

BIEG TROJAK TRAIL - 10 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2019-07-21
Miejsce: Łądek-Zdrój
Dystans: 10 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN KOBIET

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	SOLIŃSKA Katarzyna	7426		Senior I K - 20	1	00:20:30	00:32:39	00:53:10.85	00:53:13.65		5:19	11.3 (100%)
2	ADAMCZYK Martyna	7241		Senior I K - 20	2	00:21:37	00:34:17	00:55:53.30	00:55:54.95	+00:02:41 (4.8%)	5:35	10.7 (94.7%)
3	BUDZIEWSKA Katarzyna	7242		Senior II K - 30	1	00:23:53	00:37:49	01:01:24.05	01:01:28.65	+00:08:15 (13.4%)	6:08	9.8 (86.7%)
4	PODSIADŁO Anna	7173	PODSIADŁO TEAM	Senior I K - 20	3	00:25:18	00:39:52	01:03:20.35	01:03:51.35	+00:10:37 (16.6%)	6:20	9.5 (84.1%)
5	CIURKA-BASTER Karolina	7304	SZCZYT FORMY/MARCINŚWIERCTEAM	Senior II K - 30	2	00:24:51	00:39:13	01:03:57.55	01:04:03.20	+00:10:49 (16.9%)	6:23	9.4 (83.2%)
6	PERZ Emilia	7098		Senior I K - 20	4	00:25:35	00:40:24	01:04:51.00	01:04:55.45	+00:11:41 (18.0%)	6:29	9.3 (82.3%)
7	RUTKOWSKA Małgorzata	7442		Senior II K - 30	3	00:26:44	00:41:03	01:05:20.50	01:05:31.50	+00:12:17 (18.8%)	6:32	9.2 (81.4%)
8	GŁĄB Daria	7300	ZAŁOGA GÓRSKA	Senior I K - 20	5	00:25:17	00:40:25	01:07:02.25	01:07:09.55	+00:13:55 (20.7%)	6:42	9 (79.6%)
9	RUTKOWSKA Patrycja	7306		Senior II K - 30	4	00:25:36	00:41:22	01:06:48.75	01:07:11.05	+00:13:57 (20.8%)	6:40	9 (79.6%)
10	PAZDAN Natalia	7321		Senior II K - 30	5	00:26:47	00:42:02	01:07:49.60	01:07:57.25	+00:14:43 (21.7%)	6:47	8.8 (77.9%)
11	WOJNAROWICZ Weronika	7358		Senior II K - 30	6	00:26:08	00:41:24	01:07:41.60	01:08:08.95	+00:14:55 (21.9%)	6:46	8.9 (78.8%)
12	FOGIEL-PAWŁOWSKA Agnieszka	7131		Masters K - 40	1	00:27:56	00:43:18	01:08:21.95	01:08:28.25	+00:15:14 (22.3%)	6:50	8.8 (77.9%)
13	GRABIŃSKA Gizela	7292	ZAŁOGA GÓRSKA	Weteran K - 50	1	00:26:54	00:42:26	01:08:42.50	01:08:46.85	+00:15:33 (22.6%)	6:52	8.7 (77.0%)
14	SZCZEŚNIAK Sylwia	7220	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	7	00:27:15	00:42:36	01:09:15.00	01:09:33.75	+00:16:20 (23.5%)	6:55	8.7 (77.0%)
15	WRANIK Sabina	7245		Weteran K - 50	2	00:27:44	00:43:12	01:09:22.85	01:09:34.60	+00:16:20 (23.5%)	6:56	8.6 (76.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	GALA Kamila	7301	ZAŁOGA GÓRSKA	Senior II K - 30	8	00:28:03	00:43:48	01:10:03.60	01:10:08.60	+00:16:54 (24.1%)	7:00	8.6 (76.1%)
17	GRZESIEWICZ Patrycja	7369		Senior II K - 30	9	00:28:03	00:44:19	01:09:53.30	01:10:22.05	+00:17:08 (24.4%)	6:59	8.6 (76.1%)
18	WZOREK Ewa	7330	ZAŁOGA GÓRSKA	Senior I K - 20	6	00:28:13	00:44:16	01:10:11.50	01:10:29.55	+00:17:15 (24.5%)	7:01	8.5 (75.2%)
19	WIADERNA Nina	7401		Senior II K - 30	10	00:28:01	00:44:05	01:10:37.15	01:10:40.95	+00:17:27 (24.7%)	7:03	8.5 (75.2%)
20	TYSZER Joanna	7193	1989	Senior II K - 30	11	00:28:05	00:44:31	01:10:15.70	01:10:45.65	+00:17:32 (24.8%)	7:01	8.5 (75.2%)
21	ULIKOWSKA Martyna	7310	ZAŁOGA GÓRSKA	Senior I K - 20	7	00:29:30	00:45:41	01:11:57.75	01:12:06.90	+00:18:53 (26.2%)	7:11	8.3 (73.5%)
22	KORDECKA Anna	7428		Senior II K - 30	12	00:28:42	00:44:35	01:11:26.20	01:12:08.75	+00:18:55 (26.2%)	7:08	8.4 (74.3%)
23	WAWRZENIUK Emilia	7132		Senior II K - 30	13	00:26:50	00:43:39	01:12:50.35	01:13:05.45	+00:19:51 (27.2%)	7:17	8.2 (72.6%)
24	WESOŁOWSKA Kinga	7187	KALENIJ BY DECATHLON	Senior I K - 20	8	00:28:01	00:45:05	01:13:02.35	01:13:13.70	+00:20:00 (27.3%)	7:18	8.2 (72.6%)
25	KACZMAREK Katarzyna	7217	PRO_RUN	Senior I K - 20	9	00:28:06	00:45:29	01:13:07.20	01:13:20.55	+00:20:06 (27.4%)	7:18	8.2 (72.6%)
26	HOREJDA Sara	7326		Senior I K - 20	10	00:28:43	00:45:44	01:13:39.95	01:13:50.40	+00:20:36 (27.9%)	7:22	8.1 (71.7%)
27	LACHERA Kamila	7050	CSC ADVENTURE ACADEMY	Senior II K - 30	14	00:29:34	00:46:55	01:14:02.20	01:14:06.60	+00:20:52 (28.2%)	7:24	8.1 (71.7%)
28	KACZMARZ Katarzyna	7105		Senior II K - 30	15	00:30:36	00:47:37	01:16:00.45	01:16:15.30	+00:23:01 (30.2%)	7:36	7.9 (69.9%)
29	MICHALEC Marzena	7415	KOBIETA W BIEGU	Senior II K - 30	16	00:29:38	00:47:52	01:16:07.55	01:16:27.80	+00:23:14 (30.4%)	7:36	7.9 (69.9%)
30	MARUT Katarzyna	7374	NIGHT RUNNERS GLIWICE	Masters K - 40	2	00:31:25	00:49:03	01:17:15.20	01:17:36.90	+00:24:23 (31.4%)	7:43	7.8 (69.0%)
31	NIEWCZAS Basia	7083		Senior II K - 30	17	00:29:00	00:46:32	01:17:17.65	01:17:40.15	+00:24:26 (31.5%)	7:43	7.8 (69.0%)
32	MAZIAREK Adela	7062		Senior II K - 30	18	00:29:21	00:46:51	01:17:35.10	01:17:47.75	+00:24:34 (31.6%)	7:45	7.7 (68.1%)
33	PLINIEWICZ Joanna	7123		Senior II K - 30	19	00:30:27	00:48:27	01:17:42.40	01:17:56.60	+00:24:42 (31.7%)	7:46	7.7 (68.1%)
34	KOCIMSKA Katarzyna	7340	EUROVENT ATHLETICS OPOLE	Masters K - 40	3	00:28:54	00:48:23	01:18:34.60	01:18:38.70	+00:25:25 (32.3%)	7:51	7.6 (67.3%)
35	KOZŁOWSKA Renata	7281	LADY AEROBIK NYSA	Senior II K - 30	20	00:30:35	00:48:53	01:18:14.05	01:18:52.10	+00:25:38 (32.5%)	7:49	7.7 (68.1%)
36	POMIANOWSKA Anna	7377	RĄCZELACZKI	Senior II K - 30	21	00:30:58	00:48:13	01:18:22.40	01:18:57.00	+00:25:43 (32.6%)	7:50	7.7 (68.1%)
37	PRZYDRÓŻNA Julita	7022	26,2	Masters K - 40	4	00:31:55	00:49:47	01:19:16.00	01:19:47.25	+00:26:33 (33.3%)	7:55	7.6 (67.3%)
38	PUCHALSKA Magdalena	7180		Senior II K - 30	22	00:31:41	00:49:48	01:19:16.55	01:19:52.75	+00:26:39 (33.4%)	7:55	7.6 (67.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						3.7km	5.8km	10km	10km			
39	SZYMONIK Dominika	7209	ZAŁOGA GÓRSKA	Senior I K - 20	11	00:31:37	00:50:18	01:19:44.65	01:20:01.20	+00:26:47 (33.5%)	7:58	7.5 (66.4%)
40	PATYK Joanna	7129	PZU SPORT TEAM	Senior II K - 30	23	00:30:45	00:49:22	01:20:00.25	01:20:03.35	+00:26:49 (33.5%)	8:00	7.5 (66.4%)
41	KOPACKA Eliza	7029		Senior II K - 30	24	00:30:51	00:48:53	01:19:45.60	01:20:03.65	+00:26:50 (33.5%)	7:58	7.5 (66.4%)
42	GŁÓWKA Barbara	7135		Senior II K - 30	25	00:31:19	00:49:58	01:19:41.60	01:20:11.70	+00:26:58 (33.6%)	7:58	7.5 (66.4%)
43	LUBAŃSKA Alicja	7178	SSW TEAM KROŚNICE	Weteran K - 50	3	00:30:15	00:48:51	01:20:27.90	01:20:32.80	+00:27:19 (33.9%)	8:02	7.5 (66.4%)
44	WŁODKOWSKA Beata	7170		Senior II K - 30	26	00:31:22	00:49:33	01:20:18.50	01:20:39.70	+00:27:26 (34.0%)	8:01	7.5 (66.4%)
45	PASZKE Joanna	7314		Senior I K - 20	12	00:30:38	00:48:40	01:20:02.25	01:20:46.10	+00:27:32 (34.1%)	8:00	7.5 (66.4%)
46	PASŁAWSKA Olga	7408		Senior II K - 30	27	00:30:51	00:49:16	01:20:32.60	01:20:49.80	+00:27:36 (34.1%)	8:03	7.5 (66.4%)
47	KUŹNIAK Martyna	7071		Masters K - 40	5	00:30:25	00:48:35	01:20:49.65	01:20:55.45	+00:27:41 (34.2%)	8:05	7.4 (65.5%)
48	WOJDASZKA Katarzyna	7002	VEGE RUNNERS	Senior II K - 30	28	00:32:31	00:50:38	01:20:43.55	01:21:00.65	+00:27:47 (34.3%)	8:04	7.4 (65.5%)
49	KUCHARSKA Aleksandra	7006	DREAM RUN	Senior II K - 30	29	00:33:06	00:51:07	01:20:57.30	01:21:23.60	+00:28:09 (34.6%)	8:05	7.4 (65.5%)
50	SKAWINA Krystyna	7059	TOPOLICE TEAM	Senior II K - 30	30	00:31:53	00:50:00	01:21:10.30	01:21:30.65	+00:28:17 (34.7%)	8:07	7.4 (65.5%)
51	JUREWICZ Agata	7165		Senior II K - 30	31	00:32:37	00:50:40	01:21:19.55	01:21:52.75	+00:28:39 (35.0%)	8:07	7.4 (65.5%)
52	GÓRALCZYK Katarzyna	7302	ZAŁOGA GÓRSKA	Senior I K - 20	13	00:32:10	00:50:36	01:21:48.60	01:22:05.45	+00:28:51 (35.2%)	8:10	7.3 (64.6%)
53	PENDZIAŁEK Małgorzata	7334	MUAY RUNNING TEAM	Senior I K - 20	14	00:30:55	00:49:47	01:21:50.15	01:22:09.85	+00:28:56 (35.2%)	8:11	7.3 (64.6%)
54	HADAŁA Teresa	7145	KASZUBSKA PONIEWIERKA	Senior II K - 30	32	00:32:27	00:52:06	01:21:32.80	01:22:12.75	+00:28:59 (35.3%)	8:09	7.4 (65.5%)
55	DZIEDZIŃSKA Natalia	7229		Senior II K - 30	33	00:31:38	00:50:15	01:23:08.00	01:23:15.10	+00:30:01 (36.1%)	8:18	7.2 (63.7%)
56	NIEDZIELA Danuta	7040	GOSTYŃ	Masters K - 40	6	00:32:03	00:50:38	01:24:11.55	01:24:21.15	+00:31:07 (36.9%)	8:25	7.1 (62.8%)
57	WIECZOREK Monika	7256		Masters K - 40	7	00:32:55	00:52:45	01:25:13.05	01:25:16.85	+00:32:03 (37.6%)	8:31	7 (61.9%)
58	MRÓZ Urszula	7121		Weteran K - 50	4	00:34:56	00:54:18	01:25:06.05	01:25:19.85	+00:32:06 (37.6%)	8:30	7.1 (62.8%)
59	ŁYSIAK Kasia	7196		Senior II K - 30	34	00:32:56	00:53:49	01:24:48.35	01:25:20.65	+00:32:07 (37.6%)	8:28	7.1 (62.8%)
60	KUTYCKA-KUREK Elżbieta	7336	CHOJRAK TEAM WROCŁAW	Senior II K - 30	35	00:32:42	00:52:11	01:24:53.40	01:25:24.90	+00:32:11 (37.7%)	8:29	7.1 (62.8%)
61	MICHALSKA Joanna	7138	VELUX	Senior II K - 30	36	00:35:44	00:55:28	01:25:39.90	01:26:01.65	+00:32:48 (38.1%)	8:34	7 (61.9%)

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62	PLEWA Paulina	7120	BPK	Senior I K - 20	15	00:33:15	00:54:05	01:26:15.95	01:26:15.95	+00:33:02 (38.3%)	8:37	7 (61.9%)
63	KARWECKA-WIELICKA Katarzyna	7279		Masters K - 40	8	00:33:45	00:53:49	01:25:55.30	01:26:42.50	+00:33:28 (38.6%)	8:35	7 (61.9%)
64	WILK Maria	7385	RAMBO III	Senior II K - 30	37	00:34:21	00:54:57	01:26:31.00	01:26:49.55	+00:33:35 (38.7%)	8:39	6.9 (61.1%)
65	CZYŻ Aleksandra	7027	VEGE RUNNERS	Senior II K - 30	38	00:33:07	00:52:39	01:26:20.65	01:26:53.55	+00:33:39 (38.7%)	8:38	6.9 (61.1%)
66	GAJDECKA Adriana	7107		Masters K - 40	9	00:34:27	00:55:15	01:26:37.55	01:27:20.20	+00:34:06 (39.1%)	8:39	6.9 (61.1%)
67	MAJEWSKA Sonia	7328		Senior I K - 20	16	00:33:21	00:53:16	01:27:17.95	01:27:26.55	+00:34:12 (39.1%)	8:43	6.9 (61.1%)
68	BRZOZA Dorota	7177		Masters K - 40	10	00:34:03	00:54:19	01:27:04.60	01:27:41.90	+00:34:28 (39.3%)	8:42	6.9 (61.1%)
69	PLEWA Katarzyna	7055	NORDIC16.COM	Senior II K - 30	39	00:33:53	00:54:28	01:27:27.55	01:27:46.50	+00:34:32 (39.4%)	8:44	6.9 (61.1%)
70	HAWROT Marta	7346		Masters K - 40	11	00:35:47	00:54:55	01:27:58.55	01:28:02.00	+00:34:48 (39.5%)	8:47	6.8 (60.2%)
71	PRZYBYŁEK Joanna	7285		Senior II K - 30	40	00:35:05	00:56:06	01:27:30.55	01:28:06.30	+00:34:52 (39.6%)	8:45	6.9 (61.1%)
72	GIEDA Elżbieta	7142	MUKS SZOK BOJANOWO	Senior II K - 30	41	00:33:12	00:53:32	01:27:47.60	01:28:22.65	+00:35:09 (39.8%)	8:46	6.8 (60.2%)
73	ZASŁAWSKA Katarzyna	7419	ZAKOCHAJ SIĘ W BIEGANIU	Weteran K - 50	5	00:34:03	00:54:46	01:28:30.55	01:28:49.25	+00:35:35 (40.1%)	8:51	6.8 (60.2%)
74	SKARŻEŃSKA Jagoda	7331		Senior II K - 30	42	00:33:47	00:54:23	01:28:08.00	01:28:54.05	+00:35:40 (40.1%)	8:48	6.8 (60.2%)
75	KRYCH Joanna	7210		Masters K - 40	12	00:34:39	00:55:08	01:28:59.60	01:29:05.90	+00:35:52 (40.3%)	8:53	6.7 (59.3%)
76	LIGOCKA Karolina	7074	BOOTCAMP	Senior II K - 30	43	00:33:29	00:54:37	01:28:53.60	01:29:10.25	+00:35:56 (40.3%)	8:53	6.7 (59.3%)
77	HACZKIEWICZ Karolina	7375		Senior II K - 30	44	00:34:05	00:54:54	01:28:31.40	01:29:10.35	+00:35:56 (40.3%)	8:51	6.8 (60.2%)
78	TOMERA Dorota	7146	DRUŻYNA KURORT ŁĄDEK ZDRÓJ TEAM	Masters K - 40	13	00:35:17	00:55:45	01:28:50.05	01:29:31.75	+00:36:18 (40.5%)	8:53	6.8 (60.2%)
79	JANICKA-TOMIAK Eliza	7271		Masters K - 40	14	00:34:17	00:55:48	01:29:57.85	01:30:07.20	+00:36:53 (40.9%)	8:59	6.7 (59.3%)
80	KRYŃ Katarzyna	7066	BOOTCAMP	Senior II K - 30	45	00:33:36	00:54:39	01:29:52.00	01:30:07.45	+00:36:53 (40.9%)	8:59	6.7 (59.3%)
81	DURNOWSKA Beata	7289		Senior II K - 30	46	00:32:28	00:54:07	01:29:29.05	01:30:13.95	+00:37:00 (41.0%)	8:56	6.7 (59.3%)
82	OWSIANIK Sylwia	7176		Masters K - 40	15	00:34:39	00:55:08	01:30:08.45	01:30:14.55	+00:37:00 (41.0%)	9:00	6.7 (59.3%)
83	SZAŁAJSKA Magdalena	7269		Senior I K - 20	17	00:35:09	00:57:03	01:29:56.35	01:30:30.55	+00:37:16 (41.2%)	8:59	6.7 (59.3%)
84	CHRZUSZCZ Anna	7249		Senior II K - 30	47	00:33:54	00:55:20	01:29:44.70	01:30:32.10	+00:37:18 (41.2%)	8:58	6.7 (59.3%)

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85	MROCZKIEWICZ Klaudia	7034	VEGERUNNERS	Masters K - 40	16	00:32:34	00:53:26	01:30:30.20	01:30:40.15	+00:37:26 (41.3%)	9:03	6.6 (58.4%)
86	SZYMAŁA Małgorzata	7293		Senior II K - 30	48	00:33:59	00:54:19	01:30:23.00	01:30:51.85	+00:37:38 (41.4%)	9:02	6.6 (58.4%)
87	NIEMAS Anna	7248	OYAMA KARATE BRZESZCZE	Masters K - 40	17	00:34:14	00:55:19	01:30:25.65	01:30:55.00	+00:37:41 (41.5%)	9:02	6.6 (58.4%)
88	ERDMAŃSKA Natalia	7368		Senior II K - 30	49	00:34:16	00:34:21	01:30:24.75	01:30:55.20	+00:37:41 (41.5%)	9:02	6.6 (58.4%)
89	KOSZYKA Weronika	7041	CONSTRAVIA	Senior I K - 20	18	00:36:11	00:57:38	01:30:44.15	01:31:01.65	+00:37:48 (41.5%)	9:04	6.6 (58.4%)
90	MARCINKOWSKA Katarzyna	7283	LADY AEROBIK NYSA	Masters K - 40	18	00:33:30	00:54:29	01:30:31.05	01:31:08.45	+00:37:54 (41.6%)	9:03	6.6 (58.4%)
91	TOMASZEWSKA Agnieszka	7064		Senior II K - 30	50	00:32:32	00:32:38	01:31:14.50	01:31:23.50	+00:38:09 (41.8%)	9:07	6.6 (58.4%)
92	SOCHA Ewa	7232	1987	Senior II K - 30	51	00:33:13	00:54:22	01:30:54.05	01:31:27.80	+00:38:14 (41.8%)	9:05	6.6 (58.4%)
93	BLANIK Agnieszka	7069	RADLIN	Senior II K - 30	52	00:33:58	00:54:46	01:31:01.20	01:31:34.85	+00:38:21 (41.9%)	9:06	6.6 (58.4%)
94	DZIEDZIC Anna	7115		Senior II K - 30	53	00:32:40	00:53:47	01:31:32.00	01:31:46.65	+00:38:33 (42.0%)	9:09	6.6 (58.4%)
95	MARCINKIEWICZ Marta	7228	MATNER RUNNING TEAM	Weteran K - 50	6	00:36:05	00:58:30	01:31:39.40	01:32:06.60	+00:38:52 (42.2%)	9:09	6.5 (57.5%)
96	KOWALCZYK Joanna	7095		Weteran II K - 60	1	00:34:54	00:56:34	01:32:07.80	01:32:17.90	+00:39:04 (42.3%)	9:12	6.5 (57.5%)
97	SZYMAŁA Karolina	7192	#NIUŃKOWABIEGA	Senior I K - 20	19	00:34:33	00:56:09	01:31:57.35	01:32:24.70	+00:39:11 (42.4%)	9:11	6.5 (57.5%)
98	HEBDA Dominika	7188	ADRIAN DANILEWICZ GROUP	Senior I K - 20	20	00:34:22	00:55:31	01:32:05.65	01:32:27.35	+00:39:13 (42.4%)	9:12	6.5 (57.5%)
99	HETMAŃSKA Diana	7030	LOVELASY	Senior II K - 30	54	00:34:40	00:56:10	01:32:31.30	01:32:45.05	+00:39:31 (42.6%)	9:15	6.5 (57.5%)
100	PALUSIŃSKA Agnieszka	7317	LOVELASY	Masters K - 40	19	00:34:40	00:56:10	01:32:31.30	01:32:45.65	+00:39:32 (42.6%)	9:15	6.5 (57.5%)
101	OSTROWSKA-NABIAŁCZYK Agnieszka	7287	1976	Masters K - 40	20	00:33:11	00:33:16	01:32:35.85	01:32:45.95	+00:39:32 (42.6%)	9:15	6.5 (57.5%)
102	GONERA-BATOR Anna	7345	KB HARCOWNIK	Senior II K - 30	55	00:35:37	00:57:15	01:32:26.60	01:32:46.30	+00:39:32 (42.6%)	9:14	6.5 (57.5%)
103	CZAJA Agnieszka	7166		Senior II K - 30	56	00:35:34	00:57:59	01:32:37.20	01:33:10.55	+00:39:56 (42.9%)	9:15	6.5 (57.5%)
104	PAKUŁA Beata	7353		Masters K - 40	21	00:34:33	00:55:53	01:33:14.90	01:33:16.60	+00:40:02 (42.9%)	9:19	6.4 (56.6%)
105	RAPACZ Danuta	7101	ANMAR	Weteran II K - 60	2	00:34:53	00:56:43	01:33:07.65	01:33:18.05	+00:40:04 (43.0%)	9:18	6.4 (56.6%)
106	WINNICKA Anna	7414		Masters K - 40	22	00:34:34	00:55:48	01:33:10.55	01:33:21.75	+00:40:08 (43.0%)	9:19	6.4 (56.6%)
107	ZIENKIEWICZ Agata	7434		Senior II K - 30	57	00:34:17	00:55:41	01:32:53.70	01:33:30.75	+00:40:17 (43.1%)	9:17	6.5 (57.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
108	CHOJNACKA Kaja	7204	PURKRUN OPOLE	Senior II K - 30	58	00:35:51	00:58:16	01:33:43.25	01:33:56.70	+00:40:43 (43.3%)	9:22	6.4 (56.6%)
109	WOJTAS Anna	7139		Senior II K - 30	59	00:37:24	00:59:30	01:33:26.50	01:33:59.05	+00:40:45 (43.4%)	9:20	6.4 (56.6%)
110	WAWRZY尼亚K Agnieszka	7151	DRUŻYNA SZPIKU	Senior II K - 30	60	00:34:55	00:57:04	01:33:47.10	01:34:05.85	+00:40:52 (43.4%)	9:22	6.4 (56.6%)
111	KOWALEWSKA Anna	7051		Senior II K - 30	61	00:33:49	00:56:00	01:34:05.40	01:34:26.20	+00:41:12 (43.6%)	9:24	6.4 (56.6%)
112	WYSMOLIŃSKA Karolina	7362		Masters K - 40	23	00:35:07	00:57:03	01:34:21.10	01:34:34.55	+00:41:20 (43.7%)	9:26	6.4 (56.6%)
113	ŻYŻA Magdalena	7226	MAAGNUS TEAM SKOKOWA	Masters K - 40	24	00:36:11	00:59:09	01:34:48.85	01:35:27.80	+00:42:14 (44.2%)	9:28	6.3 (55.8%)
114	FILIPOWICZ Katarzyna	7347		Senior II K - 30	62	00:36:03	00:57:50	01:35:26.50	01:35:30.45	+00:42:16 (44.3%)	9:32	6.3 (55.8%)
115	KONIECZNA Natalia	7084		Senior I K - 20	21	00:35:27	00:57:22	01:35:16.70	01:35:33.85	+00:42:20 (44.3%)	9:31	6.3 (55.8%)
116	WIETECZA-DROBIK Aleksandra	7194	ATLAS RUNNING TEAM	Senior II K - 30	63	00:36:25	00:59:35	01:36:40.70	01:36:49.05	+00:43:35 (45.0%)	9:40	6.2 (54.9%)
117	KACZYŃSKA Ewa	7402		Senior II K - 30	64	00:37:04	00:59:41	01:36:08.55	01:36:51.55	+00:43:37 (45.0%)	9:36	6.2 (54.9%)
118	HAJDA Olga	7238		Masters K - 40	25	00:36:06	00:59:10	01:36:44.30	01:36:52.55	+00:43:38 (45.1%)	9:40	6.2 (54.9%)
119	GAWŁOWSKA Milena	7237	ATLAS RUNNING TEAM	Senior II K - 30	65	00:36:28	00:59:36	01:36:45.95	01:36:53.15	+00:43:39 (45.1%)	9:40	6.2 (54.9%)
120	WĘGLEWSKA Karolina	7110		Senior I K - 20	22	00:36:44	00:58:43	01:36:22.55	01:37:00.15	+00:43:46 (45.1%)	9:38	6.2 (54.9%)
121	WAŚCIŃSKA Dominika	7329	BOOT CAMP POLSKA	Senior II K - 30	66	00:35:11	00:57:26	01:36:47.95	01:37:04.45	+00:43:50 (45.2%)	9:40	6.2 (54.9%)
122	SZPUREK Anna	7354	BUKOWSKI KLUB BIEGACZA	Senior II K - 30	67	00:37:14	01:00:25	01:36:39.60	01:37:06.70	+00:43:53 (45.2%)	9:39	6.2 (54.9%)
123	WRÓBEL Marzena	7179		Senior II K - 30	68	00:36:39	00:59:04	01:36:40.90	01:37:21.75	+00:44:08 (45.3%)	9:40	6.2 (54.9%)
124	PIORKOWSKA Monika	7295		Masters K - 40	26	00:36:42	00:58:52	01:37:29.45	01:37:55.30	+00:44:41 (45.6%)	9:45	6.2 (54.9%)
125	SŁONINA Olga	7122	ZAŁOGA GÓRSKA	Senior I K - 20	23	00:37:47	01:00:28	01:37:53.25	01:38:10.80	+00:44:57 (45.8%)	9:47	6.1 (54.0%)
126	PIETRZYKOWSKA Katarzyna	7206	PRO RUN WROCŁAW	Senior II K - 30	69	00:34:50	00:58:33	01:38:43.00	01:38:56.75	+00:45:43 (46.2%)	9:52	6.1 (54.0%)
127	JAGUSZEWSKA Agnieszka	7221	FAT&FURIOUS	Senior II K - 30	70	00:37:34	01:00:45	01:39:11.00	01:39:49.10	+00:46:35 (46.7%)	9:55	6 (53.1%)
128	PIECHOWIAK Oliwia	7298	ZAŁOGA GÓRSKA	Senior I K - 20	24	00:38:30	01:01:56	01:39:24.65	01:40:00.70	+00:46:47 (46.8%)	9:56	6 (53.1%)
129	WOŁCZYK Sandra	7224	FAT & FURIOUS	Senior II K - 30	71	00:37:34	01:00:45	01:39:23.95	01:40:04.00	+00:46:50 (46.8%)	9:56	6 (53.1%)
130	WRÓBLEWSKA Roksana	7152	PREDATORS WAŁBRZYCH	Senior I K - 20	25	00:38:58	01:00:35	01:39:29.20	01:40:04.15	+00:46:50 (46.8%)	9:57	6 (53.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
131	WIEWCZKO Karolina	7438		Senior I K - 20	26	00:35:01	01:00:42	01:39:25.10	01:40:06.15	+00:46:52 (46.8%)	9:56	6 (53.1%)
132	POPKO Emilia	7422		Senior II K - 30	72	00:38:49	01:01:53	01:40:24.05	01:40:31.10	+00:47:17 (47.0%)	10:02	6 (53.1%)
133	BULSKA Martyna	7042		Senior II K - 30	73	00:38:27	01:02:32	01:40:16.65	01:40:54.55	+00:47:40 (47.3%)	10:01	6 (53.1%)
134	CZARNOWSKA Natalia	7075		Senior II K - 30	74	00:38:22	01:01:25	01:40:55.25	01:41:42.70	+00:48:29 (47.7%)	10:05	5.9 (52.2%)
135	KLIN Aneta	7043		Masters K - 40	27	00:36:50	01:00:40	01:41:32.45	01:41:58.00	+00:48:44 (47.8%)	10:09	5.9 (52.2%)
136	GRUSZECKA Marta	7047		Senior II K - 30	75	00:38:28	01:02:31	01:41:24.95	01:42:02.30	+00:48:48 (47.8%)	10:08	5.9 (52.2%)
137	PISAREK Kamila	7211		Senior I K - 20	27	00:39:04	01:02:39	01:42:44.40	01:43:14.95	+00:50:01 (48.4%)	10:16	5.8 (51.3%)
138	MELON Aleksandra	7233		Senior I K - 20	28	00:39:03	01:02:42	01:42:44.90	01:43:15.15	+00:50:01 (48.4%)	10:16	5.8 (51.3%)
139	WOLEK Dagmara	7203		Senior II K - 30	76	00:39:32	01:03:04	01:43:17.65	01:43:23.15	+00:50:09 (48.5%)	10:19	5.8 (51.3%)
140	SMUG Ewelina	7257		Senior II K - 30	77	00:37:46	01:01:25	01:43:09.50	01:43:25.55	+00:50:11 (48.5%)	10:18	5.8 (51.3%)
141	PODOLSKA-SZACHEWICZ Julita	7056	JEŻOZWIERZE GROUP	Masters K - 40	28	00:38:52	01:02:32	01:42:48.75	01:43:29.40	+00:50:15 (48.6%)	10:16	5.8 (51.3%)
142	RADUCHA-FURMAN Ewelina	7376		Senior II K - 30	78	00:36:23	00:59:19	01:43:01.05	01:43:31.75	+00:50:18 (48.6%)	10:18	5.8 (51.3%)
143	FUKS Karolina	7106	GRUPA FUX	Senior II K - 30	79	00:38:12	01:02:53	01:43:29.05	01:43:41.15	+00:50:27 (48.7%)	10:20	5.8 (51.3%)
144	KUTNA Agnieszka	7114	RUDA KITA	Senior II K - 30	80	00:40:31	01:04:28	01:44:34.85	01:45:04.25	+00:51:50 (49.3%)	10:27	5.7 (50.4%)
145	MACUR Agnieszka	7223		Masters K - 40	29	00:37:35	01:01:18	01:44:42.50	01:45:22.55	+00:52:08 (49.5%)	10:28	5.7 (50.4%)
146	MIKOŁAJCZAK Magdalena	7137		Masters K - 40	30	00:40:40	01:04:33	01:45:18.00	01:46:03.15	+00:52:49 (49.8%)	10:31	5.7 (50.4%)
147	DADAŚ Elżbieta	7048	NIGHT RUNNERS GLIWICE	Masters K - 40	31	00:37:46	01:01:23	01:45:42.85	01:46:05.45	+00:52:51 (49.8%)	10:34	5.7 (50.4%)
148	BOBIN Anna	7019		Masters K - 40	32	00:39:36	01:03:00	01:46:02.75	01:46:11.75	+00:52:58 (49.9%)	10:36	5.7 (50.4%)
149	DRYMEL Joanna	7109	DRYMLE3IPIES	Senior II K - 30	81	00:43:31	01:05:43	01:45:28.55	01:46:17.60	+00:53:03 (49.9%)	10:32	5.7 (50.4%)
150	OLESZCZAK Agnieszka	7343		Masters K - 40	33	00:35:58	00:59:13	01:46:15.50	01:46:39.65	+00:53:26 (50.1%)	10:37	5.6 (49.6%)
151	KRUK Anna	7280		Masters K - 40	34	00:38:21	01:02:56	01:46:25.75	01:46:52.05	+00:53:38 (50.2%)	10:38	5.6 (49.6%)
152	CHOJNOWSKA Barbra	7016	PUSIA TEAM	Masters K - 40	35	00:39:45	01:04:16	01:48:06.00	01:48:53.55	+00:55:39 (51.1%)	10:48	5.6 (49.6%)
153	MYSZYWODA Monika	7116		Senior I K - 20	29	00:42:15	01:08:06	01:49:16.20	01:49:49.80	+00:56:36 (51.5%)	10:55	5.5 (48.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
154	ŁUKACZ Aleksandra	7202		Senior I K - 20	30	00:40:06	01:05:01	01:49:55.65	01:50:01.90	+00:56:48 (51.6%)	10:59	5.5 (48.7%)
155	ZAKRZEWICZ Dorota	7384		Senior II K - 30	82	00:41:58	01:07:55	01:50:00.25	01:50:06.35	+00:56:52 (51.7%)	11:00	5.5 (48.7%)
156	KOPACZYŃSKA Aleksandra	7149		Senior I K - 20	31	00:39:09	01:05:35	01:50:33.80	01:50:42.65	+00:57:29 (51.9%)	11:03	5.4 (47.8%)
157	SZCZEPAŃSKA Anna	7191		Senior II K - 30	83	00:39:10	01:05:37	01:50:36.35	01:50:43.20	+00:57:29 (51.9%)	11:03	5.4 (47.8%)
158	PODJUK Kinga	7085		Masters K - 40	36	00:41:04	01:06:47	01:51:40.40	01:51:48.95	+00:58:35 (52.4%)	11:10	5.4 (47.8%)
159	ZŁOMANIEC Izabela	7046		Senior II K - 30	84	00:43:17	01:09:25	01:52:33.45	01:52:58.30	+00:59:44 (52.9%)	11:15	5.3 (46.9%)
160	LITEWKA Joanna	7014		Senior I K - 20	32	00:42:25	01:08:26	01:54:03.95	01:54:44.75	+01:01:31 (53.6%)	11:24	5.3 (46.9%)
161	KARPIŃSKA Nina	7352	REEBOKRUN CREW	Senior II K - 30	85	00:39:09	01:04:42	01:56:27.60	01:56:48.80	+01:03:35 (54.4%)	11:38	5.2 (46.0%)
162	HACZYK Gabriela	7382	ZAŁOGA GÓRSKA	Weteran III K - 70	1	00:40:57	01:07:17	01:56:08.35	01:56:51.80	+01:03:38 (54.5%)	11:36	5.2 (46.0%)
163	JANKOWSKA Magdalena	7342	KOŁO BIEGA	Senior II K - 30	86	00:41:27	01:09:35	01:59:13.75	01:59:16.85	+01:06:03 (55.4%)	11:55	5 (44.2%)
164	KAZUŚ-OLESIŃSKA Małgorzata	7396		Masters K - 40	37	00:45:11	01:14:16	01:59:43.50	02:00:07.70	+01:06:54 (55.7%)	11:58	5 (44.2%)
165	KOPACZYŃSKA Ewa	7150		Weteran K - 50	7	00:42:48	01:11:17	02:01:35.40	02:01:42.45	+01:08:28 (56.3%)	12:09	4.9 (43.4%)
166	PRZYBYLSKA Katarzyna	7325		Senior I K - 20	33	00:46:24	01:13:37	02:01:28.55	02:02:05.10	+01:08:51 (56.4%)	12:08	4.9 (43.4%)
167	PRZYBYLSKA Magdalena	7099		Masters K - 40	38	00:46:04	01:13:39	02:01:29.15	02:02:05.30	+01:08:51 (56.4%)	12:08	4.9 (43.4%)
168	KWIATKOWSKA Barbara	7119		Weteran II K - 60	3	00:42:45	01:10:03	02:02:53.50	02:03:37.40	+01:10:23 (56.9%)	12:17	4.9 (43.4%)
169	WOŻNA Arleta	7427		Senior I K - 20	34	00:47:30	01:15:13	02:04:27.35	02:04:42.35	+01:11:28 (57.3%)	12:26	4.8 (42.5%)
170	WIERCIOCH Iwona	7430		Masters K - 40	39	00:47:29	01:15:18	02:04:38.55	02:04:53.20	+01:11:39 (57.4%)	12:27	4.8 (42.5%)
171	WOLENTARSKA Alicja	7159		Weteran K - 50	8	00:44:45	01:13:33	02:04:34.40	02:05:00.85	+01:11:47 (57.4%)	12:27	4.8 (42.5%)
172	KOWALCZYK Ilona	7395		Masters K - 40	40	00:44:49	01:14:13	02:05:33.10	02:05:58.60	+01:12:44 (57.7%)	12:33	4.8 (42.5%)
173	CZAPSKA Izabela	7093	SONKOTEAM	Masters K - 40	41	00:39:29	01:10:24	02:06:53.95	02:07:08.75	+01:13:55 (58.1%)	12:41	4.7 (41.6%)
174	LISOWSKA Agnieszka	7118	DESTYLATOR	Senior II K - 30	87	00:43:35	01:12:16	02:07:26.35	02:08:15.95	+01:15:02 (58.5%)	12:44	4.7 (41.6%)
175	PAWŁOWSKA Danuta	7359		Masters K - 40	42	00:46:04	01:16:19	02:13:25.00	02:13:48.05	+01:20:34 (60.2%)	13:20	4.5 (39.8%)
176	WOŁCZEK Jola	7305		Senior II K - 30	88	00:37:08	00:59:49	02:14:28.05	02:14:51.80	+01:21:38 (60.5%)	13:26	4.5 (39.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
177	ROBAK Aneta	7124		Senior II K - 30	89	00:45:59		02:15:12.85	02:15:39.00	+01:22:25 (60.8%)	13:31	4.4 (38.9%)
178	STELMACH Elżbieta	7246		Masters K - 40	43	00:52:38	01:23:35	02:27:52.70	02:28:23.10	+01:35:09 (64.1%)	14:47	4.1 (36.3%)
179	KOĆMIRSKA Anna	7208		Senior II K - 30	90	00:52:33	01:20:08	02:27:54.50	02:28:24.45	+01:35:10 (64.1%)	14:47	4.1 (36.3%)
180	RUNOWICZ Magdalena	7214		Senior II K - 30	91	00:52:37	01:20:09	02:27:56.45	02:28:26.40	+01:35:12 (64.1%)	14:47	4.1 (36.3%)
181	ROŻEK Agnieszka	7333	MUAY RUNNING TEAM	Masters K - 40	44	00:56:08	01:29:22	02:28:41.95	02:29:30.40	+01:36:16 (64.4%)	14:52	4 (35.4%)
182	MICHAŁKA Dominika	7004		Senior I K - 20	35	00:52:04	01:40:56	02:53:22.75	02:53:29.80	+02:00:16 (69.3%)	17:20	3.5 (31.0%)
	BĄKOWSKA Maria	7381	ZAŁOGA GÓRSKA	Weteran II K - 60		00:55:16 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 183 wynik(ów)