



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dolnośląski Festiwal Biegów Górskich
Fundacja MARATONY GÓRSKIE
2023-07-13
Łądek-Zdrój
110 km

BIEG K-B-L - 110 KM

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: OPEN KOBIET

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
1	WENTA Marta	3235	KASZUBSKA PONIEWIERKA	Senior II K - 30	1	01:29:23	03:58:50	06:11:01	07:22:59	08:57:58	10:17:02	11:25:35.55	11:25:40.10		6:13	9.6 (100%)
2	TATAREK-KONIK Agnieszka	3132	ALPIN SPORT TEAM	Senior II K - 30	2	01:31:47	04:16:54	06:52:22	08:11:48	09:57:15	11:34:54	12:52:52.15	12:52:55.75	+01:27:15 (11.3%)	7:01	8.5 (88.5%)
3	KRUPICKA Katarzyna	3305	GÓRAL Z MAZUR RUNNING TEAM	Senior II K - 30	3	01:36:59	04:16:52	06:47:50	08:07:23	10:07:57	11:51:24	13:10:02.05	13:10:05.80	+01:44:25 (13.2%)	7:10	8.4 (87.5%)
4	KOMISARCZYK Anna	3477		Senior II K - 30	4	01:38:56	04:27:31	06:53:27	08:17:11	10:08:15	11:54:18	13:16:03.15	13:16:08.95	+01:50:28 (13.9%)	7:14	8.3 (86.5%)
5	GUZERA Justyna	3289	MATNER RUNNING TEAM	Senior II K - 30	5	01:40:03	04:32:01	07:07:45	08:38:07	10:41:18	12:23:28	13:45:03.15	13:45:10.15	+02:19:30 (16.9%)	7:30	8 (83.3%)
6	GRABOŚ Nina	3401		Masters K - 40	1	01:38:47	04:33:44	07:15:43	08:50:40	10:55:39	12:56:43	14:21:22.35	14:21:43.35	+02:56:03 (20.4%)	7:49	7.7 (80.2%)
7	RZEŹNICZEK Anna	3320	STOWARZYSZENIE DZIAŁAMY RAZEM	Senior II K - 30	6	01:52:22	04:47:39	07:29:16	09:00:47	11:04:16	13:01:18	14:30:47.50	14:31:02.25	+03:05:22 (21.3%)	7:54	7.6 (79.2%)
8	BOGUCKA Emilia	3486	WLKP MOUNTAINS ULTRA	Masters K - 40	2	01:44:27	04:50:02	07:33:15	09:04:24	11:11:24	13:06:19	14:36:19.95	14:36:30.25	+03:10:50 (21.8%)	7:57	7.5 (78.1%)
9	WITKE- ORLIKOWSKA Marta	3315		Senior II K - 30	7	01:44:26	04:54:54	07:47:54	09:19:47	11:17:36	13:10:48	14:37:10.70	14:37:16.15	+03:11:36 (21.8%)	7:58	7.5 (78.1%)
10	OBERLAN-MAROŃ Joanna	3042	PODGÓRZ TORUŃ	Masters K - 40	3	01:39:31	04:52:11	07:50:10	09:35:37	11:38:25	13:25:45	14:49:09.25	14:49:23.70	+03:23:43 (22.9%)	8:04	7.4 (77.1%)
11	KONIECZNA Paulina	3383		Senior II K - 30	8	01:42:28	04:43:26	07:31:18	09:07:59	11:22:43	13:23:09	14:57:39.30	14:57:52.00	+03:32:11 (23.6%)	8:09	7.4 (77.1%)
12	RATAJCZAK Dorota	3094	RATAJCZAK RUN	Masters K - 40	4	02:01:45	05:35:17	08:47:05	10:27:27	12:45:31	14:35:38	16:09:31.25	16:09:44.90	+04:44:04 (29.3%)	8:48	6.8 (70.8%)
13	KUJAWSKA- FREJLICH Joanna	3528		Senior II K - 30	9	01:54:42	05:21:54	08:31:27	10:13:47	12:41:09	14:42:54	16:10:49.05	16:10:58.90	+04:45:18 (29.4%)	8:49	6.8 (70.8%)
14	STRUK Agnieszka	3290	W POGONI ZA DUCHEM	Senior II K - 30	10	01:55:59	05:13:02	08:25:18	10:21:49	12:53:15	14:49:51	16:15:41.65	16:15:51.10	+04:50:11 (29.7%)	8:52	6.8 (70.8%)
15	KWIATEK Agnieszka	3349		Senior II K - 30	11	01:54:45	05:14:00	08:20:56	10:07:48	12:34:02	14:53:49	16:38:13.10	16:38:40.80	+05:13:00 (31.3%)	9:04	6.6 (68.8%)
16	KARCZYŃSKA Eliza	3418	MARATOŃCZYK POZNAŃ	Masters K - 40	5	01:58:41	05:29:47	08:41:52	10:34:15	12:57:51	15:00:48	16:39:31.25	16:39:44.90	+05:14:04 (31.4%)	9:05	6.6 (68.8%)
17	MAZUR Anna	3232	ULTRANQA	Masters K - 40	6	01:56:31	05:32:08	08:53:11	10:27:04	12:52:28	15:02:54	16:44:02.20	16:44:18.35	+05:18:38 (31.7%)	9:07	6.6 (68.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas						Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
						A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km					
18	GILEWICZ-RACHOWSKA Jagoda	3449	MAKSFLY	Senior II K - 30	12	02:02:51	05:52:23	08:58:04	10:36:34	12:59:37	15:13:17	16:46:39.75	16:46:56.05	+05:21:15 (31.9%)	9:09	6.6 (68.8%)
19	ZIĘTEK Katarzyna	3032		Senior II K - 30	13	02:18:56	05:53:39	09:07:44	10:45:56	13:04:42	15:18:19	16:57:28.60	16:58:00.20	+05:32:20 (32.6%)	9:14	6.5 (67.7%)
20	BABIŃSKA-POPIŁKA Ewelina	3007		Senior II K - 30	14	02:01:10	05:17:39	08:49:36	10:52:48	12:58:22	15:13:20	17:07:33.95	17:09:10.05	+05:43:29 (33.4%)	9:20	6.4 (66.7%)
21	ABRAMOWICZ Agata	3264		Senior I K - 20	1	01:56:17	05:39:31	08:52:25	10:37:42	13:17:10	15:42:18	17:21:40.05	17:21:45.95	+05:56:05 (34.2%)	9:28	6.3 (65.6%)
22	SKORUPIŃSKA Katarzyna	3133	SKORUPKI TEAM	Masters K - 40	7	02:01:34	05:31:54	08:53:30	10:43:25	13:24:47	15:53:52	17:32:27.70	17:32:45.85	+06:07:05 (34.9%)	9:34	6.3 (65.6%)
23	ŁABĘCKA Agata	3070	KLUB BIEGACZA RTV EURO AGD	Masters K - 40	8	02:14:05	06:02:23	09:24:33	11:04:33	13:45:48	16:03:55	17:40:24.35	17:40:59.60	+06:15:19 (35.4%)	9:38	6.2 (64.6%)
24	GARCZYŃSKA Ania	3131		Weteran K - 50	1	02:13:04	06:02:54	09:17:47	11:05:34	13:47:32	16:14:00	17:50:40.55	17:52:15.75	+06:26:35 (36.1%)	9:44	6.2 (64.6%)
25	JAROCKA Agata	3364		Masters K - 40	9	02:17:53	06:03:43	09:18:06	11:00:58	13:36:13	16:00:35	17:51:20.50	17:52:17.90	+06:26:37 (36.1%)	9:44	6.2 (64.6%)
26	PLUTA Kinga	3227		Senior I K - 20	2	02:05:08	05:49:07	08:59:45	10:45:45	13:39:48	16:05:47	17:55:07.05	17:55:33.95	+06:29:53 (36.3%)	9:46	6.1 (63.5%)
27	SOBCZAK Aleksandra	3410		Senior II K - 30	15	02:05:11	05:49:10	09:32:55	11:19:22	13:48:17	16:11:47	17:57:50.75	17:58:13.25	+06:32:33 (36.4%)	9:47	6.1 (63.5%)
28	ŚWIĄTEK Ewelina	3301	SPARTANIE DZIECIOM	Masters K - 40	10	02:02:06	05:52:09	09:07:39	10:54:01	13:33:23	16:15:13	18:09:55.05	18:10:02.30	+06:44:22 (37.1%)	9:54	6.1 (63.5%)
29	WESOŁOWSKA Kinga	3046	ASICSFRONTRUNNERPOLAND	Senior I K - 20	3	02:02:38	05:37:15	08:56:24	10:53:22	13:31:01	15:59:21	18:16:11.95	18:16:51.70	+06:51:11 (37.5%)	9:57	6 (62.5%)
30	SKŁADANOWSKA Beata	3403	ARW/EUROCASH TEAM/DZIKI TEAM	Senior II K - 30	16	02:16:42	06:12:10	09:29:16	11:10:27	13:43:32	16:21:26	18:18:10.15	18:18:46.70	+06:53:06 (37.6%)	9:59	6 (62.5%)
31	JAZUKIEWICZ Ewa	3405	EAZYMUT.PL	Weteran K - 50	2	02:15:34	06:03:37	09:27:08	11:15:54	13:46:36	16:18:42	18:20:28.40	18:20:43.25	+06:55:03 (37.7%)	10:00	6 (62.5%)
32	POPCZYK Ewelina	3045	HEALTHY BODY ŻELAZNY&ŻELAZNY	Masters K - 40	11	02:08:28	05:58:38	09:34:15	11:21:25	14:03:55	16:32:24	18:20:59.60	18:21:18.55	+06:55:38 (37.7%)	10:00	6 (62.5%)
33	KOPACZ Katarzyna	3304		Senior II K - 30	17	02:04:13	05:42:46	09:07:42	11:04:51	13:52:47	16:36:45	18:22:45.55	18:22:58.80	+06:57:18 (37.8%)	10:01	6 (62.5%)
34	WOJCIECHOWSKA Dorota	3381	CAŁA OLEŚNICA BIEGA	Masters K - 40	12	02:06:36	05:36:43	08:48:40	10:45:34	13:36:03	16:17:21	18:26:29.85	18:27:10.60	+07:01:30 (38.1%)	10:03	6 (62.5%)
35	RUTKOWSKA Agnieszka	3400	NAKRĘCONA NA BIEGANIE	Senior II K - 30	18	02:23:56	06:33:15	09:57:21	11:53:53	14:19:46	16:43:26	18:33:45.45	18:34:05.50	+07:08:25 (38.5%)	10:07	5.9 (61.5%)
36	MATUSZCZAK-SZULC Iwona	3541		Weteran K - 50	3	02:15:05	06:02:38	09:30:31	11:25:52	14:11:08	16:43:23	18:36:47.80	18:37:28.65	+07:11:48 (38.6%)	10:09	5.9 (61.5%)
37	JANKOWSKA Paulina	3313	EY RUN4FUN	Senior II K - 30	19	02:24:58	06:29:51	09:50:16	11:36:59	14:14:09	16:47:22	18:42:19.80	18:42:58.25	+07:17:18 (38.9%)	10:12	5.9 (61.5%)
38	SZYMANKIEWICZ Kalina	3059	PROJEKT 1000UP	Weteran K - 50	4	02:16:54	06:15:50	09:55:45	11:52:19	14:48:55	17:07:11	18:55:47.20	18:56:19.25	+07:30:39 (39.7%)	10:19	5.8 (60.4%)
39	PIGUŁA Daria	3438	CARBON SILESIA SPORT	Masters K - 40	13	02:03:10	05:57:08	09:27:48	11:21:31	14:14:27	17:05:55	19:08:24.10	19:08:38.25	+07:42:58 (40.3%)	10:26	5.7 (59.4%)
40	JAROSIŃSKA Katarzyna	3279	STAJNIAK TEAM	Senior I K - 20	4	02:03:45	05:50:38	09:27:36	11:21:08		17:05:57	19:08:21.35	19:08:39.45	+07:42:59 (40.3%)	10:26	5.7 (59.4%)
41	KOZDRÓJ Wioletta	3162	DOGOŃ GRODZISK MAZOWIECKI/DŻAKARTA RUN TEAM	Masters K - 40	14	02:14:59	06:30:27	10:05:05	11:59:19	14:50:08	17:17:44	19:09:18.60	19:09:44.70	+07:44:04 (40.4%)	10:26	5.7 (59.4%)
42	CIECHAROWSKA Justyna	3234	RUN DE GIRARD	Senior II K - 30	20	02:11:05	06:19:43	09:49:54	11:29:40	14:42:47	17:10:36	19:11:09.25	19:11:47.75	+07:46:07 (40.5%)	10:27	5.7 (59.4%)
43	SOWIŃSKA-JANECZEK Joanna	3019	KB MARATON TUREK	Senior II K - 30	21	02:15:10	06:20:25	09:57:17	11:46:23	14:40:27	17:22:28	19:24:47.45	19:25:15.65	+07:59:35 (41.2%)	10:35	5.7 (59.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas						Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
						A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km					
44	STOLARSKA Monika	3081	KBKS RADOMSKO	Senior II K - 30	22	02:10:31	06:12:41	09:53:44	11:43:38	14:41:16	17:31:52	19:28:13.25	19:28:37.60	+08:02:57 (41.3%)	10:37	5.6 (58.3%)
45	GAŁACKA Joanna	3471		Masters K - 40	15	02:08:53	06:10:58	09:43:06	11:55:15	14:38:38	17:13:47	19:42:23.40	19:42:36.35	+08:16:56 (42.0%)	10:44	5.6 (58.3%)
46	BŁASZCZYK Luiza	3152		Senior II K - 30	23	02:17:08	06:31:32	10:11:02	12:03:47	15:07:07	18:05:13	19:56:49.05	19:57:34.55	+08:31:54 (42.7%)	10:52	5.5 (57.3%)
47	DOMAGAŁA Grażyna	3372		Senior II K - 30	24	01:55:36	05:29:35	09:01:15	10:51:40	14:07:24	17:58:34	20:05:43.15	20:06:04.35	+08:40:24 (43.1%)	10:57	5.5 (57.3%)
48	ROSZYK Magdalena	3454	TKKF MPK POZNAŃ/BIEGAJĄCE KREJZOLE	Masters K - 40	16	02:16:40	06:49:30	10:30:03	12:30:46	15:25:40	18:16:03	20:07:59.90	20:08:30.95	+08:42:50 (43.3%)	10:58	5.5 (57.3%)
49	TYLMAN Małgorzata	3237		Masters K - 40	17	02:07:28	06:12:11	10:06:15	12:17:15		18:06:54	20:08:21.30	20:08:39.95	+08:42:59 (43.3%)	10:59	5.5 (57.3%)
50	GRYCMAN Magda	3426	SPARTA ULTRA TEAM	Masters K - 40	18	02:03:08	06:15:31	09:42:08	11:42:11	14:55:43	17:52:08	20:09:21.90	20:09:36.80	+08:43:56 (43.3%)	10:59	5.5 (57.3%)
51	KUPCZAK Ewa	3453	SPARTA ULTRA TEAM	Weteran K - 50	5	02:03:10	06:15:32	09:42:04	11:42:11	14:55:45	17:52:21	20:09:22.10	20:09:37.15	+08:43:57 (43.3%)	10:59	5.5 (57.3%)
52	FILIPEK Małgorzata	3017		Senior II K - 30	25	02:11:49	06:11:53	09:49:56	11:50:06	14:43:41	17:37:33	20:13:07.05	20:13:25.55	+08:47:45 (43.5%)	11:01	5.4 (56.3%)
53	HOLIK Iwona	3437	GORLICKA GRUPA BIEGOWA	Masters K - 40	19	02:21:25	06:28:53	10:18:54	12:23:53		18:18:55	20:16:57.60	20:18:17.00	+08:52:36 (43.7%)	11:03	5.4 (56.3%)
54	DYLAĞ Katarzyna	3466	GGB	Masters K - 40	20	02:21:22	06:28:52	10:18:55	12:23:51	15:30:42	18:14:38	20:16:55.70	20:18:17.30	+08:52:37 (43.7%)	11:03	5.4 (56.3%)
55	RYCHEL-MANTUR Dominika	3079		Senior II K - 30	26	02:06:01	05:56:50	09:14:47	11:21:48	14:51:56	18:02:09	20:31:48.80	20:32:29.40	+09:06:49 (44.4%)	11:11	5.4 (56.3%)
56	PODBIELSKA Małgorzata	3434		Senior II K - 30	27	02:17:40	06:57:20	10:49:48	12:51:24	15:40:38	18:16:57	20:33:05.90	20:33:40.15	+09:08:00 (44.4%)	11:12	5.4 (56.3%)
57	ŁOWICKA Maja	3111	AKTYWNI RAZEM	Senior II K - 30	28	02:15:58	07:00:23	11:40:33	13:45:26	16:32:18	19:07:53	20:55:10.60	20:55:29.40	+09:29:49 (45.4%)	11:24	5.3 (55.2%)
58	KALISZEWICZ Ewa	3156		Masters K - 40	21	02:34:45	06:55:47	10:52:32	13:04:26	16:07:55	19:01:27	20:55:27.85	20:56:05.25	+09:30:25 (45.4%)	11:24	5.3 (55.2%)
59	GÓRNY Magdalena	3074	KLUB BIEGACZA SUPERMARATOŃCZYK	Masters K - 40	22	02:18:16	06:39:05	10:33:45	12:37:34	15:37:37	18:53:35	21:12:25.70	21:13:28.60	+09:47:48 (46.2%)	11:34	5.2 (54.2%)
60	STAJNIAK-STELIGA Izabela	3451	OBORYGENI	Masters K - 40	23	02:32:28	06:58:00	11:02:29	13:01:43	15:53:23	18:57:38	21:15:35.75	21:15:47.15	+09:50:07 (46.3%)	11:35	5.2 (54.2%)
61	PARYSZ Anna	3450	STARE BABICE BIEGAJA	Weteran II K - 60	1	02:26:08	06:57:20	10:43:14	12:59:13	15:53:58	19:05:28	21:16:10.00	21:16:29.65	+09:50:49 (46.3%)	11:36	5.2 (54.2%)
62	MATUSZEWSKA Małgorzata	3481	RUNNER'S POWER - POWIAT ŚREMSKI	Masters K - 40	24	02:32:47	06:57:50	10:46:22	12:55:48	15:55:45	18:55:55	21:17:38.15	21:17:55.65	+09:52:15 (46.3%)	11:36	5.2 (54.2%)
63	RUTKOWSKA Małgorzata	3188		Weteran K - 50	6	02:59:44	08:43:37	13:22:27	15:28:07		19:50:37	21:18:34.00	21:19:34.00	+09:53:53 (46.4%)	11:37	5.2 (54.2%)
64	KUTYŁA Agnieszka	3411	NIEPOŁOMICE BIEGAJA	Weteran K - 50	7	02:22:19	06:33:03	10:14:21	12:29:56	15:58:56	19:07:34	21:18:49.75	21:19:43.35	+09:54:03 (46.4%)	11:37	5.2 (54.2%)
65	NORAS Alina	3224	ENDURANCE TEAM	Senior II K - 30	29	02:24:37	06:39:37	10:09:21	12:17:02	15:35:23	18:42:25	21:28:03.25	21:29:47.90	+10:04:07 (46.8%)	11:42	5.1 (53.1%)
66	SOCHAJ Anna	3113	FUKUNDA	Senior II K - 30	30	02:18:02	06:29:14	10:20:26	12:55:38	16:19:19	19:16:23	21:35:56.25	21:37:35.10	+10:11:55 (47.2%)	11:46	5.1 (53.1%)
67	PAPIEROWSKA Dagmara	3023		Senior II K - 30	31	02:29:00	07:11:39	11:07:26	13:03:49	16:19:45	19:21:05	21:37:32.15	21:38:00.90	+10:12:20 (47.2%)	11:47	5.1 (53.1%)
68	TERETYKA Dorota	3024	BIEGAJĄCE KREJZOLE	Masters K - 40	25	02:29:00	07:11:44	11:07:25	13:03:50	16:19:25	19:23:10	21:37:33.70	21:38:01.05	+10:12:20 (47.2%)	11:47	5.1 (53.1%)
69	KUBICA Anna	3387		Masters K - 40	26	02:25:17	07:17:17	11:04:29	12:53:31	16:02:54	19:22:47	21:37:20.00	21:38:34.20	+10:12:54 (47.2%)	11:47	5.1 (53.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas						Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
						A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km					
70	MICHALSKA Joanna	3222	VELUX	Masters K - 40	27	02:11:33	06:30:03	10:34:45	12:59:59	16:20:20	19:34:13	21:42:17.25	21:42:34.80	+10:16:54 (47.4%)	11:50	5.1 (53.1%)
71	SUŁEK Aldona	3428	ZOELLER TECH	Masters K - 40	28	02:38:47	07:20:01	11:14:44	13:28:33	16:46:34	19:43:26	21:54:13.85	21:54:43.70	+10:29:03 (47.8%)	11:56	5 (52.1%)
72	MUCHA Katarzyna	3208	NOA	Weteran K - 50	8	02:32:03	06:49:36	10:19:18	12:25:19		19:26:44	22:13:23.35	22:14:08.10	+10:48:28 (48.6%)	12:07	4.9 (51.0%)
73	NOWAK Iwona	3157	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	Masters K - 40	29	02:30:46	07:49:14	11:40:59	13:45:16	17:00:25	20:04:20	22:23:28.25	22:24:17.35	+10:58:37 (49.0%)	12:12	4.9 (51.0%)
74	KRAJEWSKA-KŁODA Katarzyna	3155	DRUŻYNA SZPIKU	Masters K - 40	30	02:29:57	07:19:45	11:27:05	13:58:55	17:17:45	20:19:12	22:25:54.55	22:27:35.25	+11:01:55 (49.1%)	12:14	4.9 (51.0%)
75	BARANIAK Beata	3160	DRUŻYNA SZPIKU	Weteran K - 50	9	02:29:58	07:19:42	11:26:57	13:58:55	17:17:52	20:19:27	22:25:55.20	22:27:36.35	+11:01:56 (49.1%)	12:14	4.9 (51.0%)
76	SKIBA Anna	3335	KB HARCOWNIK	Masters K - 40	31	02:25:40	06:48:38	10:50:23	13:05:01	16:44:59	20:00:22	22:31:05.95	22:31:51.00	+11:06:10 (49.3%)	12:16	4.9 (51.0%)
77	SOSZYŃSKA Katarzyna	3533	ULTRA WAY TEAM	Masters K - 40	32	02:17:26	06:47:41	10:26:39	12:34:41	16:04:40	19:26:47	22:31:24.80	22:31:54.95	+11:06:14 (49.3%)	12:17	4.9 (51.0%)
78	KAŻMIERCZAK Aleksandra	3100	SKORUPA SPORT	Masters K - 40	33	02:30:17	07:27:02	11:42:20	13:46:00	17:16:04	20:09:22	22:32:47.70	22:33:19.00	+11:07:38 (49.3%)	12:17	4.9 (51.0%)
79	JASTRZĄB-STANDERSKA Joanna	3013		Masters K - 40	34	02:15:26	06:58:19	11:03:31	13:07:37	16:49:11	20:13:35	22:33:20.80	22:33:41.75	+11:08:01 (49.3%)	12:18	4.9 (51.0%)
80	LEPIARZ Beata	3347	W KOBIECIE SIŁA	Weteran K - 50	10	02:20:52	06:43:04	10:49:08	13:27:36	16:49:41	20:09:20	22:44:21.70	22:44:53.05	+11:19:12 (49.8%)	12:24	4.8 (50.0%)
81	WĘGIERSKA Małgorzata	3496		Senior II K - 30	32	02:05:30	05:55:04	10:21:46	12:55:26	16:31:37	19:54:46	22:57:32.85	22:57:59.25	+11:32:19 (50.2%)	12:31	4.8 (50.0%)
82	WITKOWSKA Maria	3095	TEAM DFBG	Weteran II K - 60	2	02:42:03	07:22:40	11:15:21	13:42:10	17:13:42	20:26:30	23:02:18.10	23:03:09.55	+11:37:29 (50.4%)	12:33	4.8 (50.0%)
83	STROMIDŁO Anna	3078	BROWAR DOMOWY HATAK	Masters K - 40	35	02:31:44	07:40:42	11:41:33	14:04:55	17:30:02	20:37:24	23:04:21.65	23:04:31.05	+11:38:50 (50.5%)	12:35	4.8 (50.0%)
84	KROLS Hilde	3440	VOS SCHAFFEN	Weteran II K - 60	3	02:33:14	07:31:42	11:52:19	14:14:29	17:56:14	21:09:57	23:05:44.05	23:07:21.65	+11:41:41 (50.6%)	12:35	4.8 (50.0%)
85	SZEMIK Kamila	3462		Masters K - 40	36	02:43:30	07:35:50	11:39:37	14:07:03	17:23:46	20:34:57	23:11:34.40	23:13:23.65	+11:47:43 (50.8%)	12:39	4.7 (49.0%)
86	MARUT Kaśka	3350		Masters K - 40	37	02:31:48	07:07:49	11:14:55	13:31:01	17:22:17	20:40:24	23:11:59.25	23:13:26.20	+11:47:46 (50.8%)	12:39	4.7 (49.0%)
87	MAJEWSKA Gizela	3366	NIGHT RUNNERS PYSKOWICE	Weteran K - 50	11	02:35:49	07:15:47	11:15:31	13:34:05	17:32:47	20:40:32	23:12:02.45	23:13:26.95	+11:47:46 (50.8%)	12:39	4.7 (49.0%)
87	BURLIGA Marzena	3368		Masters K - 40	38	02:35:49	07:16:07	11:16:25	13:34:07	17:32:56	20:40:21	23:12:06.15	23:13:26.95	+11:47:46 (50.8%)	12:39	4.7 (49.0%)
89	SZWEDLER-NOWACKA Jolanta	3394		Masters K - 40	39	02:43:34	07:35:53	11:39:42	14:07:10	17:24:12	20:35:03	23:15:47.95	23:17:37.10	+11:51:57 (50.9%)	12:41	4.7 (49.0%)
90	JASKÓLSKA-PIETRZYK Kinga	3415	BIEGOWA KUŹNIA	Masters K - 40	40	02:28:45	07:01:33	11:21:04	13:34:54	17:17:09	20:46:12	23:23:13.00	23:23:36.65	+11:57:56 (51.1%)	12:45	4.7 (49.0%)
91	STEC Iwona	3029		Senior II K - 30	33	02:29:53	06:57:41	11:13:58	13:41:11	17:28:09	20:46:18	23:30:21.25	23:31:59.50	+12:06:19 (51.4%)	12:49	4.7 (49.0%)
92	ŁYSIAK Kasia	3273		Senior II K - 30	34	02:29:51	06:57:38	11:13:54	13:41:11	17:28:13	20:46:21	23:30:21.35	23:31:59.60	+12:06:19 (51.4%)	12:49	4.7 (49.0%)
93	KICZINSKA Izabela	3443	4 PUŁK CHEMICZNY	Masters K - 40	41	02:19:09	06:48:22	10:59:35	13:25:09	16:48:18	20:34:56	23:43:41.50	23:43:49.95	+12:18:09 (51.8%)	12:56	4.6 (47.9%)
94	SYPNIEWSKA Hanna	3512	ULTRAWAY TEAM	Weteran II K - 60	4	02:50:27	08:03:59	12:17:26	14:44:25	18:08:38	21:42:04	24:13:16.15	24:14:08.65	+12:48:28 (52.8%)	13:12	4.5 (46.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9	A11	A12	A13	A14	A15	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						15km	40km	61km	70km	85km	98km	110km	110km			
95	KOLEJ Monika	3348	DZIKIE DZIKI GORZÓW	Masters K - 40	42	02:31:07	07:14:00	11:34:01	14:16:51	18:12:19	21:47:17	24:20:49.75	24:21:09.10	+12:55:29 (53.1%)	13:16	4.5 (46.9%)
96	ZYGMUNT Monika	3336		Weteran K - 50	12	02:31:12	07:19:01	11:35:22	14:14:10	18:05:55	21:26:04	24:28:05.40	24:29:30.95	+13:03:50 (53.3%)	13:20	4.5 (46.9%)
97	POKOJSKA Ewa	3416	WYBIEGAJ SIEBIE	Masters K - 40	43	02:43:38	07:32:13	11:56:11	14:41:02	18:16:01	22:00:11	24:29:54.35	24:30:52.90	+13:05:12 (53.4%)	13:21	4.5 (46.9%)
98	JĘDRZEJEWSKA Beata	3316	MIRAZ RACE TEAM	Masters K - 40	44	02:49:50	08:43:50	13:03:30	15:45:18	19:16:12	22:26:58	24:47:09.10	24:47:27.85	+13:21:47 (53.9%)	13:31	4.4 (45.8%)
99	ŚWIĘTONIOWSKA Justyna	3056	SAINT TEAM	Masters K - 40	45	02:45:51	07:39:43	11:55:14	14:31:05	18:43:08	22:27:01	24:47:18.95	24:48:44.25	+13:23:04 (53.9%)	13:31	4.4 (45.8%)
100	WOJCIESZAK Klaudia	3192	TEAM ZABIEGANEDNI	Masters K - 40	46	02:31:43	07:13:13	11:37:09	14:34:09	18:14:58	21:46:01	24:47:46.80	24:48:47.55	+13:23:07 (53.9%)	13:31	4.4 (45.8%)
101	BIEŃ Małgorzata	3011		Masters K - 40	47	02:31:43	07:13:16	11:37:06	14:34:14	18:14:49	21:46:08	24:47:50.35	24:48:47.70	+13:23:07 (53.9%)	13:31	4.4 (45.8%)
102	REKOSIEWICZ-TOKARZ Monika	3395	ZAWADZKA TEAM/NOCNY BÓR	Masters K - 40	48	02:45:45	07:39:43	11:55:32	14:31:12	18:43:50	22:26:36	24:47:33.70	24:48:57.95	+13:23:17 (54.0%)	13:31	4.4 (45.8%)
103	SCHUMACHER Małgorzata	3022	PAKOŚĆ BIEGA	Senior II K - 30	35	02:42:38	07:56:17	12:15:20	14:39:37	18:35:17	22:00:41	24:50:33.05	24:51:16.30	+13:25:36 (54.0%)	13:33	4.4 (45.8%)
104	JAGODZIŃSKA Paulina	3043	GANGBIESA/ LOVE'LAS	Masters K - 40	49	02:33:13	07:22:08	12:02:23	14:33:04	17:53:06	22:27:15	24:52:29.55	24:53:56.05	+13:28:15 (54.1%)	13:34	4.4 (45.8%)
105	POSYNIAK Anna	3171		Masters K - 40	50	02:34:20	07:22:07	12:02:29	14:32:50	18:38:46	22:27:51	24:52:29.90	24:53:56.30	+13:28:16 (54.1%)	13:34	4.4 (45.8%)
106	PRZYBYSZEWSKA Dominika	3054	ŚWIERCZEWO RUN	Senior II K - 30	36	02:29:04	07:11:40	11:15:13	13:44:41	18:04:14	22:12:07	24:56:14.15	24:56:42.45	+13:31:02 (54.2%)	13:36	4.4 (45.8%)
107	PYZIO Magdalena	3203		Senior II K - 30	37	02:28:14	07:14:10	12:27:30	14:52:46	19:34:04	22:31:29	24:56:05.10	24:57:50.70	+13:32:10 (54.2%)	13:36	4.4 (45.8%)
108	WALIŃSKA Agata	3202	WWW.SPRAWDZAMY-NIERUCHOMOSCI.COM	Senior II K - 30	38	02:28:24	07:14:13	12:27:27	14:53:02	19:34:00	22:30:52	24:56:07.35	24:57:53.05	+13:32:12 (54.2%)	13:36	4.4 (45.8%)
109	HELWICH Agnes	3448	HELTEAM	Masters K - 40	51	02:19:31	06:57:28	12:05:35	15:24:46	19:33:24	22:37:47	25:05:16.30	25:06:00.65	+13:40:20 (54.5%)	13:41	4.4 (45.8%)
110	PAWĘZOWSKA Anna	3086	BIEGOWA KUŹNIA	Masters K - 40	52	02:34:14	07:46:31	12:19:04	15:05:30	19:11:40	22:27:02	25:15:33.00	25:16:09.95	+13:50:29 (54.8%)	13:46	4.4 (45.8%)
111	POŚPIECH Anna	3439	BIEGOWA KUŹNIA	Senior II K - 30	39	02:36:02	07:46:31	12:18:55	15:05:29	19:08:32	22:15:32	25:15:34.20	25:16:10.15	+13:50:30 (54.8%)	13:46	4.4 (45.8%)
111	MORDZIOŁEK Katarzyna	3053	BIEGOWA KUŹNIA	Masters K - 40	53	02:34:02	07:46:27	12:18:45	15:05:27	19:08:26	22:27:01	25:15:33.80	25:16:10.15	+13:50:30 (54.8%)	13:46	4.4 (45.8%)
113	POPCZYK Magdalena	3089	BIEGOWA KUŹNIA	Senior II K - 30	40	02:36:00	07:46:28	12:18:48	15:05:29	19:07:40	22:28:00	25:15:35.95	25:16:12.45	+13:50:32 (54.8%)	13:46	4.4 (45.8%)
114	WALCZAK-WOJTKOWSKA Iwona	3309		Weteran II K - 60	5	03:05:01	08:43:01	13:02:44	15:45:18	19:16:38	22:46:33	25:21:16.55	25:22:27.45	+13:56:47 (55.0%)	13:49	4.3 (44.8%)
115	TOPOREK Ewa	3106	WYLOTANE	Senior II K - 30	41	03:04:02	08:55:23	13:34:04	16:16:42	20:27:22		25:34:03.25	25:34:41.35	+14:09:01 (55.3%)	13:56	4.3 (44.8%)
116	THEUER-CZARNECKA Małgorzata	3266		Weteran K - 50	13	02:38:07	07:39:32	11:52:52	14:27:28			25:36:39.55	25:37:53.45	+14:12:13 (55.4%)	13:58	4.3 (44.8%)
	STASZYŃSKA Karolina	3468	BIEGAJĄCE KREJZOLE	Masters K - 40		02:14:30 DNF	06:28:30 DNF	10:18:25 DNF	12:24:42 DNF	16:19:53 DNF	DNF	DNF	DNF	-	-	(0.0%)
	MATERA Kinga	3220	GRUPA JURA PL	Masters K - 40		02:51:33 DNF	08:32:28 DNF	13:48:09 DNF	17:04:56 DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	JÓZEPIAK Beata	3112		Senior II K - 30		01:54:45 DNF	05:36:54 DNF	10:57:44 DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A9 15km	A11 40km	A12 61km	A13 70km	A14 85km	A15 98km	Czas netto 110km	Czas brutto 110km	Różn	Tempo min/km	Tempo km/h
	MAKOWSKA Maja	3497	EAZYMUT.PL/ ON RUNNING	Senior II K - 30		02:10:55 DNF	06:05:53 DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	WIELICZKO Dagmara	3020		Senior II K - 30		02:31:06 DNF	07:37:40 DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	KURBIEL Sylwia	3110	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	Masters K - 40		02:30:44 DNF	07:49:14 DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	OBARSKA Małgorzata	3170		Weteran II K - 60		03:10:01 DNF	08:59:47 DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	MATYSIAK Agnieszka	3413		Masters K - 40		02:14:39 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)
	KĘDZIORA Marta	3357	ŻUBRY RACE TEAM	Senior II K - 30		02:16:40 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 125 wynik(ów)