



Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2022-07-14
Miejsce: Łądek-Zdrój
Dystans: 110 km

BIEG K-B-L - 110 KM

B4SPORT
INTELEKTUJĄCE ZAWODY SPORTOWE

B4SPORT
INTELEKTUJĄCE ZAWODY SPORTOWE

Klasyfikacja: OPEN KOBIEC

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A8 0.01km	A9 15km	A11 40km	A13 70km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
1	BERNAT Katarzyna	3177	BIEGOWA ŚWIDNICA	Weteran K - 50	1	00:00:02	01:40:43	04:23:44	08:14:17	11:53:49	13:13:25.10	13:13:25.10		7:12	8.3 (100%)
2	IWAŃCÍÓW Katarzyna	3160		Senior II K - 30	1	00:00:04	01:48:01	04:42:08	08:58:08	12:30:40	13:51:54.10	13:51:54.10	+00:38:29 (4.6%)	7:33	7.9 (95.2%)
3	BEDNAREK Anna	3436	SPARTAN TRAINING GROUP WARSZAWA	Senior II K - 30	2	00:00:05	01:48:23	04:47:56	09:16:44	13:04:15	14:32:46.70	14:32:46.70	+01:19:21 (9.1%)	7:56	7.6 (91.6%)
4	MARCINKOWSKA-CHOLEWA Katarzyna	3468	GÓRAL Z MAZUR RUNNING TEAM	Masters K - 40	1	00:00:07	01:57:59	05:21:01	09:42:34	13:18:32	14:40:38.45	14:40:38.45	+01:27:13 (9.9%)	8:00	7.5 (90.4%)
5	RZEŹNICZEK Anna	3433	STOWARZYSZENIE DZIAŁAMY RAZEM	Senior II K - 30	3	00:00:19	01:52:25	04:58:52	09:16:43	13:17:32	14:45:14.95	14:45:14.95	+01:31:49 (10.4%)	8:02	7.5 (90.4%)
6	MELLER Joanna	3391	GÓRAL Z MAZUR RUNNING TEAM	Masters K - 40	2	00:00:07	01:57:54	05:15:22	09:44:29	13:33:56	14:59:40.80	14:59:40.80	+01:46:15 (11.8%)	8:10	7.3 (88.0%)
7	KONIECZNA Paulina	3396	CH10	Senior II K - 30	4	00:00:28	01:53:53	05:00:48	09:37:37	13:43:00	15:16:28.20	15:16:28.20	+02:03:03 (13.4%)	8:19	7.2 (86.7%)
8	KOZŁOWSKA Iwona	3129	LESZNO LIMITS RUNNERS	Masters K - 40	3	00:00:08	01:58:26	05:13:32	09:48:23	13:51:37	15:24:11.30	15:24:11.30	+02:10:46 (14.1%)	8:24	7.1 (85.5%)
9	KWIATEK Agnieszka	3461		Senior II K - 30	5	00:00:16	01:55:54	05:14:12	09:47:12	14:03:16	15:43:27.05	15:43:27.05	+02:30:01 (15.9%)	8:34	7 (84.3%)
10	LUTOMSKA Dorota	3010	OFIX.PL BIKE TEAM	Masters K - 40	4	00:00:07	01:53:22	05:22:31	09:42:32	14:39:35	16:11:41.90	16:11:41.90	+02:58:16 (18.3%)	8:50	6.8 (81.9%)
11	ŁYCZKO Anna	3087	PODIUM	Senior II K - 30	6	00:00:11	02:08:54	05:44:15	10:27:47	14:50:50	16:23:47.20	16:23:47.20	+03:10:22 (19.4%)	8:56	6.7 (80.7%)
12	KINOWSKA Katarzyna	3238	GRUPA BIEGOWA 65	Masters K - 40	5	00:00:20	02:05:11	05:24:19	10:01:56	14:52:39	16:42:24.10	16:42:24.10	+03:28:59 (20.8%)	9:06	6.6 (79.5%)
13	KANDEFER Beata	3195	KB „ATHLETIC” ZRĘCIN	Weteran K - 50	2	00:00:15	02:01:31	05:33:25	10:41:55	15:11:51	16:51:13.35	16:51:13.35	+03:37:48 (21.5%)	9:11	6.5 (78.3%)
14	KUBICKA Magdalena	3389		Masters K - 40	6	00:00:43	02:20:28	05:55:31	11:00:23	15:22:27	16:57:35.75	16:57:35.75	+03:44:10 (22.0%)	9:15	6.5 (78.3%)
15	HACHOŁ Justyna	3004		Masters K - 40	7	00:00:18	02:04:11	05:42:54	10:38:49	15:22:06	16:59:50.85	16:59:50.85	+03:46:25 (22.2%)	9:16	6.5 (78.3%)
16	HELLER Karina	3258	PORANNY BESKID RUN	Masters K - 40	8	00:00:32	02:11:48	05:56:07	11:00:22	15:28:24	17:05:26.50	17:05:26.50	+03:52:01 (22.6%)	9:19	6.4 (77.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A8	A9	A11	A13	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.01km	15km	40km	70km	98km	110km	110km			
17	DRAGANEK Ewelina	3387		Masters K - 40	9	00:00:27	02:00:28	05:33:36	10:40:35	15:28:42	17:11:42.40	17:11:42.40	+03:58:17 (23.1%)	9:22	6.4 (77.1%)
18	PAUL Violetta	3219	BIEGAMY W GÓRACH	Masters K - 40	10	00:00:29	02:09:10	05:46:01	10:33:58	15:22:44	17:13:13.40	17:13:13.40	+03:59:48 (23.2%)	9:23	6.4 (77.1%)
19	KOSTERA Katarzyna	3335	VEGE RUNNERS	Masters K - 40	11	00:00:09	02:09:20	06:02:20	11:01:00	15:49:22	17:26:13.05	17:26:13.05	+04:12:47 (24.2%)	9:30	6.3 (75.9%)
20	KONS Katarzyna	3105		Senior II K - 30	7	00:00:27	02:17:20	06:04:14	11:29:15	15:57:21	17:35:18.50	17:35:18.50	+04:21:53 (24.8%)	9:35	6.3 (75.9%)
21	PIETRZAK Agnieszka	3294	DOGOŃ GRODZISK MAZOWIECKI	Masters K - 40	12	00:00:37	02:17:05	06:22:00	11:29:12	16:00:11	17:37:26.05	17:37:26.05	+04:24:00 (25.0%)	9:36	6.2 (74.7%)
22	WALASZCZYK Anna	3266		Masters K - 40	13	00:00:10	02:05:02	05:51:23	10:44:33	15:53:59	17:39:05.15	17:39:05.15	+04:25:40 (25.1%)	9:37	6.2 (74.7%)
23	SMIESZKOŁ BRYKOWSKA Sonia	3244		Masters K - 40	14	00:00:10	02:05:03	05:51:24	10:44:34	15:53:59	17:39:05.35	17:39:05.35	+04:25:40 (25.1%)	9:37	6.2 (74.7%)
24	SMOLAK Agata	3133		Masters K - 40	15	00:00:31	02:14:18	06:02:28	11:15:15	16:02:36	17:42:47.65	17:42:47.65	+04:29:22 (25.3%)	9:39	6.2 (74.7%)
25	GRZELAK Justyna	3486	MARATON LESZNO	Masters K - 40	16	00:00:32	02:24:31	06:13:14	11:29:16	16:17:23	17:50:51.55	17:50:51.55	+04:37:26 (25.9%)	9:44	6.2 (74.7%)
26	SZNAJDER Joanna	3088		Masters K - 40	17	00:00:25	02:06:58	05:59:20	11:00:16	15:58:00	17:51:59.85	17:51:59.85	+04:38:34 (26.0%)	9:44	6.2 (74.7%)
27	GRYCMAN Magdalena	3440	SPARTA ULTRA TEAM	Masters K - 40	18	00:00:23	02:06:10	06:10:01	11:16:33	16:13:48	17:56:23.75	17:56:23.75	+04:42:58 (26.3%)	9:47	6.1 (73.5%)
28	ANDRZEJCZUK Marzena	3398		Masters K - 40	19	00:00:17	02:05:57	05:50:44	11:12:58	16:33:14	18:16:54.75	18:16:54.75	+05:03:29 (27.7%)	9:58	6 (72.3%)
29	PASIEKA Agnieszka	3072	KB ATHLETIC ZRĘCIN	Masters K - 40	20	00:00:09	02:09:40	06:05:07	11:42:19	16:44:27	18:19:07.45	18:19:07.45	+05:05:42 (27.8%)	9:59	6 (72.3%)
30	WITUSIK Dorota	3450		Masters K - 40	21	00:00:09	02:09:44	06:05:08	11:42:19	16:44:28	18:19:07.75	18:19:07.75	+05:05:42 (27.8%)	9:59	6 (72.3%)
31	BIĘCZAK Zuzanna	3295	ASICS FRONTRUNNER POLAND	Senior II K - 30	8	00:00:14	02:00:03	05:46:48	11:18:16	16:33:45	18:22:36.75	18:22:36.75	+05:09:11 (28.0%)	10:01	6 (72.3%)
32	KARCZ Anna	3475		Senior II K - 30	9	00:00:24	02:00:33	05:52:40	11:14:49	16:40:55	18:27:52.50	18:27:52.50	+05:14:27 (28.4%)	10:04	6 (72.3%)
33	RAFA Asia	3280	RUNNERS TEAM NYSA	Masters K - 40	22	00:00:25	02:22:27	06:21:54	11:44:37	16:41:53	18:41:57.05	18:41:57.05	+05:28:31 (29.3%)	10:11	5.9 (71.1%)
34	PAWLIK Joanna	3054		Senior II K - 30	10	00:00:29	02:15:13	06:19:43	11:37:58	16:54:07	18:46:30.65	18:46:30.65	+05:33:05 (29.6%)	10:14	5.9 (71.1%)
35	GOKIERT-SKRENTNA Justyna	3047	GÓRSKIE KOZICE	Masters K - 40	23	00:00:18	02:05:25	05:48:32	11:15:17	16:43:37	18:54:08.80	18:54:08.80	+05:40:43 (30.0%)	10:18	5.8 (69.9%)
36	PIGUŁA Daria	3435	CARBON SILESIA SPORT	Masters K - 40	24	00:00:30	02:13:57	06:11:31	11:53:43	17:11:48	18:59:37.55	18:59:37.55	+05:46:12 (30.4%)	10:21	5.8 (69.9%)
37	BOGUCKA Zuzanna	3296		Senior II K - 30	11	00:00:42	02:25:28	06:46:22	12:18:13	17:13:22	19:00:46.20	19:00:46.20	+05:47:21 (30.4%)	10:22	5.8 (69.9%)
38	STRAMOWSKA-JARCZEWSKA Sandra	3451	MONSTER CROSS TEAM WOŁCZYN	Senior II K - 30	12	00:00:13	02:06:22	06:03:03	11:55:47	17:27:40	19:14:19.15	19:14:19.15	+06:00:54 (31.3%)	10:29	5.7 (68.7%)
39	OLSCHIMKE-MARMUROWICZ Barbara	3151	ZAŁOGA GÓRSKA	Masters K - 40	25	00:00:42	02:24:28	06:31:35	12:21:10	17:37:14	19:15:24.90	19:15:24.90	+06:01:59 (31.3%)	10:30	5.7 (68.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A8	A9	A11	A13	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.01km	15km	40km	70km	98km	110km	110km			
40	POPCZYK Ewelina	3388	HEALTHY BODY ŻELAZNY&ŻELAZNY	Masters K - 40	26	00:00:31	02:16:47	06:18:30	11:53:44	17:48:01	19:20:37.70	19:20:37.70	+06:07:12 (31.6%)	10:33	5.7 (68.7%)
41	KIERZEK Ewa	3093	SZAKALE BAŁUT ŁÓDŹ	Masters K - 40	27	00:00:43	02:26:49	06:31:33	12:18:57	17:00:09	19:26:37.30	19:26:37.30	+06:13:12 (32.0%)	10:36	5.7 (68.7%)
42	CIPORA Katarzyna	3377	K&M TEAM	Masters K - 40	28	00:00:11	02:35:17	06:50:57	12:10:10	17:42:31	19:35:18.55	19:35:18.55	+06:21:53 (32.5%)	10:41	5.6 (67.5%)
43	ŚWIĘTONIOWSKA Justyna	3016	PODIUM	Masters K - 40	29	00:00:11	02:18:35	06:27:30	12:06:48	17:46:03	19:36:29.35	19:36:29.35	+06:23:04 (32.6%)	10:41	5.6 (67.5%)
44	WÓJCIAK Ewelina	3393	WARRIORS ŁÓDŹ	Senior II K - 30	13	00:00:46	02:26:01	06:30:02	11:44:38	17:26:51	19:37:46.55	19:37:46.55	+06:24:21 (32.6%)	10:42	5.6 (67.5%)
45	RYCHEL-MANTUR Dominika	3018		Senior II K - 30	14	00:00:48	02:06:02	05:54:41	11:36:21	17:26:26	19:43:06.90	19:43:06.90	+06:29:41 (32.9%)	10:45	5.6 (67.5%)
46	SUT Iwona	3248		Masters K - 40	30	00:00:46	02:31:17	06:59:43	12:36:57	17:56:00	19:45:36.00	19:45:36.00	+06:32:10 (33.1%)	10:46	5.6 (67.5%)
47	ROŹNIATA Iwona	3467	SNG WILD DUCKS	Masters K - 40	31	00:00:46	02:31:23	06:59:42	12:36:57	17:55:44	19:45:36.50	19:45:36.50	+06:32:11 (33.1%)	10:46	5.6 (67.5%)
48	WOSZTYL Alicja	3043	FOR-REST-RUN	Senior II K - 30	15	00:00:19	02:04:32	05:47:11	11:37:58	17:49:05	19:51:55.80	19:51:55.80	+06:38:30 (33.4%)	10:50	5.5 (66.3%)
49	MILEJSKA Joanna	3279	BBL OPOLE	Masters K - 40	32			06:33:50	12:29:03	17:54:05	19:52:19.35	19:52:19.35	+06:38:54 (33.5%)	10:50	5.5 (66.3%)
50	ZAWADZKA Marzena	3070		Weteran K - 50	3	00:00:13	02:26:01	06:53:57	12:38:10	17:52:44	19:52:52.05	19:52:52.05	+06:39:26 (33.5%)	10:50	5.5 (66.3%)
51	STAJNIAK-STELIGA Izabela	3313	OBORYGENI	Masters K - 40	33	00:00:36	02:24:12	06:51:42	12:27:16	17:47:48	19:58:03.05	19:58:03.05	+06:44:37 (33.8%)	10:53	5.5 (66.3%)
52	BUJALSKA Agata	3172		Senior II K - 30	16	00:00:21	02:18:19	06:14:18	12:10:04	18:13:34	20:07:40.45	20:07:40.45	+06:54:15 (34.3%)	10:58	5.5 (66.3%)
53	SMYKOWSKA Magdalena	3198	RYKOWISKOTEAM	Senior II K - 30	17	00:00:24	01:58:27	06:52:16	13:16:39	18:28:46	20:22:03.65	20:22:03.65	+07:08:38 (35.1%)	11:06	5.4 (65.1%)
54	ZACHARIASZ Agnieszka	3282	BIEGOWA KUŹNIA	Senior II K - 30	18	00:00:22	02:21:57	06:43:06	12:42:19	18:42:45	20:37:00.55	20:37:00.55	+07:23:35 (35.9%)	11:14	5.3 (63.9%)
55	ŻOŁDAK Magdalena	3225	#BIEGIEMWLAS	Masters K - 40	34	00:00:27	02:23:12	06:31:39	12:11:24	18:26:15	20:37:49.65	20:37:49.65	+07:24:24 (35.9%)	11:15	5.3 (63.9%)
56	TOMASZEWSKA Ewa	3039		Masters K - 40	35	00:00:31	02:24:17	06:27:25	12:38:08	18:46:25	20:45:45.55	20:45:45.55	+07:32:20 (36.3%)	11:19	5.3 (63.9%)
57	KWIATKOWSKA Zuzanna	3109	RNB TEAM POLANICA ZDRÓJ	Masters K - 40	36	00:00:44	02:20:37	07:00:02	12:54:01	18:59:06	20:46:48.50	20:46:48.50	+07:33:23 (36.4%)	11:20	5.3 (63.9%)
58	MAGOCZY Justyna	3069		Senior II K - 30	19	00:00:15	02:33:39	06:47:35	13:11:21	18:35:52	20:50:39.70	20:50:39.70	+07:37:14 (36.6%)	11:22	5.3 (63.9%)
59	BARANIAK Beata	3136	DRUŻYNA SZPIKU	Masters K - 40	37	00:00:53	02:43:54	07:28:04	13:07:08	18:57:12	20:54:28.55	20:54:28.55	+07:41:03 (36.8%)	11:24	5.3 (63.9%)
60	WSUŁ Monia	3415		Masters K - 40	38	00:00:28	02:01:49	05:34:39	12:15:41	18:26:44	20:55:00.35	20:55:00.35	+07:41:35 (36.8%)	11:24	5.3 (63.9%)
61	LENART Joanna	3111	ZADYSZKA OŚWIĘCIM	Weteran K - 50	4	00:00:08	02:09:05	06:06:48	13:08:39	19:03:37	21:08:27.15	21:08:27.15	+07:55:02 (37.4%)	11:31	5.2 (62.7%)
62	FRYBES Agnieszka	3079		Senior II K - 30	20	00:00:40	02:25:53	07:01:55	14:27:16	19:34:56	21:14:39.65	21:14:39.65	+08:01:14 (37.8%)	11:35	5.2 (62.7%)
63	KROLS Hilde	3406	HAMOK	Weteran K - 50	5	00:00:39	02:23:44	07:03:30	13:24:04	19:23:48	21:27:08.90	21:27:08.90	+08:13:43 (38.4%)	11:42	5.1 (61.4%)
64	PACZUSZKA Anna	3220	KLUB BIEGACZA WARTA	Senior II K - 30	21	00:00:20	02:11:58	06:57:40	13:23:18	19:25:45	21:29:03.95	21:29:03.95	+08:15:38 (38.5%)	11:43	5.1 (61.4%)

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						A8 0.01km	A9 15km	A11 40km	A13 70km	A15 98km	110km	110km			
65	CIOSEK Beata	3329	AUGUSTEAM	Weteran K - 50	6	00:00:37	02:19:21	06:27:27	12:56:18	18:48:46	21:38:32.10	21:38:32.10	+08:25:07 (38.9%)	11:48	5.1 (61.4%)
66	JAKÓBCZYK Ewelina	3454		Senior II K - 30	22	00:00:51	02:16:03	06:37:15	12:24:14	19:26:07	21:48:06.95	21:48:06.95	+08:34:41 (39.3%)	11:53	5 (60.2%)
67	OWCZARZAK Katarzyna	3277	OWCE NA WYPASIE	Senior II K - 30	23	00:00:35	02:25:58	07:03:28	13:14:27	19:35:32	21:56:46.00	21:56:46.00	+08:43:20 (39.7%)	11:58	5 (60.2%)
68	SAMBORSKA Monika	3027	KBKS RADOMSKO	Masters K - 40	39	00:00:32	02:24:37	06:36:05	12:38:00	19:28:35	22:06:38.20	22:06:38.20	+08:53:13 (40.2%)	12:03	5 (60.2%)
69	ROGUT Katarzyna	3382	AGB TORFY	Weteran K - 50	7	00:00:41	02:34:58	07:25:16	13:42:33	19:59:35	22:12:39.85	22:12:39.85	+08:59:14 (40.5%)	12:06	5 (60.2%)
69	ZIMINSKA Joanna	3384	HAPPYRUNNERS	Weteran K - 50	7	00:00:41	02:34:56	07:25:16	13:42:33	19:59:45	22:12:39.85	22:12:39.85	+08:59:14 (40.5%)	12:06	5 (60.2%)
71	KOPKA Elżbieta	3381		Masters K - 40	40	00:00:41	02:34:55	07:25:15	13:42:41	20:00:13	22:12:40.15	22:12:40.15	+08:59:15 (40.5%)	12:06	5 (60.2%)
72	PIEKAROWICZ Magdalena	3357		Weteran K - 50	9	00:00:27	02:33:00	07:27:50	14:03:48	20:13:48	22:29:43.95	22:29:43.95	+09:16:18 (41.2%)	12:16	4.9 (59.0%)
73	KLUZA-HOWIL Lila	3153	BIEGOWE KAIZEN	Masters K - 40	41	00:00:34	02:25:59	07:21:36	13:52:12	20:02:00	22:30:53.65	22:30:53.65	+09:17:28 (41.3%)	12:16	4.9 (59.0%)
74	LEWICKA Bożena	3168	GONIMY	Weteran II K - 60	1	00:00:36	02:43:53	07:33:59	13:51:26	20:08:41	22:32:02.20	22:32:02.20	+09:18:37 (41.3%)	12:17	4.9 (59.0%)
75	BEDNARSKA Kaśka	3380	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	Masters K - 40	42	00:00:39	02:30:02	06:43:01	13:39:22	20:54:03	22:38:28.30	22:38:28.30	+09:25:03 (41.6%)	12:20	4.9 (59.0%)
76	ŁASKAWSKA Justyna	3434		Masters K - 40	43	00:00:10	02:15:53	06:31:01	13:05:33	20:08:05	22:51:12.15	22:51:12.15	+09:37:47 (42.1%)	12:27	4.8 (57.8%)
77	OLECHNOWICZ Magda	3138	BBL GORZÓW	Masters K - 40	44	00:00:33	02:31:53	07:26:17	13:44:31	20:35:29	23:11:49.45	23:11:49.45	+09:58:24 (43.0%)	12:39	4.7 (56.6%)
78	POPCZYK Magdalena	3021	BIEGOWA KUŹNIA	Senior II K - 30	24	00:00:22	02:51:51	08:02:34	14:53:41	21:10:06	23:30:07.60	23:30:07.60	+10:16:42 (43.7%)	12:49	4.7 (56.6%)
79	POŚPIECH Anna	3462	BIEGOWA KUŹNIA	Senior II K - 30	25	00:00:21	02:51:54	08:02:35	14:53:41	21:10:06	23:30:07.70	23:30:07.70	+10:16:42 (43.7%)	12:49	4.7 (56.6%)
80	DOMINIAK-LESZCZYŃSKA Elżbieta	3422	LASY WAWERSKIE	Weteran II K - 60	2	00:00:28	03:12:20	08:47:33	15:38:35	21:26:53	23:49:29.20	23:49:29.20	+10:36:04 (44.5%)	12:59	4.6 (55.4%)
81	MALIGA Katarzyna	3006		Masters K - 40	45	00:00:41	02:39:15	07:31:05	15:06:34	21:51:20	24:14:21.05	24:14:21.05	+11:00:55 (45.4%)	13:13	4.5 (54.2%)
82	KOPCZYŃSKA Marta	3181	BIEGAJĄCE KREJZOLE	Senior II K - 30	26	00:00:54	02:36:09	07:06:27	13:28:22	21:21:28	24:30:12.05	24:30:12.05	+11:16:46 (46.0%)	13:21	4.5 (54.2%)
83	KANDORA Joanna	3252	MIECHOWICKA GRUPA BIEGOWA	Masters K - 40	46	00:00:35	02:32:13	07:23:49	14:19:59	21:51:16	24:31:42.15	24:31:42.15	+11:18:17 (46.1%)	13:22	4.5 (54.2%)
84	DZIERGWA Agnieszka	3354	PRZEDWOJEWSKI TEAM	Senior II K - 30	27	00:00:30	02:34:33	08:03:06	15:37:20	22:15:01	24:38:55.65	24:38:55.65	+11:25:30 (46.4%)	13:26	4.5 (54.2%)
85	ZAMOJSKA Iwona	3216	MIECHOWICKA GRUPA BUEGOWA	Masters K - 40	47	00:00:35	02:34:21	07:47:53	15:27:55	22:14:44	24:44:31.20	24:44:31.20	+11:31:06 (46.6%)	13:29	4.4 (53.0%)
86	DOWNAR-ZAPOLSKA Laura	3003	@MD_RUN	Senior I K - 20	1	00:00:29	02:34:32	08:03:10	15:37:22	22:18:02	24:48:23.25	24:48:23.25	+11:34:58 (46.7%)	13:31	4.4 (53.0%)
87	DOWNAR-ZAPOLSKA Rita	3001	@MD_RUN	Masters K - 40	48	00:00:31	02:34:38	08:03:11	15:37:30	22:18:06	24:48:23.55	24:48:23.55	+11:34:58 (46.7%)	13:31	4.4 (53.0%)
88	CZECHOSKA Magdalena	3230	64 BATALION LEKKIEJ PIECHOTY	Masters K - 40	49	00:00:44	02:35:30	07:28:35	14:54:45	22:29:17	25:06:18.65	25:06:18.65	+11:52:53 (47.3%)	13:41	4.4 (53.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A8 0.01km	A9 15km	A11 40km	A13 70km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
89	BEDNARSKA-KOZIOŁ Danuta	3052	NIENAWIDZĘ BUBICZA	Masters K - 40	50	00:00:50	02:59:27	08:53:39	16:39:43	22:50:08	25:11:48.35	25:11:48.35	+11:58:23 (47.5%)	13:44	4.4 (53.0%)
90	WALCZAK-WOJTKOWSKA Iwona	3317		Weteran II K - 60	3	00:00:29	03:13:54	08:54:53	16:17:13	22:42:23	25:16:07.55	25:16:07.55	+12:02:42 (47.7%)	13:46	4.4 (53.0%)
91	OWCZARCZAK Monika	3305	SPORTOWY KAŻMIERZ	Senior II K - 30	28	00:00:49	02:35:27	07:24:32	14:22:08	22:27:38	25:16:56.65	25:16:56.65	+12:03:31 (47.7%)	13:47	4.4 (53.0%)
92	KAŻMIERCZAK Aleksandra	3199	SKORUPA TEAM	Masters K - 40	51	00:00:45	03:12:24	09:26:29	17:55:26	23:29:36	25:20:06.45	25:20:06.45	+12:06:41 (47.8%)	13:49	4.3 (51.8%)
93	SYPNIEWSKA Hanna	3218	SPARTANIE DZIECIOM/ FESTIWAL BIEGOWY ULTRAWAY	Weteran II K - 60	4	00:00:45	03:12:44	10:02:12	16:51:38	23:27:35	25:27:27.95	25:27:27.95	+12:14:02 (48.1%)	13:53	4.3 (51.8%)
94	OBARSKA Małgorzata	3124		Weteran II K - 60	5	00:00:43	02:56:06	08:27:25	15:51:48	23:07:49	25:38:59.35	25:38:59.35	+12:25:34 (48.4%)	13:59	4.3 (51.8%)
	PENIOWICZ Justyna	3224	ASICS FRONTRUNNER POLAND	Senior II K - 30		00:00:14 DNF	01:51:27 DNF	04:41:57 DNF	08:56:32 DNF	DNF	DNF	DNF		-	- (0.0%)
	SUŁEK Aldona	3471	KLUB ZOELLER TECH	Masters K - 40		00:00:18 DNF	02:26:23 DNF	07:33:41 DNF	14:54:38 DNF	DNF	DNF	DNF		-	- (0.0%)
	POSYNIAK Anna	3449	NIENAWIDZĘ BUBICZA	Masters K - 40		00:00:50 DNF	02:59:29 DNF	08:53:41 DNF	17:55:26 DNF	DNF	DNF	DNF		-	- (0.0%)
	KŁOS Aneta	3359		Masters K - 40		00:00:45 DNF	03:12:29 DNF	09:26:31 DNF	17:55:37 DNF	DNF	DNF	DNF		-	- (0.0%)
	STRUK Agnieszka	3066	W POGONI ZA DUCHEM	Senior II K - 30		00:00:05 DNF	02:01:29 DNF	05:29:31 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KRAJEWSKA-KŁODA Katarzyna	3092	DRUŻYNA SZPIKU	Masters K - 40		00:00:53 DNF	02:43:55 DNF	07:28:04 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	BĄDZIUL Dorota	3482		Senior II K - 30		00:00:48 DNF	03:05:37 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 101 wynik(ów)