

# ZŁOTY MARATON - 45 KM

B4SPORT

**Wydarzenie:** Dolnośląski Festiwal Biegów Górskich  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2018-07-19  
**Miejsce:** Łądek-Zdrój  
**Dystans:** 45 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN KOBIEC

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
1	<b>WINIARSKA Katarzyna</b>	<b>283</b>	PRZEMYSKI KLUB BIEGACZA/HERCOG RUNNIG TEAM	Senior II K - 30	1	01:08:06	02:29:46	03:41:26	<b>04:50:18.35</b>	<b>04:50:21.75</b>		6:27	9.3 (100%)
2	<b>TUROSZ Iwona</b>	<b>409</b>	GOPR BIESZCZADY	Senior I K - 20	1	01:07:08	02:27:35	03:41:59	<b>04:54:21.80</b>	<b>04:54:25.75</b>	+00:04:04 (1.4%)	6:32	9.2 (98.9%)
3	<b>GOMOŁYSEK Kinga</b>	<b>232</b>	MATNER RUNNING TEAM	Senior II K - 30	2	01:08:32	02:30:13	03:47:45	<b>05:05:14.00</b>	<b>05:05:18.35</b>	+00:14:56 (4.9%)	6:46	8.8 (94.6%)
4	<b>SIKORA Iwona</b>	<b>295</b>		Senior II K - 30	3	01:21:49	02:53:52	04:18:26	<b>05:41:33.85</b>	<b>05:41:40.40</b>	+00:51:18 (15.0%)	7:35	7.9 (84.9%)
5	<b>BOGUCKA Emilia</b>	<b>362</b>	PRACOWNIA RZEŹBIARSKA BOGUCCY	Masters K - 40	1	01:16:31	02:52:56	04:21:27	<b>05:43:58.55</b>	<b>05:44:09.35</b>	+00:53:47 (15.6%)	7:38	7.8 (83.9%)
6	<b>BOCHEŃSKA Aleksandra</b>	<b>126</b>	PRO-RUN WROCŁAW	Masters K - 40	2	01:22:06	03:00:35	04:28:01	<b>05:45:17.50</b>	<b>05:45:34.30</b>	+00:55:12 (16.0%)	7:40	7.8 (83.9%)
7	<b>MAKOWSKA Olga</b>	<b>278</b>	JACEKBIEGA RUNNING TEAM	Senior II K - 30	4	01:20:09	02:56:16	04:21:50	<b>05:46:57.05</b>	<b>05:47:07.50</b>	+00:56:45 (16.4%)	7:42	7.8 (83.9%)
8	<b>BASIŃSKA Paulina</b>	<b>259</b>		Senior II K - 30	5	01:25:45	03:05:59	04:28:36	<b>05:51:00.30</b>	<b>05:51:06.55</b>	+01:00:44 (17.3%)	7:48	7.7 (82.8%)
9	<b>ŚMIGIELSKA Danuta</b>	<b>333</b>	CZERWONAK BIEGA	Senior I K - 20	2	01:21:46	02:58:00	04:29:32	<b>05:54:58.35</b>	<b>05:55:09.65</b>	+01:04:47 (18.2%)	7:53	7.6 (81.7%)
10	<b>RAKOWSKA Magdalena</b>	<b>276</b>	DRUŻYNA TVN	Masters K - 40	3	01:23:44	03:04:09	04:36:59	<b>05:59:31.75</b>	<b>05:59:41.80</b>	+01:09:20 (19.3%)	7:59	7.5 (80.6%)
11	<b>PAŁETKO Agnieszka</b>	<b>39</b>	NYSA BIEGA	Senior II K - 30	6	01:27:12	03:09:05	04:36:38	<b>06:00:55.60</b>	<b>06:01:23.75</b>	+01:11:02 (19.7%)	8:01	7.5 (80.6%)
12	<b>REDMANN Edyta</b>	<b>319</b>		Masters K - 40	4	01:27:24	03:07:40	04:38:48	<b>06:01:51.00</b>	<b>06:02:05.35</b>	+01:11:43 (19.8%)	8:02	7.5 (80.6%)
13	<b>HENECZKOWSKA Anna</b>	<b>245</b>	KALENJI BY DECATHLON	Senior I K - 20	3	01:20:08	02:55:53	04:30:57	<b>06:03:45.60</b>	<b>06:03:57.50</b>	+01:13:35 (20.2%)	8:05	7.4 (79.6%)
14	<b>KOSINSKA Bozena</b>	<b>373</b>		Masters K - 40	5	01:27:11	03:10:34	04:41:57	<b>06:05:01.75</b>	<b>06:05:29.95</b>	+01:15:08 (20.6%)	8:06	7.4 (79.6%)
15	<b>WOJTKOWIAK Renata</b>	<b>10</b>	PIĄTKOWO NA BIEGOWO	Masters K - 40	6	01:24:37	03:07:25	04:42:30	<b>06:06:23.30</b>	<b>06:06:41.95</b>	+01:16:20 (20.8%)	8:08	7.4 (79.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
16	WALEŃSKA Ewa	189	GT RAT	Masters K - 40	7	01:21:43	03:05:06	04:39:28	06:08:29.30	06:08:45.65	+01:18:23 (21.3%)	8:11	7.3 (78.5%)
17	URBANIAK Agata	233		Senior II K - 30	7	01:22:54	03:05:18	04:37:12	06:08:53.75	06:09:04.55	+01:18:42 (21.3%)	8:11	7.3 (78.5%)
18	BALICKA-KOCHEL Monika	353	KOWARY BIEGAJĄ	Masters K - 40	8	01:24:40	03:08:43	04:43:58	06:14:11.20	06:14:23.90	+01:24:02 (22.4%)	8:18	7.2 (77.4%)
19	DEREŃ Beata	149	TEAM KURORT ŁĄDEK ZDRÓJ	Senior I K - 20	4	01:30:52	03:12:55	04:43:33	06:16:41.55	06:17:21.65	+01:26:59 (23.1%)	8:22	7.2 (77.4%)
20	KOSACKA Emilia	330	AKM OLSZTYN / SKLEPBIEGACZA.PL	Senior II K - 30	8	01:27:32	03:11:17	04:51:13	06:21:12.20	06:21:22.40	+01:31:00 (23.9%)	8:28	7.1 (76.3%)
21	SZYMAŃSKA Katarzyna	345	1982	Senior II K - 30	9	01:21:52	03:09:51	04:50:10	06:22:04.75	06:22:13.40	+01:31:51 (24.0%)	8:29	7.1 (76.3%)
22	WARZECHA Teresa	293	RUNNERS TEAM NYSA	Weteran K - 50	1	01:37:48	03:24:27	04:56:48	06:23:12.75	06:23:54.30	+01:33:32 (24.4%)	8:30	7 (75.3%)
23	GAJEK Patrycja	122		Senior II K - 30	10	01:31:45	03:16:33	04:50:43	06:24:37.25	06:24:47.15	+01:34:25 (24.5%)	8:32	7 (75.3%)
24	BURDAJEWICZ Katarzyna	124	RUNNERS POWER ŚREM	Masters K - 40	9	01:25:55	03:15:18	04:53:23	06:24:57.40	06:25:06.55	+01:34:44 (24.6%)	8:33	7 (75.3%)
25	LIPIEC Kasia	368	VEGAN RUNNERS	Senior II K - 30	11	01:35:23	03:25:11	04:58:08	06:25:27.85	06:26:11.90	+01:35:50 (24.8%)	8:33	7 (75.3%)
26	DOMAGAŁA Grażyna	265	NIGHT RUNNERS WROCŁAW	Senior II K - 30	12	01:29:10	03:12:58	04:50:46	06:29:15.40	06:29:50.25	+01:39:28 (25.5%)	8:39	6.9 (74.2%)
27	GŁOWACKA Renata	36	TRI AKTYWNY PIOTRKÓW	Masters K - 40	10	01:28:15	03:14:16	04:57:05	06:31:32.35	06:31:38.30	+01:41:16 (25.9%)	8:42	6.9 (74.2%)
28	RYBARCZYK Ilona	74	KOŁO BIEGA	Senior I K - 20	5	01:26:10	03:15:56	04:57:44	06:31:44.70	06:31:57.95	+01:41:36 (25.9%)	8:42	6.9 (74.2%)
29	JANOWSKA Kinga	99		Senior II K - 30	13	01:35:41	03:25:51	05:06:39	06:40:17.20	06:40:36.95	+01:50:15 (27.5%)	8:53	6.7 (72.0%)
30	SZOPIŃSKA Agnieszka	177	BRAK	Senior II K - 30	14	01:32:33	03:26:44	05:07:03	06:40:31.70	06:40:45.85	+01:50:24 (27.5%)	8:54	6.7 (72.0%)
31	KWIATKOWSKA Aleksandra	315	WIECZORNE BIEGANIE W SZCZECINIE	Senior I K - 20	6	01:37:52	03:34:48	05:12:12	06:42:31.60	06:42:39.30	+01:52:17 (27.9%)	8:56	6.7 (72.0%)
32	WASZYK Anita	230	MUAY RUNNING TEAM	Senior II K - 30	15	01:32:01	03:27:00	05:06:44	06:42:42.90	06:43:11.50	+01:52:49 (28.0%)	8:56	6.7 (72.0%)
33	TOMCZAK Agnieszka	316		Masters K - 40	11	01:27:08	03:31:52	05:11:54	06:43:31.70	06:43:40.55	+01:53:18 (28.1%)	8:58	6.7 (72.0%)
34	SOBCZYŃSKA Magdalena	138	#TEAMBIEGIWLKP	Senior I K - 20	7	01:25:41	03:17:32	05:07:09	06:43:55.15	06:44:20.05	+01:53:58 (28.2%)	8:58	6.7 (72.0%)
35	KWIATEK Agnieszka	299		Senior I K - 20	8	01:30:24	03:21:44	05:06:05	06:43:43.30	06:44:29.95	+01:54:08 (28.2%)	8:58	6.7 (72.0%)
36	DUBYNA Mariia	145		Senior I K - 20	9	01:32:49	03:27:43	05:11:18	06:46:40.00	06:47:02.00	+01:56:40 (28.7%)	9:02	6.6 (71.0%)
37	DĄBROWSKA Katarzyna	34	HUTNIK WARSZAWA	Senior II K - 30	16	01:38:05	03:32:44	05:15:47	06:48:42.00	06:49:09.80	+01:58:48 (29.0%)	9:04	6.6 (71.0%)
38	GAPSKA Anna	180		Senior I K - 20	10	01:42:57	03:37:53	05:19:12	06:50:21.10	06:50:36.55	+02:00:14 (29.3%)	9:07	6.6 (71.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	B2	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						10km	22km	33km	45km	45km			
39	<b>SMAŻYK Ewelina</b>	<b>192</b>		Masters K - 40	12	01:36:09	03:27:03	05:14:47	<b>06:52:24.65</b>	<b>06:52:48.60</b>	+02:02:26 (29.7%)	9:09	6.5 (69.9%)
40	<b>TARCZYŃSKA Halina</b>	<b>366</b>		Masters K - 40	13	01:31:29	03:25:54	05:11:47	<b>06:52:47.30</b>	<b>06:53:10.90</b>	+02:02:49 (29.7%)	9:10	6.5 (69.9%)
41	<b>EMILIANÓW Agnieszka</b>	<b>313</b>		Senior II K - 30	17	01:32:34	03:29:05	05:14:50	<b>06:53:52.55</b>	<b>06:54:20.10</b>	+02:03:58 (29.9%)	9:11	6.5 (69.9%)
42	<b>BARTKOWIAK Anna</b>	<b>277</b>	PROJEKT240	Senior II K - 30	18	01:31:03	03:26:35	05:17:38	<b>06:55:41.60</b>	<b>06:55:52.65</b>	+02:05:30 (30.2%)	9:14	6.5 (69.9%)
43	<b>ŻELAZOWSKA Ola</b>	<b>102</b>	PRO-RUN WROCŁAW	Senior II K - 30	19	01:30:30	03:13:36	05:03:06	<b>06:56:03.70</b>	<b>06:56:21.45</b>	+02:05:59 (30.3%)	9:14	6.5 (69.9%)
44	<b>DEREŃ Agata</b>	<b>148</b>	TEAM KURORT ŁĄDEK ZDRÓJ	Senior I K - 20	11	01:37:48	03:36:48	05:22:13	<b>06:56:23.55</b>	<b>06:57:03.80</b>	+02:06:42 (30.4%)	9:15	6.5 (69.9%)
45	<b>WOLFF Maria</b>	<b>383</b>		Senior II K - 30	20	01:30:34	03:27:37	05:21:59	<b>07:02:17.10</b>	<b>07:02:26.35</b>	+02:12:04 (31.3%)	9:23	6.4 (68.8%)
46	<b>BIELEŃ Agnieszka</b>	<b>388</b>	MUAY RUNNING TEAM	Senior II K - 30	21	01:36:30	03:31:58	05:23:01	<b>07:02:11.45</b>	<b>07:02:41.85</b>	+02:12:20 (31.3%)	9:22	6.4 (68.8%)
47	<b>BRZĘCZEK Izabela</b>	<b>56</b>		Masters K - 40	14	01:36:11	03:34:42	05:24:12	<b>07:03:39.95</b>	<b>07:04:01.95</b>	+02:13:40 (31.5%)	9:24	6.4 (68.8%)
48	<b>CZARNECKA Kamila</b>	<b>121</b>	ENDOHOLICS	Senior II K - 30	22	01:42:46	03:38:38	05:23:48	<b>07:04:06.40</b>	<b>07:04:27.65</b>	+02:14:05 (31.6%)	9:25	6.4 (68.8%)
49	<b>BANDUROWSKA Agnieszka</b>	<b>176</b>	KB SPOCENI NOWA SÓL	Masters K - 40	15	01:36:44	03:32:02	05:23:18	<b>07:07:47.95</b>	<b>07:08:03.70</b>	+02:17:41 (32.2%)	9:30	6.3 (67.7%)
50	<b>SZNAJDER Joanna</b>	<b>354</b>	BIEGAM BRUM BRUM	Masters K - 40	16	01:35:23	03:36:38	05:25:46	<b>07:08:23.20</b>	<b>07:08:37.35</b>	+02:18:15 (32.3%)	9:31	6.3 (67.7%)
51	<b>ZOWAL Anna</b>	<b>45</b>	W POGONI ZA DUCHEM	Masters K - 40	17	01:42:09	03:43:29	05:32:36	<b>07:10:46.55</b>	<b>07:10:51.85</b>	+02:20:30 (32.6%)	9:34	6.3 (67.7%)
52	<b>HERMANOWICZ Aneta</b>	<b>271</b>	PZU SPORT TEAM	Senior II K - 30	23	01:51:42	03:51:23	05:33:59	<b>07:10:20.25</b>	<b>07:10:57.65</b>	+02:20:35 (32.6%)	9:33	6.3 (67.7%)
53	<b>GĄSOWSKA Renata</b>	<b>21</b>	DREAM RUN / RADOSNE-TRENOWANIE.BLOGSPOT.COM	Masters K - 40	18	01:44:51	03:49:26	05:34:29	<b>07:11:02.30</b>	<b>07:11:50.65</b>	+02:21:28 (32.8%)	9:34	6.3 (67.7%)
54	<b>STĘPIEŃ Kamila</b>	<b>142</b>		Senior II K - 30	24	01:33:45	03:42:04	05:37:07	<b>07:12:59.60</b>	<b>07:13:19.85</b>	+02:22:58 (33.0%)	9:37	6.2 (66.7%)
55	<b>CIERPIKOWSKA Agnieszka</b>	<b>242</b>		Masters K - 40	19	01:44:27	03:42:38	05:32:28	<b>07:13:00.40</b>	<b>07:13:54.20</b>	+02:23:32 (33.1%)	9:37	6.2 (66.7%)
56	<b>SOBORSKA Sylwia</b>	<b>347</b>	SAINT-GOBAIN SQUAD	Masters K - 40	20	01:42:50	03:49:38	05:39:13	<b>07:13:46.75</b>	<b>07:14:05.40</b>	+02:23:43 (33.1%)	9:38	6.2 (66.7%)
57	<b>NOWAK Natalia</b>	<b>159</b>	1986	Senior II K - 30	25	01:37:38	03:39:28	05:32:01	<b>07:16:05.70</b>	<b>07:16:25.25</b>	+02:26:03 (33.5%)	9:41	6.2 (66.7%)
58	<b>WIS Modesta</b>	<b>331</b>		Senior I K - 20	12	01:39:32	03:38:37	05:31:51	<b>07:17:13.85</b>	<b>07:17:54.80</b>	+02:27:33 (33.7%)	9:42	6.2 (66.7%)
59	<b>KAROLCZYK Sylwia</b>	<b>20</b>	POWER TRAINING	Senior II K - 30	26	01:42:57	03:43:12	05:37:16	<b>07:18:47.85</b>	<b>07:19:01.05</b>	+02:28:39 (33.9%)	9:45	6.2 (66.7%)
60	<b>DANIELIK-SŁODKOWSKA Sylwia</b>	<b>112</b>		Masters K - 40	21	01:36:39	03:44:56	05:33:26	<b>07:21:24.55</b>	<b>07:21:32.35</b>	+02:31:10 (34.2%)	9:48	6.1 (65.6%)
61	<b>KALIŃSKA Dorota Lidia</b>	<b>342</b>	NIEMANIE	Senior II K - 30	27	01:46:38	03:47:55	05:39:12	<b>07:20:34.80</b>	<b>07:21:33.80</b>	+02:31:12 (34.2%)	9:47	6.1 (65.6%)

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						B1 10km	B2 22km	A15 33km					
62	<b>PUCHALSKA Olga</b>	<b>380</b>		Masters K - 40	22	01:41:08	03:47:50	05:38:22	<b>07:21:34.25</b>	<b>07:21:58.75</b>	+02:31:37 (34.3%)	9:48	6.1 (65.6%)
63	<b>WESOŁOWSKA Joanna</b>	<b>136</b>	WKS B	Masters K - 40	23	01:40:33	03:45:14	05:34:23	<b>07:21:53.65</b>	<b>07:22:14.00</b>	+02:31:52 (34.3%)	9:49	6.1 (65.6%)
64	<b>DUDZIŃSKA Aleksandra</b>	<b>243</b>	RUN BYDGOSZCZ	Weteran K - 50	2	01:37:04	03:38:47	05:33:13	<b>07:24:01.40</b>	<b>07:24:24.60</b>	+02:34:02 (34.7%)	9:52	6.1 (65.6%)
65	<b>GÓRSKA-NOWAK Tatiana</b>	<b>128</b>	AGB TORFY	Masters K - 40	24	01:43:14	03:49:01	05:42:59	<b>07:24:31.50</b>	<b>07:25:20.25</b>	+02:34:58 (34.8%)	9:52	6.1 (65.6%)
66	<b>LESZCZYŃSKA Iwona</b>	<b>413</b>	AIR CONSULTING	Masters K - 40	25	01:35:11	03:44:06	05:33:48	<b>07:25:00.80</b>	<b>07:25:51.95</b>	+02:35:30 (34.9%)	9:53	6.1 (65.6%)
67	<b>POŁOMSKA Agnieszka</b>	<b>264</b>	AKTYWNY OSTRZESZÓW	Masters K - 40	26	01:44:54	03:52:54		<b>07:29:10.00</b>	<b>07:29:10.00</b>	+02:38:48 (35.4%)	9:58	6 (64.5%)
68	<b>PIJANKA Monika</b>	<b>153</b>	BBL OPOLE	Masters K - 40	27	01:47:46	03:58:59	05:49:27	<b>07:29:19.55</b>	<b>07:30:05.10</b>	+02:39:43 (35.5%)	9:59	6 (64.5%)
69	<b>ZARĘBSKA Ewa</b>	<b>321</b>	MROŻNE PĄCZKI	Senior I K - 20	13	01:40:14	03:53:23	05:51:17	<b>07:30:22.50</b>	<b>07:31:02.55</b>	+02:40:40 (35.6%)	10:00	6 (64.5%)
70	<b>WITKOWSKA Maria</b>	<b>31</b>	KLUB KRÓLIKA STEFANA	Weteran II K - 60	1	01:46:02	03:57:03	05:51:41	<b>07:30:48.55</b>	<b>07:31:19.85</b>	+02:40:58 (35.7%)	10:01	6 (64.5%)
71	<b>GRYGIER Joanna</b>	<b>53</b>		Senior II K - 30	28	01:47:13	03:54:23	05:41:25	<b>07:33:31.05</b>	<b>07:33:48.00</b>	+02:43:26 (36.0%)	10:04	6 (64.5%)
72	<b>SAWICKA Agnieszka</b>	<b>115</b>	DELOITTE ADVENTURE TEAM	Senior II K - 30	29	01:44:25	04:01:22	05:56:06	<b>07:36:54.20</b>	<b>07:37:23.05</b>	+02:47:01 (36.5%)	10:09	5.9 (63.4%)
73	<b>MAJOR Sandra</b>	<b>308</b>		Senior II K - 30	30	01:39:34	03:48:21	05:41:11	<b>07:37:19.45</b>	<b>07:37:48.80</b>	+02:47:27 (36.6%)	10:09	5.9 (63.4%)
74	<b>NORWICZ Dominika</b>	<b>237</b>		Senior II K - 30	31	01:38:27	03:44:24	05:38:11	<b>07:37:22.00</b>	<b>07:38:08.05</b>	+02:47:46 (36.6%)	10:09	5.9 (63.4%)
75	<b>BANASIK Karolina</b>	<b>339</b>	WKURW_TEAM	Senior II K - 30	32	01:40:47	03:57:38	05:56:56	<b>07:38:41.30</b>	<b>07:39:34.65</b>	+02:49:12 (36.8%)	10:11	5.9 (63.4%)
76	<b>CIĘŻKOWSKA-SZYMAŃSKA Katarzyna</b>	<b>166</b>	VEGE RUNNERS	Senior II K - 30	33	01:45:31	04:02:34	05:56:46	<b>07:39:32.05</b>	<b>07:40:32.90</b>	+02:50:11 (37.0%)	10:12	5.9 (63.4%)
77	<b>WESOŁOWSKA-KRUPA Paulina</b>	<b>185</b>		Senior II K - 30	34	01:42:20	03:44:59	06:00:10	<b>07:42:03.90</b>	<b>07:43:06.55</b>	+02:52:44 (37.3%)	10:16	5.8 (62.4%)
78	<b>SOBAŃSKA Paulina</b>	<b>130</b>	TARNOWO PODGÓRNE BIEGA	Senior II K - 30	35	01:47:07	03:59:59	06:02:29	<b>07:45:33.55</b>	<b>07:45:59.70</b>	+02:55:37 (37.7%)	10:20	5.8 (62.4%)
79	<b>ŚNIEGOCKA Magdalena</b>	<b>270</b>	TARNOWO PODGÓRNE BIEGA	Senior II K - 30	36	01:47:07	03:59:59	06:02:26	<b>07:45:33.45</b>	<b>07:45:59.75</b>	+02:55:38 (37.7%)	10:20	5.8 (62.4%)
80	<b>DRAJERCZAK Marlena</b>	<b>387</b>	MUAY RUNNING TEAM	Masters K - 40	28	01:43:35	03:52:44	05:52:43	<b>07:46:57.15</b>	<b>07:47:27.60</b>	+02:57:05 (37.9%)	10:22	5.8 (62.4%)
81	<b>BOROWIEC Renata</b>	<b>66</b>	MAMY-BIEGAMY KIELCE	Masters K - 40	29	01:44:57	03:55:05	05:56:04	<b>07:47:36.85</b>	<b>07:48:27.10</b>	+02:58:05 (38.0%)	10:23	5.8 (62.4%)
82	<b>LECHOWSKA Katarzyna</b>	<b>64</b>	MAMY BIEGAMY KIELCE, WKURW_TEAM	Masters K - 40	30	01:44:56	03:54:49	05:54:50	<b>07:47:36.90</b>	<b>07:48:27.55</b>	+02:58:05 (38.0%)	10:23	5.8 (62.4%)
83	<b>PORTACHA Katarzyna</b>	<b>37</b>		Masters K - 40	31	01:44:58	04:06:13	06:01:31	<b>07:48:19.55</b>	<b>07:48:57.45</b>	+02:58:35 (38.1%)	10:24	5.8 (62.4%)
84	<b>STAWSKA Anna</b>	<b>209</b>	WQRW_TEAM	Senior II K - 30	37	01:54:48	04:08:18	06:03:38	<b>07:48:08.85</b>	<b>07:49:15.35</b>	+02:58:53 (38.1%)	10:24	5.8 (62.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
85	WAŚCIŃSKA Edyta	151	PĘDZI - PARA	Masters K - 40	32	01:44:38	03:53:07		07:50:05.35	07:50:18.35	+02:59:56 (38.3%)	10:26	5.7 (61.3%)
86	ONAK Izabela	235	OCHAJORUN & FRIENDS	Masters K - 40	33	01:46:08	04:05:30	06:03:12	07:50:33.80	07:50:58.15	+03:00:36 (38.3%)	10:27	5.7 (61.3%)
87	PRZYBYŁO Sonia	125	NIGHT RUNNERS GLIWICE	Senior I K - 20	14	01:49:16	04:04:33	06:04:14	07:51:23.00	07:51:54.00	+03:01:32 (38.5%)	10:28	5.7 (61.3%)
88	LESZCZYŃSKA Lidia	72		Masters K - 40	34	01:43:18	03:56:20	06:09:05	07:52:26.30	07:52:47.50	+03:02:25 (38.6%)	10:29	5.7 (61.3%)
89	SMOLEŃ Dagmara	381		Masters K - 40	35	01:49:18	04:09:19	06:05:07	07:52:28.85	07:52:53.30	+03:02:31 (38.6%)	10:29	5.7 (61.3%)
90	PIETRAS Ewelina	91	1986	Senior II K - 30	38	01:47:17	04:03:46	06:05:12	07:52:59.65	07:53:38.65	+03:03:16 (38.7%)	10:30	5.7 (61.3%)
91	DĄBROWSKA Edyta	9		Senior II K - 30	39	01:44:54	03:57:56	06:01:55	07:53:21.90	07:53:49.10	+03:03:27 (38.7%)	10:31	5.7 (61.3%)
92	WOJEWODA Renata	44	RUN THE PARK TRIWAWA	Masters K - 40	36	01:44:58	03:57:55	06:02:58	07:53:50.10	07:54:38.85	+03:04:17 (38.8%)	10:31	5.7 (61.3%)
93	SZOŁTYSEK Beata	406	OCHAJORUN & FRIENDS	Masters K - 40	37	01:46:17	04:05:31	06:03:17	07:57:51.50	07:58:15.75	+03:07:54 (39.3%)	10:37	5.7 (61.3%)
94	BAREŁKOWSKA Katarzyna	19	NIGHT RUNNERS	Masters K - 40	38	01:44:56	04:03:59	06:14:12	07:58:01.00	07:58:49.15	+03:08:27 (39.4%)	10:37	5.6 (60.2%)
<b>Przekroczony limit czasu: 08:00:00</b>													
95	ŚWIĄTEK Agnieszka	183		Senior I K - 20	15	01:45:55	04:04:12	06:07:33	08:01:25.75	08:02:06.10	+03:11:44 (39.8%)	10:41	5.6 (60.2%)
96	ŚWIĄTEK Karolina	182		Senior I K - 20	16	01:45:57	04:04:12	06:07:29	08:01:25.65	08:02:06.30	+03:11:44 (39.8%)	10:41	5.6 (60.2%)
97	KUCIŃSKA Magdalena	318		Senior II K - 30	40	01:38:42	03:53:44	06:13:49	08:04:08.15	08:04:40.60	+03:14:18 (40.1%)	10:45	5.6 (60.2%)
98	DUDARONEK Paulina	40	XRUNNERS	Senior I K - 20	17	01:43:21	03:58:52	06:08:37	08:04:25.15	08:04:47.85	+03:14:26 (40.1%)	10:45	5.6 (60.2%)
99	PIEUCH Małgorzata	25	PRZEWORSKA GRUPA BIEGOWA	Weteran K - 50	3	01:48:51	04:16:24	06:17:25	08:05:50.70	08:06:42.85	+03:16:21 (40.3%)	10:47	5.6 (60.2%)
100	GARCZEWSKA-PASZKO Joanna	82		Masters K - 40	39	01:43:01	04:13:49	06:21:44	08:13:57.15	08:14:14.85	+03:23:53 (41.3%)	10:58	5.5 (59.1%)
101	MOŃKA Karolina	273	SPARTA ULTRA TEAM	Senior I K - 20	18	01:34:29	04:00:54	06:11:00	08:18:13.80	08:18:30.50	+03:28:08 (41.8%)	11:04	5.4 (58.1%)
102	ZUBOWICZ Janina	236		Weteran K - 50	4	01:55:30	04:23:08	06:32:20	08:22:06.95	08:22:53.00	+03:32:31 (42.3%)	11:09	5.4 (58.1%)
103	MORAWSKA Anna	84		Weteran II K - 60	2	01:46:38	04:07:16	06:19:33	08:24:04.10	08:24:29.65	+03:34:07 (42.4%)	11:12	5.4 (58.1%)
104	WŁODARCZYK Olga	188	#BANANATEAM	Senior I K - 20	19	01:48:49	04:04:23	06:12:56	08:26:52.70	08:27:51.10	+03:37:29 (42.8%)	11:15	5.3 (57.0%)
105	KACZMAREK Agata	71	NEST TEAM	Masters K - 40	40	01:50:55	04:17:13	06:30:00	08:28:39.85	08:28:54.80	+03:38:33 (42.9%)	11:18	5.3 (57.0%)
106	KOWAL Ewa	211		Masters K - 40	41	01:52:02	04:20:38	06:26:19	08:28:32.35	08:28:55.15	+03:38:33 (42.9%)	11:18	5.3 (57.0%)
107	GRĘZEL-GAWRON Jolanta	48		Masters K - 40	42	01:50:00	04:21:00	06:38:29	08:36:00.60	08:36:34.95	+03:46:13 (43.8%)	11:28	5.2 (55.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
108	<b>HERBUT Malwina</b>	<b>157</b>	IZERSKA GRUPA BIEGOWA	Senior II K - 30	41	01:52:30	04:19:16	06:40:52	<b>08:51:46.45</b>	<b>08:52:31.35</b>	+04:02:09 (45.5%)	11:49	5.1 (54.8%)
	<b>KORZUS Katarzyna</b>	<b>73</b>	W POGONI ZA DUCHEM	Senior II K - 30		01:41:37 DNF	03:42:01 DNF	05:39:52 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>PEISERT Ola</b>	<b>357</b>	BIEGOLOGIA.PL	Senior II K - 30		01:24:44 DNF	03:27:48 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>SONNEK Marta</b>	<b>404</b>	KB LUPUS	Senior II K - 30		01:42:58 DNF	04:06:42 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>NAMYŚLAK Renata</b>	<b>160</b>	KOŁO BIEGA	Masters K - 40		01:55:16 DNF	04:36:21 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>PTASZYŃSKA Anna</b>	<b>105</b>	SPEED FEET '16	Masters K - 40		01:57:32 DNF	04:38:07 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>POLAK Agnieszka</b>	<b>363</b>	AGIREH	Masters K - 40		01:42:57 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>SKIBICKA Dorota</b>	<b>372</b>	PZU SPORT TEAM	Masters K - 40		01:51:42 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>SOSULSKA Janina</b>	<b>123</b>	RUNNERS TEAM NYSA	Weteran K - 50		02:08:17 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>MICHALSKA Małgorzata</b>	<b>132</b>	FUDU&CO SPORT TEAM	Masters K - 40		03:00:00 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>MALIK Agnieszka</b>	<b>414</b>		Masters K - 40		DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>MUSZELAK Magdalena</b>	<b>416</b>		Senior II K - 30		DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 119 wynik(ów)