



**SUPERMARATON
GÓR
STOŁOWYCH**

SGS LIGHT PÓŁMARATON 23KM

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Supermaraton Gór Stołowych 2021
Fundacja Maratony Górskie
2021-06-27
Kartów
23 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN KOBIEC

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pasterka 14.4km	Czas netto 23.6km	Różn	Tempo min/km	Tempo km/h
1	PIĄTEK Karolina	10	NOGAMIDOGÓRY.PL	K-30	1	01:18:02	02:27:41.40		6:15	9.6 (100%)
2	BIAŁOŁOCKA Alicja	299	SOBAS TEAM, AKADEMIA BIEGANIA	K-30	2	01:23:32	02:37:46.40	+00:10:05 (6.4%)	6:41	9 (93.8%)
3	WYLEŻAŁEK Alina	399		K-30	3	01:30:58	02:44:43.15	+00:17:01 (10.3%)	6:58	8.6 (89.6%)
4	ORZYSZEK Roksana	295		K-30	4	01:33:15	02:52:04.35	+00:24:22 (14.2%)	7:17	8.2 (85.4%)
5	WALCZAK Adela	424	CURLING ŁÓDŹ	K-30	5	01:36:58	02:54:14.35	+00:26:32 (15.2%)	7:22	8.1 (84.4%)
6	ULIKOWSKA Martyna	51	ZAŁOGA GÓRSKA	K-30	6	01:38:22	02:55:03.50	+00:27:22 (15.6%)	7:25	8.1 (84.4%)
7	BOROWSKA Karolina	307	KGHM ZG RUN	K-30	7	01:29:56	02:58:23.20	+00:30:41 (17.2%)	7:33	7.9 (82.3%)
8	SASIN Dominika	525	KLUB BIEGACZA SOBÓTKA	K-20	1	01:33:21	02:59:11.95	+00:31:30 (17.6%)	7:35	7.9 (82.3%)
9	PIECUCH Karolina	119		K-30	8	01:38:49	03:01:45.15	+00:34:03 (18.7%)	7:42	7.8 (81.3%)
10	TOMIAK Paulina	470	WOLSZTYŃSKA AKADEMIA BIEGOWA	K-30	9	01:34:18	03:03:38.85	+00:35:57 (19.6%)	7:46	7.7 (80.2%)
11	RESSEL Joanna	497	RNB TEAM POLANICA ZDRÓJ	K-30	10	01:41:36	03:09:30.65	+00:41:49 (22.1%)	8:01	7.5 (78.1%)
12	SERAFIN Ewelina	265		K-40	1	01:41:09	03:09:33.05	+00:41:51 (22.1%)	8:01	7.5 (78.1%)
13	BILCZEWSKA Monika	13		K-40	2	01:43:29	03:14:30.85	+00:46:49 (24.1%)	8:14	7.3 (76.0%)
14	KARKOSZ Aurelia	175		K-30	11	01:45:16	03:15:23.35	+00:47:41 (24.4%)	8:16	7.2 (75.0%)
15	KOPACKA Edyta	534		K-30	12	01:43:12	03:15:55.25	+00:48:13 (24.6%)	8:18	7.2 (75.0%)
16	BARTMAŃSKA Mirosława	346	KRÓLOWE RUNNINGU	K-40	3	01:45:28	03:16:01.70	+00:48:20 (24.7%)	8:18	7.2 (75.0%)
17	KABALINA Kristine	533		K-20	2	01:46:28	03:17:33.40	+00:49:52 (25.2%)	8:22	7.2 (75.0%)
18	ROKSELA-MIELNIK Iwona	507		K-30	13	01:42:41	03:17:45.80	+00:50:04 (25.3%)	8:22	7.2 (75.0%)
19	KSIEZKA Joanna	434	STRZEGOMSKA DWUNASTKA	K-30	14	01:43:58	03:18:13.60	+00:50:32 (25.5%)	8:23	7.1 (74.0%)
20	KMIECIAK Marlena	449		K-20	3	01:46:02	03:18:26.35	+00:50:44 (25.6%)	8:24	7.1 (74.0%)
21	KOWALSKA-WALIŚ Agnieszka	252	DOGOŃ GRODZISK MAZOWIECKI	K-40	4	01:44:15	03:19:11.15	+00:51:29 (25.9%)	8:26	7.1 (74.0%)
22	GRAD Idalia	291	DZIKA BANDA ŁAKOMCZUCHÓW	K-30	15	01:48:32	03:19:56.55	+00:52:15 (26.1%)	8:28	7.1 (74.0%)
23	HORDZIEJEWICZ Ewa	406	CROSSBROTHERS BYTOM	K-50	1	01:43:07	03:22:44.25	+00:55:02 (27.2%)	8:35	7 (72.9%)
24	MAZIAREK Adela	150		K-30	16	01:47:59	03:23:07.35	+00:55:25 (27.3%)	8:36	7 (72.9%)
25	BABIŃSKA- POPIŁKA Ewelina	251		K-30	17	01:48:49	03:23:42.60	+00:56:01 (27.5%)	8:37	7 (72.9%)
26	PURGAL Magdalena	490	SŁOŃCA JURY	K-30	18	01:50:38	03:24:09.20	+00:56:27 (27.7%)	8:39	6.9 (71.9%)
27	ŁĄŻEWSKA Sylwia	95		K-40	5	01:50:18	03:24:35.85	+00:56:54 (27.8%)	8:40	6.9 (71.9%)
28	REDEK Sylwia	192	TEAM ZABIEGANEDNI	K-40	6	01:51:17	03:25:46.60	+00:58:05 (28.2%)	8:43	6.9 (71.9%)
29	GAŚSIOROWSKA Agnieszka	285	EVERRUN	K-30	19	01:47:21	03:26:25.40	+00:58:44 (28.5%)	8:44	6.9 (71.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pasterka	Czas	Różn	Tempo	Tempo
						14.4km	netto 23.6km			
30	GRUDZIEN-JURKOWSKA Małgorzata	516		K-30	20	01:48:42	03:28:40.95	+01:00:59 (29.2%)	8:50	6.8 (70.8%)
31	ORTYL Ewelina	549		K-40	7	01:50:48	03:30:50.45	+01:03:09 (30.0%)	8:56	6.7 (69.8%)
32	KUCHCIŃSKA Monika	509		K-40	8	01:53:47	03:31:16.30	+01:03:34 (30.1%)	8:57	6.7 (69.8%)
33	DYR Dorota	416		K-40	9	01:53:58	03:32:12.70	+01:04:31 (30.4%)	8:59	6.7 (69.8%)
34	BARAŃSKA Monika	442		K-50	2	01:51:52	03:32:21.05	+01:04:39 (30.5%)	8:59	6.7 (69.8%)
35	URBAŃSKA Pola	188	TRAINING LAB	K-30	21	01:58:09	03:33:12.75	+01:05:31 (30.7%)	9:02	6.6 (68.8%)
36	RABIEJ-OLSZEWSKA Hanna	437	ROZBIEGANI CHOJNÓW	K-30	22	01:51:08	03:33:37.95	+01:05:56 (30.9%)	9:03	6.6 (68.8%)
37	KLABISZ Maria	558		K-30	23	01:53:53	03:34:51.70	+01:07:10 (31.3%)	9:06	6.6 (68.8%)
38	CZARNOTA Dorota	363	WYBIEGAJ SIEBIE	K-40	10	01:51:57	03:35:39.40	+01:07:58 (31.5%)	9:08	6.6 (68.8%)
39	JANDY Honorata	35	RUN&CROSS SZAMOTUŁY	K-40	11	01:54:52	03:35:43.75	+01:08:02 (31.5%)	9:08	6.6 (68.8%)
40	BIŃCZARSKA Monika	83	WKB WŁOCŁAWEK	K-40	12	01:55:24	03:35:46.15	+01:08:04 (31.6%)	9:08	6.6 (68.8%)
41	MYŚLICKA-PIWKO Marta	352	KRÓLOWE RUNNINGU	K-40	13	01:53:00	03:36:34.20	+01:08:52 (31.8%)	9:10	6.5 (67.7%)
42	SKORNIAK Katarzyna	537	WOLNE ŚLIMAKI	K-30	24	01:53:29	03:36:37.70	+01:08:56 (31.8%)	9:10	6.5 (67.7%)
43	KUSTRA Klaudia	548		K-30	25	01:52:36	03:36:47.55	+01:09:06 (31.9%)	9:11	6.5 (67.7%)
44	WOJCIECHOWSKA Anna	137	PIĄTKOWO NA BIEGOWO	K-50	3	01:55:02	03:37:26.90	+01:09:45 (32.1%)	9:12	6.5 (67.7%)
45	SIKORSKA Joanna	29		K-20	4	01:45:15	03:37:58.55	+01:10:17 (32.2%)	9:14	6.5 (67.7%)
46	BRUCH Katarzyna	107		K-30	26	01:57:06	03:38:55.65	+01:11:14 (32.5%)	9:16	6.5 (67.7%)
47	SEROCZYŃSKA Ewa	78		K-30	27	01:55:14	03:39:30.55	+01:11:49 (32.7%)	9:18	6.5 (67.7%)
48	KACZMARCZYK Natalia	274		K-30	28	02:06:29	03:39:30.60	+01:11:49 (32.7%)	9:18	6.5 (67.7%)
49	KRZESIŃSKA Renata	333		K-40	14	01:57:58	03:40:58.40	+01:13:17 (33.2%)	9:21	6.4 (66.7%)
50	KOWALCZYK-GROCHLA Agata	296		K-40	15	01:56:57	03:41:03.55	+01:13:22 (33.2%)	9:21	6.4 (66.7%)
51	CENDER Magdalena	495	DOGOŃ GRODZISK MAZOWIECKI	K-40	16	01:52:47	03:41:34.65	+01:13:53 (33.3%)	9:23	6.4 (66.7%)
52	HORODYŃSKA Mirosława	521		K-40	17	01:57:08	03:41:42.95	+01:14:01 (33.4%)	9:23	6.4 (66.7%)
53	PROKOP Elżbieta	355	BANDA Z POŁUDNIA	K-50	4	01:56:18	03:42:03.95	+01:14:22 (33.5%)	9:24	6.4 (66.7%)
54	WINIECKA Ewa	131	PARKRUN SŁODOWO WŁOCŁAWEK	K-40	18	01:57:37	03:42:15.40	+01:14:34 (33.5%)	9:25	6.4 (66.7%)
55	POCHWAŁA Justyna	219	NATALIA TOMASIAK GÓRSKI STYL TEAM	K-40	19	01:59:20	03:42:20.45	+01:14:39 (33.6%)	9:25	6.4 (66.7%)
56	WRÓBLEWSKA Olga	308	VEGE RUNNERS	K-40	20	01:58:57	03:43:37.75	+01:15:56 (34.0%)	9:28	6.3 (65.6%)
57	POLÁŠKOVÁ Pavlína	339		K-40	21	01:59:01	03:44:26.20	+01:16:44 (34.2%)	9:30	6.3 (65.6%)
58	DOBROCHOWSKA Ilona	338	STRZEGOMSKA DWUNASTKA	K-40	22	01:56:44	03:44:34.95	+01:16:53 (34.2%)	9:30	6.3 (65.6%)
59	RÓŻAŃSKA Magdalena	94		K-40	23	02:03:08	03:45:41.85	+01:18:00 (34.6%)	9:33	6.3 (65.6%)
60	GDOWSKA Gabriela	329		K-20	5	02:00:11	03:46:58.85	+01:19:17 (34.9%)	9:37	6.2 (64.6%)
61	PAPROCKA Natalia	69		K-40	24	02:00:25	03:47:07.35	+01:19:25 (35.0%)	9:37	6.2 (64.6%)
62	GUZIŃSKA Aleksandra	174		K-40	25	02:00:30	03:47:22.10	+01:19:40 (35.0%)	9:38	6.2 (64.6%)
63	MODERACKA Małgorzata	146		K-30	29	01:59:36	03:49:29.10	+01:21:47 (35.6%)	9:43	6.2 (64.6%)
64	DZIURKOWSKA Dorota	260	FUN TRI	K-30	30	01:59:34	03:49:58.20	+01:22:16 (35.8%)	9:44	6.2 (64.6%)
65	FRAŃCZEK Iwona	240	FUN TRI	K-30	31	01:59:38	03:50:00.05	+01:22:18 (35.8%)	9:44	6.2 (64.6%)
66	CZECH Dorota	49		K-40	26	02:00:01	03:51:12.60	+01:23:31 (36.1%)	9:47	6.1 (63.5%)
67	CICHOŃ Elżbieta	522	STRZEGOMSKA DWUNASTKA	K-40	27	02:07:38	03:51:24.70	+01:23:43 (36.2%)	9:48	6.1 (63.5%)
68	MAJKA Marzena	527	KS JAWORZNO	K-30	32	02:07:40	03:51:26.75	+01:23:45 (36.2%)	9:48	6.1 (63.5%)
69	STANISZEWSKA Ewa	224		K-20	6	01:58:08	03:52:17.45	+01:24:36 (36.4%)	9:50	6.1 (63.5%)
70	CZERWIŃSKA Magdalena	400	RESHAPE RUNNERS	K-40	28	01:59:48	03:53:50.15	+01:26:08 (36.8%)	9:54	6.1 (63.5%)
71	BARTOSZEWSKA Katarzyna	320		K-40	29	02:02:25	03:53:52.15	+01:26:10 (36.8%)	9:54	6.1 (63.5%)
72	WÓJCIK Kamila	318	LACHO TEAM	K-40	30	02:03:14	03:53:57.05	+01:26:15 (36.9%)	9:54	6.1 (63.5%)
73	GDOWSKA Ewa	328		K-40	31	02:06:26	03:54:03.75	+01:26:22 (36.9%)	9:55	6 (62.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pasterka 14.4km	Czas netto	Różn	Tempo min/km	Tempo km/h
							23.6km			
74	FELKEL Ewa	244	PIĄTKOWO NA BIEGOWO	K-40	32	02:02:51	03:54:19.40	+01:26:38 (37.0%)	9:55	6 (62.5%)
75	MAZUREK Marita	331		K-30	33	02:04:57	03:54:47.10	+01:27:05 (37.1%)	9:56	6 (62.5%)
76	KOWALEWSKA Anna	24	KOBIETY W BIEGU	K-30	34	02:03:59	03:55:38.25	+01:27:56 (37.3%)	9:59	6 (62.5%)
77	MAJ Magdalena	56	GRAŻYNKI OCR	K-30	35	02:08:16	03:55:51.45	+01:28:10 (37.4%)	9:59	6 (62.5%)
78	MORAWSKA Anna	129		K-60	1	02:06:31	03:58:07.05	+01:30:25 (38.0%)	10:05	5.9 (61.5%)
79	OLEJNICZAK Agnieszka	514		K-40	33	02:05:57	03:58:57.40	+01:31:16 (38.2%)	10:07	5.9 (61.5%)
80	NOWAKOWSKA Beata	388	RACEFIGHTER GOSIR DĘBE WIELKIE	K-40	34	02:03:03	03:59:22.35	+01:31:40 (38.3%)	10:08	5.9 (61.5%)
81	NOWAKOWSKA Ewelina	513		K-40	35	02:10:24	04:02:22.50	+01:34:41 (39.1%)	10:16	5.8 (60.4%)
82	MALISZAK Agnieszka	99		K-30	36	02:04:55	04:04:34.95	+01:36:53 (39.6%)	10:21	5.8 (60.4%)
83	WASZCZYSZYN Bożena	181	I LOVE PRZYLESIE	K-40	36	02:03:48	04:05:29.05	+01:37:47 (39.8%)	10:24	5.8 (60.4%)
84	RADOMSKA Urszula	227	I LOVE PRZYLESIE	K-40	37	02:03:48	04:05:29.50	+01:37:48 (39.8%)	10:24	5.8 (60.4%)
85	MAJEWSKA Wioleta	234	STRZEGOMSKA DWUNASTKA	K-40	38	02:07:44	04:06:01.30	+01:38:19 (40.0%)	10:25	5.8 (60.4%)
86	KOSTRZEWSKA Natalia	462		K-30	37	02:04:42	04:06:42.50	+01:39:01 (40.1%)	10:27	5.7 (59.4%)
87	TUREK Karolina	384	RUCHAWE MISIE Z BIAŁEGO DOMKU	K-40	39	02:10:03	04:06:55.20	+01:39:13 (40.2%)	10:27	5.7 (59.4%)
88	WEYNA Anna	383	BIAŁY DOMEK BIEGA	K-40	40	02:10:01	04:06:55.30	+01:39:13 (40.2%)	10:27	5.7 (59.4%)
89	SYPKO-KUBICKA Katarzyna	96	KOZŁOWICKI CROSS SIS FABRYKA ZMIAN	K-40	41	02:07:11	04:07:36.50	+01:39:55 (40.4%)	10:29	5.7 (59.4%)
90	JURAK Kasia	59		K-30	38	02:11:41	04:07:45.45	+01:40:04 (40.4%)	10:29	5.7 (59.4%)
91	CZEKALSKA Magdalena	128	NARAMOWICE BIEGAJĄ	K-30	39	02:02:25	04:08:19.90	+01:40:38 (40.5%)	10:31	5.7 (59.4%)
92	CHOŁUJ Małgorzata	200		K-50	5	02:07:48	04:08:20.30	+01:40:38 (40.5%)	10:31	5.7 (59.4%)
93	KURNATOWSKA Magda	64	ŚRUNDUNIA	K-30	40	02:05:43	04:08:28.45	+01:40:47 (40.6%)	10:31	5.7 (59.4%)
94	OLESZEK Magdalena	92	BIEGOWA KUŻNIA	K-30	41	02:09:23	04:08:57.65	+01:41:16 (40.7%)	10:32	5.7 (59.4%)
95	MARKOWSKA Lilianna	209	BIEGAMDŁAZDROWIA.PL	K-50	6	02:04:54	04:09:04.20	+01:41:22 (40.7%)	10:33	5.7 (59.4%)
96	CHOŁUJ Adriana	367		K-30	42	02:22:40	04:10:04.30	+01:42:22 (40.9%)	10:35	5.7 (59.4%)
97	KRZEWSKA Edyta	422	RACEFIGHTER GOSIR DĘBE WIELKIE	K-40	42	02:04:04	04:10:22.60	+01:42:41 (41.0%)	10:36	5.7 (59.4%)
98	KARŁOWSKA Olga	269		K-40	43	02:08:17	04:10:24.15	+01:42:42 (41.0%)	10:36	5.7 (59.4%)
99	SERWIK Agnieszka	368		K-40	44	02:22:37	04:10:24.95	+01:42:43 (41.0%)	10:36	5.7 (59.4%)
100	PANYŁO Małgorzata	201		K-40	45	01:57:28	04:10:29.05	+01:42:47 (41.0%)	10:36	5.7 (59.4%)
101	URBANIAK Izabela	489		K-40	46	02:12:03	04:10:45.40	+01:43:04 (41.1%)	10:37	5.6 (58.3%)
102	IDZIK Angelika	5	SPARTA RUNNERS	K-30	43	02:10:04	04:10:59.75	+01:43:18 (41.2%)	10:38	5.6 (58.3%)
103	RUDNIK Katarzyna	165		K-30	44	02:06:45	04:11:21.75	+01:43:40 (41.2%)	10:39	5.6 (58.3%)
104	GÓRCZAK Urszula	193	I LOVE PRZYLESIE	K-40	47	02:05:27	04:12:07.85	+01:44:26 (41.4%)	10:40	5.6 (58.3%)
105	POKROP Agnieszka	215	NATALIA TOMASIAK GÓRSKI STYL TEAM	K-30	45	02:11:56	04:12:10.20	+01:44:28 (41.4%)	10:41	5.6 (58.3%)
106	KONEFAŁ Dorota	445		K-30	46	02:04:31	04:12:50.30	+01:45:08 (41.6%)	10:42	5.6 (58.3%)
107	GOŁUCH Joanna	524		K-40	48	02:08:13	04:12:51.35	+01:45:09 (41.6%)	10:42	5.6 (58.3%)
108	CIERLAK Elzbieta	376	BRZYSKI TRI TEAM	K-30	47	02:14:03	04:13:12.10	+01:45:30 (41.7%)	10:43	5.6 (58.3%)
109	KWIATKOWSKA Marta	316		K-40	49	02:06:05	04:13:36.20	+01:45:54 (41.8%)	10:44	5.6 (58.3%)
110	JÓZIAK Ilona	408		K-20	7	02:08:19	04:13:46.85	+01:46:05 (41.8%)	10:45	5.6 (58.3%)
111	GAJDA Emilia	407		K-20	8	02:08:18	04:13:47.40	+01:46:06 (41.8%)	10:45	5.6 (58.3%)
112	BOSY Joanna	133		K-30	48	02:13:17	04:14:50.00	+01:47:08 (42.0%)	10:47	5.6 (58.3%)
113	NOWACKA Agata	203	PARKRUN SŁODOWO WŁOCLAWEK	K-50	7	02:11:33	04:16:00.80	+01:48:19 (42.3%)	10:50	5.5 (57.3%)
114	SZATAN Jowita	198	KOTWICA BRZEG	K-30	49	02:10:30	04:16:18.40	+01:48:37 (42.4%)	10:51	5.5 (57.3%)
115	WYSZKOWSKA Marzena	453	BANANA TEAM	K-30	50	02:09:36	04:16:42.40	+01:49:01 (42.5%)	10:52	5.5 (57.3%)
116	KOCHANOWSKA Anna	111	CZEWARUNTIM	K-40	50	02:09:29	04:17:28.20	+01:49:46 (42.6%)	10:54	5.5 (57.3%)
117	CISICKA Daria	451		K-30	51	02:15:50	04:18:05.75	+01:50:24 (42.8%)	10:56	5.5 (57.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pasterka 14.4km	Czas netto	Różn	Tempo min/km	Tempo km/h
							23.6km			
118	JEZIEWSKA Karina	256	12TRI.PL / TEAM ZABIEGANEDNI	K-40	51	02:13:27	04:18:36.35	+01:50:54 (42.9%)	10:57	5.5 (57.3%)
119	BANACH-SKOWRONEK Joanna	100		K-30	52	02:09:56	04:19:29.70	+01:51:48 (43.1%)	10:59	5.5 (57.3%)
120	STACHURSKA Monika	57		K-50	8	02:14:41	04:21:10.85	+01:53:29 (43.5%)	11:03	5.4 (56.3%)
121	NOWAK Marta	186	NARAMOWICE BIEGAJĄ	K-40	52	02:18:00	04:21:46.65	+01:54:05 (43.6%)	11:05	5.4 (56.3%)
122	TOMCZYK Ewa	263		K-30	53	02:14:56	04:22:33.60	+01:54:52 (43.8%)	11:07	5.4 (56.3%)
123	MISIOREK Emilia	43	RUNIFORFUNI NSAS	K-40	53	02:13:24	04:22:46.95	+01:55:05 (43.8%)	11:08	5.4 (56.3%)
124	GOMULKIEWICZ Dorota	47	RUNIFORFUNI NSAS	K-40	54	02:13:26	04:22:49.70	+01:55:08 (43.8%)	11:08	5.4 (56.3%)
125	DULNIK Małgorzata	213	NARAMOWICE BIEGAJĄ	K-30	54	02:18:01	04:23:06.60	+01:55:25 (43.9%)	11:08	5.4 (56.3%)
126	KOZAK Ewa	410	KOZAKI	K-40	55	02:20:39	04:24:11.25	+01:56:29 (44.1%)	11:11	5.4 (56.3%)
127	TRAN Nhuyen	275	WARSAW RUN CLUB	K-20	9	02:14:41	04:26:10.45	+01:58:29 (44.5%)	11:16	5.3 (55.2%)
128	SZYMCZAK Marta	91	PIEKIELNIE ZGRANI	K-40	56	02:12:02	04:27:26.70	+01:59:45 (44.8%)	11:19	5.3 (55.2%)
129	LEWICKA Bożena	270	GONIMY	K-60	2	02:18:03	04:27:42.15	+02:00:00 (44.8%)	11:20	5.3 (55.2%)
130	GRACZYK Magdalena	335		K-40	57	02:15:42	04:27:48.85	+02:00:07 (44.9%)	11:20	5.3 (55.2%)
131	MIELNIK Natalia	261		K-30	55	02:18:14	04:27:55.70	+02:00:14 (44.9%)	11:21	5.3 (55.2%)
132	CZEKAŁA Magda	32	RUN&CROSS SZAMOTUŁY	K-40	58	02:15:56	04:30:54.35	+02:03:12 (45.5%)	11:28	5.2 (54.2%)
133	CHEŁCHOWSKA Katarzyna	197		K-30	56	02:24:29	04:31:24.10	+02:03:42 (45.6%)	11:30	5.2 (54.2%)
134	JAWORSKA Magdalena	196	GB WIELKOPOLSCY BIEGACZE/ TEAM KGB	K-40	59	02:19:14	04:31:59.00	+02:04:17 (45.7%)	11:31	5.2 (54.2%)
135	KRUPIŃSKA Paulina	433		K-30	57	02:18:43	04:34:33.10	+02:06:51 (46.2%)	11:38	5.2 (54.2%)
136	ZIELENKIEWICZ Agnieszka	341	FUNTRI	K-30	58	02:24:30	04:35:48.85	+02:08:07 (46.5%)	11:41	5.1 (53.1%)
137	MATYJEWICZ Klaudia	38		K-20	10	02:22:19	04:36:20.70	+02:08:39 (46.6%)	11:42	5.1 (53.1%)
138	WOJTYSIAK Dorota	212		K-40	60	02:23:04	04:36:42.90	+02:09:01 (46.6%)	11:43	5.1 (53.1%)
139	KUSIEWICZ Agnieszka	379	PUSZCZYK BUKOWY	K-40	61	02:15:44	04:37:13.05	+02:09:31 (46.7%)	11:44	5.1 (53.1%)
140	PERKA Barbara	204		K-40	62	02:25:16	04:37:22.95	+02:09:41 (46.8%)	11:45	5.1 (53.1%)
141	BABIŃSKA Malwina	199		K-30	59	02:27:17	04:37:52.45	+02:10:11 (46.9%)	11:46	5.1 (53.1%)
142	KOWALSKA Gabriela	185	BIEGAJĄCY ŚWIDNIK	K-30	60	02:27:30	04:38:11.35	+02:10:29 (46.9%)	11:47	5.1 (53.1%)
143	ANTOSZ Monika	2		K-40	63	02:25:31	04:39:19.45	+02:11:38 (47.1%)	11:50	5.1 (53.1%)
144	WITKOWSKA-KOPKA Kaja	195		K-40	64	02:27:51	04:40:29.10	+02:12:47 (47.3%)	11:53	5 (52.1%)
145	GESS Magdalena	436	ZABIEGANI GOLENIÓW	K-40	65	02:19:19	04:40:32.65	+02:12:51 (47.4%)	11:53	5 (52.1%)
146	STELMACH Paulina	550		K-30	61	02:28:28	04:41:06.15	+02:13:24 (47.5%)	11:54	5 (52.1%)
147	SŁOMKA Karolina	476		K-20	11	02:19:47	04:41:24.20	+02:13:42 (47.5%)	11:55	5 (52.1%)
148	PACHOLSKA Justyna	142	GOLENIÓW	K-40	66	02:19:50	04:42:01.30	+02:14:19 (47.6%)	11:56	5 (52.1%)
149	BIENIEK Marta	492		K-20	12	02:24:58	04:43:18.80	+02:15:37 (47.9%)	12:00	5 (52.1%)
150	BIENIEK Iwona	488		K-50	9	02:24:42	04:43:22.90	+02:15:41 (47.9%)	12:00	5 (52.1%)
151	FEDYCZKOWSKA Justyna	237	STRZEGOMSKA DWUNASTKA	K-40	67	02:17:11	04:45:34.05	+02:17:52 (48.3%)	12:06	5 (52.1%)
152	HAJDUK Danuta	238		K-40	68	02:23:17	04:45:35.95	+02:17:54 (48.3%)	12:06	5 (52.1%)
153	WIŚNIEWSKA Dorota	428		K-40	69	02:29:15	04:50:23.90	+02:22:42 (49.1%)	12:18	4.9 (51.0%)
154	GASIK Wioletta	552	POLSKA STOWARZYSZENIE SPORTOWE SŁOŃCA JURY	K-40	70	02:32:47	04:50:50.95	+02:23:09 (49.2%)	12:19	4.9 (51.0%)
155	BEDNARSKA KOZIOŁ Danuta	231	WKURW_TEAM	K-40	71	02:26:16	04:51:10.90	+02:23:29 (49.3%)	12:20	4.9 (51.0%)
156	ŁADOŃSKA Agata	132		K-30	62	02:33:15	04:52:16.30	+02:24:34 (49.5%)	12:23	4.8 (50.0%)
157	HULEWICZ Wiola	70	PIEKIELNIE ZGRANI	K-40	72	02:24:22	04:53:00.95	+02:25:19 (49.6%)	12:24	4.8 (50.0%)
158	BARTOSIEWICZ Marta	145		K-40	73	02:32:13	04:53:49.40	+02:26:08 (49.7%)	12:26	4.8 (50.0%)
159	BORECKA Ola	170		K-40	74	02:29:08	04:55:32.05	+02:27:50 (50.0%)	12:31	4.8 (50.0%)
160	ŁADOŃSKA Ewa	26	PARKRUN WROCŁAW	K-60	3	02:33:20	04:57:11.50	+02:29:30 (50.3%)	12:35	4.8 (50.0%)
161	KOBUS-DUNAJ Lidia	217	MEDICOVER RUNNERS	K-30	63	02:31:01	04:58:44.85	+02:31:03 (50.6%)	12:39	4.7 (49.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Pasterka 14.4km	Czas netto 23.6km	Różn	Tempo min/km	Tempo km/h
162	DUDEK Mariola	147	STRZEGOMSKA DWUNASTKA	K-40	75	02:31:12	05:00:19.50	+02:32:38 (50.8%)	12:43	4.7 (49.0%)
163	KIWIOR Izabela	372		K-30	64	02:33:47	05:00:35.95	+02:32:54 (50.9%)	12:44	4.7 (49.0%)
164	KURCZYNA GŁUSZCZAK Magdalena	136	RUN4	K-30	65	02:36:52	05:02:27.75	+02:34:46 (51.2%)	12:48	4.7 (49.0%)
165	LEŚNA Monika	246		K-30	66	02:40:26	05:03:49.95	+02:36:08 (51.4%)	12:52	4.7 (49.0%)
166	ZAŁUCKA Agnieszka	540	BIEGNĘ ŻEBY BARTEK MÓGL BIEGAĆ	K-30	67	02:32:58	05:06:06.70	+02:38:25 (51.8%)	12:58	4.6 (47.9%)
167	GOLISZ-FIORENZA Katarzyna	144	MUD FOXES	K-30	68	02:38:28	05:06:21.55	+02:38:40 (51.8%)	12:58	4.6 (47.9%)
168	PAŁASZYŃSKA Beata	125	MUD FOXES	K-30	69	02:38:19	05:06:23.50	+02:38:42 (51.8%)	12:58	4.6 (47.9%)
169	NIEDZIAŁKOWSKA Monika	504		K-40	76	02:45:13	05:10:24.10	+02:42:42 (52.4%)	13:09	4.6 (47.9%)
170	STASIAK Monika	505		K-40	77	02:45:08	05:11:08.75	+02:43:27 (52.5%)	13:11	4.6 (47.9%)
171	SIEDLIŚKA Anna	332		K-30	70	02:46:56	05:14:50.30	+02:47:08 (53.1%)	13:20	4.5 (46.9%)
172	PIETROWSKA Hallik	88	KTOŚTAKI BIEGAJĄ	K-50	10	02:40:04	05:15:02.75	+02:47:21 (53.1%)	13:20	4.5 (46.9%)
173	ROMANOWSKA Ewa	102	JB WARSAW	K-30	71	02:40:09	05:15:29.90	+02:47:48 (53.2%)	13:22	4.5 (46.9%)
174	MAJCHRZYK Aleksandra	143	JB WARSAW	K-30	72	02:25:42	05:15:30.05	+02:47:48 (53.2%)	13:22	4.5 (46.9%)
175	MICHALIK Katarzyna	72	PRT - PRECEL RACING TEAM	K-30	73	02:43:54	05:18:58.30	+02:51:16 (53.7%)	13:30	4.4 (45.8%)
176	KOZA Agnieszka	386	ZRYW PARZYMIECHY	K-40	78	02:51:43	05:27:35.75	+02:59:54 (54.9%)	13:52	4.3 (44.8%)
177	JARZĘBSKA-MAJCHRZAK Agnieszka	314	TU INTER POLSKA SA	K-30	74	02:48:18	05:31:50.15	+03:04:08 (55.5%)	14:03	4.3 (44.8%)
178	CHWIAŁKOWSKA Elżbieta	75		K-50	11	02:48:47	05:34:39.80	+03:06:58 (55.9%)	14:10	4.2 (43.8%)
179	FUDAŁA Anna	93		K-40	79	02:43:46	05:35:11.10	+03:07:29 (55.9%)	14:12	4.2 (43.8%)
180	WOŹNICA Anna	545		K-30	75	03:06:25	05:45:55.05	+03:18:13 (57.3%)	14:39	4.1 (42.7%)
181	TOMALAK Anna	103		K-30	76	03:06:22	05:45:59.95	+03:18:18 (57.3%)	14:39	4.1 (42.7%)
182	BYSTRZYCKA Marzena	555		K-30	77	03:06:21	05:46:08.95	+03:18:27 (57.3%)	14:40	4.1 (42.7%)
	KOSMAŁA Monika	487	ROWEROWA NORKA	K-40		02:59:45 DNF	DNF	-	-	- (0.0%)
	WALCZAK Faustyna	187		K-30		03:00:46 DNF	DNF	-	-	- (0.0%)

Znaleziono 184 wynik(ów)