ZIMOWY PÓŁMARATON GÓR STOŁOWYCH 21 KM

Wydarzenie: Zimowy Półmaraton Gór Stołowych
Organizator: Fundacja Maratony Górskie
Data: 2022-01-22
Miejsce: Karłów
Dystans: 21 km

Klasyfikacja: OPEN KOBIET

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Kara/ bonifikata	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
1	**PIĄTEK Karolina**	**388**		K-30	1	NIE	00:50:54	01:41:24		**02:30:08.20**		7:08	8.4 (100%)
2	**BIAŁEK Beata**	**30**	KB HERMES	K-40	1	NIE		01:47:17		**02:37:53.25**	+00:07:45 (4.9%)	7:31	8 (95.2%)
3	**BAŁYS Katarzyna**	**17**	HERCOG RUNNING TEAM	K-30	2	NO	00:52:49	01:46:20		**02:38:11.70**	+00:08:03 (5.1%)	7:31	8 (95.2%)
4	**DUCZMAL Dominika**	**109**	140 MINUT	K-20	1	NIE	00:54:13	01:48:18		**02:38:44.70**	+00:08:36 (5.4%)	7:33	7.9 (94.0%)
5	**MIŚTAK Jola**	**330**		K-30	3	NIE	00:57:55	01:50:47		**02:39:12.65**	+00:09:04 (5.7%)	7:34	7.9 (94.0%)
6	**BERNAT Katarzyna**	**28**	BIEGOWA ŚWIDNICA	K-50	1	NIE	00:54:27	01:48:53		**02:39:27.65**	+00:09:19 (5.8%)	7:35	7.9 (94.0%)
7	**KRAWCZYK Adriana**	**242**		K-30	4	NIE	00:55:13	01:50:57		**02:42:19.65**	+00:12:11 (7.5%)	7:43	7.8 (92.9%)
8	**HAJDA Justyna**	**158**	MAFIA TEAM LUBLINIEC	K-20	2	NIE	00:58:11	01:56:44		**02:46:24.15**	+00:16:15 (9.8%)	7:55	7.6 (90.5%)
9	**LEŚNIAK Karolina**	**276**	FUNTRI	K-30	5	NIE	00:58:08	01:55:28		**02:46:27.20**	+00:16:19 (9.8%)	7:55	7.6 (90.5%)
10	**PERZ Emilia**	**584**		K-30	6		01:06:42	02:00:15		**02:47:57.10**	+00:17:48 (10.6%)	7:59	7.5 (89.3%)
11	**CZERNIK Judyta**	**94**	42K PRO TEAM	K-30	7	NIE	00:57:12	01:55:26		**02:49:04.15**	+00:18:55 (11.2%)	8:03	7.5 (89.3%)
12	**KRUŻOŁEK Monika**	**249**	TURBOPTYSIE	K-30	8	NIE	00:59:42	01:57:23		**02:49:47.65**	+00:19:39 (11.6%)	8:05	7.4 (88.1%)
13	**KRAWCZYK Karolina**	**243**	INOV-8 TEAM	K-30	9	NIE	00:58:17	01:56:38		**02:50:32.75**	+00:20:24 (12.0%)	8:07	7.4 (88.1%)
14	**KOLANKO Sylwia**	**215**	NYSA BIEGA	K-30	10	NIE	00:58:16	01:56:17		**02:50:52.25**	+00:20:44 (12.1%)	8:08	7.4 (88.1%)
15	**MAJEWSKA Agata**	**304**		K-40	2	NIE	00:58:41	01:56:36		**02:52:26.05**	+00:22:17 (12.9%)	8:12	7.3 (86.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Kara/ bonifikata	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
16	**KRYM Katarzyna**	**250**	HERCOGRUNNINGTEAM/NIGHT RUNNERS WROCŁAW	K-40	3	NIE	01:00:52			**02:52:57.20**	+00:22:49 (13.2%)	8:14	7.3 (86.9%)
17	**CHOJNACKA Marta**	**77**		K-30	11	NIE	01:01:54	02:01:27		**02:53:10.95**	+00:23:02 (13.3%)	8:14	7.3 (86.9%)
18	**WICHA Małgorzata**	**535**	WKS WAWEL	K-30	12	NIE	00:59:43	01:58:53		**02:53:21.35**	+00:23:13 (13.4%)	8:15	7.3 (86.9%)
19	**FERENC-SZMUC Edyta**	**119**	KUDOWIANKA RUN	K-30	13	NIE	00:58:53	01:59:58		**02:54:08.95**	+00:24:00 (13.8%)	8:17	7.2 (85.7%)
20	**TUNDAK Zuzanna**	**510**		K-30	14	NIE	00:59:43	01:58:17		**02:54:40.40**	+00:24:32 (14.0%)	8:19	7.2 (85.7%)
21	**ZAMBRZYCKA-ROZNER Ewa**	**581**		K-30	15	NIE	01:01:31	02:00:52		**02:55:17.85**	+00:25:09 (14.4%)	8:20	7.2 (85.7%)
22	**GNITECKA Katarzyna**	**139**	KUDOWIANKA RUN	K-30	16	NIE	01:00:57	02:00:28		**02:55:34.05**	+00:25:25 (14.5%)	8:21	7.2 (85.7%)
23	**SZYMBORSKA Monika**	**489**		K-40	4	NIE	00:58:30	01:59:24		**02:55:36.85**	+00:25:28 (14.5%)	8:21	7.2 (85.7%)
24	**BIEŃ Magdalena**	**37**		K-40	5		01:01:30	02:04:30		**03:01:15.80**	+00:31:07 (17.2%)	8:37	7 (83.3%)
25	**PIECUCH Karolina**	**391**		K-30	17	NIE	01:03:22	02:06:08		**03:02:34.35**	+00:32:26 (17.8%)	8:41	6.9 (82.1%)
26	**MOREVA Daria**	**334**	TRAIL RUNNING SCHOOL	K-30	18	NO	01:04:30	02:08:12		**03:03:55.85**	+00:33:47 (18.4%)	8:45	6.9 (82.1%)
27	**MARZEC Karolina**	**314**	DZIKIE DZIKI GORZÓW	K-40	6	NIE	01:01:46	01:59:55	00:10:00	**03:03:56.80**	+00:33:48 (18.4%)	8:16	7.2 (85.7%)
28	**KŁACZYŃSKA Danuta**	**211**	FARTY PUSZCZY	K-40	7	NIE	01:01:44	02:01:33	00:10:00	**03:06:15.85**	+00:36:07 (19.4%)	8:23	7.1 (84.5%)
29	**STACHURSKA Ilona**	**460**	KUGUAR XTREME RUNNERS	K-30	19	NIE	01:01:16	02:07:40		**03:07:13.75**	+00:37:05 (19.8%)	8:54	6.7 (79.8%)
30	**ŁOPATYŃSKA-HUBER Julita**	**290**	KUDOWIANKA RUN	K-40	8	NIE	01:02:44	02:07:02		**03:07:36.95**	+00:37:28 (20.0%)	8:56	6.7 (79.8%)
31	**DĄBKIEWICZ Dominika**	**101**	NIGHT RUNNERS OSTRÓW WIELKOPOLSKI	K-40	9	NIE	01:05:49	02:08:29		**03:09:09.30**	+00:39:01 (20.6%)	9:00	6.7 (79.8%)
32	**ŁAMPIKA Kinga**	**287**	NIGHT RUNNERS WROCŁAW	K-40	10	NIE	01:05:26	02:11:24		**03:09:34.55**	+00:39:26 (20.8%)	9:01	6.6 (78.6%)
33	**ANDROS Agata**	**4**	BIEGNIJ OŁAWO	K-30	20	NIE	01:08:06	02:15:25		**03:12:04.60**	+00:41:56 (21.8%)	9:08	6.6 (78.6%)
34	**BUŁAJEWSKA-OZGA Kinga**	**67**	BIEGNIJ OŁAWO	K-30	21	NIE	01:08:29	02:15:37		**03:12:13.05**	+00:42:04 (21.9%)	9:09	6.6 (78.6%)
35	**KUCZKOWSKA Marta**	**261**	EXTEAM	K-20	3	NIE	01:04:23	02:12:50		**03:14:53.05**	+00:44:44 (23.0%)	9:16	6.5 (77.4%)
36	**BABIŃSKA-POPIŁKA Ewelina**	**12**		K-30	22	NIE	01:00:27	02:11:11		**03:15:49.20**	+00:45:41 (23.3%)	9:19	6.4 (76.2%)
37	**BOCHNIARZ Anna**	**43**	BIEGNIJ OŁAWO	K-40	11	NIE	01:09:43	02:18:40		**03:18:57.15**	+00:48:48 (24.5%)	9:28	6.3 (75.0%)
38	**WESOŁEK Paula**	**530**		K-30	23	NIE	01:12:43	02:18:10		**03:19:08.85**	+00:49:00 (24.6%)	9:28	6.3 (75.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Kara/ bonifikata	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
39	**ZDUŃCZYK Paulina**	**563**		K-30	24	NIE	01:11:13	02:18:48		**03:21:22.35**	+00:51:14 (25.4%)	9:35	6.3 (75.0%)
40	**PAKULSKA-TOMZA Dorota**	**375**		K-40	12	NIE	01:09:47	02:18:07		**03:21:51.65**	+00:51:43 (25.6%)	9:36	6.2 (73.8%)
41	**NAPIERAŁA Katarzyna**	**343**		K-40	13	NIE	01:13:28	02:20:57		**03:21:51.80**	+00:51:43 (25.6%)	9:36	6.2 (73.8%)
42	**ŚWIATOWIEC Anna**	**495**		K-50	2	NIE	01:09:40	02:22:16		**03:24:48.15**	+00:54:39 (26.7%)	9:45	6.2 (73.8%)
43	**JASIŃSKA Magdalena**	**182**	RĄCZE RACICZKI	K-40	14	NIE	01:10:51	02:20:42		**03:24:58.65**	+00:54:50 (26.8%)	9:45	6.1 (72.6%)
44	**KARATKÓW Ewa**	**205**		K-40	15	NIE	01:08:59	02:22:21		**03:27:10.20**	+00:57:02 (27.5%)	9:51	6.1 (72.6%)
45	**DIUWE Marzena**	**103**	PASTERKA PANY	K-30	25	NIE	01:13:26	02:24:15		**03:27:34.45**	+00:57:26 (27.7%)	9:53	6.1 (72.6%)
46	**ODOLCZYK Joanna**	**363**		K-50	3	NIE	01:13:30	02:23:21		**03:27:50.15**	+00:57:41 (27.8%)	9:53	6.1 (72.6%)
47	**ORTYL Ewelina**	**371**		K-40	16	NIE	01:09:47	02:21:18		**03:28:06.80**	+00:57:58 (27.9%)	9:54	6.1 (72.6%)
48	**PERZ Marzenna**	**387**		K-50	4	NIE	01:16:56	02:27:54		**03:28:11.15**	+00:58:02 (27.9%)	9:54	6.1 (72.6%)
49	**ŻAK Dominika**	**572**	FARTY PUSZCZY	K-30	26	NIE	01:13:34	02:24:43		**03:29:04.60**	+00:58:56 (28.2%)	9:57	6 (71.4%)
50	**ROBAKOWSKA Joanna**	**419**	NIGHT RUNNERS OSTRÓW WIELKOPOLSKI	K-30	27	NIE	01:13:43	02:29:25		**03:29:44.50**	+00:59:36 (28.4%)	9:59	6 (71.4%)
51	**KUBICKA Magdalena**	**256**		K-40	17	NIE	01:11:20	02:23:39		**03:29:53.50**	+00:59:45 (28.5%)	9:59	6 (71.4%)
52	**WOLFF Maria**	**546**		K-30	28	NIE	01:10:10	02:25:50		**03:30:56.25**	+01:00:48 (28.8%)	10:02	6 (71.4%)
53	**TRZEPACZ Dorota**	**508**	KB LUPUS OLEŚNICA	K-40	18	NIE	01:09:15	02:25:54		**03:31:13.20**	+01:01:05 (28.9%)	10:03	6 (71.4%)
54	**MATUSZEWSKI Małgorzata**	**318**	RUNNER'S POWER ŚREM	K-40	19	NIE	01:14:04	02:27:01		**03:31:56.00**	+01:01:47 (29.2%)	10:05	5.9 (70.2%)
55	**GERUS Anna**	**133**		K-20	4	NIE	01:11:16	02:30:32		**03:32:59.40**	+01:02:51 (29.5%)	10:08	5.9 (70.2%)
56	**WOSZCZAK Jolanta**	**548**	STRZELIŃSKI KLUB BIEGACZA GRANIT	K-50	5	NIE	01:17:39	02:28:23		**03:33:13.55**	+01:03:05 (29.6%)	10:09	5.9 (70.2%)
57	**ŻYCHSKA Anna**	**575**		K-30	29	NIE	01:12:09	02:25:00		**03:33:29.25**	+01:03:21 (29.7%)	10:09	5.9 (70.2%)
58	**PILZ-JEDRZEJCZYK Dominika**	**395**		K-30	30	NIE	01:13:39	02:27:07		**03:33:47.00**	+01:03:38 (29.8%)	10:10	5.9 (70.2%)
59	**CHRZANOWSKA Agnieszka**	**79**		K-40	20	NIE	01:16:45	02:31:19		**03:34:58.75**	+01:04:50 (30.2%)	10:14	5.9 (70.2%)
60	**SZAL Małgorzata**	**475**	TENIS CENTRUM AS	K-30	31	NIE	01:13:14	02:35:42		**03:36:56.20**	+01:06:48 (30.8%)	10:19	5.8 (69.0%)
61	**NOWAK Dorota**	**357**		K-30	32	NIE	01:18:15	02:32:25		**03:37:55.25**	+01:07:47 (31.1%)	10:22	5.8 (69.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Kara/ bonifikata	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
62	**KRAWCZYK Anna**	**244**	NIGHT RUNNERS	K-40	21	NIE	01:13:45	02:29:17		**03:38:55.20**	+01:08:47 (31.4%)	10:25	5.8 (69.0%)
63	**GRUSZKA Katarzyna**	**151**		K-30	33	NIE	01:11:28	02:33:24		**03:39:09.80**	+01:09:01 (31.5%)	10:26	5.7 (67.9%)
64	**ŚWIĄTEK Julia**	**497**	IMMABEE / KS GVT	K-40	22	NIE	01:11:26	02:33:23		**03:39:10.70**	+01:09:02 (31.5%)	10:26	5.7 (67.9%)
65	**CHRAPLEWSKA Karolina**	**78**	CHATABIEGACZA K34	K-40	23		01:13:39	02:24:08	00:10:00	**03:39:29.05**	+01:09:20 (31.6%)	9:58	6 (71.4%)
66	**FRĄCZEK Iwona**	**128**	FUNTRI	K-40	24	NIE	01:15:48	02:32:10		**03:41:13.10**	+01:11:04 (32.1%)	10:32	5.7 (67.9%)
67	**NOWAK Katarzyna**	**355**	TIM JEST TIM	K-30	34	NIE	01:18:26	02:40:26		**03:41:20.45**	+01:11:12 (32.2%)	10:32	5.7 (67.9%)
68	**NIEDOBA Barbara**	**347**	TIM JEST TIM	K-40	25	NIE	01:18:19	02:40:19		**03:41:46.85**	+01:11:38 (32.3%)	10:33	5.7 (67.9%)
69	**STANISZEWSKA-DUDA Katarzyna**	**462**	TIM JEST TIM	K-40	26	NIE	01:18:00	02:40:20		**03:41:49.50**	+01:11:41 (32.3%)	10:33	5.7 (67.9%)
70	**KOPKA Elżbieta**	**226**	AGB TORFY	K-40	27	NIE	01:19:51	02:34:57		**03:42:18.25**	+01:12:10 (32.5%)	10:35	5.7 (67.9%)
71	**RYZNER Natalia**	**434**	BIEGNIJ OŁAWO	K-30	35	NIE	01:14:14	02:30:37		**03:42:21.05**	+01:12:12 (32.5%)	10:35	5.7 (67.9%)
72	**SZULECKA Kamila**	**485**		K-40	28	NIE	01:19:17	02:33:08		**03:42:35.95**	+01:12:27 (32.6%)	10:35	5.7 (67.9%)
73	**BIEDZIAK-ŁUCZAK Urszula**	**33**	RUN4ENERGY	K-30	36	NIE	01:15:38	02:34:45		**03:42:40.15**	+01:12:31 (32.6%)	10:36	5.7 (67.9%)
74	**STRUSIŃSKA Katarzyna**	**471**		K-40	29	NIE	01:18:39	02:35:12		**03:43:25.00**	+01:13:16 (32.8%)	10:38	5.6 (66.7%)
75	**SZCZUKA Joanna**	**481**		K-20	5	NIE	01:16:47	02:33:19		**03:43:26.60**	+01:13:18 (32.8%)	10:38	5.6 (66.7%)
76	**WALIGÓRA Aleksandra**	**520**	NIAGARA FITNESS KLUB	K-30	37	NIE	01:20:45	02:40:00		**03:43:58.20**	+01:13:50 (33.0%)	10:39	5.6 (66.7%)
77	**KOLEJ Monika**	**217**	DZIKIE DZIKI GORZOW	K-40	30	NIE	01:17:17	02:37:10		**03:45:56.90**	+01:15:48 (33.6%)	10:45	5.6 (66.7%)
78	**BARAN Paulina**	**19**	NIE W SZCZEPIONKĘ TEAM	K-30	38	NIE	01:21:44	02:38:02		**03:46:02.10**	+01:15:53 (33.6%)	10:45	5.6 (66.7%)
79	**KULAS Katarzyna**	**266**		K-30	39	NIE	01:16:50	02:34:05		**03:46:30.20**	+01:16:22 (33.7%)	10:47	5.6 (66.7%)
80	**KOŃ Aleksandra**	**224**	EKIPA LIPA	K-40	31	NIE	01:13:40	02:34:56		**03:46:54.20**	+01:16:46 (33.8%)	10:48	5.6 (66.7%)
81	**WĘŻYK Kamila**	**534**		K-30	40	NIE	01:21:42	02:40:14		**03:47:02.70**	+01:16:54 (33.9%)	10:48	5.5 (65.5%)
82	**CZECH Dorota**	**92**	ASICS FRONTRUNNER POLAND	K-40	32	NIE	01:19:09	02:36:52		**03:47:03.00**	+01:16:54 (33.9%)	10:48	5.5 (65.5%)
83	**SZATAN Jowita**	**478**	KOTWICA BRZEG	K-30	41	NIE	01:17:52	02:39:05		**03:47:44.45**	+01:17:36 (34.1%)	10:50	5.5 (65.5%)
84	**CHOŁUJ Małgorzata**	**76**		K-50	6	NIE	01:18:51	02:37:05		**03:48:32.10**	+01:18:23 (34.3%)	10:52	5.5 (65.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Kara/ bonifikata	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
85	**PIECUCH Małgorzata**	**390**		K-60	1	NIE	01:21:12	02:39:23		**03:48:47.00**	+01:18:38 (34.4%)	10:53	5.5 (65.5%)
86	**DATA Iza**	**99**	KUGUAR XTREME RUNNERS	K-50	7	NIE	01:18:09	02:37:28		**03:51:17.25**	+01:21:09 (35.1%)	11:00	5.4 (64.3%)
87	**ROGUT Katarzyna**	**420**	AGB TORFY	K-50	8	NIE	01:20:00	02:41:01		**03:51:28.40**	+01:21:20 (35.1%)	11:01	5.4 (64.3%)
88	**SZCZOTKA Katarzyna**	**480**		K-20	6	TAK	01:20:35	02:39:16		**03:51:36.45**	+01:21:28 (35.2%)	11:01	5.4 (64.3%)
89	**ŻYLIŃSKA Urszula**	**578**		K-40	33	NIE	01:23:22	02:41:30		**03:52:20.35**	+01:22:12 (35.4%)	11:03	5.4 (64.3%)
90	**FARION Marzena**	**115**		K-40	34	NIE	01:12:01	02:35:52		**03:52:29.25**	+01:22:21 (35.4%)	11:04	5.4 (64.3%)
91	**ZIMINSKA Joanna**	**569**	HAPPYRUNNERS	K-50	9	NIE	01:20:06	02:41:03		**03:53:20.20**	+01:23:12 (35.7%)	11:06	5.4 (64.3%)
92	**KRAJEWSKA Magdalena**	**237**	AGB	K-50	10	NIE	01:20:14	02:41:04		**03:54:36.50**	+01:24:28 (36.0%)	11:10	5.4 (64.3%)
93	**AUGUSTOWSKA Izabela**	**10**	KB GEOTERMIA UNIEJÓW	K-40	35	NIE	01:21:16	02:46:48		**03:56:34.55**	+01:26:26 (36.5%)	11:15	5.3 (63.1%)
94	**JURASZ Aleksandra**	**194**		K-30	42	NIE	01:18:52	02:38:58		**03:56:58.45**	+01:26:50 (36.6%)	11:17	5.3 (63.1%)
95	**PAŁUCKA Marta**	**378**	PROJEKT ULTRA	K-30	43	NIE	01:24:20	02:44:51		**03:57:48.75**	+01:27:40 (36.9%)	11:19	5.3 (63.1%)
96	**SOROKA Monika**	**455**	PASTERKA PANY	K-40	36	NIE	01:15:41	02:37:11		**03:58:12.85**	+01:28:04 (37.0%)	11:20	5.3 (63.1%)
97	**NEUMANN Beata**	**346**	CENTRUM ŁĄKOWA 1	K-50	11	NIE	01:24:06	02:47:59		**03:59:50.75**	+01:29:42 (37.4%)	11:25	5.3 (63.1%)
98	**GOSK Urszula**	**144**		K-30	44	NIE	01:22:44	02:47:29		**04:02:42.60**	+01:32:34 (38.1%)	11:33	5.2 (61.9%)
99	**CHWASTYK Ewa**	**85**		K-30	45	NIE	01:22:42	02:47:29		**04:02:42.70**	+01:32:34 (38.1%)	11:33	5.2 (61.9%)
100	**RYPIŃSKA Magdalena**	**433**		K-40	37	NIE	01:25:02	02:51:39		**04:04:32.40**	+01:34:24 (38.6%)	11:38	5.2 (61.9%)
101	**MORAWSKA Anna**	**332**		K-60	2	NIE	01:21:23	02:47:42		**04:05:42.30**	+01:35:34 (38.9%)	11:42	5.1 (60.7%)
102	**FINKOWIAT - SZYMCZAK Katarzyna**	**123**	FARTY PUSZCZY	K-30	46	NIE	01:29:09	02:54:46		**04:06:51.40**	+01:36:43 (39.2%)	11:45	5.1 (60.7%)
103	**KACIUPA Agnieszka**	**198**	FARTY PUSZCZY	K-40	38	NIE	01:27:57	02:54:49		**04:06:51.65**	+01:36:43 (39.2%)	11:45	5.1 (60.7%)
104	**JEDYNAK-DOROSZ Izabela**	**187**	KB MANIAC POZNAŃ	K-40	39	NIE	01:27:11	02:54:04		**04:07:16.70**	+01:37:08 (39.3%)	11:46	5.1 (60.7%)
105	**ŁUSIAK Kasia**	**295**		K-30	47	NIE	01:25:59	03:00:06		**04:07:41.70**	+01:37:33 (39.4%)	11:47	5.1 (60.7%)
106	**JAŚKIEWICZ Katarzyna**	**183**		K-40	40	NIE	01:25:58	02:55:14		**04:08:01.00**	+01:37:52 (39.5%)	11:48	5.1 (60.7%)
107	**BOROŃ Izabela**	**51**		K-40	41	NIE	01:27:17	02:51:56		**04:08:15.40**	+01:38:07 (39.5%)	11:49	5.1 (60.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Kara/ bonifikata	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
108	**HORBACZ-ROSA Hanna**	**165**		K-30	48	NIE	01:20:57	02:50:30		**04:09:10.25**	+01:39:02 (39.7%)	11:51	5.1 (60.7%)
109	**BOSY Joanna**	**56**		K-30	49	NIE	01:25:47	02:56:03		**04:09:21.40**	+01:39:13 (39.8%)	11:52	5.1 (60.7%)
110	**KUMOR Weronika**	**267**	EVERRUN	K-40	42	NIE	01:27:20	02:52:58		**04:09:42.95**	+01:39:34 (39.9%)	11:53	5 (59.5%)
111	**KONKIEWICZ Katarzyna**	**221**	NIAGARA	K-40	43	NIE	01:32:15	02:57:25		**04:10:23.15**	+01:40:14 (40.0%)	11:55	5 (59.5%)
112	**NIEDZIELA Danuta**	**349**	GOSTYŃ	K-40	44	NIE	01:28:12	02:58:51		**04:12:04.90**	+01:41:56 (40.4%)	12:00	5 (59.5%)
113	**JĘDRZEJCZAK Anna**	**190**		K-50	12	NIE	01:27:13	02:55:23		**04:12:24.20**	+01:42:16 (40.5%)	12:01	5 (59.5%)
114	**KLUK Agnieszka**	**210**		K-40	45	NIE	01:27:51	03:00:03		**04:13:17.80**	+01:43:09 (40.7%)	12:03	5 (59.5%)
115	**WOJDAŁOWICZ Ewa**	**579**		K-40	46	NIE	01:28:02	02:54:58		**04:13:53.75**	+01:43:45 (40.9%)	12:05	5 (59.5%)
116	**BEDNARSKA-KOZIOŁ Danuta**	**26**	WKURW-TEAM	K-40	47	NIE	01:25:45	02:59:11		**04:14:53.20**	+01:44:45 (41.1%)	12:08	4.9 (58.3%)
117	**MAJEROWSKA Magdalena**	**303**		K-30	50	NIE	01:29:38	03:00:07		**04:15:19.15**	+01:45:10 (41.2%)	12:09	4.9 (58.3%)
118	**JAKIMKO Monika**	**173**	EKIPA LIPA	K-40	48	NIE	01:24:57	02:57:44		**04:15:21.30**	+01:45:13 (41.2%)	12:09	4.9 (58.3%)
119	**JAKÓBCZYK Ewelina**	**175**		K-30	51	NIE	01:23:53	02:54:47		**04:15:36.20**	+01:45:28 (41.3%)	12:10	4.9 (58.3%)
120	**TUREK Karolina**	**511**	BIAŁY DOMEK BIEGA	K-40	49	NIE	01:29:25	03:00:37		**04:16:53.85**	+01:46:45 (41.6%)	12:13	4.9 (58.3%)
121	**WEYNA Anna**	**532**	BIAŁY DOMEK BIEGA	K-40	50	NIE	01:29:25	03:00:45		**04:16:54.50**	+01:46:46 (41.6%)	12:14	4.9 (58.3%)
122	**MASALSKA Anna**	**315**		K-40	51	NIE	01:25:24	02:56:03		**04:17:29.95**	+01:47:21 (41.7%)	12:15	4.9 (58.3%)
123	**OGÓRKIEWICZ Sylwia**	**364**		K-40	52	NIE	01:31:49	03:00:33		**04:17:51.35**	+01:47:43 (41.8%)	12:16	4.9 (58.3%)
124	**NATKANIEC Grazyna**	**345**		K-50	13	NIE	01:27:21	03:00:54		**04:18:56.05**	+01:48:47 (42.0%)	12:19	4.9 (58.3%)
125	**MARCINIAK Agata**	**310**	ŁODZIANKA TEAM	K-40	53		01:36:54	03:06:56		**04:20:06.90**	+01:49:58 (42.3%)	12:23	4.8 (57.1%)
126	**MIECHOWIECKA Maja**	**327**		K-30	52	NIE	01:25:51	02:58:30		**04:20:40.25**	+01:50:32 (42.4%)	12:24	4.8 (57.1%)
127	**LENERT Ksenia**	**273**		K-30	53	NIE	01:31:35	03:03:02		**04:24:25.10**	+01:54:16 (43.2%)	12:35	4.8 (57.1%)
128	**SZARPAK Anna**	**477**		K-40	54	NIE	01:32:25	03:09:21		**04:25:33.00**	+01:55:24 (43.5%)	12:38	4.7 (56.0%)
129	**CHEŁCHOWSKA Katarzyna**	**74**		K-30	54	NO	01:31:19	03:04:39		**04:25:58.05**	+01:55:49 (43.6%)	12:39	4.7 (56.0%)
130	**KOWAŃSKA Aleksandra**	**233**		K-40	55	NIE	01:32:50	03:09:25		**04:28:10.70**	+01:58:02 (44.0%)	12:46	4.7 (56.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Kara/ bonifikata	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
131	**PERKA Barbara**	**386**		K-50	14	NIE	01:32:59	03:08:37		**04:29:31.05**	+01:59:22 (44.3%)	12:50	4.7 (56.0%)
132	**KRZYWAK Anna**	**254**		K-40	56	NIE	01:30:14	03:13:36		**04:33:43.65**	+02:03:35 (45.2%)	13:02	4.6 (54.8%)
133	**PAWŁOWSKA Basia**	**383**		K-30	55	NIE	01:34:17	03:15:10		**04:37:02.45**	+02:06:54 (45.8%)	13:11	4.5 (53.6%)
134	**NORKOWSKA Aleksandra**	**351**	ORANGE POLSKA	K-40	57	NIE	01:39:58	03:19:51		**04:40:02.70**	+02:09:54 (46.4%)	13:20	4.5 (53.6%)
135	**KALBARCZYK Beata**	**202**	ORANGE POLSKA	K-50	15	NIE	01:40:02	03:19:46		**04:41:08.80**	+02:11:00 (46.6%)	13:23	4.5 (53.6%)
136	**GINTER Katarzyna**	**138**		K-30	56	NIE	01:37:49	03:19:08		**04:43:12.70**	+02:13:04 (47.0%)	13:29	4.4 (52.4%)
137	**WAWRZYNIUK Małgorzata**	**528**		K-50	16	NIE	01:43:20	03:24:04		**04:45:22.95**	+02:15:14 (47.4%)	13:35	4.4 (52.4%)
138	**PEPŁOWSKA Sylwia**	**385**		K-40	58	NO	01:43:04	03:23:27		**04:46:43.10**	+02:16:34 (47.6%)	13:39	4.4 (52.4%)
139	**CISŁAK Anna**	**91**		K-30	57	NIE	01:43:01	03:23:29		**04:46:44.15**	+02:16:35 (47.6%)	13:39	4.4 (52.4%)
140	**BAJZERT Magdalena**	**14**		K-40	59	NIE	01:42:20	03:24:03		**04:49:25.55**	+02:19:17 (48.1%)	13:46	4.4 (52.4%)
141	**OLEK-WYSOCKA Monika**	**368**	KUGUAR XTREME RUNNERS	K-40	60	NIE	01:45:28	03:27:11		**04:50:58.80**	+02:20:50 (48.4%)	13:51	4.3 (51.2%)
142	**FĄFARA Agnieszka**	**116**	BIEGNIĘTE LASKI	K-40	61	NIE	01:37:26	03:21:35		**04:51:18.40**	+02:21:10 (48.5%)	13:52	4.3 (51.2%)
143	**OCHOCKA Ewa**	**361**		K-40	62	NIE	01:37:37	03:21:36		**04:51:18.70**	+02:21:10 (48.5%)	13:52	4.3 (51.2%)
144	**BABIŃSKA Malwina**	**11**		K-30	58	NIE	01:41:51	03:29:06		**04:57:58.40**	+02:27:50 (49.6%)	14:11	4.2 (50.0%)
145	**BOROŃ-KOSIK Magda**	**52**		K-40	63	NIE	01:39:51	03:23:33		**05:01:22.75**	+02:31:14 (50.2%)	14:21	4.2 (50.0%)
146	**MYSZYWODA Monika**	**342**		K-30	59	NIE	01:54:59	03:40:08		**05:13:39.15**	+02:43:30 (52.1%)	14:56	4 (47.6%)
147	**LEŚNA Monika**	**275**		K-30	60	NIE	01:52:32	03:38:31			+01:57:07	15:36	3.8 (45.2%)
148	**WŁODARCZYK Małgorzata**	**542**	COLOR TREND ORZECHOWO	K-40	64	NIE	01:48:41	03:43:23			+02:01:59	15:57	3.8 (45.2%)
149	**BAKA Elzbieta**	**15**	LADIESLOSTGĄSBAGĄS	K-40	65	NIE	00:58:12				+	8:18	7.2 (85.7%)
150	**BARTOSIK Kamila**	**23**	NIGHT RUNNERS WROCŁAW	K-40	66	NO	00:59:51				+	8:33	7 (83.3%)

Znaleziono 150 wynik(ów)