V ZIMOWA BIESZCZADZKA DYCHA 2019

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie: Zimowy Maraton Bieszczadzki 2019
Organizator: Fundacja Bieg Rzeźnika
Data: 2019-01-26
Miejsce: Cisna
Dystans: 10 km

Klasyfikacja: Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Split_Mateusz 5.5km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	**KOWALCZYK Agnieszka**	**2185**	ADIDAS RUNNERS WARSAW	K30	1	00:00:31	00:31:30		**00:50:05.90**	**00:50:05.90**		5:00	12 (100%)
2	**LORENS Magdalena**	**2173**	G.O.A.T. TEAM MICHAŁOWICE	K20	1	00:00:32	00:32:12		**00:50:51.05**	**00:50:51.05**	+00:00:45 (1.5%)	5:05	11.8 (98.3%)
3	**KALBARCZYK Adriana**	**2144**	ADIDAS RUNNERS WARSAW	K20	2	00:00:31	00:33:06		**00:52:16.85**	**00:52:16.85**	+00:02:10 (4.2%)	5:13	11.5 (95.8%)
4	**EPA Karolina**	**2001**	PZU SPORT TEAM	K30	2	00:00:42	00:34:48		**00:55:31.90**	**00:55:31.90**	+00:05:26 (9.8%)	5:33	10.8 (90.0%)
5	**SZKLANA Anita**	**1060**		K20	3	00:00:45	00:36:24		**00:58:11.40**	**00:58:11.40**	+00:08:05 (13.9%)	5:49	10.3 (85.8%)
6	**POGODA Kinga**	**2215**	OTK RZEŹNIK	K20	4	00:01:01	00:37:30		**00:58:47.55**	**00:58:47.55**	+00:08:41 (14.8%)	5:52	10.2 (85.0%)
7	**POLEWKA Aleksandra**	**2217**	BIEG RZEŹNIKA/UKS KOMETA GLIWICE	K20	5	00:01:01	00:38:22		**01:00:21.10**	**01:00:21.10**	+00:10:15 (17.0%)	6:02	9.9 (82.5%)
8	**ŻELAZNY Agnieszka**	**2111**	GORLICKA GRUPA BIEGOWA	K40	1	00:01:00	00:38:54		**01:01:08.55**	**01:01:08.55**	+00:11:02 (18.1%)	6:06	9.8 (81.7%)
9	**MATŁOSZ Jolanta**	**2157**		K30	3	00:00:47	00:38:56		**01:01:35.80**	**01:01:35.80**	+00:11:29 (18.7%)	6:09	9.7 (80.8%)
10	**NYGA Julia**	**2212**	OTK RZEŹNIK	K20	6	00:01:02	00:38:23		**01:01:52.80**	**01:01:52.80**	+00:11:46 (19.0%)	6:11	9.7 (80.8%)
11	**ŁAGOŻNY Katarzyna**	**2143**		K20	7	00:01:25	00:39:29		**01:03:36.55**	**01:03:36.55**	+00:13:30 (21.2%)	6:21	9.4 (78.3%)
12	**JONKISZ Ewelina**	**2115**		K30	4	00:01:39	00:41:33		**01:05:05.75**	**01:05:05.75**	+00:14:59 (23.0%)	6:30	9.2 (76.7%)
13	**SUCHOWIECKA Sabina**	**2077**		K20	8	00:00:52	00:41:34		**01:05:51.85**	**01:05:51.85**	+00:15:45 (23.9%)	6:35	9.1 (75.8%)
14	**WAŁACHOWSKA Urszula**	**2176**	SOLINA TEAM	K30	5	00:00:59	00:41:19		**01:06:09.60**	**01:06:09.60**	+00:16:03 (24.3%)	6:36	9.1 (75.8%)
15	**SZNAJDER Joanna**	**2009**	G.O.A.T. TEAM MICHAŁOWICE	K30	6	00:00:53	00:41:50		**01:06:16.10**	**01:06:16.10**	+00:16:10 (24.4%)	6:37	9.1 (75.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Split_Mateusz 5.5km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	**MANIAK Justyna**	**2163**		K30	7	00:01:23	00:41:42		**01:06:20.50**	**01:06:20.50**	+00:16:14 (24.5%)	6:38	9 (75.0%)
17	**NOWICKA Anna**	**2039**		K30	8	00:01:28	00:43:10		**01:07:17.60**	**01:07:17.60**	+00:17:11 (25.6%)	6:43	8.9 (74.2%)
18	**MAZUR Mariola**	**2057**	DZIKIE MUSTANGI	K30	9	00:01:26	00:42:40		**01:07:59.95**	**01:07:59.95**	+00:17:54 (26.3%)	6:47	8.8 (73.3%)
19	**DYLĄG Marlena**	**2044**	G.O.A.T. TEAM MICHAŁOWICE	K20	9	00:00:52	00:42:47		**01:08:16.65**	**01:08:16.65**	+00:18:10 (26.6%)	6:49	8.8 (73.3%)
20	**GOLIS Magdalena**	**2038**		K30	10	00:00:50	00:42:49		**01:08:51.45**	**01:08:51.45**	+00:18:45 (27.2%)	6:53	8.7 (72.5%)
21	**GRUSZECKA Anna**	**2067**		K40	2	00:00:51	00:45:06		**01:09:16.45**	**01:09:16.45**	+00:19:10 (27.7%)	6:55	8.7 (72.5%)
22	**BOZA Beata**	**2141**	GREIF TEAM WŁADYSŁAWOWO	K40	3	00:02:50	00:45:30		**01:09:21.10**	**01:09:21.10**	+00:19:15 (27.8%)	6:56	8.7 (72.5%)
23	**ŻACZKIEWICZ Izabela**	**2228**		K50	1	00:02:30	00:43:44	00:00:30	**01:09:23.15**	**01:09:23.15**	+00:19:17 (27.8%)	6:53	8.7 (72.5%)
24	**NOWAK Wioletta**	**2051**	DZIKIE MUSTANGI	K30	11	00:01:27	00:42:39	00:01:30	**01:09:30.00**	**01:09:30.00**	+00:19:24 (27.9%)	6:48	8.8 (73.3%)
25	**MAZUREK Katarzyna**	**2102**		K40	4	00:02:48	00:45:49		**01:11:00.95**	**01:11:00.95**	+00:20:55 (29.5%)	7:06	8.5 (70.8%)
26	**BRZEZIŃSKA Agnieszka**	**2124**	DUSZA DRZEWA	K40	5	00:02:47	00:44:21		**01:11:03.30**	**01:11:03.30**	+00:20:57 (29.5%)	7:06	8.4 (70.0%)
27	**SZABAT Katarzyna**	**2029**		K20	10	00:01:43	00:44:19		**01:11:20.20**	**01:11:20.20**	+00:21:14 (29.8%)	7:08	8.4 (70.0%)
28	**RAWSKA Anna**	**2074**		K20	11	00:02:27	00:45:28		**01:12:07.90**	**01:12:07.90**	+00:22:02 (30.5%)	7:12	8.3 (69.2%)
29	**GNIECIAK Monika**	**2191**	MMTEAM	K30	12	00:01:15	00:45:56		**01:13:35.65**	**01:13:35.65**	+00:23:29 (31.9%)	7:21	8.2 (68.3%)
30	**ARTYM Magdalena**	**2100**	PRZEMYSKI KLUB BIEGACZA	K40	6	00:03:13	00:48:27		**01:14:34.55**	**01:14:34.55**	+00:24:28 (32.8%)	7:27	8 (66.7%)
31	**ŚWIERC Iwona**	**2184**		K40	7	00:01:11	00:45:54	00:00:30	**01:14:56.30**	**01:14:56.30**	+00:24:50 (33.1%)	7:26	8.1 (67.5%)
32	**MĄDRO Anna**	**2231**		K30	13	00:02:08	00:47:26		**01:15:14.05**	**01:15:14.05**	+00:25:08 (33.4%)	7:31	8 (66.7%)
33	**KŁODZIŃSKA Barbara**	**2112**	1971	K40	8	00:03:33	00:50:41		**01:18:02.25**	**01:18:02.25**	+00:27:56 (35.8%)	7:48	7.7 (64.2%)
34	**WOŹNIAK Lidia**	**2195**	PORMAT JEDLICZE BIEGA	K50	2	00:01:05	00:46:49		**01:18:03.95**	**01:18:03.95**	+00:27:58 (35.8%)	7:48	7.7 (64.2%)
35	**HUDZIK Dominika**	**2004**		K40	9	00:03:10	00:49:29		**01:18:29.35**	**01:18:29.35**	+00:28:23 (36.2%)	7:50	7.6 (63.3%)
36	**STARZECKA Joanna**	**2023**		K40	10	00:02:46	00:49:46		**01:19:53.90**	**01:19:53.90**	+00:29:48 (37.3%)	7:59	7.5 (62.5%)
37	**WALKOWICZ Iwona**	**2041**		K30	14	00:01:44	00:48:40		**01:19:54.95**	**01:19:54.95**	+00:29:49 (37.3%)	7:59	7.5 (62.5%)
38	**ŻAK Izabela**	**2132**		K20	12	00:03:21	00:50:48		**01:20:00.45**	**01:20:00.45**	+00:29:54 (37.4%)	8:00	7.5 (62.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Split_Mateusz 5.5km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
39	**SZYMAŁA Monika**	**2032**		K20	13	00:01:58	00:49:19	00:00:30	**01:20:19.25**	**01:20:19.25**	+00:30:13 (37.6%)	7:58	7.5 (62.5%)
40	**ROSIAK Kamila**	**2069**		K30	15	00:03:31	00:50:22		**01:20:27.00**	**01:20:27.00**	+00:30:21 (37.7%)	8:02	7.5 (62.5%)
41	**MAZURKIEWICZ Angelika**	**2230**		K20	14	00:02:06	00:51:44		**01:21:18.55**	**01:21:18.55**	+00:31:12 (38.4%)	8:07	7.4 (61.7%)
42	**GŁUCHOWSKA Joanna**	**2187**	RYKI	K40	11	00:01:18	00:49:32		**01:21:49.30**	**01:21:49.30**	+00:31:43 (38.8%)	8:10	7.3 (60.8%)
43	**WILK-PAWŁOWSKA Agnieszka**	**2139**	ROCK&RUN	K30	16	00:01:47	00:51:21		**01:21:49.60**	**01:21:49.60**	+00:31:43 (38.8%)	8:10	7.3 (60.8%)
44	**JANKOWSKA Natalia**	**2192**		K30	17	00:01:11	00:49:55		**01:21:54.10**	**01:21:54.10**	+00:31:48 (38.8%)	8:11	7.3 (60.8%)
45	**SŁOWIK Ilona**	**2108**	BIEGANIE SZYDERCÓW	K30	18	00:03:32	00:52:21		**01:21:54.80**	**01:21:54.80**	+00:31:48 (38.8%)	8:11	7.3 (60.8%)
46	**WIERCHOŁA Joanna**	**2125**		K60	1	00:03:05	00:50:56		**01:21:56.20**	**01:21:56.20**	+00:31:50 (38.9%)	8:11	7.3 (60.8%)
47	**TOKARSKA Bożena**	**2225**		K40	12	00:02:19	00:51:01		**01:22:01.25**	**01:22:01.25**	+00:31:55 (38.9%)	8:12	7.3 (60.8%)
48	**KOŁODZIEJCZYK Joanna**	**2239**		K30	19	00:02:07	00:52:47		**01:22:02.35**	**01:22:02.35**	+00:31:56 (38.9%)	8:12	7.3 (60.8%)
49	**GARWACKA Beata**	**2160**		K50	3	00:03:12	00:52:51		**01:22:51.20**	**01:22:51.20**	+00:32:45 (39.5%)	8:17	7.2 (60.0%)
50	**SOBOCIŃSKA Dominika**	**2147**	RUN SŁOBODAN	K30	20	00:03:26	00:53:39		**01:23:12.90**	**01:23:12.90**	+00:33:07 (39.8%)	8:19	7.2 (60.0%)
51	**BARADZIEJ Barbara**	**2245**		K30	21	00:01:14	00:51:02		**01:24:01.20**	**01:24:01.20**	+00:33:55 (40.4%)	8:24	7.1 (59.2%)
52	**SUŁKOWSKA Joanna**	**2058**		K40	13	00:02:49	00:51:56		**01:24:05.20**	**01:24:05.20**	+00:33:59 (40.4%)	8:24	7.1 (59.2%)
53	**BEDNARCZUK Joanna**	**2193**		K40	14	00:02:05	00:53:40		**01:24:06.90**	**01:24:06.90**	+00:34:01 (40.4%)	8:24	7.1 (59.2%)
54	**ZIMEK Dominika**	**2090**	PANI	K30	22	00:03:20	00:54:27		**01:26:53.85**	**01:26:53.85**	+00:36:47 (42.3%)	8:41	6.9 (57.5%)
55	**PTASZYŃSKA Milena**	**2162**	KOSMOLÓW TEAM	K30	23	00:02:23	00:55:03		**01:27:03.75**	**01:27:03.75**	+00:36:57 (42.5%)	8:42	6.9 (57.5%)
56	**POPIELA - KAWA Sylwia**	**2210**	KRYSTEK TEAM	K30	24	00:03:15	00:55:07		**01:27:06.80**	**01:27:06.80**	+00:37:00 (42.5%)	8:42	6.9 (57.5%)
57	**WAJCOWICZ Małgorzata**	**2200**	POZYTYWNIE ZABIEGANI SANOK	K40	15	00:02:22	00:51:27		**01:27:10.80**	**01:27:10.80**	+00:37:04 (42.5%)	8:43	6.9 (57.5%)
58	**WOJTOWICZ Elżbieta**	**2073**		K40	16	00:00:51	00:53:37		**01:27:15.20**	**01:27:15.20**	+00:37:09 (42.6%)	8:43	6.9 (57.5%)
59	**SZPREJDA Paulina**	**2054**	MSMTECHNIC.COM	K30	25	00:03:30	00:52:49		**01:27:15.95**	**01:27:15.95**	+00:37:10 (42.6%)	8:43	6.9 (57.5%)
60	**SZOSTAK Dorota**	**2071**	PRUSIE	K40	17	00:02:20	00:54:14		**01:27:17.30**	**01:27:17.30**	+00:37:11 (42.6%)	8:43	6.9 (57.5%)
61	**NAZIMEK Małgorzata**	**2236**		K20	15	00:01:33	00:54:11		**01:27:17.80**	**01:27:17.80**	+00:37:11 (42.6%)	8:43	6.9 (57.5%)

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62	**KALINOWSKA Lucyna**	**2127**		K50	4	00:01:45	00:53:42		**01:27:22.85**	**01:27:22.85**	+00:37:16 (42.7%)	8:44	6.9 (57.5%)
63	**HADAM Ewa**	**2095**	SPARTAN RACE TRAINING GROUP RZESZÓW	K50	5	00:03:28	00:54:29		**01:27:23.30**	**01:27:23.30**	+00:37:17 (42.7%)	8:44	6.9 (57.5%)
64	**KAJMOWICZ Kasia**	**2104**		K30	26	00:03:32	00:54:32		**01:27:24.60**	**01:27:24.60**	+00:37:18 (42.7%)	8:44	6.9 (57.5%)
65	**PĘKALSKA Anna**	**2022**		K40	18	00:03:11	00:55:02		**01:27:31.00**	**01:27:31.00**	+00:37:25 (42.8%)	8:45	6.9 (57.5%)
66	**GRABOWSKA Paulina**	**2194**		K20	16	00:03:36	00:56:20		**01:27:31.95**	**01:27:31.95**	+00:37:26 (42.8%)	8:45	6.9 (57.5%)
67	**DRAZEK Aleksandra**	**2164**		K20	17	00:01:13	00:55:02		**01:27:45.80**	**01:27:45.80**	+00:37:39 (42.9%)	8:46	6.8 (56.7%)
68	**STRZĘPEK Jagoda**	**2098**		K20	18	00:03:19	00:55:52		**01:28:17.15**	**01:28:17.15**	+00:38:11 (43.3%)	8:49	6.8 (56.7%)
69	**GRODON Magdalena**	**2171**	TRENUJ Z NAMI	K40	19	00:02:19	00:56:31		**01:29:24.15**	**01:29:24.15**	+00:39:18 (44.0%)	8:56	6.7 (55.8%)
70	**SKOREK-MASZOTA Weronika**	**2155**		K40	20	00:02:07	00:56:09		**01:29:26.55**	**01:29:26.55**	+00:39:20 (44.0%)	8:56	6.7 (55.8%)
71	**ZIOBRO-MYŚLIWIEC Anna**	**2234**		K40	21	00:03:10	00:55:36		**01:30:04.50**	**01:30:04.50**	+00:39:58 (44.4%)	9:00	6.7 (55.8%)
72	**PACHOLIK Katarzyna**	**2116**		K30	27	00:03:45	00:55:18		**01:31:08.20**	**01:31:08.20**	+00:41:02 (45.0%)	9:06	6.6 (55.0%)
73	**STANKIEWICZ Ewa**	**2224**		K30	28	00:03:01	00:58:20		**01:31:43.00**	**01:31:43.00**	+00:41:37 (45.4%)	9:10	6.5 (54.2%)
74	**NOWAK Karolina**	**2158**		K30	29	00:01:23	00:56:11		**01:31:47.70**	**01:31:47.70**	+00:41:41 (45.4%)	9:10	6.5 (54.2%)
75	**SZCZEPANEK Ewelina**	**2031**	POTRENUJEMY?	K30	30	00:00:56	00:56:39		**01:32:16.55**	**01:32:16.55**	+00:42:10 (45.7%)	9:13	6.5 (54.2%)
76	**KANIA Monika**	**2166**	POTRENUJEMY?	K30	31	00:00:55	00:56:41		**01:32:16.70**	**01:32:16.70**	+00:42:10 (45.7%)	9:13	6.5 (54.2%)
77	**SKORUPKA Anna**	**2131**		K30	32		00:58:34		**01:32:35.85**	**01:32:35.85**	+00:42:29 (45.9%)	9:15	6.5 (54.2%)
78	**FURDYNA Maria**	**2167**		K30	33	00:03:37	00:58:55		**01:32:38.25**	**01:32:38.25**	+00:42:32 (45.9%)	9:15	6.5 (54.2%)
79	**ROJ Magdalena**	**2120**	RUN SŁOBODAN	K30	34	00:03:24	00:59:55		**01:33:57.70**	**01:33:57.70**	+00:43:51 (46.7%)	9:23	6.4 (53.3%)
80	**KONARSKA Karolina**	**2128**	RUN SŁOBODAN	K30	35	00:03:25	01:00:21		**01:33:59.25**	**01:33:59.25**	+00:43:53 (46.7%)	9:23	6.4 (53.3%)
81	**CZUBA Jadwiga**	**2061**		K30	36	00:01:09	00:57:14	00:00:30	**01:34:17.00**	**01:34:17.00**	+00:44:11 (46.9%)	9:22	6.4 (53.3%)
82	**SULEWSKA Kasia**	**2085**	BIEGAM BO LUBIĘ OSTROŁĘKA	K40	22	00:03:14	00:58:32		**01:35:06.50**	**01:35:06.50**	+00:45:00 (47.3%)	9:30	6.3 (52.5%)
83	**SIONKOWSKA Joanna**	**2169**	CROSSFITTER CHEŁM	K40	23		00:58:36	00:00:30	**01:35:32.10**	**01:35:32.10**	+00:45:26 (47.6%)	9:30	6.3 (52.5%)
84	**DADAŚ Elżbieta**	**2007**	NIGHT RUNNERS GLIWICE	K40	24	00:03:25	00:57:58		**01:35:59.60**	**01:35:59.60**	+00:45:53 (47.8%)	9:35	6.3 (52.5%)

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85	**GAŁUSZEK Olga**	**2190**		K50	6	00:01:41	01:01:05		**01:36:02.15**	**01:36:02.15**	+00:45:56 (47.8%)	9:36	6.2 (51.7%)
86	**MROCZKA Agnieszka**	**2114**	BBL JAROSŁAW	K40	25	00:02:13	01:00:16		**01:37:05.75**	**01:37:05.75**	+00:46:59 (48.4%)	9:42	6.2 (51.7%)
87	**SĄCZAWA Ewa**	**2140**	BBL JAROSŁAW	K40	26	00:02:13	01:00:17	00:00:30	**01:38:20.15**	**01:38:20.15**	+00:48:14 (49.1%)	9:47	6.1 (50.8%)
88	**KĘDRA Agnieszka**	**2072**		K20	19	00:01:51	00:59:20		**01:38:25.10**	**01:38:25.10**	+00:48:19 (49.1%)	9:50	6.1 (50.8%)
89	**RADYK Joanna**	**2156**	PRZEMYSKI KLUB BIEGACZA	K30	37	00:03:13	00:59:22		**01:38:26.30**	**01:38:26.30**	+00:48:20 (49.1%)	9:50	6.1 (50.8%)
90	**WROTKOWSKA Barbara**	**2105**		K30	38	00:02:46	01:03:45		**01:38:28.50**	**01:38:28.50**	+00:48:22 (49.1%)	9:50	6.1 (50.8%)
91	**WILK Izabela**	**2174**	SEKCJA PIASKI	K40	27	00:02:18	01:04:13		**01:38:29.10**	**01:38:29.10**	+00:48:23 (49.1%)	9:50	6.1 (50.8%)
92	**CHRAPEK Joanna**	**2079**		K20	20	00:02:18	01:04:10		**01:38:29.40**	**01:38:29.40**	+00:48:23 (49.1%)	9:50	6.1 (50.8%)
93	**POLAK Luiza**	**2178**		K40	28	00:01:23	01:00:42		**01:38:29.90**	**01:38:29.90**	+00:48:24 (49.1%)	9:50	6.1 (50.8%)
94	**PASZKIEWICZ Ola**	**2159**		K20	21	00:02:18	01:04:12		**01:38:31.40**	**01:38:31.40**	+00:48:25 (49.2%)	9:51	6.1 (50.8%)
95	**WACHNIK Agnieszka**	**2021**	NOWA HUTA TEAM	K30	39	00:02:01	01:05:01		**01:38:49.00**	**01:38:49.00**	+00:48:43 (49.3%)	9:52	6.1 (50.8%)
96	**GRABOWSKA Anna**	**2010**	1968	K50	7	00:01:18	01:04:48		**01:40:56.90**	**01:40:56.90**	+00:50:51 (50.4%)	10:05	5.9 (49.2%)
97	**JUREWICZ Aneta**	**2037**		K30	40	00:01:32			**01:41:44.90**	**01:41:44.90**	+00:51:39 (50.8%)	10:10	5.9 (49.2%)
98	**GAWRON Gabriela**	**2103**	ROOKS TEAM	K30	41	00:00:58	01:04:44		**01:41:54.85**	**01:41:54.85**	+00:51:48 (50.8%)	10:11	5.9 (49.2%)
99	**BURZ Jowita**	**2084**		K40	29	00:03:53	01:02:42		**01:43:30.65**	**01:43:30.65**	+00:53:24 (51.6%)	10:21	5.8 (48.3%)
100	**MIKSZA Aneta**	**2136**		K40	30	00:03:06	01:06:12		**01:46:35.00**	**01:46:35.00**	+00:56:29 (53.0%)	10:39	5.6 (46.7%)
101	**HERNAS Aneta**	**1391**		K30	42	00:03:10	01:07:09		**01:48:22.30**	**01:48:22.30**	+00:58:16 (53.8%)	10:50	5.5 (45.8%)
102	**FRĄC Elżbieta**	**2013**	NIGHT RUNNERS GLIWICE	K40	31	00:03:27	01:06:29		**01:48:22.60**	**01:48:22.60**	+00:58:16 (53.8%)	10:50	5.5 (45.8%)
103	**ADAMSKA Jola**	**2018**	NIGHT RUNNERS GLIWICE	K50	8	00:03:40	01:21:21		**02:08:26.55**	**02:08:26.55**	+01:18:20 (61.0%)	12:50	4.7 (39.2%)

Znaleziono 103 wynik(ów)