

VI ZIMOWY MARATON BIESZCZADZKI 2020 - 23KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie: Zimowy Maraton Bieszczadzki 2020
Organizator: Fundacja Bieg Rzeźnika
Data: 2020-01-25
Miejsce: Cisna
Dystans: 23 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za Skrzyżowaniem 6.5km	Brzeziniak 13.3km	Przed Skrzyżowaniem 19.4km	Kara/ bonifikata	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
1	TRACZ Paulina	1001	SALCOGARMINTEAM	K30	1	00:27:31	00:58:36	01:25:23		01:39:26.15	01:39:27.05		4:19	13.9 (100%)
2	PAPROCKA Urszula	1239	NOWA HUTA TEAM	K30	2	00:29:32	01:02:27	01:31:46		01:47:06.85	01:47:12.00	+00:07:44 (7.2%)	4:39	12.9 (92.8%)
3	KOWALCZYK Agnieszka	1003	DUKLANOWSKI TEAM	K30	3	00:29:48	01:04:24	01:35:14		01:50:54.40	01:50:55.90	+00:11:28 (10.3%)	4:49	12.4 (89.2%)
4	GROMALA Danuta	1085	KW KRAKÓW	K20	1	00:30:52	01:06:46	01:40:06		01:58:07.25	01:58:11.30	+00:18:44 (15.9%)	5:08	11.7 (84.2%)
5	ZALEWSKA Anna	1358	BBL ZDUŃSKA WOLA	K40	1	00:32:17	01:08:43	01:41:50		01:58:35.35	01:58:41.75	+00:19:14 (16.2%)	5:09	11.6 (83.5%)
6	SIEMIĄTKOWSKA Katarzyna	1280	RADOSNE GRZYBKI	K30	4	00:32:47	01:09:15	01:42:12		01:58:50.10	01:59:31.50	+00:20:04 (16.8%)	5:10	11.6 (83.5%)
7	WOŹNICZKA Jolanta	1353	SBRT WARSZAWA	K40	2	00:31:33	01:08:06	01:41:39		02:00:31.85	02:00:31.85	+00:21:04 (17.5%)	5:14	11.5 (82.7%)
8	PIĄTEK Beata	1253	WWW.TRENINGFIZJOTERAPIA.PL/ULTRAŁAŃCUT	K30	5	00:33:29	01:11:38	01:45:18		02:02:11.50	02:02:15.05	+00:22:48 (18.7%)	5:18	11.3 (81.3%)
9	GRZENIA Małgorzata	1088	CENTRUM MEDYCZNE ORTO-OPTYMIST LUBLIN	K50	1	00:33:49	01:11:25	01:44:42		02:02:01.85	02:02:30.20	+00:23:03 (18.8%)	5:18	11.3 (81.3%)
10	BIENIECKA Anna	1400		K40	3	00:33:26	01:12:09	01:46:39		02:05:13.60	02:05:18.90	+00:25:51 (20.6%)	5:26	11 (79.1%)
11	KORNOBIS Monika	1142	GO APTIV!	K20	2	00:31:03	01:12:26	01:47:50		02:06:18.30	02:06:22.80	+00:26:55 (21.3%)	5:29	10.9 (78.4%)
12	KOŁODZIEJSKA Marta	1134		K30	6	00:32:57	01:13:01	01:49:34		02:08:05.85	02:08:15.60	+00:28:48 (22.5%)	5:34	10.8 (77.7%)
13	CZARTORYSKA Sylwia	1050	NASTĘPNY KROK	K40	4	00:37:15	01:17:23	01:51:32		02:09:46.45	02:10:09.90	+00:30:42 (23.6%)	5:38	10.6 (76.3%)
14	WARECKA Katarzyna	1007	PIERDZĄCE ZAJĄCE	K20	3	00:34:38	01:14:50	01:51:51		02:11:13.05	02:11:22.05	+00:31:55 (24.3%)	5:42	10.5 (75.5%)
15	RÓLKA Mariola	1274	BP RUNNING TEAM	K40	5	00:38:58	01:19:50	01:53:54		02:10:48.40	02:11:37.60	+00:32:10 (24.4%)	5:41	10.6 (76.3%)
16	KOCHANIEC-MATUSZAK Karolina	1132		K30	7	00:35:46	01:16:02	01:52:52		02:11:47.75	02:12:16.90	+00:32:49 (24.8%)	5:43	10.5 (75.5%)
17	ZIĘCINA Sylwia	1362	ATLANTIC	K30	8	00:36:22	01:15:18	01:51:54		02:11:24.00	02:13:35.95	+00:34:08 (25.6%)	5:42	10.5 (75.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za	Brzeziniak	Przed	Kara/ bonifikata	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
						Skrzyżowaniem 6.5km		Skrzyżowaniem 19.4km						
18	SKUBISZ Aleksandra	1286	AKTYWNY DYNÓW	K20	4	00:35:39	01:18:49	01:55:51		02:15:18.75	02:15:48.40	+00:36:21 (26.8%)	5:53	10.2 (73.4%)
19	MOSKWA Monika	1214		K20	5	00:37:15	01:19:09	01:55:41		02:15:30.10	02:16:29.90	+00:37:02 (27.1%)	5:53	10.2 (73.4%)
20	KITOWSKA Anna	1126	PERFECT RUNNER TEAM	K40	6	00:35:43	01:17:45	01:55:46		02:16:27.35	02:17:33.85	+00:38:06 (27.7%)	5:55	10.1 (72.7%)
21	KOPEĆ Marta	1138	NOWA HUTA TEAM	K20	6	00:37:28	01:20:12	01:58:46		02:18:32.70	02:19:33.35	+00:40:06 (28.7%)	6:01	10 (71.9%)
22	BIENIAS- OWCZARCZYK Paulina	1021		K20	7	00:36:49	01:20:00	01:59:22		02:19:36.70	02:20:11.45	+00:40:44 (29.1%)	6:04	9.9 (71.2%)
23	STRZESAK Patrycja	1303		K30	9	00:38:42	01:23:53	02:01:56		02:21:46.80	02:22:33.70	+00:43:06 (30.2%)	6:09	9.7 (69.8%)
24	PIASECZNA Liliana	1370	RUN-G	K30	10	00:39:34	01:20:53	01:58:41		02:20:29.15	02:22:39.90	+00:43:12 (30.3%)	6:06	9.8 (70.5%)
25	DOBEK Halina	1389		K40	7	00:40:02	01:25:11	02:04:45		02:24:32.95	02:24:49.45	+00:45:22 (31.3%)	6:17	9.5 (68.3%)
26	HABRAT Dorota	1090	HABRAT TEAM	K40	8	00:38:02	01:23:54	02:05:30		02:27:22.65	02:28:33.80	+00:49:06 (33.1%)	6:24	9.4 (67.6%)
27	ŚWIGOŃ Aneta	1315		K30	11	00:41:38	01:26:23	02:05:26		02:26:53.75	02:28:40.55	+00:49:13 (33.1%)	6:23	9.4 (67.6%)
28	JAKUBOWSKA Anna	1103	ATP AUGUSTÓW	K50	2	00:40:05	01:27:05	02:07:22		02:29:28.35	02:30:30.40	+00:51:03 (33.9%)	6:29	9.2 (66.2%)
29	WAŁDOWSKA Anna	1328	XRUNNERS	K30	12	00:40:03	01:25:53	02:07:51		02:30:10.85	02:30:34.55	+00:51:07 (34.0%)	6:31	9.2 (66.2%)
30	SKELTON Sarah	1379	VEGE RUNNERS	K30	13	00:37:29	01:31:29	02:11:55		02:31:12.35	02:31:54.05	+00:52:27 (34.5%)	6:34	9.1 (65.5%)
31	LUBAŃSKA Alicja	1175	SSW TEAM KROŚNICE	K50	3	00:38:42	01:26:06	02:08:43		02:31:48.65	02:32:05.25	+00:52:38 (34.6%)	6:36	9.1 (65.5%)
32	KOWALCZYK Monika	1147		K40	9	00:38:03	01:20:36	02:02:54		02:30:27.20	02:32:07.35	+00:52:40 (34.6%)	6:32	9.2 (66.2%)
33	KOLASA Anna	1133		K30	14	00:41:20	01:27:57	02:09:08		02:31:18.55	02:32:54.40	+00:53:27 (35.0%)	6:34	9.1 (65.5%)
34	DEMKA Joanna	1055		K20	8	00:42:08	01:29:57	02:09:32		02:30:49.85	02:32:56.40	+00:53:29 (35.0%)	6:33	9.1 (65.5%)
35	WEBER Agata	1337	JACEKBIEGA RUNNING TEAM	K40	10	00:40:14	01:29:09	02:10:19		02:31:36.25	02:33:01.30	+00:53:34 (35.0%)	6:35	9.1 (65.5%)
36	KAWALEC Anna	1120		K30	15	00:40:29	01:32:28	02:13:55		02:34:23.40	02:34:55.90	+00:55:28 (35.8%)	6:42	8.9 (64.0%)
37	PORĘBSKA Dorota	1259	NOWA HUTA TEAM	K40	11	00:40:41	01:31:07	02:12:24		02:34:01.40	02:35:03.00	+00:55:35 (35.9%)	6:41	9 (64.7%)
38	LASKA Anna	1166	OCR TEAM DĘBICA	K40	12	00:40:35	01:28:05	02:10:24		02:33:28.95	02:35:07.35	+00:55:40 (35.9%)	6:40	9 (64.7%)
39	ŁAGOŃSKA Monika	1178	JELENIA PLAST SPORT TEAM	K40	13	00:41:26	01:31:27	02:11:49		02:33:43.50	02:35:10.40	+00:55:43 (35.9%)	6:41	9 (64.7%)
40	GRAD- KOWALCZYK Barbara	1083		K30	16	00:42:45	01:31:59	02:12:22		02:33:52.80	02:35:39.80	+00:56:12 (36.1%)	6:41	9 (64.7%)
41	SASAL Monika	1278	FUNDACJA TYLKO BIESZCZADY	K40	14	00:39:16	01:26:19	02:12:00		02:35:58.75	02:36:24.85	+00:56:57 (36.4%)	6:46	8.8 (63.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za	Brzeziniak	Przed	Kara/ bonifikata	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
						Skrzyżowaniem 6.5km		Skrzyżowaniem 19.4km						
42	PLUTA Marta	1257	DZIKIE MUSTANGI	K40	15	00:42:05	01:30:21	02:12:49		02:35:03.25	02:36:52.75	+00:57:25 (36.6%)	6:44	8.9 (64.0%)
43	PALCZEWSKA Milena	1237	JACEKBIEGA RUNNING TEAM	K30	17	00:39:10	01:28:06	02:11:36		02:35:48.15	02:37:13.45	+00:57:46 (36.7%)	6:46	8.9 (64.0%)
44	KISZA-GRYNIENKO Anna	1125		K30	18	00:40:40	01:35:00	02:15:57		02:35:57.15	02:37:33.05	+00:58:06 (36.9%)	6:46	8.8 (63.3%)
45	ŁATKOWSKA Monika	1182	GRUPA BIEGOWA CHTMO	K40	16	00:44:00	01:33:17	02:16:19		02:37:15.75	02:37:43.55	+00:58:16 (36.9%)	6:50	8.8 (63.3%)
46	BRUDEREK Anna	1037	RUNNERS TEAM JABŁONNA	K40	17	00:43:58	01:32:49	02:16:18		02:37:15.00	02:37:43.75	+00:58:16 (36.9%)	6:50	8.8 (63.3%)
47	SOBURA Magdalena	1292	WOŹNIAK RUNNING TEAM	K40	18	00:43:17	01:32:34	02:16:48		02:38:07.75	02:39:16.70	+00:59:49 (37.6%)	6:52	8.7 (62.6%)
48	ŁUSZCZYC Anna	1186		K30	19	00:44:33	01:35:13	02:16:03		02:38:11.75	02:39:19.75	+00:59:52 (37.6%)	6:52	8.7 (62.6%)
49	DZIAMENTSJEVA Vijaleta	1065	JACEKBIEGA RUNNING TEAM	K30	20	00:38:47	01:28:18	02:14:06		02:39:23.85	02:39:36.15	+01:00:09 (37.7%)	6:55	8.7 (62.6%)
50	PAWLIK Anna	1243	STARIS STASZÓW	K30	21	00:41:44	01:32:45	02:17:32		02:40:14.20	02:40:28.35	+01:01:01 (38.0%)	6:58	8.6 (61.9%)
51	KUROWSKA Monika	1158	ATLANTIC	K30	22	00:36:54	01:18:32	01:57:32	00:20:00	02:38:33.00	02:40:44.00	+01:01:16 (38.1%)	6:01	10 (71.9%)
52	BEDNARSKA Joanna	1018	BIEGNĘ ŻEBY BARTEK MÓĞŁ BIEGAĆ	K40	19	00:43:15	01:32:33	02:17:29		02:39:56.80	02:41:06.20	+01:01:39 (38.3%)	6:57	8.6 (61.9%)
53	STARZECKA Joanna	1297		K40	20	00:44:23	01:33:58	02:17:42		02:41:40.00	02:42:33.05	+01:03:06 (38.8%)	7:01	8.5 (61.2%)
54	PIOTROWSKA Anna	1255	SPARTANIE DZIECIOM	K50	4	00:41:02	01:32:42	02:19:36		02:41:26.85	02:42:44.50	+01:03:17 (38.9%)	7:01	8.5 (61.2%)
55	POŹNIAK-STYCZYŃSKA Maja	1261	DDC	K30	23	00:40:15	01:31:13	02:16:34		02:40:47.50	02:42:52.15	+01:03:25 (38.9%)	6:59	8.6 (61.9%)
56	MARCINEK Marta	1197	DROGA DO ULTRA	K30	24	00:40:34	01:35:27	02:18:48		02:42:31.10	02:43:21.05	+01:03:54 (39.1%)	7:04	8.5 (61.2%)
57	SOBOLEWSKA Aleksandra	1291		K30	25	00:42:38	01:32:15	02:18:27		02:42:51.25	02:43:24.40	+01:03:57 (39.1%)	7:04	8.5 (61.2%)
58	STACHURA Beata	1296	ATLANTIC	K40	21	00:36:53	01:18:38	02:00:49	00:20:00	02:43:39.00	02:45:51.00	+01:06:23 (40.0%)	6:14	9.6 (69.1%)
59	BURACZYŃSKA Sandra	1387	DAWCY ZDROWIA	K20	9	00:39:52	01:31:02	02:18:24		02:45:03.50	02:45:52.10	+01:06:25 (40.0%)	7:10	8.4 (60.4%)
60	LASZCZYK Anna	1167		K30	26	00:38:37	01:36:24	02:22:08		02:45:28.15	02:45:59.05	+01:06:32 (40.1%)	7:11	8.3 (59.7%)
61	MARUT Kaśka	1198	BP RUNNING TEAM GLIWICE	K40	22	00:44:04	01:38:10	02:22:14		02:45:49.85	02:46:40.00	+01:07:12 (40.3%)	7:12	8.3 (59.7%)
62	ZIÓŁKOWSKA Bożena	1366	BIEGUNY WALBA	K40	23	00:41:44	01:34:40	02:23:14		02:46:46.75	02:47:59.65	+01:08:32 (40.8%)	7:15	8.3 (59.7%)
63	WALKOWSKA Justyna	1327	JACEKBIEGA RUNNING TEAM	K40	24	00:43:18	01:38:15	02:23:13		02:46:51.90	02:48:17.35	+01:08:50 (40.9%)	7:15	8.3 (59.7%)
64	PĘKALA Anna	1251	NIGHT RUNNERS ZABRZE	K40	25	00:43:57	01:35:32	02:21:46		02:46:52.55	02:48:40.15	+01:09:13 (41.0%)	7:15	8.3 (59.7%)
65	KOWALCZYK Anna	1148	DOGOŃ GRODZISK MAZOWIECKI	K40	26	00:42:58	01:36:50	02:23:47		02:48:05.75	02:48:52.35	+01:09:25 (41.1%)	7:18	8.2 (59.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za Skrzyżowaniem 6.5km	Brzeziniak 13.3km	Przed Skrzyżowaniem 19.4km	Kara/ bonifikata	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
66	BOZA Beata	1034	PADŁ NA RYJ TEAM	K40	27	00:46:27	01:41:53	02:26:23		02:48:26.90	02:49:22.10	+01:09:55 (41.3%)	7:19	8.2 (59.0%)
67	PERŁOWSKA-ŁOŚ Justyna	1248		K30	27	00:45:43	01:38:18	02:25:26		02:48:18.85	02:50:25.95	+01:10:58 (41.6%)	7:19	8.2 (59.0%)
68	RODZEŃ Katarzyna	1272		K30	28	00:43:34	01:37:19	02:24:30		02:50:06.85	02:50:55.60	+01:11:28 (41.8%)	7:23	8.1 (58.3%)
69	TRUSZCZYŃSKA Joanna	1321		K50	5	00:46:33	01:41:53	02:26:39		02:50:43.15	02:51:36.80	+01:12:09 (42.0%)	7:25	8.1 (58.3%)
70	DUDA Iwona	1059	LUBELSKA GRUPA TRIATHLONU	K30	29	00:45:21	01:41:38	02:26:45		02:50:18.20	02:52:13.85	+01:12:46 (42.3%)	7:24	8.1 (58.3%)
71	CZECHOWSKA Izabela	1051	WW TEAM	K40	28	00:42:02	01:39:19	02:27:14		02:53:14.65	02:53:43.55	+01:14:16 (42.8%)	7:31	8 (57.6%)
72	MASZKOWSKA Anna	1199		K40	29	00:46:01	01:46:14	02:31:12		02:52:10.00	02:54:18.80	+01:14:51 (42.9%)	7:29	8 (57.6%)
73	PENCONEK Agata	1247		K30	30	00:45:53	01:42:10	02:28:15		02:52:59.05	02:54:57.90	+01:15:30 (43.2%)	7:31	8 (57.6%)
74	WAŁĘGA Monika	1330		K30	31	00:44:28	01:41:59	02:30:08		02:54:46.35	02:55:22.05	+01:15:55 (43.3%)	7:35	7.9 (56.8%)
75	MAJSZCZYK Paulina	1193	HARDCOROWE WYCHYLYLYBYMY	K30	32	00:40:36	01:32:17	02:26:22		02:55:47.10	02:56:19.30	+01:16:52 (43.6%)	7:38	7.9 (56.8%)
76	MUJTA Ewelina	1217		K30	33	00:42:23	01:42:53	02:28:46		02:54:38.20	02:56:50.85	+01:17:23 (43.8%)	7:35	7.9 (56.8%)
77	SOSZYŃSKA Gosia	1295	CZŁAPACZE	K50	6	00:46:59	01:40:09	02:30:10		02:55:55.15	02:58:12.35	+01:18:45 (44.2%)	7:38	7.8 (56.1%)
78	KAPUSTA Zuzanna	1116	DZIKIE MUSTANGI	K40	30	00:46:27	01:42:49	02:33:36		02:57:59.60	02:59:52.60	+01:20:25 (44.7%)	7:44	7.8 (56.1%)
78	NOWAK Wioletta	1225	DZIKIE MUSTANGI	K30	34	00:46:33	01:45:41	02:33:42		02:58:02.95	02:59:52.60	+01:20:25 (44.7%)	7:44	7.8 (56.1%)
80	LAMPART Marta	1165	DZIKIE MUSTANGI	K30	35	00:46:31	01:45:36	02:33:43		02:58:00.90	02:59:54.20	+01:20:27 (44.7%)	7:44	7.8 (56.1%)
81	MAZUR Mariola	1206	DZIKIE MUSTANGI	K30	36	00:46:41	01:42:49	02:33:36		02:58:01.25	02:59:55.05	+01:20:28 (44.7%)	7:44	7.8 (56.1%)
82	KROCZEK Liliana	1149	BPRT GLIWICE	K40	31	00:46:25	01:44:29	02:32:16		02:59:09.85	02:59:58.75	+01:20:31 (44.7%)	7:47	7.7 (55.4%)
83	LAMPART Dorota	1164	DZIKIE MUSTANGI	K30	37	00:46:34	01:45:38	02:33:46		02:58:14.05	03:00:04.00	+01:20:36 (44.8%)	7:45	7.7 (55.4%)
84	ZIMEK Dominika	1363		K30	38	00:46:35	01:44:06	02:32:35		02:59:52.55	03:00:26.60	+01:20:59 (44.9%)	7:49	7.7 (55.4%)
85	MAĆKOWIAK-RYDZYŃSKA Anna	1189		K40	32	00:42:48	01:43:27	02:31:50		02:59:24.15	03:00:38.30	+01:21:11 (44.9%)	7:48	7.7 (55.4%)
86	SIKORSKA Agnieszka	1282		K30	39	00:47:44	01:46:20	02:34:30		03:00:00.40	03:02:17.70	+01:22:50 (45.4%)	7:49	7.7 (55.4%)
87	ŚWISTAK Karolina	1304		K40	33	00:43:35	01:44:08	02:29:20		03:01:15.90	03:02:27.80	+01:23:00 (45.5%)	7:52	7.6 (54.7%)
88	PROKOPOWICZ Anna	1262		K30	40	00:47:00	01:43:07	02:34:39		03:02:20.80	03:04:10.30	+01:24:43 (46.0%)	7:55	7.6 (54.7%)
89	WARAS Barbara	1334		K30	41	00:44:38	01:39:33	02:33:50		03:03:34.95	03:05:06.10	+01:25:39 (46.3%)	7:58	7.5 (54.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za	Przed	Kara/ bonifikata	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
						Skrzyżowaniem 6.5km	Brzeziniak 13.3km						
90	SKOREK MASZOTA Weronika	1283	PADŁ NA RYJ TEAM	K40	34	00:49:24	01:48:37	02:39:15	03:04:48.10	03:05:42.40	+01:26:15 (46.4%)	8:02	7.5 (54.0%)
91	JASIŃSKA Natalia	1105	EXTREMEWOLF	K30	42	00:50:49	01:49:08	02:38:34	03:05:34.55	03:06:35.55	+01:27:08 (46.7%)	8:04	7.4 (53.2%)
92	WIERCHOŁA Joanna	1343		K60	1	00:46:39	01:49:15	02:39:16	03:06:22.20	03:07:09.30	+01:27:42 (46.9%)	8:06	7.4 (53.2%)
93	KULPAN Agata	1157		K30	43	00:47:19	01:42:51	02:37:14	03:06:10.70	03:08:27.30	+01:29:00 (47.2%)	8:05	7.4 (53.2%)
94	KIELIŃSKA Kamila	1124		K30	44	00:49:20	01:51:34	02:42:28	03:08:49.75	03:09:00.95	+01:29:33 (47.4%)	8:12	7.3 (52.5%)
95	KULITA Ela	1156	TAK LUBIE SANDOMIERZ	K40	35	00:45:54	01:43:06	02:43:48	03:10:24.65	03:10:48.65	+01:31:21 (47.9%)	8:16	7.2 (51.8%)
96	ŚPIEWAK Karolina	1312	WIECZORNE BIEGANIE W SZCZECINIE	K30	45	00:50:51	01:52:39	02:43:33	03:12:08.50	03:13:10.10	+01:33:43 (48.5%)	8:21	7.2 (51.8%)
97	WĘGLIŃSKA Joanna	1340	MKB DREPTAK	K40	36	00:46:43	01:58:12	02:46:12	03:14:02.65	03:14:44.25	+01:35:17 (48.9%)	8:26	7.1 (51.1%)
98	PAWŁOWSKA- LIS Maria	1245	MARUSIABIEGAPL	K40	37	00:52:08	01:57:06	02:47:00	03:13:16.20	03:14:49.95	+01:35:22 (49.0%)	8:24	7.1 (51.1%)
99	CUBER Aneta	1392		K20	10	00:47:02	01:50:10	02:44:47	03:14:41.15	03:15:07.30	+01:35:40 (49.0%)	8:27	7.1 (51.1%)
100	SOŁTYS Teresa	1294	WKURW_TEAM	K30	46	00:46:27	01:49:13	02:42:08	03:14:21.50	03:16:13.30	+01:36:46 (49.3%)	8:27	7.1 (51.1%)
101	SZYMANOWSKA Monika	1308		K40	38	00:49:19	01:52:30	02:47:04	03:16:18.40	03:16:18.40	+01:36:51 (49.3%)	8:32	7 (50.4%)
102	FAFARA Agnieszka	1069		K40	39	00:53:16	01:56:14	02:49:32	03:14:14.35	03:16:20.65	+01:36:53 (49.3%)	8:26	7.1 (51.1%)
103	BASAK Justyna	1015	WKURW_TEAM	K30	47	00:46:32	01:49:14	02:42:08	03:14:37.40	03:16:28.95	+01:37:01 (49.4%)	8:27	7.1 (51.1%)
104	PUZIO Anna	1266	MARATOŃCZYK DĘBICA	K60	2	00:50:24	01:54:20	02:47:00	03:15:03.95	03:16:31.75	+01:37:04 (49.4%)	8:28	7.1 (51.1%)
105	WĄSOWSKA Jagoda	1441	PEGAZ	K50	7	00:52:14	02:03:08	02:52:13	03:14:53.40	03:16:37.25	+01:37:10 (49.4%)	8:28	7.1 (51.1%)
106	MAMCZYŃSKA Grażyna	1196		K50	8	00:54:18	01:57:04	02:47:38	03:16:48.60	03:17:58.50	+01:38:31 (49.8%)	8:33	7 (50.4%)
107	PABIAŃCZYK Małgorzata	1235		K40	40	00:48:22	01:49:38	02:46:55	03:17:58.15	03:19:44.85	+01:40:17 (50.2%)	8:36	7 (50.4%)
108	JAWORSKA Agnieszka	1107		K40	41	00:52:56	02:04:00	02:56:26	03:24:07.70	03:24:40.85	+01:45:13 (51.4%)	8:52	6.8 (48.9%)
109	KOT Wiktoria	1145		K20	11	00:52:07	01:54:29	02:51:42	03:24:26.95	03:25:48.20	+01:46:21 (51.7%)	8:53	6.7 (48.2%)
110	BOREK Sabina	1029	BONFIRE BONANZA	K20	12	00:50:01	02:00:04	02:53:07	03:24:30.20	03:26:30.75	+01:47:03 (51.8%)	8:53	6.7 (48.2%)
111	WASILEWSKA Małgorzata	1335		K30	48	00:53:36	01:57:48	02:53:31	03:25:02.95	03:26:44.70	+01:47:17 (51.9%)	8:54	6.7 (48.2%)
112	JEŻEWSKA Angelika	1109		K30	49	00:53:36	01:57:47	02:53:31	03:25:04.40	03:26:45.45	+01:47:18 (51.9%)	8:54	6.7 (48.2%)
113	NASARZEWSKA Joanna	1221	WEST COAST RUNNERS CYPRUS	K40	42	00:48:34	02:05:06	02:58:16	03:25:45.30	03:27:14.45	+01:47:47 (52.0%)	8:56	6.7 (48.2%)
114	URBANIAK Agnieszka	1325		K40	43	00:53:49	01:59:12	02:56:31	03:26:48.55	03:28:51.80	+01:49:24 (52.4%)	8:59	6.7 (48.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Za Skrzyżowaniem 6.5km	Brzeziniak 13.3km	Przed Skrzyżowaniem 19.4km	Kara/ bonifikata	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
115	ZIOBRO-MYŚLIWIEC Anna	1364	FUN&RUN	K40	44	00:49:07	02:00:14	02:56:04		03:29:01.15	03:29:55.45	+01:50:28 (52.6%)	9:05	6.6 (47.5%)
116	SKORUPKA Anna	1284		K40	45	00:55:34	01:59:37	02:59:26		03:29:58.50	03:31:01.30	+01:51:34 (52.9%)	9:07	6.6 (47.5%)
117	PASZKIEL Alicja	1242		K20	13	00:49:26	01:44:11	02:55:11		03:31:03.40	03:32:25.50	+01:52:58 (53.2%)	9:10	6.5 (46.8%)
118	OBARSKA Małgorzata	328		K50	9	00:54:42	02:04:23	03:00:44		03:31:49.50	03:33:47.10	+01:54:20 (53.5%)	9:12	6.5 (46.8%)
119	DZIURZYŃSKA Ulka	1068	GOODCOACHTEAM	K40	46	00:53:49	02:10:05	03:04:58		03:31:38.80	03:33:53.05	+01:54:26 (53.5%)	9:12	6.5 (46.8%)
120	OŻÓG Dorota	1232		K40	47	00:54:00	02:05:25	03:02:28		03:33:09.90	03:34:26.25	+01:54:59 (53.6%)	9:16	6.5 (46.8%)
121	OŻÓG Iwona	1233		K40	48	00:54:03	02:05:26	03:02:52		03:33:23.30	03:34:39.60	+01:55:12 (53.7%)	9:16	6.5 (46.8%)
122	MAJEWSKA Sonia	1192		K20	14	00:52:05	01:50:41	02:45:30	00:20:00	03:35:02.00	03:36:46.00	+01:57:18 (54.1%)	8:28	7.1 (51.1%)
123	JASIUL Mariola	1106		K40	49	00:56:11	02:04:49	03:04:09		03:35:55.75	03:37:29.50	+01:58:02 (54.3%)	9:23	6.4 (46.0%)
124	BURZ Jowita	1042		K40	50	00:53:35	02:09:25	03:09:57		03:41:53.60	03:42:37.25	+02:03:10 (55.3%)	9:38	6.2 (44.6%)
125	STRASSBERGER Katarzyna	1302		K50	10	00:59:00	02:14:44	03:09:10		03:42:43.80	03:44:05.70	+02:04:38 (55.6%)	9:41	6.2 (44.6%)
126	PĘDOWSKA Bożena	1249		K50	11	00:58:59	02:14:58	03:08:54		03:42:43.80	03:44:06.35	+02:04:39 (55.6%)	9:41	6.2 (44.6%)
127	GRABOWSKA Anna	1372	„ MARATOŃCZYK” DĘBICA	K50	12	00:55:32	02:16:10	03:19:15		03:53:37.25	03:54:38.45	+02:15:11 (57.6%)	10:09	5.9 (42.4%)
128	BORKOWSKA Ewa	1030	WKURW-TEAM	K60	3	01:00:05	02:18:09	03:26:09		04:01:20.15	04:02:52.65	+02:23:25 (59.1%)	10:29	5.7 (41.0%)
129	GENDERA Ewa	1078	NIGHT RUNNERS	K40	51	01:01:08	02:31:15	03:32:48		04:06:55.35	04:08:20.65	+02:28:53 (60.0%)	10:44	5.6 (40.3%)
130	WANDEL Agnieszka	1332	FACE NORDIC WALKING TEAM	K40	52	01:01:09	02:31:15	03:32:48		04:06:57.60	04:08:22.15	+02:28:55 (60.0%)	10:44	5.6 (40.3%)

Znaleziono 130 wynik(ów)