



ZŁOTY PÓŁMARATON - 21 KM

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dolnośląski Festiwal Biegów Górskich
Fundacja MARATONY GÓRSKIE
2021-07-15
Łądek-Zdrój
21 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN KOBIEC

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
1	MAZEK Emilia	7513	SBRT WARSZAWA / WILGA GARWOLIN	Senior I K - 20	1	01:03:15	01:49:23.85		5:12	11.5 (100%)
2	TOMASIAK Natalia	7883	SALOMON TEAM	Senior II K - 30	1	01:02:41	01:51:50.95	+00:02:27 (2.2%)	5:19	11.3 (98.3%)
3	DUCZMAL Dominika	7896		Senior I K - 20	2	01:03:33	01:52:38.45	+00:03:14 (2.9%)	5:21	11.2 (97.4%)
4	KRAWCZYK Adriana	7681		Senior II K - 30	2	01:08:42	02:00:15.85	+00:10:52 (9.0%)	5:43	10.5 (91.3%)
5	BAZUŁKA Aleksandra	7915	SALCO GARMIN TEAM	Senior I K - 20	3	01:07:45	02:00:52.60	+00:11:28 (9.5%)	5:45	10.4 (90.4%)
6	SKÓRA Anastazja	7741	#SOBASTEAM	Senior I K - 20	4	01:09:53	02:04:44.00	+00:15:20 (12.3%)	5:56	10.1 (87.8%)
7	BEDNARCZYK Ewelina	7893	MOCNA GRUPA CEZARA	Senior II K - 30	3	01:16:02	02:08:27.30	+00:19:03 (14.8%)	6:07	9.8 (85.2%)
8	WOŹNICZKA Jolanta	7097	ADAM DRACZYŃSKI RUNNING TEAM	Masters K - 40	1	01:15:46	02:10:16.90	+00:20:53 (16.0%)	6:12	9.7 (84.3%)
9	BUCHANIEC Katarzyna	7708	MIRAZ RACE TEAM	Senior II K - 30	4	01:15:23	02:11:32.60	+00:22:08 (16.8%)	6:15	9.6 (83.5%)
10	KOLANKO Sylwia	7740	NYSA BIEGA	Senior II K - 30	5	01:15:33	02:11:40.70	+00:22:16 (16.9%)	6:16	9.6 (83.5%)
11	BROK Małgorzata	7204		Masters K - 40	2	01:16:51	02:13:37.50	+00:24:13 (18.1%)	6:21	9.4 (81.7%)
12	KOT Klaudia	7662		Senior II K - 30	6	01:15:28	02:14:03.50	+00:24:39 (18.4%)	6:23	9.4 (81.7%)
13	BOĆKO Ewa	7126		Masters K - 40	3	01:15:24	02:14:06.60	+00:24:42 (18.4%)	6:23	9.4 (81.7%)
14	SĘDZIK Kinga	7757	MOK MSZANA DOLNA	Senior I K - 20	5	01:15:44	02:16:22.75	+00:26:58 (19.8%)	6:29	9.2 (80.0%)
15	NIERADKA Anna	7733		Senior II K - 30	7	01:17:50	02:19:49.30	+00:30:25 (21.8%)	6:39	9 (78.3%)
16	GĘBKA Małgorzata	7880		Senior II K - 30	8	01:21:35	02:20:07.15	+00:30:43 (21.9%)	6:40	9 (78.3%)
17	GROCHOT Edyta	7158	#ADAMCZERWIŃSKITEAM	Masters K - 40	4	01:21:58	02:23:46.95	+00:34:23 (23.9%)	6:50	8.8 (76.5%)
18	KOKOTT Agnieszka	7882	140MINUT.PL	Senior II K - 30	9	01:23:40	02:24:48.05	+00:35:24 (24.4%)	6:53	8.7 (75.7%)
19	GRZEBIELUCH Katarzyna	7938	LEDWO ZIPA	Masters K - 40	5	01:19:18	02:25:07.75	+00:35:43 (24.6%)	6:54	8.7 (75.7%)
20	KAPROŃ Martyna	7152	KB HARCOWNIK JELCZ-LASKOWICE	Senior I K - 20	6	01:25:09	02:26:45.65	+00:37:21 (25.5%)	6:59	8.6 (74.8%)
21	LORENC Joanna	7786	ENDORFINY WĄSOSZ	Senior II K - 30	10	01:25:06	02:26:53.75	+00:37:29 (25.5%)	6:59	8.6 (74.8%)
22	SMALEC Dominika	7866	MOCNA GRUPA CEZARA/SBRT WROCŁAW	Senior I K - 20	7	01:26:58	02:28:20.95	+00:38:57 (26.3%)	7:03	8.5 (73.9%)
23	BRUSIŁOWICZ Dagmara	7572		Masters K - 40	6	01:22:18	02:28:29.50	+00:39:05 (26.3%)	7:04	8.5 (73.9%)
24	SANIUK Joanna	7427		Senior II K - 30	11	01:25:08	02:28:31.00	+00:39:07 (26.3%)	7:04	8.5 (73.9%)
25	KAJDAS Gosia	7049	SŁAWA	Masters K - 40	7	01:27:40	02:28:37.45	+00:39:13 (26.4%)	7:04	8.5 (73.9%)
26	OLEJNIK Agnieszka	7413	ENDORFINY WĄSOSZ	Senior II K - 30	12	01:25:09	02:30:05.00	+00:40:41 (27.1%)	7:08	8.4 (73.0%)
27	PĘCZAR Aneta Pęczar	7188		Senior I K - 20	8	01:25:15	02:30:14.05	+00:40:50 (27.2%)	7:09	8.4 (73.0%)
28	WOJTOWICZ Karolina	7483		Senior II K - 30	13	01:25:35	02:30:48.05	+00:41:24 (27.5%)	7:10	8.4 (73.0%)
29	MARCINIAK Magdalena	7577		Masters K - 40	8	01:26:11	02:32:05.50	+00:42:41 (28.1%)	7:14	8.3 (72.2%)

						Czas netto				
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	21km	Różn	Tempo min/km	Tempo km/h
30	KUMOR Dagmara	7517		Senior II K - 30	14	01:27:02	02:32:07.95	+00:42:44 (28.1%)	7:14	8.3 (72.2%)
31	MIŁOSZEWICZ Aleksandra	7778	FIZJOBIEGACZE SZCZECIN	Senior I K - 20	9	01:29:05	02:32:11.20	+00:42:47 (28.1%)	7:14	8.3 (72.2%)
32	KOŁAKOWSKA-FĄLKOWSKA Irena	7774		Senior II K - 30	15	01:26:48	02:32:23.15	+00:42:59 (28.2%)	7:15	8.3 (72.2%)
33	DEMUSZ Natalia	7721		Senior II K - 30	16	01:25:11	02:32:24.05	+00:43:00 (28.2%)	7:15	8.3 (72.2%)
34	KIJAS Maja	7886		Senior II K - 30	17	01:23:37	02:32:43.70	+00:43:19 (28.4%)	7:16	8.3 (72.2%)
35	RUPIK Maria	7629		Senior II K - 30	18	01:26:41	02:32:56.35	+00:43:32 (28.5%)	7:16	8.2 (71.3%)
36	KOWALSKA Roma	7627	ROKIETNICA BIEGA	Senior II K - 30	19	01:30:10	02:33:21.20	+00:43:57 (28.7%)	7:18	8.2 (71.3%)
37	WIŚNIEWSKA Anna	7027		Senior II K - 30	20	01:32:07	02:33:27.50	+00:44:03 (28.7%)	7:18	8.2 (71.3%)
38	DOMAŃ Joanna	7054	FEHLAU RUN TEAM	Masters K - 40	9	01:28:55	02:33:29.45	+00:44:05 (28.7%)	7:18	8.2 (71.3%)
39	BAHR Marzena	7626		Senior II K - 30	21	01:26:52	02:34:02.45	+00:44:38 (29.0%)	7:20	8.2 (71.3%)
40	HAWROT Marta	7518		Masters K - 40	10	01:28:14	02:35:25.85	+00:46:02 (29.6%)	7:24	8.1 (70.4%)
41	PATROŃSKA Magdalena	7558	ŻARŁOKI	Senior I K - 20	10	01:30:19	02:35:26.75	+00:46:02 (29.6%)	7:24	8.1 (70.4%)
42	GAŚIOROWSKA Sara	7763		Senior I K - 20	11	01:27:31	02:36:26.65	+00:47:02 (30.1%)	7:26	8.1 (70.4%)
43	KOZŁEWSKA Beata	7085		Masters K - 40	11	01:29:08	02:36:32.45	+00:47:08 (30.1%)	7:27	8 (69.6%)
44	ŁĄŻEWSKA Sylwia	7011		Masters K - 40	12	01:29:28	02:36:45.40	+00:47:21 (30.2%)	7:27	8 (69.6%)
45	BOCZKOWSKA Marzena	7431	STAN UMYSŁU LEWIN BIEGA	Senior II K - 30	22	01:33:29	02:36:45.50	+00:47:21 (30.2%)	7:27	8 (69.6%)
46	BEDLA Anna	7362	SKORUPA TRIATHLON	Masters K - 40	13	01:31:25	02:36:59.80	+00:47:35 (30.3%)	7:28	8 (69.6%)
47	PILARSKA Olga	7799	GUSTAW TEŻ BIEGA	Senior II K - 30	23	01:25:45	02:37:05.55	+00:47:41 (30.4%)	7:28	8 (69.6%)
48	SUCHOCKA Yana	7828		Senior II K - 30	24	01:28:32	02:37:22.75	+00:47:58 (30.5%)	7:29	8 (69.6%)
49	SZALENIEC Joanna	7185	RUNNERS TEAM NYSA	Masters K - 40	14	01:32:50	02:38:28.10	+00:49:04 (31.0%)	7:32	8 (69.6%)
50	GRONOWSKA-KAROLCZAK Agnieszka	7559	MARATOŃCZYK POZNAŃ	Senior II K - 30	25	01:29:42	02:38:46.15	+00:49:22 (31.1%)	7:33	7.9 (68.7%)
51	MOSKAL Izabela	7919	TKKF MPK POZNAŃ	Masters K - 40	15	01:31:40	02:39:02.20	+00:49:38 (31.2%)	7:34	7.9 (68.7%)
52	SZCZEPAŃSKA-BUDA Anna	7684		Senior II K - 30	26	01:29:55	02:39:07.00	+00:49:43 (31.2%)	7:34	7.9 (68.7%)
53	BERG Elwira	7445		Senior II K - 30	27	01:30:03	02:39:11.40	+00:49:47 (31.3%)	7:34	7.9 (68.7%)
54	DUBAS Anna	7705	SPRAWDZAMY-NIERUCHOMOSCI.PL	Senior II K - 30	28	01:30:51	02:39:17.60	+00:49:53 (31.3%)	7:35	7.9 (68.7%)
55	BABIŃSKA-POPIŁKA Ewelina	7748		Senior II K - 30	29	01:27:16	02:39:21.95	+00:49:58 (31.4%)	7:35	7.9 (68.7%)
56	MARCIŃCZYK Patrycja	7796		Senior I K - 20	12	01:27:55	02:39:29.35	+00:50:05 (31.4%)	7:35	7.9 (68.7%)
57	TOMYŚLAK Magdalena	7539		Senior II K - 30	30	01:31:05	02:39:32.25	+00:50:08 (31.4%)	7:35	7.9 (68.7%)
58	TURAJ-KACZYŃSKA Małgorzata	7103	GUSTAW TEŻ BIEGA	Masters K - 40	16	01:26:47	02:39:33.10	+00:50:09 (31.4%)	7:35	7.9 (68.7%)
59	WÓJCIK Katarzyna	7207	FIZJOBIEGACZE SZCZECIN	Senior II K - 30	31	01:31:37	02:39:33.35	+00:50:09 (31.4%)	7:35	7.9 (68.7%)
60	WIŚNIEWSKA Anna	7447		Senior II K - 30	32	01:32:53	02:39:47.80	+00:50:23 (31.5%)	7:36	7.9 (68.7%)
61	KACZMAREK Katarzyna	7567		Masters K - 40	17	01:31:20	02:40:01.35	+00:50:37 (31.6%)	7:37	7.9 (68.7%)
62	GABRYEL Anna	7724		Masters K - 40	18	01:28:23	02:40:15.90	+00:50:52 (31.7%)	7:37	7.9 (68.7%)
63	CHABIŃSKA Paulina	7301	AKADEMIA BIEGANIA	Senior I K - 20	13	01:33:25	02:40:22.20	+00:50:58 (31.8%)	7:38	7.9 (68.7%)
64	MAKOLSKA-FRANKOWSKA Iwona	7648		Masters K - 40	19	01:30:15	02:40:32.70	+00:51:08 (31.9%)	7:38	7.8 (67.8%)
65	LIPIŃSKA Martyna	7157	ŚLĘZAK TEAM	Senior I K - 20	14	01:33:25	02:40:43.30	+00:51:19 (31.9%)	7:39	7.8 (67.8%)
66	SZYMAŃSKA Magdalena	7339		Senior II K - 30	33	01:32:23	02:40:56.25	+00:51:32 (32.0%)	7:39	7.8 (67.8%)
67	DZIADOWICZ Anna	7750		Masters K - 40	20	01:29:39	02:41:00.60	+00:51:36 (32.1%)	7:40	7.8 (67.8%)
68	MIKŁUSZKA Dorota	7317		Masters K - 40	21	01:30:17	02:41:06.20	+00:51:42 (32.1%)	7:40	7.8 (67.8%)
69	WENTYKIER Beata	7044	POMYŁKA TEAM	Masters K - 40	22	01:30:34	02:41:11.40	+00:51:47 (32.1%)	7:40	7.8 (67.8%)
70	OLZACKA Agata	7021	ZA LINIĄ METY TEAM	Senior II K - 30	34	01:34:41	02:41:12.75	+00:51:48 (32.1%)	7:40	7.8 (67.8%)
71	KAWCZYŃSKA Monika	7794	GUSTAW TEŻ BIEGA	Masters K - 40	23	01:30:36	02:41:36.85	+00:52:13 (32.3%)	7:41	7.8 (67.8%)
72	GIMZICKA Ewa	7361		Masters K - 40	24	01:30:59	02:41:37.70	+00:52:13 (32.3%)	7:41	7.8 (67.8%)
73	SZUBERT-WALENCZAK Magdalena	7588	TEAM ZABIEGANE DNI	Masters K - 40	25	01:31:51	02:42:42.55	+00:53:18 (32.8%)	7:44	7.7 (67.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto		Tempo min/km	Tempo km/h
							21km	Różn		
74	REDKIEWICZ Agnieszka	7587	TEAM ZABIEGANE DNI	Senior II K - 30	35	01:31:51	02:42:43.85	+00:53:20 (32.8%)	7:44	7.7 (67.0%)
75	BIENIAS Anna	7461		Senior II K - 30	36	01:31:15	02:42:45.20	+00:53:21 (32.8%)	7:45	7.7 (67.0%)
76	DUTKOWIAK Aleksandra	7765	PIĄTKOWO NA BIEGOWO	Masters K - 40	26	01:32:59	02:42:59.80	+00:53:35 (32.9%)	7:45	7.7 (67.0%)
77	KSIEZKA Joanna	7261	STRZEGOMSKA DWUNASTKA	Senior II K - 30	37	01:27:07	02:43:02.05	+00:53:38 (32.9%)	7:45	7.7 (67.0%)
78	KRÓLAK-DUBLAGA Dorota	7713	#BIEGIWLKP	Senior II K - 30	38	01:31:18	02:43:18.85	+00:53:55 (33.0%)	7:46	7.7 (67.0%)
79	PIELA Katarzyna	7936		Senior II K - 30	39	01:30:42	02:43:36.05	+00:54:12 (33.1%)	7:47	7.7 (67.0%)
80	ZGRAJ Katarzyna	7286		Masters K - 40	27	01:31:47	02:43:52.10	+00:54:28 (33.2%)	7:48	7.7 (67.0%)
81	MIERNIK Marzena	7620		Masters K - 40	28	01:34:58	02:44:03.65	+00:54:39 (33.3%)	7:48	7.7 (67.0%)
82	DZIARNOWSKA Magda	7100	MECHANIKA ZDROWIA	Senior II K - 30	40	01:32:21	02:44:06.20	+00:54:42 (33.3%)	7:48	7.7 (67.0%)
83	WÓJCIK Kamila	7616	STRONIE BIEGA	Masters K - 40	29	01:29:34	02:44:48.70	+00:55:24 (33.6%)	7:50	7.6 (66.1%)
84	BUJAK Magdalena	7844	NIGHT RUNNERS PYSKOWICE	Senior II K - 30	41	01:32:50	02:44:53.25	+00:55:29 (33.7%)	7:51	7.6 (66.1%)
85	KOCIUBA Katarzyna	7423		Senior II K - 30	42	01:34:51	02:44:57.80	+00:55:33 (33.7%)	7:51	7.6 (66.1%)
86	HERBEĆ-LABOCHA Magdalena	7868		Masters K - 40	30	01:36:51	02:44:57.90	+00:55:34 (33.7%)	7:51	7.6 (66.1%)
87	ZAPALSKA Aleksandra	7069		Senior I K - 20	15	01:35:59	02:45:04.90	+00:55:41 (33.7%)	7:51	7.6 (66.1%)
88	ADAMSKA Karolina	7058		Senior I K - 20	16	01:34:23	02:45:15.45	+00:55:51 (33.8%)	7:52	7.6 (66.1%)
89	MACHUL Ewa	7524		Senior II K - 30	43	01:36:50	02:45:46.25	+00:56:22 (34.0%)	7:53	7.6 (66.1%)
90	DREKO Anna	7800	AD GROUP	Masters K - 40	31	01:29:47	02:45:47.50	+00:56:23 (34.0%)	7:53	7.6 (66.1%)
91	JAKUBISIAK Renata	7065	AEGONRUN	Masters K - 40	32	01:34:56	02:46:20.30	+00:56:56 (34.2%)	7:55	7.6 (66.1%)
92	LISOWSKA Kamila	7913	YNO ULTRA	Senior II K - 30	44	01:37:55	02:46:43.70	+00:57:19 (34.4%)	7:56	7.6 (66.1%)
93	KORCZYŃSKA Alicja	7360	BIEGOWA POGORZAŁA	Masters K - 40	33	01:38:30	02:47:11.85	+00:57:48 (34.6%)	7:57	7.5 (65.2%)
94	LEWICKA Magdalena	7417	CAŁA OLEŚNICA BIEGA	Masters K - 40	34	01:38:11	02:47:13.50	+00:57:49 (34.6%)	7:57	7.5 (65.2%)
95	MODZELEWSKA Anna	7056		Senior I K - 20	17	01:36:50	02:47:55.85	+00:58:32 (34.9%)	7:59	7.5 (65.2%)
96	KIECOŃ Maria	7812		Senior II K - 30	45	01:33:49	02:48:08.90	+00:58:45 (34.9%)	8:00	7.5 (65.2%)
97	DANKOWSKA Ewelina	7418	ENDORFINY WĄSOSZ	Masters K - 40	35	01:35:24	02:48:15.80	+00:58:51 (35.0%)	8:00	7.5 (65.2%)
98	WOJCIESZUK Anna	7350		Senior I K - 20	18	01:38:17	02:48:30.20	+00:59:06 (35.1%)	8:01	7.5 (65.2%)
99	PAMUŁA Marta	7546		Senior I K - 20	19	01:35:21	02:48:45.10	+00:59:21 (35.2%)	8:02	7.5 (65.2%)
100	SZCZERBA Katarzyna	7025		Senior II K - 30	46	01:37:35	02:48:55.00	+00:59:31 (35.2%)	8:02	7.5 (65.2%)
101	WIŚLIŃSKA Agnieszka	7863		Senior II K - 30	47	01:36:01	02:49:02.00	+00:59:38 (35.3%)	8:02	7.5 (65.2%)
102	MATUKIN Aleksandra	7930		Senior II K - 30	48	01:37:13	02:49:41.15	+01:00:17 (35.5%)	8:04	7.4 (64.3%)
103	SŁODKIEWICZ Dagmara	7715	KNEIPPTEAM	Senior II K - 30	49	01:35:45	02:49:51.85	+01:00:28 (35.6%)	8:05	7.4 (64.3%)
104	LACHOWICZ Marta	7140	MAE KEAGE KYOKUSHIN TEAM	Senior II K - 30	50	01:34:29	02:50:06.40	+01:00:42 (35.7%)	8:06	7.4 (64.3%)
105	OCHEJ Joanna	7280	APTENEO RUNNING TEAM	Senior II K - 30	51	01:35:34	02:50:14.10	+01:00:50 (35.7%)	8:06	7.4 (64.3%)
106	BRZOSTOWIECKA Angelika	7912		Senior I K - 20	20	01:35:52	02:50:19.90	+01:00:56 (35.8%)	8:06	7.4 (64.3%)
107	SPYTEK Justyna	7675		Masters K - 40	36	01:33:07	02:50:33.85	+01:01:10 (35.9%)	8:07	7.4 (64.3%)
108	POCZTAREK Ewelina	7743		Senior II K - 30	52	01:38:50	02:51:10.45	+01:01:46 (36.1%)	8:09	7.4 (64.3%)
109	PIÓRKOWSKA Jolanta	7849	KOŁO BIEGA	Masters K - 40	37	01:38:07	02:51:26.85	+01:02:03 (36.2%)	8:09	7.3 (63.5%)
110	ŻARSKA Ilona	7719		Senior II K - 30	53	01:37:04	02:51:28.70	+01:02:04 (36.2%)	8:09	7.3 (63.5%)
111	KRYCH Joanna	7291		Masters K - 40	38	01:34:23	02:52:06.00	+01:02:42 (36.4%)	8:11	7.3 (63.5%)
112	DOMAŃSKA Małgorzata	7318	STAN UMYSŁU LEWIN BIEGA	Masters K - 40	39	01:35:10	02:52:09.90	+01:02:46 (36.5%)	8:11	7.3 (63.5%)
113	PYZIO Magdalena	7534		Senior II K - 30	54	01:31:52	02:52:11.90	+01:02:48 (36.5%)	8:11	7.3 (63.5%)
114	BYRCZEK Daria	7823		Senior II K - 30	55	01:32:52	02:52:25.25	+01:03:01 (36.6%)	8:12	7.3 (63.5%)
115	SZERSZEŃ Agata	7277	DTR BIEGA / MARIO TEAM	Senior II K - 30	56	01:39:57	02:52:34.60	+01:03:10 (36.6%)	8:13	7.3 (63.5%)
116	KUŚWIK Beata	7373		Senior II K - 30	57	01:38:26	02:52:49.30	+01:03:25 (36.7%)	8:13	7.3 (63.5%)
117	KOWALEWSKA Anna	7132		Senior II K - 30	58	01:36:05	02:52:53.85	+01:03:30 (36.7%)	8:13	7.3 (63.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto		Tempo min/km	Tempo km/h
							21km	Różn		
118	NIEDZIELA Danuta	7136	GOSTYŃ	Masters K - 40	40	01:35:26	02:52:56.05	+01:03:32 (36.7%)	8:14	7.3 (63.5%)
119	KAŻMIERCZAK-MOLIK Anna	7026		Senior II K - 30	59	01:39:56	02:53:08.60	+01:03:44 (36.8%)	8:14	7.3 (63.5%)
120	CIECHOMSKA Agata	7652	HTF LUDWIK SIKORSKI	Senior II K - 30	60	01:31:49	02:53:30.35	+01:04:06 (36.9%)	8:15	7.3 (63.5%)
121	WOJAS Justyna	7407	NIEPOŁOMICE BIEGAJĄ	Senior II K - 30	61	01:38:45	02:53:44.85	+01:04:21 (37.0%)	8:16	7.3 (63.5%)
122	DZIERGWA Agnieszka	7925	PRZEDWOJEWSKI TEAM	Senior II K - 30	62	01:35:46	02:53:54.30	+01:04:30 (37.1%)	8:16	7.2 (62.6%)
123	MARCINKOWSKA Anita	7191	POMIOTY SZATANA	Senior II K - 30	63	01:40:18	02:54:09.05	+01:04:45 (37.2%)	8:17	7.2 (62.6%)
124	ROBAKOWSKA Joanna	7353	NIGHT RUNNERS	Senior II K - 30	64	01:39:23	02:54:27.40	+01:05:03 (37.3%)	8:18	7.2 (62.6%)
125	KOSZYKA Weronika	7095	WYBIEGAĆ MARZENIA TEAM	Senior I K - 20	21	01:40:06	02:55:28.65	+01:06:04 (37.7%)	8:21	7.2 (62.6%)
126	BEDNORZ Monika	7249		Senior II K - 30	65	01:38:26	02:55:53.60	+01:06:29 (37.8%)	8:22	7.2 (62.6%)
127	KŁOPOTEK Nina	7320	EXTREME FAMILY	Senior I K - 20	22	01:40:19	02:56:22.25	+01:06:58 (38.0%)	8:23	7.1 (61.7%)
128	ZACHARIASZ Małgorzata	7897		Senior II K - 30	66	01:41:29	02:56:37.30	+01:07:13 (38.1%)	8:24	7.1 (61.7%)
129	PORADA Małgorzata	7440		Masters K - 40	41	01:40:47	02:56:38.55	+01:07:14 (38.1%)	8:24	7.1 (61.7%)
130	CZECH Dorota	7106	ASICSFRONTRUNNER POLAND	Masters K - 40	42	01:41:46	02:56:39.15	+01:07:15 (38.1%)	8:24	7.1 (61.7%)
131	KOSSOK-ZAWADA Marta	7141	CAŁA OLEŚNICA BIEGA	Senior II K - 30	67	01:44:53	02:56:39.90	+01:07:16 (38.1%)	8:24	7.1 (61.7%)
132	KLIMALA Angelika	7215	CAŁA OLEŚNICA BIEGA	Masters K - 40	43	01:44:54	02:56:41.60	+01:07:17 (38.1%)	8:24	7.1 (61.7%)
133	JÓZEF Dorota	7033		Senior I K - 20	23	01:38:41	02:56:41.75	+01:07:17 (38.1%)	8:24	7.1 (61.7%)
134	LUBOWSKA-KUCHTA Małgorzata	7832	RUNPROGRESSP	Senior II K - 30	68	01:39:56	02:56:53.40	+01:07:29 (38.2%)	8:25	7.1 (61.7%)
135	KOZAK Ewa	7590	KOZAKI	Masters K - 40	44	01:35:22	02:57:43.55	+01:08:19 (38.4%)	8:27	7.1 (61.7%)
136	MARCINKOWSKA Katarzyna	7860		Masters K - 40	45	01:41:45	02:57:50.10	+01:08:26 (38.5%)	8:28	7.1 (61.7%)
137	TCHÓRZEWSKA Monika	7455		Masters K - 40	46	01:47:14	02:57:53.20	+01:08:29 (38.5%)	8:28	7.1 (61.7%)
138	LEWICKA Katarzyna	7484		Senior II K - 30	69	01:40:59	02:57:53.30	+01:08:29 (38.5%)	8:28	7.1 (61.7%)
139	GRUŻLEWSKA Patrycja	7698	BIEGAM U KOLESI	Senior I K - 20	24	01:40:58	02:57:53.35	+01:08:29 (38.5%)	8:28	7.1 (61.7%)
140	ŁOBODZIEC Monika	7655		Masters K - 40	47	01:40:07	02:57:59.80	+01:08:35 (38.5%)	8:28	7.1 (61.7%)
141	STACHOWIAK Danuta	7150	ROKIETNICA BIEGA	Masters K - 40	48	01:43:43	02:58:03.50	+01:08:39 (38.6%)	8:28	7.1 (61.7%)
142	RÓŻAŃSKA Magdalena	7057		Masters K - 40	49	01:40:25	02:58:41.90	+01:09:18 (38.8%)	8:30	7.1 (61.7%)
143	CHOŁUJ Małgorzata	7115		Weteran K - 50	1	01:40:00	02:59:23.05	+01:09:59 (39.0%)	8:32	7 (60.9%)
144	MARCINIAK Grażyna	7364		Senior II K - 30	70	01:42:05	02:59:27.00	+01:10:03 (39.0%)	8:32	7 (60.9%)
145	STRZAŁKOWSKA Urszula	7688	BBL OPOLE	Senior II K - 30	71	01:38:12	02:59:50.70	+01:10:26 (39.2%)	8:33	7 (60.9%)
146	SZPINEK Stella	7810	TUTU TEAM	Senior II K - 30	72	01:40:40	03:00:20.45	+01:10:56 (39.3%)	8:35	7 (60.9%)
147	KRUK Anna	7751		Senior I K - 20	25	01:41:32	03:00:26.05	+01:11:02 (39.4%)	8:35	7 (60.9%)
148	STASZYŃSKA Karolina	7820		Masters K - 40	50	01:40:23	03:00:42.95	+01:11:19 (39.5%)	8:36	7 (60.9%)
149	SKIBA-DZIADYK Dominika	7179		Masters K - 40	51	01:41:01	03:01:11.45	+01:11:47 (39.6%)	8:37	7 (60.9%)
150	KRZYŻYK Agnieszka	7086	TRIO FORTIS	Masters K - 40	52	01:39:53	03:01:13.55	+01:11:49 (39.6%)	8:37	7 (60.9%)
151	SIKORA Agnieszka	7395		Senior II K - 30	73	01:36:54	03:01:31.90	+01:12:08 (39.7%)	8:38	6.9 (60.0%)
152	KOSTECZKA Paulina	7309	DRUŻYNA BIEGNĄCEGO ORIONA	Masters K - 40	53	01:39:30	03:01:34.70	+01:12:10 (39.8%)	8:38	6.9 (60.0%)
153	ZIARNIAK Anna	7192	POMIOTY SZATANA	Senior II K - 30	74	01:40:34	03:02:21.45	+01:12:57 (40.0%)	8:41	6.9 (60.0%)
154	MOSKWA Martyna	7368	MASZ PRZEBIEGANE	Senior I K - 20	26	01:44:50	03:02:25.10	+01:13:01 (40.0%)	8:41	6.9 (60.0%)
155	JURASZ Aleksandra	7092		Senior II K - 30	75	01:42:23	03:02:53.60	+01:13:29 (40.2%)	8:42	6.9 (60.0%)
156	WŁODAREK Urszula	7854	DENTALCARE	Weteran K - 50	2	01:40:20	03:03:07.75	+01:13:43 (40.3%)	8:43	6.9 (60.0%)
157	DUCH Aleksandra	7022		Senior I K - 20	27	01:45:36	03:03:18.75	+01:13:54 (40.3%)	8:43	6.9 (60.0%)
158	KOŻŁOWSKA Renata	7859		Senior II K - 30	76	01:42:13	03:03:24.45	+01:14:00 (40.4%)	8:44	6.9 (60.0%)
159	LINKIEWICZ-MANNA Eliza	7532	RAZ SZCZECIN	Senior II K - 30	77	01:46:22	03:03:32.50	+01:14:08 (40.4%)	8:44	6.9 (60.0%)
160	PIETRZAK Sylwia	7247	12TRI.PL	Senior II K - 30	78	01:42:25	03:03:32.80	+01:14:08 (40.4%)	8:44	6.9 (60.0%)
161	KOŻŁOWSKA Anna	7358		Masters K - 40	54	01:44:48	03:04:02.85	+01:14:39 (40.6%)	8:45	6.8 (59.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto		Tempo min/km	Tempo km/h
							21km	Różn		
162	WÓJCIK Justyna	7356	W POGONI ZA DUCHEM	Masters K - 40	55	01:44:49	03:04:02.95	+01:14:39 (40.6%)	8:45	6.8 (59.1%)
163	DIUWE Marzena	7638	PASTERKA PANY	Senior II K - 30	79	01:43:54	03:04:04.70	+01:14:40 (40.6%)	8:45	6.8 (59.1%)
164	ZARANEK Barbara	7887	KĘSY TEAM	Weteran K - 50	3	01:47:59	03:04:17.15	+01:14:53 (40.6%)	8:46	6.8 (59.1%)
165	WINCZURA Joanna	7569		Masters K - 40	56	01:41:35	03:04:29.05	+01:15:05 (40.7%)	8:47	6.8 (59.1%)
166	PNIEWSKA Anna	7156		Masters K - 40	57	01:40:40	03:04:29.70	+01:15:05 (40.7%)	8:47	6.8 (59.1%)
167	APANOVA Ekaterina	7603		Senior II K - 30	80	01:41:59	03:04:31.30	+01:15:07 (40.7%)	8:47	6.8 (59.1%)
168	PYRAK Joanna	7104	AEGON RUN	Senior II K - 30	81	01:46:38	03:04:33.80	+01:15:09 (40.7%)	8:47	6.8 (59.1%)
169	PASZKIEWICZ-ŻAK Monika	7256		Senior I K - 20	28	01:43:29	03:04:46.55	+01:15:22 (40.8%)	8:47	6.8 (59.1%)
170	WALCZAK Małgorzata	7787	PCH_RUN	Masters K - 40	58	01:38:11	03:04:53.80	+01:15:29 (40.8%)	8:48	6.8 (59.1%)
171	MARKOWSKA-GRUSZCZYŃSKA Hanna	7254	GRUCHY DAJĄ CZADU !!!	Masters K - 40	59	01:41:22	03:05:38.55	+01:16:14 (41.1%)	8:50	6.8 (59.1%)
172	LEWANDOWSKA Maria	7139	BIEGAM BO NIE LUBIE	Senior II K - 30	82	01:44:54	03:05:39.85	+01:16:16 (41.1%)	8:50	6.8 (59.1%)
173	BANKOWSKA Ewa	7347		Senior II K - 30	83	01:41:32	03:05:55.10	+01:16:31 (41.2%)	8:51	6.8 (59.1%)
174	JAWORSKA Magdalena	7183	GB WIELKOPOLSCY BIEGACZE / TEAM KGB	Masters K - 40	60	01:39:48	03:05:56.45	+01:16:32 (41.2%)	8:51	6.8 (59.1%)
175	IGNASZEWSKA Marta	7052	DRUŻYNA SZPIKU	Masters K - 40	61	01:44:12	03:06:03.05	+01:16:39 (41.2%)	8:51	6.8 (59.1%)
176	KĘDZIA Edyta	7846		Weteran K - 50	4	01:46:33	03:06:21.85	+01:16:58 (41.3%)	8:52	6.8 (59.1%)
177	TOMAL Lidia	7858		Masters K - 40	62	01:41:39	03:06:40.55	+01:17:16 (41.4%)	8:53	6.8 (59.1%)
178	DERES Julia	7792	BIEGOWA KUŻNIA	Senior I K - 20	29	01:39:35	03:06:48.95	+01:17:25 (41.4%)	8:53	6.7 (58.3%)
179	BOROWICZ Paulina	7542		Masters K - 40	63	01:46:38	03:07:05.95	+01:17:42 (41.5%)	8:54	6.7 (58.3%)
180	GŁUCHOWSKA Ewelina	7389		Senior II K - 30	84	01:40:01	03:07:12.35	+01:17:48 (41.6%)	8:54	6.7 (58.3%)
181	GŁÓWKA Barbara	7392		Senior II K - 30	85	01:44:08	03:07:14.00	+01:17:50 (41.6%)	8:54	6.7 (58.3%)
182	KORNACKA Monika	7526		Masters K - 40	64	01:48:46	03:07:17.20	+01:17:53 (41.6%)	8:55	6.7 (58.3%)
183	ROSZCZYK Tatiana	7367		Masters K - 40	65	01:47:19	03:07:19.30	+01:17:55 (41.6%)	8:55	6.7 (58.3%)
184	POSIŁA Joanna	7200		Masters K - 40	66	01:49:00	03:07:33.85	+01:18:10 (41.7%)	8:55	6.7 (58.3%)
185	KRUPA Ewa	7087		Senior I K - 20	30	01:41:00	03:07:47.00	+01:18:23 (41.7%)	8:56	6.7 (58.3%)
186	DROZDZ Dorota	7167	#KĘSYTEAM	Masters K - 40	67	01:51:12	03:07:55.70	+01:18:31 (41.8%)	8:56	6.7 (58.3%)
187	GMEREK Zuzanna	7008		Senior I K - 20	31	01:42:43	03:08:37.00	+01:19:13 (42.0%)	8:58	6.7 (58.3%)
188	MARCINIAK Paulina	7371		Senior II K - 30	86	01:47:29	03:08:46.85	+01:19:23 (42.1%)	8:59	6.7 (58.3%)
189	GONERA-BATOR Anna	7747	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	87	01:44:49	03:08:53.05	+01:19:29 (42.1%)	8:59	6.7 (58.3%)
190	WISNIEWSKA Małgorzata	7332	FFF	Masters K - 40	68	01:44:44	03:09:10.50	+01:19:46 (42.2%)	9:00	6.7 (58.3%)
191	SZCZOTKA Katarzyna	7088		Senior I K - 20	32	01:43:47	03:09:38.90	+01:20:15 (42.3%)	9:01	6.6 (57.4%)
192	ZIELIŃSKA Mirona	7153		Masters K - 40	69	01:42:32	03:09:41.75	+01:20:17 (42.3%)	9:01	6.6 (57.4%)
193	BRZĘCZEK Izabela	7768		Weteran K - 50	5	01:44:41	03:10:10.35	+01:20:46 (42.5%)	9:03	6.6 (57.4%)
194	SOKOŁOWSKA Anna	7478		Senior II K - 30	88	01:42:56	03:10:12.70	+01:20:48 (42.5%)	9:03	6.6 (57.4%)
195	KALINOWSKA Patrycja	7879		Senior II K - 30	89	01:45:54	03:10:16.10	+01:20:52 (42.5%)	9:03	6.6 (57.4%)
196	GWORYS Katarzyna	7125	ZRYW PARZYMIECHY	Senior II K - 30	90	01:45:03	03:10:59.85	+01:21:36 (42.7%)	9:05	6.6 (57.4%)
197	JAGIEŁŁO Małgorzata	7307	STAN UMYSŁU LEWIN BIEGA	Weteran K - 50	6	01:48:36	03:11:13.75	+01:21:49 (42.8%)	9:06	6.6 (57.4%)
198	SOCHA Dorota	7477		Senior II K - 30	91	01:42:59	03:11:44.15	+01:22:20 (42.9%)	9:07	6.6 (57.4%)
199	STACIWO Justyna	7174	KURACJUSZE	Senior II K - 30	92	01:43:40	03:12:01.00	+01:22:37 (43.0%)	9:08	6.6 (57.4%)
200	HYLIŃSKA Hanna	7064	KOMU CZEMU	Senior II K - 30	93	01:44:22	03:12:20.30	+01:22:56 (43.1%)	9:09	6.6 (57.4%)
201	MARKOWSKA Lilianna	7223	BIEGAMDLAZDROWIA.PL	Weteran K - 50	7	01:53:09	03:12:48.10	+01:23:24 (43.3%)	9:10	6.5 (56.5%)
202	FASZCZA Agnieszka	7148	MARATOŃCZYK POZNAŃ	Senior II K - 30	94	01:48:20	03:12:53.20	+01:23:29 (43.3%)	9:11	6.5 (56.5%)
203	POPOWICZ Justyna	7801	KOBIETY WATAHY	Masters K - 40	70	01:41:15	03:13:23.70	+01:23:59 (43.4%)	9:12	6.5 (56.5%)
204	KAMIŃSKA Katarzyna	7736		Masters K - 40	71	01:48:31	03:14:00.30	+01:24:36 (43.6%)	9:14	6.5 (56.5%)
205	PIETRZAK Agnieszka	7666	KB DĘBIEC	Masters K - 40	72	01:47:49	03:14:46.60	+01:25:22 (43.8%)	9:16	6.5 (56.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1	Czas	Różn	Tempo	Tempo
						10.3km	netto			
206	KORYBUT-BARSKA Anna	7240		Masters K - 40	73	01:49:40	03:15:00.90	+01:25:37 (43.9%)	9:17	6.5 (56.5%)
207	SZCZEPANIAK Marta	7357		Masters K - 40	74	01:49:41	03:15:01.65	+01:25:37 (43.9%)	9:17	6.5 (56.5%)
208	ŁUŻNY Agnieszka	7386	MUAY RUNNING TEAM	Senior II K - 30	95	01:48:42	03:15:04.35	+01:25:40 (43.9%)	9:17	6.5 (56.5%)
209	WICIŃSKA Izabela	7929		Weteran K - 50	8	01:47:35	03:15:44.60	+01:26:20 (44.1%)	9:19	6.4 (55.7%)
210	NITSCHKE Grażyna	7598	TKKF MPK POZNAŃ	Masters K - 40	75	01:47:57	03:16:18.35	+01:26:54 (44.3%)	9:20	6.4 (55.7%)
211	BAKOWSKA Magdalena	7599	LOCO BABKI	Senior II K - 30	96	01:47:58	03:16:19.85	+01:26:56 (44.3%)	9:20	6.4 (55.7%)
212	KRUPIŃSKA Andżelika	7760	CZERWONACKIE KIJANKI	Senior II K - 30	97	01:46:46	03:17:32.00	+01:28:08 (44.6%)	9:24	6.4 (55.7%)
213	PIJANKA Monika	7399		Masters K - 40	76	01:54:38	03:17:44.20	+01:28:20 (44.7%)	9:24	6.4 (55.7%)
214	PACIUCH Dorota	7002		Senior II K - 30	98	01:45:50	03:18:00.20	+01:28:36 (44.7%)	9:25	6.4 (55.7%)
215	KALIŃSKA Dorota	7817	NIEMANIE	Senior II K - 30	99	01:48:35	03:18:07.80	+01:28:43 (44.8%)	9:26	6.4 (55.7%)
216	MARKIEWICZ Joanna Zuza	7039	TJ	Masters K - 40	77	01:50:06	03:18:26.45	+01:29:02 (44.9%)	9:26	6.3 (54.8%)
217	JACHYMSKA Zofia	7653		Senior I K - 20	33	01:50:10	03:18:28.75	+01:29:04 (44.9%)	9:27	6.3 (54.8%)
218	LUBAŃSKA Alicja	7116		Weteran K - 50	9	01:52:30	03:18:30.55	+01:29:06 (44.9%)	9:27	6.3 (54.8%)
219	ZAKRZEWSKA Beata	7119		Senior II K - 30	100	01:44:44	03:18:43.95	+01:29:20 (45.0%)	9:27	6.3 (54.8%)
220	WACHEL Katarzyna	7149		Masters K - 40	78	01:46:06	03:18:58.70	+01:29:34 (45.0%)	9:28	6.3 (54.8%)
221	FILIPOWICZ Katarzyna	7422		Senior II K - 30	101	01:47:32	03:19:03.40	+01:29:39 (45.0%)	9:28	6.3 (54.8%)
222	PODULKA Małgorzata	7798		Senior II K - 30	102	01:54:56	03:19:18.15	+01:29:54 (45.1%)	9:29	6.3 (54.8%)
223	SZCZERBA Anna	7275		Masters K - 40	79	01:51:24	03:19:23.00	+01:29:59 (45.1%)	9:29	6.3 (54.8%)
224	BOSY Joanna	7239		Senior II K - 30	103	01:47:41	03:19:36.35	+01:30:12 (45.2%)	9:30	6.3 (54.8%)
225	SADOWSKA Paula	7420	SADOSZCZAKI	Senior II K - 30	104	01:50:22	03:19:52.80	+01:30:28 (45.3%)	9:31	6.3 (54.8%)
226	ŻERKO Klaudia	7016		Senior II K - 30	105	01:47:05	03:20:34.80	+01:31:10 (45.5%)	9:33	6.3 (54.8%)
227	LE FELIC Monika	7677		Masters K - 40	80	01:44:51	03:20:40.20	+01:31:16 (45.5%)	9:33	6.3 (54.8%)
228	WALIŃSKA Agata	7530		Senior II K - 30	106	01:49:34	03:21:12.55	+01:31:48 (45.6%)	9:34	6.3 (54.8%)
229	BARAŃSKA Małgorzata	7351		Weteran K - 50	10	01:53:07	03:21:41.55	+01:32:17 (45.8%)	9:36	6.2 (53.9%)
230	WOŹNICKA Marta	7155		Masters K - 40	81	01:52:23	03:22:00.55	+01:32:36 (45.8%)	9:37	6.2 (53.9%)
231	NOWACZYK Sylwia	7114	DRUŻYNA SZPIKU	Masters K - 40	82	01:53:10	03:22:49.25	+01:33:25 (46.1%)	9:39	6.2 (53.9%)
232	GÓRNA Małgorzata	7511		Senior II K - 30	107	01:55:26	03:23:02.25	+01:33:38 (46.1%)	9:40	6.2 (53.9%)
233	TCHÓRZEWSKA-PIETRZYK Anna	7454		Masters K - 40	83	01:54:35	03:23:04.40	+01:33:40 (46.1%)	9:40	6.2 (53.9%)
234	NAWROT Katarzyna	7597	MIRAZ RACE TEAM	Senior II K - 30	108	01:50:22	03:23:06.75	+01:33:42 (46.1%)	9:40	6.2 (53.9%)
235	NAGAŃSKA-PILAK Małgorzata	7263		Weteran K - 50	11	01:58:30	03:23:52.10	+01:34:28 (46.3%)	9:42	6.2 (53.9%)
236	WOŹNIAK MACIEJEWSKA Edyta	7182		Masters K - 40	84	01:58:03	03:24:08.70	+01:34:44 (46.4%)	9:43	6.2 (53.9%)
237	ŚWIĄTEK Agnieszka	7090		Senior II K - 30	109	01:55:05	03:24:48.30	+01:35:24 (46.6%)	9:45	6.2 (53.9%)
238	PURWIN Karolina	7083		Senior I K - 20	34	01:55:05	03:24:48.75	+01:35:24 (46.6%)	9:45	6.2 (53.9%)
239	GAJĘCKA Joanna	7093	ONEONONE	Senior I K - 20	35		03:25:00.00	+01:35:36 (46.6%)	9:45	6.1 (53.0%)
240	MOŃKA-PODGÓRNA Ola	7212	WIECZORNE BIEGANIE W OPOLU	Senior I K - 20	36	01:57:28	03:25:29.10	+01:36:05 (46.8%)	9:47	6.1 (53.0%)
241	JANKOWSKA Alicja	7639	GANG SŁODZIAKÓW	Senior II K - 30	110	01:49:41	03:25:35.35	+01:36:11 (46.8%)	9:47	6.1 (53.0%)
242	KUCZYŃSKA-LESZCZYŃSKA Joanna	7143	PODLASIAKI TEAM	Masters K - 40	85	01:59:19	03:26:06.20	+01:36:42 (46.9%)	9:48	6.1 (53.0%)
243	PERKA Barbara	7117		Masters K - 40	86	01:53:59	03:27:04.40	+01:37:40 (47.2%)	9:51	6.1 (53.0%)
244	SZYMURA Izabela	7252		Masters K - 40	87	01:54:43	03:27:24.95	+01:38:01 (47.3%)	9:52	6.1 (53.0%)
245	PLINIEWICZ Joanna	7617	STRONIE BIEGA	Senior II K - 30	111	01:47:19	03:27:34.80	+01:38:10 (47.3%)	9:53	6.1 (53.0%)
246	DŁUGI Martyna	7274	***** ***	Senior I K - 20	37	02:01:34	03:27:54.75	+01:38:30 (47.4%)	9:54	6.1 (53.0%)
247	PATYCKA Edyta	7325		Weteran K - 50	12	01:51:45	03:29:54.15	+01:40:30 (47.9%)	9:59	6 (52.2%)
248	ZIELIŃSKA-CZERBNIAK Izabela	7899	TARNOWO PODGÓRNE BIEGA.	Masters K - 40	88	01:57:50	03:29:56.75	+01:40:32 (47.9%)	9:59	6 (52.2%)
249	SWARŻEŃSKA - SOKOŁOWSKA Jagoda	7917		Senior II K - 30	112		03:30:26.90	+01:41:03 (48.0%)	10:01	6 (52.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto		Tempo min/km	Tempo km/h
							21km	Różn		
250	SZCZAWIŃSKA Małgorzata	7552	SBRT WARSZAWA	Masters K - 40	89	02:00:35	03:30:34.35	+01:41:10 (48.0%)	10:01	6 (52.2%)
251	MARYSZCZAK Magda	7549	ADIDAS RUNNERS WARSAW	Masters K - 40	90	02:00:46	03:30:37.00	+01:41:13 (48.1%)	10:01	6 (52.2%)
252	JĘDRUCHNIEWICZ Jolanta	7547	ADIDAS RUNNERS WARSAW	Senior II K - 30	113	02:00:42	03:30:37.75	+01:41:13 (48.1%)	10:01	6 (52.2%)
253	TUCHARZ Anna	7550	ADIDAS RUNNERS WARSAW	Masters K - 40	91	02:00:38	03:30:38.35	+01:41:14 (48.1%)	10:01	6 (52.2%)
254	ŁUCZAK Roma	7678		Masters K - 40	92	01:58:38	03:30:38.75	+01:41:14 (48.1%)	10:01	6 (52.2%)
255	ŻARSKA-CYNK Patrycja	7242	CAŁA OLEŚNICA BIEGA	Masters K - 40	93	01:52:57	03:30:39.95	+01:41:16 (48.1%)	10:01	6 (52.2%)
256	KUŹNIAK Justyna	7335	KB SZAMOTUŁY	Masters K - 40	94	01:56:16	03:30:56.25	+01:41:32 (48.1%)	10:02	6 (52.2%)
257	RYPUŁA Grażyna	7505	ZENRUNNINGTEAM	Weteran II K - 60	1	01:56:07	03:31:16.60	+01:41:52 (48.2%)	10:03	6 (52.2%)
258	SAMULSKA Agata Samulska	7098		Weteran K - 50	13	01:57:25	03:31:18.00	+01:41:54 (48.2%)	10:03	6 (52.2%)
259	BARTKIEWICZ Halina	7168		Masters K - 40	95	01:50:57	03:31:30.10	+01:42:06 (48.3%)	10:04	6 (52.2%)
260	PROZOROWSKA Lidia	7082	MARATON LESZNO	Weteran K - 50	14	01:57:04	03:31:45.10	+01:42:21 (48.3%)	10:05	6 (52.2%)
261	ŁASEK-PIETRZAK Agnieszka	7877		Senior II K - 30	114	01:49:46	03:31:58.45	+01:42:34 (48.4%)	10:05	5.9 (51.3%)
262	BOROWIK Agata	7160	CAŁA OLEŚNICA BIEGA	Senior II K - 30	115	01:54:57	03:32:14.70	+01:42:50 (48.5%)	10:06	5.9 (51.3%)
263	GIL Marta	7767		Senior II K - 30	116	01:54:48	03:32:21.60	+01:42:57 (48.5%)	10:06	5.9 (51.3%)
264	LESZKIEWICZ Katarzyna	7213		Senior I K - 20	38	01:51:51	03:32:28.00	+01:43:04 (48.5%)	10:07	5.9 (51.3%)
265	MIKUTANIEC Patrycja	7177		Masters K - 40	96	01:56:10	03:32:43.60	+01:43:19 (48.6%)	10:07	5.9 (51.3%)
266	KRAJEWSKA Magdalena	7424		Masters K - 40	97	02:03:57	03:33:00.25	+01:43:36 (48.6%)	10:08	5.9 (51.3%)
267	NESTOROWICZ Monika	7372	KLUB BIEGACZA JURUND SZCZYTNO	Masters K - 40	98	02:01:38	03:33:25.80	+01:44:01 (48.7%)	10:09	5.9 (51.3%)
268	TARASZEWSKA Paulina	7894		Senior II K - 30	117	01:56:36	03:34:00.90	+01:44:37 (48.9%)	10:11	5.9 (51.3%)
269	DANIELEK Ewa	7255		Senior II K - 30	118	01:56:36	03:34:04.10	+01:44:40 (48.9%)	10:11	5.9 (51.3%)
270	SOWIŃSKA Anna	7411		Masters K - 40	99	01:54:08	03:34:23.40	+01:44:59 (49.0%)	10:12	5.9 (51.3%)
271	WODAŁA Jolanta	7410	KLUB BIEGACZA RTV EURO AGD	Senior II K - 30	119	01:54:07	03:34:24.20	+01:45:00 (49.0%)	10:12	5.9 (51.3%)
272	JANKOWIAK Kasia	7813	ORANGE POLSKA	Masters K - 40	100	01:53:14	03:35:20.65	+01:45:56 (49.2%)	10:15	5.9 (51.3%)
273	GOLONKA Kinga	7726		Senior I K - 20	39	02:02:21	03:35:26.10	+01:46:02 (49.2%)	10:15	5.8 (50.4%)
274	NOWAK Magdalena	7028		Senior II K - 30	120	02:03:32	03:35:35.30	+01:46:11 (49.3%)	10:15	5.8 (50.4%)
275	HELWICH Agnieszka	7467		Senior II K - 30	121	01:53:10	03:35:56.15	+01:46:32 (49.3%)	10:16	5.8 (50.4%)
276	STRZELCZYK Ilona	7048	KĘSY TEAM	Weteran K - 50	15	01:56:59	03:35:58.50	+01:46:34 (49.3%)	10:17	5.8 (50.4%)
277	ZIÓŁEK Teresa	7749	STAY INSANE	Weteran II K - 60	2	02:02:07	03:36:01.20	+01:46:37 (49.4%)	10:17	5.8 (50.4%)
278	MUSIALSKA Anna	7294	PNB	Masters K - 40	101	02:02:33	03:36:27.25	+01:47:03 (49.5%)	10:18	5.8 (50.4%)
279	URBANIAK Alina	7236	KURACJUSZE	Senior II K - 30	122	01:49:21	03:36:35.50	+01:47:11 (49.5%)	10:18	5.8 (50.4%)
280	OGRODNIK Anna	7195	ZAKOCHAJ SIE W BIEGANIU	Senior II K - 30	123	01:59:38	03:36:56.65	+01:47:32 (49.6%)	10:19	5.8 (50.4%)
281	ROSLAN-KRASIŃSKA Barbara	7388		Masters K - 40	102	02:02:29	03:37:06.30	+01:47:42 (49.6%)	10:20	5.8 (50.4%)
282	SMARZYŃSKA Karolina	7366		Masters K - 40	103	02:02:30	03:37:07.10	+01:47:43 (49.6%)	10:20	5.8 (50.4%)
283	KĘDZIORA Alicja	7657	GSK FIT PIORUNY	Senior II K - 30	124	01:58:22	03:37:20.40	+01:47:56 (49.7%)	10:20	5.8 (50.4%)
284	DORDZIK Małgorzata	7487		Weteran II K - 60	3	02:06:10	03:37:43.65	+01:48:19 (49.8%)	10:22	5.8 (50.4%)
285	BRZEZIŃSKA Teresa	7895		Masters K - 40	104	02:06:24	03:38:29.30	+01:49:05 (49.9%)	10:24	5.8 (50.4%)
286	JAKRZEWSKA Karolina	7818	MAMY-BIEGAMY/LOCO BABKI	Senior II K - 30	125	01:58:39	03:38:35.70	+01:49:11 (50.0%)	10:24	5.8 (50.4%)
287	SOSZYŃSKA Małgorzata	7927	CZŁAPACZE	Weteran K - 50	16	01:58:07	03:38:36.85	+01:49:13 (50.0%)	10:24	5.8 (50.4%)
288	KOSIOREK Anna	7855		Senior II K - 30	126	02:02:53	03:38:39.05	+01:49:15 (50.0%)	10:24	5.8 (50.4%)
289	KWIT Anna	7089		Masters K - 40	105	01:54:44	03:39:12.80	+01:49:48 (50.1%)	10:26	5.7 (49.6%)
290	SZNABEL Alina	7299	RUNNING 5	Weteran II K - 60	4	01:58:15	03:39:36.70	+01:50:12 (50.2%)	10:27	5.7 (49.6%)
291	KOŻŁOWSKA-WOYCIECHOWSKA Hanna	7793		Masters K - 40	106	01:59:33	03:40:39.80	+01:51:15 (50.4%)	10:30	5.7 (49.6%)
292	JEZIERSKA Karina	7164	12TRI.PL / TEAM ZABIEGANEDNI	Masters K - 40	107	01:59:35	03:40:40.25	+01:51:16 (50.4%)	10:30	5.7 (49.6%)
293	WIŚNIEWSKA Dorota	7163		Masters K - 40	108	02:03:49	03:40:52.45	+01:51:28 (50.5%)	10:31	5.7 (49.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto		Tempo min/km	Tempo km/h
							21km	Różn		
294	BAJSAROWICZ Zuzanna	7375		Senior II K - 30	127	01:55:53	03:41:12.05	+01:51:48 (50.5%)	10:32	5.7 (49.6%)
295	RAPACZ Danuta	7345	AN-MAR	Weteran II K - 60	5	02:03:50	03:42:13.05	+01:52:49 (50.8%)	10:34	5.7 (49.6%)
296	JAŚKIEWICZ Katarzyna	7834		Masters K - 40	109	02:12:52	03:42:38.25	+01:53:14 (50.9%)	10:36	5.7 (49.6%)
297	KULIK Dominika	7873	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	Masters K - 40	110	02:00:34	03:42:50.65	+01:53:26 (50.9%)	10:36	5.7 (49.6%)
298	CIARKOWSKA Maria	7611		Senior I K - 20	40	01:58:19	03:43:24.80	+01:54:00 (51.0%)	10:38	5.6 (48.7%)
299	ZELMANOWICZ - SZŁAPA Ewa	7169	IZBICKO W BIEGU	Masters K - 40	111	02:06:06	03:46:22.40	+01:56:58 (51.7%)	10:46	5.6 (48.7%)
300	SULIGA Wioletta	7755		Senior II K - 30	128	02:05:09	03:46:26.05	+01:57:02 (51.7%)	10:46	5.6 (48.7%)
301	MATEJCZUK Julia	7519	BIAŁYSTOK BIEGA TEAM	Senior I K - 20	41	01:59:03	03:47:16.75	+01:57:52 (51.9%)	10:49	5.5 (47.8%)
302	RUDA Kamila	7101	KURACJUSZE	Senior II K - 30	129	01:59:01	03:49:52.95	+02:00:29 (52.4%)	10:56	5.5 (47.8%)
303	SZCZEPANSKA Karolina	7458	KLUB BIEGACZA RTV EURO AGD	Senior II K - 30	130	02:09:25	03:51:17.20	+02:01:53 (52.7%)	11:00	5.4 (47.0%)
304	HETEL Beata	7727		Senior II K - 30	131	02:09:31	03:51:18.50	+02:01:54 (52.7%)	11:00	5.4 (47.0%)
305	WIETRZYŃSKA Agnieszka	7369	MASZ PRZEBIEGANE	Senior II K - 30	132	01:58:10	03:53:02.90	+02:03:39 (53.1%)	11:05	5.4 (47.0%)
306	MISZCZAK Katarzyna	7166	MIRAZ RACE TEAM	Masters K - 40	112	02:13:30	03:55:14.95	+02:05:51 (53.5%)	11:12	5.4 (47.0%)
307	KŁOPOTEK Aneta	7321	EXTREME FAMILY	Weteran K - 50	17	02:11:23	03:55:48.55	+02:06:24 (53.6%)	11:13	5.3 (46.1%)
308	BARTKOWIAK Ludmiła	7676		Masters K - 40	113	02:09:35	03:58:34.10	+02:09:10 (54.1%)	11:21	5.3 (46.1%)
309	TRAJDOS Agata	7579		Senior II K - 30	133	02:09:38	03:58:38.00	+02:09:14 (54.2%)	11:21	5.3 (46.1%)
310	ŻAK Renata	7446		Masters K - 40	114	02:06:05	03:59:52.50	+02:10:28 (54.4%)	11:25	5.3 (46.1%)
311	DOBROWOLSKA Bożena	7649	SPORTOWI EMERYCI JELENIA GÓRA	Weteran II K - 60	6	02:15:48	04:00:13.85	+02:10:50 (54.5%)	11:26	5.2 (45.2%)
312	JĘDROWSKA Emilia	7709	ULTRA RZEPIN	Senior II K - 30	134	01:59:40	04:02:51.00	+02:13:27 (55.0%)	11:33	5.2 (45.2%)
313	JUSZKO Monika	7303		Masters K - 40	115	02:15:54	04:04:00.25	+02:14:36 (55.2%)	11:37	5.2 (45.2%)
314	BIAŁOKOS Anna	7921		Masters K - 40	116	02:18:28	04:04:02.85	+02:14:39 (55.2%)	11:37	5.2 (45.2%)
315	SAWICKA Izabela	7118	PARKRUN	Senior II K - 30	135	02:20:48	04:05:10.25	+02:15:46 (55.4%)	11:40	5.1 (44.3%)
316	BARWICKA Marta	7402		Masters K - 40	117	02:11:44	04:05:27.65	+02:16:03 (55.4%)	11:41	5.1 (44.3%)
317	NOSKOWIAK-BAJNO Alicja	7766		Masters K - 40	118	02:15:39	04:05:29.35	+02:16:05 (55.4%)	11:41	5.1 (44.3%)
318	JACHIM-SZUBA Magdalena	7826		Masters K - 40	119	02:13:35	04:05:36.15	+02:16:12 (55.5%)	11:41	5.1 (44.3%)
319	BŁASZKIEWICZ Marzena	7129	CHOŁE KŁÓLIKI	Masters K - 40	120	02:16:59	04:05:37.55	+02:16:13 (55.5%)	11:41	5.1 (44.3%)
320	JUSZKO Aleksandra	7444		Senior I K - 20	42	02:18:09	04:08:16.75	+02:18:52 (55.9%)	11:49	5.1 (44.3%)
321	KONIECZNA Natalia	7615		Senior I K - 20	43	02:12:43	04:09:15.80	+02:19:51 (56.1%)	11:52	5.1 (44.3%)
322	KRYSZTOFIAK Marta	7679		Senior II K - 30	136	02:18:22	04:09:56.90	+02:20:33 (56.2%)	11:54	5 (43.5%)
323	CIBOREK Ania	7674		Senior II K - 30	137	02:18:22	04:09:58.60	+02:20:34 (56.2%)	11:54	5 (43.5%)
324	MYSZYWODA Monika	7043		Senior II K - 30	138	02:23:47	04:11:08.65	+02:21:44 (56.4%)	11:57	5 (43.5%)
325	KARCZEWSKA Marta	7306		Masters K - 40	121	02:22:30	04:13:58.00	+02:24:34 (56.9%)	12:05	5 (43.5%)
326	SZOSTAKOWSKA-BALUKIN Dorota	7728	KLUB BIEGACZA RTV EURO AGD	Masters K - 40	122	02:21:21	04:17:09.55	+02:27:45 (57.5%)	12:14	4.9 (42.6%)
327	SIECZKOWSKA Małgorzata	7704	KLUB BIEGACZA RTV EURO AGD	Masters K - 40	123	02:21:22	04:17:10.65	+02:27:46 (57.5%)	12:14	4.9 (42.6%)
328	WINIARCZYK Iwona	7910	KORNELCIA TEAM	Senior II K - 30	139	02:25:35	04:17:31.30	+02:28:07 (57.5%)	12:15	4.9 (42.6%)
329	SMUG Ewelina	7175		Senior II K - 30	140	02:32:07	04:20:10.30	+02:30:46 (58.0%)	12:23	4.8 (41.7%)
330	GRACZYK Dąbrówka	7217		Senior I K - 20	44	02:32:28	04:22:13.85	+02:32:50 (58.3%)	12:29	4.8 (41.7%)
331	MICHALIK Katarzyna	7031	PRT - PRECEL RACING TEAM	Senior II K - 30	141	02:21:19	04:22:35.55	+02:33:11 (58.3%)	12:30	4.8 (41.7%)
332	WITKOWSKA Ania	7134		Masters K - 40	124	02:20:48	04:26:50.60	+02:37:26 (59.0%)	12:42	4.7 (40.9%)
333	PAWŁOWSKA Danuta	7898		Masters K - 40	125	02:25:52	04:27:30.55	+02:38:06 (59.1%)	12:44	4.7 (40.9%)
334	OSTROWSKA Justyna	7251	BZP	Senior II K - 30	142	02:25:44	04:33:37.20	+02:44:13 (60.0%)	13:01	4.6 (40.0%)
335	LEWANDOWSKA-JACKOWSKA Katarzyna	7208		Masters K - 40	126	02:34:52	04:52:00.70	+03:02:36 (62.5%)	13:54	4.3 (37.4%)
336	JANICKA Barbara	7390	STAN UMYSŁU LEWIN BIEGA	Senior II K - 30	143	02:40:50	04:56:58.05	+03:07:34 (63.2%)	14:08	4.2 (36.5%)
337	KRUCZEK Ewa	7233	STAN UMYSŁU LEWIN BIEGA	Senior II K - 30	144	02:40:52	04:56:58.15	+03:07:34 (63.2%)	14:08	4.2 (36.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
338	LATA Violetta	7228	STAN UMYSŁU LEWIN BIEGA	Weteran K - 50	18	02:40:53	04:56:58.65	+03:07:34 (63.2%)	14:08	4.2 (36.5%)
339	PIETRASZEK Ewa	7613	KOBIETY WATAHY	Weteran K - 50	19	02:36:23	04:58:12.80	+03:08:48 (63.3%)	14:12	4.2 (36.5%)
Przekroczony limit czasu: 05:00:00										
340	KACZOROWSKA Anna	7319	SLOW JOGGING SIEDLCE	Weteran K - 50	20	02:49:18	05:05:12.60	+03:15:48 (64.2%)	14:32	4.1 (35.7%)
341	JAKUBEK Karina	7494		Weteran K - 50	21	02:45:49	05:18:11.85	+03:28:48 (65.6%)	15:09	4 (34.8%)
342	WOŹNIAK Anna	7614		Masters K - 40	127	02:56:43	05:20:19.15	+03:30:55 (65.8%)	15:15	3.9 (33.9%)
343	KOŚCIELNIAK Dagmara	7528	CZERWONACKIE KIJANKI/ZAŁOGA GÓRSKA	Masters K - 40	128	02:54:11	05:24:37.00	+03:35:13 (66.3%)	15:27	3.9 (33.9%)
	SZPOCINSKA Sylwia	7147	GT RAT	Senior II K - 30		01:30:03 DNF	DNF		-	- (0.0%)
	NIEZGODA Miłoslawa	7864		Senior II K - 30		01:37:43 DNF	DNF		-	- (0.0%)
	KOLAKOWSKA Anna	7889	POLACY BIEGAJĄ W NL	Masters K - 40		02:58:08 DNF	DNF		-	- (0.0%)
	WĄSOWICZ Martyna	7023	36 MINUT WRZEŚNIA	Senior I K - 20		03:12:03 DNF	DNF		-	- (0.0%)
	DZIEWICKA Ewa	7806		Weteran II K - 60		03:30:46 DNF	DNF		-	- (0.0%)

Znaleziono 348 wynik(ów)