



X BIEG SYLWESTROWY

B4SPORT

Organizator: Hotel Brzoza
Data: 2016-12-31
Miejsce: Brzoza
Dystans: 10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	NOWAKOWSKA Dominika	3	LKB IM. BRACI PETK LĘBORK	K-30	1	00:00:01	00:08:52	00:17:14	00:25:43	00:34:11	00:35:42.70	00:35:43.95		3:34	16.8 (100%)
2	SZENK Marta	5		K-30	2	00:00:02	00:09:17	00:18:05	00:27:06	00:36:01	00:37:37.25	00:37:39.45	+00:01:54 (5.1%)	3:45	16 (95.2%)
3	WŁODARCZYK Patrycja	662		K-30	3	00:00:01	00:09:29	00:18:33	00:27:32	00:36:26	00:38:04.00	00:38:05.70	+00:02:21 (6.2%)	3:48	15.8 (94.0%)
4	NAWROCLA Sylwia	680		K-20	1	00:00:03	00:10:22	00:20:03	00:29:48	00:39:34	00:41:17.00	00:41:20.95	+00:05:34 (13.5%)	4:07	14.5 (86.3%)
5	GRABIAS Aleksandra	370		K-20	2	00:00:03	00:10:30	00:20:25	00:30:19	00:40:05	00:41:52.45	00:41:55.55	+00:06:09 (14.7%)	4:11	14.3 (85.1%)
6	DUDEK Agnieszka	407		K-40	1	00:00:04	00:10:35	00:20:37	00:30:56	00:41:10	00:42:56.10	00:43:00.20	+00:07:13 (16.8%)	4:17	14 (83.3%)
7	MOLTZAN-MAŁKOWSKA Magdalena	323		K-40	2	00:00:09	00:10:54	00:21:02	00:31:12	00:41:16	00:43:03.35	00:43:12.95	+00:07:20 (17.1%)	4:18	13.9 (82.7%)
8	JAGODZIŃSKA Magdalena	134	BYDGOSKIE OKONIE	K-20	3	00:00:18	00:11:16	00:21:42	00:31:57	00:42:09	00:43:52.30	00:44:10.85	+00:08:09 (18.6%)	4:23	13.7 (81.5%)
9	MACIEJEWSKA Kamila	693		K-30	4	00:00:12	00:11:10	00:21:26	00:31:53	00:42:17	00:44:05.90	00:44:18.85	+00:08:23 (19.0%)	4:24	13.6 (81.0%)
10	KOTWICA Hanna	576	PAŁUKI RUNNING TEAM	K-1	1	00:00:13	00:11:10	00:21:27	00:31:58	00:42:32	00:44:20.90	00:44:33.90	+00:08:38 (19.5%)	4:26	13.5 (80.4%)
11	GURNA Jolanta	396	TKKF KOLEJARZ BYDGOSZCZ	K-50	1	00:00:02	00:11:07	00:21:44	00:32:28	00:43:13	00:45:08.85	00:45:11.15	+00:09:26 (20.9%)	4:30	13.3 (79.2%)
12	WIŚNIEWSKA Marcjanna	78		K-20	4	00:00:04	00:11:23	00:22:08	00:32:54	00:43:31	00:45:16.40	00:45:21.00	+00:09:33 (21.1%)	4:31	13.2 (78.6%)
13	BANASZAK Monika	672		K-30	5	00:00:18	00:11:46	00:22:39	00:33:24	00:44:09	00:45:51.70	00:46:10.35	+00:10:09 (22.1%)	4:35	13.1 (78.0%)
14	SUCHOMSKA Beata	402	OPENTAX24.PL	K-40	3	00:00:16	00:11:51	00:22:39	00:33:26	00:44:02	00:45:57.05	00:46:14.00	+00:10:14 (22.3%)	4:35	13.1 (78.0%)
15	RATAJ Zuzanna	26	KOBIETY BIEGAJĄ / POLONIA BYDGOSZCZ SLA	K-30	6	00:00:04	00:11:34	00:22:24	00:33:16	00:44:12	00:46:07.00	00:46:11.85	+00:10:24 (22.6%)	4:36	13 (77.4%)
16	WOŹNIAK Anna	374	RUN-PASJA BYDGOSZCZ	K-30	7	00:00:14	00:11:49	00:22:43	00:33:28	00:44:13	00:46:10.40	00:46:25.15	+00:10:27 (22.7%)	4:37	13 (77.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
17	ZNAROWSKA Bożena	344	ACTIVE MALBORK	K-50	2	00:00:05	00:11:26	00:22:21	00:33:24	00:44:18	00:46:14.40	00:46:19.50	+00:10:31 (22.8%)	4:37	13 (77.4%)
18	MATUSZAK Dorota	608		K-30	8	00:00:27	00:12:03	00:22:58	00:33:52	00:44:51	00:46:42.00	00:47:09.25	+00:10:59 (23.5%)	4:40	12.8 (76.2%)
19	CHWIEDUK Magdalena	192		K-40	4	00:00:26	00:11:56	00:23:11	00:34:20	00:45:00	00:46:50.85	00:47:17.20	+00:11:08 (23.8%)	4:41	12.8 (76.2%)
20	BENTKOWSKA Natalia	430		K-20	5	00:00:17	00:11:36	00:22:34	00:33:39	00:44:58	00:46:51.55	00:47:08.55	+00:11:08 (23.8%)	4:41	12.8 (76.2%)
21	GOLON Marlena	422		K-40	5	00:00:21	00:11:48	00:22:58	00:34:11	00:45:11	00:47:04.15	00:47:26.10	+00:11:21 (24.1%)	4:42	12.7 (75.6%)
22	KOWALSKA Angelika	369	RUN-PASJA BYDGOSZCZ	K-30	9	00:00:14	00:11:49	00:22:44	00:33:47	00:45:10	00:47:12.65	00:47:27.00	+00:11:29 (24.4%)	4:43	12.7 (75.6%)
23	RUDOL Magdalena	40		K-40	6	00:00:07	00:11:38	00:22:35	00:33:55	00:45:24	00:47:25.90	00:47:33.50	+00:11:43 (24.7%)	4:44	12.6 (75.0%)
24	KOWALCZYK Aleksandra	520		K-20	6	00:00:11	00:12:01	00:23:13	00:34:26	00:45:35	00:47:31.65	00:47:42.65	+00:11:48 (24.9%)	4:45	12.6 (75.0%)
25	JAKUBOWSKA Paulina	533		K-20	7	00:00:40	00:12:33	00:23:55	00:35:08	00:46:07	00:47:55.45	00:48:36.20	+00:12:12 (25.5%)	4:47	12.5 (74.4%)
26	RYMARKIEWICZ Małgorzata	591		K-30	10	00:00:26	00:12:03	00:23:15	00:34:40	00:46:07	00:48:07.15	00:48:33.70	+00:12:24 (25.8%)	4:48	12.5 (74.4%)
27	WRÓBLEWSKA Dagmara	421	TKKF KOLEJARZ BYDGOSZCZ	K-30	11	00:00:10	00:11:49	00:23:06	00:34:43	00:46:18	00:48:16.80	00:48:27.55	+00:12:34 (26.0%)	4:49	12.4 (73.8%)
28	WIŚNIEWSKA Żaneta	403	MKS TRZEMESZNO	K-1	2	00:00:17	00:12:26	00:23:56	00:35:25	00:46:34	00:48:20.25	00:48:37.55	+00:12:37 (26.1%)	4:50	12.4 (73.8%)
29	PĘCZKOWSKA Anna	496		K-30	12	00:00:17	00:12:35	00:24:06	00:35:24	00:46:34	00:48:21.30	00:48:39.10	+00:12:38 (26.1%)	4:50	12.4 (73.8%)
30	STANKOWSKA Justyna	635	MKS TRZEMESZNO	K-30	13	00:00:18	00:12:25	00:23:56	00:35:24	00:46:40	00:48:34.00	00:48:52.15	+00:12:51 (26.5%)	4:51	12.4 (73.8%)
31	GACKA Anna	178		K-30	14	00:00:06	00:11:59	00:23:15	00:34:59	00:46:43	00:48:43.85	00:48:49.95	+00:13:01 (26.7%)	4:52	12.3 (73.2%)
32	ZABOROWSKA Beata	213		K-40	7	00:00:19	00:12:14	00:23:39	00:35:18	00:46:45	00:48:50.05	00:49:09.35	+00:13:07 (26.9%)	4:53	12.3 (73.2%)
33	BUDZYŃSKA Sylwia	710		K-20	8	00:00:36	00:12:21	00:23:57	00:35:19	00:46:52	00:48:50.40	00:49:26.55	+00:13:07 (26.9%)	4:53	12.3 (73.2%)
34	KOŹMIŃSKA Maryla	740	BRZOZA BIEGA	K-30	15	00:00:04	00:12:19	00:23:55	00:35:40	00:47:25	00:49:21.50	00:49:25.60	+00:13:38 (27.6%)	4:56	12.2 (72.6%)
35	WIŚNIEWSKA Marta	649	BRZOZA BIEGA	K-20	9	00:00:12	00:12:29	00:24:19	00:36:08	00:47:43	00:49:35.50	00:49:48.25	+00:13:52 (28.0%)	4:57	12.1 (72.0%)
36	KUFEL Magdalena	523		K-20	10	00:00:40	00:12:33	00:23:56	00:35:27	00:47:29	00:49:40.55	00:50:21.30	+00:13:57 (28.1%)	4:58	12.1 (72.0%)
37	MACIEJEWSKA-BŁACHEWICZ Joanna	80	RUNSPACE.PL TEAM	K-30	16	00:00:41	00:13:17	00:25:01	00:36:23	00:47:47	00:49:48.30	00:50:29.85	+00:14:05 (28.3%)	4:58	12 (71.4%)
38	ZYGULSKA Katarzyna	485	IŁAWSKIE ZBUJE	K-30	17	00:00:00	00:12:35	00:24:18	00:36:04	00:47:55	00:49:52.80	00:49:52.80	+00:14:10 (28.4%)	4:59	12 (71.4%)
39	JARZEMSKA Alicja	731	BYDGOSZCZ TRIATHLON TEAM	K-20	11	00:00:11	00:11:41	00:23:02	00:35:30	00:47:59	00:50:00.25	00:50:11.75	+00:14:17 (28.6%)	5:00	12 (71.4%)

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40	PALACZ Agnieszka	306	POZKAL RUNNING TEAM	K-40	8	00:00:30	00:13:22	00:25:12	00:36:45	00:48:10	00:50:08.70	00:50:39.25	+00:14:26 (28.8%)	5:00	12 (71.4%)
41	RYBKA Ilona	21		K-40	9	00:00:15	00:12:21	00:24:17	00:36:15	00:48:15	00:50:15.20	00:50:30.35	+00:14:32 (28.9%)	5:01	11.9 (70.8%)
42	SOŁDON Halina	166	11WOG	K-40	10	00:00:47	00:13:00	00:24:49	00:36:30	00:48:23	00:50:24.55	00:51:11.85	+00:14:41 (29.2%)	5:02	11.9 (70.8%)
43	ĆWIKLIŃSKA Anna	57	KLONIKTEAM	K-30	18	00:00:47	00:13:13	00:24:50	00:36:36	00:48:24	00:50:32.15	00:51:20.10	+00:14:49 (29.3%)	5:03	11.9 (70.8%)
44	NAWROCKA Iwona	660		K-40	11	00:00:30	00:12:48	00:24:43	00:36:38	00:48:26	00:50:33.00	00:51:03.75	+00:14:50 (29.4%)	5:03	11.9 (70.8%)
45	RATKOWSKA Małgorzata	227	THE RUNNERS ŚWIECIE	K-30	19	00:00:39	00:12:28	00:24:09	00:36:26	00:48:25	00:50:34.50	00:51:13.60	+00:14:51 (29.4%)	5:03	11.9 (70.8%)
46	KRUK Małgorzata	252	KUJAWSKO-POMORSKIE.PL	K-20	12	00:00:19	00:12:32	00:24:18	00:36:29	00:48:42	00:50:37.75	00:50:57.40	+00:14:55 (29.5%)	5:03	11.8 (70.2%)
47	KOLANOWSKA Grażyna	186		K-50	3	00:00:20	00:12:48	00:24:38	00:36:40	00:48:36	00:50:40.00	00:51:00.55	+00:14:57 (29.5%)	5:04	11.8 (70.2%)
48	KOSTYRA Agnieszka	736	TORUŃSKI KLUB TRIATHLONOWY	K-20	13	00:00:33	00:12:19	00:24:19	00:36:47	00:48:41	00:50:57.50	00:51:31.00	+00:15:14 (29.9%)	5:05	11.8 (70.2%)
49	KUŁAKOWSKA Anna	73	ANDRO	K-30	20	00:00:10	00:12:36	00:24:23	00:36:26	00:48:55	00:51:06.35	00:51:16.70	+00:15:23 (30.1%)	5:06	11.7 (69.6%)
50	GIERSZEWSKA Grażyna	89		K-40	12	00:00:35	00:13:13	00:25:18	00:37:23	00:49:24	00:51:23.25	00:51:58.80	+00:15:40 (30.5%)	5:08	11.7 (69.6%)
51	BICZKOWSKA Magdalena	386	RUN BYDGOSZCZ	K-30	21	00:00:14	00:13:18	00:25:37	00:37:41	00:49:24	00:51:25.90	00:51:40.25	+00:15:43 (30.6%)	5:08	11.7 (69.6%)
52	KAMIŃSKA Agnieszka	639		K-30	22	00:00:32	00:12:38	00:24:21	00:36:45	00:49:30	00:51:44.55	00:52:17.05	+00:16:01 (31.0%)	5:10	11.6 (69.0%)
53	GRABOWSKA Marta	546		K-20	14	00:00:45	00:13:11	00:25:17	00:37:31	00:49:46	00:51:50.60	00:52:35.65	+00:16:07 (31.1%)	5:11	11.6 (69.0%)
54	KALLAS-LIPSKA Anetta	283	RUN BYDGOSZCZ	K-40	13	00:00:46	00:13:06	00:25:16	00:37:28	00:49:47	00:51:54.65	00:52:41.30	+00:16:11 (31.2%)	5:11	11.6 (69.0%)
55	NOWACKA Małgorzata	143	BRZOZA BIEGA	K-20	15	00:00:25	00:12:30	00:24:44	00:37:17	00:49:54	00:51:57.35	00:52:23.10	+00:16:14 (31.3%)	5:11	11.5 (68.5%)
56	MISUN-NOWAK Katarzyna	52		K-30	23	00:00:41	00:13:18	00:25:23	00:37:58	00:50:01	00:52:00.60	00:52:42.55	+00:16:17 (31.3%)	5:12	11.5 (68.5%)
57	MAZANOWSKA Ewa	46	RUN-PASJA BYDGOSZCZ	K-30	24	00:00:21	00:13:17	00:25:29	00:37:49	00:50:01	00:52:06.55	00:52:27.65	+00:16:23 (31.5%)	5:12	11.5 (68.5%)
58	MARCINKOWSKA Jadwiga	661		K-40	14	00:00:35	00:13:05	00:25:14	00:37:25	00:49:54	00:52:07.25	00:52:42.55	+00:16:24 (31.5%)	5:12	11.5 (68.5%)
59	KĘPIŃSKA Katarzyna	735		K-40	15	00:00:17	00:12:59	00:25:16	00:37:40	00:50:06	00:52:17.00	00:52:34.05	+00:16:34 (31.7%)	5:13	11.5 (68.5%)
60	BONALSKA Magdalena	531		K-30	25	00:00:36	00:13:28	00:25:42	00:37:59	00:50:14	00:52:18.05	00:52:54.80	+00:16:35 (31.7%)	5:13	11.5 (68.5%)
61	MARCINIAK Justyna	429		K-30	26	00:00:37	00:13:27	00:25:41	00:37:58	00:50:13	00:52:21.85	00:52:58.85	+00:16:39 (31.8%)	5:14	11.5 (68.5%)
62	CZYŻEWSKA Justyna	133		K-30	27	00:00:23	00:13:01	00:25:11	00:37:45	00:50:23	00:52:32.40	00:52:56.25	+00:16:49 (32.0%)	5:15	11.4 (67.9%)
63	REPKA Anna	94	LUPUS TEAM	K-40	16	00:00:06	00:12:52	00:25:21	00:38:14	00:50:38	00:52:38.75	00:52:44.95	+00:16:56 (32.2%)	5:15	11.4 (67.9%)

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64	SOBAŃSKA Małgorzata	8		K-40	17	00:00:35	00:13:48	00:26:14	00:38:34	00:50:35	00:52:41.85	00:53:17.15	+00:16:59 (32.2%)	5:16	11.4 (67.9%)
65	NIEDBALSKA Anna	275	PAŁUKI RUNNING TEAM	K-40	18	00:00:11	00:12:58	00:25:27	00:38:02	00:50:33	00:52:44.15	00:52:56.05	+00:17:01 (32.3%)	5:16	11.4 (67.9%)
66	GRODEK Roksana	448	CYTADELA-GRUDZIĄDZ	K-20	16	00:00:38	00:13:27	00:25:52	00:38:24	00:50:42	00:52:50.75	00:53:29.35	+00:17:08 (32.4%)	5:17	11.4 (67.9%)
67	MANDOSIK Bernadeta	594	TEAMOCHAL	K-60	1	00:00:42	00:13:31	00:25:46	00:38:08	00:50:50	00:53:10.10	00:53:52.40	+00:17:27 (32.8%)	5:19	11.3 (67.3%)
68	KLEIN Anna	711		K-30	28	00:00:35	00:13:41	00:26:09	00:38:39	00:51:04	00:53:17.90	00:53:53.50	+00:17:35 (33.0%)	5:19	11.3 (67.3%)
69	GASIOROWSKA Anna	629		K-20	17	00:00:26	00:14:13	00:26:49	00:39:26	00:51:29	00:53:31.00	00:53:57.00	+00:17:48 (33.3%)	5:21	11.2 (66.7%)
70	GASIOROWSKA Marta	630		K-20	18	00:00:26	00:14:13	00:26:49	00:39:26	00:51:29	00:53:33.35	00:53:59.60	+00:17:50 (33.3%)	5:21	11.2 (66.7%)
71	MAGDZIARZ Katarzyna	348	KANCELARIA HMM	K-30	29	00:00:32	00:13:34	00:26:07	00:38:45	00:51:32	00:53:46.65	00:54:19.55	+00:18:03 (33.6%)	5:22	11.2 (66.7%)
72	LEWANDOWSKA Małgorzata	175		K-50	4	00:00:05	00:13:02	00:25:44	00:38:47		00:54:14.20	00:54:19.20	+00:18:31 (34.2%)	5:25	11.1 (66.1%)
73	GADOMSKA Maria	24	RUN BYDGOSZCZ	K-60	2	00:00:13	00:13:09	00:25:35	00:39:06	00:52:04	00:54:15.10	00:54:28.45	+00:18:32 (34.2%)	5:25	11.1 (66.1%)
74	JAMRÓZ Joanna	364		K-40	19	00:00:21	00:13:14	00:26:06	00:39:07	00:52:09	00:54:20.15	00:54:41.90	+00:18:37 (34.3%)	5:26	11 (65.5%)
75	KOSAKOWSKA Barbara	659		K-50	5	00:00:09	00:13:48	00:26:32	00:39:17	00:52:06	00:54:21.65	00:54:31.55	+00:18:38 (34.3%)	5:26	11 (65.5%)
76	GRZEGOREK GROTA Ewa	315		K-30	30	00:00:46	00:14:10	00:26:39	00:39:18	00:52:14	00:54:23.85	00:55:10.20	+00:18:41 (34.4%)	5:26	11 (65.5%)
77	GRABARSKA Anna	216		K-30	31	00:00:13	00:13:25	00:26:15	00:39:16	00:52:17	00:54:25.35	00:54:38.40	+00:18:42 (34.4%)	5:26	11 (65.5%)
78	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	00:54:26.30	00:54:56.50	+00:18:43 (34.4%)	5:26	11 (65.5%)
79	FARBICKA Paulina	406	BRZOZA BIEGA	K-30	33	00:00:03	00:13:30	00:26:23	00:39:19	00:52:14	00:54:29.95	00:54:33.85	+00:18:47 (34.5%)	5:27	11 (65.5%)
80	JAŹDZEWSKA Grażyna	253	AVENA TEAM OSIELSKO	K-30	34	00:00:04	00:13:22	00:26:14	00:39:21	00:52:17	00:54:36.60	00:54:40.75	+00:18:53 (34.6%)	5:27	11 (65.5%)
81	LUZAK Magdalena	204		K-20	19	00:00:24	00:13:30	00:26:09	00:39:01	00:52:25	00:54:37.60	00:55:01.65	+00:18:54 (34.6%)	5:27	11 (65.5%)
82	DROŹDŹ Małgorzata	58	KLONIKTEAM	K-30	35	00:00:41	00:13:25	00:26:20	00:39:20	00:52:25	00:54:41.05	00:55:22.45	+00:18:58 (34.7%)	5:28	11 (65.5%)
83	GNIOT Bożena	230		K-30	36	00:00:31	00:13:44	00:26:29	00:39:36	00:52:36	00:54:53.50	00:55:25.10	+00:19:10 (34.9%)	5:29	10.9 (64.9%)
84	STYKAŁA Adrianna	247		K-1	3	00:00:31	00:13:43	00:26:29	00:39:36	00:52:36	00:54:53.70	00:55:24.90	+00:19:11 (34.9%)	5:29	10.9 (64.9%)
85	STYKAŁA Magdalena	245		K-40	20	00:00:31	00:13:43	00:26:29	00:39:36	00:52:35	00:54:53.95	00:55:25.10	+00:19:11 (35.0%)	5:29	10.9 (64.9%)
86	POLAŃSKA Joanna			K-30	37	00:00:44	00:14:07	00:26:44	00:39:16	00:52:30	00:54:55.35	00:55:40.30	+00:19:12 (35.0%)	5:29	10.9 (64.9%)
87	KUBIAK Małgorzata	737		K-50	6	00:00:23	00:14:06	00:27:04	00:39:49	00:52:45	00:54:58.25	00:55:22.00	+00:19:15 (35.0%)	5:29	10.9 (64.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
88	CHABROS Małgorzata	504	THE RUNNERS ŚWIECIE	K-20	20	00:00:37	00:14:39	00:27:26	00:40:19	00:53:02	00:55:01.60	00:55:38.75	+00:19:18 (35.1%)	5:30	10.9 (64.9%)
89	SKUCIŃSKA Karolina	405		K-30	38	00:00:22	00:13:46	00:26:46	00:39:50	00:52:56	00:55:08.70	00:55:30.75	+00:19:26 (35.2%)	5:30	10.9 (64.9%)
90	NITKA Dominika	452		K-1	4	00:00:21	00:13:47	00:26:48	00:39:51	00:52:58	00:55:09.30	00:55:31.05	+00:19:26 (35.3%)	5:31	10.9 (64.9%)
91	BOULGE Beata	207		K-40	21	00:00:24	00:13:53	00:26:41	00:39:37	00:52:57	00:55:09.55	00:55:34.35	+00:19:26 (35.3%)	5:31	10.9 (64.9%)
92	NOWACKA Bożena	483		K-20	21	00:00:33	00:14:10	00:27:02	00:40:02	00:52:53	00:55:11.55	00:55:44.75	+00:19:28 (35.3%)	5:31	10.9 (64.9%)
93	DUDEK Joanna	79		K-30	39	00:00:40	00:14:37	00:27:41	00:40:48	00:53:11	00:55:12.15	00:55:52.25	+00:19:29 (35.3%)	5:31	10.9 (64.9%)
94	DUDZIŃSKA Aleksandra	428		K-40	22	00:00:39	00:14:30	00:27:42	00:40:49	00:53:12	00:55:12.30	00:55:52.15	+00:19:29 (35.3%)	5:31	10.9 (64.9%)
95	KUJDA Dorota	304		K-30	40	00:00:47	00:13:27	00:26:17	00:39:34	00:52:58	00:55:19.40	00:56:07.15	+00:19:36 (35.4%)	5:32	10.8 (64.3%)
96	POLAŃSKA Beata			K-40	23	00:00:30	00:13:46	00:26:28	00:39:30	00:52:44	00:55:20.00	00:55:50.00	+00:19:37 (35.5%)	5:32	10.8 (64.3%)
97	MAKUCH Urszula	562	12 WOG	K-40	24	00:00:36	00:14:06	00:27:08	00:40:08	00:53:17	00:55:32.30	00:56:08.95	+00:19:49 (35.7%)	5:33	10.8 (64.3%)
98	RZETELNA Sylwia	99		K-40	25	00:00:43	00:14:26	00:27:19	00:40:13	00:53:21	00:55:32.60	00:56:16.50	+00:19:49 (35.7%)	5:33	10.8 (64.3%)
99	SYCHOWICZ Klara	657		K-40	26	00:00:20	00:14:04	00:27:11	00:40:18	00:53:31	00:55:48.90	00:56:09.25	+00:20:06 (36.0%)	5:34	10.7 (63.7%)
100	JASKOWSKA-PAWSKA Danuta	229	KLUB AKTYWNYCH KOBIEC SZPILKI	K-40	27	00:00:03	00:13:52	00:26:36	00:39:38	00:53:10	00:55:51.75	00:55:55.45	+00:20:09 (36.1%)	5:35	10.7 (63.7%)
101	BRZYKCY Karolina	623		K-30	41	00:00:50	00:14:41	00:27:59	00:41:11	00:53:49	00:55:57.00	00:56:47.90	+00:20:14 (36.2%)	5:35	10.7 (63.7%)
102	PYDYN Regina	269		K-50	7	00:00:22	00:14:14	00:27:24	00:40:28	00:53:38	00:55:57.30	00:56:19.75	+00:20:14 (36.2%)	5:35	10.7 (63.7%)
103	CIEPLIŃSKA Marta	336		K-20	22	00:00:40	00:14:30	00:27:38	00:40:47	00:54:00	00:56:18.40	00:56:59.30	+00:20:35 (36.6%)	5:37	10.7 (63.7%)
104	STRABEL Maria	701		K-50	8	00:00:14	00:13:27	00:26:45	00:40:20	00:53:55	00:56:18.65	00:56:32.95	+00:20:35 (36.6%)	5:37	10.7 (63.7%)
105	KUBIAK Katarzyna	720		K-20	23	00:00:13	00:13:59	00:27:11	00:40:48	00:54:05	00:56:21.85	00:56:35.60	+00:20:39 (36.6%)	5:38	10.6 (63.1%)
106	KOLASIŃSKA Joanna	209	RUN BYDGOSZCZ	K-30	42	00:00:40	00:14:29	00:27:41	00:41:03	00:54:16	00:56:26.05	00:57:06.20	+00:20:43 (36.7%)	5:38	10.6 (63.1%)
107	BEDNAREK Marta	465		K-30	43	00:00:37	00:14:31	00:27:43	00:40:51	00:54:15	00:56:27.10	00:57:04.50	+00:20:44 (36.7%)	5:38	10.6 (63.1%)
108	STĘPIEŃ Monika	600		K-30	44	00:00:37	00:14:31	00:27:43	00:40:51	00:54:15	00:56:27.20	00:57:04.50	+00:20:44 (36.7%)	5:38	10.6 (63.1%)
109	GOŁATA Ewa	611		K-50	9	00:00:14	00:13:54	00:27:00	00:40:26	00:53:59	00:56:27.25	00:56:41.65	+00:20:44 (36.7%)	5:38	10.6 (63.1%)
110	TATULIŃSKA Aleksandra	115	RUN BYDGOSZCZ	K-30	45	00:00:37	00:14:33	00:27:43	00:40:51	00:54:19	00:56:28.50	00:57:06.20	+00:20:45 (36.8%)	5:38	10.6 (63.1%)
111	KROPIDŁOWSKA Magdalena	527	OCELOTY KRUSZYN KRAJEŃSKI	K-30	46	00:00:24	00:13:50	00:27:01	00:40:23	00:54:07	00:56:30.00	00:56:54.75	+00:20:47 (36.8%)	5:39	10.6 (63.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
112	TUŻYLAK Katarzyna	271		K-30	47	00:00:24	00:14:23	00:27:58	00:41:31	00:54:13	00:56:33.75	00:56:57.75	+00:20:51 (36.9%)	5:39	10.6 (63.1%)
113	BRYWCZYŃSKA Justyna	25		K-30	48	00:00:24	00:14:13	00:27:17	00:40:46	00:54:27	00:56:46.75	00:57:11.20	+00:21:04 (37.1%)	5:40	10.6 (63.1%)
114	NIKOŁAJEW Monika	568		K-30	49	00:00:45	00:14:06	00:27:26	00:40:47	00:54:32	00:56:59.10	00:57:44.35	+00:21:16 (37.3%)	5:41	10.5 (62.5%)
115	CZAPIEWSKA Małgorzata	524	BRODNICA BIEGA	K-50	10	00:00:17	00:13:56	00:27:12	00:40:39	00:54:30	00:56:59.45	00:57:17.25	+00:21:16 (37.3%)	5:42	10.5 (62.5%)
116	ŚWIĄTEK Karolina	442	CYTADELA-GRUDZIĄDZ	K-20	24	00:00:38	00:14:31	00:27:39	00:41:01	00:54:43	00:57:00.65	00:57:38.90	+00:21:17 (37.4%)	5:42	10.5 (62.5%)
117	ŚWIĄTEK Agnieszka	538	CYTADELA-GRUDZIĄDZ	K-20	25	00:00:37	00:14:31	00:27:40	00:41:01	00:54:44	00:57:01.15	00:57:38.85	+00:21:18 (37.4%)	5:42	10.5 (62.5%)
118	SADOWSKA Maria	499		K-40	28	00:00:25	00:14:10	00:27:34	00:41:04	00:54:40	00:57:01.25	00:57:27.00	+00:21:18 (37.4%)	5:42	10.5 (62.5%)
119	BURSKA Małgorzata	722		K-30	50	00:00:14	00:13:59	00:27:09	00:40:46	00:54:28	00:57:08.60	00:57:22.75	+00:21:25 (37.5%)	5:42	10.5 (62.5%)
120	CIESIÓŁKA Angelika	653		K-30	51	00:00:30	00:13:57	00:27:19	00:40:57	00:54:59	00:57:19.85	00:57:49.90	+00:21:37 (37.7%)	5:43	10.5 (62.5%)
121	ETTINGER Justyna	280		K-30	52	00:00:29	00:13:58	00:27:20	00:40:57	00:55:01	00:57:21.50	00:57:51.45	+00:21:38 (37.7%)	5:44	10.5 (62.5%)
122	JANISZEWSKA Aleksandra	151		K-30	53	00:00:35	00:14:37	00:28:03	00:41:35	00:55:07	00:57:22.90	00:57:58.65	+00:21:40 (37.8%)	5:44	10.5 (62.5%)
123	PORAZINSKA Viktoria	164		K-40	29	00:00:22	00:14:14	00:27:50	00:41:26	00:55:12	00:57:35.60	00:57:58.05	+00:21:52 (38.0%)	5:45	10.4 (61.9%)
124	KNIOŁA Lucyna	606		K-40	30	00:00:14	00:13:55	00:27:29	00:41:12	00:55:08	00:57:36.00	00:57:50.55	+00:21:53 (38.0%)	5:45	10.4 (61.9%)
125	CHYLIŃSKA Dorota	621	AKADEMIA BIEGANIA GRUDZIĄDZ	K-40	31	00:00:30	00:14:10	00:27:30	00:41:07	00:55:04	00:57:37.80	00:58:08.75	+00:21:55 (38.0%)	5:45	10.4 (61.9%)
125	SZARSZEWSKA Natalia	446	CYTADELA-GRUDZIĄDZ	K-20	26	00:00:38	00:14:33	00:27:48	00:41:27	00:55:15	00:57:37.80	00:58:16.60	+00:21:55 (38.0%)	5:45	10.4 (61.9%)
127	BABYCH Alona	738		K-20	27	00:00:08	00:13:48	00:27:06	00:41:18	00:55:19	00:57:48.25	00:57:56.40	+00:22:05 (38.2%)	5:46	10.4 (61.9%)
128	CZARNECKA Monika	619	BRZOZA BIEGA	K-30	54	00:00:42	00:14:32	00:28:03	00:41:41	00:55:31	00:57:53.65	00:58:36.10	+00:22:10 (38.3%)	5:47	10.4 (61.9%)
129	BOJAKOWSKA Małgorzata	556	BYDGOSKIE ŻÓŁWIE	K-40	32	00:00:18	00:14:27	00:27:58	00:41:44	00:55:37	00:57:57.60	00:58:16.00	+00:22:14 (38.4%)	5:47	10.4 (61.9%)
130	JURKIEWICZ Beata	427		K-30	55	00:00:28	00:14:40	00:28:24	00:42:10	00:55:37	00:58:00.90	00:58:29.45	+00:22:18 (38.4%)	5:48	10.3 (61.3%)
131	GAWRYSZCZAK Karolina	537		K-20	28	00:00:30	00:13:58	00:26:58	00:41:11	00:55:46	00:58:09.60	00:58:39.80	+00:22:26 (38.6%)	5:48	10.3 (61.3%)
132	MALATYŃSKA Barbara	113		K-40	33	00:00:41	00:14:48	00:28:24	00:42:01	00:55:51	00:58:12.50	00:58:54.00	+00:22:29 (38.6%)	5:49	10.3 (61.3%)
133	BŁASIŃSKA Żaneta	162		K-40	34	00:00:47	00:14:18	00:27:15	00:42:18	00:56:13	00:58:22.05	00:59:10.00	+00:22:39 (38.8%)	5:50	10.3 (61.3%)
134	ADRIAN Aldona	249		K-30	56	00:00:46	00:14:49	00:28:27	00:42:13	00:56:08	00:58:25.80	00:59:12.65	+00:22:43 (38.9%)	5:50	10.3 (61.3%)
135	MOROSZCZAK Dominika	248	SPÓJNIA BIAŁE BŁOTA	K-30	57	00:00:46	00:14:49	00:28:27	00:42:14	00:56:08	00:58:26.40	00:59:12.95	+00:22:43 (38.9%)	5:50	10.3 (61.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
136	KOSECKA Justyna	60		K-30	58	00:00:41	00:14:46	00:28:26	00:42:28	00:56:08	00:58:32.55	00:59:14.15	+00:22:49 (39.0%)	5:51	10.2 (60.7%)
137	BEDNARCZYK Joanna	31		K-30	59	00:00:41	00:14:46	00:28:26	00:42:28	00:56:08	00:58:32.80	00:59:14.05	+00:22:50 (39.0%)	5:51	10.2 (60.7%)
138	BEDNAREK Grazyna	49	RUN-PASJA BYDGOSZCZ	K-40	35	00:00:40	00:14:50	00:28:37	00:42:34	00:56:10	00:58:33.20	00:59:14.00	+00:22:50 (39.0%)	5:51	10.2 (60.7%)
139	BARANOWSKA Julia	63		K-1	5	00:00:34	00:14:54	00:28:47	00:42:43	00:56:37	00:58:34.25	00:59:08.70	+00:22:51 (39.0%)	5:51	10.2 (60.7%)
140	GORGOL Renia	296	RUN BYDGOSZCZ	K-40	36	00:00:43	00:14:30	00:28:10	00:42:09	00:56:08	00:58:39.10	00:59:23.00	+00:22:56 (39.1%)	5:52	10.2 (60.7%)
141	GÓRECKA Wiktoria	521	GÓRECCY TEAM	K-1	6	00:00:28	00:14:36	00:27:33	00:42:38	00:56:32	00:58:39.65	00:59:07.85	+00:22:56 (39.1%)	5:51	10.2 (60.7%)
142	ADAMCZYK Sonia	53		K-20	29	00:00:34	00:14:54	00:28:48	00:42:43	00:56:38	00:58:40.45	00:59:14.60	+00:22:57 (39.1%)	5:52	10.2 (60.7%)
143	SROCZYŃSKA Marta	179	POLONIA BYDGOSZCZ SLA	K-20	30	00:00:49	00:15:54	00:30:20	00:43:54	00:56:45	00:58:47.90	00:59:37.60	+00:23:05 (39.3%)	5:52	10.2 (60.7%)
144	GRABOWSKA Elżbieta	547		K-50	11	00:00:44	00:14:27	00:28:05	00:42:05	00:56:18	00:58:50.35	00:59:35.20	+00:23:07 (39.3%)	5:53	10.2 (60.7%)
145	OLEKSY Ilona	728		K-30	60	00:00:49	00:14:52	00:28:39	00:42:41	00:56:51	00:59:08.60	00:59:58.15	+00:23:25 (39.6%)	5:54	10.1 (60.1%)
146	ŚLESIŃSKA Ewa	334		K-40	37	00:00:13	00:14:06	00:27:48	00:42:00	00:56:37	00:59:10.70	00:59:24.55	+00:23:28 (39.7%)	5:55	10.1 (60.1%)
147	CHECHŁA Agata	147		K-30	61	00:00:52	00:15:35	00:29:39	00:43:36	00:56:55	00:59:15.25	01:00:07.35	+00:23:32 (39.7%)	5:55	10.1 (60.1%)
148	MAZGA Katarzyna	564		K-20	31	00:00:40	00:15:38	00:30:22	00:43:30	00:57:00	00:59:28.20	01:00:08.50	+00:23:45 (40.0%)	5:56	10.1 (60.1%)
149	WITUCKA-KRYGIER Malwina	581		K-20	32	00:00:26	00:14:34	00:28:33	00:42:44	00:57:12	00:59:28.85	00:59:55.10	+00:23:46 (40.0%)	5:56	10.1 (60.1%)
150	SZALA Monika	355		K-30	62	00:00:51	00:14:48	00:28:54	00:43:13	00:57:12	00:59:37.05	01:00:28.65	+00:23:54 (40.1%)	5:57	10.1 (60.1%)
151	PITUŁA Monika	575		K-30	63	00:00:21	00:15:28	00:28:58	00:42:33	00:57:29	00:59:55.35	01:00:16.80	+00:24:12 (40.4%)	5:59	10 (59.5%)
152	ŚPICA Dorota	457		K-40	38	00:00:51	00:15:36	00:29:40	00:43:37	00:57:41	01:00:02.50	01:00:54.45	+00:24:19 (40.5%)	6:00	10 (59.5%)
153	TOMSZA Katarzyna	637	ASSECO ACTIVE TEAM	K-30	64	00:00:29	00:15:02	00:29:05	00:43:21	00:57:48	01:00:14.65	01:00:43.85	+00:24:31 (40.7%)	6:01	10 (59.5%)
154	GROCHOWIAK Karolina	170	ŚLIMAKI BARCIN	K-30	65	00:00:14	00:14:38	00:28:50	00:43:22	00:57:58	01:00:20.55	01:00:35.45	+00:24:37 (40.8%)	6:02	9.9 (58.9%)
155	CHOŚCIŃSKA Agnieszka	489		K-30	66	00:00:15	00:14:55	00:29:05	00:43:28	00:58:05	01:00:37.25	01:00:53.00	+00:24:54 (41.1%)	6:03	9.9 (58.9%)
156	KWIATKOWSKA Beata	217	THE RUNNERS ŚWIECIE	K-30	67	00:00:36	00:14:54	00:28:56	00:43:18	00:58:26	01:01:13.00	01:01:49.35	+00:25:30 (41.7%)	6:07	9.8 (58.3%)
157	NAWROCKA Kinga	673		K-40	39	00:00:00	00:15:23	00:29:19	00:43:50	00:58:45	01:01:22.70	01:01:22.70	+00:25:40 (41.8%)	6:08	9.8 (58.3%)
158	WALCZAK Maria	395	TKKF KOLEJARZ BYDGOSZCZ	K-60	3	00:00:35	00:14:44	00:29:22	00:44:16	00:59:09	01:01:47.90	01:02:22.90	+00:26:05 (42.2%)	6:10	9.7 (57.7%)
159	KUCHARSKA Dorota	228	KLUB AKTYWNYCH KOBIET SZPILKI	K-30	68	00:00:04	00:14:26	00:29:49	00:44:47	00:59:27	01:01:57.40	01:02:01.55	+00:26:14 (42.4%)	6:11	9.7 (57.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
160	PRZYBYLSKA Grażyna	298		K-50	12	00:00:43	00:15:07	00:29:28	00:44:33	00:59:25	01:01:59.30	01:02:42.60	+00:26:16 (42.4%)	6:11	9.7 (57.7%)
161	RATAJ Monika	100	PERŁA KOBIECOŚCI	K-20	33	00:00:42	00:15:06	00:29:29	00:44:34	00:59:26	01:01:59.90	01:02:42.60	+00:26:17 (42.4%)	6:12	9.7 (57.7%)
162	RASSALSKA-KAUSA Jola	295		K-30	69	00:00:42	00:15:21	00:29:57	00:44:52	00:59:45	01:02:14.90	01:02:57.35	+00:26:32 (42.6%)	6:13	9.6 (57.1%)
163	SZTEJKA Jolanta	211	BENEFITKSO	K-30	70	00:00:51	00:15:41	00:30:21	00:45:07	00:59:57	01:02:18.85	01:03:10.20	+00:26:36 (42.7%)	6:13	9.6 (57.1%)
164	SZYMCZAK Monika	724		K-30	71	00:00:37	00:14:54	00:29:42	00:44:44	00:59:53	01:02:26.30	01:03:03.85	+00:26:43 (42.8%)	6:14	9.6 (57.1%)
165	STYPCZYŃSKA Natalia	602		K-20	34	00:00:44	00:15:04	00:29:11	00:43:19	00:59:39	01:02:28.15	01:03:12.35	+00:26:45 (42.8%)	6:14	9.6 (57.1%)
166	LENC Agnieszka	264	POLONIA BYDGOSZCZ SLA	K-30	72	00:00:50	00:15:53	00:30:36	00:45:30	01:00:03	01:02:31.55	01:03:21.70	+00:26:48 (42.9%)	6:15	9.6 (57.1%)
167	WOJEWÓDZKA Aleksandra	413		K-30	73	00:00:31	00:15:36	00:30:21	00:45:26	01:00:09	01:02:45.00	01:03:16.20	+00:27:02 (43.1%)	6:16	9.6 (57.1%)
168	ŁUCAK Marzena	318	CST RUN TEAM	K-30	74	00:00:45	00:15:36	00:29:45	00:44:55	01:00:16	01:02:52.80	01:03:37.95	+00:27:10 (43.2%)	6:17	9.5 (56.5%)
169	ROZMARYNOWICZ Anna	185		K-30	75	00:00:41	00:15:56	00:30:36	00:45:29	01:00:12	01:02:55.35	01:03:37.25	+00:27:12 (43.2%)	6:17	9.5 (56.5%)
170	DEPKA Agnieszka	319		K-30	76	00:00:44	00:15:09	00:29:45	00:44:41	01:00:10	01:02:57.65	01:03:41.65	+00:27:14 (43.3%)	6:17	9.5 (56.5%)
171	BORDON Monika	670		K-20	35	00:00:10	00:14:51	00:29:28	00:44:34	01:00:37	01:03:20.05	01:03:30.20	+00:27:37 (43.6%)	6:20	9.5 (56.5%)
172	KUBIAK Małgorzata	373		K-30	77	00:00:47	00:15:12	00:30:10	00:45:33	01:01:13	01:03:42.75	01:04:30.30	+00:28:00 (43.9%)	6:22	9.4 (56.0%)
173	KONOPIŃSKA Agnieszka	281	RUN BYDGOSZCZ	K-30	78	00:00:46	00:15:01	00:29:52	00:45:22	01:01:05	01:03:50.15	01:04:36.85	+00:28:07 (44.1%)	6:23	9.4 (56.0%)
174	RYDLEWSKA Kinga	129	RUN BYDGOSZCZ	K-30	79	00:00:39	00:15:16	00:29:59	00:45:29	01:01:12	01:03:57.70	01:04:36.80	+00:28:15 (44.2%)	6:23	9.4 (56.0%)
175	PASIEKA Magda	22		K-30	80	00:00:29	00:15:19	00:30:09	00:45:39	01:01:22	01:04:07.25	01:04:37.00	+00:28:24 (44.3%)	6:24	9.4 (56.0%)
176	KWIATKOWSKA Elżbieta	347		K-40	40	00:00:28	00:16:07	00:31:21	00:46:42	01:01:54	01:04:23.15	01:04:52.10	+00:28:40 (44.5%)	6:26	9.3 (55.4%)
177	KACZMAREK Agnieszka	572		K-40	41	00:00:15	00:15:21	00:30:31	00:46:00	01:01:42	01:04:24.65	01:04:39.80	+00:28:41 (44.6%)	6:26	9.3 (55.4%)
178	SYCHOWICZ Joanna	656		K-40	42	00:00:38	00:16:03	00:31:12	00:46:34	01:02:02	01:04:46.10	01:05:24.65	+00:29:03 (44.9%)	6:28	9.3 (55.4%)
179	NIZIOŁ Katarzyna	716		K-20	36	00:00:48	00:16:21	00:30:54	00:46:14	01:02:26	01:05:06.65	01:05:55.05	+00:29:23 (45.2%)	6:30	9.2 (54.8%)
180	DAŃCZUK Agnieszka	223		K-40	43	00:00:49	00:16:08	00:31:32	00:47:08	01:03:04	01:05:43.60	01:06:32.75	+00:30:00 (45.7%)	6:34	9.1 (54.2%)
181	GAJEK Agnieszka	69	TASAK TEAM	K-30	81	00:00:00					01:06:00.60	01:06:00.60	+00:30:17 (45.9%)	6:36	9.1 (54.2%)
182	PAŚ Katarzyna	243	CHARTY SZELEJEWO	K-40	44	00:00:47	00:16:23	00:31:45	00:47:37	01:03:47	01:06:27.10	01:07:14.50	+00:30:44 (46.3%)	6:38	9 (53.6%)
183	KARDACH Magdalena	450	ALLIANZ RUNNING TEAM	K-30	82	00:00:38	00:15:17	00:31:06	00:47:36	01:04:14	01:07:00.85	01:07:38.95	+00:31:18 (46.7%)	6:42	9 (53.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km					
184	MATKOWSKA Małgorzata	85		K-30	83	00:00:44	00:16:50	00:32:23	00:48:14	01:04:25	01:07:17.50	01:08:01.70	+00:31:34 (46.9%)	6:43	8.9 (53.0%)
185	MARKLIK Grażyna	77		K-40	45	00:00:44	00:16:50	00:32:24	00:48:14	01:04:25	01:07:17.60	01:08:01.65	+00:31:34 (46.9%)	6:43	8.9 (53.0%)
186	MAKOWSKA Justyna	68	TASAK TEAM	K-30	84	00:00:42	00:16:52	00:32:26	00:48:16	01:04:28	01:07:18.80	01:08:01.65	+00:31:36 (46.9%)	6:43	8.9 (53.0%)
187	STASIAK Renata	404		K-50	13	00:00:52	00:16:36	00:32:14	00:48:15	01:04:32	01:07:33.20	01:08:26.15	+00:31:50 (47.1%)	6:45	8.9 (53.0%)
188	KUZIAK Aleksandra	463		K-50	14	00:00:52	00:16:36	00:32:14	00:48:15	01:04:33	01:07:33.35	01:08:26.15	+00:31:50 (47.1%)	6:45	8.9 (53.0%)
189	SZUBARTOWSKA Pola	158	MUKS 15 AQUA BYDGOSZCZ	K-1	7	00:00:27	00:16:52	00:33:25	00:49:41	01:05:41	01:07:53.40	01:08:20.65	+00:32:10 (47.4%)	6:47	8.8 (52.4%)
190	MICHALAK Martyna	190	MUKS 15 AQUA BYDGOSZCZ	K-1	8	00:00:27	00:16:52	00:33:25	00:49:40	01:05:42	01:07:53.75	01:08:20.95	+00:32:11 (47.4%)	6:47	8.8 (52.4%)
191	PILAROWSKA Julita	365		K-20	37	00:00:20	00:15:31	00:32:04	00:48:19	01:05:24	01:08:11.55	01:08:31.55	+00:32:28 (47.6%)	6:49	8.8 (52.4%)
192	TOMASZEWSKA Dorota	593		K-20	38	00:00:48	00:17:08	00:33:07	00:49:38	01:05:51	01:08:30.85	01:09:19.60	+00:32:48 (47.9%)	6:51	8.8 (52.4%)
193	WIŚNIEWSKA Ewa	613		K-40	46	00:00:45	00:16:42	00:32:41	00:49:17	01:06:09	01:08:49.60	01:09:35.00	+00:33:06 (48.1%)	6:53	8.7 (51.8%)
194	LIBERA Sabina	64		K-40	47	00:00:50	00:17:06	00:33:11	00:49:38	01:06:13	01:08:59.40	01:09:50.10	+00:33:16 (48.2%)	6:54	8.7 (51.8%)
195	KAZUBOWSKA Zofia	488		K-1	9	00:00:52	00:17:39	00:33:38	00:50:08	01:06:47	01:09:55.25	01:10:48.20	+00:34:12 (48.9%)	6:59	8.6 (51.2%)
196	BŁASIŃSKA Natalia	161		K-1	10	00:00:49	00:18:06	00:34:23	00:50:49	01:07:35	01:10:25.40	01:11:14.85	+00:34:42 (49.3%)	7:02	8.5 (50.6%)
197	BORKOWSKA Ewa	353		K-60	4	00:00:37	00:16:41	00:32:47	00:51:05	01:07:05	01:10:31.85	01:11:09.00	+00:34:49 (49.4%)	7:03	8.5 (50.6%)
198	DERKOWSKA Weronika	354	TORUŃSKI KLUB TRIATHLONOWY	K-30	85	00:00:36	00:17:18	00:35:06	00:51:23	01:08:04	01:11:06.90	01:11:43.25	+00:35:24 (49.8%)	7:06	8.4 (50.0%)
199	KAŹMIERCZAK Adrianna	461		K-1	11	00:00:25	00:15:56	00:32:55	00:50:52	01:09:13	01:11:52.30	01:12:17.45	+00:36:09 (50.3%)	7:11	8.3 (49.4%)
200	GRABOWSKA Ilona	540		K-30	86	00:00:39	00:17:11	00:34:32	00:52:35	01:11:13	01:14:09.70	01:14:49.10	+00:38:27 (51.8%)	7:25	8.1 (48.2%)
201	WÓJCIK Ewa	696		K-30	87	00:00:16	00:17:10	00:34:36	00:53:03	01:11:10	01:14:21.20	01:14:37.75	+00:38:38 (52.0%)	7:26	8.1 (48.2%)
202	KREFFT Lidia	695		K-40	48	00:00:16	00:17:10	00:34:37	00:53:04	01:11:11	01:14:21.95	01:14:38.15	+00:38:39 (52.0%)	7:26	8.1 (48.2%)
203	LATUS Kamila	383	SIERADZ BIEGA	K-30	88	00:00:21	00:16:41	00:34:39	00:53:31	01:12:03	01:15:05.80	01:15:27.25	+00:39:23 (52.4%)	7:30	8 (47.6%)
204	RUDNICKA Karolina	294	TASAK TEAM	K-30	89	00:00:42	00:18:08	00:35:25	00:53:36	01:12:16	01:15:20.10	01:16:02.50	+00:39:37 (52.6%)	7:32	8 (47.6%)
205	CENTKOWSKA Ewelina	72		K-30	90	00:00:48	00:17:49	00:35:03	00:53:44	01:12:57	01:16:22.40	01:17:11.35	+00:40:39 (53.2%)	7:38	7.9 (47.0%)
206	BLUHM Martyna	235		K-20	39	00:00:37	00:20:11	00:39:49	01:00:07	01:20:05	01:21:57.45	01:22:35.35	+00:46:14 (56.4%)	8:11	7.3 (43.5%)
207	ROSIŃSKA Janina	734		K-70	1	00:00:03	00:22:02	00:42:40	01:04:03	01:25:39	01:27:32.65	01:27:36.05	+00:51:49 (59.2%)	8:45	6.9 (41.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
DQ	STERNAL Elżbieta	255		K-40		DQ	00:12:54 DQ	00:25:43 DQ	00:38:50 DQ	DQ	00:41:06.05 DQ	DQ		-	- (0.0%)
	WAWIERNIA Kamila	38	SPÓJNIA BIAŁE BŁOTA	K-20		DNF	00:15:43 DNF	00:30:03 DNF	00:44:14 DNF	DNF	DNF	DNF		-	- (0.0%)
	KICIŃSKA Marta	392		K-20		DNF	00:15:37 DNF	00:32:11 DNF	00:48:14 DNF	DNF	DNF	DNF		-	- (0.0%)
	KAZUBOWSKA Małgorzata	487		K-40		DNF	00:21:09 DNF	00:43:04 DNF	01:05:46 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 211 wynik(ów)