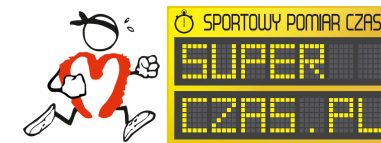


Leśna ZaDyszka w Szulmierzu - 10 km

Klasyfikacja: OPEN Kobiety



| M-ce | Nr start. | Nazwisko i imię | Miejscowość | Drużyna | Rok urodz. | Kat. wiek. | Tempo min/km | Tempo km/h | 5km | Czas netto | Wynik (brutto) |
|------|-----------|-----------------------------|-------------|----------------------------|------------|---------------|--------------|------------|-------|------------|----------------|
| 1 | 154 | Lenkiewicz Weronika | Ostrołęka | Biegam Bo Lubie Ostrołęka | 1992 | K16-29 | 04:25 | 13.6 | 21:33 | 44:11 | 44:13 |
| 2 | 181 | Szczubełek-Rykowska Ewelina | Czarnowiec | Biegam Bo Lubie Ostrołęka | 1987 | K30-39 | 04:27 | 13.4 | 22:05 | 44:36 | 44:38 |
| 3 | 232 | Napiórkowska Ania | Ostrołęka | | 1979 | K40-49 | 04:34 | 13.1 | 22:34 | 45:44 | 45:47 |
| 4 | 128 | Granoszek Iwona | Ciechanów | | 1987 | K30-39 | 04:40 | 12.8 | 22:45 | 46:42 | 46:44 |
| 5 | 242 | Rzeplińska Magdalena | Ciechanów | FFF | 1994 | K16-29 | 04:41 | 12.8 | 22:39 | 46:48 | 46:50 |
| 6 | 175 | Rzęsiewicz Jolanta | Rypin | KB Lech Rypin | 1968 | K50-59 | 04:52 | 12.3 | 23:52 | 48:39 | 48:43 |
| 7 | 233 | Majk Agnieszka | Ostrołęka | Biegam Bo Lubie Ostrołęka | 1986 | K30-39 | 04:59 | 12 | 24:21 | 49:52 | 49:55 |
| 8 | 151 | Kucka Monika | Mława | UM Mława | 1980 | K40-49 | 05:12 | 11.5 | 24:49 | 51:58 | 52:00 |
| 9 | 111 | Białorucka Wioletta | Ciechanów | Mazovia ProActiv Ciechanów | 1976 | K40-49 | 05:20 | 11.2 | 26:21 | 53:23 | 53:28 |
| 10 | 226 | Jabłońska Ewelina | Ciechanów | | 1990 | K30-39 | 05:25 | 11.1 | 26:13 | 54:10 | 54:15 |
| 11 | 127 | Górska Małgorzata | Warszawa | Górcy | 1991 | K30-39 | 05:28 | 11 | 26:43 | 54:38 | 54:44 |
| 12 | 114 | Boryszkowska Iwona | Warszawa | Biegam Bo Lubie | 1974 | K40-49 | 05:30 | 10.9 | 26:57 | 55:07 | 55:09 |
| 13 | 184 | Taporowska Klaudia | Ługi21 | | 1997 | K16-29 | 05:30 | 10.9 | 26:21 | 55:06 | 55:10 |
| 14 | 189 | Wołynek Katarzyna | Ciechanów | Mazovia ProActiv Ciechanów | 1981 | K40-49 | 05:31 | 10.9 | 27:22 | 55:12 | 55:17 |
| 15 | 148 | Kubalska Dorota | Mława | Trisebuś Team | 1985 | K30-39 | 05:41 | 10.5 | 27:33 | 56:48 | 56:55 |
| 16 | 173 | Rudnicka Magdalena | Ciechanów | Mazovia ProActiv Ciechanów | 1993 | K16-29 | 05:55 | 10.1 | 28:00 | 59:09 | 59:13 |
| 17 | 146 | Królicka Anna | Ciechanów | | 1984 | K30-39 | 05:55 | 10.1 | 28:41 | 59:06 | 59:15 |
| 18 | 170 | Radzanowska Janina | Mława | Trisebuś Team | 1966 | K50-59 | 05:56 | 10.1 | 28:13 | 59:22 | 59:29 |
| 19 | 141 | Kienik Anna | Jabłonowo | | 1976 | K40-49 | 06:00 | 10 | 29:19 | 59:52 | 01:00:03 |
| 20 | 145 | Kraskowska Ewelina | Ciechanów | | 1988 | K30-39 | 06:11 | 9.7 | 28:47 | 01:01:46 | 01:01:52 |
| 21 | 204 | Strojnowska Ewa | Ciechanów | | 1963 | K50-59 | 06:11 | 9.7 | 30:41 | 01:01:43 | 01:01:53 |
| 22 | 130 | Gronowska Joanna | Ciechanów | FFF | 1989 | K30-39 | 06:12 | 9.7 | 31:42 | 01:02:01 | 01:02:06 |
| 23 | 171 | Reda Alicja | Warszawa | | 1960 | K60 i starsze | 09:06 | 6.6 | 44:35 | 01:30:58 | 01:31:06 |