

BIEG TROJAK TRAIL - 10 KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Stowarzyszenie TKKF Kompas
Data: 2017-07-23
Miejsce: Łądek Zdrój
Dystans: 10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN KOBIET

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KANTOR Martyna	1264	SARCO GARMIN TEAM	Senior I K - 20	1	00:20:16	00:31:12	00:51:02.90	00:51:05.10		5:06	11.8 (100%)
2	TOMASIAK Natalia	1283	SALOMON SUUNTO TEAM	Senior II K - 30	1	00:20:19	00:31:40	00:52:27.45	00:52:30.05	+00:01:24 (2.7%)	5:14	11.4 (96.6%)
3	BIERNACKA Katarzyna	1118	TEAM LUKS ŻÓRAWINA/SOBCZYK TEAM	Senior I K - 20	2	00:22:35	00:35:15	00:57:17.55	00:57:18.90	+00:06:13 (10.9%)	5:43	10.5 (89.0%)
4	PERZ Emilia	1126	WOLSZTYŃSKA AKADEMIA BIEGOWA	Senior I K - 20	3	00:26:30	00:41:14	01:04:03.30	01:04:07.60	+00:13:02 (20.3%)	6:24	9.4 (79.7%)
5	KULESZA Agnieszka	1327		Senior I K - 20	4	00:24:50	00:39:35	01:04:30.20	01:04:38.20	+00:13:33 (21.0%)	6:27	9.3 (78.8%)
6	HACZYK Natalia	1234	BIEG OPOLSKI	Masters K - 40	1	00:25:38	00:39:46	01:04:57.60	01:05:07.50	+00:14:02 (21.6%)	6:29	9.2 (78.0%)
7	GRABIŃSKA Gizela	1086	DREAM RUN/ AZS UW	Masters K - 40	2	00:26:37	00:41:50	01:07:06.85	01:07:12.05	+00:16:06 (24.0%)	6:42	8.9 (75.4%)
8	PAZDAN Natalia	1183	KOWARY BIEGAJĄ	Senior II K - 30	2	00:26:09	00:41:29	01:07:32.10	01:07:44.05	+00:16:38 (24.6%)	6:45	8.9 (75.4%)
9	WYSOCKA Magdalena	1228		Senior II K - 30	3	00:27:19	00:42:15	01:08:13.80	01:08:24.40	+00:17:19 (25.3%)	6:49	8.8 (74.6%)
10	TYSZER Joanna	1334		Senior I K - 20	5	00:27:36	00:42:45	01:08:20.65	01:08:35.70	+00:17:30 (25.5%)	6:50	8.8 (74.6%)
11	SKELTON Sarah	1133	VEGE RUNNERS	Senior I K - 20	6	00:26:57	00:42:26	01:08:17.95	01:08:38.75	+00:17:33 (25.6%)	6:49	8.8 (74.6%)
12	RUTKOWSKA Małgorzata	1303	GÓRSKA ZAŁOGA	Senior II K - 30	4	00:27:27	00:42:40	01:08:37.95	01:08:43.95	+00:17:38 (25.7%)	6:51	8.7 (73.7%)
13	PIOTROWSKA Magdalena	1062	KLUB BIEGACZA JURUND SZCZYTNO	Senior II K - 30	5	00:26:26	00:43:38	01:09:00.10	01:09:02.60	+00:17:57 (26.0%)	6:54	8.7 (73.7%)
14	WANTUCH Katarzyna	1203	ZAŁOGA GÓRSKA	Senior II K - 30	6	00:27:47	00:43:08	01:09:12.90	01:09:26.20	+00:18:21 (26.4%)	6:55	8.7 (73.7%)
15	BOSIANEK Kamila	1049	4RUN TEAM PIŁA	Senior II K - 30	7	00:27:28	00:42:55	01:09:20.60	01:09:27.05	+00:18:21 (26.4%)	6:56	8.7 (73.7%)
15	CZEBOTAR Barbara	1237		Masters K - 40	3	00:27:32	00:43:02	01:09:19.10	01:09:27.05	+00:18:21 (26.4%)	6:56	8.7 (73.7%)
17	SUSMARSKA Ewa	1233	NO WOMAN NO TRI	Senior I K - 20	7	00:27:43	00:43:37	01:10:24.95	01:10:37.05	+00:19:31 (27.7%)	7:02	8.5 (72.0%)
18	SOBCZYŃSKA Magdalena	1080	BIEGI.WLKP	Senior I K - 20	8	00:28:31	00:43:55	01:10:31.10	01:10:53.25	+00:19:48 (27.9%)	7:03	8.5 (72.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
19	JABŁOŃSKA Emilia	1267		Senior I K - 20	9	00:28:40	00:44:33	01:10:57.70	01:11:23.40	+00:20:18 (28.4%)	7:05	8.5 (72.0%)
20	LEWANDOWSKA Patrycja	1040	KURORT ŁĄDEK- ZDRÓJ LKS ISKRA JASZKOWA	Senior I K - 20	10	00:28:24	00:44:50	01:11:55.05	01:12:20.55	+00:21:15 (29.4%)	7:11	8.3 (70.3%)
21	KLOS Ania	1154		Senior II K - 30	8	00:29:05	00:44:54	01:12:16.65	01:12:33.50	+00:21:28 (29.6%)	7:13	8.3 (70.3%)
22	KOSIELSKA Beata	1067		Senior II K - 30	9	00:29:37	00:46:21	01:13:26.05	01:13:50.00	+00:22:44 (30.8%)	7:20	8.2 (69.5%)
23	WOJTKOWIAK Renata	1132	PIĄTKOWO NA BIEGOWO	Masters K - 40	4	00:27:52	00:44:59	01:13:47.55	01:14:05.35	+00:23:00 (31.0%)	7:22	8.1 (68.6%)
24	SZAŁĘGA Kasia	1131		Senior II K - 30	10	00:27:51	00:44:59	01:13:48.20	01:14:06.25	+00:23:01 (31.1%)	7:22	8.1 (68.6%)
25	CIEŻKOWSKA SZYMAŃSKA Katarzyna	1289	VEGE RUNNERS	OPEN KOBIEC	1	00:29:50	00:46:29	01:13:48.85	01:14:16.70	+00:23:11 (31.2%)	7:22	8.1 (68.6%)
26	WITKOWSKA Paulina	1181		Senior II K - 30	11	00:29:28	00:45:52	01:14:09.45	01:14:18.75	+00:23:13 (31.3%)	7:24	8.1 (68.6%)
27	GLAPIAK-PRZYTUŁA Agnieszka	1125	1979	Senior II K - 30	12	00:29:14	00:45:24	01:14:20.65	01:14:39.45	+00:23:34 (31.6%)	7:26	8.1 (68.6%)
28	KRZYSZTOFIAK Aleksandra	1176	KOWARY BIEGAJĄ	Senior II K - 30	13	00:29:26	00:45:23	01:14:33.15	01:14:44.35	+00:23:39 (31.6%)	7:27	8 (67.8%)
29	LUBAŃSKA Alicja	1073	ZS BUKOWICE	Masters K - 40	5	00:28:36	00:45:29	01:14:45.50	01:14:47.80	+00:23:42 (31.7%)	7:28	8 (67.8%)
30	ULIKOWSKA Martyna	1225	ZĄLOGA GÓRSKA	Senior I K - 20	11	00:29:25	00:46:21	01:14:53.55	01:15:01.20	+00:23:56 (31.9%)	7:29	8 (67.8%)
31	MARZYŃSKA Barbara	1198		Weteran K - 50	1	00:29:30	00:46:46	01:15:37.15	01:15:45.45	+00:24:40 (32.6%)	7:33	7.9 (66.9%)
32	ZASADA Magdalena	1006		Senior I K - 20	12	00:30:23	00:47:24	01:15:31.65	01:15:46.30	+00:24:41 (32.6%)	7:33	7.9 (66.9%)
33	GULACZ Marta	1157	KOBIETAWBIEGU.PL	Senior I K - 20	13	00:29:51	00:47:33	01:15:39.95	01:15:48.60	+00:24:43 (32.6%)	7:34	7.9 (66.9%)
34	SKOWRON Katarzyna	1284	MARATHON CLUB IRELAND	Masters K - 40	6	00:30:44	00:47:46	01:16:01.05	01:16:02.95	+00:24:57 (32.8%)	7:36	7.9 (66.9%)
35	LISIEWICZ KALETA Agata	1085	PRO-RUN WROCŁAW	Masters K - 40	7			01:16:10.90	01:16:10.90	+00:25:05 (32.9%)	7:37	7.9 (66.9%)
36	GŁĄBICA Justyna	1161		Senior II K - 30	14	00:29:35	00:46:49	01:15:53.25	01:16:15.45	+00:25:10 (33.0%)	7:35	7.9 (66.9%)
37	PAZGAN Sandra	1178		Senior I K - 20	14	00:29:24	00:46:25	01:16:20.40	01:16:30.90	+00:25:25 (33.2%)	7:38	7.9 (66.9%)
38	MIKOŁAJEWSKA Justyna	1156	RUNFORDREAMS	Senior I K - 20	15	00:29:29	00:46:59	01:16:10.50	01:16:49.05	+00:25:43 (33.5%)	7:37	7.9 (66.9%)
39	MICHALEC Marzena	1179	KOBIETA W BIEGU	Senior II K - 30	15	00:29:52	00:47:34	01:16:57.95	01:17:05.95	+00:26:00 (33.7%)	7:41	7.8 (66.1%)
40	MATUSZEWSKA Izabela	1261		Senior II K - 30	16	00:30:36	00:47:38	01:16:44.75	01:17:13.40	+00:26:08 (33.8%)	7:40	7.8 (66.1%)
41	ZASTAWNY Katarzyna	1239		Senior II K - 30	17	00:30:04	00:47:04	01:17:04.70	01:17:34.50	+00:26:29 (34.1%)	7:42	7.8 (66.1%)
42	LIS Małgorzata	1274		OPEN KOBIEC	2	00:30:27	00:47:19	01:17:28.75	01:17:53.10	+00:26:48 (34.4%)	7:44	7.7 (65.3%)
43	MAĐEREK Barbara	1008	PAKIECIARZE TEAM	Senior II K - 30	18	00:29:49	00:46:56	01:17:42.45	01:17:58.75	+00:26:53 (34.5%)	7:46	7.7 (65.3%)

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44	GLINA-KRAWCZYK Małgorzata	1093	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	Masters K - 40	8	00:30:29	00:48:08	01:17:41.85	01:18:15.70	+00:27:10 (34.7%)	7:46	7.7 (65.3%)
45	DRYMEL Joanna	1072		Senior II K - 30	19	00:29:53	00:47:41	01:18:59.55	01:19:21.90	+00:28:16 (35.6%)	7:53	7.6 (64.4%)
46	KUŹNIAK Martyna	1054		Masters K - 40	9	00:30:52	00:48:16	01:19:22.95	01:19:47.40	+00:28:42 (36.0%)	7:56	7.6 (64.4%)
47	MAZUR Agnieszka	1105	GTO	Senior II K - 30	20	00:31:58	00:49:54	01:19:26.30	01:19:51.10	+00:28:46 (36.0%)	7:56	7.6 (64.4%)
48	SINICA Kamila	1277		Senior II K - 30	21	00:31:18	00:49:25	01:20:22.25	01:20:26.60	+00:29:21 (36.5%)	8:02	7.5 (63.6%)
49	SZARLEJ Anna	1148	FUDU&CO. SPORT TEAM	Senior II K - 30	22	00:32:45	00:50:12	01:20:47.35	01:20:55.00	+00:29:49 (36.9%)	8:04	7.4 (62.7%)
50	KOPACKA Eliza	1017	FOLLOWME - ZMIENIAMYFINANSE.PL	Senior II K - 30	23	00:30:46	00:49:10	01:20:31.55	01:20:57.85	+00:29:52 (36.9%)	8:03	7.5 (63.6%)
51	JAKUBOWSKA Beata	1326		Senior II K - 30	24	00:31:23	00:49:34	01:20:33.05	01:20:59.20	+00:29:54 (36.9%)	8:03	7.4 (62.7%)
52	OSIKOWSKA Teresa	1222		Senior II K - 30	25	00:31:12	00:49:32	01:20:54.65	01:21:12.10	+00:30:07 (37.1%)	8:05	7.4 (62.7%)
53	ŁUCZAJ Kinga	1339		Senior II K - 30	26	00:32:42	00:49:46	01:21:28.45	01:21:57.50	+00:30:52 (37.7%)	8:08	7.4 (62.7%)
54	SOKOŁOWSKA Anna	1223		Senior II K - 30	27	00:31:04	00:49:21	01:21:53.05	01:21:59.15	+00:30:54 (37.7%)	8:11	7.3 (61.9%)
55	SKAWINA-POŁEĆ Anna	1078		Senior II K - 30	28	00:31:45	00:50:33	01:22:04.15	01:22:14.60	+00:31:09 (37.9%)	8:12	7.3 (61.9%)
56	GEROWSKA Aleksandra	1032	STOWARZYSZENIE PRZYJACIÓŁ ZWIERZĄT NOE	Masters K - 40	10	00:32:07	00:49:51	01:22:00.80	01:22:21.30	+00:31:16 (38.0%)	8:12	7.3 (61.9%)
57	TOMASZEWSKA Joanna	1301	KB HAROWNIK	Senior II K - 30	29	00:31:27	00:49:42	01:22:07.15	01:22:23.35	+00:31:18 (38.0%)	8:12	7.3 (61.9%)
58	SZAŁAJSKA Monika	1001		Senior I K - 20	16	00:31:01	00:49:33	01:21:52.00	01:22:24.10	+00:31:19 (38.0%)	8:11	7.3 (61.9%)
59	WYSTRYCHOWSKA Marzena	1246		Masters K - 40	11	00:30:30	00:49:50	01:22:38.20	01:22:41.40	+00:31:36 (38.2%)	8:15	7.3 (61.9%)
60	JAGUSZEWSKA Agnieszka	1149	STRZECHA AKADEMICKA	Senior I K - 20	17	00:31:09	00:49:47	01:22:42.80	01:22:58.00	+00:31:52 (38.4%)	8:16	7.3 (61.9%)
61	WASZYK Anita	1166	MUAY RUNNING TEAM	Senior II K - 30	30	00:31:37	00:49:59	01:22:40.15	01:23:08.20	+00:32:03 (38.6%)	8:16	7.3 (61.9%)
62	ŚWIDEREK Kasia	1268		Masters K - 40	12	00:32:13	00:50:06	01:23:25.05	01:23:28.15	+00:32:23 (38.8%)	8:20	7.2 (61.0%)
63	SZATKOWSKA Ewa	1171	KOBIETYBIEGAJĄ	Weteran K - 50	2	00:32:22	00:50:28	01:23:22.40	01:23:29.50	+00:32:24 (38.8%)	8:20	7.2 (61.0%)
64	PLEWA Katarzyna	1123	NORDIC16.COM	Senior II K - 30	31	00:32:59	00:52:00	01:23:38.15	01:23:41.40	+00:32:36 (39.0%)	8:21	7.2 (61.0%)
65	BRZOZA Dorota	1197		Masters K - 40	13	00:33:21	00:51:05	01:23:18.25	01:23:51.90	+00:32:46 (39.1%)	8:19	7.2 (61.0%)
66	KOSTERA Katarzyna	1259	VEGE RUNNERS	Senior II K - 30	32	00:33:00	00:50:28	01:23:26.90	01:23:57.00	+00:32:51 (39.1%)	8:20	7.2 (61.0%)
67	GRISZCZENKO Elżbieta	1342		Senior I K - 20	18	00:33:22	00:51:46	01:23:27.35	01:23:58.85	+00:32:53 (39.2%)	8:20	7.2 (61.0%)
68	PIELICHOWSKA Justyna	1254	BIEGAJĄC Z WILKAMI	Senior II K - 30	33	00:30:21	00:49:05	01:23:53.25	01:24:16.55	+00:33:11 (39.4%)	8:23	7.2 (61.0%)
69	LEWANDOWSKA Maria	1038	BIEGAM BO NIE LUBIE	Senior II K - 30	34	00:33:56	00:52:35	01:23:43.35	01:24:17.50	+00:33:12 (39.4%)	8:22	7.2 (61.0%)

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70	WITECKA Milena	1336		Senior II K - 30	35	00:34:28	00:53:16	01:24:28.10	01:24:31.60	+00:33:26 (39.6%)	8:26	7.1 (60.2%)
71	PABICH Magdalena	1050	4RUN TEAM PIŁA	Masters K - 40	14	00:33:49	00:53:06	01:25:02.05	01:25:08.00	+00:34:02 (40.0%)	8:30	7.1 (60.2%)
72	HACZKIEWICZ Karolina	1186	MILKY2017	Senior II K - 30	36	00:32:04	00:51:41	01:25:09.40	01:25:28.15	+00:34:23 (40.2%)	8:31	7 (59.3%)
73	LACHOWICZ Anna	1243		Masters K - 40	15	00:33:59	00:52:50	01:25:14.60	01:25:33.25	+00:34:28 (40.3%)	8:31	7 (59.3%)
74	WŁOSKOWICZ Kinga	1135		Masters K - 40	16	00:34:12	00:53:49	01:26:03.15	01:26:06.05	+00:35:00 (40.7%)	8:36	7 (59.3%)
75	KOLENDO Edyta	1163		Masters K - 40	17	00:32:55	00:51:48	01:25:56.65	01:26:13.50	+00:35:08 (40.8%)	8:35	7 (59.3%)
76	JAROSZ-DANIEL Joanna	1214		Senior II K - 30	37	00:34:22	00:53:33	01:26:04.85	01:26:17.90	+00:35:12 (40.8%)	8:36	7 (59.3%)
77	SKORNIAK Katarzyna	1221	WOLNE ŚLIMAKI	Senior I K - 20	19	00:34:22	00:53:42	01:26:12.50	01:26:23.40	+00:35:18 (40.9%)	8:37	7 (59.3%)
78	WALACIK Małgorzata	1122		Weteran K - 50	3	00:34:10	00:53:11	01:26:08.90	01:26:25.30	+00:35:20 (40.9%)	8:36	7 (59.3%)
79	KAYSIEWICZ Joanna	1003		Masters K - 40	18	00:34:14	00:53:17	01:26:14.95	01:26:49.20	+00:35:44 (41.2%)	8:37	7 (59.3%)
80	SKAWINA Krystyna	1079		Senior II K - 30	38	00:34:02	00:52:56	01:26:57.80	01:27:09.10	+00:36:04 (41.4%)	8:41	6.9 (58.5%)
81	OLCZYK Joanna	1144		Senior I K - 20	20	00:35:20	00:54:49	01:26:56.95	01:27:22.70	+00:36:17 (41.5%)	8:41	6.9 (58.5%)
82	BALCERZAK Agnieszka	1015	MARATOŃCZYK POZNAŃ	Masters K - 40	19	00:34:25	00:53:46	01:26:53.50	01:27:24.40	+00:36:19 (41.6%)	8:41	6.9 (58.5%)
83	OLEWICZ Dagmara	1202	ZĄŁOGA GÓRSKA	Senior I K - 20	21	00:34:33	00:53:37	01:27:20.00	01:27:29.80	+00:36:24 (41.6%)	8:44	6.9 (58.5%)
84	NIEWIADOMSKA Agnieszka	1021		Masters K - 40	20	00:35:36	00:55:27	01:27:05.10	01:27:37.30	+00:36:32 (41.7%)	8:42	6.9 (58.5%)
85	LEŚNIEWSKA Justyna	1262		Masters K - 40	21	00:35:06	00:54:41	01:28:45.50	01:29:04.80	+00:37:59 (42.7%)	8:52	6.8 (57.6%)
86	SZPUREK Anna	1238	BUKOWSKI KLUB BIEGACZA	Senior II K - 30	39	00:33:59	00:54:27	01:29:11.10	01:29:31.70	+00:38:26 (42.9%)	8:55	6.7 (56.8%)
87	KOWAL Ewa	1310		Masters K - 40	22	00:35:25	00:54:45	01:29:21.60	01:29:35.40	+00:38:30 (43.0%)	8:56	6.7 (56.8%)
88	TASZAREK Ewa	1029		Masters K - 40	23	00:32:02	00:51:59	01:29:25.85	01:29:36.30	+00:38:31 (43.0%)	8:56	6.7 (56.8%)
89	DEMBNA Ania	1288		Senior II K - 30	40	00:34:17	00:54:10	01:29:25.90	01:29:50.70	+00:38:45 (43.1%)	8:56	6.7 (56.8%)
90	KACUGA Maria	1287		OPEN KOBIECI	3	00:35:09	00:55:03	01:30:50.35	01:31:23.70	+00:40:18 (44.1%)	9:05	6.6 (55.9%)
91	BLECHARCZYK Ola	1207	ZĄŁOGA GÓRSKA	Senior I K - 20	22	00:36:56	00:56:47	01:31:15.20	01:31:26.05	+00:40:20 (44.1%)	9:07	6.6 (55.9%)
92	MOLONG Urszula	1066	NIGHT RUNNERS	Senior II K - 30	41	00:35:44	00:56:08	01:31:16.25	01:31:43.00	+00:40:37 (44.3%)	9:07	6.6 (55.9%)
93	PĘCKA Beata	1242		Senior II K - 30	42	00:35:40	00:56:51	01:31:30.40	01:32:07.30	+00:41:02 (44.5%)	9:09	6.6 (55.9%)
94	JAŃCZAK Karolina	1255		Senior I K - 20	23	00:35:49	00:55:43	01:32:07.25	01:32:31.15	+00:41:26 (44.8%)	9:12	6.5 (55.1%)
95	HAWROT Marta	1276		Masters K - 40	24	00:36:32	00:57:32	01:32:39.85	01:32:45.80	+00:41:40 (44.9%)	9:16	6.5 (55.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
96	ŚRÓDKA Aleksandra	1099		Senior II K - 30	43	00:35:39	00:57:03	01:32:38.95	01:33:05.70	+00:42:00 (45.1%)	9:15	6.5 (55.1%)
97	CHWIAŁKOWSKA Ewa	1026		Weteran K - 50	4	00:36:47	00:57:39	01:33:03.50	01:33:25.00	+00:42:19 (45.3%)	9:18	6.4 (54.2%)
98	GÓRNA Małgorzata	1108		Senior II K - 30	44	00:35:04	00:56:26	01:33:14.25	01:33:25.55	+00:42:20 (45.3%)	9:19	6.4 (54.2%)
99	TOMICZEK Edyta	1071	ZDYSKWALIFIKOWANI	Senior I K - 20	24	00:38:33	01:00:23	01:32:53.90	01:33:26.15	+00:42:21 (45.3%)	9:17	6.5 (55.1%)
100	KUCZAKOWSKA Joanna	1218	BIEGOWE MISIE	Senior II K - 30	45	00:35:25	00:55:29	01:33:27.15	01:33:50.40	+00:42:45 (45.6%)	9:20	6.4 (54.2%)
101	WITKOWSKA Justyna	1028		Senior II K - 30	46	00:34:42	00:56:47	01:34:19.85	01:34:31.00	+00:43:25 (46.0%)	9:26	6.4 (54.2%)
102	STAWSKA Emilia	1095	GRUNWALD TEAM POZNAŃ	Senior II K - 30	47	00:36:46	00:59:25	01:35:08.25	01:35:30.90	+00:44:25 (46.5%)	9:30	6.3 (53.4%)
103	CIASTOWICZ-TOMCZAK Inga	1024	FIGHTERS MOSINA	Masters K - 40	25	00:36:47	00:57:46	01:35:20.00	01:35:35.90	+00:44:30 (46.6%)	9:32	6.3 (53.4%)
104	KOLENDO Sylwia	1164		Senior I K - 20	25	00:35:51	00:57:54	01:35:31.90	01:35:44.75	+00:44:39 (46.6%)	9:33	6.3 (53.4%)
105	DRYZYGA Dominika	1170	KOBIETYBIEGAJĄ	Senior I K - 20	26	00:36:57	00:59:32	01:35:39.50	01:35:49.35	+00:44:44 (46.7%)	9:34	6.3 (53.4%)
106	PAPIERZ-RYKAŁA Aleksandra	1212		Senior II K - 30	48	00:38:38	00:59:40	01:35:39.85	01:36:15.20	+00:45:10 (46.9%)	9:34	6.3 (53.4%)
107	ROGOWSKA Małgorzata	1116	TRIATHLON MIETKÓW TEAM	Senior II K - 30	49	00:35:38	00:57:57	01:36:09.30	01:36:28.15	+00:45:23 (47.0%)	9:37	6.2 (52.5%)
108	DZIDEK Katarzyna	1031		Masters K - 40	26	00:36:42	00:59:31	01:36:29.45	01:36:57.05	+00:45:51 (47.3%)	9:39	6.2 (52.5%)
109	ERDMAŃSKA Natalia	1229		Senior II K - 30	50	00:36:41	00:58:08	01:36:28.75	01:36:58.00	+00:45:52 (47.3%)	9:38	6.2 (52.5%)
110	NIEMAS Anna	1042	OYAMA KARATE BRZESZCZE	Masters K - 40	27	00:36:41	00:58:09	01:36:31.85	01:37:00.00	+00:45:54 (47.3%)	9:39	6.2 (52.5%)
111	REMBIELAK-TACIAK Anna	1188	ANTONINEK POZNAŃ	Masters K - 40	28	00:36:53	00:59:50	01:37:15.45	01:37:27.40	+00:46:22 (47.6%)	9:43	6.2 (52.5%)
112	MRUGALSKA Liliana	1316		Senior I K - 20	27	00:38:55	00:59:58	01:38:01.40	01:38:21.30	+00:47:16 (48.1%)	9:48	6.1 (51.7%)
113	NIEZGÓDKA Sylwia	1270		Masters K - 40	29	00:39:42	01:00:23	01:38:32.20	01:38:42.00	+00:47:36 (48.2%)	9:51	6.1 (51.7%)
114	WALISZEWSKA-PLEWA Izabella	1036		Masters K - 40	30	00:37:11	00:59:30	01:38:33.30	01:38:51.40	+00:47:46 (48.3%)	9:51	6.1 (51.7%)
115	OLCZYK Anna	1194	RUN LODZ	Masters K - 40	31	00:36:46	00:59:45	01:38:54.35	01:39:17.75	+00:48:12 (48.6%)	9:53	6.1 (51.7%)
116	PASTUSZKA Joanna	1172	RUN ŁDZ	Weteran K - 50	5	00:39:30	01:02:26	01:38:53.20	01:39:18.05	+00:48:12 (48.6%)	9:53	6.1 (51.7%)
117	BUDNIOK Barbara	1048	ŻONY MĘŻÓW UZALEŻNIONYCH OD BIEGANIA	Masters K - 40	32	00:36:40	00:59:29	01:39:27.65	01:39:35.20	+00:48:30 (48.7%)	9:56	6 (50.8%)
118	KUTNIEWSKA Maria	1252	FACE NORDIC WALKING TEAM	Weteran K - 50	6	00:39:20	01:01:40	01:39:20.70	01:39:35.70	+00:48:30 (48.7%)	9:56	6 (50.8%)
119	MUCHA Anna	1046		Senior I K - 20	28	00:38:02	01:00:26	01:39:50.25	01:40:24.65	+00:49:19 (49.1%)	9:59	6 (50.8%)
120	WALENDA Katarzyna	1136	VEGE ULTRA RUNNERS	Masters K - 40	33	00:41:34	01:03:27	01:40:54.90	01:41:16.40	+00:50:11 (49.6%)	10:05	5.9 (50.0%)
121	KASJAN Alicja	1100		Senior I K - 20	29	00:37:19	01:01:13	01:41:15.55	01:41:35.25	+00:50:30 (49.7%)	10:07	5.9 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
122	PAWLIK-NIEDZIELA Sandra	1016	W POGONI ZA DUCHEM	Senior I K - 20	30	00:39:39	01:00:45	01:41:08.00	01:41:37.50	+00:50:32 (49.7%)	10:06	5.9 (50.0%)
123	KRAWCZYK Magdalena	1139	BIEGAJĄCY PALACZE	Senior II K - 30	51	00:41:33	01:04:54	01:41:16.80	01:41:38.65	+00:50:33 (49.7%)	10:07	5.9 (50.0%)
124	ZWYDAK Anna	1159	KOBIETAWBIEGU.PL	Senior I K - 20	31	00:40:37	01:02:52	01:41:23.45	01:41:46.10	+00:50:41 (49.8%)	10:08	5.9 (50.0%)
125	MAZURCZAK Ewa	1158	KOBIETAWBIEGU.PL	Masters K - 40	34	00:40:36	01:02:52	01:41:24.25	01:41:46.40	+00:50:41 (49.8%)	10:08	5.9 (50.0%)
126	AUGUSTOWSKA Izabela	1231	KB GEOTERMIA UNIEJÓW	Masters K - 40	35	00:38:21	01:00:32	01:42:09.05	01:42:23.85	+00:51:18 (50.1%)	10:12	5.9 (50.0%)
127	DOJKA Dorota	1152		Masters K - 40	36	00:38:21	01:00:24	01:42:08.85	01:42:24.20	+00:51:19 (50.1%)	10:12	5.9 (50.0%)
128	HRABAŃSKA-RACZAK Beata	1168		Senior II K - 30	52	00:40:26	01:02:55	01:42:16.55	01:42:45.60	+00:51:40 (50.3%)	10:13	5.9 (50.0%)
129	STAWSKA Alicja	1298		OPEN KOBIET	4	00:39:00	01:02:45	01:42:25.45	01:42:53.30	+00:51:48 (50.3%)	10:14	5.9 (50.0%)
130	ERENBERG Małgorzata	1153	FUDU&CO SPORT TEAM	Senior II K - 30	53	00:39:27	01:03:06	01:43:08.75	01:43:16.10	+00:52:11 (50.5%)	10:18	5.8 (49.2%)
131	RAJKOWSKA Anna	1230		Masters K - 40	37	00:39:31	01:03:06	01:43:08.95	01:43:16.30	+00:52:11 (50.5%)	10:18	5.8 (49.2%)
132	NOWAK Teresa	1192	TERESA NOWAK	Weteran II K - 60	1	00:36:16	01:00:00	01:42:58.55	01:43:32.40	+00:52:27 (50.7%)	10:17	5.8 (49.2%)
133	JĘDRZEJEWSKA Ula	1253	WATAHA	Masters K - 40	38	00:39:58	01:03:02	01:43:20.50	01:43:44.55	+00:52:39 (50.8%)	10:20	5.8 (49.2%)
134	LECHNA Mirella	1061		Masters K - 40	39	00:39:39	01:04:17	01:44:59.25	01:45:04.15	+00:53:59 (51.4%)	10:30	5.7 (48.3%)
135	STAWSKA Natalia	1005		Senior II K - 30	54	00:39:43	01:04:29	01:45:14.70	01:45:50.60	+00:54:45 (51.7%)	10:31	5.7 (48.3%)
136	NAĆKIEWICZ Justyna	1251		Masters K - 40	40	00:39:21	01:05:23	01:46:51.80	01:47:27.10	+00:56:22 (52.5%)	10:41	5.6 (47.5%)
137	KOWALCZYK Oika	1110		Senior II K - 30	55	00:39:21	01:05:24	01:46:52.60	01:47:27.80	+00:56:22 (52.5%)	10:41	5.6 (47.5%)
138	JÓZEFOWICZ Magdalena	1011	FUNDACJA DZIECIOM 'ZDAŻYĆ Z POMOCĄ' KORNEL MAŚLIŃSKI 28449 BIEGAM DLA KORNELKA	Senior II K - 30	56	00:42:33	01:07:32	01:49:50.00	01:50:09.10	+00:59:04 (53.6%)	10:59	5.5 (46.6%)
139	BLISKA-MROCZKA Henryka	1311		Masters K - 40	41	00:40:46	01:07:51	01:52:01.50	01:52:15.65	+01:01:10 (54.5%)	11:12	5.4 (45.8%)
140	BAKOWSKA Maria	1211	ZAŁOGA GÓRSKA	Weteran II K - 60	2	00:44:08	01:14:49	02:08:04.35	02:08:18.45	+01:17:13 (60.2%)	12:48	4.7 (39.8%)
141	CHYBICKA Alicja	1180		Weteran II K - 60	3	00:56:50	01:36:08	02:45:45.80	02:46:04.30	+01:54:59 (69.2%)	16:34	3.6 (30.5%)

Znaleziono 141 wynik(ów)