



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dolnośląski Festiwal Biegów Górskich
Fundacja MARATONY GÓRSKIE
2022-07-17
Łądek-Zdrój
10 km

BIEG TROJAK TRAIL - 10 KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN KOBIET

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0.01km	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KANTOR Martyna	8575	SALOMON SUNNTO TEAM	Senior II K - 30	1	00:00:02	00:21:54	00:32:47	00:52:50.90	00:52:50.90		5:17	11.4 (100%)
2	KAŻMIERCZAK Marta	8595	ZAŁOGA GÓRSKA	Masters K - 40	1	00:00:02	00:24:22	00:36:14	00:56:31.75	00:56:31.75	+00:03:40 (6.5%)	5:39	10.6 (93.0%)
3	ŁASKOWSKA Marzena	8479	WOT	Weteran K - 50	1	00:00:04	00:24:51	00:37:12	00:58:41.55	00:58:41.55	+00:05:50 (10.0%)	5:52	10.2 (89.5%)
4	KARCZEWSKA Joanna	8580	KIERUNEK ULTRA	Masters K - 40	2	00:00:04	00:26:13	00:39:04	01:01:41.05	01:01:41.05	+00:08:50 (14.3%)	6:10	9.7 (85.1%)
5	WIERZCHOWIAK Karolina	8469	TRAIL IS OUR WAY TEAM	Senior II K - 30	2	00:00:02	00:26:04	00:39:34	01:02:36.45	01:02:36.45	+00:09:45 (15.6%)	6:15	9.6 (84.2%)
6	WROTECKA Katarzyna	8324	STAJNIAKTEAM	Senior II K - 30	3	00:00:03	00:26:56	00:40:43	01:04:24.80	01:04:24.80	+00:11:33 (18.0%)	6:26	9.3 (81.6%)
7	BARTUŚ Monika	8408		Senior I K - 20	1	00:00:03	00:27:02	00:40:43	01:04:41.75	01:04:41.75	+00:11:50 (18.3%)	6:28	9.3 (81.6%)
8	SIKORA Sylwia	8301	PGB SPORTOWA PACZKA	Senior II K - 30	4	00:00:04	00:27:59	00:42:09	01:05:44.25	01:05:44.25	+00:12:53 (19.6%)	6:34	9.1 (79.8%)
9	GNITECKA Katarzyna	8009	KUDOWIANKA RUN	Senior II K - 30	5	00:00:04	00:28:05	00:42:20	01:06:06.60	01:06:06.60	+00:13:15 (20.1%)	6:36	9.1 (79.8%)
10	ULIKOWSKA Martyna	8500	ZAŁOGA GÓRSKA	Senior II K - 30	6	00:00:04	00:28:59	00:43:05	01:07:13.85	01:07:13.85	+00:14:22 (21.4%)	6:43	8.9 (78.1%)
11	BEDNAREK Karolina	8179		Senior II K - 30	7	00:00:09	00:27:45	00:42:10	01:07:33.45	01:07:33.45	+00:14:42 (21.8%)	6:45	8.9 (78.1%)
12	ADAMCZYK-NOWAK Beata	8280	MIECHOWICKA GRUPA BIEGOWA	Masters K - 40	3	00:00:09	00:29:15	00:43:30	01:07:40.55	01:07:40.55	+00:14:49 (21.9%)	6:46	8.9 (78.1%)
13	OCIEPKA-CIESIELSKA Katarzyna	8311		Senior II K - 30	8	00:00:12	00:29:19	00:43:36	01:09:06.05	01:09:06.05	+00:16:15 (23.5%)	6:54	8.7 (76.3%)
14	GÓRNA Anita	8206	LPP TEAM	Senior II K - 30	9	00:00:20	00:30:32	00:44:41	01:09:32.80	01:09:32.80	+00:16:41 (24.0%)	6:57	8.6 (75.4%)
15	REGULSKA Natalia	8400	ASICS FRONTRUNNER POLAND / #ŻÓRAWSKITEAM	Senior II K - 30	10	00:00:03	00:30:57	00:45:28	01:10:24.35	01:10:24.35	+00:17:33 (24.9%)	7:02	8.5 (74.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0.01km	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	ZATORSKA Karolina	8497	TREC TEAM	Senior II K - 30	11	00:00:09	00:30:23	00:45:33	01:11:28.75	01:11:28.75	+00:18:37 (26.1%)	7:08	8.4 (73.7%)
17	PLUTA Kinga	8095		Senior I K - 20	2	00:00:49	00:30:41	00:45:27	01:11:30.55	01:11:30.55	+00:18:39 (26.1%)	7:09	8.4 (73.7%)
18	KACPRZYCKA Paulina	8482	WOT	Senior II K - 30	12	00:00:04	00:30:11	00:45:45	01:12:08.95	01:12:08.95	+00:19:18 (26.8%)	7:12	8.3 (72.8%)
19	MAZIAREK Adela	8093		Masters K - 40	4	00:00:09	00:30:10	00:45:27	01:12:22.65	01:12:22.65	+00:19:31 (27.0%)	7:14	8.3 (72.8%)
20	JARZĄBEK Magdalena	8110		Senior II K - 30	13	00:00:04	00:31:27	00:46:33	01:12:47.60	01:12:47.60	+00:19:56 (27.4%)	7:16	8.2 (71.9%)
21	WIELGOSZ-MATUŁA Maria	8250		Senior I K - 20	3	00:00:10	00:29:31	00:44:50	01:13:40.55	01:13:40.55	+00:20:49 (28.3%)	7:22	8.1 (71.1%)
22	ZIENDARA Michalina	8331	ZAŁOGA GÓRSKA	Senior I K - 20	4	00:00:34	00:31:56	00:47:14	01:14:16.90	01:14:16.90	+00:21:26 (28.9%)	7:25	8.1 (71.1%)
23	BIESZCZAD Regina	8202	KB ATHLETIC ZRĘCIN	Senior I K - 20	5	00:00:26	00:33:09	00:48:19	01:14:48.45	01:14:48.45	+00:21:57 (29.4%)	7:28	8 (70.2%)
24	PILONIS Eleonora	8474	BIEGOSTACJA	Masters K - 40	5	00:00:13	00:31:47	00:47:44	01:15:14.00	01:15:14.00	+00:22:23 (29.8%)	7:31	8 (70.2%)
25	MAJKA Anna	8057	FAMILIAMAJKA	Masters K - 40	6	00:00:22	00:34:00	00:49:31	01:16:02.60	01:16:02.60	+00:23:11 (30.5%)	7:36	7.9 (69.3%)
26	MALOCCO Monika	8188		Masters K - 40	7	00:00:25	00:32:26	00:48:13	01:16:18.25	01:16:18.25	+00:23:27 (30.7%)	7:37	7.9 (69.3%)
27	NOWAKOWSKA Ewelina	8071		Senior I K - 20	6	00:00:13	00:33:36	00:49:14	01:16:38.85	01:16:38.85	+00:23:47 (31.1%)	7:39	7.8 (68.4%)
28	BEDLA Anna	8568		Masters K - 40	8	00:00:11	00:32:52	00:49:15	01:16:40.10	01:16:40.10	+00:23:49 (31.1%)	7:40	7.8 (68.4%)
29	BAKSALARY Lidia	8254	#BIEGAJLESZNO	Masters K - 40	9	00:00:03	00:31:11	00:47:15	01:17:34.60	01:17:34.60	+00:24:43 (31.9%)	7:45	7.7 (67.5%)
30	SENIÓW Joanna	8255		Masters K - 40	10	00:00:08	00:32:17	00:49:15	01:18:44.65	01:18:44.65	+00:25:53 (32.9%)	7:52	7.6 (66.7%)
31	CIECHOMSKA Agata Ciechomska	8132	HTF LUDWIK SIKORSKI	Senior II K - 30	14	00:00:11	00:33:50	00:49:47	01:19:17.90	01:19:17.90	+00:26:27 (33.4%)	7:55	7.6 (66.7%)
32	JANOSZ Ada	8421		Senior I K - 20	7	00:00:28	00:34:18	00:51:08	01:19:20.95	01:19:20.95	+00:26:30 (33.4%)	7:56	7.6 (66.7%)
33	LUBAŃSKA Alicja	8318		Weteran K - 50	2	00:00:15	00:33:13	00:50:04	01:21:03.85	01:21:03.85	+00:28:12 (34.8%)	8:06	7.4 (64.9%)
34	MRÓZ Urszula	8077		Weteran II K - 60	1	00:01:06	00:36:46	00:53:12	01:22:06.65	01:22:06.65	+00:29:15 (35.6%)	8:12	7.3 (64.0%)
35	RASZKOWSKA Emilia	8429	ŚLĘZAK TEAM	Senior II K - 30	15	00:00:38	00:35:56	00:53:18	01:22:13.80	01:22:13.80	+00:29:22 (35.7%)	8:13	7.3 (64.0%)
36	MAJŁOWSKA Irena	8120		Weteran II K - 60	2	00:00:21	00:34:54	00:52:09	01:22:36.40	01:22:36.40	+00:29:45 (36.0%)	8:15	7.3 (64.0%)
37	NOWACZYK Marta	8126		Senior II K - 30	16	00:01:12	00:36:19	00:53:20	01:23:57.75	01:23:57.75	+00:31:06 (37.1%)	8:23	7.1 (62.3%)
38	DWORAK Sabrina	8419	MAXIMUS KROSNOWICE	Senior II K - 30	17	00:00:24	00:36:44	00:54:30	01:24:20.65	01:24:20.65	+00:31:29 (37.3%)	8:26	7.1 (62.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start	C1	C1	Czas	Czas	Różn	Tempo	Tempo
						Lądek							
						0.01km	3.7km	5.8km	10km	10km		min/km	km/h
39	HEJNA Małgorzata	8266		Weteran K - 50	3	00:00:08	00:35:17	00:53:47	01:24:26.60	01:24:26.60	+00:31:35 (37.4%)	8:26	7.1 (62.3%)
40	MAKIOŁA Agnieszka	8037		Senior I K - 20	8	00:00:12	00:35:22	00:53:05	01:24:30.00	01:24:30.00	+00:31:39 (37.5%)	8:27	7.1 (62.3%)
41	KMIECIK Roma	8425	KUDOWIANKA RUN	Masters K - 40	11	00:01:02	00:37:47	00:55:18	01:24:34.75	01:24:34.75	+00:31:43 (37.5%)	8:27	7.1 (62.3%)
42	PTASZYŃSKA Joanna	8086		Weteran K - 50	4	00:00:23	00:35:29	00:53:18	01:24:44.35	01:24:44.35	+00:31:53 (37.6%)	8:28	7.1 (62.3%)
43	SKAWINA Krystyna	8075	TOPOLICE TEAM	Senior II K - 30	18	00:00:17	00:34:37	00:51:59	01:24:46.50	01:24:46.50	+00:31:55 (37.7%)	8:28	7.1 (62.3%)
44	KONIECZNA Anna	8155	TARNOWO PODGÓRNE BIEGA	Masters K - 40	12	00:00:06	00:35:54	00:53:57	01:24:58.85	01:24:58.85	+00:32:07 (37.8%)	8:29	7.1 (62.3%)
45	JURA Ewelina	8473	TOPOLICE TEAM	Senior II K - 30	19	00:00:18	00:35:43	00:53:55	01:25:26.40	01:25:26.40	+00:32:35 (38.1%)	8:32	7 (61.4%)
46	KOŁTON Justyna	8284		Senior I K - 20	9	00:00:28	00:36:55	00:54:18	01:25:26.95	01:25:26.95	+00:32:36 (38.2%)	8:32	7 (61.4%)
47	SZCZYPCZYK-PRUSICKA Małgorzata	8123		Masters K - 40	13	00:00:16	00:35:14	00:53:30	01:25:37.80	01:25:37.80	+00:32:46 (38.3%)	8:33	7 (61.4%)
48	PIETRUCHA Jagoda	8175	TARNOWO PODGÓRNE BIEGA	Senior II K - 30	20	00:00:07	00:35:04	00:53:22	01:25:49.55	01:25:49.55	+00:32:58 (38.4%)	8:34	7 (61.4%)
49	DZIĘGIELEWSKA Dominika	8577		Senior II K - 30	21	00:00:11	00:37:01	00:55:05	01:26:05.35	01:26:05.35	+00:33:14 (38.6%)	8:36	7 (61.4%)
50	MARTYN Olga	8488	SPINKO LESZNO	Senior II K - 30	22	00:00:46	00:37:18	00:55:10	01:26:08.70	01:26:08.70	+00:33:17 (38.7%)	8:36	7 (61.4%)
51	BACHURSKA Ewa	8043	KB HARCOWNIK JELCZ LASKOWICE	Masters K - 40	14	00:00:18	00:36:46	00:54:57	01:26:16.45	01:26:16.45	+00:33:25 (38.7%)	8:37	7 (61.4%)
52	KIEPIEL Agata	8293	ADIDAS RUNNERS WARSAW	Senior II K - 30	23	00:00:58	00:38:11	00:56:12	01:26:16.95	01:26:16.95	+00:33:26 (38.7%)	8:37	7 (61.4%)
53	WORYTKIEWICZ Małgorzata	8319		Senior I K - 20	10	00:00:59	00:38:08	00:55:45	01:26:22.85	01:26:22.85	+00:33:31 (38.8%)	8:38	6.9 (60.5%)
54	RZYWUCKA Jolanta	8272	4 RUN TEAM PIŁA	Masters K - 40	15	00:00:14	00:35:51	00:54:34	01:26:50.15	01:26:50.15	+00:33:59 (39.1%)	8:41	6.9 (60.5%)
55	MATUSZCZYK Grażyna	8271	RYBNICKA GRUPA BIEGOWA	Masters K - 40	16	00:00:24	00:36:06	00:54:36	01:26:54.55	01:26:54.55	+00:34:03 (39.2%)	8:41	6.9 (60.5%)
56	GRZELIŃSKA Malwina	8490		Senior II K - 30	24	00:00:15	00:37:19	00:55:48	01:26:55.35	01:26:55.35	+00:34:04 (39.2%)	8:41	6.9 (60.5%)
57	KRZONKALLA-BARTNIK Katarzyna	8169		Senior I K - 20	11	00:00:10	00:36:23	00:54:54	01:27:20.50	01:27:20.50	+00:34:29 (39.5%)	8:44	6.9 (60.5%)
58	WITKE Elżbieta	8109		Weteran II K - 60	3	00:00:10	00:35:06	00:53:16	01:27:26.95	01:27:26.95	+00:34:36 (39.6%)	8:44	6.9 (60.5%)
59	KUCHARSKA Anna	8458		Senior II K - 30	25	00:00:18	00:37:30	00:55:50	01:28:01.20	01:28:01.20	+00:35:10 (40.0%)	8:48	6.8 (59.6%)
60	HOJA Ilona	8448		Senior II K - 30	26	00:00:17	00:37:30	00:55:50	01:28:01.35	01:28:01.35	+00:35:10 (40.0%)	8:48	6.8 (59.6%)
61	GRODZIŃSKA Magdalena	8407		Senior I K - 20	12	00:01:10	00:41:05	00:59:24	01:28:19.35	01:28:19.35	+00:35:28 (40.2%)	8:49	6.8 (59.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start	C1	C1	Czas	Czas	Różn	Tempo	Tempo
						Lądek							
						0.01km	3.7km	5.8km	10km	10km		min/km	km/h
62	GĄSIOROWSKA Sara	8294		Senior I K - 20	13	00:00:49	00:39:19	00:57:06	01:28:55.10	01:28:55.10	+00:36:04 (40.6%)	8:53	6.7 (58.8%)
63	KOZŁOWSKA Małgorzata	8046	KB ODRA OPOLE	Masters K - 40	17	00:00:30	00:37:39	00:56:01	01:28:55.60	01:28:55.60	+00:36:04 (40.6%)	8:53	6.7 (58.8%)
64	KUTYCKA KUREK Elżbieta	8498	CHOJRAK TEAM WROCŁAW	Senior II K - 30	27	00:00:43	00:37:54	00:56:54	01:29:39.60	01:29:39.60	+00:36:48 (41.1%)	8:57	6.7 (58.8%)
65	MASALSKA Anna	8578		Masters K - 40	18	00:00:27	00:37:36	00:55:49	01:29:41.10	01:29:41.10	+00:36:50 (41.1%)	8:58	6.7 (58.8%)
66	RUTKOWSKA Izabela	8349	SPORTOWY KAŻMIERZ	Masters K - 40	19	00:01:04	00:41:02	01:00:17	01:32:06.70	01:32:06.70	+00:39:15 (42.6%)	9:12	6.5 (57.0%)
67	MATAK Kinga	8437	ŁASUCH	Senior II K - 30	28	00:01:23	00:40:51	01:00:10	01:32:22.65	01:32:22.65	+00:39:31 (42.8%)	9:14	6.5 (57.0%)
68	LEWANDOWSKA Kamila	8143	LEWANDOWSCY TEAM	Senior II K - 30	29	00:00:59	00:40:04	00:59:57	01:32:26.60	01:32:26.60	+00:39:35 (42.8%)	9:14	6.5 (57.0%)
69	STEMPIN Sylwia	8358		Senior II K - 30	30	00:00:11	00:39:29	00:59:16	01:32:39.65	01:32:39.65	+00:39:48 (43.0%)	9:15	6.5 (57.0%)
70	SZCZEPIŃSKA Aneta	8583		Senior II K - 30	31	00:00:27	00:40:13	00:59:45	01:32:43.05	01:32:43.05	+00:39:52 (43.0%)	9:16	6.5 (57.0%)
71	LEŚNICZAK Barbara	8457	#WKURWTEAM	Masters K - 40	20	00:01:12	00:40:40	01:00:01	01:32:46.95	01:32:46.95	+00:39:56 (43.0%)	9:16	6.5 (57.0%)
72	MICHALSKA Agnieszka	8353		Senior I K - 20	14	00:01:25	00:41:07	01:00:58	01:33:10.05	01:33:10.05	+00:40:19 (43.3%)	9:19	6.4 (56.1%)
73	POŁAWSKA Ewa	8454		Senior II K - 30	32	00:01:04	00:42:01	01:01:00	01:33:13.30	01:33:13.30	+00:40:22 (43.3%)	9:19	6.4 (56.1%)
74	BLANIK Agnieszka	8238		Masters K - 40	21	00:00:31	00:39:25	00:58:36	01:33:29.75	01:33:29.75	+00:40:38 (43.5%)	9:20	6.4 (56.1%)
75	ZAJĄC Aga	8379	77CATS	Masters K - 40	22	00:00:38	00:41:30	01:01:03	01:33:32.50	01:33:32.50	+00:40:41 (43.5%)	9:21	6.4 (56.1%)
76	REIJMERS Agnieszka	8251	LEIDEN ATLETIEK	Masters K - 40	23	00:00:39	00:39:57	00:58:36	01:33:47.80	01:33:47.80	+00:40:56 (43.7%)	9:22	6.4 (56.1%)
77	KALIŃSKA Dorota	8486		Senior II K - 30	33	00:01:28	00:42:30	01:01:09	01:33:55.45	01:33:55.45	+00:41:04 (43.7%)	9:23	6.4 (56.1%)
78	SOBOLEWSKA Julita	8369		Masters K - 40	24	00:00:13	00:39:11	00:58:26	01:34:02.20	01:34:02.20	+00:41:11 (43.8%)	9:24	6.4 (56.1%)
79	URBAN Alicja	8041	KACZKATEAM	Senior I K - 20	15	00:00:37	00:37:47	00:57:12	01:34:06.75	01:34:06.75	+00:41:15 (43.8%)	9:24	6.4 (56.1%)
80	RADZIEJEWSKA Milena	8355	SZWAGRY I SZWAGIERKI	Senior I K - 20	16	00:00:25	00:39:54	01:00:18	01:34:17.10	01:34:17.10	+00:41:26 (43.9%)	9:25	6.4 (56.1%)
81	ŚWIĘCH Aneta	8427	EAZYMUT.PL	Senior II K - 30	34	00:00:27	00:40:22	01:01:43	01:34:26.75	01:34:26.75	+00:41:35 (44.0%)	9:26	6.4 (56.1%)
82	BEDNAREK-KWIATKOWSKA Anna	8163	SAMO ZDROWIE	Masters K - 40	25	00:00:53	00:40:33	01:00:52	01:34:43.50	01:34:43.50	+00:41:52 (44.2%)	9:28	6.3 (55.3%)
83	BUDA Małgorzata	8260		Masters K - 40	26	00:00:19	00:38:27	00:58:08	01:34:45.70	01:34:45.70	+00:41:54 (44.2%)	9:28	6.3 (55.3%)
84	TOMAKA Patrycja	8347	TEAM KURORT ŁĄDEK-ZDRÓJ	Senior II K - 30	35	00:01:10	00:41:32	01:00:59	01:34:48.15	01:34:48.15	+00:41:57 (44.3%)	9:28	6.3 (55.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start	C1	C1	Czas	Czas	Różn	Tempo	Tempo
						Lądek	3.7km	5.8km	netto	brutto			
						0.01km			10km	10km		min/km	km/h
85	BŁACHNIO Dorota	8072	RAZ SZCZECIN	Weteran K - 50	5	00:00:08	00:39:27	00:59:33	01:34:53.50	01:34:53.50	+00:42:02 (44.3%)	9:29	6.3 (55.3%)
86	BIENIARZ Ilona	8396	MAKEMAROFITAGAIN!	Senior II K - 30	36	00:00:15	00:38:57	00:58:55	01:35:13.70	01:35:13.70	+00:42:22 (44.5%)	9:31	6.3 (55.3%)
87	JANSON Marleen	8249	LEIDEN ATLETIEK	Senior II K - 30	37	00:00:39	00:42:18	01:02:34	01:35:17.15	01:35:17.15	+00:42:26 (44.5%)	9:31	6.3 (55.3%)
88	BURA Karolina	8227	#BIEGAJLESZNO	Senior II K - 30	38	00:00:12	00:39:05	00:59:30	01:35:18.85	01:35:18.85	+00:42:27 (44.6%)	9:31	6.3 (55.3%)
89	SZELIGA Agnieszka	8264		Senior II K - 30	39	00:00:34	00:40:35	01:00:39	01:35:35.20	01:35:35.20	+00:42:44 (44.7%)	9:33	6.3 (55.3%)
90	SKARŻEŃSKA-SOKOŁOWSKA Jagoda	8599		Senior II K - 30	40		00:40:46		01:36:03.95	01:36:03.95	+00:43:13 (45.0%)	9:36	6.2 (54.4%)
91	OSIKA Aleksandra	8002		Senior I K - 20	17	00:00:36	00:40:12	01:00:30	01:36:12.95	01:36:12.95	+00:43:22 (45.1%)	9:37	6.2 (54.4%)
92	KOPYSTAŃSKA Basia	8329		Senior II K - 30	41	00:01:26	00:42:54	01:03:41	01:36:26.70	01:36:26.70	+00:43:35 (45.2%)	9:38	6.2 (54.4%)
93	WESTPHAL Magdalena	8236		Senior II K - 30	42	00:00:28	00:40:14	01:00:27	01:36:28.35	01:36:28.35	+00:43:37 (45.2%)	9:38	6.2 (54.4%)
94	IGNASZEWSKA Marta	8380		Masters K - 40	27	00:00:42	00:41:23	01:01:10	01:36:29.15	01:36:29.15	+00:43:38 (45.2%)	9:38	6.2 (54.4%)
95	ROBAK Natalia	8304		Senior I K - 20	18	00:01:04	00:42:12	01:02:32	01:36:31.20	01:36:31.20	+00:43:40 (45.2%)	9:39	6.2 (54.4%)
96	SZYMAŁA Karolina	8103		Senior I K - 20	19	00:00:44	00:40:55	01:01:15	01:36:42.35	01:36:42.35	+00:43:51 (45.4%)	9:40	6.2 (54.4%)
97	GRABKOWSKA Paulina	8376		Senior II K - 30	43	00:01:05	00:40:47	01:01:07	01:37:14.40	01:37:14.40	+00:44:23 (45.7%)	9:43	6.2 (54.4%)
98	SYCZ-LANGNER Honorata	8145		Senior II K - 30	44	00:00:36	00:40:45	01:02:35	01:37:15.30	01:37:15.30	+00:44:24 (45.7%)	9:43	6.2 (54.4%)
99	KUKUŁA Karolina	8443		Senior II K - 30	45	00:00:13	00:40:13	01:00:28	01:37:15.75	01:37:15.75	+00:44:24 (45.7%)	9:43	6.2 (54.4%)
100	GRUCHALSKA Marta	8494	STOWARZYSZENIE BIEG OPOLSKI	Masters K - 40	28	00:01:22	00:45:17	01:05:02	01:37:20.30	01:37:20.30	+00:44:29 (45.7%)	9:44	6.2 (54.4%)
101	SKRZYPEK Marta	8221		Senior II K - 30	46	00:00:05	00:40:46	01:01:40	01:37:29.15	01:37:29.15	+00:44:38 (45.8%)	9:44	6.2 (54.4%)
102	JOŃCZYK Paula	8422		Senior I K - 20	20	00:01:04	00:43:09	01:02:31	01:37:34.90	01:37:34.90	+00:44:44 (45.8%)	9:45	6.1 (53.5%)
103	BURNETKO Magdalena	8405	HUTASY RUNNERS TEAM	Senior II K - 30	47	00:00:45	00:42:02	01:02:49	01:37:49.25	01:37:49.25	+00:44:58 (46.0%)	9:46	6.1 (53.5%)
104	MARKIEWICZ Jagoda	8167	KUŹNIA TALENTÓW KAMIENIEC	Senior I K - 20	21	00:01:02	00:43:31	01:03:47	01:38:33.45	01:38:33.45	+00:45:42 (46.4%)	9:51	6.1 (53.5%)
105	BIELEWICZ Aleksandra	8231	PANKORBKA - MOBILNY SERWIS ROWEROWY	Senior I K - 20	22	00:00:31	00:42:12	01:02:58	01:38:48.05	01:38:48.05	+00:45:57 (46.5%)	9:52	6.1 (53.5%)
106	NOWAK - KASPRZAK Anna	8431		Senior II K - 30	48	00:01:10	00:42:11	01:01:58	01:39:17.60	01:39:17.60	+00:46:26 (46.8%)	9:55	6 (52.6%)
107	CZERNICKA Magdalena	8423		Masters K - 40	29	00:01:08	00:43:43	01:03:36	01:39:28.60	01:39:28.60	+00:46:37 (46.9%)	9:56	6 (52.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start	C1	C1	Czas	Czas	Różn	Tempo	Tempo
						Lądek							
						0.01km	3.7km	5.8km	10km	10km		min/km	km/h
108	SOJA-WAWRYSZEWICZ Agata	8230		Masters K - 40	30	00:00:54	00:42:06	01:02:21	01:39:35.95	01:39:35.95	+00:46:45 (46.9%)	9:57	6 (52.6%)
109	WAWER Kasia	8495	STOWARZYSZENIE BIEG OPOLSKI	Senior II K - 30	49	00:01:22	00:45:18	01:05:03	01:39:36.55	01:39:36.55	+00:46:45 (46.9%)	9:57	6 (52.6%)
110	WĘGRZYNOWSKA Renata	8340		Weteran K - 50	6	00:00:51	00:40:32	01:01:18	01:39:39.15	01:39:39.15	+00:46:48 (47.0%)	9:57	6 (52.6%)
111	SZAŁAJSKA Magdalena	8564		Senior I K - 20	23	00:00:55	00:42:04	01:02:44	01:39:55.25	01:39:55.25	+00:47:04 (47.1%)	9:59	6 (52.6%)
112	JURCZYK Anna	8491		Senior I K - 20	24	00:01:13	00:45:43	01:06:30	01:39:58.40	01:39:58.40	+00:47:07 (47.1%)	9:59	6 (52.6%)
113	DABKOWSKA Patrycja	8472	SPEEDFEED'16	Masters K - 40	31	00:00:42	00:42:05	01:02:51	01:40:00.35	01:40:00.35	+00:47:09 (47.2%)	10:00	6 (52.6%)
114	AMANOWICZ Aurelia	8234		Senior II K - 30	50	00:01:09	00:43:38	01:03:54	01:40:11.80	01:40:11.80	+00:47:20 (47.3%)	10:01	6 (52.6%)
115	RELIGA Liliana	8332		Senior II K - 30	51	00:00:52	00:42:03	01:04:01	01:40:16.40	01:40:16.40	+00:47:25 (47.3%)	10:01	6 (52.6%)
116	PACUŁT Dominika	8101		Senior I K - 20	25	00:00:18	00:41:51	01:03:49	01:40:19.65	01:40:19.65	+00:47:28 (47.3%)	10:01	6 (52.6%)
117	MAZURKIEWICZ Joanna	8061		Masters K - 40	32	00:00:11	00:40:12	01:02:02	01:40:40.10	01:40:40.10	+00:47:49 (47.5%)	10:04	6 (52.6%)
118	DĄBROWSKA GRZYBEK Joanna	8131		Masters K - 40	33	00:00:41	00:45:10	01:05:47	01:40:55.15	01:40:55.15	+00:48:04 (47.6%)	10:05	5.9 (51.8%)
119	KRAJEWSKA Irmina	8435		Senior II K - 30	52	00:00:49	00:44:27	01:04:59	01:41:02.70	01:41:02.70	+00:48:11 (47.7%)	10:06	5.9 (51.8%)
120	TÓRZ Anna	8292		Masters K - 40	34	00:00:53	00:44:19	01:05:40	01:41:06.20	01:41:06.20	+00:48:15 (47.7%)	10:06	5.9 (51.8%)
121	BINKIEWICZ-KOWALCZYK Agnieszka	8189		Senior II K - 30	53	00:00:19	00:42:33	01:04:23	01:41:14.55	01:41:14.55	+00:48:23 (47.8%)	10:07	5.9 (51.8%)
122	JASIEWICZ Karolina	8350		Senior II K - 30	54	00:00:52	00:42:00	01:02:50	01:41:39.70	01:41:39.70	+00:48:48 (48.0%)	10:09	5.9 (51.8%)
123	MOŃKA-PODGÓRNA Aleksandra	8299	#POBIEGANI	Senior I K - 20	26	00:00:37	00:41:59	01:03:20	01:41:40.70	01:41:40.70	+00:48:49 (48.0%)	10:10	5.9 (51.8%)
124	LACHOR Anna	8275		Weteran K - 50	7	00:01:31	00:45:31	01:06:28	01:41:44.60	01:41:44.60	+00:48:53 (48.1%)	10:10	5.9 (51.8%)
125	PRUS Dorota	8052		Masters K - 40	35	00:01:27	00:45:18	01:04:57	01:41:45.80	01:41:45.80	+00:48:54 (48.1%)	10:10	5.9 (51.8%)
126	WEBER Agata	8581	VELO ŁOSIE NA SZOSIE	Masters K - 40	36	00:00:30	00:43:14	01:03:56	01:41:50.25	01:41:50.25	+00:48:59 (48.1%)	10:11	5.9 (51.8%)
127	ROSA Izabela	8560	ROXY	Senior II K - 30	55	00:00:59	00:45:31	01:06:30	01:42:05.40	01:42:05.40	+00:49:14 (48.2%)	10:12	5.9 (51.8%)
128	DĘBSKA Marzena	8035	PODDĘBICKI KLUB BIEGACZA ZDYSZANI.PL	Masters K - 40	37	00:00:09	00:45:21	01:06:32	01:42:17.50	01:42:17.50	+00:49:26 (48.3%)	10:13	5.9 (51.8%)
129	KRYSA Dorota	8322	POMYŁKA TEAM	Masters K - 40	38	00:01:29	00:44:45	01:06:27	01:42:20.65	01:42:20.65	+00:49:29 (48.4%)	10:14	5.9 (51.8%)
130	WASILEWSKA Agnieszka	8226	AROMAT NÓG	Masters K - 40	39	00:00:12	00:40:53	01:04:16	01:42:35.10	01:42:35.10	+00:49:44 (48.5%)	10:15	5.8 (50.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start	C1	C1	Czas	Czas	Różn	Tempo	Tempo
						Lądek							
						0.01km	3.7km	5.8km	10km	10km		min/km	km/h
131	JÓŹWIAKOWSKA Weronika	8245		Senior I K - 20	27	00:00:32	00:43:17	01:05:15	01:42:48.30	01:42:48.30	+00:49:57 (48.6%)	10:16	5.8 (50.9%)
132	WIRTEK Magdalena	8305		Senior II K - 30	56	00:00:13	00:42:02	01:04:10	01:43:05.30	01:43:05.30	+00:50:14 (48.7%)	10:18	5.8 (50.9%)
133	LESNIAK Sylwia	8320		Masters K - 40	40	00:00:07	00:42:31	01:04:39	01:43:08.35	01:43:08.35	+00:50:17 (48.8%)	10:18	5.8 (50.9%)
134	MRÓZ Anna	8382		Senior II K - 30	57	00:19:05	01:13:13		01:43:22.70	01:43:22.70	+00:50:31 (48.9%)	10:20	5.8 (50.9%)
135	TOMERA Dorota	8496	TEAM KURORT ŁĄDEK-ZDRÓJ	Masters K - 40	41	00:01:10	00:45:48	01:06:33	01:43:35.45	01:43:35.45	+00:50:44 (49.0%)	10:21	5.8 (50.9%)
136	GURGUL Dorota	8205	AROMAT NÓG	Masters K - 40	42	00:00:12	00:40:52	01:04:15	01:43:51.00	01:43:51.00	+00:51:00 (49.1%)	10:23	5.8 (50.9%)
137	KUROWSKA Bianka	8341		Senior I K - 20	28	00:01:09	00:45:01	01:06:58	01:43:56.80	01:43:56.80	+00:51:05 (49.2%)	10:23	5.8 (50.9%)
138	JAKUBOWSKA Judyta	8076		Masters K - 40	43	00:00:25	00:42:51	01:05:01	01:44:07.45	01:44:07.45	+00:51:16 (49.2%)	10:24	5.8 (50.9%)
139	MIECZKOWSKA Nina	8039		Senior II K - 30	58	00:01:02	00:44:29	01:06:36	01:44:31.05	01:44:31.05	+00:51:40 (49.4%)	10:27	5.7 (50.0%)
140	WOJCIECHOWSKA Paulina	8185		Senior II K - 30	59	00:00:50	00:43:49	01:04:52	01:44:51.95	01:44:51.95	+00:52:01 (49.6%)	10:29	5.7 (50.0%)
141	BOCHYŃSKA Adrianna	8146		Senior II K - 30	60	00:00:58	00:45:31	01:06:39	01:44:57.45	01:44:57.45	+00:52:06 (49.6%)	10:29	5.7 (50.0%)
142	RZYSZKIEWICZ Małgorzata	8274	PĘDZĄCE LENIWCE	Masters K - 40	44	00:00:53	00:43:58	01:05:39	01:45:08.75	01:45:08.75	+00:52:17 (49.7%)	10:30	5.7 (50.0%)
143	WOŹNIAK Lidia	8223	PORMAT JEDLICZE BIEGA	Weteran K - 50	8	00:00:34	00:43:49	01:05:26	01:45:11.80	01:45:11.80	+00:52:20 (49.8%)	10:31	5.7 (50.0%)
144	KOCHANOWSKA Grażyna	8476		Weteran K - 50	9	00:00:35	00:42:29	01:03:59	01:45:28.90	01:45:28.90	+00:52:38 (49.9%)	10:32	5.7 (50.0%)
145	BOBIN Anna	8084	ZOCHU TEAM	Masters K - 40	45	00:00:50	00:45:16	01:07:19	01:45:36.35	01:45:36.35	+00:52:45 (50.0%)	10:33	5.7 (50.0%)
146	HAMPEL Maria	8316	BODY POWER	Senior I K - 20	29	00:00:24	00:43:24	01:05:55	01:45:39.30	01:45:39.30	+00:52:48 (50.0%)	10:33	5.7 (50.0%)
147	GONERA Janina	8014	KB HARCOWNIK JELCZ-LASKOWICE	Weteran II K - 60	4	00:00:51	00:45:52	01:07:40	01:45:40.95	01:45:40.95	+00:52:50 (50.0%)	10:34	5.7 (50.0%)
148	HOJDA Agnieszka	8572		Senior II K - 30	61	00:00:23	00:43:25	01:06:37	01:46:04.80	01:46:04.80	+00:53:13 (50.2%)	10:36	5.7 (50.0%)
149	ZWYDAK Anna	8134	WKURW_TEAM	Senior II K - 30	62	00:00:34	00:44:53	01:06:46	01:46:15.80	01:46:15.80	+00:53:24 (50.3%)	10:37	5.6 (49.1%)
150	NITSCHKE Grażyna	8390	MPK-POZNAŃ	Masters K - 40	46	00:00:56	00:43:50	01:06:25	01:46:19.35	01:46:19.35	+00:53:28 (50.3%)	10:37	5.6 (49.1%)
151	IWANOW Małgorzata	8428		Senior II K - 30	63	00:01:23	00:45:56	01:08:14	01:46:21.95	01:46:21.95	+00:53:31 (50.3%)	10:38	5.6 (49.1%)
152	GAWRON Monika	8481	MIRAZ RACE TEAM	Masters K - 40	47	00:00:07	00:47:20	01:09:08	01:46:45.05	01:46:45.05	+00:53:54 (50.5%)	10:40	5.6 (49.1%)
153	BIAŁEK Wioletta	8114		Masters K - 40	48	00:01:03	00:45:35	01:08:03	01:47:13.85	01:47:13.85	+00:54:22 (50.7%)	10:43	5.6 (49.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start	C1	C1	Czas	Czas	Różn	Tempo	Tempo
						Lądek							
						0.01km	3.7km	5.8km	10km	10km		min/km	km/h
154	STELMASZCZYK Michalina	8573		Senior I K - 20	30	00:00:39	00:45:09	01:06:57	01:47:25.35	01:47:25.35	+00:54:34 (50.8%)	10:44	5.6 (49.1%)
155	GABERT Beata	8028	RAZ SZCZECIN	Weteran K - 50	10	00:00:08	00:44:22	01:07:15	01:47:53.65	01:47:53.65	+00:55:02 (51.0%)	10:47	5.6 (49.1%)
156	MORAWSKA-KREKORA Anna	8453		Senior II K - 30	64	00:01:24	00:46:09	01:09:17	01:49:08.75	01:49:08.75	+00:56:17 (51.6%)	10:54	5.5 (48.2%)
157	DYBAŁA Beata	8174	DZIKIE GRUBASY SZATANA	Senior II K - 30	65	00:00:31	00:45:28	01:08:18	01:49:21.95	01:49:21.95	+00:56:31 (51.7%)	10:56	5.5 (48.2%)
158	DZIUBAŁA Ilona	8247		Weteran K - 50	11	00:00:24	00:46:39	01:09:56	01:49:28.30	01:49:28.30	+00:56:37 (51.7%)	10:56	5.5 (48.2%)
159	SIP Sabina	8157	FSD RUN DREZDENKO	Masters K - 40	49	00:00:22	00:45:50	01:09:16	01:49:30.45	01:49:30.45	+00:56:39 (51.7%)	10:57	5.5 (48.2%)
160	WITCZAK-SPERKA Mariola	8059	RAZ SZCZECIN	Weteran II K - 60	5	00:00:22	00:44:09	01:07:19	01:51:40.35	01:51:40.35	+00:58:49 (52.7%)	11:10	5.4 (47.4%)
161	PLASZCZAK Bogumiła	8162	PIEKIELNIE ZGRANI	Masters K - 40	50	00:00:32	00:45:37	01:09:01	01:51:42.55	01:51:42.55	+00:58:51 (52.7%)	11:10	5.4 (47.4%)
162	JOŃCZYK Elżbieta	8098	TUP TUP	Weteran K - 50	12	00:01:08	00:49:33	01:12:22	01:51:47.00	01:51:47.00	+00:58:56 (52.7%)	11:10	5.4 (47.4%)
163	MĄDRO Agnieszka	8417		Masters K - 40	51	00:01:32	00:49:36	01:12:29	01:52:07.80	01:52:07.80	+00:59:16 (52.9%)	11:12	5.4 (47.4%)
164	LEWANDOWSKA Anna	8027	BORKOŚ TEAM	Senior II K - 30	66	00:01:15	00:46:49	01:09:36	01:52:24.45	01:52:24.45	+00:59:33 (53.0%)	11:14	5.3 (46.5%)
165	JAROSZ Agnieszka	8343	TEAM KURORT ŁĄDEK ZDRÓJ	Senior I K - 20	31	00:01:11	00:47:56	01:11:53	01:52:34.55	01:52:34.55	+00:59:43 (53.1%)	11:15	5.3 (46.5%)
166	WYCISZKIEWICZ Gabriela	8371	TEAM KURORT ŁĄDEK ZDRÓJ	Masters K - 40	52	00:01:11	00:47:54	01:11:53	01:52:35.15	01:52:35.15	+00:59:44 (53.1%)	11:15	5.3 (46.5%)
167	PARTYKA Agnieszka	8017	KB HARCOWNIK JELCZ-LASKOWICE	Masters K - 40	53	00:01:23	00:48:11	01:11:56	01:53:13.80	01:53:13.80	+01:00:22 (53.3%)	11:19	5.3 (46.5%)
168	SOWA Marta	8053	WKURW_TEAM	Senior II K - 30	67	00:01:24	00:48:01	01:13:17	01:53:34.60	01:53:34.60	+01:00:43 (53.5%)	11:21	5.3 (46.5%)
169	NAIT MANSOUR Izabela	8325		Masters K - 40	54	00:00:52	00:46:14	01:11:00	01:53:46.50	01:53:46.50	+01:00:55 (53.6%)	11:22	5.3 (46.5%)
170	KLIN Aneta	8402		Masters K - 40	55	00:01:06	00:48:13	01:13:02	01:53:52.75	01:53:52.75	+01:01:01 (53.6%)	11:23	5.3 (46.5%)
171	HETAK Monika	8211		Masters K - 40	56	00:00:40	00:46:44	01:10:59	01:53:56.50	01:53:56.50	+01:01:05 (53.6%)	11:23	5.3 (46.5%)
172	HEŁMIK Katarzyna	8440	POMYŁKA TEAM	Masters K - 40	57	00:01:31	00:49:25	01:13:22	01:54:05.45	01:54:05.45	+01:01:14 (53.7%)	11:24	5.3 (46.5%)
173	GÓRCZYŃSKA Barbara	8229		Masters K - 40	58	00:01:29	00:48:47	01:13:23	01:54:09.85	01:54:09.85	+01:01:18 (53.7%)	11:24	5.3 (46.5%)
174	BIENIEK Iwona	8295		Weteran K - 50	13	00:00:16	00:45:37	01:09:31	01:54:14.10	01:54:14.10	+01:01:23 (53.7%)	11:25	5.3 (46.5%)
175	ROGACZ Ewa	8181		Senior II K - 30	68	00:00:47	00:50:35	01:13:35	01:54:25.00	01:54:25.00	+01:01:34 (53.8%)	11:26	5.2 (45.6%)
176	CHASZCZEWSKA Julia	8066	TOPOLICE TEAM	Senior II K - 30	69	00:00:55	00:48:01	01:12:53	01:54:35.30	01:54:35.30	+01:01:44 (53.9%)	11:27	5.2 (45.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start	C1	C1	Czas	Czas	Różn	Tempo	Tempo
						Lądek							
						0.01km	3.7km	5.8km	10km	10km		min/km	km/h
177	MAJCHRZYCKA Agnieszka	8374	TKKF MPK POZNAŃ	Senior II K - 30	70	00:00:55	00:49:34	01:13:05	01:54:44.90	01:54:44.90	+01:01:54 (53.9%)	11:28	5.2 (45.6%)
178	TOCZEK Grażyna	8144	NIGHT RUNNERS PYSKOWICE	Weteran K - 50	14	00:01:08	00:47:17	01:11:31	01:54:51.45	01:54:51.45	+01:02:00 (54.0%)	11:29	5.2 (45.6%)
179	KRÓL Karolina	8133		Senior I K - 20	32	00:01:22	00:49:35	01:13:45	01:54:52.20	01:54:52.20	+01:02:01 (54.0%)	11:29	5.2 (45.6%)
180	GRÖGER Karolina	8149		Senior I K - 20	33	00:00:39	00:46:43	01:11:00	01:55:02.20	01:55:02.20	+01:02:11 (54.1%)	11:30	5.2 (45.6%)
181	MIKOŁAJCZAK Magdalena	8089	HRMAX ŻORY	Masters K - 40	59	00:01:27	00:49:38	01:13:48	01:55:29.50	01:55:29.50	+01:02:38 (54.2%)	11:32	5.2 (45.6%)
182	MORAWSKA Edyta	8386	BIEGNIJ OŁAWO	Masters K - 40	60	00:00:35	00:45:07	01:08:23	01:55:39.45	01:55:39.45	+01:02:48 (54.3%)	11:33	5.2 (45.6%)
183	BOGUSŁAWSKA Elżbieta	8215		Masters K - 40	61	00:00:45	00:46:47	01:12:38	01:55:54.90	01:55:54.90	+01:03:04 (54.4%)	11:35	5.2 (45.6%)
184	SZYMCZAK Katarzyna	8218		Senior II K - 30	71	00:00:52	00:52:30	01:15:18	01:56:00.70	01:56:00.70	+01:03:09 (54.4%)	11:36	5.2 (45.6%)
185	SZAFLIK Anna	8216		Masters K - 40	62	00:00:46	00:46:48	01:12:38	01:56:08.95	01:56:08.95	+01:03:18 (54.5%)	11:36	5.2 (45.6%)
186	GÓRAL Agnieszka	8082	ALSTOM KATOWICE	Senior II K - 30	72	00:01:03	00:49:39	01:14:37	01:56:33.45	01:56:33.45	+01:03:42 (54.7%)	11:39	5.1 (44.7%)
187	PIEKARCZYK Katarzyna	8418		Senior II K - 30	73	00:01:32	00:50:18	01:13:38	01:56:37.50	01:56:37.50	+01:03:46 (54.7%)	11:39	5.1 (44.7%)
188	SYPNIEWSKA Hanna	8327	ULTRA WAY TEAM	Weteran II K - 60	6	00:01:25	00:49:39	01:14:04	01:56:38.60	01:56:38.60	+01:03:47 (54.7%)	11:39	5.1 (44.7%)
189	RZESZOWSKA Iwona	8283	MIRAZ RACE TEAM	Masters K - 40	63	00:00:07	00:47:51	01:13:14	01:56:51.10	01:56:51.10	+01:04:00 (54.8%)	11:41	5.1 (44.7%)
190	ROMANOWSKA Anna	8586		Masters K - 40	64	00:00:29	00:48:19	01:14:20	01:57:45.60	01:57:45.60	+01:04:54 (55.1%)	11:46	5.1 (44.7%)
191	ZIELIŃSKA Magdalena	8585		Senior II K - 30	74	00:00:30	00:48:20	01:14:20	01:57:45.95	01:57:45.95	+01:04:55 (55.1%)	11:46	5.1 (44.7%)
192	DULIK Aleksandra	8303	OPOLE	Masters K - 40	65	00:00:57	00:48:40	01:13:17	01:58:07.35	01:58:07.35	+01:05:16 (55.3%)	11:48	5.1 (44.7%)
193	LECHOWSKA Monika	8083	ALSTOM KATOWICE	Masters K - 40	66	00:01:03	00:49:49	01:14:37	01:58:14.95	01:58:14.95	+01:05:24 (55.3%)	11:49	5.1 (44.7%)
194	PRZYŁUSKA Mirosława	8032	RAZ SZCZECIN	Weteran III K - 70	1	00:00:24	00:47:21	01:12:53	01:58:27.75	01:58:27.75	+01:05:36 (55.4%)	11:50	5.1 (44.7%)
195	WASILEWSKA Joanna	8361	PARKRUN GRUDZIĄDZ	Senior II K - 30	75	00:00:57	00:47:58	01:12:17	01:58:58.40	01:58:58.40	+01:06:07 (55.6%)	11:53	5 (43.9%)
196	LIS Ewelina	8008		Masters K - 40	67	00:00:56	00:47:57	01:09:11	01:59:01.15	01:59:01.15	+01:06:10 (55.6%)	11:54	5 (43.9%)
197	SZCZUKA Małgorzata	8365		Weteran K - 50	15	00:00:48	00:49:37	01:14:51	01:59:54.85	01:59:54.85	+01:07:03 (55.9%)	11:59	5 (43.9%)
198	PILARSKA Elżbieta	8410	IZERY BOGATYNIA	Weteran III K - 70	2	00:00:17	00:48:03	01:13:26	02:01:58.10	02:01:58.10	+01:09:07 (56.7%)	12:11	4.9 (43.0%)
199	BORIS Aneta	8348		Senior II K - 30	76	00:01:25	00:51:03	01:17:03	02:02:24.55	02:02:24.55	+01:09:33 (56.8%)	12:14	4.9 (43.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start	C1	C1	Czas	Czas	Różn	Tempo	Tempo
						Lądek							
						0.01km	3.7km	5.8km	10km	10km		min/km	km/h
200	SZPUREK Anna	8597	BUKOWSKI KLUB BIEGACZA	Masters K - 40	68	00:00:32	00:47:25	01:14:18	02:04:33.65	02:04:33.65	+01:11:42 (57.6%)	12:27	4.8 (42.1%)
201	WOJTKOWSKA Katarzyna	8207		Senior I K - 20	34	00:01:07	00:49:27	01:13:40	02:04:34.55	02:04:34.55	+01:11:43 (57.6%)	12:27	4.8 (42.1%)
202	PŁOŃSKA Klaudia	8165		Senior I K - 20	35	00:01:07	00:49:28	01:13:43	02:05:00.25	02:05:00.25	+01:12:09 (57.7%)	12:30	4.8 (42.1%)
203	AGATA Bagrowska	8257		Masters K - 40	69	00:01:15	00:51:33	01:18:20	02:05:36.05	02:05:36.05	+01:12:45 (57.9%)	12:33	4.8 (42.1%)
204	ANACZKOWSKA Krystyna	8307	ZANTYR SZTUM	Weteran II K - 60	7	00:00:35	00:51:29	01:17:38	02:06:13.55	02:06:13.55	+01:13:22 (58.1%)	12:37	4.8 (42.1%)
205	ŚLEDZIK Joanna	8085	ALSTOM KATOWICE	Masters K - 40	70	00:01:15	00:51:32	01:15:32	02:06:27.25	02:06:27.25	+01:13:36 (58.2%)	12:38	4.7 (41.2%)
206	DOMINIAK Agnieszka	8030		Masters K - 40	71	00:01:05	00:52:24	01:18:29	02:07:17.05	02:07:17.05	+01:14:26 (58.5%)	12:43	4.7 (41.2%)
207	NURKIEWICZ-KMIECIK Dominika	8186		Masters K - 40	72	00:00:50	00:52:09	01:18:28	02:07:37.55	02:07:37.55	+01:14:46 (58.6%)	12:45	4.7 (41.2%)
208	SZYMAŃSKA Ania	8225		Weteran K - 50	16	00:01:01	00:50:39	01:16:41	02:10:40.15	02:10:40.15	+01:17:49 (59.6%)	13:04	4.6 (40.4%)
209	KARCZYŃSKA Sylwia	8352		Masters K - 40	73	00:01:04	00:54:20	01:21:44	02:11:47.35	02:11:47.35	+01:18:56 (59.9%)	13:10	4.6 (40.4%)
210	RYMSKA Anna	8290		Masters K - 40	74	00:00:52	00:53:06	01:22:37	02:13:32.90	02:13:32.90	+01:20:42 (60.4%)	13:21	4.5 (39.5%)
211	SMYCZ Anna	8291		Masters K - 40	75	00:00:53	00:53:11	01:22:39	02:13:33.45	02:13:33.45	+01:20:42 (60.4%)	13:21	4.5 (39.5%)
212	ŁOZIENKO Anna	8411	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	77	00:01:24	00:56:06	01:24:38	02:15:40.15	02:15:40.15	+01:22:49 (61.0%)	13:34	4.4 (38.6%)
213	JANOSZ Marzena	8099		Weteran K - 50	17	00:01:08	00:54:21	01:23:14	02:20:24.55	02:20:24.55	+01:27:33 (62.4%)	14:02	4.3 (37.7%)
214	MAKSYMOWICZ Monika	8415		Senior II K - 30	78	00:01:32	00:56:29	01:28:31	02:20:29.20	02:20:29.20	+01:27:38 (62.4%)	14:02	4.3 (37.7%)
215	RYBKA Elżbieta	8416		Senior II K - 30	79	00:01:32	00:56:23	01:27:18	02:20:43.70	02:20:43.70	+01:27:52 (62.4%)	14:04	4.3 (37.7%)
216	KUBIATOWICZ Małgorzata	8006		Masters K - 40	76	00:01:26	01:01:58	01:31:35	02:20:50.75	02:20:50.75	+01:27:59 (62.5%)	14:05	4.3 (37.7%)
217	MAJCHRZAK Monika	8022	WKURW_TEAM	Weteran K - 50	18	00:01:13	00:59:27	01:28:22	02:21:40.90	02:21:40.90	+01:28:50 (62.7%)	14:10	4.2 (36.8%)
218	STRZYŻOWSKA Monika	8091		Masters K - 40	77	00:00:26	00:53:59	01:25:19	02:24:23.55	02:24:23.55	+01:31:32 (63.4%)	14:26	4.2 (36.8%)
219	WITKIEWICZ-ŁUKASZEK Sandra	8018	ŁUKASZKI TEAM	Senior II K - 30	80	00:00:27	00:53:58	01:25:20	02:24:24.20	02:24:24.20	+01:31:33 (63.4%)	14:26	4.2 (36.8%)
220	ZALESZCZAK Renata	8011	KB SZAMOTUŁY	Weteran K - 50	19	00:00:52	01:04:02	01:37:19	02:31:34.75	02:31:34.75	+01:38:43 (65.1%)	15:09	4 (35.1%)
221	SZAFRANIEC-MROWCA Dorota	8438		Masters K - 40	78	00:01:16	00:56:38	01:29:56	02:33:11.30	02:33:11.30	+01:40:20 (65.5%)	15:19	3.9 (34.2%)
222	SZYMAŃSKA Agnieszka	8244		Masters K - 40	79	00:01:20	01:02:57	01:36:40	02:39:28.80	02:39:28.80	+01:46:37 (66.9%)	15:56	3.8 (33.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0.01km	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
223	GRZELAKOWSKA Iwona	8442		Masters K - 40	80	00:01:13	01:06:59	01:39:33	02:41:34.10	02:41:34.10	+01:48:43 (67.3%)	16:09	3.7 (32.5%)
224	KOCIUBA Katarzyna	8170		Senior II K - 30	81	00:01:00	00:55:45	01:28:22	02:41:35.65	02:41:35.65	+01:48:44 (67.3%)	16:09	3.7 (32.5%)
225	KOWAL Marzena	8026		Masters K - 40	81	00:00:45	01:04:41	01:41:21	02:42:31.70	02:42:31.70	+01:49:40 (67.5%)	16:15	3.7 (32.5%)
226	STROIŃSKA Iwona	8080	LESZ NO LIMITS RUNNERS	Masters K - 40	82	00:00:47	01:04:42	01:41:22	02:42:33.45	02:42:33.45	+01:49:42 (67.5%)	16:15	3.7 (32.5%)
227	MIELEC Marta	8447	#ZŁOTYNAKILOMETR	Senior II K - 30	82	00:01:15	00:52:13	01:15:37	02:45:36.80	02:45:36.80	+01:52:45 (68.1%)	16:33	3.6 (31.6%)
Przekroczony limit czasu: 03:00:00													
228	ROBAK Aneta	8152		Masters K - 40	83	00:00:49	01:10:13		03:12:11.20	03:12:11.20	+02:19:20 (72.5%)	19:13	3.1 (27.2%)
229	MRÓWCZYŃSKA Ewa	8392		Weteran K - 50	20	00:00:33	01:10:39		03:12:13.20	03:12:13.20	+02:19:22 (72.5%)	19:13	3.1 (27.2%)
	ZAKRZEWICZ-PODLECKA Agnieszka	8180	ROKIETNICA BIEGA	Senior II K - 30		00:00:04 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 230 wynik(ów)