



# X BIEG SYLWESTROWY

B4SPORT  
INTELEGNTE ZAWODY SPORTOWE

**Organiser:** Hotel Brzoza  
**Date:** 2016-12-31  
**Place:** Brzoza  
**Distance:** 10 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Classification: K-30

Place	Participant	Number	Club	Category	MCat	Start time	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	<b>NOWAKOWSKA Dominika</b>	<b>3</b>	LKB IM. BRACI PETK LĘBORK	K-30	1	00:00:01	00:08:52	00:17:14	00:25:43	00:34:11	<b>00:35:42.70</b>	<b>00:35:43.95</b>		3:34	16.8 (100%)
2	<b>SZENK Marta</b>	<b>5</b>		K-30	2	00:00:02	00:09:17	00:18:05	00:27:06	00:36:01	<b>00:37:37.25</b>	<b>00:37:39.45</b>	+00:01:54 (5.1%)	3:45	16 (95.2%)
3	<b>WŁODARCZYK Patrycja</b>	<b>662</b>		K-30	3	00:00:01	00:09:29	00:18:33	00:27:32	00:36:26	<b>00:38:04.00</b>	<b>00:38:05.70</b>	+00:02:21 (6.2%)	3:48	15.8 (94.0%)
4	<b>MACIEJEWSKA Kamila</b>	<b>693</b>		K-30	4	00:00:12	00:11:10	00:21:26	00:31:53	00:42:17	<b>00:44:05.90</b>	<b>00:44:18.85</b>	+00:08:23 (19.0%)	4:24	13.6 (81.0%)
5	<b>BANASZAK Monika</b>	<b>672</b>		K-30	5	00:00:18	00:11:46	00:22:39	00:33:24	00:44:09	<b>00:45:51.70</b>	<b>00:46:10.35</b>	+00:10:09 (22.1%)	4:35	13.1 (78.0%)
6	<b>RATAJ Zuzanna</b>	<b>26</b>	KOBIETY BIEGAJĄ / POLONIA BYDGOSZCZ SLA	K-30	6	00:00:04	00:11:34	00:22:24	00:33:16	00:44:12	<b>00:46:07.00</b>	<b>00:46:11.85</b>	+00:10:24 (22.6%)	4:36	13 (77.4%)
7	<b>WOŹNIAK Anna</b>	<b>374</b>	RUN-PASJA BYDGOSZCZ	K-30	7	00:00:14	00:11:49	00:22:43	00:33:28	00:44:13	<b>00:46:10.40</b>	<b>00:46:25.15</b>	+00:10:27 (22.7%)	4:37	13 (77.4%)
8	<b>MATUSZAK Dorota</b>	<b>608</b>		K-30	8	00:00:27	00:12:03	00:22:58	00:33:52	00:44:51	<b>00:46:42.00</b>	<b>00:47:09.25</b>	+00:10:59 (23.5%)	4:40	12.8 (76.2%)
9	<b>KOWALSKA Angelika</b>	<b>369</b>	RUN-PASJA BYDGOSZCZ	K-30	9	00:00:14	00:11:49	00:22:44	00:33:47	00:45:10	<b>00:47:12.65</b>	<b>00:47:27.00</b>	+00:11:29 (24.4%)	4:43	12.7 (75.6%)
10	<b>RYMARKIEWICZ Małgorzata</b>	<b>591</b>		K-30	10	00:00:26	00:12:03	00:23:15	00:34:40	00:46:07	<b>00:48:07.15</b>	<b>00:48:33.70</b>	+00:12:24 (25.8%)	4:48	12.5 (74.4%)
11	<b>WRÓBLEWSKA Dagmara</b>	<b>421</b>	TKKF KOLEJARZ BYDGOSZCZ	K-30	11	00:00:10	00:11:49	00:23:06	00:34:43	00:46:18	<b>00:48:16.80</b>	<b>00:48:27.55</b>	+00:12:34 (26.0%)	4:49	12.4 (73.8%)
12	<b>PĘCZKOWSKA Anna</b>	<b>496</b>		K-30	12	00:00:17	00:12:35	00:24:06	00:35:24	00:46:34	<b>00:48:21.30</b>	<b>00:48:39.10</b>	+00:12:38 (26.1%)	4:50	12.4 (73.8%)
13	<b>STANKOWSKA Justyna</b>	<b>635</b>	MKS TRZEMESZNO	K-30	13	00:00:18	00:12:25	00:23:56	00:35:24	00:46:40	<b>00:48:34.00</b>	<b>00:48:52.15</b>	+00:12:51 (26.5%)	4:51	12.4 (73.8%)
14	<b>GACKA Anna</b>	<b>178</b>		K-30	14	00:00:06	00:11:59	00:23:15	00:34:59	00:46:43	<b>00:48:43.85</b>	<b>00:48:49.95</b>	+00:13:01 (26.7%)	4:52	12.3 (73.2%)
15	<b>KOŹMIŃSKA Maryla</b>	<b>740</b>	BRZOZA BIEGA	K-30	15	00:00:04	00:12:19	00:23:55	00:35:40	00:47:25	<b>00:49:21.50</b>	<b>00:49:25.60</b>	+00:13:38 (27.6%)	4:56	12.2 (72.6%)
16	<b>MACIEJEWSKA-BŁACHEWICZ Joanna</b>	<b>80</b>	RUNSPACE.PL TEAM	K-30	16	00:00:41	00:13:17	00:25:01	00:36:23	00:47:47	<b>00:49:48.30</b>	<b>00:50:29.85</b>	+00:14:05 (28.3%)	4:58	12 (71.4%)

Place	Participant	Number	Club	Category	MCat	Start time	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
											10km	10km			
17	ZYGULSKA Katarzyna	485	IŁAWSKIE ZBUJE	K-30	17	00:00:00	00:12:35	00:24:18	00:36:04	00:47:55	<b>00:49:52.80</b>	<b>00:49:52.80</b>	+00:14:10 (28.4%)	4:59	12 (71.4%)
18	ĆWIKLIŃSKA Anna	57	KLONIKTEAM	K-30	18	00:00:47	00:13:13	00:24:50	00:36:36	00:48:24	<b>00:50:32.15</b>	<b>00:51:20.10</b>	+00:14:49 (29.3%)	5:03	11.9 (70.8%)
19	RATKOWSKA Małgorzata	227	THE RUNNERS ŚWIECIE	K-30	19	00:00:39	00:12:28	00:24:09	00:36:26	00:48:25	<b>00:50:34.50</b>	<b>00:51:13.60</b>	+00:14:51 (29.4%)	5:03	11.9 (70.8%)
20	KUŁAKOWSKA Anna	73	ANDRO	K-30	20	00:00:10	00:12:36	00:24:23	00:36:26	00:48:55	<b>00:51:06.35</b>	<b>00:51:16.70</b>	+00:15:23 (30.1%)	5:06	11.7 (69.6%)
21	BICZKOWSKA Magdalena	386	RUN BYDGOSZCZ	K-30	21	00:00:14	00:13:18	00:25:37	00:37:41	00:49:24	<b>00:51:25.90</b>	<b>00:51:40.25</b>	+00:15:43 (30.6%)	5:08	11.7 (69.6%)
22	KAMIŃSKA Agnieszka	639		K-30	22	00:00:32	00:12:38	00:24:21	00:36:45	00:49:30	<b>00:51:44.55</b>	<b>00:52:17.05</b>	+00:16:01 (31.0%)	5:10	11.6 (69.0%)
23	MISUN-NOWAK Katarzyna	52		K-30	23	00:00:41	00:13:18	00:25:23	00:37:58	00:50:01	<b>00:52:00.60</b>	<b>00:52:42.55</b>	+00:16:17 (31.3%)	5:12	11.5 (68.5%)
24	MAZANOWSKA Ewa	46	RUN-PASJA BYDGOSZCZ	K-30	24	00:00:21	00:13:17	00:25:29	00:37:49	00:50:01	<b>00:52:06.55</b>	<b>00:52:27.65</b>	+00:16:23 (31.5%)	5:12	11.5 (68.5%)
25	BONALSKA Magdalena	531		K-30	25	00:00:36	00:13:28	00:25:42	00:37:59	00:50:14	<b>00:52:18.05</b>	<b>00:52:54.80</b>	+00:16:35 (31.7%)	5:13	11.5 (68.5%)
26	MARCINIAK Justyna	429		K-30	26	00:00:37	00:13:27	00:25:41	00:37:58	00:50:13	<b>00:52:21.85</b>	<b>00:52:58.85</b>	+00:16:39 (31.8%)	5:14	11.5 (68.5%)
27	CZYŻEWSKA Justyna	133		K-30	27	00:00:23	00:13:01	00:25:11	00:37:45	00:50:23	<b>00:52:32.40</b>	<b>00:52:56.25</b>	+00:16:49 (32.0%)	5:15	11.4 (67.9%)
28	KLEIN Anna	711		K-30	28	00:00:35	00:13:41	00:26:09	00:38:39	00:51:04	<b>00:53:17.90</b>	<b>00:53:53.50</b>	+00:17:35 (33.0%)	5:19	11.3 (67.3%)
29	MAGDZIARZ Katarzyna	348	KANCELARIA HMM	K-30	29	00:00:32	00:13:34	00:26:07	00:38:45	00:51:32	<b>00:53:46.65</b>	<b>00:54:19.55</b>	+00:18:03 (33.6%)	5:22	11.2 (66.7%)
30	GRZEGOREK GROTA Ewa	315		K-30	30	00:00:46	00:14:10	00:26:39	00:39:18	00:52:14	<b>00:54:23.85</b>	<b>00:55:10.20</b>	+00:18:41 (34.4%)	5:26	11 (65.5%)
31	GRABARSKA Anna	216		K-30	31	00:00:13	00:13:25	00:26:15	00:39:16	00:52:17	<b>00:54:25.35</b>	<b>00:54:38.40</b>	+00:18:42 (34.4%)	5:26	11 (65.5%)
32	KUHN-ZAWADZKA Joanna	357	KRÓLICZKI W PLECAKU	K-30	32	00:00:30	00:14:11	00:27:01	00:39:47	00:52:26	<b>00:54:26.30</b>	<b>00:54:56.50</b>	+00:18:43 (34.4%)	5:26	11 (65.5%)
33	FARBICKA Paulina	406	BRZOZA BIEGA	K-30	33	00:00:03	00:13:30	00:26:23	00:39:19	00:52:14	<b>00:54:29.95</b>	<b>00:54:33.85</b>	+00:18:47 (34.5%)	5:27	11 (65.5%)
34	JAŹDŻEWSKA Grażyna	253	AVENA TEAM OSIELSKO	K-30	34	00:00:04	00:13:22	00:26:14	00:39:21	00:52:17	<b>00:54:36.60</b>	<b>00:54:40.75</b>	+00:18:53 (34.6%)	5:27	11 (65.5%)
35	DROŹDŹ Małgorzata	58	KLONIKTEAM	K-30	35	00:00:41	00:13:25	00:26:20	00:39:20	00:52:25	<b>00:54:41.05</b>	<b>00:55:22.45</b>	+00:18:58 (34.7%)	5:28	11 (65.5%)
36	GNIOT Bożena	230		K-30	36	00:00:31	00:13:44	00:26:29	00:39:36	00:52:36	<b>00:54:53.50</b>	<b>00:55:25.10</b>	+00:19:10 (34.9%)	5:29	10.9 (64.9%)
37	POLAŃSKA Joanna			K-30	37	00:00:44	00:14:07	00:26:44	00:39:16	00:52:30	<b>00:54:55.35</b>	<b>00:55:40.30</b>	+00:19:12 (35.0%)	5:29	10.9 (64.9%)
38	SKUCIŃSKA Karolina	405		K-30	38	00:00:22	00:13:46	00:26:46	00:39:50	00:52:56	<b>00:55:08.70</b>	<b>00:55:30.75</b>	+00:19:26 (35.2%)	5:30	10.9 (64.9%)
39	DUDEK Joanna	79		K-30	39	00:00:40	00:14:37	00:27:41	00:40:48	00:53:11	<b>00:55:12.15</b>	<b>00:55:52.25</b>	+00:19:29 (35.3%)	5:31	10.9 (64.9%)
40	KUJDA Dorota	304		K-30	40	00:00:47	00:13:27	00:26:17	00:39:34	00:52:58	<b>00:55:19.40</b>	<b>00:56:07.15</b>	+00:19:36 (35.4%)	5:32	10.8 (64.3%)

Place	Participant	Number	Club	Category	MCat	Start time	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
											10km	10km			
41	<b>BRZYKCY Karolina</b>	<b>623</b>		K-30	41	00:00:50	00:14:41	00:27:59	00:41:11	00:53:49	<b>00:55:57.00</b>	<b>00:56:47.90</b>	+00:20:14 (36.2%)	5:35	10.7 (63.7%)
42	<b>KOLASIŃSKA Joanna</b>	<b>209</b>	RUN BYDGOSZCZ	K-30	42	00:00:40	00:14:29	00:27:41	00:41:03	00:54:16	<b>00:56:26.05</b>	<b>00:57:06.20</b>	+00:20:43 (36.7%)	5:38	10.6 (63.1%)
43	<b>BEDNAREK Marta</b>	<b>465</b>		K-30	43	00:00:37	00:14:31	00:27:43	00:40:51	00:54:15	<b>00:56:27.10</b>	<b>00:57:04.50</b>	+00:20:44 (36.7%)	5:38	10.6 (63.1%)
44	<b>STĘPIEŃ Monika</b>	<b>600</b>		K-30	44	00:00:37	00:14:31	00:27:43	00:40:51	00:54:15	<b>00:56:27.20</b>	<b>00:57:04.50</b>	+00:20:44 (36.7%)	5:38	10.6 (63.1%)
45	<b>TATULIŃSKA Aleksandra</b>	<b>115</b>	RUN BYDGOSZCZ	K-30	45	00:00:37	00:14:33	00:27:43	00:40:51	00:54:19	<b>00:56:28.50</b>	<b>00:57:06.20</b>	+00:20:45 (36.8%)	5:38	10.6 (63.1%)
46	<b>KROPIDŁOWSKA Magdalena</b>	<b>527</b>	OCELOTY KRUSZYN KRAJEŃSKI	K-30	46	00:00:24	00:13:50	00:27:01	00:40:23	00:54:07	<b>00:56:30.00</b>	<b>00:56:54.75</b>	+00:20:47 (36.8%)	5:39	10.6 (63.1%)
47	<b>TUŻYLAK Katarzyna</b>	<b>271</b>		K-30	47	00:00:24	00:14:23	00:27:58	00:41:31	00:54:13	<b>00:56:33.75</b>	<b>00:56:57.75</b>	+00:20:51 (36.9%)	5:39	10.6 (63.1%)
48	<b>BRYWCZYŃSKA Justyna</b>	<b>25</b>		K-30	48	00:00:24	00:14:13	00:27:17	00:40:46	00:54:27	<b>00:56:46.75</b>	<b>00:57:11.20</b>	+00:21:04 (37.1%)	5:40	10.6 (63.1%)
49	<b>NIKOŁAJEW Monika</b>	<b>568</b>		K-30	49	00:00:45	00:14:06	00:27:26	00:40:47	00:54:32	<b>00:56:59.10</b>	<b>00:57:44.35</b>	+00:21:16 (37.3%)	5:41	10.5 (62.5%)
50	<b>BURSKA Małgorzata</b>	<b>722</b>		K-30	50	00:00:14	00:13:59	00:27:09	00:40:46	00:54:28	<b>00:57:08.60</b>	<b>00:57:22.75</b>	+00:21:25 (37.5%)	5:42	10.5 (62.5%)
51	<b>CIESIÓŁKA Angelika</b>	<b>653</b>		K-30	51	00:00:30	00:13:57	00:27:19	00:40:57	00:54:59	<b>00:57:19.85</b>	<b>00:57:49.90</b>	+00:21:37 (37.7%)	5:43	10.5 (62.5%)
52	<b>ETTINGER Justyna</b>	<b>280</b>		K-30	52	00:00:29	00:13:58	00:27:20	00:40:57	00:55:01	<b>00:57:21.50</b>	<b>00:57:51.45</b>	+00:21:38 (37.7%)	5:44	10.5 (62.5%)
53	<b>JANISZEWSKA Aleksandra</b>	<b>151</b>		K-30	53	00:00:35	00:14:37	00:28:03	00:41:35	00:55:07	<b>00:57:22.90</b>	<b>00:57:58.65</b>	+00:21:40 (37.8%)	5:44	10.5 (62.5%)
54	<b>CZARNECKA Monika</b>	<b>619</b>	BRZOZA BIEGA	K-30	54	00:00:42	00:14:32	00:28:03	00:41:41	00:55:31	<b>00:57:53.65</b>	<b>00:58:36.10</b>	+00:22:10 (38.3%)	5:47	10.4 (61.9%)
55	<b>JURKIEWICZ Beata</b>	<b>427</b>		K-30	55	00:00:28	00:14:40	00:28:24	00:42:10	00:55:37	<b>00:58:00.90</b>	<b>00:58:29.45</b>	+00:22:18 (38.4%)	5:48	10.3 (61.3%)
56	<b>ADRIAN Aldona</b>	<b>249</b>		K-30	56	00:00:46	00:14:49	00:28:27	00:42:13	00:56:08	<b>00:58:25.80</b>	<b>00:59:12.65</b>	+00:22:43 (38.9%)	5:50	10.3 (61.3%)
57	<b>MOROSZCZAK Dominika</b>	<b>248</b>	SPÓJNIA BIAŁE BŁOTA	K-30	57	00:00:46	00:14:49	00:28:27	00:42:14	00:56:08	<b>00:58:26.40</b>	<b>00:59:12.95</b>	+00:22:43 (38.9%)	5:50	10.3 (61.3%)
58	<b>KOSECKA Justyna</b>	<b>60</b>		K-30	58	00:00:41	00:14:46	00:28:26	00:42:28	00:56:08	<b>00:58:32.55</b>	<b>00:59:14.15</b>	+00:22:49 (39.0%)	5:51	10.2 (60.7%)
59	<b>BEDNARCZYK Joanna</b>	<b>31</b>		K-30	59	00:00:41	00:14:46	00:28:26	00:42:28	00:56:08	<b>00:58:32.80</b>	<b>00:59:14.05</b>	+00:22:50 (39.0%)	5:51	10.2 (60.7%)
60	<b>OLEKSY Ilona</b>	<b>728</b>		K-30	60	00:00:49	00:14:52	00:28:39	00:42:41	00:56:51	<b>00:59:08.60</b>	<b>00:59:58.15</b>	+00:23:25 (39.6%)	5:54	10.1 (60.1%)
61	<b>CHECHŁA Agata</b>	<b>147</b>		K-30	61	00:00:52	00:15:35	00:29:39	00:43:36	00:56:55	<b>00:59:15.25</b>	<b>01:00:07.35</b>	+00:23:32 (39.7%)	5:55	10.1 (60.1%)
62	<b>SZALA Monika</b>	<b>355</b>		K-30	62	00:00:51	00:14:48	00:28:54	00:43:13	00:57:12	<b>00:59:37.05</b>	<b>01:00:28.65</b>	+00:23:54 (40.1%)	5:57	10.1 (60.1%)
63	<b>PITUŁA Monika</b>	<b>575</b>		K-30	63	00:00:21	00:15:28	00:28:58	00:42:33	00:57:29	<b>00:59:55.35</b>	<b>01:00:16.80</b>	+00:24:12 (40.4%)	5:59	10 (59.5%)
64	<b>TOMSA Katarzyna</b>	<b>637</b>	ASSECO ACTIVE TEAM	K-30	64	00:00:29	00:15:02	00:29:05	00:43:21	00:57:48	<b>01:00:14.65</b>	<b>01:00:43.85</b>	+00:24:31 (40.7%)	6:01	10 (59.5%)

Place	Participant	Number	Club	Category	MCat	Start time	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
											10km	10km			
65	<b>GROCHOWIAK Karolina</b>	<b>170</b>	ŚLIMAKI BARCIN	K-30	65	00:00:14	00:14:38	00:28:50	00:43:22	00:57:58	<b>01:00:20.55</b>	<b>01:00:35.45</b>	+00:24:37 (40.8%)	6:02	9.9 (58.9%)
66	<b>CHOŚCIŃSKA Agnieszka</b>	<b>489</b>		K-30	66	00:00:15	00:14:55	00:29:05	00:43:28	00:58:05	<b>01:00:37.25</b>	<b>01:00:53.00</b>	+00:24:54 (41.1%)	6:03	9.9 (58.9%)
67	<b>KWIATKOWSKA Beata</b>	<b>217</b>	THE RUNNERS ŚWIECIE	K-30	67	00:00:36	00:14:54	00:28:56	00:43:18	00:58:26	<b>01:01:13.00</b>	<b>01:01:49.35</b>	+00:25:30 (41.7%)	6:07	9.8 (58.3%)
68	<b>KUCHARSKA Dorota</b>	<b>228</b>	KLUB AKTYWNYCH KOBIET SZPILKI	K-30	68	00:00:04	00:14:26	00:29:49	00:44:47	00:59:27	<b>01:01:57.40</b>	<b>01:02:01.55</b>	+00:26:14 (42.4%)	6:11	9.7 (57.7%)
69	<b>RASSALSKA-KAUSA Jola</b>	<b>295</b>		K-30	69	00:00:42	00:15:21	00:29:57	00:44:52	00:59:45	<b>01:02:14.90</b>	<b>01:02:57.35</b>	+00:26:32 (42.6%)	6:13	9.6 (57.1%)
70	<b>SZTEJKA Jolanta</b>	<b>211</b>	BENEFITKSO	K-30	70	00:00:51	00:15:41	00:30:21	00:45:07	00:59:57	<b>01:02:18.85</b>	<b>01:03:10.20</b>	+00:26:36 (42.7%)	6:13	9.6 (57.1%)
71	<b>SZYMCZAK Monika</b>	<b>724</b>		K-30	71	00:00:37	00:14:54	00:29:42	00:44:44	00:59:53	<b>01:02:26.30</b>	<b>01:03:03.85</b>	+00:26:43 (42.8%)	6:14	9.6 (57.1%)
72	<b>LENC Agnieszka</b>	<b>264</b>	POLONIA BYDGOSZCZ SLA	K-30	72	00:00:50	00:15:53	00:30:36	00:45:30	01:00:03	<b>01:02:31.55</b>	<b>01:03:21.70</b>	+00:26:48 (42.9%)	6:15	9.6 (57.1%)
73	<b>WOJEWÓDZKA Aleksandra</b>	<b>413</b>		K-30	73	00:00:31	00:15:36	00:30:21	00:45:26	01:00:09	<b>01:02:45.00</b>	<b>01:03:16.20</b>	+00:27:02 (43.1%)	6:16	9.6 (57.1%)
74	<b>ŁUCAK Marzena</b>	<b>318</b>	CST RUN TEAM	K-30	74	00:00:45	00:15:36	00:29:45	00:44:55	01:00:16	<b>01:02:52.80</b>	<b>01:03:37.95</b>	+00:27:10 (43.2%)	6:17	9.5 (56.5%)
75	<b>ROZMARYNOWICZ Anna</b>	<b>185</b>		K-30	75	00:00:41	00:15:56	00:30:36	00:45:29	01:00:12	<b>01:02:55.35</b>	<b>01:03:37.25</b>	+00:27:12 (43.2%)	6:17	9.5 (56.5%)
76	<b>DEPKA Agnieszka</b>	<b>319</b>		K-30	76	00:00:44	00:15:09	00:29:45	00:44:41	01:00:10	<b>01:02:57.65</b>	<b>01:03:41.65</b>	+00:27:14 (43.3%)	6:17	9.5 (56.5%)
77	<b>KUBIAK Małgorzata</b>	<b>373</b>		K-30	77	00:00:47	00:15:12	00:30:10	00:45:33	01:01:13	<b>01:03:42.75</b>	<b>01:04:30.30</b>	+00:28:00 (43.9%)	6:22	9.4 (56.0%)
78	<b>KONOPIŃSKA Agnieszka</b>	<b>281</b>	RUN BYDGOSZCZ	K-30	78	00:00:46	00:15:01	00:29:52	00:45:22	01:01:05	<b>01:03:50.15</b>	<b>01:04:36.85</b>	+00:28:07 (44.1%)	6:23	9.4 (56.0%)
79	<b>RYDLEWSKA Kinga</b>	<b>129</b>	RUN BYDGOSZCZ	K-30	79	00:00:39	00:15:16	00:29:59	00:45:29	01:01:12	<b>01:03:57.70</b>	<b>01:04:36.80</b>	+00:28:15 (44.2%)	6:23	9.4 (56.0%)
80	<b>PASIEKA Magda</b>	<b>22</b>		K-30	80	00:00:29	00:15:19	00:30:09	00:45:39	01:01:22	<b>01:04:07.25</b>	<b>01:04:37.00</b>	+00:28:24 (44.3%)	6:24	9.4 (56.0%)
81	<b>GAJEK Agnieszka</b>	<b>69</b>	TASAK TEAM	K-30	81	00:00:00					<b>01:06:00.60</b>	<b>01:06:00.60</b>	+00:30:17 (45.9%)	6:36	9.1 (54.2%)
82	<b>KARDACH Magdalena</b>	<b>450</b>	ALLIANZ RUNNING TEAM	K-30	82	00:00:38	00:15:17	00:31:06	00:47:36	01:04:14	<b>01:07:00.85</b>	<b>01:07:38.95</b>	+00:31:18 (46.7%)	6:42	9 (53.6%)
83	<b>MATKOWSKA Małgorzata</b>	<b>85</b>		K-30	83	00:00:44	00:16:50	00:32:23	00:48:14	01:04:25	<b>01:07:17.50</b>	<b>01:08:01.70</b>	+00:31:34 (46.9%)	6:43	8.9 (53.0%)
84	<b>MAKOWSKA Justyna</b>	<b>68</b>	TASAK TEAM	K-30	84	00:00:42	00:16:52	00:32:26	00:48:16	01:04:28	<b>01:07:18.80</b>	<b>01:08:01.65</b>	+00:31:36 (46.9%)	6:43	8.9 (53.0%)
85	<b>DERKOWSKA Weronika</b>	<b>354</b>	TORUŃSKI KLUB TRIATHLONOWY	K-30	85	00:00:36	00:17:18	00:35:06	00:51:23	01:08:04	<b>01:11:06.90</b>	<b>01:11:43.25</b>	+00:35:24 (49.8%)	7:06	8.4 (50.0%)
86	<b>GRABOWSKA Ilona</b>	<b>540</b>		K-30	86	00:00:39	00:17:11	00:34:32	00:52:35	01:11:13	<b>01:14:09.70</b>	<b>01:14:49.10</b>	+00:38:27 (51.8%)	7:25	8.1 (48.2%)
87	<b>WÓJCIK Ewa</b>	<b>696</b>		K-30	87	00:00:16	00:17:10	00:34:36	00:53:03	01:11:10	<b>01:14:21.20</b>	<b>01:14:37.75</b>	+00:38:38 (52.0%)	7:26	8.1 (48.2%)
88	<b>LATUS Kamila</b>	<b>383</b>	SIERADZ BIEGA	K-30	88	00:00:21	00:16:41	00:34:39	00:53:31	01:12:03	<b>01:15:05.80</b>	<b>01:15:27.25</b>	+00:39:23 (52.4%)	7:30	8 (47.6%)

Place	Participant	Number	Club	Category	MCat	Start time	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
89	<b>RUDNICKA Karolina</b>	<b>294</b>	TASAK TEAM	K-30	89	00:00:42	00:18:08	00:35:25	00:53:36	01:12:16	<b>01:15:20.10</b>	<b>01:16:02.50</b>	+00:39:37 (52.6%)	7:32	8 (47.6%)
90	<b>CENTKOWSKA Ewelina</b>	<b>72</b>		K-30	90	00:00:48	00:17:49	00:35:03	00:53:44	01:12:57	<b>01:16:22.40</b>	<b>01:17:11.35</b>	+00:40:39 (53.2%)	7:38	7.9 (47.0%)

Total 90 results.