



Organizator: Stowarzyszenie "Bieg Zaślubin"
Data: 2017-03-12
Miejsce: Kołobrzeg
Dystans: 15 km

XXXI BIEG ZAŚLUBIN KOŁOBRZEG 15 KM

B4SPORT



Klasyfikacja: K-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike5_All 6km	Bike10_All 10km	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
1	POBŁOCKA Katarzyna	582	UKS EKONOMIK MARATONCZYK LEBORK	K20	1	00:00:04	00:22:17	00:38:23	00:56:47.95	00:56:52.05		3:47	15.8 (100%)
2	POBŁOCKA-DOBROWOLSKA Kamila	581	UKS EKONOMIK MARATONCZYK LEBORK	K20	2	00:00:04	00:22:16	00:38:24	00:57:10.95	00:57:14.95	+00:00:23 (0.7%)	3:48	15.7 (99.4%)
3	WROTECKA Katarzyna	851	4RUN TEAM PIŁA	K30	1	00:00:05	00:24:11	00:42:08	01:02:26.95	01:02:32.35	+00:05:39 (9.0%)	4:09	14.4 (91.1%)
4	PAPIERSKA Iwona	545		K30	2	00:00:19	00:24:10	00:42:05	01:02:39.50	01:02:59.45	+00:05:51 (9.4%)	4:10	14.4 (91.1%)
5	FELSKA Anna	174	MŻS WOŁCZA MAŁA	K45	1	00:00:14	00:25:16	00:43:45	01:03:59.65	01:04:14.05	+00:07:11 (11.2%)	4:16	14.1 (89.2%)
6	MURAWSKA Wioletta	495	PARKRUN SZCZECIN	K45	2	00:00:08	00:24:27	00:43:02	01:04:29.70	01:04:38.20	+00:07:41 (11.9%)	4:18	14 (88.6%)
7	WOJTYŚ Karolina	840		K30	3	00:00:07	00:24:34	00:43:19	01:04:47.00	01:04:54.80	+00:07:59 (12.3%)	4:19	13.9 (88.0%)
8	ROMEJ Elżbieta	630	ŁKB 'TRUCHT' ŁOBEZ	K50	1	00:00:11	00:24:56	00:44:00	01:06:12.75	01:06:23.85	+00:09:24 (14.2%)	4:24	13.6 (86.1%)
9	SZULC Kamila	753		K30	4	00:00:06	00:25:20	00:45:10	01:08:00.95	01:08:07.80	+00:11:13 (16.5%)	4:32	13.2 (83.5%)
10	FIŁONOWICZ Monika	179		K35	1	00:00:10	00:25:21	00:45:14	01:08:14.50	01:08:25.10	+00:11:26 (16.8%)	4:33	13.2 (83.5%)
11	JACHNIK Sabina	268		K45	3	00:00:07	00:25:04	00:44:37	01:08:28.45	01:08:36.35	+00:11:40 (17.1%)	4:33	13.1 (82.9%)
12	GRABSZTUNOWICZ Małgorzata	215	NIEZRZESZONA	K35	2	00:00:13	00:25:37	00:45:52	01:09:31.00	01:09:44.50	+00:12:43 (18.3%)	4:38	12.9 (81.6%)
13	SZABLA Ewelina	729		K30	5	00:00:12	00:25:44	00:46:23	01:09:45.50	01:09:57.75	+00:12:57 (18.6%)	4:39	12.9 (81.6%)
14	POBŁOCKA Bożena	580	UKS EKONOMIK MARATONCZYK LEBORK	K45	4	00:00:05	00:26:34	00:47:02	01:09:53.75	01:09:58.75	+00:13:05 (18.7%)	4:39	12.9 (81.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike5_All 6km	Bike10_All 10km	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
15	STORCZYK-RAK Agnieszka	717		K30	6	00:00:37	00:26:18	00:46:54	01:10:04.35	01:10:41.70	+00:13:16 (18.9%)	4:40	12.8 (81.0%)
16	KURKOWSKA Magdalena	925		K30	7	00:00:19	00:26:03	00:46:39	01:10:14.55	01:10:34.35	+00:13:26 (19.1%)	4:41	12.8 (81.0%)
17	KUCZER Agata	396		K30	8	00:00:23	00:27:13	00:47:33	01:10:38.50	01:11:01.75	+00:13:50 (19.6%)	4:42	12.7 (80.4%)
18	MICHALSKA Małgorzata	483	KURY Z WOLNEGO WYBIEGU .	K45	5	00:00:34	00:26:15	00:47:06	01:10:48.05	01:11:22.65	+00:14:00 (19.8%)	4:43	12.7 (80.4%)
19	ŻARNOWSKA Katarzyna	884		K40	1	00:00:27	00:27:07	00:47:51	01:11:30.65	01:11:57.95	+00:14:42 (20.6%)	4:46	12.6 (79.7%)
20	PEŁECHATA Julita	559		K20	3	00:00:21	00:26:38	00:48:01	01:11:44.30	01:12:05.50	+00:14:56 (20.8%)	4:46	12.5 (79.1%)
21	PACZYŃSKA Joanna	540		K30	9	00:00:33	00:26:39	00:47:28	01:11:45.60	01:12:18.60	+00:14:57 (20.8%)	4:47	12.5 (79.1%)
22	KLIMAS Agnieszka	337	RUNGRYF GRYFICE	K30	10	00:00:24	00:26:34	00:47:57	01:11:53.50	01:12:17.55	+00:15:05 (21.0%)	4:47	12.5 (79.1%)
23	OTOKA Kasia	538	MONIA TEAM	K40	2	00:00:20	00:26:47	00:47:59	01:12:11.05	01:12:31.85	+00:15:23 (21.3%)	4:48	12.5 (79.1%)
24	HASS Anita	244	E-FIZJO	K35	3	00:00:09	00:26:48	00:47:53	01:12:16.30	01:12:25.95	+00:15:28 (21.4%)	4:49	12.5 (79.1%)
25	WOJCIECHOWSKA-HRYCYK Agata	834		K45	6	00:00:14	00:26:48	00:48:15	01:12:30.30	01:12:44.90	+00:15:42 (21.7%)	4:50	12.4 (78.5%)
26	KOSECKA Katarzyna	904	KB WYGAN	K30	11	00:00:13	00:27:29	00:48:46	01:12:34.50	01:12:47.65	+00:15:46 (21.7%)	4:50	12.4 (78.5%)
27	SZUBERT Julia	751	KOŁOBRZEG BIEGA	K16	1	00:00:24	00:26:33	00:47:52	01:12:48.00	01:13:12.25	+00:16:00 (22.0%)	4:51	12.4 (78.5%)
28	KULINICZ Agnieszka	403	ROZBIEGANY GOLENIÓW	K35	4	00:00:16	00:27:38	00:49:12	01:13:04.45	01:13:21.05	+00:16:16 (22.3%)	4:52	12.3 (77.8%)
29	ROGANOWSKA Danuta	624	ROZBIEGANY KOSZALIN	K30	12	00:00:21	00:27:45	00:49:00	01:13:07.00	01:13:28.30	+00:16:19 (22.3%)	4:52	12.3 (77.8%)
30	NOWAK Klaudia	509	ROZBIEGANY GOLENIÓW	K30	13	00:00:15	00:27:17	00:49:04	01:13:09.30	01:13:24.95	+00:16:21 (22.4%)	4:52	12.3 (77.8%)
31	TUCHORSKA Julita	783		K30	14	00:00:12	00:27:01	00:48:49	01:13:43.50	01:13:56.10	+00:16:55 (23.0%)	4:54	12.2 (77.2%)
32	LITWINOWICZ Beata	905		K40	3	00:00:38	00:27:37	00:49:12	01:13:44.35	01:14:23.15	+00:16:56 (23.0%)	4:55	12.2 (77.2%)
33	GARSKA Joanna	187	ŚWIAT PŁYTEK U KRYSPIŃA	K40	4	00:00:14	00:27:39	00:49:24	01:13:59.65	01:14:14.45	+00:17:11 (23.2%)	4:56	12.2 (77.2%)
34	BRZEZICKA Kornelia	69		K30	15	00:00:11	00:27:38	00:49:26	01:14:09.35	01:14:21.30	+00:17:21 (23.4%)	4:56	12.1 (76.6%)
35	SIDORKIEWICZ Anna	666	KLUB BIEGACZA KAMIEŃ POMORSKI	K45	7	00:00:19	00:27:28	00:49:17	01:14:14.15	01:14:33.25	+00:17:26 (23.5%)	4:56	12.1 (76.6%)
36	MAKSYMOWICZ Kornelia	460		K30	16	00:00:25	00:27:43	00:49:23	01:14:23.15	01:14:48.40	+00:17:35 (23.6%)	4:57	12.1 (76.6%)
37	KARKOWSKA Wiesława	312		K55	1	00:00:15	00:27:46	00:49:54	01:14:23.80	01:14:39.35	+00:17:35 (23.7%)	4:57	12.1 (76.6%)

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38	ORŁOWSKA Beata	529	BEAUTYZONE	K45	8	00:00:37	00:28:13	00:49:53	01:14:35.50	01:15:12.60	+00:17:47 (23.9%)	4:58	12.1 (76.6%)
39	SZCZERBA Beata	734	BEZA TEAM	K40	5	00:00:59	00:28:21	00:50:01	01:14:47.35	01:15:46.60	+00:17:59 (24.1%)	4:59	12 (75.9%)
40	MRUGALSKA Magdalena	937	JW1223	K20	4	00:00:30	00:27:42	00:49:56	01:14:52.45	01:15:22.95	+00:18:04 (24.1%)	4:59	12 (75.9%)
41	SAPIKOWSKA Magdalena	662	ROZBIEGANY GOLENIÓW	K40	6	00:00:16	00:27:38	00:49:22	01:14:56.10	01:15:12.85	+00:18:08 (24.2%)	4:59	12 (75.9%)
42	WALTER Joanna	800	KB 10 BIAŁOGARD	K45	9	00:00:30	00:28:18	00:50:24	01:15:08.45	01:15:38.85	+00:18:20 (24.4%)	5:00	12 (75.9%)
43	KULCZYK Katarzyna	402	KB BRYZA POSTOMINO	K35	5	00:00:23	00:28:18	00:50:48	01:15:29.45	01:15:52.75	+00:18:41 (24.8%)	5:01	11.9 (75.3%)
44	DUDZIK Karolina	162		K30	17	00:00:44	00:28:35	00:51:21	01:15:41.00	01:16:25.00	+00:18:53 (25.0%)	5:02	11.9 (75.3%)
45	GÓRECKA-MITORAJ Justyna	208	MAMY TO !	K35	6	00:00:25	00:27:33	00:50:08	01:15:42.90	01:16:08.25	+00:18:54 (25.0%)	5:02	11.9 (75.3%)
46	KACHNOWICZ-BUKAŁA Izabela	295	ROZBIEGANY GOLENIÓW	K40	7	00:00:17	00:28:20	00:50:58	01:16:05.40	01:16:22.55	+00:19:17 (25.4%)	5:04	11.8 (74.7%)
47	BUKOWIECKA-ANDRYSIAK Małgorzata	80		K40	8	00:00:19	00:27:56	00:50:41	01:16:06.35	01:16:25.75	+00:19:18 (25.4%)	5:04	11.8 (74.7%)
48	OGRODOWICZ Kasia	517	KAMIEŃ POM	K30	18	00:00:19	00:28:00	00:50:22	01:16:18.65	01:16:37.80	+00:19:30 (25.6%)	5:05	11.8 (74.7%)
49	MĘDEL Marta	478	TKKF KOSZALIN	K40	9	00:00:17	00:28:25	00:51:00	01:16:22.20	01:16:39.55	+00:19:34 (25.6%)	5:05	11.8 (74.7%)
50	KAZIMIERSKA Żaneta	318		K45	10	00:00:39	00:28:08	00:50:38	01:16:25.90	01:17:05.65	+00:19:37 (25.7%)	5:05	11.8 (74.7%)
51	RATAJCZYK Monika	614		K30	19	00:00:33	00:28:16	00:50:43	01:16:44.30	01:17:17.90	+00:19:56 (26.0%)	5:06	11.7 (74.1%)
52	KURZAJCZYK Joanna	410	4RUN TEAM PIŁA	K45	11	00:00:12	00:28:13	00:51:02	01:17:02.30	01:17:14.90	+00:20:14 (26.3%)	5:08	11.7 (74.1%)
53	ZŁOTNICKA-BŁASZCZYK Marta	879		K30	20	00:00:36	00:28:03	00:50:24	01:17:03.85	01:17:40.70	+00:20:15 (26.3%)	5:08	11.7 (74.1%)
54	JABŁOŃSKA Elżbieta	263	PARKRUN ŚWINOUJŚCIE	K50	2	00:00:30	00:28:53	00:52:04	01:17:42.05	01:18:12.30	+00:20:54 (26.9%)	5:10	11.6 (73.4%)
55	ZAWADZKA Marzena	869	4RUN TEAM PIŁA	K45	12	00:00:55	00:29:36	00:52:28	01:17:52.25	01:18:48.15	+00:21:04 (27.1%)	5:11	11.6 (73.4%)
56	GLOWACKA Daria	202		K30	21	00:18:32	00:30:18	00:50:23	01:17:52.80	01:36:24.80	+00:21:04 (27.1%)	5:11	11.6 (73.4%)
57	GRABOWSKA Marta	209		K20	5	00:00:24	00:29:07	00:52:33	01:18:07.95	01:18:32.30	+00:21:20 (27.3%)	5:12	11.5 (72.8%)
58	SZCZETYŃSKA Karolina	735		K30	22	00:01:00	00:30:33	00:53:59	01:18:12.20	01:19:12.55	+00:21:24 (27.4%)	5:12	11.5 (72.8%)
59	HŁYWA Beata	248	KB WYGAN	K40	10	00:00:26	00:30:02	00:53:48	01:18:14.30	01:18:40.55	+00:21:26 (27.4%)	5:12	11.5 (72.8%)
60	RUTKOWSKA Anna	644		K45	13	00:00:35	00:29:30	00:53:00	01:18:26.25	01:19:01.80	+00:21:38 (27.6%)	5:13	11.5 (72.8%)

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61	BORKOWSKA-KOWALCZYK Daria	62	WOMEN'S FIGHT CLUB KOSZALIN	K35	7	00:00:10	00:27:49	00:50:51	01:18:32.15	01:18:42.25	+00:21:44 (27.7%)	5:14	11.5 (72.8%)
62	BŁĄŻEWICZ Marta	53		K35	8	00:00:55	00:29:38	00:52:37	01:18:36.70	01:19:31.80	+00:21:48 (27.7%)	5:14	11.5 (72.8%)
63	SZNABEL Alina	747	4RUN TEAM PIŁA	K60	1	00:00:55	00:29:36	00:52:35	01:18:38.75	01:19:34.40	+00:21:50 (27.8%)	5:14	11.4 (72.2%)
64	WIŚNIEWSKA Magdalena	824		K30	23	00:00:45	00:29:36	00:53:11	01:18:48.55	01:19:34.25	+00:22:00 (27.9%)	5:15	11.4 (72.2%)
65	GRABOWSKA-LESISZ Aneta	211		K35	9	00:00:21	00:28:03	00:51:49	01:18:52.40	01:19:14.10	+00:22:04 (28.0%)	5:15	11.4 (72.2%)
66	KUROWSKA Izabela	949	FITOKA	K35	10	00:00:22	00:30:07	00:53:25	01:18:59.90	01:19:22.60	+00:22:11 (28.1%)	5:16	11.4 (72.2%)
67	HOK Bożena	254		K45	14	00:00:39	00:30:05	00:53:33	01:19:17.10	01:19:56.20	+00:22:29 (28.4%)	5:17	11.4 (72.2%)
68	BĄCZYK Monika	33	MONIA TEAM	K35	11	00:00:46	00:29:33	00:52:48	01:19:27.85	01:20:14.25	+00:22:39 (28.5%)	5:17	11.3 (71.5%)
69	AKIER Magdalena	8		K20	6	00:00:30	00:27:33	00:51:03	01:19:28.85	01:19:59.05	+00:22:40 (28.5%)	5:17	11.3 (71.5%)
70	SAJNÓG Joanna	659	KOŁOBRZEG MARATON TEAM	K30	24	00:00:48	00:30:00	00:53:58	01:19:42.50	01:20:31.15	+00:22:54 (28.7%)	5:18	11.3 (71.5%)
71	MIGALSKA STANKIEWICZ Lucyna	489		K35	12	00:00:30	00:28:49	00:52:55	01:19:43.75	01:20:14.05	+00:22:55 (28.8%)	5:18	11.3 (71.5%)
72	WROTECKA Emilia	852		K30	25	00:00:18	00:29:17	00:52:58	01:19:50.60	01:20:09.15	+00:23:02 (28.9%)	5:19	11.3 (71.5%)
73	DEJNAK Mariola	139		K55	2	00:00:30	00:28:49	00:52:55	01:20:07.80	01:20:38.50	+00:23:19 (29.1%)	5:20	11.2 (70.9%)
74	TROSZCZYŃSKA Izabela	779		K20	7	00:01:05	00:29:53	00:53:20	01:20:12.10	01:21:17.35	+00:23:24 (29.2%)	5:20	11.2 (70.9%)
75	PTAK Katarzyna	954		K35	13	00:00:22	00:28:46	00:52:49	01:20:29.15	01:20:51.55	+00:23:41 (29.4%)	5:21	11.2 (70.9%)
76	NOWAK-IGNACAK Monika	510		K40	11	00:00:35	00:30:26	00:53:58	01:20:36.40	01:21:11.55	+00:23:48 (29.5%)	5:22	11.2 (70.9%)
77	BARTECKA Ewelina	28	KUNA KOWANÓWKO	K35	14	00:00:27	00:30:37	00:54:35	01:20:40.10	01:21:07.80	+00:23:52 (29.6%)	5:22	11.2 (70.9%)
78	PARADOWSKA Ewelina	546	ZA - BIEGANE BABECZKI. NOWOGARD	K30	26	00:00:34	00:31:18	00:55:28	01:20:47.40	01:21:21.60	+00:23:59 (29.7%)	5:23	11.1 (70.3%)
79	KRAWCZYK Nata	378	RUN NATKA	K35	15	00:00:40	00:30:03	00:54:04	01:20:53.60	01:21:34.15	+00:24:05 (29.8%)	5:23	11.1 (70.3%)
80	JUSIŃSKA Anna	895		K45	15	00:00:22	00:30:19	00:54:23	01:21:06.75	01:21:28.95	+00:24:18 (30.0%)	5:24	11.1 (70.3%)
81	MACIOSZEK Agnieszka	455		K40	12	00:00:37	00:29:08	00:54:05	01:21:08.85	01:21:46.20	+00:24:20 (30.0%)	5:24	11.1 (70.3%)
82	SZYMCZAK Amanda	760		K20	8	00:00:46	00:29:58	00:54:14	01:21:23.05	01:22:09.20	+00:24:35 (30.2%)	5:25	11.1 (70.3%)
83	ROSA Malwina	632		K30	27	00:00:44	00:30:16	00:54:15	01:21:23.40	01:22:07.90	+00:24:35 (30.2%)	5:25	11.1 (70.3%)

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84	KOLANOWSKA Grażyna	341		K55	3	00:00:34	00:30:12	00:54:27	01:21:32.05	01:22:06.50	+00:24:44 (30.3%)	5:26	11 (69.6%)
85	SZUBERT Agnieszka	750	KOŁOBRZEG BIEGA	K35	16	00:00:44	00:31:36	00:56:06	01:22:15.75	01:23:00.30	+00:25:27 (31.0%)	5:29	10.9 (69.0%)
86	WRÓBLEWICZ Irena	853	NAKIELSKI KLUB BIEGACZA	K35	17	00:00:40	00:30:26	00:55:05	01:22:17.20	01:22:58.15	+00:25:29 (31.0%)	5:29	10.9 (69.0%)
87	PIÓRO Ewa	573		K40	13	00:00:40	00:30:54	00:55:39	01:22:23.95	01:23:04.25	+00:25:36 (31.1%)	5:29	10.9 (69.0%)
88	WIERZBICKA Agata	815		K30	28	00:00:19	00:30:15	00:55:20	01:22:40.70	01:23:00.65	+00:25:52 (31.3%)	5:30	10.9 (69.0%)
89	ŻUKOWSKA Małgorzata	888	NTS	K30	29	00:00:38	00:30:04	00:54:21	01:22:55.20	01:23:34.10	+00:26:07 (31.5%)	5:31	10.9 (69.0%)
90	KORNIOWSKA Ewelina	353	KOŁOBRZEG BIEGA	K40	14	00:00:56	00:31:28	00:56:13	01:23:03.45	01:23:59.70	+00:26:15 (31.6%)	5:32	10.8 (68.4%)
91	KLEINSZMID Marta	334	OSP BIAŁY BÓR	K40	15	00:00:20	00:30:22	00:54:43	01:23:13.30	01:23:34.10	+00:26:25 (31.7%)	5:32	10.8 (68.4%)
92	RZĄDKOWSKA Maria	652		K40	16	00:00:21	00:30:25	00:54:50	01:23:23.00	01:23:44.00	+00:26:35 (31.9%)	5:33	10.8 (68.4%)
93	TRZEBA Monika	780		K35	18	00:00:18	00:29:57	00:54:58	01:23:34.55	01:23:52.55	+00:26:46 (32.0%)	5:34	10.8 (68.4%)
94	SOWISZ Danuta	702	SOWISZ TEAM	K45	16	00:00:37	00:30:24	00:55:29	01:23:34.75	01:24:12.55	+00:26:46 (32.0%)	5:34	10.8 (68.4%)
95	MACIĄŻEK Renata	451		K35	19	00:00:49	00:31:45	00:56:50	01:23:36.15	01:24:26.05	+00:26:48 (32.1%)	5:34	10.8 (68.4%)
96	PAPACZEK Małgorzata	544		K30	30	00:01:02	00:33:08	00:57:37	01:23:45.20	01:24:47.60	+00:26:57 (32.2%)	5:35	10.7 (67.7%)
97	MALINOWSKA Małgorzata	461	KB.SPRINT.ŚWIDWIN	K55	4	00:00:21	00:30:10	00:55:04	01:23:47.35	01:24:08.65	+00:26:59 (32.2%)	5:35	10.7 (67.7%)
98	MAZUREK Barbara	475	BABECZKI KOSZALIN	K35	20	00:00:59	00:30:14	00:55:35	01:23:51.70	01:24:50.95	+00:27:03 (32.3%)	5:35	10.7 (67.7%)
99	KONKEL Joanna	347	MKS 'ŚWIĘC' SŁAWNO	K50	3	00:00:19	00:30:19	00:55:19	01:24:10.15	01:24:29.55	+00:27:22 (32.5%)	5:36	10.7 (67.7%)
100	ŁĄCZAK Justyna	419	ASSECO ACTIVE TEAM	K35	21	00:00:30	00:30:04	00:55:07	01:24:15.50	01:24:45.50	+00:27:27 (32.6%)	5:37	10.7 (67.7%)
101	CZARNECKA Teresa	121		K30	31	00:00:31	00:30:01	00:55:41	01:24:32.30	01:25:03.35	+00:27:44 (32.8%)	5:38	10.6 (67.1%)
102	GZELA Olga	236	BABECZKI KOSZALIN, ROZBIEGANY KOSZALIN	K35	22	00:00:15	00:30:05	00:55:53	01:24:34.70	01:24:50.10	+00:27:46 (32.8%)	5:38	10.6 (67.1%)
103	WALCZAK Agnieszka	797	TKKF KOSZALIN	K40	17	00:00:16	00:29:21	00:54:58	01:24:42.65	01:24:59.10	+00:27:54 (32.9%)	5:38	10.6 (67.1%)
104	SODNOMGOMBO Alimaa	691	WIECZORNE BIEGANIE W SZCZECINIE	K55	5	00:00:09	00:30:03	00:55:27	01:24:46.85	01:24:56.15	+00:27:58 (33.0%)	5:39	10.6 (67.1%)
105	WITKA Grażyna	826	ŁEBA MORS POLAND	K50	4	00:00:25	00:31:06	00:57:01	01:25:05.25	01:25:30.70	+00:28:17 (33.2%)	5:40	10.6 (67.1%)
106	SUPROŃ Izabela	726		K35	23	00:00:21	00:30:21	00:55:43	01:25:08.00	01:25:29.05	+00:28:20 (33.3%)	5:40	10.6 (67.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike5_All 6km	Bike10_All 10km	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
107	SZEWCZYK Monika	742		K20	9	00:00:31	00:31:41	00:57:13	01:25:15.60	01:25:46.70	+00:28:27 (33.4%)	5:41	10.6 (67.1%)
108	ŁANGOWSKA Iwona	901	KOŁOBRZEG BIEGA	K50	5	00:00:40	00:31:30	00:57:02	01:25:22.65	01:26:03.60	+00:28:34 (33.5%)	5:41	10.5 (66.5%)
109	LENKIEWICZ Marta	426	AT-AKTYWNY TRZEBIATÓW	K30	32	00:00:41	00:31:26	00:57:16	01:25:26.20	01:26:07.75	+00:28:38 (33.5%)	5:41	10.5 (66.5%)
110	STRZELCZYK Wioletta	721		K40	18	00:00:11	00:30:38	00:56:50	01:25:30.50	01:25:41.50	+00:28:42 (33.6%)	5:42	10.5 (66.5%)
111	WODNICKA Ewa	831	RUNGRYF GRYFICE	K45	17	00:00:44	00:32:04	00:57:56	01:25:38.90	01:26:23.45	+00:28:50 (33.7%)	5:42	10.5 (66.5%)
112	GUDANIEC Dorota	231	TRIATHLON KOSZALIN	K55	6	00:00:25	00:31:56	00:57:23	01:25:49.60	01:26:15.05	+00:29:01 (33.8%)	5:43	10.5 (66.5%)
113	MACKOWICZ Aneta	457	REHABILITACJA WOMP SZCZECIN	K40	19	00:00:33	00:31:37	00:57:08	01:25:55.60	01:26:28.65	+00:29:07 (33.9%)	5:43	10.5 (66.5%)
114	KORCZYK Joanna	352	KOŁOBRZESKIE TOWARZYSTWA CYKLISTÓW	K30	33	00:00:53	00:32:12	00:58:22	01:26:04.25	01:26:57.50	+00:29:16 (34.0%)	5:44	10.5 (66.5%)
115	JABŁOŃSKA Katarzyna	264		K40	20	00:00:40	00:31:14	00:57:42	01:26:10.40	01:26:50.80	+00:29:22 (34.1%)	5:44	10.4 (65.8%)
116	NITA Katarzyna	504	VILLAGE PUNK RUN	K45	18	00:00:44	00:31:02	00:57:02	01:26:11.50	01:26:55.85	+00:29:23 (34.1%)	5:44	10.4 (65.8%)
117	OGRODOWCZYK Jagoda	516		K30	34	00:00:43	00:31:03	00:57:03	01:26:23.35	01:27:06.75	+00:29:35 (34.3%)	5:45	10.4 (65.8%)
118	PELC Marzena	557	RUN GRYF GRYFICE	K40	21	00:00:44	00:32:04	00:58:04	01:26:24.65	01:27:08.85	+00:29:36 (34.3%)	5:45	10.4 (65.8%)
119	WACHHOLZ Beata	795	KB BRYZA POSTOMINO	K45	19	00:00:46	00:32:19	00:58:08	01:26:41.75	01:27:27.80	+00:29:53 (34.5%)	5:46	10.4 (65.8%)
120	SZELEŻNIAK Monika	741		K40	22	00:00:46	00:31:34	00:57:35	01:26:50.05	01:27:36.95	+00:30:02 (34.6%)	5:47	10.4 (65.8%)
121	JEDLECKA Magdalena	288	LUB WYBIERZ Z LISTY	K40	23	00:00:50	00:32:52	00:58:50	01:26:52.45	01:27:43.20	+00:30:04 (34.6%)	5:47	10.4 (65.8%)
122	PASZTOR Ania	552		K20	10	00:00:35	00:31:40	00:58:01	01:27:11.60	01:27:46.60	+00:30:23 (34.9%)	5:48	10.3 (65.2%)
123	SOBKOWIAK Magda	688	KURY Z WOLNEGO WYBIEGU .	K45	20	00:00:57	00:31:45	00:57:58	01:27:28.30	01:28:25.55	+00:30:40 (35.1%)	5:49	10.3 (65.2%)
124	ŻELAZEK Beata	885	KURY Z WOLNEGO WYBIEGU .	K45	21	00:00:56	00:31:46	00:57:58	01:27:28.80	01:28:25.75	+00:30:40 (35.1%)	5:49	10.3 (65.2%)
125	ELBIŃSKA-KRAWCZUK Monika	171		K40	24	00:00:52	00:32:43	00:59:05	01:27:51.15	01:28:43.60	+00:31:03 (35.3%)	5:51	10.2 (64.6%)
126	ADAMCZEWSKA Ewelina	2	MORYŃ	K35	24	00:00:35	00:31:44	00:58:51	01:27:59.05	01:28:34.90	+00:31:11 (35.4%)	5:51	10.2 (64.6%)
127	KARMELITA Ewa	313	ŁOBZONKA WYRZYSK	K60	2	00:00:11	00:31:41	00:58:19	01:28:01.60	01:28:13.20	+00:31:13 (35.5%)	5:52	10.2 (64.6%)
128	JASINOWSKA Emilia	284	GIMNAZJUM NR 2 W MIĘDZYCHODZIE	K65	1	00:00:16	00:31:01	00:57:37	01:28:22.00	01:28:38.20	+00:31:34 (35.7%)	5:53	10.2 (64.6%)
129	DAWIDOWSKA Magdalena	132		K35	25	00:00:51	00:32:12	00:59:12	01:29:02.25	01:29:53.75	+00:32:14 (36.2%)	5:56	10.1 (63.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike5_All 6km	Bike10_All 10km	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
130	GRABOWSKA Elżbieta	210		K50	6	00:00:24	00:32:01	00:59:01	01:29:11.35	01:29:36.15	+00:32:23 (36.3%)	5:56	10.1 (63.9%)
131	GRZELAK Karina	225		K40	25	00:00:37	00:32:50	01:00:14	01:29:20.90	01:29:58.20	+00:32:32 (36.4%)	5:57	10.1 (63.9%)
132	GRZESIUK Anna	228		K40	26	00:00:50	00:33:59	01:00:32	01:29:22.70	01:30:13.00	+00:32:34 (36.5%)	5:57	10.1 (63.9%)
133	TRZECIAK Anna	782	KOŁOBRZEG BIEGA	K45	22	00:00:41	00:29:38	00:53:44	01:29:31.45	01:30:12.55	+00:32:43 (36.6%)	5:58	10.1 (63.9%)
134	LIPERTOWICZ Adrianna	436	RUNGRYF GRYFICE	K40	27	00:01:02	00:32:21	00:59:28	01:29:33.55	01:30:36.25	+00:32:45 (36.6%)	5:58	10 (63.3%)
135	PAWŁOWSKA Urszula	556		K30	35	00:01:00	00:33:37	01:00:30	01:29:48.40	01:30:49.00	+00:33:00 (36.8%)	5:59	10 (63.3%)
136	SIOŁA Danuta	671	GRA RUNNERS	K40	28	00:00:42	00:30:48	00:57:58	01:29:52.10	01:30:34.10	+00:33:04 (36.8%)	5:59	10 (63.3%)
137	LEKTARSKA Małgorzata	421		K35	26	00:00:21	00:32:11	00:59:03	01:30:05.00	01:30:26.70	+00:33:17 (36.9%)	6:00	10 (63.3%)
138	OKOŁO-KUŁAK Ola	940	GRABOWO	K45	23	00:00:28	00:33:23	01:00:33	01:30:08.60	01:30:36.70	+00:33:20 (37.0%)	6:00	10 (63.3%)
139	WAWRZYNIAK Anna	806	3:33 TEAM	K35	27	00:00:19	00:31:32	00:58:58	01:30:12.10	01:30:31.70	+00:33:24 (37.0%)	6:00	10 (63.3%)
140	PYDYNOWSKA Elżbieta	602		K55	7	00:00:55	00:32:59	01:00:08	01:30:15.90	01:31:11.45	+00:33:27 (37.1%)	6:01	10 (63.3%)
141	DOMAŃSKA Katarzyna	149		K40	29	00:00:55	00:32:59	01:00:08	01:30:18.40	01:31:13.70	+00:33:30 (37.1%)	6:01	10 (63.3%)
142	REMLAKOWSKA Małgorzata	621	WE RUN	K35	28	00:00:21	00:32:07	00:59:34	01:30:21.15	01:30:42.65	+00:33:33 (37.1%)	6:01	10 (63.3%)
143	RATAJEWSKA Agnieszka	615	FITOSKA	K35	29	00:00:22	00:31:17	00:58:57	01:30:36.70	01:30:58.80	+00:33:48 (37.3%)	6:02	9.9 (62.7%)
144	SKORUPA Justyna	675		K20	11	00:00:15	00:31:09	00:58:20	01:30:48.25	01:31:03.60	+00:34:00 (37.4%)	6:03	9.9 (62.7%)
145	MACKOJĆ Agnieszka	456	RUNGRYF	K45	24	00:00:45	00:33:07	01:00:15	01:30:48.85	01:31:33.95	+00:34:00 (37.5%)	6:03	9.9 (62.7%)
146	RZOŃCA Izabela	655		K40	30	00:00:59	00:33:19	01:00:28	01:31:17.75	01:32:17.30	+00:34:29 (37.8%)	6:05	9.9 (62.7%)
147	KORCZ Sylwia	351	BEZA TEAM	K35	30	00:00:59	00:33:19	01:00:28	01:31:18.40	01:32:17.60	+00:34:30 (37.8%)	6:05	9.9 (62.7%)
148	JABŁOŃSKA Katarzyna	262	FIZJOTERAPIA	K30	36	00:00:58	00:34:16	01:01:30	01:31:24.95	01:32:23.70	+00:34:37 (37.9%)	6:05	9.8 (62.0%)
149	KUBIK Monika	391		K40	31	00:01:01	00:34:14	01:01:07	01:31:26.30	01:32:27.80	+00:34:38 (37.9%)	6:05	9.8 (62.0%)
150	LEPERT Katarzyna	427		K30	37	00:00:43	00:33:15	01:00:49	01:31:38.30	01:32:22.25	+00:34:50 (38.0%)	6:06	9.8 (62.0%)
151	HRYNIEWICZ Ewa	260		K55	8	00:00:50	00:32:53	01:00:43	01:31:40.00	01:32:30.85	+00:34:52 (38.0%)	6:06	9.8 (62.0%)
152	STYGAR Ewa	723		K40	32	00:00:36	00:33:13	01:01:01	01:31:40.65	01:32:16.85	+00:34:52 (38.0%)	6:06	9.8 (62.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike5_All 6km	Bike10_All 10km	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
153	OŚWIĘCIMSKA Ewelina	537		K30	38	00:00:07	00:32:17	01:00:26	01:31:47.90	01:31:55.80	+00:34:59 (38.1%)	6:07	9.8 (62.0%)
154	BEDNARZ Katarzyna	38		K40	33	00:00:41	00:33:20	01:01:19	01:31:56.70	01:32:38.40	+00:35:08 (38.2%)	6:07	9.8 (62.0%)
155	CHROMICZ Katarzyna	101		K35	31	00:00:36	00:33:14	01:01:01	01:31:57.55	01:32:33.80	+00:35:09 (38.2%)	6:07	9.8 (62.0%)
156	GASIEWICZ Anna	190		K50	7	00:00:50	00:34:25	01:01:57	01:31:59.20	01:32:49.70	+00:35:11 (38.3%)	6:07	9.8 (62.0%)
157	SOKÓŁ Katarzyna	695		K45	25	00:00:49	00:34:26	01:01:58	01:31:59.95	01:32:49.70	+00:35:12 (38.3%)	6:08	9.8 (62.0%)
158	ŁUKASIK Małgorzata	446		K35	32	00:00:49	00:32:34	01:00:50	01:32:06.55	01:32:55.65	+00:35:18 (38.3%)	6:08	9.8 (62.0%)
159	SIWEK Arleta	674	GWIEZDNA FLOTA MASZEWO	K35	33	00:00:30	00:33:12	01:01:26	01:32:16.30	01:32:46.70	+00:35:28 (38.4%)	6:09	9.8 (62.0%)
160	CHAWZIUK Magdalena	90	PUSZCZYK BUKOWY	K45	26	00:00:46	00:33:52	01:01:57	01:32:33.40	01:33:19.80	+00:35:45 (38.6%)	6:10	9.7 (61.4%)
161	PTASZYŃSKA Katarzyna	599	KOŁOBRZEG BIEGA	K60	3	00:00:42	00:33:53	01:02:02	01:32:36.45	01:33:18.75	+00:35:48 (38.7%)	6:10	9.7 (61.4%)
162	SZYMCZAK Monika	759		K30	39	00:00:16	00:32:02	01:00:38	01:32:46.95	01:33:02.95	+00:35:59 (38.8%)	6:11	9.7 (61.4%)
163	ZIONTKOWSKA Jolanta	877		K55	9	00:00:55	00:33:59	01:01:58	01:33:02.25	01:33:58.20	+00:36:14 (39.0%)	6:12	9.7 (61.4%)
164	SADOWSKA Beata	657		K45	27	00:00:32	00:33:28	01:01:59	01:33:16.50	01:33:49.00	+00:36:28 (39.1%)	6:13	9.6 (60.8%)
165	OLEJNIK Marzena	520	NIEZRZESZONA	K45	28	00:00:17	00:33:43	01:02:05	01:33:26.50	01:33:44.25	+00:36:38 (39.2%)	6:13	9.6 (60.8%)
166	NOWACZYK Dorota	505		K45	29	00:00:37	00:33:05	01:01:47	01:33:41.15	01:34:19.05	+00:36:53 (39.4%)	6:14	9.6 (60.8%)
167	MIEKCYŃSKA Marta	487	KB.SPRINT.ŚWIDWIN	K35	34	00:00:21	00:33:01	01:01:29	01:34:01.15	01:34:22.35	+00:37:13 (39.6%)	6:16	9.6 (60.8%)
168	SERAFIN Justyna	956		K30	40	00:01:00	00:33:38	01:02:07	01:34:20.05	01:35:20.90	+00:37:32 (39.8%)	6:17	9.5 (60.1%)
169	HEJŁASZ Katarzyna	939		K35	35	00:01:00	00:33:38	01:02:08	01:34:20.45	01:35:21.00	+00:37:32 (39.8%)	6:17	9.5 (60.1%)
170	CHOŚCIŃSKA Agnieszka	99	HAIRBOX	K40	34	00:00:34	00:34:24	01:02:39	01:34:41.50	01:35:15.95	+00:37:53 (40.0%)	6:18	9.5 (60.1%)
171	MASZEROWSKA Marta	472	POZNANIANKA	K40	35	00:00:50	00:35:14	01:03:57	01:34:43.85	01:35:34.65	+00:37:55 (40.0%)	6:18	9.5 (60.1%)
172	BELL Ewa	39		K35	36	00:00:57	00:34:45	01:03:35	01:34:46.95	01:35:44.65	+00:37:59 (40.1%)	6:19	9.5 (60.1%)
173	PASEK Paula	548		K30	41	00:00:38	00:34:04	01:03:35	01:35:40.15	01:36:19.10	+00:38:52 (40.6%)	6:22	9.4 (59.5%)
174	KURCZ Barbara	409	BABECZKI KOSZALIN	K45	30	00:00:59	00:34:50	01:03:57	01:35:55.35	01:36:54.65	+00:39:07 (40.8%)	6:23	9.4 (59.5%)
175	BURCHARDT Mirka	83	RWT W BYDGOSZCZY	K65	2	00:00:40	00:32:51	01:02:46	01:36:25.40	01:37:05.60	+00:39:37 (41.1%)	6:25	9.3 (58.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike5_All 6km	Bike10_All 10km	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
176	ZAPIEC Aniela	865		K60	4	00:00:31	00:34:10	01:03:27	01:36:34.70	01:37:06.20	+00:39:46 (41.2%)	6:26	9.3 (58.9%)
177	WŁODARCZYK Agnieszka	830		K30	42	00:00:37	00:37:29	01:06:08	01:36:40.85	01:37:18.50	+00:39:52 (41.3%)	6:26	9.3 (58.9%)
178	KUHN-ZAWADZKA Joanna	398	KRÓLICZKI W PLECAKU	K35	37	00:00:47	00:34:04	01:06:34	01:36:44.55	01:37:31.70	+00:39:56 (41.3%)	6:26	9.3 (58.9%)
179	BRZOSTWOSKA Ewa	72	KB BRYZA POSTOMINO	K35	38	00:00:23	00:33:03	01:02:28	01:36:46.85	01:37:10.80	+00:39:58 (41.3%)	6:27	9.3 (58.9%)
180	ODWROT-LEGAWIEC Barbara	515	3:33 TEAM	K40	36	00:00:40	00:35:22	01:04:21	01:36:51.20	01:37:31.35	+00:40:03 (41.4%)	6:27	9.3 (58.9%)
181	ŁUKASZYK Eliza	449	HAIRBOX	K30	43	00:00:31	00:33:06	01:03:23	01:36:51.35	01:37:22.40	+00:40:03 (41.4%)	6:27	9.3 (58.9%)
182	WĄSOWICZ Anna	807		K35	39	00:01:01	00:34:48	01:04:00	01:37:03.90	01:38:05.70	+00:40:15 (41.5%)	6:28	9.3 (58.9%)
183	MACIEJEWSKA Anna	906		K40	37	00:00:42	00:34:37	01:04:14	01:37:22.00	01:38:04.10	+00:40:34 (41.7%)	6:29	9.2 (58.2%)
184	JÓZWICKA Aneta	291		K40	38	00:00:31	00:35:01	01:04:54	01:37:26.90	01:37:58.80	+00:40:38 (41.7%)	6:29	9.2 (58.2%)
185	WOSZCZYK Renata	847		K35	40	00:00:31	00:35:00	01:04:54	01:37:26.95	01:37:58.35	+00:40:39 (41.7%)	6:29	9.2 (58.2%)
186	KOZŁOWSKA Kinga	368		K35	41	00:00:58	00:34:36	01:04:00	01:37:36.20	01:38:34.40	+00:40:48 (41.8%)	6:30	9.2 (58.2%)
187	CSULITS Claudia	115		K45	31	00:00:45	00:34:21	01:04:09	01:37:55.60	01:38:41.00	+00:41:07 (42.0%)	6:31	9.2 (58.2%)
188	WÓDCZAK Katarzyna	850	KB BRYZA POSTOMINO	K20	12	00:00:32	00:35:33	01:06:03	01:39:22.65	01:39:54.95	+00:42:34 (42.8%)	6:37	9.1 (57.6%)
189	KOSTRZEWA Joanna	359	SZWLA	K35	42	00:00:46	00:35:44	01:06:16	01:40:17.25	01:41:03.65	+00:43:29 (43.4%)	6:41	9 (57.0%)
190	MALINOWSKA Anna	948	GRABOWO	K35	43	00:00:26	00:38:10	01:07:27	01:40:28.90	01:40:55.65	+00:43:40 (43.5%)	6:41	9 (57.0%)
191	SZARYŃSKA Natalia	730	IRONMAN	K16	2	00:00:07	00:33:41	01:05:14	01:40:44.85	01:40:52.15	+00:43:56 (43.6%)	6:43	8.9 (56.3%)
192	DRZEWIECKA Agnieszka	154	PARKRUN ŚWINOUJŚCIE	K45	32	00:00:52	00:33:27	01:01:04	01:40:53.20	01:41:45.95	+00:44:05 (43.7%)	6:43	8.9 (56.3%)
193	DUSZA Anna	165		K45	33	00:00:43	00:35:49	01:07:28	01:41:58.75	01:42:42.25	+00:45:10 (44.3%)	6:47	8.8 (55.7%)
194	CHODOROWSKA Agnieszka	93	NIE ZRZESZONA	K45	34	00:00:25	00:36:09	01:07:58	01:42:26.60	01:42:51.65	+00:45:38 (44.6%)	6:49	8.8 (55.7%)
195	JAMROŻY Jagoda	271		K20	13	00:00:31	00:35:26	01:06:49	01:43:03.35	01:43:34.55	+00:46:15 (44.9%)	6:52	8.7 (55.1%)
196	CWAJDA Karolina	116		K20	14	00:00:33	00:38:45	01:10:21	01:43:08.85	01:43:42.60	+00:46:20 (44.9%)	6:52	8.7 (55.1%)
197	SKOWROŃSKA Dominika	897		K16	3	00:00:24	00:37:23	01:08:05	01:43:30.70	01:43:54.85	+00:46:42 (45.1%)	6:54	8.7 (55.1%)
198	SKOWROŃSKA Anna	677		K40	39	00:00:23	00:37:23	01:08:06	01:43:38.85	01:44:02.75	+00:46:50 (45.2%)	6:54	8.7 (55.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike5_All 6km	Bike10_All 10km	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
199	MICHALSKA Agnieszka	482		K55	10	00:00:53	00:36:05	01:08:07	01:43:54.65	01:44:48.50	+00:47:06 (45.3%)	6:55	8.7 (55.1%)
200	GUZOWSKA Iwona	235	KS UZNAM	K50	8	00:00:53	00:36:05	01:08:07	01:43:55.15	01:44:48.75	+00:47:07 (45.3%)	6:55	8.7 (55.1%)
201	KLESZCZ Bożena	335		K40	40	00:00:51	00:36:15	01:08:54	01:43:59.55	01:44:50.90	+00:47:11 (45.4%)	6:55	8.7 (55.1%)
202	BUDZYŃSKA Elżbieta	78	BBL SŁUPSK	K50	9	00:00:31	00:34:57	01:07:02	01:43:59.80	01:44:31.45	+00:47:11 (45.4%)	6:56	8.7 (55.1%)
203	SZCZYGIELSKA Aleksandra	737		K35	44	00:00:39	00:36:36	01:08:43	01:44:10.90	01:44:50.00	+00:47:22 (45.5%)	6:56	8.6 (54.4%)
204	BRZESKA Magdalena	68		K20	15	00:00:33	00:38:45	01:10:34	01:44:37.20	01:45:11.05	+00:47:49 (45.7%)	6:58	8.6 (54.4%)
205	WENCŁAW-JUSZCZAK Marta	912		K40	41	00:01:01	00:37:08	01:10:13	01:46:33.60	01:47:35.05	+00:49:45 (46.7%)	7:06	8.4 (53.2%)
206	KACZMAREK Ewa	299		K35	45	00:00:58	00:35:39	01:10:11	01:47:26.35	01:48:24.95	+00:50:38 (47.1%)	7:09	8.4 (53.2%)
207	MACIEJEWSKA Grażyna	452	SZWLA	K55	11	00:00:48	00:38:25	01:11:21	01:47:30.85	01:48:18.90	+00:50:42 (47.2%)	7:10	8.4 (53.2%)
208	DERENOWSKA Stefania	142	RUNGRYF	K50	10	00:00:45	00:38:09	01:11:03	01:47:38.90	01:48:24.45	+00:50:50 (47.2%)	7:10	8.4 (53.2%)
209	RAMA Ewa	610		K50	11	00:01:02	00:37:08	01:10:15	01:47:40.95	01:48:43.05	+00:50:53 (47.3%)	7:10	8.4 (53.2%)
210	BORKOWSKA Ewa	61		K65	3	00:00:47	00:39:34	01:14:03	01:52:50.15	01:53:37.35	+00:56:02 (49.7%)	7:31	8 (50.6%)
211	BOMAK Dorota	57		K30	44	00:00:37	00:37:50	01:12:25	01:54:36.85	01:55:14.45	+00:57:48 (50.4%)	7:38	7.9 (50.0%)
212	MORAWSKA Monika	491		K40	42	00:01:05	00:43:55	01:45:03	02:13:57.70	02:15:02.80	+01:17:09 (57.6%)	8:55	6.7 (42.4%)
213	ROSIŃSKA Janina	633		K70+	1	00:00:05	00:45:47	01:28:52	02:14:44.80	02:14:50.10	+01:17:56 (57.8%)	8:59	6.7 (42.4%)

Znaleziono 213 wynik(ów)