



XI BIEG SYLWESTROWY

B4SPORT

Organizator: Hotel Brzoza
Data: 2017-12-31
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	SZENK Marta	78		K-30	1	00:00:03	00:09:23	00:18:16	00:27:22	00:36:31	00:38:01.60	00:38:04.90		3:48	15.8 (100%)
2	DUDEK Agnieszka	454		K-40	1	00:00:03	00:10:21	00:20:25	00:30:29	00:40:36	00:42:17.55	00:42:20.85	+00:04:15 (10.1%)	4:13	14.2 (89.9%)
3	MOLTZAN-MAŁKOWSKA Magdalena	232		K-40	2	00:00:09	00:10:50	00:20:50	00:30:52	00:40:51	00:42:35.60	00:42:44.65	+00:04:34 (10.7%)	4:15	14.1 (89.2%)
4	GURNA Jolanta	384		K-50	1	00:00:04	00:10:58	00:21:03	00:31:28	00:41:55	00:43:42.50	00:43:47.45	+00:05:40 (13.0%)	4:22	13.7 (86.7%)
5	KOWALSKA Angelika	317		K-30	2	00:00:06	00:11:03	00:21:31	00:32:05	00:42:37	00:44:22.35	00:44:28.65	+00:06:20 (14.3%)	4:26	13.5 (85.4%)
6	JAKUBOWSKA Anna	173		K-30	3	00:00:06	00:11:02	00:21:32	00:32:05	00:42:47	00:44:36.35	00:44:42.50	+00:06:34 (14.7%)	4:27	13.5 (85.4%)
7	KOTWICA Hanna	188		K-20	1	00:00:05	00:11:28	00:22:12	00:33:01	00:43:27	00:45:10.80	00:45:16.15	+00:07:09 (15.8%)	4:31	13.3 (84.2%)
8	RATAJ Zuzanna	56		K-30	4	00:00:05	00:11:17	00:21:59	00:32:48	00:43:33	00:45:21.30	00:45:26.55	+00:07:19 (16.2%)	4:32	13.2 (83.5%)
9	TATULIŃSKA Aleksandra	505		K-30	5	00:00:09	00:11:36	00:22:22	00:33:08	00:43:47	00:45:36.40	00:45:46.35	+00:07:34 (16.6%)	4:33	13.2 (83.5%)
10	MACIEJEWSKA Kamila	319		K-30	6	00:00:04	00:11:29	00:22:13	00:33:02	00:43:55	00:45:49.50	00:45:54.20	+00:07:47 (17.0%)	4:35	13.1 (82.9%)
11	DĄBKOWSKA Dorota	603		K-50	2	00:00:06	00:11:36	00:22:29	00:33:13	00:44:15	00:46:10.35	00:46:16.85	+00:08:08 (17.6%)	4:37	13 (82.3%)
12	MITKOWSKA Natalia	562		K-30	7	00:00:24	00:11:20	00:22:00	00:33:11	00:44:32	00:46:22.25	00:46:46.40	+00:08:20 (18.0%)	4:38	12.9 (81.6%)
13	KANARKOWSKA Zofia	610		K-1	1	00:00:11	00:11:46	00:22:50	00:34:00	00:44:46	00:46:32.00	00:46:43.50	+00:08:30 (18.3%)	4:39	12.9 (81.6%)
14	WALIGÓRA Karolina	332		K-40	3	00:00:03	00:11:18	00:22:21	00:33:35	00:44:54	00:46:48.65	00:46:52.60	+00:08:47 (18.8%)	4:40	12.8 (81.0%)
15	RYMARKIEWICZ Małgorzata	50		K-30	8	00:00:28	00:11:39	00:22:39	00:33:43	00:44:58	00:46:51.40	00:47:19.60	+00:08:49 (18.8%)	4:41	12.8 (81.0%)
16	SAK Joanna	556		K-20	2	00:00:06	00:11:52	00:23:03	00:34:23	00:45:27	00:47:16.45	00:47:23.20	+00:09:14 (19.6%)	4:43	12.7 (80.4%)

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	STANKOWSKA Justyna	601		K-40	4	00:00:09	00:12:03	00:23:19	00:34:48	00:45:56	00:47:44.35	00:47:53.85	+00:09:42 (20.3%)	4:46	12.6 (79.7%)
18	MIERECZKO Marta	181		K-30	9	00:00:04	00:11:33	00:22:43	00:34:16	00:45:52	00:47:50.65	00:47:55.10	+00:09:49 (20.5%)	4:47	12.5 (79.1%)
19	KWIATKOWSKA Bożena	497		K-40	5	00:00:13	00:11:54	00:23:16	00:34:43	00:46:00	00:47:57.70	00:48:10.95	+00:09:56 (20.7%)	4:47	12.5 (79.1%)
20	STASZKIEWICZ Lucyna	356		K-50	3	00:00:09	00:11:44	00:22:56	00:34:30	00:46:10	00:48:13.30	00:48:22.90	+00:10:11 (21.1%)	4:49	12.4 (78.5%)
21	LIPINSKA Anna	444		K-40	6	00:00:08	00:12:11	00:23:49	00:35:23	00:46:39	00:48:32.65	00:48:41.25	+00:10:31 (21.7%)	4:51	12.4 (78.5%)
22	GACKOWSKA Beata	428		K-40	7	00:00:08	00:11:59	00:23:30	00:35:05	00:46:35	00:48:37.65	00:48:46.55	+00:10:36 (21.8%)	4:51	12.3 (77.8%)
23	GACKA Ania	418		K-30	10	00:00:15	00:11:59	00:23:19	00:34:57	00:46:38	00:48:37.70	00:48:52.70	+00:10:36 (21.8%)	4:51	12.3 (77.8%)
24	GACKA Paula	419		K-1	2	00:00:14	00:12:00	00:23:19	00:34:58	00:46:38	00:48:39.80	00:48:53.90	+00:10:38 (21.9%)	4:51	12.3 (77.8%)
25	RATKOWSKA Małgorzata	345		K-30	11	00:00:11	00:12:25	00:24:04	00:35:32	00:46:59	00:48:55.05	00:49:06.60	+00:10:53 (22.3%)	4:53	12.3 (77.8%)
26	PASTWA Donata	508		K-40	8	00:00:06	00:12:11	00:23:44	00:35:29	00:47:02	00:49:01.20	00:49:07.80	+00:10:59 (22.4%)	4:54	12.2 (77.2%)
27	MATLEWSKA Marzena	484		K-40	9	00:00:01	00:11:58	00:23:28	00:35:12	00:47:07	00:49:13.25	00:49:15.10	+00:11:11 (22.7%)	4:55	12.2 (77.2%)
28	KOLANOWSKA Grażyna	62		K-50	4	00:00:13	00:12:26	00:24:10	00:36:06	00:48:07	00:50:11.65	00:50:24.75	+00:12:10 (24.2%)	5:01	12 (75.9%)
29	SOKOŁOWSKA Hanna	564		K-50	5	00:00:21	00:12:56	00:25:04	00:37:04	00:48:33	00:50:39.05	00:51:00.65	+00:12:37 (24.9%)	5:03	11.8 (74.7%)
30	TRZÓŚŁO Dorota	300		K-30	12	00:00:25	00:12:39	00:24:29	00:36:31	00:48:44	00:50:48.95	00:51:14.80	+00:12:47 (25.2%)	5:04	11.8 (74.7%)
31	ŻOŁNOWSKA Monika	516		K-30	13	00:00:07	00:12:18	00:24:29	00:36:44	00:48:53	00:50:53.95	00:51:01.65	+00:12:52 (25.3%)	5:05	11.8 (74.7%)
32	RUDOL Magdalena	214		K-40	10	00:00:29	00:13:35	00:25:23	00:37:03	00:48:54	00:50:55.65	00:51:25.55	+00:12:54 (25.3%)	5:05	11.8 (74.7%)
33	KRUTUL Kasia	305		K-40	11	00:00:04	00:12:48	00:24:54	00:37:04	00:49:02	00:51:02.65	00:51:07.40	+00:13:01 (25.5%)	5:06	11.8 (74.7%)
34	MICHNA Justyna	107		K-40	12	00:00:37	00:13:13	00:25:22	00:37:16	00:49:00	00:51:06.20	00:51:44.10	+00:13:04 (25.6%)	5:06	11.7 (74.1%)
35	LUZAK Magdalena	498		K-20	3	00:00:16	00:12:35	00:24:40	00:36:51	00:49:06	00:51:06.40	00:51:22.90	+00:13:04 (25.6%)	5:06	11.7 (74.1%)
36	SOWIŃSKA Justyna	394		K-40	13	00:00:11	00:12:44	00:24:50	00:37:08	00:49:14	00:51:15.45	00:51:27.00	+00:13:13 (25.8%)	5:07	11.7 (74.1%)
37	REPKA Anna	546		K-40	14	00:00:13	00:12:56	00:25:04	00:37:24	00:49:28	00:51:26.35	00:51:39.85	+00:13:24 (26.1%)	5:08	11.7 (74.1%)
38	SOBIERAJ Karolina	625		K-40	15	00:00:08	00:12:38	00:24:44	00:37:10	00:49:34	00:51:39.70	00:51:47.70	+00:13:38 (26.4%)	5:09	11.6 (73.4%)
39	KICZIŃSKA Izabela	463		K-30	14	00:00:06	00:12:06	00:24:24	00:37:23	00:49:42	00:51:48.25	00:51:54.70	+00:13:46 (26.6%)	5:10	11.6 (73.4%)

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40	STACHEWICZ Iwona	624		K-30	15	00:00:28	00:13:43	00:25:52	00:37:50	00:49:57	00:51:51.60	00:52:20.10	+00:13:50 (26.7%)	5:11	11.6 (73.4%)
41	WOJCIECHOWSKA Emilia	185		K-40	16	00:00:20	00:12:51	00:25:15	00:37:38	00:50:12	00:52:18.45	00:52:38.70	+00:14:16 (27.3%)	5:13	11.5 (72.8%)
42	ADAMCZAK Barbara	351		K-20	4	00:00:11	00:12:34	00:25:07	00:37:56	00:50:21	00:52:25.60	00:52:36.90	+00:14:24 (27.5%)	5:14	11.4 (72.2%)
43	CABAŃSKA Katarzyna	137		K-30	16	00:00:33	00:13:16	00:25:26	00:37:55	00:50:25	00:52:28.85	00:53:01.95	+00:14:27 (27.5%)	5:14	11.4 (72.2%)
44	BEDNAREK Marta	154		K-30	17	00:00:28	00:12:52	00:25:09	00:37:43	00:50:21	00:52:30.65	00:52:58.65	+00:14:29 (27.6%)	5:15	11.4 (72.2%)
45	CZYŻEWSKA Justyna	59		K-30	18	00:00:14	00:12:36	00:24:45	00:37:24	00:50:32	00:52:45.80	00:53:00.15	+00:14:44 (27.9%)	5:16	11.4 (72.2%)
46	MELER-LEWANDOWSKA Katarzyna	397		K-30	19	00:00:09	00:12:38	00:25:06	00:37:55	00:50:35	00:52:46.25	00:52:55.35	+00:14:44 (27.9%)	5:16	11.4 (72.2%)
47	CENTKOWSKA Iwona	250		K-40	17	00:00:20	00:13:14	00:25:47	00:38:24	00:50:54	00:52:54.20	00:53:14.55	+00:14:52 (28.1%)	5:17	11.3 (71.5%)
48	KAMIŃSKA Agnieszka	304		K-30	20	00:00:35	00:13:14	00:25:36	00:38:05	00:51:00	00:53:08.90	00:53:44.00	+00:15:07 (28.5%)	5:18	11.3 (71.5%)
49	DROŹDŹ Małgorzata	25		K-30	21	00:00:36	00:13:38	00:26:06	00:38:38	00:51:08	00:53:18.00	00:53:54.20	+00:15:16 (28.7%)	5:19	11.3 (71.5%)
50	LEWANDOWSKA Małgorzata	70		K-50	6	00:00:20	00:12:59	00:25:33	00:38:17	00:51:08	00:53:21.05	00:53:41.50	+00:15:19 (28.7%)	5:20	11.2 (70.9%)
51	BRYWCZYŃSKA Justyna	27		K-30	22	00:00:32	00:13:27	00:25:57	00:38:26	00:51:15	00:53:21.70	00:53:54.30	+00:15:20 (28.7%)	5:20	11.2 (70.9%)
52	TRUSZCZYŃSKA Joanna	542		K-40	18	00:00:23	00:13:30	00:25:54	00:38:30	00:51:08	00:53:23.35	00:53:46.55	+00:15:21 (28.8%)	5:20	11.2 (70.9%)
53	ADAMCZYK Agnieszka	608		K-30	23	00:00:23	00:13:22	00:25:52	00:38:34	00:51:22	00:53:36.15	00:53:59.55	+00:15:34 (29.1%)	5:21	11.2 (70.9%)
54	SOLDON Halina	170		K-40	19	00:00:26	00:13:41	00:26:27	00:39:00	00:51:47	00:54:02.65	00:54:29.40	+00:16:01 (29.6%)	5:24	11.1 (70.3%)
55	RZETELNA Sylwia	211		K-40	20	00:00:08	00:12:49	00:25:40	00:38:35	00:51:47	00:54:06.70	00:54:14.90	+00:16:05 (29.7%)	5:24	11.1 (70.3%)
56	ĆWIKLIŃSKA Anna	34		K-30	24	00:00:35	00:13:57	00:26:32	00:39:25	00:52:03	00:54:10.00	00:54:45.55	+00:16:08 (29.8%)	5:25	11.1 (70.3%)
57	TOCZKIEWICZ Kaja	126		K-1	3	00:00:29	00:14:03	00:27:10	00:39:57	00:52:09	00:54:10.15	00:54:39.85	+00:16:08 (29.8%)	5:25	11.1 (70.3%)
58	BRACICHOWICZ Bogumiła	557		K-50	7	00:00:34	00:13:31	00:26:19	00:39:20	00:52:06	00:54:13.05	00:54:47.05	+00:16:11 (29.9%)	5:25	11.1 (70.3%)
59	NIEDBALSKA Anna	240		K-40	21	00:00:23	00:13:23	00:25:52	00:38:35	00:52:04	00:54:20.40	00:54:43.40	+00:16:18 (30.0%)	5:26	11 (69.6%)
60	BICKOWSKA Magdalena	295		K-30	25	00:00:27	00:14:09	00:27:12	00:40:00	00:52:11	00:54:20.80	00:54:48.35	+00:16:19 (30.0%)	5:26	11 (69.6%)
61	ANASZEWICZ Marzena	87		K-40	22	00:00:19	00:13:50	00:26:45	00:39:37	00:52:19	00:54:24.80	00:54:43.95	+00:16:23 (30.1%)	5:26	11 (69.6%)
62	MALATYŃSKA Barbara	76		K-40	23	00:00:19	00:13:50	00:26:45	00:39:39	00:52:21	00:54:29.90	00:54:49.25	+00:16:28 (30.2%)	5:27	11 (69.6%)

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63	BARWIKOWSKA Bogusia	196		K-40	24	00:00:15	00:13:22	00:26:08	00:39:06	00:52:16	00:54:31.45	00:54:46.60	+00:16:29 (30.3%)	5:27	11 (69.6%)
64	FARBICKA-ŻYWIC A Paulina	18		K-40	25	00:00:04	00:13:17	00:26:17	00:39:21	00:52:24	00:54:32.05	00:54:36.90	+00:16:30 (30.3%)	5:27	11 (69.6%)
65	ANDRZEJEWSKA Sylwia	324		K-20	5	00:00:46	00:14:30	00:27:11	00:40:04	00:52:51	00:54:50.65	00:55:37.25	+00:16:49 (30.7%)	5:29	10.9 (69.0%)
66	KOPIŃSKA-KRÓL Magdalena	526		K-40	26	00:00:10	00:14:05	00:27:03	00:39:56	00:52:45	00:54:54.25	00:55:04.70	+00:16:52 (30.7%)	5:29	10.9 (69.0%)
67	NALEWALSKA Justyna	318		K-20	6	00:00:26	00:13:44	00:26:42	00:40:00	00:52:58	00:55:02.45	00:55:28.80	+00:17:00 (30.9%)	5:30	10.9 (69.0%)
68	SROCZYŃSKA Marta	353		K-20	7	00:00:08	00:13:45	00:26:59	00:40:05	00:53:16	00:55:15.95	00:55:23.95	+00:17:14 (31.2%)	5:31	10.9 (69.0%)
69	PIOTROWSKA Marzena	594		K-30	26	00:00:37	00:13:53	00:26:54	00:40:01	00:53:14	00:55:19.05	00:55:56.95	+00:17:17 (31.3%)	5:31	10.8 (68.4%)
70	WARCZAK Katarzyna	592		K-30	27	00:00:37	00:13:53	00:26:54	00:40:01	00:53:13	00:55:19.25	00:55:56.95	+00:17:17 (31.3%)	5:31	10.8 (68.4%)
71	GRABARSKA Anna	67		K-30	28	00:00:00	00:12:36	00:25:39	00:39:15	00:53:11	00:55:27.55	00:55:27.55	+00:17:25 (31.4%)	5:32	10.8 (68.4%)
72	BARANOWSKA Julia	256		K-1	4	00:00:20	00:13:42	00:27:01	00:40:06	00:53:39	00:55:44.00	00:56:04.90	+00:17:42 (31.8%)	5:34	10.8 (68.4%)
73	CZUB Katarzyna	413		K-40	27	00:00:21	00:14:26	00:27:52	00:41:03	00:53:43	00:55:51.40	00:56:12.85	+00:17:49 (31.9%)	5:35	10.7 (67.7%)
74	GRZONKA Emilia	373		K-20	8	00:00:47	00:14:29	00:27:10	00:40:04	00:53:29	00:55:54.15	00:56:41.50	+00:17:52 (32.0%)	5:35	10.7 (67.7%)
75	KOSAKOWSKA Barbara	16		K-50	8	00:00:17	00:13:50	00:27:10	00:40:30	00:53:49	00:56:09.60	00:56:27.25	+00:18:08 (32.3%)	5:37	10.7 (67.7%)
76	ZAŁECH Barbara	258		K-30	29	00:00:34	00:13:58	00:27:20	00:40:46	00:53:56	00:56:13.85	00:56:47.90	+00:18:12 (32.4%)	5:37	10.7 (67.7%)
77	SZYCHUŁDA Joanna	433		K-20	9	00:00:20	00:13:07	00:26:33	00:40:20	00:53:57	00:56:17.35	00:56:37.85	+00:18:15 (32.4%)	5:37	10.7 (67.7%)
78	KOWALSKA Anna	530		K-30	30	00:00:07	00:12:45	00:26:17	00:40:09	00:53:59	00:56:25.15	00:56:32.15	+00:18:23 (32.6%)	5:38	10.6 (67.1%)
79	PAWLACZYK-MATELA Emilia	347		K-30	31	00:00:09	00:14:16	00:27:33	00:40:57	00:54:41	00:56:56.00	00:57:05.85	+00:18:54 (33.2%)	5:41	10.5 (66.5%)
80	MAKUCH -DOBOSZ Urszula	378		K-40	28	00:00:43	00:14:03	00:27:41	00:41:12	00:54:47	00:57:00.15	00:57:43.80	+00:18:58 (33.3%)	5:42	10.5 (66.5%)
81	KUBIAK Małgorzata	203		K-50	9	00:00:31	00:14:27	00:27:58	00:41:36	00:55:01	00:57:14.60	00:57:46.15	+00:19:13 (33.6%)	5:43	10.5 (66.5%)
82	PITUŁA Monika	63		K-30	32	00:00:44	00:14:19	00:27:16	00:41:08	00:55:15	00:57:30.70	00:58:15.00	+00:19:29 (33.9%)	5:45	10.4 (65.8%)
83	ROBACZEWSKA Joanna	471		K-1	5	00:00:31	00:14:41	00:28:27	00:42:23	00:55:39	00:57:41.95	00:58:13.25	+00:19:40 (34.1%)	5:46	10.4 (65.8%)
84	PRZYBYLSKA Grażyna	308		K-50	10	00:00:28	00:14:22	00:27:52	00:41:37	00:55:36	00:57:57.80	00:58:26.20	+00:19:56 (34.4%)	5:47	10.4 (65.8%)
85	JĘDRZEJCZYK Marzena	335		K-50	11	00:00:24	00:14:37	00:28:23	00:42:16	00:56:06	00:58:29.55	00:58:54.00	+00:20:27 (35.0%)	5:51	10.3 (65.2%)

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
86	BURSKA Małgorzata	571		K-30	33	00:00:06	00:14:24	00:28:16	00:42:26	00:56:06	00:58:34.70	00:58:41.30	+00:20:33 (35.1%)	5:51	10.2 (64.6%)
87	SADOWSKA Maria	407		K-40	29	00:00:35	00:14:43	00:28:37	00:42:26	00:56:17	00:58:36.05	00:59:11.85	+00:20:34 (35.1%)	5:51	10.2 (64.6%)
88	WIŚNIEWSKA Karolina	286		K-30	34	00:00:36	00:14:52	00:28:55	00:42:44	00:56:53	00:59:10.80	00:59:47.30	+00:21:09 (35.7%)	5:55	10.1 (63.9%)
89	PRZEDWOJSKA Katarzyna	36		K-40	30	00:00:41	00:15:17	00:29:52	00:43:50	00:57:07	00:59:23.85	01:00:05.00	+00:21:22 (36.0%)	5:56	10.1 (63.9%)
90	STYKAŁA Magdalena	155		K-40	31	00:00:39	00:14:49	00:28:43	00:42:46	00:57:06	00:59:26.00	01:00:05.80	+00:21:24 (36.0%)	5:56	10.1 (63.9%)
91	GNIOT Bożena	283		K-30	35	00:00:39	00:14:49	00:28:43	00:42:46	00:57:06	00:59:26.05	01:00:05.90	+00:21:24 (36.0%)	5:56	10.1 (63.9%)
92	STYKAŁA Adrianna	156		K-1	6	00:00:39	00:14:49	00:28:43	00:42:46	00:57:06	00:59:26.40	01:00:06.15	+00:21:24 (36.0%)	5:56	10.1 (63.9%)
93	BAKOWSKA Jolanta	247		K-50	12	00:00:25	00:14:34	00:28:30	00:42:38	00:57:02	00:59:29.90	00:59:55.45	+00:21:28 (36.1%)	5:57	10.1 (63.9%)
94	CZARNECKA-PIJAROWSKA Dominika	522		K-30	36	00:00:28	00:14:14	00:28:06	00:42:20	00:57:04	00:59:34.10	01:00:02.85	+00:21:32 (36.2%)	5:57	10.1 (63.9%)
95	SZUFRAJDA Weronika	152		K-20	10	00:00:28	00:14:46	00:29:13	00:43:37	00:57:51	01:00:00.35	01:00:28.65	+00:21:58 (36.6%)	6:00	10 (63.3%)
96	MACIEJEWSKA Magdalena	132		K-30	37	00:00:13	00:14:56	00:28:59	00:43:15	00:57:38	01:00:04.80	01:00:17.80	+00:22:03 (36.7%)	6:00	10 (63.3%)
97	JAŹDŹEWSKA Grażyna	131		K-30	38	00:00:12	00:14:57	00:29:00	00:43:16	00:57:39	01:00:04.90	01:00:17.85	+00:22:03 (36.7%)	6:00	10 (63.3%)
98	DRAŹDŹEWSKA Joanna	293		K-30	39	00:00:30	00:15:17	00:29:38	00:43:52	00:57:54	01:00:14.15	01:00:44.90	+00:22:12 (36.9%)	6:01	10 (63.3%)
99	TRELA Jolanta	215		K-30	40	00:00:24	00:15:27	00:29:54	00:44:06	00:58:11	01:00:23.65	01:00:48.00	+00:22:22 (37.0%)	6:02	9.9 (62.7%)
100	MIŁKOWSKA Monika	47		K-30	41	00:00:24	00:15:27	00:29:54	00:44:06	00:58:11	01:00:23.80	01:00:47.80	+00:22:22 (37.0%)	6:02	9.9 (62.7%)
101	SZTEJKA Jolanta	227		K-30	42	00:00:46	00:15:43	00:29:48	00:44:12	00:58:17	01:00:25.65	01:01:12.00	+00:22:24 (37.1%)	6:02	9.9 (62.7%)
102	PALACZ Agnieszka	146		K-40	32	00:00:28	00:14:46	00:29:12	00:43:37	00:58:04	01:00:28.60	01:00:57.10	+00:22:27 (37.1%)	6:02	9.9 (62.7%)
103	NAWROCKA Kinga	427		K-40	33	00:00:50	00:15:45	00:30:05	00:44:16	00:58:05	01:00:29.40	01:01:19.70	+00:22:27 (37.1%)	6:02	9.9 (62.7%)
104	OKOŃSKA Małgorzata	320		K-50	13	00:00:28	00:14:36	00:28:44	00:43:31	00:58:07	01:00:38.20	01:01:06.45	+00:22:36 (37.3%)	6:03	9.9 (62.7%)
105	MICHALAK Marianna	606		K-30	43	00:00:12	00:14:58	00:29:21	00:43:55	00:58:39	01:00:59.00	01:01:11.65	+00:22:57 (37.6%)	6:05	9.8 (62.0%)
106	BOLEWSKA BOLEWICZ Joanna	189		K-40	34	00:00:34	00:15:04	00:29:43	00:44:29	00:58:49	01:01:06.90	01:01:40.90	+00:23:05 (37.8%)	6:06	9.8 (62.0%)
107	SZULC Joanna	565		K-40	35	00:00:19	00:14:51	00:29:06	00:44:06	00:58:48	01:01:19.95	01:01:39.90	+00:23:18 (38.0%)	6:08	9.8 (62.0%)
107	PORAZIŃSKA Viktoria	301		K-40	36	00:00:19	00:14:52	00:29:06	00:44:06	00:58:48	01:01:19.95	01:01:39.90	+00:23:18 (38.0%)	6:08	9.8 (62.0%)

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
109	ZIELIŃSKA Elżbieta	496		K-50	14	00:00:21	00:15:15	00:29:49	00:44:36	00:59:09	01:01:38.40	01:01:59.80	+00:23:36 (38.3%)	6:09	9.7 (61.4%)
110	FRANCISZKIEWICZ Monika	552		K-20	11	00:00:33	00:14:49	00:29:40	00:44:50	01:00:36	01:01:47.55	01:02:21.15	+00:23:45 (38.5%)	6:10	9.7 (61.4%)
111	CHOŚCIŃSKA Agnieszka	535		K-40	37	00:00:16	00:14:40	00:28:46	00:43:59	00:59:35	01:02:00.85	01:02:17.00	+00:23:59 (38.7%)	6:12	9.7 (61.4%)
112	BEDNARCZYK Joanna	511		K-30	44	00:00:09	00:14:54	00:29:45	00:44:56	01:00:11	01:02:45.45	01:02:55.25	+00:24:43 (39.4%)	6:16	9.6 (60.8%)
113	KALINOWSKA Patrycja	242		K-20	12	00:00:15	00:14:42	00:29:38	00:45:15	01:00:27	01:02:48.00	01:03:03.20	+00:24:46 (39.4%)	6:16	9.6 (60.8%)
114	KWIATKOWSKA Maja	479		K-20	13	00:00:26	00:15:20	00:30:01	00:44:50	01:00:18	01:02:52.80	01:03:19.60	+00:24:51 (39.5%)	6:17	9.5 (60.1%)
115	DUDEK Marzena	475		K-50	15	00:00:26	00:15:20	00:30:01	00:44:50	01:00:19	01:02:52.90	01:03:19.80	+00:24:51 (39.5%)	6:17	9.5 (60.1%)
116	GRZYWACZ Karolina	194		K-30	45	00:00:13	00:15:18	00:30:27	00:45:42	01:01:05	01:03:35.35	01:03:49.15	+00:25:33 (40.2%)	6:21	9.4 (59.5%)
117	ŚLESIŃSKA Ewa	612		K-40	38	00:00:21	00:15:27	00:30:53	00:46:04	01:01:12	01:03:43.90	01:04:05.65	+00:25:42 (40.3%)	6:22	9.4 (59.5%)
118	KOLASIŃSKA Edyta	172		K-30	46	00:00:26	00:15:10	00:30:17	00:45:58	01:01:18	01:03:46.75	01:04:13.40	+00:25:45 (40.4%)	6:22	9.4 (59.5%)
119	ŁOŚ Anna	111		K-30	47	00:00:26	00:15:10	00:30:17	00:45:56	01:01:17	01:03:46.90	01:04:13.50	+00:25:45 (40.4%)	6:22	9.4 (59.5%)
120	KNIOŁA Lucyna	102		K-40	39	00:00:37	00:15:03	00:30:04	00:45:48	01:01:07	01:03:54.60	01:04:31.80	+00:25:53 (40.5%)	6:23	9.4 (59.5%)
121	GRABOWSKA Lucyna	493		K-50	16	00:00:34	00:15:54	00:30:47	00:46:12	01:01:51	01:04:34.80	01:05:09.40	+00:26:33 (41.1%)	6:27	9.3 (58.9%)
122	KLIMEK Justyna	502		K-30	48	00:00:29	00:15:39	00:31:09	00:47:20	01:02:50	01:04:58.80	01:05:28.20	+00:26:57 (41.5%)	6:29	9.2 (58.2%)
123	SZYSZKA Joanna	265		K-30	49	00:00:31	00:15:40	00:30:42	00:45:53	01:02:27	01:04:58.85	01:05:30.15	+00:26:57 (41.5%)	6:29	9.2 (58.2%)
124	BŁOŃSKA Natalia	266		K-30	50	00:00:31	00:15:40	00:30:42	00:45:53	01:02:27	01:04:58.95	01:05:30.40	+00:26:57 (41.5%)	6:29	9.2 (58.2%)
125	DOLATA Katarzyna	267		K-30	51	00:00:32	00:15:09	00:30:28	00:45:52	01:02:30	01:05:21.45	01:05:53.50	+00:27:19 (41.8%)	6:32	9.2 (58.2%)
126	PAŚ Katarzyna	272		K-40	40	00:00:16	00:15:21	00:30:32	00:46:27	01:02:45	01:05:27.70	01:05:43.80	+00:27:26 (41.9%)	6:32	9.2 (58.2%)
127	OŹDŻYŃKA Patrycja	458		K-20	14	00:00:24	00:15:55	00:31:20	00:47:24	01:02:56	01:05:31.40	01:05:56.05	+00:27:29 (42.0%)	6:33	9.2 (58.2%)
128	ROMANOWSKA Halina	165		K-60	1	00:00:48	00:16:38	00:31:54	00:46:29	01:01:59	01:05:38.60	01:06:27.50	+00:27:37 (42.1%)	6:33	9.1 (57.6%)
129	JAWORSKA Monika	436		K-30	52	00:00:36	00:15:30	00:30:44	00:46:27	01:03:00	01:05:43.40	01:06:19.85	+00:27:41 (42.1%)	6:34	9.1 (57.6%)
130	WRUK1 Justyna	425		K-40	41	00:00:35	00:15:32	00:30:45	00:46:29	01:03:01	01:05:43.95	01:06:19.85	+00:27:42 (42.1%)	6:34	9.1 (57.6%)
131	RASSALSKA-KAUSA Jola	312		K-30	53	00:00:39	00:15:52	00:31:22	00:47:32	01:03:49	01:06:25.60	01:07:05.40	+00:28:24 (42.8%)	6:38	9 (57.0%)

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
132	LUTKOWSKA Katarzyna	429		K-30	54	00:00:35	00:16:50	00:32:28	00:48:09	01:04:21	01:07:00.00	01:07:35.60	+00:28:58 (43.2%)	6:42	9 (57.0%)
133	ADAMCZAK Ewa	467		K-30	55	00:00:35	00:16:50	00:32:28	00:48:09	01:04:21	01:07:00.45	01:07:35.55	+00:28:58 (43.3%)	6:42	9 (57.0%)
134	WYCZLING Agnieszka	431		K-30	56	00:00:35	00:16:50	00:32:28	00:48:09	01:04:22	01:07:00.60	01:07:35.70	+00:28:59 (43.3%)	6:42	9 (57.0%)
135	ANDRYSZAK Vanessa	298		K-1	7	00:00:27	00:14:49	00:30:39	00:47:56	01:04:41	01:07:00.85	01:07:28.45	+00:28:59 (43.3%)	6:42	9 (57.0%)
136	MIAZGA Katarzyna	391		K-20	15	00:00:25	00:15:45	00:30:50	00:47:03	01:04:09	01:07:04.15	01:07:29.35	+00:29:02 (43.3%)	6:42	8.9 (56.3%)
137	ZIELIŃSKA Justyna	257		K-30	57	00:00:40	00:15:42	00:31:26	00:47:48	01:04:29	01:07:06.80	01:07:47.50	+00:29:05 (43.3%)	6:42	8.9 (56.3%)
138	KARDACH Magdalena	577		K-30	58	00:00:36	00:16:50	00:32:30	00:48:09	01:04:29	01:07:11.55	01:07:48.35	+00:29:09 (43.4%)	6:43	8.9 (56.3%)
139	ZAGOŹDŹON Wioleta	237		K-30	59	00:00:40	00:15:42	00:31:26	00:47:49	01:04:30	01:07:11.70	01:07:52.20	+00:29:10 (43.4%)	6:43	8.9 (56.3%)
140	ŚLĄSKA Angelika	485		K-30	60	00:00:12	00:15:11	00:30:42	00:48:00	01:04:28	01:07:19.95	01:07:32.45	+00:29:18 (43.5%)	6:44	8.9 (56.3%)
141	SZAJDA Magdalena	456		K-40	42	00:00:39	00:15:54	00:31:44	00:48:26	01:05:13	01:07:57.40	01:08:36.95	+00:29:55 (44.0%)	6:47	8.8 (55.7%)
142	WIŚNIEWSKA Ewa	39		K-40	43	00:00:43	00:16:43	00:32:23	00:48:30	01:05:27	01:08:14.60	01:08:57.65	+00:30:13 (44.3%)	6:49	8.8 (55.7%)
143	KUBIAK Małgorzata	91		K-40	44	00:00:43	00:16:19	00:32:45	00:49:11	01:05:37	01:08:17.05	01:09:00.10	+00:30:15 (44.3%)	6:49	8.8 (55.7%)
144	PISKORSKA Marta	101		K-30	61	00:00:42	00:16:20	00:32:46	00:49:11	01:05:37	01:08:17.25	01:08:59.80	+00:30:15 (44.3%)	6:49	8.8 (55.7%)
145	PYRA-KUCZYŃSKA Marzena	72		K-40	45	00:00:12	00:15:23	00:30:47	00:48:00	01:05:15	01:08:21.05	01:08:33.40	+00:30:19 (44.4%)	6:50	8.8 (55.7%)
146	CYBUL Anna	558		K-40	46	00:00:19	00:16:20	00:33:10	00:49:26	01:05:39	01:08:23.60	01:08:42.75	+00:30:22 (44.4%)	6:50	8.8 (55.7%)
147	ROZMARYNOWICZ Anna	71		K-30	62	00:00:02	00:15:33	00:30:57	00:48:09	01:05:24	01:08:30.40	01:08:32.95	+00:30:28 (44.5%)	6:51	8.8 (55.7%)
148	DEPKA Agnieszka	447		K-30	63	00:00:40	00:15:57	00:31:46	00:48:26	01:05:52	01:08:57.20	01:09:38.15	+00:30:55 (44.9%)	6:53	8.7 (55.1%)
149	SZUBARTOWSKA Pola	148		K-1	8	00:00:16	00:17:40	00:34:12	00:51:19	01:07:43	01:09:58.45	01:10:15.35	+00:31:56 (45.7%)	6:59	8.6 (54.4%)
150	MICHALAK Martyna	149		K-1	9	00:00:16	00:17:40	00:34:12	00:51:19	01:07:43	01:09:58.75	01:10:15.40	+00:31:57 (45.7%)	6:59	8.6 (54.4%)
151	CENTKOWSKA Ewelina	411		K-30	64	00:00:07	00:16:48	00:33:31	00:50:19	01:07:29	01:10:23.95	01:10:31.10	+00:32:22 (46.0%)	7:02	8.5 (53.8%)
152	MAZANOWSKA Ewa	550		K-40	47	00:00:47	00:17:54	00:34:34	00:50:37	01:07:41	01:11:32.30	01:12:19.30	+00:33:30 (46.8%)	7:09	8.4 (53.2%)
153	ZUPA Aleksandra	520		K-20	16	00:00:40	00:16:28	00:34:17	00:51:10	01:09:18	01:11:48.15	01:12:28.40	+00:33:46 (47.0%)	7:10	8.4 (53.2%)
154	KACZMAREK Agnieszka	103		K-40	48	00:00:37	00:16:36	00:33:37	00:50:58	01:09:21	01:11:51.00	01:12:28.30	+00:33:49 (47.1%)	7:11	8.4 (53.2%)

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
155	GRABOWSKA Iłona	451		K-30	65	00:00:37	00:18:29	00:35:56	00:54:07	01:14:31	01:17:41.65	01:18:19.15	+00:39:40 (51.1%)	7:46	7.7 (48.7%)
156	MŁYNAREK Aneta	459		K-30	66	00:00:48	00:18:45	00:37:07	00:56:09	01:15:12	01:18:25.40	01:19:14.00	+00:40:23 (51.5%)	7:50	7.6 (48.1%)
157	RUDNICKA Karolina	24		K-30	67	00:00:44	00:18:41	00:37:27	00:57:06	01:16:27	01:19:32.00	01:20:16.60	+00:41:30 (52.2%)	7:57	7.5 (47.5%)
158	ROSIŃSKA Janina	618		K-70	1	00:00:00	00:25:57	00:49:52	01:13:56	01:38:22	01:42:07.90	01:42:07.90	+01:04:06 (62.8%)	10:12	5.9 (37.3%)
159	DRÓŹDŹ Małgorzata	275		K-20	17	00:00:47	00:16:29	00:30:42	00:44:54	00:52:50			+00:16:19	5:31	10.8 (68.4%)
160	NIZIOŁ Katarzyna	632		K-20	18	00:00:49	00:16:14						+00:06:51	6:29	9.2 (58.2%)
	MARCINKOWSKA Anna	341		K-40		DNF	00:16:03 DNF	00:31:30 DNF	00:46:51 DNF	DNF	DNF	DNF		-	- (0.0%)
	BLASZKIEWICZ Marzena	164		K-30		DNF	00:16:16 DNF	00:32:39 DNF	00:50:18 DNF	DNF	DNF	DNF		-	- (0.0%)
	LIBERA Sabina	534		K-40		DNF	00:17:55 DNF	00:35:03 DNF	00:52:37 DNF	DNF	DNF	DNF		-	- (0.0%)
	KOŁODYNSKA Aleksandra	60		K-20		DNF	00:18:19 DNF	00:36:49 DNF	00:57:44 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 164 wynik(ów)