

III ZIMOWY MARATON BIESZCZADZKI 2017 - 44,6KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie: Zimowy Maraton Bieszczadzki 2017
Organizator: Fundacja Bieg Rzeźnika
Data: 2017-01-29
Miejsce: Cisna
Dystans: 44,6 km

Klasyfikacja: Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
1	**BARCEWICZ Marta**	**1**	SKLEPBIEGOWY.COM/ SS DRUŻYNA WILKA/ ASICS FRONTRUNNNER	K30	1	00:00:27	02:09:07	02:51:30	03:32:33	**03:48:35.75**	**03:48:35.75**		5:07	11.7 (100%)
2	**ARSENIUK Anna**	**2**	T. S. OPATRUNKI TORUŃ	K30	2	00:00:38	02:12:55	02:54:10	03:32:41	**03:49:07.85**	**03:49:07.85**	+00:00:32 (0.2%)	5:08	11.7 (100%)
3	**WYWŁOKA Paulina**	**486**		K20	1	00:00:36	02:14:38	02:55:05	03:35:05	**03:52:47.00**	**03:52:47.00**	+00:04:11 (1.8%)	5:13	11.5 (98.3%)
4	**BONDARA Sylwia**	**3**	ALPIN SPORT TEAM / JACEKBIEGA RUNNING TEAM	K30	3	00:00:53	02:19:47	03:02:34	03:45:38	**04:04:23.65**	**04:04:23.65**	+00:15:47 (6.5%)	5:28	11 (94.0%)
5	**MAKOWSKA Olga**	**611**	JACEK BIEGA RUNNING TEAM	K30	4	00:00:45	02:24:49	03:09:00	03:53:11	**04:12:45.10**	**04:12:45.10**	+00:24:09 (9.6%)	5:40	10.6 (90.6%)
6	**DOMISZEWSKA Maria**	**649**		K50	1	00:00:39	02:18:13	03:07:25	03:54:18	**04:15:47.85**	**04:15:47.85**	+00:27:12 (10.6%)	5:44	10.5 (89.7%)
7	**MIERZLIKIN Natalia**	**411**		K20	2	00:01:38	02:23:19	03:10:46	03:56:17	**04:18:38.10**	**04:18:38.10**	+00:30:02 (11.6%)	5:47	10.3 (88.0%)
8	**SOLIŃSKA Katarzyna**	**35**	CISOWIANKA TEAM	K20	3	00:00:51	02:23:17	03:11:43	03:58:09	**04:18:59.75**	**04:18:59.75**	+00:30:24 (11.7%)	5:48	10.3 (88.0%)
9	**KRENZEL Regina**	**474**		K20	4	00:00:55	02:30:27	03:20:17	04:06:31	**04:27:43.35**	**04:27:43.35**	+00:39:07 (14.6%)	6:00	10 (85.5%)
10	**LANGE Beata**	**610**		K40	1	00:01:44	02:34:40	03:22:31	04:08:47	**04:28:05.85**	**04:28:05.85**	+00:39:30 (14.7%)	6:00	10 (85.5%)
11	**ŚMIAŁKOWSKA Jolanta**	**794**	ŁÓDŹ RUNNING TEAM	K50	2	00:01:16	02:35:34	03:22:24	04:08:46	**04:28:20.40**	**04:28:20.40**	+00:39:44 (14.8%)	6:00	10 (85.5%)
12	**KRUCZEK Monika**	**167**	LACHO TEAM	K30	5	00:01:36	02:39:16	03:26:59	04:13:32	**04:34:30.15**	**04:34:30.15**	+00:45:54 (16.7%)	6:09	9.7 (82.9%)
13	**ZAJĄC Katarzna**	**374**	4K TEAM TARNÓW	K30	6	00:01:10	02:29:47	03:21:37	04:11:58	**04:35:07.30**	**04:35:07.30**	+00:46:31 (16.9%)	6:10	9.7 (82.9%)
14	**JAKOWICZ Agnieszka**	**783**	LABOSPORT	K40	2	00:02:52	03:43:18		04:01:15	**04:35:50.45**	**04:35:50.45**	+00:47:14 (17.1%)	6:11	9.7 (82.9%)
15	**RENCZ Małgorzata**	**622**		K40	3	00:00:59	02:34:23	03:26:36	04:14:25	**04:36:31.35**	**04:36:31.35**	+00:47:55 (17.3%)	6:11	9.7 (82.9%)
16	**SERAFIN Paulina**	**195**	RZESZOWSKIE GAZELE I GEPARDY	K30	7	00:01:32	02:37:33	03:28:06	04:17:33	**04:39:39.20**	**04:39:39.20**	+00:51:03 (18.3%)	6:16	9.6 (82.1%)
17	**KRAWCZAK Paulina**	**113**	BIEGUSIEM.PL	K30	8	00:02:53	02:40:49	03:35:49	04:21:59	**04:42:50.60**	**04:42:50.60**	+00:54:14 (19.2%)	6:20	9.5 (81.2%)
18	**OLSCHIMKE-MARMUROWICZ Barbara**	**74**	NIGHT RUNNERS ŚLĄSK	K40	4	00:02:14	02:41:24	03:33:45	04:23:09	**04:47:18.05**	**04:47:18.05**	+00:58:42 (20.4%)	6:26	9.3 (79.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
19	**KUSION Anna**	**278**	EKIPA Z TARNOWA	K50	3	00:01:09	02:39:23	03:33:40	04:22:24	**04:47:38.60**	**04:47:38.60**	+00:59:02 (20.5%)	6:26	9.3 (79.5%)
20	**KRÓTKI Alicja**	**303**		K30	9	00:02:53	02:40:51	03:34:43	04:23:38	**04:48:06.30**	**04:48:06.30**	+00:59:30 (20.7%)	6:27	9.3 (79.5%)
21	**CZYŻOWSKA Adrianna**	**788**		K30	10	00:01:43	02:42:29	03:37:08	04:24:59	**04:50:03.00**	**04:50:03.00**	+01:01:27 (21.2%)	6:30	9.2 (78.6%)
22	**SZYMURA Karolina**	**366**	4K TEAM TARNÓW	K30	11	00:01:10	02:39:15	03:36:25	04:28:04	**04:52:01.75**	**04:52:01.75**	+01:03:26 (21.7%)	6:32	9.2 (78.6%)
23	**DUDZIAK Dorota**	**342**		K30	12	00:00:41	02:40:29	03:36:26	04:28:04	**04:52:13.45**	**04:52:13.45**	+01:03:37 (21.8%)	6:33	9.2 (78.6%)
24	**BIENIECKA Anna**	**800**	ALPIN SPORT / OTK RZEŹNIK	K30	13	00:00:43	02:34:33	03:32:14	04:28:17	**04:53:24.40**	**04:53:24.40**	+01:04:48 (22.1%)	6:34	9.1 (77.8%)
25	**DĘBSKA Joanna**	**98**	NIGHT RUNNERS GLIWICE	K40	5	00:02:01	02:41:08	03:38:44	04:33:11	**04:57:04.00**	**04:57:04.00**	+01:08:28 (23.0%)	6:39	9 (76.9%)
26	**SKOTNICKA Anna**	**236**	EKIPA Z TARNOWA	K30	14	00:02:15	02:45:30	03:43:29	04:35:03	**04:58:00.20**	**04:58:00.20**	+01:09:24 (23.3%)	6:40	9 (76.9%)
27	**DEYNECKA Martyna**	**534**		K30	15	00:01:55	02:43:50	03:39:27	04:34:43	**05:00:01.15**	**05:00:01.15**	+01:11:25 (23.8%)	6:43	8.9 (76.1%)
28	**GRUCHAŁA Agnieszka**	**462**	MEWA GDYNIA	K40	6	00:01:16	02:50:32	03:45:08	04:38:45	**05:01:03.35**	**05:01:03.35**	+01:12:27 (24.1%)	6:45	8.9 (76.1%)
29	**PRZYWARA Dominika**	**84**	WWF UR / ZABIEGANI MIELEC	K20	5	00:00:56	02:47:58	03:43:32	04:37:16	**05:01:29.45**	**05:01:29.45**	+01:12:53 (24.2%)	6:45	8.9 (76.1%)
30	**FARON Agnieszka**	**799**	NORAFSPORT	K30	16	00:01:04	02:43:32	03:44:17	04:38:02	**05:02:19.95**	**05:02:19.95**	+01:13:44 (24.4%)	6:46	8.9 (76.1%)
31	**SŁOMIAN Marcelina**	**330**		K20	6	00:02:27	02:51:36	03:48:47	04:40:32	**05:03:01.00**	**05:03:01.00**	+01:14:25 (24.6%)	6:47	8.8 (75.2%)
32	**PIECUCH Karolina**	**99**	LACHO TEAM	K30	17	00:02:03	02:50:12	03:52:56	04:41:41	**05:04:03.30**	**05:04:03.30**	+01:15:27 (24.8%)	6:49	8.8 (75.2%)
33	**BURANDT Magdalena**	**701**	SS DRUŻYNA WILKA	K30	18	00:02:11	02:48:48	03:46:32	04:40:08	**05:05:38.70**	**05:05:38.70**	+01:17:02 (25.2%)	6:51	8.8 (75.2%)
34	**DZIADOŃ Justyna**	**369**	LACHO TEAM	K30	19	00:02:17	02:58:46	03:56:43	04:44:25	**05:05:51.90**	**05:05:51.90**	+01:17:16 (25.3%)	6:51	8.7 (74.4%)
35	**STECH Joanna**	**435**		K50	4	00:00:50	02:43:27	03:50:21	04:43:35	**05:10:10.25**	**05:10:10.25**	+01:21:34 (26.3%)	6:57	8.6 (73.5%)
36	**MALINOWSKA Iwona**	**646**		K40	7	00:00:52	02:42:36	03:45:27	04:43:01	**05:11:58.75**	**05:11:58.75**	+01:23:23 (26.7%)	6:59	8.6 (73.5%)
37	**ĆWIĄKAŁA Halina**	**585**	SAMOTNI WĘDROWCY	K40	8	00:01:00	02:51:54	03:50:43	04:45:33	**05:12:13.00**	**05:12:13.00**	+01:23:37 (26.8%)	7:00	8.6 (73.5%)
38	**KOZDRA Aleksandra**	**558**		K20	7	00:02:37	02:56:28	03:52:28	04:46:23	**05:12:20.20**	**05:12:20.20**	+01:23:44 (26.8%)	7:00	8.6 (73.5%)
39	**SZWAJKA Aneta**	**479**		K40	9	00:00:47	02:53:03	03:52:24	04:46:24	**05:12:52.15**	**05:12:52.15**	+01:24:16 (26.9%)	7:00	8.6 (73.5%)
40	**HYJEK Elżbieta**	**593**	ZABIEGANI MIELEC	K40	10	00:02:02	02:52:43	03:50:48	04:46:48	**05:13:52.05**	**05:13:52.05**	+01:25:16 (27.2%)	7:02	8.5 (72.6%)
41	**BUCZKOWSKA Sylwia**	**43**	PIĘKNE I BRODACZE	K20	8	00:02:49	03:01:14	04:00:36	04:52:58	**05:16:45.45**	**05:16:45.45**	+01:28:09 (27.8%)	7:06	8.4 (71.8%)
42	**DOMARADZKA Violetta**	**813**	RUN VEGAN	K40	11	00:02:45	03:01:08	03:55:11	04:48:17	**05:17:31.45**	**05:17:31.45**	+01:28:55 (28.0%)	7:07	8.4 (71.8%)
43	**NAWARA Ewelina**	**590**	KSIĘŻNICZKI NIBYLANDII	K30	20	00:01:29	03:01:59	04:04:52	04:55:09	**05:17:44.95**	**05:17:44.95**	+01:29:09 (28.1%)	7:07	8.4 (71.8%)
44	**ZĄBIK Dana**	**531**		K40	12	00:02:49	03:10:26	04:06:48	05:00:06	**05:25:20.65**	**05:25:20.65**	+01:36:44 (29.7%)	7:17	8.2 (70.1%)
45	**DUBIENKO Joanna**	**151**	UNLIMITED KRAKÓW TEAM / WWW.MARCINGORKA.PL	K20	9	00:02:17	03:04:07	04:08:37	05:01:35	**05:26:11.70**	**05:26:11.70**	+01:37:35 (29.9%)	7:18	8.2 (70.1%)

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46	**ŻEBRAKOWSKA Katarzyna**	**472**	ULTRAMARATONPODKARPACKI.PL	K40	13	00:02:04	03:00:26	04:07:09	05:00:46	**05:26:37.35**	**05:26:37.35**	+01:38:01 (30.0%)	7:19	8.2 (70.1%)
47	**LIGĘZA Joanna**	**806**	SMASHING PĄPKINS	K40	14	00:02:09	03:02:06	04:05:04	04:59:44	**05:27:39.50**	**05:27:39.50**	+01:39:03 (30.2%)	7:20	8.2 (70.1%)
48	**BOJAN Gabriela**	**432**	MALINOWYNOS.PL ACTIVGABI	K20	10	00:02:38	03:05:36	04:06:30	05:01:40	**05:29:08.00**	**05:29:08.00**	+01:40:32 (30.5%)	7:22	8.1 (69.2%)
49	**SZALACHA Katarzyna**	**665**		K30	21	00:02:56	03:01:36	04:07:20	05:03:19	**05:30:39.85**	**05:30:39.85**	+01:42:04 (30.9%)	7:24	8.1 (69.2%)
50	**TRZEŹWIŃSKA Anna**	**325**		K40	15	00:01:45	02:53:26	03:56:37	04:48:21	**05:31:00.65**	**05:31:00.65**	+01:42:24 (30.9%)	7:25	8.1 (69.2%)
51	**JACH-BALICKA Olka**	**232**		K30	22	00:01:08	03:13:08	04:12:25	05:06:30	**05:31:42.90**	**05:31:42.90**	+01:43:07 (31.1%)	7:26	8.1 (69.2%)
52	**NIESPODZIANA Anna**	**548**	ROGOZIŃSKI KLUB BIEGACZA	K30	23	00:01:11	03:05:52	04:10:56	05:06:50	**05:33:01.10**	**05:33:01.10**	+01:44:25 (31.4%)	7:28	8 (68.4%)
53	**KOKOSZKA Magdalena**	**592**	ZABIEGANI MIELEC	K30	24	00:02:03	02:59:18	04:04:28	05:04:18	**05:33:09.65**	**05:33:09.65**	+01:44:33 (31.4%)	7:28	8 (68.4%)
54	**PAPROCKA Urszula**	**489**	NOWA HUTA TEAM	K20	11	00:02:50	03:09:51	04:17:09	05:08:59	**05:34:52.60**	**05:34:52.60**	+01:46:16 (31.7%)	7:30	8 (68.4%)
55	**WYŻYKOWSKA Agnieszka**	**430**	NOWA HUTA TEAM	K30	25	00:02:51	03:09:48	04:17:09	05:08:59	**05:34:54.35**	**05:34:54.35**	+01:46:18 (31.7%)	7:30	8 (68.4%)
56	**GAJEWSKA Monika**	**26**		K30	26	00:02:49	03:11:23	04:12:24	05:10:26	**05:37:14.15**	**05:37:14.15**	+01:48:38 (32.2%)	7:33	7.9 (67.5%)
57	**RAKOWSKA Magdalena**	**818**	DRUŻYNA TVN	K40	16	00:02:18	03:11:51	04:11:58	05:09:52	**05:38:29.80**	**05:38:29.80**	+01:49:54 (32.5%)	7:35	7.9 (67.5%)
58	**ŻELAZNY Judyta**	**586**	MRÓWKA JAROSŁAW ACTIVE TEAM	K40	17	00:01:57	03:08:04	04:10:37	05:08:46	**05:38:47.35**	**05:38:47.35**	+01:50:11 (32.5%)	7:35	7.9 (67.5%)
59	**ORACZ Sylwia**	**327**		K40	18	00:02:28	03:11:11	04:17:08	05:12:35	**05:39:10.10**	**05:39:10.10**	+01:50:34 (32.6%)	7:36	7.9 (67.5%)
60	**KIJ Kinga**	**798**		K30	27	00:03:06	03:12:04	04:18:47	05:12:59	**05:40:24.95**	**05:40:24.95**	+01:51:49 (32.8%)	7:37	7.9 (67.5%)
61	**CHLEBIŃSKA Paulina**	**631**	RZESZOWSKIE GAZELE I GEPARDY	K20	12	00:01:43	03:09:55	04:17:45	05:13:58	**05:41:53.25**	**05:41:53.25**	+01:53:17 (33.1%)	7:39	7.8 (66.7%)
62	**WĘGRZYN Małgorzata**	**594**	RESZOWSKIE GAZELE I GEPARDY	K40	19	00:01:43	03:09:55	04:17:43	05:13:57	**05:42:01.85**	**05:42:01.85**	+01:53:26 (33.2%)	7:40	7.8 (66.7%)
63	**KRZOSEK Joanna**	**73**		K30	28	00:02:15	03:05:30	04:12:50	05:14:07	**05:43:18.85**	**05:43:18.85**	+01:54:43 (33.4%)	7:41	7.8 (66.7%)
64	**KUNKEL Anna**	**497**	PGB SPORTOWA PACZKA	K40	20	00:01:12	03:20:31	04:22:49	05:17:52	**05:44:29.50**	**05:44:29.50**	+01:55:53 (33.6%)	7:43	7.8 (66.7%)
65	**PIĄTEK Beata**	**621**		K30	29	00:02:00	03:08:52	04:20:25	05:15:24	**05:44:54.00**	**05:44:54.00**	+01:56:18 (33.7%)	7:43	7.8 (66.7%)
66	**GADAMSKA-KABATA Paulina**	**667**		K30	30	00:01:25	03:09:25	04:19:58	05:18:23	**05:48:34.25**	**05:48:34.25**	+01:59:58 (34.4%)	7:48	7.7 (65.8%)
67	**SEMOW Sylwia**	**756**	KW KRAKÓW	K30	31	00:01:35	03:13:04	04:19:42	05:18:47	**05:49:27.40**	**05:49:27.40**	+02:00:51 (34.6%)	7:50	7.7 (65.8%)
68	**DOBIES Jagoda**	**510**		K30	32	00:02:09	03:30:27	04:29:18	05:23:37	**05:50:23.55**	**05:50:23.55**	+02:01:47 (34.8%)	7:51	7.6 (65.0%)
69	**LOREK Anna**	**183**	KB MARATOŃCZYK DĘBICA	K40	21	00:02:15	03:13:25	04:25:18	05:23:10	**05:51:15.50**	**05:51:15.50**	+02:02:39 (34.9%)	7:52	7.6 (65.0%)
70	**LEŚNIAK-POPIEL Marta**	**688**	POZYTYWNIE ZABIEGANI SANOK	K40	22	00:01:50	03:17:09	04:26:27	05:22:24	**05:51:34.30**	**05:51:34.30**	+02:02:58 (35.0%)	7:52	7.6 (65.0%)
71	**NICEWICZ Marta**	**406**		K30	33	00:02:07	03:14:32	04:27:00	05:23:41	**05:51:37.55**	**05:51:37.55**	+02:03:01 (35.0%)	7:53	7.6 (65.0%)
72	**OKLEJ Agata**	**5**		K30	34	00:02:57	03:11:52	04:26:52	05:23:11	**05:52:29.30**	**05:52:29.30**	+02:03:53 (35.1%)	7:54	7.6 (65.0%)

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73	**MATUSZEWICZ Ewa**	**407**	KONDYCJA	K50	5	00:02:19	03:18:18	04:27:30	05:26:25	**05:54:07.35**	**05:54:07.35**	+02:05:31 (35.4%)	7:56	7.6 (65.0%)
74	**KROENKE Barbara**	**408**	OBOZYBIEGOWE.PL	K60	1	00:02:19	03:18:18	04:27:30	05:26:25	**05:54:08.15**	**05:54:08.15**	+02:05:32 (35.4%)	7:56	7.6 (65.0%)
75	**KRUSZYNA Elżbieta**	**162**		K30	35	00:02:25	03:20:40	04:35:11	05:28:47	**05:55:16.60**	**05:55:16.60**	+02:06:40 (35.7%)	7:57	7.5 (64.1%)
76	**LACHER Joanna**	**108**		K20	13	00:02:21	03:22:28	04:29:03	05:26:12	**05:55:27.00**	**05:55:27.00**	+02:06:51 (35.7%)	7:58	7.5 (64.1%)
77	**WĄSOWSKA Jagoda**	**96**	PIASECZNO	K50	6	00:01:50	03:27:44	04:35:08	05:30:51	**05:57:04.30**	**05:57:04.30**	+02:08:28 (36.0%)	8:00	7.5 (64.1%)
78	**REMLEIN Katarzyna**	**566**	DRUŻYNA SZPIKU/FOR RUN TEAM	K30	36	00:01:31	03:11:44	04:26:51	05:28:08	**05:58:03.75**	**05:58:03.75**	+02:09:28 (36.2%)	8:01	7.5 (64.1%)
79	**GRAMZA Katarzyna**	**356**	EUFORIABIEGACZA.PL	K30	37	00:02:16	03:17:12	04:32:58	05:29:21	**05:58:06.95**	**05:58:06.95**	+02:09:31 (36.2%)	8:01	7.5 (64.1%)
80	**SAKOWSKA Aneta**	**304**	MARATONKA GRAJEWO	K40	23	00:02:05	03:23:22	04:29:06	05:29:34	**05:58:08.00**	**05:58:08.00**	+02:09:32 (36.2%)	8:01	7.5 (64.1%)
81	**PRYCIŃSKA Wiesława**	**575**	CAFE SZKOLNA 16	K40	24	00:02:38	03:23:20	04:30:35	05:30:10	**05:58:09.75**	**05:58:09.75**	+02:09:34 (36.2%)	8:01	7.5 (64.1%)
82	**ŁYSIAK Sylwia**	**317**	ROZBIEGANY RAWICZ	K40	25	00:02:16	03:17:42	04:32:56	05:30:27	**05:58:25.45**	**05:58:25.45**	+02:09:49 (36.2%)	8:02	7.5 (64.1%)
83	**KOSNOWSKA Katarzyna**	**740**		K40	26	00:02:47	03:19:49	04:29:44	05:29:50	**05:58:43.10**	**05:58:43.10**	+02:10:07 (36.3%)	8:02	7.5 (64.1%)
84	**RAFAŁ Eliza**	**319**		K30	38	00:01:53	03:27:34	04:36:38	05:32:15	**05:59:04.30**	**05:59:04.30**	+02:10:28 (36.3%)	8:03	7.5 (64.1%)
85	**KAŃDUŁA Klaudia**	**550**	TKD SZAKAL JEŻYCE RUNNERS	K30	39	00:02:52	03:23:49	04:27:19	05:29:08	**05:59:25.95**	**05:59:25.95**	+02:10:50 (36.4%)	8:03	7.4 (63.2%)
86	**BRZYSKA Marcelina**	**583**	BIŁGORAJ BIEGA	K20	14	00:01:53	03:27:34	04:36:37	05:33:06	**05:59:38.40**	**05:59:38.40**	+02:11:02 (36.4%)	8:03	7.4 (63.2%)
87	**ROSZKOWSKA Julita**	**256**		K30	40	00:02:49	03:15:19	04:22:20	05:26:32	**05:59:40.15**	**05:59:40.15**	+02:11:04 (36.4%)	8:03	7.4 (63.2%)
88	**HONKISZ-GODLEWSKA Urszula**	**414**	NOWY STYL GROUP RUNNING TEAM	K30	41	00:01:04	03:14:02	04:27:33	05:30:38	**06:00:09.70**	**06:00:09.70**	+02:11:33 (36.5%)	8:04	7.4 (63.2%)
89	**WASYLISZYN Bernadetta**	**612**	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	K30	42	00:02:42	03:18:26	04:27:50	05:30:57	**06:00:27.20**	**06:00:27.20**	+02:11:51 (36.6%)	8:04	7.4 (63.2%)
90	**STRUSIŃSKA Katarzyna**	**102**	TRIPAKA	K30	43	00:01:04	03:23:44	04:31:58	05:34:04	**06:01:00.45**	**06:01:00.45**	+02:12:24 (36.7%)	8:05	7.4 (63.2%)
91	**MICHALCZEWSKA Marzena**	**176**		K40	27	00:02:55	03:16:37	04:30:09	05:31:05	**06:03:37.35**	**06:03:37.35**	+02:15:01 (37.1%)	8:09	7.4 (63.2%)
92	**SOSZYŃSKA Gosia**	**323**	CZŁAPACZE	K50	7	00:03:07	03:28:57	04:32:43	05:30:58	**06:04:13.35**	**06:04:13.35**	+02:15:37 (37.2%)	8:09	7.3 (62.4%)
93	**SARAT Ewa**	**494**		K40	28	00:02:29	03:26:56	04:35:35	05:35:53	**06:05:43.45**	**06:05:43.45**	+02:17:07 (37.5%)	8:11	7.3 (62.4%)
94	**PAUL Viola**	**123**	NIGHT RUNNERS GLIWICE	K40	29	00:02:07	03:24:09	04:35:36	05:35:53	**06:05:44.65**	**06:05:44.65**	+02:17:08 (37.5%)	8:12	7.3 (62.4%)
95	**ZABOROWSKA Halina**	**465**	KB MARATOŃCZYK DĘBICA	K50	8	00:02:15	03:35:26	04:39:20	05:35:53	**06:05:45.90**	**06:05:45.90**	+02:17:10 (37.5%)	8:12	7.3 (62.4%)
96	**MICHALSKA Klementyna**	**33**	FABRYKA TRIATHLONU	K30	44	00:01:30	03:27:40	04:40:37	05:37:31	**06:05:47.30**	**06:05:47.30**	+02:17:11 (37.5%)	8:12	7.3 (62.4%)
97	**KUJAWSKA Małgorzata**	**628**		K30	45	00:02:08	03:20:37	04:35:51	05:36:39	**06:05:48.80**	**06:05:48.80**	+02:17:13 (37.5%)	8:12	7.3 (62.4%)
98	**MAKOWSKA Maja**	**458**	AKTYWNI Z CUKRZYCĄ	K20	15	00:02:19	03:29:29	04:35:15	05:36:51	**06:05:58.60**	**06:05:58.60**	+02:17:22 (37.5%)	8:12	7.3 (62.4%)
99	**GUZEK Agnieszka**	**613**		K40	30	00:01:01	03:28:27	04:35:54	05:35:38	**06:06:03.30**	**06:06:03.30**	+02:17:27 (37.6%)	8:12	7.3 (62.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
100	**PECYNA Katarzyna**	**368**		K30	46	00:02:51	03:30:28	04:38:54	05:39:09	**06:09:23.55**	**06:09:23.55**	+02:20:47 (38.1%)	8:16	7.2 (61.5%)
101	**KWAPIEŃ Karolina**	**626**	VEGE RUNNERS	K20	16	00:01:31	03:22:53	04:39:00	05:40:27	**06:10:17.85**	**06:10:17.85**	+02:21:42 (38.3%)	8:18	7.2 (61.5%)
102	**WESTER Halina**	**52**	NIGHT RUNNERS GLIWICE	K40	31	00:02:06	03:26:19	04:41:48	05:42:02	**06:11:56.45**	**06:11:56.45**	+02:23:20 (38.5%)	8:20	7.2 (61.5%)
103	**CUDZIŁO Joanna**	**395**	PKO BANK POLSKI	K40	32	00:02:37	03:30:55	04:41:56	05:41:54	**06:13:34.35**	**06:13:34.35**	+02:24:58 (38.8%)	8:22	7.2 (61.5%)
104	**PAZDERSKA-KIPIEL Agnieszka**	**169**	PORANNY PATROL / EVIL TEAM	K30	47	00:01:17	03:22:41	04:31:49	05:41:20	**06:14:08.85**	**06:14:08.85**	+02:25:33 (38.9%)	8:23	7.2 (61.5%)
105	**KUCIŃSKA Magdalena**	**365**		K30	48	00:01:25	03:15:52	04:34:26	05:39:26	**06:14:11.35**	**06:14:11.35**	+02:25:35 (38.9%)	8:23	7.2 (61.5%)
106	**ROGOZIŃSKA Monika**	**761**	SS DRUŻYNA WILKA|GRUPA DBK	K30	49	00:01:16	03:30:24	04:45:43	05:46:05	**06:15:12.75**	**06:15:12.75**	+02:26:37 (39.1%)	8:24	7.1 (60.7%)
107	**OKAPIEC Aleksandra**	**753**	AXA RUNNING TEAM	K30	50	00:01:48	03:30:23	04:40:35	05:42:37	**06:15:46.05**	**06:15:46.05**	+02:27:10 (39.2%)	8:25	7.1 (60.7%)
108	**SIKORSKA Agnieszka**	**48**		K40	33	00:02:10	03:29:58	04:42:24	05:45:23	**06:16:01.20**	**06:16:01.20**	+02:27:25 (39.2%)	8:25	7.1 (60.7%)
109	**GÓRNY Małgorzata**	**145**	HTTP://ALEKSANDRASTEFANSKA.PL/	K20	17	00:02:21	03:22:28	04:35:35	05:41:33	**06:16:30.90**	**06:16:30.90**	+02:27:55 (39.3%)	8:26	7.1 (60.7%)
110	**NIEMIEC-DRWIĘGA Bernadeta**	**242**	POZYTYWNIE ZABIEGANI SANOK	K40	34	00:01:49	03:29:58	04:44:12	05:45:29	**06:17:27.95**	**06:17:27.95**	+02:28:52 (39.4%)	8:27	7.1 (60.7%)
111	**DRWIĘGA Beata**	**238**	POZYTYWNIE ZABIEGANI SANOK	K40	35	00:01:50	03:29:58	04:44:13	05:45:30	**06:17:29.30**	**06:17:29.30**	+02:28:53 (39.4%)	8:27	7.1 (60.7%)
112	**GARCARZ Monika**	**587**		K40	36	00:01:08	03:36:38	04:49:29	05:49:19	**06:19:07.30**	**06:19:07.30**	+02:30:31 (39.7%)	8:30	7.1 (60.7%)
113	**PIERZCHALSKA Julia**	**508**	ABOVE 2000	K30	51	00:02:16	03:32:11	04:43:46	05:46:21	**06:19:54.70**	**06:19:54.70**	+02:31:18 (39.8%)	8:31	7 (59.8%)
114	**KUPIBIDA Boguslawa**	**287**	SILESIA RUNNING TEAM	K50	9	00:03:03	03:31:03	04:52:24	05:50:44	**06:21:26.25**	**06:21:26.25**	+02:32:50 (40.1%)	8:33	7 (59.8%)
115	**WOJTOWICZ-SANDER Sylwia**	**249**	WOP	K20	18	00:01:28	03:32:27	04:47:22	05:51:28	**06:21:47.05**	**06:21:47.05**	+02:33:11 (40.1%)	8:33	7 (59.8%)
116	**KOSNO Weronika**	**514**	NIGHT RUNNERS POZNAŃ	K20	19	00:01:14	03:39:07	04:55:14	05:54:40	**06:23:34.05**	**06:23:34.05**	+02:34:58 (40.4%)	8:36	7 (59.8%)
117	**CHRUŚCIŃSKA Justyna**	**515**	NIGHT RUNNERS	K20	20	00:01:15	03:39:07	04:55:15	05:54:15	**06:23:40.80**	**06:23:40.80**	+02:35:05 (40.4%)	8:36	7 (59.8%)
118	**FIDALI Beata**	**332**	KLUB PODRÓŻNIKÓW ŚRÓDZIEMIE	K30	52	00:01:32	03:43:25	04:51:55	05:53:48	**06:24:27.45**	**06:24:27.45**	+02:35:51 (40.5%)	8:37	7 (59.8%)
119	**KOCÓJ Dominika**	**260**	NIGHT RUNNER'S GLIWICE	K20	21	00:01:17	03:35:39	04:50:50	05:54:33	**06:25:41.15**	**06:25:41.15**	+02:37:05 (40.7%)	8:38	6.9 (59.0%)
120	**ŚWIĘTOCHOWSKA Beata**	**224**	GRUPA SKROMNYCH BIEGACZY	K40	37	00:02:30	03:31:51	04:52:01	05:55:14	**06:25:51.95**	**06:25:51.95**	+02:37:16 (40.8%)	8:39	6.9 (59.0%)
121	**STĘPKOWSKA Berta**	**415**	RUN_HELPERS	K40	38	00:02:43	03:34:56	04:59:57	05:59:46	**06:28:29.25**	**06:28:29.25**	+02:39:53 (41.2%)	8:42	6.9 (59.0%)
122	**PREJS Beata**	**795**		K30	53	00:01:23	03:34:30	04:52:01	05:56:31	**06:29:08.65**	**06:29:08.65**	+02:40:32 (41.3%)	8:43	6.9 (59.0%)
123	**ŻAK Oliwia**	**124**	PIASECZNO RUNNING	K30	54	00:02:30	03:30:41	04:55:28	05:57:39	**06:30:15.15**	**06:30:15.15**	+02:41:39 (41.4%)	8:45	6.9 (59.0%)
124	**JAROSZ-PIWOŃSKA Aldona**	**155**		K30	55	00:02:30	03:30:41	04:55:28	05:57:39	**06:30:16.90**	**06:30:16.90**	+02:41:41 (41.4%)	8:45	6.9 (59.0%)
125	**MARCINIAK Julia**	**563**	NIGHT RUNNERS POZNAŃ	K30	56	00:01:14	03:33:59	04:59:03	06:01:31	**06:31:15.10**	**06:31:15.10**	+02:42:39 (41.6%)	8:46	6.8 (58.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
126	**MICKIEWICZ Jolanta**	**285**		K40	39	00:02:58	03:34:10	05:01:29	06:01:24	**06:31:48.80**	**06:31:48.80**	+02:43:13 (41.7%)	8:47	6.8 (58.1%)
127	**JAKUBIEC Justyna**	**382**	LUBELSKA GRUPA TRIATHLONU	K40	40	00:02:45	03:39:12	05:06:18	06:04:04	**06:36:29.85**	**06:36:29.85**	+02:47:54 (42.3%)	8:53	6.7 (57.3%)
128	**RODKO - DZIUBEK Kamila**	**603**	SEKCJA PIASKI	K20	22	00:02:19	03:32:05	04:53:10	06:00:44	**06:36:33.85**	**06:36:33.85**	+02:47:58 (42.4%)	8:53	6.7 (57.3%)
129	**ZYCH Anna**	**438**	LSB	K40	41	00:02:43	03:43:26	05:06:17	06:04:11	**06:36:35.50**	**06:36:35.50**	+02:47:59 (42.4%)	8:53	6.7 (57.3%)
130	**LATOSIŃSKA Edyta**	**731**	NOWA HUTA TEAM	K20	23	00:02:50	03:38:33	04:58:58	06:01:32	**06:36:56.00**	**06:36:56.00**	+02:48:20 (42.4%)	8:53	6.7 (57.3%)
131	**WŁODARSKA Magdalena**	**268**		K40	42	00:02:16	03:38:28	04:59:18	06:03:53	**06:37:15.05**	**06:37:15.05**	+02:48:39 (42.5%)	8:54	6.7 (57.3%)
132	**GAWCZYŃSKA - BACZA Izabela**	**136**	PRZEMYŚL- MAROKO	K40	43	00:02:36	03:32:12	04:59:01	06:03:22	**06:37:17.35**	**06:37:17.35**	+02:48:41 (42.5%)	8:54	6.7 (57.3%)
133	**LESZEK-KRÓLIKOWSKA Patrycja**	**336**	RABBITS	K30	57	00:01:18	03:38:42	05:01:42	06:05:50	**06:37:18.05**	**06:37:18.05**	+02:48:42 (42.5%)	8:54	6.7 (57.3%)
134	**MAZUR Magdalena**	**153**	PRZEMYŚL ŻURAWICA	K30	58	00:02:36	03:32:13	04:59:14	06:03:22	**06:37:20.35**	**06:37:20.35**	+02:48:44 (42.5%)	8:54	6.7 (57.3%)
135	**WASIK Kornelia**	**134**	TOMTOM TEAM	K20	24	00:03:03	03:41:13	04:58:48	06:01:29	**06:37:36.70**	**06:37:36.70**	+02:49:00 (42.5%)	8:54	6.7 (57.3%)
136	**JATA Marta**	**469**	LUBELSKIE STOWARZYSZENIE BIEGOWE/WW TEAM	K30	59	00:02:42	03:43:25	05:06:15	06:07:30	**06:38:35.75**	**06:38:35.75**	+02:50:00 (42.6%)	8:56	6.7 (57.3%)
137	**ROSIŃSKA Małgorzata**	**437**	SKLEP BIEGACZA LUBLIN	K30	60	00:02:44	03:43:19	05:05:51	06:06:36	**06:38:43.10**	**06:38:43.10**	+02:50:07 (42.7%)	8:56	6.7 (57.3%)
138	**MIŁOŃ Aleksandra**	**581**		K20	25	00:02:21	03:31:44	05:05:33	06:07:28	**06:38:54.75**	**06:38:54.75**	+02:50:19 (42.7%)	8:56	6.7 (57.3%)
139	**WRÓBLEWSKA-GAWEŁ Agnieszka**	**579**		K40	44	00:01:55	03:37:46	05:12:19	06:09:51	**06:39:08.35**	**06:39:08.35**	+02:50:32 (42.7%)	8:56	6.7 (57.3%)
140	**MAZUREK Monika**	**457**	NOWA HUTA TEAM	K40	45	00:01:55	03:37:47	05:12:21	06:09:51	**06:39:10.60**	**06:39:10.60**	+02:50:34 (42.7%)	8:56	6.7 (57.3%)
141	**PORĘBSKA Dorota**	**648**	NOWA HUTA TEAM	K30	61	00:01:55	03:37:46	05:12:19	06:09:51	**06:39:11.50**	**06:39:11.50**	+02:50:35 (42.7%)	8:57	6.7 (57.3%)
142	**ŻACZEK Anna**	**247**	BIEGUSIEM.PL	K50	10	00:03:03	03:54:57	05:04:30	06:06:10	**06:39:19.00**	**06:39:19.00**	+02:50:43 (42.8%)	8:57	6.7 (57.3%)
143	**ŁYDKA Aleksandra**	**401**		K20	26	00:02:11	03:47:04	04:56:28	06:05:47	**06:39:43.95**	**06:39:43.95**	+02:51:08 (42.8%)	8:57	6.7 (57.3%)
144	**DOBROWOLSKA Grażyna**	**577**	KB MARATOŃCZYK DĘBICA	K40	46	00:02:15	03:45:13	05:10:57	06:15:30	**06:47:11.15**	**06:47:11.15**	+02:58:35 (43.9%)	9:07	6.6 (56.4%)
145	**KAWA Barbara**	**540**	KB MARATOŃCZYK DĘBICA	K30	62	00:02:15	03:45:16	05:10:57	06:15:30	**06:47:11.40**	**06:47:11.40**	+02:58:35 (43.9%)	9:07	6.6 (56.4%)
146	**BZOWSKA Aleksandra**	**700**		K30	63	00:01:15	03:39:35	05:05:16	06:13:30	**06:47:51.85**	**06:47:51.85**	+02:59:16 (44.0%)	9:08	6.6 (56.4%)
146	**PIECHOWICZ-KUROWSKA Agata**	**723**	NIGHT RUNNERS GLIWICE	K30	64	00:01:15	03:39:35	05:05:26	06:13:30	**06:47:51.85**	**06:47:51.85**	+02:59:16 (44.0%)	9:08	6.6 (56.4%)
148	**ŚLEMP Bernadetta**	**770**		K40	47	00:03:06	03:40:52	05:05:25	06:11:51	**06:48:36.00**	**06:48:36.00**	+03:00:00 (44.1%)	9:09	6.5 (55.6%)
149	**LATO Karolina**	**571**	LUBLIN BIEGA	K30	65	00:02:46	03:30:11	04:59:47	06:14:21	**06:49:25.10**	**06:49:25.10**	+03:00:49 (44.2%)	9:10	6.5 (55.6%)
150	**WALCZYŃSKA Karolina**	**745**	NIGHT RUNNERS GLIWICE	K30	66	00:01:45	03:49:20	05:04:50	06:15:50	**06:51:11.35**	**06:51:11.35**	+03:02:35 (44.4%)	9:13	6.5 (55.6%)
151	**DZIEPAK Dorota**	**704**		K30	67	00:02:20	03:48:26	05:06:37	06:17:01	**06:52:32.15**	**06:52:32.15**	+03:03:56 (44.6%)	9:14	6.5 (55.6%)
152	**BINIAŚ PASTUSIAK Anna**	**405**		K30	68	00:02:44	03:44:31	05:09:01	06:17:20	**06:52:58.15**	**06:52:58.15**	+03:04:22 (44.6%)	9:15	6.5 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
153	**CZECHOWSKA Izabela**	**384**	WW TEAM	K40	48	00:02:40	03:44:31	05:09:01	06:17:20	**06:53:21.50**	**06:53:21.50**	+03:04:45 (44.7%)	9:16	6.5 (55.6%)
154	**ZAWADZKA Magdalena**	**363**	AKS POLONIA WARSZAWA	K30	69	00:02:53	03:41:48	05:11:29	06:20:28	**06:56:32.00**	**06:56:32.00**	+03:07:56 (45.1%)	9:20	6.4 (54.7%)
155	**BOGUCKA Martyna**	**121**	JACEK BIEGA RUNNING TEAM	K40	49	00:02:53	03:46:23	05:08:46	06:20:26	**06:59:02.70**	**06:59:02.70**	+03:10:26 (45.4%)	9:23	6.4 (54.7%)
156	**KOWALEWSKA Izabela**	**819**	PIASECZNO RUNNING	K30	70	00:02:42	03:56:18	05:18:22	06:25:48	**07:02:32.25**	**07:02:32.25**	+03:13:56 (45.9%)	9:28	6.3 (53.8%)
157	**KUCZEK Katarzyna**	**269**	PGB SPORTOWA PACZKA	K40	50	00:01:22	03:46:30	05:35:13	06:41:41	**07:14:02.45**	**07:14:02.45**	+03:25:26 (47.3%)	9:43	6.2 (53.0%)
158	**GORYJEWSKA Izabela**	**825**		K20	27	00:01:53	04:00:06	05:27:17	06:40:06	**07:15:44.25**	**07:15:44.25**	+03:27:08 (47.5%)	9:46	6.1 (52.1%)
159	**CZYŻ Dorota**	**565**		K40	51	00:02:09	04:01:40	05:34:14	06:43:45	**07:19:09.40**	**07:19:09.40**	+03:30:33 (47.9%)	9:50	6.1 (52.1%)
160	**KUCZMENDA Katarzyna**	**787**		K30	71	00:02:10	04:08:43	05:42:33	07:04:03	**07:45:35.05**	**07:45:35.05**	+03:56:59 (50.9%)	10:26	5.7 (48.7%)

Znaleziono 160 wynik(ów)