

BIEG TROJAK TRAIL - 10 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2020-07-19
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	Różn	Tempo min/km	Tempo km/h
1	ROZDZYNSKA Patrycja	8245	ADRIANBEDNAREK.PL	Senior I K - 20	1	00:26:01	00:40:05	01:02:43.40		6:16	9.6 (100%)
2	BUDZIEWSKA Katarzyna	8104		Senior II K - 30	1	00:26:45	00:40:55	01:04:41.95	+00:01:58 (3.1%)	6:28	9.3 (96.9%)
3	PAPIÓR Jolanta	8389	WATAHA / MKS-PARASOL WROCŁAW	Senior I K - 20	2	00:28:14	00:42:31	01:05:53.10	+00:03:09 (4.8%)	6:35	9.1 (94.8%)
4	HOJA Joanna	8186	ALPIN SPORT HOKA ONE ONE TEAM	Senior II K - 30	2	00:27:18	00:42:38	01:07:51.60	+00:05:08 (7.6%)	6:47	8.8 (91.7%)
5	FOGIEL-PAWŁOWSKA Agnieszka	8291		Masters K - 40	1	00:29:23	00:44:59	01:10:39.95	+00:07:56 (11.2%)	7:04	8.5 (88.5%)
6	ROZNEKSKA Dagmara	8225	KB SOBÓTKA	Senior II K - 30	3	00:29:37	00:45:07	01:11:49.45	+00:09:06 (12.7%)	7:11	8.4 (87.5%)
7	KORCZYŃSKA Agata	8292		Senior II K - 30	4	00:28:47	00:44:50	01:11:58.00	+00:09:14 (12.8%)	7:11	8.3 (86.5%)
8	ZYWIER Urszula	8003	WATAHA	Senior I K - 20	3	00:30:00	00:47:36	01:13:20.00	+00:10:36 (14.5%)	7:20	8.2 (85.4%)
9	PĘCZAR Aneta	8398	FITNESSROAD TEAM	Senior I K - 20	4	00:29:59	00:46:33	01:14:20.50	+00:11:37 (15.6%)	7:26	8.1 (84.4%)
10	URBAN Alicja	8150		Senior I K - 20	5	00:30:08	00:47:46	01:15:48.00	+00:13:04 (17.3%)	7:34	7.9 (82.3%)
11	ULIKOWSKA Martyna	8352	ZĄŁOGA GÓRSKA	Senior I K - 20	6	00:32:01	00:48:54	01:16:09.95	+00:13:26 (17.6%)	7:37	7.9 (82.3%)
12	FRYBES Agnieszka	8379	FUNDACJA KIERUNEK ULTRA	Senior II K - 30	5	00:31:47	00:48:56	01:16:13.30	+00:13:29 (17.7%)	7:37	7.9 (82.3%)
13	WÓJCIK Kamila	8364	NIEDŹWIEDZIE POLARNE	Masters K - 40	2	00:32:09	00:49:47	01:17:42.95	+00:14:59 (19.3%)	7:46	7.7 (80.2%)
14	WZOREK Ewa	8410		Senior I K - 20	7	00:32:07	00:49:12	01:17:59.95	+00:15:16 (19.6%)	7:48	7.7 (80.2%)
15	GŁĄB Daria	8416		Senior I K - 20	8	00:29:43	00:48:23	01:18:28.50	+00:15:45 (20.1%)	7:50	7.6 (79.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto 10km	Różn	Tempo min/km	Tempo km/h
						3.7km	5.8km				
16	HACZYK Natalia	8378	GOGGLE PAE TEAM	Masters K - 40	3	00:32:10	00:50:04	01:18:38.80	+00:15:55 (20.2%)	7:51	7.6 (79.2%)
17	GRZYBOWSKA Aneta	8357	ZGRUPKA TEAM	Masters K - 40	4	00:32:05	00:50:36	01:18:52.70	+00:16:09 (20.5%)	7:53	7.6 (79.2%)
18	TOMASZEWSKA Paulina	8420	STOWARZYSZENIE BIEG OPOLSKI	Senior I K - 20	9	00:34:00	00:51:14	01:19:30.00	+00:16:46 (21.1%)	7:57	7.5 (78.1%)
19	SEMENIUK Marzena	8336	KOTWICA BRZEG	Senior II K - 30	6	00:32:52	00:51:01	01:19:34.55	+00:16:51 (21.2%)	7:57	7.5 (78.1%)
20	LECZKOWSKA Mirella	8065		Weteran K - 50	1	00:32:28	00:50:19	01:19:57.80	+00:17:14 (21.6%)	7:59	7.5 (78.1%)
21	MRÓZ Urszula	8151	NIEDZWIEDZIE POLARNE	Weteran K - 50	2	00:33:52	00:51:29	01:20:47.05	+00:18:03 (22.4%)	8:04	7.4 (77.1%)
22	BESZTOCHA Jadwiga	8056	ZEN RUNNING TEAM	Senior II K - 30	7	00:32:17	00:51:05	01:20:58.25	+00:18:14 (22.5%)	8:05	7.4 (77.1%)
23	ZATKE Dorota	8226	AKADEMIA BIEGACZA SALOS WODNAP	Masters K - 40	5	00:30:42	00:50:50	01:21:45.65	+00:19:02 (23.3%)	8:10	7.3 (76.0%)
24	WACHOWSKA Katarzyna	8091	SMOK TRÓJGŁOWY	Senior II K - 30	8	00:34:28	00:52:13	01:21:46.05	+00:19:02 (23.3%)	8:10	7.3 (76.0%)
25	BRUSIŁOWICZ Dagmara	8069	WIECZORNE BIEGANIE W SZCZECINIE	Masters K - 40	6	00:33:04	00:52:06	01:22:19.25	+00:19:35 (23.8%)	8:13	7.3 (76.0%)
26	GARNIEWICZ Weronika	8239		Senior I K - 20	10	00:33:18	00:52:03	01:22:44.25	+00:20:00 (24.2%)	8:16	7.3 (76.0%)
27	DZIADOWICZ Anna	8383	ADRIAN DANILEWICZ GROUP	Masters K - 40	7	00:33:02	00:53:28	01:23:55.75	+00:21:12 (25.3%)	8:23	7.1 (74.0%)
28	PALKA Natalia	8385	ZABRZAŃSKIE PARKOWE BIEGANIE	Senior I K - 20	11	00:33:47	00:55:05	01:24:25.20	+00:21:41 (25.7%)	8:26	7.1 (74.0%)
29	WENTYKIER Beata	8024		Masters K - 40	8	00:33:00	00:52:41	01:24:35.25	+00:21:51 (25.8%)	8:27	7.1 (74.0%)
30	GRĘDA Elżbieta	8100	TIM JEST TIM	Masters K - 40	9	00:34:19	00:55:17	01:24:47.30	+00:22:03 (26.0%)	8:28	7.1 (74.0%)
31	MRÓZ Marta	8174		Senior I K - 20	12	00:33:01	00:51:55	01:25:04.60	+00:22:21 (26.3%)	8:30	7.1 (74.0%)
32	DOLECKA Elżbieta	8377	NKB CHYŻY NOWY TOMYŚL	Masters K - 40	10	00:34:09	00:53:03	01:25:19.00	+00:22:35 (26.5%)	8:31	7 (72.9%)
33	SKAWINA POŁEĆ Anna	8286		Senior II K - 30	9	00:35:15	00:54:19	01:25:30.20	+00:22:46 (26.6%)	8:33	7 (72.9%)
34	GRĄDZKA Marianna	8290		Senior I K - 20	13	00:37:28	00:57:00	01:25:47.30	+00:23:03 (26.9%)	8:34	7 (72.9%)
35	MAZIAREK Adela	8009		Senior II K - 30	10	00:35:11	00:54:08	01:25:54.60	+00:23:11 (27.0%)	8:35	7 (72.9%)
36	GŁÓWKA Barbara	8284		Senior II K - 30	11	00:35:04	00:55:03	01:26:03.90	+00:23:20 (27.1%)	8:36	7 (72.9%)
37	GŁUCHOWSKA Ewelina	8293		Senior II K - 30	12	00:35:03	00:55:09	01:26:09.75	+00:23:26 (27.2%)	8:37	7 (72.9%)
38	CIEŚLIŃSKA Katarzyna	8146		Senior II K - 30	13	00:33:32	00:53:18	01:26:16.85	+00:23:33 (27.3%)	8:37	7 (72.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto 10km	Różn	Tempo min/km	Tempo km/h
						3.7km	5.8km				
39	HAUSER-GIERS Monika	8041	KOŚCIAN TEAM	Masters K - 40	11	00:34:02	00:53:53	01:27:16.40	+00:24:33 (28.1%)	8:43	6.9 (71.9%)
40	OCHEJ Joanna	8376	APTENEO RUNNING TEAM	Senior II K - 30	14	00:35:03	00:55:36	01:28:10.20	+00:25:26 (28.9%)	8:49	6.8 (70.8%)
41	CIEŚLAK Magdalena	8302	CIEŚLAK TEAM	Senior II K - 30	15	00:34:03	00:53:56	01:28:16.70	+00:25:33 (28.9%)	8:49	6.8 (70.8%)
42	MODZELEWSKA Anna	8181		Senior I K - 20	14	00:34:57	00:54:12	01:28:53.90	+00:26:10 (29.4%)	8:53	6.8 (70.8%)
43	PIATEK Magdalena	8237	PROGRES	Senior II K - 30	16	00:34:11	00:58:37	01:29:08.95	+00:26:25 (29.6%)	8:54	6.7 (69.8%)
44	ADAMSKA Sylwia	8275		Senior II K - 30	17	00:36:29	00:56:48	01:29:25.50	+00:26:42 (29.9%)	8:56	6.7 (69.8%)
45	SKAWINA Krystyna	8026	TOPOLICE TEAM	Senior II K - 30	18	00:35:18	00:54:07	01:29:55.60	+00:27:12 (30.3%)	8:59	6.7 (69.8%)
46	TEKIELI Ewelina	8018	TEKIELI FAMILY	Masters K - 40	12	00:35:00	00:55:40	01:30:02.40	+00:27:19 (30.3%)	9:00	6.7 (69.8%)
47	PIGUŁA Agnieszka	8356		Masters K - 40	13	00:36:17	00:57:14	01:30:07.85	+00:27:24 (30.4%)	9:00	6.7 (69.8%)
48	JOŃCZYK Paula	8106		Senior I K - 20	15	00:37:17	00:57:42	01:30:15.25	+00:27:31 (30.5%)	9:01	6.6 (68.8%)
49	RAPACZ-TOPIŁKO Anna	8360		Masters K - 40	14	00:36:41	00:57:33	01:30:30.40	+00:27:47 (30.7%)	9:03	6.6 (68.8%)
50	LUBAŃSKA Alicja	8033		Weteran K - 50	3	00:36:09	00:56:51	01:30:36.15	+00:27:52 (30.8%)	9:03	6.6 (68.8%)
51	BŁAŻKÒW Gosia	8388		Senior II K - 30	19	00:34:11	00:58:03	01:31:23.85	+00:28:40 (31.4%)	9:08	6.6 (68.8%)
52	HOTAŁA Marta	8238		Senior II K - 30	20	00:35:47	00:58:11	01:31:30.75	+00:28:47 (31.5%)	9:09	6.6 (68.8%)
53	BIŃCZARSKA Monika	8015		Senior II K - 30	21	00:33:59	00:56:48	01:31:31.15	+00:28:47 (31.5%)	9:09	6.6 (68.8%)
54	SŁODKIEWICZ Dagmara	8223		Senior II K - 30	22	00:37:21	00:58:57	01:32:05.85	+00:29:22 (31.9%)	9:12	6.5 (67.7%)
55	MIKOŁAJCZAK Agnieszka	8344	FRIENDS GOSTYŃ	Masters K - 40	15	00:35:54	00:59:50	01:32:32.05	+00:29:48 (32.2%)	9:15	6.5 (67.7%)
56	HORODYNSKA Mirosława	8339	KOTWICA BRZEG	Masters K - 40	16	00:36:38	00:59:14	01:32:37.95	+00:29:54 (32.3%)	9:15	6.5 (67.7%)
57	BUTRYM Iga	8409		Senior I K - 20	16	00:37:21	00:59:39	01:32:48.50	+00:30:05 (32.4%)	9:16	6.5 (67.7%)
58	PAINTA Ewa	8402		Senior II K - 30	23	00:36:39	00:59:32	01:32:54.10	+00:30:10 (32.5%)	9:17	6.5 (67.7%)
59	MĘTLAK Małgorzata	8264		Senior I K - 20	17	00:39:02	01:00:34	01:33:02.50	+00:30:19 (32.6%)	9:18	6.4 (66.7%)
60	PUCHALSKA Magdalena	8089		Senior II K - 30	24	00:37:23	00:57:03	01:33:16.00	+00:30:32 (32.7%)	9:19	6.4 (66.7%)
61	MATUKIN-SZUMLIŃSKA Aleksandra	8334		Senior II K - 30	25	00:38:22	01:00:01	01:34:11.25	+00:31:27 (33.4%)	9:25	6.4 (66.7%)

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						3.7km	5.8km				
62	ŁOBASIUK Iwona	8382	FUNDACJA KIERUNEK ULTRA	Masters K - 40	17	00:37:58	00:59:31	01:34:17.00	+00:31:33 (33.5%)	9:25	6.4 (66.7%)
63	TURAJ-KACZYŃSKA Małgorzata	8113	GUSTAW TEŻ BIEGA	Masters K - 40	18	00:35:16	00:57:54	01:34:50.85	+00:32:07 (33.9%)	9:29	6.3 (65.6%)
64	ŁYGASŁO Paulina	8421		Senior I K - 20	18	00:37:59	01:01:15	01:34:52.00	+00:32:08 (33.9%)	9:29	6.3 (65.6%)
65	MARON Agnieszka	8321	ADIDAS RUNNERS WARSAW / JACK TEAM	Masters K - 40	19	00:37:21	00:59:48	01:34:54.15	+00:32:10 (33.9%)	9:29	6.3 (65.6%)
66	TUREK Paulina	8128	PRORUNNING PROMOTION	Senior II K - 30	26	00:37:46	01:00:13	01:34:56.90	+00:32:13 (33.9%)	9:29	6.3 (65.6%)
67	KAWCZYŃSKA Monika	8279	GUSTAW TEŻ BIEGA	Masters K - 40	20	00:35:20	00:58:01	01:34:58.35	+00:32:14 (34.0%)	9:29	6.3 (65.6%)
68	KWIECIEŃ Dorota	8115		Masters K - 40	21	00:39:53	01:01:35	01:35:32.05	+00:32:48 (34.3%)	9:33	6.3 (65.6%)
69	KAJDANIAK Paulina	8192		Masters K - 40	22	00:39:45	01:02:55	01:35:33.70	+00:32:50 (34.4%)	9:33	6.3 (65.6%)
70	TABACZYŃSKA Monika	8288		Senior I K - 20	19	00:38:55	01:01:57	01:36:04.20	+00:33:20 (34.7%)	9:36	6.2 (64.6%)
71	KORF Weronika	8058		Senior II K - 30	27	00:39:44	01:00:55	01:36:24.60	+00:33:41 (34.9%)	9:38	6.2 (64.6%)
72	RATAJSKA Monika	8296		Senior I K - 20	20	00:38:42	01:03:32	01:36:36.80	+00:33:53 (35.1%)	9:39	6.2 (64.6%)
73	SZCZOTKA Katarzyna	8002		Senior I K - 20	21	00:40:12	01:01:49	01:36:48.35	+00:34:04 (35.2%)	9:40	6.2 (64.6%)
74	SZYMAŁA Karolina	8351		Senior I K - 20	22	00:38:20	01:00:30	01:36:52.75	+00:34:09 (35.3%)	9:41	6.2 (64.6%)
75	KUCZYŃSKA Małgorzata	8199	INSULA ZAWONIA TEAM	Masters K - 40	23	00:37:50	00:59:30	01:37:01.60	+00:34:18 (35.4%)	9:42	6.2 (64.6%)
76	MARCINIAK Paulina	8209		Senior II K - 30	28	00:38:40	01:02:28	01:37:13.20	+00:34:29 (35.5%)	9:43	6.2 (64.6%)
77	KUSTRA Klaudia	8207		Senior II K - 30	29	00:37:24	01:00:15	01:37:44.40	+00:35:01 (35.8%)	9:46	6.1 (63.5%)
78	SZUBA Dagmara	8380		Masters K - 40	24	00:40:53	01:03:11	01:38:22.45	+00:35:39 (36.2%)	9:50	6.1 (63.5%)
79	UCHEREK Kinga	8031		Masters K - 40	25	00:39:21	01:01:45	01:38:38.65	+00:35:55 (36.4%)	9:51	6.1 (63.5%)
80	KRYCH Joanna	8215		Masters K - 40	26	00:39:02	01:01:56	01:38:56.05	+00:36:12 (36.6%)	9:53	6.1 (63.5%)
81	BĄCZKOWSKA Grażyna	8297	POLACY BIEGAJĄ W NL	Masters K - 40	27	00:37:41	01:00:04	01:39:51.30	+00:37:07 (37.2%)	9:59	6 (62.5%)
82	PELCZER Agnieszka	8035	KB HARCOWNIK JELCZ-LASKOWICE	Masters K - 40	28	00:39:47	01:03:55	01:39:56.45	+00:37:13 (37.2%)	9:59	6 (62.5%)
83	GAJEWSKA Magdalena	8267	LAFIRYNDY I GAMONIE	Masters K - 40	29	00:39:54	01:03:25	01:39:58.40	+00:37:15 (37.3%)	9:59	6 (62.5%)
84	OLSZEWSKA Natalia	8179		Senior I K - 20	23	00:38:00	01:01:50	01:40:10.70	+00:37:27 (37.4%)	10:01	6 (62.5%)

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						3.7km	5.8km				
85	FILAWSKA Agata	8050		Senior I K - 20	24	00:38:09	01:02:01	01:40:21.25	+00:37:37 (37.5%)	10:02	6 (62.5%)
86	STĘPIEŃ Małgorzata	8246		Senior II K - 30	30	00:38:33	01:01:59	01:40:27.15	+00:37:43 (37.6%)	10:02	6 (62.5%)
87	DZIEKOŃSKA Magdalena	8049	KU PRZYGODZIE	Senior II K - 30	31	00:38:19	01:02:09	01:40:30.55	+00:37:47 (37.6%)	10:03	6 (62.5%)
88	ŁUSIAK Ewa	8187	KNEIPPTEAM	Masters K - 40	30	00:42:24	01:04:07	01:40:42.70	+00:37:59 (37.7%)	10:04	6 (62.5%)
89	BAJSAROWICZ Zuzanna	8201		Senior II K - 30	32	00:42:12	01:05:22	01:41:20.60	+00:38:37 (38.1%)	10:08	5.9 (61.5%)
90	PĘCZKOWSKA Magdalena	8051		Masters K - 40	31	00:40:04	01:03:37	01:41:43.85	+00:39:00 (38.3%)	10:10	5.9 (61.5%)
91	JERMAK Anna	8097	BOHAR PALETY RUNNERS	Masters K - 40	32	00:41:02	01:05:16	01:43:07.55	+00:40:24 (39.2%)	10:18	5.8 (60.4%)
92	SAMULSKA Agata	8324		Weteran K - 50	4	00:39:41	01:05:17	01:43:26.05	+00:40:42 (39.4%)	10:20	5.8 (60.4%)
93	NIECHAJ Anna	8036	POMIDOROWA ALTERNATYWA	Masters K - 40	33	00:41:58	01:07:42	01:43:29.45	+00:40:46 (39.4%)	10:21	5.8 (60.4%)
94	CHOJECKA Magdalena	8193	ZBUCKI RUCH	Masters K - 40	34	00:42:15	01:05:38	01:43:35.40	+00:40:52 (39.5%)	10:21	5.8 (60.4%)
95	RASZCZUK Martyna	8014	POMIDOROWA ALTERNATYWA	Senior II K - 30	33	00:42:01	01:07:44	01:43:42.90	+00:40:59 (39.5%)	10:22	5.8 (60.4%)
96	PIASECKA Agata	8415	ZAŁOGA GÓRSKA	Senior I K - 20	25	00:40:42	01:04:53	01:44:13.15	+00:41:29 (39.8%)	10:25	5.8 (60.4%)
97	BREARD Emilie	8208	TOUT CHAILLES COURT	Senior II K - 30	34	00:39:15	01:05:20	01:44:15.80	+00:41:32 (39.8%)	10:25	5.8 (60.4%)
98	PIOTROWSKA ANCEW Joanna	8075		Weteran K - 50	5	00:41:08	01:04:00	01:44:23.20	+00:41:39 (39.9%)	10:26	5.7 (59.4%)
99	KONIECZNA Natalia	8149	CHOSZCZEŃSKA DZIESIĄTKA	Senior I K - 20	26	00:42:43	01:05:29	01:44:36.10	+00:41:52 (40.0%)	10:27	5.7 (59.4%)
100	ROGOWSKA Izabela	8418	STOWARZYSZENIE BIEG OPOLSKI	Masters K - 40	35	00:41:06	01:05:50	01:44:48.10	+00:42:04 (40.2%)	10:28	5.7 (59.4%)
101	SOWIŃSKA Magdalena	8413	BOGOŃ GRODZISK MAZOWIECKI	Masters K - 40	36	00:40:52	01:06:05	01:45:01.70	+00:42:18 (40.3%)	10:30	5.7 (59.4%)
102	GAJEWSKA-POLAK Iwona	8323		Weteran K - 50	6	00:42:34	01:05:43	01:45:24.30	+00:42:40 (40.5%)	10:32	5.7 (59.4%)
103	JEDYNAK Monika	8252		Senior I K - 20	27	00:40:47	01:07:14	01:45:45.85	+00:43:02 (40.7%)	10:34	5.7 (59.4%)
104	LEWANDOWSKA Patrycja	8248	TEAM KURORT ŁĄDEK-ZDRÓJ	Senior II K - 30	35	00:43:01	01:08:03	01:45:56.10	+00:43:12 (40.8%)	10:35	5.7 (59.4%)
105	TOMERA Dorota	8253	TEAM KURORT ŁĄDEK-ZDRÓJ	Masters K - 40	37	00:43:11	01:08:12	01:46:05.95	+00:43:22 (40.9%)	10:36	5.7 (59.4%)
106	FOLARON Julia	8300		Senior I K - 20	28	00:39:24	01:06:51	01:46:14.50	+00:43:31 (41.0%)	10:37	5.6 (58.3%)
107	KUCZYŃSKA Agnieszka	8220	BIAŁYSTOK BIEGA TEAM	Masters K - 40	38	00:40:00	01:08:53	01:47:21.45	+00:44:38 (41.6%)	10:44	5.6 (58.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto 10km	Różn	Tempo min/km	Tempo km/h
						3.7km	5.8km				
108	JANUR Joanna	8325	RÓŻOWE LANDRYNY	Senior I K - 20	29	00:43:34	01:09:01	01:47:28.25	+00:44:44 (41.6%)	10:44	5.6 (58.3%)
109	KIERAT Dominika	8306		Senior II K - 30	36	00:41:24	01:05:35	01:47:30.45	+00:44:47 (41.7%)	10:45	5.6 (58.3%)
110	CYBULA Ewa	8138	X-TEAM	Senior II K - 30	37	00:41:47	01:07:36	01:47:52.35	+00:45:08 (41.9%)	10:47	5.6 (58.3%)
111	BUGAJSKA-JUCHA Renata	8200	CARBO ASECURA/CA AKTYWNI	Masters K - 40	39	00:43:22	01:07:42	01:48:02.80	+00:45:19 (41.9%)	10:48	5.6 (58.3%)
112	WILGUS-KUBICA Katarzyna	8210		Masters K - 40	40	00:43:35	01:07:50	01:48:10.80	+00:45:27 (42.0%)	10:49	5.5 (57.3%)
113	SZPUREK Anna	8365	BUKOWSKI KLUB BIEGACZA	Senior II K - 30	38	00:44:35	01:10:24	01:48:20.60	+00:45:37 (42.1%)	10:50	5.5 (57.3%)
114	JAGUSZEWSKA Agnieszka	8109		Senior II K - 30	39	00:44:46	01:08:46	01:48:23.60	+00:45:40 (42.1%)	10:50	5.5 (57.3%)
115	WITKOWSKA Maria	8019	KLUB KRÓLIKA STEFANA	Weteran II K - 60	1	00:44:25	01:08:33	01:48:45.10	+00:46:01 (42.3%)	10:52	5.5 (57.3%)
116	ZIELIŃSKA - KASZAM Magdalena	8408		Masters K - 40	41	00:42:40	01:05:08	01:48:54.75	+00:46:11 (42.4%)	10:53	5.5 (57.3%)
117	STRZELCZYK Ilona	8047	KĘSY TEAM	Weteran K - 50	7	00:41:44	01:08:47	01:49:07.30	+00:46:23 (42.5%)	10:54	5.5 (57.3%)
118	NIESTERUK Paulina	8249		Senior II K - 30	40	00:41:00	01:08:08	01:49:52.85	+00:47:09 (42.9%)	10:59	5.5 (57.3%)
119	KOŁACZ Wiola	8265	LAFIRYNDY I GAMONIE	Masters K - 40	42	00:45:00	01:10:23	01:50:27.50	+00:47:44 (43.2%)	11:02	5.4 (56.3%)
120	MALISZ Agnieszka	8322		Senior II K - 30	41	00:44:00	01:07:11	01:50:40.35	+00:47:56 (43.3%)	11:04	5.4 (56.3%)
121	NOWAK Teresa	8386		Weteran II K - 60	2	00:42:33	01:10:02	01:50:44.95	+00:48:01 (43.4%)	11:04	5.4 (56.3%)
122	MAJ Magdalena	8004	GRAŻYNKI OCR	Senior II K - 30	42	00:44:03	01:11:57	01:50:52.60	+00:48:09 (43.4%)	11:05	5.4 (56.3%)
123	RAJCZAK Monika	8166		Senior II K - 30	43	00:43:04	01:09:22	01:50:58.60	+00:48:15 (43.5%)	11:05	5.4 (56.3%)
124	KUŹNIAK Justyna	8142	KB SZAMOTUŁY	Masters K - 40	43	00:43:38	01:12:07	01:51:13.90	+00:48:30 (43.6%)	11:07	5.4 (56.3%)
125	GÓRNA Małgorzata	8103		Senior II K - 30	44	00:43:42	01:10:01	01:51:29.55	+00:48:46 (43.7%)	11:08	5.4 (56.3%)
126	KOLBUS Julita	8236		Senior II K - 30	45	00:44:46	01:12:35	01:51:33.05	+00:48:49 (43.8%)	11:09	5.4 (56.3%)
127	DORDZIK Małgorzata	8337		Weteran II K - 60	3	00:44:12	01:09:35	01:51:46.35	+00:49:02 (43.9%)	11:10	5.4 (56.3%)
128	PLUTA Michalina	8189		Senior II K - 30	46	00:41:57	01:10:35	01:51:48.30	+00:49:04 (43.9%)	11:10	5.4 (56.3%)
129	JAKUBOWSKA Judyta	8038		Masters K - 40	44	00:43:42	01:10:36	01:52:31.95	+00:49:48 (44.3%)	11:15	5.3 (55.2%)
130	DANYLOVA Alina	8271		Senior II K - 30	47	00:46:10	01:12:01	01:53:35.70	+00:50:52 (44.8%)	11:21	5.3 (55.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
131	KMONK Magdalena	8052		Masters K - 40	45	00:42:47	01:11:20	01:53:36.35	+00:50:52 (44.8%)	11:21	5.3 (55.2%)
132	OGRODNIK Anna	8102	ZAKOCHAJ SIE W BIEGANIU	Senior II K - 30	48	00:46:21	01:12:41	01:54:03.85	+00:51:20 (45.0%)	11:24	5.3 (55.2%)
133	MATEJCZUK Julia	8401	BIAŁYSTOK BIEGA TEAM	Senior I K - 20	30	00:44:30	01:11:32	01:54:32.50	+00:51:49 (45.2%)	11:27	5.2 (54.2%)
134	GAJDZIŃSKA Magdalena	8230	BIAŁYSTOK BIEGA TEAM	Masters K - 40	46	00:44:51	01:11:52	01:54:53.40	+00:52:10 (45.4%)	11:29	5.2 (54.2%)
135	KIEPURA Olga	8328		Senior I K - 20	31	00:42:35	01:13:12	01:55:02.20	+00:52:18 (45.5%)	11:30	5.2 (54.2%)
136	BUCHALIK Patrycja	8366		Senior I K - 20	32	00:42:43	01:13:22	01:55:12.25	+00:52:28 (45.6%)	11:31	5.2 (54.2%)
137	WYSMOLINSKA Karolina	8319		Masters K - 40	47	00:45:48	01:13:29	01:55:25.05	+00:52:41 (45.7%)	11:32	5.2 (54.2%)
138	MRÓZ Anna	8341		Senior II K - 30	49	00:54:48	01:17:27	01:55:39.95	+00:52:56 (45.8%)	11:34	5.2 (54.2%)
139	MADAJ-LEJA Jagoda	8087	LEJOWIE	Senior I K - 20	33	00:44:45	01:10:19	01:55:45.85	+00:53:02 (45.8%)	11:34	5.2 (54.2%)
140	ŁUKASIK Natalia	8309		Senior II K - 30	50	00:39:18	01:15:01	01:55:50.10	+00:53:06 (45.9%)	11:35	5.2 (54.2%)
141	KRUPIŃSKA Wiola	8197	TRUCHT TARCHOMIN TEAM	Senior I K - 20	34	00:52:54	01:17:32	01:55:51.80	+00:53:08 (45.9%)	11:35	5.2 (54.2%)
142	SZWARGOT Marta	8119	TARNOWO PODGÓRNE BIEGA / SPORTOWY KAŻMIERZ	Senior II K - 30	51	00:46:14	01:13:15	01:55:59.65	+00:53:16 (45.9%)	11:35	5.2 (54.2%)
143	ENGEL-ABULEWICZ Elżbieta	8261	TRENING STUDIO 17	Weteran K - 50	8	00:44:38	01:12:22	01:56:12.70	+00:53:29 (46.0%)	11:37	5.2 (54.2%)
144	GAGAS Aleksandra	8372		Masters K - 40	48	00:44:10	01:13:45	01:56:23.80	+00:53:40 (46.1%)	11:38	5.2 (54.2%)
145	LASEK Karina	8184		Senior II K - 30	52	00:44:34	01:13:55	01:56:33.45	+00:53:50 (46.2%)	11:39	5.1 (53.1%)
146	STAWSKA-KISIAŁA Natalia	8083		Senior II K - 30	53	00:46:06	01:14:37	01:58:03.90	+00:55:20 (46.9%)	11:48	5.1 (53.1%)
147	SŁONINA-TAMUL Olga	8295	ZĄLOGA GÓRSKA	Senior I K - 20	35	00:49:15	01:15:59	01:58:16.65	+00:55:33 (47.0%)	11:49	5.1 (53.1%)
148	BŁĄDEK-GRZELCZAK Katarzyna	8198		Weteran K - 50	9	00:46:46	01:14:05	01:59:55.90	+00:57:12 (47.7%)	11:59	5 (52.1%)
149	WINIARSKA Monika	8042	DXTREEM RUNNING	Masters K - 40	49	00:44:20	01:13:05	02:01:35.95	+00:58:52 (48.4%)	12:09	4.9 (51.0%)
150	PAWŁOWICZ Julia	8406		Senior I K - 20	36	00:49:37	01:18:42	02:03:42.95	+01:00:59 (49.3%)	12:22	4.8 (50.0%)
151	RAKUS Justyna	8006		Masters K - 40	50	00:48:54	01:18:20	02:03:45.35	+01:01:01 (49.3%)	12:22	4.8 (50.0%)
152	BOBIN Anna	8055	ZOCHU TEAM	Masters K - 40	51	00:47:23	01:19:08	02:03:50.85	+01:01:07 (49.4%)	12:23	4.8 (50.0%)
153	MACUR Agnieszka	8088		Masters K - 40	52	00:47:19	01:16:48	02:03:53.85	+01:01:10 (49.4%)	12:23	4.8 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
154	GONERA Janina	8010	KB HARCOWNIK JELCZ-LASKOWICE	Weteran II K - 60	4	00:50:20	01:19:33	02:04:26.60	+01:01:43 (49.6%)	12:26	4.8 (50.0%)
155	MRÓZ Izabela	8338	WOLNE ŚLIMAKI	Senior II K - 30	54	00:50:16	01:20:31	02:05:52.80	+01:03:09 (50.2%)	12:35	4.8 (50.0%)
156	FRAÇKOWIAK Anna	8034	KB HARCOWNIK JELCZ-LASKOWICE	Weteran K - 50	10	00:50:06	01:19:24	02:06:20.30	+01:03:36 (50.4%)	12:38	4.7 (49.0%)
157	POSPIESZNA Anna	8224		Senior II K - 30	55	00:51:18	01:22:25	02:06:28.15	+01:03:44 (50.4%)	12:38	4.7 (49.0%)
158	PSZCZOLIŃSKA Alicja	8086		Weteran K - 50	11	00:47:59	01:19:47	02:07:22.40	+01:04:39 (50.8%)	12:44	4.7 (49.0%)
159	PIECHOWIAK Oliwia	8414	ZAŁOGA GÓRSKA	Senior I K - 20	37	00:48:57	01:14:26	02:07:55.50	+01:05:12 (51.0%)	12:47	4.7 (49.0%)
160	KOWALEWSKA Katarzyna	8023		Masters K - 40	53	00:47:21	01:17:03	02:09:07.00	+01:06:23 (51.4%)	12:54	4.6 (47.9%)
161	JACHIM-SZUBA Magdalena	8390		Masters K - 40	54	00:47:38	01:18:37	02:10:03.10	+01:07:19 (51.8%)	13:00	4.6 (47.9%)
162	MIELCZAREK Halina	8020		Weteran K - 50	12	00:50:34	01:25:10	02:12:15.60	+01:09:32 (52.6%)	13:13	4.5 (46.9%)
163	ADACH Magdalena	8116	ENDORFINA WSCHOWA	Senior I K - 20	38	00:45:34	01:16:39	02:13:01.95	+01:10:18 (52.9%)	13:18	4.5 (46.9%)
164	ROŻKO Ela	8203	4ROŻKI	Masters K - 40	55	00:47:17	01:17:02	02:13:14.10	+01:10:30 (52.9%)	13:19	4.5 (46.9%)
165	OLMA Katarzyna	8228		Masters K - 40	56	00:55:56	01:24:17	02:15:54.50	+01:13:11 (53.8%)	13:35	4.4 (45.8%)
166	WOLEK Dagmara	8229		Senior II K - 30	56	00:49:53	01:21:56	02:17:00.50	+01:14:17 (54.2%)	13:42	4.4 (45.8%)
167	CZUBA Jadwiga	8314		Senior II K - 30	57	00:54:40	01:29:23	02:20:57.60	+01:18:14 (55.5%)	14:05	4.3 (44.8%)
168	TUREK Monika	8381		Senior II K - 30	58	00:54:50	01:29:35	02:21:08.55	+01:18:25 (55.6%)	14:06	4.3 (44.8%)
169	HACZYK Gabriela	8407		Weteran III K - 70	1	00:51:46	01:29:42	02:22:21.60	+01:19:38 (55.9%)	14:14	4.2 (43.8%)
170	PODJUK Kinga	8190	FRIENDS GOSTYŃ	Masters K - 40	57	00:54:06	01:30:32	02:30:02.15	+01:27:18 (58.2%)	15:00	4 (41.7%)
171	GADZINOWSKA Małgorzata	8053		Weteran II K - 60	5	01:14:02	02:01:41	03:06:13.55	+02:03:30 (66.3%)	18:37	3.2 (33.3%)
172	SZYMAŃSKA Agnieszka	8074	MUAY RUNNING TEAM	Masters K - 40	58	01:19:22	02:01:24	03:07:19.15	+02:04:35 (66.5%)	18:43	3.2 (33.3%)
173	JAWORSKA-NIZIOŁ Magdalena	8093		Senior II K - 30	59	01:18:33	02:03:18	03:12:32.10	+02:09:48 (67.4%)	19:15	3.1 (32.3%)
174	TALAREK JĘDRULAK Katarzyna	8234	TELERANEK	Senior II K - 30	60	01:14:06	02:04:06	03:30:48.30	+02:28:04 (70.2%)	21:04	2.8 (29.2%)
175	BAHRANOWSKA-KILIAN Maria	8110	AZS AWF KRAKÓW MASTERS	Senior I K - 20	39						(0.0%)

Znaleziono 175 wynik(ów)