



Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2018-07-22
Miejsce: Łądek-Zdrój
Dystans: 10 km

BIEG TROJAK TRAIL - 10 KM

B4SPORT

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: OPEN KOBIEC

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KANTOR Martyna	374	BUFF TEAM POLSKA	Senior I K - 20	1	00:20:24	00:31:44	00:51:24.60	00:51:27.05		5:08	11.7
2	KWIATKOWSKA Kinga	225	ALPIN SPORT TEAM	Senior II K - 30	1	00:21:50	00:33:42	00:54:07.80	00:54:12.90	+00:02:45	5:24	11.1
3	PERZ Emilia	90	WOLSZTYŃSKA AKADEMIA BIEGOWA	Senior I K - 20	2	00:24:47	00:38:13	01:00:09.85	01:00:13.35	+00:08:46	6:01	10
4	GROMADZKA Anna	140	KALENJI BY DECATHLON	Senior II K - 30	2	00:23:52	00:37:31	01:01:20.70	01:01:28.95	+00:10:01	6:08	9.8
5	MALIK Agnieszka	414		Masters K - 40	1	00:24:53	00:38:17	01:02:03.60	01:02:13.25	+00:10:46	6:12	9.7
6	ŁOMNICKA Barbara	375		Senior II K - 30	3	00:24:56	00:38:40	01:02:32.10	01:02:37.30	+00:11:10	6:15	9.6
7	WIADERNA Nina	388	SBRT POWIŚLE	Senior II K - 30	4	00:25:55	00:40:28	01:03:38.90	01:03:43.25	+00:12:16	6:21	9.4
8	GŁOMBIOWSKA Zuzanna	61	BIGYELLOWFOOT ADVENTURE TEAM	Senior I K - 20	3	00:25:45	00:39:53	01:04:06.60	01:04:09.10	+00:12:42	6:24	9.4
9	KOLECKA Sylwia	316	KOLECTEAM Z BĄSZYNEK	Masters K - 40	2	00:24:17	00:38:44	01:04:15.85	01:04:23.25	+00:12:56	6:25	9.3
10	KWASIZUR Agata	260	MUAY RUNNING TEAM	Senior II K - 30	5	00:26:30	00:41:17	01:05:20.75	01:05:22.90	+00:13:55	6:32	9.2
11	PAZDAN Natalia	143	KOWARY BIEGAJĄ	Senior II K - 30	6	00:25:27	00:40:19	01:05:36.25	01:05:39.60	+00:14:12	6:33	9.1
12	LACHERA Kamila	21	W POGONI ZA DUCHEM	Senior II K - 30	7	00:26:19	00:40:54	01:05:28.25	01:05:42.40	+00:14:15	6:32	9.2
13	RYBARSKA Marta	2	LESZ NO LIMITS RUNNERS	Senior I K - 20	4	00:26:08	00:40:57	01:05:44.05	01:05:47.70	+00:14:20	6:34	9.1
14	PISKUNOWICZ Aleksandra	230		Senior II K - 30	8	00:25:23	00:39:55	01:05:46.65	01:06:01.35	+00:14:34	6:34	9.1
15	JOŃCZYK Ada	293		Senior I K - 20	5	00:26:45	00:41:33	01:07:08.35	01:07:14.95	+00:15:47	6:42	8.9
16	HACZYK Natalia	333	MUAY RUNNING TEAM	Masters K - 40	3	00:26:45	00:41:16	01:07:58.40	01:08:05.75	+00:16:38	6:47	8.8
17	KUCHARSKA Aleksandra	178	DREAM RUN	Senior II K - 30	9	00:27:37	00:42:32	01:08:26.90	01:08:35.30	+00:17:08	6:50	8.8
18	SZPILAREWICZ Basia	188	ABY DO METY	Masters K - 40	4	00:27:59	00:42:48	01:08:38.55	01:08:50.45	+00:17:23	6:51	8.7
19	TOMECKA Aleksandra	271	ZAŁOGA GÓRSKA	Senior II K - 30	10	00:27:45	00:42:55	01:09:49.85	01:09:55.40	+00:18:28	6:59	8.6
20	GRABIŃSKA Gizela	269	ZAŁOGA GÓRSKA	Masters K - 40	5	00:27:50	00:43:18	01:10:37.55	01:10:42.95	+00:19:15	7:03	8.5
21	KORYCIŃSKA Izabela	23		Senior II K - 30	11	00:28:56	00:44:59	01:10:32.90	01:10:48.35	+00:19:21	7:03	8.5
22	LEWANDOWSKA Patrycja	111	TEAM KURORT ŁĄDEK-ZDRÓJ	Senior II K - 30	12	00:28:34	00:44:35	01:11:18.70	01:11:32.00	+00:20:04	7:07	8.4
23	PIOTROWSKA Magdalena	103	KLUB BIEGACZA JURUND SZCZYTNO	Senior II K - 30	13	00:27:56	00:44:44	01:11:31.50	01:11:34.25	+00:20:07	7:09	8.4
24	GALA Kamila	274	ZAŁOGA GÓRSKA	Senior II K - 30	14	00:28:04	00:44:43	01:12:59.30	01:13:08.95	+00:21:41	7:17	8.2
25	JASICKA Ewa	165		Senior II K - 30	15	00:28:57	00:45:14	01:14:02.85	01:14:10.00	+00:22:42	7:24	8.1
26	CHOLEWA Joanna	17		Senior I K - 20	6	00:28:30	00:45:11	01:14:34.55	01:14:43.75	+00:23:16	7:27	8
27	BIELECKA Iwona	29	PRO-RUN WROCŁAW	Senior II K - 30	16	00:28:38	00:44:56	01:15:06.55	01:15:37.25	+00:24:10	7:30	8
28	BUĆKO Alicja	146	TATAALI TEAM / VEGE RUNNERS	Senior I K - 20	7	00:30:00	00:46:46	01:16:04.80	01:16:14.60	+00:24:47	7:36	7.9
29	PLINIEWICZ Joanna	229		Senior II K - 30	17	00:30:07	00:47:13	01:16:09.50	01:16:15.20	+00:24:48	7:37	7.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
30	WŁODKOWSKA Beata	84		Senior II K - 30	18	00:29:26	00:46:25	01:15:46.20	01:16:20.05	+00:24:53	7:34	7.9
31	CIEŚLAK Magdalena	177	ZDROWE !	Senior II K - 30	19	00:29:04	00:45:38	01:16:19.20	01:16:30.90	+00:25:03	7:37	7.9
32	PIECHWIAK Aleksandra	398		Senior I K - 20	8	00:29:44	00:46:27	01:15:55.60	01:16:35.05	+00:25:08	7:35	7.9
33	OLEJNICZAK Paulina	176		Senior I K - 20	9	00:29:55	00:46:48	01:16:12.70	01:16:37.05	+00:25:10	7:37	7.9
34	LUBAŃSKA Alicja	243	DOBIEGNĘ! BUKOWCE	Weteran K - 50	1	00:29:11	00:45:50	01:16:53.05	01:16:56.00	+00:25:28	7:41	7.8
35	WARSZCZYŃSKA Romana	107	LUB WYBIERZ Z LISTY	Masters K - 40	6	00:28:39	00:45:32	01:16:43.60	01:17:01.95	+00:25:34	7:40	7.8
36	PASŁOWSKA-CHODOROWSKA Justyna	394	PRZEBIEGA.PL	Senior II K - 30	20	00:30:56	00:48:17	01:16:46.90	01:17:02.70	+00:25:35	7:40	7.8
37	GEROWSKA Aleksandra	288	STOWARZYSZENIE PRZYJACIOŁ Z WIERZĄT NOE	Masters K - 40	7	00:30:51	00:47:36	01:17:00.95	01:17:19.90	+00:25:52	7:42	7.8
38	MICHALEC Marzena	356	KOBIETAWBIEGU	Senior II K - 30	21	00:30:21	00:47:11	01:17:02.20	01:17:31.55	+00:26:04	7:42	7.8
39	WIŚNIEWSKA Marlena	336	MUAY RUNNING TEAM	Senior II K - 30	22	00:32:59	00:49:56	01:18:03.90	01:18:06.15	+00:26:39	7:48	7.7
40	FRAĆKOWIAK Maria	170	CONSTRAVIA	Senior I K - 20	10	00:31:14	00:48:56	01:17:43.05	01:18:06.90	+00:26:39	7:46	7.7
41	WIDŁAK Julia	69		Senior I K - 20	11	00:31:23	00:48:48	01:17:59.70	01:18:23.40	+00:26:56	7:48	7.7
42	HANOUSKOVÁ Ester	91		Senior II K - 30	23	00:30:52	00:48:33	01:18:12.95	01:18:34.75	+00:27:07	7:49	7.7
43	WYSTRYCHOWSKA Marzena	7	BFAGENCJA.PL	Masters K - 40	8	00:29:30	00:46:32	01:17:55.75	01:18:40.90	+00:27:13	7:47	7.7
44	SZAWARA-ZIÓŁKOWSKA Ewelina	282	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	24	00:31:01	00:48:48	01:18:39.05	01:18:47.75	+00:27:20	7:51	7.6
45	KOWALSKA Małgorzata	285	KB HARCOWNIK JELCZ-LASKOWICE	Masters K - 40	9	00:31:01	00:48:50	01:18:49.90	01:18:57.75	+00:27:30	7:53	7.6
46	BABICA Paulina	144		Senior II K - 30	25	00:30:33	00:48:31	01:18:42.75	01:18:57.90	+00:27:30	7:52	7.6
47	KWIECIEŃ Sara	245		Senior I K - 20	12	00:30:41	00:48:02	01:18:19.45	01:18:58.35	+00:27:31	7:50	7.7
48	BEDNAREK Sylwia	270	ZAŁOGA GÓRSKA	Senior II K - 30	26	00:30:19	00:47:18	01:18:58.05	01:19:04.65	+00:27:37	7:53	7.6
49	ZAJĄC Krystyna	27		Weteran II K - 60	1	00:30:02	00:47:21	01:19:01.55	01:19:25.55	+00:27:58	7:54	7.6
50	GARCZYK Marzena	78		Senior II K - 30	27	00:30:32	00:47:27	01:19:22.15	01:19:27.25	+00:28:00	7:56	7.6
51	MARCINIAK Anna	9		Masters K - 40	10	00:31:04	00:48:19	01:19:09.05	01:19:40.75	+00:28:13	7:54	7.6
52	PTASZYŃSKA Joanna	98		Weteran K - 50	2	00:32:10	00:49:18	01:19:27.60	01:19:49.70	+00:28:22	7:56	7.6
53	MROZIŃSKA Renata	240		Masters K - 40	11	00:30:22	00:47:29	01:19:19.35	01:19:49.95	+00:28:22	7:55	7.6
54	PIASECKA Marta	31		Senior II K - 30	28	00:31:28	00:48:57	01:19:46.10	01:20:07.50	+00:28:40	7:58	7.5
55	HOREJDA Sara	320	ZUMBA	Senior I K - 20	13	00:27:54	00:45:21	01:20:24.00	01:20:27.85	+00:29:00	8:02	7.5
56	ULIKOWSKA Martyna	272	ZAŁOGA GÓRSKA	Senior I K - 20	14	00:31:53	00:49:30	01:20:16.65	01:20:29.50	+00:29:02	8:01	7.5
57	CZARNY Marzena	24	JAWORZNOŁBC	Senior II K - 30	29	00:33:01	00:51:03	01:20:13.80	01:20:31.75	+00:29:04	8:01	7.5
58	KOPACKA Eliza	32	FOLLOWME - ZMIENIAMYFINANSE.PL	Senior II K - 30	30	00:31:18	00:49:24	01:20:24.70	01:20:41.90	+00:29:14	8:02	7.5
59	LULA Magdalena	149	PWPW S.A.	Senior II K - 30	31	00:32:10	00:49:40	01:20:12.20	01:20:52.35	+00:29:25	8:01	7.5
60	NIEMAS Anna	64	OYAMA KARATE BRZESZCZE	Masters K - 40	12	00:32:14	00:50:00	01:20:45.80	01:21:06.00	+00:29:38	8:04	7.4
61	PLEWA Katarzyna	85	NORDIC16	Senior II K - 30	32	00:32:16	00:50:12	01:21:27.05	01:21:37.50	+00:30:10	8:08	7.4
62	FRAĆZEK Iwona	142	NOA	Senior II K - 30	33	00:31:36	00:49:23	01:21:36.85	01:21:56.15	+00:30:29	8:09	7.4
63	SIUDAK Anna	204		Senior II K - 30	34	00:31:38	00:49:54	01:21:43.65	01:21:58.70	+00:30:31	8:10	7.3
64	WOŁCZEK Małgorzata	338	BIEGAM WSPIERAM MOTYWUJĘ	Senior II K - 30	35	00:31:27	00:49:35	01:22:11.75	01:22:23.05	+00:30:56	8:13	7.3
65	DRYMEL Joanna	132	DRUMLE2IPIES	Senior II K - 30	36	00:31:38	00:49:38	01:21:59.10	01:22:35.35	+00:31:08	8:11	7.3
66	ZASADA Magdalena	81	FAT & FURIOUS	Senior II K - 30	37	00:33:31	00:52:48	01:22:33.20	01:22:48.55	+00:31:21	8:15	7.3
67	PASŁOWSKA Olga	396	PRZEBIEGA.PL	Senior II K - 30	38	00:32:37	00:50:54	01:22:35.95	01:22:51.25	+00:31:24	8:15	7.3
68	BISOWSKA Katarzyna	184	KOZY W UCHU	Masters K - 40	13	00:33:00	00:51:18	01:22:23.40	01:22:53.15	+00:31:26	8:14	7.3
69	BRZOZOWSKA Katarzyna	199		Senior I K - 20	15	00:32:03	00:51:04	01:23:08.10	01:23:16.50	+00:31:49	8:18	7.2
69	RODZIEWICZ Marta	164		Senior I K - 20	16	00:32:51	00:51:05	01:23:08.85	01:23:16.50	+00:31:49	8:18	7.2
71	POHL Anna	322	SPEED FEET 16	Senior I K - 20	17	00:31:58	00:50:59	01:23:17.85	01:23:37.50	+00:32:10	8:19	7.2
72	OLEKSIEWICZ Beata	222	SZAKALE BAŁUT ŁÓDŹ	Senior II K - 30	39	00:33:15	00:51:40	01:23:12.75	01:23:45.25	+00:32:18	8:19	7.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
73	DZIUBA Agnieszka	349		Senior II K - 30	40	00:32:38	00:51:06	01:23:41.45	01:23:49.50	+00:32:22	8:22	7.2
74	PREŚ Magdalena	203	#WPISZCOKOLWEK	Senior I K - 20	18	00:32:29	00:51:13	01:23:45.60	01:24:09.75	+00:32:42	8:22	7.2
75	OGRODNIK Anna	163	RUNNING ACADEMY	Senior II K - 30	41	00:32:28	00:51:11	01:24:03.55	01:24:22.60	+00:32:55	8:24	7.1
76	LANGE Hanna	215		Senior II K - 30	42	00:32:37	00:50:50	01:24:22.00	01:24:38.90	+00:33:11	8:26	7.1
77	GÓRNA Aldona	214		Masters K - 40	14	00:32:38	00:50:50	01:24:22.75	01:24:39.00	+00:33:11	8:26	7.1
78	DUBIEL Agata	126	WILD DOGS TEAM/SUDECKI KLUB WYSOKOGÓRSKI	Senior II K - 30	43	00:33:36	00:52:37	01:24:32.80	01:24:45.95	+00:33:18	8:27	7.1
79	GŁÓWKA Barbara	158		Senior I K - 20	19	00:33:35	00:52:59	01:24:21.15	01:24:46.55	+00:33:19	8:26	7.1
80	CHADE Marianna	318		Senior II K - 30	44	00:32:52	00:51:28	01:25:02.70	01:25:15.15	+00:33:48	8:30	7.1
81	WILK Maria	345	RAMBO III	Senior II K - 30	45	00:34:30	00:52:46	01:24:54.75	01:25:21.20	+00:33:54	8:29	7.1
82	KUTYCKA-KUREK Elżbieta	314	CHOJRAK TEAM WROCŁAW	Senior II K - 30	46	00:33:22	00:52:21	01:25:09.40	01:25:42.80	+00:34:15	8:30	7
83	STAWSKA Alicja	138		Senior II K - 30	47	00:33:24	00:52:20	01:25:32.85	01:25:49.95	+00:34:22	8:33	7
84	GAJDECKA Adriana	131	ORANGE	Senior II K - 30	48	00:33:30	00:52:28	01:25:18.45	01:25:51.80	+00:34:24	8:31	7
85	JUREWICZ Agata	319		Senior II K - 30	49	00:33:23	00:52:23	01:25:45.25	01:25:56.45	+00:34:29	8:34	7
86	TWARDOWSKA Kornelia	228		Senior I K - 20	20	00:33:47	00:52:54	01:25:49.90	01:25:58.85	+00:34:31	8:35	7
87	BALCERZAK Agnieszka	53		Masters K - 40	15	00:33:25	00:53:14	01:25:29.10	01:26:01.70	+00:34:34	8:32	7
88	TARASZEWSKA Paulina	133	PWPW S.A.	Senior I K - 20	21	00:33:47	00:53:07	01:25:45.60	01:26:26.00	+00:34:58	8:34	7
89	HAJOK Magda	94	SBRT GLIWICE	Senior II K - 30	50	00:32:25	00:52:04	01:26:31.00	01:26:47.25	+00:35:20	8:39	6.9
90	JARZĘBSKA Agnieszka	48	TU INTER POLSKA SA	Senior I K - 20	22	00:34:40	00:53:18	01:26:22.30	01:26:48.30	+00:35:21	8:38	6.9
91	JAGUSZEWSKA Agnieszka	79	FAT & FURIOUS	Senior I K - 20	23	00:33:31	00:52:47	01:27:15.55	01:27:30.85	+00:36:03	8:43	6.9
92	LUCHOWSKA Karolina	404	FIZJOTRITERAPIA	Senior II K - 30	51	00:33:11	00:52:23	01:27:01.65	01:27:33.00	+00:36:05	8:42	6.9
93	MRÓZ Urszula	209		Weteran K - 50	3	00:33:29	00:52:12	01:27:27.10	01:27:34.05	+00:36:07	8:44	6.9
94	BOROWIAK Hanna	104	WOZIMYSIE.PL	Senior II K - 30	52	00:35:55	00:54:33	01:27:24.50	01:27:41.40	+00:36:14	8:44	6.9
95	DOWNAR-ZAPOLSKA Laura	4	@MD_RUN	Senior I K - 20	24	00:34:06	00:53:27	01:27:38.75	01:27:45.45	+00:36:18	8:45	6.8
96	SOKOŁOWSKA Jagoda	353		Senior II K - 30	53	00:33:01	00:52:20	01:27:20.40	01:27:48.85	+00:36:21	8:44	6.9
97	FIRLEJ Ewelina	258	GRUNWALD TEAM POZNAŃ	Senior I K - 20	25	00:33:20	00:51:56	01:27:48.50	01:28:13.75	+00:36:46	8:46	6.8
98	NOWICKA Anna	145		Senior II K - 30	54	00:33:23	00:53:43	01:29:01.05	01:29:36.55	+00:38:09	8:54	6.7
99	SAWALA Aneta	41	TRANCE ONLY	Masters K - 40	16	00:33:47	00:54:06	01:29:43.15	01:30:18.50	+00:38:51	8:58	6.7
100	PRZYBYŁ Jolanta	390		Masters K - 40	17	00:35:01	00:54:44	01:30:19.20	01:30:37.25	+00:39:10	9:01	6.6
101	KRAWCZYK Magdalena	252		Senior II K - 30	55	00:37:37	00:57:50	01:30:55.40	01:31:06.90	+00:39:39	9:05	6.6
102	NEUMANN Beata	212	CENTRUM ŁĄKOWA 1	Weteran K - 50	4	00:34:39	00:54:37	01:31:44.05	01:32:00.25	+00:40:33	9:10	6.5
103	ŚWIERCZYŃSKA Barbara	86		Senior I K - 20	26	00:35:46	00:55:42	01:31:38.50	01:32:12.20	+00:40:45	9:09	6.5
104	KACZMAREK Kasia	187		Masters K - 40	18	00:34:30	00:54:10	01:31:45.05	01:32:18.10	+00:40:51	9:10	6.5
105	STAWSKA Natalia	95		Senior II K - 30	56	00:33:50	00:53:38	01:31:41.95	01:32:21.90	+00:40:54	9:10	6.5
106	WŁOSKOWICZ Kinga	46		Masters K - 40	19	00:36:29	00:57:28	01:33:28.75	01:33:34.65	+00:42:07	9:20	6.4
107	KSIĄŻKIEWICZ Katarzyna	75	ROCKY BALBOA RUNNING CLUB	Senior II K - 30	57	00:36:36	00:56:21	01:33:29.05	01:33:56.05	+00:42:29	9:20	6.4
108	CHWIAŁKOWSKA Ewa	71		Weteran K - 50	5	00:36:17	00:57:05	01:34:11.35	01:34:41.05	+00:43:14	9:25	6.4
109	HACZYK Gabriela	328	BIEG OPOLSKI	Weteran II K - 60	2	00:35:29	00:55:59	01:34:01.50	01:34:42.25	+00:43:15	9:24	6.4
110	KOWALEWSKA Anna	38		Senior II K - 30	58	00:35:09	00:55:36	01:34:19.35	01:34:42.70	+00:43:15	9:25	6.4
111	KUZIOMKO Ania	290	AMA TEAM	Masters K - 40	20	00:35:43	00:55:34	01:34:19.85	01:34:43.30	+00:43:16	9:26	6.4
112	SZAFRAŃSKA Joanna	334	PARKRUN ŚWMNOUJCIE	Weteran K - 50	6	00:35:33	00:57:10	01:34:55.30	01:35:25.35	+00:43:58	9:29	6.3
113	MICHALSKA Agnieszka	335	PARKRUN ŚWMNOUJCIE	Weteran K - 50	7	00:35:52	00:57:10	01:34:54.25	01:35:25.45	+00:43:58	9:29	6.3
114	RIPPELOVÁ Jitka	221	SRTG VYŠKOV	Senior I K - 20	27	00:37:15	00:57:12	01:35:02.85	01:35:27.00	+00:43:59	9:30	6.3
115	ŚRÓDKA Aleksandra	12		Senior II K - 30	59	00:36:28	00:57:46	01:35:12.90	01:35:40.45	+00:44:13	9:31	6.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
116	PLUTA Michalina	100		Senior II K - 30	60	00:36:18	00:57:25	01:35:24.75	01:36:01.95	+00:44:34	9:32	6.3
117	SAPUREK Anna	326	BUKOWSKI KLUB BIEGACZA	Senior II K - 30	61	00:36:14	00:58:20	01:36:11.75	01:36:30.40	+00:45:03	9:37	6.2
118	WALENDA Katarzyna	315	BIEGNĘ POD PRZYMUSEM	Masters K - 40	21	00:37:20	00:58:12	01:36:31.75	01:36:42.95	+00:45:15	9:39	6.2
119	RAPACZ Danuta	327	SPEEDO POLSKA	Weteran II K - 60	3	00:36:15	00:57:33	01:36:40.40	01:36:51.80	+00:45:24	9:40	6.2
120	CZYŻ Aleksandra	39	VEGE RUNNERS	Senior II K - 30	62	00:36:00	00:57:26	01:36:28.40	01:36:53.25	+00:45:26	9:38	6.2
121	WRÓBLEWSKA Roksana	405		Senior I K - 20	28	00:38:08	00:59:03	01:36:59.00	01:37:39.55	+00:46:12	9:41	6.2
122	MUSZELAK Magdalena	416	M&M&M&M	Senior II K - 30	63	00:36:03	00:56:49	01:36:58.70	01:37:49.55	+00:46:22	9:41	6.2
123	KOŁODZIEJ Alicja	205		Senior II K - 30	64	00:38:17	00:59:50	01:38:16.35	01:38:34.55	+00:47:07	9:49	6.1
124	SZYMAŃSKA-ANTOSIAK Monika	227	TMTEAM	Senior II K - 30	65	00:38:04	00:59:04	01:38:48.80	01:39:07.45	+00:47:40	9:52	6.1
125	KUTY Monika	397	DRUŻYNA MARZEŃ	Masters K - 40	22	00:39:03	01:00:55	01:38:56.95	01:39:18.80	+00:47:51	9:53	6.1
126	KOŃ Aleksandra	208	LZS LIPA	Senior II K - 30	66	00:39:48	01:01:01	01:38:50.20	01:39:26.05	+00:47:59	9:53	6.1
127	DOWLASZEWICZ Małgorzata	312		Masters K - 40	23	00:38:08	01:01:41	01:39:31.90	01:39:54.85	+00:48:27	9:57	6
128	WITCZAK Anna	313		Masters K - 40	24	00:38:07	01:01:40	01:39:32.10	01:39:55.35	+00:48:28	9:57	6
129	HRABAŃSKA-RACZAK Beata	213		Senior II K - 30	67	00:39:44	01:01:13	01:39:29.45	01:40:03.80	+00:48:36	9:56	6
130	KLIN Aneta	273		Masters K - 40	25	00:36:42	00:58:22	01:39:55.65	01:40:24.25	+00:48:57	9:59	6
131	PARZONKA Natalia	287	KS LENIWIEC	Senior I K - 20	29	00:41:23	01:02:39	01:40:33.30	01:41:09.60	+00:49:42	10:03	6
132	OLEK-WYSOCKA Monika	377	MORSY TUREK	Senior II K - 30	68	00:38:57	01:01:23	01:40:32.65	01:41:10.90	+00:49:43	10:03	6
133	ZAGROBELNA Magdalena	210	DRUŻYNA SZPIKU	Masters K - 40	26	00:40:16	01:02:00	01:40:49.10	01:41:15.40	+00:49:48	10:04	6
134	CZAJKOWSKA Małgorzata	113	KOŁO BIEGA	Masters K - 40	27	00:39:03	01:00:56	01:41:03.20	01:41:24.15	+00:49:57	10:06	5.9
135	MATUSZEWSKA Paulina	106	HUSE TEAM	Masters K - 40	28	00:41:02	01:03:23	01:41:18.00	01:41:40.55	+00:50:13	10:07	5.9
136	ADAMCZEWSKA Maria	235	FOREVER YOUNG ŁÓDŹ	Masters K - 40	29	00:37:50	01:00:40	01:42:12.90	01:42:29.80	+00:51:02	10:13	5.9
137	PACZUSKA Małgorzata	247	FOREVER YOUNG ŁÓDŹ	Weteran II K - 60	4	00:37:48	01:00:40	01:42:17.35	01:42:34.60	+00:51:07	10:13	5.9
138	PLAWIAK-MOWNA Anna	223		Masters K - 40	30	00:37:09	01:00:14	01:42:31.85	01:42:49.65	+00:51:22	10:15	5.9
139	DĄBROWSKA Karolina	248		Senior II K - 30	69	00:40:20	01:03:32	01:42:30.85	01:42:50.55	+00:51:23	10:15	5.9
140	ZAJĄC Agnieszka	117		Masters K - 40	31	00:40:15	01:02:38	01:42:33.25	01:43:18.65	+00:51:51	10:15	5.9
141	PAPIERZ-RYKAŁA Aleksandra	309		Senior II K - 30	70	00:41:07	01:03:16	01:43:33.85	01:44:14.55	+00:52:47	10:21	5.8
142	KOŁODZIEK Anna	13	NIGHT RUNNERS	Senior I K - 20	30	00:39:45	01:03:07	01:44:06.85	01:44:25.70	+00:52:58	10:24	5.8
143	KIELASZEWSKA Weronika	99		Senior II K - 30	71	00:39:27	01:02:40	01:45:08.45	01:45:45.65	+00:54:18	10:30	5.7
144	DEC Aneta	89	ERNI RULEZ	Masters K - 40	32	00:41:30	01:05:01	01:45:27.85	01:46:10.80	+00:54:43	10:32	5.7
145	KUROWSKA Bianka	311		Senior I K - 20	31	00:39:53	01:05:19	01:45:52.95	01:46:25.45	+00:54:58	10:35	5.7
146	SUDNICKA Urszula	44	MESONDŹI LAJF STAJL	Senior II K - 30	72	00:41:10	01:05:19	01:46:29.30	01:46:39.60	+00:55:12	10:38	5.6
147	WODZIEŃ Dorota	348		Masters K - 40	33	00:38:53	01:02:59	01:46:37.20	01:47:15.85	+00:55:48	10:39	5.6
148	ZAPORA Agnieszka	332	W POGONI ZA DUCHEM	Senior II K - 30	73	00:40:24	01:04:53	01:47:17.65	01:47:33.85	+00:56:06	10:43	5.6
149	RAJ CZAKOWSKA Aneta	171		Senior II K - 30	74	00:40:14	01:03:14	01:48:42.70	01:49:10.25	+00:57:43	10:52	5.5
150	LATANOWICZ Karolina	257	LAQ	Senior II K - 30	75	00:42:13	01:07:31	01:48:33.35	01:49:12.00	+00:57:44	10:51	5.5
151	RAJ CZAKOWSKA Anna	172		Weteran K - 50	8	00:40:12	01:03:14	01:48:48.70	01:49:15.65	+00:57:48	10:52	5.5
152	RABSCH-SURMACZ Ewa	67		Masters K - 40	34	00:41:33	01:05:50	01:48:59.30	01:49:21.70	+00:57:54	10:53	5.5
153	NIEZGÓDKA Sylwia	268	ZAŁOGA GÓRSKA	Masters K - 40	35	00:42:53	01:05:55	01:49:09.65	01:49:23.10	+00:57:56	10:55	5.5
154	BURCHARDT Julia	339		Senior I K - 20	32	00:39:54	01:05:16	01:49:29.65	01:50:04.60	+00:58:37	10:57	5.5
155	BURCHARDT Mirka	167	PUDZIAN	Weteran II K - 60	5	00:39:56	01:05:16	01:49:30.30	01:50:04.65	+00:58:37	10:57	5.5
156	TABOROWICZ Magdalena	387		Senior II K - 30	76	00:38:33	01:03:24	01:49:59.90	01:50:14.10	+00:58:47	11:00	5.5
157	WIŚNIEWSKA Magdalena	323		Senior II K - 30	77	00:38:30	01:02:41	01:50:23.45	01:50:44.00	+00:59:16	11:02	5.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
158	KISIAŁA Edyta	201		Senior I K - 20	33	00:39:24	01:05:22	01:51:32.85	01:52:15.80	+01:00:48	11:09	5.4
159	OLCZYK Anna	194	PRZEDBÓRZ	Masters K - 40	36	00:40:59	01:06:19	01:52:55.70	01:53:09.75	+01:01:42	11:17	5.3
160	PASTUSZKA Joanna	200	RUNLDZ	Weteran K - 50	9	00:41:00	01:06:22	01:52:57.45	01:53:10.30	+01:01:43	11:17	5.3
161	SMOGORZEWSKA Marta	26	WKURW_TEAM	Senior II K - 30	78	00:42:22	01:07:49	01:53:38.05	01:54:16.05	+01:02:49	11:21	5.3
162	KRYNICKA Anna	173		Masters K - 40	37	00:42:01	01:07:13	01:53:50.20	01:54:17.30	+01:02:50	11:23	5.3
163	STAWSKA Anna	121	WQRW_TEAM	Senior II K - 30	79	00:48:47	00:49:20	01:57:21.60	01:58:02.95	+01:06:35	11:44	5.1
164	DZICZKOWSKA Małgorzata	373	ABY DO METY	Senior II K - 30	80	00:48:37	01:18:12	02:02:46.25	02:03:09.80	+01:11:42	12:16	4.9
165	KLINKE-OSADNIK Aneta	193	ABY DO METY	Masters K - 40	38	00:48:59	01:18:12	02:02:47.50	02:03:11.55	+01:11:44	12:16	4.9
166	ADAMIAK Marta	186		Senior II K - 30	81	00:49:18	01:18:15	02:02:47.85	02:03:13.85	+01:11:46	12:16	4.9
167	MATKOWSKA Paulina	350		Senior I K - 20	34	00:44:37	01:15:18	02:05:18.95	02:05:38.90	+01:14:11	12:31	4.8
168	ROBAK Aneta	42		Senior II K - 30	82	00:44:36	01:15:16	02:05:19.10	02:05:39.75	+01:14:12	12:31	4.8
169	KUIPERS Mies	324		Weteran II K - 60	6	00:43:36	01:13:34	02:05:14.50	02:05:46.50	+01:14:19	12:31	4.8
170	NAĆKIEWICZ Justyna	330		Masters K - 40	39	00:49:49	01:18:27	02:06:19.05	02:06:59.25	+01:15:32	12:37	4.7
171	KUCZAKOWSKA Asia	297	BIEGOWE MISIE	Senior II K - 30	83	00:45:34	01:11:56	02:06:39.05	02:07:08.75	+01:15:41	12:39	4.7
172	WALENCIAK Paulina	275		Senior I K - 20	35	00:48:02	01:16:04	02:07:02.55	02:07:41.10	+01:16:14	12:42	4.7
173	ŚCIOCH Marta	256	NIE WIERZĘ, ŻE TO ROBIĘ	Weteran K - 50	10	00:47:05	01:16:24	02:07:48.25	02:07:53.45	+01:16:26	12:46	4.7
174	KRAWCZYK Bożena	254	NIE WIERZĘ, ŻE TO ROBIĘ	Weteran II K - 60	7	00:47:08	01:16:22	02:07:56.55	02:08:01.90	+01:16:34	12:47	4.7
175	BĄKOWSKA Maria	279	ZAŁOGA GÓRSKA	Weteran II K - 60	8	00:47:57	01:17:12	02:10:45.95	02:11:27.90	+01:20:00	13:04	4.6
176	KWIATKOWSKA Barbara	110		Weteran II K - 60	9	00:44:22	01:13:47	02:13:01.70	02:13:49.30	+01:22:22	13:18	4.5
177	DEMBIEC Lucyna	45	MESONDŹI LAJF STAJL	Senior II K - 30	84	01:08:53	01:38:56	02:31:11.05	02:31:20.85	+01:39:53	15:07	4

Znaleziono 177 wynik(ów)