

# Bieg Kobiet Zawsze Pier(w)si

Wyniki OPEN Łódź 2019-05-12

Wyniki nieoficjalne



| Msc open | Nr start | Nazwisko i imię          | Miejscowość         | Klub                   | Rok ur | Kat | Msc kat | PK 2,5km      | Czas brutto | Tempo min/km | Wynik netto    |
|----------|----------|--------------------------|---------------------|------------------------|--------|-----|---------|---------------|-------------|--------------|----------------|
| 1        | 932      | Walczak Agata            | Łódź                | KB Arturówek           | 1972   | K40 |         | 0:10:05 (2.)  | 0:20:24     | 04:04        | <b>0:20:21</b> |
| 2        | 710      | Matusiak Karolina        |                     | Fujitsu Running Team   | 1990   | K14 |         | 0:10:02 (1.)  | 0:20:53     | 04:10        | <b>0:20:51</b> |
| 3        | 298      | Dziakońska Małgorzata    | Łódź                | Rysioteam              | 1971   | K40 |         | 0:10:22 (3.)  | 0:21:14     | 04:14        | <b>0:21:11</b> |
| 4        | 130      | Zduńczyk Paulina         | Łódź                | EVErRUN                | 1986   | K30 | 1.      | 0:10:42 (5.)  | 0:21:40     | 04:20        | <b>0:21:40</b> |
| 5        | 991      | Pieprz Anna              | Łódź                |                        | 1984   | K30 | 2.      | 0:10:40 (4.)  | 0:21:52     | 04:22        | <b>0:21:51</b> |
| 6        | 536      | Powolna Zaneta           |                     | UPS GBS                | 1995   | K14 | 1.      | 0:10:57 (8.)  | 0:22:13     | 04:26        | <b>0:22:11</b> |
| 7        | 89       | Tworożyńska Edyta        | Łódź                | Reebok RUN CREW        | 1987   | K30 | 3.      | 0:10:50 (6.)  | 0:22:16     | 04:27        | <b>0:22:12</b> |
| 8        | 846      | Sykuła Zofia             |                     |                        | 1983   | K30 | 4.      | 0:10:56 (7.)  | 0:22:22     | 04:28        | <b>0:22:17</b> |
| 9        | 806      | Mebenga Joanna           |                     | Kuźnia Fight           | 1985   | K30 | 5.      | 0:11:01 (9.)  | 0:22:21     | 04:28        | <b>0:22:20</b> |
| 10       | 728      | Grzelewska Justyna       | Konstantynów Łódzki | Coko Werk              | 1990   | K14 | 2.      | 0:11:08 (12.) | 0:22:22     | 04:28        | <b>0:22:20</b> |
| 11       | 468      | Gozdzik-Zaręba Aneta     | Łódź                | ŁKS                    | 1980   | K30 | 6.      | 0:11:10 (14.) | 0:22:38     | 04:31        | <b>0:22:34</b> |
| 12       | 616      | Pierzchała Marta         | Justynów            |                        | 2004   | K14 | 3.      | 0:11:12 (15.) | 0:22:38     | 04:31        | <b>0:22:35</b> |
| 13       | 489      | Jagoda Emilia            | Bielawy             | Tempio Piątkowski Klub | 1991   | K14 | 4.      | 0:11:02 (10.) | 0:22:43     | 04:32        | <b>0:22:42</b> |
| 14       | 805      | Kowalczykowska Agnieszka |                     | RYSIOTEAM              | 1978   | K40 | 1.      | 0:11:05 (11.) | 0:22:46     | 04:33        | <b>0:22:43</b> |
| 15       | 275      | Ceran Katarzyna          | Pabianice           | ReebokRunCrew LDZ      | 1987   | K30 | 7.      | 0:11:12 (16.) | 0:23:03     | 04:36        | <b>0:23:00</b> |
| 16       | 430      | TREPKA Joanna            | Łódź                |                        | 1977   | K40 | 2.      | 0:11:08 (13.) | 0:23:06     | 04:37        | <b>0:23:04</b> |
| 17       | 366      | Micor Jolanta            | Łódź                | #HAPPYRUNNERS          | 1992   | K14 | 5.      | 0:11:52 (23.) | 0:23:46     | 04:45        | <b>0:23:45</b> |
| 18       | 840      | Gąsiorowska Agnieszka    | ŁÓDŹ                | EVErRUN                | 1982   | K30 | 8.      | 0:11:37 (19.) | 0:23:50     | 04:46        | <b>0:23:50</b> |
| 19       | 816      | Plich Agnieszka          | Tomaszów Maz.       | Wanda Panfil Team      | 1975   | K40 | 3.      | 0:11:52 (22.) | 0:24:13     | 04:50        | <b>0:24:09</b> |
| 20       | 220      | Golędzinowska Marzena    | Łódź                | #happyrunners          | 1985   | K30 | 9.      | 0:11:20 (17.) | 0:24:16     | 04:51        | <b>0:24:12</b> |
| 21       | 315      | Pietruszewska Ewa        | Łódź                | RYSIOTEAM              | 1988   | K30 | 10.     | 0:11:36 (18.) | 0:24:15     | 04:51        | <b>0:24:14</b> |
| 22       | 59       | Mync Angelika            | Łódź                | RYSIOTEAM              | 1991   | K14 | 6.      | 0:11:44 (21.) | 0:24:15     | 04:51        | <b>0:24:14</b> |
| 23       | 128      | Lewkowicz Marta          | Łódź                |                        | 1988   | K30 | 11.     | 0:11:43 (20.) | 0:24:20     | 04:52        | <b>0:24:17</b> |



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|----------|----------|-------------------------|--------------------|----------------------|--------|------|---------|---------------|-------------|--------------|----------------|
| 24       | 497      | Grądzka Marianna        | Łódź               |                      | 2004   | K14  | 7.      | 0:12:06 (26.) | 0:24:31     | 04:54        | <b>0:24:24</b> |
| 25       | 245      | Białecka Sylwia         | Łódź               | EVErRUN              | 1973   | K40  | 4.      | 0:12:03 (25.) | 0:24:40     | 04:56        | <b>0:24:39</b> |
| 26       | 165      | Zimińska Joanna         | Łódź               | Happyrunners         | 1971   | K40  | 5.      | 0:12:06 (27.) | 0:24:46     | 04:57        | <b>0:24:40</b> |
| 27       | 700      | Kicińska-Kokotek Beata  | Łódź               | KitaTeam             | 1981   | K30  | 12.     | 0:12:29 (36.) | 0:24:51     | 04:58        | <b>0:24:41</b> |
| 28       | 921      | Wawrzko Katarzyna       | Łódź               |                      | 1992   | K14  | 8.      | 0:12:07 (28.) | 0:24:51     | 04:58        | <b>0:24:45</b> |
| 29       | 401      | Ścibiorek Małgorzata    | Łódź               |                      | 1971   | K40  | 6.      | 0:12:33 (37.) | 0:25:05     | 05:01        | <b>0:24:45</b> |
| 30       | 136      | Grzegorzczak Aleksandra | Łódź               |                      | 1983   | K30  | 13.     | 0:12:24 (32.) | 0:24:51     | 04:58        | <b>0:24:45</b> |
| 31       | 339      | KOTALA EWA              | WIELUN             | WIELUN BIEGA         | 1977   | K40  | 7.      | 0:12:42 (47.) | 0:25:14     | 05:02        | <b>0:24:55</b> |
| 32       | 945      | Augustowska Izabela     | Orzeszków          | KB Geotermia Uniejów | 1976   | K40  | 8.      | 0:12:02 (24.) | 0:24:59     | 04:59        | <b>0:24:56</b> |
| 33       | 449      | Stefaniak Sylwia        |                    | Stacja Nowa Gdynia   | 1978   | K40  | 9.      | 0:12:21 (30.) | 0:25:06     | 05:01        | <b>0:24:59</b> |
| 34       | 78       | Markiewicz Luiza        | Łódź               |                      | 1979   | K40  | 10.     | 0:12:33 (38.) | 0:25:06     | 05:01        | <b>0:25:01</b> |
| 35       | 1023     | Zagłoba Justyna         |                    |                      | 1990   | K14  | 9.      | 0:12:09 (29.) | 0:25:07     | 05:01        | <b>0:25:01</b> |
| 36       | 508      | PAWLAK JOANNA           | Łódź               |                      | 1980   | K30  | 14.     | 0:12:38 (43.) | 0:25:20     | 05:04        | <b>0:25:09</b> |
| 37       | 186      | Saładajczyk Anna        | Łask               |                      | 1995   | K14  | 10.     | 0:12:27 (35.) | 0:25:31     | 05:06        | <b>0:25:18</b> |
| 38       | 241      | Kuchta Monika           | Łódź               | Flintensive Running  | 1979   | K40  | 11.     | 0:12:34 (39.) | 0:25:35     | 05:07        | <b>0:25:24</b> |
| 39       | 406      | Florczak Sylwia         | Łódź               | KB HERON             | 1974   | K40  | 12.     | 0:12:24 (31.) | 0:25:30     | 05:06        | <b>0:25:25</b> |
| 40       | 788      | Nowaczek Aleksandra     | Puławy             |                      | 1987   | K30  | 15.     | 0:12:27 (34.) | 0:25:35     | 05:07        | <b>0:25:33</b> |
| 41       | 184      | Mucha Agnieszka         | Łódź               | MuchaLata            | 1978   | K40  | 13.     | 0:12:50 (58.) | 0:25:43     | 05:08        | <b>0:25:35</b> |
| 42       | 627      | Tula Renata             |                    |                      | 1952   | K60+ | 1.      | 0:12:37 (42.) | 0:25:38     | 05:07        | <b>0:25:35</b> |
| 43       | 599      | Pawłowska-GULDZIŃSKA    | Łódź               |                      | 1976   | K40  | 14.     | 0:12:54 (61.) | 0:25:44     | 05:08        | <b>0:25:40</b> |
| 44       | 452      | Howaniec Agata          | Łódź               |                      | 1989   | K30  | 16.     | 0:12:46 (52.) | 0:26:07     | 05:13        | <b>0:25:42</b> |
| 45       | 161      | Mrozińska Renata        | Aleksandrów Łódzki |                      | 1978   | K40  | 15.     | 0:12:50 (59.) | 0:25:59     | 05:11        | <b>0:25:42</b> |
| 46       | 390      | Słodkiewicz Dagmara     | Łódź               | Herakles             | 1987   | K30  | 17.     | 0:12:48 (53.) | 0:25:51     | 05:10        | <b>0:25:45</b> |
| 47       | 73       | Adamus Anna             | Łódź               |                      | 1983   | K30  | 18.     | 0:12:48 (55.) | 0:25:53     | 05:10        | <b>0:25:46</b> |
| 48       | 126      | Garncarek Anna          | Łódź               | EVErRUN              | 1983   | K30  | 19.     | 0:12:42 (48.) | 0:25:53     | 05:10        | <b>0:25:50</b> |
| 49       | 261      | ignaczak weronika       | Łódź               | EverRun              | 1980   | K30  | 20.     | 0:12:35 (40.) | 0:25:54     | 05:10        | <b>0:25:52</b> |



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|----------|----------|-------------------------|---------------------|--------------------|--------|------|---------|----------------|-------------|--------------|----------------|
| 50       | 54       | Weremczuk Magdalena     | Łódź (Łódź-Górna)   | EVErRUN            | 1982   | K30  | 21.     | 0:12:39 (44.)  | 0:25:57     | 05:11        | <b>0:25:55</b> |
| 51       | 170      | Górczak Justyna         | Pabianice           |                    | 1986   | K30  | 22.     | 0:12:49 (57.)  | 0:26:10     | 05:14        | <b>0:25:58</b> |
| 52       | 512      | Korycka Paulina         | Lodz                |                    | 1998   | K14  | 11.     | 0:13:38 (104.) | 0:27:36     | 05:31        | <b>0:26:00</b> |
| 53       | 579      | Gardias Renata          | Łódź                |                    | 1983   | K30  | 23.     | 0:12:41 (46.)  | 0:26:11     | 05:14        | <b>0:26:06</b> |
| 54       | 495      | Frieze Tatiana          | Łódź                | Droga Do Ultra     | 1978   | K40  | 16.     | 0:12:37 (41.)  | 0:26:14     | 05:14        | <b>0:26:07</b> |
| 55       | 629      | Kowalczyk Magdalena     | Ozorków             |                    | 1985   | K30  | 24.     | 0:12:26 (33.)  | 0:26:17     | 05:15        | <b>0:26:09</b> |
| 56       | 485      | Cyrulewska Małgorzata   | Glinnik             | Pamso Run Team     | 1971   | K40  | 17.     | 0:13:33 (99.)  | 0:27:26     | 05:29        | <b>0:26:13</b> |
| 57       | 615      | Pierzchała Jolanta      | Justynów            |                    | 1973   | K40  | 18.     | 0:12:40 (45.)  | 0:26:18     | 05:15        | <b>0:26:14</b> |
| 58       | 352      | Madej Elżbieta          | Łódź                |                    | 1960   | K50  | 1.      | 0:13:10 (71.)  | 0:26:25     | 05:17        | <b>0:26:15</b> |
| 59       | 503      | Gajewska Natalia        | Tomaszów Mazowiecki |                    | 1998   | K14  | 12.     | 0:12:56 (62.)  | 0:26:51     | 05:22        | <b>0:26:19</b> |
| 60       | 351      | Potargowicz Bogumiła    | Łódź                |                    | 1985   | K30  | 25.     | 0:12:49 (56.)  | 0:26:34     | 05:18        | <b>0:26:25</b> |
| 61       | 567      | Kruk-Kamińska Agnieszka | Łódź                | Corning CPWF       | 1985   | K30  | 26.     | 0:13:09 (70.)  | 0:27:28     | 05:29        | <b>0:26:26</b> |
| 62       | 1022     | Świątek Aleksandra      | Łódź                |                    | 1985   | K30  | 27.     | 0:12:48 (54.)  | 0:27:35     | 05:31        | <b>0:26:26</b> |
| 63       | 640      | Majewska Katarzyna      | Lodz                |                    | 1985   | K30  | 28.     | 0:12:44 (50.)  | 0:26:46     | 05:21        | <b>0:26:27</b> |
| 64       | 783      | Stalinska Monika        | Lodz                |                    | 1973   | K40  | 19.     | 0:13:01 (68.)  | 0:26:38     | 05:19        | <b>0:26:27</b> |
| 65       | 278      | Skotarek Katarzyna      | Stryków             |                    | 1979   | K40  | 20.     | 0:13:18 (77.)  | 0:27:46     | 05:33        | <b>0:26:29</b> |
| 66       | 360      | Antoniak Wiesława       | Łódź                | MULTIBOND          | 1959   | K60+ | 2.      | 0:12:57 (63.)  | 0:26:31     | 05:18        | <b>0:26:30</b> |
| 67       | 118      | Zjawiona Agnieszka      | Łódź                | EVErRUN            | 1971   | K40  | 21.     | 0:13:11 (74.)  | 0:26:36     | 05:19        | <b>0:26:33</b> |
| 68       | 77       | Kolczyńska Małgorzata   | Starowa Góra        | EverRun            | 1976   | K40  | 22.     | 0:12:43 (49.)  | 0:26:38     | 05:19        | <b>0:26:36</b> |
| 69       | 252      | Dąbrowska Karolina      | Głowno              |                    | 1988   | K30  | 29.     | 0:13:22 (81.)  | 0:27:00     | 05:24        | <b>0:26:38</b> |
| 70       | 190      | Grezel Marzena          | Łódź                |                    | 1984   | K30  | 30.     | 0:13:27 (87.)  | 0:26:51     | 05:22        | <b>0:26:38</b> |
| 71       | 191      | Kłysiak Katarzyna       | Łódź                |                    | 1984   | K30  | 31.     | 0:13:27 (89.)  | 0:26:52     | 05:22        | <b>0:26:39</b> |
| 72       | 787      | Jędrzejczak Agnieszka   | Łódź                |                    | 1986   | K30  | 32.     | 0:13:19 (79.)  | 0:27:02     | 05:24        | <b>0:26:41</b> |
| 73       | 135      | Stusio Magdalena        | Łódź                | ATLAS RUNNING TEAM | 1970   | K40  | 23.     | 0:12:45 (51.)  | 0:26:42     | 05:20        | <b>0:26:42</b> |
| 74       | 1027     | Darnowska Agnieszka     |                     |                    | 1975   | K40  | 24.     | 0:13:30 (95.)  | 0:27:06     | 05:25        | <b>0:26:42</b> |
| 75       | 350      | Kolbuch Paulina         | Łódź                |                    | 1990   | K14  | 13.     | 0:13:27 (88.)  | 0:27:01     | 05:24        | <b>0:26:42</b> |



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|----------|----------|----------------------------|-------------|--------------------|--------|------|---------|----------------|-------------|--------------|----------------|
| 76       | 936      | Lipska Daria               | Łódź        | Retkinia run       | 1986   | K30  | 33.     | 0:13:19 (78.)  | 0:27:02     | 05:24        | <b>0:26:43</b> |
| 77       | 988      | Rosak-Szyrocka Joanna      | Częstochowa | Run Baby           | 1979   | K40  | 25.     | 0:13:03 (69.)  | 0:26:47     | 05:21        | <b>0:26:45</b> |
| 78       | 247      | Bogus Agnieszka            | Burzenin    |                    | 1969   | K50  | 2.      | 0:12:59 (65.)  | 0:26:50     | 05:22        | <b>0:26:48</b> |
| 79       | 362      | Jończyk Monika             | Łódź        |                    | 1991   | K14  | 14.     | 0:13:40 (106.) | 0:27:03     | 05:24        | <b>0:26:48</b> |
| 80       | 333      | Jóźwicka Maria             | Łódź        |                    | 1982   | K30  | 34.     | 0:12:53 (60.)  | 0:26:54     | 05:22        | <b>0:26:49</b> |
| 81       | 290      | Korczyk - Waszak Magdalena | Łódź        |                    | 1976   | K40  | 26.     | 0:13:00 (67.)  | 0:26:51     | 05:22        | <b>0:26:51</b> |
| 82       | 610      | Lenczewska-Maciąg Dorota   | Zgierz      |                    | 1979   | K40  | 27.     | 0:13:10 (72.)  | 0:27:14     | 05:26        | <b>0:26:52</b> |
| 83       | 731      | Sękowska Kinga             | Łódź        |                    | 1992   | K14  | 15.     | 0:12:58 (64.)  | 0:27:01     | 05:24        | <b>0:26:59</b> |
| 84       | 50       | Witulska Justyna           | Lodz        |                    | 1988   | K30  | 35.     | 0:13:12 (75.)  | 0:27:27     | 05:29        | <b>0:27:04</b> |
| 85       | 879      | Kamelak Ewelina            | Łódź        |                    | 1987   | K30  | 36.     | 0:14:02 (135.) | 0:27:26     | 05:29        | <b>0:27:05</b> |
| 86       | 36       | Karlikowska-Antosiak       | Łęczycza    |                    | 1979   | K40  | 28.     | 0:13:39 (105.) | 0:27:24     | 05:28        | <b>0:27:05</b> |
| 87       | 29       | Lutomirska BLANKA          | Łódź        | XXV LO             | 1979   | K40  | 29.     | 0:13:32 (97.)  | 0:27:21     | 05:28        | <b>0:27:08</b> |
| 88       | 1042     | Duda Jadwiga               | Szamotuły   |                    | 1957   | K60+ | 3.      | 0:13:28 (90.)  | 0:27:51     | 05:34        | <b>0:27:09</b> |
| 89       | 837      | Mazerant Karolina          | Łódź        | RAZEM TRENUJEMY    | 1989   | K30  | 37.     | 0:13:49 (115.) | 0:27:51     | 05:34        | <b>0:27:12</b> |
| 90       | 872      | Czerniejewska Martyna      | Poznań      |                    | 1994   | K14  | 16.     | 0:13:54 (121.) | 0:27:48     | 05:33        | <b>0:27:13</b> |
| 91       | 698      | Fremel Anna                | Zgierz      | 1978               | 1978   | K40  | 30.     | 0:13:11 (73.)  | 0:27:23     | 05:28        | <b>0:27:15</b> |
| 92       | 729      | Bardzel Justyna            |             | EVErRUN            | 1983   | K30  | 38.     | 0:13:00 (66.)  | 0:27:16     | 05:27        | <b>0:27:16</b> |
| 93       | 19       | Młynarska Małgorzata       | Łódź        |                    | 1983   | K30  | 39.     | 0:13:51 (117.) | 0:27:53     | 05:34        | <b>0:27:17</b> |
| 94       | 124      | Janczura-Sobczak Monika    | Łódź        |                    | 1986   | K30  | 40.     | 0:13:21 (80.)  | 0:29:17     | 05:51        | <b>0:27:21</b> |
| 95       | 1039     | Gagatek Woźwiak Anna       | Wieluń      | Wieluń Biega       | 1979   | K40  | 31.     | 0:13:36 (102.) | 0:27:50     | 05:34        | <b>0:27:21</b> |
| 96       | 230      | Sobota Karolina            | Sieradz     |                    | 1996   | K14  | 17.     | 0:13:42 (108.) | 0:28:03     | 05:36        | <b>0:27:21</b> |
| 97       | 843      | Welnicka Beata             | Brdów       |                    | 1986   | K30  | 41.     | 0:13:57 (126.) | 0:27:41     | 05:32        | <b>0:27:22</b> |
| 98       | 749      | Szczepanik-Żyrafa Monika   | Katowice    | Nasza Dobra Szkoła | 1975   | K40  | 32.     | 0:13:23 (82.)  | 0:27:32     | 05:30        | <b>0:27:22</b> |
| 99       | 815      | Czubińska-Grodecka Dorota  | Łódź        | DRUŻYNA CYBORGA    | 1980   | K30  | 42.     | 0:13:23 (83.)  | 0:27:32     | 05:30        | <b>0:27:22</b> |
| 100      | 297      | JAWORSKA-STALA MONIKA      | ŁÓDŹ        |                    | 1968   | K50  | 3.      | 0:13:34 (101.) | 0:27:29     | 05:29        | <b>0:27:22</b> |
| 101      | 345      | Konaszewicz Ewa            | Łódź        |                    | 1979   | K40  | 33.     | 0:13:46 (111.) | 0:27:45     | 05:33        | <b>0:27:23</b> |



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|----------|----------|----------------------------|--------------------|-------------------|--------|-----|---------|----------------|-------------|--------------|----------------|
| 102      | 682      | Mizerska Magdalena         |                    | VEOLIA            | 1987   | K30 | 43.     | 0:13:25 (85.)  | 0:28:08     | 05:37        | <b>0:27:24</b> |
| 103      | 114      | Fido Sylwia                | Aleksandrów Łódzki |                   | 1986   | K30 | 44.     | 0:13:47 (112.) | 0:27:52     | 05:34        | <b>0:27:24</b> |
| 104      | 413      | Stajuda Marta              | Łódź               |                   | 1985   | K30 | 45.     | 0:13:14 (76.)  | 0:27:46     | 05:33        | <b>0:27:25</b> |
| 105      | 480      | Pituła Agnieszka           | Warszawa           |                   | 1984   | K30 | 46.     | 0:13:33 (100.) | 0:27:36     | 05:31        | <b>0:27:25</b> |
| 106      | 775      | Pękowska Ewa               | Łęczycza           |                   | 1983   | K30 | 47.     | 0:13:59 (130.) | 0:28:25     | 05:41        | <b>0:27:27</b> |
| 107      | 590      | Cabaj Martyna              | Bydgoszcz          |                   | 1995   | K14 | 18.     | 0:13:29 (93.)  | 0:27:46     | 05:33        | <b>0:27:28</b> |
| 108      | 748      | Kamińska Magdalena         | Giżycko            |                   | 1994   | K14 | 19.     | 0:13:29 (92.)  | 0:27:46     | 05:33        | <b>0:27:28</b> |
| 109      | 370      | Tomala Manuela             | Łódź               |                   | 1989   | K30 | 48.     | 0:14:14 (157.) | 0:28:45     | 05:45        | <b>0:27:28</b> |
| 110      | 844      | Łochowska Marta            | Łódź               |                   | 1992   | K14 | 20.     | 0:13:48 (114.) | 0:28:13     | 05:38        | <b>0:27:32</b> |
| 111      | 310      | Hetnar Paulina             | Łódź               |                   | 1998   | K14 | 21.     | 0:14:40 (200.) | 0:28:07     | 05:37        | <b>0:27:32</b> |
| 112      | 769      | Kwapisiewicz Małgorzata    | Łodz               |                   | 1968   | K50 | 4.      | 0:13:40 (107.) | 0:27:57     | 05:35        | <b>0:27:33</b> |
| 113      | 882      | Pawłowska Anna             | Łódź               |                   | 1989   | K30 | 49.     | 0:13:28 (91.)  | 0:27:56     | 05:35        | <b>0:27:36</b> |
| 114      | 854      | Szymczyk Kalina            | Zgierz             | SNG WILD DUCKS    | 1978   | K40 | 34.     | 0:14:08 (146.) | 0:28:23     | 05:40        | <b>0:27:37</b> |
| 115      | 368      | Kowalska-Majos Alina       | Żeromin            | #ŻEROMINRUNNER    | 1982   | K30 | 50.     | 0:13:55 (123.) | 0:28:45     | 05:45        | <b>0:27:39</b> |
| 116      | 955      | Szczeńiak Katarzyna        |                    | Sonko Team        | 1987   | K30 | 51.     | 0:13:24 (84.)  | 0:27:44     | 05:32        | <b>0:27:39</b> |
| 117      | 602      | stanisławska joanna        | łódź               | SNG WILD DUCKS    | 1976   | K40 | 35.     | 0:14:12 (154.) | 0:28:26     | 05:41        | <b>0:27:40</b> |
| 118      | 522      | Harajda-Tarnecka Agnieszka | Rosanów            | SNG WILD DUCKS    | 1982   | K30 | 52.     | 0:13:56 (125.) | 0:28:30     | 05:42        | <b>0:27:44</b> |
| 119      | 458      | Witek Marta                | Łódź               |                   | 1988   | K30 | 53.     | 0:14:27 (176.) | 0:28:00     | 05:36        | <b>0:27:45</b> |
| 120      | 953      | Niemiec Julia              | Łódź               |                   | 1996   | K14 | 22.     | 0:14:03 (139.) | 0:27:50     | 05:34        | <b>0:27:46</b> |
| 121      | 57       | Sobczyk Anna               | Łódź               | EVErRUN           | 1981   | K30 | 54.     | 0:13:33 (98.)  | 0:27:49     | 05:33        | <b>0:27:47</b> |
| 122      | 951      | Biernacka Danuta           | Łódź               |                   | 1984   | K30 | 55.     | 0:14:05 (141.) | 0:28:23     | 05:40        | <b>0:27:48</b> |
| 123      | 236      | Michalska Marta            | Łódź               | Chocolate Runners | 1990   | K14 | 23.     | 0:13:44 (109.) | 0:27:58     | 05:35        | <b>0:27:52</b> |
| 124      | 441      | Brzezińska Sylwia          | Warszawa           |                   | 1985   | K30 | 56.     | 0:14:09 (150.) | 0:28:24     | 05:40        | <b>0:27:57</b> |
| 125      | 407      | Ciupa Patrycja             | Brwinów            |                   | 1990   | K14 | 24.     | 0:14:09 (149.) | 0:28:24     | 05:40        | <b>0:27:57</b> |
| 126      | 804      | Kielczewska Marzena        | Brdów              |                   | 1974   | K40 | 36.     | 0:14:03 (136.) | 0:28:18     | 05:39        | <b>0:27:59</b> |
| 127      | 103      | Małopolska Elżbieta        | Łódź               |                   | 1995   | K14 | 25.     | 0:14:03 (138.) | 0:28:05     | 05:36        | <b>0:28:00</b> |



| Msc open | Nr start | Nazwisko i imię        | Miejscowość        | Klub                 | Rok ur | Kat | Msc kat | PK 2,5km       | Czas brutto | Tempo min/km | Wynik netto    |
|----------|----------|------------------------|--------------------|----------------------|--------|-----|---------|----------------|-------------|--------------|----------------|
| 128      | 576      | Tryniszewska Anna      | Warszawa           | Dream Team Runners   | 1987   | K30 | 57.     | 0:14:36 (193.) | 0:28:54     | 05:46        | <b>0:28:02</b> |
| 129      | 21       | Perka Agnieszka        | Zgierz             | Jeżozwierze          | 1982   | K30 | 58.     | 0:13:54 (122.) | 0:28:12     | 05:38        | <b>0:28:03</b> |
| 130      | 97       | Garczarczyk Paulina    | Łódź               |                      | 1988   | K30 | 59.     | 0:14:00 (133.) | 0:28:16     | 05:39        | <b>0:28:04</b> |
| 131      | 52       | Krupińska Karolina     | Łódź               |                      | 1990   | K14 | 26.     | 0:13:30 (94.)  | 0:28:19     | 05:39        | <b>0:28:04</b> |
| 132      | 157      | Borowska-Terka Anna    | Pabianice          |                      | 1979   | K40 | 37.     | 0:13:26 (86.)  | 0:28:15     | 05:39        | <b>0:28:05</b> |
| 133      | 968      | Filipczak Honorata     | Mniszków           |                      | 1997   | K14 | 27.     | 0:14:21 (166.) | 0:29:30     | 05:54        | <b>0:28:05</b> |
| 134      | 671      | Kamińska Małgorzata    |                    | VEOLIA               | 1983   | K30 | 60.     | 0:13:47 (113.) | 0:28:25     | 05:41        | <b>0:28:06</b> |
| 135      | 98       | Kopczyńska Katarzyna   | Łódź               |                      | 1984   | K30 | 61.     | 0:13:59 (131.) | 0:28:29     | 05:41        | <b>0:28:07</b> |
| 136      | 737      | Later Marta            | Łódź               |                      | 1986   | K30 | 62.     | 0:14:08 (147.) | 0:28:51     | 05:46        | <b>0:28:07</b> |
| 137      | 860      | Malinowska Dominika    | Łask               | EXplatforma SA       | 1987   | K30 | 63.     | 0:14:38 (195.) | 0:29:02     | 05:48        | <b>0:28:08</b> |
| 138      | 924      | Bonek Sikora Agata     | Łódź               |                      | 1975   | K40 | 38.     | 0:14:09 (151.) | 0:29:08     | 05:49        | <b>0:28:12</b> |
| 139      | 269      | Kopka Elżbieta         | Kolonia Brużycza   | AGB TORFY            | 1973   | K40 | 39.     | 0:14:13 (156.) | 0:28:25     | 05:41        | <b>0:28:12</b> |
| 140      | 30       | Rogut Katarzyna        | Rąbień AB          | AGB TORFY            | 1971   | K40 | 40.     | 0:14:13 (155.) | 0:28:25     | 05:41        | <b>0:28:13</b> |
| 141      | 849      | Konarska Julita        | Łódź               | SNG WILD DUCKS       | 1985   | K30 | 64.     | 0:14:19 (163.) | 0:29:03     | 05:48        | <b>0:28:17</b> |
| 142      | 199      | Wołągiewicz Małgorzata | Warszawa           |                      | 1981   | K30 | 65.     | 0:13:58 (129.) | 0:28:50     | 05:46        | <b>0:28:18</b> |
| 143      | 979      | Czarnecka Daria        | Łódź               | #teamGrażynki        | 1987   | K30 | 66.     | 0:14:09 (148.) | 0:28:38     | 05:43        | <b>0:28:21</b> |
| 144      | 321      | Jędras Ewa             | Łódź               | SPORTERA OCR         | 1990   | K14 | 28.     | 0:14:12 (153.) | 0:28:37     | 05:43        | <b>0:28:22</b> |
| 145      | 941      | Smyła Anetta           | Tuszyn             |                      | 1978   | K40 | 41.     | 0:13:57 (127.) | 0:28:31     | 05:42        | <b>0:28:24</b> |
| 146      | 903      | Zgórska Anna           | Łódź               |                      | 2002   | K14 | 29.     | 0:14:02 (134.) | 0:29:32     | 05:54        | <b>0:28:26</b> |
| 147      | 712      | Rozycka Natalia        |                    | Fujitsu Running Team | 1995   | K14 | 30.     | 0:14:00 (132.) | 0:29:09     | 05:49        | <b>0:28:26</b> |
| 148      | 761      | Wójcik Monika          | Łódź (Łódź-Widzew) | 1989                 | 1989   | K30 | 67.     | 0:13:31 (96.)  | 0:28:35     | 05:43        | <b>0:28:26</b> |
| 149      | 992      | Rochowczyk Lilianna    | Krasnołany         |                      | 1991   | K14 | 31.     | 0:14:34 (189.) | 0:29:16     | 05:51        | <b>0:28:29</b> |
| 150      | 444      | ŁYZIŃSKA MAŁGORZATA    | BEŁCHATÓW          |                      | 1980   | K30 | 68.     | 0:15:12 (277.) | 0:29:21     | 05:52        | <b>0:28:29</b> |
| 151      | 770      | Kubiak Magdalena       | Łódź               |                      | 1968   | K50 | 5.      | 0:13:58 (128.) | 0:28:46     | 05:45        | <b>0:28:30</b> |
| 152      | 494      | Zalega Luiza           | Rąbień             | ABG Torfy            | 1972   | K40 | 42.     | 0:14:26 (172.) | 0:28:42     | 05:44        | <b>0:28:30</b> |
| 153      | 185      | Zakrzewska Paulina     | Łask               |                      | 1992   | K14 | 32.     | 0:13:53 (120.) | 0:28:44     | 05:44        | <b>0:28:31</b> |



| Msc open | Nr start | Nazwisko i imię          | Miejscowość          | Klub                | Rok ur | Kat | Msc kat | PK 2,5km       | Czas brutto | Tempo min/km | Wynik netto    |
|----------|----------|--------------------------|----------------------|---------------------|--------|-----|---------|----------------|-------------|--------------|----------------|
| 154      | 724      | Karolak Jolanta          | Ozorków              |                     | 1982   | K30 | 69.     | 0:14:24 (171.) | 0:28:40     | 05:44        | <b>0:28:31</b> |
| 155      | 33       | Wojciechowska Aleksandra | Łódź                 |                     | 1997   | K14 | 33.     | 0:14:47 (216.) | 0:29:37     | 05:55        | <b>0:28:31</b> |
| 156      | 944      | Litwinczuk Julia         | Łódź                 |                     | 1991   | K14 | 34.     | 0:14:26 (173.) | 0:29:15     | 05:51        | <b>0:28:32</b> |
| 157      | 556      | Marcinkiewicz Agnieszka  | Łódź                 |                     | 1978   | K40 | 43.     | 0:13:51 (116.) | 0:28:39     | 05:43        | <b>0:28:35</b> |
| 158      | 557      | Jaśkiewicz Małgorzata    | Łódź                 |                     | 1979   | K40 | 44.     | 0:13:52 (118.) | 0:28:39     | 05:43        | <b>0:28:36</b> |
| 159      | 745      | Gromek Katarzyna         | Łódź                 |                     | 1971   | K40 | 45.     | 0:14:08 (144.) | 0:29:14     | 05:50        | <b>0:28:36</b> |
| 160      | 965      | Szrajber Aleksandra      |                      | VEOLIA              | 1982   | K30 | 70.     | 0:14:15 (158.) | 0:29:23     | 05:52        | <b>0:28:38</b> |
| 161      | 591      | Płonczyńska Maria        | Łódź                 |                     | 1974   | K40 | 46.     | 0:14:40 (199.) | 0:29:42     | 05:56        | <b>0:28:39</b> |
| 162      | 799      | Antczak Dorota           | Tuszyn               | B/S/H/ RUNNING TEAM | 1973   | K40 | 47.     | 0:14:36 (194.) | 0:29:06     | 05:49        | <b>0:28:39</b> |
| 163      | 311      | Fortuna Milena           | Solec-Zdrój          |                     | 1999   | K14 | 35.     | 0:14:43 (208.) | 0:29:15     | 05:51        | <b>0:28:40</b> |
| 164      | 120      | Gołuchowska Paulina      | Aleksandrów Łódzki   |                     | 1987   | K30 | 71.     | 0:14:22 (167.) | 0:29:29     | 05:53        | <b>0:28:42</b> |
| 165      | 179      | Rakowska Dorota          | Stróża               |                     | 1967   | K50 | 6.      | 0:14:03 (140.) | 0:29:12     | 05:50        | <b>0:28:44</b> |
| 166      | 650      | Krawczyk Ela             | Piotrków Trybunalski | 1986                | 1986   | K30 | 72.     | 0:13:44 (110.) | 0:28:55     | 05:47        | <b>0:28:44</b> |
| 167      | 630      | Ejzemberg Monika         | Łódź                 |                     | 1976   | K40 | 48.     | 0:14:41 (205.) | 0:30:04     | 06:00        | <b>0:28:46</b> |
| 168      | 1035     | Bartosik Sylwia          | Łódź                 |                     | 1980   | K30 | 73.     | 0:13:55 (124.) | 0:28:50     | 05:46        | <b>0:28:47</b> |
| 169      | 285      | Raczyńska Anna           | Aleksandrów Łódzki   |                     | 1961   | K50 | 7.      | 0:14:27 (175.) | 0:29:01     | 05:48        | <b>0:28:48</b> |
| 170      | 950      | Andrzejczyk Anna         | Łódź                 |                     | 1978   | K40 | 49.     | 0:15:10 (268.) | 0:29:32     | 05:54        | <b>0:28:49</b> |
| 171      | 255      | Bednarkiewicz Lidia      | Łódź                 |                     | 1978   | K40 | 50.     | 0:13:53 (119.) | 0:28:57     | 05:47        | <b>0:28:50</b> |
| 172      | 983      | Pawlikowska Zuzanna      | Łódź                 | SPORTERA OCR        | 1994   | K14 | 36.     | 0:14:44 (211.) | 0:29:07     | 05:49        | <b>0:28:50</b> |
| 173      | 371      | Nowak-Wierzbicka Joanna  | Łódź                 |                     | 1975   | K40 | 51.     | 0:14:49 (220.) | 0:29:30     | 05:54        | <b>0:28:52</b> |
| 174      | 243      | kotlicka agnieszka       | Łódź                 |                     | 1976   | K40 | 52.     | 0:14:47 (215.) | 0:30:15     | 06:03        | <b>0:28:54</b> |
| 175      | 228      | Stępnia Paulina          | Łódź                 |                     | 1993   | K14 | 37.     | 0:14:07 (143.) | 0:29:06     | 05:49        | <b>0:28:55</b> |
| 176      | 966      | Polinceusz Katarzyna     | Łódź                 | Mocni w Duchu       | 1972   | K40 | 53.     | 0:14:58 (239.) | 0:29:42     | 05:56        | <b>0:28:55</b> |
| 177      | 957      | Malska Marta             |                      | Sonko Team          | 1985   | K30 | 74.     | 0:14:34 (188.) | 0:29:07     | 05:49        | <b>0:28:58</b> |
| 178      | 281      | GABRYELCZYK MARTA        | ŁÓDŹ                 |                     | 1977   | K40 | 54.     | 0:15:01 (250.) | 0:29:38     | 05:55        | <b>0:29:00</b> |
| 179      | 766      | Czekalak Anna            | Stare Krasnodęby     |                     | 1984   | K30 | 75.     | 0:14:53 (229.) | 0:29:34     | 05:54        | <b>0:29:00</b> |



| Msc open | Nr start | Nazwisko i imię               | Miejscowość        | Klub                 | Rok ur | Kat | Msc kat | PK 2,5km       | Czas brutto | Tempo min/km | Wynik netto    |
|----------|----------|-------------------------------|--------------------|----------------------|--------|-----|---------|----------------|-------------|--------------|----------------|
| 180      | 258      | Stoparczyk Justyna            | Łódź               |                      | 1990   | K14 | 38.     | 0:14:50 (221.) | 0:29:40     | 05:56        | <b>0:29:01</b> |
| 181      | 393      | Kowalska Aleksandra           | Łódź               |                      | 1977   | K40 | 55.     | 0:14:06 (142.) | 0:29:09     | 05:49        | <b>0:29:01</b> |
| 182      | 733      | Bednarek Anna                 | Dziewuliny         |                      | 1989   | K30 | 76.     | 0:14:51 (227.) | 0:30:01     | 06:00        | <b>0:29:03</b> |
| 183      | 517      | Zarębska Justyna              | Radomsko           | Rozbiegajmy Radomsko | 1982   | K30 | 77.     | 0:15:01 (252.) | 0:29:43     | 05:56        | <b>0:29:03</b> |
| 184      | 493      | Kilanowska Agnieszka          | Radomsko           | Rozbiegajmy Radomsko | 1981   | K30 | 78.     | 0:14:33 (186.) | 0:29:43     | 05:56        | <b>0:29:05</b> |
| 185      | 530      | Kucharska Aneta               | Radomsko           | Rozbiegajmy Radomsko | 1978   | K40 | 56.     | 0:14:34 (190.) | 0:29:43     | 05:56        | <b>0:29:05</b> |
| 186      | 11       | Trzewikowska Paulina          | Łódź               |                      | 1983   | K30 | 79.     | 0:14:44 (209.) | 0:29:22     | 05:52        | <b>0:29:05</b> |
| 187      | 908      | Grocholska-Jankowska          | Łódź               |                      | 1977   | K40 | 57.     | 0:14:48 (218.) | 0:30:12     | 06:02        | <b>0:29:06</b> |
| 188      | 547      | Gawrońska Beata               | Łódź               | RAZEM TRENUJEMY      | 1977   | K40 | 58.     | 0:15:46 (358.) | 0:30:14     | 06:02        | <b>0:29:06</b> |
| 189      | 913      | Łęzak-Lenarczyk Anna          | Łódź               |                      | 1986   | K30 | 80.     | 0:14:15 (159.) | 0:29:27     | 05:53        | <b>0:29:08</b> |
| 190      | 574      | Szubert Anna                  | Łódź               |                      | 1993   | K14 | 39.     | 0:14:40 (202.) | 0:30:04     | 06:00        | <b>0:29:12</b> |
| 191      | 876      | Meto Dorota                   | Tomaszów Maz.      |                      | 1980   | K30 | 81.     | 0:14:59 (243.) | 0:30:22     | 06:04        | <b>0:29:13</b> |
| 192      | 253      | Kacprzak Bogumiła             | Zgierz             |                      | 1977   | K40 | 59.     | 0:14:29 (179.) | 0:29:38     | 05:55        | <b>0:29:13</b> |
| 193      | 537      | Siemaszko-Wilczewska Karolina |                    | UPS GBS              | 1978   | K40 | 60.     | 0:14:31 (182.) | 0:29:16     | 05:51        | <b>0:29:14</b> |
| 194      | 344      | Sawicka Dorota                | Zgierz             | Reebok Run Crew Łódź | 1984   | K30 | 82.     | 0:14:48 (217.) | 0:31:07     | 06:13        | <b>0:29:14</b> |
| 195      | 744      | Kulik- Józefów Małgorzata     | Łódź               |                      | 1985   | K30 | 83.     | 0:14:28 (178.) | 0:29:37     | 05:55        | <b>0:29:15</b> |
| 196      | 238      | Wilczek Justyna               | Łódź               |                      | 1987   | K30 | 84.     | 0:14:40 (201.) | 0:31:13     | 06:14        | <b>0:29:16</b> |
| 197      | 63       | Haniszewska Paulina           | Łódź               |                      | 1985   | K30 | 85.     | 0:14:35 (192.) | 0:29:46     | 05:57        | <b>0:29:16</b> |
| 198      | 61       | Rżanek Ewa                    | Łódź               |                      | 1983   | K30 | 86.     | 0:15:00 (244.) | 0:30:07     | 06:01        | <b>0:29:16</b> |
| 199      | 145      | KĘDZIAK KATARZYNA             | PABIANICE          | FORMA NA PIĄTKĘ NW   | 1981   | K30 | 87.     | 0:14:50 (222.) | 0:30:39     | 06:07        | <b>0:29:17</b> |
| 200      | 301      | Chmiel Paulina                | Łódź               | PULS TRI TEAM        | 1985   | K30 | 88.     | 0:14:42 (207.) | 0:30:14     | 06:02        | <b>0:29:18</b> |
| 201      | 28       | Grocholinska Magdalena        | Łódź               |                      | 1975   | K40 | 61.     | 0:14:39 (197.) | 0:30:14     | 06:02        | <b>0:29:18</b> |
| 202      | 942      | Gensieniec Agata              | Łódź               |                      | 1970   | K40 | 62.     | 0:14:41 (203.) | 0:30:16     | 06:03        | <b>0:29:20</b> |
| 203      | 159      | MAZURKIEWICZ IWONA            | Łódź               | Chocolate Runners    | 1991   | K14 | 40.     | 0:14:16 (161.) | 0:29:26     | 05:53        | <b>0:29:20</b> |
| 204      | 417      | Gach Kamila                   | Łódź               |                      | 1991   | K14 | 41.     | 0:15:10 (267.) | 0:30:26     | 06:05        | <b>0:29:21</b> |
| 205      | 624      | Szumińska Małgorzata          | Aleksandrów Łódzki | Rossmann             | 1975   | K40 | 63.     | 0:14:34 (187.) | 0:29:29     | 05:53        | <b>0:29:22</b> |





| Msc open | Nr start | Nazwisko i imię            | Miejscowość                 | Klub                   | Rok ur | Kat | Msc kat | PK 2,5km       | Czas brutto | Tempo min/km | Wynik netto    |
|----------|----------|----------------------------|-----------------------------|------------------------|--------|-----|---------|----------------|-------------|--------------|----------------|
| 206      | 274      | PAPUGA JOANNA              | ŁASK                        | FORMA NA PIĄTKĘ NW     | 1975   | K40 | 64.     | 0:15:10 (269.) | 0:30:05     | 06:01        | <b>0:29:22</b> |
| 207      | 971      | Janicka Katarzyna          | Ozorków                     | Sng Wild Ducks         | 1988   | K30 | 89.     | 0:14:56 (236.) | 0:29:51     | 05:58        | <b>0:29:23</b> |
| 208      | 703      | OWCZAREK JOLANTA           | Pabianice                   | O CO BIEGA             | 1990   | K14 | 42.     | 0:14:23 (169.) | 0:29:47     | 05:57        | <b>0:29:24</b> |
| 209      | 470      | Iciek Malwina              | Radomsko ul. Targowa 12c/31 | AKTYWNI KAMIEŃSK       | 2005   | K14 | 43.     | 0:13:37 (103.) | 0:29:28     | 05:53        | <b>0:29:24</b> |
| 210      | 592      | Milancej Małgosia          | Łódź                        | Corning Professional   | 1982   | K30 | 90.     | 0:14:30 (181.) | 0:29:39     | 05:55        | <b>0:29:25</b> |
| 211      | 17       | Anyszka Małgorzata         | Łowicz                      |                        | 1984   | K30 | 91.     | 0:14:08 (145.) | 0:29:38     | 05:55        | <b>0:29:26</b> |
| 212      | 121      | Kwiecień - Lipińska Kamila | Łódź                        | Tigers Team            | 1975   | K40 | 65.     | 0:14:58 (238.) | 0:30:26     | 06:05        | <b>0:29:26</b> |
| 213      | 158      | Forzpańczyk Agnieszka      | Łódź                        | Biegam i zwiedzam Łódź | 1972   | K40 | 66.     | 0:14:57 (237.) | 0:30:27     | 06:05        | <b>0:29:27</b> |
| 214      | 776      | Piekarska Klaudia          | Łódź                        | Herakles               | 1986   | K30 | 92.     | 0:14:39 (198.) | 0:29:46     | 05:57        | <b>0:29:27</b> |
| 215      | 528      | Rozpara Agnieszka          | Kamieńsk                    | Aktywni Kamieńsk       | 1980   | K30 | 93.     | 0:15:06 (263.) | 0:30:05     | 06:01        | <b>0:29:29</b> |
| 216      | 498      | Grydziuszo Aneta           | ŁÓDŹ                        |                        | 1972   | K40 | 67.     | 0:14:56 (234.) | 0:29:55     | 05:59        | <b>0:29:31</b> |
| 217      | 519      | Dworska Agnieszka          | Maurycow                    | Corning Professional   | 1975   | K40 | 68.     | 0:14:44 (210.) | 0:30:35     | 06:07        | <b>0:29:31</b> |
| 218      | 738      | Michalak Karolina          | Łódź                        |                        | 1980   | K30 | 94.     | 0:15:11 (273.) | 0:31:11     | 06:14        | <b>0:29:31</b> |
| 219      | 909      | Jankowska Hanna            | Łódź                        |                        | 2004   | K14 | 44.     | 0:14:52 (228.) | 0:30:38     | 06:07        | <b>0:29:31</b> |
| 220      | 31       | Zabawa Weronika            | Wierzchosławice, Tarnowski, |                        | 1998   | K14 | 45.     | 0:15:04 (260.) | 0:30:55     | 06:11        | <b>0:29:32</b> |
| 221      | 961      | Pawłowska Katarzyna        | Łódź                        | TomTom Runners         | 1989   | K30 | 95.     | 0:14:17 (162.) | 0:30:06     | 06:01        | <b>0:29:32</b> |
| 222      | 918      | Deka Agnieszka             | Łódź                        |                        | 1979   | K40 | 69.     | 0:14:27 (174.) | 0:29:50     | 05:58        | <b>0:29:33</b> |
| 223      | 49       | Mieszkalska Emilia         | Łódź                        |                        | 1984   | K30 | 96.     | 0:14:32 (183.) | 0:29:47     | 05:57        | <b>0:29:33</b> |
| 224      | 833      | Sych Monika                | Łódź                        |                        | 1984   | K30 | 97.     | 0:15:16 (285.) | 0:29:59     | 05:59        | <b>0:29:34</b> |
| 225      | 317      | Białoskórska Paulina       | Łódź                        | SPORTERA OCR ŁÓDŹ      | 1990   | K14 | 46.     | 0:14:28 (177.) | 0:29:53     | 05:58        | <b>0:29:37</b> |
| 226      | 211      | Janik Aleksandra           | Łódź                        |                        | 1996   | K14 | 47.     | 0:15:49 (365.) | 0:30:48     | 06:09        | <b>0:29:37</b> |
| 227      | 604      | Rutkowska Katarzyna        | Łódź                        |                        | 1994   | K14 | 48.     | 0:14:50 (225.) | 0:30:29     | 06:05        | <b>0:29:40</b> |
| 228      | 891      | Pawłowska Agnieszka        | Łódź                        |                        | 1982   | K30 | 98.     | 0:15:06 (262.) | 0:30:25     | 06:05        | <b>0:29:41</b> |
| 229      | 895      | Stokowska Izabela          | Aleksandrów łódzki          | FitPlaza               | 1982   | K30 | 99.     | 0:15:16 (290.) | 0:31:16     | 06:15        | <b>0:29:42</b> |
| 230      | 628      | Stańczak Ewelina           | Łódź                        |                        | 1991   | K14 | 49.     | 0:14:21 (165.) | 0:29:51     | 05:58        | <b>0:29:42</b> |
| 231      | 636      | Gibalska Martyna           | Łódź                        |                        | 1994   | K14 | 50.     | 0:14:19 (164.) | 0:29:52     | 05:58        | <b>0:29:43</b> |



| Msc open | Nr start | Nazwisko i imię              | Miejscowość          | Klub                       | Rok ur | Kat | Msc kat | PK 2,5km       | Czas brutto | Tempo min/km | Wynik netto    |
|----------|----------|------------------------------|----------------------|----------------------------|--------|-----|---------|----------------|-------------|--------------|----------------|
| 232      | 555      | Stępień Justyna              | Łódź                 |                            | 1982   | K30 | 100.    | 0:14:49 (219.) | 0:30:25     | 06:05        | <b>0:29:45</b> |
| 233      | 446      | Duda-Andrzejewska Aleksandra | Bełchatów            |                            | 1986   | K30 | 101.    | 0:15:13 (280.) | 0:30:38     | 06:07        | <b>0:29:45</b> |
| 234      | 361      | Wolska Katarzyna             | Pabianice            |                            | 1988   | K30 | 102.    | 0:15:02 (256.) | 0:30:29     | 06:05        | <b>0:29:46</b> |
| 235      | 706      | Wiśniewska Ewa               | Piotrków Trybunalski |                            | 1987   | K30 | 103.    | 0:14:10 (152.) | 0:30:00     | 06:00        | <b>0:29:48</b> |
| 236      | 364      | Bugała Anna                  | Łódź                 |                            | 1978   | K40 | 70.     | 0:14:34 (191.) | 0:30:58     | 06:11        | <b>0:29:48</b> |
| 237      | 796      | Pajor Marta                  | Łódź                 | Reebok Run Crew            | 1991   | K14 | 51.     | 0:14:03 (137.) | 0:30:20     | 06:04        | <b>0:29:48</b> |
| 238      | 525      | Hanke Lidia                  | Pabianice            |                            | 1975   | K40 | 71.     | 0:15:10 (266.) | 0:31:22     | 06:16        | <b>0:29:49</b> |
| 239      | 337      | Kołodziejczyk Dorota         | Łódź                 |                            | 1986   | K30 | 104.    | 0:14:41 (204.) | 0:30:12     | 06:02        | <b>0:29:51</b> |
| 240      | 977      | Tarczyńska Martyna           | Poddębice            |                            | 1993   | K14 | 52.     | 0:15:01 (247.) | 0:30:27     | 06:05        | <b>0:29:51</b> |
| 241      | 877      | Winczewska Kasia             | Łódź                 | Orientus łódź              | 1992   | K14 | 53.     | 0:15:16 (287.) | 0:30:42     | 06:08        | <b>0:29:51</b> |
| 242      | 68       | Rębiałkowska Anna            | Jastrzębie Górne     |                            | 1977   | K40 | 72.     | 0:14:50 (224.) | 0:30:18     | 06:03        | <b>0:29:54</b> |
| 243      | 306      | Gruzdowska Marta             | Łódź                 |                            | 1983   | K30 | 105.    | 0:15:12 (278.) | 0:31:03     | 06:12        | <b>0:29:55</b> |
| 244      | 534      | Binasiak Justyna             |                      | UPS GBS                    | 1984   | K30 | 106.    | 0:14:29 (180.) | 0:29:59     | 05:59        | <b>0:29:56</b> |
| 245      | 188      | Sadowska-Pyrkosz Dorota      | Łódź                 | FLINTENSIVE RUNNING        | 1971   | K40 | 73.     | 0:14:46 (214.) | 0:30:21     | 06:04        | <b>0:29:57</b> |
| 246      | 622      | Bernaciak Monika             | Aleksandrów Łódzki   | Rossmann                   | 1978   | K40 | 74.     | 0:14:33 (185.) | 0:30:04     | 06:00        | <b>0:29:57</b> |
| 247      | 928      | Polus Joanna                 | Lodz                 | Corning Professional Women | 1977   | K40 | 75.     | 0:15:11 (275.) | 0:30:46     | 06:09        | <b>0:29:57</b> |
| 248      | 625      | Kulczyńska Agnieszka         | Tomaszów Mazowiecki  |                            | 1980   | K30 | 107.    | 0:14:38 (196.) | 0:30:03     | 06:00        | <b>0:29:58</b> |
| 249      | 282      | Popis Monika                 | Łódź                 |                            | 1977   | K40 | 76.     | 0:14:58 (240.) | 0:31:09     | 06:13        | <b>0:29:59</b> |
| 250      | 884      | Zarzycka Ewelina             | Łódź                 |                            | 1978   | K40 | 77.     | 0:14:22 (168.) | 0:30:22     | 06:04        | <b>0:29:59</b> |
| 251      | 798      | Rozwadowska Monika           | Łódź                 |                            | 1974   | K40 | 78.     | 0:14:58 (241.) | 0:30:58     | 06:11        | <b>0:29:59</b> |
| 252      | 538      | Turek Karolina               |                      | UPS GBS                    | 1984   | K30 | 108.    | 0:14:32 (184.) | 0:30:01     | 06:00        | <b>0:30:00</b> |
| 253      | 935      | Kukieła Beata                | ŁÓDŹ                 |                            | 1987   | K30 | 109.    | 0:14:56 (232.) | 0:30:37     | 06:07        | <b>0:30:02</b> |
| 254      | 981      | Olejniczak Elwira            | Łódź                 |                            | 1984   | K30 | 110.    | 0:14:55 (231.) | 0:30:37     | 06:07        | <b>0:30:02</b> |
| 255      | 222      | Lubera Katarzyna             | Łódź                 |                            | 1988   | K30 | 111.    | 0:14:50 (223.) | 0:30:33     | 06:06        | <b>0:30:04</b> |
| 256      | 818      | Kosiorek Agnieszka           | Łódź                 |                            | 1993   | K14 | 54.     | 0:14:45 (213.) | 0:30:46     | 06:09        | <b>0:30:04</b> |
| 257      | 237      | Grądzka-Możyszek Aleksandra  | Pabianice            | FnP NW                     | 1964   | K50 | 8.      | 0:15:29 (311.) | 0:31:27     | 06:17        | <b>0:30:05</b> |



| Msc open | Nr start | Nazwisko i imię             | Miejscowość         | Klub                 | Rok ur | Kat | Msc kat | PK 2,5km       | Czas brutto | Tempo min/km | Wynik netto    |
|----------|----------|-----------------------------|---------------------|----------------------|--------|-----|---------|----------------|-------------|--------------|----------------|
| 258      | 901      | Włodarczyk Elżbieta         | Łódź                | MCW                  | 1979   | K40 | 79.     | 0:15:24 (300.) | 0:31:02     | 06:12        | <b>0:30:05</b> |
| 259      | 623      | Szmigiel Rozana             | Łódź                |                      | 1975   | K40 | 80.     | 0:15:24 (302.) | 0:31:30     | 06:18        | <b>0:30:06</b> |
| 260      | 225      | Gierz Małgorzata            | Łódź                |                      | 1977   | K40 | 81.     | 0:15:00 (245.) | 0:31:51     | 06:22        | <b>0:30:08</b> |
| 261      | 147      | Wenc Sylwia                 | Łódź                |                      | 1973   | K40 | 82.     | 0:15:44 (355.) | 0:31:20     | 06:16        | <b>0:30:12</b> |
| 262      | 824      | Nocha Justyna               | Łódź                | Novotel Łódź Centrum | 1987   | K30 | 112.    | 0:15:20 (293.) | 0:31:33     | 06:18        | <b>0:30:12</b> |
| 263      | 93       | Jakubowicz Małgorzata       | Łódź                |                      | 1973   | K40 | 83.     | 0:15:13 (279.) | 0:30:35     | 06:07        | <b>0:30:13</b> |
| 264      | 785      | Tutak Magdalena             | Łódź                |                      | 1992   | K14 | 55.     | 0:14:16 (160.) | 0:30:29     | 06:05        | <b>0:30:14</b> |
| 265      | 442      | Bandel Aneta                | Łódź                | REEBOKRUNCREW LDZ    | 1990   | K14 | 56.     | 0:15:17 (292.) | 0:30:57     | 06:11        | <b>0:30:16</b> |
| 266      | 71       | Antczak Monika              | Łódź                |                      | 1999   | K14 | 57.     | 0:15:20 (294.) | 0:31:18     | 06:15        | <b>0:30:17</b> |
| 267      | 643      | Kociszewska Paulina         | Warszawa            |                      | 1982   | K30 | 113.    | 0:15:25 (304.) | 0:31:32     | 06:18        | <b>0:30:20</b> |
| 268      | 885      | Wojtczak Katarzyna          | Koluszki            | Decathlon CAR Łódź   | 1994   | K14 | 58.     | 0:15:41 (347.) | 0:31:47     | 06:21        | <b>0:30:20</b> |
| 269      | 889      | Leśniewska Agata            | Łódź                |                      | 1984   | K30 | 114.    | 0:15:07 (264.) | 0:30:47     | 06:09        | <b>0:30:21</b> |
| 270      | 564      | Więclawek Ewelina           | Łódź                | Decathlon CAR Łódź   | 1988   | K30 | 115.    | 0:15:41 (345.) | 0:31:47     | 06:21        | <b>0:30:21</b> |
| 271      | 565      | Przybylińska Magdalena      | Łódź                |                      | 1984   | K30 | 116.    | 0:15:41 (349.) | 0:31:48     | 06:21        | <b>0:30:22</b> |
| 272      | 922      | Sierachan Wioleta           | Pabianice           |                      | 1987   | K30 | 117.    | 0:14:59 (242.) | 0:30:23     | 06:04        | <b>0:30:22</b> |
| 273      | 47       | Turkiewicz Marta            | Łódź                | RunSWM!Run!          | 1982   | K30 | 118.    | 0:15:23 (299.) | 0:31:16     | 06:15        | <b>0:30:23</b> |
| 274      | 873      | Woźniak Magdalena           | Łódź                |                      | 1997   | K14 | 59.     | 0:14:50 (226.) | 0:31:05     | 06:13        | <b>0:30:25</b> |
| 275      | 986      | Ławniczak Karolina          | Aleksandrów Łódzki  |                      | 2004   | K14 | 60.     | 0:15:14 (282.) | 0:30:52     | 06:10        | <b>0:30:26</b> |
| 276      | 214      | Ławniczak Aleksandra        | Aleksandrów Łódzki  |                      | 1979   | K40 | 84.     | 0:15:16 (284.) | 0:30:52     | 06:10        | <b>0:30:26</b> |
| 277      | 3        | Pietrzak Anna               | Aleksandrów Łódzki  |                      | 1972   | K40 | 85.     | 0:15:16 (288.) | 0:30:54     | 06:10        | <b>0:30:28</b> |
| 278      | 900      | Fiałkowska Joanna           | Głowno              |                      | 1985   | K30 | 119.    | 0:15:13 (281.) | 0:31:13     | 06:14        | <b>0:30:29</b> |
| 279      | 419      | Małachowska-Kowalczyk Anita | Zgierz              |                      | 1990   | K14 | 61.     | 0:15:42 (350.) | 0:31:34     | 06:18        | <b>0:30:29</b> |
| 280      | 58       | Żegnałek Magdalena          | Łódź                |                      | 1983   | K30 | 120.    | 0:16:04 (391.) | 0:31:43     | 06:20        | <b>0:30:29</b> |
| 281      | 303      | Śmietańska Agnieszka        | Łódź                | 1967                 | 1967   | K50 | 9.      | 0:15:54 (374.) | 0:31:55     | 06:23        | <b>0:30:33</b> |
| 282      | 35       | Głowacka Katarzyna          | Łódź                |                      | 1988   | K30 | 121.    | 0:15:25 (305.) | 0:31:35     | 06:19        | <b>0:30:36</b> |
| 283      | 341      | Kowalczyk Ilona             | Łódź (Łódź-Polesie) | Mamy-Biegamy         | 1990   | K14 | 62.     | 0:15:10 (270.) | 0:31:37     | 06:19        | <b>0:30:37</b> |



| Msc open | Nr start | Nazwisko i imię                | Miejscowość         | Klub                       | Rok ur | Kat | Msc kat | PK 2,5km       | Czas brutto | Tempo min/km | Wynik netto    |
|----------|----------|--------------------------------|---------------------|----------------------------|--------|-----|---------|----------------|-------------|--------------|----------------|
| 284      | 380      | Ancuta Marta                   | Łódź                |                            | 1990   | K14 | 63.     | 0:15:16 (286.) | 0:31:29     | 06:17        | <b>0:30:39</b> |
| 285      | 101      | Owczarek Paulina               | Wygoda              |                            | 2000   | K14 | 64.     | 0:15:37 (331.) | 0:31:01     | 06:12        | <b>0:30:39</b> |
| 286      | 20       | Owczarek Renata                | Wygoda              |                            | 1977   | K40 | 86.     | 0:15:37 (333.) | 0:31:01     | 06:12        | <b>0:30:40</b> |
| 287      | 598      | Zagórska Agnieszka             | Łódź                |                            | 1975   | K40 | 87.     | 0:15:26 (306.) | 0:31:20     | 06:16        | <b>0:30:41</b> |
| 288      | 69       | KUBIAK MONIKA                  | ŁÓDŹ                | PIECHOTĄ PO SCHODACH       | 1990   | K14 | 65.     | 0:15:17 (291.) | 0:31:24     | 06:16        | <b>0:30:42</b> |
| 289      | 793      | Staszczuk Anna                 | Łódź                |                            | 1991   | K14 | 66.     | 0:16:07 (398.) | 0:31:57     | 06:23        | <b>0:30:43</b> |
| 290      | 213      | Madaj Monika                   | Łódź                |                            | 1976   | K40 | 88.     | 0:15:01 (248.) | 0:31:21     | 06:16        | <b>0:30:44</b> |
| 291      | 316      | Oborska Edyta                  | Łódź                |                            | 1972   | K40 | 89.     | 0:15:21 (297.) | 0:31:55     | 06:23        | <b>0:30:44</b> |
| 292      | 18       | KOSTKA JOANNA                  | ŁÓDŹ                |                            | 1972   | K40 | 90.     | 0:16:07 (401.) | 0:31:21     | 06:16        | <b>0:30:45</b> |
| 293      | 886      | Aniołek-Kowalska Agata         | Łódź                | SKS 137 Delfin-Łódź        | 1980   | K30 | 122.    | 0:14:56 (233.) | 0:32:28     | 06:29        | <b>0:30:46</b> |
| 294      | 423      | Praszałek Magdalena            | Łódź                |                            | 1973   | K40 | 91.     | 0:14:45 (212.) | 0:31:12     | 06:14        | <b>0:30:46</b> |
| 295      | 914      | Wybrańska Kalina               | Konstantynów Łódzki |                            | 1994   | K14 | 67.     | 0:15:02 (255.) | 0:31:11     | 06:14        | <b>0:30:46</b> |
| 296      | 734      | Malicka Ewa                    | Konstantynów Łódzki |                            | 1992   | K14 | 68.     | 0:15:03 (259.) | 0:31:10     | 06:14        | <b>0:30:47</b> |
| 297      | 106      | Maciaszek Justyna              | Konstantynów Łódzki |                            | 1980   | K30 | 123.    | 0:15:02 (253.) | 0:31:10     | 06:14        | <b>0:30:47</b> |
| 298      | 721      | Grębowska Dagmara              | Łódź                |                            | 1985   | K30 | 124.    | 0:15:02 (257.) | 0:31:10     | 06:14        | <b>0:30:47</b> |
| 299      | 722      | Korczyńska Daria               | Łódź                |                            | 1988   | K30 | 125.    | 0:15:02 (254.) | 0:31:11     | 06:14        | <b>0:30:47</b> |
| 300      | 500      | Jędrasiak-Matuszczyk Dorota    | Radomsko            | KBKS Radomsko              | 1973   | K40 | 92.     | 0:15:24 (301.) | 0:31:24     | 06:16        | <b>0:30:48</b> |
| 301      | 94       | Boryczka Kamila                | Uszyce              |                            | 1985   | K30 | 126.    | 0:15:31 (318.) | 0:31:22     | 06:16        | <b>0:30:48</b> |
| 302      | 523      | Podlasin Agnieszka             | Kutno               | Fitness Kutno              | 1987   | K30 | 127.    | 0:16:24 (438.) | 0:31:58     | 06:23        | <b>0:30:49</b> |
| 303      | 510      | Kowalczuk Marta                | Łódź                | Agencja Kreatywna Creative | 1992   | K14 | 69.     | 0:15:54 (375.) | 0:32:19     | 06:27        | <b>0:30:50</b> |
| 304      | 861      | xiężopolska - Krzyżańska iwona | Łódź                |                            | 1973   | K40 | 93.     | 0:15:41 (348.) | 0:31:05     | 06:13        | <b>0:30:51</b> |
| 305      | 952      | Bosiacka Agata                 | Łódź                |                            | 1992   | K14 | 70.     | 0:15:00 (246.) | 0:31:17     | 06:15        | <b>0:30:51</b> |
| 306      | 127      | Stępień Katarzyna              | Łódź                |                            | 1987   | K30 | 128.    | 0:15:38 (334.) | 0:31:37     | 06:19        | <b>0:30:52</b> |
| 307      | 244      | pilarska katarzyna             | Łódź                |                            | 1975   | K40 | 94.     | 0:15:22 (298.) | 0:32:14     | 06:26        | <b>0:30:52</b> |
| 308      | 206      | Dębicka Dorota                 | Łódź                | EVErRUN                    | 1971   | K40 | 95.     | 0:14:54 (230.) | 0:30:57     | 06:11        | <b>0:30:53</b> |
| 309      | 421      | Skrzypińska-Mordzak Aneta      | Zgierz              | Mordzaki biegają           | 1978   | K40 | 96.     | 0:16:16 (420.) | 0:31:58     | 06:23        | <b>0:30:54</b> |



| Msc open | Nr start | Nazwisko i imię           | Miejscowość | Klub                 | Rok ur | Kat  | Msc kat | PK 2,5km       | Czas brutto | Tempo min/km | Wynik netto    |
|----------|----------|---------------------------|-------------|----------------------|--------|------|---------|----------------|-------------|--------------|----------------|
| 310      | 697      | Prężyna Justyna           | Radzymin    |                      | 1993   | K14  | 71.     | 0:15:11 (271.) | 0:31:14     | 06:14        | <b>0:30:57</b> |
| 311      | 402      | Salamon Anna              | Łódź        | SNG Wild Ducks       | 1990   | K14  | 72.     | 0:15:27 (308.) | 0:31:25     | 06:17        | <b>0:30:57</b> |
| 312      | 905      | Zainikovskaia-Wójcik Inna | ŁÓDŹ        |                      | 1984   | K30  | 129.    | 0:15:38 (335.) | 0:31:27     | 06:17        | <b>0:30:58</b> |
| 313      | 234      | Trojanowska Paulina       | Łódź        |                      | 1984   | K30  | 130.    | 0:15:05 (261.) | 0:31:10     | 06:14        | <b>0:30:59</b> |
| 314      | 672      | Kmieciak Aneta            |             | VEOLIA               | 1973   | K40  | 97.     | 0:15:29 (312.) | 0:32:21     | 06:28        | <b>0:30:59</b> |
| 315      | 823      | Napieralska Paulina       | Łódź        | Novotel Łódź Centrum | 1996   | K14  | 73.     | 0:15:31 (320.) | 0:32:20     | 06:28        | <b>0:30:59</b> |
| 316      | 116      | Antczak Magdalena         | Rąbień AB   |                      | 1981   | K30  | 131.    | 0:15:16 (289.) | 0:31:24     | 06:16        | <b>0:31:00</b> |
| 317      | 723      | Skowrońska Kasia          | Łódź        |                      | 1992   | K14  | 74.     | 0:15:01 (251.) | 0:31:25     | 06:17        | <b>0:31:00</b> |
| 318      | 634      | Szczubiałkiewicz Marta    |             |                      | 1988   | K30  | 132.    | 0:15:43 (352.) | 0:31:20     | 06:16        | <b>0:31:01</b> |
| 319      | 848      | Staszczyk Patrycja        | Łódź        |                      | 1992   | K14  | 75.     | 0:15:01 (249.) | 0:31:25     | 06:17        | <b>0:31:01</b> |
| 320      | 175      | Paszkiwicz-Kęsiak Anita   | Łódź        | Forever Young Łódź   | 1953   | K60+ | 4.      | 0:15:15 (283.) | 0:31:40     | 06:20        | <b>0:31:01</b> |
| 321      | 527      | Borowik Anna              | Gomunice    | Aktywni Kamieńsk     | 1978   | K40  | 98.     | 0:15:21 (296.) | 0:31:38     | 06:19        | <b>0:31:02</b> |
| 322      | 568      | Sławska-Boniecka Izabela  | Łódź        | REEBOKRUNCREW LDZ    | 1978   | K40  | 99.     | 0:15:09 (265.) | 0:31:55     | 06:23        | <b>0:31:02</b> |
| 323      | 287      | Jarosik Joanna            | Łódź        | Łódź Kocha Sport     | 1982   | K30  | 133.    | 0:15:03 (258.) | 0:31:41     | 06:20        | <b>0:31:04</b> |
| 324      | 847      | Lubecka Joanna            | Łódź        |                      | 1977   | K40  | 100.    | 0:15:26 (307.) | 0:31:28     | 06:17        | <b>0:31:04</b> |
| 325      | 426      | Niemiec Karolina          | Buczek      |                      | 1989   | K30  | 134.    | 0:15:35 (330.) | 0:32:00     | 06:24        | <b>0:31:06</b> |
| 326      | 976      | Kotlicka Beata            | Radomsko    | Rozbiegajmy Radomsko | 1990   | K14  | 76.     | 0:15:40 (342.) | 0:31:46     | 06:21        | <b>0:31:06</b> |
| 327      | 811      | Rojek Aleksandra          | Łódź        |                      | 1988   | K30  | 135.    | 0:15:40 (343.) | 0:31:35     | 06:19        | <b>0:31:10</b> |
| 328      | 504      | Pichura Justyna           | Łask        |                      | 1980   | K30  | 136.    | 0:15:34 (327.) | 0:31:29     | 06:17        | <b>0:31:10</b> |
| 329      | 546      | Opala Renata              | Nowa Gadka  |                      | 1986   | K30  | 137.    | 0:15:56 (379.) | 0:31:42     | 06:20        | <b>0:31:11</b> |
| 330      | 736      | Łusiak Ewa                | Łódź        |                      | 1979   | K40  | 101.    | 0:15:40 (340.) | 0:32:31     | 06:30        | <b>0:31:11</b> |
| 331      | 51       | Krajka Marta              | Łódź        |                      | 1988   | K30  | 138.    | 0:15:47 (362.) | 0:32:30     | 06:30        | <b>0:31:13</b> |
| 332      | 828      | Rozesłaniec Marzena       | Wrocław     |                      | 1993   | K14  | 77.     | 0:15:43 (351.) | 0:31:19     | 06:15        | <b>0:31:14</b> |
| 333      | 937      | Olczyk Anna               | Przedbórz   |                      | 1970   | K40  | 102.    | 0:15:43 (353.) | 0:31:19     | 06:15        | <b>0:31:14</b> |
| 334      | 139      | Wąsik Anna                | Łódź        |                      | 1975   | K40  | 103.    | 0:15:37 (332.) | 0:31:39     | 06:19        | <b>0:31:14</b> |
| 335      | 801      | Pastuszka Joanna          | Łódź        | RUN LDZ              | 1965   | K50  | 10.     | 0:15:43 (354.) | 0:31:19     | 06:15        | <b>0:31:15</b> |



| Msc open | Nr start | Nazwisko i imię           | Miejscowość        | Klub                   | Rok ur | Kat | Msc kat | PK 2,5km       | Czas brutto | Tempo min/km | Wynik netto    |
|----------|----------|---------------------------|--------------------|------------------------|--------|-----|---------|----------------|-------------|--------------|----------------|
| 336      | 474      | Kaczmarek Anna            | Łódź               |                        | 1985   | K30 | 139.    | 0:15:12 (276.) | 0:32:23     | 06:28        | <b>0:31:15</b> |
| 337      | 742      | Tkachuk Iryna             | Łódź               |                        | 1988   | K30 | 140.    | 0:16:08 (406.) | 0:31:45     | 06:21        | <b>0:31:16</b> |
| 338      | 307      | Łaska Agnieszka           | Głowno             |                        | 1970   | K40 | 104.    | 0:16:05 (392.) | 0:32:19     | 06:27        | <b>0:31:17</b> |
| 339      | 1003     | Wilke Janine              | Łódź               |                        | 1989   | K30 | 141.    | 0:15:41 (346.) | 0:31:58     | 06:23        | <b>0:31:17</b> |
| 340      | 335      | Tyniec Marta              | RUDA BUGAJ         | Craftware Running Team | 1978   | K40 | 105.    | 0:15:29 (314.) | 0:31:53     | 06:22        | <b>0:31:18</b> |
| 341      | 902      | Harleńczyk Patrycja       | Łódź               | Wataha                 | 1973   | K40 | 106.    | 0:15:57 (380.) | 0:32:34     | 06:30        | <b>0:31:19</b> |
| 342      | 708      | Brzozowska Karolina       |                    | Fujitsu Running Team   | 1984   | K30 | 142.    | 0:15:28 (309.) | 0:31:35     | 06:19        | <b>0:31:20</b> |
| 343      | 577      | Fastyn Paulina            | Aleksandrów Łódzki |                        | 1981   | K30 | 143.    | 0:14:56 (235.) | 0:31:26     | 06:17        | <b>0:31:20</b> |
| 344      | 48       | Zioła Marta               | Łódź               | Siebie Warte           | 1986   | K30 | 144.    | 0:16:12 (410.) | 0:32:03     | 06:24        | <b>0:31:21</b> |
| 345      | 95       | Malinowska Edyta          | Zgierz             |                        | 1966   | K50 | 11.     | 0:15:34 (328.) | 0:31:49     | 06:21        | <b>0:31:21</b> |
| 346      | 34       | Dorenda Marta             | Łódź               |                        | 1990   | K14 | 78.     | 0:15:30 (316.) | 0:32:21     | 06:28        | <b>0:31:24</b> |
| 347      | 453      | Milewska-Wojciechowska    | Łódź               |                        | 1984   | K30 | 145.    | 0:15:56 (378.) | 0:32:29     | 06:29        | <b>0:31:24</b> |
| 348      | 687      | Papis Dorota              |                    | VEOLIA                 | 1971   | K40 | 107.    | 0:15:30 (317.) | 0:31:57     | 06:23        | <b>0:31:25</b> |
| 349      | 996      | Błaszczuk Agnieszka       | Aleksandrów Łódzki |                        | 1975   | K40 | 108.    | 0:16:06 (396.) | 0:32:40     | 06:32        | <b>0:31:26</b> |
| 350      | 1002     | Wawrzyniak Ilona          | Łódź               |                        | 1983   | K30 | 146.    | 0:15:33 (324.) | 0:31:57     | 06:23        | <b>0:31:26</b> |
| 351      | 741      | Pancer Karolina           | Łódź               |                        | 1985   | K30 | 147.    | 0:15:29 (313.) | 0:32:44     | 06:32        | <b>0:31:26</b> |
| 352      | 270      | Pawlik Marlena            | Łódź               |                        | 1989   | K30 | 148.    | 0:16:17 (423.) | 0:32:07     | 06:25        | <b>0:31:28</b> |
| 353      | 271      | Wesołowska Dorota         | Zgierz             |                        | 1988   | K30 | 149.    | 0:16:21 (431.) | 0:32:20     | 06:28        | <b>0:31:28</b> |
| 354      | 174      | Kaźmierczak Emilia        | Łódź               |                        | 1989   | K30 | 150.    | 0:15:40 (344.) | 0:32:34     | 06:30        | <b>0:31:29</b> |
| 355      | 535      | Gorzkiwicz Agnieszka      |                    | UPS GBS                | 1993   | K14 | 79.     | 0:14:41 (206.) | 0:31:36     | 06:19        | <b>0:31:30</b> |
| 356      | 931      | Moszumańska Magdalena     | Pabianice          |                        | 1988   | K30 | 151.    | 0:16:08 (403.) | 0:32:59     | 06:35        | <b>0:31:33</b> |
| 357      | 569      | Pira Aneta                | Brójce             |                        | 1986   | K30 | 152.    | 0:16:31 (454.) | 0:33:06     | 06:37        | <b>0:31:33</b> |
| 358      | 231      | Saładajczyk Ewelina       | Pabianie           |                        | 1976   | K40 | 109.    | 0:15:32 (321.) | 0:32:13     | 06:26        | <b>0:31:35</b> |
| 359      | 416      | Bielecka -Dziekańska Ania | Łódź               | Siebie Warte           | 1987   | K30 | 153.    | 0:15:51 (370.) | 0:32:17     | 06:27        | <b>0:31:36</b> |
| 360      | 400      | Matyszkiewicz Agnieszka   | Łódź               |                        | 1981   | K30 | 154.    | 0:15:28 (310.) | 0:31:49     | 06:21        | <b>0:31:37</b> |
| 361      | 476      | GRZESZKOWIAK Bogumiła     | Kutno              | NIEMA                  | 1969   | K50 | 12.     | 0:15:52 (371.) | 0:32:07     | 06:25        | <b>0:31:38</b> |



| Msc open | Nr start | Nazwisko i imię      | Miejscowość | Klub                | Rok ur | Kat | Msc kat | PK 2,5km       | Czas brutto | Tempo min/km | Wynik netto    |
|----------|----------|----------------------|-------------|---------------------|--------|-----|---------|----------------|-------------|--------------|----------------|
| 362      | 531      | Rumak Maria          | Zgierz      | SNG WILD DUCKS      | 1987   | K30 | 155.    | 0:16:32 (459.) | 0:33:00     | 06:36        | <b>0:31:42</b> |
| 363      | 832      | Siadura Sylwia       | Zgierz      | Dzikie kaczki       | 1990   | K14 | 80.     | 0:16:34 (463.) | 0:32:59     | 06:35        | <b>0:31:42</b> |
| 364      | 802      | Grubczak Agnieszka   | Łódź        | Nordea Runners      | 1988   | K30 | 156.    | 0:15:52 (372.) | 0:32:35     | 06:31        | <b>0:31:43</b> |
| 365      | 771      | Lesisz Barbara       | Łódź        |                     | 1986   | K30 | 157.    | 0:15:20 (295.) | 0:32:40     | 06:32        | <b>0:31:43</b> |
| 366      | 875      | Rondio Anna          | Łódź        | Harman Running Team | 1988   | K30 | 158.    | 0:15:31 (319.) | 0:31:56     | 06:23        | <b>0:31:44</b> |
| 367      | 888      | Bator Kasia          | Łódź        | CELIRONMAN          | 1980   | K30 | 159.    | 0:15:30 (315.) | 0:32:20     | 06:28        | <b>0:31:45</b> |
| 368      | 492      | Słowińska Sylwia     | Tuszyn      | R.S.Team            | 1974   | K40 | 110.    | 0:15:53 (373.) | 0:32:15     | 06:27        | <b>0:31:48</b> |
| 369      | 797      | Kruszyńska Katarzyna | Łódź        | Nordea Runners      | 1980   | K30 | 160.    | 0:15:48 (363.) | 0:32:44     | 06:32        | <b>0:31:48</b> |
| 370      | 897      | kołacz wiola         | Łódź        |                     | 1971   | K40 | 111.    | 0:16:16 (419.) | 0:33:05     | 06:37        | <b>0:31:49</b> |
| 371      | 919      | Marcinek Marta       | Łódź        |                     | 1987   | K30 | 161.    | 0:15:34 (325.) | 0:32:13     | 06:26        | <b>0:31:51</b> |
| 372      | 226      | Ruda Martyna         | Łódź        |                     | 1988   | K30 | 162.    | 0:15:50 (366.) | 0:33:14     | 06:38        | <b>0:31:53</b> |
| 373      | 331      | Lasota Dorota        | Justynów    | Lzs justynow        | 1967   | K50 | 13.     | 0:15:39 (337.) | 0:33:31     | 06:42        | <b>0:31:53</b> |
| 374      | 173      | Spyra Katarzyna      | Łódź        |                     | 1988   | K30 | 163.    | 0:15:50 (368.) | 0:33:04     | 06:36        | <b>0:31:56</b> |
| 375      | 62       | Cieplucha Marta      | Łódź        | RRC LDZ             | 1977   | K40 | 112.    | 0:15:49 (364.) | 0:32:58     | 06:35        | <b>0:31:58</b> |
| 376      | 862      | Sidor Katarzyna      | Łódź        | Pan                 | 1994   | K14 | 81.     | 0:16:37 (473.) | 0:33:39     | 06:43        | <b>0:31:58</b> |
| 377      | 477      | Opala Paulina        | Łódź        |                     | 1990   | K14 | 82.     | 0:15:56 (376.) | 0:32:31     | 06:30        | <b>0:32:01</b> |
| 378      | 283      | Wołowicz Bożena      | Głowno      |                     | 1974   | K40 | 113.    | 0:15:50 (367.) | 0:33:18     | 06:39        | <b>0:32:02</b> |
| 379      | 933      | Karwala Anna         | Zgierz      | Biegamy w Zgierzu   | 1993   | K14 | 83.     | 0:16:43 (485.) | 0:32:47     | 06:33        | <b>0:32:02</b> |
| 380      | 487      | Żuchowska Ewelina    | Łódź        |                     | 1975   | K40 | 114.    | 0:15:39 (338.) | 0:32:12     | 06:26        | <b>0:32:02</b> |
| 381      | 985      | Dorycka Magdalena    | Zgierz      | Biegamy w Zgierzu   | 1990   | K14 | 84.     | 0:16:43 (486.) | 0:32:47     | 06:33        | <b>0:32:02</b> |
| 382      | 88       | Sima Klaudia         | Łódź        |                     | 1994   | K14 | 85.     | 0:16:26 (444.) | 0:32:25     | 06:29        | <b>0:32:03</b> |
| 383      | 947      | Stelmach Marta       | Łódź        |                     | 1983   | K30 | 164.    | 0:16:06 (395.) | 0:32:46     | 06:33        | <b>0:32:03</b> |
| 384      | 912      | Kowara Gosia         | Łódź        |                     | 1990   | K14 | 86.     | 0:14:24 (170.) | 0:32:09     | 06:25        | <b>0:32:03</b> |
| 385      | 381      | Iwanowska Żaneta     | Pabianice   | a Paulo             | 1974   | K40 | 115.    | 0:15:47 (360.) | 0:35:26     | 07:05        | <b>0:32:04</b> |
| 386      | 1028     | Roczek Asia          |             |                     | 1975   | K40 | 116.    | 0:15:33 (323.) | 0:33:45     | 06:45        | <b>0:32:04</b> |
| 387      | 451      | Karaluk Alicja       | Łódź        |                     | 1989   | K30 | 165.    | 0:16:17 (424.) | 0:32:46     | 06:33        | <b>0:32:04</b> |



| Msc open | Nr start | Nazwisko i imię           | Miejscowość        | Klub                       | Rok ur | Kat  | Msc kat | PK 2,5km       | Czas brutto | Tempo min/km | Wynik netto    |
|----------|----------|---------------------------|--------------------|----------------------------|--------|------|---------|----------------|-------------|--------------|----------------|
| 388      | 84       | Hermanowicz Izabela       | Łódź               | Wataha- łączy nas bieganie | 1984   | K30  | 166.    | 0:16:21 (430.) | 0:33:08     | 06:37        | <b>0:32:05</b> |
| 389      | 639      | Wtorkowska Aneta          | Radomsko           | Rozbiegajmy Radomsko       | 1979   | K40  | 117.    | 0:16:25 (441.) | 0:33:35     | 06:43        | <b>0:32:07</b> |
| 390      | 153      | Makowska Anna             | Łódź               | WATAHA - ŁĄCZY NAS         | 1978   | K40  | 118.    | 0:16:23 (434.) | 0:33:09     | 06:37        | <b>0:32:07</b> |
| 391      | 53       | Sokolowska Elzbieta       | Lodz               |                            | 1960   | K50  | 14.     | 0:16:15 (418.) | 0:33:31     | 06:42        | <b>0:32:07</b> |
| 392      | 256      | DYJANKIEWICZ-MARCIŃSKA    | ŁÓDŹ               |                            | 1983   | K30  | 167.    | 0:15:59 (382.) | 0:32:58     | 06:35        | <b>0:32:08</b> |
| 393      | 926      | Przybył Katarzyna         | Kalisz             | parkrun Kalisz             | 1965   | K50  | 15.     | 0:16:14 (417.) | 0:33:16     | 06:39        | <b>0:32:09</b> |
| 394      | 1021     | Twardowska-Rodak Patrycja |                    |                            | 1977   | K40  | 119.    | 0:15:34 (326.) | 0:32:26     | 06:29        | <b>0:32:09</b> |
| 395      | 391      | Kwaśny Anna               | Aleksandrów Łódzki | a Paulo                    | 1969   | K50  | 16.     | 0:15:47 (361.) | 0:35:31     | 07:06        | <b>0:32:09</b> |
| 396      | 934      | Sokołowska Monika         | Łódź               |                            | 1981   | K30  | 168.    | 0:16:48 (495.) | 0:32:42     | 06:32        | <b>0:32:10</b> |
| 397      | 777      | Zajączkowska Małgorzata   | Uszyce             |                            | 1974   | K40  | 120.    | 0:16:32 (455.) | 0:33:23     | 06:40        | <b>0:32:11</b> |
| 398      | 1019     | Piotrowska Marta          |                    |                            | 1990   | K14  | 87.     | 0:17:02 (529.) | 0:33:23     | 06:40        | <b>0:32:11</b> |
| 399      | 853      | Sztandera Klaudia         | Łódź               |                            | 1994   | K14  | 88.     | 0:16:38 (482.) | 0:33:16     | 06:39        | <b>0:32:11</b> |
| 400      | 842      | Gasik Angelika            |                    | Aquapark Kutno             | 1995   | K14  | 89.     | 0:16:23 (436.) | 0:33:23     | 06:40        | <b>0:32:13</b> |
| 401      | 759      | Topólniak Natalia         | Kutno              | Kutno Biega                | 1993   | K14  | 90.     | 0:16:23 (437.) | 0:33:24     | 06:40        | <b>0:32:14</b> |
| 402      | 218      | Tomaszewicz Aleksandra    | Zgierz             |                            | 1964   | K50  | 17.     | 0:15:35 (329.) | 0:32:36     | 06:31        | <b>0:32:16</b> |
| 403      | 810      | Matuszewska Beata         | Łódź               | Edukey Sp. z o.o.          | 1982   | K30  | 169.    | 0:15:11 (274.) | 0:33:03     | 06:36        | <b>0:32:17</b> |
| 404      | 867      | Pietruszewska Joanna      | Łódź               | Skanska S.A.               | 1988   | K30  | 170.    | 0:16:49 (496.) | 0:33:15     | 06:39        | <b>0:32:20</b> |
| 405      | 167      | Porombka Sylwia           | Warszawa           |                            | 1984   | K30  | 171.    | 0:16:52 (503.) | 0:33:36     | 06:43        | <b>0:32:20</b> |
| 406      | 22       | Przybyszewska Ola         | Łódź               |                            | 1995   | K14  | 91.     | 0:16:26 (442.) | 0:32:45     | 06:33        | <b>0:32:22</b> |
| 407      | 434      | Lewicka Ewa               | Łódź               |                            | 1995   | K14  | 92.     | 0:16:41 (484.) | 0:33:29     | 06:41        | <b>0:32:25</b> |
| 408      | 463      | Debinska Anna             | Lodz               |                            | 1981   | K30  | 172.    | 0:15:58 (381.) | 0:33:19     | 06:39        | <b>0:32:27</b> |
| 409      | 1029     | Wiktorek Jadwiga          |                    |                            | 1950   | K60+ | 5.      | 0:16:07 (400.) | 0:32:57     | 06:35        | <b>0:32:28</b> |
| 410      | 507      | Miazek Joanna             | Rokiciny           |                            | 1988   | K30  | 173.    | 0:16:01 (384.) | 0:33:22     | 06:40        | <b>0:32:30</b> |
| 411      | 864      | Szkopek Angelika          | Łódź               |                            | 1989   | K30  | 174.    | 0:16:23 (435.) | 0:33:09     | 06:37        | <b>0:32:30</b> |
| 412      | 286      | Majek Marta               | Łódź               |                            | 1980   | K30  | 175.    | 0:16:13 (412.) | 0:32:52     | 06:34        | <b>0:32:30</b> |
| 413      | 154      | Zienowicz Roksana         | Łódź               |                            | 2000   | K14  | 93.     | 0:15:44 (356.) | 0:33:39     | 06:43        | <b>0:32:31</b> |





| Msc open | Nr start | Nazwisko i imię             | Miejscowość         | Klub                  | Rok ur | Kat | Msc kat | PK 2,5km       | Czas brutto | Tempo min/km | Wynik netto    |
|----------|----------|-----------------------------|---------------------|-----------------------|--------|-----|---------|----------------|-------------|--------------|----------------|
| 414      | 927      | Szewczyk Anita              | Łódź                |                       | 1979   | K40 | 121.    | 0:15:51 (369.) | 0:33:20     | 06:40        | <b>0:32:33</b> |
| 415      | 1043     | Twardowska Ewa              | Łódź                |                       | 1984   | K30 | 176.    | 0:15:47 (359.) | 0:32:53     | 06:34        | <b>0:32:36</b> |
| 416      | 1011     | Bzowska Ewelina             | Łódź                |                       | 1988   | K30 | 177.    | 0:16:06 (393.) | 0:33:15     | 06:39        | <b>0:32:37</b> |
| 417      | 681      | Marasek-Kociak Joanna       |                     | VEOLIA                | 1991   | K14 | 94.     | 0:17:13 (545.) | 0:33:57     | 06:47        | <b>0:32:37</b> |
| 418      | 156      | Rokicka Paulina             | Łódź                | WATAHA - ŁĄCZY NAS    | 1984   | K30 | 178.    | 0:16:10 (408.) | 0:33:39     | 06:43        | <b>0:32:37</b> |
| 419      | 242      | Habib Amalia                | Aleksandrów Łódzki  |                       | 1993   | K14 | 95.     | 0:16:02 (386.) | 0:33:12     | 06:38        | <b>0:32:40</b> |
| 420      | 679      | Kwiatkowska Magdalena       |                     | VEOLIA                | 1974   | K40 | 122.    | 0:16:51 (501.) | 0:33:14     | 06:38        | <b>0:32:41</b> |
| 421      | 176      | Krystera Monika             | Pabianice           | O CO BIEGA            | 1979   | K40 | 123.    | 0:16:32 (460.) | 0:33:34     | 06:42        | <b>0:32:43</b> |
| 422      | 1007     | Klimaszewska Anna           | Łódź                |                       | 1990   | K14 | 96.     | 0:16:14 (416.) | 0:33:23     | 06:40        | <b>0:32:43</b> |
| 423      | 12       | Zięba Magdalena             | Łódź                | Razem Trenujemy Sport | 1992   | K14 | 97.     | 0:15:25 (303.) | 0:33:08     | 06:37        | <b>0:32:44</b> |
| 424      | 1031     | Mastalerz Paulina           |                     |                       | 1986   | K30 | 179.    | 0:16:14 (414.) | 0:32:59     | 06:35        | <b>0:32:45</b> |
| 425      | 662      | Bajon Halina                |                     | VEOLIA                | 1960   | K50 | 18.     | 0:17:23 (563.) | 0:33:19     | 06:39        | <b>0:32:47</b> |
| 426      | 155      | Muszyńska-Janiszewska Kinga | Łódź                |                       | 1982   | K30 | 180.    | 0:16:16 (421.) | 0:33:22     | 06:40        | <b>0:32:49</b> |
| 427      | 312      | Soszyńska Katarzyna         | Łódź                |                       | 1979   | K40 | 124.    | 0:16:26 (443.) | 0:33:33     | 06:42        | <b>0:32:49</b> |
| 428      | 605      | Witkowska Agnieszka         | Tomaszów Mazowiecki | Wanda Panfil Team     | 1971   | K40 | 125.    | 0:15:46 (357.) | 0:33:02     | 06:36        | <b>0:32:50</b> |
| 429      | 890      | Szymczak Alina              | Łódź                | Franek Running Club   | 1983   | K30 | 181.    | 0:16:46 (488.) | 0:33:49     | 06:45        | <b>0:32:52</b> |
| 430      | 868      | Rosińska Milena             | Łódź                |                       | 1991   | K14 | 98.     | 0:16:37 (472.) | 0:34:37     | 06:55        | <b>0:32:56</b> |
| 431      | 754      | Wnuczko Emilia              | Łódź                |                       | 1986   | K30 | 182.    | 0:16:02 (385.) | 0:33:47     | 06:45        | <b>0:32:57</b> |
| 432      | 526      | Perka Agnieszka             | Łódź                |                       | 1994   | K14 | 99.     | 0:16:54 (508.) | 0:34:24     | 06:52        | <b>0:32:57</b> |
| 433      | 753      | Pietrzak Katarzyna          | Mysłaków            |                       | 1982   | K30 | 183.    | 0:16:03 (387.) | 0:33:47     | 06:45        | <b>0:32:58</b> |
| 434      | 235      | Łochowska Barbara           | Konstantynów Łódzki |                       | 1971   | K40 | 126.    | 0:15:40 (341.) | 0:33:05     | 06:37        | <b>0:32:59</b> |
| 435      | 394      | Klauze Magdalena            | Łódź                | ReebokRunCrew LDZ     | 1981   | K30 | 184.    | 0:16:03 (390.) | 0:33:48     | 06:45        | <b>0:32:59</b> |
| 436      | 279      | Wilk Katarzyna              | Łódź                |                       | 1991   | K14 | 100.    | 0:16:22 (433.) | 0:33:50     | 06:46        | <b>0:33:01</b> |
| 437      | 46       | Steglińska Marta            | Łódź                |                       | 1986   | K30 | 185.    | 0:16:28 (446.) | 0:34:05     | 06:49        | <b>0:33:01</b> |
| 438      | 780      | Szymczak Kamila             | Łódź                |                       | 1986   | K30 | 186.    | 0:17:21 (559.) | 0:33:54     | 06:46        | <b>0:33:03</b> |
| 439      | 575      | Tomczyk Agata               | Ozorków             |                       | 1999   | K14 | 101.    | 0:16:54 (509.) | 0:34:30     | 06:54        | <b>0:33:03</b> |



| Msc open | Nr start | Nazwisko i imię       | Miejscowość        | Klub                 | Rok ur | Kat | Msc kat | PK 2,5km       | Czas brutto | Tempo min/km | Wynik netto    |
|----------|----------|-----------------------|--------------------|----------------------|--------|-----|---------|----------------|-------------|--------------|----------------|
| 440      | 471      | Pakuła Justyna        | Kutno              |                      | 1983   | K30 | 187.    | 0:16:29 (449.) | 0:33:41     | 06:44        | <b>0:33:04</b> |
| 441      | 343      | Godziątkowska Jadwiga | Łódź               |                      | 1999   | K14 | 102.    | 0:16:20 (428.) | 0:33:31     | 06:42        | <b>0:33:04</b> |
| 442      | 96       | Mamczarek Estera      | Kutno              | Rozbiegani-Żychlin   | 1983   | K30 | 188.    | 0:16:30 (452.) | 0:33:42     | 06:44        | <b>0:33:04</b> |
| 443      | 342      | Godziątkowska Joanna  | Łódź               |                      | 1990   | K14 | 103.    | 0:16:20 (427.) | 0:33:31     | 06:42        | <b>0:33:05</b> |
| 444      | 177      | Orłowska Kasia        | Łódź               |                      | 1982   | K30 | 189.    | 0:15:32 (322.) | 0:33:42     | 06:44        | <b>0:33:06</b> |
| 445      | 705      | Bracichowicz Maja     | Łódź               |                      | 2002   | K14 | 104.    | 0:17:18 (555.) | 0:34:14     | 06:50        | <b>0:33:07</b> |
| 446      | 541      | Krawczyńska Joanna    | Łódź               |                      | 1968   | K50 | 19.     | 0:16:35 (465.) | 0:33:57     | 06:47        | <b>0:33:07</b> |
| 447      | 702      | Byjoch Katarzyna      | Pabianice          |                      | 1977   | K40 | 127.    | 0:16:24 (439.) | 0:33:33     | 06:42        | <b>0:33:07</b> |
| 448      | 355      | Bończyk Małgorzata    | Pabianice          |                      | 1977   | K40 | 128.    | 0:16:24 (440.) | 0:33:33     | 06:42        | <b>0:33:07</b> |
| 449      | 779      | Głowacka Anna         | Helenów            |                      | 1980   | K30 | 190.    | 0:16:36 (469.) | 0:33:57     | 06:47        | <b>0:33:08</b> |
| 450      | 960      | Dziśnieńska Renata    | Łódź (Polesie)     |                      | 1976   | K40 | 129.    | 0:17:18 (554.) | 0:34:16     | 06:51        | <b>0:33:09</b> |
| 451      | 925      | Gosławska Monika      | Łódź (Łódź-Bałuty) |                      | 1977   | K40 | 130.    | 0:16:36 (468.) | 0:34:18     | 06:51        | <b>0:33:10</b> |
| 452      | 637      | Smolarek Karolina     | Złotniki           |                      | 1985   | K30 | 191.    | 0:16:11 (409.) | 0:33:32     | 06:42        | <b>0:33:11</b> |
| 453      | 443      | Sabat Marta           | Łódź               |                      | 1994   | K14 | 105.    | 0:16:38 (478.) | 0:34:08     | 06:49        | <b>0:33:14</b> |
| 454      | 239      | Kaźmierczak Elżbieta  | Łódź               |                      | 1991   | K14 | 106.    | 0:16:37 (470.) | 0:34:02     | 06:48        | <b>0:33:15</b> |
| 455      | 560      | Brola Ewa             | Łódź               |                      | 1984   | K30 | 192.    | 0:16:53 (505.) | 0:34:25     | 06:53        | <b>0:33:15</b> |
| 456      | 102      | Rzeczowska Luiza      | Łódź               |                      | 1979   | K40 | 131.    | 0:16:53 (506.) | 0:34:25     | 06:53        | <b>0:33:15</b> |
| 457      | 835      | Kaczmarek Anna        | Łódź               |                      | 1982   | K30 | 193.    | 0:16:35 (466.) | 0:34:37     | 06:55        | <b>0:33:16</b> |
| 458      | 593      | Szczepocka Joanna     | Łódź               |                      | 1975   | K40 | 132.    | 0:15:11 (272.) | 0:33:58     | 06:47        | <b>0:33:17</b> |
| 459      | 589      | Proszowska Anna       | Łódź               |                      | 1989   | K30 | 194.    | 0:17:38 (590.) | 0:33:34     | 06:42        | <b>0:33:18</b> |
| 460      | 611      | Janus Katarzyna       | Łódź               | JANUS RUNNING TEAM   | 1985   | K30 | 195.    | 0:16:59 (519.) | 0:34:35     | 06:55        | <b>0:33:19</b> |
| 461      | 347      | Braszak Aleksandra    | Łódź               |                      | 1988   | K30 | 196.    | 0:16:36 (467.) | 0:34:23     | 06:52        | <b>0:33:19</b> |
| 462      | 472      | Rodak Anna            | Janówka            | LZS Justynów         | 1961   | K50 | 20.     | 0:16:32 (458.) | 0:34:33     | 06:54        | <b>0:33:22</b> |
| 463      | 143      | Titorowa Olga         | Łódź               |                      | 1981   | K30 | 197.    | 0:16:46 (490.) | 0:34:05     | 06:49        | <b>0:33:22</b> |
| 464      | 709      | Łojewska Marta        |                    | Fujitsu Running Team | 1985   | K30 | 198.    | 0:16:56 (511.) | 0:34:08     | 06:49        | <b>0:33:22</b> |
| 465      | 713      | Sielecka Gabriela     |                    | Fujitsu Running Team | 1982   | K30 | 199.    | 0:16:57 (515.) | 0:34:08     | 06:49        | <b>0:33:22</b> |



| Msc open | Nr start | Nazwisko i imię             | Miejscowość          | Klub                 | Rok ur | Kat | Msc kat | PK 2,5km       | Czas brutto | Tempo min/km | Wynik netto    |
|----------|----------|-----------------------------|----------------------|----------------------|--------|-----|---------|----------------|-------------|--------------|----------------|
| 466      | 647      | Golnik Agata                | Łódź                 |                      | 1977   | K40 | 133.    | 0:16:57 (516.) | 0:34:08     | 06:49        | <b>0:33:23</b> |
| 467      | 580      | Papka Danuta                |                      |                      | 1984   | K30 | 200.    | 0:16:57 (518.) | 0:34:08     | 06:49        | <b>0:33:23</b> |
| 468      | 412      | Szczesek Monika             | Łódź                 |                      | 1981   | K30 | 201.    | 0:17:30 (577.) | 0:34:49     | 06:57        | <b>0:33:23</b> |
| 469      | 651      | Patek Katarzyna             | Piotrków Trybunalski | wybiez               | 1993   | K14 | 107.    | 0:15:39 (339.) | 0:33:35     | 06:43        | <b>0:33:24</b> |
| 470      | 376      | Gębicka Małgorzata          |                      |                      | 1984   | K30 | 202.    | 0:16:20 (429.) | 0:34:06     | 06:49        | <b>0:33:24</b> |
| 471      | 830      | Piechowska Anna             | Pabianice            |                      | 1976   | K40 | 134.    | 0:16:22 (432.) | 0:34:48     | 06:57        | <b>0:33:25</b> |
| 472      | 841      | Skowrońska Marta            | Pabianice            |                      | 1969   | K50 | 21.     | 0:16:50 (497.) | 0:34:23     | 06:52        | <b>0:33:26</b> |
| 473      | 845      | Lesiewicz Monika            |                      |                      | 1977   | K40 | 135.    | 0:16:34 (462.) | 0:34:13     | 06:50        | <b>0:33:27</b> |
| 474      | 383      | Tomczak Mariola             | Zgierz               |                      | 1969   | K50 | 22.     | 0:16:17 (422.) | 0:33:30     | 06:42        | <b>0:33:27</b> |
| 475      | 852      | Chałada Anna                | Radomsko             | Rozbiegajmy Radomsko | 1983   | K30 | 203.    | 0:17:08 (537.) | 0:34:55     | 06:59        | <b>0:33:27</b> |
| 476      | 834      | Pankowska Karolina          | Łódź                 |                      | 1999   | K14 | 108.    | 0:16:03 (388.) | 0:33:35     | 06:43        | <b>0:33:30</b> |
| 477      | 585      | Pasiecznik Natalia          | Dąbrówka Wielka      |                      | 1981   | K30 | 204.    | 0:16:59 (523.) | 0:34:58     | 06:59        | <b>0:33:31</b> |
| 478      | 548      | Szrajber Patrycja           | Łódź                 | ReebokRunCrew LDZ    | 1977   | K40 | 136.    | 0:16:08 (405.) | 0:34:26     | 06:53        | <b>0:33:33</b> |
| 479      | 432      | Sarna Joanna                | Łódź                 |                      | 1976   | K40 | 137.    | 0:16:37 (476.) | 0:34:26     | 06:53        | <b>0:33:33</b> |
| 480      | 578      | Wójcik Katarzyna            | Radom                |                      | 1977   | K40 | 138.    | 0:15:56 (377.) | 0:33:45     | 06:45        | <b>0:33:34</b> |
| 481      | 488      | Żuchowska Weronika          | Łódź                 |                      | 2004   | K14 | 109.    | 0:15:38 (336.) | 0:33:46     | 06:45        | <b>0:33:35</b> |
| 482      | 427      | Golus Agnieszka             | Dłutów               | Forma na Piątkę      | 1972   | K40 | 139.    | 0:17:49 (608.) | 0:35:08     | 07:01        | <b>0:33:36</b> |
| 483      | 704      | Bracichowicz Anna           | Łódź                 |                      | 1977   | K40 | 140.    | 0:17:17 (553.) | 0:34:45     | 06:57        | <b>0:33:37</b> |
| 484      | 189      | Szymczak Agnieszka          | Zgierz               | Jezozwierze          | 1977   | K40 | 141.    | 0:16:46 (491.) | 0:34:32     | 06:54        | <b>0:33:38</b> |
| 485      | 1017     | Żuk Świętek Barbara         | Rzeczyca             |                      | 1980   | K30 | 205.    | 0:17:15 (548.) | 0:34:43     | 06:56        | <b>0:33:38</b> |
| 486      | 1016     | Warpas Justyna              | Łódź                 |                      | 1982   | K30 | 206.    | 0:17:14 (547.) | 0:34:43     | 06:56        | <b>0:33:38</b> |
| 487      | 967      | Kaczmarek Monika            | Łódź                 | Aspol FV             | 1990   | K14 | 110.    | 0:17:22 (562.) | 0:34:49     | 06:57        | <b>0:33:39</b> |
| 488      | 954      | Wadas Emilia                | Łódź                 |                      | 1990   | K14 | 111.    | 0:16:06 (394.) | 0:34:04     | 06:48        | <b>0:33:39</b> |
| 489      | 501      | Karczevska-Szuflińska Beata | Łódź                 |                      | 1970   | K40 | 142.    | 0:16:37 (471.) | 0:34:00     | 06:48        | <b>0:33:41</b> |
| 490      | 550      | Nawrocka Wioletta           | Łódź                 |                      | 1975   | K40 | 143.    | 0:16:37 (474.) | 0:34:00     | 06:48        | <b>0:33:41</b> |
| 491      | 473      | Siudek Magdalena            | Łódź                 |                      | 1986   | K30 | 207.    | 0:16:37 (475.) | 0:34:13     | 06:50        | <b>0:33:42</b> |



| Msc open | Nr start | Nazwisko i imię       | Miejscowość         | Klub                 | Rok ur | Kat | Msc kat | PK 2,5km       | Czas brutto | Tempo min/km | Wynik netto    |
|----------|----------|-----------------------|---------------------|----------------------|--------|-----|---------|----------------|-------------|--------------|----------------|
| 492      | 790      | Wójcik Magdalena      | Łódź                |                      | 1990   | K14 | 112.    | 0:16:28 (447.) | 0:34:58     | 06:59        | <b>0:33:42</b> |
| 493      | 786      | Pankowska Dominika    | Łódź                |                      | 1995   | K14 | 113.    | 0:16:03 (389.) | 0:33:47     | 06:45        | <b>0:33:42</b> |
| 494      | 181      | Pierzchała Aleksandra | Pabianice           | Forma Na Piątkę NW   | 1977   | K40 | 144.    | 0:17:49 (606.) | 0:35:19     | 07:03        | <b>0:33:44</b> |
| 495      | 384      | Chudzianek Monika     | Łódź                |                      | 1980   | K30 | 208.    | 0:16:46 (489.) | 0:34:42     | 06:56        | <b>0:33:46</b> |
| 496      | 6        | Kruszyńska Martyna    | Łódź                |                      | 1988   | K30 | 209.    | 0:16:57 (514.) | 0:35:24     | 07:04        | <b>0:33:47</b> |
| 497      | 336      | Brelińska Aleksandra  | Łódź                | Craftware            | 1990   | K14 | 114.    | 0:17:00 (525.) | 0:34:23     | 06:52        | <b>0:33:48</b> |
| 498      | 668      | Forycka Karolina      |                     | VEOLIA               | 1992   | K14 | 115.    | 0:16:18 (426.) | 0:34:02     | 06:48        | <b>0:33:50</b> |
| 499      | 683      | Mucha-Matuszak Agata  |                     | VEOLIA               | 1983   | K30 | 210.    | 0:16:18 (425.) | 0:34:03     | 06:48        | <b>0:33:50</b> |
| 500      | 39       | Mielczarek Anna       | Łódź                |                      | 1984   | K30 | 211.    | 0:17:25 (567.) | 0:34:39     | 06:55        | <b>0:33:53</b> |
| 501      | 82       | Patykowska Anita      | Łódź                |                      | 1981   | K30 | 212.    | 0:17:25 (569.) | 0:34:39     | 06:55        | <b>0:33:54</b> |
| 502      | 603      | WOICKA EWA            | TOMASZÓW MAZOWIECKI |                      | 1971   | K40 | 145.    | 0:16:00 (383.) | 0:34:00     | 06:48        | <b>0:33:56</b> |
| 503      | 978      | Klimkiewicz Marta     | Płock               | Active Runners Płock | 1992   | K14 | 116.    | 0:16:32 (457.) | 0:34:58     | 06:59        | <b>0:33:56</b> |
| 504      | 851      | Kompińska Sylwia      | Płock               | Active Runners Płock | 1979   | K40 | 146.    | 0:16:32 (456.) | 0:34:58     | 06:59        | <b>0:33:56</b> |
| 505      | 1037     | Kozłowska Małgorzata  | Płock               |                      | 1978   | K40 | 147.    | 0:16:33 (461.) | 0:34:59     | 06:59        | <b>0:33:57</b> |
| 506      | 150      | Kurek Monika          | Łódź                |                      | 1987   | K30 | 213.    | 0:17:27 (572.) | 0:35:13     | 07:02        | <b>0:33:57</b> |
| 507      | 64       | Sujka Grażyna         | Wieluń              | Wieluń Biega         | 1964   | K50 | 23.     | 0:16:39 (483.) | 0:35:30     | 07:06        | <b>0:33:58</b> |
| 508      | 340      | Strzelczyk Joanna     | Andrespol           |                      | 1973   | K40 | 148.    | 0:17:19 (557.) | 0:34:48     | 06:57        | <b>0:33:59</b> |
| 509      | 346      | Kańska Honorata       | Łódź                |                      | 1989   | K30 | 214.    | 0:17:56 (619.) | 0:35:54     | 07:10        | <b>0:34:04</b> |
| 510      | 910      | Szczecińska Agata     | Łódź                |                      | 1981   | K30 | 215.    | 0:16:50 (499.) | 0:34:38     | 06:55        | <b>0:34:05</b> |
| 511      | 809      | Sowińska Anita        | Lutomiersk          | WIELOKROTNIIE        | 1973   | K40 | 149.    | 0:16:45 (487.) | 0:34:51     | 06:58        | <b>0:34:05</b> |
| 512      | 678      | Kuron Anna            |                     | VEOLIA               | 1986   | K30 | 216.    | 0:17:31 (578.) | 0:34:31     | 06:54        | <b>0:34:05</b> |
| 513      | 974      | Kosior Jadwiga        | Łódź                |                      | 1983   | K30 | 217.    | 0:17:05 (535.) | 0:34:39     | 06:55        | <b>0:34:05</b> |
| 514      | 617      | Bielecka Celina       | Stróża k/Łodzi      |                      | 1980   | K30 | 218.    | 0:16:59 (520.) | 0:34:38     | 06:55        | <b>0:34:05</b> |
| 515      | 280      | Drewniak Aleksandra   | Łódź                | RRC LDZ ( Run Reebok | 1980   | K30 | 219.    | 0:17:12 (542.) | 0:35:32     | 07:06        | <b>0:34:05</b> |
| 516      | 182      | WIKTOROWSKA ANNA      | Gańków Duży         |                      | 1981   | K30 | 220.    | 0:17:00 (524.) | 0:34:38     | 06:55        | <b>0:34:06</b> |
| 517      | 86       | Abramczyk Katarzyna   | Łódź                |                      | 1990   | K14 | 117.    | 0:16:51 (500.) | 0:34:38     | 06:55        | <b>0:34:06</b> |



| Msc open | Nr start | Nazwisko i imię     | Miejscowość        | Klub               | Rok ur | Kat | Msc kat | PK 2,5km       | Czas brutto | Tempo min/km | Wynik netto    |
|----------|----------|---------------------|--------------------|--------------------|--------|-----|---------|----------------|-------------|--------------|----------------|
| 518      | 294      | Kuczamer Beata      | Łódź               |                    | 1969   | K50 | 24.     | 0:16:59 (521.) | 0:34:49     | 06:57        | <b>0:34:06</b> |
| 519      | 893      | Jaworska Małgorzata | Łódź               |                    | 1981   | K30 | 221.    | 0:17:27 (574.) | 0:35:42     | 07:08        | <b>0:34:07</b> |
| 520      | 395      | Hadidah Paulina     | Łódź               |                    | 1985   | K30 | 222.    | 0:17:15 (549.) | 0:34:54     | 06:58        | <b>0:34:07</b> |
| 521      | 264      | Kowalczyk-Chruszcz  | Łódź               | Slow Jogging       | 1963   | K50 | 25.     | 0:17:49 (609.) | 0:35:11     | 07:02        | <b>0:34:08</b> |
| 522      | 894      | Suwalska Małgorzata | Aleksandrów łódzki | FitPlaza           | 1981   | K30 | 223.    | 0:17:27 (573.) | 0:35:44     | 07:08        | <b>0:34:08</b> |
| 523      | 326      | Bakalarz Aleksandra | Łódź               | Epoka Nordica Łódź | 1961   | K50 | 26.     | 0:17:49 (607.) | 0:35:12     | 07:02        | <b>0:34:08</b> |
| 524      | 887      | Świercz Izabela     | Łódź               |                    | 1988   | K30 | 224.    | 0:16:30 (453.) | 0:35:14     | 07:02        | <b>0:34:10</b> |
| 525      | 329      | Tomczyk Dorota      | Łódź               |                    | 1969   | K50 | 27.     | 0:16:07 (397.) | 0:34:18     | 06:51        | <b>0:34:14</b> |
| 526      | 207      | Owczarek Anna       | Piątkowisko        | Forma na piątkę    | 1977   | K40 | 150.    | 0:16:47 (493.) | 0:35:28     | 07:05        | <b>0:34:15</b> |
| 527      | 353      | Karwacka Anna       | Bełdów             |                    | 1974   | K40 | 151.    | 0:16:52 (504.) | 0:34:49     | 06:57        | <b>0:34:16</b> |
| 528      | 755      | Brylant Agnieszka   | Raszyn             |                    | 1978   | K40 | 152.    | 0:16:27 (445.) | 0:34:27     | 06:53        | <b>0:34:16</b> |
| 529      | 1013     | Polak Justyna       | Stara Wieś         |                    | 1997   | K14 | 118.    | 0:16:35 (464.) | 0:34:39     | 06:55        | <b>0:34:17</b> |
| 530      | 273      | Pachulska Anna      | Łódź               |                    | 1986   | K30 | 225.    | 0:17:12 (540.) | 0:35:48     | 07:09        | <b>0:34:19</b> |
| 531      | 747      | Odważna Dominika    | Łódź               |                    | 1992   | K14 | 119.    | 0:17:46 (602.) | 0:35:29     | 07:05        | <b>0:34:21</b> |
| 532      | 514      | Maciejewska Julita  | Ozorków            | Lejdis Studio      | 1992   | K14 | 120.    | 0:16:07 (402.) | 0:34:51     | 06:58        | <b>0:34:22</b> |
| 533      | 518      | Stępnia Natalia     | Zgierz             | Lejdis studio      | 1996   | K14 | 121.    | 0:16:08 (404.) | 0:34:51     | 06:58        | <b>0:34:22</b> |
| 534      | 56       | Skórka Katarzyna    | Poddębice          |                    | 1980   | K30 | 226.    | 0:16:38 (479.) | 0:34:53     | 06:58        | <b>0:34:23</b> |
| 535      | 55       | Skórka Karolina     | Poddębice          |                    | 2003   | K14 | 122.    | 0:16:38 (480.) | 0:34:52     | 06:58        | <b>0:34:23</b> |
| 536      | 614      | Szpakowska Sylwia   | Zgierz             | Lejdis Studio      | 1979   | K40 | 153.    | 0:16:07 (399.) | 0:34:53     | 06:58        | <b>0:34:23</b> |
| 537      | 119      | Sienkiewicz Anna    | Łódź               | Łódź Kocha Sport   | 1986   | K30 | 227.    | 0:16:14 (415.) | 0:34:33     | 06:54        | <b>0:34:23</b> |
| 538      | 210      | Walasek Katarzyna   | Aleksandrów Łódzki |                    | 1981   | K30 | 228.    | 0:17:02 (531.) | 0:34:40     | 06:56        | <b>0:34:24</b> |
| 539      | 248      | Budzyńska Monika    | ZGIERZ             | Jeżozwierze        | 1978   | K40 | 154.    | 0:16:54 (507.) | 0:35:14     | 07:02        | <b>0:34:24</b> |
| 540      | 66       | Antczak Katarzyna   | Łódź               |                    | 1977   | K40 | 155.    | 0:17:27 (575.) | 0:35:25     | 07:05        | <b>0:34:24</b> |
| 541      | 149      | Romanowska Monika   | Piatkowisko        | Goldfarmex         | 1978   | K40 | 156.    | 0:16:48 (494.) | 0:35:38     | 07:07        | <b>0:34:24</b> |
| 542      | 305      | Błaszczak Monika    | Justynów           | LZS Justynów       | 1983   | K30 | 229.    | 0:18:28 (667.) | 0:36:03     | 07:12        | <b>0:34:25</b> |
| 543      | 524      | Milczarska Dorota   | Łódź               |                    | 1968   | K50 | 28.     | 0:16:37 (477.) | 0:34:43     | 06:56        | <b>0:34:25</b> |



| Msc open | Nr start | Nazwisko i imię           | Miejscowość | Klub                   | Rok ur | Kat | Msc kat | PK 2,5km       | Czas brutto | Tempo min/km | Wynik netto    |
|----------|----------|---------------------------|-------------|------------------------|--------|-----|---------|----------------|-------------|--------------|----------------|
| 544      | 334      | Wolska Joanna             | Lodz        |                        | 1977   | K40 | 157.    | 0:18:28 (668.) | 0:36:03     | 07:12        | <b>0:34:25</b> |
| 545      | 172      | Idczak Marta              | Łódź        |                        | 1971   | K40 | 158.    | 0:17:56 (618.) | 0:36:03     | 07:12        | <b>0:34:27</b> |
| 546      | 138      | Wróblewska Dorota         | Łódź        | ring4you               | 1971   | K40 | 159.    | 0:17:55 (615.) | 0:36:04     | 07:12        | <b>0:34:27</b> |
| 547      | 478      | Bernecka Bożena           | łódź        |                        | 1961   | K50 | 29.     | 0:17:03 (533.) | 0:35:39     | 07:07        | <b>0:34:28</b> |
| 548      | 631      | Kołodziejczyk Anna        | Ksawerów    |                        | 1978   | K40 | 160.    | 0:17:32 (580.) | 0:35:26     | 07:05        | <b>0:34:28</b> |
| 549      | 608      | PALCZEWSKA Anets          | Ksawerów    |                        | 1974   | K40 | 161.    | 0:17:33 (583.) | 0:35:26     | 07:05        | <b>0:34:28</b> |
| 550      | 782      | Chmielowiec Barbara       | Łódź        |                        | 1984   | K30 | 230.    | 0:18:36 (677.) | 0:35:25     | 07:05        | <b>0:34:29</b> |
| 551      | 586      | Nowak Magdalena           | Zgierz      |                        | 1979   | K40 | 162.    | 0:17:21 (560.) | 0:35:55     | 07:11        | <b>0:34:29</b> |
| 552      | 9        | Osipiuk Magdalena         | Łódź        | Reebok Run Crew LDZ    | 1997   | K14 | 123.    | 0:16:38 (481.) | 0:35:08     | 07:01        | <b>0:34:34</b> |
| 553      | 606      | Kapusta Edyta             | Zgierz      |                        | 1983   | K30 | 231.    | 0:17:34 (584.) | 0:36:01     | 07:12        | <b>0:34:35</b> |
| 554      | 140      | Kieszkowska Katarzyna     | Łódź        | Łódź Kocha Sport       | 1981   | K30 | 232.    | 0:17:24 (565.) | 0:36:06     | 07:13        | <b>0:34:36</b> |
| 555      | 559      | SADAWA KATARZYNA          | RADOMSKO    | Rozbiegajmy Radomsko   | 1981   | K30 | 233.    | 0:17:09 (538.) | 0:36:06     | 07:13        | <b>0:34:38</b> |
| 556      | 825      | Fohue Magdalena           | Łódź        | Novotel Łódź Centrum   | 1982   | K30 | 234.    | 0:17:13 (543.) | 0:35:59     | 07:11        | <b>0:34:38</b> |
| 557      | 369      | Zarychta Agata            | Łódź        |                        | 1969   | K50 | 30.     | 0:16:57 (513.) | 0:35:47     | 07:09        | <b>0:34:39</b> |
| 558      | 635      | Kołodziejak Ewelina       |             |                        | 1983   | K30 | 235.    | 0:17:57 (621.) | 0:36:29     | 07:17        | <b>0:34:40</b> |
| 559      | 260      | Janowska Agnieszka        | Łódź        |                        | 1984   | K30 | 236.    | 0:18:08 (633.) | 0:36:03     | 07:12        | <b>0:34:40</b> |
| 560      | 619      | Jarosz Małgorzata         | Pabianice   |                        | 1994   | K14 | 124.    | 0:16:13 (411.) | 0:35:11     | 07:02        | <b>0:34:40</b> |
| 561      | 620      | Jarosz Marzenna           | Pabianice   |                        | 1966   | K50 | 31.     | 0:16:14 (413.) | 0:35:12     | 07:02        | <b>0:34:40</b> |
| 562      | 435      | KOPEĆ ANETA               | Ksawerów    | AQ Wiring Systems Team | 1982   | K30 | 237.    | 0:17:51 (610.) | 0:35:48     | 07:09        | <b>0:34:41</b> |
| 563      | 685      | Olszewska-Walak Katarzyna |             | VEOLIA                 | 1983   | K30 | 238.    | 0:16:47 (492.) | 0:36:25     | 07:17        | <b>0:34:42</b> |
| 564      | 711      | Okrojek Aleksandra        |             | Fujitsu Running Team   | 1987   | K30 | 239.    | 0:17:08 (536.) | 0:35:28     | 07:05        | <b>0:34:45</b> |
| 565      | 757      | Pełka Wioletta            | Radomsko    |                        | 1991   | K14 | 125.    | 0:16:30 (450.) | 0:35:24     | 07:04        | <b>0:34:45</b> |
| 566      | 670      | Jerominko Dominika        |             | VEOLIA                 | 1984   | K30 | 240.    | 0:17:42 (596.) | 0:35:48     | 07:09        | <b>0:34:45</b> |
| 567      | 995      | Białek Aleksandra         | Koluszki    |                        | 1982   | K30 | 241.    | 0:16:28 (448.) | 0:35:28     | 07:05        | <b>0:34:47</b> |
| 568      | 543      | Gołębiowska Aleksandra    | Łódź        | Craftware              | 1986   | K30 | 242.    | 0:17:00 (526.) | 0:35:22     | 07:04        | <b>0:34:47</b> |
| 569      | 920      | Manios Aleksandra         | Łódź        |                        | 1991   | K14 | 126.    | 0:16:57 (517.) | 0:35:09     | 07:01        | <b>0:34:49</b> |



| Msc open | Nr start | Nazwisko i imię       | Miejscowość        | Klub               | Rok ur | Kat | Msc kat | PK 2,5km       | Czas brutto | Tempo min/km | Wynik netto    |
|----------|----------|-----------------------|--------------------|--------------------|--------|-----|---------|----------------|-------------|--------------|----------------|
| 570      | 930      | Pińska Dominika       | Warszawa           |                    | 1992   | K14 | 127.    | 0:17:00 (527.) | 0:35:26     | 07:05        | <b>0:34:49</b> |
| 571      | 112      | Buś Emilia            | Łódź               |                    | 1983   | K30 | 243.    | 0:17:24 (564.) | 0:35:44     | 07:08        | <b>0:34:53</b> |
| 572      | 656      | Błażejewska Anna      | Pabianice          | Forma na Piątkę NW | 1973   | K40 | 163.    | 0:17:48 (604.) | 0:36:28     | 07:17        | <b>0:34:54</b> |
| 573      | 693      | Włodarczyk Kamila     |                    | VEOLIA             | 1984   | K30 | 244.    | 0:17:13 (544.) | 0:35:29     | 07:05        | <b>0:34:55</b> |
| 574      | 655      | Zielińska Justyna     | Solec Kujawski     |                    | 1981   | K30 | 245.    | 0:16:56 (512.) | 0:35:49     | 07:09        | <b>0:34:56</b> |
| 575      | 192      | Tobera Sylwia         | Zgierz             | Biegamy w Zgierzu  | 1982   | K30 | 246.    | 0:17:15 (550.) | 0:35:45     | 07:09        | <b>0:34:58</b> |
| 576      | 414      | Sudomir Aleksandra    | Łódź               |                    | 1983   | K30 | 247.    | 0:18:23 (653.) | 0:36:25     | 07:17        | <b>0:35:00</b> |
| 577      | 65       | Włodarczyk Joanna     | Łódź               | WATAHA - ŁĄCZY NAS | 1982   | K30 | 248.    | 0:17:42 (597.) | 0:36:31     | 07:18        | <b>0:35:03</b> |
| 578      | 320      | Sitkowska Edyta       | Łódź               |                    | 1987   | K30 | 249.    | 0:17:58 (623.) | 0:36:23     | 07:16        | <b>0:35:03</b> |
| 579      | 233      | Owczarek Anna         | Łódź               |                    | 1981   | K30 | 250.    | 0:18:35 (674.) | 0:36:23     | 07:16        | <b>0:35:03</b> |
| 580      | 375      | Cilulka Aneta         | Pabianice          | aPaulo             | 1976   | K40 | 164.    | 0:17:02 (530.) | 0:38:26     | 07:41        | <b>0:35:04</b> |
| 581      | 539      | Tyczewska Beata       |                    | UPS GBS            | 1992   | K14 | 128.    | 0:17:04 (534.) | 0:35:45     | 07:09        | <b>0:35:05</b> |
| 582      | 1018     | Tarajkowska Agnieszka |                    |                    | 1979   | K40 | 165.    | 0:17:33 (582.) | 0:35:34     | 07:06        | <b>0:35:05</b> |
| 583      | 133      | Sobolewska Magdalena  | Łódź               |                    | 1982   | K30 | 251.    | 0:17:16 (551.) | 0:36:21     | 07:16        | <b>0:35:05</b> |
| 584      | 42       | Adamek Agnieszka      | Pabianice          | O Co Biega         | 1976   | K40 | 166.    | 0:17:40 (593.) | 0:36:00     | 07:12        | <b>0:35:06</b> |
| 585      | 454      | Kowalska Maja         | Łódź               |                    | 1990   | K14 | 129.    | 0:17:32 (581.) | 0:36:00     | 07:12        | <b>0:35:06</b> |
| 586      | 26       | Sztengert Edyta       | Pabianice          | O co biega         | 1975   | K40 | 167.    | 0:17:41 (594.) | 0:36:01     | 07:12        | <b>0:35:06</b> |
| 587      | 726      | Chojnacka Małgorzata  | Łódź               | Pani               | 1978   | K40 | 168.    | 0:17:46 (601.) | 0:36:38     | 07:19        | <b>0:35:08</b> |
| 588      | 923      | Grzymalska Amanda     | Łódź               | Rossmann           | 1993   | K14 | 130.    | 0:16:30 (451.) | 0:36:23     | 07:16        | <b>0:35:09</b> |
| 589      | 1041     | Śmiałkowska Katarzyna | Łódź               |                    | 1973   | K40 | 169.    | 0:16:59 (522.) | 0:35:29     | 07:05        | <b>0:35:10</b> |
| 590      | 911      | Twardowska Elżbieta   | Łódź               |                    | 1994   | K14 | 131.    | 0:17:57 (620.) | 0:36:08     | 07:13        | <b>0:35:10</b> |
| 591      | 388      | Rygielska Bożena      | Pabianice          | A PAULO            | 1969   | K50 | 32.     | 0:17:02 (532.) | 0:38:32     | 07:42        | <b>0:35:10</b> |
| 592      | 324      | Sikora Emilia         | Łódź               |                    | 1988   | K30 | 252.    | 0:17:37 (589.) | 0:36:16     | 07:15        | <b>0:35:13</b> |
| 593      | 558      | Piasecka Agnieszka    | Radomsko           |                    | 1984   | K30 | 253.    | 0:17:40 (592.) | 0:36:41     | 07:20        | <b>0:35:14</b> |
| 594      | 566      | Szutenbach Małgorzata | Aleksandrów Łódzki |                    | 1981   | K30 | 254.    | 0:17:21 (558.) | 0:36:05     | 07:13        | <b>0:35:14</b> |
| 595      | 1025     | Gala-Szot Kasia       |                    |                    | 1983   | K30 | 255.    | 0:18:16 (642.) | 0:36:50     | 07:22        | <b>0:35:15</b> |



| Msc open | Nr start | Nazwisko i imię          | Miejscowość         | Klub             | Rok ur | Kat | Msc kat | PK 2,5km       | Czas brutto | Tempo min/km | Wynik netto    |
|----------|----------|--------------------------|---------------------|------------------|--------|-----|---------|----------------|-------------|--------------|----------------|
| 596      | 408      | Jaworska Magdalena       | Łódź                |                  | 1984   | K30 | 256.    | 0:18:24 (660.) | 0:36:40     | 07:20        | <b>0:35:15</b> |
| 597      | 532      | Kucharczyk Paulina       | Łódź                |                  | 1986   | K30 | 257.    | 0:17:36 (588.) | 0:35:54     | 07:10        | <b>0:35:17</b> |
| 598      | 486      | Gołdynek Jagoda          | Łódź                |                  | 1996   | K14 | 132.    | 0:18:24 (659.) | 0:36:47     | 07:21        | <b>0:35:19</b> |
| 599      | 904      | Dębiec Joanna            | Łódź                |                  | 1987   | K30 | 258.    | 0:18:00 (627.) | 0:36:19     | 07:15        | <b>0:35:20</b> |
| 600      | 597      | Retkowska Karolina       | Łęczycza            |                  | 1989   | K30 | 259.    | 0:18:30 (670.) | 0:37:02     | 07:24        | <b>0:35:21</b> |
| 601      | 638      | Kuc Katarzyna            | Aleksandrów Łódzki  |                  | 1984   | K30 | 260.    | 0:17:43 (600.) | 0:35:54     | 07:10        | <b>0:35:21</b> |
| 602      | 658      | Siwińska Angelika        | Braszewice          |                  | 1987   | K30 | 261.    | 0:17:17 (552.) | 0:35:50     | 07:10        | <b>0:35:22</b> |
| 603      | 251      | Grzejszczyk Julita       | Łódź                |                  | 1978   | K40 | 170.    | 0:17:24 (566.) | 0:36:53     | 07:22        | <b>0:35:22</b> |
| 604      | 1005     | Anders Clariant Weronika | Bielsko-Biała       |                  | 1992   | K14 | 133.    | 0:18:03 (631.) | 0:36:05     | 07:13        | <b>0:35:25</b> |
| 605      | 429      | Nowak Monika             | Łódź                |                  | 1988   | K30 | 262.    | 0:17:14 (546.) | 0:35:43     | 07:08        | <b>0:35:27</b> |
| 606      | 907      | Snopek Aga               | Łódź                |                  | 1985   | K30 | 263.    | 0:16:50 (498.) | 0:36:01     | 07:12        | <b>0:35:29</b> |
| 607      | 104      | Bobrowska Monika         | Łódź                |                  | 1982   | K30 | 264.    | 0:18:13 (637.) | 0:36:58     | 07:23        | <b>0:35:29</b> |
| 608      | 1006     | Trajano Shelia           | Łódź                |                  | 1984   | K30 | 265.    | 0:16:51 (502.) | 0:36:12     | 07:14        | <b>0:35:31</b> |
| 609      | 1020     | Maćkowiak Katarzyna      |                     |                  | 1982   | K30 | 266.    | 0:17:54 (614.) | 0:35:47     | 07:09        | <b>0:35:32</b> |
| 610      | 789      | BERNAT MONIKA            | ŁÓDŹ                |                  | 1982   | K30 | 267.    | 0:17:54 (612.) | 0:35:48     | 07:09        | <b>0:35:32</b> |
| 611      | 520      | Barcicka Martyna         | Łódź                |                  | 1991   | K14 | 134.    | 0:17:54 (613.) | 0:35:49     | 07:09        | <b>0:35:33</b> |
| 612      | 838      | Kędziora Justyna         | Jabłkowo            | Klub Higienistek | 1984   | K30 | 268.    | 0:18:33 (673.) | 0:36:50     | 07:22        | <b>0:35:34</b> |
| 613      | 440      | Michalak Janina          | Gieczno             |                  | 1965   | K50 | 33.     | 0:17:38 (591.) | 0:36:48     | 07:21        | <b>0:35:34</b> |
| 614      | 583      | Makowska Monika          | Zgierz              |                  | 1980   | K30 | 269.    | 0:18:09 (635.) | 0:37:01     | 07:24        | <b>0:35:34</b> |
| 615      | 929      | Olszak Anita             | Łódź                |                  | 1995   | K14 | 135.    | 0:18:24 (657.) | 0:37:18     | 07:27        | <b>0:35:36</b> |
| 616      | 581      | Szczerkowska Joanna      | Łódź                |                  | 1991   | K14 | 136.    | 0:18:00 (626.) | 0:36:36     | 07:19        | <b>0:35:38</b> |
| 617      | 571      | kacperska marzena        | Lodz                |                  | 1989   | K30 | 270.    | 0:17:59 (624.) | 0:36:36     | 07:19        | <b>0:35:38</b> |
| 618      | 348      | Sujecka Karolina         | Konstantynów Łódzki |                  | 1996   | K14 | 137.    | 0:17:11 (539.) | 0:35:57     | 07:11        | <b>0:35:40</b> |
| 619      | 202      | Załoga Emilia            | Aleksandrów Łódzki  |                  | 1984   | K30 | 271.    | 0:17:00 (528.) | 0:36:29     | 07:17        | <b>0:35:40</b> |
| 620      | 227      | Frączczak Joanna         | Łódź                |                  | 1983   | K30 | 272.    | 0:17:48 (603.) | 0:36:47     | 07:21        | <b>0:35:45</b> |
| 621      | 209      | Lewandowska Katarzyna    | Pabianice           |                  | 1985   | K30 | 273.    | 0:17:18 (556.) | 0:36:24     | 07:16        | <b>0:35:45</b> |





| Msc open | Nr start | Nazwisko i imię          | Miejscowość         | Klub                 | Rok ur | Kat | Msc kat | PK 2,5km       | Czas brutto | Tempo min/km | Wynik netto    |
|----------|----------|--------------------------|---------------------|----------------------|--------|-----|---------|----------------|-------------|--------------|----------------|
| 622      | 880      | Raszewska Izabela        | Pabianice           |                      | 1973   | K40 | 171.    | 0:19:13 (713.) | 0:37:19     | 07:27        | <b>0:35:46</b> |
| 623      | 660      | Leśniak Paulina          | Szadek              |                      | 1994   | K14 | 138.    | 0:16:09 (407.) | 0:35:59     | 07:11        | <b>0:35:49</b> |
| 624      | 100      | Mrozowska Anna           | Łódź                | 1970                 | 1979   | K40 | 172.    | 0:17:35 (585.) | 0:37:12     | 07:26        | <b>0:35:53</b> |
| 625      | 219      | Kaźmierczak Barbara      | Zgierz              |                      | 1985   | K30 | 274.    | 0:17:35 (587.) | 0:37:12     | 07:26        | <b>0:35:53</b> |
| 626      | 194      | Garczyńska Marzena       | Pabianice           |                      | 1975   | K40 | 173.    | 0:18:02 (629.) | 0:36:50     | 07:22        | <b>0:35:55</b> |
| 627      | 162      | Kacprzak Beata           | Pabianice           |                      | 1977   | K40 | 174.    | 0:18:02 (630.) | 0:36:50     | 07:22        | <b>0:35:55</b> |
| 628      | 609      | Perka Agnieszka          | Zgierz              |                      | 1976   | K40 | 175.    | 0:18:09 (634.) | 0:37:24     | 07:28        | <b>0:35:57</b> |
| 629      | 819      | Jeske-Marciniak Dominika | Łódź                |                      | 1991   | K14 | 139.    | 0:17:21 (561.) | 0:36:11     | 07:14        | <b>0:35:59</b> |
| 630      | 509      | Stasiowska Kamila        | Łódź                |                      | 1985   | K30 | 275.    | 0:16:55 (510.) | 0:36:15     | 07:14        | <b>0:36:00</b> |
| 631      | 1009     | Kołodziejczyk Żaneta     | Łódź                |                      | 1986   | K30 | 276.    | 0:18:01 (628.) | 0:37:17     | 07:27        | <b>0:36:01</b> |
| 632      | 490      | Kowal Alicja             | Łódź                | Gazelles Flying Team | 1967   | K50 | 34.     | 0:17:31 (579.) | 0:36:32     | 07:18        | <b>0:36:04</b> |
| 633      | 1014     | Matyjasik Martyna        | Łódź                |                      | 2003   | K14 | 140.    | 0:18:23 (654.) | 0:37:28     | 07:29        | <b>0:36:04</b> |
| 634      | 354      | Haremza Małgorzata       | Łódź                |                      | 1984   | K30 | 277.    | 0:17:25 (568.) | 0:37:09     | 07:25        | <b>0:36:05</b> |
| 635      | 424      | Baszczyńska Magdalena    | Zgierz              |                      | 1989   | K30 | 278.    | 0:17:28 (576.) | 0:37:10     | 07:26        | <b>0:36:05</b> |
| 636      | 794      | Pieniążek Katarzyna      | Tomaszów Mazowiecki | CHMIELARZ TEAM/      | 1976   | K40 | 176.    | 0:17:26 (570.) | 0:37:10     | 07:25        | <b>0:36:05</b> |
| 637      | 276      | Matyjasik Edyta          | Łódź                |                      | 1972   | K40 | 177.    | 0:18:24 (658.) | 0:37:29     | 07:29        | <b>0:36:06</b> |
| 638      | 16       | Wągrowaska Klaudia       | Pabianice           | Forma na Piątke      | 1997   | K14 | 141.    | 0:18:22 (649.) | 0:37:49     | 07:33        | <b>0:36:15</b> |
| 639      | 595      | Dziubczyk Paulina        | Pabianice           | Forma na Piątkę NW   | 1981   | K30 | 279.    | 0:19:04 (703.) | 0:37:52     | 07:34        | <b>0:36:16</b> |
| 640      | 715      | Szybinska Monika         |                     | Fujitsu Running Team | 1993   | K14 | 142.    | 0:17:26 (571.) | 0:37:34     | 07:30        | <b>0:36:16</b> |
| 641      | 23       | Otocka Natalia           | Pabianice           |                      | 1997   | K14 | 143.    | 0:18:22 (650.) | 0:37:50     | 07:34        | <b>0:36:16</b> |
| 642      | 773      | Grochulska Ewelina       | Łódź                |                      | 1990   | K14 | 144.    | 0:17:53 (611.) | 0:36:38     | 07:19        | <b>0:36:18</b> |
| 643      | 669      | Górecka Monika           |                     | VEOLIA               | 1973   | K40 | 178.    | 0:18:30 (671.) | 0:37:02     | 07:24        | <b>0:36:18</b> |
| 644      | 661      | Błaszczak Anita          | Łódź                |                      | 1975   | K40 | 179.    | 0:17:48 (605.) | 0:37:45     | 07:33        | <b>0:36:22</b> |
| 645      | 7        | Ratajczyk Magdalena      | Łódź                | Brak                 | 1980   | K30 | 280.    | 0:18:08 (632.) | 0:37:37     | 07:31        | <b>0:36:23</b> |
| 646      | 649      | Forycka Aleksandra       | Łódź                |                      | 1993   | K14 | 145.    | 0:17:35 (586.) | 0:36:37     | 07:19        | <b>0:36:23</b> |
| 647      | 584      | Kudeń Agnieszka          | Łódź                |                      | 1973   | K40 | 180.    | 0:18:23 (655.) | 0:37:32     | 07:30        | <b>0:36:27</b> |



| Msc open | Nr start | Nazwisko i imię           | Miejscowość         | Klub                    | Rok ur | Kat | Msc kat | PK 2,5km       | Czas brutto | Tempo min/km | Wynik netto    |
|----------|----------|---------------------------|---------------------|-------------------------|--------|-----|---------|----------------|-------------|--------------|----------------|
| 648      | 171      | Łaszczuk Iza              | Łódź                | Wataha                  | 1983   | K30 | 281.    | 0:18:15 (639.) | 0:37:51     | 07:34        | <b>0:36:32</b> |
| 649      | 898      | Kończak Iga               | Łódź                |                         | 1996   | K14 | 146.    | 0:18:25 (663.) | 0:37:53     | 07:34        | <b>0:36:36</b> |
| 650      | 764      | Mokwińska Kamila          | Łódź                |                         | 1976   | K40 | 181.    | 0:18:30 (672.) | 0:37:41     | 07:32        | <b>0:36:40</b> |
| 651      | 665      | Chuchrak Anna             |                     | VEOLIA                  | 1980   | K30 | 282.    | 0:17:43 (598.) | 0:37:08     | 07:25        | <b>0:36:43</b> |
| 652      | 677      | Kuczyńska Ewelina         |                     | VEOLIA                  | 1980   | K30 | 283.    | 0:17:56 (617.) | 0:38:07     | 07:37        | <b>0:36:43</b> |
| 653      | 456      | Zawiera Beata             | Konstantynów Łódzki |                         | 1987   | K30 | 284.    | 0:17:43 (599.) | 0:37:25     | 07:29        | <b>0:36:47</b> |
| 654      | 403      | Tymuła-Wojtysiak Marta    | Łódź                | Nordea                  | 1979   | K40 | 182.    | 0:18:17 (643.) | 0:37:38     | 07:31        | <b>0:36:49</b> |
| 655      | 418      | Jankiewicz Katarzyna      | Łódź                |                         | 1989   | K30 | 285.    | 0:18:18 (644.) | 0:37:37     | 07:31        | <b>0:36:49</b> |
| 656      | 108      | Wągrowa Kamila            | Pabianice           | FORMA NA PIĄTKĘ NW      | 1974   | K40 | 183.    | 0:19:32 (735.) | 0:38:24     | 07:40        | <b>0:36:50</b> |
| 657      | 85       | Motylińska Magdalena      | Łódź                |                         | 1984   | K30 | 286.    | 0:18:23 (656.) | 0:37:30     | 07:30        | <b>0:36:50</b> |
| 658      | 263      | Grzelczak Ewa             | Łask                | Forma Na Piątkę NW      | 1972   | K40 | 184.    | 0:19:32 (733.) | 0:38:26     | 07:41        | <b>0:36:51</b> |
| 659      | 205      | Kaczmarek Flis Małgorzata | Konstantynów Łódzki |                         | 1979   | K40 | 185.    | 0:18:43 (686.) | 0:38:15     | 07:39        | <b>0:36:57</b> |
| 660      | 203      | Pawelec Aldona            | Konstantynów Łódzki |                         | 1976   | K40 | 186.    | 0:18:43 (684.) | 0:38:15     | 07:39        | <b>0:36:57</b> |
| 661      | 831      | Ungier Anna               | Łódź                | HolidayZone Anna Ungier | 1986   | K30 | 287.    | 0:18:38 (680.) | 0:38:10     | 07:38        | <b>0:37:00</b> |
| 662      | 196      | Lizak Martyna             | Łódź                |                         | 1987   | K30 | 288.    | 0:17:56 (616.) | 0:37:45     | 07:33        | <b>0:37:01</b> |
| 663      | 997      | Jacniacka-Szachowałow     | Łódź                |                         | 1981   | K30 | 289.    | 0:18:00 (625.) | 0:37:23     | 07:28        | <b>0:37:03</b> |
| 664      | 817      | Stańczyk Monika           | Pabianice           |                         | 1968   | K50 | 35.     | 0:19:04 (702.) | 0:38:39     | 07:43        | <b>0:37:03</b> |
| 665      | 272      | Młynarczyk-Stępień Marta  | Łódź                |                         | 1983   | K30 | 290.    | 0:18:58 (698.) | 0:38:29     | 07:41        | <b>0:37:05</b> |
| 666      | 356      | Witkowska Beata           | Łódź                | Epoka Nordica Łódź      | 1968   | K50 | 36.     | 0:18:38 (681.) | 0:38:26     | 07:41        | <b>0:37:07</b> |
| 667      | 43       | Głowacka MALWINA          | Łódź                | Dhl Run club            | 1983   | K30 | 291.    | 0:18:49 (693.) | 0:38:28     | 07:41        | <b>0:37:10</b> |
| 668      | 707      | Betke Magdalena           |                     | Fujitsu Running Team    | 1980   | K30 | 292.    | 0:18:12 (636.) | 0:37:57     | 07:35        | <b>0:37:11</b> |
| 669      | 554      | Warawąsowska Agnieszka    | Poddębice           |                         | 1973   | K40 | 187.    | 0:18:46 (688.) | 0:37:54     | 07:34        | <b>0:37:18</b> |
| 670      | 553      | Maciejewska Karina        | Poddębice           |                         | 1982   | K30 | 293.    | 0:18:47 (691.) | 0:37:54     | 07:34        | <b>0:37:19</b> |
| 671      | 563      | Ptycia Małgorzata         | Łódź                |                         | 1982   | K30 | 294.    | 0:17:41 (595.) | 0:37:37     | 07:31        | <b>0:37:19</b> |
| 672      | 296      | SAKOWICZ DOROTA           | JANÓWKA             | LZS JUSTYNÓW            | 1976   | K40 | 188.    | 0:18:18 (645.) | 0:38:58     | 07:47        | <b>0:37:20</b> |
| 673      | 457      | Lasota Karolina           | JUSTYNÓW            | LZS JUSTYNÓW            | 1992   | K14 | 147.    | 0:18:28 (666.) | 0:38:59     | 07:47        | <b>0:37:20</b> |



| Msc open | Nr start | Nazwisko i imię         | Miejscowość         | Klub               | Rok ur | Kat | Msc kat | PK 2,5km       | Czas brutto | Tempo min/km | Wynik netto    |
|----------|----------|-------------------------|---------------------|--------------------|--------|-----|---------|----------------|-------------|--------------|----------------|
| 674      | 374      | Adamczyk Julita         | Łódź                |                    | 1982   | K30 | 295.    | 0:18:20 (647.) | 0:37:49     | 07:33        | <b>0:37:21</b> |
| 675      | 14       | Fornal Joanna           | Łódź (Łódź-Polesie) |                    | 1979   | K40 | 189.    | 0:18:19 (646.) | 0:37:49     | 07:33        | <b>0:37:22</b> |
| 676      | 659      | Usiak Kamila            | Pabianice           |                    | 1977   | K40 | 190.    | 0:18:15 (640.) | 0:38:59     | 07:47        | <b>0:37:25</b> |
| 677      | 1024     | Bogdał Agnieszka        |                     |                    | 1977   | K40 | 191.    | 0:17:58 (622.) | 0:38:04     | 07:36        | <b>0:37:27</b> |
| 678      | 552      | Burska Renata           | Poddebice           |                    | 1976   | K40 | 192.    | 0:18:46 (689.) | 0:38:04     | 07:36        | <b>0:37:28</b> |
| 679      | 839      | KUCZYŃSKA Aleksandra    | Łódź                |                    | 1994   | K14 | 148.    | 0:18:24 (661.) | 0:39:11     | 07:50        | <b>0:37:30</b> |
| 680      | 169      | Wągrowska Izabela       | Pabianice           | Forma na Piątkę    | 1970   | K40 | 193.    | 0:18:45 (687.) | 0:39:04     | 07:48        | <b>0:37:31</b> |
| 681      | 582      | Laszkiewicz Ewa         | Łódź                |                    | 1982   | K30 | 296.    | 0:19:04 (701.) | 0:38:36     | 07:43        | <b>0:37:35</b> |
| 682      | 72       | Krzychmanik Justyna     | Łódź                | Brak               | 1983   | K30 | 297.    | 0:19:40 (748.) | 0:38:50     | 07:46        | <b>0:37:35</b> |
| 683      | 166      | Pawłowska Dagmara       | Kalisz              |                    | 1997   | K14 | 149.    | 0:18:42 (683.) | 0:38:31     | 07:42        | <b>0:37:36</b> |
| 684      | 756      | Kluczak Marzena         | Pabianice           | Forma na Piątkę NW | 1973   | K40 | 194.    | 0:19:37 (740.) | 0:39:09     | 07:49        | <b>0:37:37</b> |
| 685      | 372      | Efenberger Joanna       | Łódź                |                    | 1990   | K14 | 150.    | 0:18:20 (648.) | 0:38:33     | 07:42        | <b>0:37:37</b> |
| 686      | 411      | Pik Monika              | Pabianice           | Forma na Piątkę    | 1986   | K30 | 298.    | 0:19:34 (739.) | 0:39:13     | 07:50        | <b>0:37:38</b> |
| 687      | 940      | Pawlicka Katarzyna      | Łódź                |                    | 1986   | K30 | 299.    | 0:18:57 (696.) | 0:38:57     | 07:47        | <b>0:37:42</b> |
| 688      | 980      | Przybysz Jagoda         | Lodz                |                    | 1986   | K30 | 300.    | 0:17:12 (541.) | 0:38:00     | 07:36        | <b>0:37:42</b> |
| 689      | 812      | Mierczyńska Weronika    | Łódź                |                    | 1985   | K30 | 301.    | 0:18:37 (678.) | 0:38:38     | 07:43        | <b>0:37:42</b> |
| 690      | 397      | Karwowska Beata         | Zgierz              |                    | 1970   | K40 | 195.    | 0:19:14 (714.) | 0:38:36     | 07:43        | <b>0:37:45</b> |
| 691      | 691      | Trzcńska Marzena        |                     | VEOLIA             | 1969   | K50 | 37.     | 0:19:18 (718.) | 0:38:16     | 07:39        | <b>0:37:46</b> |
| 692      | 667      | Danak Katarzyna         |                     | VEOLIA             | 1980   | K30 | 302.    | 0:19:19 (720.) | 0:38:16     | 07:39        | <b>0:37:46</b> |
| 693      | 533      | Dziedzic Karolina       |                     | UPS GBS            | 1991   | K14 | 151.    | 0:19:02 (699.) | 0:38:04     | 07:36        | <b>0:37:46</b> |
| 694      | 259      | Lewandowska Agnieszka   | Łódź                |                    | 1977   | K40 | 196.    | 0:18:49 (692.) | 0:39:16     | 07:51        | <b>0:37:50</b> |
| 695      | 309      | Polak Gosia             | Łódź                |                    | 1976   | K40 | 197.    | 0:18:24 (662.) | 0:38:55     | 07:47        | <b>0:37:52</b> |
| 696      | 515      | Czapkiewicz Anastazja   | Łódź                |                    | 1998   | K14 | 152.    | 0:20:02 (777.) | 0:39:27     | 07:53        | <b>0:37:59</b> |
| 697      | 83       | Woźniakowska Anna       | Łódź                |                    | 1978   | K40 | 198.    | 0:18:15 (638.) | 0:38:54     | 07:46        | <b>0:38:01</b> |
| 698      | 939      | Charkiewicz-Szewczyk    | Łódź                |                    | 1982   | K30 | 303.    | 0:18:57 (697.) | 0:39:18     | 07:51        | <b>0:38:03</b> |
| 699      | 618      | Żmudzińska-Kielbasińska | Łódź                |                    | 1980   | K30 | 304.    | 0:19:33 (736.) | 0:39:40     | 07:56        | <b>0:38:03</b> |



| Msc open | Nr start | Nazwisko i imię            | Miejscowość | Klub                   | Rok ur | Kat | Msc kat | PK 2,5km       | Czas brutto | Tempo min/km | Wynik netto    |
|----------|----------|----------------------------|-------------|------------------------|--------|-----|---------|----------------|-------------|--------------|----------------|
| 700      | 363      | Rulka Martyna              |             | wkurw_team             | 2000   | K14 | 153.    | 0:18:53 (695.) | 0:38:20     | 07:40        | <b>0:38:04</b> |
| 701      | 836      | Lipka Dorota               | Łódź        | Klub Biegacza RTV EURO | 1977   | K40 | 199.    | 0:19:07 (708.) | 0:39:36     | 07:55        | <b>0:38:08</b> |
| 702      | 881      | Hajduk Malgorzata          | Łódź        |                        | 1978   | K40 | 200.    | 0:18:27 (664.) | 0:39:08     | 07:49        | <b>0:38:08</b> |
| 703      | 646      | Płuciennik Alina           | Sieradz     | ALPA                   | 1966   | K50 | 38.     | 0:19:19 (721.) | 0:39:41     | 07:56        | <b>0:38:09</b> |
| 704      | 386      | Feliński Agnieszka         | Łódź        |                        | 1988   | K30 | 305.    | 0:19:27 (725.) | 0:39:23     | 07:52        | <b>0:38:12</b> |
| 705      | 15       | Hryń Alicja                | Przemyśl    |                        | 1996   | K14 | 154.    | 0:18:38 (679.) | 0:39:34     | 07:54        | <b>0:38:20</b> |
| 706      | 865      | Knopek Aleksandra          | Łódź        |                        | 1982   | K30 | 306.    | 0:20:16 (782.) | 0:39:56     | 07:59        | <b>0:38:27</b> |
| 707      | 725      | Wójtowicz Magdalena        | Łódź        |                        | 1978   | K40 | 201.    | 0:19:03 (700.) | 0:39:58     | 07:59        | <b>0:38:28</b> |
| 708      | 699      | Wojciechowska Monika       | Łódź        | Slow Jogging Łódź      | 1982   | K30 | 307.    | 0:20:16 (783.) | 0:39:57     | 07:59        | <b>0:38:28</b> |
| 709      | 917      | Chęćlewska Kamila          | SMARDZEW    |                        | 1977   | K40 | 202.    | 0:19:55 (761.) | 0:39:44     | 07:56        | <b>0:38:29</b> |
| 710      | 107      | Chojnacka Dominika         | Łódź        |                        | 1980   | K30 | 308.    | 0:19:33 (737.) | 0:40:08     | 08:01        | <b>0:38:30</b> |
| 711      | 4        | Ostrowska-Lentas Iwona     | Łódź        |                        | 1977   | K40 | 203.    | 0:19:05 (704.) | 0:40:00     | 08:00        | <b>0:38:31</b> |
| 712      | 758      | Młodzieniec Magdalena      | Łódź        |                        | 1976   | K40 | 204.    | 0:19:12 (712.) | 0:39:47     | 07:57        | <b>0:38:31</b> |
| 713      | 328      | Przygocka-Wypych Magdalena | Pabianice   |                        | 1969   | K50 | 39.     | 0:18:30 (669.) | 0:39:15     | 07:51        | <b>0:38:32</b> |
| 714      | 1040     | Stasiak Sylwia             | Bełdów      |                        | 1983   | K30 | 309.    | 0:18:16 (641.) | 0:39:06     | 07:49        | <b>0:38:32</b> |
| 715      | 299      | Kaczmarek Emilia           | Łódź        |                        | 1985   | K30 | 310.    | 0:19:07 (710.) | 0:39:20     | 07:52        | <b>0:38:33</b> |
| 716      | 973      | Zielińska Dorota           | Łódź        | Atlas Running Team     | 1985   | K30 | 311.    | 0:19:07 (709.) | 0:39:20     | 07:52        | <b>0:38:33</b> |
| 717      | 314      | Ludwiczak Anna             | Łódź        |                        | 1976   | K40 | 205.    | 0:19:42 (752.) | 0:40:11     | 08:02        | <b>0:38:33</b> |
| 718      | 313      | Kusy Aleksandra            | Łódź        |                        | 1972   | K40 | 206.    | 0:19:42 (754.) | 0:40:11     | 08:02        | <b>0:38:33</b> |
| 719      | 327      | Szustak Aleksandra         | Koluszki    |                        | 1996   | K14 | 155.    | 0:20:00 (772.) | 0:39:45     | 07:57        | <b>0:38:34</b> |
| 720      | 484      | Ubych Aneta                | Łódź        |                        | 1976   | K40 | 207.    | 0:19:17 (715.) | 0:39:55     | 07:59        | <b>0:38:35</b> |
| 721      | 123      | Błoch Beata                | Łódź        | Epoka Nordica          | 1967   | K50 | 40.     | 0:19:19 (719.) | 0:39:57     | 07:59        | <b>0:38:37</b> |
| 722      | 291      | Głowacka Anna              | Łódź        |                        | 1979   | K40 | 208.    | 0:18:35 (676.) | 0:40:01     | 08:00        | <b>0:38:37</b> |
| 723      | 164      | Gryszanowicz Zuzanna       | Łódź        |                        | 1996   | K14 | 156.    | 0:20:00 (774.) | 0:39:50     | 07:58        | <b>0:38:38</b> |
| 724      | 137      | Woch Anna                  | Pabianice   | FORMANA PIĄTKĘ NW      | 1972   | K40 | 209.    | 0:19:37 (741.) | 0:40:14     | 08:02        | <b>0:38:43</b> |
| 725      | 870      | Miller Aleksandra          | Łódź        |                        | 2005   | K14 | 157.    | 0:18:23 (652.) | 0:39:51     | 07:58        | <b>0:38:44</b> |



| Msc open | Nr start | Nazwisko i imię       | Miejscowość        | Klub               | Rok ur | Kat  | Msc kat | PK 2,5km       | Czas brutto | Tempo min/km | Wynik netto    |
|----------|----------|-----------------------|--------------------|--------------------|--------|------|---------|----------------|-------------|--------------|----------------|
| 726      | 822      | Witczak Marta         | Pabianice          | FORMA NA PIĄTKĘ NW | 1979   | K40  | 210.    | 0:19:07 (707.) | 0:40:00     | 08:00        | <b>0:38:45</b> |
| 727      | 760      | Jarczyńska Magdalena  | Łódź               |                    | 1978   | K40  | 211.    | 0:19:18 (716.) | 0:40:02     | 08:00        | <b>0:38:47</b> |
| 728      | 204      | Jarek Małgorzata      | Pabianice          | FORMA NA PIĄTKĘ NW | 1970   | K40  | 212.    | 0:19:40 (746.) | 0:40:20     | 08:04        | <b>0:38:47</b> |
| 729      | 195      | Kosecka Katarzyna     | Pabianice          | FORMA NA PIĄTKĘ NW | 1966   | K50  | 41.     | 0:19:41 (749.) | 0:40:20     | 08:04        | <b>0:38:48</b> |
| 730      | 1026     | Kalisz Dagmara        |                    |                    | 1979   | K40  | 213.    | 0:18:39 (682.) | 0:39:36     | 07:55        | <b>0:38:49</b> |
| 731      | 146      | Rólka Kamila          | Łódź               |                    | 1980   | K30  | 312.    | 0:18:35 (675.) | 0:39:20     | 07:52        | <b>0:38:51</b> |
| 732      | 871      | Szłakowicz Ewa        | Łódź               |                    | 1977   | K40  | 214.    | 0:18:22 (651.) | 0:39:58     | 07:59        | <b>0:38:51</b> |
| 733      | 409      | Mokrosińska Anna      | Aleksandrów Łódzki | Nordea             | 1978   | K40  | 215.    | 0:18:28 (665.) | 0:39:40     | 07:56        | <b>0:38:52</b> |
| 734      | 767      | Filipowska Bogusia    | Pabianice          | Forma na Piątkę NW | 1971   | K40  | 216.    | 0:19:57 (765.) | 0:40:32     | 08:06        | <b>0:38:56</b> |
| 735      | 415      | Anders Irena          | Pabianice          | FORMA NA PIĄTKĘ    | 1968   | K50  | 42.     | 0:19:59 (766.) | 0:40:32     | 08:06        | <b>0:38:58</b> |
| 736      | 131      | Olejniczak Dorota     | Pabianice          |                    | 1969   | K50  | 43.     | 0:19:59 (767.) | 0:40:32     | 08:06        | <b>0:38:58</b> |
| 737      | 405      | Łondka Marlena        | Dłutów             | NW na piatke       | 1970   | K40  | 217.    | 0:19:59 (769.) | 0:40:31     | 08:06        | <b>0:38:58</b> |
| 738      | 496      | Olejniczak Paulina    | Pabianice          | Forma na piątkę NW | 1995   | K14  | 158.    | 0:19:59 (768.) | 0:40:32     | 08:06        | <b>0:38:59</b> |
| 739      | 27       | Wesołowska Magdalena  | Zgierz             | Biegamy w Zgierzu  | 1980   | K30  | 313.    | 0:19:21 (723.) | 0:40:25     | 08:05        | <b>0:39:00</b> |
| 740      | 229      | Wąsiewicz Katarzyna   | Łódź               |                    | 1971   | K40  | 218.    | 0:19:06 (705.) | 0:40:22     | 08:04        | <b>0:39:00</b> |
| 741      | 224      | Wąsiewicz Małgorzata  | Łódź               |                    | 1993   | K14  | 159.    | 0:19:07 (706.) | 0:40:22     | 08:04        | <b>0:39:00</b> |
| 742      | 502      | Płomińska Karolina    | Łódź               |                    | 1976   | K40  | 219.    | 0:19:32 (732.) | 0:40:04     | 08:00        | <b>0:39:04</b> |
| 743      | 596      | Kolasińska Kamila     | Łódź               |                    | 1987   | K30  | 314.    | 0:19:34 (738.) | 0:40:04     | 08:00        | <b>0:39:06</b> |
| 744      | 208      | Klimczak Anna         | Wrocław            |                    | 1986   | K30  | 315.    | 0:19:18 (717.) | 0:39:46     | 07:57        | <b>0:39:10</b> |
| 745      | 803      | Dworakowska Katarzyna | Łódź               |                    | 1984   | K30  | 316.    | 0:18:53 (694.) | 0:39:53     | 07:58        | <b>0:39:13</b> |
| 746      | 807      | bińczyk barbara       | łódź               |                    | 1955   | K60+ | 6.      | 0:19:26 (724.) | 0:40:16     | 08:03        | <b>0:39:17</b> |
| 747      | 265      | Olejniczak Dominika   | Pabianice          | Forma na piątkę NW | 1997   | K14  | 160.    | 0:20:05 (779.) | 0:40:58     | 08:11        | <b>0:39:19</b> |
| 748      | 448      | Mroczek-Żal Justyna   | Toruń              | Bushi Toruń        | 1974   | K40  | 220.    | 0:19:32 (734.) | 0:40:57     | 08:11        | <b>0:39:20</b> |
| 749      | 994      | Kozik Wioletta        | Koluszki           |                    | 1979   | K40  | 221.    | 0:19:28 (728.) | 0:40:10     | 08:02        | <b>0:39:22</b> |
| 750      | 183      | Kwiatkowska Katarzyna | Łódź               |                    | 1962   | K50  | 44.     | 0:19:40 (745.) | 0:39:56     | 07:59        | <b>0:39:25</b> |
| 751      | 975      | Rosińska Marta        | Łódź               |                    | 1990   | K14  | 161.    | 0:19:39 (743.) | 0:39:56     | 07:59        | <b>0:39:26</b> |



| Msc open | Nr start | Nazwisko i imię      | Miejscowość | Klub               | Rok ur | Kat  | Msc kat | PK 2,5km       | Czas brutto | Tempo min/km | Wynik netto    |
|----------|----------|----------------------|-------------|--------------------|--------|------|---------|----------------|-------------|--------------|----------------|
| 752      | 197      | Frączkowska Paulina  | Łódź        |                    | 1990   | K14  | 162.    | 0:19:40 (744.) | 0:39:57     | 07:59        | <b>0:39:26</b> |
| 753      | 778      | Wróbel Marzena       | Lodz        |                    | 1975   | K40  | 222.    | 0:19:42 (753.) | 0:40:33     | 08:06        | <b>0:39:32</b> |
| 754      | 45       | Owczarek Wiktoria    | Jadwinin    |                    | 2004   | K14  | 163.    | 0:20:00 (771.) | 0:39:56     | 07:59        | <b>0:39:33</b> |
| 755      | 2        | Fiszer Anna          | ŁODŹ        |                    | 1975   | K40  | 223.    | 0:19:38 (742.) | 0:40:35     | 08:07        | <b>0:39:33</b> |
| 756      | 40       | Owczarek Beata       | Jadwinin    |                    | 1973   | K40  | 224.    | 0:20:00 (770.) | 0:39:57     | 07:59        | <b>0:39:34</b> |
| 757      | 829      | Bochenek Anna        | Pabianice   | Forma na piatke    | 1987   | K30  | 317.    | 0:19:20 (722.) | 0:40:50     | 08:10        | <b>0:39:35</b> |
| 758      | 792      | Cechulska Agata      | Łódź        |                    | 1992   | K14  | 164.    | 0:18:43 (685.) | 0:40:00     | 08:00        | <b>0:39:44</b> |
| 759      | 612      | Kubicka Elżbieta     | Łódź        | JANUS RUNNING TEAM | 1956   | K60+ | 7.      | 0:19:41 (751.) | 0:41:06     | 08:13        | <b>0:39:50</b> |
| 760      | 664      | Chodupska Joanna     |             | VEOLIA             | 1987   | K30  | 318.    | 0:19:10 (711.) | 0:40:08     | 08:01        | <b>0:39:54</b> |
| 761      | 1034     | Moraczewska Justyna  |             |                    | 1979   | K40  | 225.    | 0:20:01 (775.) | 0:41:12     | 08:14        | <b>0:39:58</b> |
| 762      | 319      | Żeromińska Paulina   | Łódź        |                    | 1988   | K30  | 319.    | 0:19:49 (758.) | 0:41:57     | 08:23        | <b>0:39:59</b> |
| 763      | 962      | Zajkiewicz Maja      |             | VEOLIA             | 1989   | K30  | 320.    | 0:19:30 (730.) | 0:40:49     | 08:09        | <b>0:40:00</b> |
| 764      | 657      | Markiewicz Agnieszka | Łódź        |                    | 1979   | K40  | 226.    | 0:20:01 (776.) | 0:41:13     | 08:14        | <b>0:40:00</b> |
| 765      | 874      | Jachimowicz Ewa      | Łódź        | nordea runners     | 1979   | K40  | 227.    | 0:19:43 (755.) | 0:41:15     | 08:15        | <b>0:40:00</b> |
| 766      | 232      | Gołębowska Aneta     | Łódź        |                    | 1984   | K30  | 321.    | 0:19:50 (759.) | 0:41:57     | 08:23        | <b>0:40:01</b> |
| 767      | 781      | Danel Agata          | Łódź        |                    | 1989   | K30  | 322.    | 0:19:27 (726.) | 0:40:58     | 08:11        | <b>0:40:06</b> |
| 768      | 385      | Dynowska Sylwia      | Łódź        |                    | 1980   | K30  | 323.    | 0:20:15 (780.) | 0:42:02     | 08:24        | <b>0:40:14</b> |
| 769      | 115      | Szejna Marika        | Łódź        | Kino na Wileńskiej | 1980   | K30  | 324.    | 0:20:15 (781.) | 0:42:03     | 08:24        | <b>0:40:15</b> |
| 770      | 686      | Pajerska Katarzyna   |             | VEOLIA             | 1977   | K40  | 228.    | 0:18:46 (690.) | 0:40:58     | 08:11        | <b>0:40:23</b> |
| 771      | 784      | Zelek Magdalena      | Piotrków    |                    | 1976   | K40  | 229.    | 0:19:48 (756.) | 0:40:59     | 08:11        | <b>0:40:24</b> |
| 772      | 984      | Świata Karolina      | Sieradz     | Garrosa Team       | 1985   | K30  | 325.    | 0:20:30 (787.) | 0:42:06     | 08:25        | <b>0:40:25</b> |
| 773      | 428      | Dwóźnik Aneta        | Łódź        |                    | 1992   | K14  | 165.    | 0:19:52 (760.) | 0:41:19     | 08:15        | <b>0:40:26</b> |
| 774      | 673      | Kośka Ewelina        |             | VEOLIA             | 1986   | K30  | 326.    | 0:19:32 (731.) | 0:41:53     | 08:22        | <b>0:40:32</b> |
| 775      | 436      | Sykuła Rafał         | Guzew       | bella              | 1983   | K30  | 327.    | 0:19:40 (747.) | 0:41:56     | 08:23        | <b>0:40:34</b> |
| 776      | 431      | Sykuła Izabela       | Rzgów       | bella              | 1985   | K30  | 328.    | 0:19:41 (750.) | 0:41:56     | 08:23        | <b>0:40:35</b> |
| 777      | 878      | Szydziak Jolanta     | Łódź        |                    | 1964   | K50  | 45.     | 0:19:48 (757.) | 0:41:02     | 08:12        | <b>0:40:42</b> |



| Msc<br>open | Nr<br>start | Nazwisko i imię          | Miejscowość | Klub                      | Rok<br>ur | Kat  | Msc<br>kat | PK<br>2,5km    | Czas<br>brutto | Tempo<br>min/km | Wynik<br>netto |
|-------------|-------------|--------------------------|-------------|---------------------------|-----------|------|------------|----------------|----------------|-----------------|----------------|
| 778         | 820         | BARTOSIK KRYSZYNA        | ZGIERZ      |                           | 1958      | K60+ | 8.         | 0:19:55 (762.) | 0:41:33        | 08:18           | <b>0:40:42</b> |
| 779         | 459         | Kotulska Marzena         | Lodz        |                           | 1980      | K30  | 329.       | 0:20:42 (792.) | 0:41:53        | 08:22           | <b>0:40:47</b> |
| 780         | 751         | Szemberska Agata         | Łask        | 1989                      | 1989      | K30  | 330.       | 0:19:28 (729.) | 0:41:44        | 08:20           | <b>0:40:51</b> |
| 781         | 752         | Rabenda Martyna          | Łódź        |                           | 1988      | K30  | 331.       | 0:19:27 (727.) | 0:41:48        | 08:21           | <b>0:40:54</b> |
| 782         | 1           | Boodie Katarzyna         | Łódź        |                           | 1979      | K40  | 230.       | 0:20:00 (773.) | 0:41:29        | 08:17           | <b>0:40:58</b> |
| 783         | 80          | Kowalewska Sandra        | Łódź        |                           | 1994      | K14  | 166.       | 0:19:56 (764.) | 0:42:11        | 08:26           | <b>0:41:13</b> |
| 784         | 74          | Gortat Maja              | Łódź        |                           | 1994      | K14  | 167.       | 0:19:56 (763.) | 0:42:13        | 08:26           | <b>0:41:14</b> |
| 785         | 989         | Charusta Magdalena       | Łódź        |                           | 1987      | K30  | 332.       | 0:20:22 (786.) | 0:42:46        | 08:33           | <b>0:41:24</b> |
| 786         | 990         | Markiewicz Paulina       | Zgierz      |                           | 1986      | K30  | 333.       | 0:20:22 (785.) | 0:42:46        | 08:33           | <b>0:41:24</b> |
| 787         | 743         | wozniak MALGORZATA       | warszawa    |                           | 1976      | K40  | 231.       | 0:20:36 (789.) | 0:41:50        | 08:22           | <b>0:41:27</b> |
| 788         | 572         | Syguła Małgorzata Syguła | Łódź        |                           | 1976      | K40  | 232.       | 0:20:36 (790.) | 0:41:50        | 08:22           | <b>0:41:27</b> |
| 789         | 695         | Knypl Iwona              | Łódź        | Medycyna Grabieniec sp. z | 1966      | K50  | 46.        | 0:20:48 (795.) | 0:42:38        | 08:31           | <b>0:41:34</b> |
| 790         | 717         | Pietrkowska Katarzyna    | Warszawa    |                           | 1979      | K40  | 233.       | 0:20:55 (799.) | 0:42:56        | 08:35           | <b>0:41:43</b> |
| 791         | 70          | Mchitarian Kamila        | Łódź        |                           | 1977      | K40  | 234.       | 0:20:19 (784.) | 0:42:30        | 08:30           | <b>0:41:44</b> |
| 792         | 187         | Dajczer Magdalena        | Łódź        |                           | 1982      | K30  | 334.       | 0:20:02 (778.) | 0:42:02        | 08:24           | <b>0:41:44</b> |
| 793         | 963         | Pawlik Ewa               |             | VEOLIA                    | 1961      | K50  | 47.        | 0:20:46 (794.) | 0:43:38        | 08:43           | <b>0:41:49</b> |
| 794         | 160         | Miras Magdalena          | Łódź        |                           | 1981      | K30  | 335.       | 0:20:57 (803.) | 0:43:27        | 08:41           | <b>0:42:10</b> |
| 795         | 141         | Nycz Katarzyna           | Łódź        |                           | 1984      | K30  | 336.       | 0:20:57 (802.) | 0:43:28        | 08:41           | <b>0:42:11</b> |
| 796         | 168         | Kremb Nikita             | Dziektarzew |                           | 2003      | K14  | 168.       | 0:21:55 (823.) | 0:43:37        | 08:43           | <b>0:42:12</b> |
| 797         | 896         | Strzelecka Gabrysia      | Łódź        | Twin Team                 | 2005      | K14  | 169.       | 0:20:55 (797.) | 0:43:57        | 08:47           | <b>0:42:18</b> |
| 798         | 648         | Kremb Monika             | Dziektarzew |                           | 1971      | K40  | 235.       | 0:21:55 (821.) | 0:43:44        | 08:44           | <b>0:42:19</b> |
| 799         | 325         | Tokarz Anna              | Łódź        |                           | 1963      | K50  | 48.        | 0:21:39 (815.) | 0:44:08        | 08:49           | <b>0:42:21</b> |
| 800         | 1032        | Ancuta Julita            |             |                           | 1965      | K50  | 49.        | 0:20:34 (788.) | 0:43:16        | 08:39           | <b>0:42:25</b> |
| 801         | 529         | Skowrońska Paulina       | Łódź        |                           | 1979      | K40  | 236.       | 0:21:14 (809.) | 0:43:39        | 08:43           | <b>0:42:27</b> |
| 802         | 200         | Kochaniak Maria          | Łódź        | Epoka NordicaŁódź         | 1953      | K60+ | 9.         | 0:20:55 (798.) | 0:44:06        | 08:49           | <b>0:42:30</b> |
| 803         | 92          | Szyborska Anna           | Łódź        |                           | 1977      | K40  | 237.       | 0:20:44 (793.) | 0:43:46        | 08:45           | <b>0:42:36</b> |



| Msc open | Nr start | Nazwisko i imię          | Miejscowość | Klub             | Rok ur | Kat  | Msc kat | PK 2,5km       | Czas brutto | Tempo min/km | Wynik netto    |
|----------|----------|--------------------------|-------------|------------------|--------|------|---------|----------------|-------------|--------------|----------------|
| 804      | 1033     | Labus Anna               |             |                  | 1982   | K30  | 337.    | 0:20:55 (800.) | 0:44:17     | 08:51        | <b>0:42:38</b> |
| 805      | 866      | Strzelecka Małgorzata    | Łódź        | Twin Team        | 1982   | K30  | 338.    | 0:20:56 (801.) | 0:44:18     | 08:51        | <b>0:42:39</b> |
| 806      | 964      | Małecka Beata            |             | VEOLIA           | 2019   | K14  | 170.    | 0:21:55 (822.) | 0:43:38     | 08:43        | <b>0:42:58</b> |
| 807      | 1038     | Hajdukiewicz Monika      | Łódź        |                  | 1999   | K14  | 171.    | 0:20:40 (791.) | 0:43:55     | 08:47        | <b>0:43:00</b> |
| 808      | 420      | Wieczorek Ewelina        | Łódź        | mBank S.A.       | 1987   | K30  | 339.    | 0:21:27 (810.) | 0:44:13     | 08:50        | <b>0:43:02</b> |
| 809      | 8        | Kacprzak Marta           | Zgierz      |                  | 1982   | K30  | 340.    | 0:21:08 (807.) | 0:44:06     | 08:49        | <b>0:43:16</b> |
| 810      | 482      | Kaczorowska Ewa          | Łódź        | Psychopraca.net  | 1989   | K30  | 341.    | 0:21:42 (816.) | 0:44:54     | 08:58        | <b>0:43:31</b> |
| 811      | 511      | Ślązak Katarzyna         | Łódź        |                  | 1972   | K40  | 238.    | 0:21:31 (812.) | 0:45:05     | 09:01        | <b>0:43:32</b> |
| 812      | 948      | Gorczakowska Anna        | Łódź        |                  | 1972   | K40  | 239.    | 0:21:31 (813.) | 0:45:05     | 09:01        | <b>0:43:32</b> |
| 813      | 105      | Święcicka Natalia        | Łódź        |                  | 1996   | K14  | 172.    | 0:21:48 (819.) | 0:45:32     | 09:06        | <b>0:43:48</b> |
| 814      | 44       | Korobczuk Barbara        | Białystok   |                  | 1983   | K30  | 342.    | 0:21:50 (820.) | 0:45:20     | 09:04        | <b>0:43:49</b> |
| 815      | 949      | Walewska Urszula         | Łódź        |                  | 1973   | K40  | 240.    | 0:21:09 (808.) | 0:44:26     | 08:53        | <b>0:43:57</b> |
| 816      | 718      | Wawrzyniak Katarzyna     | Łódź        | Jacek Wawrzyniak | 1976   | K40  | 241.    | 0:21:06 (804.) | 0:45:21     | 09:04        | <b>0:44:07</b> |
| 817      | 720      | Marciniak Beata          | Łódź        |                  | 1976   | K40  | 242.    | 0:21:07 (805.) | 0:45:20     | 09:04        | <b>0:44:08</b> |
| 818      | 727      | Mizia Marta              | Kraków      |                  | 1976   | K40  | 243.    | 0:21:08 (806.) | 0:45:20     | 09:04        | <b>0:44:08</b> |
| 819      | 684      | Musiałek Joanna          |             | VEOLIA           | 1979   | K40  | 244.    | 0:21:43 (817.) | 0:45:00     | 09:00        | <b>0:44:16</b> |
| 820      | 113      | Graczyk Katarzyna        | Łódź        |                  | 1988   | K30  | 343.    | 0:21:29 (811.) | 0:45:54     | 09:10        | <b>0:44:17</b> |
| 821      | 666      | Ciach-Fligiel Aleksandra |             | VEOLIA           | 1979   | K40  | 245.    | 0:21:46 (818.) | 0:45:00     | 09:00        | <b>0:44:19</b> |
| 822      | 956      | Drozd Karolina           |             | Sonko Team       | 1982   | K30  | 344.    | 0:21:38 (814.) | 0:44:47     | 08:57        | <b>0:44:37</b> |
| 823      | 91       | Fik Katarzyna            | Łódź        |                  | 1980   | K30  | 345.    | 0:22:18 (824.) | 0:45:43     | 09:08        | <b>0:44:58</b> |
| 824      | 542      | Jabłońska Nina           | Łódź        |                  | 1993   | K14  | 173.    | 0:22:34 (826.) | 0:46:35     | 09:19        | <b>0:45:33</b> |
| 825      | 215      | Borzuchowska Hanna       | Łódź        |                  | 2006   | K14  | 174.    | 0:22:48 (829.) | 0:47:38     | 09:31        | <b>0:46:08</b> |
| 826      | 201      | Tomasik Daniela          | Łódź        | osoba prywatna   | 1951   | K60+ | 10.     | 0:22:48 (828.) | 0:47:39     | 09:31        | <b>0:46:09</b> |
| 827      | 212      | Borzuchowska Monika      | Łódź        |                  | 1974   | K40  | 246.    | 0:22:49 (830.) | 0:47:39     | 09:31        | <b>0:46:10</b> |
| 828      | 499      | Woźniak Małgorzata       | Łódź        |                  | 1987   | K30  | 346.    | 0:22:35 (827.) | 0:47:18     | 09:27        | <b>0:46:17</b> |
| 829      | 970      | Czerwiec Aleksandra      | Łódź        |                  | 1984   | K30  | 347.    | 0:22:25 (825.) | 0:47:57     | 09:35        | <b>0:46:19</b> |





| Msc open | Nr start | Nazwisko i imię              | Miejscowość  | Klub               | Rok ur | Kat  | Msc kat | PK 2,5km       | Czas brutto | Tempo min/km | Wynik netto    |
|----------|----------|------------------------------|--------------|--------------------|--------|------|---------|----------------|-------------|--------------|----------------|
| 830      | 632      | Klink Małgorzata             | Łódź         |                    | 1980   | K30  | 348.    | 0:22:56 (833.) | 0:47:52     | 09:34        | <b>0:46:27</b> |
| 831      | 5        | Hajdukiewicz Agnieszka       | Łódź         |                    | 1981   | K30  | 349.    | 0:22:55 (832.) | 0:47:52     | 09:34        | <b>0:46:27</b> |
| 832      | 795      | Przybylska-Kosmatka Emanuela | Łódź         |                    | 1986   | K30  | 350.    | 0:22:54 (831.) | 0:47:45     | 09:33        | <b>0:46:38</b> |
| 833      | 943      | Mazur Małgorzata             | Zduńska Wola | NWPL Garrosa Team  | 1978   | K40  | 247.    | 0:23:40 (838.) | 0:48:25     | 09:41        | <b>0:46:43</b> |
| 834      | 322      | Sulej Teresa                 | Sieradz      | Rajspport Active   | 1955   | K60+ | 11.     | 0:23:40 (839.) | 0:48:25     | 09:41        | <b>0:46:43</b> |
| 835      | 332      | Małąg Aneta                  | Łódź         |                    | 1987   | K30  | 351.    | 0:23:26 (837.) | 0:48:03     | 09:36        | <b>0:46:54</b> |
| 836      | 338      | Korczak-Staszewska Karolina  | ZGIERZ       |                    | 1988   | K30  | 352.    | 0:23:18 (834.) | 0:48:04     | 09:36        | <b>0:46:58</b> |
| 837      | 76       | Bąk Marta                    | Zgierz       |                    | 2001   | K14  | 175.    | 0:23:19 (835.) | 0:48:04     | 09:36        | <b>0:46:59</b> |
| 838      | 455      | Rulka Gosia                  | Łódź         | wkurw_team         | 1975   | K40  | 248.    | 0:20:55 (796.) | 0:49:16     | 09:51        | <b>0:47:55</b> |
| 839      | 481      | Pawlak Krysia                | Łódź         | wkurw_team         | 1954   | K60+ | 12.     | 0:24:24 (848.) | 0:49:15     | 09:51        | <b>0:47:55</b> |
| 840      | 676      | Książak Magdalena            |              | VEOLIA             | 1975   | K40  | 249.    | 0:24:21 (847.) | 0:49:10     | 09:50        | <b>0:48:22</b> |
| 841      | 461      | Jurczak - Samiec Renata      | ŁÓDŹ         |                    | 1975   | K40  | 250.    | 0:23:21 (836.) | 0:49:08     | 09:49        | <b>0:48:22</b> |
| 842      | 663      | Bonk Ramona                  |              | VEOLIA             | 1980   | K30  | 353.    | 0:24:21 (846.) | 0:49:13     | 09:50        | <b>0:48:25</b> |
| 843      | 142      | Korycka Mariola              | Zgierz       | FORMA NA PIĄTKĘ NW | 1982   | K30  | 354.    | 0:24:09 (842.) | 0:50:24     | 10:04        | <b>0:48:43</b> |
| 844      | 110      | Jaślan Andżelika             | Pabianice    | Forma na Piątkę    | 1973   | K40  | 251.    | 0:24:10 (843.) | 0:50:24     | 10:04        | <b>0:48:44</b> |
| 845      | 674      | Kowalczyk Milena             |              | VEOLIA             | 1979   | K40  | 252.    | 0:25:01 (849.) | 0:50:00     | 10:00        | <b>0:49:20</b> |
| 846      | 740      | Feldman Agnieszka            | Łódź         | rajsport active    | 1976   | K40  | 253.    | 0:23:48 (840.) | 0:51:02     | 10:12        | <b>0:50:03</b> |
| 847      | 81       | Michalak Magdalena           | Piaseczno    | WATAHA ŁĄCZY NAS   | 1980   | K30  | 355.    | 0:23:48 (841.) | 0:51:02     | 10:12        | <b>0:50:04</b> |
| 848      | 906      | Wlazłowicz Agnieszka         | Łódź         | slowjogging        | 1970   | K40  | 254.    | 0:24:19 (845.) | 0:52:04     | 10:24        | <b>0:50:11</b> |
| 849      | 284      | Gronek Ilona                 | Łódź         | Slow Jogging Łódź  | 1970   | K40  | 255.    | 0:24:16 (844.) | 0:52:15     | 10:27        | <b>0:50:17</b> |
| 850      | 25       | Szczocarz Dominika           | Łódź         |                    | 1979   | K40  | 256.    | 0:26:01 (850.) | 0:53:37     | 10:43        | <b>0:52:06</b> |
| 851      | 993      | Skolnicka Klaudia            | Łódź         |                    | 2004   | K14  | 176.    | 0:28:37 (853.) | 0:54:06     | 10:49        | <b>0:52:12</b> |
| 852      | 152      | KARABIN VIOLETTA             | Łódź         |                    | 1973   | K40  | 257.    | 0:27:47 (851.) | 0:56:33     | 11:18        | <b>0:54:42</b> |
| 853      | 689      | Spułowska Joanna             |              | VEOLIA             | 1972   | K40  | 258.    | 0:28:53 (854.) | 0:59:10     | 11:50        | <b>0:57:17</b> |
| 854      | 688      | Piecho Katarzyna             |              | VEOLIA             | 1968   | K50  | 50.     | 0:29:00 (856.) | 0:59:08     | 11:49        | <b>0:57:22</b> |
| 855      | 694      | Wojda Marzena                |              | VEOLIA             | 1968   | K50  | 51.     | 0:28:59 (855.) | 0:59:10     | 11:50        | <b>0:57:24</b> |



| Msc open | Nr start | Nazwisko i imię      | Miejscowość | Klub                 | Rok ur | Kat | Msc kat | PK 2,5km       | Czas brutto | Tempo min/km | Wynik netto    |
|----------|----------|----------------------|-------------|----------------------|--------|-----|---------|----------------|-------------|--------------|----------------|
| 856      | 692      | Wegenko Justyna      |             | VEOLIA               | 1977   | K40 | 259.    | 0:28:24 (852.) | 0:59:11     | 11:50        | <b>0:57:27</b> |
| PK       | 858      | Brewiński Sylwek     | Łódź        |                      | 1976   |     |         | 0:11:25 (1.)   | 0:23:01     | 04:36        | <b>0:22:21</b> |
| PK       | 450      | Adamczewski Sławek   | Moskwa      | OSP LIPINY           | 1965   |     |         | 0:12:38 (2.)   | 0:25:22     | 05:04        | <b>0:25:21</b> |
| PK       | 972      | Lasota Tomasz        | Piaseczno   | Palm Team            | 1983   |     |         | 0:13:19 (3.)   | 0:25:50     | 05:10        | <b>0:25:24</b> |
| PK       | 800      | Dąbrowski Filip      |             | REEBOKRUNCREW LDZ    | 1988   |     |         | 0:13:20 (5.)   | 0:27:00     | 05:24        | <b>0:26:37</b> |
| PK       | 714      | Sleczkowski Blazej   |             | Fujitsu Running Team | 1985   |     |         | 0:13:20 (4.)   | 0:27:08     | 05:25        | <b>0:26:51</b> |
| PK       | 37       | Małolepszy Zdzisław  | Łódź        |                      | 1970   |     |         | 0:14:35 (6.)   | 0:30:15     | 06:03        | <b>0:28:25</b> |
| PK       | 373      | Wierzbicki Piotr     | Łódź        |                      | 1974   |     |         | 0:14:48 (7.)   | 0:29:30     | 05:54        | <b>0:28:51</b> |
| PK       | 475      | Jeziński Patryk      | Łódź        | Zuzia Team           | 1980   |     |         | 0:15:02 (8.)   | 0:31:40     | 06:20        | <b>0:31:03</b> |
| PK       | 545      | Szymański Rafał      | Łódź        |                      | 1979   |     |         | 0:16:20 (11.)  | 0:33:39     | 06:43        | <b>0:32:37</b> |
| PK       | 768      | Kulawiński Michał    | Łódź        |                      | 1992   |     |         | 0:16:02 (9.)   | 0:33:12     | 06:38        | <b>0:32:40</b> |
| PK       | 1030     | Czwartos Maciej      |             |                      | 1973   |     |         | 0:16:14 (10.)  | 0:32:59     | 06:35        | <b>0:32:45</b> |
| PK       | 491      | Kański Paweł         | Łódź        |                      | 1985   |     |         | 0:17:55 (13.)  | 0:35:53     | 07:10        | <b>0:34:03</b> |
| PK       | 1012     | Kowalski Mateusz     | Łódź        |                      | 1991   |     |         | 0:16:53 (12.)  | 0:36:38     | 07:19        | <b>0:36:17</b> |
| PK       | 357      | Witkowski Jacek      | Łódź        | Epoka Nordica Łódź   | 1968   |     |         | 0:18:36 (14.)  | 0:38:25     | 07:41        | <b>0:37:06</b> |
| PK       | 601      | Jarek Sergiusz       | Pabianice   | FORMA NA PIĄTKĘ NW   | 1973   |     |         | 0:19:38 (15.)  | 0:40:20     | 08:04        | <b>0:38:45</b> |
| PK       | 654      | Szmigielski Jarosław | Łódź        |                      | 1977   |     |         | 0:20:01 (16.)  | 0:41:13     | 08:14        | <b>0:40:00</b> |
| PK       | 719      | Wawrzyniak Jacek     | Łódź        | Jacek Wawrzyniak     | 1975   |     |         | 0:21:07 (17.)  | 0:45:20     | 09:04        | <b>0:44:07</b> |
| PK       | 938      | Mizia Ryszard        | Kraków      | Kizie Mizie          | 1969   |     |         | 0:21:07 (18.)  | 0:45:20     | 09:04        | <b>0:44:07</b> |
| PK       | 266      | Nosek Robert         | Warszawa    | NOSKI TRZY           | 1971   |     |         | 0:23:02 (20.)  | 0:48:25     | 09:41        | <b>0:46:40</b> |
| PK       | 268      | Nosek Jan            | Warszawa    | NOSKI TRZY           | 2005   |     |         | 0:23:02 (19.)  | 0:48:25     | 09:41        | <b>0:46:40</b> |
| PK       | 289      | Gronek Marek         | Łódź        | Epoka Nordica Łódź   | 1952   |     |         | 0:24:18 (21.)  | 0:52:09     | 10:25        | <b>0:50:14</b> |

