

# ZŁOTY MARATON - 45 KM

B4SPORT

**Wydarzenie:** Dolnośląski Festiwal Biegów Górskich  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2019-07-18  
**Miejsce:** Łądek-Zdrój  
**Dystans:** 45 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN KOBIEC

| Msc | Zawodnik                      | Numer | Klub                                        | Kategoria        | Mkat | B1<br>10km | B2<br>22km | A15<br>33km | Czas<br>netto<br>45km | Czas<br>brutto<br>45km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-------------------------------|-------|---------------------------------------------|------------------|------|------------|------------|-------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 1   | KWIATKOWSKA Kinga             | 5424  | SALCO GARMIN TEAM                           | Senior II K - 30 | 1    | 01:05:29   | 02:22:50   | 03:28:23    | 04:31:58.30           | 04:32:01.95            |                      | 6:02            | 9.9<br>(100%)  |
| 2   | WINIARSKA Katarzyna           | 5415  | PRZEMYSKI KLUB BIEGACZA/HERCOG RUNNING TEAM | Senior II K - 30 | 2    | 01:09:02   | 02:32:10   | 03:46:43    | 04:56:14.90           | 04:56:19.40            | +00:24:17<br>(8.2%)  | 6:35            | 9.1<br>(91.9%) |
| 3   | PASZCZAK Alicja               | 5454  | KLUB WYSOKOGÓRSKI WARSZAWA                  | Weteran K - 50   | 1    | 01:14:19   | 02:49:52   | 04:11:00    | 05:27:14.30           | 05:27:18.25            | +00:55:16<br>(16.9%) | 7:16            | 8.3<br>(83.8%) |
| 4   | PAPROCKA Urszula              | 5419  | MUAY RUNNING TEAM                           | Senior I K - 20  | 1    | 01:20:48   | 02:54:48   | 04:10:41    | 05:27:28.25           | 05:27:50.65            | +00:55:48<br>(17.0%) | 7:16            | 8.2<br>(82.8%) |
| 5   | DZIĘCZKOWSKA-NIKLEWICZ Joanna | 5269  | ROKIETNICA BIEGA                            | Senior II K - 30 | 3    | 01:22:24   | 02:57:56   | 04:20:21    | 05:45:02.95           | 05:45:26.15            | +01:13:24<br>(21.2%) | 7:40            | 7.8<br>(78.8%) |
| 6   | DEREŃ Beata                   | 5456  | TEAM KURORT ŁĄDEK ZDRÓJ                     | Senior I K - 20  | 2    | 01:24:01   | 03:00:54   | 04:23:27    | 05:45:15.20           | 05:46:10.75            | +01:14:08<br>(21.4%) | 7:40            | 7.8<br>(78.8%) |
| 7   | DRYJA Monika                  | 5069  | OBOZYBIEGOWE.PL                             | Masters K - 40   | 1    | 01:21:52   | 02:58:53   | 04:23:39    | 05:46:30.70           | 05:46:44.90            | +01:14:42<br>(21.5%) | 7:42            | 7.8<br>(78.8%) |
| 8   | SOBCZYŃSKA Magdalena          | 5173  | #TEAMBIEGIWLKP                              | Senior I K - 20  | 3    | 01:28:12   | 03:07:03   | 04:31:42    | 05:52:15.85           | 05:52:53.35            | +01:20:51<br>(22.9%) | 7:49            | 7.7<br>(77.8%) |
| 9   | FERENC-SZMUC Edyta            | 5232  | KUDOWIANKA RUN                              | Senior II K - 30 | 4    | 01:28:16   | 03:05:41   | 04:27:02    | 05:52:33.50           | 05:53:00.20            | +01:20:58<br>(22.9%) | 7:50            | 7.7<br>(77.8%) |
| 10  | OKOŃ Kamila                   | 5267  | FALSTART RUDNIKI / FITKOOP                  | Senior II K - 30 | 5    | 01:17:26   | 02:55:14   | 04:24:08    | 05:54:17.20           | 05:54:22.80            | +01:22:20<br>(23.2%) | 7:52            | 7.6<br>(76.8%) |
| 11  | WIELGAT-KOJDECKA Magdalena    | 5321  |                                             | Senior II K - 30 | 6    | 01:29:11   | 03:11:35   | 04:40:51    | 06:03:37.50           | 06:04:03.10            | +01:32:01<br>(25.3%) | 8:04            | 7.4<br>(74.7%) |
| 12  | BOROWSKA-NAJDEREK Paulina     | 5233  | FREE RUN                                    | Senior II K - 30 | 7    | 01:20:52   | 02:55:55   | 04:26:46    | 06:05:05.70           | 06:05:38.00            | +01:33:36<br>(25.6%) | 8:06            | 7.4<br>(74.7%) |
| 13  | WALKOWIAK Joanna              | 5445  | MUAY RUNNING TEAM                           | Senior II K - 30 | 8    | 01:28:26   | 03:16:44   | 04:43:33    | 06:05:02.10           | 06:05:44.90            | +01:33:42<br>(25.6%) | 8:06            | 7.4<br>(74.7%) |
| 14  | KONSTANTY Katarzyna           | 5051  | JACKIPLACKI                                 | Masters K - 40   | 2    | 01:29:02   | 03:11:35   | 04:42:04    | 06:07:49.05           | 06:07:59.90            | +01:35:57<br>(26.1%) | 8:10            | 7.3<br>(73.7%) |
| 15  | ANTKOWIAK Monika              | 5444  | MUAY RUNNING TEAM                           | Senior II K - 30 | 9    | 01:23:57   | 03:05:51   | 04:39:06    | 06:11:01.10           | 06:11:43.25            | +01:39:41<br>(26.8%) | 8:14            | 7.3<br>(73.7%) |

| Msc | Zawodnik                   | Numer | Klub                                     | Kategoria        | Mkat | B1<br>10km | B2<br>22km | A15<br>33km | Czas<br>netto<br>45km | Czas<br>brutto<br>45km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------------|-------|------------------------------------------|------------------|------|------------|------------|-------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 16  | NIZAR Wioletta             | 5367  | CSC ADWENTURE ACADEMY                    | Masters K - 40   | 3    | 01:28:51   | 03:17:47   | 04:47:08    | 06:13:16.60           | 06:13:23.85            | +01:41:21<br>(27.1%) | 8:17            | 7.2<br>(72.7%) |
| 17  | ŻERKO Klaudia              | 5056  |                                          | Senior I K - 20  | 4    | 01:24:35   | 03:11:41   | 04:41:04    | 06:15:33.50           | 06:15:45.10            | +01:43:43<br>(27.6%) | 8:20            | 7.2<br>(72.7%) |
| 18  | KOZŁOWSKA Iwona            | 5028  |                                          | Masters K - 40   | 4    | 01:32:01   | 03:17:24   | 04:47:59    | 06:15:54.30           | 06:16:03.00            | +01:44:01<br>(27.7%) | 8:21            | 7.2<br>(72.7%) |
| 19  | KIRILENKO Aneta            | 5054  |                                          | Masters K - 40   | 5    | 01:19:20   | 03:13:10   |             | 06:16:19.80           | 06:16:25.10            | +01:44:23<br>(27.7%) | 8:21            | 7.2<br>(72.7%) |
| 20  | MAGIERECKA Agnieszka       | 5245  |                                          | Senior II K - 30 | 10   | 01:28:35   | 03:14:39   | 04:47:20    | 06:15:54.25           | 06:16:35.65            | +01:44:33<br>(27.8%) | 8:21            | 7.2<br>(72.7%) |
| 21  | HOTAŁA Sylwia              | 5239  | KUDOWIANKA RUN                           | Senior II K - 30 | 11   | 01:34:17   | 03:17:36   | 04:46:42    | 06:16:28.85           | 06:16:57.05            | +01:44:55<br>(27.8%) | 8:21            | 7.2<br>(72.7%) |
| 22  | BORUTA-KOŁODZIEJ Emilia    | 5265  | PRO-RUN WROCŁAW                          | Senior II K - 30 | 12   | 01:27:45   | 03:15:09   | 04:49:56    | 06:18:34.55           | 06:19:35.20            | +01:47:33<br>(28.3%) | 8:24            | 7.1<br>(71.7%) |
| 23  | GARBOWSKA Monika           | 5243  | BIEGUSIEM PRZEZ ŻYCIE                    | Masters K - 40   | 6    | 01:29:33   | 03:23:56   | 04:55:18    | 06:20:26.75           | 06:21:20.55            | +01:49:18<br>(28.7%) | 8:27            | 7.1<br>(71.7%) |
| 24  | KWIATEK Agnieszka          | 5113  |                                          | Senior I K - 20  | 5    | 01:29:19   | 03:15:38   | 04:47:53    | 06:21:44.85           | 06:22:07.65            | +01:50:05<br>(28.8%) | 8:29            | 7.1<br>(71.7%) |
| 25  | GŁOWACKA Renata            | 5009  | TRIAKTYWNY PIOTRKÓW                      | Masters K - 40   | 7    | 01:28:25   | 03:25:29   | 04:57:12    | 06:23:39.10           | 06:23:45.15            | +01:51:43<br>(29.1%) | 8:31            | 7<br>(70.7%)   |
| 26  | SZCZUKA Joanna             | 5249  | POLITECHNIKA POZNAŃSKA                   | Senior I K - 20  | 6    | 01:37:20   | 03:22:47   | 04:54:25    | 06:22:51.25           | 06:24:04.90            | +01:52:02<br>(29.2%) | 8:30            | 7.1<br>(71.7%) |
| 27  | SPRAWKA Marta              | 5325  | KALENJI BY DECATHLON                     | Senior I K - 20  | 7    | 01:28:41   | 03:09:32   | 04:51:51    | 06:26:35.85           | 06:27:17.20            | +01:55:15<br>(29.8%) | 8:35            | 7<br>(70.7%)   |
| 28  | WASIEWICZ Jolanta          | 5395  | MEE                                      | Senior II K - 30 | 13   | 01:34:13   | 03:25:08   | 04:57:52    | 06:31:35.85           | 06:32:18.75            | +02:00:16<br>(30.7%) | 8:42            | 6.9<br>(69.7%) |
| 29  | SKRZYPIEC Katarzyna        | 5431  |                                          | Senior II K - 30 | 14   | 01:24:27   | 03:15:05   | 04:54:02    | 06:32:28.45           | 06:32:34.35            | +02:00:32<br>(30.7%) | 8:43            | 6.9<br>(69.7%) |
| 30  | PROSOWIECKA SMAK Katarzyna | 5198  | BBL                                      | Masters K - 40   | 8    | 01:26:43   | 03:18:53   | 04:51:33    | 06:32:28.20           | 06:32:34.50            | +02:00:32<br>(30.7%) | 8:43            | 6.9<br>(69.7%) |
| 31  | IGNATOWSKA Justyna         | 5369  | CAFFEDELMONDO.PL                         | Senior II K - 30 | 15   | 01:24:47   | 03:17:12   | 04:50:39    | 06:32:34.60           | 06:32:43.15            | +02:00:41<br>(30.7%) | 8:43            | 6.9<br>(69.7%) |
| 32  | MASZEWSKA Agata            | 5279  |                                          | Senior II K - 30 | 16   | 01:35:00   | 03:26:49   | 05:03:55    | 06:32:52.50           | 06:33:07.70            | +02:01:05<br>(30.8%) | 8:43            | 6.9<br>(69.7%) |
| 33  | HOLECZEK Olimpia           | 5047  | STS BIEGATON MIKOŁÓW                     | Masters K - 40   | 9    | 01:30:35   | 03:31:06   | 05:05:22    | 06:35:22.05           | 06:35:31.00            | +02:03:29<br>(31.2%) | 8:47            | 6.8<br>(68.7%) |
| 34  | NOWIK Jagoda               | 5238  | EKOBIEGI                                 | Senior II K - 30 | 17   | 01:34:17   | 03:20:14   | 05:00:52    | 06:35:57.70           | 06:37:04.50            | +02:05:02<br>(31.5%) | 8:47            | 6.8<br>(68.7%) |
| 35  | NIMSZ Kamila               | 5178  | KB HARCOWNIK JELCZ-LASKOWICE             | Senior II K - 30 | 18   | 01:28:42   | 03:27:34   | 05:12:21    | 06:37:20.45           | 06:37:41.10            | +02:05:39<br>(31.6%) | 8:49            | 6.8<br>(68.7%) |
| 36  | GONCERZEWICZ Anna          | 5133  | BASSET ROLLING TEAM/STARE BABICE BIEGAJĄ | Senior II K - 30 | 19   | 01:41:43   | 03:40:10   | 05:12:14    | 06:37:35.25           | 06:38:13.15            | +02:06:11<br>(31.7%) | 8:50            | 6.8<br>(68.7%) |
| 37  | CHODARCEWICZ Aleksandra    | 5209  |                                          | Masters K - 40   | 10   | 01:29:57   | 03:32:24   | 05:05:57    | 06:41:44.90           | 06:42:44.50            | +02:10:42<br>(32.5%) | 8:55            | 6.7<br>(67.7%) |
| 38  | BŁASZCZYK Luiza            | 5102  |                                          | Senior I K - 20  | 8    | 01:34:43   | 03:28:52   | 05:03:34    | 06:43:09.65           | 06:43:17.85            | +02:11:15<br>(32.5%) | 8:57            | 6.7<br>(67.7%) |

| Msc | Zawodnik               | Numer | Klub                      | Kategoria        | Mkat | B1<br>10km | B2<br>22km | A15<br>33km | Czas<br>netto<br>45km | Czas<br>brutto<br>45km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|------------------------|-------|---------------------------|------------------|------|------------|------------|-------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 39  | WILK Magdalena         | 5288  | DZIADY OCR                | Masters K - 40   | 11   | 01:26:37   | 03:23:20   | 04:58:24    | 06:44:11.05           | 06:44:27.10            | +02:12:25<br>(32.7%) | 8:58            | 6.7<br>(67.7%) |
| 40  | DEREŃ Agata            | 5266  | TEAM KURORT ŁĄDEK ZDRÓJ   | Senior I K - 20  | 9    | 01:35:49   | 03:29:38   | 05:10:33    | 06:43:44.85           | 06:44:40.90            | +02:12:38<br>(32.8%) | 8:58            | 6.7<br>(67.7%) |
| 41  | KANDORA Joanna         | 5103  | MIECHOWICKA GRUPA BIEGOWA | Masters K - 40   | 12   | 01:35:22   | 03:31:09   | 05:10:06    | 06:47:54.10           | 06:48:38.70            | +02:16:36<br>(33.4%) | 9:03            | 6.6<br>(66.7%) |
| 42  | DITMAROVÁ Lucie        | 5365  | TEAM JESENÍKY             | Senior II K - 30 | 20   | 01:21:32   | 03:20:56   | 05:01:20    | 06:48:57.55           | 06:49:25.60            | +02:17:23<br>(33.6%) | 9:05            | 6.6<br>(66.7%) |
| 43  | KOSTERA Katarzyna      | 5099  | VEGE RUNNERS              | Masters K - 40   | 13   | 01:37:47   | 03:42:45   | 05:19:22    | 06:50:36.90           | 06:51:21.30            | +02:19:19<br>(33.9%) | 9:07            | 6.6<br>(66.7%) |
| 44  | PURWIN Karolina        | 5144  |                           | Senior I K - 20  | 10   | 01:34:51   | 03:35:24   | 05:13:55    | 06:51:45.65           | 06:52:12.55            | +02:20:10<br>(34.0%) | 9:09            | 6.6<br>(66.7%) |
| 45  | ŚWIĄTEK Agnieszka      | 5145  |                           | Senior I K - 20  | 11   | 01:34:49   | 03:35:23   | 05:13:55    | 06:51:45.50           | 06:52:12.70            | +02:20:10<br>(34.0%) | 9:09            | 6.6<br>(66.7%) |
| 46  | DRAJERCZAK Marlena     | 5417  | MUAY RUNNING TEAM         | Masters K - 40   | 14   | 01:37:53   | 03:41:56   | 05:21:02    | 06:55:09.15           | 06:55:54.70            | +02:23:52<br>(34.6%) | 9:13            | 6.5<br>(65.7%) |
| 47  | LACHOR Katarzyna       | 5387  |                           | Senior I K - 20  | 12   | 01:29:07   | 03:31:33   | 05:14:10    | 06:56:20.10           | 06:56:30.80            | +02:24:28<br>(34.7%) | 9:15            | 6.5<br>(65.7%) |
| 48  | GRABOWSKA Gosia        | 5086  | EKOBIEGI                  | Masters K - 40   | 15   | 01:40:53   | 03:41:45   | 05:20:29    | 06:57:11.20           | 06:58:17.75            | +02:26:15<br>(35.0%) | 9:16            | 6.5<br>(65.7%) |
| 49  | ROSZYK Magdalena       | 5297  | DRUŻYNA SZPIKU            | Senior II K - 30 | 21   | 01:33:21   | 03:39:58   | 05:19:48    | 06:58:13.05           | 06:58:33.30            | +02:26:31<br>(35.0%) | 9:17            | 6.5<br>(65.7%) |
| 50  | SZUKAŁA Izabela        | 5008  |                           | Senior II K - 30 | 22   | 01:34:15   | 03:31:14   | 05:16:05    | 06:59:05.40           | 06:59:12.05            | +02:27:10<br>(35.1%) | 9:18            | 6.4<br>(64.6%) |
| 51  | GNACY Agnieszka        | 5122  |                           | Senior II K - 30 | 23   | 01:38:19   | 03:40:07   | 05:19:56    | 06:59:00.80           | 06:59:14.10            | +02:27:12<br>(35.1%) | 9:18            | 6.4<br>(64.6%) |
| 52  | PAKULSKA-TOMZA Dorota  | 5430  |                           | Masters K - 40   | 16   | 01:36:05   | 03:37:39   | 05:20:06    | 06:59:02.85           | 06:59:50.65            | +02:27:48<br>(35.2%) | 9:18            | 6.4<br>(64.6%) |
| 53  | LUDA Żaneta            | 5157  | WAWRZYTEAM                | Senior II K - 30 | 24   | 01:33:09   | 03:39:52   | 05:19:47    | 07:01:30.50           | 07:01:58.85            | +02:29:56<br>(35.5%) | 9:22            | 6.4<br>(64.6%) |
| 54  | MIELECKA Agnieszka     | 5294  | IDMAR RACING TEAM         | Weteran K - 50   | 2    | 01:36:46   | 03:53:47   | 05:36:26    | 07:03:15.30           | 07:04:14.10            | +02:32:12<br>(35.9%) | 9:24            | 6.4<br>(64.6%) |
| 55  | MACKIEWICZ Magdalena   | 5024  | DŁUGOBIEGANIE             | Masters K - 40   | 17   | 01:35:12   | 03:28:06   | 05:09:39    | 07:04:07.95           | 07:04:22.00            | +02:32:20<br>(35.9%) | 9:25            | 6.4<br>(64.6%) |
| 56  | NAPIERAŁA Katarzyna    | 5396  |                           | Masters K - 40   | 18   | 01:43:08   | 03:49:00   | 05:29:12    | 07:06:25.10           | 07:07:12.30            | +02:35:10<br>(36.3%) | 9:28            | 6.3<br>(63.6%) |
| 57  | PORADA Małgorzata      | 5224  |                           | Masters K - 40   | 19   | 01:38:24   | 03:45:28   | 05:28:15    | 07:07:28.95           | 07:08:37.95            | +02:36:36<br>(36.5%) | 9:29            | 6.3<br>(63.6%) |
| 58  | MRÓZ Agata             | 5218  | UKS KUMA WAŁCZ            | Senior II K - 30 | 25   | 01:34:33   | 03:40:28   | 05:20:47    | 07:10:09.95           | 07:10:34.35            | +02:38:32<br>(36.8%) | 9:33            | 6.3<br>(63.6%) |
| 59  | STRZAŁKOWSKA Urszula   | 5196  |                           | Senior II K - 30 | 26   | 01:37:09   | 03:46:23   | 05:30:51    | 07:13:37.65           | 07:14:46.35            | +02:42:44<br>(37.4%) | 9:38            | 6.2<br>(62.6%) |
| 60  | SZCZĘSNA-SOBCZYK Marle | 5311  | BIEGOWA KUŹNIA            | Masters K - 40   | 20   | 01:37:42   | 03:39:48   | 05:29:35    | 07:14:11.25           | 07:14:46.55            | +02:42:44<br>(37.4%) | 9:38            | 6.2<br>(62.6%) |
| 61  | JELENIEWSKA Barbara    | 5125  |                           | Senior II K - 30 | 27   | 01:37:22   | 03:40:50   | 05:24:15    | 07:16:38.85           | 07:17:56.50            | +02:45:54<br>(37.9%) | 9:42            | 6.2<br>(62.6%) |

| Msc | Zawodnik                          | Numer       | Klub                             | Kategoria        | Mkat | B1<br>10km | B2<br>22km | A15<br>33km | Czas<br>netto<br>45km | Czas<br>brutto<br>45km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-----------------------------------|-------------|----------------------------------|------------------|------|------------|------------|-------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 62  | <b>KNOFEL-LASZCZYŃSKA Agata</b>   | <b>5081</b> | STRZELIŃSKI KLUB BIEGACZA GRANIT | Masters K - 40   | 21   | 01:37:40   | 03:50:07   | 05:36:45    | <b>07:19:07.05</b>    | <b>07:19:44.25</b>     | +02:47:42<br>(38.1%) | 9:45            | 6.1<br>(61.6%) |
| 63  | <b>BAR Aleksandra</b>             | <b>5305</b> | GMINA STRZELCE OPOLSKIE          | Masters K - 40   | 22   | 01:38:33   | 03:51:21   | 05:37:27    | <b>07:22:54.85</b>    | <b>07:23:06.70</b>     | +02:51:04<br>(38.6%) | 9:50            | 6.1<br>(61.6%) |
| 64  | <b>WITKOWSKA Beata</b>            | <b>5068</b> |                                  | Senior II K - 30 | 28   | 01:39:11   | 03:41:25   | 05:31:17    | <b>07:23:00.55</b>    | <b>07:23:36.30</b>     | +02:51:34<br>(38.7%) | 9:50            | 6.1<br>(61.6%) |
| 65  | <b>SZCZERBAL Agnieszka</b>        | <b>5256</b> | TKKF MPK POZNAŃ                  | Masters K - 40   | 23   | 01:41:35   | 03:52:48   | 05:40:16    | <b>07:24:06.50</b>    | <b>07:24:26.45</b>     | +02:52:24<br>(38.8%) | 9:52            | 6.1<br>(61.6%) |
| 66  | <b>SZULC Edyta</b>                | <b>5112</b> |                                  | Masters K - 40   | 24   | 01:43:01   | 03:55:06   | 05:36:26    | <b>07:26:31.35</b>    | <b>07:27:50.15</b>     | +02:55:48<br>(39.3%) | 9:55            | 6<br>(60.6%)   |
| 67  | <b>GLINSKA Beata</b>              | <b>5263</b> | AK FORCA/OK KAPELA               | Masters K - 40   | 25   | 01:38:23   | 03:50:40   | 05:40:31    | <b>07:27:36.15</b>    | <b>07:27:51.10</b>     | +02:55:49<br>(39.3%) | 9:56            | 6<br>(60.6%)   |
| 68  | <b>BOCHAN Lidia</b>               | <b>5236</b> |                                  | Masters K - 40   | 26   | 01:38:46   | 03:49:35   | 05:36:46    | <b>07:27:52.75</b>    | <b>07:28:27.40</b>     | +02:56:25<br>(39.3%) | 9:57            | 6<br>(60.6%)   |
| 69  | <b>MARCINIAK Anna</b>             | <b>5013</b> |                                  | Masters K - 40   | 27   | 01:39:19   | 03:53:51   | 05:38:52    | <b>07:27:25.75</b>    | <b>07:28:34.30</b>     | +02:56:32<br>(39.4%) | 9:56            | 6<br>(60.6%)   |
| 70  | <b>SOŁDON Katarzyna</b>           | <b>5141</b> |                                  | Senior I K - 20  | 13   | 01:42:41   | 03:52:14   | 05:38:33    | <b>07:27:52.30</b>    | <b>07:29:12.60</b>     | +02:57:10<br>(39.4%) | 9:57            | 6<br>(60.6%)   |
| 71  | <b>MYŚLIŃSKA Magdalena</b>        | <b>5148</b> |                                  | Senior II K - 30 | 29   | 01:34:04   | 03:36:59   | 05:28:21    | <b>07:29:57.50</b>    | <b>07:30:07.05</b>     | +02:58:05<br>(39.6%) | 9:59            | 6<br>(60.6%)   |
| 72  | <b>TOMCZAK Justyna</b>            | <b>5143</b> |                                  | Senior I K - 20  | 14   | 01:41:11   | 04:00:51   | 05:42:54    | <b>07:30:24.60</b>    | <b>07:31:24.00</b>     | +02:59:22<br>(39.7%) | 10:00           | 6<br>(60.6%)   |
| 73  | <b>TUREK Magdalena</b>            | <b>5177</b> | CHAMPIONMAN TEAM                 | Senior II K - 30 | 30   | 01:38:29   | 03:51:59   | 05:36:21    | <b>07:31:18.10</b>    | <b>07:32:23.90</b>     | +03:00:21<br>(39.9%) | 10:01           | 6<br>(60.6%)   |
| 74  | <b>GLAPIAK-PRZYTUŁA Agnieszka</b> | <b>5414</b> |                                  | Masters K - 40   | 28   | 01:34:41   | 03:44:37   | 05:39:47    | <b>07:32:42.60</b>    | <b>07:32:45.95</b>     | +03:00:44<br>(39.9%) | 10:03           | 6<br>(60.6%)   |
| 75  | <b>MATUSIEWICZ Karolina</b>       | <b>5252</b> |                                  | Masters K - 40   | 29   | 01:43:53   | 03:46:03   | 05:39:45    | <b>07:36:40.30</b>    | <b>07:37:26.55</b>     | +03:05:24<br>(40.5%) | 10:08           | 5.9<br>(59.6%) |
| 76  | <b>SKORUPSKA Ewa</b>              | <b>5356</b> |                                  | Senior II K - 30 | 31   | 01:44:06   | 03:55:28   | 05:47:45    | <b>07:36:47.05</b>    | <b>07:37:34.10</b>     | +03:05:32<br>(40.5%) | 10:09           | 5.9<br>(59.6%) |
| 77  | <b>ZIELIŃSKA Mirona</b>           | <b>5015</b> | NIGHT RUNNERS WROCŁAW            | Masters K - 40   | 30   | 01:43:17   | 04:00:25   | 05:46:18    | <b>07:37:02.85</b>    | <b>07:38:17.05</b>     | +03:06:15<br>(40.6%) | 10:09           | 5.9<br>(59.6%) |
| 78  | <b>SZYSZKO Ewa</b>                | <b>5230</b> | MARKOWI BIEGACZE                 | Senior II K - 30 | 32   | 01:47:22   | 04:03:11   | 05:52:43    | <b>07:37:59.15</b>    | <b>07:38:28.35</b>     | +03:06:26<br>(40.7%) | 10:10           | 5.9<br>(59.6%) |
| 79  | <b>PAAKKINEN Laura Paakkinen</b>  | <b>5020</b> |                                  | Senior II K - 30 | 33   | 01:39:00   | 03:58:45   | 05:46:44    | <b>07:39:13.50</b>    | <b>07:40:16.75</b>     | +03:08:14<br>(40.9%) | 10:12           | 5.9<br>(59.6%) |
| 80  | <b>KOCOT Aleksandra</b>           | <b>5060</b> |                                  | Senior II K - 30 | 34   | 01:39:04   | 03:58:46   | 05:46:46    | <b>07:39:18.95</b>    | <b>07:40:22.75</b>     | +03:08:20<br>(40.9%) | 10:12           | 5.9<br>(59.6%) |
| 81  | <b>FLORCZAK Monika</b>            | <b>5010</b> | KOBIETA W BIEGU                  | Senior I K - 20  | 15   | 01:42:33   | 03:55:04   | 05:48:14    | <b>07:39:48.00</b>    | <b>07:40:56.65</b>     | +03:08:54<br>(41.0%) | 10:13           | 5.9<br>(59.6%) |
| 82  | <b>MICHALSKA Daria</b>            | <b>5449</b> | BOHAR PALETY RUNNERS             | Senior II K - 30 | 35   | 01:41:51   | 03:58:24   | 05:50:18    | <b>07:41:11.00</b>    | <b>07:42:23.30</b>     | +03:10:21<br>(41.2%) | 10:14           | 5.9<br>(59.6%) |
| 83  | <b>ZYGMUNT Małgorzata</b>         | <b>5139</b> |                                  | Senior II K - 30 | 36   | 01:36:26   | 03:53:18   | 05:46:38    | <b>07:42:17.50</b>    | <b>07:42:47.00</b>     | +03:10:45<br>(41.2%) | 10:16           | 5.8<br>(58.6%) |
| 84  | <b>BLIŻNIEWSKA Kattarzyna</b>     | <b>5108</b> | KS GŁOWNO W BIEGU                | Masters K - 40   | 31   | 01:40:06   | 04:02:02   | 05:52:30    | <b>07:46:24.80</b>    | <b>07:47:11.95</b>     | +03:15:10<br>(41.8%) | 10:21           | 5.8<br>(58.6%) |

| Msc | Zawodnik                | Numer | Klub                            | Kategoria        | Mkat | B1<br>10km | B2<br>22km | A15<br>33km | Czas<br>netto<br>45km | Czas<br>brutto<br>45km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-------------------------|-------|---------------------------------|------------------|------|------------|------------|-------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 85  | GRABOWSKA Edyta         | 5407  |                                 | Senior II K - 30 | 37   | 01:39:58   | 04:12:21   | 05:59:31    | 07:46:23.70           | 07:47:33.40            | +03:15:31<br>(41.8%) | 10:21           | 5.8<br>(58.6%) |
| 86  | ROZMUS Katarzyna        | 5251  | LPP TEAM                        | Senior II K - 30 | 38   | 01:48:12   | 04:07:16   | 05:58:19    | 07:51:09.35           | 07:51:54.10            | +03:19:52<br>(42.4%) | 10:28           | 5.7<br>(57.6%) |
| 87  | WYSZOMIRSKA Agnieszka   | 5333  |                                 | Senior II K - 30 | 39   | 01:48:01   | 04:12:12   | 06:01:39    | 07:51:05.35           | 07:52:01.40            | +03:19:59<br>(42.4%) | 10:28           | 5.7<br>(57.6%) |
| 88  | ZAROBIAK Katarzyna      | 5205  | WIECZORNE BIEGANIE W SZCZECINIE | Masters K - 40   | 32   | 01:43:18   | 04:07:31   | 05:58:27    | 07:53:00.80           | 07:53:22.00            | +03:21:20<br>(42.5%) | 10:30           | 5.7<br>(57.6%) |
| 89  | JAWOROWICZ Dobrochna    | 5088  | KS PEGAZ                        | Masters K - 40   | 33   | 01:51:07   | 04:12:55   | 06:02:46    | 07:53:32.25           | 07:54:14.05            | +03:22:12<br>(42.6%) | 10:31           | 5.7<br>(57.6%) |
| 90  | MASŁOWSKA Aleksandra    | 5390  |                                 | Senior I K - 20  | 16   | 01:39:58   | 04:12:20   | 05:59:31    | 07:55:12.70           | 07:56:22.80            | +03:24:20<br>(42.9%) | 10:33           | 5.7<br>(57.6%) |
| 91  | STAWSKA Natalia         | 5172  |                                 | Senior II K - 30 | 40   | 01:49:56   | 04:16:37   | 06:05:08    | 07:56:19.50           | 07:57:30.85            | +03:25:28<br>(43.0%) | 10:35           | 5.7<br>(57.6%) |
| 92  | SZYMAŃSKA Asia          | 5192  |                                 | Masters K - 40   | 34   | 01:43:36   | 04:11:02   | 06:09:23    | 08:03:18.90           | 08:04:20.15            | +03:32:18<br>(43.8%) | 10:44           | 5.6<br>(56.6%) |
| 93  | TOBERA Alicja           | 5258  |                                 | Senior II K - 30 | 41   | 01:44:00   | 04:14:13   | 06:13:35    | 08:04:49.20           | 08:05:23.60            | +03:33:21<br>(44.0%) | 10:46           | 5.6<br>(56.6%) |
| 94  | NOWAK Natalia           | 5274  | EKIPA Z TARNOWA                 | Senior II K - 30 | 42   | 01:37:10   | 03:59:38   | 06:04:26    | 08:10:47.45           | 08:11:18.80            | +03:39:16<br>(44.6%) | 10:54           | 5.5<br>(55.6%) |
| 95  | NIEDŹWIECKA Kasia       | 5080  | EKOBIEGI                        | Masters K - 40   | 35   | 01:51:36   | 04:17:02   | 06:13:02    | 08:10:54.95           | 08:12:02.80            | +03:40:00<br>(44.7%) | 10:54           | 5.5<br>(55.6%) |
| 96  | KNOBLOCH Ewa            | 5277  |                                 | Masters K - 40   | 36   | 01:49:55   | 04:19:33   | 06:18:54    | 08:14:04.20           | 08:14:20.30            | +03:42:18<br>(45.0%) | 10:58           | 5.5<br>(55.6%) |
| 97  | MARCINKOWSKA Anita      | 5199  |                                 | Senior II K - 30 | 43   | 01:39:43   | 04:00:19   | 06:05:08    | 08:14:15.30           | 08:14:27.00            | +03:42:25<br>(45.0%) | 10:59           | 5.5<br>(55.6%) |
| 98  | KOBIERECKA Monika       | 5180  | KS GŁOWNO W BIEGU               | Masters K - 40   | 37   | 01:42:57   | 04:03:36   | 06:14:41    | 08:14:57.15           | 08:15:46.05            | +03:43:44<br>(45.1%) | 10:59           | 5.5<br>(55.6%) |
| 99  | CIEPLICKA Magdalena     | 5376  | FOREST GANG BYDGOSZCZ           | Senior I K - 20  | 17   | 01:43:25   | 03:55:39   | 06:11:09    | 08:15:54.35           | 08:16:18.45            | +03:44:16<br>(45.2%) | 11:01           | 5.4<br>(54.5%) |
| 100 | DROSIK-KWAŚNIEWSKA Anna | 5427  |                                 | Masters K - 40   | 38   | 01:47:13   | 04:15:08   | 06:15:22    | 08:16:26.80           | 08:16:58.10            | +03:44:56<br>(45.3%) | 11:01           | 5.4<br>(54.5%) |
| 101 | SZWARGOT Marta          | 5149  | TARNOWO PODGÓRNE BIEGA          | Senior II K - 30 | 44   | 01:48:05   | 04:22:01   | 06:18:53    | 08:17:01.65           | 08:17:57.50            | +03:45:55<br>(45.4%) | 11:02           | 5.4<br>(54.5%) |
| 102 | NADOBNIK Beata          | 5100  | TARNOWO PODGÓRNE BIEGA          | Masters K - 40   | 39   | 01:48:07   | 04:21:54   | 06:18:51    | 08:17:03.70           | 08:17:59.85            | +03:45:57<br>(45.4%) | 11:02           | 5.4<br>(54.5%) |
| 103 | BUĆKO Karolina          | 5316  | TARNOWO PODGÓRNE BIEGA          | Masters K - 40   | 40   | 01:48:05   | 04:22:09   | 06:19:17    | 08:17:04.00           | 08:18:00.35            | +03:45:58<br>(45.4%) | 11:02           | 5.4<br>(54.5%) |
| 104 | PIECUCH Małgorzata      | 5007  |                                 | Weteran K - 50   | 3    | 01:53:03   | 04:30:37   | 06:24:54    | 08:16:41.85           | 08:18:02.10            | +03:46:00<br>(45.4%) | 11:02           | 5.4<br>(54.5%) |
| 105 | WIERZBICKA Natalia      | 5098  | PCH_RUN                         | Senior II K - 30 | 45   | 01:54:21   | 04:24:30   | 06:21:39    | 08:19:58.55           | 08:20:48.15            | +03:48:46<br>(45.7%) | 11:06           | 5.4<br>(54.5%) |
| 106 | SZULC Joanna            | 5176  | 1971                            | Masters K - 40   | 41   | 02:00:59   | 04:37:47   | 06:33:30    | 08:27:14.05           | 08:28:19.25            | +03:56:17<br>(46.5%) | 11:16           | 5.3<br>(53.5%) |
| 107 | SIENKIEWICZ Gabrysia    | 5021  | OGARY DOLORES                   | Senior I K - 20  | 18   | 01:47:45   | 04:10:56   | 06:07:59    | 08:27:00.05           | 08:28:19.60            | +03:56:17<br>(46.5%) | 11:16           | 5.3<br>(53.5%) |

| Msc                                | Zawodnik                   | Numer | Klub                           | Kategoria        | Mkat | B1<br>10km | B2<br>22km | A15<br>33km | Czas<br>netto<br>45km | Czas<br>brutto<br>45km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |  |
|------------------------------------|----------------------------|-------|--------------------------------|------------------|------|------------|------------|-------------|-----------------------|------------------------|----------------------|-----------------|----------------|--|
| 108                                | BĄDZIUL Dorota             | 5001  | ROKIETNICA BIEGA               | Senior II K - 30 | 46   | 01:56:50   | 04:28:24   | 06:27:38    | 08:29:50.55           | 08:31:01.70            | +03:58:59<br>(46.8%) | 11:19           | 5.3<br>(53.5%) |  |
| 109                                | PRUCHNIEWSKA Agnieszka     | 5234  |                                | Masters K - 40   | 42   | 01:48:42   | 04:20:19   | 06:24:09    | 08:31:30.10           | 08:31:53.85            | +03:59:51<br>(46.9%) | 11:22           | 5.3<br>(53.5%) |  |
| 110                                | LISOWSKA Kamila            | 5231  |                                | Senior II K - 30 | 47   | 01:49:13   | 04:27:35   | 06:27:41    | 08:31:28.20           | 08:32:18.45            | +04:00:16<br>(46.9%) | 11:21           | 5.3<br>(53.5%) |  |
| 111                                | SZAŁAJSKA Monika           | 5026  | OZKB                           | Senior I K - 20  | 19   | 01:49:47   | 04:27:17   | 06:30:38    | 08:32:45.25           | 08:33:46.65            | +04:01:44<br>(47.1%) | 11:23           | 5.3<br>(53.5%) |  |
| 112                                | WAWIERNIA Dorota           | 5347  |                                | Masters K - 40   | 43   | 01:43:45   | 04:10:33   | 06:27:36    | 08:34:03.15           | 08:34:14.05            | +04:02:12<br>(47.1%) | 11:25           | 5.3<br>(53.5%) |  |
| 113                                | DUDA-RELIGA Ewelina        | 5287  |                                | Masters K - 40   | 44   | 01:44:25   | 04:30:00   | 06:29:55    | 08:36:07.30           | 08:36:31.10            | +04:04:29<br>(47.3%) | 11:28           | 5.2<br>(52.5%) |  |
| 114                                | BARZAK Justyna             | 5300  |                                | Senior II K - 30 | 48   | 01:46:15   | 04:15:21   | 06:28:59    | 08:36:42.00           | 08:37:25.40            | +04:05:23<br>(47.4%) | 11:28           | 5.2<br>(52.5%) |  |
| 115                                | SABOK- MUSZYŃSKA Katarzyna | 5107  |                                | Senior II K - 30 | 49   | 01:46:16   | 04:15:20   | 06:28:58    | 08:36:42.10           | 08:37:25.60            | +04:05:23<br>(47.4%) | 11:28           | 5.2<br>(52.5%) |  |
| 116                                | STASZEWSKA Sylwia          | 5303  |                                | Masters K - 40   | 45   | 01:51:53   | 04:32:12   | 06:30:00    | 08:38:42.20           | 08:38:58.00            | +04:06:56<br>(47.6%) | 11:31           | 5.2<br>(52.5%) |  |
| 117                                | KRAJEWSKA-PALUCH Ewa       | 5119  | BIEGOWA KUŹNIA                 | Masters K - 40   | 46   | 01:48:20   | 04:32:31   | 06:30:51    | 08:38:32.95           | 08:39:08.85            | +04:07:06<br>(47.6%) | 11:31           | 5.2<br>(52.5%) |  |
| 118                                | KOŚCIELNIAK Dagmara        | 5255  | CZERWONAK BIEGA                | Masters K - 40   | 47   | 01:56:56   | 04:34:38   | 06:31:15    | 08:39:48.40           | 08:40:05.40            | +04:08:03<br>(47.7%) | 11:33           | 5.2<br>(52.5%) |  |
| 119                                | KOWAL Ewa                  | 5187  | KFJ                            | Masters K - 40   | 48   | 01:52:41   | 04:34:02   | 06:35:43    | 08:40:11.45           | 08:40:41.05            | +04:08:39<br>(47.8%) | 11:33           | 5.2<br>(52.5%) |  |
| 120                                | TABACZYŃSKA Monika         | 5048  |                                | Senior I K - 20  | 20   | 01:46:42   | 04:24:29   | 06:31:38    | 08:41:04.00           | 08:42:09.05            | +04:10:07<br>(47.9%) | 11:34           | 5.2<br>(52.5%) |  |
| 121                                | BARTOSIEWICZ Dorota        | 5337  |                                | Senior II K - 30 | 50   | 01:43:37   | 04:15:40   | 06:29:23    | 08:45:51.50           | 08:46:02.70            | +04:14:00<br>(48.3%) | 11:41           | 5.1<br>(51.5%) |  |
| 122                                | ZAJĄC Aga                  | 5132  | 77CATS                         | Masters K - 40   | 49   | 01:56:25   | 04:39:50   | 06:43:16    | 08:46:09.05           | 08:47:00.05            | +04:14:58<br>(48.4%) | 11:41           | 5.1<br>(51.5%) |  |
| 123                                | MUSIAŁ Ewa                 | 5257  |                                | Masters K - 40   | 50   | 01:48:19   | 03:53:46   | 05:51:25    | 08:46:31.65           | 08:47:20.35            | +04:15:18<br>(48.4%) | 11:42           | 5.1<br>(51.5%) |  |
| 124                                | WOJEWODA Renata            | 5301  |                                | Masters K - 40   | 51   | 01:49:40   | 04:24:35   | 06:32:33    | 08:50:36.95           | 08:51:43.10            | +04:19:41<br>(48.8%) | 11:47           | 5.1<br>(51.5%) |  |
| 125                                | GARCZEWSKA-PASZKO Joanna   | 5019  |                                | Masters K - 40   | 52   | 01:51:46   | 04:45:02   | 06:54:04    | 08:50:46.00           | 08:52:04.05            | +04:20:02<br>(48.9%) | 11:47           | 5.1<br>(51.5%) |  |
| 126                                | OSMOLA Dorota              | 5362  | OLD SCHOOL TRAIL RUNNING STAFF | Masters K - 40   | 53   | 01:55:47   | 04:39:07   | 06:52:47    | 08:57:36.20           | 08:58:53.05            | +04:26:51<br>(49.5%) | 11:56           | 5<br>(50.5%)   |  |
| 127                                | PISULIŃSKA Ewa             | 5340  |                                | Senior I K - 20  | 21   | 01:50:02   | 04:23:49   | 06:45:02    | 08:58:54.10           | 08:59:16.00            | +04:27:14<br>(49.6%) | 11:58           | 5<br>(50.5%)   |  |
| Przekroczony limit czasu: 09:00:00 |                            |       |                                |                  |      |            |            |             |                       |                        |                      |                 |                |  |
| 128                                | BAKA Elzbieta              | 5195  |                                | Masters K - 40   | 54   | 01:59:18   | 04:51:05   | 07:01:40    | 09:07:24.25           | 09:08:31.90            | +04:36:29<br>(50.4%) | 12:09           | 4.9<br>(49.5%) |  |
| 129                                | MATUSEWICZ Patrycja        | 5219  | HUSARIA RACE TEAM              | Masters K - 40   | 55   | 01:50:05   | 04:30:16   | 06:55:57    | 09:12:42.15           | 09:13:33.90            | +04:41:31<br>(50.9%) | 12:16           | 4.9<br>(49.5%) |  |
| 130                                | DUDARONEK Paulina          | 5290  |                                | Senior I K - 20  | 22   | 01:56:21   | 04:50:52   | 07:04:14    | 09:27:11.25           | 09:27:19.35            | +04:55:17<br>(52.0%) | 12:36           | 4.8<br>(48.5%) |  |

| Msc | Zawodnik        | Numer | Klub      | Kategoria        | Mkat | B1<br>10km      | B2<br>22km      | A15<br>33km | Czas<br>netto<br>45km | Czas<br>brutto<br>45km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-----------------|-------|-----------|------------------|------|-----------------|-----------------|-------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 131 | FURTACZ Anna    | 5229  |           | Masters K - 40   | 56   | 02:04:29        | 04:55:16        | 07:06:55    | 09:28:11.00           | 09:29:25.90            | +04:57:23<br>(52.2%) | 12:37           | 4.8<br>(48.5%) |
| 132 | GAJGER Joanna   | 5078  |           | Senior II K - 30 | 51   | 02:05:32        | 04:57:14        | 07:23:43    | 09:46:16.70           | 09:47:14.90            | +05:15:12<br>(53.7%) | 13:01           | 4.6<br>(46.5%) |
| 133 | WOŁOWIEC Bożena | 5314  |           | Masters K - 40   | 57   | 02:02:26        | 05:01:18        | 07:42:12    | 10:16:54.85           | 10:17:53.25            | +05:45:51<br>(56.0%) | 13:42           | 4.4<br>(44.4%) |
|     | KACZMAREK Agata | 5124  | NEST TEAM | Masters K - 40   |      | 01:55:10<br>DNF | 04:43:41<br>DNF | DNF         | DNF                   | DNF                    |                      | -               | -<br>(0.0%)    |

Znaleziono 134 wynik(ów)