



HARDY ROLLING - 11 KM

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

PIENINY ULTRA-TRAIL®
Fundacja Strefa Przygód
2023-04-22
Szczawnica
10.8 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Premia Górską - Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Premia1 3.8km	Premia2 4.3km	Czas netto 10.8km	Czas brutto 10.8km	Różn	Tempo min/km	Tempo km/h
1	CELIŃSKA Anna	201	BYLEDOBIEC ANIN	K40	1	MP	KS Sprint Bielsko- Biała	00:21:05	00:24:19	00:52:00.30	00:52:01.85	+00:00:00 (- 359,900.0%)	4:48	12.5 (100%)
2	MAZAN Beata	335	FINISZ RYMANÓW	K30	2	MP	KKB MOSiR Krosno	00:22:08	00:25:33	00:55:39.55	00:55:39.55	+00:00:10 (- 341,100.6%)	5:09	11.6 (92.8%)
3	TRACZ Paulina	205		K30	1	MP	SBG Salco Niepołomice	00:21:38	00:25:10	00:52:43.10	00:52:43.10	+00:00:17 (- 329,751.4%)	4:52	12.3 (98.4%)
4	FICNER Anna	203	MKS SIECHNICE	K30	3	MP	MKS Siechnice	00:22:53	00:26:27	00:56:08.50	00:56:08.50	+00:00:20 (- 326,134.3%)	5:11	11.5 (92.0%)
5	SKALSKA Anna	352	ALPIN SPORT TEAM	K40	3	MP	MKS-MOSM Bytom	00:23:37	00:27:15	00:56:10.55	00:56:13.30	+00:00:23 (- 320,523.7%)	5:12	11.5 (92.0%)
6	KAPUSTA- SZYDŁAK Sylwia	325		K40	2	MP	CWKS Resovia Rzeszów	00:22:13	00:25:54	00:53:51.65	00:53:53.60	+00:00:26 (- 317,177.1%)	4:59	12 (96.0%)
7	STANEK Patrycja	494		K20	4	MP	LLKS Osowa Sień	00:23:29	00:27:12	00:59:04.80	00:59:08.50	+00:00:28 (- 313,758.6%)	5:28	11 (88.0%)
8	DUL Karolina	462	SBG SALCO	K20	2	MP	SBG Salco Niepołomice	00:23:31	00:27:19	00:56:21.75	00:56:21.75	+00:00:33 (- 306,464.3%)	5:13	11.5 (92.0%)
9	KAŻMIERCZAK Marta	206	TRENERBIEGANIA.PL	K40	4	MP	MKS Unia Hrubieszów	00:24:18	00:28:08	00:56:12.65	00:56:15.00	+00:00:35 (- 304,461.1%)	5:12	11.5 (92.0%)
10	WIECZOREK Nina	446	SBG SALCO	K20	1	MP	SBG Salco Niepołomice	00:23:45	00:27:35	00:55:45.50	00:55:49.00	+00:00:36 (- 303,601.1%)	5:09	11.6 (92.8%)
11	BAZUŁKA Aleksandra	202	HOKA GARMIN TEAM	K20	3	MP	SBG Salco Niepołomice	00:23:30	00:27:21	00:57:34.80	00:57:37.85	+00:00:36 (- 303,535.2%)	5:19	11.3 (90.4%)
12	BOLECHOWSKA Dominika	492	ALPIN SPORT	K40	8			00:27:18	00:31:22	01:04:03.35	01:04:07.50	+00:00:49 (- 286,424.6%)	5:55	10.1 (80.8%)
13	WOSZCZEK Danuta	490	UKS OLIMP KOZIENICE	K40	5	MP	UKS Olimp Kozienice	00:24:41	00:28:47	01:02:42.80	01:02:44.65	+00:00:51 (- 284,326.4%)	5:48	10.3 (82.4%)
14	BORBALA Lantos	433	BÜKKI ÉGBOLT MT	K30	4			00:25:22	00:29:37	01:02:55.50	01:02:58.90	+00:01:00 (- 274,226.1%)	5:49	10.3 (82.4%)

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15	ŁUKASIK Anna	444	MKL BRYGADA BESKIDÓW	K40	7	MP	MKL Brygada Beskidów Nowy Sącz	00:27:27	00:31:42	01:04:01.05	01:04:04.50	+00:01:00 (-273,903.5%)	5:55	10.1 (80.8%)
16	GÓRALIK Sylwia	341	KS AZS AWF KRAKÓW	K40	6			00:26:41	00:31:05	01:03:52.10	01:03:54.55	+00:01:09 (-264,768.3%)	5:54	10.1 (80.8%)
17	BIELECKA Patrycja	489	UKS ACHILLES LESZNO	K20	5	MP	UKS Achilles Leszno	00:26:40	00:31:12	01:03:26.90	01:03:29.65	+00:01:18 (-256,646.2%)	5:52	10.2 (81.6%)
18	MICHAŁEK Katarzyna	357		K40	10			00:29:30	00:34:03	01:12:00.50	01:12:08.15	+00:01:19 (-255,753.6%)	6:40	9 (72.0%)
19	DROZDEK Marcelina	358	AZS AWF WARSZAWA	K20	7	MP	KS AZS AWF Warszawa	00:27:24	00:32:01	01:07:44.90	01:07:56.95	+00:01:22 (-252,381.0%)	6:16	9.6 (76.8%)
20	GÓRNA Monika	447	NIEPOŁOMICE BIEGAJĄ	K40	9			00:28:07	00:32:46	01:07:59.00	01:08:03.05	+00:01:24 (-250,435.7%)	6:17	9.5 (76.0%)
21	MATUŁA Natalia	379	MKL BRYGADA BESKIDÓW	K20	8	MP	MKL Brygada Beskidów Nowy Sącz	00:28:05	00:32:47	01:08:39.75	01:08:44.05	+00:01:27 (-247,770.9%)	6:21	9.4 (75.2%)
22	BODURKA Anna	362	KS AZS AWF KRAKÓW	K20	6			00:27:30	00:32:14	01:06:30.45	01:06:30.45	+00:01:29 (-246,764.4%)	6:09	9.7 (77.6%)
23	BAHRANOWSKA- KILIAN Maria	459	KANTOR RUNNING TEAM	K30	5	MP	SBG Salco Niepołomice	00:25:51	00:30:38	01:06:11.80	01:06:15.50	+00:01:32 (-243,538.3%)	6:07	9.8 (78.4%)
24	CHROBAK Agnieszka	346	#R	K20	9			00:30:18	00:35:17	01:14:47.45	01:14:50.95	+00:01:44 (-234,268.1%)	6:55	8.7 (69.6%)
25	SARNOWSKA Karolina	238	PRORUNNING PROMOTION	K40	13			00:32:10	00:37:10	01:18:29.05	01:18:34.55	+00:01:45 (-233,329.0%)	7:16	8.3 (66.4%)
26	PERZ Marzenna	294	NKB	K50	1			00:31:34	00:36:38	01:16:38.60	01:16:43.55	+00:01:50 (-229,420.7%)	7:05	8.5 (68.0%)
27	BRZOSTOWSKA Kama	250		K40	14			00:30:58	00:36:03	01:21:04.80	01:21:16.45	+00:01:50 (-229,007.0%)	7:30	8 (64.0%)
28	MORAWSKA Jaga	217		K50	3			00:34:04	00:39:13	01:32:23.65	01:32:37.85	+00:01:54 (-226,152.4%)	8:33	7 (56.0%)
29	NOWOSIELSKA Wioleta	287	YULO RUN TEAM SIEDLCE	K40	12			00:31:14	00:36:25	01:16:25.45	01:16:30.65	+00:01:56 (-224,805.9%)	7:04	8.5 (68.0%)
30	MĘCIK Adrianna	257		K20	10			00:31:18	00:36:33	01:14:43.90	01:14:56.15	+00:02:01 (-221,526.2%)	6:55	8.7 (69.6%)
31	PERZ Emilia	297	WOLSZTYŃSKA AKADEMIA BIEGOWA	K30	6			00:31:28	00:36:44	01:11:49.75	01:11:49.75	+00:02:01 (-221,070.5%)	6:38	9 (72.0%)
32	MAKUCHOWSKA Paulina	405		K40	18			00:34:04	00:39:20	01:30:43.25	01:30:52.60	+00:02:02 (-220,791.0%)	8:23	7.1 (56.8%)
33	GDULA Agata	234		K20	13			00:38:03	00:43:21	01:30:37.00	01:31:05.45	+00:02:03 (-219,714.5%)	8:23	7.2 (57.6%)
34	KUROWSLA Monika	452		K30	8			00:31:55	00:37:14	01:22:00.55	01:22:03.30	+00:02:04 (-219,163.0%)	7:35	7.9 (63.2%)
35	VELKO Maryna	288		K30	10			00:34:09	00:39:32	01:24:57.55	01:25:09.80	+00:02:08 (-216,345.8%)	7:51	7.6 (60.8%)
36	LUDYNIA Aleksandra	274	STG WARSZAWA	K40	11			00:31:15	00:36:39	01:16:09.40	01:16:09.40	+00:02:10 (-215,411.7%)	7:03	8.5 (68.0%)

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						Polski	Drużyna							
37	PACIOREK Roksana	445		K30	12			00:33:54	00:39:22	01:26:47.30	01:26:47.30	+00:02:13 (-213,534.8%)	8:02	7.5 (60.0%)
38	CZARNECKA Katarzyna	267		K30	7			00:33:22	00:38:58	01:21:34.60	01:21:49.30	+00:02:21 (-207,940.5%)	7:33	7.9 (63.2%)
39	CHLIPAŁA Ewelina	495		K30	9			00:33:36	00:39:14	01:21:56.95	01:22:08.10	+00:02:23 (-206,709.6%)	7:35	7.9 (63.2%)
40	SEROCZYŃSKA Dorota	312		K30	33			00:50:09	00:55:47	02:02:14.25	02:02:14.25	+00:02:24 (-206,343.2%)	11:19	5.3 (42.4%)
41	FAFROWICZ Joanna	383		K30	13			00:34:25	00:40:06	01:28:08.00	01:28:20.75	+00:02:27 (-204,710.3%)	8:09	7.4 (59.2%)
42	KAPKOWSKA Joanna	425		K30	11			00:34:36	00:40:19	01:24:56.80	01:25:10.60	+00:02:28 (-203,725.1%)	7:51	7.6 (60.8%)
43	RAINER Iwona	421	ACS STAL	K40	16			00:35:50	00:41:33	01:27:46.90	01:28:13.10	+00:02:28 (-203,695.4%)	8:07	7.4 (59.2%)
44	SIWIŃSKA Gosia	272		K40	17			00:36:37	00:42:20	01:29:46.30	01:30:00.80	+00:02:29 (-203,606.3%)	8:18	7.2 (57.6%)
45	CHMIELEWSKA Agata	241		K20	17			00:39:06	00:44:50	01:39:23.80	01:39:29.90	+00:02:29 (-203,369.2%)	9:12	6.5 (52.0%)
46	SIECZKA Kazimiera	382		K50	2			00:34:11	00:39:55	01:28:08.50	01:28:21.05	+00:02:30 (-203,014.5%)	8:09	7.4 (59.2%)
47	ZARADNA Paulina	240		K20	16			00:39:06	00:44:50	01:38:30.40	01:38:35.90	+00:02:30 (-202,955.5%)	9:07	6.6 (52.8%)
48	BRESLLER Izabela	471		K20	11			00:32:11	00:37:57	01:22:55.05	01:23:05.45	+00:02:31 (-202,103.9%)	7:40	7.8 (62.4%)
49	MARZEC Pamela	222	MOUNTAIN TOUCH	K20	14			00:39:00	00:44:50	01:35:29.85	01:35:51.45	+00:02:36 (-199,363.6%)	8:50	6.8 (54.4%)
50	FEDOREK Weronika	376		K20	12			00:37:58	00:43:49	01:28:26.85	01:28:42.15	+00:02:36 (-199,193.0%)	8:11	7.3 (58.4%)
51	KSIĄŻKIEWICZ Magdalena	426	RYSIOTEAM	K30	14			00:37:57	00:43:49	01:33:24.20	01:33:37.65	+00:02:38 (-198,316.3%)	8:38	6.9 (55.2%)
52	RZYSZKIEWICZ Małgorzata	286	PĘDZĄCE LENIWCE	K50	7			00:54:03	00:59:56	02:02:00.25	02:02:19.55	+00:02:39 (-197,531.1%)	11:17	5.3 (42.4%)
53	CIECIOROWSKA Alicja	318	OFF-ROAD RUNNERS	K40	21			00:35:25	00:41:21	01:32:58.15	01:33:18.25	+00:02:41 (-196,420.0%)	8:36	7 (56.0%)
54	KOCHANOWSKA Anna	380	JEST LEPIEJ RUN TEAM	K40	24			00:38:31	00:44:28	01:37:27.70	01:37:40.85	+00:02:42 (-195,869.2%)	9:01	6.6 (52.8%)
55	SZYSZ Alina	317	GRUPA BIEGACZY SKÓRZEC BIEGA	K40	20			00:37:26	00:43:23	01:32:51.65	01:33:04.80	+00:02:42 (-195,649.7%)	8:35	7 (56.0%)
56	KOPCZYŃSKA Dominika	251	DZIKUR CREW	K50	4			00:36:56	00:42:56	01:39:34.55	01:40:06.70	+00:02:46 (-193,911.4%)	9:13	6.5 (52.0%)
57	MARCZEWSKA Agata	273		K40	15			00:33:03	00:39:05	01:22:42.90	01:22:53.65	+00:02:47 (-193,027.1%)	7:39	7.8 (62.4%)
58	SIOREK Katarzyna	469	PIĘKNE I BRODACZE	K40	23			00:37:55	00:43:57	01:36:44.90	01:37:01.10	+00:02:47 (-193,000.4%)	8:57	6.7 (53.6%)
59	BANAK-SOŁTAN Agnieszka	337	TEAM BIEGAJ POD OKIEM TRENERA	K40	31			00:42:23	00:48:31	01:46:44.65	01:46:54.60	+00:02:53 (-189,981.6%)	9:52	6.1 (48.8%)
60	BANAK Aleksandra	336		K20	19			00:42:24	00:48:32	01:46:45.05	01:46:54.75	+00:02:54 (-189,723.5%)	9:53	6.1 (48.8%)

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						Polski	Drużyna							
61	CHMIELEWSKA Karolina	328		K40	32			00:44:37	00:50:49	01:48:48.90	01:49:07.90	+00:02:57 (-187,810.2%)	10:04	6 (48.0%)
62	HAMERSKA Dominika	2872		K40	29			00:40:43	00:46:57	01:45:03.25	01:45:06.65	+00:03:00 (-186,630.8%)	9:43	6.2 (49.6%)
63	PETROVÁ Jana	364	AUTOSERVIS ERIKA	K40	19			00:38:15	00:44:32	01:31:29.55	01:31:50.20	+00:03:02 (-185,589.2%)	8:28	7.1 (56.8%)
64	CYGANIK Hanna	261		K30	16			00:39:36	00:45:53	01:39:41.70	01:39:58.45	+00:03:02 (-185,589.2%)	9:13	6.5 (52.0%)
65	DZIEWA Agata	351	LUBELSKA GRUPA TRIATHLONU	K30	17			00:41:18	00:47:35	01:42:11.10	01:42:18.55	+00:03:03 (-184,876.8%)	9:27	6.3 (50.4%)
66	KONDRACKA Emilia	333		K20	18			00:40:24	00:46:44	01:40:54.60	01:41:06.65	+00:03:05 (-184,169.9%)	9:20	6.4 (51.2%)
67	KALISZ Renata	231		K40	30			00:44:49	00:51:08	01:46:30.30	01:46:51.55	+00:03:05 (-184,097.1%)	9:51	6.1 (48.8%)
68	STAŃCZAK Dominika	216	TEAM ZABIEGANEDNI	K40	22			00:37:43	00:44:03	01:33:54.40	01:34:22.30	+00:03:05 (-183,975.8%)	8:41	6.9 (55.2%)
69	PAWELEC Magdalena	408	RAKNROLL	K40	25			00:39:42	00:46:03	01:38:50.15	01:38:50.15	+00:03:07 (-183,011.6%)	9:09	6.6 (52.8%)
70	UCHEREK Kinga	239		K40	26			00:40:47	00:47:14	01:38:47.00	01:38:55.65	+00:03:13 (-180,318.1%)	9:08	6.6 (52.8%)
71	TOFIL Aleksandra	253		K30	18			00:41:12	00:47:40	01:43:39.30	01:44:07.50	+00:03:13 (-180,015.9%)	9:35	6.3 (50.4%)
72	SOKOŁOWSKA Anna	363		K20	15			00:39:30	00:46:02	01:37:09.35	01:37:21.30	+00:03:16 (-178,634.5%)	8:59	6.7 (53.6%)
73	ŁĘTOWSKA Marlena	422	DOMOWAENERGIA.COM.PL	K30	21			00:42:41	00:49:13	01:46:16.45	01:46:31.00	+00:03:17 (-178,406.3%)	9:50	6.1 (48.8%)
74	WACHNICKA Kamila	292	SKPB WARSZAWA	K20	21			00:44:23	00:50:55	01:50:58.20	01:51:08.30	+00:03:17 (-178,178.7%)	10:16	5.8 (46.4%)
75	GRĘ Magdalena	309		K40	28			00:41:57	00:48:35	01:44:28.95	01:44:58.20	+00:03:24 (-175,315.9%)	9:40	6.2 (49.6%)
76	DYBEK Dagmara	228	CHSBD W RUCHU	K30	20			00:40:12	00:46:52	01:45:31.15	01:45:56.85	+00:03:25 (-174,723.7%)	9:46	6.1 (48.8%)
77	SOKOŁOWSKA Aleksandra	413		K20	20			00:42:30	00:49:15	01:49:38.25	01:50:05.00	+00:03:31 (-172,437.0%)	10:09	5.9 (47.2%)
78	KARPIEL Weronika	386		K30	15			00:37:41	00:44:27	01:35:11.65	01:35:25.00	+00:03:31 (-172,373.2%)	8:48	6.8 (54.4%)
79	DZIEWA Magdalena	411		K60	1			00:40:48	00:47:35	01:42:53.60	01:43:01.40	+00:03:33 (-171,316.0%)	9:31	6.3 (50.4%)
80	SZAJNA Agata	394		K50	6			00:42:40	00:49:33	02:01:00.05	02:01:06.05	+00:03:39 (-168,892.0%)	11:12	5.4 (43.2%)
81	WÓJCIK Urszula	480		K50	5			00:42:04	00:49:04	01:50:33.45	01:50:50.90	+00:03:45 (-166,436.4%)	10:14	5.9 (47.2%)
82	DANIELAK Marzena	449	GRUPA BIEGACZY SKÓRZEC BIEGA	K40	33			00:42:35	00:49:36	01:50:41.20	01:50:57.00	+00:03:46 (-166,060.4%)	10:14	5.9 (47.2%)
83	STYRCZULA Małgorzata	387		K30	28			00:41:53	00:48:58	01:54:52.40	01:55:05.70	+00:03:51 (-164,302.1%)	10:38	5.6 (44.8%)
84	KOŚCIUCH Anna	890		K40	34			00:46:26	00:53:34	01:56:25.00	01:56:43.25	+00:03:54 (-163,150.4%)	10:46	5.6 (44.8%)

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						Polski	Drużyna							
85	BIELECKA Ewa	247	STOWARZYSZENIE SPORTOWE SŁOŃCA JURY	K40	44			00:51:28	00:58:37	02:10:34.30	02:10:41.10	+00:03:54 (-163,055.2%)	12:05	5 (40.0%)
86	KSIEŻOPOLSKA-KOŚCIUCH Wiktorja	356	WIKTORIAKSIEZOPOLSKA@O2.PL	K30	31			00:46:23	00:53:33	01:56:23.40	01:56:43.35	+00:03:55 (-162,448.2%)	10:46	5.6 (44.8%)
87	MYŚLIŃSKA Olga	470	RAK'N'ROLL	K40	38			00:50:13	00:57:28	02:04:37.90	02:04:45.70	+00:04:00 (-160,802.2%)	11:32	5.2 (41.6%)
88	CIECKIEWICZ Paulina	491		K30	23			00:44:58	00:52:16	01:50:38.00	01:50:56.80	+00:04:03 (-159,480.0%)	10:14	5.9 (47.2%)
89	MATYJASIK Estera	226		K30	34			00:45:04	00:52:23	02:02:47.45	02:02:57.30	+00:04:04 (-159,098.5%)	11:22	5.3 (42.4%)
90	NIECKARZ Malwina	254		K30	22			00:44:56	00:52:16	01:50:36.50	01:50:56.70	+00:04:05 (-158,917.4%)	10:14	5.9 (47.2%)
91	KORPAK Marta	360		K30	27			00:46:36	00:53:58	01:54:20.85	01:54:29.55	+00:04:07 (-158,179.4%)	10:35	5.7 (45.6%)
92	LEŚNIAK Sylwia	372	LHO	K30	19			00:43:45	00:51:07	01:44:28.40	01:44:42.55	+00:04:07 (-158,054.1%)	9:40	6.2 (49.6%)
93	SZKODZIAK Agnieszka	308		K30	29			00:48:32	00:55:59	01:56:24.60	01:56:31.45	+00:04:13 (-156,232.7%)	10:46	5.6 (44.8%)
94	FUKS Olga	277		K40	42			00:50:32	00:58:00	02:10:07.75	02:10:34.40	+00:04:14 (-155,710.1%)	12:02	5 (40.0%)
95	BIJAK Agnieszka	404	FUNDACJA RAK'N'ROLL	K40	37			00:50:22	00:57:54	02:04:13.25	02:04:13.25	+00:04:18 (-154,487.1%)	11:30	5.2 (41.6%)
96	MARZEC Patrycja	225	MOUNTAIN TOUCH	K30	24			00:41:21	00:48:56	01:51:47.65	01:52:11.00	+00:04:20 (-153,620.3%)	10:21	5.8 (46.4%)
97	SZCZERBA Anna	370	SŁOŃCA JURY	K50	8			00:51:47	00:59:26	02:10:31.55	02:10:38.70	+00:04:25 (-152,064.5%)	12:05	5 (40.0%)
98	KORALCZYK Katarzyna	486		K40	51			00:55:05	01:02:45	02:17:42.70	02:17:42.70	+00:04:25 (-152,048.0%)	12:45	4.7 (37.6%)
99	ZIARKO Agnieszka	941	SDG	K40	27			00:38:28	00:46:08	01:43:53.80	01:44:03.05	+00:04:25 (-151,915.7%)	9:37	6.2 (49.6%)
100	SŁAWEK Claudia	464		K30	25			00:46:58	00:54:40	01:52:59.25	01:53:25.60	+00:04:27 (-151,175.6%)	10:27	5.7 (45.6%)
101	WIŚNIEWSKA Lidia	391	RAKANDROLL	K30	32			00:47:16	00:54:59	01:57:00.20	01:57:03.75	+00:04:29 (-150,800.1%)	10:50	5.5 (44.0%)
102	KNAP Elżbieta	479	GACEK TEAM	K30	30			00:45:33	00:53:17	01:56:20.90	01:56:41.25	+00:04:29 (-150,572.4%)	10:46	5.6 (44.8%)
103	ŁUKACZ Aleksandra	342		K30	35			00:56:20	01:04:04	02:14:38.70	02:14:38.70	+00:04:29 (-150,572.4%)	12:27	4.8 (38.4%)
104	WOLEK Dagmara	323	GRUPA LUX-POL	K40	49			00:56:10	01:03:55	02:13:56.25	02:14:05.80	+00:04:30 (-150,232.2%)	12:24	4.8 (38.4%)
105	NEUMANN Monika	368		K30	26			00:46:37	00:54:26	01:54:21.00	01:54:29.35	+00:04:34 (-149,013.8%)	10:35	5.7 (45.6%)
106	PAJĄK Anna	295		K40	40			00:50:07	00:58:02	02:06:40.15	02:06:50.45	+00:04:40 (-147,067.7%)	11:43	5.1 (40.8%)
107	MERMER Beata	355	SŁOŃCA JURY	K20	22			00:51:25	00:59:20	02:10:31.45	02:10:43.10	+00:04:41 (-147,021.2%)	12:05	5 (40.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Premia1 3.8km	Premia2 4.3km	Czas	Czas	Różn	Tempo min/km	Tempo km/h
										netto 10.8km	brutto 10.8km			
108	MAŃKA Paulina	432		K40	39			00:50:07	00:58:03	02:06:41.10	02:06:50.30	+00:04:41 (-146,758.5%)	11:43	5.1 (40.8%)
109	GAWRON Agnieszka	245	SŁOŃCA JURY	K40	45			00:51:30	00:59:27	02:10:37.10	02:10:42.95	+00:04:43 (-146,404.6%)	12:05	5 (40.0%)
110	TYLIŃSKA Dagmara	246	SŁOŃCE JURY	K40	43			00:51:26	00:59:24	02:10:32.40	02:10:40.15	+00:04:43 (-146,281.9%)	12:05	5 (40.0%)
111	DENEKA Alicja	269	KLUB BIEGACZA EURO	K40	46			00:49:23	00:57:23	02:12:39.05	02:12:56.25	+00:04:45 (-145,610.7%)	12:16	4.9 (39.2%)
112	PUCHALSKA Joanna	298	PĘDZĄCE LENIWCE	K60	2			00:54:05	01:02:11	02:08:10.85	02:08:28.30	+00:04:52 (-143,648.3%)	11:52	5.1 (40.8%)
113	DREWIN Małgorzata	224		K40	52			00:50:15	00:58:22	02:19:20.35	02:19:46.25	+00:04:53 (-143,368.1%)	12:54	4.7 (37.6%)
114	CHUDY Urszula	406	FUNDACJA RAK'N'ROLL. WYGRAJ ŻYCIE	K50	11			01:04:55	01:13:03	02:39:51.75	02:40:06.45	+00:04:54 (-143,015.7%)	14:48	4.1 (32.8%)
115	DOMINIAK Agnieszka	227		K40	47			00:50:00	00:58:11	02:13:13.65	02:13:39.05	+00:04:56 (-142,243.5%)	12:20	4.9 (39.2%)
116	SEKUŁA Martyna	427		K20	23			01:02:58	01:11:17	02:30:44.75	02:31:08.40	+00:05:05 (-139,948.1%)	13:57	4.3 (34.4%)
117	OKOŁOWICZ Elżbieta	365	AKTYWNI KOCIEWIACY	K60	3			00:59:40	01:08:14	02:09:34.70	02:09:51.35	+00:05:19 (-135,889.1%)	11:59	5 (40.0%)
118	PIOTROWSKA Dominika	345		K30	36			00:55:33	01:04:14	02:32:51.45	02:32:55.55	+00:05:26 (-134,049.5%)	14:09	4.2 (33.6%)
119	DĄBROWSKA Monika	398	RAK'N'ROLL	K40	36			00:52:01	01:00:45	01:58:38.60	01:58:43.40	+00:05:29 (-133,319.8%)	10:59	5.5 (44.0%)
120	WILLS Magdalena	393	RAK'N'ROLL TEAM	K50	9			00:52:09	01:00:54	02:15:47.70	02:16:03.50	+00:05:30 (-133,091.1%)	12:34	4.8 (38.4%)
121	MACIEJEWSKA Anna	407		K40	56			01:04:56	01:13:52	02:39:58.60	02:40:11.95	+00:05:41 (-130,466.8%)	14:48	4.1 (32.8%)
122	NIERADA Adrianna	221	NIEDZIELNI SPACEROWICZE	K40	48			00:55:11	01:04:18	02:13:23.45	02:13:50.70	+00:05:53 (-127,616.5%)	12:21	4.9 (39.2%)
123	WOJTUŃ Marika	263		K30	37			01:10:45	01:19:52	02:54:36.75	02:55:04.50	+00:05:53 (-127,581.5%)	16:09	3.7 (29.6%)
124	ŻYCHOWSKA Małgorzata	385	FUNDACJA RACK'AND'ROLL	K50	10			00:57:46	01:07:16	02:33:50.45	02:33:58.90	+00:06:15 (-122,628.0%)	14:14	4.2 (33.6%)
125	ŁUGOWSKA Maria	395	RAK&ROLL	K60	5			01:05:04	01:14:52	02:38:55.05	02:39:01.05	+00:06:34 (-118,717.1%)	14:42	4.1 (32.8%)
126	BIELSKA Ela	403		K60	4			00:57:16	01:07:14	02:33:32.75	02:33:42.40	+00:06:43 (-116,780.4%)	14:12	4.2 (33.6%)
127	MATYSEK Magdalena	493	ROLLING	K40	53			00:59:09	01:09:10	02:30:02.65	02:30:13.40	+00:06:46 (-116,303.6%)	13:53	4.3 (34.4%)
128	PAWLIK Agnieszka	220		K40	50			00:56:59	01:07:01	02:14:03.50	02:14:33.20	+00:06:47 (-116,100.4%)	12:24	4.8 (38.4%)
129	KNAPIK Ilona	313		K40	41			00:49:16	00:59:46	02:10:15.10	02:10:30.40	+00:07:15 (-110,968.4%)	12:03	5 (40.0%)
130	SIELEWICZ Kasia	262		K40	62			01:01:53	01:12:28	02:53:55.95	02:54:12.80	+00:07:20 (-109,989.0%)	16:06	3.7 (29.6%)
Przekroczony limit czasu: 03:00:00														

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Premia1 3.8km	Premia2 4.3km	Czas netto 10.8km	Czas brutto 10.8km	Różn	Tempo min/km	Tempo km/h
131	SKWAREK Aleksandra	409		K20	24			01:11:31	01:22:18	03:05:08.20	03:05:18.90	+00:07:32 (-107,997.4%)	17:08	3.5 (28.0%)
132	ZALEWSKA Anna	399	RAK&ROLL	K50	13			01:11:25	01:22:13	03:05:02.60	03:05:18.95	+00:07:33 (-107,797.2%)	17:07	3.5 (28.0%)
133	KOPCZYŃSKA Anna	296		K40	55			01:00:08	01:11:47	02:38:13.10	02:38:28.85	+00:08:24 (-99,924.3%)	14:38	4.1 (32.8%)
134	WITAK Wioletta	402	RAK'N'ROLL TEAM	K40	54			01:07:25	01:19:10	02:35:09.25	02:35:22.30	+00:08:31 (-98,988.7%)	14:21	4.2 (33.6%)
135	GRONCZEWSKA Agnieszka	476	RAK'N'ROLL	K40	57			01:07:23	01:19:10	02:50:52.10	02:51:06.85	+00:08:32 (-98,855.4%)	15:49	3.8 (30.4%)
136	MICHAŁEK Sylwia	390		K40	58			01:07:21	01:19:10	02:50:52.45	02:51:07.95	+00:08:34 (-98,590.0%)	15:49	3.8 (30.4%)
137	SIWIEC Aneta	401		K40	59			01:07:28	01:19:17	02:51:15.65	02:51:32.70	+00:08:35 (-98,471.7%)	15:51	3.8 (30.4%)
138	MIKLAS Anna	320	PĘDZĄCE LENIWCE	K50	12			01:06:29	01:18:18	02:53:26.65	02:53:43.15	+00:08:35 (-98,388.4%)	16:03	3.7 (29.6%)
139	MIKOŁAJCZUK Agnieszka	278	PĘDZĄCE LENIWCE	K40	60			01:06:30	01:18:20	02:53:26.70	02:53:43.25	+00:08:36 (-98,298.3%)	16:03	3.7 (29.6%)
140	ZAJADACZ Edyta	301	PĘDZĄCE LENIWCE	K40	61			01:06:30	01:18:22	02:53:27.75	02:53:43.35	+00:08:37 (-98,160.0%)	16:03	3.7 (29.6%)
141	TOMASZKIEWICZ Elżbieta	270	RTV EURO AGD	K40	64			01:24:14	01:36:44	03:16:25.10	03:16:43.35	+00:09:16 (-93,078.7%)	18:11	3.3 (26.4%)
142	SKARBOWSKA Izabela	396	RAK'N'ROLL TEAM	K40	63			01:15:55	01:36:26	03:05:32.10	03:05:42.50	+00:17:16 (-56,699.8%)	17:10	3.5 (28.0%)

Znaleziono 142 wynik(ów)