



XXXII BIEG ZAŚLUBIN KOŁOBRZEG 15 KM

B4SPORT

Organizator: Stowarzyszenie "Bieg Zaślubin"; Miejski Ośrodek Sportu i Rekreacji w Kołobrzegu
Data: 2018-03-11
Miejsce: Kołobrzeg
Dystans: 15 km



Klasyfikacja: K-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
1	POBŁOCKA Katarzyna	437	UKS EKONOMIK MARATOŃCZYK LĘBORK	K20	1	00:02:43	00:28:15	00:31:08	00:58:51	01:01:49.35		4:07	14.6 (100%)
2	WITKIEWICZ Magda	616		K40	1	00:02:57	00:29:53	00:32:49	00:59:49	01:02:34.85	+00:00:45 (1.2%)	4:10	14.4 (98.6%)
3	RUTKOWSKA Joanna	491	GKS KASZUBI LUZINO	K40	2	00:02:45	00:29:01	00:32:01	00:59:58	01:02:53.05	+00:01:03 (1.7%)	4:11	14.3 (97.9%)
4	DUDZIŃSKA Maja	115		K40	3	00:02:55	00:29:50	00:32:47	01:00:05	01:03:04.70	+00:01:15 (2.0%)	4:12	14.3 (97.9%)
5	MERDA Katarzyna	367	MTS HAMER MIASTKO	K35	1	00:02:49	00:30:20	00:33:22	01:01:45	01:04:41.95	+00:02:52 (4.4%)	4:18	13.9 (95.2%)
6	KAMIŃSKA Agata	231	PARKRUN SZCZECIN	K30	1	00:02:59	00:31:52	00:34:57	01:03:59	01:06:56.55	+00:05:07 (7.6%)	4:27	13.4 (91.8%)
7	MAKSYMOWICZ Kornelia	352		K35	2	00:03:00	00:31:28	00:34:42	01:04:29	01:07:37.00	+00:05:47 (8.6%)	4:30	13.3 (91.1%)
8	FIŁONOWICZ Monika	131		K40	4	00:02:59	00:31:40	00:34:57	01:05:24	01:08:36.15	+00:06:46 (9.9%)	4:34	13.1 (89.7%)
9	KOSECKA Katarzyna	267	KB WYGAN	K35	3	00:03:02	00:33:26	00:36:44	01:07:12	01:10:19.85	+00:08:30 (12.1%)	4:41	12.8 (87.7%)
10	LITWINOWICZ Renata	329	KB WYGAN	K40	5	00:03:20	00:33:22	00:36:43	01:07:18	01:10:26.05	+00:08:36 (12.2%)	4:41	12.8 (87.7%)
11	ROMEJ Elżbieta	481	LŁKB TRUCHT ŁOBEZ	K50	1	00:03:02	00:32:43	00:36:04	01:07:44	01:11:19.45	+00:09:30 (13.3%)	4:45	12.6 (86.3%)
12	KUŹMIŃSKA Maryla	673	BRZOZA BIEGA	K35	4	00:03:25	00:34:10	00:37:35	01:09:03	01:12:23.75	+00:10:34 (14.6%)	4:49	12.4 (84.9%)
13	JUZYSZYN-BRAŃSKA Alicja	221		K30	2	00:02:57	00:33:32	00:36:59	01:09:17	01:12:37.75	+00:10:48 (14.9%)	4:50	12.4 (84.9%)
14	OTOKA Kasia	411		K40	6	00:03:11	00:34:02	00:37:31	01:09:24	01:12:40.65	+00:10:51 (14.9%)	4:50	12.4 (84.9%)

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						Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km				
15	ŁAWNICZAK Justyna	337	TEAM ŚWIĘTA	K35	5	00:02:57	00:33:18	00:36:45	01:09:46	01:13:07.80	+00:11:18 (15.5%)	4:52	12.3 (84.2%)
16	CHABOWSKA Karolina	70		K30	3	00:03:03	00:33:43	00:37:12	01:09:54	01:13:18.25	+00:11:28 (15.7%)	4:53	12.3 (84.2%)
17	KULINICZ Agnieszka	305	ROZBIEGANY GOLENIÓW	K35	6	00:03:27	00:34:48	00:38:15	01:10:18	01:13:39.85	+00:11:50 (16.1%)	4:54	12.2 (83.6%)
18	WOJCIECHOWSKA-HRYCYK Agata	620		K50	2	00:03:16	00:34:42	00:38:13	01:10:55	01:14:15.85	+00:12:26 (16.8%)	4:57	12.1 (82.9%)
19	JĘDRASZKO Magda	214	MTS HAMER MIASTKO	K30	4	00:03:30	00:35:14	00:38:41	01:11:04	01:14:20.30	+00:12:30 (16.8%)	4:57	12.1 (82.9%)
20	MIGALSKA-STANKIEWICZ Lucyna	373		K35	7	00:03:06	00:34:25	00:38:00	01:11:24	01:14:55.20	+00:13:05 (17.5%)	4:59	12 (82.2%)
21	NOWAK Klaudia	390	ROZBIEGANY GOLENIÓW	K35	8	00:03:26	00:35:17	00:38:48	01:11:48	01:15:17.45	+00:13:28 (17.9%)	5:01	12 (82.2%)
22	SZUBERT Julia	561	KOŁOBRZEG BIEGA	K16	1	00:03:12	00:34:54	00:38:24	01:12:41	01:16:06.45	+00:14:17 (18.8%)	5:04	11.8 (80.8%)
23	KUCZER Agata	660		K30	5	00:03:27	00:35:48	00:39:26	01:12:53	01:16:07.90	+00:14:18 (18.8%)	5:04	11.8 (80.8%)
24	GRABOWSKA Marta	165		K20	2	00:03:15	00:35:15	00:39:00	01:14:05	01:17:43.25	+00:15:53 (20.5%)	5:10	11.6 (79.5%)
25	PARADOWSKA Ewelina	414	ZA - BIEGANE BABECZKI. NOWOGARD	K30	6	00:03:48	00:36:53	00:40:31	01:14:13	01:17:46.45	+00:15:57 (20.5%)	5:11	11.6 (79.5%)
26	KACHNOWICZ-BUKAŁA Izabela	223	ROZBIEGANY GOLENIÓW	K40	7	00:03:30	00:36:59	00:40:37	01:14:48	01:18:20.05	+00:16:30 (21.1%)	5:13	11.5 (78.8%)
27	LISIK Justyna	328	DECATHLON SŁUPSK	K35	9	00:03:29	00:37:10	00:40:51	01:15:32	01:19:06.60	+00:17:17 (21.9%)	5:16	11.4 (78.1%)
28	SZUBERT Agnieszka	562	KOŁOBRZEG BIEGA	K35	10	00:03:45	00:37:34	00:41:09	01:15:51	01:19:13.90	+00:17:24 (22.0%)	5:16	11.4 (78.1%)
29	HASS Anita	185	E-FIZJO TEAM	K35	11	00:03:24	00:35:57	00:39:43	01:15:37	01:19:19.10	+00:17:29 (22.1%)	5:17	11.3 (77.4%)
30	ŻURKOWSKA Iwona	649	BIEGAM Z MĘŻEM	K50	3	00:03:27	00:36:20	00:40:03	01:15:49	01:19:26.25	+00:17:36 (22.2%)	5:17	11.3 (77.4%)
31	WEGNER Aneta	603		K35	12	00:03:31	00:36:46	00:40:28	01:16:04	01:19:50.65	+00:18:01 (22.6%)	5:19	11.3 (77.4%)
32	DEJNAK Mariola	99		K55	1	00:03:18	00:36:45	00:40:36	01:16:01	01:19:54.85	+00:18:05 (22.6%)	5:19	11.3 (77.4%)
33	WODNICKA Ewa	619	RUNGRYF GRYFICE	K50	4	00:03:58	00:39:14	00:43:07	01:16:53	01:20:17.30	+00:18:27 (23.0%)	5:21	11.2 (76.7%)
34	CIESZYŃSKA Marta	82	BEAUTY STUDIO LĘBORK	K40	8	00:03:31	00:36:44	00:40:26	01:16:30	01:20:27.35	+00:18:38 (23.2%)	5:21	11.2 (76.7%)
35	CENTKA Katarzyna	68	TEAM ŚWIĘTA	K35	13	00:03:27	00:37:08	00:40:50	01:16:51	01:20:28.20	+00:18:38 (23.2%)	5:21	11.2 (76.7%)
36	KANIEWSKA Alicja	234	AKADEMIA BIEGANIA	K50	5	00:03:41	00:38:00	00:41:47	01:17:02	01:20:46.10	+00:18:56 (23.5%)	5:23	11.1 (76.0%)
37	PRUSS Kasia	451	WKURW_TEAM	K40	9	00:03:51	00:38:25	00:42:16	01:17:23	01:20:49.60	+00:19:00 (23.5%)	5:23	11.1 (76.0%)

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						Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	netto 15km	Różn		
38	BIELEWICZ Anna	37	STOPA SŁUPSK	K40	10	00:03:26	00:37:07	00:40:58	01:17:19	01:20:51.20	+00:19:01 (23.5%)	5:23	11.1 (76.0%)
39	GÓRECKA-MITORAJ Justyna	163	MAMY TO !	K35	14	00:03:34	00:36:56	00:40:42	01:17:08	01:21:00.40	+00:19:11 (23.7%)	5:24	11.1 (76.0%)
40	KORNIOWSKA Ewelina	688	KOŁOBRZEG MARATON TEAM	K40	11	00:03:44	00:37:54	00:41:42	01:17:26	01:21:07.25	+00:19:17 (23.8%)	5:24	11.1 (76.0%)
41	DRABAREK Agata	111	BIEGACZE ŚWINOUJŚCIE	K20	3	00:04:03	00:40:31	00:44:24	01:18:41	01:22:01.90	+00:20:12 (24.6%)	5:28	11 (75.3%)
42	KĘPKA Karolina	247	STOPA SŁUPSK	K40	12	00:03:49	00:38:27	00:42:23	01:18:23	01:22:02.20	+00:20:12 (24.6%)	5:28	11 (75.3%)
43	CHORAŻEWSKA Andżelika	75		K40	13	00:03:42	00:38:38	00:42:31	01:18:25	01:22:10.85	+00:20:21 (24.8%)	5:28	11 (75.3%)
44	SAJNÓG Joanna	500	KOŁOBRZEG MARATON TEAM	K30	7	00:03:48	00:38:44	00:42:33	01:18:55	01:22:14.75	+00:20:25 (24.8%)	5:29	10.9 (74.7%)
45	BROŻYNA Renata	48		K45	1	00:03:45	00:38:42	00:42:33	01:18:51	01:22:29.15	+00:20:39 (25.1%)	5:29	10.9 (74.7%)
46	BARRA Marzena	22	8 FOW	K20	4	00:03:53	00:39:31	00:43:29	01:19:06	01:22:33.40	+00:20:44 (25.1%)	5:30	10.9 (74.7%)
47	TRZECIAK Anna	583	KOŁOBRZEG BIEGA	K45	2	00:03:46	00:38:45	00:42:35	01:19:13	01:22:52.05	+00:21:02 (25.4%)	5:31	10.9 (74.7%)
48	KOSIDŁO Monika	268		K20	5	00:03:29	00:36:56	00:41:00	01:19:39	01:23:17.95	+00:21:28 (25.8%)	5:33	10.8 (74.0%)
49	KULCZYK Katarzyna	303	KB BRYZA POSTOMINO	K35	15	00:03:42	00:38:18	00:42:10	01:19:27	01:23:22.65	+00:21:33 (25.9%)	5:33	10.8 (74.0%)
50	KOZIARZ Anna	280		K35	16	00:03:45	00:38:24	00:42:18	01:19:40	01:23:27.10	+00:21:37 (25.9%)	5:33	10.8 (74.0%)
51	BORKOWSKA-KOWALCZYK Daria	44	ROZBIEGANY KOSZALIN	K35	17	00:03:44	00:38:43	00:42:37	01:19:49	01:23:30.65	+00:21:41 (26.0%)	5:34	10.8 (74.0%)
52	IWANICKA Bożena	198	ROBIGANY GOLENIOW	K60	1	00:03:35	00:38:24	00:42:18	01:19:39	01:23:47.30	+00:21:57 (26.2%)	5:35	10.7 (73.3%)
53	OKOŁO-KUŁAK Ola	396	ŁOBEZ	K45	3	00:04:10	00:40:49	00:44:47	01:20:23	01:23:59.40	+00:22:10 (26.4%)	5:35	10.7 (73.3%)
54	ZŁOTNICKA-TRYBUCHOWSKA Małgorzata	679		K35	18	00:04:11	00:40:41	00:44:35	01:20:27	01:24:04.35	+00:22:15 (26.5%)	5:36	10.7 (73.3%)
55	GRABOWSKA Elżbieta	166		K50	6	00:03:48	00:39:20	00:43:19	01:20:21	01:24:08.30	+00:22:18 (26.5%)	5:36	10.7 (73.3%)
56	JANUSZEWSKA Anna	208		K35	19	00:03:18	00:39:06	00:43:00	01:20:29	01:24:09.20	+00:22:19 (26.5%)	5:36	10.7 (73.3%)
57	ŁANGOWSKA Iwona	335	KOŁOBRZEG MARATON TEAM	K50	7	00:03:55	00:39:17	00:43:17	01:20:41	01:24:14.30	+00:22:24 (26.6%)	5:36	10.7 (73.3%)
58	UZNAŃSKA Agata	595		K50	8	00:03:56	00:39:18	00:43:18	01:20:42	01:24:18.25	+00:22:28 (26.7%)	5:37	10.7 (73.3%)
59	KUKIEŁKA Anna	301		K35	20	00:03:59	00:39:26	00:43:18	01:20:28	01:24:22.60	+00:22:33 (26.7%)	5:37	10.7 (73.3%)
60	NOWAK-IGNACAK Monika	391		K40	14	00:03:39	00:38:55	00:42:51	01:20:55	01:25:02.45	+00:23:13 (27.3%)	5:40	10.6 (72.6%)

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						Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km				
61	MŁODZIEJEWSKA Iwona	374	KB WYGAN	K45	4	00:03:51	00:40:24	00:44:26	01:21:33	01:25:20.25	+00:23:30 (27.6%)	5:41	10.5 (71.9%)
62	ŚLIWIŃSKA Małgorzata	572	KPW ŚWINOUJŚCIE	K40	15	00:03:52	00:39:31	00:43:29	01:21:43	01:25:23.00	+00:23:33 (27.6%)	5:41	10.5 (71.9%)
63	SZYMAŃSKA Karolina	566	BS FAMILY TEAM	K16	2	00:03:58	00:39:22	00:43:23	01:21:58	01:25:41.40	+00:23:52 (27.9%)	5:42	10.5 (71.9%)
64	BARTECKA Ewelina	24	KUNA KOWANÓWKO	K35	21	00:03:49	00:39:38	00:43:36	01:21:38	01:25:44.80	+00:23:55 (27.9%)	5:42	10.5 (71.9%)
65	REPKA Anna	471	LUPUS TEAM	K40	16	00:03:51	00:40:23	00:44:24	01:22:01	01:25:50.50	+00:24:01 (28.0%)	5:43	10.5 (71.9%)
66	GIEDRYS Eliza	151	3:33 TEAM	K20	6	00:04:15	00:42:35	00:46:35	01:22:12	01:25:53.05	+00:24:03 (28.0%)	5:43	10.5 (71.9%)
67	LAL Monika	315	RUNGRYF GRYFICE	K50	9	00:03:58	00:40:12	00:44:13	01:22:06	01:25:53.45	+00:24:04 (28.0%)	5:43	10.5 (71.9%)
68	JAZOWSKA Kamila	213	KOŁOBRZEG MARATON TEAM	K30	8	00:03:37	00:39:46	00:43:54	01:22:36	01:26:23.55	+00:24:34 (28.4%)	5:45	10.4 (71.2%)
69	DOBREK Izabela	105	PAŃSTWO DĄBREK	K20	7	00:04:03	00:41:25	00:45:31	01:22:38	01:26:26.10	+00:24:36 (28.5%)	5:45	10.4 (71.2%)
70	ŻUKOWSKA Małgorzata	647		K30	9	00:04:08	00:41:29	00:45:29	01:22:45	01:26:34.15	+00:24:44 (28.6%)	5:46	10.4 (71.2%)
71	MĄCZKOWSKA Wioletta	364	JATRENUJE	K40	17	00:04:01	00:39:55	00:43:49	01:22:24	01:26:40.25	+00:24:50 (28.7%)	5:46	10.4 (71.2%)
72	ZAROBIAK Katarzyna	632	WIECZORNE BIEGANIE W SZCZECINIE	K40	18	00:03:48	00:39:40	00:43:39	01:22:46	01:26:54.90	+00:25:05 (28.9%)	5:47	10.4 (71.2%)
73	ŻMUDA Monika	645	CW FANZA KOŁOBRZEG	K40	19	00:03:53	00:40:36	00:44:44	01:23:06	01:26:59.65	+00:25:10 (28.9%)	5:48	10.3 (70.5%)
74	GAJDZIS Magdalena	137		K50	10	00:04:11	00:42:16	00:46:27	01:23:49	01:27:41.40	+00:25:52 (29.5%)	5:50	10.3 (70.5%)
75	TYLKA Małgosia	588		K30	10	00:03:51	00:41:59	00:46:05	01:23:59	01:27:51.60	+00:26:02 (29.6%)	5:51	10.2 (69.9%)
76	BRZUSZKIEWICZ Agata	53	ROZBIEGANY GOLENIÓW	K30	11	00:03:42	00:40:09	00:44:14	01:23:48	01:27:53.30	+00:26:03 (29.7%)	5:51	10.2 (69.9%)
77	KUREK Aneta	309		K40	20	00:03:56	00:40:44	00:44:53	01:23:54	01:27:56.45	+00:26:07 (29.7%)	5:51	10.2 (69.9%)
78	PIETRZAK Mariola	430	BABECZKI KOSZALIN	K50	11	00:03:56	00:40:32	00:44:42	01:24:07	01:27:57.25	+00:26:07 (29.7%)	5:51	10.2 (69.9%)
79	JANISZEWSKA Marlena	202	BULK-CARGO PORT SZCZECIN	K30	12	00:03:55	00:40:46	00:44:57	01:24:03	01:27:59.95	+00:26:10 (29.7%)	5:52	10.2 (69.9%)
80	GRZELAK Karina	174	ROZBIEGANY KOSZALIN	K40	21	00:03:55	00:40:55	00:45:05	01:24:05	01:28:00.55	+00:26:11 (29.8%)	5:52	10.2 (69.9%)
81	KOSAKOWSKA Barbara	265	MARATOŃCZYK TEAM SZCZECIN	K55	2	00:03:49	00:41:48	00:45:48	01:24:01	01:28:00.60	+00:26:11 (29.8%)	5:52	10.2 (69.9%)
82	KORNAK Wiktoria	264		K16	3	00:03:30	00:39:46	00:43:54	01:24:48	01:28:43.95	+00:26:54 (30.3%)	5:54	10.1 (69.2%)
83	MOTYCZYŃSKA Patrycja	381		K20	8	00:04:18	00:42:52	00:47:05	01:25:16	01:28:48.95	+00:26:59 (30.4%)	5:55	10.1 (69.2%)

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						Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	netto 15km	Różn		
84	GIEDRYS Marta	150	3:33 TEAM	K20	9	00:04:15	00:42:47	00:46:49	01:24:52	01:28:52.45	+00:27:03 (30.4%)	5:55	10.1 (69.2%)
85	SZADKOWSKA Anna	546	BBL INOWROCŁAW	K60	2	00:04:03	00:42:00	00:46:09	01:25:20	01:29:14.05	+00:27:24 (30.7%)	5:56	10.1 (69.2%)
86	STACHURSKA Agnieszka	526	BEM KOŁOBRZEG	K35	22	00:03:56	00:41:39	00:45:49	01:25:45	01:29:33.15	+00:27:43 (31.0%)	5:58	10.1 (69.2%)
87	OGRODOWCZYK Jagoda	395		K30	13	00:03:56	00:39:54	00:44:00	01:25:33	01:29:47.90	+00:27:58 (31.2%)	5:59	10 (68.5%)
88	KUJAWA Ewelina	298		K40	22	00:03:49	00:40:35	00:44:48	01:25:33	01:29:51.00	+00:28:01 (31.2%)	5:59	10 (68.5%)
89	BURSZTA Marta	63	KARLINO BIEGAJ	K20	10	00:03:43	00:41:12	00:45:17	01:25:59	01:29:55.15	+00:28:05 (31.2%)	5:59	10 (68.5%)
90	CZARNECKA Teresa	88		K30	14	00:03:56	00:40:25	00:44:36	01:26:04	01:30:04.50	+00:28:15 (31.4%)	6:00	10 (68.5%)
91	PASZTOR Ania	418		K20	11	00:04:18	00:42:52	00:47:05	01:26:13	01:30:11.95	+00:28:22 (31.5%)	6:00	10 (68.5%)
92	KUBIAK Monika	655		K35	23	00:03:33	00:42:14	00:46:48	01:26:45	01:30:16.85	+00:28:27 (31.5%)	6:01	10 (68.5%)
93	STRZELCZYK Wioletta	539		K40	23	00:04:02	00:42:15	00:46:28	01:26:25	01:30:42.50	+00:28:53 (31.8%)	6:02	9.9 (67.8%)
94	KARMELITA Ewa	237	ŁOBZONKA WYRZYSK	K60	3	00:03:50	00:41:20	00:45:41	01:26:43	01:31:04.45	+00:29:15 (32.1%)	6:04	9.9 (67.8%)
95	DOBRUK Agnieszka	106		K45	5	00:04:11	00:42:01	00:46:21	01:27:15	01:31:20.35	+00:29:31 (32.3%)	6:05	9.9 (67.8%)
96	KUBIK Monika	294		K40	24	00:04:05	00:42:50	00:47:09	01:27:37	01:31:49.65	+00:30:00 (32.7%)	6:07	9.8 (67.1%)
97	MICHALSKA Agnieszka	369		K55	3	00:04:08	00:42:49	00:47:04	01:27:50	01:31:59.00	+00:30:09 (32.8%)	6:07	9.8 (67.1%)
98	MALINOWSKA Anna	355	ŁOBEZ	K35	24	00:04:11	00:43:05	00:47:22	01:28:15	01:32:17.80	+00:30:28 (33.0%)	6:09	9.8 (67.1%)
99	LEPERT Katarzyna	320		K30	15	00:03:58	00:43:02	00:47:21	01:28:04	01:32:29.50	+00:30:40 (33.2%)	6:10	9.7 (66.4%)
100	KROCZYŃSKA Kinga	288		K35	25	00:03:56	00:42:08	00:46:44	01:28:46	01:32:48.65	+00:30:59 (33.4%)	6:11	9.7 (66.4%)
101	STASIAK Sylwia	528	BRAK	K40	25	00:03:55	00:42:42	00:47:02	01:28:36	01:32:53.30	+00:31:03 (33.4%)	6:11	9.7 (66.4%)
102	PTASZYŃSKA Katarzyna	458	KOŁOBRZEG MARATON TEAM	K60	4	00:04:14	00:43:39	00:47:56	01:28:43	01:32:57.25	+00:31:07 (33.5%)	6:11	9.7 (66.4%)
103	GZELA Olga	180	ROZBIEGANY KOSZALIN	K35	26	00:03:46	00:42:13	00:46:32	01:29:01	01:33:02.65	+00:31:13 (33.6%)	6:12	9.7 (66.4%)
104	SIWEK Arleta	509	GWIEZDNA FLOTA MASZEWO	K35	27	00:03:55	00:42:50	00:47:11	01:28:44	01:33:15.00	+00:31:25 (33.7%)	6:13	9.7 (66.4%)
105	BANASZKIEWICZ Kasia	17		K50	12	00:03:49	00:42:43	00:47:02	01:29:16	01:33:46.00	+00:31:56 (34.1%)	6:15	9.6 (65.8%)
106	KĘDZIORA Sara	244		K30	16	00:04:00	00:42:46	00:47:10	01:30:19	01:33:59.05	+00:32:09 (34.2%)	6:15	9.6 (65.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat					Czas		Tempo min/km	Tempo km/h
						Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	netto 15km	Różn		
107	MAZUREK Barbara	363	BABECZKI KOSZALIN	K35	28	00:03:50	00:42:03	00:46:29	01:29:59	01:34:05.80	+00:32:16 (34.3%)	6:16	9.6 (65.8%)
108	DOMAŃSKA Katarzyna	108		K40	26	00:04:07	00:43:39	00:48:01	01:29:49	01:34:12.80	+00:32:23 (34.4%)	6:16	9.6 (65.8%)
109	KURZAJCZYK Joanna	310	4RUN TEAM PIŁA	K45	6	00:03:48	00:43:22	00:47:57	01:30:23	01:34:47.70	+00:32:58 (34.8%)	6:19	9.5 (65.1%)
110	SZEWCZYK Monika	556		K20	12	00:04:18	00:44:40	00:48:58	01:30:37	01:34:48.10	+00:32:58 (34.8%)	6:19	9.5 (65.1%)
111	KAŹMIERCZAK Ewelina	243		K20	13	00:04:17	00:44:39	00:48:58	01:30:36	01:34:48.95	+00:32:59 (34.8%)	6:19	9.5 (65.1%)
112	GARBACZ-ZATORSKA Milena	141		K40	27	00:03:58	00:43:07	00:47:37	01:30:16	01:34:53.00	+00:33:03 (34.8%)	6:19	9.5 (65.1%)
113	WÓJCIK Aleksandra	626		K20	14	00:03:53	00:43:39	00:48:12	01:31:00	01:34:53.15	+00:33:03 (34.8%)	6:19	9.5 (65.1%)
114	STRZELCZYK Edyta	540	P+E	K45	7	00:03:43	00:43:08	00:47:45	01:31:30	01:36:04.80	+00:34:15 (35.7%)	6:24	9.4 (64.4%)
115	BEDNARZ Katarzyna	29		K40	28	00:04:13	00:44:00	00:48:23	01:32:06	01:36:28.20	+00:34:38 (35.9%)	6:25	9.3 (63.7%)
116	FALKIEWICZ Jolanta	126		K60	5	00:03:54	00:43:02	00:47:29	01:32:07	01:36:32.50	+00:34:43 (36.0%)	6:26	9.3 (63.7%)
117	ŁUKASZYK Eliza	343		K30	17	00:03:32	00:42:13	00:46:47	01:32:19	01:36:42.30	+00:34:52 (36.1%)	6:26	9.3 (63.7%)
118	STUDNIARZ Joanna	541		K50	13	00:04:13	00:44:36	00:49:04	01:32:43	01:37:19.80	+00:35:30 (36.5%)	6:29	9.2 (63.0%)
119	PYDYNOWSKA Elżbieta	461		K55	4	00:04:08	00:43:38	00:48:02	01:32:58	01:37:31.75	+00:35:42 (36.6%)	6:30	9.2 (63.0%)
120	KUSZKA Katarzyna	312		K20	15	00:04:20	00:46:17	00:50:42	01:32:59	01:37:36.60	+00:35:47 (36.7%)	6:30	9.2 (63.0%)
121	MACIOSZEK Agnieszka	347		K40	29	00:04:06	00:43:36	00:47:58	01:33:47	01:37:48.60	+00:35:59 (36.8%)	6:31	9.2 (63.0%)
122	PASTERNAK Magdalena	417		K35	29	00:04:13	00:44:38	00:49:10	01:34:20	01:38:43.15	+00:36:53 (37.4%)	6:34	9.1 (62.3%)
123	KACZMAREK Agnieszka	685		K40	30	00:03:45	00:43:06	00:47:51	01:34:13	01:39:02.70	+00:37:13 (37.6%)	6:36	9.1 (62.3%)
124	PRENDECKA Sylwia	445		K30	18	00:03:40	00:44:25	00:48:52	01:34:32	01:39:16.85	+00:37:27 (37.7%)	6:37	9.1 (62.3%)
125	DURDA Małgorzata	659		K35	30	00:04:15	00:46:14	00:50:50	01:35:01	01:39:22.65	+00:37:33 (37.8%)	6:37	9.1 (62.3%)
126	KURCZ Barbara	308	BABECZKI KOSZALIN	K45	8	00:04:11	00:46:02	00:50:41	01:34:49	01:39:29.25	+00:37:39 (37.9%)	6:38	9 (61.6%)
127	STRYCZEWSKA Barbara	537		K40	31	00:04:05	00:46:25	00:51:00	01:35:37	01:40:01.35	+00:38:12 (38.2%)	6:40	9 (61.6%)
128	MORAWSKA Monika	379		K40	32	00:04:09	00:47:06	00:51:15	01:35:49	01:40:02.30	+00:38:12 (38.2%)	6:40	9 (61.6%)
129	RODAK Agnieszka	473		K55	5	00:04:17	00:45:57	00:50:34	01:35:29	01:40:03.35	+00:38:14 (38.2%)	6:40	9 (61.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat					Czas		Tempo min/km	Tempo km/h
						Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	netto 15km	Różn		
130	KRANZMANN-ŻELEPIEŃ Anna	285		K40	33	00:03:51	00:45:30	00:50:03	01:35:16	01:40:08.20	+00:38:18 (38.3%)	6:40	9 (61.6%)
131	SODNOMGOMBO Alimaa	684	FIZJOBIEGACZE	K55	6	00:04:13	00:46:02	00:50:43	01:35:54	01:40:13.35	+00:38:24 (38.3%)	6:40	9 (61.6%)
132	WAŚOWICZ Anna	602		K35	31	00:03:48	00:44:13	00:48:31	01:35:47	01:40:35.55	+00:38:46 (38.5%)	6:42	8.9 (61.0%)
133	ŁABUŃ Aleksandra	334		K30	19	00:04:07	00:45:15	00:49:48	01:36:09	01:40:46.55	+00:38:57 (38.7%)	6:43	8.9 (61.0%)
134	PELC Marzena	424	RUNGRYF GRYFICE	K40	34	00:04:02	00:45:56	00:50:55	01:37:04	01:41:22.25	+00:39:32 (39.0%)	6:45	8.9 (61.0%)
135	TRYBUCH Joanna	582		K35	32	00:04:19	00:47:20	00:52:09	01:38:13	01:43:05.40	+00:41:16 (40.0%)	6:52	8.7 (59.6%)
136	CSULITS Claudia	85		K45	9	00:04:06	00:46:24	00:51:18	01:38:48	01:43:31.60	+00:41:42 (40.3%)	6:54	8.7 (59.6%)
137	LEWANDOWSKA Izabela	322		K40	35	00:04:13	00:49:27	00:54:08	01:39:50	01:44:20.65	+00:42:31 (40.8%)	6:57	8.6 (58.9%)
138	KURASIŃSKA Dorota	307	WIECZORNE BIEGANIE W SZCZECINIE	K45	10	00:04:06	00:47:02	00:51:48	01:40:23	01:44:56.50	+00:43:07 (41.1%)	6:59	8.6 (58.9%)
139	KASIERSKA Ewa Katarzyna	238	WKB META LUBLINIEC	K70	1	00:04:21	00:49:12	00:54:02	01:40:59	01:45:37.95	+00:43:48 (41.5%)	7:02	8.5 (58.2%)
140	KOZŁOWSKA Kinga	281		K40	36	00:04:11	00:47:47	00:52:52	01:40:59	01:45:46.00	+00:43:56 (41.5%)	7:03	8.5 (58.2%)
141	JURKIEWICZ Wioletta	220	WIECZORNE BIEGANIE W SZCZECINIE	K45	11	00:04:11	00:47:56	00:53:05	01:42:24	01:47:18.20	+00:45:28 (42.4%)	7:09	8.4 (57.5%)
142	BURCHARDT Mirka	61	RWT W BYDGOSZCZY	K65	1	00:04:10	00:46:24	00:51:27	01:45:01	01:50:23.75	+00:48:34 (44.0%)	7:21	8.2 (56.2%)
143	RAMA Ewa	466	KOŁOBRZEG BIEGA - PARKRUN	K50	14	00:04:42	00:52:06	00:57:06	01:47:59	01:53:14.45	+00:51:25 (45.4%)	7:33	7.9 (54.1%)
144	STASZYŃSKA Marianna	529	BTC,,ORZEŁ"	K60	6	00:04:21	00:52:16	00:57:25	01:50:55	01:56:23.25	+00:54:33 (46.9%)	7:45	7.7 (52.7%)
145	MŁYNAREK Aneta	377	BIEGAM BO LUBIĘ	K35	33	00:05:10	00:59:13	01:05:01	01:52:23	01:57:32.10	+00:55:42 (47.4%)	7:50	7.7 (52.7%)
146	BORKOWSKA Ewa	43		K65	2	00:04:53	00:55:04	01:00:26	01:55:00	02:00:14.70	+00:58:25 (48.6%)	8:01	7.5 (51.4%)
147	SZYMAŃSKA Irmina	678		K40	37	00:04:16	00:47:40				+00:19:24	6:40	9 (61.6%)

Znaleziono 147 wynik(ów)