

V ZIMOWY MARATON BIESZCZADZKI 2019 - 23KM

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Zimowy Maraton Bieszczadzki 2019
Fundacja Bieg Rzeźnika
2019-01-26
Cisna
23 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 2km	Split_Mateusz 6.5km	Split_Kamyk 13km	Split_Mateusz 18.5km	Kara/ bonifikata	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
1	WYWŁOKA Paulina	1385	SALCO GARMIN TEAM	K20	1	00:00:33	00:29:27	01:06:46	01:38:08		01:55:30.75	01:55:30.75		5:01	11.9 (100%)
2	SOLIŃSKA Katarzyna	1438		K20	2	00:00:33	00:29:34	01:06:54	01:39:11		01:56:57.35	01:56:57.35	+00:01:26 (1.2%)	5:05	11.8 (99.2%)
3	WINIARSKA Katarzyna	1396	PRZEMYSKI KLUB BIEGACZA	K30	1	00:00:34	00:31:02	01:11:00	01:45:30		02:04:02.60	02:04:02.60	+00:08:31 (6.9%)	5:23	11.1 (93.3%)
4	KORZEP-CZEKAŁSKA Dorota	1220	BIEGAM BO LUBIĘ OSTROŁĘKA	K40	1	00:01:08	00:35:33	01:21:34	02:00:40		02:21:31.95	02:21:31.95	+00:26:01 (18.4%)	6:09	9.8 (82.4%)
5	WARĘCKA Kasia	1230		K20	3	00:00:39	00:35:57	01:24:09	02:05:30		02:27:41.00	02:27:41.00	+00:32:10 (21.8%)	6:25	9.3 (78.2%)
6	KONKEL Katarzyna	1407	MAJA TEAM	K20	4	00:00:52	00:34:19	01:31:43	02:09:11		02:29:53.20	02:29:53.20	+00:34:22 (22.9%)	6:31	9.2 (77.3%)
7	GRACZYK Karolina	1437		K30	2	00:00:41	00:38:26	01:29:41	02:10:48		02:32:43.40	02:32:43.40	+00:37:12 (24.4%)	6:38	9 (75.6%)
8	GRZENIA Małgorzata	1144	CENTRUM MEDYCZNE ORTO-OPTYMIST	K50	1	00:01:11	00:36:25	01:25:31	02:09:49		02:33:31.00	02:33:31.00	+00:38:00 (24.8%)	6:40	9 (75.6%)
9	WOŹNICKA Ewa	1134		K20	5	00:01:24	00:40:53	01:31:22	02:13:31		02:38:27.60	02:38:27.60	+00:42:56 (27.1%)	6:53	8.7 (73.1%)
10	ŻEBRAKOWSKA Katarzyna	1446		K40	2	00:02:30	00:41:13	01:33:17	02:16:39		02:39:30.35	02:39:30.35	+00:43:59 (27.6%)	6:56	8.7 (73.1%)
11	KANDEFER Beata	1342	KB „ATHLETIC”ZRĘCIN	K40	3	00:00:51	00:37:29	01:32:20	02:15:55		02:40:12.10	02:40:12.10	+00:44:41 (27.9%)	6:57	8.6 (72.3%)
12	SZUMNY Nina	1356		K30	3	00:00:33	00:39:00	01:33:35	02:16:58		02:40:13.95	02:40:13.95	+00:44:43 (27.9%)	6:57	8.6 (72.3%)
13	SZYBIAK Joanna	1421		K40	4	00:01:50	00:39:44	01:32:04	02:16:35		02:40:41.15	02:40:41.15	+00:45:10 (28.1%)	6:59	8.6 (72.3%)
14	BOGDAŃSKA Katarzyna	1443		K20	6	00:01:02	00:39:32	01:32:25	02:16:59		02:41:46.10	02:41:46.10	+00:46:15 (28.6%)	7:02	8.5 (71.4%)
15	PITURA Eliza	1155	LUBELSKA GRUPA TRIATHLONU	K40	5	00:00:49	00:37:31	01:31:25	02:18:04		02:43:50.30	02:43:50.30	+00:48:19 (29.5%)	7:07	8.4 (70.6%)
16	ŁUSZCZYC Anna	1256		K30	4	00:01:28	00:42:52	01:36:39	02:21:38		02:44:56.45	02:44:56.45	+00:49:25 (30.0%)	7:10	8.4 (70.6%)
17	BAJSAROWICZ Marlena	1193	WKURW_TEAM	K20	7	00:02:26	00:41:27	01:33:55	02:20:18		02:45:04.90	02:45:04.90	+00:49:34 (30.0%)	7:10	8.4 (70.6%)
18	OLESIŃSKA Agnieszka	359	BOCHNIA BIEGA	K40	6		00:44:02	01:38:05	02:22:43		02:45:29.80	02:45:29.80	+00:49:59 (30.2%)	7:11	8.3 (69.7%)
19	BEDNARZ Anna	1289		K20	8	00:03:29	00:44:41	01:36:34	02:21:29		02:46:41.00	02:46:41.00	+00:51:10 (30.7%)	7:14	8.3 (69.7%)
20	MOLASY Dorota	1348	AKTYWNIE Z MÓLKAMI	K30	5	00:02:51	00:43:55	01:40:05	02:26:41		02:49:50.95	02:49:50.95	+00:54:20 (32.0%)	7:23	8.1 (68.1%)
21	SKUBISZ Aleksandra	1345		K20	9	00:01:02	00:41:41	01:39:07	02:25:19		02:50:53.25	02:50:53.25	+00:55:22 (32.4%)	7:25	8.1 (68.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Split_Mateusz	Split_Kamyk	Split_Mateusz	Kara/ bonifikata	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						2km	6.5km	13km	18.5km		23km	23km			
22	GRABOWSKA Aleksandra	1261	LOTNICZA AKADEMIA WOJSKOWA	K20	10	00:00:56	00:43:50	01:40:19	02:28:01		02:54:25.15	02:54:25.15	+00:58:54 (33.8%)	7:35	7.9 (66.4%)
23	SOBURA-DURMA Magdalena	1450		K40	7	00:02:54	00:44:23	01:41:53	02:28:21		02:54:35.25	02:54:35.25	+00:59:04 (33.8%)	7:35	7.9 (66.4%)
24	PYSKATY Marta	1454		K40	8	00:02:09	00:46:26	01:45:00	02:30:57		02:57:59.05	02:57:59.05	+01:02:28 (35.1%)	7:44	7.8 (65.5%)
25	PLUTA Marta	2056	DZIKIEMUSTANGI	K40	9	00:02:10	00:46:25	01:45:01	02:30:56		02:58:04.95	02:58:04.95	+01:02:34 (35.1%)	7:44	7.7 (64.7%)
26	HABRAT Dorota	1181	HABRAT TEAM	K40	10	00:02:15	00:43:24	01:40:33	02:29:47		02:58:24.30	02:58:24.30	+01:02:53 (35.3%)	7:45	7.7 (64.7%)
27	RACZEK Natalia	1285	EXTREME TRAUMA TEAM	K20	11	00:02:55	00:45:39	01:44:44	02:31:43		02:58:27.70	02:58:27.70	+01:02:56 (35.3%)	7:45	7.7 (64.7%)
28	KANCLERZ-MAZURCZUK Monika	1243	CROSSFITTER BOX CHEŁM	K40	11	00:03:29	00:46:05	01:41:41	02:31:35		02:58:30.35	02:58:30.35	+01:02:59 (35.3%)	7:45	7.7 (64.7%)
29	BODZIOCH Agnieszka	1077	ITMBW KRAKÓW	K20	12	00:01:25	00:41:54	01:39:37	02:29:46		02:59:04.30	02:59:04.30	+01:03:33 (35.5%)	7:47	7.7 (64.7%)
30	MĄCZKA Krystyna	1441		K60	1	00:02:57	00:44:38	01:46:07	02:34:48		03:01:24.65	03:01:24.65	+01:05:53 (36.3%)	7:53	7.6 (63.9%)
31	KUBACKA Marta	1334	DRUŻYNA TVN	K30	6	00:01:34	00:43:21	01:44:14	02:33:19		03:01:45.70	03:01:45.70	+01:06:14 (36.4%)	7:54	7.6 (63.9%)
32	SOKÓŁ Sylwia	1043		K30	7	00:03:39	00:48:40	01:45:38	02:34:36		03:02:52.45	03:02:52.45	+01:07:21 (36.8%)	7:57	7.5 (63.0%)
33	KITOWSKA Anna	1434	HUSARIA RACE TEAM	K40	12	00:01:19	00:46:09	01:47:59	02:36:49		03:04:51.90	03:04:51.90	+01:09:21 (37.5%)	8:02	7.5 (63.0%)
34	CHŁAP Elżbieta	1163	DOLINIARZ	K40	13	00:03:03	00:47:29	01:50:29	02:39:31	00:01:00	03:06:20.35	03:06:20.35	+01:10:49 (38.0%)	8:03	7.4 (62.2%)
35	KISZA-GRYNIENKO Anna	2153		K30	8	00:03:21	00:47:26	01:46:27	02:36:47		03:06:29.00	03:06:29.00	+01:10:58 (38.1%)	8:06	7.4 (62.2%)
36	CIEŚLA Magda	1283		K30	9	00:02:23	00:46:30	01:48:28	02:38:37		03:07:42.80	03:07:42.80	+01:12:12 (38.5%)	8:09	7.4 (62.2%)
37	WRÓBLESKA Weronika	1150	BIEGUSIEM.PL	K30	10	00:02:41	00:50:25	01:51:56	02:41:40		03:07:44.65	03:07:44.65	+01:12:13 (38.5%)	8:09	7.4 (62.2%)
38	WOJCIECHOWSKA Andżelika	1248		K20	13	00:02:45	00:50:07	01:51:31	02:40:11		03:07:46.40	03:07:46.40	+01:12:15 (38.5%)	8:09	7.3 (61.3%)
39	LUBAŃSKA Alicja	1339		K50	2	00:01:36	00:44:02	01:45:30	02:38:12		03:08:46.40	03:08:46.40	+01:13:15 (38.8%)	8:12	7.3 (61.3%)
40	BAR Aleksandra	1308	GMINA STRZELCE OPOLSKIE	K40	14	00:02:50	00:48:21	01:53:45	02:41:59		03:08:59.95	03:08:59.95	+01:13:29 (38.9%)	8:13	7.3 (61.3%)
41	MATERNIA Karolina	1263		K30	11	00:03:31	00:51:30	01:56:48	02:44:26		03:11:02.60	03:11:02.60	+01:15:31 (39.5%)	8:18	7.2 (60.5%)
42	JOB Weronika	1075		K30	12	00:02:43	00:45:38	01:48:30	02:44:00		03:12:09.10	03:12:09.10	+01:16:38 (39.9%)	8:21	7.2 (60.5%)
43	KRÓLIKOWSKA Anna	1271	HUSARIA RACE TEAM	K20	14	00:01:09	00:43:43	01:51:00	02:41:28		03:12:26.55	03:12:26.55	+01:16:55 (40.0%)	8:22	7.2 (60.5%)
44	SOSZYŃSKA - PSTROKOŃSKA Joanna	1119	GAZELE NA STARCIE	K30	13	00:02:59	00:56:34	01:56:16	02:45:35		03:13:30.45	03:13:30.45	+01:17:59 (40.3%)	8:24	7.1 (59.7%)
45	JASZCZAK Marzena	1173	ZAKRZOWIEC TEAM CHALLENGE	K30	14	00:01:08	00:46:10	01:55:58	02:45:53		03:13:32.05	03:13:32.05	+01:18:01 (40.3%)	8:24	7.1 (59.7%)
46	MAGER Olga	1028		K40	15	00:03:03	00:49:30	01:53:23	02:45:00		03:15:17.35	03:15:17.35	+01:19:46 (40.9%)	8:29	7.1 (59.7%)
47	KONDRACIUK Katarzyna	1335	PROJEKT 'K JAK KAJAKI'	K40	16	00:01:50	00:46:22	01:52:25	02:45:03		03:15:34.45	03:15:34.45	+01:20:03 (40.9%)	8:30	7.1 (59.7%)
48	SZMUC Anna	1093	MYSZKÓW BIEGA	K40	17	00:01:26	00:47:00	01:52:45	02:45:32		03:16:09.40	03:16:09.40	+01:20:38 (41.1%)	8:31	7 (58.8%)
49	KOTERBICKA-PAŚKO Agnieszka	1085	ELEKTRONIK PRZEMYSŁ	K40	18	00:01:23	00:45:34	01:56:13	02:48:35		03:19:09.50	03:19:09.50	+01:23:38 (42.0%)	8:39	6.9 (58.0%)
50	ŁAMPIKA Kinga	1388		K30	15	00:03:39	00:50:49	02:00:02	02:51:33		03:19:12.25	03:19:12.25	+01:23:41 (42.0%)	8:39	6.9 (58.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start 2k 2km	Split_Mateusz 6.5km	Split_Kamyk 13km	Split_Mateusz 18.5km	Kara/ bonifikata	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
51	SASAL Monika	1005	FUNDACJA TYLKO BIESZCZADY	K40	19	00:02:04	00:46:13	01:53:47	02:48:43		03:19:13.50	03:19:13.50	+01:23:42 (42.0%)	8:39	6.9 (58.0%)
52	SEBZDA Malgorzata	1390	HUSARIA RACE TEAM	K40	20	00:01:19	00:46:08	01:49:28	02:45:41	00:01:00	03:20:06.25	03:20:06.25	+01:24:35 (42.3%)	8:39	6.9 (58.0%)
53	PLISZCZYŃSKA Justyna	1044		K40	21	00:02:20	00:50:50	01:55:43	02:50:00		03:20:56.40	03:20:56.40	+01:25:25 (42.5%)	8:44	6.9 (58.0%)
54	SOSZYŃSKA Gosia	168	CZŁAPACZE	K50	3	00:03:32	00:52:50	01:56:51	02:52:05		03:21:35.45	03:21:35.45	+01:26:04 (42.7%)	8:45	6.8 (57.1%)
55	PĘKALA Anna	1225	NIGHT RUNNERS ZABRZE	K40	22	00:02:44	00:50:24	01:56:02	02:50:23		03:23:13.25	03:23:13.25	+01:27:42 (43.2%)	8:50	6.8 (57.1%)
56	WÓJCIK Justyna	1397	WKURW_TEAM	K30	16	00:03:26	00:50:42	01:59:28	02:52:08		03:23:14.15	03:23:14.15	+01:27:43 (43.2%)	8:50	6.8 (57.1%)
57	GAJEWSKA Anna	1041		K40	23	00:03:39	00:51:35	01:56:19	02:51:34		03:23:17.75	03:23:17.75	+01:27:47 (43.2%)	8:50	6.8 (57.1%)
58	BACZEWSKA Klaudia	1207	BIEGAM BO LUBIĘ OSTROŁĘKA	K20	15	00:03:13	00:58:17	02:03:33	02:55:45		03:23:24.25	03:23:24.25	+01:27:53 (43.2%)	8:50	6.8 (57.1%)
59	TABACZYŃSKA Martyna	1215	NIGHT RUNNERS	K20	16	00:03:00	00:52:05	01:57:05	02:54:04		03:23:40.95	03:23:40.95	+01:28:10 (43.3%)	8:51	6.8 (57.1%)
60	KIERSNOWSKA Agnieszka	1223	CYBER ŁANIA	K40	24	00:01:38	00:46:28	01:54:50	02:50:47		03:24:51.45	03:24:51.45	+01:29:20 (43.6%)	8:54	6.7 (56.3%)
61	CZERWIŃSKA Julia	1264		K20	17	00:03:33	00:51:51	01:59:07	02:55:12		03:25:06.10	03:25:06.10	+01:29:35 (43.7%)	8:55	6.7 (56.3%)
62	KWIATKOWSKA Iska	1305	WKURW_TEAM	K30	17		00:47:27	01:56:24	02:52:42		03:25:07.00	03:25:07.00	+01:29:36 (43.7%)	8:55	6.7 (56.3%)
63	KARWACKA Aneta	1074	WKURW_TEAM	K40	25	00:01:20	00:47:19	01:56:24	02:52:41		03:25:53.90	03:25:53.90	+01:30:23 (43.9%)	8:57	6.7 (56.3%)
64	HERMANIUK Iwona	1136	TAURUS TEAM	K40	26	00:03:03	00:52:33	02:00:53	02:55:07		03:25:54.75	03:25:54.75	+01:30:24 (43.9%)	8:57	6.7 (56.3%)
65	WYSZYŃSKA Kinga	1218		K30	18	00:03:03	00:52:33	02:00:54	02:55:11		03:25:55.50	03:25:55.50	+01:30:24 (43.9%)	8:57	6.7 (56.3%)
66	SIERADZKA Agnieszka	1154	BIEGAJ Z TRENERAMI	K30	19	00:03:09	00:48:15	02:03:36	02:56:49		03:26:46.05	03:26:46.05	+01:31:15 (44.1%)	8:59	6.7 (56.3%)
67	ZIÓŁKOWSKA Bożena	1213	WALBA	K40	27	00:02:33	00:49:25	01:56:49	02:55:09		03:29:30.45	03:29:30.45	+01:33:59 (44.9%)	9:06	6.6 (55.5%)
68	DANIEL Maria	1414		K30	20	00:03:21	00:53:31	02:00:02	02:53:59		03:29:32.00	03:29:32.00	+01:34:01 (44.9%)	9:06	6.6 (55.5%)
69	WYWRÓT Klaudia	1078		K30	21	00:02:43	00:50:17	02:03:45	02:59:01		03:31:28.45	03:31:28.45	+01:35:57 (45.4%)	9:11	6.5 (54.6%)
70	GROMADZKA- JĘDRUSZCZAK Renata	1035	CZTERDZIEŚCI LAT MINĘŁO JAK JEDEN DZIEŃ	K40	28	00:02:17	00:51:20	01:57:46	02:58:53		03:32:19.60	03:32:19.60	+01:36:48 (45.6%)	9:13	6.5 (54.6%)
71	STACHOWIAK Aneta	1376		K40	29	00:03:24	00:55:48	02:06:39	03:00:52		03:32:47.10	03:32:47.10	+01:37:16 (45.7%)	9:15	6.5 (54.6%)
72	JANOWICZ Agnieszka	1453		K40	30	00:02:57	00:51:43	02:01:52	03:00:15		03:32:48.25	03:32:48.25	+01:37:17 (45.7%)	9:15	6.5 (54.6%)
73	WAŁĘGA Monika	1313		K30	22	00:03:08	00:52:56	02:07:46	03:02:46		03:32:49.25	03:32:49.25	+01:37:18 (45.7%)	9:15	6.5 (54.6%)
74	GARBOWSKA Monika	1017		K40	31	00:03:26	00:53:16	02:09:39	03:04:37		03:32:51.95	03:32:51.95	+01:37:21 (45.7%)	9:15	6.5 (54.6%)
75	KORDOWSKA- WOCH Katarzyna	1197		K30	23	00:03:29	00:55:57	02:02:09	03:00:51		03:34:59.30	03:34:59.30	+01:39:28 (46.3%)	9:20	6.4 (53.8%)
76	PAWEŁAS Marta	1382		K30	24	00:02:02	00:48:28	02:04:21	03:02:51		03:36:41.30	03:36:41.30	+01:41:10 (46.7%)	9:25	6.4 (53.8%)
77	PISZCZYGŁOWA Bernadeta	1160		K40	32	00:02:45	00:53:37	02:01:55	03:00:57		03:36:43.50	03:36:43.50	+01:41:12 (46.7%)	9:25	6.4 (53.8%)
78	PABIAŃCZYK Małgorzata	1118		K40	33	00:03:27	00:51:25	02:04:15	03:02:51		03:36:45.65	03:36:45.65	+01:41:14 (46.7%)	9:25	6.4 (53.8%)
79	STAWSKA Joanna	1006	BIEGAJ Z TRENERAMI	K50	4	00:03:06	00:53:27	02:04:49	03:02:08		03:36:47.50	03:36:47.50	+01:41:16 (46.7%)	9:25	6.4 (53.8%)

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						2km	6.5km	13km	18.5km		23km	23km			
80	GAWCZYŃSKA BACZA Izabela	1425		K40	34	00:02:42	00:49:20	01:56:10	03:01:43		03:37:02.45	03:37:02.45	+01:41:31 (46.8%)	9:26	6.4 (53.8%)
81	LASZCZYK Anna	1287	LINKLATERS RUNNING TEAM	K30	25	00:01:25	00:47:14	02:11:48	03:01:08		03:37:07.85	03:37:07.85	+01:41:37 (46.8%)	9:26	6.4 (53.8%)
82	SOBOTKA Monika	1288	DZIKIE SKRZYDŁO/WYBIEGANIE MPK	K40	35	00:01:24	00:47:25	02:11:49	03:01:09		03:37:09.70	03:37:09.70	+01:41:38 (46.8%)	9:26	6.4 (53.8%)
83	BŁOCH Beata	1057	EPOKA NORDICA	K50	5	00:02:10	00:50:59	02:01:17	03:02:26		03:37:52.95	03:37:52.95	+01:42:22 (47.0%)	9:28	6.3 (52.9%)
84	POSTÓŁ Karolina	1013		K30	26	00:03:26	00:53:38		03:04:53		03:38:52.70	03:38:52.70	+01:43:21 (47.2%)	9:30	6.3 (52.9%)
85	WYDRO Agata	1242	FUN & RUN	K40	36	00:02:19	00:55:30	02:24:13	03:14:56		03:40:56.90	03:40:56.90	+01:45:26 (47.7%)	9:36	6.2 (52.1%)
86	MIERZEJEWSKA Małgorzata	1229	MORSY OSTROLEKA	K30	27	00:03:14	00:58:22	02:08:45	03:06:39		03:42:26.75	03:42:26.75	+01:46:56 (48.1%)	9:40	6.2 (52.1%)
87	PAPROCKA Kamila	1400		K20	18		01:00:31	02:16:52	03:10:50		03:42:46.90	03:42:46.90	+01:47:16 (48.1%)	9:41	6.2 (52.1%)
88	CYPARSKA Anna	1188	-	K40	37	00:02:48	00:51:37	02:05:02	03:07:33		03:42:53.00	03:42:53.00	+01:47:22 (48.2%)	9:41	6.2 (52.1%)
89	KROCZEK Liliana	1007	NIGH RUNNERS	K40	38	00:03:07	00:53:12	02:10:38	03:06:41		03:43:55.05	03:43:55.05	+01:48:24 (48.4%)	9:44	6.2 (52.1%)
90	LASKA Anna	1015	OCR TEAM DĘBICA	K30	28	00:02:18	00:54:57	02:14:46	03:10:54		03:44:04.60	03:44:04.60	+01:48:33 (48.4%)	9:44	6.2 (52.1%)
91	BEDNARSKA Joanna	2151	BIEGNĘ ŻEBY BARTEK MÓGL BIEGAĆ	K30	29	00:02:56	00:56:30	02:14:07	03:12:22		03:44:46.85	03:44:46.85	+01:49:16 (48.6%)	9:46	6.1 (51.3%)
92	ZAWADZKA Agnieszka	1064	KLUB SPORTOWY PRESTIGE RZESZÓW	K30	30	00:03:32	00:53:42	02:04:36	03:06:40		03:45:40.65	03:45:40.65	+01:50:09 (48.8%)	9:48	6.1 (51.3%)
93	KOWALCZYK Ewa	1178	HUSARIA RACE TEAM	K30	31	00:02:39	00:55:05	02:10:27	03:06:13		03:45:44.80	03:45:44.80	+01:50:14 (48.8%)	9:48	6.1 (51.3%)
94	GRUCHAŁA Anna	1012	MK TEAM	K30	32	00:01:59	00:51:54	02:14:00	03:11:28		03:45:45.75	03:45:45.75	+01:50:15 (48.8%)	9:48	6.1 (51.3%)
95	RADYMSKA Małgorzata	1051		K30	33	00:01:51	00:54:54	02:13:17	03:15:34		03:46:55.30	03:46:55.30	+01:51:24 (49.1%)	9:51	6.1 (51.3%)
96	OZIMKOWSKA Judyta	1183		K20	19	00:03:27	00:54:30	02:04:59	03:09:39		03:48:26.90	03:48:26.90	+01:52:56 (49.4%)	9:55	6 (50.4%)
97	KOWALEWSKA Dorota	700	SPARTANIE DZIECIOM	K50	6	00:02:33	00:56:30	02:12:02	03:13:06		03:48:49.95	03:48:49.95	+01:53:19 (49.5%)	9:56	6 (50.4%)
98	MACHNIK Marta	1317	BABY W GÓRACH	K20	20	00:03:46	01:06:01	02:19:15	03:16:17		03:49:03.70	03:49:03.70	+01:53:32 (49.6%)	9:57	6 (50.4%)
99	SZTUREMSKA- PRZYBYŁ Agata	1209		K40	39	00:01:42	00:52:41	02:12:40	03:12:21		03:49:04.15	03:49:04.15	+01:53:33 (49.6%)	9:57	6 (50.4%)
100	KALBARCZYK Izabella	1047	ADIDAS RUNNERS WARSAW	K30	34	00:01:34	00:51:38	02:12:35	03:14:17		03:49:56.20	03:49:56.20	+01:54:25 (49.8%)	9:59	6 (50.4%)
101	CZOCHARA Marta	1082	AMATOR	K40	40	00:03:41	00:57:19	02:21:32	03:17:57		03:51:14.40	03:51:14.40	+01:55:43 (50.0%)	10:03	6 (50.4%)
102	WIEDRO Małgorzata	651	BIEGNĘ,ŻEBY BARTEK MÓGL BIEGAĆ/WOŹNIAK RUNNING /WKURW_TEAM	K40	41	00:02:56	00:56:29	02:14:09	03:16:19		03:52:10.05	03:52:10.05	+01:56:39 (50.2%)	10:05	5.9 (49.6%)
103	KRZEMIŃSKA Agata	1126	STEFAN TEAM	K50	7	00:02:00	00:58:39	02:18:04	03:17:45		03:52:15.25	03:52:15.25	+01:56:44 (50.3%)	10:05	5.9 (49.6%)
104	BRZozowska Paulina	1102	STEFAN TEAM	K30	35	00:01:59	00:58:38	02:18:04	03:17:44		03:52:16.90	03:52:16.90	+01:56:46 (50.3%)	10:05	5.9 (49.6%)
105	WOŹNIAK Aleksandra	1103		K30	36	00:02:40	00:58:14	02:18:08	03:17:45		03:52:17.35	03:52:17.35	+01:56:46 (50.3%)	10:05	5.9 (49.6%)
106	ROMANOWICZ Karolina	1070	NIGHT RUNNERS POZNAŃ	K30	37	00:02:53	01:00:09	02:21:52	03:20:10		03:53:56.90	03:53:56.90	+01:58:26 (50.6%)	10:10	5.9 (49.6%)
107	DOJS Aleksandra	1088	NIGHT RUNNERS	K30	38	00:02:53	00:54:00	02:30:09	03:26:36		03:54:04.55	03:54:04.55	+01:58:33 (50.7%)	10:10	5.9 (49.6%)
108	KRASOŃ Justyna	1094	TSA SANDOMIERZ	K30	39	00:02:01	00:57:59	02:25:04	03:20:56		03:54:45.45	03:54:45.45	+01:59:14 (50.8%)	10:12	5.9 (49.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start 2k 2km	Split_Mateusz 6.5km	Split_Kamyk 13km	Split_Mateusz 18.5km	Kara/ bonifikata	Czas netto 23km	Czas brutto 23km	Różn	Tempo min/km	Tempo km/h
109	SZYMANOWSKA Monika	1151		K40	42	00:03:24	00:56:09	02:25:01	03:21:11		03:57:53.85	03:57:53.85	+02:02:23 (51.4%)	10:20	5.8 (48.7%)
110	OLEKSY Barbara	1206		K30	40	00:03:27	00:56:17	02:25:09	03:21:10		03:57:54.00	03:57:54.00	+02:02:23 (51.4%)	10:20	5.8 (48.7%)
111	GAJDA Beata	1300	#YOLOTEAMKRK	K40	43	00:03:44	00:59:00	02:24:22	03:23:32		03:58:08.50	03:58:08.50	+02:02:37 (51.5%)	10:21	5.8 (48.7%)
112	KRYSPIŃ Marta	1149	JAKSON	K30	41	00:03:28	00:58:32	02:21:55	03:24:06		03:59:04.45	03:59:04.45	+02:03:33 (51.7%)	10:23	5.8 (48.7%)
113	GAŚCIEK Kamila	1021		K30	42	00:01:21	00:56:18	02:20:57	03:23:37		03:59:14.65	03:59:14.65	+02:03:43 (51.7%)	10:24	5.8 (48.7%)
114	STRASSBERGER Katarzyna	1198		K50	8	00:02:50	00:58:16	02:22:32	03:22:17		04:00:45.05	04:00:45.05	+02:05:14 (52.0%)	10:28	5.7 (47.9%)
115	SZKAMRUK Małgorzata	1227		K30	43	00:02:50	00:58:15	02:22:32	03:22:15		04:00:45.35	04:00:45.35	+02:05:14 (52.0%)	10:28	5.7 (47.9%)
116	PAWELEC Justyna	1125	TSA SANDOMIERZ	K30	44	00:03:18	00:59:24	02:24:19	03:24:47		04:03:33.30	04:03:33.30	+02:08:02 (52.6%)	10:35	5.7 (47.9%)
117	WRZOSEK Justyna	1124	TSA SANDOMIERZ	K30	45	00:03:18	00:59:23	02:24:19	03:24:44		04:03:33.40	04:03:33.40	+02:08:02 (52.6%)	10:35	5.7 (47.9%)
118	MARCINIAK Julia	549	NATURAL BORN RUNNERS	K30	46	00:02:42	00:59:26	02:18:27	03:24:33		04:05:10.85	04:05:10.85	+02:09:40 (52.9%)	10:39	5.6 (47.1%)
119	FORDOŃSKA Katarzyna	1255	RUNFORFUN	K40	44	00:03:20	01:00:46	02:27:46	03:30:38		04:08:59.25	04:08:59.25	+02:13:28 (53.6%)	10:49	5.5 (46.2%)
120	JAWORSKA Agnieszka	1286		K30	47	00:01:29	00:57:30	02:24:37	03:29:40		04:09:01.10	04:09:01.10	+02:13:30 (53.6%)	10:49	5.5 (46.2%)
121	OSZCZĘDA Marzena	1177	ZARAZIC PASJA	K40	45	00:01:34	00:57:31	02:24:37	03:29:42		04:09:01.95	04:09:01.95	+02:13:31 (53.6%)	10:49	5.5 (46.2%)
122	CZECHOWSKA Izabela	1392	WW TEAM	K40	46	00:03:01	01:06:56	02:30:15	03:33:08		04:09:09.60	04:09:09.60	+02:13:38 (53.6%)	10:49	5.5 (46.2%)
123	JAKUBIEC Justyna	1408	LUBELSKA GRUPA TRIATHLONU	K40	47	00:03:10	01:06:17	02:30:16	03:33:10		04:09:09.65	04:09:09.65	+02:13:38 (53.6%)	10:49	5.5 (46.2%)
124	RYŚIAWA Joanna	1252	BEZ	K40	48	00:03:20	01:00:45	02:27:43	03:32:44		04:13:27.70	04:13:27.70	+02:17:56 (54.4%)	11:01	5.4 (45.4%)
125	GŁOWACKA Aleksandra	1195	MŁODY VS. STARY	K40	49	00:01:09	00:59:52	02:29:27	03:36:58		04:16:41.20	04:16:41.20	+02:21:10 (55.0%)	11:09	5.4 (45.4%)
126	ZIEMKOWSKA Izabela	166		K30	48	00:02:56	01:03:06	02:31:33	03:39:00		04:16:54.50	04:16:54.50	+02:21:23 (55.0%)	11:10	5.4 (45.4%)
127	JASIŃ Joanna	1050	TSA SANDOMIERZ	K40	50	00:02:01	00:59:39	02:25:08	03:38:37		04:19:21.40	04:19:21.40	+02:23:50 (55.5%)	11:16	5.3 (44.5%)
128	GRĘBOWIEC Dominika	1049	TSA SANDOMIERZ	K30	49	00:02:01	00:58:21	02:25:04	03:38:02		04:19:21.70	04:19:21.70	+02:23:50 (55.5%)	11:16	5.3 (44.5%)
129	PRZYBYŁA Aleksandra	1091		K30	50	00:02:53	01:06:31	02:30:11	03:38:29		04:21:10.30	04:21:10.30	+02:25:39 (55.8%)	11:21	5.3 (44.5%)
130	BĄDZIŃ Dorota	1011		K30	51	00:01:17	01:05:24	02:31:20	03:46:49		04:26:06.00	04:26:06.00	+02:30:35 (56.6%)	11:34	5.2 (43.7%)
131	ŁAGOWSKA Katarzyna	1447		K40	51	00:03:12	01:05:22	02:30:39	03:47:34		04:27:56.85	04:27:56.85	+02:32:26 (56.9%)	11:38	5.2 (43.7%)
132	BORKOWSKA Ewa	1030	WKURW-TEAM	K60	2	00:03:23	01:08:11	02:36:08	03:53:17		04:37:33.60	04:37:33.60	+02:42:02 (58.4%)	12:04	5 (42.0%)

Znaleziono 132 wynik(ów)