

BIEG RZEŹNICZEK 2016

B4SPORT

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

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Kobiety

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	GRZYWACZEWSKA Justyna	3929	CITY TRAIL TEAM	K20	1	00:00:07	01:32:31	02:56:07.75	02:56:14.75	+00:08:37 (4.9%)	6:31	9.2 (94.8%)
5	DOMISZEWSKA Maria	3846		K50	1	00:00:35	01:44:49	03:07:28.90	03:08:04.25	+00:19:58 (10.7%)	6:56	8.6 (88.7%)
6	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%)
7	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%)
8	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%)
9	GOLAS Grażyna	3520	TRI LADIES	K40	1	00:00:27	01:46:11	03:15:09.30	03:15:36.75	+00:27:38 (14.2%)	7:13	8.3 (85.6%)
10	ŚCIUBA Aneta	3537		K20	2	00:00:18	01:45:32	03:15:58.80	03:16:16.80	+00:28:28 (14.5%)	7:15	8.3 (85.6%)
11	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%)
12	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%)
13	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%)
14	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%)
15	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%)
16	ROMEJ Aleksandra	3925	CITY TRAIL TEAM	K20	3	00:00:09	01:49:58	03:24:43.90	03:24:53.75	+00:37:13 (18.2%)	7:34	7.9 (81.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
17	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%)
18	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%)
19	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%)
20	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%)
21	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%)
22	KAMIŃSKA Jolanta	3777	12TRI.PL	K20	4	00:01:06	01:50:22	03:32:03.35	03:33:09.35	+00:44:32 (21.0%)	7:51	7.6 (78.4%)
23	JANKOWIAK Marta	3513	RAJSPOORT ACTIVE ANTON TEAM	K20	5	00:00:17	01:49:43	03:32:17.65	03:32:35.00	+00:44:46 (21.1%)	7:51	7.6 (78.4%)
24	MACIASZCZYK Magda	3238	UKL ÓSEMKA POLICE	K40	2	00:00:17	01:54:31	03:32:37.95	03:32:54.95	+00:45:07 (21.2%)	7:52	7.6 (78.4%)
25	TOMCZAK Agnieszka	3374		K40	3	00:00:14	01:52:38	03:33:21.30	03:33:35.80	+00:45:50 (21.5%)	7:54	7.6 (78.4%)
26	RONKOWSKA Małgorzata	3660		K20	6	00:00:39	01:55:30	03:33:37.15	03:34:16.30	+00:46:06 (21.6%)	7:54	7.6 (78.4%)
27	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%)
28	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%)
29	CZERNAK Anna	3317	VEGE RUNNERS / KRASNYSTAW BIEGA	K20	7	00:00:29	02:02:12	03:36:18.05	03:36:47.95	+00:48:47 (22.6%)	8:00	7.5 (77.3%)
30	ZAJDEL Karolina	4056	AZS KRAKÓW	K20	8	00:00:24	01:53:30	03:37:01.85	03:37:26.65	+00:49:31 (22.8%)	8:02	7.5 (77.3%)
31	ADAMCZYK Julia	3075	12TRI.PL	K20	9	00:00:35	01:58:41	03:38:50.65	03:39:26.55	+00:51:19 (23.5%)	8:06	7.4 (76.3%)
32	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%)
33	KASZYCKA Renata	3519		K40	4	00:00:51	02:03:18	03:39:43.50	03:40:34.80	+00:52:12 (23.8%)	8:08	7.4 (76.3%)
34	WIECZOREK Ola	3615		K20	10	00:00:07	01:55:01	03:40:05.00	03:40:12.95	+00:52:34 (23.9%)	8:09	7.4 (76.3%)
35	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%)
36	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%)
37	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%)
38	ZALEWSKA Marta	3416	ŻÓRAWSKI TEAM	K20	11	00:00:27	02:02:08	03:42:39.30	03:43:06.30	+00:55:08 (24.8%)	8:14	7.3 (75.3%)
39	JĘDRZEJCZYK Agnieszka	3200	RZESZOWSKIE GAZELE I GEPARDY	K40	5	00:00:15	02:02:02	03:42:51.85	03:43:07.30	+00:55:21 (24.8%)	8:15	7.3 (75.3%)

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40	PEKALA Magda	3652	NIGHT RUNNERS	K20	12	00:01:08	01:58:44	03:42:51.90	03:44:00.25	+00:55:21 (24.8%)	8:15	7.3 (75.3%)
41	DZIERWA Sylwia	4009		K20	13	00:00:54	02:01:10	03:43:38.50	03:44:33.30	+00:56:07 (25.1%)	8:17	7.2 (74.2%)
42	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%)
43	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%)
44	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%)
45	LIGĘZA - CHYŁEK Irmina	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%)
46	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%)
47	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%)
48	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%)
49	SZUMSKA Anna	3974		K20	14	00:00:25	02:01:28	03:44:59.05	03:45:24.60	+00:57:28 (25.5%)	8:19	7.2 (74.2%)
50	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%)
51	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%)
52	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%)
53	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%)
54	INDYKA Kornelia	3331	NIGHT RUNNERS	K20	15	00:01:07	02:12:06	03:46:05.60	03:47:12.60	+00:58:34 (25.9%)	8:22	7.2 (74.2%)
55	LEŚNIAK-POPEI Marta	3848		K40	6	00:00:59	02:03:48	03:46:30.95	03:47:30.20	+00:59:00 (26.0%)	8:23	7.2 (74.2%)
56	MATUSIAK Małgorzata	3342		K20	16	00:00:24	02:06:43	03:46:40.75	03:47:05.50	+00:59:10 (26.1%)	8:23	7.1 (73.2%)
57	LENKOWSKA Adrianna	3164	BIEGAM BO NIE LUBIĘ	K20	17	00:00:26	02:03:36	03:47:00.45	03:47:26.90	+00:59:29 (26.2%)	8:24	7.1 (73.2%)
58	WAWRZY尼亚K 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%)
59	MAZURCZAK Anna	3938	KW WARSZAWA	K20	18	00:00:15	01:59:54	03:47:42.65	03:47:58.40	+01:00:11 (26.4%)	8:26	7.1 (73.2%)
60	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%)
61	LEMIESZKA Marta	3097	ROZBIEGANY SULEJÓWEK	K20	19	00:01:13	02:02:00	03:48:20.80	03:49:33.90	+01:00:50 (26.6%)	8:27	7.1 (73.2%)
62	KUFEL Magdalena	3191		K20	20	00:00:25	01:59:50	03:48:26.25	03:48:51.85	+01:00:55 (26.7%)	8:27	7.1 (73.2%)

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63	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%)
64	WOCH Ewelina	3541		K20	21	00:00:30	02:17:09	03:48:54.75	03:49:25.20	+01:01:24 (26.8%)	8:28	7.1 (73.2%)
65	KAWAŁKO Patrycja	3457	TEAM KOPEĆ	K40	7	00:00:22	02:01:16	03:49:28.70	03:49:51.45	+01:01:58 (27.0%)	8:29	7.1 (73.2%)
66	GŁĘBOCKA Marta	4018	E-PRZEMEK.PL	K40	8	00:01:17	02:01:15	03:49:34.70	03:50:52.45	+01:02:04 (27.0%)	8:30	7.1 (73.2%)
67	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%)
68	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%)
69	SZYMAŃSKA Edyta	3199	12TRI.PL DRUŻYNA WILKA	K20	22	00:00:24	02:01:19	03:50:23.70	03:50:48.50	+01:02:53 (27.3%)	8:32	7 (72.2%)
70	URBAŃSKA Agnieszka	3671	LUBAWA KOCHA BIEGAĆ	K20	23	00:00:19	01:54:21	03:50:36.05	03:50:55.90	+01:03:05 (27.4%)	8:32	7 (72.2%)
71	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%)
72	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%)
73	CIUBA Patrycja	3458	NAPRZÓD MŁOCINY	K20	24	00:01:10	02:09:09	03:51:35.85	03:52:46.05	+01:04:05 (27.7%)	8:34	7 (72.2%)
74	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%)
75	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%)
76	KOT Klaudia	3661	NIGHT RUNNERS	K20	25	00:01:07	01:58:23	03:52:14.20	03:53:21.40	+01:04:43 (27.9%)	8:36	7 (72.2%)
77	BARCZEWSKA Agnieszka	3919		K20	26	00:00:20	02:04:05	03:52:19.55	03:52:40.40	+01:04:48 (27.9%)	8:36	7 (72.2%)
78	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%)
79	PASECKA Sylwia	3920		K40	9	00:01:09	02:01:28	03:53:48.65	03:54:58.55	+01:06:17 (28.4%)	8:39	6.9 (71.1%)
80	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%)
81	GRĘZIAK Magdalena	3799	BIAŁOSTOCKA SEKTA BIEGACZY	K20	27	00:01:11	02:05:58	03:54:09.80	03:55:20.80	+01:06:39 (28.5%)	8:40	6.9 (71.1%)
82	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%)
83	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%)
84	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%)
85	KASZYCKA Dorota	4004	WKURW_TEAM	K20	28	00:01:00	02:05:44	03:55:19.60	03:56:20.55	+01:07:48 (28.8%)	8:42	6.9 (71.1%)

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86	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%)
87	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%)
88	FABISIAK Ewa	3131	ROZBIEGANY SULEJÓWEK	K40	10	00:00:35	02:06:26	03:56:30.60	03:57:05.75	+01:08:59 (29.2%)	8:45	6.8 (70.1%)
89	GRUMBIANIN Paulina	3948		K40	11	00:00:32	02:09:15	03:56:40.25	03:57:12.95	+01:09:09 (29.2%)	8:45	6.8 (70.1%)
90	KWIECIŃSKA Izabela	3928		K20	29	00:00:50	02:04:02	03:56:44.70	03:57:34.90	+01:09:14 (29.2%)	8:46	6.8 (70.1%)
91	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%)
92	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%)
93	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%)
94	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%)
95	MROZOWSKA Magdalena	3247	MARZĘ O RZEŹNIKU	K40	12	00:00:46	02:08:03	03:58:44.55	03:59:31.20	+01:11:13 (29.8%)	8:50	6.8 (70.1%)
96	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%)
97	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%)
98	KWIECIEŃ Kamila	3478	AMBITNE TYGRYSICE	K40	13	00:00:20	02:08:47	03:59:37.35	03:59:58.30	+01:12:06 (30.1%)	8:52	6.8 (70.1%)
99	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%)
100	ODOLIŃSKA Agnieszka	3050	BRZozowski TEAM	K40	14	00:00:58	02:16:19	03:59:49.20	04:00:48.15	+01:12:18 (30.2%)	8:52	6.8 (70.1%)
101	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%)
102	BRUDNICKA Kamila	3596		K20	30	00:00:32	02:09:25	03:59:51.20	04:00:23.25	+01:12:20 (30.2%)	8:53	6.8 (70.1%)
103	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%)
104	KACZOREK Beata	3332		K40	15	00:00:14	02:03:56	04:00:06.95	04:00:21.30	+01:12:36 (30.2%)	8:53	6.7 (69.1%)
105	FUKS Wiktoria	3749		K20	31	00:01:07	02:12:29	04:01:07.80	04:02:15.60	+01:13:37 (30.5%)	8:55	6.7 (69.1%)
106	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%)
107	NOWOTARSKA Anita	3498	USTRZYKI DOLNE	K40	16	00:00:52	02:08:54	04:01:27.00	04:02:19.00	+01:13:56 (30.6%)	8:56	6.7 (69.1%)
108	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
109	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%)
110	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%)
111	JAZ Małgorzata	3048	KM TEAM	K40	17	00:00:27	02:10:07	04:02:37.15	04:03:04.70	+01:15:06 (31.0%)	8:59	6.7 (69.1%)
112	GARGAS-MARUT Małgorzata	3288	PZU SPORT TEAM	K40	18	00:00:47	02:17:30	04:02:42.90	04:03:30.80	+01:15:12 (31.0%)	8:59	6.7 (69.1%)
113	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%)
114	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%)
115	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%)
116	GOGÓŁ-IŻOWSKA Edyta	3381		K20	32	00:00:18	02:08:26	04:03:49.80	04:04:08.50	+01:16:19 (31.3%)	9:01	6.6 (68.0%)
117	KONIK Sylwia	3591	KONIK TEAM	K40	19	00:00:57	02:14:14	04:04:17.30	04:05:15.20	+01:16:46 (31.4%)	9:02	6.6 (68.0%)
118	PYZEL Agnieszka	3923		K40	20	00:01:36	02:14:29	04:05:13.10	04:06:49.30	+01:17:42 (31.7%)	9:04	6.6 (68.0%)
119	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%)
120	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%)
121	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%)
122	MAJ Anna	3251		K40	21	00:00:29	02:13:06	04:07:06.40	04:07:36.30	+01:19:35 (32.2%)	9:09	6.6 (68.0%)
123	RACZKOWSKA Beata	3375	KIELCE	K40	22	00:00:29	02:17:13	04:07:10.00	04:07:39.00	+01:19:39 (32.2%)	9:09	6.6 (68.0%)
124	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%)
125	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%)
126	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%)
127	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%)
128	SALA Edyta	3979		K40	23	00:00:26	02:11:33	04:08:55.25	04:09:21.60	+01:21:24 (32.7%)	9:13	6.5 (67.0%)
129	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%)
130	BASIŃSKA Anna	3552	NIGHT RUNNERS	K20	33	00:01:06	02:15:11	04:09:11.90	04:10:18.75	+01:21:41 (32.8%)	9:13	6.5 (67.0%)
131	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
132	ELTANBOULI-JABŁOŃSKA Iwona	3004	NATIONAL GEOGRAPHIC POLSKA	K40	24	00:00:55	02:15:21	04:09:15.00	04:10:10.35	+01:21:44 (32.8%)	9:13	6.5 (67.0%)
133	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%)
134	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%)
135	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%)
136	WĄSOWSKA Jagoda	4039		K50	2	00:01:36	02:21:45	04:09:29.55	04:11:05.70	+01:21:58 (32.9%)	9:14	6.5 (67.0%)
137	KLADZIŃSKA Anna	3619		K20	34	00:00:36	02:12:11	04:09:50.25	04:10:26.40	+01:22:19 (33.0%)	9:15	6.5 (67.0%)
138	ARKUSZYŃSKA Beata	3335	TIME4RUNNING	K40	25	00:00:43	02:08:26	04:10:05.25	04:10:49.20	+01:22:34 (33.0%)	9:15	6.5 (67.0%)
139	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%)
140	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%)
141	DOPIERAŁA Kinga	3113		K20	35	00:01:11	02:17:48	04:10:51.30	04:12:02.80	+01:23:20 (33.2%)	9:17	6.5 (67.0%)
142	KOCÓJ Dominika	3163	NIGHT RUNNER'S GLIWICE	K20	36	00:01:15	02:18:23	04:10:57.60	04:12:13.20	+01:23:26 (33.3%)	9:17	6.5 (67.0%)
143	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%)
144	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%)
145	TKACZYK Jolanta	3456		K40	26	00:00:48	02:17:28	04:12:04.10	04:12:52.85	+01:24:33 (33.5%)	9:20	6.4 (66.0%)
146	PLICHTA Karolina	4035	WARSZAWA	K20	37	00:00:44	02:15:28	04:12:08.00	04:12:52.15	+01:24:37 (33.6%)	9:20	6.4 (66.0%)
147	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%)
148	BARTKOWIAK Anna	3495		K20	38	00:01:14	02:19:15	04:12:50.40	04:14:05.10	+01:25:19 (33.7%)	9:21	6.4 (66.0%)
149	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%)
150	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%)
151	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%)
152	SAMBORSKA Anna	3250	ULKS LIPINKI	K40	27	00:01:30	02:12:57	04:14:03.10	04:15:33.55	+01:26:32 (34.1%)	9:24	6.4 (66.0%)
153	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%)
154	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
155	DRWIĘGA Beata	3704		K40	28	00:01:45	02:14:38	04:15:09.50	04:16:54.85	+01:27:38 (34.3%)	9:27	6.3 (64.9%)
156	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%)
157	BEZKOROWAJNY Joanna	3413		K20	39	00:01:16	02:16:24	04:16:17.00	04:17:33.40	+01:28:46 (34.6%)	9:29	6.3 (64.9%)
158	LACHOWICZ Julia	3005	NATIONAL GEOGRAPHIC POLSKA	Kobiety	1	00:00:55	02:13:55	04:16:46.00	04:17:41.40	+01:29:15 (34.8%)	9:30	6.3 (64.9%)
159	RACZYŃSKA Małgorzata	3885	POWERADE TEAM	K40	29	00:01:03	02:16:01	04:16:55.55	04:17:58.60	+01:29:24 (34.8%)	9:30	6.3 (64.9%)
160	GOŁĘBIOWSKA Barbara	3598	CHEŁM BIEGA	K40	30	00:00:52	02:15:13	04:16:59.85	04:17:51.95	+01:29:29 (34.8%)	9:31	6.3 (64.9%)
161	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%)
162	POPŁAWSKA Katarzyna	3483	PĘDZIWIATR HIPOLITÓW	K40	31	00:01:04	02:10:27	04:17:33.55	04:18:37.75	+01:30:02 (35.0%)	9:32	6.3 (64.9%)
163	ŁUKASZEWSKA Anna	3992		K40	32	00:01:21	02:26:48	04:17:53.25	04:19:14.55	+01:30:22 (35.0%)	9:33	6.3 (64.9%)
164	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%)
165	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%)
166	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%)
167	MIKRUT Małgorzata	3450		K40	33	00:00:26	02:17:55	04:19:30.50	04:19:56.50	+01:31:59 (35.5%)	9:36	6.2 (63.9%)
168	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%)
169	POŁCZYŃSKA Zuzanna	3440	TAKBIEGAMY	K20	40	00:00:44	02:13:18	04:20:22.90	04:21:07.50	+01:32:52 (35.7%)	9:38	6.2 (63.9%)
170	STANOSZEK Agnieszka	3886	POWERADE TEAM	K40	34	00:01:02	02:15:28	04:20:35.90	04:21:38.65	+01:33:05 (35.7%)	9:39	6.2 (63.9%)
171	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%)
172	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%)
173	SOŁTYSIK Anna	3643	NIGHT RUNNERS	K20	41	00:00:32	02:10:15	04:20:52.55	04:21:25.45	+01:33:21 (35.8%)	9:39	6.2 (63.9%)
174	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%)
175	MAREK Magdalena	3769		K40	35	00:01:22	02:23:58	04:21:13.85	04:22:35.85	+01:33:43 (35.9%)	9:40	6.2 (63.9%)
176	ROBAK Marlena	3433	ALBATROSY	K20	42	00:00:33	02:18:42	04:21:16.55	04:21:50.00	+01:33:45 (35.9%)	9:40	6.2 (63.9%)
177	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
178	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%)
179	ZABOROWSKA-SOŁTYS Małgorzata	4015		K40	36	00:01:01	02:18:40	04:22:59.20	04:24:01.15	+01:35:28 (36.3%)	9:44	6.2 (63.9%)
180	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%)
181	JAWOROWICZ Dobrochna	3378	KALIŃSKA TEAM	K40	37	00:01:35	02:21:47	04:23:11.20	04:24:47.10	+01:35:40 (36.4%)	9:44	6.2 (63.9%)
182	SAMOJLUK ŚLUSARSKA Bożena	3714		K50	3	00:01:23	02:17:08	04:23:14.45	04:24:37.95	+01:35:43 (36.4%)	9:44	6.2 (63.9%)
183	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%)
184	ROGÓŻ 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%)
185	BORC Marzanna	3754	AKADEMIA BIEGANIA GRUDZIĄDZ	K40	38	00:00:20	02:12:59	04:23:41.55	04:24:01.90	+01:36:10 (36.5%)	9:45	6.1 (62.9%)
186	NAPIERAŁA Katarzyna	3150		K40	39	00:00:15	02:23:55	04:23:43.35	04:23:59.15	+01:36:12 (36.5%)	9:46	6.1 (62.9%)
187	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%)
188	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%)
189	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%)
190	OGÓREK Monika	3234		K20	43	00:01:13	02:26:38	04:24:08.40	04:25:22.10	+01:36:37 (36.6%)	9:47	6.1 (62.9%)
191	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%)
192	KOSMALA Iwona	3298		K20	44	00:01:14	02:26:37	04:24:17.50	04:25:31.60	+01:36:46 (36.6%)	9:47	6.1 (62.9%)
193	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%)
194	SOSZYŃSKA Małgorzata	3242	CZŁAPACZE	K50	4	00:01:44	02:28:16	04:24:37.70	04:26:21.70	+01:37:07 (36.7%)	9:48	6.1 (62.9%)
195	KUKAWSKA Joanna	3893	RK ATHLETICS	K50	5	00:01:05	02:24:56	04:24:41.90	04:25:47.85	+01:37:11 (36.7%)	9:48	6.1 (62.9%)
196	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%)
197	ZYCH Anna	3098		K40	40	00:00:26	02:21:16	04:25:05.45	04:25:31.65	+01:37:34 (36.8%)	9:49	6.1 (62.9%)
198	MAZUREK Katarzyna	3054	SKLEP BIEGACZA LUBLIN / LSB	K40	41	00:00:25	02:21:16	04:25:06.75	04:25:31.80	+01:37:36 (36.8%)	9:49	6.1 (62.9%)
199	JURAŚ-KMIEĆ Marzena	3741		K40	42	00:00:49	02:16:32	04:25:16.15	04:26:06.00	+01:37:45 (36.9%)	9:49	6.1 (62.9%)
200	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
201	WOLAREK Marzena	4048		K40	43	00:00:16	02:24:47	04:25:48.05	04:26:04.60	+01:38:17 (37.0%)	9:50	6.1 (62.9%)
202	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%)
203	KRAUZA-DERKOWSKA Joanna	3385	NOWOMIESZCZANIELUBIĄBIEGANIE	K40	44	00:00:37	02:14:42	04:26:12.75	04:26:50.60	+01:38:42 (37.1%)	9:51	6.1 (62.9%)
204	ŻAKIEWICZ Magdalena	3482		K20	45	00:00:35	02:15:44	04:26:50.05	04:27:25.40	+01:39:19 (37.2%)	9:52	6.1 (62.9%)
205	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%)
206	BARTOSIEWICZ Daria	3336	DZIKIE GRUBASY SZATANA	K20	46	00:01:37	02:28:33	04:27:31.20	04:29:08.50	+01:40:00 (37.4%)	9:54	6.1 (62.9%)
207	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%)
207	NOWAK Katarzyna	3610	DZIKIE GRUBASY SZATANA	K20	47	00:01:37	02:28:33	04:27:31.50	04:29:08.60	+01:40:00 (37.4%)	9:54	6.1 (62.9%)
209	GÓRSKA-KORBA Ewa	4059	4RUN TEAM PIŁA	K40	45	00:01:04	02:31:47	04:27:37.90	04:28:42.80	+01:40:07 (37.4%)	9:54	6.1 (62.9%)
210	SZNABEL Alina	3019	4 RUN TEAM PIŁA	K60	1	00:01:04	02:31:46	04:27:38.50	04:28:42.70	+01:40:07 (37.4%)	9:54	6.1 (62.9%)
211	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%)
212	BIELICKA Daria	3477	NIGHT RUNNERS	K20	48	00:01:28	02:23:29	04:28:03.25	04:29:32.10	+01:40:32 (37.5%)	9:55	6 (61.9%)
213	KAŁUŻNA 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%)
214	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%)
215	GAJOS Anna	3606		K40	46	00:00:29	02:24:27	04:28:39.25	04:29:08.40	+01:41:08 (37.6%)	9:57	6 (61.9%)
216	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%)
217	SALONI-SADOWSKA Maria	3553	OBOZYBIEGOWE.PL	K40	47	00:01:25	02:25:43	04:28:47.25	04:30:13.05	+01:41:16 (37.7%)	9:57	6 (61.9%)
218	MICHALSKA Anna	3687		K50	6	00:01:26	02:25:45	04:28:50.30	04:30:16.80	+01:41:19 (37.7%)	9:57	6 (61.9%)
219	CZAWA Aneta	3859		K40	48	00:01:15	02:26:24	04:29:44.10	04:30:59.50	+01:42:13 (37.9%)	9:59	6 (61.9%)
220	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%)
221	KALBARCZYK Beata	3124	ORANGE	K40	49	00:01:11	02:19:22	04:30:24.45	04:31:36.10	+01:42:53 (38.1%)	10:00	6 (61.9%)
222	KRÓL Grażyna	3488		K40	50	00:00:17	02:17:53	04:30:29.80	04:30:47.30	+01:42:59 (38.1%)	10:01	6 (61.9%)
223	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
224	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%)
225	SACZUK Joanna	3218		K20	49	00:01:31	02:37:49	04:31:44.80	04:33:15.85	+01:44:14 (38.4%)	10:03	6 (61.9%)
226	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%)
227	RYNKOWSKA Katarzyna	3506		K40	51	00:00:45	02:27:59	04:32:31.40	04:33:16.50	+01:45:00 (38.5%)	10:05	5.9 (60.8%)
228	KUCHKO Irena	3809		K40	52	00:00:36	02:11:29	04:32:33.40	04:33:09.90	+01:45:02 (38.5%)	10:05	5.9 (60.8%)
229	WIECZOREK Aleksandra	3186	MOKOBIEGACZE	K20	50	00:01:25	02:26:16	04:32:58.00	04:34:23.80	+01:45:27 (38.6%)	10:06	5.9 (60.8%)
230	KUREK Aleksandra	3095	IM	K20	51	00:00:51	02:25:29	04:33:05.20	04:33:56.25	+01:45:34 (38.7%)	10:06	5.9 (60.8%)
231	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%)
232	RYŁKO Mariola	3650	SOLINA TEAM	K40	53	00:00:19	02:17:26	04:33:36.55	04:33:55.95	+01:46:05 (38.8%)	10:08	5.9 (60.8%)
233	PAUL Violetta	4024	NIGHT RUNNERS GLIWICE	K40	54	00:01:14	02:29:14	04:33:45.75	04:35:00.35	+01:46:15 (38.8%)	10:08	5.9 (60.8%)
233	BRZEZIŃSKA Teresa	3049	NIGHT RUNNERS GLIWICE	K40	55	00:01:14	02:33:30	04:33:45.75	04:35:00.65	+01:46:15 (38.8%)	10:08	5.9 (60.8%)
233	GABRYŚ Jolanta	3102	NIGHT RUNNERS GLIWICE	K40	56	00:01:14	02:33:31	04:33:45.75	04:35:00.60	+01:46:15 (38.8%)	10:08	5.9 (60.8%)
236	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%)
237	MAJOR Sandra	3725		K20	52	00:01:14	02:29:40	04:33:51.40	04:35:05.50	+01:46:20 (38.8%)	10:08	5.9 (60.8%)
238	MILDNER Jolanta	3387	BANK SPÓŁDZIELCZY JASTRZĘBIE ZDRÓJ	K40	57	00:01:05	02:26:08	04:34:10.80	04:35:16.20	+01:46:40 (38.9%)	10:09	5.9 (60.8%)
239	SARNOWSKA Martyna	3503	NOWOMIESZCZANIE LUBIĄ BIEGANIE	K20	53	00:00:37	02:24:12	04:34:34.00	04:35:11.20	+01:47:03 (39.0%)	10:10	5.9 (60.8%)
239	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%)
241	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%)
242	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%)
243	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%)
244	MARCOL Dominika	3716	RYBNICKA GRUPA BIEGOWA	K20	54	00:01:31	02:28:04	04:35:20.10	04:36:51.90	+01:47:49 (39.2%)	10:11	5.9 (60.8%)
245	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%)
246	PIEUCH 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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
247	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%)
248	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%)
249	GŁADYSZ Urszula	3836		K20	55	00:01:28	02:31:08	04:38:29.40	04:39:57.80	+01:50:58 (39.9%)	10:18	5.8 (59.8%)
250	GŁADYSZ Agnieszka	3947		K20	56	00:01:28	02:31:08	04:38:29.60	04:39:57.80	+01:50:58 (39.9%)	10:18	5.8 (59.8%)
251	ŚNIATAŁA Natalia	3494		K20	57	00:01:14	02:19:16	04:38:33.65	04:39:48.50	+01:51:02 (39.9%)	10:19	5.8 (59.8%)
252	MATOGA Lucyna	3429		K40	58	00:01:21	02:31:41	04:38:34.15	04:39:55.60	+01:51:03 (39.9%)	10:19	5.8 (59.8%)
253	GNIOT Joanna	3563	DIABELKOWA AŚ	K40	59	00:00:25	02:27:07	04:39:17.85	04:39:43.55	+01:51:47 (40.0%)	10:20	5.8 (59.8%)
254	ŁAGOWSKA Magdalena	3028	PRALINY Z PONURZYCY	K20	58	00:00:40	02:24:17	04:39:57.40	04:40:37.70	+01:52:26 (40.2%)	10:22	5.8 (59.8%)
255	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%)
256	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%)
257	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%)
258	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%)
259	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%)
260	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%)
261	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%)
262	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%)
263	POLAK Michalina	3051		K20	59	00:01:32	02:25:22	04:44:24.80	04:45:57.00	+01:56:54 (41.1%)	10:32	5.7 (58.8%)
264	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%)
265	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%)
266	RYNKOWSKA Magdalena	3469		K40	60	00:00:46	02:27:58	04:44:50.50	04:45:37.10	+01:57:19 (41.2%)	10:33	5.7 (58.8%)
267	GRZYBOWSKA Wiktoria	3605		K20	60	00:00:57	02:27:02	04:44:55.40	04:45:52.80	+01:57:24 (41.2%)	10:33	5.7 (58.8%)
268	CICHECKA Anna	3421		K40	61	00:00:26	02:30:49	04:45:16.45	04:45:42.80	+01:57:45 (41.3%)	10:33	5.7 (58.8%)
269	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
270	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%)
271	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%)
272	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%)
273	WEŁPA Katarzyna	3786		K40	62	00:00:47	02:28:33	04:48:08.45	04:48:56.40	+02:00:37 (41.9%)	10:40	5.6 (57.7%)
274	STARZYŃSKA Marta	3509	PERFECT RUNNER LUBLIN	K40	63	00:00:41	02:30:31	04:48:16.90	04:48:58.80	+02:00:46 (41.9%)	10:40	5.6 (57.7%)
275	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%)
276	POLISHCHUK Mariya	3045		K20	61	00:00:24	02:20:17	04:48:59.55	04:49:24.05	+02:01:28 (42.0%)	10:42	5.6 (57.7%)
277	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%)
278	KOZŁOWSKA Anna	3571	VEGE RUNNERS	K20	62	00:01:17	02:33:03	04:50:10.75	04:51:27.90	+02:02:40 (42.3%)	10:44	5.6 (57.7%)
279	MINIUR Małgorzata	3152	BIEGNĘ	K40	64	00:01:01	02:30:39	04:50:13.40	04:51:14.95	+02:02:42 (42.3%)	10:44	5.6 (57.7%)
280	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%)
281	ZAWADZKA Marzena	4060	4RUN TEAM PIŁA	K40	65	00:01:04	02:32:32	04:50:42.95	04:51:47.85	+02:03:12 (42.4%)	10:46	5.6 (57.7%)
282	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%)
283	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%)
284	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%)
285	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%)
286	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%)
287	KRAKOWSKA - TWORZYDŁO Katarzyna	3529	NIGHT RUNNERS KRAKÓW	K40	66	00:00:53	02:40:22	04:54:27.30	04:55:20.30	+02:06:56 (43.1%)	10:54	5.5 (56.7%)
288	WIKTOREK Jadwiga	3873	ŁÓDŹ RUNNING TEAM	K60	2	00:00:37	02:28:58	04:54:28.20	04:55:05.60	+02:06:57 (43.1%)	10:54	5.5 (56.7%)
289	DYKMAN Małgorzata	3804	PILATES POWER	K20	63	00:01:17	02:36:41	04:55:09.50	04:56:26.85	+02:07:38 (43.2%)	10:55	5.5 (56.7%)
290	KOSTRZEWA Elwira	3401	PZU SPORT TEAM	K40	67	00:00:48	02:33:41	04:55:24.50	04:56:13.20	+02:07:53 (43.3%)	10:56	5.5 (56.7%)
291	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%)
292	SZOŁTYSEK Beata	3546		K40	68	00:02:26	02:40:23	04:56:02.30	04:58:29.15	+02:08:31 (43.4%)	10:57	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
293	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%)
294	GRANICA Dani	3303	VIRTUAL RUNNER CLUB	K40	69	00:00:24	02:35:11	04:56:10.10	04:56:34.70	+02:08:39 (43.4%)	10:58	5.5 (56.7%)
295	JODKO Magda	3158		K40	70	00:00:24	02:39:01	04:56:10.55	04:56:35.00	+02:08:39 (43.4%)	10:58	5.5 (56.7%)
296	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%)
297	ZIÓŁEK Teresa	4042	BANDA GRUDNIA	K50	7	00:01:24	02:38:36	04:57:53.15	04:59:17.75	+02:10:22 (43.8%)	11:01	5.4 (55.7%)
298	NAGAŃSKA-PILAK Małgorzata	3293		K50	8	00:01:13	02:40:21	04:58:06.00	04:59:19.60	+02:10:35 (43.8%)	11:02	5.4 (55.7%)
299	KAYYALI Mira	4028		K20	64	00:00:59	02:29:50	04:58:20.50	04:59:19.50	+02:10:49 (43.9%)	11:02	5.4 (55.7%)
300	MAJOS Małgorzata	3991		K40	71	00:01:20	02:28:49	04:58:29.65	04:59:50.20	+02:10:58 (43.9%)	11:03	5.4 (55.7%)
301	WRÓBLEWSKA Joanna	3904	OTK RZEŹNIK	K60	3	00:01:42	02:39:38	04:58:40.45	05:00:23.35	+02:11:09 (43.9%)	11:03	5.4 (55.7%)
302	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%)
303	JANICKA Aneta	3486	PRO-RUN WROCŁAW	K40	72	00:01:40	02:36:58	04:59:16.10	05:00:57.05	+02:11:45 (44.0%)	11:05	5.4 (55.7%)
304	GĄSIOROWSKA Dorota	3078	WARSZAWA	K40	73	00:01:24	02:40:21	05:00:25.85	05:01:50.55	+02:12:55 (44.2%)	11:07	5.4 (55.7%)
305	MĄCZKA Krystyna	3003	OTK RZEŹNIK	K60	4	00:00:46	02:39:27	05:01:03.20	05:01:49.65	+02:13:32 (44.4%)	11:09	5.4 (55.7%)
306	TURCZANIK Aneta	3411		K40	74	00:01:26	02:33:23	05:01:48.95	05:03:15.90	+02:14:18 (44.5%)	11:10	5.4 (55.7%)
307	PIKOR Agata	3427	POLSKA	K40	75	00:01:26	02:33:21	05:01:49.05	05:03:15.90	+02:14:18 (44.5%)	11:10	5.4 (55.7%)
308	TWARDOSZ Maja	3566		K40	76	00:01:03	02:39:29	05:02:12.05	05:03:15.25	+02:14:41 (44.6%)	11:11	5.4 (55.7%)
309	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%)
310	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%)
311	BRONOWICKA Dorota	3510		K20	65	00:00:31	02:20:18	05:04:14.40	05:04:45.40	+02:16:43 (44.9%)	11:16	5.3 (54.6%)
312	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%)
313	SZYSZKA Monika	3975	TRUCHTACZ.PL	K40	77	00:01:26	02:44:41	05:04:45.80	05:06:12.00	+02:17:15 (45.0%)	11:17	5.3 (54.6%)
314	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%)
315	KASPRZAK Beata	3123	RUN EXPERT LEJDIS	K40	78	00:00:22	02:43:37	05:05:03.85	05:05:26.45	+02:17:33 (45.1%)	11:17	5.3 (54.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
316	GORGOL Renata	3515	RUN BYDGOSZCZ	K40	79	00:00:56	02:36:35	05:06:35.60	05:07:31.70	+02:19:04 (45.4%)	11:21	5.3 (54.6%)
317	CIECIERA Aneta	3955	PRZELAJOWIEC.PL	K40	80	00:01:29	02:37:25	05:07:17.75	05:08:47.15	+02:19:47 (45.5%)	11:22	5.3 (54.6%)
318	BALCERZAK Krysia	3202		K50	9	00:01:41	02:42:20	05:07:36.40	05:09:17.60	+02:20:05 (45.5%)	11:23	5.3 (54.6%)
319	SOZYNSKA Edyta	3399		K40	81	00:01:38	02:42:19	05:07:38.40	05:09:17.30	+02:20:07 (45.5%)	11:23	5.3 (54.6%)
320	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%)
321	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%)
322	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%)
323	SANKOWSKA Anna	3181		K20	66	00:00:45	02:43:25	05:09:31.80	05:10:17.70	+02:22:01 (45.9%)	11:27	5.2 (53.6%)
324	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%)
325	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%)
326	MALEC Barbara	3373		K50	10	00:01:24	02:31:05	05:12:33.00	05:13:57.65	+02:25:02 (46.4%)	11:34	5.2 (53.6%)
327	LIPIŃSKA Żaneta	3748	AKADEMIA BIEGANIA GRUDZIĄDZ	K40	82	00:01:12	02:39:11	05:12:56.35	05:14:09.25	+02:25:25 (46.5%)	11:35	5.2 (53.6%)
328	SIERAKOWSKA Małgorzata	3085	CALYPSO	K50	11	00:01:18	02:38:19	05:14:27.60	05:15:45.90	+02:26:56 (46.7%)	11:38	5.2 (53.6%)
329	WYSZYŃSKA Małgorzata	4017		K50	12	00:01:03	02:47:04	05:16:19.10	05:17:22.30	+02:28:48 (47.0%)	11:42	5.1 (52.6%)
330	SADOWIŃSKA Adriana	3167	POKOJOWY PATROL	K40	83	00:00:33	02:46:34	05:16:27.55	05:17:01.15	+02:28:56 (47.1%)	11:43	5.1 (52.6%)
331	MIŁOSZ Maria	3170		K20	67	00:00:39	02:49:50	05:16:55.75	05:17:34.95	+02:29:25 (47.1%)	11:44	5.1 (52.6%)
332	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%)
333	SABATOWSKA Magda	3410		K40	84	00:00:40	02:42:11	05:19:48.60	05:20:29.55	+02:32:17 (47.6%)	11:50	5.1 (52.6%)
334	SKRZYNIARZ Luiza	3074		K50	13	00:01:39	02:54:02	05:24:10.25	05:25:49.30	+02:36:39 (48.3%)	12:00	5 (51.5%)
335	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%)
336	JANAS Edyta	3112	IM	K40	85	00:00:51	02:59:23	05:26:31.60	05:27:22.95	+02:39:00 (48.7%)	12:05	5 (51.5%)
337	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%)
338	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	14km	Czas netto 27km	Czas brutto 27km	Różn	Tempo min/km	Tempo km/h
339	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%)
340	SZCZEPANIAK Lucyna	3100	CALYPSO PIŁA	K40	86	00:01:18	02:49:16	05:27:44.45	05:29:03.20	+02:40:13 (48.9%)	12:08	4.9 (50.5%)
341	JASIŃSKA Justyna	3147	KOTEŁ TEAM	K20	68	00:00:48	02:17:38	05:28:11.10	05:28:59.35	+02:40:40 (49.0%)	12:09	4.9 (50.5%)
342	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%)
343	KOWALEWSKA Dorota	3825	SPARTANIE DZIECIOM	K40	87	00:00:14	02:49:10	05:28:18.75	05:28:33.45	+02:40:48 (49.0%)	12:09	4.9 (50.5%)
344	SYPNIEWSKA Hanna	3282	SPARTANIE DZIECIOM	K60	5	00:00:12	02:44:30	05:28:19.60	05:28:32.30	+02:40:48 (49.0%)	12:09	4.9 (50.5%)
345	KAJAK Anna	3738	TRUCHTACZ.PL	K20	69	00:00:52	02:47:16	05:28:40.00	05:29:32.50	+02:41:09 (49.0%)	12:10	4.9 (50.5%)
346	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%)
347	CHOJNOWSKA Monika	3338	RUNNERSCLUB WARSZAWA/BIEGAM BO LUBIĘ ZĄBKI TEAM	K20	70	00:00:47	02:49:02	05:30:40.65	05:31:28.05	+02:43:09 (49.3%)	12:14	4.9 (50.5%)
348	MAZUR Klaudia	3507	MAZUR FAMILY	K20	71	00:00:28	02:51:16	05:31:58.00	05:32:26.80	+02:44:27 (49.5%)	12:17	4.9 (50.5%)
349	MAZUR Beata	3501	MAZUR FAMILY	K40	88	00:00:29	02:51:15	05:32:49.05	05:33:18.45	+02:45:18 (49.7%)	12:19	4.9 (50.5%)
350	KUKLINSKA Joanna	3985		K40	89	00:00:39	02:46:00	05:33:12.45	05:33:52.35	+02:45:41 (49.7%)	12:20	4.9 (50.5%)
351	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%)
352	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%)
353	BARANOWSKA-KUŻMA Monika	3561		K40	90	00:01:00	02:45:03	05:48:31.45	05:49:32.40	+03:01:00 (51.9%)	12:54	4.6 (47.4%)
354	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%)
355	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%)
356	BORKOWSKA Ewa	3681		K60	6	00:01:33	03:17:43	06:01:16.90	06:02:50.35	+03:13:46 (53.6%)	13:22	4.5 (46.4%)
357	KUNA Katarzyna	3641	ROZBIEGANY SULEJÓWEK	K40	91	00:01:13	02:53:35	06:06:57.55	06:08:11.30	+03:19:26 (54.4%)	13:35	4.4 (45.4%)
358	CHAŁUPA Ola	3060	KLUB BIEGACZA GOCH	K40	92	00:01:27	03:02:28	06:20:41.15	06:22:08.95	+03:33:10 (56.0%)	14:05	4.3 (44.3%)
359	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%)
360	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%)
361	KASPRZAK Magdalena	3226	RUN EXPERT LEJDIS	K40	93	00:00:27	03:19:41	06:27:51.50	06:28:19.20	+03:40:20 (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
	CZARNECKA Jolanta	3648		K40	DNF	03:06:52 DNF	DNF	DNF	-	-	(0.0%)
	SKOCZYLAS Małgorzata	3229		K40	DNF	03:07:14 DNF	DNF	DNF	-	-	(0.0%)
	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%)
	HOLOVIN Hanna	3290		K40	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 371 wynik(ów)