



**SUPERMARATON  
GÓR  
STOŁOWYCH**

# SGS LIGHT PÓŁMARATON 23KM

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

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

Klasyfikacja: OPEN KOBIEC

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

| Czas |                               |       |                                   |           |      |                    |                         |                   |                 |               |
|------|-------------------------------|-------|-----------------------------------|-----------|------|--------------------|-------------------------|-------------------|-----------------|---------------|
| Msc  | Zawodnik                      | Numer | Klub                              | Kategoria | Mkat | Pasterka<br>14.4km | Czas<br>netto<br>23.6km | Różn              | Tempo<br>min/km | Tempo<br>km/h |
| 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   | FRĄCZEK 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<br>14.4km | Czas<br>netto | Różn              | Tempo<br>min/km | Tempo<br>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<br>14.4km | Czas<br>netto<br>23.6km | Różn              | Tempo<br>min/km | Tempo<br>km/h |
|-----|-------------------------|-------|--------------------------------------------|-----------|------|--------------------|-------------------------|-------------------|-----------------|---------------|
|     |                         |       |                                            |           |      |                    |                         |                   |                 |               |
| 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<br>14.4km | Czas<br>netto<br>23.6km | Różn              | Tempo<br>min/km | Tempo<br>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 MÓGŁ 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)