DYCHA NA JELENI SKOK

Wydarzenie: VII FESTIWAL BIEGU RZEŹNIKA
Organizator: Fundacja Bieg Rzeźnika
Data: 2021-05-28
Miejsce: Cisna
Dystans: 11 km

Klasyfikacja: K-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
1	**GŁOMBIOWSKA Zuzanna**	**3245**	RUNPASSSION.PL TEAM	K20	1	**01:11:53.45**		6:32	9.2 (100%)
2	**KAPUSTA-SZYDŁAK Sylwia**	**3306**	RZESZOWSKA AKADEMIA KOLARSKA	K30	1	**01:12:32.10**	+00:00:38 (0.9%)	6:35	9.1 (98.9%)
3	**WOJNAROWSKA Weronika**	**3357**		K30	2	**01:18:19.05**	+00:06:25 (8.2%)	7:07	8.4 (91.3%)
4	**BIENIECKA Anna**	**3183**	BIEG RZEŹNIKA	K40	1	**01:18:24.20**	+00:06:30 (8.3%)	7:07	8.4 (91.3%)
5	**BARTKOWSKA Joanna**	**3563**		K40	2	**01:21:58.60**	+00:10:05 (12.3%)	7:27	8.1 (88.0%)
6	**OLSZEWSKA Oszi**	**3656**		K40	3	**01:22:08.15**	+00:10:14 (12.5%)	7:28	8 (87.0%)
7	**PELA Olga**	**3402**	SKY-TRANS	K30	3	**01:25:11.75**	+00:13:18 (15.6%)	7:44	7.7 (83.7%)
8	**ODOLIŃSKA Agnieszka**	**3326**		K40	4	**01:25:14.40**	+00:13:20 (15.7%)	7:44	7.7 (83.7%)
9	**KOWALCZYK Ewelina**	**3030**		K20	2	**01:25:35.20**	+00:13:41 (16.0%)	7:46	7.7 (83.7%)
10	**SLAWINSKA Anna**	**3449**	REZERWOWE PSY	K30	4	**01:26:19.00**	+00:14:25 (16.7%)	7:50	7.6 (82.6%)
11	**PIEKIELNA Angelika**	**3331**	MUKS "JUNIOR" OCHĘDZYN	K30	5	**01:26:45.60**	+00:14:52 (17.1%)	7:53	7.6 (82.6%)
12	**POTERA Krystyna**	**3059**		K30	6	**01:26:59.40**	+00:15:05 (17.4%)	7:54	7.6 (82.6%)
13	**SZYMANIK Anna**	**3076**		K20	3	**01:27:47.20**	+00:15:53 (18.1%)	7:58	7.5 (81.5%)
14	**SZCZYPLIŃSKA Anna**	**3234**	SFORA BMK	K40	5	**01:29:00.90**	+00:17:07 (19.2%)	8:05	7.4 (80.4%)
15	**SKAWIŃSKA Justyna**	**3154**		K30	7	**01:29:13.70**	+00:17:20 (19.4%)	8:06	7.4 (80.4%)
16	**PASIEKA Agnieszka**	**3142**	KB ATLETIC ZRĘCIN	K40	6	**01:29:21.55**	+00:17:28 (19.5%)	8:07	7.4 (80.4%)
17	**KORZEP-CZEKALSKA Dorota**	**3500**		K40	7	**01:32:55.10**	+00:21:01 (22.6%)	8:26	7.1 (77.2%)
18	**NOWAK Katarzyna**	**3139**		K30	8	**01:33:00.90**	+00:21:07 (22.7%)	8:27	7.1 (77.2%)
19	**RUDZIARCZYK Karolina**	**3560**		K20	4	**01:33:16.85**	+00:21:23 (22.9%)	8:28	7.1 (77.2%)
20	**KIELAR Kamila**	**3308**		K30	9	**01:33:36.25**	+00:21:42 (23.2%)	8:30	7.1 (77.2%)
21	**WALASZEK Karolina**	**3420**		K20	5	**01:34:39.20**	+00:22:45 (24.0%)	8:36	7 (76.1%)
22	**KRÓL Pola**	**3392**	WIRAN TEAM	K20	6	**01:34:58.15**	+00:23:04 (24.3%)	8:38	6.9 (75.0%)
23	**KIELAR Aleksandra**	**3253**		K20	7	**01:35:54.00**	+00:24:00 (25.0%)	8:43	6.9 (75.0%)
24	**GOLONKA Anna**	**3659**		K30	10	**01:37:23.85**	+00:25:30 (26.2%)	8:51	6.8 (73.9%)
25	**GRONOWSKA Joanna**	**3379**	FFF / CROSS TRENING CIECHANÓW	K30	11	**01:38:43.40**	+00:26:49 (27.2%)	8:58	6.7 (72.8%)
26	**ZAWADA Magdalena**	**3361**	JJFIT RUNNING TEAM	K40	8	**01:39:07.65**	+00:27:14 (27.5%)	9:00	6.7 (72.8%)
27	**MADEJ Weronika**	**3493**		K20	8	**01:39:52.75**	+00:27:59 (28.0%)	9:04	6.6 (71.7%)
28	**PINTSCHER Paulina**	**3056**	EXPRESSMAP	K30	12	**01:39:59.35**	+00:28:05 (28.1%)	9:05	6.6 (71.7%)
29	**HOŁOWATY Renia**	**3019**	BIESZCZADZKA WATAHA	K20	9	**01:40:15.45**	+00:28:22 (28.3%)	9:06	6.6 (71.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
30	**ZAPAŁA Monika**	**3103**		K40	9	**01:40:39.45**	+00:28:46 (28.6%)	9:09	6.6 (71.7%)
31	**SZYMANIK Lidia**	**3075**		K40	10	**01:40:44.40**	+00:28:50 (28.6%)	9:09	6.6 (71.7%)
32	**FĄFARA Agnieszka**	**3295**		K40	11	**01:41:12.55**	+00:29:19 (29.0%)	9:12	6.5 (70.7%)
33	**FIGEL Zuzanna**	**3296**		K20	10	**01:41:31.10**	+00:29:37 (29.2%)	9:13	6.5 (70.7%)
34	**KOSEWSKA Monika**	**3221**	SFORA BMK	K40	12	**01:42:38.65**	+00:30:45 (30.0%)	9:19	6.4 (69.6%)
35	**WRZOSEK Kasia**	**3237**	STG WARSZAWA	K30	13	**01:42:49.05**	+00:30:55 (30.1%)	9:20	6.4 (69.6%)
36	**JÓZEFCZYK Anna**	**3491**		K30	14	**01:42:52.60**	+00:30:59 (30.1%)	9:21	6.4 (69.6%)
37	**BROŻYNA Magda**	**3002**		K40	13	**01:43:10.30**	+00:31:16 (30.3%)	9:22	6.4 (69.6%)
38	**SLIWINSKA Katarzyna**	**3274**		K40	14	**01:43:54.30**	+00:32:00 (30.8%)	9:26	6.4 (69.6%)
39	**STAROŃ Gabriela**	**3410**		K30	15	**01:44:22.90**	+00:32:29 (31.1%)	9:29	6.3 (68.5%)
40	**KUDZIA Katarzyna**	**3255**	BRACTWO BIEGOWE BGK	K30	16	**01:44:28.90**	+00:32:35 (31.2%)	9:29	6.3 (68.5%)
41	**IVANOVA Alina**	**3188**		K30	17	**01:44:33.85**	+00:32:40 (31.2%)	9:30	6.3 (68.5%)
42	**BECHTA Katarzyna**	**3239**	BRACTWO BIEGOWE BGK	K20	11	**01:44:35.65**	+00:32:42 (31.3%)	9:30	6.3 (68.5%)
43	**CHOJNACKA Małgorzata**	**3489**	TEAM ZALESICE	K40	15	**01:44:50.70**	+00:32:57 (31.4%)	9:31	6.3 (68.5%)
44	**BOKSA Anna**	**3001**	KKM KALORYFER	K30	18	**01:45:02.70**	+00:33:09 (31.6%)	9:32	6.3 (68.5%)
45	**KĘDRA Agnieszka**	**3307**		K30	19	**01:45:04.10**	+00:33:10 (31.6%)	9:33	6.3 (68.5%)
46	**MAJEWSKA Joanna**	**3477**	PGE RUN OBRÓT	K40	16	**01:45:04.65**	+00:33:11 (31.6%)	9:33	6.3 (68.5%)
47	**PIETRZAK Monika**	**3585**		K30	20	**01:45:04.95**	+00:33:11 (31.6%)	9:33	6.3 (68.5%)
48	**LEWTAK Adrianna**	**3318**		K30	21	**01:45:34.90**	+00:33:41 (31.9%)	9:35	6.3 (68.5%)
49	**HEĆMAŃCZUK Katarzyna**	**3248**	ROOKIES	K30	22	**01:45:44.75**	+00:33:51 (32.0%)	9:36	6.2 (67.4%)
50	**WAŁĘGA-ROSTEK Małgorzata**	**3575**		K50	1	**01:45:48.05**	+00:33:54 (32.1%)	9:37	6.2 (67.4%)
51	**WOJDAS Izabela**	**3096**		K40	17	**01:46:03.85**	+00:34:10 (32.2%)	9:38	6.2 (67.4%)
52	**JAGIELSKA Zuzanna**	**3021**	DZIKI Z ŁASINA	K20	12	**01:46:04.50**	+00:34:11 (32.2%)	9:38	6.2 (67.4%)
53	**CEBRAT Ewa**	**3289**	DZIEWCZYNY Z SANOKA	K40	18	**01:46:06.30**	+00:34:12 (32.2%)	9:38	6.2 (67.4%)
54	**GÓRSKA Oliwia**	**3301**		K30	23	**01:46:10.45**	+00:34:17 (32.3%)	9:39	6.2 (67.4%)
55	**ADAMKIEWICZ Natalia**	**3522**		K30	24	**01:47:52.70**	+00:35:59 (33.4%)	9:48	6.1 (66.3%)
56	**GÓRNY Kamila**	**3300**	SŁOŃCA JURY	K30	25	**01:48:35.40**	+00:36:41 (33.8%)	9:52	6.1 (66.3%)
57	**WALASZCZYK Paulina**	**3278**	BRACTWO BIEGOWE BGK	K20	13	**01:48:54.70**	+00:37:01 (34.0%)	9:54	6.1 (66.3%)
58	**KORZENIOWSKA Justyna**	**3665**	RK ATHLETICS	K40	19	**01:49:07.30**	+00:37:13 (34.1%)	9:55	6 (65.2%)
59	**FOLTA Anita**	**3007**	GRUPA BIEGOWA ZARSZYN	K50	2	**01:49:19.00**	+00:37:25 (34.2%)	9:56	6 (65.2%)
60	**DONIEC Katarzyna**	**3294**	AGARUN	K40	20	**01:49:39.50**	+00:37:46 (34.4%)	9:58	6 (65.2%)
61	**KROPIAK Katarzyna**	**3223**	VEGE RUNNERS	K30	26	**01:49:44.10**	+00:37:50 (34.5%)	9:58	6 (65.2%)
62	**WASYLÓW Izabela**	**3483**		K30	27	**01:50:46.40**	+00:38:52 (35.1%)	10:04	6 (65.2%)
63	**KORBUS-GUZ Małgorzata**	**3311**		K40	21	**01:50:46.85**	+00:38:53 (35.1%)	10:04	6 (65.2%)
64	**KAJMOWICZ Katarzyna**	**3490**		K30	28	**01:50:55.35**	+00:39:01 (35.2%)	10:05	6 (65.2%)
65	**LUBAŃSKA Alicja**	**3394**		K50	3	**01:51:08.95**	+00:39:15 (35.3%)	10:06	5.9 (64.1%)
66	**STAŃCZUK Dorota**	**3067**	SLOW JOGGING SIEDLCE	K50	4	**01:51:19.75**	+00:39:26 (35.4%)	10:07	5.9 (64.1%)
67	**ZAPAŁOWSKA Jolanta**	**3104**	SLOW JOGGING SIEDLCE	K60	1	**01:51:20.90**	+00:39:27 (35.4%)	10:07	5.9 (64.1%)
68	**GARWACKA Beata**	**3298**		K50	5	**01:51:34.95**	+00:39:41 (35.6%)	10:08	5.9 (64.1%)
69	**DOMARADZKA- KASZUBOWICZ Wiktoria**	**3293**	DZIEWCZYNY Z SANOKA	K30	29	**01:51:51.25**	+00:39:57 (35.7%)	10:10	5.9 (64.1%)
70	**LEŚNIAK-POPIEL Marta**	**3317**	DZIEWCZYNY Z SANOKA	K40	22	**01:51:52.65**	+00:39:59 (35.7%)	10:10	5.9 (64.1%)
71	**HARBAT Jolanta**	**3602**		K30	30	**01:51:59.45**	+00:40:06 (35.8%)	10:10	5.9 (64.1%)
72	**OCHALIK Julia**	**3051**		K20	14	**01:52:12.65**	+00:40:19 (35.9%)	10:12	5.9 (64.1%)
73	**DZIKI Ania**	**3005**	BIEGI W ROGOŹNIKU	K30	31	**01:52:36.50**	+00:40:43 (36.2%)	10:14	5.9 (64.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
74	**KURAS-SMOLNIK Magdalena**	**3034**	SIERADZBIEGA.PL	K40	23	**01:52:59.25**	+00:41:05 (36.4%)	10:16	5.8 (63.0%)
75	**CHOMA Grażyna**	**3244**	PĘDZĄCE LENIWCE	K40	24	**01:53:17.00**	+00:41:23 (36.5%)	10:17	5.8 (63.0%)
76	**SUDAKOWSKA Agnieszka**	**3413**	QUICKLYCLEAN AGNIESZKA SUDAKOWSKA	K30	32	**01:53:23.10**	+00:41:29 (36.6%)	10:18	5.8 (63.0%)
77	**RADGOWSKA Gabriela**	**3333**		K30	33	**01:53:26.15**	+00:41:32 (36.6%)	10:18	5.8 (63.0%)
78	**SZPERNAL Beata**	**3349**		K50	6	**01:53:51.40**	+00:41:57 (36.9%)	10:21	5.8 (63.0%)
79	**WIŚNIOWSKA Katarzyna**	**3166**		K40	25	**01:54:09.65**	+00:42:16 (37.0%)	10:22	5.8 (63.0%)
80	**KOCHANOWSKA Anna**	**3127**	CZEWARUN TIM	K40	26	**01:54:19.40**	+00:42:25 (37.1%)	10:23	5.8 (63.0%)
81	**KIJEWSKA Karolina**	**3029**	BRYGADA KRYZYS WIEKU ŚREDNIEGO	K40	27	**01:54:24.60**	+00:42:31 (37.2%)	10:24	5.8 (63.0%)
82	**MRUCZYŃSKA-PIETRUCZANIS Katarzyna**	**3324**	AKTYWNI WĘGRÓW¸ DEVI HIMAL TEAM	K40	28	**01:54:33.75**	+00:42:40 (37.2%)	10:24	5.8 (63.0%)
83	**ZAJĄC-MICHALEC Katarzyna**	**3454**	J&K	K30	34	**01:54:56.05**	+00:43:02 (37.5%)	10:26	5.7 (62.0%)
84	**PŁACZEK Jolanta**	**3446**	J&K	K40	29	**01:54:58.80**	+00:43:05 (37.5%)	10:27	5.7 (62.0%)
85	**OPALINSKA Malgorzata**	**3264**		K30	35	**01:55:05.40**	+00:43:11 (37.5%)	10:27	5.7 (62.0%)
86	**DZIEWA Magdalena**	**3372**		K50	7	**01:55:50.40**	+00:43:56 (37.9%)	10:31	5.7 (62.0%)
87	**RUDNICKA Elżbieta**	**3063**		K40	30	**01:55:51.05**	+00:43:57 (37.9%)	10:31	5.7 (62.0%)
88	**KALICIŃSKA Monika**	**3251**	NOSTROMO	K30	36	**01:56:04.65**	+00:44:11 (38.1%)	10:33	5.7 (62.0%)
89	**WIERZBICKA Katarzyna**	**3090**		K30	37	**01:56:37.35**	+00:44:43 (38.4%)	10:36	5.7 (62.0%)
90	**WIERZBICKA Aleksandra**	**3091**		K20	15	**01:56:37.45**	+00:44:44 (38.4%)	10:36	5.7 (62.0%)
91	**BRUSZEWSKA- GŁOMBIOWSKA Monika**	**3365**	ULTRA ŻÓŁWIK	K20	16	**01:56:52.40**	+00:44:58 (38.5%)	10:37	5.6 (60.9%)
92	**GRACZYK Dobrochna**	**3247**		K20	17	**01:56:55.40**	+00:45:01 (38.5%)	10:37	5.6 (60.9%)
93	**CZECH Dominika**	**3115**		K20	18	**01:56:57.00**	+00:45:03 (38.5%)	10:37	5.6 (60.9%)
94	**MROCZEK Justyna**	**3323**	ADIDAS RUNNERS WARSAW	K30	38	**01:57:26.65**	+00:45:33 (38.8%)	10:40	5.6 (60.9%)
95	**DĄBKOWSKA Edyta**	**3370**	CROSS TRENING MAZOVIA CIECHANÓW	K20	19	**01:57:30.20**	+00:45:36 (38.8%)	10:40	5.6 (60.9%)
96	**SURDACKA Edyta**	**3464**	MONKEYSTEAM	K30	39	**01:57:31.05**	+00:45:37 (38.8%)	10:41	5.6 (60.9%)
97	**KAMINSKA-SUCHOWICZ Anna**	**3024**	INŻYNIERIA BIEGANIA	K30	40	**01:58:19.80**	+00:46:26 (39.2%)	10:45	5.6 (60.9%)
98	**TEJWAN Sylwia**	**3430**	SPARTAN TRAINING GROUP WARSZAWA	K40	31	**01:58:29.10**	+00:46:35 (39.3%)	10:46	5.6 (60.9%)
99	**NARLOCH Daria**	**3138**	NARLOCHY	K30	41	**01:58:34.15**	+00:46:40 (39.4%)	10:46	5.6 (60.9%)
100	**WYSOCKA Iwona**	**3281**	KS JANUSZE	K30	42	**01:58:35.40**	+00:46:41 (39.4%)	10:46	5.6 (60.9%)
101	**RĘPALSKA Agata**	**3152**		K30	43	**01:58:46.25**	+00:46:52 (39.5%)	10:47	5.6 (60.9%)
102	**SZWED Karolina**	**3158**	SUSKA GRUPA BIEGOWA	K30	44	**01:59:26.65**	+00:47:33 (39.8%)	10:51	5.5 (59.8%)
103	**GÓRKA Jolanta**	**3124**	SUSKA GRUPA BIEGOWA	K40	32	**01:59:27.05**	+00:47:33 (39.8%)	10:51	5.5 (59.8%)
104	**KORZELECKA Karolina**	**3564**	GIANT PSIE POLE	K30	45	**01:59:30.10**	+00:47:36 (39.8%)	10:51	5.5 (59.8%)
105	**TYBURCY-MASŁOWSKA Anna**	**3277**		K40	33	**01:59:30.30**	+00:47:36 (39.8%)	10:51	5.5 (59.8%)
106	**WOŹNIAK Lidia**	**3423**	PORMAT JEDLICZE BIEGA	K50	8	**01:59:45.45**	+00:47:52 (40.0%)	10:53	5.5 (59.8%)
107	**MĄCZKA Krystyna**	**3519**	EXTREMALNE OTK NA RELAKSIE	K60	2	**02:00:43.75**	+00:48:50 (40.5%)	10:58	5.5 (59.8%)
108	**TERLECKA Joanna**	**3235**	MŁODY VS STARY	K30	46	**02:00:45.75**	+00:48:52 (40.5%)	10:58	5.5 (59.8%)
109	**MICHALAK Justyna**	**3518**	QUEENS OF CHAMONIX	K40	34	**02:01:01.95**	+00:49:08 (40.6%)	11:00	5.5 (59.8%)
110	**ZAŁĘSKA Aleksandra**	**3102**		K20	20	**02:01:35.00**	+00:49:41 (40.9%)	11:03	5.4 (58.7%)
111	**WRÓBEL Barbara**	**3359**	CISNA	K20	21	**02:01:53.30**	+00:49:59 (41.0%)	11:04	5.4 (58.7%)
112	**PYZEL Anastazja**	**3406**	KONDYCJA	K20	22	**02:02:24.85**	+00:50:31 (41.3%)	11:07	5.4 (58.7%)
113	**MICHOTEK-TARASIUK Karolina**	**3470**	MONKEYS' TEAM	K30	47	**02:02:36.15**	+00:50:42 (41.4%)	11:08	5.4 (58.7%)
114	**CZERWONKA Żaneta**	**3463**		K30	48	**02:02:36.40**	+00:50:42 (41.4%)	11:08	5.4 (58.7%)
115	**RADYK Aleksandra**	**3337**	PRZEMYSKI KLUB BIEGACZA	K20	23	**02:03:06.85**	+00:51:13 (41.6%)	11:11	5.4 (58.7%)
116	**WĄSACZ Urszula**	**3279**		K40	35	**02:03:52.45**	+00:51:59 (42.0%)	11:15	5.3 (57.6%)
117	**KACZMARZYK Izabela**	**3249**		K40	36	**02:04:14.45**	+00:52:21 (42.1%)	11:17	5.3 (57.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
118	**PAWELEC Krystyna**	**3144**	DOGOŃ GRODZISK MAZOWIECKI	K60	3	**02:04:33.65**	+00:52:40 (42.3%)	11:19	5.3 (57.6%)
119	**PASZEK Krystyna**	**3143**	DOGOŃ GRODZISK MAZOWIECKI	K60	4	**02:04:34.05**	+00:52:40 (42.3%)	11:19	5.3 (57.6%)
120	**GUZIK Justyna**	**3017**	KKM KALORYFER	K40	37	**02:04:44.25**	+00:52:50 (42.4%)	11:20	5.3 (57.6%)
121	**WIŚNIEWSKA Żaneta**	**3421**	KIJKOWE TRZEMESZNO	K20	24	**02:04:56.80**	+00:53:03 (42.5%)	11:21	5.3 (57.6%)
122	**STANKOWSKA Justyna**	**3409**	KIJKOWE TRZEMESZNO	K40	38	**02:04:57.50**	+00:53:04 (42.5%)	11:21	5.3 (57.6%)
123	**KOWALCZYK Magdalena**	**3193**	ROZBIEGANY SULEJÓWEK	K30	49	**02:05:29.00**	+00:53:35 (42.7%)	11:24	5.3 (57.6%)
124	**MIKULSKA Aneta**	**3194**	ROZBIEGANY SULEJÓWEK	K40	39	**02:05:29.10**	+00:53:35 (42.7%)	11:24	5.3 (57.6%)
125	**KASPRZYK Katarzyna**	**3027**		K20	25	**02:06:00.05**	+00:54:06 (42.9%)	11:27	5.2 (56.5%)
126	**MAZUR Katarzyna**	**3178**	UKS AZYMUT PABIANICE	K30	50	**02:06:00.70**	+00:54:07 (42.9%)	11:27	5.2 (56.5%)
127	**SZUBEL Katarzyna**	**3486**		K30	51	**02:06:41.15**	+00:54:47 (43.3%)	11:31	5.2 (56.5%)
128	**BIENIEK Lena**	**3287**		K20	26	**02:07:10.60**	+00:55:17 (43.5%)	11:33	5.2 (56.5%)
129	**BIENIEK Iwona**	**3286**		K40	40	**02:07:12.80**	+00:55:19 (43.5%)	11:33	5.2 (56.5%)
130	**NESTOROWICZ Monika**	**3202**	KLUB BIEGACZA JURUND SZCZYTNO	K40	41	**02:07:14.95**	+00:55:21 (43.5%)	11:34	5.2 (56.5%)
131	**BUZALSKA Agnieszka**	**3240**	SMBUDOWLANI	K50	9	**02:07:53.25**	+00:55:59 (43.8%)	11:37	5.2 (56.5%)
132	**WALISZEWSKA-PLEWA Izabela**	**3088**		K40	42	**02:08:22.00**	+00:56:28 (44.0%)	11:40	5.1 (55.4%)
133	**MATEJCZUK Julia**	**3038**	BIAŁYSTOK BIEGA TEAM	K20	27	**02:08:51.35**	+00:56:57 (44.2%)	11:42	5.1 (55.4%)
134	**KUCZYŃSKA Agnieszka**	**3033**		K40	43	**02:08:51.90**	+00:56:58 (44.2%)	11:42	5.1 (55.4%)
135	**ZIELIŃSKA Marta**	**3523**	JACEKBIEGA RUNNING TEAM	K40	44	**02:08:52.80**	+00:56:59 (44.2%)	11:42	5.1 (55.4%)
136	**KŁODZIŃSKA Barbara**	**3254**	ULTRAMĘKI	K50	10	**02:09:09.80**	+00:57:16 (44.3%)	11:44	5.1 (55.4%)
137	**PATALON-KŁODAWSKA Dorota**	**3266**	DZIEWCZYNY Z MAZUR	K40	45	**02:09:22.40**	+00:57:28 (44.4%)	11:45	5.1 (55.4%)
138	**LASKOWSKA Joanna**	**3256**	DZIEWCZYNY Z MAZUR	K30	52	**02:09:22.45**	+00:57:29 (44.4%)	11:45	5.1 (55.4%)
139	**DOLATA Magdalena**	**3292**	SOCIOS SILESIA	K30	53	**02:09:33.95**	+00:57:40 (44.5%)	11:46	5.1 (55.4%)
140	**BDZIKOT Anna**	**3362**		K30	54	**02:09:35.25**	+00:57:41 (44.5%)	11:46	5.1 (55.4%)
141	**WIŚNIEWSKA Magdalena**	**3095**	ZMASAKROWANI	K40	46	**02:09:38.10**	+00:57:44 (44.5%)	11:47	5.1 (55.4%)
142	**BLIM Sylwia**	**3000**	ZMASAKROWANI	K40	47	**02:09:39.15**	+00:57:45 (44.6%)	11:47	5.1 (55.4%)
143	**WĄSOWSKA Jagoda**	**3597**	KS PEGAZ PIASECZNO	K50	11	**02:09:55.15**	+00:58:01 (44.7%)	11:48	5.1 (55.4%)
144	**STASZCZYK Anna**	**3347**		K30	55	**02:10:57.25**	+00:59:03 (45.1%)	11:54	5 (54.3%)
145	**JAGODA Małgorzata**	**3382**	FUCHS OIL TEAM	K20	28	**02:11:19.60**	+00:59:26 (45.3%)	11:56	5 (54.3%)
146	**WOLSKA Anna**	**3097**		K40	48	**02:11:32.80**	+00:59:39 (45.3%)	11:57	5 (54.3%)
147	**FORMELLA Joanna**	**3011**		K30	56	**02:11:33.10**	+00:59:39 (45.4%)	11:57	5 (54.3%)
148	**SZANIAWSKA Agata**	**3609**		K30	57	**02:12:28.65**	+01:00:35 (45.7%)	12:02	5 (54.3%)
149	**TOMCZAK Magdalena**	**3351**		K40	49	**02:12:59.50**	+01:01:06 (45.9%)	12:05	5 (54.3%)
150	**ZADROŻNA Olga**	**3425**	CROSS TRENING MAZOVIA CIECHANÓW	K30	58	**02:13:52.35**	+01:01:58 (46.3%)	12:10	4.9 (53.3%)
151	**GRACZYK Dąbrówka**	**3246**		K20	29	**02:15:00.25**	+01:03:06 (46.7%)	12:16	4.9 (53.3%)
152	**KOSIN Irena**	**3312**	WKURW_TEAM	K30	59	**02:15:06.20**	+01:03:12 (46.8%)	12:16	4.9 (53.3%)
153	**GŁOWACKA Aleksandra**	**3219**	MŁODY VS STARY	K40	50	**02:16:38.55**	+01:04:45 (47.4%)	12:25	4.8 (52.2%)
154	**UCHEREK Kinga**	**3353**		K40	51	**02:17:52.45**	+01:05:59 (47.9%)	12:32	4.8 (52.2%)
155	**OCHWAT Elżbieta**	**3432**	UKS ARKA UMIESZCZ	K40	52	**02:18:02.05**	+01:06:08 (47.9%)	12:32	4.8 (52.2%)
156	**WÓDZ Anna**	**3167**		K30	60	**02:18:34.50**	+01:06:41 (48.1%)	12:35	4.8 (52.2%)
157	**WESOLOWSKA Klaudia**	**3496**		K20	30	**02:18:35.95**	+01:06:42 (48.1%)	12:35	4.8 (52.2%)
158	**NOWAK Ania**	**3485**		K40	53	**02:18:36.50**	+01:06:43 (48.1%)	12:36	4.8 (52.2%)
159	**NOWAK Martyna**	**3399**		K20	31	**02:18:39.45**	+01:06:46 (48.2%)	12:36	4.8 (52.2%)
160	**SZMATLOCH Karolina**	**3504**		K30	61	**02:18:39.70**	+01:06:46 (48.2%)	12:36	4.8 (52.2%)
161	**MARCOL Oriana**	**3537**		K30	62	**02:19:09.50**	+01:07:16 (48.3%)	12:39	4.7 (51.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
162	**WARCHOŁ Elżbieta**	**3215**		K30	63	**02:19:30.20**	+01:07:36 (48.5%)	12:40	4.7 (51.1%)
163	**KONIECPOLSKA Jadwiga**	**3192**		K40	54	**02:19:30.35**	+01:07:36 (48.5%)	12:40	4.7 (51.1%)
164	**GRESER Beata**	**3302**	GS TEAM	K40	55	**02:20:18.80**	+01:08:25 (48.8%)	12:45	4.7 (51.1%)
165	**KULCZYCKA Renata**	**3667**		K50	12	**02:20:46.80**	+01:08:53 (48.9%)	12:47	4.7 (51.1%)
166	**SZKAMRUK Małgorzata**	**3551**	EXTREMALNE OTK NA RELAKSIE	K40	56	**02:20:47.60**	+01:08:54 (48.9%)	12:47	4.7 (51.1%)
167	**ZEMŁA Dorota**	**3107**		K20	32	**02:21:10.55**	+01:09:17 (49.1%)	12:50	4.7 (51.1%)
168	**BADOWSKA Monika**	**3170**		K40	57	**02:21:13.70**	+01:09:20 (49.1%)	12:50	4.7 (51.1%)
169	**ROCHOWIAK Karina**	**3408**		K20	33	**02:21:57.95**	+01:10:04 (49.4%)	12:54	4.6 (50.0%)
170	**OBIDZIŃSKA Katarzyna**	**3325**		K30	64	**02:22:16.05**	+01:10:22 (49.5%)	12:56	4.6 (50.0%)
171	**FURMAN Agnieszka**	**3373**	OCHAJORUN & FRIENDS	K30	65	**02:22:19.80**	+01:10:26 (49.5%)	12:56	4.6 (50.0%)
172	**PAWELEC Justyna**	**3328**	TSA SANDOMIERZ	K30	66	**02:22:48.10**	+01:10:54 (49.7%)	12:58	4.6 (50.0%)
173	**WRZOSEK Justyna**	**3360**	TSA SANDOMIERZ	K30	67	**02:22:48.40**	+01:10:54 (49.7%)	12:58	4.6 (50.0%)
174	**PIETRZYK Marzena**	**3231**		K40	58	**02:23:13.55**	+01:11:20 (49.8%)	13:01	4.6 (50.0%)
175	**SZYMANEK Aleksandra**	**3073**	ZWOLEŃNICY BIEGANIA	K20	34	**02:23:50.25**	+01:11:56 (50.0%)	13:04	4.6 (50.0%)
176	**MATYSIAK Karolina**	**3040**	ZWOLEŃNICY BIEGANIA	K30	68	**02:23:50.65**	+01:11:57 (50.0%)	13:04	4.6 (50.0%)
177	**KOGUT Katarzyna**	**3128**	SII RUNNING TEAM	K30	69	**02:24:02.15**	+01:12:08 (50.1%)	13:05	4.6 (50.0%)
178	**SOKOŁOWSKA Agnieszka**	**3155**		K20	35	**02:24:03.55**	+01:12:10 (50.1%)	13:05	4.6 (50.0%)
179	**ZALAS Anna**	**3510**		K30	70	**02:24:09.65**	+01:12:16 (50.1%)	13:06	4.6 (50.0%)
180	**MICHALIK Wiktoria**	**3322**	SŁOŃCA JURY	K20	36	**02:24:09.95**	+01:12:16 (50.1%)	13:06	4.6 (50.0%)
181	**CICHOŃ Aleksandra**	**3114**	DECATHLON RUMIA	K20	37	**02:24:26.60**	+01:12:33 (50.2%)	13:07	4.6 (50.0%)
182	**NAZIMEK Małgorzata**	**3502**	BLACK RIVER	K20	38	**02:24:43.60**	+01:12:50 (50.3%)	13:09	4.6 (50.0%)
183	**SOCHACKA Katarzyna**	**3592**		K20	39	**02:25:14.25**	+01:13:20 (50.5%)	13:12	4.5 (48.9%)
184	**GASIŃSKA Oliwia**	**3478**	SŁOŃCA JURY	K40	59	**02:25:24.55**	+01:13:31 (50.6%)	13:13	4.5 (48.9%)
185	**WILOWSKI Jowita**	**3587**		K30	71	**02:25:33.25**	+01:13:39 (50.6%)	13:13	4.5 (48.9%)
186	**GASIŃSKA Agnieszka**	**3571**	SŁOŃCA JURY	K40	60	**02:25:37.25**	+01:13:43 (50.6%)	13:14	4.5 (48.9%)
187	**OBIÓRKO Małgorzata**	**3400**		K60	5	**02:25:49.25**	+01:13:55 (50.7%)	13:15	4.5 (48.9%)
188	**KĘDZIORA Alicja**	**3189**	GSK FIT PIORUNY	K30	72	**02:26:27.55**	+01:14:34 (50.9%)	13:18	4.5 (48.9%)
189	**KOZIOŁ Joanna**	**3195**		K30	73	**02:26:29.05**	+01:14:35 (50.9%)	13:19	4.5 (48.9%)
190	**KANIEWSKA Justyna**	**3385**	DZIKI DZIK TEAM	K20	40	**02:26:31.85**	+01:14:38 (50.9%)	13:19	4.5 (48.9%)
191	**STĘPIŃSKA Natalia**	**3412**	DZIKI DZIK TEAM	K20	41	**02:26:33.35**	+01:14:39 (50.9%)	13:19	4.5 (48.9%)
192	**SZKAMRUK Alicja**	**3553**	EXTREMALNE OTK NA RELAKSIE	K30	74	**02:26:37.50**	+01:14:44 (51.0%)	13:19	4.5 (48.9%)
193	**PĘKALSKA Anna**	**3539**		K50	13	**02:26:47.00**	+01:14:53 (51.0%)	13:20	4.5 (48.9%)
194	**ŚWIĘTOCHOWSKA Magdalena**	**3213**		K30	75	**02:27:07.45**	+01:15:14 (51.1%)	13:22	4.5 (48.9%)
195	**PIENIĄŻEK Agnieszka**	**3205**		K40	61	**02:27:09.60**	+01:15:16 (51.1%)	13:22	4.5 (48.9%)
196	**WASZAK Celina**	**3163**		K30	76	**02:27:26.90**	+01:15:33 (51.2%)	13:24	4.5 (48.9%)
197	**ŚWIERAD Małgorzata**	**3160**		K30	77	**02:27:42.60**	+01:15:49 (51.3%)	13:25	4.5 (48.9%)
198	**URBANOWICZ Agnieszka**	**3162**		K40	62	**02:28:03.85**	+01:16:10 (51.4%)	13:27	4.5 (48.9%)
199	**KORZENIOWSKA Justyna**	**3578**	RK ATHLETICS	K40	63	**02:29:21.45**	+01:17:28 (51.9%)	13:34	4.4 (47.8%)
200	**KOJRUK Emilia**	**3389**		K20	42	**02:29:29.70**	+01:17:36 (51.9%)	13:35	4.4 (47.8%)
201	**SZKAMRUK Alicja**	**3666**	EXTREMALNE OTK NA RELAKSIE	K30	78	**02:29:44.10**	+01:17:50 (52.0%)	13:36	4.4 (47.8%)
202	**DASZCZYŃSKA Iwona**	**3368**	ADASKO TEAM	K40	64	**02:29:52.75**	+01:17:59 (52.0%)	13:37	4.4 (47.8%)
203	**SKRZYCKA-GOŁĘBIOWSKA Ewa**	**3065**		K40	65	**02:31:27.50**	+01:19:34 (52.5%)	13:46	4.4 (47.8%)
204	**PAWĘZOWSKA Anna**	**3055**	BĘDZIN TEAM	K40	66	**02:31:27.85**	+01:19:34 (52.5%)	13:46	4.4 (47.8%)
205	**KOCLĘGA Justyna**	**3593**	GIT EKIPA!	K30	79	**02:32:34.15**	+01:20:40 (52.9%)	13:52	4.3 (46.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
206	**KLARECKA Joanna**	**3387**	ASTMA TEAM	K40	67	**02:33:55.95**	+01:22:02 (53.3%)	13:59	4.3 (46.7%)
207	**ADAMCZEWSKA Anna**	**3168**		K40	68	**02:34:39.50**	+01:22:46 (53.5%)	14:03	4.3 (46.7%)
208	**ADAMCZEWSKA Agnieszka**	**3169**		K40	69	**02:34:39.70**	+01:22:46 (53.5%)	14:03	4.3 (46.7%)
209	**TESCHE Basia**	**3082**	GORĄCE PĄCZKI	K30	80	**02:35:01.05**	+01:23:07 (53.6%)	14:05	4.3 (46.7%)
210	**WĄSIK Natalia**	**3089**		K30	81	**02:35:04.05**	+01:23:10 (53.6%)	14:05	4.3 (46.7%)
211	**PAWŁOWSKA Danuta**	**3329**	WKURW_TEAM	K40	70	**02:36:22.60**	+01:24:29 (54.0%)	14:12	4.2 (45.7%)
212	**OLĘDZKA-KULIK Monika**	**3180**		K40	71	**02:38:33.00**	+01:26:39 (54.7%)	14:24	4.2 (45.7%)
213	**CICHOCKA Renata**	**3112**		K40	72	**02:40:13.75**	+01:28:20 (55.1%)	14:33	4.1 (44.6%)
214	**WOJCIECHOWICZ-BRATKO Aldona**	**3356**	60+	K60	6	**02:41:33.10**	+01:29:39 (55.5%)	14:41	4.1 (44.6%)
215	**KRYSIEWICZ Aleksandra**	**3224**		K30	82	**02:41:53.05**	+01:29:59 (55.6%)	14:43	4.1 (44.6%)
216	**SIERECKA Dorota**	**3273**	TEAM ZABIEGANEDNI // WKURW_TEAM	K40	73	**02:42:28.75**	+01:30:35 (55.8%)	14:46	4.1 (44.6%)
217	**HERMAN Joanna**	**3586**		K20	43	**02:43:57.30**	+01:32:03 (56.2%)	14:54	4 (43.5%)
218	**HERMAN Agata**	**3668**		K20	44	**02:43:58.10**	+01:32:04 (56.2%)	14:54	4 (43.5%)
219	**HERMAN Agnieszka**	**3590**		K40	74	**02:44:01.20**	+01:32:07 (56.2%)	14:54	4 (43.5%)
220	**NIENADOWSKA Beata**	**3228**	ELBLĄG	K50	14	**02:45:21.60**	+01:33:28 (56.5%)	15:01	4 (43.5%)
221	**MROCZEK Kinga**	**3259**		K40	75	**02:47:42.90**	+01:35:49 (57.1%)	15:14	3.9 (42.4%)
222	**GAJEWSKA Klaudia**	**3012**		K20	45	**02:48:33.30**	+01:36:39 (57.3%)	15:19	3.9 (42.4%)
223	**KACZOROWSKA Anna**	**3023**	SLOW JOGGING SIEDLCE	K50	15	**02:49:14.70**	+01:37:21 (57.5%)	15:23	3.9 (42.4%)
224	**STASIAK Sylwia**	**3069**		K50	16	**02:49:14.90**	+01:37:21 (57.5%)	15:23	3.9 (42.4%)
225	**JANICKA Katarzyna**	**3497**		K30	83	**02:49:38.40**	+01:37:44 (57.6%)	15:25	3.9 (42.4%)
226	**LENARCZYK Klaudia**	**3316**		K30	84	**02:49:47.40**	+01:37:53 (57.7%)	15:26	3.9 (42.4%)
227	**SZEWCZYK Anna**	**3457**		K40	76	**02:50:32.05**	+01:38:38 (57.8%)	15:30	3.9 (42.4%)
228	**PUCUŁA Ewa**	**3147**		K50	17	**02:51:17.95**	+01:39:24 (58.0%)	15:34	3.9 (42.4%)
229	**ŁYSEK Olga**	**3037**	NIE LAM SIĘ	K30	85	**02:51:50.00**	+01:39:56 (58.2%)	15:37	3.8 (41.3%)
230	**MAŚLANA Maja**	**3199**		K20	46	**02:53:42.75**	+01:41:49 (58.6%)	15:47	3.8 (41.3%)
231	**SZCZEPAŃSKA Natalia**	**3211**		K20	47	**02:53:43.45**	+01:41:50 (58.6%)	15:47	3.8 (41.3%)
232	**RYBCZYNSKA Anna**	**3545**	SARNI TĘTENT	K30	86	**02:57:58.75**	+01:46:05 (59.6%)	16:10	3.7 (40.2%)
233	**MAŚLANA Monika**	**3198**		K40	77	**02:58:10.65**	+01:46:17 (59.7%)	16:11	3.7 (40.2%)
234	**STACHURA Anna**	**3437**	MIMI	K30	87	**02:58:47.85**	+01:46:54 (59.8%)	16:15	3.7 (40.2%)
235	**ŻARNOWSKA Sylwia**	**3283**	SAMI SWOI	K40	78	**02:59:06.85**	+01:47:13 (59.9%)	16:16	3.7 (40.2%)
236	**SENDERECKA Dorota**	**3599**		K40	79	**03:02:42.60**	+01:50:49 (60.7%)	16:36	3.6 (39.1%)
237	**WÓJCIK Gabriela**	**3098**		K30	88	**03:04:10.60**	+01:52:17 (61.0%)	16:44	3.6 (39.1%)
238	**KOSTECKA Karolina**	**3133**	KMKRUN	K20	48	**03:06:59.65**	+01:55:06 (61.6%)	16:59	3.5 (38.0%)
239	**KOSTECKA Magdalena**	**3132**	KMKRUN	K40	80	**03:07:02.90**	+01:55:09 (61.6%)	17:00	3.5 (38.0%)
240	**TOMKIEWICZ Edyta**	**3214**		K40	81	**03:09:39.60**	+01:57:46 (62.1%)	17:14	3.5 (38.0%)
241	**WASILEWSKA Marta**	**3556**	REZERWOWE PSY	K20	49	**03:11:17.30**	+01:59:23 (62.4%)	17:23	3.5 (38.0%)
242	**WASILEWSKA Justyna**	**3550**		K40	82	**03:11:17.45**	+01:59:24 (62.4%)	17:23	3.5 (38.0%)
243	**SPANIER Elżbieta**	**3525**		K50	18	**03:14:10.05**	+02:02:16 (63.0%)	17:39	3.4 (37.0%)
244	**SZCZĘSNA Anna**	**3156**		K30	89	**03:17:53.95**	+02:06:00 (63.7%)	17:59	3.3 (35.9%)
245	**KLIMEK Sonia**	**3482**		K20	50	**03:21:25.45**	+02:09:32 (64.3%)	18:18	3.3 (35.9%)
246	**MICHALIK Agnieszka**	**3321**	SŁOŃCA JURY	K40	83	**03:21:31.30**	+02:09:37 (64.3%)	18:19	3.3 (35.9%)
247	**WALASEK Justyna**	**3508**	STOWARZYSZENIE SPORTOWE "SŁOŃCA JURY"	K30	90	**03:21:31.85**	+02:09:38 (64.3%)	18:19	3.3 (35.9%)
248	**MIECZNIKOWSKA Olga**	**3397**		K20	51	**03:22:49.40**	+02:10:55 (64.6%)	18:26	3.3 (35.9%)
249	**MITURA Hanna**	**3534**		K60	7	**03:22:50.90**	+02:10:57 (64.6%)	18:26	3.3 (35.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
250	**RADYK Anna**	**3336**	PRZEMYSKI KLUB BIEGACZA	K20	52	**03:23:11.00**	+02:11:17 (64.6%)	18:28	3.2 (34.8%)
251	**RADYK Joanna**	**3335**	PRZEMYSKI KLUB BIEGACZA	K30	91	**03:23:12.30**	+02:11:18 (64.6%)	18:28	3.2 (34.8%)
252	**SZKAMRUK Bogusława**	**3552**	EXTREMALNE OTK NA RELAKSIE	K60	8	**03:28:39.65**	+02:16:46 (65.5%)	18:58	3.2 (34.8%)
253	**MAJER Magda**	**3197**	S AR CA SM	K30	92	**03:30:29.80**	+02:18:36 (65.8%)	19:08	3.1 (33.7%)
254	**SMIT Katarzyna**	**3516**	MORSY KANZAS	K30	93	**03:41:31.05**	+02:29:37 (67.5%)	20:08	3 (32.6%)
255	**PASIŃSKA Anna**	**3327**	FABRYKA DZIKA	K40	84	**03:41:56.15**	+02:30:02 (67.6%)	20:10	3 (32.6%)
256	**PIECHOWSKA Magda**	**3330**	FABRYKA DZIKA	K30	94	**03:41:56.70**	+02:30:03 (67.6%)	20:10	3 (32.6%)
257	**FOLTA Paulina**	**3009**	BRZOZÓW BIEGA	K30	95	**03:43:11.60**	+02:31:18 (67.8%)	20:17	3 (32.6%)
258	**ŻYŁKA-PATRYLAK Patrycja**	**3108**	GRUPA BIEGOWA ZARSZYN	K20	53	**03:43:12.30**	+02:31:18 (67.8%)	20:17	3 (32.6%)
259	**LENARD Aneta**	**3393**		K40	85	**03:44:24.30**	+02:32:30 (68.0%)	20:24	2.9 (31.5%)
260	**ŁUKASIAK Dorota**	**3396**		K40	86	**03:44:26.05**	+02:32:32 (68.0%)	20:24	2.9 (31.5%)
261	**SOWA Renata**	**3345**	DRUŻYNA PIERŚCIENIA	K40	87	**03:45:45.55**	+02:33:52 (68.2%)	20:31	2.9 (31.5%)
262	**TESCHE Zosia**	**3083**	GORĄCE PĄCZKI	K30	96	**03:51:17.15**	+02:39:23 (68.9%)	21:01	2.9 (31.5%)
263	**TESCHE Agata**	**3080**		K30	97	**03:51:46.45**	+02:39:53 (69.0%)	21:04	2.8 (30.4%)
264	**STELMACH Małgorzata**	**3452**	LEŻACZE ŁĄKOWI	K50	19	**03:59:48.45**	+02:47:55 (70.0%)	21:48	2.8 (30.4%)
265	**PERLAK Ewa**	**3531**		K20	54	**04:19:23.00**	+03:07:29 (72.3%)	23:34	2.5 (27.2%)
266	**GÓRSKA Romana**	**3535**		K30	98	**04:19:23.70**	+03:07:30 (72.3%)	23:34	2.5 (27.2%)
267	**GROBORZ Malwina**	**3016**	LECYMY DURŚ	K30	99	**04:26:18.20**	+03:14:24 (73.0%)	24:12	2.5 (27.2%)
268	**MAZIUK-TYDA Małgorzata**	**3227**		K50	20	**04:47:17.15**	+03:35:23 (75.0%)	26:07	2.3 (25.0%)
	BARTOŃ Ewa	**3499**		K30		**DNF**		-	- (0.0%)
	MIKSZA Aneta	**3045**	CROSSFITTER BOX CHEŁM	K40		**DNF**		-	- (0.0%)

Znaleziono 270 wynik(ów)