

RZEŹNICZEK 2019

B4SPORT

Wydarzenie: V FESTIWAL BIEGU RZEŹNIKA
Organizator: Fundacja Bieg Rzeźnika
Data: 2019-06-22
Miejsce: Cisna
Dystans: 28 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
1	WIŚNIEWSKA Martyna	4935		K30	1	00:00:02	01:28:54	02:45:05.80	02:45:08.05		5:53	10.2 (100%)
2	GOMOŁYSEK Kinga	4034	MATNER RUNNING TEAM	K30	2	00:00:01	01:27:51	02:47:00.90	02:47:02.70	+00:01:55 (1.1%)	5:57	10.1 (99.0%)
3	KOWALCZYK Agnieszka	4028	ADIDAS RUNNERS WARSAW	K30	3	00:00:01	01:33:55	02:56:10.60	02:56:12.45	+00:11:04 (6.3%)	6:17	9.5 (93.1%)
4	LABUZ Malgorzata	4923	CZARNI	K30	4	00:00:03	01:34:03	02:58:37.65	02:58:41.45	+00:13:31 (7.6%)	6:22	9.4 (92.2%)
5	BAJERLEIN Joanna	4917		K30	5	00:00:36	01:44:43	03:22:48.00	03:23:24.10	+00:37:42 (18.6%)	7:14	8.3 (81.4%)
6	KAWIŃSKA Sylwia	4410		K30	6	00:00:47	01:55:29	03:23:30.10	03:24:17.60	+00:38:24 (18.9%)	7:16	8.3 (81.4%)
7	NALEWALSKA Joanna	4914	#SOBASTEAM	K30	7	00:00:23	01:48:14	03:31:01.80	03:31:24.90	+00:45:56 (21.8%)	7:32	8 (78.4%)
8	OSMOLAK Agnieszka	4181	PRO - RUN WROCŁAW	K30	8	00:00:35	01:51:54	03:34:49.00	03:35:24.25	+00:49:43 (23.1%)	7:40	7.8 (76.5%)
9	CYMBORSKA Jolanta	4245	WARSAW RUN CLUB	K30	9	00:00:06	01:48:50	03:35:45.85	03:35:51.90	+00:50:40 (23.5%)	7:42	7.8 (76.5%)
10	SZUMNY Nina	4355	-----	K30	10	00:00:03	02:00:53	03:40:34.10	03:40:37.65	+00:55:28 (25.1%)	7:52	7.6 (74.5%)
11	JASTRZĄBEK Agnieszka	4147	EVERRUN	K30	11	00:00:17	01:53:34	03:41:29.10	03:41:46.75	+00:56:23 (25.5%)	7:54	7.6 (74.5%)
12	ZIÓŁKOWSKA Milena	4385		K30	12	00:00:21	01:57:55	03:46:35.00	03:46:56.50	+01:01:29 (27.1%)	8:05	7.4 (72.5%)
13	NOSKO Ewa	4493		K30	13	00:00:47	01:59:33	03:47:56.65	03:48:44.40	+01:02:50 (27.6%)	8:08	7.4 (72.5%)
14	MAŃKOWSKA Anna	4350	DRUŻYNA WILKA	K30	14	00:00:27	02:00:15	03:49:22.00	03:49:49.65	+01:04:16 (28.0%)	8:11	7.3 (71.6%)
15	BUDZYN Paulina	4712	-	K30	15	00:01:32	02:02:09	03:50:15.40	03:51:47.60	+01:05:09 (28.3%)	8:13	7.3 (71.6%)

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16	DANIEL Maria	4916		K30	16	00:00:40	02:01:41	03:52:56.50	03:53:36.85	+01:07:50 (29.1%)	8:19	7.2 (70.6%)
17	MACIOSZEK Katarzyna	4301	FLORKI	K30	17	00:00:19	02:01:04	03:55:20.50	03:55:40.45	+01:10:14 (29.8%)	8:24	7.1 (69.6%)
18	OGŁUSZKA Elżbieta	4664	SAFEPRO USŁUGI BHP	K30	18	00:00:36	02:01:25	03:57:11.30	03:57:47.70	+01:12:05 (30.4%)	8:28	7.1 (69.6%)
19	KASKA-ŁOBODOWSKA Ewelina	4178	RACEFIGHTER	K30	19	00:00:07	02:04:26	03:57:30.20	03:57:37.60	+01:12:24 (30.5%)	8:28	7.1 (69.6%)
20	ŁUNIEWSKA Katarzyna	4235	HARDCOROWE WYCHYLYLYBYMY	K30	20	00:00:27	01:59:26	03:58:45.40	03:59:13.25	+01:13:39 (30.9%)	8:31	7 (68.6%)
21	STANISZEWSKA Joanna	4761	SPC	K30	21	00:01:29	02:07:01	04:00:12.60	04:01:42.15	+01:15:06 (31.3%)	8:34	7 (68.6%)
22	LOREZN Anna	4447	#ADAMCZERWIŃSKITEAM	K30	22	00:00:30	02:06:23	04:01:58.05	04:02:28.75	+01:16:52 (31.8%)	8:38	6.9 (67.6%)
23	RIEKSTIINA Liga	4947		K30	23	00:01:32	02:18:21	04:03:40.20	04:05:13.00	+01:18:34 (32.2%)	8:42	6.9 (67.6%)
24	ZAGOŹDŻON Maria	4584		K30	24	00:00:05	02:06:53	04:04:28.95	04:04:34.30	+01:19:23 (32.5%)	8:43	6.9 (67.6%)
25	SOKÓŁ Sylwia	4594		K30	25	00:01:12	02:12:14	04:05:38.55	04:06:51.05	+01:20:32 (32.8%)	8:46	6.8 (66.7%)
26	CHOLEWA Agnieszka	4821	MATNER RUNNING TEAM	K30	26	00:00:46	02:11:41	04:07:54.45	04:08:40.85	+01:22:48 (33.4%)	8:51	6.8 (66.7%)
27	WRÓBLEWSKA Weronika	4921	BIEGUSIEM.PL	K30	27	00:00:29	02:08:37	04:08:10.25	04:08:39.45	+01:23:04 (33.5%)	8:51	6.8 (66.7%)
28	WILK Katarzyna	4507	BEFIT24TEAM	K30	28	00:00:26	02:03:15	04:09:45.55	04:10:11.90	+01:24:39 (33.9%)	8:55	6.7 (65.7%)
29	KUJAWSKA Angelika	4206	HDR WATAHA MARGONIN	K30	29	00:01:28	02:10:37	04:10:19.25	04:11:48.10	+01:25:13 (34.0%)	8:56	6.7 (65.7%)
30	SIUDAK Anna	4537		K30	30	00:00:48	02:02:24	04:10:21.90	04:11:10.75	+01:25:16 (34.1%)	8:56	6.7 (65.7%)
31	MICHALAK Kamila	4388		K30	31	00:01:00	02:09:08	04:11:55.95	04:12:56.00	+01:26:50 (34.5%)	8:59	6.7 (65.7%)
32	FILA Monika	4517	DRUŻYNA ORZECHA ŻYRARDÓW	K30	32	00:00:51	02:09:25	04:12:04.10	04:12:55.35	+01:26:58 (34.5%)	9:00	6.7 (65.7%)
33	CHYBIŁO Barbara	4710		K30	33	00:01:04	02:03:55	04:14:32.50	04:15:37.05	+01:29:26 (35.1%)	9:05	6.6 (64.7%)
34	TREPKA Aga	4348		K30	34	00:00:53	02:18:10	04:14:35.00	04:15:28.55	+01:29:29 (35.2%)	9:05	6.6 (64.7%)
35	KRZOSEK Joanna	4922	PBWUK	K30	35	00:00:53	02:18:14	04:14:35.25	04:15:28.80	+01:29:29 (35.2%)	9:05	6.6 (64.7%)
36	ŚWIĘTONIOWSKA Justyna	4844	SPARTAN RACE TRAINING GROUP RZESZÓW	K30	36	00:00:38	02:11:07	04:18:26.20	04:19:04.40	+01:33:20 (36.1%)	9:13	6.5 (63.7%)
37	LITYŃSKA Małgorzata	4323		K30	37	00:01:06	02:13:13	04:19:37.60	04:20:44.15	+01:34:31 (36.4%)	9:16	6.5 (63.7%)
38	STĘPIEŃ Dorota	4320		K30	38	00:01:22	02:12:59	04:19:51.20	04:21:13.20	+01:34:45 (36.5%)	9:16	6.5 (63.7%)

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39	GRAMBURG Magda	4279	NAPRZÓD MŁOCINY	K30	39	00:00:52	02:10:45	04:20:10.10	04:21:02.55	+01:35:04 (36.5%)	9:17	6.5 (63.7%)
40	MICHALCZYK Anna	4376	NAPRZÓD MŁOCINY	K30	40	00:00:52	02:10:46	04:20:10.20	04:21:02.65	+01:35:04 (36.5%)	9:17	6.5 (63.7%)
41	PATEREK Agata	4622	WKURW_ TEAM	K30	41	00:00:19	02:08:46	04:20:55.90	04:21:15.55	+01:35:50 (36.7%)	9:19	6.4 (62.7%)
42	NORAS Alina	4854	PWC SDC RUNNERS TEAM	K30	42	00:01:33	02:18:36	04:22:04.45	04:23:37.80	+01:36:58 (37.0%)	9:21	6.4 (62.7%)
43	ZIENKIEWICZ Agata	4189	PIASECZNO RUNNING	K30	43	00:00:16	02:22:43	04:22:15.05	04:22:31.65	+01:37:09 (37.0%)	9:21	6.4 (62.7%)
44	MAKLES Wioletta	4000	EUROPA UBEZPIECZENIA / NOA	K30	44	00:00:04	02:10:15	04:23:26.70	04:23:31.00	+01:38:20 (37.3%)	9:24	6.4 (62.7%)
45	PRUSZCZAK Dominika	4589		K30	45	00:00:39	02:15:11	04:23:46.85	04:24:26.05	+01:38:41 (37.4%)	9:25	6.4 (62.7%)
46	JARACZ-PATEREK Alina	4297		K30	46	00:00:03	02:10:14	04:24:09.40	04:24:13.25	+01:39:03 (37.5%)	9:26	6.4 (62.7%)
47	ZAKRZEWSKA Monika	4420	SPORTOWE ŻULE	K30	47	00:00:11	02:12:24	04:25:14.00	04:25:25.15	+01:40:08 (37.8%)	9:28	6.3 (61.8%)
48	KOWALEWSKA Izabela	4795		K30	48	00:00:16	02:22:47	04:25:27.10	04:25:43.45	+01:40:21 (37.8%)	9:28	6.3 (61.8%)
49	BOCIARSKA Magdalena	4313		K30	49	00:00:17	02:13:39	04:26:34.45	04:26:52.00	+01:41:28 (38.1%)	9:31	6.3 (61.8%)
50	PAŁOSZ Anna	4251		K30	50	00:01:24	02:19:47	04:26:54.15	04:28:18.65	+01:41:48 (38.1%)	9:31	6.3 (61.8%)
51	MROZIK Magdalena	4526	POWER TRAINING	K30	51	00:00:56	02:14:44	04:27:26.50	04:28:23.35	+01:42:20 (38.3%)	9:33	6.3 (61.8%)
52	BOBINSKA Marta	4810		K30	52	00:00:56	02:14:47	04:27:39.15	04:28:36.10	+01:42:33 (38.3%)	9:33	6.3 (61.8%)
53	MITROFANIUK Agata	4697	YULO RUN TEAM SIEDLCE	K30	53	00:01:26	02:11:37	04:28:01.15	04:29:27.60	+01:42:55 (38.4%)	9:34	6.3 (61.8%)
54	REGUŁA Katarzyna	4875	DZIKIE GRUBASY SZATANA	K30	54	00:01:04	02:08:36	04:28:21.10	04:29:25.95	+01:43:15 (38.5%)	9:35	6.3 (61.8%)
55	BELTER Barbara	4002		K30	55	00:01:29	02:20:24	04:28:37.35	04:30:06.90	+01:43:31 (38.5%)	9:35	6.3 (61.8%)
56	ZAWADZKA Agnieszka	4014	KLUB SPORTOWY PRESTIGE	K30	56	00:00:10	02:12:33	04:29:10.40	04:29:20.80	+01:44:04 (38.7%)	9:36	6.2 (60.8%)
57	MADEJ Magdalena	4881		K30	57	00:00:34	02:13:24	04:29:15.90	04:29:50.05	+01:44:10 (38.7%)	9:37	6.2 (60.8%)
58	HÜBNER Ilona	4511	SPORTOWE ŻULE	K30	58	00:00:10	02:12:25	04:29:20.65	04:29:31.45	+01:44:14 (38.7%)	9:37	6.2 (60.8%)
59	MAJSNER Kamila	4953		K30	59	00:01:06	02:25:05	04:29:26.25	04:30:32.30	+01:44:20 (38.7%)	9:37	6.2 (60.8%)
60	SKOŁUBOWICZ Marzena	4515		K30	60	00:01:24	02:19:47	04:29:44.35	04:31:08.75	+01:44:38 (38.8%)	9:38	6.2 (60.8%)
61	SZCZEPKOWSKA Marta	4889		K30	61	00:01:42	02:19:23	04:30:14.50	04:31:57.20	+01:45:08 (38.9%)	9:39	6.2 (60.8%)

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62	PAŃSZCZYK Elżbieta	4849		K30	62	00:01:25	02:20:14	04:30:28.00	04:31:53.35	+01:45:22 (39.0%)	9:39	6.2 (60.8%)
63	GRUSZECKA Iwona	4226	ALD RUNNING TEAM	K30	63	00:00:22	02:11:42	04:31:43.60	04:32:06.20	+01:46:37 (39.2%)	9:42	6.2 (60.8%)
64	WOJTAROWICZ Danuta	4290	TRENER24H.COM.PL	K30	64	00:01:17	02:13:18	04:33:28.20	04:34:45.35	+01:48:22 (39.6%)	9:46	6.1 (59.8%)
65	GUSTAW Agnieszka	4220	PZU SPORT TEAM	K30	65	00:00:37	02:12:34	04:33:37.55	04:34:14.60	+01:48:31 (39.7%)	9:46	6.1 (59.8%)
66	WOJTYCZKA Katarzyna	4305	AMCSS	K30	66	00:00:30	02:13:28	04:33:47.10	04:34:17.50	+01:48:41 (39.7%)	9:46	6.1 (59.8%)
67	KĘPKA-WAROWNA Weronika	4924	BIEGUSIEM.PL	K30	67	00:00:40	02:19:40	04:34:16.20	04:34:56.70	+01:49:10 (39.8%)	9:47	6.1 (59.8%)
68	PIOTROWSKA Ewa	4027	ENERGY KACZORY	K30	68	00:00:56	02:19:27	04:34:45.60	04:35:42.00	+01:49:39 (39.9%)	9:48	6.1 (59.8%)
69	WOLSKA Milena	4759	ULTRA PASTERZE	K30	69	00:01:02	02:18:47	04:35:28.40	04:36:30.65	+01:50:22 (40.1%)	9:50	6.1 (59.8%)
70	BOŃSKA Karolina	4659		K30	70	00:01:21	02:13:51	04:35:28.80	04:36:50.05	+01:50:23 (40.1%)	9:50	6.1 (59.8%)
71	SKUCIŃSKA Martyna	4909		K30	71	00:00:00		04:37:01.00	04:37:01.00	+01:51:55 (40.4%)	9:53	6.1 (59.8%)
72	KOWIEL Marta	4547	KS KANAŁEK	K30	72	00:00:13	02:16:29	04:37:01.40	04:37:14.70	+01:51:55 (40.4%)	9:53	6.1 (59.8%)
73	PIETRUSZKA Anna	4393		K30	73	00:00:52	02:28:28	04:37:44.60	04:38:36.75	+01:52:38 (40.6%)	9:55	6 (58.8%)
74	BORYS Magdalena	4884		K30	74	00:01:26	02:18:51	04:37:51.55	04:39:18.05	+01:52:45 (40.6%)	9:55	6 (58.8%)
75	MACIĄG Ewelina	4126		K30	75	00:00:00		04:39:44.00	04:39:44.00	+01:54:38 (41.0%)	9:59	6 (58.8%)
75	KUMAŃSKA Monika	4209		K30	76	00:00:00		04:39:44.00	04:39:44.00	+01:54:38 (41.0%)	9:59	6 (58.8%)
77	WOJAS Justyna	4790	NIEPOŁOMICE BIEGAJĄ	K30	77	00:01:32	02:20:48	04:40:00.25	04:41:33.15	+01:54:54 (41.0%)	10:00	6 (58.8%)
78	CHODZIŃSKA Mariola	4575		K30	78	00:00:55	02:21:02	04:40:37.95	04:41:33.20	+01:55:32 (41.2%)	10:01	6 (58.8%)
79	SOBCZAK Agata	4576	HDR WATAHA MARGONIN	K30	79	00:01:30	02:26:16	04:40:38.65	04:42:09.20	+01:55:32 (41.2%)	10:01	6 (58.8%)
80	ROGÓŻ Agnieszka	4942		K30	80	00:01:32	02:20:08	04:41:38.15	04:43:10.75	+01:56:32 (41.4%)	10:03	6 (58.8%)
81	WĘGIEL Kinga	4871		K30	81	00:01:02	02:32:29	04:42:37.00	04:43:39.15	+01:57:31 (41.6%)	10:05	5.9 (57.8%)
82	WINNICKA Monika	4688		K30	82	00:00:42	02:18:49	04:42:42.65	04:43:25.60	+01:57:36 (41.6%)	10:05	5.9 (57.8%)
83	LIGENZA-KOWALCZUK Agata	4365		K30	83	00:01:29	02:28:09	04:43:47.20	04:45:16.90	+01:58:41 (41.8%)	10:08	5.9 (57.8%)
84	BRATKO-SETKOWICZ Alina	4462		K30	84	00:00:52	02:28:30	04:45:04.95	04:45:57.45	+01:59:59 (42.1%)	10:10	5.9 (57.8%)

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85	KULIK Katarzyna	4391	NIGHT RUNNERS GLIWICE	K30	85	00:00:52	02:22:45	04:45:05.50	04:45:57.60	+01:59:59 (42.1%)	10:10	5.9 (57.8%)
86	IDRYJAN Karolina	4433		K30	86	00:01:11	02:16:14	04:45:58.05	04:47:09.70	+02:00:52 (42.3%)	10:12	5.9 (57.8%)
87	JANICKA Katarzyna	4404		K30	87	00:00:40	02:19:39	04:47:33.45	04:48:13.70	+02:02:27 (42.6%)	10:16	5.8 (56.9%)
88	MAKARZEC - SURMA Agnieszka	4649		K30	88	00:01:24	02:32:10	04:48:12.60	04:49:36.90	+02:03:06 (42.7%)	10:17	5.8 (56.9%)
89	KRUSZYŃSKA Agnieszka	4675	AKS POLONIA WARSZAWA	K30	89	00:01:22	02:22:02	04:48:48.75	04:50:11.15	+02:03:42 (42.8%)	10:18	5.8 (56.9%)
90	MAZUR Joanna	4563	JOANNA MAZUR	K30	90	00:01:26	02:17:46	04:49:35.10	04:51:01.85	+02:04:29 (43.0%)	10:20	5.8 (56.9%)
91	MICHAŁKOWSKA Magdalena	4605		K30	91	00:01:26	02:17:48	04:49:35.25	04:51:02.00	+02:04:29 (43.0%)	10:20	5.8 (56.9%)
92	PAWEŁAS Marta	4637		K30	92	00:00:57	02:23:28	04:50:02.35	04:51:00.00	+02:04:56 (43.1%)	10:21	5.8 (56.9%)
93	MYSZKIEWICZ Agnieszka	4409	PZU SPORT TEAM	K30	93	00:00:58	02:29:24	04:50:30.70	04:51:29.65	+02:05:24 (43.2%)	10:22	5.8 (56.9%)
94	DOMAŃSKA Mariola	4197		K30	94	00:00:00		04:52:05.00	04:52:05.00	+02:06:59 (43.5%)	10:25	5.8 (56.9%)
95	GAWŁOWSKA Milena	4322	CROSS RAGE	K30	95	00:00:47	02:21:31	04:52:15.80	04:53:02.80	+02:07:10 (43.5%)	10:26	5.7 (55.9%)
96	DOMINIAK-BAK Izabela	4590		K30	96	00:01:12	02:22:12	04:52:18.85	04:53:31.05	+02:07:13 (43.5%)	10:26	5.7 (55.9%)
97	PAWLIK Katarzyna	4534	5F TEAM	K30	97	00:01:16	02:27:39	04:52:40.00	04:53:56.60	+02:07:34 (43.6%)	10:27	5.7 (55.9%)
98	BŁASZCZAK Anna	4846		K30	98	00:01:01	02:32:29	04:53:54.70	04:54:56.50	+02:08:48 (43.8%)	10:29	5.7 (55.9%)
99	NOWAK Katarzyna	4483	DZIKIE GRUBASY SZATANA	K30	99	00:00:16	02:13:02	04:53:59.95	04:54:16.60	+02:08:54 (43.8%)	10:30	5.7 (55.9%)
100	GIRZYŃSKA Katarzyna	4532		K30	100	00:01:10	02:19:48	04:55:20.80	04:56:31.65	+02:10:15 (44.1%)	10:32	5.7 (55.9%)
101	PŁOŃSKA Julia	4502		K30	101	00:01:35	02:26:57	04:56:38.80	04:58:14.35	+02:11:33 (44.3%)	10:35	5.7 (55.9%)
102	BARAN Katarzyna	4287	TRENER24H.COM.PL	K30	102	00:01:19	02:27:35	04:57:18.25	04:58:37.70	+02:12:12 (44.5%)	10:37	5.7 (55.9%)
103	DĄBROWSKA Edyta	4683		K30	103	00:01:27	02:32:09	04:57:54.30	04:59:21.65	+02:12:48 (44.6%)	10:38	5.6 (54.9%)
104	CHMIELEWSKA Emilia	4346		K30	104	00:00:33	02:32:45	04:59:31.50	05:00:05.45	+02:14:25 (44.9%)	10:41	5.6 (54.9%)
105	LORENC-KRUSZYŃSKA Sylwia	4837	WKURW_TEAM	K30	105	00:01:39	02:28:02	04:59:38.90	05:01:18.10	+02:14:33 (44.9%)	10:42	5.6 (54.9%)
105	FONS Aleksandra	4855		K30	106	00:01:39	02:28:03	04:59:39.00	05:01:18.10	+02:14:33 (44.9%)	10:42	5.6 (54.9%)
107	CZECH Bożena	4906	OCHAJORUN	K30	107	00:01:12	02:22:53	05:00:03.10	05:01:15.60	+02:14:57 (45.0%)	10:42	5.6 (54.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
108	ŻAK Oliwia	4457	PIASECZNO RUNNING	K30	108	00:00:16	02:27:58	05:01:02.85	05:01:18.95	+02:15:57 (45.2%)	10:45	5.6 (54.9%)
109	CELEK Katarzyna	4552		K30	109	00:01:07	02:31:11	05:01:20.50	05:02:27.75	+02:16:14 (45.2%)	10:45	5.6 (54.9%)
110	GEWALD Danuta	4670	TRENER24H	K30	110	00:01:19	02:27:48	05:01:32.65	05:02:51.75	+02:16:26 (45.2%)	10:46	5.6 (54.9%)
111	WOJCIECHOWSKA Helena	4646	NIGHT RUNNERS	K30	111	00:00:59	02:32:52	05:01:50.20	05:02:49.75	+02:16:44 (45.3%)	10:46	5.6 (54.9%)
112	WIŚNIEWSKA Marta	4656		K30	112	00:00:54	02:19:53	05:01:53.55	05:02:48.00	+02:16:47 (45.3%)	10:46	5.6 (54.9%)
113	GADOMSKA Ewa	4689		K30	113	00:00:38	02:27:59	05:02:42.25	05:03:20.75	+02:17:36 (45.5%)	10:48	5.6 (54.9%)
114	DAMIĘCKA Katarzyna	4010		K30	114	00:01:34	02:29:21	05:03:11.75	05:04:45.95	+02:18:05 (45.5%)	10:49	5.5 (53.9%)
115	STAROBRAT-CIENKA Aleksandra	4602		K30	115	00:00:44	02:32:33	05:03:49.10	05:04:33.40	+02:18:43 (45.7%)	10:51	5.5 (53.9%)
116	LENARD-MYSZKOWSKA Anna	4841	TEAM ZABIEGANEDNI	K30	116	00:00:49	02:33:31	05:04:22.00	05:05:11.05	+02:19:16 (45.8%)	10:52	5.5 (53.9%)
117	GÓRAL Marcelina	4249		K30	117	00:01:09	02:25:24	05:05:25.00	05:06:34.45	+02:20:19 (45.9%)	10:54	5.5 (53.9%)
118	CENDROWICZ Magdalena	4779		K30	118	00:01:32	02:26:58	05:05:30.20	05:07:02.70	+02:20:24 (46.0%)	10:54	5.5 (53.9%)
119	ŁYSIAK Katarzyna	4363		K30	119	00:01:05	02:32:07	05:05:36.40	05:06:42.30	+02:20:30 (46.0%)	10:54	5.5 (53.9%)
120	SKŁADANOWSKA Beata	4586		K30	120	00:01:21	02:28:11	05:06:12.90	05:07:34.55	+02:21:07 (46.1%)	10:56	5.5 (53.9%)
121	ŚLĘZAK Hanna	4016	POKRĘCENI	K30	121	00:01:30	02:31:41	05:06:39.95	05:08:10.20	+02:21:34 (46.2%)	10:57	5.5 (53.9%)
122	SZALSKA Elżbieta	4872	MUCHY NA ZĘBACH	K30	122	00:01:50	02:38:01	05:07:01.80	05:08:51.85	+02:21:56 (46.2%)	10:57	5.5 (53.9%)
123	SĘDEK Sylwia	4414	ADIDAS RUNNERS WARSAW	K30	123	00:01:03	02:28:19	05:07:04.50	05:08:08.35	+02:21:58 (46.2%)	10:58	5.5 (53.9%)
124	GARGAS-DZIEDZINA Joanna	4684	MUAY RUNNING TEAM	K30	124	00:00:43	02:27:37	05:07:42.80	05:08:26.55	+02:22:37 (46.3%)	10:59	5.5 (53.9%)
125	GĄSIOREK Kamila	4431	ZABIEGANI.TV	K30	125	00:00:59	02:27:52	05:07:49.65	05:08:49.45	+02:22:43 (46.4%)	10:59	5.5 (53.9%)
126	LIPIŃSKA Kinga	4929		K30	126	00:01:42	02:26:23	05:08:29.45	05:10:11.50	+02:23:23 (46.5%)	11:01	5.4 (52.9%)
127	ZAWADZKA Monika	4559	MKS SIECHNICE	K30	127	00:01:32	02:28:51	05:08:31.05	05:10:03.35	+02:23:25 (46.5%)	11:01	5.4 (52.9%)
128	REJDYCH Daria	4677	HUSARIA RACE TEAM	K30	128	00:01:15	02:37:29	05:08:50.85	05:10:06.70	+02:23:45 (46.5%)	11:01	5.4 (52.9%)
129	MŁYNARCZYK Ania	4229		K30	129	00:00:35	02:33:15	05:09:14.80	05:09:50.75	+02:24:09 (46.6%)	11:02	5.4 (52.9%)
130	WANAT Marika	4661		K30	130	00:01:35	02:26:30	05:11:12.00	05:12:47.80	+02:26:06 (46.9%)	11:06	5.4 (52.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
131	ZIEMBIŃSKA- BUCZYŃSKA Aleksandra	4706		K30	131	00:01:35	02:32:00	05:13:34.65	05:15:10.20	+02:28:28 (47.4%)	11:11	5.4 (52.9%)
132	POŁCZYŃSKA Ewelina	4561	HDR WATAHA MARGONIN	K30	132	00:01:34	02:33:49	05:14:32.90	05:16:07.65	+02:29:27 (47.5%)	11:14	5.3 (52.0%)
133	KWAPIŃSKA Anna	4630		K30	133	00:00:57	02:27:32	05:15:54.15	05:16:51.35	+02:30:48 (47.7%)	11:16	5.3 (52.0%)
134	BARANOWSKA Monika	4678	SPEED FEET ,16	K30	134	00:00:24	02:38:16	05:16:11.95	05:16:36.40	+02:31:06 (47.8%)	11:17	5.3 (52.0%)
135	KUSZ Gosia	4715		K30	135	00:01:40	02:32:01	05:17:10.95	05:18:50.95	+02:32:05 (47.9%)	11:19	5.3 (52.0%)
136	GAWLIK Anna	4848	KATRIX/MKS SIECHNICE	K30	136	00:01:31	02:34:53	05:20:58.25	05:22:29.35	+02:35:52 (48.6%)	11:27	5.2 (51.0%)
137	MOTYL Mirosława	4802	NIEPOŁOMICE BIEGAJĄ	K30	137	00:01:34	02:41:01	05:21:10.00	05:22:44.10	+02:36:04 (48.6%)	11:28	5.2 (51.0%)
138	PASTERNAK Joanna	4738	PZU SPORT TEAM	K30	138	00:01:26	02:34:22	05:21:10.70	05:22:37.45	+02:36:04 (48.6%)	11:28	5.2 (51.0%)
139	DOMINIAK Katarzyna	4885	TIGERS TEAM	K30	139	00:00:37	02:35:21	05:21:25.80	05:22:03.15	+02:36:20 (48.6%)	11:28	5.2 (51.0%)
140	ŻUREK Marta	4845		K30	140	00:01:01	02:33:49	05:23:20.60	05:24:22.45	+02:38:14 (48.9%)	11:32	5.2 (51.0%)
141	JEŻEWSKA Angelika	4775		K30	141	00:01:47	02:38:35	05:23:49.00	05:25:36.00	+02:38:43 (49.0%)	11:33	5.2 (51.0%)
142	DOBROWOLSKA Karolina	4747	ALARCOM	K30	142	00:01:08	02:23:11	05:24:07.70	05:25:16.05	+02:39:01 (49.1%)	11:34	5.2 (51.0%)
142	KARDAS Marta	4784		K30	143	00:01:08	02:22:41	05:24:07.90	05:25:16.05	+02:39:02 (49.1%)	11:34	5.2 (51.0%)
144	KARABIN Anna	4789		K30	144	00:01:41	02:36:46	05:24:23.70	05:26:05.10	+02:39:17 (49.1%)	11:35	5.2 (51.0%)
145	PRZYBYLSKA Magdalena	4415		K30	145	00:00:39	02:47:45	05:24:55.60	05:25:35.45	+02:39:49 (49.2%)	11:36	5.2 (51.0%)
146	SZŁAPKA Katarzyna	4725	SPEED FEED '16	K30	146	00:01:03	02:36:36	05:26:12.45	05:27:15.90	+02:41:06 (49.4%)	11:39	5.2 (51.0%)
147	BIAŁOKOS Anna	4668		K30	147	00:01:21	02:36:34	05:26:26.85	05:27:48.20	+02:41:21 (49.4%)	11:39	5.1 (50.0%)
148	MALINOWSKA Marta	4754		K30	148	00:02:09	02:22:54	05:27:59.45	05:30:09.10	+02:42:53 (49.7%)	11:42	5.1 (50.0%)
149	KARPIŃSKA Nina	4764		K30	149	00:01:17	02:36:59	05:31:48.50	05:33:05.65	+02:46:42 (50.2%)	11:51	5.1 (50.0%)
150	SAWICKA - WERS Urszula	4562		K30	150	00:01:10	02:37:07	05:32:08.00	05:33:18.80	+02:47:02 (50.3%)	11:51	5.1 (50.0%)
151	BUSZEWSKA Justyna	4903		K30	151	00:01:46	02:36:08	05:32:19.40	05:34:05.65	+02:47:13 (50.3%)	11:52	5.1 (50.0%)
152	GIERUT Agata	4523		K30	152	00:00:48	02:46:45	05:32:56.25	05:33:44.25	+02:47:50 (50.4%)	11:53	5 (49.0%)
153	SARNA Agata	4729	WKURW_TEAM	K30	153	00:01:20	02:43:44	05:34:16.30	05:35:37.25	+02:49:10 (50.6%)	11:56	5 (49.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
154	BARADZIEJ Barbara	4736		K30	154	00:01:46	02:34:12	05:35:22.00	05:37:08.25	+02:50:16 (50.8%)	11:58	5 (49.0%)
155	JELENIOWSKA Barbara	4608		K30	155	00:01:26	02:57:08	05:46:07.30	05:47:33.30	+03:01:01 (52.3%)	12:21	4.9 (48.0%)
156	SKORUPKA Anna	4902		K30	156	00:01:42	02:51:09	05:54:26.15	05:56:08.80	+03:09:20 (53.4%)	12:39	4.7 (46.1%)
157	DERMAŃSKA Marta	4737		K30	157	00:01:22	02:51:10	06:00:33.75	06:01:56.30	+03:15:27 (54.2%)	12:52	4.7 (46.1%)
158	KRZYCH Elżbieta	4809		K30	158	00:01:25	02:33:04	06:08:00.10	06:09:25.20	+03:22:54 (55.1%)	13:08	4.6 (45.1%)
159	SIERECKA Dorota	4857	TEAM ZABIEGANEDNI // WKURW_TEAM	K30	159	00:01:45	02:56:47	06:12:05.75	06:13:51.65	+03:26:59 (55.6%)	13:17	4.5 (44.1%)
160	KOPEĆ-KONTEK Monika	4015		K30	160	00:00:44	02:59:44	06:24:01.60	06:24:45.65	+03:38:55 (57.0%)	13:42	4.4 (43.1%)
161	KWIATKOWSKA Alicja	4776	MAŁE LWY	K30	161	00:01:49	03:01:08	06:26:45.65	06:28:35.40	+03:41:39 (57.3%)	13:48	4.3 (42.2%)
162	NORWA Justyna	4285	TRENER24H.COM.PL	K30	162	00:01:19	02:28:42			+00:59:48	9:10	6.5 (63.7%)
	WIŚNIEWSKA Ewelina	4840	HARDCOROWE WYCHYLYLYBYMY	K30		DNF	02:45:19 DNF	DNF	DNF		-	- (0.0%)
	KAMIŃSKA Weronika	4836	HARDCOROWE WYCHYLYLYBYMY	K30		DNF	03:36:19 DNF	DNF	DNF		-	- (0.0%)

Znaleziono 164 wynik(ów)