



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dziki Weekend 2018
Stowarzyszenie Klub Biegowy Dzik
2018-08-17
Police
5 km

VIII NOCNY BIEG SZLAKIEM DZIKA

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Open K

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	TAMBORSKA Agata	694	DZIK KOMANDO	Open K	1	00:00:19	00:22:32.45	00:22:51.70		4:30	13.3 (100%)
2	NIEMIRO Dominika	690	JAGODOWO-KALINOWY TEAM	Open K	2	00:00:04	00:22:39.60	00:22:44.40	+00:00:07 (0.5%)	4:32	13.2 (99.2%)
3	ZABOROWSKA Małgorzata	817	GRARUNNERS	Open K	3	00:00:08	00:22:40.05	00:22:48.75	+00:00:07 (0.6%)	4:32	13.2 (99.2%)
4	CZARNECKA Barbara	149		Open K	4	00:00:10	00:23:10.45	00:23:21.15	+00:00:38 (2.7%)	4:38	12.9 (97.0%)
5	ŚWIST Joanna	42	RUNNING QUEEN	Open K	5	00:00:09	00:23:28.65	00:23:38.05	+00:00:56 (4.0%)	4:41	12.8 (96.2%)
6	KRZACZKOWSKA Iwona	715	DZIKI WROCŁAW	Open K	6	00:00:01	00:23:38.80	00:23:40.55	+00:01:06 (4.7%)	4:43	12.7 (95.5%)
7	DYDEK Edyta	943	CF PRAWY BRZEG	Open K	7	00:00:01	00:23:39.05	00:23:40.55	+00:01:06 (4.7%)	4:43	12.7 (95.5%)
8	BOROWSKA Karolina	146	PUSZCZYK BUKOWY	Open K	8	00:00:06	00:23:48.25	00:23:55.20	+00:01:15 (5.3%)	4:45	12.6 (94.7%)
9	SOBOCIŃSKA Ewelina	745	15 GIŻYCKA BRYGADA ZMECHANIZOWANA	Open K	9	00:00:04	00:24:04.15	00:24:08.75	+00:01:31 (6.3%)	4:48	12.5 (94.0%)
10	KAMIŃSKA Ewelina	117	MUD GOATS	Open K	10	00:00:03	00:24:27.75	00:24:31.70	+00:01:55 (7.9%)	4:53	12.3 (92.5%)
11	MŁYNARCZYK Tatiana	61	HUSARIA RACE TEAM	Open K	11	00:00:03	00:24:31.65	00:24:35.00	+00:01:59 (8.1%)	4:54	12.2 (91.7%)
12	MATYSIAK Katarzyna	392		Open K	12	00:00:09	00:24:31.85	00:24:41.00	+00:01:59 (8.1%)	4:54	12.2 (91.7%)
13	SZYMAŃSKA Katarzyna	32	WIECZORNE BIEGANIE W SZCZECINIE	Open K	13	00:00:05	00:24:38.00	00:24:43.60	+00:02:05 (8.5%)	4:55	12.2 (91.7%)
14	WILK Agnieszka	618		Open K	14	00:00:25	00:24:54.35	00:25:20.00	+00:02:21 (9.5%)	4:59	12 (90.2%)
15	ŻUKOWSKA Natalia	770	JW 3605	Open K	15	00:00:07	00:24:58.80	00:25:06.55	+00:02:26 (9.8%)	4:59	12 (90.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	5km			
16	KWIATKOWSKA Aleksandra	96	WIECZORNE BIEGANIE W SZCZECINIE	Open K	16	00:00:04	00:25:02.65	00:25:07.45	+00:02:30 (10.0%)	5:00	12 (90.2%)
17	RYBARCZYK Ilona	74	HURAGAN - KOŁO BIEGA	Open K	17	00:00:08	00:25:06.90	00:25:15.20	+00:02:34 (10.2%)	5:01	11.9 (89.5%)
18	BLICHARSKA Marta	594		Open K	18	00:00:22	00:25:10.55	00:25:32.95	+00:02:38 (10.5%)	5:02	11.9 (89.5%)
19	MARZEC Karolina	441	DZIKIE DZIKI GORZÓW	Open K	19	00:00:12	00:25:25.85	00:25:38.20	+00:02:53 (11.4%)	5:05	11.8 (88.7%)
20	SCHERFENBERG Katarzyna	772		Open K	20	00:00:02	00:25:34.95	00:25:37.40	+00:03:02 (11.9%)	5:07	11.7 (88.0%)
21	PASIEKA Agnieszka	203	K.B.SPRINT ŚWIDWIN / 21.BLT	Open K	21	00:00:38	00:25:45.00	00:26:23.35	+00:03:12 (12.5%)	5:09	11.7 (88.0%)
22	BERNACKA-SZYDLIK Karolina	45		Open K	22	00:00:00	00:25:50.35	00:25:50.35	+00:03:17 (12.8%)	5:10	11.6 (87.2%)
23	NIKONOWICZ Ewa	464	15 GIŻYCKA BRYGADA ZMECHANIZOWANA	Open K	23	00:00:06	00:25:55.55	00:26:02.10	+00:03:23 (13.1%)	5:11	11.6 (87.2%)
24	CZYPICKA Marta	665		Open K	24	00:00:49	00:26:08.75	00:26:58.55	+00:03:36 (13.8%)	5:13	11.5 (86.5%)
25	MAJDAN-ADAMSKA Agnieszka	496		Open K	25	00:00:03	00:26:12.85	00:26:16.55	+00:03:40 (14.0%)	5:14	11.4 (85.7%)
26	ZYDEK Katarzyna	936		Open K	26	00:00:20	00:26:20.30	00:26:40.50	+00:03:47 (14.4%)	5:16	11.4 (85.7%)
27	NIKLAS Małgorzata	752	KSF NOWOGRÓDEK POMORSKI	Open K	27	00:00:45	00:26:27.60	00:27:13.40	+00:03:55 (14.8%)	5:17	11.3 (85.0%)
28	KIELER Aleksandra	652	DZIK KOMANDO	Open K	28	00:00:27	00:26:28.90	00:26:56.40	+00:03:56 (14.9%)	5:17	11.3 (85.0%)
29	GRABOWSKA Joanna	65	SPC	Open K	29	00:00:18	00:26:33.65	00:26:52.60	+00:04:01 (15.1%)	5:18	11.3 (85.0%)
30	STRĄK Izabela	221	WIECZORNE BIEGANIE W SZCZECINIE	Open K	30	00:00:06	00:26:35.35	00:26:41.55	+00:04:02 (15.2%)	5:19	11.3 (85.0%)
31	BRUSIŁOWICZ Dagmara	219	WIECZORNE BIEGANIE W SZCZECINIE	Open K	31	00:00:06	00:26:41.35	00:26:48.00	+00:04:08 (15.5%)	5:20	11.2 (84.2%)
32	JAROSŁAWSKA Sandra	680		Open K	32	00:00:05	00:26:42.90	00:26:48.65	+00:04:10 (15.6%)	5:20	11.2 (84.2%)
33	JURECZKO Agnieszka	461	DZIK KOMANDO	Open K	33	00:00:16	00:26:43.40	00:27:00.05	+00:04:10 (15.7%)	5:20	11.2 (84.2%)
34	RUDZKA Katarzyna	404	RUNNER SZCZECIN TEAM	Open K	34	00:00:09	00:26:46.25	00:26:55.50	+00:04:13 (15.8%)	5:21	11.2 (84.2%)
35	PTAK Patrycja	440	HUSARIA RACE TEAM	Open K	35	00:00:09	00:26:49.45	00:26:59.00	+00:04:17 (16.0%)	5:22	11.2 (84.2%)
36	GAJEK Patrycja	118		Open K	36	00:00:08	00:26:51.70	00:27:00.40	+00:04:19 (16.1%)	5:22	11.2 (84.2%)
37	ADAMCZEWSKA Agnieszka	657		Open K	37	00:00:32	00:27:02.05	00:27:34.90	+00:04:29 (16.6%)	5:24	11.1 (83.5%)
38	WOJCIECHOWSKA Paulina	255		Open K	38	00:00:08	00:27:02.95	00:27:11.55	+00:04:30 (16.7%)	5:24	11.1 (83.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	5km			
39	SZATANEK Ewa	891		Open K	39	00:00:52	00:27:08.85	00:28:01.10	+00:04:36 (17.0%)	5:25	11 (82.7%)
40	SZCZETYŃSKA Karolina	224	ZDRUN EXTREME	Open K	40	00:00:28	00:27:09.15	00:27:37.65	+00:04:36 (17.0%)	5:25	11 (82.7%)
41	DIKTA Ania	549	23. BAZA LOTNICTWA TAKTYCZNEGO	Open K	41	00:00:21	00:27:11.25	00:27:32.35	+00:04:38 (17.1%)	5:26	11 (82.7%)
42	SYCHEL Magdalena	779		Open K	42	00:00:10	00:27:11.35	00:27:22.15	+00:04:38 (17.1%)	5:26	11 (82.7%)
43	ROMAN Ewelina	791	MONIAGYM	Open K	43	00:00:07	00:27:16.30	00:27:24.20	+00:04:43 (17.3%)	5:27	11 (82.7%)
44	KOPKA Magdalena	56		Open K	44	00:00:53	00:27:19.55	00:28:12.60	+00:04:47 (17.5%)	5:27	11 (82.7%)
45	KUBICKA Karolina	509		Open K	45	00:00:29	00:27:29.75	00:27:59.25	+00:04:57 (18.0%)	5:30	10.9 (82.0%)
46	ŻUROWSKA Agnieszka	486		Open K	46	00:00:26	00:27:35.70	00:28:02.25	+00:05:03 (18.3%)	5:31	10.9 (82.0%)
47	PASŁAWSKA Magda	127		Open K	47	00:00:49	00:27:35.85	00:28:25.05	+00:05:03 (18.3%)	5:31	10.9 (82.0%)
48	NARLOCH Monika	383		Open K	48	00:00:13	00:27:40.00	00:27:53.15	+00:05:07 (18.5%)	5:32	10.8 (81.2%)
49	STROJNA-GRZYBOWSKA Marta	678	MAUPOLAND	Open K	49	00:01:10	00:27:40.20	00:28:50.80	+00:05:07 (18.5%)	5:32	10.8 (81.2%)
50	GRYGORCEWICZ Justyna	911		Open K	50	00:00:02	00:27:47.85	00:27:49.90	+00:05:15 (18.9%)	5:33	10.8 (81.2%)
51	SZCZUKO Diana	354		Open K	51	00:00:07	00:27:49.05	00:27:56.20	+00:05:16 (19.0%)	5:33	10.8 (81.2%)
52	WIKLAK Natalia	559		Open K	52	00:00:30	00:28:03.50	00:28:34.40	+00:05:31 (19.7%)	5:36	10.7 (80.5%)
53	PYŻANOWSKA Katarzyna	407		Open K	53	00:00:42	00:28:07.45	00:28:50.10	+00:05:35 (19.9%)	5:37	10.7 (80.5%)
54	GADOWSKA Paulina	827		Open K	54	00:00:40	00:28:11.55	00:28:52.00	+00:05:39 (20.0%)	5:38	10.6 (79.7%)
55	ZIMOŃ Urszula	696	DZIK KOMANDO	Open K	55	00:00:17	00:28:12.50	00:28:29.70	+00:05:40 (20.1%)	5:38	10.6 (79.7%)
56	STEFAŃCZYK Małgorzata	237		Open K	56	00:00:20	00:28:16.45	00:28:36.55	+00:05:44 (20.3%)	5:39	10.6 (79.7%)
57	ROSZAK Krystyna	902	GRYFUS SZCZECIN	Open K	57	00:00:25	00:28:16.55	00:28:42.20	+00:05:44 (20.3%)	5:39	10.6 (79.7%)
58	MURAWSKA Wioletta	505	KB DZIK POLICE	Open K	58	00:00:13	00:28:20.80	00:28:34.00	+00:05:48 (20.5%)	5:40	10.6 (79.7%)
59	ZAGROCKA Mirosława	310		Open K	59	00:00:41	00:28:21.60	00:29:03.00	+00:05:49 (20.5%)	5:40	10.6 (79.7%)
60	SZYMAŃSKA Jolanta	199		Open K	60	00:00:32	00:28:22.60	00:28:54.85	+00:05:50 (20.6%)	5:40	10.6 (79.7%)
61	JANKOWSKA Monika	830		Open K	61	00:00:32	00:28:29.55	00:29:02.10	+00:05:57 (20.9%)	5:42	10.5 (78.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
62	KNOT Martyna	30	PIĘKNI I BESTIE	Open K	62	00:00:39	00:28:34.30	00:29:14.00	+00:06:01 (21.1%)	5:43	10.5 (78.9%)
63	WOJCIECHOWSKA Maja	267		Open K	63	00:00:37	00:28:39.25	00:29:16.25	+00:06:06 (21.3%)	5:43	10.5 (78.9%)
64	JAKUBIAK Anna	910	RAZ	Open K	64	00:00:29	00:28:42.10	00:29:11.30	+00:06:09 (21.5%)	5:44	10.5 (78.9%)
65	HANDKE Justyna	785	XRUNNERS	Open K	65	00:00:03	00:28:45.60	00:28:49.30	+00:06:13 (21.6%)	5:45	10.4 (78.2%)
66	NICEWICZ Beata	313	ŻADEN	Open K	66	00:00:51	00:28:49.50	00:29:41.00	+00:06:17 (21.8%)	5:46	10.4 (78.2%)
67	PIETRASIK Anna	711		Open K	67	00:01:05	00:28:52.35	00:29:57.45	+00:06:19 (21.9%)	5:46	10.4 (78.2%)
68	NAGOT Sandra	428		Open K	68	00:00:24	00:28:53.60	00:29:18.45	+00:06:21 (22.0%)	5:46	10.4 (78.2%)
69	ŻAK Dominika	332	PUSZCZYK BUKOWY	Open K	69	00:00:10	00:28:55.05	00:29:05.80	+00:06:22 (22.1%)	5:47	10.4 (78.2%)
70	MAŁOCHA Klaudyna	113	GHETTO WORKOUT ŚWINOUJŚCIE	Open K	70	00:01:04	00:28:58.20	00:30:02.25	+00:06:25 (22.2%)	5:47	10.4 (78.2%)
71	ROSTRYGIN Katarzyna	33		Open K	71	00:00:18	00:29:03.95	00:29:22.05	+00:06:31 (22.4%)	5:48	10.3 (77.4%)
72	MATUSZEWSKA-LINKOWSKA Anita	647	SZCZECIŃSKI KLUB ROWEROWY GRYFUS	Open K	72	00:00:24	00:29:11.40	00:29:36.30	+00:06:38 (22.8%)	5:50	10.3 (77.4%)
73	GRZELIŃSKA Dorota	350	DZIK KOMANDO	Open K	73	00:00:18	00:29:14.65	00:29:32.90	+00:06:42 (22.9%)	5:50	10.3 (77.4%)
74	MURAWSKA Monika	245		Open K	74	00:00:47	00:29:14.70	00:30:02.05	+00:06:42 (22.9%)	5:51	10.3 (77.4%)
75	BĄCZYK Monika	154	1978	Open K	75	00:00:30	00:29:16.75	00:29:47.30	+00:06:44 (23.0%)	5:51	10.2 (76.7%)
76	WIATRAK Dominika	445		Open K	76	00:00:10	00:29:21.65	00:29:32.60	+00:06:49 (23.2%)	5:52	10.2 (76.7%)
77	LEBIEDZIŃSKA Angelika	77	NORDA ACTIVE TEAM	Open K	77	00:00:13	00:29:24.05	00:29:37.80	+00:06:51 (23.3%)	5:52	10.2 (76.7%)
78	LEWANDOWSKA Dorota	556	LOSZKI I WARCHLAKI	Open K	78	00:00:19	00:29:26.45	00:29:45.95	+00:06:54 (23.4%)	5:53	10.2 (76.7%)
79	SZCZUKO Marta	466	DRUŻYNA PIERŚCIENIA	Open K	79	00:00:07	00:29:26.60	00:29:34.35	+00:06:54 (23.4%)	5:53	10.2 (76.7%)
80	KOLEJ Monika	410	DZIKIE DZIKI	Open K	80	00:00:31	00:29:27.70	00:29:59.50	+00:06:55 (23.5%)	5:53	10.2 (76.7%)
81	PIOTROWSKA Monika	812	KONAN I JEGO WOJOWNICZKI	Open K	81	00:00:18	00:29:28.15	00:29:46.65	+00:06:55 (23.5%)	5:53	10.2 (76.7%)
82	JAROSŁAWSKA Jowita	681		Open K	82	00:00:05	00:29:33.35	00:29:39.15	+00:07:00 (23.7%)	5:54	10.1 (75.9%)
83	KĘCZKOWSKA Agnieszka	158		Open K	83	00:00:09	00:29:34.40	00:29:43.40	+00:07:01 (23.8%)	5:54	10.1 (75.9%)
84	DĄBROWSKA Iza	1	MUD GOATS	Open K	84	00:00:04	00:29:35.15	00:29:39.95	+00:07:02 (23.8%)	5:55	10.1 (75.9%)

							Czas netto 5km	Czas brutto 5km			
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85	BRZESKA Ewa	259	WIECZORNE BIEGANIE W SZCZECINIE	Open K	85	00:00:10	00:29:38.80	00:29:49.75	+00:07:06 (24.0%)	5:55	10.1 (75.9%)
86	BUDNA Anna	913		Open K	86	00:00:49	00:29:43.75	00:30:32.95	+00:07:11 (24.2%)	5:56	10.1 (75.9%)
87	MICHALIK-CAŁY Kasia	596	KOBIECE BIEGANIE	Open K	87	00:00:46	00:29:43.95	00:30:30.20	+00:07:11 (24.2%)	5:56	10.1 (75.9%)
88	BIAŁKOWSKA Katarzyna	112	WIECZORNE BIEGANIE	Open K	88	00:00:45	00:29:44.70	00:30:29.90	+00:07:12 (24.2%)	5:56	10.1 (75.9%)
89	CZERWIŃSKA Agnieszka	639		Open K	89	00:00:52	00:30:11.80	00:31:04.65	+00:07:39 (25.4%)	6:02	9.9 (74.4%)
90	WOJSZCZYK Marlena	645	TRYTON BIKE TEAM	Open K	90	00:00:59	00:30:12.40	00:31:11.95	+00:07:39 (25.4%)	6:02	9.9 (74.4%)
91	MADOŃ Magdalena	927		Open K	91	00:00:29	00:30:12.80	00:30:42.40	+00:07:40 (25.4%)	6:02	9.9 (74.4%)
92	NOWAK Monika	380		Open K	92	00:01:09	00:30:14.05	00:31:23.80	+00:07:41 (25.4%)	6:02	9.9 (74.4%)
93	NOWAK Sandra	379		Open K	93	00:01:10	00:30:14.70	00:31:24.70	+00:07:42 (25.5%)	6:02	9.9 (74.4%)
94	KOCZOCIK Natalia	818	IZERSKA GRUPA BIEGOWA	Open K	94	00:00:47	00:30:15.75	00:31:03.25	+00:07:43 (25.5%)	6:03	9.9 (74.4%)
95	ZGRAJA Katarzyna	189		Open K	95	00:00:57	00:30:18.95	00:31:16.25	+00:07:46 (25.6%)	6:03	9.9 (74.4%)
96	JACHIRA Klaudia	373	TRENER24H.COM.PL	Open K	96	00:00:03	00:30:31.10	00:30:34.35	+00:07:58 (26.1%)	6:06	9.8 (73.7%)
97	JAKUBOWSKA Dorota	530	23.BAZA LOTNICTWA TAKTYCZNEGO	Open K	97	00:00:24	00:30:33.00	00:30:57.20	+00:08:00 (26.2%)	6:06	9.8 (73.7%)
98	JAKUBOWSKA Aneta	528	DZIKUŚ	Open K	98	00:00:23	00:30:33.35	00:30:56.60	+00:08:00 (26.2%)	6:06	9.8 (73.7%)
99	SIWIELA Katarzyna	726		Open K	99	00:00:21	00:30:49.15	00:31:10.35	+00:08:16 (26.9%)	6:09	9.7 (72.9%)
100	BASZURO Magdalena	64		Open K	100	00:00:44	00:30:51.70	00:31:36.30	+00:08:19 (27.0%)	6:10	9.7 (72.9%)
101	WITKOWSKA Kamila	424		Open K	101	00:00:16	00:30:58.15	00:31:14.30	+00:08:25 (27.2%)	6:11	9.7 (72.9%)
102	KRĘŻEL Agata	609		Open K	102	00:00:37	00:31:04.85	00:31:42.00	+00:08:32 (27.5%)	6:13	9.7 (72.9%)
103	ŻYWICKA Barbara	8		Open K	103	00:01:01	00:31:05.25	00:32:06.75	+00:08:32 (27.5%)	6:13	9.7 (72.9%)
104	LEONOWICZ Martyna	359		Open K	104	00:00:43	00:31:10.40	00:31:54.15	+00:08:37 (27.7%)	6:14	9.6 (72.2%)
105	DUDA-RELIGA Ewelina	326	OZKB	Open K	105	00:00:07	00:31:12.75	00:31:20.00	+00:08:40 (27.8%)	6:14	9.6 (72.2%)
106	ISKRA Angelika	484		Open K	106	00:00:34	00:31:13.25	00:31:47.45	+00:08:40 (27.8%)	6:14	9.6 (72.2%)
107	PAWLAK Milena	565		Open K	107	00:01:09	00:31:13.85	00:32:22.95	+00:08:41 (27.8%)	6:14	9.6 (72.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	5km			
108	ZAMOŻNY Anna	801		Open K	108	00:00:14	00:31:16.35	00:31:31.25	+00:08:43 (27.9%)	6:15	9.6 (72.2%)
109	BIADACZ-LISOWSKA Katarzyna	211		Open K	109	00:00:35	00:31:23.30	00:31:59.20	+00:08:50 (28.2%)	6:16	9.6 (72.2%)
110	BIAŁASIK Maria	88		Open K	110	00:01:06	00:31:23.55	00:32:29.70	+00:08:51 (28.2%)	6:16	9.6 (72.2%)
111	DOBACZEWSKA Ewa	490	EWA DOBACZEWSKA-WĄSEK	Open K	111	00:01:11	00:31:25.55	00:32:36.85	+00:08:53 (28.3%)	6:17	9.5 (71.4%)
112	SZULC Helena	764	SMT SZCZECIN	Open K	112	00:01:02	00:31:29.90	00:32:32.10	+00:08:57 (28.4%)	6:18	9.5 (71.4%)
113	SZWARC Ewa	705		Open K	113	00:00:19	00:31:34.15	00:31:53.85	+00:09:01 (28.6%)	6:18	9.5 (71.4%)
114	MISIAK Dorota	120	BYLEBY DO PRZODU	Open K	114	00:00:47	00:31:34.65	00:32:21.70	+00:09:02 (28.6%)	6:18	9.5 (71.4%)
115	KLEPACZ Noemi	306		Open K	115	00:00:04	00:31:37.50	00:31:42.00	+00:09:05 (28.7%)	6:19	9.5 (71.4%)
116	CHACHURSKA Daria	137	DZIK KOMANDO	Open K	116	00:00:20	00:31:38.15	00:31:58.75	+00:09:05 (28.7%)	6:19	9.5 (71.4%)
117	JAKUBOWSKA Anna	808		Open K	117	00:00:15	00:31:43.10	00:31:58.20	+00:09:10 (28.9%)	6:20	9.5 (71.4%)
118	MIKICIUK Natalia	228	HUSARIA RACE TEAM	Open K	118	00:01:00	00:31:50.15	00:32:50.25	+00:09:17 (29.2%)	6:22	9.4 (70.7%)
119	SZAL Marzena	474	IZERSKA GRUPA BIEGOWA	Open K	119	00:00:47	00:31:50.50	00:32:38.15	+00:09:18 (29.2%)	6:22	9.4 (70.7%)
120	LAL Monika	292	RUNGRYF	Open K	120	00:00:58	00:31:53.00	00:32:51.70	+00:09:20 (29.3%)	6:22	9.4 (70.7%)
121	BROCZKOWSKA Żaneta	708		Open K	121	00:00:17	00:31:55.20	00:32:13.00	+00:09:22 (29.4%)	6:23	9.4 (70.7%)
122	PYREK Iwona	81		Open K	122	00:00:36	00:31:56.40	00:32:32.75	+00:09:23 (29.4%)	6:23	9.4 (70.7%)
123	ŚWIETLIK Alicja	177		Open K	123	00:00:57	00:32:00.00	00:32:57.30	+00:09:27 (29.6%)	6:24	9.4 (70.7%)
124	ROGAŁA Magda	31	WKURW_TEAM NOWOGARD	Open K	124	00:00:30	00:32:02.55	00:32:33.10	+00:09:30 (29.7%)	6:24	9.4 (70.7%)
125	JEZIOREK Agnieszka	253		Open K	125	00:00:32	00:32:02.60	00:32:35.45	+00:09:30 (29.7%)	6:24	9.4 (70.7%)
126	UZDOWSKA Marta	692	OCR TEAM WŁOCŁAWEK	Open K	126	00:00:08	00:32:08.60	00:32:16.85	+00:09:36 (29.9%)	6:25	9.3 (69.9%)
127	ZAKRZEWSKA Sylwia	452	FSD RUN DREZDENKO	Open K	127	00:00:38	00:32:13.35	00:32:51.40	+00:09:40 (30.0%)	6:26	9.3 (69.9%)
128	JUSINSKA Anna	124		Open K	128	00:00:37	00:32:20.10	00:32:57.80	+00:09:47 (30.3%)	6:28	9.3 (69.9%)
129	CHROBOCIŃSKA Elżbieta	141		Open K	129	00:00:28	00:32:28.45	00:32:56.70	+00:09:56 (30.6%)	6:29	9.2 (69.2%)
130	BARSZCZEWSKA Małgorzata	231		Open K	130	00:00:46	00:32:35.90	00:33:22.50	+00:10:03 (30.9%)	6:31	9.2 (69.2%)

						Czas netto 5km	Czas brutto 5km			Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu		Różn			
131	JAMRÓZ Monika	626		Open K	131	00:00:33	00:32:37.00	00:33:10.35	+00:10:04 (30.9%)	6:31	9.2 (69.2%)
132	KOWNACKA Aleksandra	212	AT-TRZEBIATÓW	Open K	132	00:00:36	00:32:38.40	00:33:14.90	+00:10:05 (30.9%)	6:31	9.2 (69.2%)
133	GRALEWICZ Magdalena	7	MUROWANE MORSY	Open K	133	00:01:15	00:32:42.75	00:33:57.80	+00:10:10 (31.1%)	6:32	9.2 (69.2%)
134	KUPIŃSKA Marta	50		Open K	134	00:00:52	00:32:43.95	00:33:36.35	+00:10:11 (31.1%)	6:32	9.2 (69.2%)
135	WOŹNIAK Beata	55		Open K	135	00:01:13	00:32:44.15	00:33:57.80	+00:10:11 (31.1%)	6:32	9.2 (69.2%)
136	MOSKWA Martyna	768	GO SPORT	Open K	136	00:00:43	00:32:47.30	00:33:31.20	+00:10:14 (31.3%)	6:33	9.1 (68.4%)
137	WIETRZYŃSKA Agnieszka	767		Open K	137	00:00:44	00:32:47.90	00:33:32.10	+00:10:15 (31.3%)	6:33	9.1 (68.4%)
138	MORAWSKA Agnieszka	562		Open K	138	00:00:30	00:32:48.00	00:33:18.35	+00:10:15 (31.3%)	6:33	9.1 (68.4%)
139	SOCHA Joanna	831		Open K	139	00:00:13	00:32:48.05	00:33:01.10	+00:10:15 (31.3%)	6:33	9.1 (68.4%)
140	MISTAK Paula	258		Open K	140	00:00:37	00:32:51.95	00:33:29.25	+00:10:19 (31.4%)	6:34	9.1 (68.4%)
141	SOKOŁOWSKA Agnieszka	23	DALEKO JESZCZE	Open K	141	00:00:29	00:32:54.50	00:33:24.20	+00:10:22 (31.5%)	6:35	9.1 (68.4%)
142	STRZELECKA Małgorzata	337	SAILING TEAM FERAJNA	Open K	142	00:00:58	00:32:58.55	00:33:57.10	+00:10:26 (31.6%)	6:35	9.1 (68.4%)
143	BZDAWKA Joanna	226		Open K	143	00:00:45	00:33:00.85	00:33:46.65	+00:10:28 (31.7%)	6:36	9.1 (68.4%)
144	POSZUMSKA Gabriela	535		Open K	144	00:01:13	00:33:01.75	00:34:15.70	+00:10:29 (31.8%)	6:36	9.1 (68.4%)
145	SOWISZ Danuta	300	SOWISZ TEAM	Open K	145	00:00:51	00:33:10.75	00:34:01.95	+00:10:38 (32.1%)	6:38	9 (67.7%)
146	MICHALSKA Magdalena	145		Open K	146	00:00:55	00:33:12.00	00:34:07.45	+00:10:39 (32.1%)	6:38	9 (67.7%)
147	DUTKIEWICZ Urszula	6	WATAHA	Open K	147	00:00:15	00:33:12.80	00:33:28.65	+00:10:40 (32.1%)	6:38	9 (67.7%)
148	RAWA Donata	634	MGT	Open K	148	00:01:12	00:33:18.00	00:34:30.20	+00:10:45 (32.3%)	6:39	9 (67.7%)
149	MATUSZAK Anita	512	MANGO GATKI TEAM	Open K	149	00:01:12	00:33:18.70	00:34:31.50	+00:10:46 (32.3%)	6:39	9 (67.7%)
150	PRZYBYSZ Katarzyna	89		Open K	150	00:00:49	00:33:20.80	00:34:10.35	+00:10:48 (32.4%)	6:40	9 (67.7%)
151	BARTNICKA Beata	227	HUSARIA RACE TEAM	Open K	151	00:00:59	00:33:23.10	00:34:22.55	+00:10:50 (32.5%)	6:40	9 (67.7%)
152	PRENDECKA Sylwia	34		Open K	152	00:00:28	00:33:25.60	00:33:53.75	+00:10:53 (32.6%)	6:41	9 (67.7%)
153	BAGIŃSKA Laura	366		Open K	153	00:00:14	00:33:25.80	00:33:39.80	+00:10:53 (32.6%)	6:41	9 (67.7%)

						Czas netto 5km	Czas brutto 5km			Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu		Różn			
154	PUPEK Małgorzata	173		Open K	154	00:00:33	00:33:30.40	00:34:04.30	+00:10:57 (32.7%)	6:42	9 (67.7%)
155	STACH Sara	266	KOŚCIAN TEAM	Open K	155	00:01:06	00:33:32.10	00:34:39.00	+00:10:59 (32.8%)	6:42	8.9 (66.9%)
156	PAPLEWSKA Anna	578		Open K	156	00:00:44	00:33:34.05	00:34:18.05	+00:11:01 (32.8%)	6:42	8.9 (66.9%)
157	SŁUGOCKA Justyna	195		Open K	157	00:00:15	00:33:35.25	00:33:51.10	+00:11:02 (32.9%)	6:43	8.9 (66.9%)
158	SZKAŁUBA Aleksandra	312		Open K	158	00:00:15	00:33:35.75	00:33:50.95	+00:11:03 (32.9%)	6:43	8.9 (66.9%)
159	CHMIELEWSKA Katarzyna	721		Open K	159	00:01:09	00:33:36.60	00:34:45.65	+00:11:04 (32.9%)	6:43	8.9 (66.9%)
160	STACHOWICZ-HAWRYLAK Sylwia	155		Open K	160	00:00:33	00:33:40.30	00:34:13.45	+00:11:07 (33.1%)	6:44	8.9 (66.9%)
161	KOLASA Agnieszka	522		Open K	161	00:00:32	00:33:48.05	00:34:20.40	+00:11:15 (33.3%)	6:45	8.9 (66.9%)
162	ŚLIWIŃSKA Justyna	547		Open K	162	00:00:54	00:33:54.00	00:34:48.70	+00:11:21 (33.5%)	6:46	8.8 (66.2%)
163	CHUDYNKA Paulina	761	KOBIECE BIEGANIE	Open K	163	00:00:47	00:33:56.00	00:34:43.85	+00:11:23 (33.6%)	6:47	8.8 (66.2%)
164	ŚLUSARZ Iwona	52		Open K	164	00:01:04	00:33:58.70	00:35:02.85	+00:11:26 (33.7%)	6:47	8.8 (66.2%)
165	HRYNKIEWICZ-PAWŁASZEK Anna	297		Open K	165	00:00:49	00:33:58.75	00:34:47.95	+00:11:26 (33.7%)	6:47	8.8 (66.2%)
166	DROZDEK Joanna	324	KOMPAS TEAM	Open K	166	00:00:15	00:34:01.95	00:34:17.30	+00:11:29 (33.8%)	6:48	8.8 (66.2%)
167	WIERZBA Ewa	640	KOBIECE BIEGANIE	Open K	167	00:00:48	00:34:02.70	00:34:51.00	+00:11:30 (33.8%)	6:48	8.8 (66.2%)
168	ROGOWSKA Agnieszka	730	PIĘKNI I BESTIE	Open K	168	00:00:42	00:34:05.15	00:34:48.00	+00:11:32 (33.9%)	6:49	8.8 (66.2%)
169	JÓZEFOWICZ Anna	87		Open K	169	00:00:42	00:34:06.75	00:34:49.35	+00:11:34 (33.9%)	6:49	8.8 (66.2%)
170	JAKUBCZYK Paulina	820	KONAN I JEGO WOJOWINICZKI	Open K	170	00:00:20	00:34:07.25	00:34:27.50	+00:11:34 (33.9%)	6:49	8.8 (66.2%)
171	KOBUS Natalia	587	OCR TEAM WŁOCŁAWEK	Open K	171	00:00:40	00:34:07.90	00:34:48.70	+00:11:35 (34.0%)	6:49	8.8 (66.2%)
172	CHOYNACKA-SAŃKA Alicja	544		Open K	172	00:00:22	00:34:08.90	00:34:31.00	+00:11:36 (34.0%)	6:49	8.8 (66.2%)
173	ŁEMPKOWSKA Beata	703	DLL PARTNERS	Open K	173	00:00:53	00:34:14.60	00:35:07.75	+00:11:42 (34.2%)	6:50	8.8 (66.2%)
174	KAMIŃSKA Adriana	684	BBL POLICE	Open K	174	00:00:52	00:34:15.25	00:35:07.80	+00:11:42 (34.2%)	6:51	8.8 (66.2%)
175	ULASS Agnieszka	101		Open K	175	00:00:50	00:34:18.00	00:35:08.50	+00:11:45 (34.3%)	6:51	8.7 (65.4%)
175	KUKUROWSKA Sylwia	754	DLL PARTNERS	Open K	176	00:00:52	00:34:18.00	00:35:10.45	+00:11:45 (34.3%)	6:51	8.7 (65.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
177	BUBLIENKO Jana	743		Open K	177	00:00:59	00:34:18.30	00:35:18.10	+00:11:45 (34.3%)	6:51	8.7 (65.4%)
178	MICHALCZYK Katarzyna	130	FERTISTAV PL	Open K	178	00:01:30	00:34:18.50	00:35:49.00	+00:11:46 (34.3%)	6:51	8.7 (65.4%)
179	WALENT Marta	334	WIECZORNE BIEGANIE W SZCZECINIE	Open K	179	00:01:05	00:34:22.90	00:35:28.60	+00:11:50 (34.4%)	6:52	8.7 (65.4%)
180	KOMOSA Agnieszka	386		Open K	180	00:00:50	00:34:26.60	00:35:17.45	+00:11:54 (34.6%)	6:53	8.7 (65.4%)
181	MAŁYSA Marta	888		Open K	181	00:00:50	00:34:27.30	00:35:17.60	+00:11:54 (34.6%)	6:53	8.7 (65.4%)
182	CZAJKOWSKA Diana	107	ZESPÓŁ NIESPOKOJNYCH NÓG	Open K	182	00:00:58	00:34:29.70	00:35:28.65	+00:11:57 (34.7%)	6:54	8.7 (65.4%)
183	GOLEC Aneta	191	ZESPÓŁ NIESPOKOJNYCH NÓG	Open K	183	00:00:58	00:34:30.90	00:35:29.75	+00:11:58 (34.7%)	6:54	8.7 (65.4%)
184	KNIOŁA Agnieszka	46	PIŁA TEAM	Open K	184	00:00:13	00:34:31.90	00:34:45.05	+00:11:59 (34.7%)	6:54	8.7 (65.4%)
185	RESLER Joanna	789		Open K	185	00:00:30	00:34:32.85	00:35:03.40	+00:12:00 (34.8%)	6:54	8.7 (65.4%)
186	ŁEMPICKA Karolina	494		Open K	186	00:01:01	00:34:35.25	00:35:36.80	+00:12:02 (34.8%)	6:55	8.7 (65.4%)
187	BEDNARZ Katarzyna	24		Open K	187	00:00:51	00:34:38.40	00:35:29.40	+00:12:05 (34.9%)	6:55	8.7 (65.4%)
188	PIETKIEWICZ Anna	635		Open K	188	00:00:46	00:34:40.10	00:35:26.10	+00:12:07 (35.0%)	6:56	8.7 (65.4%)
189	MYTYCH Ilona	781		Open K	189	00:00:48	00:34:40.75	00:35:28.90	+00:12:08 (35.0%)	6:56	8.7 (65.4%)
190	KACIUPA Agnieszka	355		Open K	190	00:00:54	00:34:51.15	00:35:45.65	+00:12:18 (35.3%)	6:58	8.6 (64.7%)
191	PRABUCKA Weronika	252	UKŁ ÓSEMKA POLICE	Open K	191	00:00:21	00:34:53.60	00:35:15.30	+00:12:21 (35.4%)	6:58	8.6 (64.7%)
192	PASZKIEWICZ Anna	333	DZIK Z PUSZCZY	Open K	192	00:00:54	00:34:54.35	00:35:48.70	+00:12:21 (35.4%)	6:58	8.6 (64.7%)
193	POHLID-DODA Anna	37	MRA SUSZ	Open K	193	00:01:20	00:34:54.85	00:36:15.30	+00:12:22 (35.4%)	6:59	8.6 (64.7%)
194	DRZEWIECKA Agnieszka	57	BIEGACZE ŚWINOUJŚCIE	Open K	194	00:01:02	00:35:10.65	00:36:13.60	+00:12:38 (35.9%)	7:02	8.5 (63.9%)
195	NIEWIADOMSKA Kamila	809	ZS ZWYROLE	Open K	195	00:00:51	00:35:14.75	00:36:06.10	+00:12:42 (36.0%)	7:03	8.5 (63.9%)
196	DZIECIOL Alina	264		Open K	196	00:01:08	00:35:22.10	00:36:30.85	+00:12:49 (36.3%)	7:04	8.5 (63.9%)
197	ŁUKASIEWICZ-WESELAK Justyna	695		Open K	197	00:01:04	00:35:22.90	00:36:27.50	+00:12:50 (36.3%)	7:04	8.5 (63.9%)
198	WIELGUS-ULATOWSKA Joanna	111		Open K	198	00:01:19	00:35:23.30	00:36:42.30	+00:12:50 (36.3%)	7:04	8.5 (63.9%)
199	CZAPLIŃSKA Magdalena	241		Open K	199	00:00:49	00:35:29.05	00:36:18.05	+00:12:56 (36.5%)	7:05	8.5 (63.9%)

						Czas netto 5km	Czas brutto 5km			Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu		Różn			
200	KAROL Monika	541		Open K	200	00:00:20	00:35:29.60	00:35:50.00	+00:12:57 (36.5%)	7:06	8.5 (63.9%)
201	POBIEDZIŃSKA Magdalena	941		Open K	201	00:01:02	00:35:30.60	00:36:33.05	+00:12:58 (36.5%)	7:06	8.4 (63.2%)
202	PIETRUCZUK Agata	446		Open K	202	00:01:03	00:35:30.65	00:36:33.65	+00:12:58 (36.5%)	7:06	8.5 (63.9%)
203	KAROL Agnieszka	501	LOSZKI I WARCHLAKI	Open K	203	00:00:18	00:35:31.40	00:35:50.35	+00:12:58 (36.5%)	7:06	8.4 (63.2%)
204	ZIARKIEWICZ Aneta	265		Open K	204	00:01:07	00:35:31.45	00:36:39.40	+00:12:59 (36.5%)	7:06	8.4 (63.2%)
205	MAŻUL Dominika	400		Open K	205	00:01:06	00:35:33.50	00:36:40.30	+00:13:01 (36.6%)	7:06	8.4 (63.2%)
206	MASAL Emilia	571		Open K	206	00:01:16	00:35:37.45	00:36:54.25	+00:13:05 (36.7%)	7:07	8.4 (63.2%)
207	WOSZCZYK Renata	367	WIECZORNE BIEGANIE W SZCZECINIE	Open K	207	00:00:38	00:35:38.65	00:36:17.45	+00:13:06 (36.8%)	7:07	8.4 (63.2%)
208	STAŃKO Agnieszka	643	STARGARD JA SIĘ NIE ŚCIGAM	Open K	208	00:00:20	00:35:39.80	00:36:00.55	+00:13:07 (36.8%)	7:08	8.4 (63.2%)
209	HAŁACZKIEWICZ Zuzanna	736		Open K	209	00:00:56	00:35:40.30	00:36:36.65	+00:13:07 (36.8%)	7:08	8.4 (63.2%)
210	JÓŻWICKA Aneta	368	WIECZORNE BIEGANIE W SZCZECINIE	Open K	210	00:00:39	00:35:41.35	00:36:20.45	+00:13:08 (36.8%)	7:08	8.4 (63.2%)
211	PAŁASZ Karolina	497		Open K	211	00:00:22	00:35:41.95	00:36:04.55	+00:13:09 (36.9%)	7:08	8.4 (63.2%)
212	WOŁCZAK Iwona	414		Open K	212	00:00:59	00:35:43.15	00:36:43.05	+00:13:10 (36.9%)	7:08	8.4 (63.2%)
213	SZULC Anna	612		Open K	213	00:00:23	00:35:43.45	00:36:06.45	+00:13:11 (36.9%)	7:08	8.4 (63.2%)
214	WIŚNIEWSKA Monika	646	STARGARDZKI KLUB MORSÓW MIEDWIANIE	Open K	214	00:01:18	00:35:49.60	00:37:07.90	+00:13:17 (37.1%)	7:09	8.4 (63.2%)
215	NOWAK Marta	273	STARGARDZKI KLUB MORSÓW MIEDIWANIE	Open K	215	00:01:18	00:35:50.90	00:37:08.95	+00:13:18 (37.1%)	7:10	8.4 (63.2%)
216	MAZUR Mirosława	290		Open K	216	00:00:38	00:35:53.70	00:36:31.95	+00:13:21 (37.2%)	7:10	8.4 (63.2%)
217	RUTKOWSKA Justyna	518	SKB DZIK	Open K	217	00:00:55	00:35:54.40	00:36:50.00	+00:13:21 (37.2%)	7:11	8.4 (63.2%)
218	CYBULSKA Anna	448	PANDA I BANDA	Open K	218	00:01:26	00:35:55.25	00:37:21.80	+00:13:22 (37.2%)	7:11	8.4 (63.2%)
219	NIEMIERKO Magdalena	164	SKB DZIK	Open K	219	00:01:08	00:35:59.65	00:37:07.85	+00:13:27 (37.4%)	7:11	8.3 (62.4%)
220	LIPIŃSKA Sylwia	110		Open K	220	00:01:06	00:36:01.30	00:37:07.30	+00:13:28 (37.4%)	7:12	8.3 (62.4%)
221	WIELGOSZEWSKA Olga	458		Open K	221	00:01:08	00:36:03.00	00:37:11.00	+00:13:30 (37.5%)	7:12	8.3 (62.4%)
222	DYDEK Dorota	498	CF PRAWY BRZEG	Open K	222	00:00:02	00:36:09.55	00:36:11.90	+00:13:37 (37.7%)	7:13	8.3 (62.4%)

							Czas netto 5km	Czas brutto 5km		Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu			Różn		
223	STEMPNIAK Katarzyna	73	REBELS LEGION TEAM	Open K	223	00:01:16	00:36:12.05	00:37:28.45	+00:13:39 (37.7%)	7:14	8.3 (62.4%)
224	BĘGOWSKA Anna	186		Open K	224	00:01:06	00:36:17.90	00:37:24.20	+00:13:45 (37.9%)	7:15	8.3 (62.4%)
225	GĘBICKA Agata	628	STARGARD JA SIĘ NIE ŚCIGAM !	Open K	225	00:01:12	00:36:27.20	00:37:39.30	+00:13:54 (38.2%)	7:17	8.2 (61.7%)
226	NOWAK Irena	417		Open K	226	00:00:59	00:36:27.45	00:37:27.00	+00:13:55 (38.2%)	7:17	8.2 (61.7%)
227	WOJCIECHOWSKA Wioletta	699	STARGARD JA SIĘ NIE ŚCIGAM	Open K	227	00:01:11	00:36:27.50	00:37:39.15	+00:13:55 (38.2%)	7:17	8.2 (61.7%)
228	TOMICZAK Marta	322		Open K	228	00:00:42	00:36:28.30	00:37:10.30	+00:13:55 (38.2%)	7:17	8.2 (61.7%)
229	SKOWYRA Wioletta	421	RUNGRYF GRYFICE	Open K	229	00:00:58	00:36:28.85	00:37:27.10	+00:13:56 (38.2%)	7:17	8.2 (61.7%)
230	MOLENDASabina	351		Open K	230	00:00:57	00:36:34.05	00:37:31.85	+00:14:01 (38.4%)	7:18	8.2 (61.7%)
231	GUMOWSKA Karolina	344		Open K	231	00:00:57	00:36:34.20	00:37:31.95	+00:14:01 (38.4%)	7:18	8.2 (61.7%)
232	SKWIERAWSKA Beata	624		Open K	232	00:01:08	00:36:36.60	00:37:45.10	+00:14:04 (38.4%)	7:19	8.2 (61.7%)
233	PAGEL Kasia	372		Open K	233	00:01:19	00:36:37.15	00:37:57.05	+00:14:04 (38.4%)	7:19	8.2 (61.7%)
234	WIECZOREK Małgorzata	620		Open K	234	00:01:07	00:36:37.20	00:37:44.90	+00:14:04 (38.4%)	7:19	8.2 (61.7%)
235	PROKOCKA Asia	271		Open K	235	00:01:19	00:36:37.30	00:37:56.90	+00:14:04 (38.4%)	7:19	8.2 (61.7%)
236	GAJEK Anna	94		Open K	236	00:00:34	00:36:37.50	00:37:12.40	+00:14:05 (38.5%)	7:19	8.2 (61.7%)
236	PUFF Agata	775	PANDA I BANDA	Open K	237	00:01:26	00:36:37.50	00:38:04.40	+00:14:05 (38.5%)	7:19	8.2 (61.7%)
238	OWCZARZ Krystyna	790		Open K	238	00:01:14	00:36:41.35	00:37:55.60	+00:14:08 (38.6%)	7:20	8.2 (61.7%)
239	KĘDRA Małgorzata	468		Open K	239	00:01:22	00:36:42.50	00:38:05.00	+00:14:10 (38.6%)	7:20	8.2 (61.7%)
240	MAJCHER Agata	135	PIŁA TEAM	Open K	240	00:00:14	00:36:42.80	00:36:56.80	+00:14:10 (38.6%)	7:20	8.2 (61.7%)
241	JANKOWSKA Justyna	636	MRÓWECZKI	Open K	241	00:00:47	00:36:44.05	00:37:31.85	+00:14:11 (38.6%)	7:20	8.2 (61.7%)
242	GAJEK Zofia	95		Open K	242	00:00:35	00:36:45.30	00:37:20.80	+00:14:12 (38.7%)	7:21	8.2 (61.7%)
243	SOSKA Joanna	282	MUD GOATS	Open K	243	00:01:04	00:36:48.35	00:37:53.25	+00:14:15 (38.8%)	7:21	8.1 (60.9%)
244	WIERZYCKA Kinga	370	BBL	Open K	244	00:00:24	00:36:53.70	00:37:18.60	+00:14:21 (38.9%)	7:22	8.1 (60.9%)
245	SOLECKA Anna	470		Open K	245	00:01:23	00:36:56.25	00:38:19.25	+00:14:23 (39.0%)	7:23	8.1 (60.9%)

						Czas netto 5km	Czas brutto 5km	Różn		Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu					
246	KWIATKOWSKA Sonia	183	MUD GOATS	Open K	246	00:00:56	00:36:56.55	00:37:53.40	+00:14:24 (39.0%)	7:23	8.1 (60.9%)
247	BOGACKA Małgorzata	106		Open K	247	00:01:05	00:36:56.85	00:38:02.05	+00:14:24 (39.0%)	7:23	8.1 (60.9%)
248	BŁACHOWIAK Małgorzata	11		Open K	248	00:01:16	00:36:59.75	00:38:16.60	+00:14:27 (39.1%)	7:24	8.1 (60.9%)
249	KACZMAREK Sylwia	293		Open K	249	00:00:48	00:37:00.25	00:37:48.90	+00:14:27 (39.1%)	7:24	8.1 (60.9%)
250	DOMASIK Izabela	16		Open K	250	00:01:16	00:37:00.60	00:38:16.60	+00:14:28 (39.1%)	7:24	8.1 (60.9%)
251	CHMIEL Katarzyna	799	DZIKI WROCŁAW	Open K	251	00:00:26	00:37:01.05	00:37:27.40	+00:14:28 (39.1%)	7:24	8.1 (60.9%)
252	MAJCHER Małgorzata	134	PIŁA TEAM	Open K	252	00:00:14	00:37:02.80	00:37:17.10	+00:14:30 (39.2%)	7:24	8.1 (60.9%)
253	KUR-OLSZYNA Natalia	755		Open K	253	00:00:46	00:37:05.15	00:37:51.90	+00:14:32 (39.2%)	7:25	8.1 (60.9%)
254	WROŃSKA Sandra	488	STARGARD. JA SIĘ NIE ŚCIGAM	Open K	254	00:01:12	00:37:05.85	00:38:18.25	+00:14:33 (39.2%)	7:25	8.1 (60.9%)
255	WOLANO Anna	36	CF PRAWY BRZEG	Open K	255	00:00:45	00:37:12.75	00:37:57.95	+00:14:40 (39.4%)	7:26	8.1 (60.9%)
256	NOWAKOWSKA Oliwia	697	OCR TEAM WŁOCŁAWEK	Open K	256	00:00:07	00:37:14.90	00:37:22.20	+00:14:42 (39.5%)	7:27	8.1 (60.9%)
257	SIELICKA Małgorzata	649		Open K	257	00:00:26	00:37:17.25	00:37:43.50	+00:14:44 (39.5%)	7:27	8 (60.2%)
258	SZALEWICZ Małgorzata	176	SZYBCIEJ NIE MOGĘ	Open K	258	00:00:51	00:37:18.30	00:38:10.25	+00:14:45 (39.6%)	7:27	8 (60.2%)
259	BIAŁOWĄS Alicja	614		Open K	259	00:01:08	00:37:21.00	00:38:29.95	+00:14:48 (39.6%)	7:28	8 (60.2%)
259	PUZIO Hanna	615		Open K	260	00:01:08	00:37:21.00	00:38:29.75	+00:14:48 (39.6%)	7:28	8 (60.2%)
261	PIERŚCIŃSKA Marzena	257		Open K	261	00:01:08	00:37:31.85	00:38:40.00	+00:14:59 (39.9%)	7:30	8 (60.2%)
262	GRUNT Małgorzata	283	DZIKIE DZIKI GORZOW WLKP	Open K	262	00:00:27	00:37:33.55	00:38:01.20	+00:15:01 (40.0%)	7:30	8 (60.2%)
262	PODSADA Edyta	27		Open K	263	00:00:27	00:37:33.55	00:38:01.00	+00:15:01 (40.0%)	7:30	8 (60.2%)
264	KWIATKOWSKA Alicja	49	BIGYELLOWFOOT ADVENTURE TEAM	Open K	264	00:00:12	00:37:34.10	00:37:47.00	+00:15:01 (40.0%)	7:31	8 (60.2%)
265	MOŹDŻEŃ Anna	672		Open K	265	00:00:12	00:37:34.35	00:37:46.85	+00:15:01 (40.0%)	7:30	8 (60.2%)
266	NAJMARK Małgorzata	210	NORDIC POLICE	Open K	266	00:00:56	00:37:40.45	00:38:36.55	+00:15:08 (40.2%)	7:32	8 (60.2%)
267	GÓRSKA Agnieszka	10		Open K	267	00:00:55	00:37:41.80	00:38:37.70	+00:15:09 (40.2%)	7:32	8 (60.2%)
268	HAJDUKIEWICZ Anna	674		Open K	268	00:01:04	00:37:42.55	00:38:47.20	+00:15:10 (40.2%)	7:32	8 (60.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	5km			
269	KURYŁO Karolina	784		Open K	269	00:01:17	00:37:43.50	00:39:01.15	+00:15:11 (40.2%)	7:32	8 (60.2%)
270	ORLON Barbara	472	CALYPSO RUNNERS TEAM	Open K	270	00:00:38	00:38:04.25	00:38:42.50	+00:15:31 (40.8%)	7:36	7.9 (59.4%)
271	MAJOS Małgorzata	758		Open K	271	00:01:07	00:38:08.95	00:39:16.55	+00:15:36 (40.9%)	7:37	7.9 (59.4%)
272	PERROT Magdalena	256		Open K	272	00:00:31	00:38:26.30	00:38:58.20	+00:15:53 (41.4%)	7:41	7.8 (58.6%)
273	MATUSZAK Kamila	513	MANGO GATKI TEAM	Open K	273	00:01:13	00:38:28.30	00:39:41.70	+00:15:55 (41.4%)	7:41	7.8 (58.6%)
274	KOSTYK Agnieszka	307		Open K	274	00:01:23	00:38:29.45	00:39:53.00	+00:15:57 (41.4%)	7:42	7.8 (58.6%)
275	GUZOWSKA Iwona	136	KS UZNAM ŚWINOUJŚCIE	Open K	275	00:01:07	00:38:34.05	00:39:41.10	+00:16:01 (41.6%)	7:42	7.8 (58.6%)
276	ELBIŃSKA-KRAWCZUK Monika	280		Open K	276	00:01:06	00:38:34.45	00:39:41.20	+00:16:02 (41.6%)	7:43	7.8 (58.6%)
277	GABERT-JAWORSKA Klaudia	574		Open K	277	00:00:56	00:38:35.00	00:39:31.35	+00:16:02 (41.6%)	7:43	7.8 (58.6%)
278	GŁUSZYK Małgorzata	364		Open K	278	00:00:30	00:38:50.15	00:39:20.80	+00:16:17 (42.0%)	7:46	7.7 (57.9%)
279	PEDA Kamila	66		Open K	279	00:01:04	00:38:56.65	00:40:00.95	+00:16:24 (42.1%)	7:47	7.7 (57.9%)
280	BICHTA Katarzyna	776		Open K	280	00:00:30	00:39:05.10	00:39:35.70	+00:16:32 (42.3%)	7:49	7.7 (57.9%)
281	MASZCZYK Marta	229	MONIA GYM	Open K	281	00:00:30	00:39:05.60	00:39:35.80	+00:16:33 (42.3%)	7:49	7.7 (57.9%)
282	JASIK Agnieszka	214		Open K	282	00:01:15	00:39:06.20	00:40:21.80	+00:16:33 (42.4%)	7:49	7.7 (57.9%)
283	KOŁCZ Monika	662	OPTIMA	Open K	283	00:01:23	00:39:10.75	00:40:34.20	+00:16:38 (42.5%)	7:50	7.7 (57.9%)
284	ADRIAN-CZABORYK Monika	568	MANGO GATKI TEAM	Open K	284	00:01:12	00:39:13.25	00:40:26.00	+00:16:40 (42.5%)	7:50	7.6 (57.1%)
285	SOBOLEWSKA-SZWED Ewelina	811	MGT	Open K	285	00:01:12	00:39:13.30	00:40:26.05	+00:16:40 (42.5%)	7:50	7.6 (57.1%)
286	GRYTA Janina	22	BIEGACZE ŚWINOUJSCIE	Open K	286	00:00:59	00:39:18.65	00:40:18.20	+00:16:46 (42.7%)	7:51	7.6 (57.1%)
287	KIELISZEK Anna	539	WIECZORNE BIEGANIE W SZCZECINIE	Open K	287	00:01:21	00:39:29.20	00:40:51.00	+00:16:56 (42.9%)	7:54	7.6 (57.1%)
288	KUŹMIŃSKA Weronika	3		Open K	288	00:01:21	00:39:47.95	00:41:09.85	+00:17:15 (43.4%)	7:57	7.5 (56.4%)
289	ADAM Kamila	706	1983	Open K	289	00:00:38	00:40:16.60	00:40:55.10	+00:17:44 (44.0%)	8:03	7.4 (55.6%)
290	LIŚKIEWICZ Kasia	289		Open K	290	00:00:37	00:40:17.40	00:40:55.10	+00:17:44 (44.1%)	8:03	7.4 (55.6%)
291	GURGUL Anna	651		Open K	291	00:00:26	00:41:16.05	00:41:42.05	+00:18:43 (45.4%)	8:15	7.3 (54.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
292	GORYŃSKA Daria	48	PIĘKNI I BESTIE	Open K	292	00:00:03	00:41:17.40	00:41:20.65	+00:18:44 (45.4%)	8:15	7.3 (54.9%)
293	JANICZAK Kasia	802		Open K	293	00:00:34	00:41:30.75	00:42:05.00	+00:18:58 (45.7%)	8:18	7.2 (54.1%)
294	ADAMCZEWSKA Anna	658		Open K	294	00:00:35	00:41:55.50	00:42:31.25	+00:19:23 (46.2%)	8:23	7.2 (54.1%)
295	CZYŻ Anna	656	3A TEAM	Open K	295	00:00:34	00:41:56.95	00:42:31.75	+00:19:24 (46.3%)	8:23	7.2 (54.1%)
296	ZOBROWSKA-ZAGÓRSKA Magdalena	933		Open K	296	00:01:01	00:42:38.30	00:43:40.05	+00:20:05 (47.1%)	8:31	7 (52.6%)
297	KONDRATOWSKA Agnieszka	925		Open K	297	00:01:00	00:42:39.10	00:43:40.05	+00:20:06 (47.2%)	8:32	7 (52.6%)
298	KAROL Anna	85	WIECZORNE BIEGANIE W SZCZECINIE	Open K	298	00:01:18	00:42:47.70	00:44:06.35	+00:20:15 (47.3%)	8:33	7 (52.6%)
299	HAŁAS Renata	485	SZYBCIEJ NIE MOGE	Open K	299	00:01:18	00:42:48.15	00:44:06.40	+00:20:15 (47.3%)	8:33	7 (52.6%)
300	LISIECKA Barbara	165		Open K	300	00:00:49	00:43:18.75	00:44:08.55	+00:20:46 (48.0%)	8:39	6.9 (51.9%)
301	SMYKA Kamila	242		Open K	301	00:00:49	00:43:20.30	00:44:10.10	+00:20:47 (48.0%)	8:40	6.9 (51.9%)
302	GOŁĘBOWSKA Paulina	896		Open K	302	00:00:50	00:44:05.20	00:44:55.75	+00:21:32 (48.9%)	8:49	6.8 (51.1%)
303	JIMENEZ Rebecca	602	OCR TEAM WLOCLAWEK	Open K	303	00:00:06	00:44:24.25	00:44:30.40	+00:21:51 (49.2%)	8:52	6.8 (51.1%)
304	SKÓRZEWSKA Renata	829		Open K	304	00:00:39	00:45:17.05	00:45:56.20	+00:22:44 (50.2%)	9:03	6.6 (49.6%)
305	ALEKSANDROWICZ Joanna	828		Open K	305	00:00:39	00:45:17.10	00:45:56.50	+00:22:44 (50.2%)	9:03	6.6 (49.6%)
306	GOGOŁ Anna	895		Open K	306	00:00:00	00:45:23.55	00:45:23.55	+00:22:51 (50.3%)	9:04	6.6 (49.6%)
307	WOŹNIAK Wiktoria	99	FIFNE PYRKI	Open K	307	00:01:14	00:47:51.20	00:49:05.30	+00:25:18 (52.9%)	9:34	6.3 (47.4%)
308	MALEC Edyta	599	SKM MIEDWIANIE	Open K	308	00:01:21	00:49:32.15	00:50:53.25	+00:26:59 (54.5%)	9:54	6.1 (45.9%)
309	LIWUŚ-ŁAPIŃSKA Asia	269	WIECZORNE BIEGANIE W SZCZECINIE	Open K	309	00:01:19	00:49:32.70	00:50:51.90	+00:27:00 (54.5%)	9:54	6.1 (45.9%)
	FIGAJ - GUŁA Natalia	320		Open K		DNF	DNF	DNF		-	- (0.0%)

Znaleziono 310 wynik(ów)