



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

VI FESTIWAL BIEGU RZEŹNIKA
Fundacja Bieg Rzeźnika
2020-06-06
Cisna
11 km

DYCHA NA JELENI SKOK 2020

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
1	BAZUŁKA Aleksandra	3425	BUFF TEAM POLAND	K20	1		01:09:33.10		6:19	9.5 (100%)
2	PELA Oliwia	3407		K30	1		01:15:50.00	+00:06:16 (8.3%)	6:53	8.7 (91.6%)
3	WĘGRZYN Monika	3426	BUFF TEAM POLAND	K20	2		01:22:42.00	+00:13:08 (15.9%)	7:31	8 (84.2%)
4	WICHLIŃSKA Karolina	3496	NIWYCHOWANI FIZYCZNIE	K20	3		01:22:59.00	+00:13:25 (16.2%)	7:32	8 (84.2%)
5	STARZYK Marzena	3216		K20	4		01:23:45.65	+00:14:12 (17.0%)	7:36	7.9 (83.2%)
6	KALINOWSKA Dominika	3197	LEKKOATLECI Z OTWOCKA	K20	5		01:24:41.75	+00:15:08 (17.9%)	7:42	7.8 (82.1%)
7	WOJNAROWSKA Weronika	3069		K30	2		01:25:46.35	+00:16:13 (18.9%)	7:47	7.7 (81.1%)
8	KOMISARCZYK Anna	3294		K30	3		01:27:21.10	+00:17:48 (20.4%)	7:56	7.6 (80.0%)
9	WOŁOSZYN Anna	3020		K30	4		01:28:55.60	+00:19:22 (21.8%)	8:05	7.4 (77.9%)
10	MATYSIAK Agnieszka	3312	KOPALNIA MOCY TARNOBRZEG	K30	5		01:29:45.05	+00:20:11 (22.5%)	8:09	7.4 (77.9%)
11	SAWICKA Magdalena	3187		K20	6		01:31:52.75	+00:22:19 (24.3%)	8:21	7.2 (75.8%)
12	ASŁANOWICZ Matylda	3212		K14	1		01:32:12.05	+00:22:38 (24.6%)	8:22	7.2 (75.8%)
13	ASŁANOWICZ Matylda	3457	ŻÓRAWSKI TEAM	K14	2		01:33:13.45	+00:23:40 (25.4%)	8:28	7.1 (74.7%)
14	GALICA-NIEPOKÓJ Agnieszka	3185	BIESZCZADZKI KLUB NORDIC WALKING	K30	6		01:33:50.25	+00:24:17 (25.9%)	8:31	7 (73.7%)
15	DŁUGOSZ-STĘPNIAK Agnieszka	3119	STAY INSANE	K30	7		01:34:14.45	+00:24:41 (26.2%)	8:34	7 (73.7%)
16	ŚMIECHOWSKA Małgorzata	3115		K40	1		01:38:13.75	+00:28:40 (29.2%)	8:55	6.7 (70.5%)
17	RYŚ Marzena	3280	KONIU SQUAD	K20	7		01:39:17.75	+00:29:44 (30.0%)	9:01	6.6 (69.5%)
18	PASIEKA Agnieszka	3244		K40	2		01:39:23.65	+00:29:50 (30.0%)	9:02	6.6 (69.5%)
19	JANOWSKA Justyna	3191		K30	8		01:41:17.70	+00:31:44 (31.3%)	9:12	6.5 (68.4%)
20	KIELAR Kamila	3224		K30	9		01:41:21.20	+00:31:48 (31.4%)	9:12	6.5 (68.4%)
21	WIŚNIEWSKA Żaneta	3165	KIJKOWE TRZEMESZNO	K20	8		01:42:03.45	+00:32:30 (31.9%)	9:16	6.5 (68.4%)
22	ŁĄCKA Agata	3420		K30	10		01:43:21.05	+00:33:47 (32.7%)	9:23	6.4 (67.4%)
23	PŁAZA Edyta	3439		K40	3		01:43:43.35	+00:34:10 (32.9%)	9:25	6.4 (67.4%)
24	SASAL Monika	3178		K40	4		01:44:18.70	+00:34:45 (33.3%)	9:28	6.3 (66.3%)
25	ANDRZEJEWSKA Monika	3360		K30	11		01:45:58.45	+00:36:25 (34.4%)	9:38	6.2 (65.3%)
26	MADEJ Weronika	3245		K20	9		01:46:19.50	+00:36:46 (34.6%)	9:40	6.2 (65.3%)
27	PAJDOSZ Katarzyna	3372	KB BIAŁA BIEGA	K30	12		01:46:34.70	+00:37:01 (34.7%)	9:41	6.2 (65.3%)
28	CIEŚLIK Karolina	3016		K20	10		01:47:22.50	+00:37:49 (35.2%)	9:45	6.1 (64.2%)
29	KOZACZUK Maria	3220		K40	5		01:48:09.20	+00:38:36 (35.7%)	9:49	6.1 (64.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
30	SYPKO-KUBICKA Katarzyna	3302		K40	6		01:48:29.80	+00:38:56 (35.9%)	9:51	6.1 (64.2%)
31	BOROWSKA Julia	3463		K20	11		01:48:45.90	+00:39:12 (36.1%)	9:53	6.1 (64.2%)
32	WEBER Agata	3469	JACEKBIEGA RUNNING TEAM	K40	7		01:48:46.30	+00:39:13 (36.1%)	9:53	6.1 (64.2%)
33	KURCZ Magdalena	3286		K20	12		01:49:42.55	+00:40:09 (36.6%)	9:58	6 (63.2%)
34	SURMA Anna	3356		K20	13		01:50:10.10	+00:40:37 (36.9%)	10:00	6 (63.2%)
35	LUDWINEK-ZARZEKA Iwona	3273	VEGE RUNNERS	K30	13		01:50:26.60	+00:40:53 (37.0%)	10:02	6 (63.2%)
36	CIĄPAŁA Paulina	3013		K30	14		01:52:24.80	+00:42:51 (38.1%)	10:13	5.9 (62.1%)
37	CABAŃSKA Dorota	3325		K40	8		01:52:30.20	+00:42:57 (38.2%)	10:13	5.9 (62.1%)
38	MARCINIAK Paulina	3021		K30	15		01:52:37.80	+00:43:04 (38.2%)	10:14	5.9 (62.1%)
39	WRÓBEL Małgorzata	3460		K20	14		01:53:02.55	+00:43:29 (38.5%)	10:16	5.8 (61.1%)
40	KĘDRA Agnieszka	3036		K20	15		01:53:42.10	+00:44:09 (38.8%)	10:20	5.8 (61.1%)
41	KORZEP Aleksandra	3471		K20	16		01:53:58.70	+00:44:25 (39.0%)	10:21	5.8 (61.1%)
42	KORZEP-CZEKAŁSKA Dorota	3058	BIEGAM BO LUBIĘ OSTROŁĘKA	K40	9		01:53:58.95	+00:44:25 (39.0%)	10:21	5.8 (61.1%)
43	CHOŁUJ Aleksandra	3092	WARIATKI HISTERYCZKI	K14	3		01:55:40.15	+00:46:07 (39.9%)	10:30	5.7 (60.0%)
44	CHOŁUJ Iwona	3093	WARIATKI HISTERYCZKI	K40	10		01:55:43.15	+00:46:10 (39.9%)	10:31	5.7 (60.0%)
45	KWIECIEŃ Dorota	3214		K40	11		01:56:41.55	+00:47:08 (40.4%)	10:36	5.7 (60.0%)
46	MYSZKA Ewelina	3015		K30	16		01:56:42.85	+00:47:09 (40.4%)	10:36	5.7 (60.0%)
47	GAJEWSKA-POLAK Iwona	3284		K50	1		01:56:48.15	+00:47:15 (40.5%)	10:37	5.7 (60.0%)
48	MARCOL Dominika	3366		K20	17		01:56:59.20	+00:47:26 (40.5%)	10:38	5.6 (58.9%)
49	RUDZIARCZYK Karolina	3011	FUCHS OIL TEAM	K20	18		01:58:38.55	+00:49:05 (41.4%)	10:47	5.6 (58.9%)
50	PAUL Violetta	3377		K40	12		01:58:55.30	+00:49:22 (41.5%)	10:48	5.5 (57.9%)
51	SZYMAŁA Karolina	3005		K20	19		01:59:18.80	+00:49:45 (41.7%)	10:50	5.5 (57.9%)
52	NOWAK Małgorzata	3262	WALBET TEAM	K30	17		01:59:27.10	+00:49:54 (41.8%)	10:51	5.5 (57.9%)
53	GRZEGORZEWSKA Marlena	3222		K50	2		01:59:32.85	+00:49:59 (41.8%)	10:52	5.5 (57.9%)
54	CEGLEWSKA Izabela	3231		K30	18		01:59:35.35	+00:50:02 (41.8%)	10:52	5.5 (57.9%)
55	WALKOWIAK Joanna	3261	WALBET TEAM	K30	19		01:59:35.80	+00:50:02 (41.8%)	10:52	5.5 (57.9%)
56	KNAP Klaudia	3434	R.AMBO DRUGA CREW	K30	20		01:59:58.20	+00:50:25 (42.0%)	10:54	5.5 (57.9%)
57	OCHAŁ Katarzyna	3211		K30	21	01:00:00	02:00:13.00	+00:50:39 (42.1%)	5:28	11 (115.8%)
58	CHOLEWA Agnieszka	3296	MATNER RUNNING TEAM	K30	22		02:00:14.45	+00:50:41 (42.2%)	10:55	5.5 (57.9%)
59	SZYMCZYŃSKA Konstancja	3172		K30	23		02:00:20.40	+00:50:47 (42.2%)	10:56	5.5 (57.9%)
60	BILCZEWSKA Basia	3311	HEINEKEN KRAKOW RUNNING CLUB	K30	24		02:00:46.10	+00:51:13 (42.4%)	10:58	5.5 (57.9%)
61	GRACZYK Dobrochna	3018		K14	4		02:01:03.00	+00:51:29 (42.5%)	11:00	5.5 (57.9%)
62	UCHEREK Kinga	3079		K40	13	01:00:00	02:01:49.00	+00:52:15 (42.9%)	5:37	10.7 (112.6%)
63	MUSKUS Karolina	3152	NOA	K30	25		02:01:56.25	+00:52:23 (43.0%)	11:05	5.4 (56.8%)
64	KURKIEWICZ Sylwia	3082		K40	14		02:03:36.35	+00:54:03 (43.7%)	11:14	5.3 (55.8%)
65	URBAŃSKA Katarzyna	3105		K30	26		02:03:58.10	+00:54:25 (43.9%)	11:16	5.3 (55.8%)
66	GAJEWSKA Magda	3221	LAFIRYNDY I GAMONIE	K40	15		02:04:19.70	+00:54:46 (44.1%)	11:18	5.3 (55.8%)
67	OLEWNIK Aleksandra	3073		K30	27		02:04:40.00	+00:55:06 (44.2%)	11:20	5.3 (55.8%)
68	BAJSAROWICZ Zuzanna	3099		K30	28		02:04:58.40	+00:55:25 (44.3%)	11:21	5.3 (55.8%)
69	MAĆZKA Krystyna	3379	OTK RZEŹNIK	K60	1		02:05:03.50	+00:55:30 (44.4%)	11:22	5.3 (55.8%)
70	CEPA Katarzyna	3374		K30	29		02:05:18.45	+00:55:45 (44.5%)	11:23	5.3 (55.8%)
71	GUZOWSKA Katarzyna	3299	BRACTWO BIEGOWE BGK	K20	20		02:05:59.95	+00:56:26 (44.8%)	11:27	5.2 (54.7%)
72	PACHOLSKA Agnieszka	3239		K20	21		02:06:15.90	+00:56:42 (44.9%)	11:28	5.2 (54.7%)
73	MÓWIŃSKA Katarzyna	3266		K40	16		02:06:19.60	+00:56:46 (44.9%)	11:29	5.2 (54.7%)

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74	FOLTA Anita	3031	ZARSZYŃSKI KLUB BIEGACZA	K50	3		02:07:24.00	+00:57:50 (45.4%)	11:34	5.2 (54.7%)
75	BEDNARCZUK Joanna	3133		K40	17		02:07:42.65	+00:58:09 (45.5%)	11:36	5.2 (54.7%)
76	SADOWSKA Małgorzata	3344		K30	30		02:07:42.75	+00:58:09 (45.5%)	11:36	5.2 (54.7%)
77	WOŹNIAK Lidia	3034	PORMAT JEDLICZE BIEGA	K50	4		02:08:47.25	+00:59:14 (46.0%)	11:42	5.1 (53.7%)
78	PARTYKA Agnieszka	3376	RZESZOWSKIE GAZELE I GEPARDY	K40	18		02:09:11.40	+00:59:38 (46.2%)	11:44	5.1 (53.7%)
79	KLECKA Paulina	3243	SPARTAŃSKA DZICZ	K30	31		02:09:44.50	+01:00:11 (46.4%)	11:47	5.1 (53.7%)
80	SARAD Sabina	3242	SPARTAŃSKA DZICZ	K20	22		02:09:45.70	+01:00:12 (46.4%)	11:47	5.1 (53.7%)
81	MAJCHROWICZ Justyna	3251	FC PROSIACZEK	K30	32		02:09:46.30	+01:00:13 (46.4%)	11:47	5.1 (53.7%)
82	SKOREK Natalia	3422	SSW TEAM KROŚNICE	K30	33		02:09:51.80	+01:00:18 (46.4%)	11:48	5.1 (53.7%)
83	TYRKA-KACZMAREK Karolina	3091		K30	34		02:10:14.10	+01:00:41 (46.6%)	11:50	5.1 (53.7%)
84	KUTA Anna	3047		K40	19		02:10:17.65	+01:00:44 (46.6%)	11:50	5.1 (53.7%)
85	ANGOWSKA Beata	3095		K30	35		02:12:23.60	+01:02:50 (47.5%)	12:02	5 (52.6%)
86	PASZEK Krystyna	3229	DOGOŃ GRODZISK MAZOWIECKI	K50	5		02:12:40.70	+01:03:07 (47.6%)	12:03	5 (52.6%)
87	PAWELEC Krystyna	3230	DOGOŃ GRODZISK MAZOWIECKI	K60	2		02:12:40.75	+01:03:07 (47.6%)	12:03	5 (52.6%)
88	ZIMOŃ Paulina	3263		K20	23		02:13:02.75	+01:03:29 (47.7%)	12:05	5 (52.6%)
89	SZYMAŃSKA Jolanta	3370		K30	36		02:13:10.90	+01:03:37 (47.8%)	12:06	5 (52.6%)
90	GOSTYŃSKA Weronika	3002		K40	20		02:13:20.35	+01:03:47 (47.8%)	12:07	4.9 (51.6%)
91	PIASECZYŃSKA-JAMBOR Agata	3287		K40	21		02:13:55.70	+01:04:22 (48.1%)	12:10	4.9 (51.6%)
92	PAWLAK Beata	3022		K40	22		02:14:00.45	+01:04:27 (48.1%)	12:10	4.9 (51.6%)
93	WALKOWICZ Iwona	3331		K30	37		02:14:03.30	+01:04:30 (48.1%)	12:11	4.9 (51.6%)
94	WIŚNIEWSKA Iwona	3333	BIEGACZE SPECJALNEJ TROSKI	K30	38	01:00:00	02:14:12.00	+01:04:38 (48.2%)	6:44	8.9 (93.7%)
95	STAŃCZYK Emilia	3098		K30	39		02:14:37.75	+01:05:04 (48.3%)	12:14	4.9 (51.6%)
96	SZPERNAL Beata	3054		K50	6		02:15:15.60	+01:05:42 (48.6%)	12:17	4.9 (51.6%)
97	DZIAMENTSYEVA Viyaleta	3387		K30	40		02:16:14.00	+01:06:40 (48.9%)	12:23	4.8 (50.5%)
98	SIDLO-GALKOWSKA Małgorzata	3059		K40	23		02:16:47.90	+01:07:14 (49.2%)	12:26	4.8 (50.5%)
99	ZIÓŁKOWSKA Paulina	3467	GIT EKIPA	K40	24		02:16:53.80	+01:07:20 (49.2%)	12:26	4.8 (50.5%)
100	JĘCZMIŃSKA Anna	3045		K40	25		02:16:56.50	+01:07:23 (49.2%)	12:26	4.8 (50.5%)
101	MARASEK Anna	3042		K40	26		02:16:57.40	+01:07:24 (49.2%)	12:27	4.8 (50.5%)
102	CZADERSKA Weronika	3358	X-TEAM SPECIAL FORCES	K20	24		02:17:32.05	+01:07:58 (49.4%)	12:30	4.8 (50.5%)
103	KRUZEL Małgorzata	3248	BIEGOWE MISIE	K20	25		02:17:53.85	+01:08:20 (49.6%)	12:32	4.8 (50.5%)
104	WALISZEWSKA-PLEWA Izabela	3006		K40	27		02:18:23.50	+01:08:50 (49.7%)	12:34	4.8 (50.5%)
105	KNIEC Kamila	3430		K20	26		02:18:38.35	+01:09:05 (49.8%)	12:36	4.8 (50.5%)
106	SZCZYGIELSKA Patrycja	3313		K30	41		02:18:44.10	+01:09:11 (49.9%)	12:36	4.8 (50.5%)
107	KOCHANIAK Kasia	3203		K40	28		02:18:48.55	+01:09:15 (49.9%)	12:37	4.8 (50.5%)
108	FURMAN Agnieszka	3267	OCHAJORUN & FRIENDS	K30	42		02:19:14.85	+01:09:41 (50.1%)	12:39	4.7 (49.5%)
109	CIECHAROWSKA Justyna	3241	NIKO_TEAM	K30	43		02:19:20.55	+01:09:47 (50.1%)	12:40	4.7 (49.5%)
110	KALICIŃSKA Monika	3050	NOSTROMO	K30	44		02:19:44.40	+01:10:11 (50.2%)	12:42	4.7 (49.5%)
111	BUCHTA Ewelina	3174	NIE LAM SIĘ	K20	27		02:20:25.95	+01:10:52 (50.5%)	12:46	4.7 (49.5%)
112	MAREK Agnieszka	3056		K40	29		02:20:40.75	+01:11:07 (50.6%)	12:47	4.7 (49.5%)
113	SKUBISZ Katarzyna	3414	BIEGACZE SPECJALNEJ TROSKI	K40	30		02:20:53.20	+01:11:20 (50.6%)	12:48	4.7 (49.5%)
114	KACZYŃSKA Julia	3345		K20	28		02:20:53.55	+01:11:20 (50.6%)	12:48	4.7 (49.5%)
115	BUREK Justyna	3446		K20	29		02:21:13.50	+01:11:40 (50.8%)	12:50	4.7 (49.5%)
116	MRUCZYŃSKA-PIETRUCZANIS Katarzyna	3285	AKTYWNI WĘGRÓW / WKURW_TEAM	K40	31		02:23:09.65	+01:13:36 (51.4%)	13:00	4.6 (48.4%)
117	WOŁOWIEC Bożena	3089		K40	32		02:23:51.90	+01:14:18 (51.7%)	13:04	4.6 (48.4%)

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118	TOMCZEWSKA Marcjanna	3442	CROSSFIT TORUN	K20	30		02:24:14.25	+01:14:41 (51.8%)	13:06	4.6 (48.4%)
119	MÓWIŃSKA Anna	3086	RUNNERS TEAM JABŁONNA	K40	33		02:24:52.80	+01:15:19 (52.0%)	13:10	4.6 (48.4%)
120	DOMARADZKA Ewa	3378		K40	34		02:25:20.00	+01:15:46 (52.1%)	13:12	4.5 (47.4%)
121	GŁOWACKA Aleksandra	3085	MŁODY VS STARY	K40	35		02:26:08.70	+01:16:35 (52.4%)	13:17	4.5 (47.4%)
122	SZOŁTYSEK Beata	3320	OCHAJORUN & FRIENDS	K40	36		02:28:06.05	+01:18:32 (53.0%)	13:27	4.5 (47.4%)
123	PATLA Ewa	3134		K40	37		02:28:25.30	+01:18:52 (53.1%)	13:29	4.4 (46.3%)
124	MASZEWSKA-WACH Mariola	3464	RAWA TIM ZAWSZE SLIM	K30	45		02:31:21.40	+01:21:48 (54.0%)	13:45	4.4 (46.3%)
125	KANIEWSKA Justyna	3293	DZIKI DZIK TEAM	K20	31		02:32:08.50	+01:22:35 (54.3%)	13:49	4.3 (45.3%)
125	DASZCZYŃSKA Iwona	3309	ADASKO TEAM	K40	38		02:32:08.50	+01:22:35 (54.3%)	13:49	4.3 (45.3%)
127	JANIK Weronika	3190		K20	32		02:33:37.25	+01:24:04 (54.7%)	13:58	4.3 (45.3%)
128	HAŁUCHA Katarzyna	3340		K20	33		02:34:02.20	+01:24:29 (54.8%)	14:00	4.3 (45.3%)
129	WIERZBA Elżbieta	3277		K40	39		02:35:09.20	+01:25:36 (55.2%)	14:06	4.3 (45.3%)
130	SZARKOWSKA-LUDEW Katarzyna	3278		K40	40		02:35:09.90	+01:25:36 (55.2%)	14:06	4.3 (45.3%)
131	SUDOŁ Ilona	3080		K30	46		02:36:45.60	+01:27:12 (55.6%)	14:15	4.2 (44.2%)
132	PAWŁOWSKA-LIS Maria	3443		K40	41		02:37:28.40	+01:27:55 (55.8%)	14:19	4.2 (44.2%)
133	PEŁECH Julia	3406	WIRAN TEAM	K14	5		02:38:00.85	+01:28:27 (56.0%)	14:21	4.2 (44.2%)
134	KRÓL Pola	3405	WIRAN TEAM	K14	6		02:38:01.25	+01:28:28 (56.0%)	14:21	4.2 (44.2%)
135	GRZESIK Renata	3219		K30	47		02:39:06.80	+01:29:33 (56.3%)	14:27	4.1 (43.2%)
136	KRÓL Katarzyna	3048	WIRAN TEAM	K40	42		02:39:07.50	+01:29:34 (56.3%)	14:27	4.1 (43.2%)
137	GAŁKA Ola	3249	VEGE RUNNERS/ KB SUKCES ŻMIGRÓD	K40	43		02:39:46.30	+01:30:13 (56.5%)	14:31	4.1 (43.2%)
138	PIOTROWSKA Marta	3193		K30	48		02:41:22.55	+01:31:49 (56.9%)	14:40	4.1 (43.2%)
139	FAFARA Agnieszka	3417		K40	44		02:41:44.80	+01:32:11 (57.0%)	14:42	4.1 (43.2%)
140	DAWID Honorata	3142		K40	45		02:41:57.60	+01:32:24 (57.1%)	14:43	4.1 (43.2%)
141	DRZYZGA Dominika	3431		K20	34		02:42:33.80	+01:33:00 (57.2%)	14:46	4.1 (43.2%)
142	MILKA Karolina	3159		K20	35		02:42:39.15	+01:33:06 (57.2%)	14:47	4.1 (43.2%)
142	JASTRZĘBSKA Paulina	3140	SKY RUNNER	K30	49		02:42:39.15	+01:33:06 (57.2%)	14:47	4.1 (43.2%)
144	NOWAK Ania	3354		K40	46		02:42:50.20	+01:33:17 (57.3%)	14:48	4.1 (43.2%)
145	RADYK Anna	3209	PRZEMYSKI KLUB BIEGACZA	K14	7		02:45:54.80	+01:36:21 (58.1%)	15:05	4 (42.1%)
145	RADYK Aleksandra	3137	PRZEMYSKI KLUB BIEGACZA	K14	7		02:45:54.80	+01:36:21 (58.1%)	15:05	4 (42.1%)
147	RADYK Joanna	3210	PRZEMYSKI KLUB BIEGACZA	K30	50		02:45:55.20	+01:36:22 (58.1%)	15:05	4 (42.1%)
148	KUCZAKOWSKA Joanna	3253	BIEGOWE MISIE	K30	51		02:47:11.10	+01:37:38 (58.4%)	15:11	3.9 (41.1%)
149	NAZIMEK Małgorzata	3380	BLACK RIVER	K20	36		02:49:02.30	+01:39:29 (58.9%)	15:22	3.9 (41.1%)
150	WOLNA Agata	3402	ECO LED PRESTIGE	K30	52		02:49:38.05	+01:40:04 (59.0%)	15:25	3.9 (41.1%)
151	BUKOWSKA Dominika	3401	RENEW INSTITUTE	K30	53		02:49:44.25	+01:40:11 (59.0%)	15:25	3.9 (41.1%)
152	WIERCHOŁA Joanna	3068		K60	3		02:49:45.00	+01:40:11 (59.0%)	15:25	3.9 (41.1%)
153	BOROWIEC-RÓŻYCKA Magdalena	3130	BIEGAJĄCY ŚWIDNIK	K30	54		02:53:13.45	+01:43:40 (59.8%)	15:44	3.8 (40.0%)
154	OLCZYK Anna	3008	DABEX-BOLT	K30	55		02:53:23.20	+01:43:50 (59.9%)	15:45	3.8 (40.0%)
155	MATRASZEK Patrycja	3233	STOWARZYSZENIE PACZKA DLA BOHATERA	K30	56		02:54:39.80	+01:45:06 (60.2%)	15:52	3.8 (40.0%)
156	SIERECKA Dorota	3200	TEAM ZABIEGANEDNI // WKURW_TEAM	K40	47		02:55:13.80	+01:45:40 (60.3%)	15:55	3.8 (40.0%)
157	ERENBERG Małgorzata	3026	FUDU&CO. SPORT TEAM	K30	57		02:56:30.10	+01:46:57 (60.6%)	16:02	3.7 (38.9%)
158	CIECIERA Marta	3388		K30	58		02:56:44.80	+01:47:11 (60.6%)	16:04	3.7 (38.9%)
159	HERTEL Karina	3409		K40	48		02:57:27.40	+01:47:54 (60.8%)	16:08	3.7 (38.9%)
160	JASIUL Mariola	3447		K40	49		02:57:40.90	+01:48:07 (60.9%)	16:09	3.7 (38.9%)
161	KRYSIEWICZ Aleksandra	3419		K30	59		02:59:56.70	+01:50:23 (61.3%)	16:21	3.7 (38.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
162	WŁODARCZYK Natalia	3206	SAŁ WOLNIEJSI	K30	60		03:07:46.25	+01:58:13 (63.0%)	17:04	3.5 (36.8%)
163	MEDYŃSKA Aleksandra	3144		K30	61		03:07:46.90	+01:58:13 (63.0%)	17:04	3.5 (36.8%)
164	GAJEWSKA Klaudia	3040		K20	37		03:08:14.10	+01:58:41 (63.1%)	17:06	3.5 (36.8%)
165	STANKOWSKA Marzena	3194	KIJKOWE TRZEMESZNO	K40	50		03:09:22.00	+01:59:48 (63.3%)	17:12	3.5 (36.8%)
166	GUADOWSKA Magdalena	3415	KARKONOSKITEAM	K40	51		03:10:09.85	+02:00:36 (63.4%)	17:17	3.5 (36.8%)
167	KOJRUK Emilia	3041		K20	38		03:18:16.05	+02:08:42 (64.9%)	18:01	3.3 (34.7%)
168	KLARECKA Joanna	3126	ASTMA TEAM	K40	52		03:18:26.75	+02:08:53 (65.0%)	18:02	3.3 (34.7%)
169	SZYMAŃSKA Joanna	3150		K40	53		03:21:24.90	+02:11:51 (65.5%)	18:18	3.3 (34.7%)
170	NICPOŃ Katarzyna	3120	PATOBIEGACZE	K30	62		03:22:03.10	+02:12:30 (65.6%)	18:22	3.3 (34.7%)
171	KĄDZIOŁKA Emilia	3437	K2	K50	7		03:24:37.20	+02:15:04 (66.0%)	18:36	3.2 (33.7%)
172	ZIÓŁEK Teresa	3440	STAY INSANE	K60	4		03:24:37.25	+02:15:04 (66.0%)	18:36	3.2 (33.7%)
173	NOWAKOWSKA Agnieszka	3438		K30	63		03:24:37.60	+02:15:04 (66.0%)	18:36	3.2 (33.7%)
174	PIETRZYK Ewa	3129	BIEGAJĄCY ŚWIDNIK	K40	54		03:30:02.70	+02:20:29 (66.9%)	19:05	3.1 (32.6%)
175	BOROWIEC Alicja	3128	BIEGAJĄCY ŚWIDNIK	K30	64		03:30:03.40	+02:20:30 (66.9%)	19:05	3.1 (32.6%)
176	BAKALARSKA Mariola	3260	WARSAW RUN CLUB	K50	8		03:41:08.20	+02:31:35 (68.5%)	20:06	3 (31.6%)
177	CYMBORSKA Jolanta	3269	WARSAW RUN CLUB	K30	65		03:41:09.10	+02:31:36 (68.6%)	20:06	3 (31.6%)
178	WTULICH Diana	3454		K50	9		03:46:56.70	+02:37:23 (69.4%)	20:37	2.9 (30.5%)
179	BACZEWSKA Klaudia	3393	BIEGAM BO LUBIĘ OSTROŁĘKA	K30	66		03:46:58.95	+02:37:25 (69.4%)	20:38	2.9 (30.5%)
180	KOBUS Dorota	3459	BBL OSTROŁĘKA	K40	55		03:47:00.05	+02:37:26 (69.4%)	20:38	2.9 (30.5%)
181	JAWORSKA Katarzyna	3135	GĄBIN BIEGA	K30	67		04:00:10.10	+02:50:37 (71.0%)	21:50	2.7 (28.4%)
182	SMOCZYŃSKA Katarzyna	3265		K40	56		04:12:38.90	+03:03:05 (72.5%)	22:58	2.6 (27.4%)
183	HENSEL-JAGODA Mirella	3247	FUCHS OIL TEAM	K50	10		04:21:29.60	+03:11:56 (73.4%)	23:46	2.5 (26.3%)
184	SABA Małgorzata	3147	NAJWIĘKSZA ARMIA ŚWIATA	K20	39		04:26:26.10	+03:16:53 (73.9%)	24:13	2.5 (26.3%)
185	SOKOŁOWSKA Sylwia	3043		K30	68		04:30:28.80	+03:20:55 (74.3%)	24:35	2.4 (25.3%)

Znaleziono 185 wynik(ów)