



**SUPERMARATON
GÓR
STOŁOWYCH**

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Supermaraton Gór Stołowych 2020
Fundacja Maratony Górskie
2020-06-28
Kartów
23 km

SGS LIGHT PÓŁMARATON 23KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN KOBIECI

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 14.4km	Czas netto 23.6km	Różn	Tempo min/km	Tempo km/h
1	KULIK Iwona	439	KUDOWIANKA RUN	K-20	1	01:28:16	02:38:06.35		6:41	9 (100%)
2	HOJA Joanna	491	ALPIN SPORT HOKA ONE ONE TEAM	K-30	1	01:29:19	02:43:25.10	+00:05:18 (3.3%)	6:55	8.7 (96.7%)
3	NOWACKA Marlena	538		K-40	1	01:32:23	02:46:52.95	+00:08:46 (5.3%)	7:04	8.5 (94.4%)
4	KUKUĆ - KWAPISZEWSKA Anna	369		K-40	2	01:32:21	02:47:56.10	+00:09:49 (5.9%)	7:06	8.4 (93.3%)
5	ŚWIĄTEK Julia	456	IMMABEE	K-30	2	01:32:25	02:48:14.00	+00:10:07 (6.0%)	7:07	8.4 (93.3%)
6	BIAŁOBLÓCKA Alicja	19		K-30	3	01:31:48	02:52:34.45	+00:14:28 (8.4%)	7:18	8.2 (91.1%)
7	WIERZCHOWSKA Izabela	335	BASTER TEAM	K-30	4	01:32:47	02:53:03.40	+00:14:57 (8.6%)	7:19	8.2 (91.1%)
8	KARATKÓW Ewa	462		K-40	3	01:32:52	02:53:55.95	+00:15:49 (9.1%)	7:22	8.1 (90.0%)
9	SWORNOWSKA Anna	84		K-20	2	01:35:33	02:54:43.30	+00:16:36 (9.5%)	7:24	8.1 (90.0%)
10	PIECUCH Karolina	46	LACHO TEAM	K-30	5	01:37:16	02:55:44.75	+00:17:38 (10.0%)	7:26	8.1 (90.0%)
11	GROCHECKA Joanna	86		K-30	6	01:37:14	02:56:41.95	+00:18:35 (10.5%)	7:29	8 (88.9%)
12	ŁASKOWSKA Marzena	24	WKURW_TEAM	K-40	4	01:41:17	03:01:02.75	+00:22:56 (12.7%)	7:40	7.8 (86.7%)
13	JAWORSKA Magdalena	224	GB WIELKOPOLSCY BIEGACZE / TEAM KGB	K-40	5	01:40:55	03:02:28.80	+00:24:22 (13.4%)	7:43	7.8 (86.7%)
14	CZAJKOWSKA Sylwia	142	BYDGOSKIE OKONIE	K-40	6	01:38:10	03:06:11.50	+00:28:05 (15.1%)	7:53	7.6 (84.4%)
15	BOĆKO Ewa	33	DTR BIEGA/MARIO TEAM	K-30	7	01:40:51	03:06:25.30	+00:28:18 (15.2%)	7:53	7.6 (84.4%)
16	KOZŁOWSKA Iwona	488	LESZNO LIMITS RUNNERS	K-40	7	01:43:05	03:07:00.35	+00:28:54 (15.5%)	7:55	7.6 (84.4%)
17	JABŁOŃSKA Dorota	163	OUTDOOR TRAINING	K-20	3	01:44:35	03:10:11.70	+00:32:05 (16.9%)	8:03	7.4 (82.2%)
18	PACIOREK Ewa	513		K-30	8	01:44:19	03:11:21.20	+00:33:14 (17.4%)	8:06	7.4 (82.2%)
19	GRAD Idalia	256	DZIKA BANDA ŁAKOMCZUCHÓW	K-30	9	01:49:17	03:11:47.60	+00:33:41 (17.6%)	8:07	7.4 (82.2%)
20	SZYMAŃSKA Brygida	279	STRZEGOMSKA DWUNASTKA	K-30	10	01:46:56	03:12:59.95	+00:34:53 (18.1%)	8:10	7.3 (81.1%)
21	DOMAGAŁA Grażyna	167	NIGHT RUNNERS WROCŁAW	K-30	11	01:43:37	03:13:02.50	+00:34:56 (18.1%)	8:10	7.3 (81.1%)
22	STANKIEWICZ Anna	370	DOGOŃ GRODZISK MAZOWIECKI	K-30	12	01:47:24	03:13:14.25	+00:35:07 (18.2%)	8:11	7.3 (81.1%)
23	SZAL Małgorzata	161	TENIS CENTRUM AS	K-30	13	01:47:45	03:16:05.30	+00:37:58 (19.4%)	8:18	7.2 (80.0%)
24	GNITECKA Katarzyna	540		K-20	4	01:47:03	03:16:10.65	+00:38:04 (19.4%)	8:18	7.2 (80.0%)
25	ULIKOWSKA Martyna	87	ZAŁOGA GÓRSKA	K-20	5	01:49:33	03:19:09.50	+00:41:03 (20.6%)	8:26	7.1 (78.9%)
26	BABIŃSKA Ewelina	77		K-30	14	01:43:57	03:19:15.80	+00:41:09 (20.7%)	8:26	7.1 (78.9%)
27	BOCHAN Lidia	426		K-40	8	01:50:35	03:19:16.00	+00:41:09 (20.7%)	8:26	7.1 (78.9%)
28	TRZEPACZ Dorota	359	KB LUPUS OLEŚNICA	K-40	9	01:47:21	03:19:20.30	+00:41:13 (20.7%)	8:26	7.1 (78.9%)
29	WIERZBIŃSKA Edyta	69	LATYFUNDYŚCI BIEGAJĄ	K-40	10	01:52:04	03:22:28.95	+00:44:22 (21.9%)	8:34	7 (77.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 14.4km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 23.6km				
30	GRABIAS-MAZUR Krystyna	321	TKKF TRIATHLON DĄBROWA GÓRNICZA	K-30	15	01:52:08	03:24:56.10	+00:46:49 (22.9%)	8:41	6.9 (76.7%)	
31	ŁUCJANEK Justyna	464	KAJATEAM	K-30	16	01:53:38	03:25:33.05	+00:47:26 (23.1%)	8:42	6.9 (76.7%)	
32	BRUCH Katarzyna	384		K-30	17	01:53:25	03:28:51.05	+00:50:44 (24.3%)	8:50	6.8 (75.6%)	
33	ŁAŻEWSKA Sylwia	12		K-40	11	01:57:52	03:29:36.80	+00:51:30 (24.6%)	8:52	6.8 (75.6%)	
34	GĄSIOROWSKA Agnieszka	368	EVERRUN	K-30	18	01:53:12	03:30:12.30	+00:52:05 (24.8%)	8:54	6.7 (74.4%)	
35	MARCINKOWSKA Jadwiga	408		K-50	1	01:57:52	03:31:11.00	+00:53:04 (25.1%)	8:56	6.7 (74.4%)	
36	LESZCZYŃSKA Weronika	506		K-30	19	01:51:50	03:31:15.05	+00:53:08 (25.2%)	8:57	6.7 (74.4%)	
37	BUGANIK Magdalena	480	23 ŚLĄSKI PUŁK ARTYLERII	K-40	12	01:53:37	03:31:23.10	+00:53:16 (25.2%)	8:57	6.7 (74.4%)	
38	BARCZAK Katarzyna	477	RUN TEAM MILEJÓW	K-40	13	01:51:20	03:32:01.40	+00:53:55 (25.4%)	8:59	6.7 (74.4%)	
39	KUROWSKA Marlena	487	KAMIENNOGÓRSKA GRUPA BIEGOWA	K-30	20	01:52:20	03:32:36.90	+00:54:30 (25.6%)	9:00	6.7 (74.4%)	
40	KACZMARZ Katarzyna	26		K-30	21	01:56:55	03:33:28.25	+00:55:21 (25.9%)	9:02	6.6 (73.3%)	
41	BARANSKA Monika	425		K-50	2	01:58:10	03:33:59.95	+00:55:53 (26.1%)	9:04	6.6 (73.3%)	
42	JAGIEŁŁO Joanna	475	RUN TEAM MILEJÓW	K-40	14	01:48:26	03:35:18.35	+00:57:12 (26.6%)	9:07	6.6 (73.3%)	
43	KARKOSZ Aurelia	434		K-30	22	01:57:25	03:35:38.60	+00:57:32 (26.7%)	9:08	6.6 (73.3%)	
44	KRZYZIŃSKA Sylwia	505	DOGOŃ GRODZISK MAZOWIECKI	K-40	15	01:59:15	03:36:02.85	+00:57:56 (26.8%)	9:09	6.6 (73.3%)	
45	MAZUREK Marita	361		K-30	23	01:59:08	03:36:08.75	+00:58:02 (26.9%)	9:09	6.6 (73.3%)	
46	WĘŻYK Kamila	431		K-30	24	01:58:57	03:36:09.45	+00:58:03 (26.9%)	9:09	6.6 (73.3%)	
47	SOKÓLSKA Katarzyna	166	OUTDOOR TRAINING	K-30	25	01:58:30	03:40:00.50	+01:01:54 (28.1%)	9:19	6.4 (71.1%)	
48	SERAFIN Ewelina	23		K-40	16	01:52:43	03:40:36.55	+01:02:30 (28.3%)	9:20	6.4 (71.1%)	
49	SZYLBERG Aleksandra	172	TEAM ZABIEGANEDNI	K-30	26	02:00:55	03:41:04.35	+01:02:58 (28.5%)	9:22	6.4 (71.1%)	
50	BARTMAŃSKA Mirosława	517		K-40	17	01:57:59	03:41:48.85	+01:03:42 (28.7%)	9:23	6.4 (71.1%)	
51	ŁASKAWSKA Justyna	492		K-40	18	01:58:27	03:42:28.35	+01:04:22 (28.9%)	9:25	6.4 (71.1%)	
52	BABICKA Sylwia	440	BIEGAM Z RADOŚCI	K-40	19	01:58:15	03:42:37.80	+01:04:31 (29.0%)	9:26	6.4 (71.1%)	
53	GĄSIOROWSKA Dorota	474	VELO ŁOSIE NA SZOSIE	K-50	3	02:01:36	03:42:42.10	+01:04:35 (29.0%)	9:26	6.4 (71.1%)	
54	BALKIEWICZ Marlena	372		K-50	4	01:56:53	03:43:10.30	+01:05:03 (29.2%)	9:27	6.3 (70.0%)	
55	MAZUR Katarzyna	27	UMLAUT	K-40	20	01:59:40	03:43:35.85	+01:05:29 (29.3%)	9:28	6.3 (70.0%)	
56	POCHWAŁA Justyna	67	NATALIA TOMASIAK GÓRSKI STYL TEAM	K-30	27	02:00:51	03:43:41.85	+01:05:35 (29.3%)	9:28	6.3 (70.0%)	
57	MODERACKA Małgorzata	337		K-30	28	02:00:48	03:44:18.80	+01:06:12 (29.5%)	9:30	6.3 (70.0%)	
58	DZIARKOWSKA Edyta	338	#TEAMDKMS	K-30	29	01:55:51	03:44:35.10	+01:06:28 (29.6%)	9:30	6.3 (70.0%)	
59	KACZOREK Renata	160		K-30	30	01:58:22	03:44:59.35	+01:06:53 (29.7%)	9:32	6.3 (70.0%)	
60	GRUDZIEN-JURKOWSKA Malgorzata	485		K-30	31	01:56:45	03:45:20.70	+01:07:14 (29.8%)	9:32	6.3 (70.0%)	
61	JARMUDA Justyna	327		K-30	32	02:01:14	03:46:01.50	+01:07:55 (30.0%)	9:34	6.3 (70.0%)	
62	MAZIAREK Adela	210		K-30	33	01:59:40	03:47:28.05	+01:09:21 (30.5%)	9:38	6.2 (68.9%)	
63	FEDOROWICZ Jowita	62	KOTWICA BRZEG	K-30	34	02:01:02	03:48:28.45	+01:10:22 (30.8%)	9:40	6.2 (68.9%)	
64	SEMENIUK Marzena	436	KOTWICA BRZEG	K-30	35	02:00:22	03:48:37.00	+01:10:30 (30.8%)	9:41	6.2 (68.9%)	
65	JANUSZEWSKA Izabela	374	BIEGAM U KOLESI	K-30	36	02:03:06	03:48:58.35	+01:10:52 (30.9%)	9:42	6.2 (68.9%)	
66	LE FELIC Monika	510		K-40	21	02:04:51	03:49:12.55	+01:11:06 (31.0%)	9:42	6.2 (68.9%)	
67	GUZIŃSKA Ola	234	BIEGAM BO LUBIĘ ZĄBKI TEAM	K-40	22	02:05:01	03:49:35.85	+01:11:29 (31.1%)	9:43	6.2 (68.9%)	
68	JARECKA Katarzyna	532		K-40	23	02:07:06	03:50:42.00	+01:12:35 (31.5%)	9:46	6.1 (67.8%)	
69	SKRZYPIŃSKA Agnieszka	214		K-30	37	02:02:45	03:52:43.20	+01:14:36 (32.1%)	9:51	6.1 (67.8%)	
70	LUBAŃSKA Alicja	482		K-50	5	02:02:14	03:53:26.60	+01:15:20 (32.3%)	9:53	6.1 (67.8%)	
71	WOJCIECHOWSKA Dorota	82	DOGOŃ GRODZISK MAZOWIECKI	K-40	24	02:01:26	03:53:29.15	+01:15:22 (32.3%)	9:53	6.1 (67.8%)	
72	KOZDROJ Wioletta	79	DOGOŃ GRODZISK MAZOWIECKI	K-40	25	02:00:54	03:53:33.60	+01:15:27 (32.3%)	9:53	6.1 (67.8%)	
73	KUBACZKA-LIGENZA Sylwia	186	#CZELADZBIEGA	K-30	38	02:08:11	03:53:47.85	+01:15:41 (32.4%)	9:54	6.1 (67.8%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 14.4km	Czas netto 23.6km	Różn	Tempo min/km	Tempo km/h
74	RATAJSKA Monika	494		K-20	6	02:04:31	03:53:53.75	+01:15:47 (32.4%)	9:54	6.1 (67.8%)
75	BOŹKIEWICZ Patrycja	3	PIEKIELNIE ZGRANI	K-40	26	02:05:21	03:53:55.75	+01:15:49 (32.4%)	9:54	6.1 (67.8%)
76	ZELICHOWSKA Izabela	145	KĘCKIE HARPAGANY	K-40	27	02:04:44	03:53:57.55	+01:15:51 (32.4%)	9:54	6.1 (67.8%)
77	WOJCIECHOWSKA Anna	148	PIĄTKOWO NA BIEGOWO	K-40	28	02:03:02	03:55:01.00	+01:16:54 (32.7%)	9:57	6 (66.7%)
78	STRZELCZYK Paulina	54	NESSI LESZNO	K-30	39	02:07:57	03:55:51.95	+01:17:45 (33.0%)	9:59	6 (66.7%)
79	GIDASZEWSKA Jolanta	38	NESSI LESZNO	K-40	29	02:07:59	03:55:56.85	+01:17:50 (33.0%)	9:59	6 (66.7%)
80	BAJOŁEK Aleksandra	119	AZS AWF KRAKÓW MASTERS	K-50	6	02:13:13	03:56:18.35	+01:18:12 (33.1%)	10:00	6 (66.7%)
81	PAPROCKA Natalia	95		K-40	30	02:06:41	03:56:19.35	+01:18:13 (33.1%)	10:00	6 (66.7%)
82	DZIWIEC-GUZIŁ Justyna	21	MARELLI SOSNOWIEC POLAND	K-40	31	02:09:03	03:56:31.25	+01:18:24 (33.2%)	10:01	6 (66.7%)
83	MIELNIK Natalia	490		K-40	32	02:09:11	03:58:07.70	+01:20:01 (33.6%)	10:05	5.9 (65.6%)
84	KWIATKOWSKA Zuzanna	409		K-40	33	02:06:57	03:58:26.70	+01:20:20 (33.7%)	10:06	5.9 (65.6%)
85	ORACKA Marta	239	DOGOŃ GRODZISK MAZOWIECKI	K-30	40	02:14:15	03:58:37.45	+01:20:31 (33.7%)	10:06	5.9 (65.6%)
86	MAGDZIAK Iwona	493	NOA	K-30	41	02:05:49	03:58:56.80	+01:20:50 (33.8%)	10:07	5.9 (65.6%)
87	PERKA Barbara	71		K-40	34	02:11:42	04:01:30.00	+01:23:23 (34.5%)	10:13	5.9 (65.6%)
88	KRYSZAK Dorota	450	MARMEL TORUŃ	K-30	42	02:09:44	04:01:34.95	+01:23:28 (34.6%)	10:14	5.9 (65.6%)
89	JURAS-KMIEĆ Marzena	136	BIEGAM SOBIE	K-40	35	02:10:35	04:02:30.80	+01:24:24 (34.8%)	10:16	5.8 (64.4%)
90	ZACHCIAŁ Anna	346		K-30	43	02:08:00	04:02:41.40	+01:24:35 (34.9%)	10:16	5.8 (64.4%)
91	ŚWIDER Małgorzata	196		K-30	44	02:06:36	04:04:10.80	+01:26:04 (35.3%)	10:20	5.8 (64.4%)
92	GAŁUS Angelika	385	NOVEMBER RUNNING TEAM	K-30	45	02:10:08	04:06:43.50	+01:28:37 (35.9%)	10:27	5.7 (63.3%)
93	BEDNARSKA KOZIOŁ Danuta	509	WKURW_TEAM	K-40	36	02:15:20	04:07:20.25	+01:29:13 (36.1%)	10:28	5.7 (63.3%)
94	RATAJCZAK Karolina	218		K-20	7	02:08:47	04:07:27.85	+01:29:21 (36.1%)	10:29	5.7 (63.3%)
95	OLSZANKA Anna	310	OTWOCK BIEGA	K-40	37	02:12:57	04:09:34.45	+01:31:28 (36.6%)	10:34	5.7 (63.3%)
96	SZYMAŃSKA Hanna	498		K-40	38	02:12:43	04:09:45.45	+01:31:39 (36.7%)	10:34	5.7 (63.3%)
97	STAWICKA Ewelina	233	AKTYWNE LISEWO	K-20	8	02:10:58	04:10:03.80	+01:31:57 (36.8%)	10:35	5.7 (63.3%)
98	SWICARZ Monika	221		K-40	39	02:10:32	04:10:04.90	+01:31:58 (36.8%)	10:35	5.7 (63.3%)
99	ŁADOŃSKA Agata	405		K-30	46	02:11:23	04:10:17.55	+01:32:11 (36.8%)	10:36	5.7 (63.3%)
100	KOWNACKA Magdalena	162		K-40	40	02:16:40	04:11:18.30	+01:33:11 (37.1%)	10:38	5.6 (62.2%)
101	SŁONECKA Anna	399	BRAVEHEARTS LEGIONOWO	K-30	47	02:11:45	04:12:03.45	+01:33:57 (37.3%)	10:40	5.6 (62.2%)
102	GAWROŃSKA Agata	401	BRAVEHARDS LEGIONOWO	K-30	48	02:11:59	04:12:21.05	+01:34:14 (37.3%)	10:41	5.6 (62.2%)
103	KARAMON Magdalena	227		K-40	41	02:12:39	04:12:21.50	+01:34:15 (37.3%)	10:41	5.6 (62.2%)
104	CICHOMSKA Marzena	58	BIEGAM BO MUSZĘ INACZEJ SIĘ UDUSZĘ	K-30	49	02:14:11	04:12:46.65	+01:34:40 (37.5%)	10:42	5.6 (62.2%)
105	ADAMIAK Marta	165	RUN4GOLD	K-30	50	02:14:40	04:13:41.25	+01:35:34 (37.7%)	10:45	5.6 (62.2%)
106	CZEKAŁSKA Magdalena	245	NARAMOWICE BIEGAJĄ	K-30	51	02:04:58	04:14:00.20	+01:35:53 (37.8%)	10:45	5.6 (62.2%)
107	PLASZCZAK Bogumiła	93	PIEKIELNIE ZGRANI	K-40	42	02:11:02	04:14:47.20	+01:36:40 (37.9%)	10:47	5.6 (62.2%)
108	ZIELIŃSKA Katarzyna	99		K-30	52	02:27:26	04:15:26.10	+01:37:19 (38.1%)	10:49	5.5 (61.1%)
109	KWIATKOWSKA Marta	158		K-40	43	02:05:14	04:16:29.90	+01:38:23 (38.4%)	10:52	5.5 (61.1%)
110	PISOWŁODZKA Dagmara	177		K-40	44	02:18:19	04:17:09.70	+01:39:03 (38.5%)	10:53	5.5 (61.1%)
111	DOMINIAK Katarzyna	355	TIGERS TEAM	K-30	53	02:20:23	04:17:14.40	+01:39:08 (38.5%)	10:54	5.5 (61.1%)
112	KOWALCZYK Anna	472	DOGOŃ GRODZISK MAZOWIECKI	K-40	45	02:12:53	04:17:15.00	+01:39:08 (38.5%)	10:54	5.5 (61.1%)
113	BARTOSZEWSKA Katarzyna	156	WATAHA	K-30	54	02:17:57	04:18:00.45	+01:39:54 (38.7%)	10:55	5.5 (61.1%)
114	SKARŻEŃSKA Jagoda	527		K-30	55	02:11:47	04:18:53.50	+01:40:47 (38.9%)	10:58	5.5 (61.1%)
115	WITKOWSKA-KOPKA Kaja	43		K-30	56	02:18:02	04:19:09.30	+01:41:02 (39.0%)	10:58	5.5 (61.1%)
116	SADURSKA Kasia	319		K-30	57	02:16:38	04:19:22.85	+01:41:16 (39.0%)	10:59	5.5 (61.1%)
117	SIDORCZUK Katarzyna	269	KB SPARTAKUS BEŁCHATÓW	K-40	46	02:20:04	04:19:26.15	+01:41:19 (39.1%)	10:59	5.5 (61.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 14.4km	Czas		Różn	Tempo min/km	Tempo km/h
							netto	23.6km			
118	KUJAWA Katarzyna	187	KURCZAK I AGATKA	K-40	47	02:13:01	04:19:46.55		+01:41:40 (39.1%)	11:00	5.5 (61.1%)
119	SOWIŃSKA Magdalena	206	DOGOŃ GRODZISK MAZOWIECKI	K-40	48	02:13:22	04:19:58.40		+01:41:52 (39.2%)	11:00	5.4 (60.0%)
120	BRODAWKA Olga	72		K-30	58	02:19:40	04:20:36.25		+01:42:29 (39.3%)	11:02	5.4 (60.0%)
121	POKROP Agnieszka	48	GÓRSKI STYL TEAM	K-30	59	02:19:52	04:20:36.80		+01:42:30 (39.3%)	11:02	5.4 (60.0%)
122	SAWICKA Izabela	14	PARKRUN	K-30	60	02:16:49	04:23:05.15		+01:44:58 (39.9%)	11:08	5.4 (60.0%)
123	RUDAWSKA Karolina	137		K-20	9	02:19:58	04:24:52.80		+01:46:46 (40.3%)	11:13	5.3 (58.9%)
124	BOSY Joanna	222		K-30	61	02:15:59	04:24:57.80		+01:46:51 (40.3%)	11:13	5.3 (58.9%)
125	PIETROWSKA Hallik	45		K-50	7	02:21:45	04:24:58.80		+01:46:52 (40.3%)	11:13	5.3 (58.9%)
126	BŁASZCZAK Katarzyna	92	DOGOŃ GRODZISK MAZOWIECKI	K-30	62	02:22:17	04:25:31.90		+01:47:25 (40.5%)	11:15	5.3 (58.9%)
127	MALISZAK Agnieszka	152		K-30	63	02:23:47	04:27:06.65		+01:49:00 (40.8%)	11:19	5.3 (58.9%)
128	STACHURSKA Monika	17		K-50	8	02:18:28	04:27:18.95		+01:49:12 (40.9%)	11:19	5.3 (58.9%)
129	MAJ Magdalena	16	GRAŻYNKI OCR	K-30	64	02:24:27	04:28:03.50		+01:49:57 (41.0%)	11:21	5.3 (58.9%)
130	SZYMCZAK Anna	311	KB SPARTAKUS BEŁCHATÓW	K-40	49	02:24:40	04:29:47.05		+01:51:40 (41.4%)	11:25	5.2 (57.8%)
131	JARZĘBSKA-MAJCHRZAK Agnieszka	34	TU INTER POLSKA SA	K-20	10	02:27:29	04:31:04.90		+01:52:58 (41.7%)	11:29	5.2 (57.8%)
132	DUDEK Mariola	36	STRZEGOMSKA DWUNASTKA	K-40	50	02:19:56	04:31:37.05		+01:53:30 (41.8%)	11:30	5.2 (57.8%)
133	BANASZCZAK Karina	60	OFIARY SPORTU	K-20	11	02:27:31	04:33:11.80		+01:55:05 (42.1%)	11:34	5.2 (57.8%)
134	KOCZOROWSKA Anna	313	TEAM ZABIEGANEDNI	K-30	65	02:23:31	04:33:54.35		+01:55:48 (42.3%)	11:36	5.2 (57.8%)
135	MITEK Marta	194		K-30	66	02:24:57	04:34:45.85		+01:56:39 (42.5%)	11:38	5.2 (57.8%)
136	PAWLAK Małgorzata	287		K-40	51	02:21:07	04:35:22.30		+01:57:15 (42.6%)	11:40	5.1 (56.7%)
137	ZAWADZKA Magdalena	25	AKS POLONIA WARSZAWA	K-30	67	02:21:20	04:35:50.15		+01:57:43 (42.7%)	11:41	5.1 (56.7%)
138	KORNACKA Hanna	200	DOGOŃ GRODZISK MAZOWIECKI	K-40	52	02:21:26	04:36:05.65		+01:57:59 (42.7%)	11:41	5.1 (56.7%)
139	PAWLIK Anna	106	OSTRÓDA RUNNERS	K-40	53	02:25:26	04:40:53.50		+02:02:47 (43.7%)	11:54	5 (55.6%)
140	WITKOWSKA Ania	18		K-30	68	02:31:29	04:41:00.20		+02:02:53 (43.7%)	11:54	5 (55.6%)
141	MACKIEWICZ Katarzyna	122		K-30	69	02:31:26	04:41:09.00		+02:03:02 (43.8%)	11:54	5 (55.6%)
142	REMBOWSKA Natalia	282		K-40	54	02:27:16	04:41:48.00		+02:03:41 (43.9%)	11:56	5 (55.6%)
143	MIERZEJEWSKA Martyna	316	BIEGAM NA TARCHOMINIE	K-30	70	02:33:15	04:41:49.85		+02:03:43 (43.9%)	11:56	5 (55.6%)
144	STOLARSKA Danuta	299	PARKRUN SŁODOWO, WŁOCŁAWEK	K-60	1	02:34:01	04:46:11.50		+02:08:05 (44.8%)	12:07	4.9 (54.4%)
145	WITKOWSKA Maria	59	KLUB KRÓLIKA STEFANA	K-60	2	02:41:18	04:46:28.95		+02:08:22 (44.8%)	12:08	4.9 (54.4%)
146	WRZOSEK Karolina	483		K-30	71	02:29:57	04:46:39.75		+02:08:33 (44.8%)	12:08	4.9 (54.4%)
147	WIŚNIEWSKA Dorota	350		K-40	55	02:34:58	04:48:00.25		+02:09:53 (45.1%)	12:12	4.9 (54.4%)
148	LEWANDOWSKA Ewelina	333	NIGHT RUNNERS WROCŁAW	K-30	72	02:35:01	04:48:10.60		+02:10:04 (45.1%)	12:12	4.9 (54.4%)
149	FURTACZ Anna	427		K-40	56	02:30:58	04:48:46.75		+02:10:40 (45.3%)	12:14	4.9 (54.4%)
150	LATOS Joanna	347		K-40	57	02:28:54	04:49:19.85		+02:11:13 (45.4%)	12:15	4.9 (54.4%)
151	KSIĘŻAK Jolanta	320		K-40	58	02:32:34	04:50:25.50		+02:12:19 (45.6%)	12:18	4.9 (54.4%)
152	KRZYKWA Agnieszka	241		K-50	9	02:32:40	04:50:36.45		+02:12:30 (45.6%)	12:18	4.9 (54.4%)
153	CZYŻEWSKA Marlena	238		K-50	10	02:32:53	04:50:45.95		+02:12:39 (45.6%)	12:19	4.9 (54.4%)
154	MHADHBI Joanna	292		K-30	73	02:28:47	04:51:56.80		+02:13:50 (45.8%)	12:22	4.9 (54.4%)
155	MORAWSKA Katarzyna	251	FUCK THE PESEL	K-40	59	02:30:38	04:53:17.00		+02:15:10 (46.1%)	12:25	4.8 (53.3%)
156	JEŻEWSKA Sylwia	343	DRUŻYNA SZPIKU	K-40	60	02:31:53	04:53:56.45		+02:15:50 (46.2%)	12:27	4.8 (53.3%)
157	HEIMOWSKA Beata	446		K-30	74	02:39:22	04:55:54.85		+02:17:48 (46.6%)	12:32	4.8 (53.3%)
158	BLICHERT Anna	57	I DON'T KURWA CARE	K-30	75	02:32:02	04:55:56.05		+02:17:49 (46.6%)	12:32	4.8 (53.3%)
159	ZABOROWSKA Aleksandra	395		K-40	61	02:37:09	04:58:21.80		+02:20:15 (47.0%)	12:38	4.7 (52.2%)
160	MARYNIAK Katarzyna	386	WYBIEGAJ SIEBIE	K-40	62	02:31:36	05:00:52.95		+02:22:46 (47.5%)	12:44	4.7 (52.2%)
161	GAGASZKA Agnieszka	104		K-30	76	02:38:04	05:02:53.05		+02:24:46 (47.8%)	12:50	4.7 (52.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 14.4km	Czas netto 23.6km	Różn	Tempo min/km	Tempo km/h
162	MARCINKOWSKA Beata	178	#CZELADZBIEGA	K-50	11	02:37:41	05:06:21.65	+02:28:15 (48.4%)	12:58	4.6 (51.1%)
163	BARTOSZEWICZ Marta	192		K-30	77	02:43:09	05:06:58.60	+02:28:52 (48.5%)	13:00	4.6 (51.1%)
164	ROGOWSKA-ROSZCZYK Magdalena	199		K-40	63	02:43:30	05:07:10.25	+02:29:03 (48.5%)	13:00	4.6 (51.1%)
165	WRÓBEL Marzena	231		K-40	64	02:40:46	05:08:57.40	+02:30:51 (48.8%)	13:05	4.6 (51.1%)
166	SZOTOWICZ Ewa	151		K-30	78	02:43:13	05:09:49.15	+02:31:42 (49.0%)	13:07	4.6 (51.1%)
167	ŁAŻNIAK-PFAJFER Agata	226	CARDIORUNNERS	K-30	79	02:19:27	05:10:44.65	+02:32:38 (49.1%)	13:10	4.6 (51.1%)
168	PRZYŁUSKA Mirosława	223	RAZ SZCZECIN	K-60	3	02:44:48	05:15:45.05	+02:37:38 (49.9%)	13:22	4.5 (50.0%)
169	WALCZAK Faustyna	264		K-30	80	02:47:21	05:18:30.85	+02:40:24 (50.4%)	13:29	4.4 (48.9%)
170	MATEJKA Małgorzata	274	BIEGAM NA TARCHOMINIE	K-30	81	02:46:52	05:19:33.85	+02:41:27 (50.5%)	13:32	4.4 (48.9%)
171	KASZUBA Katarzyna	105	#CZELADZBIEGA	K-40	65	02:52:13	05:21:09.75	+02:43:03 (50.8%)	13:36	4.4 (48.9%)
172	STRZELCZYK Edyta	267	P+E	K-40	66	02:48:06	05:21:25.60	+02:43:19 (50.8%)	13:37	4.4 (48.9%)
173	KORNILUK Izabela	135		K-40	67	02:55:06	05:22:01.65	+02:43:55 (50.9%)	13:38	4.4 (48.9%)
174	JASIUL Mariola	111		K-40	68	02:52:43	05:22:47.20	+02:44:40 (51.0%)	13:40	4.4 (48.9%)
175	TOMALAK Anna	529		K-30	82	02:57:43	05:28:18.70	+02:50:12 (51.8%)	13:54	4.3 (47.8%)
176	FORMELA Justyna	530		K-40	69	02:57:23	05:28:36.55	+02:50:30 (51.9%)	13:55	4.3 (47.8%)
177	WOZOWCZYK-LESZKO Ela	133		K-50	12	03:00:10	05:35:35.80	+02:57:29 (52.9%)	14:13	4.2 (46.7%)
178	CHWIAŁKOWSKA Elżbieta	53		K-50	13	02:56:54	05:39:25.25	+03:01:18 (53.4%)	14:22	4.2 (46.7%)

Znaleziono 178 wynik(ów)