%)
37	GAJEK Patrycja	118		K2 30-39	27	00:00:19	00:27:02	00:54:54.70	00:55:14.60	+00:12:23 (22.6%)	5:29	10.9 (77.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
38	GRYGORCEWICZ Justyna	911		K1 16-29	7	00:00:12	00:27:10	00:55:14.30	00:55:27.00	+00:12:43 (23.0%)	5:31	10.9 (77.3%)
39	MURAWSKA Wioletta	505	KB DZIK POLICE	K4 50-59	1	00:00:08	00:27:43	00:55:29.40	00:55:37.75	+00:12:58 (23.4%)	5:32	10.8 (76.6%)
40	SZATANEK Ewa	891		K3 40-49	5	00:00:22	00:27:14	00:55:42.30	00:56:04.65	+00:13:11 (23.7%)	5:34	10.8 (76.6%)
41	RUDZKA Katarzyna	404	RUNNER SZCZECIN TEAM	K3 40-49	6	00:00:22	00:27:59	00:56:05.75	00:56:28.40	+00:13:34 (24.2%)	5:36	10.7 (75.9%)
42	SYCHEL Magdalena	779		K2 30-39	28	00:00:09	00:27:28	00:56:12.85	00:56:21.85	+00:13:41 (24.4%)	5:37	10.7 (75.9%)
43	ŻUROWSKA Agnieszka	486		K3 40-49	7	00:00:20	00:27:46	00:56:13.30	00:56:33.80	+00:13:42 (24.4%)	5:37	10.7 (75.9%)
44	KIELER Aleksandra	652	DZIK KOMANDO	K1 16-29	8	00:00:26	00:27:41	00:56:17.75	00:56:44.10	+00:13:46 (24.5%)	5:37	10.7 (75.9%)
45	SZCZETYŃSKA Karolina	224	ZDRUN EXTREME	K2 30-39	29	00:00:09	00:28:05	00:56:19.50	00:56:28.50	+00:13:48 (24.5%)	5:37	10.7 (75.9%)
46	NARLOCH Monika	383		K1 16-29	9	00:00:09	00:27:35	00:56:20.15	00:56:29.95	+00:13:49 (24.5%)	5:38	10.7 (75.9%)
47	JURECZKO Agnieszka	461	DZIK KOMANDO	K2 30-39	30	00:00:25	00:27:16	00:56:21.15	00:56:46.85	+00:13:50 (24.6%)	5:38	10.6 (75.2%)
48	MURAWSKA Monika	245		K3 40-49	8	00:00:11	00:27:33	00:56:34.15	00:56:45.15	+00:14:03 (24.8%)	5:39	10.6 (75.2%)
49	ZAGROCKA Mirosława	310		K2 30-39	31	00:00:12	00:26:54	00:56:59.60	00:57:11.85	+00:14:28 (25.4%)	5:41	10.5 (74.5%)
50	WOJSZCZYK Marlena	645	TRYTON BIKE TEAM	K2 30-39	32	00:00:30	00:28:51	00:57:14.75	00:57:45.55	+00:14:43 (25.7%)	5:43	10.5 (74.5%)
51	STEFAŃCZYK Małgorzata	237		K3 40-49	9	00:00:09	00:27:55	00:57:14.85	00:57:24.05	+00:14:43 (25.7%)	5:43	10.5 (74.5%)
52	SZYMAŃSKA Jolanta	199		K2 30-39	33	00:01:14	00:29:27	00:57:16.05	00:58:31.00	+00:14:45 (25.8%)	5:43	10.5 (74.5%)
53	PTAK Patrycja	440	HUSARIA RACE TEAM	K2 30-39	34	00:00:10	00:27:12	00:57:16.75	00:57:27.00	+00:14:45 (25.8%)	5:43	10.5 (74.5%)
54	RYBARCZYK Ilona	74	HURAGAN - KOŁO BIEGA	K1 16-29	10	00:00:34	00:29:12	00:57:18.30	00:57:53.00	+00:14:47 (25.8%)	5:43	10.5 (74.5%)
55	WOJCIECHOWSKA Paulina	255		K1 16-29	11	00:00:35	00:29:11	00:57:40.20	00:58:15.70	+00:15:09 (26.3%)	5:46	10.4 (73.8%)
56	ZIMOŃ Urszula	696	DZIK KOMANDO	K3 40-49	10	00:00:27	00:28:38	00:57:42.05	00:58:09.05	+00:15:11 (26.3%)	5:46	10.4 (73.8%)
57	ŻAK Dominika	332	PUSZCZYK BUKOWY	K2 30-39	35	00:00:14	00:28:35	00:57:57.45	00:58:12.05	+00:15:26 (26.6%)	5:47	10.4 (73.8%)
58	ROSZAK Krystyna	902	GRYFUS SZCZECIN	K4 50-59	2	00:00:30	00:28:37	00:57:57.95	00:58:28.45	+00:15:27 (26.7%)	5:47	10.4 (73.8%)
59	JAKUBIAK Anna	910	RAZ	K3 40-49	11	00:00:17	00:28:35	00:58:07.60	00:58:24.80	+00:15:36 (26.9%)	5:48	10.3 (73.0%)
60	KNOT Martyna	30	PIĘKNI I BESTIE	K2 30-39	36	00:00:32	00:29:07	00:58:15.20	00:58:47.35	+00:15:44 (27.0%)	5:49	10.3 (73.0%)

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61	KOLEJ Monika	410	DZIKIE DZIKI	K3 40-49	12	00:00:05	00:28:33	00:58:32.20	00:58:37.55	+00:16:01 (27.4%)	5:51	10.3 (73.0%)
62	PYŻANOWSKA Katarzyna	407		K2 30-39	37	00:00:18	00:29:07	00:58:36.65	00:58:54.90	+00:16:05 (27.5%)	5:51	10.2 (72.3%)
63	ZYDEK Katarzyna	936		K1 16-29	12	00:00:25	00:28:27	00:59:02.25	00:59:27.95	+00:16:31 (28.0%)	5:54	10.2 (72.3%)
64	LEBIEDZIŃSKA Angelika	77	NORDA ACTIVE TEAM	K2 30-39	38	00:00:09	00:29:35	00:59:04.80	00:59:13.85	+00:16:33 (28.0%)	5:54	10.2 (72.3%)
65	DIKTA Ania	549	23. BAZA LOTNICTWA TAKTYCZNEGO	K1 16-29	13	00:00:23	00:29:33	00:59:21.75	00:59:45.10	+00:16:50 (28.4%)	5:56	10.1 (71.6%)
66	KOCZOCIK Natalia	818	IZERSKA GRUPA BIEGOWA	K2 30-39	39	00:00:26	00:29:44	00:59:35.95	01:00:02.40	+00:17:05 (28.7%)	5:57	10.1 (71.6%)
67	CHMIELEWSKA Agnieszka	916	CHMIELEWSKI TEAM-BBL POLICE	K3 40-49	13	00:00:05	00:29:26	00:59:38.60	00:59:43.65	+00:17:07 (28.7%)	5:57	10.1 (71.6%)
68	ROMAN Ewelina	791	MONIAGYM	K2 30-39	40	00:00:33	00:29:38	00:59:50.15	01:00:23.20	+00:17:19 (28.9%)	5:59	10 (70.9%)
69	JAROSŁAWSKA Sandra	680		K1 16-29	14	00:00:08	00:29:22	00:59:50.70	00:59:59.15	+00:17:19 (29.0%)	5:59	10 (70.9%)
70	PAWLAK Milena	565		K2 30-39	41	00:00:38	00:29:14	01:00:03.60	01:00:42.55	+00:17:32 (29.2%)	6:00	10 (70.9%)
71	STRZELECKA Małgorzata	337	SAILING TEAM FERAJNA	K3 40-49	14	00:00:39	00:30:27	01:00:13.60	01:00:52.80	+00:17:42 (29.4%)	6:01	10 (70.9%)
72	TOKARCZYK Marta	835	WIECZORNE BIEGANIE W SZCZECINIE	K3 40-49	15	00:00:21	00:29:11	01:00:18.90	01:00:40.30	+00:17:48 (29.5%)	6:01	9.9 (70.2%)
73	NOWAK Sandra	379		K1 16-29	15	00:00:41	00:29:19	01:00:26.10	01:01:07.50	+00:17:55 (29.7%)	6:02	9.9 (70.2%)
74	NOWAK Monika	380		K1 16-29	16	00:00:41	00:29:19	01:00:27.40	01:01:08.40	+00:17:56 (29.7%)	6:02	9.9 (70.2%)
75	ŻYWICKA Barbara	8		K3 40-49	16	00:00:48	00:30:23	01:01:01.70	01:01:50.65	+00:18:30 (30.3%)	6:06	9.8 (69.5%)
76	ISKRA Angelika	484		K1 16-29	17	00:00:14	00:30:18	01:01:01.80	01:01:16.35	+00:18:30 (30.3%)	6:06	9.8 (69.5%)
77	DĄBROWSKA Iza	1	MUD GOATS	K3 40-49	17	00:00:22	00:30:31	01:01:08.50	01:01:31.15	+00:18:37 (30.5%)	6:06	9.8 (69.5%)
78	GRZELIŃSKA Dorota	350	DZIK KOMANDO	K1 16-29	18	00:00:23	00:30:41	01:01:08.85	01:01:32.40	+00:18:37 (30.5%)	6:06	9.8 (69.5%)
79	BRZESKA Ewa	259	WIECZORNE BIEGANIE W SZCZECINIE	K1 16-29	19	00:00:12	00:28:47	01:01:13.40	01:01:25.55	+00:18:42 (30.6%)	6:07	9.8 (69.5%)
80	CZERWIŃSKA Agnieszka	639		K1 16-29	20	00:00:19	00:30:14	01:01:27.05	01:01:46.35	+00:18:56 (30.8%)	6:08	9.8 (69.5%)
81	WILES Magdalena	852		K2 30-39	42	00:00:33	00:30:36	01:01:55.20	01:02:28.85	+00:19:24 (31.3%)	6:11	9.7 (68.8%)
82	BUDNA Anna	913		K2 30-39	43	00:00:16	00:30:10	01:01:55.80	01:02:12.15	+00:19:24 (31.3%)	6:11	9.7 (68.8%)
83	KĘCZKOWSKA Agnieszka	158		K1 16-29	21	00:00:18	00:30:31	01:01:59.55	01:02:18.40	+00:19:28 (31.4%)	6:12	9.7 (68.8%)

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84	BIAŁKOWSKA Katarzyna	112	WIECZORNE BIEGANIE	K3 40-49	18	00:00:48	00:30:27	01:02:00.05	01:02:48.20	+00:19:29 (31.4%)	6:12	9.7 (68.8%)
85	SZULC Helena	764	SMT SZCZECIN	K2 30-39	44	00:00:08	00:30:15	01:02:08.65	01:02:16.90	+00:19:37 (31.6%)	6:12	9.7 (68.8%)
86	WIKLAK Natalia	559		K1 16-29	22	00:00:27	00:29:42	01:02:09.90	01:02:37.20	+00:19:39 (31.6%)	6:13	9.7 (68.8%)
87	JAROSŁAWSKA Jowita	681		K2 30-39	45	00:00:08	00:30:18	01:02:10.45	01:02:18.85	+00:19:39 (31.6%)	6:13	9.7 (68.8%)
88	HANDKE Justyna	785	XRUNNERS	K2 30-39	46	00:00:36	00:31:43	01:02:59.05	01:03:35.15	+00:20:28 (32.5%)	6:17	9.5 (67.4%)
89	ZGRAJA Katarzyna	189		K3 40-49	19	00:00:49	00:31:08	01:03:03.60	01:03:53.20	+00:20:32 (32.6%)	6:18	9.5 (67.4%)
90	WIŚNIEWSKA Monika	646	STARGARDZKI KLUB MORSÓW MIEDWIANIE	K3 40-49	20	00:00:51	00:31:23	01:03:10.95	01:04:02.45	+00:20:40 (32.7%)	6:19	9.5 (67.4%)
91	MAŁOCHA Klaudyna	113	GHETTO WORKOUT ŚWINOUJŚCIE	K1 16-29	23	00:00:44	00:31:12	01:03:28.50	01:04:12.95	+00:20:57 (33.0%)	6:20	9.5 (67.4%)
92	POSZUMSKA Gabriela	535		K1 16-29	24	00:00:36	00:32:12	01:03:34.05	01:04:10.75	+00:21:03 (33.1%)	6:21	9.4 (66.7%)
93	LEWANDOWSKA Dorota	556	LOSZKI I WARCHLAKI	K3 40-49	21	00:00:36	00:31:55	01:03:41.55	01:04:17.85	+00:21:10 (33.2%)	6:22	9.4 (66.7%)
94	LAL Monika	292	RUNGRYF	K4 50-59	3	00:00:09	00:31:09	01:03:43.85	01:03:53.65	+00:21:12 (33.3%)	6:22	9.4 (66.7%)
95	PYREK Iwona	81		K2 30-39	47	00:00:20	00:31:52	01:04:02.55	01:04:23.15	+00:21:31 (33.6%)	6:24	9.4 (66.7%)
96	BIAŁASIK Maria	88		K2 30-39	48	00:00:24	00:30:35	01:04:18.15	01:04:43.00	+00:21:47 (33.9%)	6:25	9.3 (66.0%)
97	KRĘŻEL Agata	609		K1 16-29	25	00:00:33	00:31:53	01:04:50.40	01:05:23.45	+00:22:19 (34.4%)	6:29	9.3 (66.0%)
98	BIADACZ-LISOWSKA Katarzyna	211		K3 40-49	22	00:00:43	00:31:10	01:04:52.30	01:05:35.90	+00:22:21 (34.5%)	6:29	9.2 (65.2%)
99	ROGAŁA Magda	31	WKURW_TEAM NOWOGARD	K2 30-39	49	00:00:30	00:31:53	01:04:52.65	01:05:22.95	+00:22:21 (34.5%)	6:29	9.2 (65.2%)
100	NICEWICZ Beata	313	ŻADEN	K3 40-49	23	00:00:34	00:32:06	01:04:53.25	01:05:27.30	+00:22:22 (34.5%)	6:29	9.2 (65.2%)
101	JUSINSKA Anna	124		K3 40-49	24	00:00:10	00:31:18	01:05:03.05	01:05:13.45	+00:22:32 (34.6%)	6:30	9.2 (65.2%)
102	DOLEŻEK Agnieszka	883	WIECZORNE BIEGANIE	K2 30-39	50	00:00:42	00:32:35	01:05:11.10	01:05:53.35	+00:22:40 (34.8%)	6:31	9.2 (65.2%)
103	GAŁECKA Kamila	867	WIECZORNE BIEGANIE	K1 16-29	26	00:00:42	00:32:35	01:05:11.15	01:05:53.80	+00:22:40 (34.8%)	6:31	9.2 (65.2%)
104	MIZIELINSKA Daria	882		K2 30-39	51	00:00:42	00:32:35	01:05:11.55	01:05:54.20	+00:22:40 (34.8%)	6:31	9.2 (65.2%)
105	BROCZKOWSKA Żaneta	708		K2 30-39	52	00:00:21	00:31:48	01:05:12.20	01:05:33.95	+00:22:41 (34.8%)	6:31	9.2 (65.2%)
106	MATUSZAK Anita	512	MANGO GATKI TEAM	K3 40-49	25	00:00:46	00:32:11	01:05:17.00	01:06:03.70	+00:22:46 (34.9%)	6:31	9.2 (65.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
107	BASZURO Magdalena	64		K2 30-39	53	00:00:45	00:31:45	01:05:21.30	01:06:06.60	+00:22:50 (34.9%)	6:32	9.2 (65.2%)
108	ZAKRZEWSKA Sylwia	452	FSD RUN DREZDENKO	K2 30-39	54	00:00:40	00:32:41	01:05:28.35	01:06:09.25	+00:22:57 (35.1%)	6:32	9.2 (65.2%)
109	MIKICIUK Natalia	228	HUSARIA RACE TEAM	K1 16-29	27	00:00:34	00:32:21	01:05:46.45	01:06:20.50	+00:23:15 (35.4%)	6:34	9.1 (64.5%)
110	DUDA-RELIGA Ewelina	326	OZKB	K3 40-49	26	00:00:11	00:32:50	01:05:56.40	01:06:07.40	+00:23:25 (35.5%)	6:35	9.1 (64.5%)
111	DRZEWIECKA Agnieszka	57	BIEGACZE ŚWINOUJŚCIE	K3 40-49	27	00:00:51	00:33:24	01:06:08.35	01:06:59.85	+00:23:37 (35.7%)	6:36	9.1 (64.5%)
112	BĄCZYK Monika	154	1978	K3 40-49	28	00:00:32	00:32:04	01:06:08.75	01:06:40.90	+00:23:37 (35.7%)	6:36	9.1 (64.5%)
113	TROJANOWSKA Aleksandra	874	ŻANDARMERIA WOJSKOWA	K1 16-29	28	00:00:07	00:32:22	01:06:13.95	01:06:21.45	+00:23:43 (35.8%)	6:37	9.1 (64.5%)
114	SZWARC Ewa	705		K2 30-39	55	00:00:28	00:32:05	01:06:18.75	01:06:47.60	+00:23:47 (35.9%)	6:37	9 (63.8%)
115	SOWISZ Danuta	300	SOWISZ TEAM	K3 40-49	29	00:00:33	00:33:08	01:06:20.00	01:06:53.35	+00:23:49 (35.9%)	6:38	9 (63.8%)
116	ŁUKASIEWICZ-WESELAK Justyna	695		K2 30-39	56	00:00:23	00:33:43	01:06:30.55	01:06:54.20	+00:23:59 (36.1%)	6:39	9 (63.8%)
117	DUTKIEWICZ Urszula	6	WATAHA	K2 30-39	57	00:00:14	00:32:19	01:06:38.45	01:06:52.65	+00:24:07 (36.2%)	6:39	9 (63.8%)
118	GRALEWICZ Magdalena	7	MUROWANE MORSY	K3 40-49	30	00:00:55	00:33:58	01:06:56.20	01:07:51.95	+00:24:25 (36.5%)	6:41	9 (63.8%)
119	WOJCIECHOWSKA Wioletta	699	STARGARD JA SIĘ NIE ŚCIGAM	K3 40-49	31	00:01:01	00:33:46	01:07:00.50	01:08:01.70	+00:24:29 (36.6%)	6:42	9 (63.8%)
119	GĘBICKA Agata	628	STARGARD JA SIĘ NIE ŚCIGAM !	K1 16-29	29	00:01:01	00:33:47	01:07:00.50	01:08:02.00	+00:24:29 (36.6%)	6:42	9 (63.8%)
121	CHROBOCIŃSKA Elżbieta	141		K4 50-59	4	00:00:14	00:32:23	01:07:01.70	01:07:16.25	+00:24:30 (36.6%)	6:42	9 (63.8%)
122	ŚWIETLIK Alicja	177		K3 40-49	32	00:00:48	00:33:13	01:07:23.65	01:08:12.45	+00:24:52 (36.9%)	6:44	8.9 (63.1%)
123	CHMIELEWSKA Katarzyna	721		K5 60+	1	00:00:35	00:32:49	01:07:30.05	01:08:05.55	+00:24:59 (37.0%)	6:45	8.9 (63.1%)
124	MORAWSKA Agnieszka	562		K1 16-29	30	00:00:27	00:33:40	01:07:36.70	01:08:03.95	+00:25:05 (37.1%)	6:45	8.9 (63.1%)
125	SOKOŁOWSKA Agnieszka	23	DALEKO JESZCZE	K2 30-39	58	00:00:33	00:33:02	01:07:37.00	01:08:10.65	+00:25:06 (37.1%)	6:45	8.9 (63.1%)
126	MISIAK Dorota	120	BYLEBY DO PRZODU	K2 30-39	59	00:00:24	00:32:38	01:07:41.35	01:08:05.65	+00:25:10 (37.2%)	6:46	8.9 (63.1%)
127	JAKUBOWSKA Aneta	528	DZIKUŚ	K2 30-39	60	00:00:25	00:32:42	01:08:08.80	01:08:34.60	+00:25:37 (37.6%)	6:48	8.8 (62.4%)
128	ŁEMPKOWSKA Beata	703	DLL PARTNERS	K3 40-49	33	00:00:43	00:33:22	01:08:09.25	01:08:52.85	+00:25:38 (37.6%)	6:48	8.8 (62.4%)
129	KAMIŃSKA Adriana	684	BBL POLICE	K2 30-39	61	00:00:43	00:33:22	01:08:09.30	01:08:52.45	+00:25:38 (37.6%)	6:48	8.8 (62.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
130	UZDOWSKA Marta	692	OCR TEAM WŁOCŁAWEK	K2 30-39	62	00:00:29	00:32:51	01:08:11.45	01:08:41.20	+00:25:40 (37.7%)	6:49	8.8 (62.4%)
131	LISOWSKA Agnieszka	863		K2 30-39	63	00:01:01	00:34:32	01:08:14.05	01:09:16.00	+00:25:43 (37.7%)	6:49	8.8 (62.4%)
132	WOSZCZYK Renata	367	WIECZORNE BIEGANIE W SZCZECINIE	K3 40-49	34	00:00:19	00:33:38	01:08:15.15	01:08:34.75	+00:25:44 (37.7%)	6:49	8.8 (62.4%)
133	BARSZCZEWSKA Małgorzata	231		K3 40-49	35	00:00:52	00:33:42	01:08:17.80	01:09:10.50	+00:25:46 (37.7%)	6:49	8.8 (62.4%)
134	JEZIOREK Agnieszka	253		K3 40-49	36	00:00:36	00:33:32	01:08:22.95	01:08:59.45	+00:25:52 (37.8%)	6:50	8.8 (62.4%)
135	KOMOSA Agnieszka	386		K2 30-39	64	00:01:00	00:33:49	01:08:23.70	01:09:24.00	+00:25:52 (37.8%)	6:50	8.8 (62.4%)
136	MAŁYSA Marta	888		K2 30-39	65	00:01:00	00:33:48	01:08:23.85	01:09:23.95	+00:25:52 (37.8%)	6:50	8.8 (62.4%)
137	PRZYBYSZ Katarzyna	89		K2 30-39	66	00:00:19	00:33:14	01:08:28.55	01:08:48.45	+00:25:57 (37.9%)	6:50	8.8 (62.4%)
138	KNIOŁA Agnieszka	46	PIŁA TEAM	K2 30-39	67	00:00:07	00:34:29	01:08:28.65	01:08:36.60	+00:25:57 (37.9%)	6:50	8.8 (62.4%)
139	JAKUBOWSKA Dorota	530	23.BAZA LOTNICTWA TAKTYCZNEGO	K2 30-39	68	00:00:25	00:33:20	01:08:30.40	01:08:55.95	+00:25:59 (37.9%)	6:51	8.8 (62.4%)
140	MADOŃ Magdalena	927		K2 30-39	69	00:00:45	00:33:12	01:08:34.90	01:09:20.00	+00:26:04 (38.0%)	6:51	8.7 (61.7%)
141	CHACHURSKA Daria	137	DZIK KOMANDO	K2 30-39	70	00:00:22	00:33:36	01:08:36.90	01:08:59.45	+00:26:06 (38.0%)	6:51	8.7 (61.7%)
142	PASZKIEWICZ Anna	333	DZIK Z PUSZCZY	K2 30-39	71	00:00:55	00:33:18	01:08:38.90	01:09:34.50	+00:26:08 (38.1%)	6:51	8.7 (61.7%)
143	GUMOWSKA Karolina	344		K2 30-39	72	00:00:31	00:34:47	01:08:40.30	01:09:11.40	+00:26:09 (38.1%)	6:52	8.7 (61.7%)
144	JÓŻWICKA Aneta	368	WIECZORNE BIEGANIE W SZCZECINIE	K3 40-49	37	00:00:19	00:33:47	01:08:42.30	01:09:02.25	+00:26:11 (38.1%)	6:52	8.7 (61.7%)
145	BARTNICKA Beata	227	HUSARIA RACE TEAM	K2 30-39	73	00:00:58	00:34:40	01:08:47.60	01:09:45.75	+00:26:16 (38.2%)	6:52	8.7 (61.7%)
146	BEDNARZ Katarzyna	24		K3 40-49	38	00:00:32	00:34:14	01:09:19.40	01:09:51.65	+00:26:48 (38.7%)	6:55	8.7 (61.7%)
147	GAJEK Anna	94		K2 30-39	74	00:00:36	00:33:45	01:09:20.90	01:09:57.60	+00:26:50 (38.7%)	6:56	8.7 (61.7%)
148	JAMRÓZ Monika	626		K2 30-39	75	00:00:10	00:33:45	01:09:26.85	01:09:36.95	+00:26:55 (38.8%)	6:56	8.6 (61.0%)
149	BUBLIENKO Jana	743		K2 30-39	76	00:00:56	00:34:42	01:09:31.60	01:10:28.50	+00:27:00 (38.9%)	6:57	8.6 (61.0%)
150	NIEWIADOMSKA Kamila	809	ZS ZWYROLE	K1 16-29	31	00:01:04	00:35:25	01:09:31.70	01:10:36.35	+00:27:00 (38.9%)	6:57	8.6 (61.0%)
151	POHLID-DODA Anna	37	MRA SUSZ	K2 30-39	77	00:00:55	00:35:30	01:09:35.95	01:10:31.35	+00:27:05 (38.9%)	6:57	8.6 (61.0%)
152	ROGOWSKA Agnieszka	730	PIĘKNI I BESTIE	K2 30-39	78	00:00:45	00:33:25	01:10:03.40	01:10:49.05	+00:27:32 (39.3%)	7:00	8.6 (61.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
153	WOŁCZAK Iwona	414		K2 30-39	79	00:00:30	00:35:06	01:10:03.95	01:10:34.55	+00:27:33 (39.3%)	7:00	8.6 (61.0%)
154	KUPIŃSKA Marta	50		K1 16-29	32	00:00:51	00:34:46	01:10:04.50	01:10:56.20	+00:27:33 (39.3%)	7:00	8.6 (61.0%)
155	JÓZEFOWICZ Anna	87		K2 30-39	80	00:00:43	00:33:27	01:10:05.40	01:10:49.35	+00:27:34 (39.3%)	7:00	8.6 (61.0%)
156	SZALEWICZ Małgorzata	176	SZYBCIEJ NIE MOGĘ	K4 50-59	5	00:00:20	00:33:45	01:10:10.40	01:10:31.00	+00:27:39 (39.4%)	7:01	8.5 (60.3%)
157	ŚLUSARZ Iwona	52		K3 40-49	39	00:00:54	00:34:17	01:10:12.10	01:11:06.90	+00:27:41 (39.4%)	7:01	8.5 (60.3%)
158	MICHALCZYK Katarzyna	130	FERTISTAV PL	K2 30-39	81	00:01:30	00:34:48	01:10:29.05	01:11:59.90	+00:27:58 (39.7%)	7:02	8.5 (60.3%)
159	PRENDECKA Sylwia	34		K2 30-39	82	00:00:47	00:34:28	01:10:43.65	01:11:31.40	+00:28:12 (39.9%)	7:04	8.5 (60.3%)
160	CHOYNACKA-SAŃKA Alicja	544		K2 30-39	83	00:00:27	00:34:47	01:10:48.30	01:11:15.95	+00:28:17 (40.0%)	7:04	8.5 (60.3%)
161	ŚLIWIŃSKA Justyna	547		K1 16-29	33	00:00:15	00:34:02	01:10:48.40	01:11:03.40	+00:28:17 (40.0%)	7:04	8.5 (60.3%)
162	BAGIŃSKA Laura	366		K1 16-29	34	00:00:40	00:34:55	01:10:51.60	01:11:31.75	+00:28:20 (40.0%)	7:05	8.5 (60.3%)
163	STACH Sara	266	KOŚCIAN TEAM	K1 16-29	35	00:00:30	00:33:50	01:10:56.60	01:11:27.40	+00:28:25 (40.1%)	7:05	8.5 (60.3%)
164	MISTAK Paula	258		K1 16-29	36	00:00:29	00:33:16	01:10:58.35	01:11:28.05	+00:28:27 (40.1%)	7:05	8.5 (60.3%)
165	STAŃKO Agnieszka	643	STARGARD JA SIĘ NIE ŚCIGAM	K2 30-39	84	00:00:31	00:35:43	01:11:03.20	01:11:34.85	+00:28:32 (40.2%)	7:06	8.4 (59.6%)
166	ZIARKIEWICZ Aneta	265		K1 16-29	37	00:01:02	00:34:37	01:11:11.15	01:12:13.90	+00:28:40 (40.3%)	7:07	8.4 (59.6%)
167	PAPLEWSKA Anna	578		K1 16-29	38	00:00:54	00:34:32	01:11:29.10	01:12:23.35	+00:28:58 (40.5%)	7:08	8.4 (59.6%)
168	KAROL Agnieszka	501	LOSZKI I WARCHLAKI	K3 40-49	40	00:00:37	00:35:38	01:11:29.20	01:12:06.55	+00:28:58 (40.5%)	7:08	8.4 (59.6%)
169	CHUDYNKA Paulina	761	KOBIECE BIEGANIE	K2 30-39	85	00:00:49	00:35:49	01:11:32.90	01:12:22.65	+00:29:02 (40.6%)	7:09	8.4 (59.6%)
170	WIERZBA Ewa	640	KOBIECE BIEGANIE	K2 30-39	86	00:00:53	00:35:46	01:11:35.80	01:12:28.85	+00:29:04 (40.6%)	7:09	8.4 (59.6%)
170	KACZMAREK Arleta	833	KOBIECE BIEGANIE	K2 30-39	87	00:00:52	00:35:47	01:11:35.80	01:12:28.75	+00:29:04 (40.6%)	7:09	8.4 (59.6%)
172	LIPIŃSKA Sylwia	110		K1 16-29	39	00:00:49	00:35:01	01:11:37.90	01:12:27.20	+00:29:07 (40.6%)	7:09	8.4 (59.6%)
173	LATKOWSKA Anna	880		K2 30-39	88	00:00:29	00:35:08	01:11:40.35	01:12:10.20	+00:29:09 (40.7%)	7:10	8.4 (59.6%)
174	SZAL Marzena	474	IZERSKA GRUPA BIEGOWA	K2 30-39	89	00:00:25	00:33:21	01:11:43.45	01:12:09.00	+00:29:12 (40.7%)	7:10	8.4 (59.6%)
175	ULASS Agnieszka	101		K3 40-49	41	00:00:35	00:35:12	01:11:44.05	01:12:19.40	+00:29:13 (40.7%)	7:10	8.4 (59.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
176	CZAPLIŃSKA Magdalena	241		K2 30-39	90	00:00:30	00:34:53	01:11:46.35	01:12:16.65	+00:29:15 (40.8%)	7:10	8.4 (59.6%)
177	NOWAK Irena	417		K4 50-59	6	00:00:48	00:35:55	01:11:58.40	01:12:46.60	+00:29:27 (40.9%)	7:11	8.3 (58.9%)
177	SKOWYRA Wioletta	421	RUNGRYF GRYFICE	K3 40-49	42	00:00:48	00:35:55	01:11:58.40	01:12:46.65	+00:29:27 (40.9%)	7:11	8.3 (58.9%)
179	STARON-SARAMAK Aleksandra	163	MAGNOLIA GABINETY DENTYSTYCZNE	K2 30-39	91	00:00:39	00:35:42	01:12:01.35	01:12:40.35	+00:29:30 (41.0%)	7:12	8.3 (58.9%)
180	WROŃSKA Sandra	488	STARGARD. JA SIĘ NIE ŚCIGAM	K1 16-29	40	00:01:03	00:36:05	01:12:13.20	01:13:16.25	+00:29:42 (41.1%)	7:13	8.3 (58.9%)
181	ŁEMPICKA Karolina	494		K1 16-29	41	00:00:47	00:35:34	01:12:13.25	01:13:00.70	+00:29:42 (41.1%)	7:13	8.3 (58.9%)
182	SIWIELA Katarzyna	726		K2 30-39	92	00:00:11	00:33:50	01:12:20.45	01:12:31.90	+00:29:49 (41.2%)	7:14	8.3 (58.9%)
183	PAGEL Kasia	372		K2 30-39	93	00:01:05	00:35:53	01:12:25.65	01:13:31.20	+00:29:54 (41.3%)	7:14	8.3 (58.9%)
184	PROKOCKA Asia	271		K2 30-39	94	00:01:05	00:35:53	01:12:25.75	01:13:30.95	+00:29:54 (41.3%)	7:14	8.3 (58.9%)
185	PIETKIEWICZ Anna	635		K2 30-39	95	00:00:27	00:35:17	01:12:26.75	01:12:54.00	+00:29:55 (41.3%)	7:14	8.3 (58.9%)
186	NIEMIERKO Magdalena	164	SKB DZIK	K3 40-49	43	00:00:23	00:34:28	01:12:30.25	01:12:53.60	+00:29:59 (41.4%)	7:15	8.3 (58.9%)
187	KLEPACZ Noemi	306		K1 16-29	42	00:00:06	00:32:12	01:12:30.40	01:12:36.50	+00:29:59 (41.4%)	7:15	8.3 (58.9%)
188	GOLEC Aneta	191	ZESPÓŁ NIESPOKOJNYCH NÓG	K3 40-49	44	00:00:57	00:35:19	01:12:32.20	01:13:30.15	+00:30:01 (41.4%)	7:15	8.3 (58.9%)
189	CZAJKOWSKA Diana	107	ZESPÓŁ NIESPOKOJNYCH NÓG	K2 30-39	96	00:00:57	00:35:19	01:12:32.80	01:13:30.35	+00:30:01 (41.4%)	7:15	8.3 (58.9%)
190	WIETRZYŃSKA Agnieszka	767		K1 16-29	43	00:00:08	00:34:24	01:12:47.30	01:12:55.65	+00:30:16 (41.6%)	7:16	8.2 (58.2%)
191	GUZOWSKA Iwona	136	KS UZNAM ŚWINOUJŚCIE	K4 50-59	7	00:00:51	00:36:01	01:12:51.65	01:13:42.90	+00:30:20 (41.6%)	7:17	8.2 (58.2%)
192	RAWA Donata	634	MGT	K3 40-49	45	00:00:47	00:34:15	01:12:58.50	01:13:46.35	+00:30:27 (41.7%)	7:17	8.2 (58.2%)
193	DOBACZEWSKA Ewa	490	EWA DOBACZEWSKA-WĄSEK	K3 40-49	46	00:00:47	00:34:15	01:12:58.70	01:13:46.20	+00:30:27 (41.7%)	7:17	8.2 (58.2%)
194	WALENT Marta	334	WIECZORNE BIEGANIE W SZCZECINIE	K1 16-29	44	00:00:40	00:34:50	01:13:14.40	01:13:54.55	+00:30:43 (42.0%)	7:19	8.2 (58.2%)
195	BZDAWKA Joanna	226		K3 40-49	47	00:00:50	00:37:07	01:13:26.55	01:14:17.35	+00:30:55 (42.1%)	7:20	8.2 (58.2%)
196	MOSKWA Martyna	768	GO SPORT	K1 16-29	45	00:00:08	00:36:44	01:13:33.30	01:13:41.45	+00:31:02 (42.2%)	7:21	8.2 (58.2%)
197	HRYNKIEWICZ-PAWŁASZEK Anna	297		K2 30-39	97	00:00:19	00:35:39	01:13:33.85	01:13:53.30	+00:31:02 (42.2%)	7:21	8.2 (58.2%)
198	JANKOWSKA Justyna	636	MRÓWECZKI	K2 30-39	98	00:00:37	00:35:37	01:13:34.40	01:14:12.25	+00:31:03 (42.2%)	7:21	8.2 (58.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
199	KAROL Monika	541		K1 16-29	46	00:00:37	00:35:53	01:13:34.90	01:14:12.55	+00:31:04 (42.2%)	7:21	8.2 (58.2%)
200	WOLNA Dorota	853		K2 30-39	99	00:00:21	00:35:59	01:13:37.00	01:13:58.80	+00:31:06 (42.2%)	7:21	8.2 (58.2%)
201	KACIUPA Agnieszka	355		K3 40-49	48	00:00:56	00:37:15	01:13:53.85	01:14:50.55	+00:31:22 (42.5%)	7:23	8.1 (57.4%)
202	STEMPNIAK Katarzyna	73	REBELS LEGION TEAM	K2 30-39	100	00:00:58	00:35:35	01:13:56.80	01:14:55.75	+00:31:25 (42.5%)	7:23	8.1 (57.4%)
203	SZULC Anna	612		K2 30-39	101	00:00:11	00:37:07	01:14:28.25	01:14:40.00	+00:31:57 (42.9%)	7:26	8.1 (57.4%)
204	PRABUCKA Weronika	252	UKL ÓSEMKA POLICE	K1 16-29	47	00:00:47	00:37:22	01:14:32.15	01:15:19.15	+00:32:01 (43.0%)	7:27	8.1 (57.4%)
205	MAJCHER Agata	135	PIŁA TEAM	K1 16-29	48	00:00:07	00:34:20	01:14:47.55	01:14:55.10	+00:32:16 (43.2%)	7:28	8 (56.7%)
206	SKWIERAWSKA Beata	624		K3 40-49	49	00:00:35	00:36:01	01:14:48.95	01:15:24.45	+00:32:18 (43.2%)	7:28	8 (56.7%)
207	WIECZOREK Małgorzata	620		K4 50-59	8	00:00:33	00:36:04	01:14:50.60	01:15:24.45	+00:32:19 (43.2%)	7:29	8 (56.7%)
208	MAZUR Mirosława	290		K5 60+	2	00:00:39	00:36:30	01:15:01.15	01:15:40.65	+00:32:30 (43.3%)	7:30	8 (56.7%)
209	CZEPIEL Jadwiga	854		K3 40-49	50	00:00:08	00:36:36	01:15:01.50	01:15:09.60	+00:32:30 (43.3%)	7:30	8 (56.7%)
210	WIELGUS-ULATOWSKA Joanna	111		K2 30-39	102	00:00:43	00:36:49	01:15:06.50	01:15:49.55	+00:32:35 (43.4%)	7:30	8 (56.7%)
211	NAJMARK Małgorzata	210	NORDIC POLICE	K3 40-49	51	00:00:48	00:37:36	01:15:20.00	01:16:08.95	+00:32:49 (43.6%)	7:32	8 (56.7%)
212	PUFF Agata	775	PANDA I BANDA	K2 30-39	103	00:01:04	00:37:01	01:15:25.60	01:16:29.85	+00:32:54 (43.6%)	7:32	8 (56.7%)
213	CYBULSKA Anna	448	PANDA I BANDA	K1 16-29	49	00:01:04	00:37:00	01:15:27.15	01:16:31.25	+00:32:56 (43.7%)	7:32	8 (56.7%)
214	BŁACHOWIAK Małgorzata	11		K4 50-59	9	00:00:58	00:37:10	01:15:32.80	01:16:31.45	+00:33:01 (43.7%)	7:33	7.9 (56.0%)
215	DOMASIK Izabela	16		K3 40-49	52	00:00:58	00:37:10	01:15:33.10	01:16:31.85	+00:33:02 (43.7%)	7:33	7.9 (56.0%)
216	PRABUCKA Karolina	841	UKL ÓSEMKA POLICE	K2 30-39	104	00:00:48	00:37:34	01:15:41.35	01:16:29.70	+00:33:10 (43.8%)	7:34	7.9 (56.0%)
217	HAJDUKIEWICZ Anna	674		K2 30-39	105	00:00:23	00:37:01	01:15:56.15	01:16:19.20	+00:33:25 (44.0%)	7:35	7.9 (56.0%)
218	DYDEK Dorota	498	CF PRAWY BRZEG	K4 50-59	10	00:00:20	00:36:11	01:16:05.35	01:16:25.85	+00:33:34 (44.1%)	7:36	7.9 (56.0%)
219	SZKAŁUBA Aleksandra	312		K1 16-29	50	00:00:57	00:37:47	01:16:18.05	01:17:15.40	+00:33:47 (44.3%)	7:37	7.9 (56.0%)
220	SŁUGOCKA Justyna	195		K1 16-29	51	00:00:56	00:37:48	01:16:18.70	01:17:15.35	+00:33:47 (44.3%)	7:37	7.9 (56.0%)
221	KOWNACKA Aleksandra	212	AT-TRZEBIATÓW	K2 30-39	106	00:00:45	00:35:32	01:16:33.05	01:17:18.70	+00:34:02 (44.5%)	7:39	7.8 (55.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
222	NOWAK Marta	273	STARGARDZKI KLUB MORSÓW MIEDIWANIE	K1 16-29	52	00:00:52	00:37:00	01:16:37.30	01:17:29.40	+00:34:06 (44.5%)	7:39	7.8 (55.3%)
223	GAJEK Zofia	95		K1 16-29	53	00:00:37	00:36:20	01:16:40.20	01:17:17.25	+00:34:09 (44.5%)	7:40	7.8 (55.3%)
224	MASAL Emilia	571		K2 30-39	107	00:01:08	00:36:07	01:16:42.55	01:17:50.90	+00:34:11 (44.6%)	7:40	7.8 (55.3%)
225	KWIATKOWSKA Sonia	183	MUD GOATS	K1 16-29	54	00:00:58	00:37:55	01:17:00.80	01:17:59.05	+00:34:29 (44.8%)	7:42	7.8 (55.3%)
226	SOSKA Joanna	282	MUD GOATS	K2 30-39	108	00:00:58	00:37:20	01:17:06.75	01:18:05.20	+00:34:35 (44.9%)	7:42	7.8 (55.3%)
227	MATUSZAK Kamila	513	MANGO GATKI TEAM	K1 16-29	55	00:00:46	00:37:39	01:17:08.65	01:17:55.30	+00:34:37 (44.9%)	7:42	7.8 (55.3%)
228	KĘDRA Małgorzata	468		K2 30-39	109	00:01:09	00:41:36	01:17:09.10	01:18:18.25	+00:34:38 (44.9%)	7:42	7.8 (55.3%)
229	BOGACKA Małgorzata	106		K2 30-39	110	00:00:24	00:36:47	01:17:11.60	01:17:35.65	+00:34:40 (44.9%)	7:43	7.8 (55.3%)
229	GÓRSKA Agnieszka	10		K3 40-49	53	00:00:49	00:37:42	01:17:11.60	01:18:01.25	+00:34:40 (44.9%)	7:43	7.8 (55.3%)
231	WOLANO Anna	36	CF PRAWY BRZEG	K2 30-39	111	00:00:20	00:36:02	01:17:14.55	01:17:35.40	+00:34:43 (45.0%)	7:43	7.8 (55.3%)
232	MICHALIK-CAŁY Kasia	596	KOBIECE BIEGANIE	K2 30-39	112	00:00:52	00:37:22	01:17:19.50	01:18:11.50	+00:34:48 (45.0%)	7:43	7.8 (55.3%)
233	WOŹNIAK Wiktoria	99	FIFNE PYRKI	K1 16-29	56	00:00:56	00:38:05	01:17:31.85	01:18:28.50	+00:35:00 (45.2%)	7:45	7.7 (54.6%)
234	WOŹNIAK Beata	55		K3 40-49	54	00:00:54	00:38:06	01:17:34.15	01:18:28.30	+00:35:03 (45.2%)	7:45	7.7 (54.6%)
235	ELBIŃSKA-KRAWCZUK Monika	280		K3 40-49	55	00:00:51	00:38:21	01:17:40.25	01:18:31.35	+00:35:09 (45.3%)	7:46	7.7 (54.6%)
236	OWCZARZ Krystyna	790		K3 40-49	56	00:00:32	00:36:51	01:18:06.35	01:18:38.40	+00:35:35 (45.6%)	7:48	7.7 (54.6%)
237	SOBOLEWSKA-SZWED Ewelina	811	MGT	K3 40-49	57	00:00:45	00:37:57	01:18:30.80	01:19:16.15	+00:35:59 (45.8%)	7:51	7.6 (53.9%)
238	ADRIAN-CZABORYK Monika	568	MANGO GATKI TEAM	K3 40-49	58	00:00:48	00:38:01	01:18:31.80	01:19:20.15	+00:36:00 (45.9%)	7:51	7.6 (53.9%)
239	MAJCHER Małgorzata	134	PIŁA TEAM	K3 40-49	59	00:00:07	00:37:17	01:19:02.10	01:19:09.95	+00:36:31 (46.2%)	7:54	7.6 (53.9%)
240	KRYSIAK Halina	848	WIECZORNE BIEGANIE W SZCZECINIE	K2 30-39	113	00:00:34	00:39:29	01:19:10.10	01:19:44.80	+00:36:39 (46.3%)	7:55	7.6 (53.9%)
241	KRUSZEWICZ Alina	946		K2 30-39	114	00:00:18	00:38:29	01:19:17.75	01:19:35.95	+00:36:46 (46.4%)	7:55	7.6 (53.9%)
242	SIELICKA Małgorzata	649		K3 40-49	60	00:00:37	00:37:50	01:19:23.90	01:20:01.25	+00:36:53 (46.5%)	7:56	7.6 (53.9%)
243	KACZMAREK Sylwia	293		K3 40-49	61	00:00:32	00:37:40	01:19:25.05	01:19:58.00	+00:36:54 (46.5%)	7:56	7.6 (53.9%)
244	ORLON Barbara	472	CALYPSO RUNNERS TEAM	K3 40-49	62	00:00:40	00:39:01	01:19:58.75	01:20:39.15	+00:37:27 (46.8%)	7:59	7.5 (53.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
245	PEDA Kamila	66		K2 30-39	115	00:00:24	00:39:09	01:20:21.05	01:20:45.85	+00:37:50 (47.1%)	8:02	7.5 (53.2%)
246	GRYTA Janina	22	BIEGACZE ŚWINOUJSKIE	K4 50-59	11	00:00:16	00:38:57	01:20:25.20	01:20:42.05	+00:37:54 (47.1%)	8:02	7.5 (53.2%)
247	MOLENDASabina	351		K2 30-39	116	00:00:31	00:38:50	01:20:32.80	01:21:04.20	+00:38:01 (47.2%)	8:03	7.4 (52.5%)
248	GRUNT Małgorzata	283	DZIKIE DZIKI GORZOW WLKP	K2 30-39	117	00:00:07	00:38:16	01:21:02.90	01:21:10.15	+00:38:32 (47.5%)	8:06	7.4 (52.5%)
249	PODSADA Edyta	27		K3 40-49	63	00:00:06	00:38:19	01:21:03.25	01:21:10.10	+00:38:32 (47.5%)	8:06	7.4 (52.5%)
250	KWIATKOWSKA Alicja	49	BIGYELLOWFOOT ADVENTURE TEAM	K2 30-39	118	00:01:03	00:39:01	01:22:35.50	01:23:38.95	+00:40:04 (48.5%)	8:15	7.3 (51.8%)
251	MOŹDŹEŃ Anna	672		K2 30-39	119	00:01:03	00:39:01	01:22:35.85	01:23:39.00	+00:40:04 (48.5%)	8:15	7.3 (51.8%)
252	MACHOWSKA Anna	837	VOCALIS SZCZECIN	K4 50-59	12	00:00:40	00:39:32	01:23:02.05	01:23:42.75	+00:40:31 (48.8%)	8:18	7.2 (51.1%)
253	MALEC Edyta	599	SKM MIEDWIANIE	K3 40-49	64	00:01:00	00:40:41	01:23:31.75	01:24:32.35	+00:41:00 (49.1%)	8:21	7.2 (51.1%)
254	JASIK Agnieszka	214		K3 40-49	65	00:00:49	00:39:04	01:23:53.65	01:24:43.25	+00:41:22 (49.3%)	8:23	7.2 (51.1%)
255	SOLECKA Anna	470		K2 30-39	120	00:01:09	00:41:50	01:23:54.60	01:25:04.05	+00:41:23 (49.3%)	8:23	7.1 (50.4%)
256	MAŻUL Dominika	400		K1 16-29	57	00:01:04	00:41:04	01:24:24.55	01:25:28.60	+00:41:53 (49.6%)	8:26	7.1 (50.4%)
257	KOSTYK Agnieszka	307		K2 30-39	121	00:00:49	00:39:23	01:24:28.00	01:25:17.90	+00:41:57 (49.7%)	8:26	7.1 (50.4%)
258	BABYSZKO Alicja	871		K2 30-39	122	00:01:04	00:41:29	01:25:16.65	01:26:21.30	+00:42:45 (50.1%)	8:31	7 (49.6%)
259	MASZCZYK Marta	229	MONIA GYM	K2 30-39	123	00:00:17	00:40:49	01:25:41.45	01:25:58.65	+00:43:10 (50.4%)	8:34	7 (49.6%)
260	BICHTA Katarzyna	776		K2 30-39	124	00:00:16	00:40:50	01:25:41.50	01:25:58.45	+00:43:10 (50.4%)	8:34	7 (49.6%)
261	ADAM Kamila	706	1983	K2 30-39	125	00:00:39	00:41:53	01:27:13.10	01:27:52.65	+00:44:42 (51.3%)	8:43	6.9 (48.9%)
262	LIŚKIEWICZ Kasia	289		K2 30-39	126	00:00:38	00:41:54	01:27:13.85	01:27:52.55	+00:44:42 (51.3%)	8:43	6.9 (48.9%)
263	KUŹMIŃSKA Weronika	3		K1 16-29	58	00:00:43	00:42:52	01:27:32.85	01:28:16.10	+00:45:01 (51.4%)	8:45	6.9 (48.9%)
264	MICHALSKI Karolina	851		K1 16-29	59	00:00:29	00:43:07	01:27:51.60	01:28:20.75	+00:45:20 (51.6%)	8:47	6.8 (48.2%)
265	GORYŃSKA Daria	48	PIĘKNI I BESTIE	K1 16-29	60	00:00:05	00:39:46	01:28:28.45	01:28:34.00	+00:45:57 (51.9%)	8:50	6.8 (48.2%)
266	KAROL Anna	85	WIECZORNE BIEGANIE W SZCZECINIE	K3 40-49	66	00:01:03	00:42:35	01:29:19.60	01:30:22.65	+00:46:48 (52.4%)	8:55	6.7 (47.5%)
267	HAŁAS Renata	485	SZYBCIEJ NIE MOGE	K3 40-49	67	00:01:03	00:42:35	01:29:19.70	01:30:22.95	+00:46:48 (52.4%)	8:55	6.7 (47.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
268	JIMENEZ Rebecca	602	OCR TEAM WLOCLAWEK	K1 16-29	61	00:00:27	00:44:11	01:29:38.15	01:30:05.90	+00:47:07 (52.6%)	8:57	6.7 (47.5%)
269	SMYKA Kamila	242		K2 30-39	127	00:00:30	00:43:44	01:30:39.25	01:31:09.40	+00:48:08 (53.1%)	9:03	6.6 (46.8%)
270	LIWUŚ-ŁAPIŃSKA Asia	269	WIECZORNE BIEGANIE W SZCZECINIE	K2 30-39	128	00:01:04	00:49:59	01:36:39.10	01:37:44.05	+00:54:08 (56.0%)	9:40	6.2 (44.0%)
	KUBICKA Karolina	509		K2 30-39		DNF	00:29:12 DNF	DNF	DNF		-	- (0.0%)
	KOŁCZ Monika	662	OPTIMA	K3 40-49		DNF	00:41:28 DNF	DNF	DNF		-	- (0.0%)
	JANICZAK Kasia	802		K2 30-39		DNF	01:38:53 DNF	DNF	DNF		-	- (0.0%)

Znaleziono 273 wynik(ów)