

# ZŁOTY PÓŁMARATON - 21 KM

B4SPORT

**Wydarzenie:** Dolnośląski Festiwal Biegów Górskich  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2019-07-18  
**Miejsce:** Łądek-Zdrój  
**Dystans:** 21 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN KOBIET

| Msc | Zawodnik                   | Numer       | Klub                                                  | Kategoria        | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Czas<br>brutto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|----------------------------|-------------|-------------------------------------------------------|------------------|------|--------------|-----------------------|------------------------|----------------------|-----------------|-----------------|
| 1   | <b>TOMASIAK Natalia</b>    | <b>6000</b> | SALOMON SUUNTO TEAM                                   | Senior II K - 30 | 1    | 01:00:13     | <b>01:47:50.65</b>    | <b>01:47:53.20</b>     |                      | 5:08            | 11.7<br>(100%)  |
| 2   | <b>ZAJĄCZKOWSKA Anna</b>   | <b>6593</b> |                                                       | Senior I K - 20  | 1    | 01:03:24     | <b>01:50:43.20</b>    | <b>01:51:02.45</b>     | +00:03:09<br>(2.8%)  | 5:16            | 11.4<br>(97.4%) |
| 3   | <b>SKALSKA Anna</b>        | <b>6280</b> | FESTIWAL BIEGOWY KRYNICA ZDRÓJ CARBON OCR RACING TEAM | Senior II K - 30 | 2    | 01:03:00     | <b>01:52:14.75</b>    | <b>01:52:16.75</b>     | +00:04:23<br>(3.9%)  | 5:20            | 11.2<br>(95.7%) |
| 4   | <b>BIHUN Natalia</b>       | <b>6763</b> | GT RAT                                                | Senior II K - 30 | 3    | 01:05:22     | <b>01:58:08.75</b>    | <b>01:58:12.80</b>     | +00:10:19<br>(8.7%)  | 5:37            | 10.7<br>(91.5%) |
| 5   | <b>KRAWCZYK Adriana</b>    | <b>6098</b> |                                                       | Senior II K - 30 | 4    | 01:10:57     | <b>02:04:26.10</b>    | <b>02:04:30.35</b>     | +00:16:37<br>(13.3%) | 5:55            | 10.1<br>(86.3%) |
| 6   | <b>NOWAK Katarzyna</b>     | <b>6466</b> | BIEGANIE NA ŚNIADANIE ŚMIGIEL                         | Senior II K - 30 | 5    | 01:08:53     | <b>02:04:47.40</b>    | <b>02:04:51.60</b>     | +00:16:58<br>(13.6%) | 5:56            | 10.1<br>(86.3%) |
| 7   | <b>ROZDZYNSKA Patrycja</b> | <b>6351</b> |                                                       | Senior I K - 20  | 2    | 01:12:15     | <b>02:05:07.40</b>    | <b>02:05:12.20</b>     | +00:17:19<br>(13.8%) | 5:57            | 10.1<br>(86.3%) |
| 8   | <b>HENECZKOWSKA Anna</b>   | <b>6308</b> | ENDŹI Z KALENJI/BORN TO RUN                           | Senior I K - 20  | 3    | 01:13:26     | <b>02:05:33.40</b>    | <b>02:05:41.45</b>     | +00:17:48<br>(14.2%) | 5:58            | 10<br>(85.5%)   |
| 9   | <b>KORNOBIS Monika</b>     | <b>6639</b> | GOAPTIV!                                              | Senior I K - 20  | 4    | 01:11:50     | <b>02:07:03.70</b>    | <b>02:07:09.60</b>     | +00:19:16<br>(15.2%) | 6:03            | 9.9<br>(84.6%)  |
| 10  | <b>DUDEK Monika</b>        | <b>6510</b> | PASJA CHRZANKA RUNNING TEAM                           | Senior II K - 30 | 6    | 01:12:16     | <b>02:09:23.70</b>    | <b>02:09:26.40</b>     | +00:21:33<br>(16.7%) | 6:09            | 9.7<br>(82.9%)  |
| 11  | <b>ŁOMNICKA Barbara</b>    | <b>6753</b> | MKS SIECHNICE                                         | Masters K - 40   | 1    | 01:13:35     | <b>02:11:49.40</b>    | <b>02:11:57.75</b>     | +00:24:04<br>(18.2%) | 6:16            | 9.6<br>(82.1%)  |
| 12  | <b>SALWA Ewelina</b>       | <b>6021</b> | 4 RUN TEAM PIŁA                                       | Senior II K - 30 | 7    | 01:15:03     | <b>02:12:18.05</b>    | <b>02:12:22.60</b>     | +00:24:29<br>(18.5%) | 6:18            | 9.5<br>(81.2%)  |
| 13  | <b>FLOREK Katarzyna</b>    | <b>6182</b> |                                                       | Senior II K - 30 | 8    | 01:16:38     | <b>02:12:18.10</b>    | <b>02:12:25.10</b>     | +00:24:31<br>(18.5%) | 6:18            | 9.5<br>(81.2%)  |
| 14  | <b>KODZIK Aleksandra</b>   | <b>6709</b> | #FITDZIADEK                                           | Senior II K - 30 | 9    | 01:15:45     | <b>02:13:36.35</b>    | <b>02:14:16.40</b>     | +00:26:23<br>(19.7%) | 6:21            | 9.4<br>(80.3%)  |
| 15  | <b>JARASZKIEWICZ Hanna</b> | <b>6690</b> | FEHLAU RUN TEAM                                       | Senior II K - 30 | 10   | 01:11:44     | <b>02:14:23.95</b>    | <b>02:14:32.35</b>     | +00:26:39<br>(19.8%) | 6:24            | 9.4<br>(80.3%)  |

| Msc | Zawodnik                    | Numer | Klub                                      | Kategoria        | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Czas<br>brutto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-----------------------------|-------|-------------------------------------------|------------------|------|--------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 16  | DROŹDZIK Magdalena          | 6132  | WKB META LUBLINIEC                        | Masters K - 40   | 2    | 01:16:11     | 02:15:04.00           | 02:15:10.80            | +00:27:17<br>(20.2%) | 6:25            | 9.3<br>(79.5%) |
| 17  | MAGDA Katarzyna             | 6632  |                                           | Masters K - 40   | 3    | 01:18:27     | 02:15:40.25           | 02:15:54.00            | +00:28:00<br>(20.6%) | 6:27            | 9.3<br>(79.5%) |
| 18  | SZUMACHER Marta             | 6692  |                                           | Senior I K - 20  | 5    | 01:16:25     | 02:16:54.25           | 02:17:11.85            | +00:29:18<br>(21.4%) | 6:31            | 9.2<br>(78.6%) |
| 19  | MACHAJ Joanna               | 6214  |                                           | Senior I K - 20  | 6    | 01:19:03     | 02:20:02.60           | 02:20:11.40            | +00:32:18<br>(23.0%) | 6:40            | 9<br>(76.9%)   |
| 20  | MALIK Agnieszka             | 6675  | ZUMBA AGA MALIK TEAM                      | Masters K - 40   | 4    | 01:18:34     | 02:20:11.00           | 02:20:20.10            | +00:32:26<br>(23.1%) | 6:40            | 9<br>(76.9%)   |
| 21  | HARKIEWICZ Wiola            | 6154  | NARAMOWICE BIEGAJĄ / ODDYCHAJSWOBODNIE.PL | Senior II K - 30 | 11   | 01:19:11     | 02:20:16.60           | 02:20:32.60            | +00:32:39<br>(23.2%) | 6:40            | 9<br>(76.9%)   |
| 22  | ŚWIĘTEK Sylwia              | 6043  | LTT                                       | Masters K - 40   | 5    | 01:18:42     | 02:20:45.25           | 02:20:51.75            | +00:32:58<br>(23.4%) | 6:42            | 9<br>(76.9%)   |
| 23  | OPALIŃSKA-KLUSEK Małgorzata | 6643  |                                           | Senior II K - 30 | 12   | 01:18:09     | 02:21:17.85           | 02:21:47.60            | +00:33:54<br>(23.9%) | 6:43            | 8.9<br>(76.1%) |
| 24  | WOJNAROWSKA Weronika        | 6555  |                                           | Senior II K - 30 | 13   | 01:22:27     | 02:21:15.90           | 02:21:47.80            | +00:33:54<br>(23.9%) | 6:43            | 8.9<br>(76.1%) |
| 25  | KUPCZAK Ewa                 | 6534  | SPARTA ULTRA TEAM                         | Masters K - 40   | 6    | 01:21:57     | 02:21:48.95           | 02:22:29.55            | +00:34:36<br>(24.3%) | 6:45            | 8.9<br>(76.1%) |
| 26  | FOGIEL-PAWŁOWSKA Agnieszka  | 6361  |                                           | Masters K - 40   | 7    | 01:20:37     | 02:22:42.00           | 02:22:47.60            | +00:34:54<br>(24.4%) | 6:47            | 8.8<br>(75.2%) |
| 27  | KOLANKO Sylwia              | 6446  | NYSA BIEGA                                | Senior II K - 30 | 14   | 01:21:26     | 02:23:07.75           | 02:23:15.05            | +00:35:21<br>(24.7%) | 6:48            | 8.8<br>(75.2%) |
| 28  | RYCHLIK Magdalena           | 6620  | ITMBW KRAKÓW                              | Senior I K - 20  | 7    | 01:22:14     | 02:23:22.85           | 02:23:49.35            | +00:35:56<br>(25.0%) | 6:49            | 8.8<br>(75.2%) |
| 29  | SKACZKOWSKA Barbara         | 6721  |                                           | Senior II K - 30 | 15   | 01:21:24     | 02:23:43.10           | 02:23:59.60            | +00:36:06<br>(25.1%) | 6:50            | 8.8<br>(75.2%) |
| 30  | SZUREK Paulina              | 6537  |                                           | Senior II K - 30 | 16   | 01:21:11     | 02:25:12.90           | 02:25:16.05            | +00:37:22<br>(25.7%) | 6:54            | 8.7<br>(74.4%) |
| 31  | WOJTASZEK Małgorzata        | 6313  |                                           | Senior II K - 30 | 17   | 01:24:17     | 02:26:22.10           | 02:26:37.40            | +00:38:44<br>(26.4%) | 6:58            | 8.6<br>(73.5%) |
| 32  | DĄBROWSKA Natalia           | 6020  | BIEG OPOLSKI ZAŁOGA GÓRSKA                | Senior II K - 30 | 18   | 01:25:02     | 02:26:50.65           | 02:26:54.40            | +00:39:01<br>(26.6%) | 6:59            | 8.6<br>(73.5%) |
| 33  | KASPEREK Kamila             | 6338  | RUUKKI                                    | Senior II K - 30 | 19   | 01:21:07     | 02:27:16.40           | 02:27:26.40            | +00:39:33<br>(26.8%) | 7:00            | 8.6<br>(73.5%) |
| 34  | BISKUP Anna                 | 6307  | STS BIEGATON MIKOŁÓW                      | Masters K - 40   | 8    | 01:20:52     | 02:27:30.35           | 02:27:46.35            | +00:39:53<br>(27.0%) | 7:01            | 8.5<br>(72.6%) |
| 35  | KORONA-SIERADZKA Bogusława  | 6006  | WKURWTEAM                                 | Senior II K - 30 | 20   | 01:24:12     | 02:27:49.00           | 02:28:06.00            | +00:40:12<br>(27.2%) | 7:02            | 8.5<br>(72.6%) |
| 36  | JOŃCZYK Ada                 | 6268  |                                           | Senior I K - 20  | 8    | 01:21:49     | 02:27:31.80           | 02:28:48.40            | +00:40:55<br>(27.5%) | 7:01            | 8.5<br>(72.6%) |
| 37  | JASICKA Ewa                 | 6524  |                                           | Senior II K - 30 | 21   | 01:22:43     | 02:29:19.35           | 02:29:37.60            | +00:41:44<br>(27.9%) | 7:06            | 8.4<br>(71.8%) |
| 38  | ŁUNIEWSKA Katarzyna         | 6048  | HARDCOROWE WYCHYLYLYBYMY                  | Senior II K - 30 | 22   | 01:24:06     | 02:29:58.45           | 02:30:11.85            | +00:42:18<br>(28.2%) | 7:08            | 8.4<br>(71.8%) |

| Msc | Zawodnik                     | Numer | Klub                              | Kategoria        | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Czas<br>brutto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|------------------------------|-------|-----------------------------------|------------------|------|--------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 39  | TALARCZYK-WIECZOREK Karolina | 6652  |                                   | Masters K - 40   | 9    | 01:24:04     | 02:29:46.75           | 02:30:31.20            | +00:42:38<br>(28.3%) | 7:07            | 8.4<br>(71.8%) |
| 40  | BIELAWA Kamila               | 6287  | NKB CHYZY NOWY TOMYŚL             | Senior II K - 30 | 23   | 01:25:33     | 02:29:46.15           | 02:30:52.80            | +00:42:59<br>(28.5%) | 7:07            | 8.4<br>(71.8%) |
| 41  | OGRODOWCZYK Daria            | 6569  | KALENJI BY DECATHLON              | Senior I K - 20  | 9    | 01:24:00     | 02:31:22.05           | 02:31:29.80            | +00:43:36<br>(28.8%) | 7:12            | 8.3<br>(70.9%) |
| 42  | SZYSZKA Anna                 | 6579  |                                   | Senior I K - 20  | 10   | 01:23:19     | 02:31:25.70           | 02:31:35.90            | +00:43:42<br>(28.8%) | 7:12            | 8.3<br>(70.9%) |
| 43  | HŁASKO Ania                  | 6515  |                                   | Senior I K - 20  | 11   | 01:27:00     | 02:31:48.90           | 02:32:54.00            | +00:45:00<br>(29.4%) | 7:13            | 8.3<br>(70.9%) |
| 44  | DRAGANEK Ewelina             | 6222  |                                   | Senior II K - 30 | 24   | 01:23:20     | 02:32:08.60           | 02:33:28.10            | +00:45:34<br>(29.7%) | 7:14            | 8.3<br>(70.9%) |
| 45  | WYSADA Katarzyna             | 6578  |                                   | Senior II K - 30 | 25   | 01:22:48     | 02:33:24.60           | 02:34:04.45            | +00:46:11<br>(30.0%) | 7:18            | 8.2<br>(70.1%) |
| 46  | STRĄK Izabela                | 6173  |                                   | Masters K - 40   | 10   | 01:24:07     | 02:34:04.20           | 02:34:06.40            | +00:46:13<br>(30.0%) | 7:20            | 8.2<br>(70.1%) |
| 47  | WĄSOWICZ Magdalena           | 6714  | HUSARIA RACE TEAM                 | Senior I K - 20  | 12   | 01:28:06     | 02:34:14.05           | 02:34:48.70            | +00:46:55<br>(30.3%) | 7:20            | 8.2<br>(70.1%) |
| 48  | SMORAWSKA Lidia              | 6248  | TARNOWO PODGÓRNE BIEGA            | Senior II K - 30 | 26   | 01:26:59     | 02:34:23.85           | 02:34:56.20            | +00:47:03<br>(30.4%) | 7:21            | 8.2<br>(70.1%) |
| 49  | KRUSZEK Małgorzata           | 6462  | PRZEKOTY                          | Senior II K - 30 | 27   | 01:27:32     | 02:34:43.05           | 02:34:56.60            | +00:47:03<br>(30.4%) | 7:22            | 8.1<br>(69.2%) |
| 50  | TOMCZYK Marta                | 6630  |                                   | Senior I K - 20  | 13   | 01:28:23     | 02:34:53.90           | 02:35:10.50            | +00:47:17<br>(30.5%) | 7:22            | 8.1<br>(69.2%) |
| 51  | MARTOWSKA Barbara            | 6178  |                                   | Masters K - 40   | 11   | 01:27:50     | 02:36:11.40           | 02:36:20.95            | +00:48:27<br>(31.0%) | 7:26            | 8.1<br>(69.2%) |
| 52  | KUCHARSKA Aleksandra         | 6014  | DREAM RUN                         | Senior II K - 30 | 28   | 01:29:13     | 02:36:07.15           | 02:36:42.40            | +00:48:49<br>(31.2%) | 7:26            | 8.1<br>(69.2%) |
| 53  | BRUSIŁOWICZ Dagmara          | 6383  | WIECZORNE BIEGANIE W SZCZECINIE   | Masters K - 40   | 12   | 01:28:06     | 02:36:48.25           | 02:36:51.15            | +00:48:57<br>(31.2%) | 7:28            | 8<br>(68.4%)   |
| 54  | DUTKOWIAK Aleksandra         | 6303  | PIĄTKOWO NA BIEGOWO               | Senior II K - 30 | 29   | 01:27:02     | 02:36:33.15           | 02:37:06.05            | +00:49:12<br>(31.3%) | 7:27            | 8<br>(68.4%)   |
| 55  | NIECHAJ Anna                 | 6174  | POMIDOROWA ALTERNATYWA            | Masters K - 40   | 13   | 01:26:24     | 02:36:52.85           | 02:37:32.25            | +00:49:39<br>(31.5%) | 7:28            | 8<br>(68.4%)   |
| 56  | PIELA Katarzyna              | 6285  |                                   | Senior II K - 30 | 30   | 01:27:38     | 02:36:16.35           | 02:37:52.90            | +00:49:59<br>(31.7%) | 7:26            | 8.1<br>(69.2%) |
| 57  | ŁUBIK Renata                 | 6339  | PRO-RUN WROCŁAW                   | Masters K - 40   | 14   | 01:28:32     | 02:37:14.10           | 02:37:55.30            | +00:50:02<br>(31.7%) | 7:29            | 8<br>(68.4%)   |
| 58  | ZAMIATOWSKA Kinga            | 6115  | BELLA LINE BDG                    | Masters K - 40   | 15   | 01:27:22     | 02:38:19.85           | 02:38:27.70            | +00:50:34<br>(31.9%) | 7:32            | 8<br>(68.4%)   |
| 59  | POCHWAŁA Justyna             | 6079  | NATALIA TOMASIAK GÓRSKI STYL TEAM | Senior II K - 30 | 31   | 01:30:36     | 02:37:58.85           | 02:38:34.60            | +00:50:41<br>(32.0%) | 7:31            | 8<br>(68.4%)   |
| 60  | DWORCZYŃSKA Martyna          | 6490  | ADIDAS RUNNERS WARSAW             | Senior I K - 20  | 14   | 01:30:27     | 02:37:29.65           | 02:38:37.50            | +00:50:44<br>(32.0%) | 7:30            | 8<br>(68.4%)   |
| 61  | NOGANOWICZ Agata             | 6342  | PRO-RUN WROCŁAW                   | Masters K - 40   | 16   | 01:32:20     | 02:37:37.55           | 02:39:05.10            | +00:51:11<br>(32.2%) | 7:30            | 8<br>(68.4%)   |

| Msc | Zawodnik                   | Numer | Klub                              | Kategoria        | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Czas<br>brutto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------------|-------|-----------------------------------|------------------|------|--------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 62  | OBRZUD Katarzyna           | 6328  |                                   | Masters K - 40   | 17   | 01:27:08     | 02:38:28.90           | 02:39:22.70            | +00:51:29<br>(32.3%) | 7:32            | 8<br>(68.4%)   |
| 63  | ZAWADZKA Monika            | 6684  | MKS SIECHNICE                     | Senior II K - 30 | 32   | 01:33:03     | 02:38:51.05           | 02:39:33.05            | +00:51:39<br>(32.4%) | 7:33            | 7.9<br>(67.5%) |
| 64  | JOŃCZYK Anna               | 6379  |                                   | Senior II K - 30 | 33   | 01:28:00     | 02:39:47.65           | 02:40:39.85            | +00:52:46<br>(32.8%) | 7:36            | 7.9<br>(67.5%) |
| 65  | CHOLEWA Agnieszka          | 6633  | MATNER RUNNING TEAM               | Senior II K - 30 | 34   | 01:29:03     | 02:40:33.55           | 02:40:55.45            | +00:53:02<br>(33.0%) | 7:38            | 7.8<br>(66.7%) |
| 66  | MICHALAK-KLIMCZAK Lucyna   | 6357  |                                   | Senior II K - 30 | 35   | 01:30:03     | 02:40:27.85           | 02:41:37.80            | +00:53:44<br>(33.3%) | 7:38            | 7.9<br>(67.5%) |
| 67  | NAPIÓRKOWSKA Katarzyna     | 6135  |                                   | Masters K - 40   | 18   | 01:33:18     | 02:41:19.15           | 02:41:52.60            | +00:53:59<br>(33.4%) | 7:40            | 7.8<br>(66.7%) |
| 68  | MAJEROWSKA Magdalena       | 6447  | BAUMAT TEAM                       | Senior I K - 20  | 15   | 01:29:59     | 02:40:08.25           | 02:41:58.90            | +00:54:05<br>(33.4%) | 7:37            | 7.9<br>(67.5%) |
| 69  | KUBÓW Agnieszka            | 6324  | ZLB ZŁOTORYJA                     | Senior II K - 30 | 36   | 01:33:54     | 02:42:05.70           | 02:42:14.85            | +00:54:21<br>(33.5%) | 7:43            | 7.8<br>(66.7%) |
| 70  | WOLAK Izabela              | 6439  | JKS SALAMANDRA                    | Senior I K - 20  | 16   | 01:27:14     | 02:41:56.40           | 02:42:44.50            | +00:54:51<br>(33.7%) | 7:42            | 7.8<br>(66.7%) |
| 71  | KOPACKA Eliza              | 6099  |                                   | Senior II K - 30 | 37   | 01:33:33     | 02:43:03.00           | 02:43:32.90            | +00:55:39<br>(34.0%) | 7:45            | 7.7<br>(65.8%) |
| 72  | NOWICKA-BŁASZCZYK Izabela  | 6452  | WOJART TEAM                       | Senior II K - 30 | 38   | 01:34:42     | 02:42:39.60           | 02:43:45.45            | +00:55:52<br>(34.1%) | 7:44            | 7.7<br>(65.8%) |
| 73  | DANIEL Maria               | 6563  |                                   | Senior II K - 30 | 39   | 01:30:48     | 02:43:23.15           | 02:43:56.70            | +00:56:03<br>(34.2%) | 7:46            | 7.7<br>(65.8%) |
| 74  | KUICH Aleksnadra           | 6238  |                                   | Senior II K - 30 | 40   | 01:38:36     | 02:43:40.35           | 02:43:56.95            | +00:56:03<br>(34.2%) | 7:47            | 7.7<br>(65.8%) |
| 75  | STRĘK Joanna               | 6065  | NATALIA TOMASIAK GÓRSKI STYL TEAM | Senior II K - 30 | 41   | 01:30:58     | 02:43:59.95           | 02:44:03.70            | +00:56:10<br>(34.2%) | 7:48            | 7.7<br>(65.8%) |
| 76  | SZAWARA-ZIÓŁKOWSKA Ewelina | 6289  | KB HARCOWNIK JELCZ-LASKOWICE      | Senior II K - 30 | 42   | 01:33:01     | 02:43:28.15           | 02:44:12.65            | +00:56:19<br>(34.3%) | 7:47            | 7.7<br>(65.8%) |
| 77  | CIERPIKOWSKA Agnieszka     | 6330  |                                   | Masters K - 40   | 19   | 01:35:34     | 02:43:16.40           | 02:44:36.30            | +00:56:43<br>(34.5%) | 7:46            | 7.7<br>(65.8%) |
| 78  | PIOTROWSKA Magdalena       | 6751  | KB JURUNT SZCZYTNO                | Senior II K - 30 | 43   | 01:30:09     | 02:45:29.50           | 02:45:35.10            | +00:57:41<br>(34.8%) | 7:52            | 7.6<br>(65.0%) |
| 79  | KOSTECZKA Paulina          | 6211  | DRUŻYNA BIEGNĄCEGO ORIONA         | Senior II K - 30 | 44   | 01:35:15     | 02:45:39.10           | 02:46:07.80            | +00:58:14<br>(35.1%) | 7:53            | 7.6<br>(65.0%) |
| 80  | MUSIELAK Magdalena         | 6363  | KUPA WIARY TEJ                    | Senior II K - 30 | 45   | 01:37:06     | 02:45:13.10           | 02:46:52.15            | +00:58:58<br>(35.3%) | 7:52            | 7.6<br>(65.0%) |
| 81  | DZIERGWA Agnieszka         | 6640  | #SOBASTEAM                        | Senior II K - 30 | 46   | 01:34:55     | 02:45:42.00           | 02:46:53.45            | +00:59:00<br>(35.4%) | 7:53            | 7.6<br>(65.0%) |
| 82  | PYZIK Ewa                  | 6255  | MATNER RUNNING TEAM               | Masters K - 40   | 20   | 01:34:33     | 02:46:36.65           | 02:46:57.90            | +00:59:04<br>(35.4%) | 7:56            | 7.6<br>(65.0%) |
| 83  | PLISZCZYŃSKA Justyna       | 6682  |                                   | Masters K - 40   | 21   | 01:34:30     | 02:46:35.15           | 02:47:12.60            | +00:59:19<br>(35.5%) | 7:55            | 7.6<br>(65.0%) |
| 84  | GUDZ Beata                 | 6607  |                                   | Senior II K - 30 | 47   | 01:33:39     | 02:46:42.20           | 02:47:50.20            | +00:59:57<br>(35.7%) | 7:56            | 7.6<br>(65.0%) |

| Msc | Zawodnik                    | Numer | Klub                              | Kategoria        | Mkat | B1<br>10.3km | Czas          |                | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-----------------------------|-------|-----------------------------------|------------------|------|--------------|---------------|----------------|----------------------|-----------------|----------------|
|     |                             |       |                                   |                  |      |              | netto<br>21km | brutto<br>21km |                      |                 |                |
| 85  | RZEPKA Aleksandra           | 6622  | WKURW_TEAM                        | Senior I K - 20  | 17   | 01:33:33     | 02:46:25.20   | 02:47:58.10    | +01:00:04<br>(35.8%) | 7:55            | 7.6<br>(65.0%) |
| 86  | ZIĘBA Emilia                | 6440  | ŚLĄSK WROCŁAW                     | Senior I K - 20  | 18   | 01:30:47     | 02:47:46.55   | 02:48:30.55    | +01:00:37<br>(36.0%) | 7:59            | 7.5<br>(64.1%) |
| 87  | KRAUSE Anna                 | 6686  | HOLYFITNESS                       | Senior II K - 30 | 48   | 01:33:20     | 02:48:14.20   | 02:48:42.20    | +01:00:49<br>(36.0%) | 8:00            | 7.5<br>(64.1%) |
| 88  | CZESKA Karolina             | 6561  | LAMPART TRENING                   | Senior I K - 20  | 19   | 01:35:08     | 02:48:20.15   | 02:49:04.40    | +01:01:11<br>(36.2%) | 8:00            | 7.5<br>(64.1%) |
| 89  | HRYCIUK Katarzyna           | 6195  | EKOBIEGI                          | Masters K - 40   | 22   | 01:39:05     | 02:47:31.30   | 02:49:07.15    | +01:01:13<br>(36.2%) | 7:58            | 7.5<br>(64.1%) |
| 90  | SEWERYN-CZYŻ Bożena         | 6695  | CROSS KRAPKOWICE                  | Masters K - 40   | 23   |              | 02:49:15.00   | 02:49:42.00    | +01:01:48<br>(36.4%) | 8:03            | 7.4<br>(63.2%) |
| 91  | WRÓBLEWSKA Olga             | 6139  | VEGE RUNNERS                      | Masters K - 40   | 24   | 01:38:12     | 02:50:19.05   | 02:50:45.75    | +01:02:52<br>(36.8%) | 8:06            | 7.4<br>(63.2%) |
| 92  | MAJEWSKA Fabiana            | 6677  |                                   | Senior I K - 20  | 20   | 01:38:18     | 02:49:18.95   | 02:50:58.80    | +01:03:05<br>(36.9%) | 8:03            | 7.4<br>(63.2%) |
| 93  | LUBAŃSKA Alicja             | 6494  | SSW TEAM KROŚNICE                 | Weteran K - 50   | 1    | 01:34:44     | 02:50:55.70   | 02:51:07.25    | +01:03:14<br>(37.0%) | 8:08            | 7.4<br>(63.2%) |
| 94  | MALEK- BERNADZIKOWSKA Marta | 6603  | EUROPA UBEZPIECZENIA              | Senior II K - 30 | 49   | 01:37:21     | 02:50:14.10   | 02:51:09.40    | +01:03:16<br>(37.0%) | 8:06            | 7.4<br>(63.2%) |
| 95  | MAGDIJ Kamila               | 6544  | MEGKURSY.PL                       | Masters K - 40   | 25   | 01:38:29     | 02:52:00.85   | 02:52:15.45    | +01:04:22<br>(37.4%) | 8:11            | 7.3<br>(62.4%) |
| 96  | PLEWA Katarzyna             | 6191  | NORDIC16.COM                      | Senior II K - 30 | 50   | 01:33:03     | 02:51:45.45   | 02:52:23.15    | +01:04:29<br>(37.4%) | 8:10            | 7.3<br>(62.4%) |
| 97  | JAWORSKA Magdalena          | 6159  | GB WIELKOPOLSCY BIEGACZE/TEAM KGB | Masters K - 40   | 26   | 01:37:08     | 02:51:26.05   | 02:53:04.05    | +01:05:10<br>(37.7%) | 8:09            | 7.3<br>(62.4%) |
| 98  | GORĄCZNIAK Anna             | 6422  | KOBIETYBIEGAJĄ.PL                 | Senior I K - 20  | 21   | 01:41:18     | 02:52:13.20   | 02:53:09.30    | +01:05:16<br>(37.7%) | 8:12            | 7.3<br>(62.4%) |
| 99  | PASŁAWSKA Olga              | 6381  | PRZEBIEGA.PL                      | Senior II K - 30 | 51   | 01:36:31     | 02:52:27.30   | 02:53:22.30    | +01:05:29<br>(37.8%) | 8:12            | 7.3<br>(62.4%) |
| 100 | GŁĄBICA Justyna             | 6425  |                                   | Masters K - 40   | 27   | 01:38:22     | 02:52:54.20   | 02:53:56.45    | +01:06:03<br>(38.0%) | 8:14            | 7.3<br>(62.4%) |
| 101 | JAWOROWSKA Aneta            | 6060  | ZLB ZŁOTORYJA                     | Masters K - 40   | 28   | 01:38:28     | 02:53:54.55   | 02:54:03.05    | +01:06:09<br>(38.0%) | 8:16            | 7.2<br>(61.5%) |
| 102 | PTASZYŃSKA Joanna           | 6057  |                                   | Weteran K - 50   | 2    | 01:35:07     | 02:54:33.45   | 02:54:50.55    | +01:06:57<br>(38.3%) | 8:18            | 7.2<br>(61.5%) |
| 103 | NASARZEWSKA Joanna          | 6184  | WEST COAST RUNNERS CYPRUS         | Masters K - 40   | 29   | 01:33:35     | 02:54:49.30   | 02:55:00.70    | +01:07:07<br>(38.4%) | 8:19            | 7.2<br>(61.5%) |
| 104 | GŁĘBOWSKA Daria             | 6192  | KB MANIAC POZNAŃ                  | Senior I K - 20  | 22   | 01:41:11     | 02:53:54.65   | 02:55:08.25    | +01:07:15<br>(38.4%) | 8:16            | 7.2<br>(61.5%) |
| 105 | GROCHOT Edyta               | 6501  | #ADAMCZERWIŃSKITEAM               | Masters K - 40   | 30   | 01:37:57     | 02:55:19.65   | 02:55:27.80    | +01:07:34<br>(38.5%) | 8:20            | 7.2<br>(61.5%) |
| 106 | LACHOWICZ Marta             | 6542  |                                   | Senior II K - 30 | 52   |              | 02:54:34.55   | 02:55:58.00    | +01:08:04<br>(38.7%) | 8:18            | 7.2<br>(61.5%) |
| 107 | KIJAS Maja                  | 6541  |                                   | Senior II K - 30 | 53   | 01:36:33     | 02:54:34.45   | 02:55:58.70    | +01:08:05<br>(38.7%) | 8:18            | 7.2<br>(61.5%) |

| Msc | Zawodnik                | Numer | Klub                     | Kategoria        | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Czas<br>brutto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-------------------------|-------|--------------------------|------------------|------|--------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 108 | WACŁAWEK Marta          | 6434  | POWER TRAINING           | Senior II K - 30 | 54   | 01:39:05     | 02:55:19.15           | 02:56:05.40            | +01:08:12<br>(38.7%) | 8:20            | 7.2<br>(61.5%) |
| 109 | PRIGAN Anna             | 6205  |                          | Masters K - 40   | 31   | 01:38:38     | 02:55:56.55           | 02:56:08.90            | +01:08:15<br>(38.8%) | 8:22            | 7.2<br>(61.5%) |
| 110 | TKACZ Natalia           | 6469  |                          | Senior I K - 20  | 23   | 01:36:01     | 02:54:44.55           | 02:56:24.60            | +01:08:31<br>(38.8%) | 8:19            | 7.2<br>(61.5%) |
| 111 | KASSNER Ewelina         | 6053  |                          | Senior I K - 20  | 24   | 01:43:27     | 02:56:11.70           | 02:56:26.50            | +01:08:33<br>(38.9%) | 8:23            | 7.2<br>(61.5%) |
| 112 | BIELECKA Iwona          | 6042  | PRO RUN WROCLAW          | Senior II K - 30 | 55   | 01:41:43     | 02:55:04.20           | 02:56:35.00            | +01:08:41<br>(38.9%) | 8:20            | 7.2<br>(61.5%) |
| 112 | KATA Aleksandra         | 6565  |                          | Senior I K - 20  | 25   | 01:41:44     | 02:55:04.10           | 02:56:35.00            | +01:08:41<br>(38.9%) | 8:20            | 7.2<br>(61.5%) |
| 114 | TYLKA Gosia             | 6332  |                          | Senior II K - 30 | 56   | 01:35:03     | 02:55:59.50           | 02:56:37.50            | +01:08:44<br>(38.9%) | 8:22            | 7.2<br>(61.5%) |
| 115 | CHOŁUJ Małgorzata       | 6352  | PRU-RUN WROCŁAW          | Weteran K - 50   | 3    | 01:41:54     | 02:56:09.20           | 02:56:49.95            | +01:08:56<br>(39.0%) | 8:23            | 7.2<br>(61.5%) |
| 116 | MAUSCH Joanna           | 6752  |                          | Senior II K - 30 | 57   | 01:42:06     | 02:55:13.25           | 02:56:56.85            | +01:09:03<br>(39.0%) | 8:20            | 7.2<br>(61.5%) |
| 117 | WARDA Justyna           | 6052  | HARDCOROWE WYCHYLYLYBYMY | Senior I K - 20  | 26   | 01:37:00     | 02:56:50.15           | 02:57:03.55            | +01:09:10<br>(39.1%) | 8:25            | 7.1<br>(60.7%) |
| 118 | MUSIAŁ Ewa              | 6015  | EBIEGI.PL                | Masters K - 40   | 32   | 01:40:42     | 02:55:21.35           | 02:57:07.25            | +01:09:14<br>(39.1%) | 8:21            | 7.2<br>(61.5%) |
| 119 | KUŹNIAK Martyna         | 6227  |                          | Masters K - 40   | 33   | 01:43:56     | 02:56:14.50           | 02:57:18.50            | +01:09:25<br>(39.2%) | 8:23            | 7.1<br>(60.7%) |
| 120 | MOŃKA Karolina          | 6575  | SPARTA ULTRA TEAM        | Senior I K - 20  | 27   | 01:31:07     | 02:56:40.75           | 02:57:21.55            | +01:09:28<br>(39.2%) | 8:24            | 7.1<br>(60.7%) |
| 121 | SZOJDA Małgorzata       | 6421  | INŻYNIERIA BIEGANIA TEAM | Senior II K - 30 | 58   | 01:45:06     | 02:55:38.75           | 02:57:21.75            | +01:09:28<br>(39.2%) | 8:21            | 7.2<br>(61.5%) |
| 122 | RACZEWSKA-FRANKLIN Ania | 6635  |                          | Masters K - 40   | 34   | 01:42:35     | 02:55:52.40           | 02:57:24.20            | +01:09:31<br>(39.2%) | 8:22            | 7.2<br>(61.5%) |
| 123 | MAGIERECKA Marta        | 6740  |                          | Senior II K - 30 | 59   | 01:42:38     | 02:56:33.65           | 02:58:15.55            | +01:10:22<br>(39.5%) | 8:24            | 7.1<br>(60.7%) |
| 124 | ZAWADZKA Anna           | 6207  | MARATON TEAM             | Senior II K - 30 | 60   | 01:37:59     | 02:58:31.00           | 02:59:23.70            | +01:11:30<br>(39.9%) | 8:30            | 7.1<br>(60.7%) |
| 125 | MROZIŃSKA Renata        | 6141  |                          | Masters K - 40   | 35   | 01:41:11     | 02:58:36.65           | 02:59:25.55            | +01:11:32<br>(39.9%) | 8:30            | 7.1<br>(60.7%) |
| 126 | SKOLASIŃSKA Olga        | 6386  |                          | Senior II K - 30 | 61   | 01:38:06     | 02:58:43.85           | 02:59:39.80            | +01:11:46<br>(40.0%) | 8:30            | 7<br>(59.8%)   |
| 127 | WOLSKA Dominika         | 6463  |                          | Senior I K - 20  | 28   | 01:34:46     | 02:59:24.40           | 03:00:08.05            | +01:12:14<br>(40.1%) | 8:32            | 7<br>(59.8%)   |
| 128 | DARMOCHWAŁ Alina        | 6146  | DZIKIE BOBRY             | Senior II K - 30 | 62   | 01:41:55     | 02:59:43.40           | 03:00:09.15            | +01:12:15<br>(40.1%) | 8:33            | 7<br>(59.8%)   |
| 129 | ŚLIWKA Beata            | 6223  | OLZA CIESZYN             | Masters K - 40   | 36   | 01:41:20     | 02:59:10.55           | 03:00:15.05            | +01:12:21<br>(40.1%) | 8:31            | 7<br>(59.8%)   |
| 130 | KWECZKA-JANECZEK Anna   | 6265  | KAJTEX RUNNERS           | Senior II K - 30 | 63   | 01:40:28     | 02:59:37.05           | 03:01:05.90            | +01:13:12<br>(40.4%) | 8:33            | 7<br>(59.8%)   |

| Msc | Zawodnik                     | Numer | Klub                     | Kategoria        | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Czas<br>brutto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|------------------------------|-------|--------------------------|------------------|------|--------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 131 | PORTACHA Katarzyna           | 6037  |                          | Masters K - 40   | 37   | 01:43:09     | 03:00:19.65           | 03:01:22.30            | +01:13:29<br>(40.5%) | 8:35            | 7<br>(59.8%)   |
| 132 | ANUSZ Roksana                | 6698  | ŻARÓW BIEGA              | Senior II K - 30 | 64   | 01:37:03     | 03:01:28.25           | 03:01:45.60            | +01:13:52<br>(40.6%) | 8:38            | 6.9<br>(59.0%) |
| 133 | TASZAREK Ewa                 | 6147  |                          | Masters K - 40   | 38   | 01:41:54     | 03:01:13.10           | 03:01:58.45            | +01:14:05<br>(40.7%) | 8:37            | 7<br>(59.8%)   |
| 134 | CHMIELEWSKA-KOZIOŁ Magdalena | 6187  |                          | Weteran K - 50   | 4    | 01:43:26     | 03:01:35.40           | 03:02:00.40            | +01:14:07<br>(40.7%) | 8:38            | 6.9<br>(59.0%) |
| 135 | GRUCHOT Małgorzata           | 6758  | GOGOLIN BIEGA            | Masters K - 40   | 39   | 01:39:52     | 03:02:02.85           | 03:02:02.85            | +01:14:09<br>(40.7%) | 8:40            | 6.9<br>(59.0%) |
| 136 | SMARUJ Edyta                 | 6488  |                          | Masters K - 40   | 40   | 01:46:12     | 03:01:33.30           | 03:02:10.15            | +01:14:16<br>(40.8%) | 8:38            | 6.9<br>(59.0%) |
| 137 | RAPACZ-TOPIŁKO Anna          | 6623  | SPEEDO POLSKA            | Masters K - 40   | 41   | 01:43:36     | 03:01:10.00           | 03:02:20.40            | +01:14:27<br>(40.8%) | 8:37            | 7<br>(59.8%)   |
| 138 | GRISZCZENKO Ela              | 6645  |                          | Senior II K - 30 | 65   | 01:41:54     | 03:00:33.55           | 03:02:30.35            | +01:14:37<br>(40.9%) | 8:35            | 7<br>(59.8%)   |
| 139 | TOCZEWSKA Anna               | 6681  | JACEK BIEGA RUNNING TEAM | Weteran K - 50   | 5    | 01:40:55     | 03:01:33.05           | 03:02:33.10            | +01:14:39<br>(40.9%) | 8:38            | 6.9<br>(59.0%) |
| 140 | KAMIŃSKA Anna                | 6461  |                          | Senior II K - 30 | 66   | 01:42:15     | 03:01:51.00           | 03:02:46.60            | +01:14:53<br>(41.0%) | 8:39            | 6.9<br>(59.0%) |
| 141 | KUJAWA Magdalena             | 6185  | GRAŻKA TEAM              | Senior II K - 30 | 67   | 01:42:32     | 03:02:44.50           | 03:02:58.35            | +01:15:05<br>(41.0%) | 8:42            | 6.9<br>(59.0%) |
| 142 | JAKOWICZ Agnieszka           | 6719  | LABOSPORT                | Masters K - 40   | 42   | 01:43:31     | 03:02:45.55           | 03:03:12.35            | +01:15:19<br>(41.1%) | 8:42            | 6.9<br>(59.0%) |
| 143 | KOŁODZIEJ Aleksandra         | 6329  |                          | Senior I K - 20  | 29   | 01:39:08     | 03:03:17.05           | 03:03:30.10            | +01:15:36<br>(41.2%) | 8:43            | 6.9<br>(59.0%) |
| 144 | DZIUBEK Monika               | 6186  |                          | Senior II K - 30 | 68   | 01:42:02     | 03:02:24.25           | 03:03:33.45            | +01:15:40<br>(41.2%) | 8:41            | 6.9<br>(59.0%) |
| 145 | KOWALCZYK Katarzyna          | 6360  |                          | Senior II K - 30 | 69   | 01:42:03     | 03:02:24.70           | 03:03:33.90            | +01:15:40<br>(41.2%) | 8:41            | 6.9<br>(59.0%) |
| 146 | ZAJĄCZKOWSKA Agnieszka       | 6699  |                          | Senior I K - 20  | 30   | 01:38:22     | 03:02:15.80           | 03:03:52.20            | +01:15:59<br>(41.3%) | 8:40            | 6.9<br>(59.0%) |
| 147 | STACHURSKA Monika            | 6507  |                          | Masters K - 40   | 43   | 01:43:17     | 03:04:03.80           | 03:04:31.40            | +01:16:38<br>(41.5%) | 8:45            | 6.8<br>(58.1%) |
| 148 | LEWANDOWSKA Ewa              | 6671  |                          | Masters K - 40   | 44   | 01:44:57     | 03:03:12.25           | 03:04:32.95            | +01:16:39<br>(41.5%) | 8:43            | 6.9<br>(59.0%) |
| 149 | KUREK Ewa                    | 6172  |                          | Senior II K - 30 | 70   | 01:40:04     | 03:07:19.65           | 03:07:29.60            | +01:19:36<br>(42.5%) | 8:55            | 6.7<br>(57.3%) |
| 150 | GRYGIEL Agnieszka            | 6347  | KARKONOSZ RAUNNING TEAM  | Masters K - 40   | 45   | 01:48:12     | 03:07:48.00           | 03:09:14.65            | +01:21:21<br>(43.0%) | 8:56            | 6.7<br>(57.3%) |
| 151 | PIJANKA Monika               | 6262  | BBL OPOLE                | Masters K - 40   | 46   | 01:48:29     | 03:08:57.00           | 03:10:11.00            | +01:22:17<br>(43.3%) | 8:59            | 6.7<br>(57.3%) |
| 152 | RASZCZUK Martyna             | 6203  | POMIDOROWA ALTERNATYWA   | Senior II K - 30 | 71   | 01:49:26     | 03:09:48.30           | 03:10:27.65            | +01:22:34<br>(43.4%) | 9:02            | 6.6<br>(56.4%) |
| 153 | MAŃCZAK Agnieszka            | 6365  | CZERWONAK BIEGA          | Masters K - 40   | 47   | 01:46:50     | 03:09:13.25           | 03:10:28.25            | +01:22:35<br>(43.4%) | 9:00            | 6.7<br>(57.3%) |

| Msc | Zawodnik                 | Numer | Klub                              | Kategoria        | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Czas<br>brutto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|--------------------------|-------|-----------------------------------|------------------|------|--------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 154 | WÓJCIK Joanna            | 6327  |                                   | Senior II K - 30 | 72   | 01:46:25     | 03:08:47.90           | 03:10:32.85            | +01:22:39<br>(43.4%) | 8:59            | 6.7<br>(57.3%) |
| 155 | POKROP Agnieszka         | 6097  | NATALIA TOMASIAK GÓRSKI STYL TEAM | Senior II K - 30 | 73   | 01:50:02     | 03:10:02.15           | 03:10:39.15            | +01:22:45<br>(43.4%) | 9:02            | 6.6<br>(56.4%) |
| 156 | PERKA Barbara            | 6066  | BIEG OPOLSKI                      | Masters K - 40   | 48   | 01:45:13     | 03:11:08.65           | 03:11:14.30            | +01:23:21<br>(43.6%) | 9:06            | 6.6<br>(56.4%) |
| 157 | WOŁCZEK Małgorzata       | 6707  |                                   | Senior II K - 30 | 74   | 01:48:26     | 03:10:34.90           | 03:11:48.20            | +01:23:55<br>(43.8%) | 9:04            | 6.6<br>(56.4%) |
| 158 | BARAŃSKA Małgorzata      | 6293  | BBL OPOLE                         | Masters K - 40   | 49   | 01:43:35     | 03:11:22.05           | 03:12:08.65            | +01:24:15<br>(43.9%) | 9:06            | 6.6<br>(56.4%) |
| 159 | PAPIERNIAK Anna          | 6107  |                                   | Senior II K - 30 | 75   | 01:49:19     | 03:10:33.75           | 03:12:10.85            | +01:24:17<br>(43.9%) | 9:04            | 6.6<br>(56.4%) |
| 160 | JAROS Aleksandra         | 6160  |                                   | Senior I K - 20  | 31   | 01:49:19     | 03:10:33.40           | 03:12:11.15            | +01:24:17<br>(43.9%) | 9:04            | 6.6<br>(56.4%) |
| 161 | KLÁROVÁ Andrea           | 6581  | TEAM JESENÍKY                     | Senior II K - 30 | 76   | 01:43:32     | 03:11:53.10           | 03:12:21.45            | +01:24:28<br>(43.9%) | 9:08            | 6.6<br>(56.4%) |
| 162 | ŠVÁBENSKÁ Ladislava      | 6582  | TEAM JESENÍKY                     | Masters K - 40   | 50   | 01:43:34     | 03:11:54.85           | 03:12:21.85            | +01:24:28<br>(43.9%) | 9:08            | 6.6<br>(56.4%) |
| 163 | JĘDZURA Agnieszka        | 6747  |                                   | Masters K - 40   | 51   | 01:48:13     | 03:12:30.95           | 03:12:45.50            | +01:24:52<br>(44.0%) | 9:10            | 6.5<br>(55.6%) |
| 164 | DOWNAR-ZAPOLSKA Laura    | 6291  | MOM&DAUGHTER RUN                  | Senior I K - 20  | 32   | 01:44:27     | 03:11:45.90           | 03:12:56.80            | +01:25:03<br>(44.1%) | 9:07            | 6.6<br>(56.4%) |
| 165 | JÓZEFIAK Magdalena       | 6408  | ASSECO ACTIVE TEAM                | Weteran K - 50   | 6    | 01:48:50     | 03:11:08.60           | 03:12:59.05            | +01:25:05<br>(44.1%) | 9:06            | 6.6<br>(56.4%) |
| 166 | KOWALSKA Małgorzata      | 6512  | KB HARCOWNIK                      | Masters K - 40   | 52   | 01:44:42     | 03:12:16.45           | 03:13:00.90            | +01:25:07<br>(44.1%) | 9:09            | 6.6<br>(56.4%) |
| 167 | GRĘBOWICZ Agnieszka      | 6175  | KB HARCOWNIK JELCZ - LASKOWICE    | Senior II K - 30 | 77   | 01:44:43     | 03:12:17.60           | 03:13:01.10            | +01:25:07<br>(44.1%) | 9:09            | 6.6<br>(56.4%) |
| 168 | ŻYLUK Bożena             | 6058  | WIECZORNE BIEGANIE W SZCZECINIE   | Masters K - 40   | 53   | 01:47:52     | 03:13:00.30           | 03:13:05.70            | +01:25:12<br>(44.1%) | 9:11            | 6.5<br>(55.6%) |
| 169 | MAJCHRZAK Monika         | 6271  | WKURW_TEAM                        | Masters K - 40   | 54   | 01:50:13     | 03:11:33.70           | 03:13:06.30            | +01:25:13<br>(44.1%) | 9:07            | 6.6<br>(56.4%) |
| 170 | SAWALA Aneta             | 6128  | TRANCE ONLY                       | Masters K - 40   | 55   | 01:47:24     | 03:12:00.75           | 03:13:09.40            | +01:25:16<br>(44.1%) | 9:08            | 6.6<br>(56.4%) |
| 171 | WEBER Agata              | 6660  | JACEKBIEGA RUNNING TEAM           | Masters K - 40   | 56   | 01:52:26     | 03:13:12.15           | 03:13:19.45            | +01:25:26<br>(44.2%) | 9:12            | 6.5<br>(55.6%) |
| 172 | CZECH Dorota             | 6094  | PRO-RUN WROCŁAW                   | Masters K - 40   | 57   | 01:45:10     | 03:12:54.65           | 03:13:35.50            | +01:25:42<br>(44.3%) | 9:11            | 6.5<br>(55.6%) |
| 173 | KWAPIŃSKA Anna           | 6095  |                                   | Senior II K - 30 | 78   | 01:48:34     | 03:12:54.55           | 03:13:35.70            | +01:25:42<br>(44.3%) | 9:11            | 6.5<br>(55.6%) |
| 174 | TANJGA-NAWROT Konstancja | 6572  | DELOITTE ADVENTURE TEAM           | Senior II K - 30 | 79   | 01:47:18     | 03:12:31.40           | 03:14:01.40            | +01:26:08<br>(44.4%) | 9:10            | 6.5<br>(55.6%) |
| 175 | KUDLIŃSKA Marlena        | 6723  | BUKOWSKI KLUB BIEGACZA            | Senior II K - 30 | 80   | 01:46:58     | 03:13:11.80           | 03:14:18.00            | +01:26:24<br>(44.5%) | 9:12            | 6.5<br>(55.6%) |
| 176 | LACH Agnieszka           | 6528  |                                   | Masters K - 40   | 58   | 01:47:34     | 03:13:47.45           | 03:14:24.25            | +01:26:31<br>(44.5%) | 9:13            | 6.5<br>(55.6%) |

| Msc | Zawodnik                  | Numer | Klub           | Kategoria        | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Czas<br>brutto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|---------------------------|-------|----------------|------------------|------|--------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 177 | SZELIGA Daria             | 6483  |                | Senior I K - 20  | 33   | 01:45:29     | 03:14:00.20           | 03:14:43.80            | +01:26:50<br>(44.6%) | 9:14            | 6.5<br>(55.6%) |
| 178 | BARZYCKA Sylwia           | 6221  |                | Senior II K - 30 | 81   | 01:49:37     | 03:14:09.25           | 03:14:57.75            | +01:27:04<br>(44.7%) | 9:14            | 6.5<br>(55.6%) |
| 179 | ZAWADZKA Małgorzata       | 6486  |                | Senior II K - 30 | 82   | 01:43:06     | 03:14:19.10           | 03:15:11.50            | +01:27:18<br>(44.7%) | 9:15            | 6.5<br>(55.6%) |
| 180 | JASKOT Joanna             | 6443  | FIT STORY      | Senior II K - 30 | 83   | 01:44:54     | 03:14:02.75           | 03:15:37.70            | +01:27:44<br>(44.9%) | 9:14            | 6.5<br>(55.6%) |
| 181 | DROŹDŻAL Izabela          | 6442  |                | Senior I K - 20  | 34   | 01:44:52     | 03:14:03.95           | 03:15:38.20            | +01:27:45<br>(44.9%) | 9:14            | 6.5<br>(55.6%) |
| 182 | KRYPA Aleksandra          | 6693  |                | Senior II K - 30 | 84   | 01:49:31     | 03:13:55.10           | 03:15:42.40            | +01:27:49<br>(44.9%) | 9:14            | 6.5<br>(55.6%) |
| 183 | TALAGA Alicja             | 6708  | OLKUSZBIEGA.PL | Senior I K - 20  | 35   | 01:48:39     | 03:15:46.70           | 03:16:04.10            | +01:28:10<br>(45.0%) | 9:19            | 6.4<br>(54.7%) |
| 184 | KRZYŻAŃSKA Anna           | 6143  |                | Senior II K - 30 | 85   | 01:47:01     | 03:15:25.55           | 03:16:33.85            | +01:28:40<br>(45.1%) | 9:18            | 6.4<br>(54.7%) |
| 185 | JANUSZAK Gosia            | 6155  | SKS OBORNIKI   | Weteran K - 50   | 7    | 01:52:47     | 03:16:06.20           | 03:16:42.70            | +01:28:49<br>(45.2%) | 9:20            | 6.4<br>(54.7%) |
| 186 | GRZELAKOWSKA Agata        | 6161  |                | Masters K - 40   | 59   | 01:50:00     | 03:15:17.70           | 03:16:54.50            | +01:29:01<br>(45.2%) | 9:18            | 6.5<br>(55.6%) |
| 187 | KOWALEWSKA Kinga          | 6536  |                | Senior II K - 30 | 86   | 01:51:36     | 03:16:05.40           | 03:17:04.80            | +01:29:11<br>(45.3%) | 9:20            | 6.4<br>(54.7%) |
| 188 | SIKORA Agnieszka          | 6273  |                | Senior II K - 30 | 87   | 01:46:53     | 03:15:29.85           | 03:17:08.45            | +01:29:15<br>(45.3%) | 9:18            | 6.4<br>(54.7%) |
| 189 | TARASZEWSKA Paulina       | 6069  | PWPW S.A.      | Senior II K - 30 | 88   | 01:50:13     | 03:16:09.20           | 03:17:12.35            | +01:29:19<br>(45.3%) | 9:20            | 6.4<br>(54.7%) |
| 190 | PTASZYŃSKA Anna           | 6608  | SPEED FEET'16  | Masters K - 40   | 60   | 01:52:58     | 03:16:59.40           | 03:17:35.30            | +01:29:42<br>(45.4%) | 9:22            | 6.4<br>(54.7%) |
| 191 | MAĆKOWIAK-RYDZYŃSKA Anna  | 6448  |                | Masters K - 40   | 61   | 01:49:21     | 03:15:41.85           | 03:17:35.70            | +01:29:42<br>(45.4%) | 9:19            | 6.4<br>(54.7%) |
| 192 | KOŃ Aleksandra            | 6126  |                | Masters K - 40   | 62   | 01:49:45     | 03:16:55.55           | 03:17:36.65            | +01:29:43<br>(45.4%) | 9:22            | 6.4<br>(54.7%) |
| 193 | KONIECZNY Izabella        | 6316  |                | Masters K - 40   | 63   | 01:51:19     | 03:17:39.30           | 03:18:01.10            | +01:30:07<br>(45.5%) | 9:24            | 6.4<br>(54.7%) |
| 194 | BĄCZYŃSKA Małgorzata      | 6458  |                | Masters K - 40   | 64   | 01:48:33     | 03:17:53.20           | 03:18:22.35            | +01:30:29<br>(45.6%) | 9:25            | 6.4<br>(54.7%) |
| 195 | ŁUSIAK Ewa                | 6509  |                | Masters K - 40   | 65   | 01:51:42     | 03:17:58.70           | 03:18:26.80            | +01:30:33<br>(45.6%) | 9:25            | 6.4<br>(54.7%) |
| 196 | ORDON Dorota              | 6119  |                | Senior II K - 30 | 89   | 01:50:00     | 03:16:56.15           | 03:18:33.55            | +01:30:40<br>(45.7%) | 9:22            | 6.4<br>(54.7%) |
| 197 | KRAJEWSKA-KŁODA Katarzyna | 6323  | DRUŻYNA SZPIKU | Masters K - 40   | 66   | 01:55:27     | 03:17:16.55           | 03:18:49.65            | +01:30:56<br>(45.7%) | 9:23            | 6.4<br>(54.7%) |
| 198 | KRZESZOWSKA Iga           | 6282  |                | Senior I K - 20  | 36   | 01:42:41     | 03:17:20.75           | 03:18:58.45            | +01:31:05<br>(45.8%) | 9:23            | 6.4<br>(54.7%) |
| 199 | ŚRÓDKA Aleksandra         | 6134  |                | Senior II K - 30 | 90   | 01:51:03     | 03:19:05.05           | 03:19:37.55            | +01:31:44<br>(46.0%) | 9:28            | 6.3<br>(53.8%) |

| Msc | Zawodnik                      | Numer | Klub                          | Kategoria        | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Czas<br>brutto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-------------------------------|-------|-------------------------------|------------------|------|--------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 200 | RUCIŃSKA Magdalena            | 6246  | WKURW_TEAM                    | Senior I K - 20  | 37   | 01:42:22     | 03:18:25.15           | 03:19:37.70            | +01:31:44<br>(46.0%) | 9:26            | 6.4<br>(54.7%) |
| 201 | SKUPNIK Anna                  | 6481  |                               | Masters K - 40   | 67   | 01:45:15     | 03:19:35.20           | 03:19:49.20            | +01:31:56<br>(46.0%) | 9:30            | 6.3<br>(53.8%) |
| 202 | OWSIANIK Sylwia               | 6493  |                               | Masters K - 40   | 68   | 01:38:23     | 03:19:39.30           | 03:19:51.40            | +01:31:58<br>(46.0%) | 9:30            | 6.3<br>(53.8%) |
| 203 | GRABARZ Emila                 | 6605  | O CO BIEGA                    | Masters K - 40   | 69   | 01:47:54     | 03:19:56.05           | 03:20:06.00            | +01:32:12<br>(46.1%) | 9:31            | 6.3<br>(53.8%) |
| 204 | RUDNIK Katarzyna              | 6183  |                               | Senior II K - 30 | 91   | 01:53:26     | 03:19:06.40           | 03:20:07.20            | +01:32:14<br>(46.1%) | 9:28            | 6.3<br>(53.8%) |
| 205 | CENDROWICZ Magdalena          | 6200  | SONKOTEAM                     | Senior II K - 30 | 92   | 01:49:40     | 03:19:04.30           | 03:20:15.95            | +01:32:22<br>(46.1%) | 9:28            | 6.3<br>(53.8%) |
| 206 | SENDERSKA-PŁONOWSKA Magdalena | 6213  |                               | Senior I K - 20  | 38   | 01:43:06     | 03:20:52.75           | 03:21:51.45            | +01:33:58<br>(46.6%) | 9:33            | 6.3<br>(53.8%) |
| 207 | KAYSIEWICZ Joanna             | 6418  |                               | Masters K - 40   | 70   | 01:56:03     | 03:21:45.60           | 03:22:14.65            | +01:34:21<br>(46.7%) | 9:36            | 6.2<br>(53.0%) |
| 208 | WISZNIEWSKA Agata             | 6019  | NIGHT RUNNERS WROCŁAW         | Senior II K - 30 | 93   | 01:57:51     | 03:21:24.45           | 03:22:48.00            | +01:34:54<br>(46.8%) | 9:35            | 6.3<br>(53.8%) |
| 209 | DURALEK Anna                  | 6492  |                               | Masters K - 40   | 71   | 01:48:59     | 03:22:19.50           | 03:22:49.70            | +01:34:56<br>(46.8%) | 9:38            | 6.2<br>(53.0%) |
| 210 | MATYJEWICZ Klaudia            | 6406  |                               | Senior I K - 20  | 39   | 01:55:07     | 03:21:04.05           | 03:23:01.75            | +01:35:08<br>(46.9%) | 9:34            | 6.3<br>(53.8%) |
| 211 | NOWAK Iwona                   | 6122  | ZLB ZŁOTORYJA                 | Masters K - 40   | 72   | 01:49:46     | 03:23:19.05           | 03:23:27.85            | +01:35:34<br>(47.0%) | 9:40            | 6.2<br>(53.0%) |
| 212 | SKRZĄTEK Anna                 | 6349  |                               | Masters K - 40   | 73   | 01:52:42     | 03:23:52.35           | 03:24:08.75            | +01:36:15<br>(47.2%) | 9:42            | 6.2<br>(53.0%) |
| 213 | BATURA Magdalena              | 6636  |                               | Senior II K - 30 | 94   | 01:55:24     | 03:23:10.15           | 03:24:27.65            | +01:36:34<br>(47.2%) | 9:40            | 6.2<br>(53.0%) |
| 214 | NEUMANN Beata                 | 6241  | CENTRUM ŁĄKOWA 1              | Weteran K - 50   | 8    | 01:52:35     | 03:23:00.05           | 03:24:50.40            | +01:36:57<br>(47.3%) | 9:40            | 6.2<br>(53.0%) |
| 215 | SOSNOWSKA Barbara             | 6426  |                               | Masters K - 40   | 74   | 01:55:41     | 03:23:50.75           | 03:24:51.70            | +01:36:58<br>(47.3%) | 9:42            | 6.2<br>(53.0%) |
| 216 | NESTOROWICZ Monika            | 6234  | KLUB BIEGACZA JURUND SZCZYTNO | Masters K - 40   | 75   | 01:58:51     | 03:25:16.45           | 03:25:44.55            | +01:37:51<br>(47.6%) | 9:46            | 6.1<br>(52.1%) |
| 217 | MIKUTANIEC Patrycja           | 6513  |                               | Masters K - 40   | 76   | 01:48:56     | 03:25:29.80           | 03:27:10.70            | +01:39:17<br>(47.9%) | 9:47            | 6.1<br>(52.1%) |
| 218 | MAKAREWICZ Sylwia             | 6567  |                               | Senior II K - 30 | 95   | 01:52:21     | 03:26:22.25           | 03:27:25.55            | +01:39:32<br>(48.0%) | 9:49            | 6.1<br>(52.1%) |
| 219 | WÓJTOWICZ Edyta               | 6112  | LOVELASY                      | Masters K - 40   | 77   | 01:56:23     | 03:27:28.50           | 03:27:59.80            | +01:40:06<br>(48.1%) | 9:52            | 6.1<br>(52.1%) |
| 220 | BALCERZAK Krysia              | 6284  |                               | Masters K - 40   | 78   | 02:01:11     | 03:27:20.35           | 03:28:11.90            | +01:40:18<br>(48.2%) | 9:52            | 6.1<br>(52.1%) |
| 221 | WRÓBEL Marzena                | 6498  |                               | Senior II K - 30 | 96   | 01:57:53     | 03:27:19.35           | 03:28:36.35            | +01:40:43<br>(48.3%) | 9:52            | 6.1<br>(52.1%) |
| 222 | KOZIOŁ Ewa                    | 6305  | KOZIOŁKI                      | Masters K - 40   | 79   | 01:55:47     | 03:28:53.65           | 03:29:11.65            | +01:41:18<br>(48.4%) | 9:56            | 6<br>(51.3%)   |

| Msc | Zawodnik                 | Numer | Klub                         | Kategoria        | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Czas<br>brutto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|--------------------------|-------|------------------------------|------------------|------|--------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 223 | FIKSA Katarzyna          | 6453  | BIEGAJĄCY WOJART TEAM        | Masters K - 40   | 80   | 01:55:25     | 03:28:13.20           | 03:29:19.65            | +01:41:26<br>(48.5%) | 9:54            | 6.1<br>(52.1%) |
| 224 | MARCZUKIEWICZ Aleksandra | 6228  | WKURW_TEAM                   | Senior II K - 30 | 97   | 01:57:24     | 03:27:55.55           | 03:29:27.85            | +01:41:34<br>(48.5%) | 9:54            | 6.1<br>(52.1%) |
| 225 | KAPAŁKA Agnieszka        | 6123  |                              | Masters K - 40   | 81   | 01:55:37     | 03:28:40.80           | 03:29:44.10            | +01:41:50<br>(48.6%) | 9:56            | 6<br>(51.3%)   |
| 226 | MAZUR Ewelina            | 6412  | BIEGAJ Z TRENERAMI           | Masters K - 40   | 82   | 01:55:49     | 03:28:57.75           | 03:29:52.15            | +01:41:58<br>(48.6%) | 9:57            | 6<br>(51.3%)   |
| 227 | STANOWSKA Katarzyna      | 6415  |                              | Masters K - 40   | 83   | 01:56:59     | 03:29:33.95           | 03:30:24.55            | +01:42:31<br>(48.7%) | 9:58            | 6<br>(51.3%)   |
| 228 | KUROWSKA Bianka          | 6038  |                              | Senior I K - 20  | 40   | 01:55:01     | 03:29:41.10           | 03:31:10.60            | +01:43:17<br>(48.9%) | 9:59            | 6<br>(51.3%)   |
| 229 | KANIASTY Marta           | 6750  |                              | Senior II K - 30 | 98   | 01:57:23     | 03:29:23.50           | 03:31:13.20            | +01:43:20<br>(48.9%) | 9:58            | 6<br>(51.3%)   |
| 230 | GEZELA Joanna            | 6096  | EUFORIA BIEGACZA TEAM        | Masters K - 40   | 84   | 01:59:05     | 03:30:31.30           | 03:31:17.25            | +01:43:24<br>(48.9%) | 10:01           | 6<br>(51.3%)   |
| 231 | OLCZYK Anna              | 6136  |                              | Masters K - 40   | 85   | 01:58:27     | 03:31:16.30           | 03:31:43.90            | +01:43:50<br>(49.0%) | 10:03           | 6<br>(51.3%)   |
| 232 | PASTUSZKA Joanna         | 6527  | RUN ŁDZ                      | Weteran K - 50   | 9    | 01:58:25     | 03:31:16.25           | 03:31:44.05            | +01:43:50<br>(49.0%) | 10:03           | 6<br>(51.3%)   |
| 233 | GOŁONKA Kinga            | 6047  | SYNGENIT                     | Senior I K - 20  | 41   | 01:56:37     | 03:30:55.55           | 03:31:46.10            | +01:43:52<br>(49.1%) | 10:02           | 6<br>(51.3%)   |
| 234 | KAMIŃSKA Małgorzata      | 6369  |                              | Senior II K - 30 | 99   | 01:55:53     | 03:31:31.75           | 03:32:32.45            | +01:44:39<br>(49.2%) | 10:04           | 6<br>(51.3%)   |
| 235 | BARADZIEJ Barbara        | 6130  | TERMINAL LOGISTYCZNY PROMONT | Senior II K - 30 | 100  | 01:50:19     | 03:31:09.75           | 03:32:35.60            | +01:44:42<br>(49.3%) | 10:03           | 6<br>(51.3%)   |
| 236 | PĘCKA Beata              | 6399  |                              | Senior II K - 30 | 101  | 01:57:57     | 03:31:06.15           | 03:32:45.70            | +01:44:52<br>(49.3%) | 10:03           | 6<br>(51.3%)   |
| 237 | SZCZODRZYŃSKA Kasia      | 6521  |                              | Masters K - 40   | 86   | 01:58:49     | 03:32:35.15           | 03:33:06.25            | +01:45:13<br>(49.4%) | 10:07           | 5.9<br>(50.4%) |
| 238 | MRÓZ Izabela             | 6616  | WOLNE ŚLIMAKI                | Senior II K - 30 | 102  | 01:58:41     | 03:32:36.25           | 03:33:07.10            | +01:45:13<br>(49.4%) | 10:07           | 5.9<br>(50.4%) |
| 239 | WALCZAK-WOJTKOWSKA Iwona | 6586  |                              | Weteran K - 50   | 10   | 01:59:37     | 03:34:14.00           | 03:35:46.25            | +01:47:53<br>(50.0%) | 10:12           | 5.9<br>(50.4%) |
| 240 | MITEK Marta              | 6104  |                              | Senior II K - 30 | 103  | 01:59:32     | 03:34:24.20           | 03:36:04.05            | +01:48:10<br>(50.1%) | 10:12           | 5.9<br>(50.4%) |
| 241 | LORENC-KRUSZYŃSKA Sylwia | 6061  | WKURW_TEAM                   | Senior II K - 30 | 104  | 01:56:21     | 03:35:45.60           | 03:36:22.40            | +01:48:29<br>(50.1%) | 10:16           | 5.8<br>(49.6%) |
| 242 | ANDRZEJEWSKA Karolina    | 6619  |                              | Senior II K - 30 | 105  | 01:57:21     | 03:35:26.35           | 03:37:12.45            | +01:49:19<br>(50.3%) | 10:15           | 5.8<br>(49.6%) |
| 243 | PŁUCIENNIK Katarzyna     | 6662  |                              | Masters K - 40   | 87   | 01:54:49     | 03:36:36.30           | 03:37:23.15            | +01:49:29<br>(50.4%) | 10:18           | 5.8<br>(49.6%) |
| 244 | DRYNKORN Hanna           | 6403  |                              | Senior II K - 30 | 106  | 01:58:19     | 03:36:54.40           | 03:37:48.10            | +01:49:54<br>(50.5%) | 10:19           | 5.8<br>(49.6%) |
| 245 | HERBUT Malwina           | 6703  | IZERSKA GRUPA BIEGOWA        | Senior II K - 30 | 107  | 01:56:35     | 03:36:10.00           | 03:37:54.00            | +01:50:00<br>(50.5%) | 10:17           | 5.8<br>(49.6%) |

| Msc | Zawodnik                        | Numer | Klub                     | Kategoria        | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Czas<br>brutto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|---------------------------------|-------|--------------------------|------------------|------|--------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 246 | GWAJ Dominika                   | 6359  | IZERSKA GRUPA BIEGOWA    | Masters K - 40   | 88   | 01:57:26     | 03:36:19.20           | 03:38:03.30            | +01:50:10<br>(50.5%) | 10:18           | 5.8<br>(49.6%) |
| 247 | MELON Iga                       | 6559  |                          | Senior I K - 20  | 42   | 02:00:59     | 03:38:33.10           | 03:40:16.75            | +01:52:23<br>(51.0%) | 10:24           | 5.8<br>(49.6%) |
| 248 | NOWAK Anna                      | 6745  |                          | Senior II K - 30 | 108  | 02:00:17     | 03:38:24.30           | 03:40:17.20            | +01:52:24<br>(51.0%) | 10:24           | 5.8<br>(49.6%) |
| 249 | OLEK-WYSOCKA Monika             | 6264  | MORSY TUREK              | Senior II K - 30 | 109  | 02:00:16     | 03:38:30.80           | 03:40:23.90            | +01:52:30<br>(51.0%) | 10:24           | 5.8<br>(49.6%) |
| 250 | OGRODNIK Anna                   | 6082  | RUNNING ACADEMY          | Senior II K - 30 | 110  | 01:59:20     | 03:40:22.00           | 03:40:36.50            | +01:52:43<br>(51.1%) | 10:29           | 5.7<br>(48.7%) |
| 251 | PUZIO Anna                      | 6739  | MARATOŃCZYK DĘBICA       | Weteran K - 50   | 11   | 01:57:27     | 03:41:17.70           | 03:43:08.25            | +01:55:15<br>(51.7%) | 10:32           | 5.7<br>(48.7%) |
| 252 | MICHALSKA Agnieszka             | 6260  |                          | Weteran K - 50   | 12   | 01:52:31     | 03:41:47.25           | 03:43:15.60            | +01:55:22<br>(51.7%) | 10:33           | 5.7<br>(48.7%) |
| 253 | SZAFRAŃSKA Joanna               | 6281  |                          | Weteran K - 50   | 13   | 01:52:35     | 03:41:48.20           | 03:43:16.50            | +01:55:23<br>(51.7%) | 10:33           | 5.7<br>(48.7%) |
| 254 | PAWŁOWSKA-LIS Maria             | 6249  |                          | Masters K - 40   | 89   | 01:54:55     | 03:42:45.55           | 03:43:27.30            | +01:55:34<br>(51.7%) | 10:36           | 5.7<br>(48.7%) |
| 255 | NOWICKA Iwona                   | 6277  | BOOTCAMP                 | Senior II K - 30 | 111  | 01:52:13     | 03:42:25.95           | 03:43:27.70            | +01:55:34<br>(51.7%) | 10:35           | 5.7<br>(48.7%) |
| 256 | JASIUL Mariola                  | 6250  |                          | Masters K - 40   | 90   | 01:58:13     | 03:42:45.90           | 03:43:28.20            | +01:55:35<br>(51.7%) | 10:36           | 5.7<br>(48.7%) |
| 257 | ANTONIEWICZ Nataliya            | 6253  |                          | Senior II K - 30 | 112  | 01:59:48     | 03:42:47.40           | 03:43:35.80            | +01:55:42<br>(51.7%) | 10:36           | 5.7<br>(48.7%) |
| 258 | WITKO Dorota                    | 6531  | NOWOSOLSKA GRUPA BIEGOWA | Weteran K - 50   | 14   | 02:02:29     | 03:44:13.55           | 03:44:36.40            | +01:56:43<br>(52.0%) | 10:40           | 5.6<br>(47.9%) |
| 259 | ZIELIŃSKA CZERBNIAK Izabela     | 6356  | TARNOWO PODGÓRNE BIEGA   | Masters K - 40   | 91   | 01:59:43     | 03:44:30.95           | 03:45:05.50            | +01:57:12<br>(52.1%) | 10:41           | 5.6<br>(47.9%) |
| 260 | LECHNA Mirella                  | 6718  |                          | Masters K - 40   | 92   | 02:05:45     | 03:45:09.85           | 03:45:21.95            | +01:57:28<br>(52.1%) | 10:43           | 5.6<br>(47.9%) |
| 261 | ARCHANIOŁOWICZ Joanna           | 6717  | MUAY RUNNING TEAM        | Masters K - 40   | 93   | 02:06:03     | 03:44:06.40           | 03:45:49.05            | +01:57:55<br>(52.2%) | 10:40           | 5.6<br>(47.9%) |
| 262 | DOMINIAK - LESZCZYŃSKA Elżbieta | 6725  | LASY WAWERSKIE           | Weteran K - 50   | 15   | 02:04:57     | 03:45:07.55           | 03:46:39.35            | +01:58:46<br>(52.4%) | 10:43           | 5.6<br>(47.9%) |
| 263 | TOMALAK Anna                    | 6212  |                          | Senior II K - 30 | 113  | 02:02:48     | 03:45:46.90           | 03:47:41.25            | +01:59:48<br>(52.6%) | 10:45           | 5.6<br>(47.9%) |
| 264 | FORMELA Justyna                 | 6687  |                          | Masters K - 40   | 94   | 02:03:01     | 03:45:46.85           | 03:47:41.30            | +01:59:48<br>(52.6%) | 10:45           | 5.6<br>(47.9%) |
| 265 | ZIÓŁEK Teresa                   | 6298  | STAIN INSANE             | Weteran K - 50   | 16   | 02:06:52     | 03:47:31.35           | 03:48:23.60            | +02:00:30<br>(52.8%) | 10:50           | 5.5<br>(47.0%) |
| 266 | WIŚNIEWSKA Dorota               | 6013  |                          | Masters K - 40   | 95   | 02:07:47     | 03:50:13.20           | 03:51:35.35            | +02:03:42<br>(53.4%) | 10:57           | 5.5<br>(47.0%) |
| 267 | GŁOWACKA Aleksandra             | 6140  | MŁODY VS. STARY          | Masters K - 40   | 96   | 02:02:27     | 03:50:23.55           | 03:51:44.85            | +02:03:51<br>(53.4%) | 10:58           | 5.5<br>(47.0%) |
| 268 | REGULSKA Aneta                  | 6007  | DRUŻYNA SZPIKU           | Senior II K - 30 | 114  | 02:06:31     | 03:50:41.05           | 03:51:53.60            | +02:04:00<br>(53.5%) | 10:59           | 5.5<br>(47.0%) |

| Msc | Zawodnik               | Numer | Klub                             | Kategoria        | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Czas<br>brutto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|------------------------|-------|----------------------------------|------------------|------|--------------|-----------------------|------------------------|----------------------|-----------------|----------------|
| 269 | RAJCZAKOWSKA Anna      | 6131  |                                  | Weteran K - 50   | 17   | 02:06:31     | 03:51:06.40           | 03:52:19.40            | +02:04:26<br>(53.6%) | 11:00           | 5.5<br>(47.0%) |
| 270 | SKRZYPIEC Karolina     | 6237  |                                  | Senior II K - 30 | 115  | 02:04:06     | 03:51:44.25           | 03:52:37.00            | +02:04:43<br>(53.6%) | 11:02           | 5.4<br>(46.2%) |
| 271 | MAKOWSKA Magdalena     | 6737  | BOOTCAMP JAWORZNO                | Senior II K - 30 | 116  | 02:02:12     | 03:53:00.00           | 03:54:34.65            | +02:06:41<br>(54.0%) | 11:05           | 5.4<br>(46.2%) |
| 272 | SPOZ Magdalena         | 6372  | NEST TEAM                        | Masters K - 40   | 97   | 02:01:49     | 03:55:27.70           | 03:55:54.30            | +02:08:01<br>(54.3%) | 11:12           | 5.4<br>(46.2%) |
| 273 | SOSULSKA Janina        | 6733  | TIGERS PRUDNIK/RUNNERS TEAM NYSA | Weteran K - 50   | 18   | 02:06:16     | 03:53:57.80           | 03:55:54.70            | +02:08:01<br>(54.3%) | 11:08           | 5.4<br>(46.2%) |
| 273 | ŚNIEŻAWSKA Gabriela    | 6279  |                                  | Masters K - 40   | 98   | 02:06:17     | 03:53:58.40           | 03:55:54.70            | +02:08:01<br>(54.3%) | 11:08           | 5.4<br>(46.2%) |
| 275 | KALLAS-LIPSKA Anetta   | 6067  |                                  | Masters K - 40   | 99   | 02:06:15     | 03:56:16.65           | 03:56:30.95            | +02:08:37<br>(54.4%) | 11:15           | 5.3<br>(45.3%) |
| 276 | ŚLIWAK Katarzyna       | 6460  | KATARZYNA ŚLIWAK                 | Senior II K - 30 | 117  | 01:51:35     | 03:56:15.05           | 03:57:04.40            | +02:09:11<br>(54.5%) | 11:15           | 5.3<br>(45.3%) |
| 277 | SPRINGER Marta         | 6479  | NIGHT RUNNERS                    | Senior II K - 30 | 118  | 02:11:43     | 03:56:48.45           | 03:57:08.25            | +02:09:15<br>(54.5%) | 11:16           | 5.3<br>(45.3%) |
| 278 | SUCHANKO Alicja        | 6485  | NIGHT RUNNERS                    | Masters K - 40   | 100  | 02:11:07     | 03:56:49.90           | 03:57:09.55            | +02:09:16<br>(54.5%) | 11:16           | 5.3<br>(45.3%) |
| 279 | WASZKIEWICZ Joanna     | 6705  | NIGHT RUNNERS                    | Senior II K - 30 | 119  | 02:11:38     | 03:56:50.30           | 03:57:10.70            | +02:09:17<br>(54.5%) | 11:16           | 5.3<br>(45.3%) |
| 280 | LECIEJEWSKA Małgorzata | 6480  | NIGHT RUNNERS POZNAŃ             | Masters K - 40   | 101  | 02:10:37     | 03:56:51.25           | 03:57:12.35            | +02:09:19<br>(54.5%) | 11:16           | 5.3<br>(45.3%) |
| 281 | MUSIELAK Maria         | 6362  | KUPA WIARY TEJ                   | Senior II K - 30 | 120  | 02:15:27     | 04:02:05.45           | 04:03:44.60            | +02:15:51<br>(55.7%) | 11:31           | 5.2<br>(44.4%) |
| 282 | WIŚNIEWSKA Ewelina     | 6054  | HARDCOROWE WYCHYLYLYBYMY         | Senior II K - 30 | 121  | 02:10:26     | 04:03:05.35           | 04:04:04.60            | +02:16:11<br>(55.8%) | 11:34           | 5.2<br>(44.4%) |
| 283 | JUSZKO Aleksandra      | 6325  |                                  | Senior I K - 20  | 43   | 02:12:33     | 04:08:58.80           | 04:09:24.45            | +02:21:31<br>(56.7%) | 11:51           | 5.1<br>(43.6%) |
| 283 | JUSZKO Monika          | 6070  |                                  | Masters K - 40   | 102  | 02:12:46     | 04:08:58.90           | 04:09:24.45            | +02:21:31<br>(56.7%) | 11:51           | 5.1<br>(43.6%) |
| 285 | PAWŁOWSKA Danuta       | 6039  | WKURW_TEAM                       | Masters K - 40   | 103  | 02:16:09     | 04:11:44.10           | 04:12:33.90            | +02:24:40<br>(57.3%) | 11:59           | 5<br>(42.7%)   |
| 286 | PRZYBYŁ Jolanta        | 6125  | EASY RUNNERS                     | Masters K - 40   | 104  | 02:09:01     | 04:14:51.35           | 04:15:43.70            | +02:27:50<br>(57.8%) | 12:08           | 4.9<br>(41.9%) |
| 287 | KACZMAREK Agnieszka    | 6188  |                                  | Masters K - 40   | 105  | 02:23:42     | 04:18:55.50           | 04:19:20.70            | +02:31:27<br>(58.4%) | 12:19           | 4.9<br>(41.9%) |
| 288 | RATAJCZAK Aurelia      | 6193  | ŻÓŁTO KRÓLEWSKCY                 | Senior II K - 30 | 122  | 02:24:16     | 04:23:55.60           | 04:24:11.50            | +02:36:18<br>(59.2%) | 12:34           | 4.8<br>(41.0%) |
| 289 | MAZUR Marta            | 6024  |                                  | Senior II K - 30 | 123  | 01:59:52     | 04:31:16.50           | 04:32:33.10            | +02:44:39<br>(60.4%) | 12:55           | 4.6<br>(39.3%) |
|     | ANTOSZCZUK Aneta       | 6377  | PRO-RUN WROCŁAW                  | Masters K - 40   |      | DNF          | DNF                   | DNF                    |                      | -               | -<br>(0.0%)    |