



# CHYŻA DURBASZKA - 20 KM

B4SPORT

**Wydarzenie:** PIENINY ULTRA-TRAIL®  
**Organizator:** Fundacja Strefa Przygód  
**Data:** 2024-04-20  
**Miejsce:** Szczawnica  
**Dystans:** 20.6 km

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: K30

| Msc | Zawodnik                   | Numer | Klub                      | Kategoria | Mkat | Mistrzostwa Polski | Schronisko pod Durbaszką 12.4km | 20.2km   | Czas netto 20.6km | Czas brutto 20.6km | Różn              | Tempo min/km | Tempo km/h   |
|-----|----------------------------|-------|---------------------------|-----------|------|--------------------|---------------------------------|----------|-------------------|--------------------|-------------------|--------------|--------------|
| 1   | MARCHUK Wioletta           | 1209  | SBG SALCO NIEPOŁOMICE     | K30       | 1    | MP                 | 01:13:54                        | 01:53:02 | 01:53:48.60       | 01:53:53.80        |                   | 5:31         | 10.9 (100%)  |
| 2   | TOMASIAK Natalia           | 4041  | SALOMON SUUNTO TEAM       | K30       | 2    |                    | 01:12:40                        | 01:53:02 | 01:53:55.40       | 01:54:00.60        | +00:00:06 (0.1%)  | 5:31         | 10.9 (100%)  |
| 3   | NOWAKOWSKA Anna            | 4100  |                           | K30       | 3    |                    | 01:12:40                        | 01:53:53 | 01:54:43.90       | 01:54:47.90        | +00:00:54 (0.8%)  | 5:34         | 10.8 (99.1%) |
| 4   | KRASZPULSKA Magdalena      | 819   | KS PREFBET SONALOR        | K30       | 4    | MP                 | 01:13:57                        | 01:54:18 | 01:55:07.05       | 01:55:12.85        | +00:01:19 (1.1%)  | 5:35         | 10.7 (98.2%) |
| 5   | GOLA Magda                 | 585   | TRAIL IS OUR WAY          | K30       | 5    | MP                 | 01:16:32                        | 01:59:08 | 01:59:59.85       | 01:59:59.85        | +00:06:06 (5.1%)  | 5:49         | 10.3 (94.5%) |
| 6   | BOCHENEK Magdalena         | 1032  | G.O.A.T. TEAM MICHAŁOWICE | K30       | 6    |                    | 01:17:44                        | 01:59:50 | 02:00:45.45       | 02:00:48.95        | +00:06:55 (5.7%)  | 5:51         | 10.2 (93.6%) |
| 7   | MAZAN Beata                | 995   | FINISZ RYMANÓW            | K30       | 7    | MP                 | 01:16:18                        | 02:01:01 | 02:01:56.20       | 02:01:59.70        | +00:08:05 (6.6%)  | 5:55         | 10.1 (92.7%) |
| 8   | KOZIOŁ Weronika            | 1041  | N/A                       | K30       | 8    |                    | 01:22:40                        | 02:07:22 | 02:08:16.60       | 02:08:20.60        | +00:14:26 (11.3%) | 6:13         | 9.6 (88.1%)  |
| 9   | DŁUGOSZ-STĘPNIAK Agnieszka | 1136  |                           | K30       | 9    | MP                 | 01:23:05                        | 02:09:09 | 02:10:08.00       | 02:10:13.30        | +00:16:19 (12.5%) | 6:19         | 9.5 (87.2%)  |
| 10  | WIEJAK Marlena             | 669   | KOBIETY BIEGAJĄ LUBLIN    | K30       | 10   |                    | 01:22:15                        | 02:09:32 | 02:10:27.10       | 02:10:35.15        | +00:16:41 (12.8%) | 6:19         | 9.5 (87.2%)  |
| 11  | KONIK Diana                | 1031  |                           | K30       | 11   |                    | 01:24:37                        | 02:10:34 | 02:11:28.35       | 02:11:39.55        | +00:17:45 (13.5%) | 6:22         | 9.4 (86.2%)  |
| 12  | HURAS Monika               | 521   | MŁYNARCZYK ENDURANCE TEAM | K30       | 12   |                    | 01:24:27                        | 02:11:43 | 02:12:41.25       | 02:12:49.50        | +00:18:55 (14.3%) | 6:26         | 9.3 (85.3%)  |
| 13  | SZCZĘSNA Edyta             | 1003  |                           | K30       | 13   |                    | 01:25:31                        | 02:13:01 | 02:13:52.10       | 02:13:58.25        | +00:20:04 (15.0%) | 6:29         | 9.2 (84.4%)  |
| 14  | RZEPKA Maria               | 526   |                           | K30       | 14   |                    | 01:29:42                        | 02:19:11 | 02:20:04.65       | 02:20:29.90        | +00:26:36 (18.9%) | 6:47         | 8.8 (80.7%)  |
| 15  | RACHWALSKA Oliwia          | 945   |                           | K30       | 15   |                    | 01:32:21                        | 02:21:10 | 02:22:10.20       | 02:22:20.70        | +00:28:26 (20.0%) | 6:54         | 8.7 (79.8%)  |

| Msc | Zawodnik                            | Numer       | Klub                                | Kategoria | Mkat | Mistrzostwa<br>Polski | Schronisko<br>pod<br>Durbaszką |          | Czas<br>netto      |                    | Czas<br>brutto       |      | Tempo<br>min/km | Tempo<br>km/h |
|-----|-------------------------------------|-------------|-------------------------------------|-----------|------|-----------------------|--------------------------------|----------|--------------------|--------------------|----------------------|------|-----------------|---------------|
|     |                                     |             |                                     |           |      |                       | 12.4km                         | 20.2km   | 20.6km             | 20.6km             | Różn                 |      |                 |               |
| 16  | <b>KIEŁBOŃ Ewelina</b>              | <b>1101</b> | PRZEWORSKA GRUPA BIEGOWA            | K30       | 16   |                       | 01:32:23                       | 02:24:03 | <b>02:25:08.20</b> | <b>02:25:17.45</b> | +00:31:23<br>(21.6%) | 7:02 | 8.5<br>(78.0%)  |               |
| 17  | <b>SOBIERAJSKA<br/>Karolina</b>     | <b>1111</b> |                                     | K30       | 17   |                       | 01:34:52                       | 02:27:25 | <b>02:28:24.40</b> | <b>02:28:56.25</b> | +00:35:02<br>(23.5%) | 7:12 | 8.3<br>(76.1%)  |               |
| 18  | <b>NIEMASZ Aleksandra</b>           | <b>647</b>  | 100LEJKA                            | K30       | 18   |                       | 01:36:58                       | 02:30:32 | <b>02:31:30.40</b> | <b>02:31:30.40</b> | +00:37:36<br>(24.8%) | 7:21 | 8.2<br>(75.2%)  |               |
| 19  | <b>CZARNECKA<br/>Katarzyna</b>      | <b>782</b>  |                                     | K30       | 19   |                       | 01:37:43                       | 02:30:46 | <b>02:31:49.15</b> | <b>02:31:58.55</b> | +00:38:04<br>(25.1%) | 7:22 | 8.1<br>(74.3%)  |               |
| 20  | <b>ADAMSKA Zofia</b>                | <b>636</b>  | POCO LOCO ADVENTURE TEAM            | K30       | 20   |                       | 01:38:02                       | 02:31:34 | <b>02:32:32.60</b> | <b>02:32:39.85</b> | +00:38:46<br>(25.4%) | 7:24 | 8.1<br>(74.3%)  |               |
| 21  | <b>ZIELIŃSKA Monika</b>             | <b>503</b>  |                                     | K30       | 21   |                       | 01:37:46                       | 02:30:40 | <b>02:31:31.85</b> | <b>02:32:39.95</b> | +00:38:46<br>(25.4%) | 7:21 | 8.2<br>(75.2%)  |               |
| 22  | <b>KIEROŃSKA Daria</b>              | <b>1052</b> |                                     | K30       | 22   |                       | 01:40:13                       | 02:36:15 | <b>02:37:19.20</b> | <b>02:38:01.45</b> | +00:44:07<br>(27.9%) | 7:38 | 7.9<br>(72.5%)  |               |
| 23  | <b>GRUBA Maria</b>                  | <b>578</b>  |                                     | K30       | 23   |                       | 01:39:07                       | 02:36:21 | <b>02:37:24.35</b> | <b>02:38:08.10</b> | +00:44:14<br>(28.0%) | 7:38 | 7.9<br>(72.5%)  |               |
| 24  | <b>PIOTROWSKA-<br/>PEKALA Julia</b> | <b>562</b>  | MOUNTAIN RUNNING GUIDES / PEKALÓWKA | K30       | 24   |                       | 01:43:16                       | 02:37:18 | <b>02:38:15.75</b> | <b>02:38:44.80</b> | +00:44:51<br>(28.3%) | 7:40 | 7.8<br>(71.6%)  |               |
| 25  | <b>KUMOR Anna</b>                   | <b>817</b>  |                                     | K30       | 25   |                       | 01:41:18                       | 02:38:15 | <b>02:39:15.30</b> | <b>02:39:27.15</b> | +00:45:33<br>(28.6%) | 7:43 | 7.8<br>(71.6%)  |               |
| 26  | <b>DZIKOWSKA<br/>Aleksandra</b>     | <b>505</b>  | ŻÓRAWSKI TEAM                       | K30       | 26   |                       | 01:42:52                       | 02:38:36 | <b>02:39:32.80</b> | <b>02:39:55.15</b> | +00:46:01<br>(28.8%) | 7:44 | 7.7<br>(70.6%)  |               |
| 27  | <b>SZCZĘŚNIAK Barbara</b>           | <b>771</b>  | MODELKI MODLNICA                    | K30       | 27   |                       | 01:43:06                       | 02:40:56 | <b>02:41:49.55</b> | <b>02:42:21.55</b> | +00:48:27<br>(29.8%) | 7:51 | 7.6<br>(69.7%)  |               |
| 28  | <b>TITTENBRUN Marta</b>             | <b>632</b>  |                                     | K30       | 28   |                       | 01:40:30                       | 02:41:07 | <b>02:42:09.70</b> | <b>02:42:31.95</b> | +00:48:38<br>(29.9%) | 7:52 | 7.6<br>(69.7%)  |               |
| 29  | <b>LEŚNIAK Joanna</b>               | <b>1058</b> |                                     | K30       | 29   |                       | 01:44:11                       | 02:41:13 | <b>02:42:15.90</b> | <b>02:42:56.20</b> | +00:49:02<br>(30.1%) | 7:52 | 7.6<br>(69.7%)  |               |
| 30  | <b>ROSOŁEK Katarzyna</b>            | <b>628</b>  | GRUBE FREERIDY                      | K30       | 30   |                       | 01:47:58                       | 02:42:20 | <b>02:43:20.50</b> | <b>02:44:30.80</b> | +00:50:37<br>(30.8%) | 7:55 | 7.6<br>(69.7%)  |               |
| 31  | <b>KRZESZOWIAK<br/>Katarzyna</b>    | <b>642</b>  | POBRYCANI                           | K30       | 31   |                       | 01:43:00                       | 02:43:14 | <b>02:44:17.05</b> | <b>02:44:52.40</b> | +00:50:58<br>(30.9%) | 7:58 | 7.5<br>(68.8%)  |               |
| 32  | <b>MARCZEWSKA Anna</b>              | <b>692</b>  |                                     | K30       | 32   |                       | 01:47:04                       | 02:46:01 | <b>02:47:05.20</b> | <b>02:47:13.25</b> | +00:53:19<br>(31.9%) | 8:06 | 7.4<br>(67.9%)  |               |
| 33  | <b>ŚCIBOR Joanna</b>                | <b>629</b>  |                                     | K30       | 33   |                       | 01:44:13                       | 02:45:29 | <b>02:46:32.15</b> | <b>02:47:18.50</b> | +00:53:24<br>(31.9%) | 8:05 | 7.4<br>(67.9%)  |               |
| 34  | <b>WROTNY Anna</b>                  | <b>531</b>  |                                     | K30       | 34   |                       | 01:47:49                       | 02:46:51 | <b>02:47:46.90</b> | <b>02:48:06.90</b> | +00:54:13<br>(32.3%) | 8:08 | 7.4<br>(67.9%)  |               |
| 35  | <b>GRANDYS Sara</b>                 | <b>740</b>  |                                     | K30       | 35   |                       | 01:47:50                       | 02:46:48 | <b>02:47:51.10</b> | <b>02:48:09.65</b> | +00:54:15<br>(32.3%) | 8:08 | 7.4<br>(67.9%)  |               |
| 36  | <b>MAYER Katarzyna</b>              | <b>584</b>  |                                     | K30       | 36   |                       | 01:47:49                       | 02:46:52 | <b>02:47:50.80</b> | <b>02:48:10.10</b> | +00:54:16<br>(32.3%) | 8:08 | 7.4<br>(67.9%)  |               |
| 37  | <b>MĘCIK Adrianna</b>               | <b>603</b>  | ING BANK ŚLĄSKI                     | K30       | 37   |                       | 01:47:39                       | 02:47:11 | <b>02:48:14.80</b> | <b>02:48:40.50</b> | +00:54:46<br>(32.5%) | 8:09 | 7.3<br>(67.0%)  |               |
| 38  | <b>FRYDA Anna</b>                   | <b>833</b>  |                                     | K30       | 38   |                       | 01:51:33                       | 02:49:33 | <b>02:50:33.95</b> | <b>02:51:33.65</b> | +00:57:39<br>(33.6%) | 8:16 | 7.2<br>(66.1%)  |               |

| Msc | Zawodnik                    | Numer       | Klub                    | Kategoria | Mkat | Mistrzostwa<br>Polski | Schronisko                 | Czas<br>netto | Czas<br>brutto     | Różn               | Tempo<br>min/km      | Tempo<br>km/h |                |
|-----|-----------------------------|-------------|-------------------------|-----------|------|-----------------------|----------------------------|---------------|--------------------|--------------------|----------------------|---------------|----------------|
|     |                             |             |                         |           |      |                       | pod<br>Durbaszką<br>12.4km |               |                    |                    |                      |               | 20.2km         |
| 39  | <b>IWASZCZYSZYN Kinga</b>   | <b>724</b>  |                         | K30       | 39   |                       | 01:48:23                   | 02:50:39      | <b>02:51:44.40</b> | <b>02:51:56.80</b> | +00:58:03<br>(33.8%) | 8:20          | 7.2<br>(66.1%) |
| 40  | <b>MILCZAREK Kinga</b>      | <b>1229</b> |                         | K30       | 40   |                       | 01:45:25                   | 02:50:33      | <b>02:51:49.40</b> | <b>02:52:00.90</b> | +00:58:07<br>(33.8%) | 8:20          | 7.2<br>(66.1%) |
| 41  | <b>LIGĘZA Joasia</b>        | <b>546</b>  | SMASHING PĄPKINS        | K30       | 41   |                       | 01:48:32                   | 02:50:47      | <b>02:52:00.65</b> | <b>02:52:16.45</b> | +00:58:22<br>(33.9%) | 8:20          | 7.2<br>(66.1%) |
| 42  | <b>MARZEC Patrycja</b>      | <b>750</b>  | MOUNTAIN TOUCH          | K30       | 42   |                       | 01:51:03                   | 02:51:13      | <b>02:52:11.30</b> | <b>02:52:41.60</b> | +00:58:47<br>(34.0%) | 8:21          | 7.2<br>(66.1%) |
| 43  | <b>MISIUREWICZ Rozanna</b>  | <b>993</b>  |                         | K30       | 43   |                       | 01:51:24                   | 02:51:34      | <b>02:52:39.00</b> | <b>02:52:55.35</b> | +00:59:01<br>(34.1%) | 8:22          | 7.2<br>(66.1%) |
| 44  | <b>TOKARSKA Julia</b>       | <b>1082</b> |                         | K30       | 44   |                       | 01:51:41                   | 02:51:15      | <b>02:52:16.60</b> | <b>02:53:05.75</b> | +00:59:11<br>(34.2%) | 8:21          | 7.2<br>(66.1%) |
| 45  | <b>CIEPŁA Magdalena</b>     | <b>1070</b> | SZMIDT I SYN            | K30       | 45   |                       | 01:52:16                   | 02:51:44      | <b>02:52:45.95</b> | <b>02:53:07.10</b> | +00:59:13<br>(34.2%) | 8:23          | 7.2<br>(66.1%) |
| 46  | <b>PIEKIELNA Angelika</b>   | <b>904</b>  |                         | K30       | 46   |                       | 01:49:59                   | 02:54:16      | <b>02:55:23.15</b> | <b>02:55:50.40</b> | +01:01:56<br>(35.2%) | 8:30          | 7<br>(64.2%)   |
| 47  | <b>DUCH Aleksandra</b>      | <b>889</b>  |                         | K30       | 47   |                       | 01:52:12                   | 02:54:22      | <b>02:55:26.10</b> | <b>02:56:12.75</b> | +01:02:18<br>(35.4%) | 8:30          | 7<br>(64.2%)   |
| 48  | <b>KOSIŃSKA Anna</b>        | <b>600</b>  | MOUNTAIN RUNNING GUIDES | K30       | 48   |                       | 01:56:20                   | 02:54:52      | <b>02:55:55.85</b> | <b>02:56:18.05</b> | +01:02:24<br>(35.4%) | 8:32          | 7<br>(64.2%)   |
| 49  | <b>SEREMET Sandra</b>       | <b>880</b>  | UKS LIDER               | K30       | 49   |                       | 01:53:13                   | 02:56:33      | <b>02:57:30.75</b> | <b>02:58:01.05</b> | +01:04:07<br>(36.0%) | 8:36          | 7<br>(64.2%)   |
| 50  | <b>DŁUGOSZ Kasia</b>        | <b>937</b>  | STAY INSANE             | K30       | 50   |                       | 01:54:32                   | 02:58:12      | <b>02:59:19.85</b> | <b>03:00:33.30</b> | +01:06:39<br>(36.9%) | 8:42          | 6.9<br>(63.3%) |
| 51  | <b>RUTA Edyta</b>           | <b>1221</b> |                         | K30       | 51   |                       | 01:55:38                   | 02:59:41      | <b>03:00:35.25</b> | <b>03:00:44.75</b> | +01:06:50<br>(37.0%) | 8:45          | 6.8<br>(62.4%) |
| 52  | <b>SYROKA-PAWELEC Iwona</b> | <b>508</b>  |                         | K30       | 52   |                       | 01:55:10                   | 02:59:12      | <b>03:00:14.55</b> | <b>03:00:54.55</b> | +01:07:00<br>(37.0%) | 8:44          | 6.9<br>(63.3%) |
| 53  | <b>FEDOREK Weronika</b>     | <b>1106</b> | FEDORKI                 | K30       | 53   |                       | 01:56:23                   | 03:01:08      | <b>03:02:15.80</b> | <b>03:02:49.15</b> | +01:08:55<br>(37.7%) | 8:50          | 6.8<br>(62.4%) |
| 54  | <b>OSZMAŁEK Agata</b>       | <b>644</b>  | RK ATHLETICS            | K30       | 54   | MP                    | 02:01:51                   | 03:03:48      | <b>03:04:47.25</b> | <b>03:04:58.65</b> | +01:11:04<br>(38.4%) | 8:58          | 6.7<br>(61.5%) |
| 55  | <b>DROSIO Klaudia</b>       | <b>554</b>  | KASZANKI                | K30       | 55   |                       | 02:00:49                   | 03:05:12      | <b>03:06:14.20</b> | <b>03:06:52.15</b> | +01:12:58<br>(39.1%) | 9:02          | 6.6<br>(60.6%) |
| 56  | <b>LEŚNIEWSKA Marta</b>     | <b>631</b>  | DELOITTE ADVENTURE TEAM | K30       | 56   |                       | 02:00:27                   | 03:06:28      | <b>03:07:31.25</b> | <b>03:08:36.50</b> | +01:14:42<br>(39.6%) | 9:06          | 6.6<br>(60.6%) |
| 57  | <b>KOŁODZIEJ Justyna</b>    | <b>1001</b> |                         | K30       | 57   |                       | 02:00:50                   | 03:08:58      | <b>03:10:10.75</b> | <b>03:10:23.35</b> | +01:16:29<br>(40.2%) | 9:13          | 6.5<br>(59.6%) |
| 58  | <b>TYLKA Małgorzata</b>     | <b>784</b>  |                         | K30       | 58   |                       | 01:57:44                   | 03:09:01      | <b>03:10:05.55</b> | <b>03:10:39.00</b> | +01:16:45<br>(40.3%) | 9:13          | 6.5<br>(59.6%) |
| 59  | <b>JANIAK Paulina</b>       | <b>682</b>  |                         | K30       | 59   |                       | 01:59:09                   | 03:08:36      | <b>03:10:04.20</b> | <b>03:10:56.35</b> | +01:17:02<br>(40.3%) | 9:13          | 6.5<br>(59.6%) |
| 60  | <b>NOWAK Paulina</b>        | <b>1016</b> | ADIDAS RUNNERS POZNAŃ   | K30       | 60   |                       | 02:01:24                   | 03:09:32      | <b>03:10:40.50</b> | <b>03:10:57.35</b> | +01:17:03<br>(40.4%) | 9:15          | 6.5<br>(59.6%) |
| 61  | <b>BAK Natalia</b>          | <b>646</b>  |                         | K30       | 61   |                       | 02:00:22                   | 03:09:40      | <b>03:10:45.70</b> | <b>03:11:26.70</b> | +01:17:32<br>(40.5%) | 9:15          | 6.5<br>(59.6%) |

| Msc | Zawodnik                     | Numer       | Klub                              | Kategoria | Mkat | Mistrzostwa<br>Polski | Schronisko<br>pod<br>Durbaszką |          | Czas<br>netto      |                    | Czas<br>brutto       |       | Tempo<br>min/km | Tempo<br>km/h |
|-----|------------------------------|-------------|-----------------------------------|-----------|------|-----------------------|--------------------------------|----------|--------------------|--------------------|----------------------|-------|-----------------|---------------|
|     |                              |             |                                   |           |      |                       | 12.4km                         | 20.2km   | 20.6km             | 20.6km             | Różn                 |       |                 |               |
| 62  | <b>SZCZEPANIAK Sylwia</b>    | <b>982</b>  | EURO RTV AGD                      | K30       | 62   |                       | 01:58:21                       | 03:09:53 | <b>03:11:10.40</b> | <b>03:11:29.15</b> | +01:17:35<br>(40.5%) | 9:16  | 6.5<br>(59.6%)  |               |
| 63  | <b>STADNYK Maryna</b>        | <b>1038</b> |                                   | K30       | 63   |                       | 02:03:04                       | 03:10:18 | <b>03:11:29.15</b> | <b>03:11:56.60</b> | +01:18:02<br>(40.7%) | 9:17  | 6.5<br>(59.6%)  |               |
| 64  | <b>ZAWIŚLAK Anna</b>         | <b>1005</b> |                                   | K30       | 64   |                       | 02:03:51                       | 03:10:30 | <b>03:11:40.05</b> | <b>03:12:27.25</b> | +01:18:33<br>(40.8%) | 9:18  | 6.4<br>(58.7%)  |               |
| 65  | <b>MARCZAK Ola</b>           | <b>867</b>  | KB HARCOWNIK JELCZ-LASKOWICE      | K30       | 65   |                       | 02:04:47                       | 03:13:38 | <b>03:14:44.05</b> | <b>03:15:17.25</b> | +01:21:23<br>(41.7%) | 9:27  | 6.3<br>(57.8%)  |               |
| 66  | <b>ZARZECKA Justyna</b>      | <b>785</b>  |                                   | K30       | 66   |                       | 02:04:32                       | 03:15:37 | <b>03:16:51.75</b> | <b>03:17:29.10</b> | +01:23:35<br>(42.3%) | 9:33  | 6.3<br>(57.8%)  |               |
| 67  | <b>POKROP Agnieszka</b>      | <b>657</b>  | NATALIA TOMASIAK GÓRSKI STYL TEAM | K30       | 67   |                       | 02:09:41                       | 03:21:50 | <b>03:23:21.70</b> | <b>03:23:51.90</b> | +01:29:58<br>(44.1%) | 9:52  | 6.1<br>(56.0%)  |               |
| 68  | <b>NIEWIAROWSKA Anna</b>     | <b>1017</b> | MOUNTAIN RUNNING GUIDES           | K30       | 68   |                       | 02:07:19                       | 03:24:12 | <b>03:25:23.80</b> | <b>03:26:22.15</b> | +01:32:28<br>(44.8%) | 9:58  | 6<br>(55.0%)    |               |
| 69  | <b>RADZIK Paulina</b>        | <b>681</b>  |                                   | K30       | 69   |                       | 02:08:03                       | 03:24:53 | <b>03:26:06.45</b> | <b>03:26:59.75</b> | +01:33:05<br>(45.0%) | 10:00 | 6<br>(55.0%)    |               |
| 70  | <b>DYBEK Dagmara</b>         | <b>960</b>  | CHSD W RUCHU                      | K30       | 70   |                       | 02:09:19                       | 03:25:19 | <b>03:26:42.20</b> | <b>03:27:05.15</b> | +01:33:11<br>(45.0%) | 10:02 | 6<br>(55.0%)    |               |
| 71  | <b>ROLKA Aleksandra</b>      | <b>1022</b> |                                   | K30       | 71   |                       | 02:12:19                       | 03:27:01 | <b>03:27:58.10</b> | <b>03:28:39.60</b> | +01:34:45<br>(45.4%) | 10:05 | 5.9<br>(54.1%)  |               |
| 72  | <b>OLKO Nathalie</b>         | <b>763</b>  |                                   | K30       | 72   |                       | 02:12:33                       | 03:28:22 | <b>03:29:40.45</b> | <b>03:30:48.10</b> | +01:36:54<br>(46.0%) | 10:10 | 5.9<br>(54.1%)  |               |
| 73  | <b>AUGUSTYNOWICZ Aurelia</b> | <b>757</b>  | RCI BYDGOSZCZ                     | K30       | 73   |                       | 02:14:04                       | 03:29:01 | <b>03:30:16.35</b> | <b>03:30:53.70</b> | +01:36:59<br>(46.0%) | 10:12 | 5.9<br>(54.1%)  |               |
| 74  | <b>ZIAJA Aleksandr</b>       | <b>985</b>  | RUNPROGRESS.PL TEAM               | K30       | 74   |                       | 02:13:53                       | 03:28:56 | <b>03:29:59.15</b> | <b>03:30:55.75</b> | +01:37:01<br>(46.0%) | 10:11 | 5.9<br>(54.1%)  |               |
| 75  | <b>CIEĆKIEWICZ Paulina</b>   | <b>781</b>  |                                   | K30       | 75   |                       | 02:12:14                       | 03:31:24 | <b>03:33:08.30</b> | <b>03:33:56.85</b> | +01:40:03<br>(46.8%) | 10:20 | 5.8<br>(53.2%)  |               |
| 76  | <b>KASPRZAK Iwona</b>        | <b>1087</b> | BIEGAJĄCY ŚWIDNIK                 | K30       | 76   |                       | 02:15:13                       | 03:32:30 | <b>03:33:46.40</b> | <b>03:34:52.00</b> | +01:40:58<br>(47.0%) | 10:22 | 5.8<br>(53.2%)  |               |
| 77  | <b>FRANKOWSKA Weronika</b>   | <b>1181</b> |                                   | K30       | 77   |                       | 02:14:39                       | 03:33:44 | <b>03:35:06.20</b> | <b>03:36:03.20</b> | +01:42:09<br>(47.3%) | 10:26 | 5.7<br>(52.3%)  |               |
| 78  | <b>GNIADKOWSKA Martyna</b>   | <b>811</b>  | ODJECHANI                         | K30       | 78   |                       | 02:10:57                       | 03:35:31 | <b>03:36:44.35</b> | <b>03:37:18.10</b> | +01:43:24<br>(47.6%) | 10:31 | 5.7<br>(52.3%)  |               |
| 79  | <b>WASZAK Celina</b>         | <b>664</b>  | KUTERNÓŻKA DREAM TEAM             | K30       | 79   |                       | 02:20:31                       | 03:35:38 | <b>03:36:46.35</b> | <b>03:37:49.40</b> | +01:43:55<br>(47.7%) | 10:31 | 5.7<br>(52.3%)  |               |
| 80  | <b>SALTMERYTE Lina</b>       | <b>571</b>  |                                   | K30       | 80   |                       | 02:24:43                       | 03:38:47 | <b>03:40:00.55</b> | <b>03:40:53.95</b> | +01:47:00<br>(48.4%) | 10:40 | 5.6<br>(51.4%)  |               |
| 81  | <b>BROŻEK Anna</b>           | <b>694</b>  |                                   | K30       | 81   |                       | 02:23:21                       | 03:42:25 | <b>03:43:39.20</b> | <b>03:44:39.30</b> | +01:50:45<br>(49.3%) | 10:51 | 5.5<br>(50.5%)  |               |
| 82  | <b>SIEROSŁAWSKA Maja</b>     | <b>826</b>  |                                   | K30       | 82   |                       | 02:21:55                       | 03:44:24 | <b>03:45:28.95</b> | <b>03:46:10.70</b> | +01:52:16<br>(49.6%) | 10:56 | 5.5<br>(50.5%)  |               |
| 83  | <b>GOCHNIO Katarzyna</b>     | <b>825</b>  |                                   | K30       | 83   |                       | 02:21:54                       | 03:44:25 | <b>03:45:29.00</b> | <b>03:46:10.75</b> | +01:52:16<br>(49.6%) | 10:56 | 5.5<br>(50.5%)  |               |
| 84  | <b>MAJDER Marlena</b>        | <b>927</b>  | DOMOWAENERGIA.COM.PL              | K30       | 84   |                       | 02:21:10                       | 03:44:37 | <b>03:45:50.80</b> | <b>03:47:10.50</b> | +01:53:16<br>(49.9%) | 10:57 | 5.5<br>(50.5%)  |               |

| Msc                                       | Zawodnik                           | Numer       | Klub              | Kategoria | Mkat | Mistrzostwa<br>Polski | Schronisko<br>pod<br>Durbaszką |          | Czas<br>netto<br>20.6km | Czas<br>brutto<br>20.6km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|---|------------------------------------|-------------|-------------------|-----------|------|-----------------------|--------------------------------|----------|-------------------------|--------------------------|----------------------|-----------------|----------------|
|   |                                    |             |                   |           |      |                       | 12.4km                         | 20.2km   |                         |                          |                      |                 |                |
| 85  | <b>OWCZAREK Sylwia</b>             | <b>661</b>  | HUSARIA RACE TEAM | K30       | 85   |                       | 02:17:00                       | 03:47:15 | <b>03:48:39.75</b>      | <b>03:48:53.65</b>       | +01:54:59<br>(50.2%) | 11:05           | 5.4<br>(49.5%) |
| 86  | <b>SŁAWEK Claudia</b>              | <b>551</b>  |                   | K30       | 86   |                       | 02:27:52                       | 03:48:32 | <b>03:49:50.45</b>      | <b>03:50:16.90</b>       | +01:56:23<br>(50.5%) | 11:09           | 5.4<br>(49.5%) |
| 87  | <b>BARCIKOWSKA Olga</b>            | <b>900</b>  |                   | K30       | 87   |                       | 02:29:03                       | 03:49:51 | <b>03:51:04.60</b>      | <b>03:52:13.95</b>       | +01:58:20<br>(51.0%) | 11:13           | 5.3<br>(48.6%) |
| 88  | <b>PLUSKOTA Ewa</b>                | <b>928</b>  |                   | K30       | 88   |                       | 02:23:11                       | 03:52:47 | <b>03:54:06.25</b>      | <b>03:55:10.50</b>       | +02:01:16<br>(51.6%) | 11:21           | 5.3<br>(48.6%) |
| 89  | <b>ŁUKACZ Aleksandra</b>           | <b>962</b>  |                   | K30       | 89   |                       | 02:25:52                       | 03:55:44 | <b>03:57:32.60</b>      | <b>03:58:35.80</b>       | +02:04:42<br>(52.3%) | 11:31           | 5.2<br>(47.7%) |
| 90  | <b>MIKUCKA Marzena</b>             | <b>1126</b> | ING BANK ŚLĄSKI   | K30       | 90   |                       | 02:22:42                       | 03:57:42 | <b>03:59:03.50</b>      | <b>03:59:30.50</b>       | +02:05:36<br>(52.4%) | 11:36           | 5.2<br>(47.7%) |
| 91  | <b>STRZELICHOWSKA Beata</b>        | <b>939</b>  |                   | K30       | 91   |                       | 02:32:46                       | 03:58:07 | <b>03:59:27.65</b>      | <b>03:59:50.50</b>       | +02:05:56<br>(52.5%) | 11:37           | 5.2<br>(47.7%) |
| 92  | <b>FRANCUZ Patrycja</b>            | <b>1153</b> | WIELKA WIEŚ BIEGA | K30       | 92   |                       | 02:29:10                       | 03:58:18 | <b>03:59:38.40</b>      | <b>04:00:49.80</b>       | +02:06:56<br>(52.7%) | 11:37           | 5.2<br>(47.7%) |
| 93  | <b>URBAŚ Katarzyna</b>             | <b>1144</b> | DOMINTEAM         | K30       | 93   |                       | 02:34:40                       | 03:59:46 | <b>04:01:07.00</b>      | <b>04:01:48.10</b>       | +02:07:54<br>(52.9%) | 11:42           | 5.1<br>(46.8%) |
| 94  | <b>WRONKOWSKA Katarzyna</b>        | <b>676</b>  |                   | K30       | 94   |                       | 02:33:39                       | 04:05:56 | <b>04:07:15.10</b>      | <b>04:07:50.30</b>       | +02:13:56<br>(54.0%) | 12:00           | 5<br>(45.9%)   |
| 95  | <b>SZOTOWICZ Ewa</b>               | <b>855</b>  |                   | K30       | 95   |                       | 02:43:15                       | 04:13:50 | <b>04:15:16.05</b>      | <b>04:16:23.05</b>       | +02:22:29<br>(55.6%) | 12:23           | 4.8<br>(44.0%) |
| 96  | <b>KOSTULSKA Olga</b>              | <b>1157</b> |                   | K30       | 96   |                       | 02:40:45                       | 04:16:05 | <b>04:17:50.10</b>      | <b>04:18:13.15</b>       | +02:24:19<br>(55.9%) | 12:30           | 4.8<br>(44.0%) |
| 97  | <b>SZKODZIAK Agnieszka</b>         | <b>1107</b> |                   | K30       | 97   |                       | 02:43:38                       | 04:17:36 | <b>04:19:07.20</b>      | <b>04:19:26.85</b>       | +02:25:33<br>(56.1%) | 12:34           | 4.8<br>(44.0%) |
| 98  | <b>SOSNOWSKA Justyna</b>           | <b>606</b>  | POWER TRAINING    | K30       | 98   |                       | 02:43:08                       | 04:17:21 | <b>04:18:54.40</b>      | <b>04:19:28.40</b>       | +02:25:34<br>(56.1%) | 12:34           | 4.8<br>(44.0%) |
| 99  | <b>RYSZ - JĘCZKOWSKA Katarzyna</b> | <b>1226</b> | MAMUŚKI AKTIV PRO | K30       | 99   |                       | 02:48:04                       | 04:22:53 | <b>04:24:13.60</b>      | <b>04:24:13.60</b>       | +02:30:19<br>(56.9%) | 12:49           | 4.7<br>(43.1%) |
| 100                                       | <b>KNAP Elżbieta</b>               | <b>1202</b> | GACEK TEAM        | K30       | 100  |                       | 02:42:09                       | 04:22:54 | <b>04:24:40.05</b>      | <b>04:25:13.25</b>       | +02:31:19<br>(57.1%) | 12:50           | 4.7<br>(43.1%) |
| 101                                       | <b>GLIWKA Małgorzata</b>           | <b>1227</b> | SPARTA LUBLIN     | K30       | 101  |                       | 02:44:26                       | 04:35:38 | <b>04:37:27.15</b>      | <b>04:38:21.35</b>       | +02:44:27<br>(59.1%) | 13:28           | 4.5<br>(41.3%) |
| 102                                       | <b>KREFT Agata</b>                 | <b>621</b>  |                   | K30       | 102  |                       | 03:01:54                       | 04:39:12 | <b>04:40:41.25</b>      | <b>04:41:37.85</b>       | +02:47:44<br>(59.6%) | 13:37           | 4.4<br>(40.4%) |
| <b>Przekroczony limit czasu: 05:00:00</b> |                                    |             |                   |           |      |                       |                                |          |                         |                          |                      |                 |                |
| 103                                       | <b>KOWALSKA Kamila</b>             | <b>1163</b> |                   | K30       | 103  |                       | 03:40:38                       | 05:56:03 | <b>05:58:05.95</b>      | <b>05:58:54.60</b>       | +04:05:00<br>(68.3%) | 17:22           | 3.5<br>(32.1%) |

Znaleziono 103 wynik(ów)