



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dolnośląski Festiwal Biegów Górskich
Fundacja MARATONY GÓRSKIE
2021-07-18
Łądek-Zdrój
10 km

BIEG TROJAK TRAIL - 10 KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN KOBIECI

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	SOLIŃSKA Katarzyna	8576	SALOMON SUUNTO TEAM POLSKA	Senior II K - 30	1	00:22:05	00:33:33	00:53:21.80		5:20	11.2 (100%)
2	KOCANDA Alina	8426	RAJSPOORT ACTIVE	Senior II K - 30	2	00:23:42	00:35:39	00:56:56.80	+00:03:35 (6.3%)	5:41	10.5 (93.8%)
3	KOWALIK Ewelina	8182	FIZJOBIEGACZE SZCZECIN	Senior II K - 30	3	00:24:39	00:37:09	00:58:46.55	+00:05:24 (9.2%)	5:52	10.2 (91.1%)
4	KARCZEWSKA Joanna	8581	FUNDACJA KIERUNEK ULTRA	Masters K - 40	1	00:25:50	00:38:44	01:01:07.05	+00:07:45 (12.7%)	6:06	9.8 (87.5%)
5	BIERNACKA Katarzyna	8161	SBRT WROCŁAW	Senior II K - 30	4	00:26:37	00:39:44	01:01:17.95	+00:07:56 (12.9%)	6:07	9.8 (87.5%)
6	ROZDZYŃSKA Patrycja	8456	RUNPROGRESS TEAM	Senior I K - 20	1	00:26:47	00:40:32	01:02:52.75	+00:09:30 (15.1%)	6:17	9.5 (84.8%)
7	KRUK Emilia	8360	RYKOWISKO TEAM	Senior I K - 20	2	00:26:14	00:40:32	01:02:54.45	+00:09:32 (15.2%)	6:17	9.5 (84.8%)
8	BUDZIEWSKA Katarzyna	8174	ŁAB ŁAGIEWNIKI	Senior II K - 30	5	00:26:27	00:39:51	01:03:28.85	+00:10:07 (15.9%)	6:20	9.5 (84.8%)
9	SOBCZAK-PAŁASZEWSKA Karolina	8028		Senior II K - 30	6	00:25:55	00:39:36	01:03:36.85	+00:10:15 (16.1%)	6:21	9.4 (83.9%)
10	ULIKOWSKA Martyna	8481	ZĄŁOGA GÓRSKA	Senior II K - 30	7	00:29:21	00:43:51	01:07:44.95	+00:14:23 (21.2%)	6:46	8.9 (79.5%)
11	PASIK Kamila	8575		Senior II K - 30	8	00:28:44	00:43:52	01:08:40.70	+00:15:18 (22.3%)	6:52	8.7 (77.7%)
12	ZIENDARA Michalina	8597	ZĄŁOGA GÓRSKA	Senior I K - 20	3	00:28:23	00:43:52	01:09:44.20	+00:16:22 (23.5%)	6:58	8.6 (76.8%)
13	JAZ Joanna	8278	RNB TEAM POLANICA ZDRÓJ	Senior II K - 30	9	00:28:31	00:43:48	01:10:06.80	+00:16:45 (23.9%)	7:00	8.6 (76.8%)
14	GRĄDZKA Marianna	8178	KNEIPP TEAM ŁÓDŹ	Senior I K - 20	4	00:30:17	00:45:48	01:11:07.75	+00:17:45 (25.0%)	7:06	8.4 (75.0%)
15	BRZAKAŁA Katarzyna	8379	PAN JAGODA TEAM	Senior II K - 30	10	00:29:51	00:45:13	01:11:32.95	+00:18:11 (25.4%)	7:09	8.4 (75.0%)
16	ZAKRZEWICZ-PODLECKA Agnieszka	8007	ROKIETNICA BIEGA	Senior II K - 30	11	00:31:03	00:45:50	01:11:34.10	+00:18:12 (25.4%)	7:09	8.4 (75.0%)
17	FRYBES Agnieszka	8583	FUNDACJA KIERUNEK ULTRA	Senior II K - 30	12	00:30:54	00:45:38	01:11:48.80	+00:18:27 (25.7%)	7:10	8.4 (75.0%)
18	MAZIAREK Adela	8034		Senior II K - 30	13	00:31:41	00:47:12	01:14:12.15	+00:20:50 (28.1%)	7:25	8.1 (72.3%)
19	SZUMNY Nina	8558		Senior II K - 30	14	00:32:18	00:47:56	01:14:20.70	+00:20:58 (28.2%)	7:26	8.1 (72.3%)
20	TOMZA Iwona	8566	SBRT WROCŁAW	Senior II K - 30	15	00:32:17	00:48:48	01:15:37.50	+00:22:15 (29.4%)	7:33	7.9 (70.5%)
21	ZALEWSKA Agnieszka	8512		Masters K - 40	2	00:31:57	00:47:45	01:15:41.70	+00:22:19 (29.5%)	7:34	7.9 (70.5%)
22	DROŻYŃSKA Iwona	8296		Senior II K - 30	16	00:32:02	00:48:12	01:15:49.35	+00:22:27 (29.6%)	7:34	7.9 (70.5%)
23	PLUTA Kinga	8528		Senior I K - 20	5	00:31:21	00:48:29	01:16:00.45	+00:22:38 (29.8%)	7:36	7.9 (70.5%)
24	JARZĄBEK Magdalena	8115	MRUNNERS	Senior II K - 30	17	00:32:31	00:49:24	01:16:13.75	+00:22:51 (30.0%)	7:37	7.9 (70.5%)
25	CHODÓR-KOPECKA Barbara	8420		Senior I K - 20	6	00:32:49	00:49:29	01:17:03.95	+00:23:42 (30.8%)	7:42	7.8 (69.6%)
26	BIESZCZAD Regina	8233	KB ATHLETIC ZRĘCIN	Senior I K - 20	7	00:34:58	00:51:30	01:17:42.40	+00:24:20 (31.3%)	7:46	7.7 (68.8%)
27	FRĄCZYK Sabina	8599	WIECZORNE BIEGANIE W OPOLU	Senior II K - 30	18	00:32:51	00:49:17	01:17:50.15	+00:24:28 (31.4%)	7:47	7.7 (68.8%)
28	NOWAKOWSKA Ewelina	8251		Senior I K - 20	8	00:33:10	00:50:09	01:17:59.20	+00:24:37 (31.6%)	7:47	7.7 (68.8%)
29	KEMPA Karolina	8454		Senior I K - 20	9	00:30:58	00:49:58	01:18:30.25	+00:25:08 (32.0%)	7:51	7.6 (67.9%)

Czas netto											
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
30	MALCÁNKOVÁ Kateřina	8433		Senior I K - 20	10	00:34:28	00:52:18	01:18:55.80	+00:25:34 (32.4%)	7:53	7.6 (67.9%)
31	GRABIŃSKA Gizela	8596	ZAŁOGA GÓRSKA	Weteran K - 50	1	00:32:37	00:49:21	01:18:56.10	+00:25:34 (32.4%)	7:53	7.6 (67.9%)
32	MATYSIK Marta	8283	WYZNAWCY BRONKA LIBIĄŻ	Senior II K - 30	19	00:32:57	00:50:05	01:19:04.75	+00:25:42 (32.5%)	7:54	7.6 (67.9%)
33	KĘDZIOR Joanna	8321	KB HARCOWNIK	Masters K - 40	3	00:33:19	00:51:05	01:19:39.55	+00:26:17 (33.0%)	7:57	7.5 (67.0%)
34	GĄSOWSKA Ula	8347		Senior II K - 30	20	00:33:59	00:51:55	01:20:22.60	+00:27:00 (33.6%)	8:02	7.5 (67.0%)
35	MACIEJOWSKA Alicja	8436		Senior II K - 30	21	00:34:16	00:51:05	01:20:40.05	+00:27:18 (33.8%)	8:04	7.4 (66.1%)
36	PILICH-ZAREMBA Magdalena	8190		Senior II K - 30	22	00:33:32	00:52:50	01:21:40.40	+00:28:18 (34.7%)	8:10	7.3 (65.2%)
37	KOMAR Eliza	8217		Senior II K - 30	23	00:33:01	00:50:34	01:22:03.40	+00:28:41 (35.0%)	8:12	7.3 (65.2%)
38	DEREŃ Agata	8595		Senior II K - 30	24	00:34:52	00:52:33	01:22:13.75	+00:28:51 (35.1%)	8:13	7.3 (65.2%)
39	MRÓZ Urszula	8249	GORSKIE BABKI	Weteran K - 50	2	00:34:34	00:52:12	01:22:29.85	+00:29:08 (35.3%)	8:14	7.3 (65.2%)
40	KOŁODKO Natalia	8067	TARNOWO PODGÓRNE BIEGA	Masters K - 40	4	00:36:54	00:54:18	01:22:49.65	+00:29:27 (35.6%)	8:16	7.2 (64.3%)
41	SZNEJDER Anita	8582		Masters K - 40	5	00:33:18	00:51:47	01:23:01.60	+00:29:39 (35.7%)	8:18	7.2 (64.3%)
42	PTASZYŃSKA Joanna	8295	JOANNA PTASZYŃSKA	Weteran K - 50	3	00:33:32	00:51:34	01:23:02.50	+00:29:40 (35.7%)	8:18	7.2 (64.3%)
43	CURULO Maria	8300	BAKALOVE	Senior II K - 30	25	00:33:37	00:52:26	01:23:10.00	+00:29:48 (35.8%)	8:19	7.2 (64.3%)
44	RATAJCZYK Katarzyna	8290		Senior II K - 30	26	00:32:16	00:53:04	01:23:16.75	+00:29:54 (35.9%)	8:19	7.2 (64.3%)
45	SKAWINA Krystyna	8176	TOPOLICE TEAM	Senior II K - 30	27	00:34:37	00:52:47	01:23:38.80	+00:30:17 (36.2%)	8:21	7.2 (64.3%)
46	JASKÓLSKA Joanna	8344	JASKÓŁY	Masters K - 40	6	00:34:41	00:53:13	01:23:46.30	+00:30:24 (36.3%)	8:22	7.2 (64.3%)
47	TYLKA Gosia	8458		Senior II K - 30	28	00:35:27	00:53:23	01:23:48.85	+00:30:27 (36.3%)	8:22	7.2 (64.3%)
48	MATUSZCZYK Grażyna	8166	RYBNICKA GRUPA BIEGOWA	Masters K - 40	7	00:34:17	00:52:42	01:24:09.45	+00:30:47 (36.6%)	8:24	7.1 (63.4%)
49	MATUKIN-SZUMLIŃSKA Aleksandra	8567		Senior II K - 30	29	00:34:52	00:52:46	01:24:21.65	+00:30:59 (36.7%)	8:26	7.1 (63.4%)
50	URBAN Alicja	8120	KACZKATEAM	Senior I K - 20	11	00:33:04	00:51:46	01:24:40.70	+00:31:18 (37.0%)	8:28	7.1 (63.4%)
51	MALESZKA-BAGIŃSKA Kinga	8227	GRUPA BIEGOWA MELO-ŚMIACZ	Senior II K - 30	30	00:36:28	00:54:49	01:24:49.60	+00:31:27 (37.1%)	8:28	7.1 (63.4%)
52	SŁOWIK Kamila	8238	TRITOGO	Senior I K - 20	12	00:35:49	00:54:04	01:25:10.20	+00:31:48 (37.3%)	8:31	7 (62.5%)
53	SKAWINA-POŁEĆ Anna	8279	TOPOLICE TEAM	Senior II K - 30	31	00:36:13	00:55:54	01:25:18.45	+00:31:56 (37.4%)	8:31	7 (62.5%)
54	PASTWA Katarzyna	8511		Senior II K - 30	32	00:35:19	00:54:08	01:25:44.55	+00:32:22 (37.8%)	8:34	7 (62.5%)
55	CHĘCIŃSKA Dorota	8499		Senior II K - 30	33	00:36:49	00:55:04	01:25:59.00	+00:32:37 (37.9%)	8:35	7 (62.5%)
56	KRALIK Sylwia	8403		Senior II K - 30	34	00:35:56	00:55:25	01:26:06.95	+00:32:45 (38.0%)	8:36	7 (62.5%)
57	MARCINKOWSKA Anita	8140	POMIOTY SZATANA	Senior II K - 30	35	00:36:31	00:55:08	01:26:08.90	+00:32:47 (38.1%)	8:36	7 (62.5%)
58	KULAK Paulina	8526	OBORYGENI	Senior II K - 30	36	00:36:09	00:54:56	01:26:14.65	+00:32:52 (38.1%)	8:37	7 (62.5%)
59	WIERZBICKA Natalia	8243		Senior I K - 20	13	00:35:40	00:56:23	01:26:14.85	+00:32:53 (38.1%)	8:37	7 (62.5%)
60	SOBCZAK Megi	8441		Senior II K - 30	37	00:38:08	00:56:53	01:26:15.35	+00:32:53 (38.1%)	8:37	7 (62.5%)
61	SIEMIŃSKA Marta	8623A	MARTA I ADA	Masters K - 40	8	00:35:17	00:54:07	01:26:23.50	+00:33:01 (38.2%)	8:38	6.9 (61.6%)
62	ŁOBASIUK Iwona	8585	FUNDACJA KIERUNEK ULTRA	Masters K - 40	9	00:35:05	00:54:10	01:26:23.80	+00:33:02 (38.2%)	8:38	6.9 (61.6%)
63	PĘCZKOWSKA Magdalena	8057		Masters K - 40	10	00:34:04	00:54:43	01:27:35.50	+00:34:13 (39.1%)	8:45	6.9 (61.6%)
64	WITKE Elżbieta	8239		Weteran II K - 60	1	00:34:45	00:54:30	01:27:35.75	+00:34:13 (39.1%)	8:45	6.9 (61.6%)
65	MATYNIAK Barbara	8282	WYZNAWCY BRONKA LIBIĄŻ	Senior II K - 30	38	00:35:31	00:54:52	01:27:42.65	+00:34:20 (39.2%)	8:46	6.8 (60.7%)
66	PLEWA Paulina	8137	PBK	Senior I K - 20	14	00:36:44	00:56:01	01:27:44.55	+00:34:22 (39.2%)	8:46	6.8 (60.7%)
67	STASZKOWIAN Magda	8357	ŁAB	Senior II K - 30	39	00:35:34	00:54:34	01:28:04.65	+00:34:42 (39.4%)	8:48	6.8 (60.7%)
68	PINIARSKA Magda	8432		Senior I K - 20	15	00:36:32	00:54:52	01:28:23.25	+00:35:01 (39.6%)	8:50	6.8 (60.7%)
69	MOMOT Anna	8340	ŁAB	Masters K - 40	11	00:37:28	00:56:31	01:28:24.70	+00:35:02 (39.6%)	8:50	6.8 (60.7%)
70	MIKOŁAJCZAK Agnieszka	8418	FRIENDS GOSTYŃ	Masters K - 40	12	00:36:13	00:56:45	01:28:41.95	+00:35:20 (39.8%)	8:52	6.8 (60.7%)
71	WYSZYŃSKA Agnieszka	8225		Senior II K - 30	40	00:36:32	00:55:18	01:29:08.65	+00:35:46 (40.1%)	8:54	6.7 (59.8%)
72	ZAWADA Magdalena	8194	JJFIT RUNNING TEAM	Masters K - 40	13	00:36:56	00:55:45	01:29:21.55	+00:35:59 (40.3%)	8:56	6.7 (59.8%)
73	KOŚCIÓŁEK Jadwiga	8467		Senior II K - 30	41	00:35:32	00:57:40	01:29:38.25	+00:36:16 (40.5%)	8:57	6.7 (59.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1	C1	Czas	Różn	Tempo min/km	Tempo km/h
						3.7km	5.8km	netto 10km			
74	MENDAK Magdalena	8536	BIEGANIE NA ŚNIADANIE	Masters K - 40	14	00:37:40	00:58:14	01:29:44.75	+00:36:22 (40.5%)	8:58	6.7 (59.8%)
75	SZUSTER Kasia	8048		Senior II K - 30	42	00:36:56	00:57:23	01:29:46.95	+00:36:25 (40.6%)	8:58	6.7 (59.8%)
76	SZYMAŁA Karolina	8405		Senior I K - 20	16	00:37:41	00:56:40	01:30:11.70	+00:36:49 (40.8%)	9:01	6.7 (59.8%)
77	DERA Izabela	8392		Senior I K - 20	17	00:37:14	00:57:49	01:30:28.20	+00:37:06 (41.0%)	9:02	6.6 (58.9%)
78	MAZUR Agnieszka	8312		Senior II K - 30	43	00:38:27	00:58:05	01:30:28.80	+00:37:07 (41.0%)	9:02	6.6 (58.9%)
79	JAWORSKA Izabela	8064	TRUPOSZE	Masters K - 40	15	00:37:00	00:56:51	01:30:39.90	+00:37:18 (41.1%)	9:03	6.6 (58.9%)
80	MOŻEJKO Jadwiga	8130		Senior II K - 30	44	00:36:57	00:58:01	01:30:48.65	+00:37:26 (41.2%)	9:04	6.6 (58.9%)
81	MICHALIK Kamila	8446		Senior I K - 20	18	00:38:17	00:58:02	01:30:55.30	+00:37:33 (41.3%)	9:05	6.6 (58.9%)
82	BELTER Agnieszka	8159		Senior II K - 30	45	00:37:53	00:58:27	01:30:57.35	+00:37:35 (41.3%)	9:05	6.6 (58.9%)
83	RODZIŃSKA Anita	8361		Weteran K - 50	4	00:37:07	00:57:22	01:31:05.60	+00:37:43 (41.4%)	9:06	6.6 (58.9%)
84	CIEKAŃSKA Joanna	8051	35PLUD	Masters K - 40	16	00:37:55	00:57:34	01:31:09.80	+00:37:48 (41.5%)	9:06	6.6 (58.9%)
85	SPECHT Karolina	8535		Masters K - 40	17	00:36:36	00:56:29	01:31:36.80	+00:38:15 (41.8%)	9:09	6.6 (58.9%)
86	KUGLER Kamila	8474		Senior II K - 30	46	00:37:27	00:59:15	01:31:41.85	+00:38:20 (41.8%)	9:10	6.5 (58.0%)
87	JURKIEWICZ Dominika	8196		Senior II K - 30	47	00:38:34	00:59:39	01:31:44.25	+00:38:22 (41.8%)	9:10	6.5 (58.0%)
88	TEKIELI Ewelina	8168		Masters K - 40	18	00:37:10	00:57:36	01:31:53.45	+00:38:31 (41.9%)	9:11	6.5 (58.0%)
89	TOPOLEWSKA Agnieszka	8330	KRWIOBIEG(ANIE) ZIELONA GÓRA	Senior II K - 30	48	00:39:53	00:59:38	01:31:56.00	+00:38:34 (42.0%)	9:11	6.5 (58.0%)
90	FIRLEJ Anna	8400		Senior I K - 20	19	00:37:19	00:59:58	01:32:02.50	+00:38:40 (42.0%)	9:12	6.5 (58.0%)
91	SZCZYPCZYK-PRUSICKA Małgorzata	8147		Masters K - 40	19	00:35:39	00:56:29	01:32:21.05	+00:38:59 (42.2%)	9:14	6.5 (58.0%)
92	DWORZAŃSKA - GUL Anna	8285		Senior II K - 30	49	00:38:32	00:58:47	01:32:45.10	+00:39:23 (42.5%)	9:16	6.5 (58.0%)
93	KWIECIEŃ Dorota	8199		Masters K - 40	20	00:38:53	01:00:40	01:32:58.50	+00:39:36 (42.6%)	9:17	6.5 (58.0%)
94	RZAŚA Marta	8411	HARCOWNIK	Senior II K - 30	50	00:38:40	00:58:59	01:33:00.55	+00:39:38 (42.6%)	9:18	6.5 (58.0%)
95	SKIBA Anna	8557		Masters K - 40	21	00:37:32	00:58:34	01:33:05.30	+00:39:43 (42.7%)	9:18	6.4 (57.1%)
96	NOLAS Jolanta	8319		Weteran K - 50	5	00:36:01	00:57:08	01:33:11.85	+00:39:50 (42.7%)	9:19	6.4 (57.1%)
97	BEM Jolanta	8072		Senior II K - 30	51	00:37:47	00:57:35	01:33:24.55	+00:40:02 (42.9%)	9:20	6.4 (57.1%)
98	RZYWUCKA Jolanta	8256		Masters K - 40	22	00:37:12	01:00:12	01:33:32.85	+00:40:11 (43.0%)	9:21	6.4 (57.1%)
99	SZCZEPANIAK Małgorzata	8152	RKS PIŁA PODLASIE	Weteran K - 50	6	00:38:36	00:58:56	01:33:44.70	+00:40:22 (43.1%)	9:22	6.4 (57.1%)
100	NOGA Olga	8264		Senior II K - 30	52	00:38:20	00:59:33	01:33:48.75	+00:40:26 (43.1%)	9:22	6.4 (57.1%)
101	DZIERGWA Agnieszka	8561		PRZEDWOJEWSKI TEAM	53	00:39:49	01:00:33	01:34:05.30	+00:40:43 (43.3%)	9:24	6.4 (57.1%)
102	KUTYCKA KUREK Elżbieta	8171		CHOJRAK TEAM WROCŁAW	54	00:37:16	00:57:52	01:34:23.30	+00:41:01 (43.5%)	9:26	6.4 (57.1%)
103	PASIEKA Agnieszka	8579		Masters K - 40	23	00:39:07	00:58:28	01:34:24.20	+00:41:02 (43.5%)	9:26	6.4 (57.1%)
103	KANDEFER Beata	8580	KLUB BIEGACZA ATHLETIC ZRĘCIN	Weteran K - 50	7	00:39:07	00:58:29	01:34:24.20	+00:41:02 (43.5%)	9:26	6.4 (57.1%)
105	GAWRECKA Beata	8164		JUTROSIŃSKI KLUB BIEGACZY	55	00:39:42	01:01:36	01:34:49.85	+00:41:28 (43.7%)	9:28	6.3 (56.3%)
106	WARYSZAK Joanna	8301		BAKALOVE	56	00:36:40	00:57:18	01:34:53.10	+00:41:31 (43.8%)	9:29	6.3 (56.3%)
107	WRÓBEL Marzena	8088		TARNOWO PODGÓRNE BIEGA	24	00:38:08	00:59:12	01:35:06.20	+00:41:44 (43.9%)	9:30	6.3 (56.3%)
108	CHOJECKA Magdalena	8006		ZBUCKI RUCH	25	00:39:24	01:00:32	01:35:14.15	+00:41:52 (44.0%)	9:31	6.3 (56.3%)
109	ORDYNYEC Alicja	8425	KĘSY TEAM	Masters K - 40	26	00:39:04	01:00:22	01:35:19.65	+00:41:57 (44.0%)	9:31	6.3 (56.3%)
110	MATAK Kinga	8111		Senior II K - 30	57	00:39:37	01:01:00	01:35:19.90	+00:41:58 (44.0%)	9:31	6.3 (56.3%)
111	MOŚ Dorota	8193		Masters K - 40	27	00:39:00	01:00:46	01:35:26.65	+00:42:04 (44.1%)	9:32	6.3 (56.3%)
112	RZEPKA Joanna	8015		Senior II K - 30	58	00:38:50	01:00:58	01:35:43.15	+00:42:21 (44.3%)	9:34	6.3 (56.3%)
113	MAKOWCZYŃSKA Agata	8109		OBORYGENI	59	00:40:28		01:36:11.00	+00:42:49 (44.5%)	9:37	6.2 (55.4%)
114	AUGUSTYNOWICZ Aurelia	8201	RCI BYDGOSZCZ	Masters K - 40	28	00:38:56	00:59:51	01:36:29.25	+00:43:07 (44.7%)	9:38	6.2 (55.4%)
115	ANTKOWIAK-BRONOWICKA Agnieszka	8453		DRUŻYNA SZPIKU, ŻÓŁW I ZAJĄC	60	00:38:06	01:00:17	01:36:29.70	+00:43:07 (44.7%)	9:38	6.2 (55.4%)
116	LUBAŃSKA Alicja	8501		Weteran K - 50	8	00:39:50	01:01:20	01:36:32.95	+00:43:11 (44.7%)	9:39	6.2 (55.4%)
117	KUKUŁA Karolina	8550		Senior II K - 30	61	00:38:17	01:00:10	01:36:47.65	+00:43:25 (44.9%)	9:40	6.2 (55.4%)

Czas netto											
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
118	BACHURSKA Ewa	8322	KB HARCOWNIK JELCZ LASKOWICE	Masters K - 40	29	00:39:24	01:01:20	01:36:54.50	+00:43:32 (44.9%)	9:41	6.2 (55.4%)
119	KORYTNA Romana	8184	FRIENDS GOSTYŃ	Masters K - 40	30	00:39:48	01:02:12	01:36:59.85	+00:43:38 (45.0%)	9:41	6.2 (55.4%)
120	NOWAKOWSKA Karolina	8530		Masters K - 40	31	00:39:27	01:00:55	01:37:03.05	+00:43:41 (45.0%)	9:42	6.2 (55.4%)
121	WROZYNA Agnieszka	8341	ŁAB ŁAGIEWNIKI	Masters K - 40	32	00:40:43	01:02:42	01:37:18.40	+00:43:56 (45.2%)	9:43	6.2 (55.4%)
122	GARBACZ Kamila	8464		Masters K - 40	33	00:40:19	01:02:22	01:37:25.85	+00:44:04 (45.2%)	9:44	6.2 (55.4%)
123	KORGÓL Anna	8195	RUN WISZNIA RUN	Senior II K - 30	62	00:40:30	01:01:38	01:37:39.00	+00:44:17 (45.4%)	9:45	6.1 (54.5%)
124	ALEXEENKOVA Tatyana	8484		Senior II K - 30	63	00:40:06	01:02:46	01:37:43.40	+00:44:21 (45.4%)	9:46	6.1 (54.5%)
125	NASALSKA Anna	8584	FUNDACJA KIERUNEK ULTRA	Masters K - 40	34	00:39:06	01:00:15	01:37:43.90	+00:44:22 (45.4%)	9:46	6.1 (54.5%)
126	PIGŁA Maja	8236	SPORTOWY KAŻMIERZ	Senior II K - 30	64	00:40:23	01:03:25	01:38:02.20	+00:44:40 (45.6%)	9:48	6.1 (54.5%)
127	BECHTA Katarzyna	8297	BRACTWO BIEGOWE BGK	Senior I K - 20	20	00:40:12	01:01:55	01:38:05.95	+00:44:44 (45.6%)	9:48	6.1 (54.5%)
128	KUCHCINSKA Diana	8052		Masters K - 40	35	00:38:02	01:00:11	01:38:18.80	+00:44:57 (45.7%)	9:49	6.1 (54.5%)
129	POLNIK Klaudia	8314		Senior II K - 30	65	00:39:06	01:02:39	01:38:33.75	+00:45:11 (45.9%)	9:51	6.1 (54.5%)
130	BLANIK Agnieszka	8308		Masters K - 40	36	00:39:04	01:02:01	01:38:41.45	+00:45:19 (45.9%)	9:52	6.1 (54.5%)
131	CZAJA Agnieszka	8266		Senior II K - 30	66	00:41:36	01:03:58	01:38:42.60	+00:45:20 (45.9%)	9:52	6.1 (54.5%)
132	JUREWICZ Agata	8267	VEGE RUNNERS	Senior II K - 30	67	00:41:37	01:03:38	01:38:53.60	+00:45:31 (46.0%)	9:53	6.1 (54.5%)
133	KACZMAREK Anna	8451		Senior II K - 30	68	00:40:29	01:02:35	01:38:55.75	+00:45:33 (46.1%)	9:53	6.1 (54.5%)
134	BUJAK Dagmara	8348		Senior II K - 30	69	00:39:58	01:01:52	01:38:59.35	+00:45:37 (46.1%)	9:53	6.1 (54.5%)
135	HYLIŃSKA Hanna	8020	KOMU CZEMU	Senior II K - 30	70	00:40:23	01:01:33	01:39:13.60	+00:45:51 (46.2%)	9:55	6 (53.6%)
136	WYROBIEC-LIPIŃSKA Joanna	8365		Senior I K - 20	21	00:41:06	01:02:53	01:39:23.40	+00:46:01 (46.3%)	9:56	6 (53.6%)
137	LACHOR Anna	8358	ANRO SC ANNA ROBERT LACHOR	Weteran K - 50	9	00:41:55	01:03:44	01:39:25.30	+00:46:03 (46.3%)	9:56	6 (53.6%)
138	RASZKOWSKA Emilia	8395	ŚLĘZAK TEAM	Senior II K - 30	71	00:42:05	01:04:34	01:39:36.55	+00:46:14 (46.4%)	9:57	6 (53.6%)
139	SERWACKA Dominika	8500	STALOWOWOLSKI KLUB BIEGACZA	Senior II K - 30	72	00:39:10	01:03:22	01:39:37.90	+00:46:16 (46.4%)	9:57	6 (53.6%)
140	SZPUREK Anna	8133	BUKOWSKI KLUB BIEGACZA	Masters K - 40	37	00:41:15	01:03:58	01:39:43.10	+00:46:21 (46.5%)	9:58	6 (53.6%)
141	AUTH Kari	8429		Senior I K - 20	22	00:40:01	01:02:37	01:39:49.25	+00:46:27 (46.5%)	9:58	6 (53.6%)
142	GRADEK Agnieszka	8306		Senior I K - 20	23	00:42:06	01:04:06	01:39:49.60	+00:46:27 (46.5%)	9:58	6 (53.6%)
143	PIWOWARCZYK Kamila	8397	DZIABONG TEAM	Senior II K - 30	73	00:41:14	01:04:33	01:40:04.15	+00:46:42 (46.7%)	10:00	6 (53.6%)
144	ŚMICHURSKA Malwina	8385	FIZJOTERAPIA BIEGACZA	Senior II K - 30	74	00:41:14	01:04:33	01:40:04.25	+00:46:42 (46.7%)	10:00	6 (53.6%)
145	RADWAN Anna	8103	TARNOWO PODGÓRNE BIEGA	Senior II K - 30	75	00:41:53	01:04:32	01:40:34.80	+00:47:13 (46.9%)	10:03	6 (53.6%)
146	MĘTLAK Małgorzata	8552		Senior I K - 20	24	00:41:41	01:05:00	01:40:37.85	+00:47:16 (47.0%)	10:03	6 (53.6%)
147	BURZYŃSKA Emilia	8222	MAMY-BIEGAMY	Senior II K - 30	76	00:41:26	01:03:48	01:40:50.75	+00:47:28 (47.1%)	10:05	6 (53.6%)
148	WEJCHAN Jagoda	8398		Senior I K - 20	25	00:40:10	01:03:28	01:41:07.55	+00:47:45 (47.2%)	10:06	5.9 (52.7%)
149	JASIŃSKA Marzena	8172		Senior II K - 30	77	00:41:22	01:04:21	01:41:21.80	+00:48:00 (47.4%)	10:08	5.9 (52.7%)
150	KRAWCZAK Karolina	8053		Senior II K - 30	78	00:40:38	01:03:30	01:41:28.15	+00:48:06 (47.4%)	10:08	5.9 (52.7%)
151	IGNASIAK Marta	8272		Senior II K - 30	79	00:41:33	01:04:01	01:41:42.35	+00:48:20 (47.5%)	10:10	5.9 (52.7%)
152	JAROSZ Agnieszka	8355	TEAM KURORT ŁĄDEK-ZDRÓJ	Senior I K - 20	26	00:43:34	01:04:56	01:41:54.00	+00:48:32 (47.6%)	10:11	5.9 (52.7%)
153	TOMERA Dorota	8356	TEAM KURORT ŁĄDEK- ZDRÓJ	Masters K - 40	38	00:43:35	01:04:50	01:41:54.10	+00:48:32 (47.6%)	10:11	5.9 (52.7%)
154	MAZURKIEWICZ Joanna	8021		Masters K - 40	39	00:40:21	01:02:52	01:42:00.15	+00:48:38 (47.7%)	10:12	5.9 (52.7%)
155	KUMASZKA Anna	8449	DOLNY ŚLĄSK	Senior II K - 30	80	00:41:08	01:02:54	01:42:12.30	+00:48:50 (47.8%)	10:13	5.9 (52.7%)
156	GRZELKA-ZEMBATY Katarzyna	8175		Senior II K - 30	81	00:41:14	01:04:03	01:42:17.70	+00:48:55 (47.8%)	10:13	5.9 (52.7%)
157	MRÓZ Anna	8288		Senior II K - 30	82	01:04:09		01:42:41.25	+00:49:19 (48.0%)	10:16	5.8 (51.8%)
158	KAYSIEWICZ Joanna	8505		Masters K - 40	40	00:42:08	01:05:45	01:42:54.85	+00:49:33 (48.1%)	10:17	5.8 (51.8%)
159	WITKOWSKA Katarzyna	8393		Masters K - 40	41	00:42:54	01:04:51	01:43:08.60	+00:49:46 (48.3%)	10:18	5.8 (51.8%)
160	JOŃCZYK Beata	8602	BIEG OPOLSKI	Senior II K - 30	83	00:43:39	01:06:21	01:43:09.60	+00:49:47 (48.3%)	10:18	5.8 (51.8%)
161	GRYDZIUSZKO Aneta	8179		Masters K - 40	42	00:41:15	01:04:16	01:43:20.25	+00:49:58 (48.4%)	10:20	5.8 (51.8%)

Czas netto											
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
162	WINIARSKA Monika	8307	DXTREEM RUNNING	Masters K - 40	43	00:42:39	01:06:44	01:44:11.25	+00:50:49 (48.8%)	10:25	5.8 (51.8%)
163	STRZELEC Weronika	8012		Senior I K - 20	27	00:40:40	01:04:33	01:44:16.00	+00:50:54 (48.8%)	10:25	5.8 (51.8%)
164	KULESZA Dagmara	8079		Senior II K - 30	84	00:40:51	01:04:44	01:44:22.75	+00:51:00 (48.9%)	10:26	5.7 (50.9%)
165	KLECHA Katarzyna	8162		Masters K - 40	44	00:42:39	01:07:39	01:45:16.65	+00:51:54 (49.3%)	10:31	5.7 (50.9%)
166	BARYSKA Basia	8370		Senior II K - 30	85	00:44:03	01:05:39	01:45:43.40	+00:52:21 (49.5%)	10:34	5.7 (50.9%)
167	CZERNIAK Zuzanna	8556		Senior I K - 20	28	00:43:22	01:06:20	01:45:58.95	+00:52:37 (49.6%)	10:35	5.7 (50.9%)
168	AMANOWICZ Aurelia	8554		Senior I K - 20	29	00:43:26	01:06:24	01:46:03.00	+00:52:41 (49.7%)	10:36	5.7 (50.9%)
169	MIKICKA Monika	8346		Senior II K - 30	86	00:43:29	01:07:02	01:46:36.60	+00:53:14 (49.9%)	10:39	5.6 (50.0%)
170	KUZIOMKO Anna	8261		Masters K - 40	45	00:42:30	01:05:58	01:46:43.90	+00:53:22 (50.0%)	10:40	5.6 (50.0%)
171	MIKOŁAJCZAK Magdalena	8435		Masters K - 40	46	00:44:00	01:07:23	01:47:34.00	+00:54:12 (50.4%)	10:45	5.6 (50.0%)
172	ŚWITALSKA Edyta	8265		Masters K - 40	47	00:44:53	01:09:37	01:47:37.65	+00:54:15 (50.4%)	10:45	5.6 (50.0%)
173	OSZCZEDA Marzena	8428		Masters K - 40	48	00:45:21	01:09:27	01:48:08.80	+00:54:47 (50.7%)	10:48	5.5 (49.1%)
174	ŁATWIŃSKA Marzena	8343	WYBIERZ...	Masters K - 40	49	00:41:30	01:05:58	01:48:41.75	+00:55:19 (50.9%)	10:52	5.5 (49.1%)
175	SZÓSTAK Marzena	8320	KB HARCOWNIK JELCZ-LASKOWICE	Weteran II K - 60	2	00:45:28	01:09:44	01:49:01.30	+00:55:39 (51.1%)	10:54	5.5 (49.1%)
176	KIECON Zuzanna	8372		Senior I K - 20	30	00:43:10	01:08:09	01:49:08.35	+00:55:46 (51.1%)	10:54	5.5 (49.1%)
177	KIECÓŃ Maria	8374		Senior II K - 30	87	00:43:11	01:08:09	01:49:12.05	+00:55:50 (51.1%)	10:55	5.5 (49.1%)
178	DWORNICKA Magda	7862	RGB	Masters K - 40	50	00:44:48	01:08:09	01:49:13.55	+00:55:51 (51.1%)	10:55	5.5 (49.1%)
179	BLICHERT Anna	8335	I DON'T KURWA CARE	Senior II K - 30	88	00:47:06	01:08:40	01:49:13.90	+00:55:52 (51.1%)	10:55	5.5 (49.1%)
180	ZAJĄC Paulina	8085		Senior II K - 30	89	00:45:40	01:09:55	01:49:28.00	+00:56:06 (51.3%)	10:56	5.5 (49.1%)
181	DZIUBAŁA Ilona	8362		Weteran K - 50	10	00:45:25	01:10:10	01:50:47.45	+00:57:25 (51.8%)	11:04	5.4 (48.2%)
182	KRYSA Dorota	8027	POMYŁKA TEAM	Masters K - 40	51	00:45:18	01:10:42	01:51:05.20	+00:57:43 (52.0%)	11:06	5.4 (48.2%)
183	SOŁYGA Magdalena	8212		Senior II K - 30	90	00:44:09	01:09:36	01:51:10.30	+00:57:48 (52.0%)	11:07	5.4 (48.2%)
184	GÓRCZYŃSKA Barbara	8537		Masters K - 40	52	00:45:22	01:10:47	01:51:15.50	+00:57:53 (52.0%)	11:07	5.4 (48.2%)
185	AUGUSTYN Monika	8211	SPORTOWY KAŻMIERZ	Masters K - 40	53	00:44:05	01:08:53	01:51:21.85	+00:58:00 (52.1%)	11:08	5.4 (48.2%)
186	SMORAWSKA Lidia	8189	TARNOWO PODGÓRNE BIEGA	Senior II K - 30	91	00:45:55	01:10:54	01:51:29.00	+00:58:07 (52.1%)	11:08	5.4 (48.2%)
187	SOŁTYS Ewelina	8342		Senior II K - 30	92	00:41:39	01:08:19	01:51:36.65	+00:58:14 (52.2%)	11:09	5.4 (48.2%)
188	MYSŁOWSKA Agnieszka	8408		Senior II K - 30	93	00:43:37	01:08:39	01:52:25.65	+00:59:03 (52.5%)	11:14	5.3 (47.3%)
189	GARDZIEJCZYK Aldona	8311		Masters K - 40	54	00:43:24	01:08:41	01:52:26.65	+00:59:04 (52.5%)	11:14	5.3 (47.3%)
190	HRYCZYŃSKA Kamila	8603		Senior I K - 20	31	00:47:26	01:10:11	01:52:51.20	+00:59:29 (52.7%)	11:17	5.3 (47.3%)
191	BOROŃ-KOSIK Magda	8302		Masters K - 40	55	00:46:33	01:11:52	01:53:27.05	+01:00:05 (53.0%)	11:20	5.3 (47.3%)
192	PLAZIŃSKA Agnieszka	8416	FLEXLINK RUNNING TEAM	Senior II K - 30	94	01:11:03		01:53:41.45	+01:00:19 (53.1%)	11:22	5.3 (47.3%)
193	LEMBICZ Agnieszka	8415	FLEXLINK RUNNING TEAM	Senior II K - 30	95	00:44:41	01:11:06	01:53:41.60	+01:00:19 (53.1%)	11:22	5.3 (47.3%)
194	SZYMAŃSKA Katarzyna	8157		Senior II K - 30	96	00:45:37	01:11:10	01:54:26.05	+01:01:04 (53.4%)	11:26	5.2 (46.4%)
195	ADACH Magdalena	8186	ENDORFINA WSCHOWA	Senior I K - 20	32	00:40:29	01:08:35	01:55:03.25	+01:01:41 (53.6%)	11:30	5.2 (46.4%)
196	CHODERA Ewelina	8160		Senior II K - 30	97	00:42:49	01:10:30	01:56:07.80	+01:02:46 (54.0%)	11:36	5.2 (46.4%)
197	RYTYCH Justyna	8235		Masters K - 40	56	00:42:49	01:10:31	01:56:08.90	+01:02:47 (54.1%)	11:36	5.2 (46.4%)
198	DUBIŃSKA Magdalena	8142		Senior II K - 30	98	00:47:55	01:13:01	01:58:50.35	+01:05:28 (55.1%)	11:53	5 (44.6%)
199	KUTNA Agnieszka	8565	ALUSIAKI	Senior II K - 30	99	00:48:48	01:16:13	01:59:09.95	+01:05:48 (55.2%)	11:54	5 (44.6%)
200	KWIATKOWSKA Honorata	8105	TOMASZÓW MAZ.	Masters K - 40	57	00:47:43	01:14:21	01:59:54.90	+01:06:33 (55.5%)	11:59	5 (44.6%)
201	MIELCZAREK Halina	8063		Weteran K - 50	11	00:47:19	01:17:03	02:02:18.65	+01:08:56 (56.4%)	12:13	4.9 (43.8%)
202	GODLEWSKA Agnieszka	8473		Masters K - 40	58	00:49:58	01:17:25	02:02:19.40	+01:08:57 (56.4%)	12:13	4.9 (43.8%)
203	NOSKO Justyna	8151		Masters K - 40	59	00:48:39	01:16:44	02:02:27.35	+01:09:05 (56.4%)	12:14	4.9 (43.8%)
204	PRZEPIÓRKA Jolanta	8149		Masters K - 40	60	00:48:40	01:16:44	02:02:32.15	+01:09:10 (56.5%)	12:15	4.9 (43.8%)
205	PRZYŁUSKA Mirosława	8503	RAZ SZCZECIN	Weteran II K - 60	3	00:47:40	01:16:14	02:03:07.45	+01:09:45 (56.7%)	12:18	4.9 (43.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto 10km	Różn	Tempo min/km	Tempo km/h
						3.7km	5.8km				
206	KICZKA Maria	8036	ROKIETNICA BIEGA	Senior II K - 30	100	00:46:23	01:18:58	02:03:46.50	+01:10:24 (56.9%)	12:22	4.8 (42.9%)
207	GARCZYK Marzena	8406		Masters K - 40	61	00:51:30	01:19:09	02:04:09.80	+01:10:48 (57.0%)	12:24	4.8 (42.9%)
208	LASEK Karina	8039		Senior II K - 30	101	00:51:29	01:19:10	02:04:10.35	+01:10:48 (57.0%)	12:25	4.8 (42.9%)
209	MAJCHRZYCKA Agnieszka	8498	TKKF MPK POZNAŃ	Senior II K - 30	102	00:52:00	01:19:07	02:05:12.05	+01:11:50 (57.4%)	12:31	4.8 (42.9%)
210	BATURA Magdalena	8349	TKKF MPK POZNAŃ	Senior II K - 30	103	00:51:59	01:19:07	02:05:12.15	+01:11:50 (57.4%)	12:31	4.8 (42.9%)
211	ZJAWIN Katarzyna	8107		Senior II K - 30	104	00:47:07	01:17:35	02:05:23.30	+01:12:01 (57.4%)	12:32	4.8 (42.9%)
212	JANICKA Danuta	8494	SZYBKIE I WŚCIEKŁY	Senior II K - 30	105	00:47:34	01:16:03	02:06:16.10	+01:12:54 (57.7%)	12:37	4.8 (42.9%)
213	PIEKARCZYK Katarzyna	8490	SZYBKIE I WŚCIEKŁY	Senior II K - 30	106	00:47:38	01:16:05	02:06:19.70	+01:12:57 (57.8%)	12:37	4.7 (42.0%)
214	PILARSKA Elżbieta	8095		Weteran III K - 70	1	00:49:41	01:18:48	02:07:15.05	+01:13:53 (58.1%)	12:43	4.7 (42.0%)
215	PYTEL Anna	8136	IZBICKO W BIEGU	Masters K - 40	62	00:50:15	01:19:38	02:07:43.75	+01:14:21 (58.2%)	12:46	4.7 (42.0%)
216	CHYBICKA Magdalena	8367		Senior II K - 30	107	00:49:08	01:17:31	02:07:47.00	+01:14:25 (58.2%)	12:46	4.7 (42.0%)
217	CZYŻAK Justyna	8574		Senior II K - 30	108	00:49:07	01:17:30	02:07:48.50	+01:14:26 (58.2%)	12:46	4.7 (42.0%)
218	PODJUK Kinga	8540	FRIENDS GOSTYŃ	Masters K - 40	63	00:48:12	01:18:50	02:08:02.80	+01:14:41 (58.3%)	12:48	4.7 (42.0%)
219	SZYPULSKA Katarzyna	8138	SKS CHMIELOWICE	Masters K - 40	64	00:50:15	01:19:51	02:08:24.90	+01:15:03 (58.4%)	12:50	4.7 (42.0%)
220	MATYLLA-HEJZA Gracja-Maria	8108		Senior I K - 20	33	00:45:32	01:22:27	02:08:26.15	+01:15:04 (58.5%)	12:50	4.7 (42.0%)
221	HACZYK Gabriela	8590	BIEG OPOLSKI	Weteran III K - 70	2	00:48:57	01:19:48	02:08:38.00	+01:15:16 (58.5%)	12:51	4.7 (42.0%)
222	REGULSKA Aneta Regulska	8551	DRUŻYNA SZPIKU	Senior II K - 30	109	00:49:45	01:19:33	02:09:26.55	+01:16:04 (58.8%)	12:56	4.6 (41.1%)
223	RAJCZAKOWSKA Kamila	8299		Senior II K - 30	110	00:49:39	01:19:31	02:09:27.25	+01:16:05 (58.8%)	12:56	4.6 (41.1%)
224	ZABROCKA Jolanta	8011	PODLASIAKI TEAM	Weteran K - 50	12	00:50:53	01:20:50	02:09:47.70	+01:16:25 (58.9%)	12:58	4.6 (41.1%)
225	KAYSIEWICZ Agata	8124		Senior I K - 20	34	00:54:54	01:22:38	02:10:15.20	+01:16:53 (59.0%)	13:01	4.6 (41.1%)
226	RAJCZAKOWSKA Anna	8546		Weteran K - 50	13	00:49:42	01:19:36	02:10:52.20	+01:17:30 (59.2%)	13:05	4.6 (41.1%)
227	WOŁOSIEWICZ Teresa	8066	PODLASIAKI TEAM	Weteran II K - 60	4	00:51:11	01:20:47	02:12:08.55	+01:18:46 (59.6%)	13:12	4.5 (40.2%)
228	MORAWSKA Edyta	8522	BIEGNIJ OŁAWO	Masters K - 40	65	00:54:12	01:25:23	02:14:57.35	+01:21:35 (60.5%)	13:29	4.4 (39.3%)
229	KARCZMARCZYK Beata	8588		Weteran K - 50	14	00:51:52	01:22:35	02:15:43.90	+01:22:22 (60.7%)	13:34	4.4 (39.3%)
230	SZPERNA Katarzyna	8126	JAROCIN	Senior I K - 20	35	00:54:40	01:24:46	02:16:06.55	+01:22:44 (60.8%)	13:36	4.4 (39.3%)
231	PIETRUCHA Marta	8087		Senior II K - 30	111	00:54:43	01:24:57	02:16:09.40	+01:22:47 (60.8%)	13:36	4.4 (39.3%)
232	KOWALEWSKA Katarzyna	8112		Masters K - 40	66	00:51:19	01:22:04	02:16:31.65	+01:23:09 (60.9%)	13:39	4.4 (39.3%)
233	MOCYDLARZ Agata	8280		Senior I K - 20	36	00:49:30	01:23:25	02:19:21.70	+01:25:59 (61.7%)	13:56	4.3 (38.4%)
234	STRZYŻOWSKA Monika	8003		Masters K - 40	67	00:52:37	01:26:11	02:23:02.65	+01:29:40 (62.7%)	14:18	4.2 (37.5%)
235	CZECH Dominika	8009		Senior I K - 20	37	00:52:38	01:26:12	02:23:03.10	+01:29:41 (62.7%)	14:18	4.2 (37.5%)
235	WITKIEWICZ-ŁUKASZEK Sandra	8001		Senior II K - 30	112	00:52:54	01:26:24	02:23:03.10	+01:29:41 (62.7%)	14:18	4.2 (37.5%)
237	BARGIEL-DYGA Monika	8470	NIEPOŁOMICE BIEGAJĄ	Weteran K - 50	15	00:52:55	01:24:47	02:24:12.15	+01:30:50 (63.0%)	14:25	4.2 (37.5%)
238	RYBKA Elżbieta	8495	SZYBKIE I WŚCIEKŁY	Senior II K - 30	113	00:54:18	01:24:26	02:25:03.45	+01:31:41 (63.2%)	14:30	4.1 (36.6%)
239	BERNACKA Anna	8489		Senior II K - 30	114	00:51:53	01:26:57	02:27:40.90	+01:34:19 (63.9%)	14:46	4.1 (36.6%)
240	IWASZKIEWICZ Dominika	8466		Senior II K - 30	115	00:51:59	01:26:59	02:27:44.55	+01:34:22 (63.9%)	14:46	4.1 (36.6%)
241	SZYMAŃSKA Agnieszka	8089		Masters K - 40	68	01:02:33	01:38:21	02:38:35.00	+01:45:13 (66.3%)	15:51	3.8 (33.9%)
242	LIMAN Dorota	8081	PODLASIAKI TEAM	Masters K - 40	69	01:06:15	01:44:27	02:50:23.40	+01:57:01 (68.7%)	17:02	3.5 (31.3%)
243	KATARYŃCZUK-BOROWIK Dorota	8180	CAŁA OLEŚNICA BIEGA	Masters K - 40	70	01:07:56	01:45:49	02:51:51.50	+01:58:29 (68.9%)	17:11	3.5 (31.3%)
244	MAKSYMOWICZ Monika	8496	SZYBKIE I WŚCIEKŁY	Senior II K - 30	116	01:07:52	01:50:03	03:00:16.40	+02:06:54 (70.4%)	18:01	3.3 (29.5%)
245	GROGER Karolina	8270		Senior I K - 20	38	01:09:02	01:50:39	03:03:56.55	+02:10:34 (71.0%)	18:23	3.3 (29.5%)
246	ROBAK Aneta	8259		Senior II K - 30	117	01:09:07	01:50:43	03:04:03.75	+02:10:41 (71.0%)	18:24	3.3 (29.5%)