



Wyniki konkurencji- międzyczasy

10000 m K

Rekord Świata(Open)	28:54.14*	CHEBET Beatrice	KEN	Eugene (USA)	24-05-25
Rekord Świata(Open)	29:01.03	GIDEY Letesenbet	ETH	Hengelo (NED)	21-06-08
Rekord Europy(Open)	29:06.82	HASSAN Sifan	NED	Hengelo (NED)	21-06-06
Rekord Polski(Open)	31:43.51	JARZYŃSKA Karolina	Niestowarzyszona	Ostrava (CZE)	13-06-27
Rekord Polski(U23)	32:37.89	PYZIK Weronika	LKS Znicz Biłgoraj	Sacramento (USA)	18-05-24
Min. ME(Open)	32:00.00			Rzym (ITA)	24-06-06

Miejsce	Tor	Numer	Imię i nazwisko	Data ur.	Klub (woj)	Wynik		
	400m	800m	1200m	1600m	2000m	2400m	2800m	3200m
	3600m	4000m	4400m	4800m	5200m	5600m	6000m	6400m
	6800m	7200m	7600m	8000m	8400m	8800m	9200m	9600m

Bieg A/1

Start: 26-04-19 17:19:42

1	2	18	Elżbieta GLINKA		93-10-30	Passion First Warszawa(MZ)		32:18.90
1:15.18 (1:15.18)	2:32.46 (1:17.29)	3:48.56 (1:16.11)	5:05.75 (1:17.19)	6:23.10 (1:17.36)	7:38.77 (1:15.67)	8:54.96 (1:16.19)	10:10.90 (1:15.95)	
11:27.15 (1:16.25)	12:43.66 (1:16.51)	14:00.93 (1:17.28)	15:17.72 (1:16.79)	16:34.48 (1:16.77)	17:51.92 (1:17.44)	19:09.63 (1:17.72)	20:28.93 (1:19.30)	
21:48.76 (1:19.83)	23:08.58 (1:19.83)	24:28.38 (1:19.80)	25:46.55 (1:18.18)	27:04.96 (1:18.41)	28:24.63 (1:19.67)	29:44.84 (1:20.21)	31:03.68 (1:18.85)	
2	1	40	Olimpia BREZA		02-02-14	KS AZS AWFIS Gdańsk(PM)		33:05.37
1:15.29 (1:15.29)	2:32.61 (1:17.33)	3:48.42 (1:15.82)	5:05.51 (1:17.09)	6:23.27 (1:17.77)	7:39.63 (1:16.36)	8:57.75 (1:18.12)	10:16.33 (1:18.58)	
11:34.08 (1:17.76)	12:53.73 (1:19.66)	14:12.66 (1:18.93)	15:33.08 (1:20.42)	16:53.29 (1:20.22)	18:13.49 (1:20.20)	19:35.01 (1:21.52)	20:55.89 (1:20.89)	
22:17.21 (1:21.32)	23:37.05 (1:19.85)	24:59.02 (1:21.97)	26:20.50 (1:21.49)	27:41.70 (1:21.21)	29:06.67 (1:24.97)	30:30.42 (1:23.76)	31:49.68 (1:19.26)	
3	10	55	Katarzyna CIEŚLAR		99-11-22	MUKS SZS Cieszyn(SL)		33:52.45
1:23.13 (1:23.13)	2:46.04 (1:22.91)	4:07.82 (1:21.78)	5:29.84 (1:22.02)	6:52.04 (1:22.21)	8:14.48 (1:22.45)	9:37.19 (1:22.71)	10:59.73 (1:22.54)	
12:21.60 (1:21.88)	13:43.12 (1:21.53)	15:05.15 (1:22.03)	16:27.17 (1:22.03)	17:49.47 (1:22.30)	19:10.35 (1:20.88)	20:31.85 (1:21.51)	21:53.45 (1:21.60)	
23:14.62 (1:21.18)	24:36.69 (1:22.07)	25:57.93 (1:21.24)	27:18.64 (1:20.72)	28:40.39 (1:21.76)	30:02.61 (1:22.22)	31:23.55 (1:20.95)	32:43.81 (1:20.26)	
4	17	31	Małgorzata KARPIUK		03-01-04	KS Podlasie Białystok(PD)		33:52.97
1:24.28 (1:24.28)	2:47.11 (1:22.84)	4:08.89 (1:21.78)	5:30.96 (1:22.08)	6:53.11 (1:22.16)	8:15.73 (1:22.63)	9:38.09 (1:22.37)	11:00.94 (1:22.85)	
12:22.74 (1:21.81)	13:44.26 (1:21.52)	15:06.34 (1:22.09)	16:27.86 (1:21.52)	17:49.61 (1:21.76)	19:10.66 (1:21.06)	20:32.11 (1:21.46)	21:53.67 (1:21.56)	
23:14.97 (1:21.31)	24:36.30 (1:21.33)	25:57.75 (1:21.45)	27:18.35 (1:20.61)	28:40.13 (1:21.79)	30:02.39 (1:22.27)	31:23.76 (1:21.37)	32:43.73 (1:19.98)	
5	5	44	Daria DOMŻALSKA		05-01-03	SKLA Sopot(PM)		33:54.15
1:24.72 (1:24.72)	2:47.66 (1:22.94)	4:08.31 (1:20.65)	5:30.26 (1:21.96)	6:52.49 (1:22.23)	8:15.06 (1:22.58)	9:37.78 (1:22.72)	10:59.88 (1:22.10)	
12:22.08 (1:22.20)	13:43.94 (1:21.87)	15:06.15 (1:22.21)	16:28.01 (1:21.86)	17:50.07 (1:22.06)	19:10.88 (1:20.81)	20:32.19 (1:21.32)	21:53.83 (1:21.64)	
23:15.33 (1:21.50)	24:36.92 (1:21.60)	25:58.31 (1:21.39)	27:18.95 (1:20.65)	28:40.49 (1:21.54)	30:03.01 (1:22.53)	31:23.09 (1:20.08)	32:43.84 (1:20.76)	U23(1)
6	6	47	Julia PAWEŁCZYK		02-03-26	SKLA Sopot(PM)		34:14.00
1:24.92 (1:24.92)	2:47.39 (1:22.48)	4:08.11 (1:20.73)	5:30.15 (1:22.04)	6:52.27 (1:22.12)	8:14.85 (1:22.59)	9:37.40 (1:22.56)	11:00.05 (1:22.66)	
12:21.89 (1:21.84)	13:43.66 (1:21.77)	15:05.22 (1:21.57)	16:28.39 (1:23.18)	17:50.21 (1:21.82)	19:11.35 (1:21.14)	20:32.73 (1:21.39)	21:54.56 (1:21.83)	
23:17.12 (1:22.57)	24:39.76 (1:22.64)	26:01.52 (1:21.77)	27:24.98 (1:23.46)	28:49.62 (1:24.65)	30:12.10 (1:22.48)	31:33.84 (1:21.74)	32:57.64 (1:23.81)	
7	13	64	Martyna WYROŚLAK		02-09-05	OŚ AZS Poznań(WP)		35:02.95
1:26.24 (1:26.24)	2:50.04 (1:23.81)	4:15.27 (1:25.24)	5:41.98 (1:26.72)	7:07.39 (1:25.41)	8:33.57 (1:26.19)	9:57.78 (1:24.21)	11:22.44 (1:24.66)	
12:46.64 (1:24.21)	14:10.43 (1:23.80)	15:34.68 (1:24.25)	16:57.92 (1:23.25)	18:21.40 (1:23.48)	19:44.83 (1:23.44)	21:07.80 (1:22.97)	22:32.03 (1:24.24)	
23:57.73 (1:25.70)	25:21.30 (1:23.57)	26:44.79 (1:23.50)	28:07.84 (1:23.05)	29:33.18 (1:25.34)	30:56.47 (1:23.30)	32:20.82 (1:24.36)	33:43.59 (1:22.77)	
8	4	33	Monika DUBIELLA		00-05-02	KS Prefbet-Sonarol Łomża(PD)		35:43.44
1:24.00 (1:24.00)	2:47.02 (1:23.03)	4:08.79 (1:21.78)	5:30.64 (1:21.86)	6:52.73 (1:22.09)	8:15.39 (1:22.66)	9:37.81 (1:22.43)	11:00.56 (1:22.75)	
12:21.87 (1:21.32)	13:44.78 (1:22.92)	15:09.58 (1:24.80)	16:35.95 (1:26.37)	18:02.93 (1:26.99)	19:30.85 (1:27.92)	20:59.97 (1:29.12)	22:31.82 (1:31.86)	
24:03.02 (1:31.21)	25:31.70 (1:28.68)	26:57.77 (1:26.08)	28:24.93 (1:27.16)	29:54.21 (1:29.29)	31:22.15 (1:27.94)	32:49.02 (1:26.87)	34:16.85 (1:27.84)	
9	12	25	Bernadeta ŚLONSKA		03-03-31	Kraków Athletics Team(MA)		36:06.17
1:25.64 (1:25.64)	2:49.37 (1:23.74)	4:15.02 (1:25.65)	5:42.13 (1:27.11)	7:07.91 (1:25.79)	8:34.05 (1:26.14)	9:58.79 (1:24.74)	11:22.74 (1:23.96)	
12:47.15 (1:24.42)	14:10.91 (1:23.76)	15:36.02 (1:25.11)	17:03.06 (1:27.04)	18:30.02 (1:26.97)	19:57.22 (1:27.20)	21:25.85 (1:28.64)	22:57.95 (1:32.10)	
24:28.99 (1:31.04)	26:00.17 (1:31.19)	27:27.95 (1:27.78)	28:57.62 (1:29.68)	30:27.95 (1:30.34)	31:54.71 (1:26.76)	33:20.77 (1:26.07)	34:47.07 (1:26.30)	



10000 m K

Rekord Świata(Open)	28:54.14*	CHEBET Beatrice	KEN	Eugene (USA)	24-05-25
Rekord Świata(Open)	29:01.03	GIDEY Letesenbet	ETH	Hengelo (NED)	21-06-08
Rekord Europy(Open)	29:06.82	HASSAN Sifan	NED	Hengelo (NED)	21-06-06
Rekord Polski(Open)	31:43.51	JARZYŃSKA Karolina	Niestowarzyszona	Ostrava (CZE)	13-06-27
Rekord Polski(U23)	32:37.89	PYZIK Weronika	LKS Znicz Biłgoraj	Sacramento (USA)	18-05-24
Min. ME(Open)	32:00.00			Rzym (ITA)	24-06-06

Miejsce	Tor	Numer	Imię i nazwisko	Data ur.	Klub (woj)	Wynik
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400m	800m	1200m	1600m	2000m	2400m	2800m	3200m
3600m	4000m	4400m	4800m	5200m	5600m	6000m	6400m
6800m	7200m	7600m	8000m	8400m	8800m	9200m	9600m

10	8	7	Liliana MŁYNARCZYK	03-08-30	MKST Astra Nowa Sól(LB)	36:20.54
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1:26.13 (1:26.13)	2:50.03 (1:23.91)	4:14.71 (1:24.68)	5:41.19 (1:26.49)	7:07.20 (1:26.01)	8:33.93 (1:26.73)	9:58.48 (1:24.56)	11:24.08 (1:25.60)
12:49.87 (1:25.79)	14:15.76 (1:25.90)	15:42.50 (1:26.75)	17:09.97 (1:27.48)	18:37.51 (1:27.56)	20:04.74 (1:27.22)	21:33.14 (1:28.40)	23:01.97 (1:28.83)
24:30.76 (1:28.80)	26:00.05 (1:29.30)	27:27.87 (1:27.82)	28:57.69 (1:29.83)	30:28.51 (1:30.82)	31:58.44 (1:29.94)	33:29.05 (1:30.61)	34:58.43 (1:29.39)

11	16	32	Izabela PARSZCZYŃSKA	88-09-19	KS Podlasie Białystok(PD)	36:43.81
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1:28.62 (1:28.62)	2:54.05 (1:25.43)	4:18.35 (1:24.31)	5:45.29 (1:26.94)	7:11.81 (1:26.52)	8:38.30 (1:26.50)	10:06.18 (1:27.88)	11:33.56 (1:27.39)
13:00.53 (1:26.97)	14:28.09 (1:27.57)	15:58.03 (1:29.94)	17:25.03 (1:27.00)	18:52.16 (1:27.13)	20:21.39 (1:29.24)	21:50.24 (1:28.85)	23:18.95 (1:28.72)
24:48.06 (1:29.11)	26:16.83 (1:28.78)	27:46.75 (1:29.92)	29:17.66 (1:30.92)	30:48.87 (1:31.22)	32:18.77 (1:29.90)	33:49.67 (1:30.91)	35:20.23 (1:30.56)

12	11	20	Patrycja MIAZEK	00-08-26	Passion First Warszawa(MZ)	36:55.34
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1:28.23 (1:28.23)	2:55.13 (1:26.90)	4:22.22 (1:27.09)	5:49.28 (1:27.06)	7:15.89 (1:26.61)	8:43.49 (1:27.61)	10:11.15 (1:27.66)	11:37.98 (1:26.84)
13:06.28 (1:28.30)	14:34.50 (1:28.23)	16:03.23 (1:28.74)	17:31.88 (1:28.65)	19:00.83 (1:28.95)	20:30.57 (1:29.75)	21:59.60 (1:29.03)	23:27.68 (1:28.08)
24:57.20 (1:29.53)	26:26.72 (1:29.53)	27:56.52 (1:29.80)	29:27.13 (1:30.61)	30:57.94 (1:30.82)	32:29.01 (1:31.08)	33:59.96 (1:30.95)	35:30.70 (1:30.75)

13	3	36	Martyna KRAWCZYŃSKA	04-11-21	KS Prefbet-Sonarol Łomża(PD)	37:16.07
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1:24.94 (1:24.94)	2:48.99 (1:24.05)	4:14.67 (1:25.69)	5:41.94 (1:27.27)	7:07.51 (1:25.57)	8:34.26 (1:26.75)	9:59.72 (1:25.46)	11:27.75 (1:28.04)
12:57.48 (1:29.73)	14:27.92 (1:30.44)	15:59.09 (1:31.18)	17:28.26 (1:29.17)	19:01.64 (1:33.38)	20:33.88 (1:32.25)	22:05.71 (1:31.83)	23:38.22 (1:32.52)
25:11.20 (1:32.98)	26:44.71 (1:33.51)	28:17.33 (1:32.62)	29:49.35 (1:32.03)	31:22.90 (1:33.55)	32:56.85 (1:33.96)	34:29.56 (1:32.72)	35:58.58 (1:29.02)

U23(2)

14	14	16	Patrycja BIELECKA	03-10-28	Passion First Warszawa(MZ)	37:16.97
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1:28.43 (1:28.43)	2:55.56 (1:27.14)	4:21.94 (1:26.38)	5:49.01 (1:27.08)	7:14.38 (1:25.37)	8:38.72 (1:24.35)	10:06.46 (1:27.75)	11:33.67 (1:27.21)
13:00.61 (1:26.95)	14:28.81 (1:28.20)	15:58.48 (1:29.67)	17:25.60 (1:27.13)	18:52.85 (1:27.25)	20:21.58 (1:28.74)	21:50.33 (1:28.75)	23:19.66 (1:29.33)
24:52.21 (1:32.56)	26:25.93 (1:33.72)	27:56.93 (1:31.01)	29:34.41 (1:37.48)	31:11.53 (1:37.13)	32:50.16 (1:38.63)	34:24.45 (1:34.29)	35:57.57 (1:33.13)

15	15	65	Zofia TEOFIEWSKA	05-01-04	UKS Achilles Leszno(WP)	37:24.81
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1:25.86 (1:25.86)	2:49.49 (1:23.64)	4:14.59 (1:25.10)	5:42.40 (1:27.82)	7:08.17 (1:25.77)	8:34.74 (1:26.58)	9:59.87 (1:25.13)	11:27.99 (1:28.12)
12:57.73 (1:29.75)	14:27.84 (1:30.11)	15:59.44 (1:31.61)	17:27.88 (1:28.44)	19:01.43 (1:33.55)	20:33.55 (1:32.13)	22:05.34 (1:31.79)	23:37.48 (1:32.15)
25:10.89 (1:33.41)	26:44.29 (1:33.40)	28:17.07 (1:32.79)	29:48.91 (1:31.84)	31:22.49 (1:33.59)	32:56.45 (1:33.96)	34:29.56 (1:33.11)	35:59.40 (1:29.84)

U23(3)

16	20	34	Karolina GUSKA	06-12-25	KS Prefbet-Sonarol Łomża(PD)	37:49.10
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1:27.07 (1:27.07)	2:54.71 (1:27.64)	4:21.80 (1:27.10)	5:49.58 (1:27.78)	7:16.41 (1:26.83)	8:43.87 (1:27.47)	10:11.84 (1:27.98)	11:39.49 (1:27.65)
13:09.80 (1:30.32)	14:40.93 (1:31.13)	16:12.94 (1:32.02)	17:45.55 (1:32.61)	19:17.95 (1:32.41)	20:50.87 (1:32.92)	22:24.08 (1:33.22)	23:56.74 (1:32.66)
25:29.65 (1:32.91)	27:01.79 (1:32.14)	28:37.25 (1:35.47)	30:12.93 (1:35.69)	31:48.14 (1:35.21)	33:20.89 (1:32.76)	34:54.36 (1:33.47)	36:23.32 (1:28.97)

U23(4)

17	18	42	Monika URBAN	05-04-21	KS AZS AWFis Gdańsk(PM)	37:58.85
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1:29.51 (1:29.51)	2:55.95 (1:26.44)	4:23.80 (1:27.85)	5:53.70 (1:29.90)	7:25.80 (1:32.10)	8:56.59 (1:30.80)	10:24.35 (1:27.77)	11:53.84 (1:29.49)
13:23.56 (1:29.73)	14:54.72 (1:31.17)	16:24.82 (1:30.10)	17:55.22 (1:30.40)	19:26.49 (1:31.27)	20:58.11 (1:31.62)	22:30.15 (1:32.05)	24:01.95 (1:31.81)
25:36.00 (1:34.05)	27:08.06 (1:32.06)	28:41.02 (1:32.96)	30:16.04 (1:35.03)	31:49.47 (1:33.43)	33:22.51 (1:33.05)	34:57.36 (1:34.86)	36:30.45 (1:33.10)

U23(5)

18	21	1	Magda KARPIŃSKA	06-10-20	KS AZS AWF Wrocław(DS)	38:02.65
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1:29.27 (1:29.27)	2:57.25 (1:27.98)	4:27.18 (1:29.94)	5:58.42 (1:31.25)	7:31.13 (1:32.72)	9:02.85 (1:31.72)	10:35.33 (1:32.49)	12:07.20 (1:31.87)
13:39.51 (1:32.32)	15:10.65 (1:31.15)	16:42.50 (1:31.85)	18:13.86 (1:31.37)	19:45.55 (1:31.69)	21:18.11 (1:32.56)	22:50.52 (1:32.41)	24:23.26 (1:32.74)
25:56.42 (1:33.17)	27:28.16 (1:31.74)	29:00.54 (1:32.39)	30:33.30 (1:32.76)	32:05.67 (1:32.38)	33:37.38 (1:31.71)	35:06.69 (1:29.31)	36:36.72 (1:30.03)

U23(6)

19	22	11	Amelia PAWELUS	05-08-13	LKS Omega Kleszczów(LD)	38:43.90
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1:27.34 (1:27.34)	2:55.28 (1:27.95)	4:23.48 (1:28.20)	5:53.29 (1:29.82)	7:25.62 (1:32.33)	8:56.35 (1:30.74)	10:25.02 (1:28.67)	11:57.41 (1:32.40)
13:31.88 (1:34.47)	15:05.91 (1:34.03)	16:41.33 (1:35.42)	18:16.57 (1:35.25)	19:51.89 (1:35.32)	21:27.01 (1:35.12)	23:04.61 (1:37.60)	24:40.47 (1:35.87)
26:16.42 (1:35.95)	27:53.02 (1:36.61)	29:27.83 (1:34.81)	31:05.34 (1:37.52)	32:41.66 (1:36.32)	34:15.91 (1:34.26)	35:48.24 (1:32.33)	37:21.61 (1:33.37)

PB U23(7)

20	23	49	Wiktoria KALINOWSKA	06-05-27	ULKS Talex-Borysław Borzytucho(PM)	38:50.09
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1:31.98 (1:31.98)	3:03.27 (1:31.30)	4:34.79 (1:31.52)	6:08.26 (1:33.48)	7:42.11 (1:33.85)	9:15.14 (1:33.04)	10:46.92 (1:31.79)	12:19.87 (1:32.95)
13:53.38 (1:33.51)	15:26.03 (1:32.65)	16:59.63 (1:33.61)	18:33.78 (1:34.16)	20:07.44 (1:33.67)	21:40.57 (1:33.13)	23:14.54 (1:33.98)	24:49.07 (1:34.53)
26:24.27 (1:35.20)	27:58.54 (1:34.28)	29:33.81 (1:35.27)	31:08.16 (1:34.36)	32:42.77 (1:34.61)	34:17.90 (1:35.13)	35:52.88 (1:34.99)	37:26.20 (1:33.33)

U23(8)

10000 m K

Rekord Świata(Open)	28:54.14*	CHEBET Beatrice	KEN	Eugene (USA)	24-05-25
Rekord Świata(Open)	29:01.03	GIDEY Letesenbet	ETH	Hengelo (NED)	21-06-08
Rekord Europy(Open)	29:06.82	HASSAN Sifan	NED	Hengelo (NED)	21-06-06
Rekord Polski(Open)	31:43.51	JARZYŃSKA Karolina	Niestowarzyszona	Ostrava (CZE)	13-06-27
Rekord Polski(U23)	32:37.89	PYZIK Weronika	LKS Znicz Biłgoraj	Sacramento (USA)	18-05-24
Min. ME(Open)	32:00.00			Rzym (ITA)	24-06-06

Miejsce	Tor	Numer	Imię i nazwisko	Data ur.	Klub (woj)	Wynik
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400m	800m	1200m	1600m	2000m	2400m	2800m	3200m
3600m	4000m	4400m	4800m	5200m	5600m	6000m	6400m
6800m	7200m	7600m	8000m	8400m	8800m	9200m	9600m

21	24	43	Weronika ŚLUSALEK	06-05-30	RKS Rumia(PM)	39:49.65	U23(9)
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1:32.35 (1:32.35)	3:03.22 (1:30.87)	4:35.28 (1:32.06)	6:08.84 (1:33.57)	7:43.45 (1:34.61)	9:18.32 (1:34.88)	10:54.06 (1:35.74)	12:30.87 (1:36.82)
14:08.31 (1:37.44)	15:45.24 (1:36.93)	17:23.39 (1:38.15)	19:02.00 (1:38.62)	20:39.85 (1:37.85)	22:15.47 (1:35.63)	23:52.51 (1:37.04)	25:31.04 (1:38.54)
27:09.63 (1:38.60)	28:47.44 (1:37.82)	30:26.53 (1:39.09)	32:05.09 (1:38.56)	33:42.23 (1:37.14)	35:17.97 (1:35.74)	36:51.81 (1:33.84)	38:25.24 (1:33.44)

9	35	Ewa JAGIELSKA	82-10-25	KS Prefbet-Sonarol Łomża(PD)	DNS
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17:19:42.45							
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25	53	Patrycja WŁODARCZYK	80-06-09	JKLA Jawor Jaworzno(SL)	DNS
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17:19:42.45							
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19	51	Roksana PIECHOWSKA	05-07-12	ULKS Talex-Borysław Borzytuchoń(PM)	DNF	U23
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1:27.55 (1:27.55)	2:55.39 (1:27.85)	4:23.65 (1:28.26)	5:53.64 (1:30.00)	7:25.32 (1:31.68)	8:56.17 (1:30.85)	10:23.72 (1:27.56)	11:53.57 (1:29.86)
13:23.05 (1:29.48)	14:55.00 (1:31.95)	16:25.13 (1:30.13)	17:55.65 (1:30.53)"				

7	28	Anna BAŃKOWSKA	90-03-31	KS Podlasie Białystok(PD)	DNF
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1:25.09 (1:25.09)	2:48.28 (1:23.20)	4:09.27 (1:20.99)	5:31.28 (1:22.01)	6:53.33 (1:22.05)	8:16.01 (1:22.68)	9:38.34 (1:22.33)	11:01.20 (1:22.87)
12:23.04 (1:21.85)	13:45.13 (1:22.09)	15:06.83 (1:21.70)	16:29.90 (1:23.08)	17:54.53 (1:24.63)	19:20.66 (1:26.14)	20:46.82 (1:26.16)	22:13.18 (1:26.37)
23:41.65 (1:28.47)	25:09.80 (1:28.15)	26:39.75 (1:29.95)"					

Międzyczasy							
1000m	18	Elżbieta GLINKA	3:10.9	5000m	18	Elżbieta GLINKA	15:55.2
2000m	18	Elżbieta GLINKA	6:23.77	6000m	18	Elżbieta GLINKA	19:09.63
3000m	18	Elżbieta GLINKA	9:33.2	7000m	18	Elżbieta GLINKA	22:28.9
4000m	18	Elżbieta GLINKA	12:43.63	8/9km	18	Elżbieta GLINKA	25:46/29:04

Legenda:
PB rekord życiowy

