

BIEG RZEŹNICZEK 2016

B4SPORT

Organizator: Fundacja Rzeźnika
Data: 2016-05-28
Miejsce: Cisna
Dystans: 27 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
1	MAJER Ewa	4010	SOLGAR.PL	K30	1	00:00:00	01:30:02	02:47:30.70	02:47:30.70		6:12	9.7 (100%)
2	WINIARSKA Katarzyna	3484	PRZEMYSKI KLUB BIEGACZA/SZAFKA BIEGACZA TEAM	K30	2	00:00:07	01:33:00	02:54:02.75	02:54:10.50	+00:06:32 (3.8%)	6:26	9.3 (95.9%)
3	MOSIOŁEK Monika	3139		K30	3	00:00:12	01:36:42	02:55:45.85	02:55:58.55	+00:08:15 (4.7%)	6:30	9.2 (94.8%)
4	NIEMIRO Dominika	3512	JAGODOWO-KALINOWY TEAM	K30	4	00:00:35	01:45:49	03:10:41.90	03:11:17.05	+00:23:11 (12.2%)	7:03	8.5 (87.6%)
5	BUKIEL Justyna	3785	MAPA-TURYSTYCZNA.PL	K30	5	00:00:38	01:48:09	03:10:58.15	03:11:36.90	+00:23:27 (12.3%)	7:04	8.5 (87.6%)
6	ŚMIŁOWSKA Marzena	3580	OBOZYBIEGOWE.PL	K30	6	00:00:17	01:46:17	03:14:31.25	03:14:48.50	+00:27:00 (13.9%)	7:12	8.3 (85.6%)
7	SALACHNA-NOWAK Magdalena	3964	BIEGAM Z ABS	K30	7	00:00:17	01:47:43	03:18:07.65	03:18:25.30	+00:30:36 (15.5%)	7:20	8.2 (84.5%)
8	WYLEŻAŁEK Alina	3943		K30	8	00:00:34	01:50:21	03:18:26.85	03:19:01.70	+00:30:56 (15.6%)	7:21	8.2 (84.5%)
9	PAJĄK Malwina	3024	GOLDEN TEAM BIEGAJMY RAZEM	K30	9	00:00:17	01:47:38	03:20:50.55	03:21:08.15	+00:33:19 (16.6%)	7:26	8.1 (83.5%)
10	PIĘTKA Marta	3278		K30	10	00:00:34	01:50:14	03:21:46.85	03:22:21.15	+00:34:16 (17.0%)	7:28	8 (82.5%)
11	KOTŁOWSKA Katarzyna	3354	NOWOMIESZCZANIE L.B.	K30	11	00:00:23	01:54:24	03:22:43.95	03:23:07.25	+00:35:13 (17.4%)	7:30	8 (82.5%)
12	SOCHA Katarzyna	3710	CZASEM BIEGAM	K30	12	00:00:29	01:50:29	03:26:11.05	03:26:40.20	+00:38:40 (18.8%)	7:38	7.9 (81.4%)
13	GIMZICKA Ewa	3774	BANDA I WANDA	K30	13	00:00:18	01:53:02	03:27:14.20	03:27:33.15	+00:39:43 (19.2%)	7:40	7.8 (80.4%)
14	JASTER Anna	3783	BOOT CAMP POLSKA	K30	14	00:00:13	01:48:49	03:29:23.45	03:29:37.05	+00:41:52 (20.0%)	7:45	7.7 (79.4%)
15	ŚWITALSKA Jowita	3892	NIGHT RUNNERS	K30	15	00:01:04	01:56:53	03:29:37.35	03:30:41.55	+00:42:06 (20.1%)	7:45	7.7 (79.4%)
16	SZUMIGAJ Alicja	3518		K30	16	00:00:36	01:52:41	03:30:05.55	03:30:41.75	+00:42:34 (20.3%)	7:46	7.7 (79.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
17	SZOPIŃSKA Agnieszka	3389		K30	17	00:00:15	01:52:36	03:34:40.35	03:34:55.45	+00:47:09 (22.0%)	7:57	7.5 (77.3%)
18	TUCHOŁKA Marta	3997	POCO LOCO AT	K30	18	00:00:11	01:51:55	03:35:07.30	03:35:18.60	+00:47:36 (22.1%)	7:58	7.5 (77.3%)
19	ANDRUSZKIEWICZ-ĆWIK Natalia	3370	12TRI.PL DRUŻYNA WILKA	K30	19	00:00:25	01:59:50	03:39:38.80	03:40:04.20	+00:52:08 (23.7%)	8:08	7.4 (76.3%)
20	BEDNARCZYK Paulina	3832	MADRABBIT	K30	20	00:00:28	01:56:25	03:41:05.35	03:41:34.25	+00:53:34 (24.2%)	8:11	7.3 (75.3%)
21	WALASZCZYK Anna	3995		K30	21	00:00:34	01:55:09	03:41:11.40	03:41:45.90	+00:53:40 (24.3%)	8:11	7.3 (75.3%)
22	MICHALSKA Agnieszka	3557		K30	22	00:01:31	02:04:41	03:41:31.35	03:43:02.55	+00:54:00 (24.4%)	8:12	7.3 (75.3%)
23	WIELECHOWSKA Magdalena	3272	NAPRZÓD MŁOCINY	K30	23	00:01:10	02:05:27	03:44:08.45	03:45:18.80	+00:56:37 (25.3%)	8:18	7.2 (74.2%)
24	SZYMANEK Anna	3472	NAPRZÓD MŁOCINY	K30	24	00:01:09	02:05:28	03:44:09.15	03:45:18.80	+00:56:38 (25.3%)	8:18	7.2 (74.2%)
25	KORPAK Marta	3246	TEAM MOTIVATO	K30	25	00:00:29	02:06:17	03:44:20.00	03:44:49.55	+00:56:49 (25.3%)	8:18	7.2 (74.2%)
26	LIGĘZA - CHYŁEK Irmína	3905		K30	26	00:00:00	01:57:47	03:44:31.50	03:44:31.50	+00:57:00 (25.4%)	8:18	7.2 (74.2%)
27	LIS Anna	3658	OD GRUBASA DO ULTRASA	K30	27	00:00:24	02:01:20	03:44:49.60	03:45:14.25	+00:57:18 (25.5%)	8:19	7.2 (74.2%)
28	FAJDEK Anna	3582	PEŁZACZ NIZINNY	K30	28	00:00:17	02:01:45	03:44:55.20	03:45:12.50	+00:57:24 (25.5%)	8:19	7.2 (74.2%)
29	GRUSZCZYŃSKA Sandra	3262	WILD FOR THE RUN	K30	29	00:00:13	01:57:48	03:44:56.80	03:45:09.90	+00:57:26 (25.5%)	8:19	7.2 (74.2%)
30	WRÓBLEWSKA Katarzyna	3909		K30	30	00:00:19	02:01:50	03:45:11.95	03:45:31.00	+00:57:41 (25.6%)	8:20	7.2 (74.2%)
31	SEREDYN Aldona	3329		K30	31	00:00:36	01:57:41	03:45:27.75	03:46:03.90	+00:57:57 (25.7%)	8:21	7.2 (74.2%)
32	RENKEL-BUCHA Ewa	3719	NOWOMIESZCZANIE LUBIĄ BIEGANIE	K30	32	00:00:21	01:54:17	03:45:36.75	03:45:58.05	+00:58:06 (25.8%)	8:21	7.2 (74.2%)
33	SŁOBODA Elżbieta	3032		K30	33	00:00:49	02:03:39	03:45:42.65	03:46:32.60	+00:58:11 (25.8%)	8:21	7.2 (74.2%)
34	WAWRZYŃIAK Zofia	3091	KOBIETY BIEGAJĄ	K30	34	00:00:26	02:03:35	03:47:00.55	03:47:27.00	+00:59:29 (26.2%)	8:24	7.1 (73.2%)
35	DAWID-SAWICKA Monika	3459		K30	35	00:00:15	02:01:28	03:48:08.20	03:48:23.20	+01:00:37 (26.6%)	8:26	7.1 (73.2%)
36	JAKUBOWSKA Natalia	3958		K30	36	00:01:00	02:04:35	03:48:36.60	03:49:36.90	+01:01:05 (26.7%)	8:28	7.1 (73.2%)
37	KADŁUBICKA Dorota	3339		K30	37	00:00:58	02:08:26	03:50:09.20	03:51:07.40	+01:02:38 (27.2%)	8:31	7 (72.2%)
38	KACZMARCZYK Urszula	3632	PRO RUN WROCŁAW	K30	38	00:00:23	02:01:45	03:50:09.45	03:50:33.30	+01:02:38 (27.2%)	8:31	7 (72.2%)
39	OBŁĄK Agnieszka	3735	BIEGNĘ ŻEBY BARTEK MÓGŁ BIEGAĆ	K30	39	00:00:20	01:58:09	03:51:09.75	03:51:30.45	+01:03:39 (27.5%)	8:33	7 (72.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
40	WÓJCIK Renata	3879		K30	40	00:01:12	02:07:48	03:51:22.05	03:52:34.20	+01:03:51 (27.6%)	8:34	7 (72.2%)
41	MATICH Karolina	3245		K30	41	00:00:30	02:06:17	03:51:46.65	03:52:17.15	+01:04:15 (27.7%)	8:35	7 (72.2%)
42	KULIS Aleksandra	3394		K30	42	00:00:31	02:03:33	03:52:06.65	03:52:38.25	+01:04:35 (27.8%)	8:35	7 (72.2%)
43	JENDRYSIK Kinga	3988	NIGHT RUNNERS GLIWICE	K30	43	00:01:08	02:07:20	03:52:30.80	03:53:39.20	+01:05:00 (28.0%)	8:36	7 (72.2%)
44	ROGULSKA - SŁOMIŃSKA Agnieszka	3945	AGIZ/ PSZCZ?ŁKOWSKI TEAM	K30	44	00:00:09	02:02:00	03:53:55.05	03:54:05.00	+01:06:24 (28.4%)	8:39	6.9 (71.1%)
45	HANDERMANDER Agnieszka	3573		K30	45	00:00:52	02:07:05	03:54:13.25	03:55:05.40	+01:06:42 (28.5%)	8:40	6.9 (71.1%)
46	ZARĘBA Beata	3760	ORANGE POLSKA	K30	46	00:00:18	02:01:22	03:54:46.15	03:55:04.50	+01:07:15 (28.6%)	8:41	6.9 (71.1%)
47	BUNK Daria	3713		K30	47	00:00:26	02:04:11	03:55:09.90	03:55:35.95	+01:07:39 (28.8%)	8:42	6.9 (71.1%)
48	BARTŁOMIEJSKA Urszula	3918		K30	48	00:00:36	02:04:35	03:55:20.00	03:55:56.60	+01:07:49 (28.8%)	8:42	6.9 (71.1%)
49	DOMAGAŁA Joanna	3867	KB SOBÓTKA	K30	49	00:01:22	02:14:35	03:55:50.50	03:57:13.35	+01:08:19 (29.0%)	8:44	6.9 (71.1%)
50	ŚLUSARCZYK-BARAN Magdalena	3937		K30	50	00:00:28	02:00:53	03:57:08.65	03:57:36.95	+01:09:37 (29.4%)	8:46	6.8 (70.1%)
51	PAJĄCZEK Dominika	3853		K30	51	00:00:30	02:11:07	03:57:21.40	03:57:52.30	+01:09:50 (29.4%)	8:47	6.8 (70.1%)
52	PALEWICZ Renata	3451		K30	52	00:00:35	02:06:49	03:58:32.85	03:59:07.90	+01:11:02 (29.8%)	8:50	6.8 (70.1%)
53	JACH-BALICKA Aleksandra	4027		K30	53	00:00:31	02:11:24	03:58:35.40	03:59:06.75	+01:11:04 (29.8%)	8:50	6.8 (70.1%)
54	KUJAWSKA Małgorzata	3787		K30	54	00:00:47	02:11:13	03:59:07.10	03:59:54.90	+01:11:36 (29.9%)	8:51	6.8 (70.1%)
55	SZLOSER Anna	3680	MAMY RUSZAMY	K30	55	00:01:29	02:13:41	03:59:18.35	04:00:48.25	+01:11:47 (30.0%)	8:51	6.8 (70.1%)
56	PARTYKA Maja	3016	4 RUN TEAM PIŁA	K30	56	00:00:11	02:06:28	03:59:46.55	03:59:58.15	+01:12:15 (30.1%)	8:52	6.8 (70.1%)
57	ZIEMLEWSKA Ewa	3667		K30	57	00:01:15	02:06:51	03:59:50.55	04:01:05.85	+01:12:19 (30.2%)	8:52	6.8 (70.1%)
58	DYKTYŃSKA Agnieszka	4046		K30	58	00:00:40	02:10:54	04:00:02.90	04:00:42.95	+01:12:32 (30.2%)	8:53	6.7 (69.1%)
59	POTYKANOWICZ Aleksandra	3996	SMASHING PĄPKINS	K30	59	00:00:29	02:15:52	04:01:14.70	04:01:44.40	+01:13:44 (30.6%)	8:56	6.7 (69.1%)
60	KALINOWSKA Dorota	3638		K30	60	00:01:39	02:10:13	04:01:41.70	04:03:21.50	+01:14:11 (30.7%)	8:57	6.7 (69.1%)
61	PODLASIŃSKA Paulina	3346		K30	61	00:00:22	02:06:16	04:01:57.65	04:02:20.10	+01:14:26 (30.8%)	8:57	6.7 (69.1%)
62	CAŁKA Agnieszka	3793	RADZYMIN RUN TEAM	K30	62	00:00:37	02:12:44	04:02:07.85	04:02:45.80	+01:14:37 (30.8%)	8:58	6.7 (69.1%)

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63	JAGIELSKA Magdalena	3551	NBG KŁOBUCK	K30	63	00:00:36	02:06:23	04:02:50.50	04:03:27.25	+01:15:19 (31.0%)	8:59	6.7 (69.1%)
64	DOMARADZKA Violetta	3831		K30	64	00:00:29	02:00:32	04:02:58.65	04:03:28.45	+01:15:27 (31.1%)	8:59	6.7 (69.1%)
65	BANASZEK Dominika	3924	BIEGUSIEM.PL	K30	65	00:01:24	02:13:04	04:03:37.90	04:05:02.05	+01:16:07 (31.2%)	9:01	6.6 (68.0%)
66	JANICZEK Martyna	3685		K30	66	00:01:02	02:14:10	04:05:32.65	04:06:34.95	+01:18:01 (31.8%)	9:05	6.6 (68.0%)
67	GULBINOWICZ Ewelina	3604		K30	67	00:01:19	02:13:52	04:06:39.70	04:07:59.60	+01:19:09 (32.1%)	9:08	6.6 (68.0%)
68	SKARUZ Anna	3031		K30	68	00:01:17	02:14:42	04:06:47.15	04:08:04.15	+01:19:16 (32.1%)	9:08	6.6 (68.0%)
69	CHABROWSKA Anita	3684	MUVMENT MARKETING	K30	69	00:01:33	02:16:46	04:07:16.60	04:08:50.05	+01:19:45 (32.3%)	9:09	6.6 (68.0%)
70	KONOPKA Anna	3322		K30	70	00:00:25	02:14:36	04:07:32.75	04:07:58.00	+01:20:02 (32.3%)	9:10	6.5 (67.0%)
71	WITKOWSKA Anna	3407		K30	71	00:00:51	02:12:45	04:08:28.55	04:09:20.40	+01:20:57 (32.6%)	9:12	6.5 (67.0%)
72	MILER Lidia	3135	ZABIERZÓW BIEGA	K30	72	00:00:19		04:08:54.00	04:09:13.00	+01:21:23 (32.7%)	9:13	6.5 (67.0%)
73	RADECKA Alicja	3393		K30	73	00:01:01	02:14:42	04:08:55.75	04:09:56.85	+01:21:25 (32.7%)	9:13	6.5 (67.0%)
74	NORKOWSKA Aleksandra	3106	ORANGE	K30	74	00:01:11	02:15:26	04:09:14.40	04:10:26.25	+01:21:43 (32.8%)	9:13	6.5 (67.0%)
75	PREJS Beata Marta	3544	NIGHT RUNNERS	K30	75	00:01:09	02:18:01	04:09:15.90	04:10:25.75	+01:21:45 (32.8%)	9:13	6.5 (67.0%)
76	WASILEWSKA Iwona	3840	NA MAXA TEAM	K30	76	00:00:56	02:02:19	04:09:23.20	04:10:19.80	+01:21:52 (32.8%)	9:14	6.5 (67.0%)
77	GÓRSKA Justyna	3841	NA MAXA TEAM	K30	77	00:00:56	02:02:19	04:09:23.25	04:10:19.80	+01:21:52 (32.8%)	9:14	6.5 (67.0%)
78	WRÓBLEWSKA Katarzyna	3467		K30	78	00:00:54	02:09:30	04:10:33.15	04:11:27.45	+01:23:02 (33.1%)	9:16	6.5 (67.0%)
79	KUCIŃSKA Magdalena	3694		K30	79	00:00:23	02:09:17	04:10:40.15	04:11:03.70	+01:23:09 (33.2%)	9:17	6.5 (67.0%)
80	DOBRZYŃSKA Daria	3849	BBL	K30	80	00:01:19	02:18:03	04:11:41.95	04:13:00.95	+01:24:11 (33.4%)	9:19	6.4 (66.0%)
81	PLAZE Olga	3205	NIGHT RUNNERS	K30	81	00:01:03	02:16:31	04:11:43.60	04:12:47.55	+01:24:12 (33.5%)	9:19	6.4 (66.0%)
82	LASOTA Edyta	3692		K30	82	00:00:21	02:14:30	04:12:39.55	04:13:00.65	+01:25:08 (33.7%)	9:21	6.4 (66.0%)
83	HORBACZ Hanna	3702		K30	83	00:01:19	02:18:36	04:13:33.50	04:14:53.05	+01:26:02 (33.9%)	9:23	6.4 (66.0%)
84	PYŻYŃSKA-WÓJTOWICZ Marta	4031	DRUŻYNA SZPIKU / KOBIETYBIEGAJA.PL	K30	84	00:01:19	02:18:36	04:13:33.65	04:14:53.35	+01:26:02 (33.9%)	9:23	6.4 (66.0%)
85	KOWALSKA Justyna	3863	STOWARZYSZENIE MORSY OŚNO LUBUSKIE	K30	85	00:01:17	02:21:00	04:13:59.70	04:15:17.25	+01:26:29 (34.0%)	9:24	6.4 (66.0%)

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86	KASPRZYK-KUŹNIAK Michalina	3592		K30	86	00:00:53	02:15:33	04:14:11.25	04:15:05.00	+01:26:40 (34.1%)	9:24	6.4 (66.0%)
87	JAŁOWIEC Agnieszka	4020		K30	87	00:00:35	02:19:51	04:14:44.70	04:15:20.35	+01:27:14 (34.2%)	9:26	6.4 (66.0%)
88	BUJAKIEWICZ Marta	3547	OBOZYBIEGOWE.PL	K30	88	00:00:49	02:17:45	04:15:21.40	04:16:11.10	+01:27:50 (34.4%)	9:27	6.3 (64.9%)
89	BICKOWSKA Magdalena	3175	RUN BYDGOSZCZ	K30	89	00:00:27	02:16:50	04:17:33.05	04:18:00.60	+01:30:02 (35.0%)	9:32	6.3 (64.9%)
90	SMOŁA Angelina	3072		K30	90	00:00:19	02:13:27	04:18:47.60	04:19:06.75	+01:31:16 (35.3%)	9:35	6.3 (64.9%)
91	MERCIK Marta	3252		K30	91	00:00:29	02:10:14	04:18:48.40	04:19:18.35	+01:31:17 (35.3%)	9:35	6.3 (64.9%)
92	STAWIŃSKA Zuzanna	3161		K30	92	00:01:06	02:21:18	04:19:16.95	04:20:23.55	+01:31:46 (35.4%)	9:36	6.2 (63.9%)
93	SIENIAWSKA Karolina	3645		K30	93	00:01:29	02:22:15	04:19:57.25	04:21:27.15	+01:32:26 (35.6%)	9:37	6.2 (63.9%)
94	LUKOWIEC Dagmara	3237	KRZYWDA TEAM	K30	94	00:01:05	02:14:25	04:20:37.00	04:21:42.30	+01:33:06 (35.7%)	9:39	6.2 (63.9%)
95	PAWŁOWICZ Dorota	3767	KUŹNIA TRIATHLONU	K30	95	00:01:34	02:23:20	04:20:50.90	04:22:25.00	+01:33:20 (35.8%)	9:39	6.2 (63.9%)
96	OKAPIEC Aleksandra	3708	AXA RUNNING TEAM	K30	96	00:01:19	02:25:49	04:21:07.20	04:22:27.10	+01:33:36 (35.8%)	9:40	6.2 (63.9%)
97	TRZCIŃSKA Jolanta	3914	TUP TUŚ	K30	97	00:00:40	02:24:18	04:22:27.35	04:23:07.60	+01:34:56 (36.2%)	9:43	6.2 (63.9%)
98	KIEŁBOWICZ Aneta	3326	SŁYNNI KENIJCZYCY	K30	98	00:01:09	02:22:38	04:22:28.20	04:23:37.30	+01:34:57 (36.2%)	9:43	6.2 (63.9%)
99	ZAJĄC Daria	3020	RUN EXPERT LEJDIS	K30	99	00:00:23	02:22:26	04:22:59.35	04:23:23.15	+01:35:28 (36.3%)	9:44	6.2 (63.9%)
100	PRANDZIOCH Karolina	3908		K30	100	00:01:00	02:23:51	04:23:14.70	04:24:15.05	+01:35:44 (36.4%)	9:45	6.2 (63.9%)
101	ROGÓZ Elżbieta	3449	PRORUNNING.PL	K30	101	00:01:17	02:22:27	04:23:24.65	04:24:41.90	+01:35:53 (36.4%)	9:45	6.2 (63.9%)
102	JATA Marta	3746	WW TEAM	K30	102	00:00:26	02:21:15	04:23:47.90	04:24:14.30	+01:36:17 (36.5%)	9:46	6.1 (62.9%)
103	ADAMCZYK Edyta	3500		K30	103	00:00:40	02:15:14	04:24:03.15	04:24:43.60	+01:36:32 (36.6%)	9:46	6.1 (62.9%)
104	STĘPKOWSKA Berta	3307		K30	104	00:01:26	02:27:23	04:24:05.90	04:25:31.95	+01:36:35 (36.6%)	9:46	6.1 (62.9%)
105	NIERADKA Katarzyna	3858		K30	105	00:01:37	02:23:07	04:24:09.40	04:25:46.40	+01:36:38 (36.6%)	9:47	6.1 (62.9%)
106	SMOŁA Ilona	3206		K30	106	00:00:19	02:18:11	04:24:24.15	04:24:43.55	+01:36:53 (36.6%)	9:47	6.1 (62.9%)
107	MISZEWSKA-URBAŃSKA Emilia	3208	SMARUJ NA TRENING TEAM	K30	107	00:01:20	02:21:11	04:24:42.60	04:26:03.50	+01:37:11 (36.7%)	9:48	6.1 (62.9%)
108	BOBROWICZ Małgorzata	3782	ACCEWTURE	K30	108	00:01:27	02:16:32	04:25:20.60	04:26:48.10	+01:37:49 (36.9%)	9:49	6.1 (62.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
109	KOZŁOWSKA Joanna	3153	12TRI.PL DRUŻYNA WILKA	K30	109	00:01:19	02:23:30	04:26:04.40	04:27:24.10	+01:38:33 (37.0%)	9:51	6.1 (62.9%)
110	KIEŁTYKA Karolina	3672	HUSARIA RACE TEAM	K30	110	00:00:37	02:16:34	04:27:00.45	04:27:38.40	+01:39:29 (37.3%)	9:53	6.1 (62.9%)
111	GAJEWSKA Katarzyna	3657	ALBATROSY	K30	111	00:01:11	02:26:15	04:27:31.50	04:28:43.00	+01:40:00 (37.4%)	9:54	6.1 (62.9%)
112	MAZUR Katarzyna	3224	NIGHT RUNNERS	K30	112	00:01:29	02:23:27	04:27:39.95	04:29:09.20	+01:40:09 (37.4%)	9:54	6.1 (62.9%)
113	KALUŻNA Aneta	3362		K30	113	00:00:38	02:16:38	04:28:24.50	04:29:02.65	+01:40:53 (37.6%)	9:56	6 (61.9%)
114	PINTSCHER Paulina	3008	RUNMAGEDDON	K30	114	00:00:09	02:25:31	04:28:35.05	04:28:44.90	+01:41:04 (37.6%)	9:56	6 (61.9%)
115	KOWALEWSKA Katarzyna	3600		K30	115	00:00:29	02:24:27	04:28:39.70	04:29:08.70	+01:41:09 (37.6%)	9:57	6 (61.9%)
116	SUCHOWIECKA Anna	3308	OLSZTYŃSKIE USTAWKI BIEGOWE	K30	116	00:00:23	02:18:10	04:30:13.45	04:30:37.00	+01:42:42 (38.0%)	10:00	6 (61.9%)
117	FIDALI Beata	3986	ŚRÓDZIEMIE	K30	117	00:00:34	02:19:45	04:30:29.85	04:31:04.65	+01:42:59 (38.1%)	10:01	6 (61.9%)
118	HRYŃ Agata	3611	NIGHT RUNNERS	K30	118	00:01:08	02:22:59	04:30:33.75	04:31:42.15	+01:43:03 (38.1%)	10:01	6 (61.9%)
119	KORNICKA Dorota	3044	ORANGE POLSKA	K30	119	00:00:46	02:37:14	04:32:29.00	04:33:15.20	+01:44:58 (38.5%)	10:05	5.9 (60.8%)
120	NAWROCKA Natalia	3528		K30	120	00:01:04	02:27:55	04:33:16.40	04:34:21.20	+01:45:45 (38.7%)	10:07	5.9 (60.8%)
121	GIEDROJC Iwona	3629	PZU SPORT TEAM	K30	121	00:00:48	02:24:58	04:33:47.95	04:34:36.25	+01:46:17 (38.8%)	10:08	5.9 (60.8%)
122	IDZIAK Magdalena	3675	NOWOMIESZCZANIE LUBIĄ BIEGANIE	K30	122	00:00:37	02:24:13	04:34:34.00	04:35:11.20	+01:47:03 (39.0%)	10:10	5.9 (60.8%)
123	KIJOWSKA Małgorzata	3493	NIGHT RUNNERS	K30	123	00:01:09	02:31:03	04:34:45.30	04:35:54.45	+01:47:14 (39.0%)	10:10	5.9 (60.8%)
124	CIURZYNSKA Zuzanna	3409	RK ATHLETICS	K30	124	00:00:49	02:25:21	04:34:53.60	04:35:43.30	+01:47:22 (39.1%)	10:10	5.9 (60.8%)
125	KURAS- SMOLNIK Magdalena	3597	SIERADZBIEGA.PL	K30	125	00:00:44	02:25:19	04:34:58.85	04:35:43.00	+01:47:28 (39.1%)	10:11	5.9 (60.8%)
126	ZABŁOCKA Magdalena	3720	PAMIĘTNIK BIEGAJĄCEJ DZIEWCZYNY	K30	126	00:01:41	02:29:21	04:35:55.95	04:37:37.35	+01:48:25 (39.3%)	10:13	5.9 (60.8%)
127	PIECUCH Kinga	3160	JEST MOC!	K30	127	00:00:11	02:23:17	04:36:21.65	04:36:32.70	+01:48:50 (39.4%)	10:14	5.9 (60.8%)
128	GAC-KARELUS Katarzyna	3850	NOWOSARZYŃSKA GRUPA BIEGOWA	K30	128	00:01:19	02:31:13	04:37:28.10	04:38:47.10	+01:49:57 (39.6%)	10:16	5.8 (59.8%)
129	GADOMSKA Anna	3034	PZU SPORT TEAM	K30	129	00:00:47	02:17:31	04:37:32.60	04:38:20.20	+01:50:01 (39.6%)	10:16	5.8 (59.8%)
130	TANJGA Konstancja	3691	PLL LOT	K30	130	00:01:13	02:32:07	04:41:25.50	04:42:38.65	+01:53:54 (40.5%)	10:25	5.8 (59.8%)
131	LISSEWSKA Konstancja	3722	REWOR.WORDPRESS.COM	K30	131	00:01:41	02:29:23	04:41:27.90	04:43:09.85	+01:53:57 (40.5%)	10:25	5.8 (59.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
132	LASKOWSKA Maja	3231	RUNNERSCLUB.PL	K30	132	00:00:45	02:30:50	04:41:48.10	04:42:33.85	+01:54:17 (40.6%)	10:26	5.7 (58.8%)
133	DREWNIK Małgorzata	3343	OBOZYBIEGOWE.PL	K30	133	00:00:50	02:22:23	04:41:57.40	04:42:47.75	+01:54:26 (40.6%)	10:26	5.7 (58.8%)
134	ROGALA Magdalena	3993		K30	134	00:00:16	02:25:11	04:42:04.20	04:42:20.30	+01:54:33 (40.6%)	10:26	5.7 (58.8%)
135	WALENTYNOWICZ Marzena	3178		K30	135	00:00:46	02:30:00	04:42:14.50	04:43:00.55	+01:54:43 (40.6%)	10:27	5.7 (58.8%)
136	ROSIEK Anna	3921	USTRZYKI DOLNE	K30	136	00:00:51	02:32:26	04:42:52.45	04:43:44.35	+01:55:21 (40.8%)	10:28	5.7 (58.8%)
137	SZKUTA Adrianna	3221	NKB CHYŻY NOWY TOMYŚL	K30	137	00:01:01	02:29:43	04:43:02.05	04:44:03.80	+01:55:31 (40.8%)	10:28	5.7 (58.8%)
138	MALCZEWSKA Anna	3621	SŁYNNI KENIJCZYCY	K30	138	00:01:09	02:32:35	04:44:27.50	04:45:36.80	+01:56:56 (41.1%)	10:32	5.7 (58.8%)
139	ZACHARZYŃSKA Katarzyna	3080	ORANGE POLSKA	K30	139	00:00:45	02:38:53	04:44:33.70	04:45:19.00	+01:57:03 (41.1%)	10:32	5.7 (58.8%)
140	JĘDRYS Marta	3554	BBM KIELCE/ ZABIEGANI	K30	140	00:01:21	02:30:34	04:46:15.40	04:47:36.75	+01:58:44 (41.5%)	10:36	5.7 (58.8%)
141	CZEPIEC Agata	3292		K30	141	00:01:07	02:34:55	04:46:31.60	04:47:39.40	+01:59:00 (41.5%)	10:36	5.7 (58.8%)
142	KUCAB - KLICH Katarzyna	3653		K30	142	00:01:23	02:26:58	04:47:17.80	04:48:41.65	+01:59:47 (41.7%)	10:38	5.6 (57.7%)
143	TOMASZEWSKA Magda	3398		K30	143	00:00:40	02:34:30	04:48:07.45	04:48:47.75	+02:00:36 (41.9%)	10:40	5.6 (57.7%)
144	MATAREWICZ-WIAK Maryna	3223	TASOWANIE	K30	144	00:01:20	02:21:15	04:48:31.90	04:49:52.10	+02:01:01 (41.9%)	10:41	5.6 (57.7%)
145	DOWLASZEWICZ Małgorzata	3764		K30	145	00:01:24	02:32:00	04:49:58.20	04:51:22.35	+02:02:27 (42.2%)	10:44	5.6 (57.7%)
146	NOSAL Hanna	3214	BIEGNĘ	K30	146	00:01:01	02:30:39	04:50:13.90	04:51:15.55	+02:02:43 (42.3%)	10:44	5.6 (57.7%)
147	PAJĄK Karolina	3865	PUSZCZYK BUKOWY	K30	147	00:00:22	02:43:41	04:50:52.45	04:51:14.75	+02:03:21 (42.4%)	10:46	5.6 (57.7%)
148	MOŹDŻONEK Anna	3294		K30	148	00:01:30	02:30:26	04:50:54.00	04:52:24.00	+02:03:23 (42.4%)	10:46	5.6 (57.7%)
149	KLISZ Agnieszka	3595	CROSSFIT LUBLIN	K30	149	00:01:24	02:31:55	04:51:05.55	04:52:30.50	+02:03:34 (42.5%)	10:46	5.6 (57.7%)
150	BARCZAK Sylwia	4032	PERFECT RUNNER LUBLIN	K30	150	00:00:59	02:36:44	04:51:28.15	04:52:28.05	+02:03:57 (42.5%)	10:47	5.6 (57.7%)
151	SZWEDA-LEWANDOWSKA Zofia	3770		K30	151	00:00:35	02:30:21	04:52:38.60	04:53:14.35	+02:05:07 (42.8%)	10:50	5.5 (56.7%)
152	POSIŁA Joanna	3856	POLSKA	K30	152	00:01:06	02:35:08	04:55:53.30	04:56:59.65	+02:08:22 (43.4%)	10:57	5.5 (56.7%)
153	NIZIOŁEK Gabriela	3744	DAMY RADE	K30	153	00:01:16	02:36:56	04:56:06.95	04:57:23.05	+02:08:36 (43.4%)	10:58	5.5 (56.7%)
154	SADZA Adrianna	3689		K30	154	00:01:21	02:35:23	04:56:56.15	04:58:17.50	+02:09:25 (43.6%)	10:59	5.5 (56.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
155	FURMAN Agnieszka	3053		K30	155	00:01:13	02:41:38	04:59:10.00	05:00:23.80	+02:11:39 (44.0%)	11:04	5.4 (55.7%)
156	BAUMANN-POPCZYK Anna	3311		K30	156	00:01:00	02:39:08	05:02:23.45	05:03:23.65	+02:14:52 (44.6%)	11:11	5.4 (55.7%)
157	BINIAŚ -PASTUSIAK Anna	3067		K30	157	00:00:42	02:39:22	05:04:01.70	05:04:43.80	+02:16:31 (44.9%)	11:15	5.3 (54.6%)
158	PIOTROWSKA Urszula	3726		K30	158	00:01:26	02:44:41	05:04:41.70	05:06:08.15	+02:17:11 (45.0%)	11:17	5.3 (54.6%)
159	ŁOSIEWICZ Anna	3662	MORENKA TEAM	K30	159	00:00:53	02:32:28	05:04:59.05	05:05:52.90	+02:17:28 (45.1%)	11:17	5.3 (54.6%)
160	ZAMIATOWSKA Kinga	3585	RUN BYDGOSZCZ	K30	160	00:00:16	02:34:22	05:08:56.40	05:09:12.80	+02:21:25 (45.8%)	11:26	5.2 (53.6%)
161	KONOPIŃSKA Agnieszka	3466	RUN BYDGOSZCZ	K30	161	00:00:16	02:34:32	05:08:56.70	05:09:12.70	+02:21:26 (45.8%)	11:26	5.2 (53.6%)
162	GADOMSKA Martyna	3058	BRAK	K30	162	00:00:46	02:43:23	05:09:28.55	05:10:14.65	+02:21:57 (45.9%)	11:27	5.2 (53.6%)
163	SZACHNOWSKA Justyna	3210	ALBATROSY	K30	163	00:01:11	02:39:06	05:11:12.35	05:12:23.75	+02:23:41 (46.2%)	11:31	5.2 (53.6%)
164	RATKA Roma	3056	CALYPSO PIŁA	K30	164	00:01:18	02:38:19	05:11:45.75	05:13:04.25	+02:24:15 (46.3%)	11:32	5.2 (53.6%)
165	BAZIUK Aneta	3204	CALYPSO PIŁA	K30	165	00:01:18	02:31:50	05:19:10.75	05:20:29.25	+02:31:40 (47.5%)	11:49	5.1 (52.6%)
166	SĘKOWSKA Dorota	4041	STOWARZYSZENIE MARATON LUBELSKI	K30	166	00:01:15	02:48:23	05:26:18.45	05:27:34.15	+02:38:47 (48.7%)	12:05	5 (51.5%)
167	SŁOWIŃSKA Karolina	3022	IM	K30	167	00:00:51	02:51:07	05:26:31.80	05:27:23.00	+02:39:01 (48.7%)	12:05	5 (51.5%)
168	ZAWAL Patrycja	3038		K30	168	00:00:33	02:40:32	05:27:02.10	05:27:35.25	+02:39:31 (48.8%)	12:06	5 (51.5%)
169	ROGOWSKA-ROSZCZYK Magdalena	3310	OLSZTYŃSKIE USTAWKI BIEGOWE	K30	169	00:00:23	02:45:35	05:27:14.95	05:27:38.90	+02:39:44 (48.8%)	12:07	5 (51.5%)
170	SNARSKA Katarzyna	4012	SPARTANIE DZIECIOM	K30	170	00:00:14	02:47:59	05:28:18.15	05:28:32.80	+02:40:47 (49.0%)	12:09	4.9 (50.5%)
171	MARONOEŁ Katarzyna	3230	SILESIA RUNNING TEAM / FESTIWAL BIEGÓW	K30	171	00:00:33	02:44:31	05:28:59.20	05:29:32.95	+02:41:28 (49.1%)	12:11	4.9 (50.5%)
172	CHACIŃSKA Marta	3261	DZIKIE GRUBASY	K30	172	00:01:37	02:39:20	05:33:54.95	05:35:32.60	+02:46:24 (49.8%)	12:22	4.9 (50.5%)
173	WIŚNIEWSKA Ewela	3327	TRENERBIEGANIA.PL	K30	173	00:01:24	02:51:57	05:43:54.35	05:45:19.30	+02:56:23 (51.3%)	12:44	4.7 (48.5%)
174	ROSIĄK Agnieszka	3697	IM	K30	174	00:00:50	02:59:25	05:55:16.45	05:56:07.15	+03:07:45 (52.9%)	13:09	4.6 (47.4%)
175	ZAGROBELNA Magdalena	3826	DRUŻYNA SZPIKU	K30	175	00:01:02	03:18:14	06:00:48.00	06:01:50.40	+03:13:17 (53.6%)	13:21	4.5 (46.4%)
176	LACHTERA Karolina	3866	KB SOBÓTKA	K30	176	00:01:22	02:27:05	06:24:41.85	06:26:04.75	+03:37:11 (56.5%)	14:14	4.2 (43.3%)
177	SKRZYPCZAK Marta	3227	RUN EXPERT LEJDIS	K30	177	00:00:28	03:19:55	06:27:50.50	06:28:19.10	+03:40:19 (56.8%)	14:21	4.2 (43.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
	JANICKA Katarzyna	3801		K30		DNF	03:16:11 DNF	DNF	DNF	-	-	(0.0%)
	MIŚKIEWICZ Magdalena	3499	CITYRULERS SZCZECIN	K30		DNF	DNF	DNF	DNF	-	-	(0.0%)
	KOCZUŁA Justyna	3273		K30		DNF	DNF	DNF	DNF	-	-	(0.0%)
	MARCINCZAK Anna	3333		K30		DNF	DNF	DNF	DNF	-	-	(0.0%)
	PÓŁTORAK Katarzyna	3497		K30		DNF	DNF	DNF	DNF	-	-	(0.0%)
	KRUSZEWSKA-SENK Agnieszka	3464	OBOZYBIEGOWE.PL	K30		DNF	DNF	DNF	DNF	-	-	(0.0%)
	MICHALSKA Anna	3778		K30		DNF	DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 184 wynik(ów)