



CHYŻA DURBASZKA - 20 KM

B4SPORT

Event: PIENINY ULTRA-TRAIL®
Organiser: Fundacja Strefa Przygód
Date: 2023-04-22
Place: Szczawnica
Distance: 19.9 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: OPEN Kobiety

Place	Participant	Number	Club	Category	MCat	Premia1 12.9km	Premia2 13.4km	18.8km	Net time 19.3km	Czas brutto 19.3km	Gap	Pace min/km	Pace km/h
1	GRZYWACZEWSKA Justyna	2871		K30	1	01:17:41	01:21:57	01:53:13	01:54:42.80	01:54:45.40		5:56	10.1 (100%)
2	GÓRALIK Sylwia	167	KS AZS AWF KRAKÓW	K40	1	01:22:07	01:26:26	01:57:24	01:58:59.70	01:59:01.25	+00:04:15 (3.6%)	6:09	9.7 (96.0%)
3	BOCHENEK Magdalena	689	G.O.A.T. TEAM MICHAŁOWICE	K30	2	01:21:59	01:26:52	01:59:13	02:00:57.05	02:00:59.20	+00:06:13 (5.1%)	6:16	9.6 (95.0%)
4	GAIK Natalia	791		K20	1	01:25:19	01:30:03	02:02:53	02:04:16.35	02:04:20.60	+00:09:35 (7.7%)	6:26	9.3 (92.1%)
5	OBSTÓJ Karolina	938	ON RUNNING	K30	3	01:22:22	01:26:59	02:02:49	02:04:29.50	02:04:31.15	+00:09:45 (7.8%)	6:26	9.3 (92.1%)
6	MROŹEK Katarzyna	695		K20	2	01:25:41	01:30:30	02:03:29	02:05:17.70	02:05:21.50	+00:10:36 (8.5%)	6:29	9.2 (91.1%)
7	WYSŁUCH Izabela	840	EVADICT TRAIL TEAM	K20	3	01:26:52	01:32:01	02:04:44	02:06:15.00	02:06:27.15	+00:11:41 (9.2%)	6:32	9.2 (91.1%)
8	KOLANO Agnieszka	861	PRZEDWOJEWSKI TEAM	K40	2	01:26:56	01:31:46	02:05:45	02:07:31.70	02:07:35.30	+00:12:49 (10.1%)	6:36	9.1 (90.1%)
9	GOLA Magda	763	TRAIL IS OUR WAY	K20	4	01:30:05	01:34:54	02:09:52	02:11:35.30	02:11:49.20	+00:17:03 (12.9%)	6:49	8.8 (87.1%)
10	DŁUGOSZ-STĘPNIAK Agnieszka	783		K30	4	01:28:47	01:33:44	02:11:20	02:13:11.60	02:13:14.70	+00:18:29 (13.9%)	6:54	8.7 (86.1%)
11	SZTORC Joanna	502		K30	5	01:31:33	01:36:48	02:14:53	02:16:45.75	02:16:56.65	+00:22:11 (16.2%)	7:05	8.5 (84.2%)
12	KONIK Diana	871		K30	6	01:36:00		02:16:52	02:18:23.80	02:18:23.80	+00:23:38 (17.1%)	7:10	8.4 (83.2%)
13	KRUK Magdalena	581		K30	7	01:32:50	01:38:00	02:16:39	02:18:35.00	02:18:38.50	+00:23:53 (17.2%)	7:10	8.4 (83.2%)
14	LATOSZEK Gabriela	817	SRS KONDYCJA PIASECZNO	K20	5	01:33:48	01:39:05	02:17:27	02:19:09.10	02:19:19.00	+00:24:33 (17.6%)	7:12	8.3 (82.2%)
15	JACNIAK Ewa	776	EWA JACNIAK NOLIMITS	K30	8	01:36:44	01:42:28	02:21:27	02:23:02.50	02:23:10.25	+00:28:24 (19.8%)	7:24	8.1 (80.2%)

Place	Participant	Number	Club	Category	MCat	Premia			Net time 19.3km	Czas brutto 19.3km	Gap	Pace min/km	Pace km/h
						12.9km	13.4km	18.8km					
16	HURAS Monika	760	ITMBW KRAKÓW	K30	9	01:37:47	01:44:05	02:23:26	02:25:27.65	02:25:44.75	+00:30:59 (21.3%)	7:32	8 (79.2%)
17	WOŹNIAK Karolina	501	INKA TEAM	K30	10	01:39:18	01:45:27	02:25:41	02:27:25.00	02:27:51.60	+00:33:06 (22.4%)	7:38	7.9 (78.2%)
18	SIECZKA Anna	753		K30	11	01:39:26	01:45:22	02:26:00	02:27:57.25	02:28:14.85	+00:33:29 (22.6%)	7:39	7.8 (77.2%)
19	GAWLIKOWSKA Agnieszka	833		K30	12	01:42:19	01:48:11	02:28:15	02:29:54.80	02:29:59.20	+00:35:13 (23.5%)	7:46	7.7 (76.2%)
20	ÖRDÖG Ditta	837		K30	13	01:42:40	01:48:27	02:28:10	02:29:55.70	02:30:16.15	+00:35:30 (23.6%)	7:46	7.7 (76.2%)
21	SIWAK Natalia	858		K30	14	01:46:10	01:51:45	02:31:27	02:33:23.00	02:33:50.95	+00:39:05 (25.4%)	7:56	7.5 (74.3%)
22	STANISZEWSKA Joanna	749	SPC	K40	3	01:43:11	01:49:13	02:31:45	02:33:46.25	02:33:56.80	+00:39:11 (25.5%)	7:58	7.5 (74.3%)
23	JURCZAK Małgorzata	843		K30	15		01:47:33	02:32:41	02:34:40.50	02:34:51.70	+00:40:06 (25.9%)	8:00	7.5 (74.3%)
24	HACZ Marta	737		K40	4	01:45:28	01:51:26	02:33:31	02:35:33.60	02:35:38.80	+00:40:53 (26.3%)	8:03	7.4 (73.3%)
25	KACZMARCZYK Marta	902		K30	16	01:44:49	01:50:49	02:34:50	02:36:34.25	02:36:40.80	+00:41:55 (26.8%)	8:06	7.4 (73.3%)
26	ALEKSA Irena	750		K30	17	01:48:30	01:54:47	02:38:48	02:40:46.40	02:41:10.40	+00:46:25 (28.8%)	8:19	7.2 (71.3%)
27	SARNA Jolanta	735		K40	5	01:47:22	01:53:24	02:39:25	02:41:38.35	02:41:44.15	+00:46:58 (29.0%)	8:22	7.2 (71.3%)
28	KRAUZE-PYRGIEL Kamila	651	DYNAMIC ŁÓDŹ	K30	18	01:49:27	01:55:40	02:40:25	02:42:19.25	02:42:33.90	+00:47:48 (29.4%)	8:24	7.1 (70.3%)
29	KUMOR Anna	775		K30	19	01:50:50	01:56:46	02:41:37	02:43:36.90	02:43:43.80	+00:48:58 (29.9%)	8:28	7.1 (70.3%)
30	MEUS Martyna	893		K30	20	01:51:41	01:59:19	02:42:17	02:44:36.00	02:44:36.00	+00:49:50 (30.3%)	8:31	7 (69.3%)
31	BEDNARZ Małgorzata	823	OTM.B	K40	6	01:51:40	01:57:23	02:43:28	02:45:31.80	02:45:42.20	+00:50:56 (30.7%)	8:34	7 (69.3%)
32	SERKSNAITE Zivile	787	WILD SOULS	K40	7		01:57:13	02:43:15	02:45:29.00	02:45:58.70	+00:51:13 (30.9%)	8:34	7 (69.3%)
33	CELEK Katarzyna	931	RZESZOWSKIE G&G	K30	21	01:51:20	01:57:58	02:44:26	02:46:14.00	02:46:14.00	+00:51:28 (31.0%)	8:36	7 (69.3%)
34	TRYBALSKA-LIPSKA Martyna	808	GO APTIV!	K20	6	01:55:33	02:01:25	02:43:59	02:45:41.95	02:46:16.35	+00:51:30 (31.0%)	8:35	7 (69.3%)
35	SKIBA Katarzyna	918	HIGHALTITUDECOUPLE	K20	7		01:57:14	02:44:17	02:46:08.60	02:46:18.70	+00:51:33 (31.0%)	8:36	7 (69.3%)
36	SZELAĞIEWICZ Magdalena	700		K30	22	01:55:17	02:01:06	02:44:32	02:46:38.45	02:47:09.60	+00:52:24 (31.3%)	8:38	6.9 (68.3%)
37	PITERA Anna	633		K30	23		01:57:48	02:45:25	02:47:32.10	02:47:51.50	+00:53:06 (31.6%)	8:40	6.9 (68.3%)
38	ŠERKŠNAITĖ Odeta	818	WILD SOULS	K40	8	01:57:30	02:03:47	02:47:59	02:49:50.50	02:50:20.60	+00:55:35 (32.6%)	8:47	6.8 (67.3%)

Place	Participant	Number	Club	Category	MCat	Premia			Net time 19.3km	Czas brutto 19.3km	Gap	Pace min/km	Pace km/h
						12.9km	13.4km	18.8km					
39	JANIAK Paulina	164	ŁÓDŹ KOCHA SPORT	K30	24	01:55:30	02:02:17	02:49:07	02:51:03.20	02:51:38.30	+00:56:52 (33.1%)	8:51	6.8 (67.3%)
40	KITA Anna	815		K40	9	01:55:50	02:01:13	02:48:59	02:51:02.90	02:51:54.10	+00:57:08 (33.2%)	8:51	6.8 (67.3%)
41	PŁUSA Aleksandra	782		K30	25	01:57:22	02:03:47	02:50:03	02:51:47.90	02:51:59.20	+00:57:13 (33.3%)	8:54	6.7 (66.3%)
42	PIĘKOŚ Monika	780	HUNTERS OCR TEAM	K40	10	01:56:54	02:03:40	02:50:04	02:52:06.15	02:52:11.20	+00:57:25 (33.4%)	8:55	6.7 (66.3%)
43	BAŃDUR Marta	885		K50	1	01:55:07	02:00:53	02:50:00	02:52:05.70	02:52:22.95	+00:57:37 (33.4%)	8:54	6.7 (66.3%)
44	STELMACH-TOFIL Ewa	692	#NOLIMITS	K40	11	01:55:21	02:02:11	02:51:06	02:53:02.30	02:53:11.50	+00:58:26 (33.7%)	8:57	6.7 (66.3%)
45	CZAJKA Sylwia	587		K40	12	01:58:57	02:04:56	02:50:56	02:53:08.20	02:53:30.05	+00:58:44 (33.9%)	8:58	6.7 (66.3%)
46	POCIEJEWSKA Justyna	606	NATIONALE NEDERLANDEN RUNNING TEAM	K40	13	01:57:20	02:03:45	02:51:11	02:53:01.05	02:53:32.15	+00:58:46 (33.9%)	8:57	6.7 (66.3%)
47	PTAK Dorota	530	PIĄTKOWO NA BIEGOWO	K50	2	01:59:53	02:06:45	02:52:04	02:54:12.05	02:54:12.05	+00:59:26 (34.1%)	9:01	6.6 (65.3%)
48	KLIMOWSKA Bernadetta	739		K40	14	01:59:11	02:05:34	02:52:19	02:54:24.65	02:54:50.05	+01:00:04 (34.4%)	9:02	6.6 (65.3%)
49	BRUSASCA Aleksandra	512	MATNER RUNNING TEAM	K20	8	01:57:57	02:04:08	02:53:04	02:55:05.70	02:55:27.90	+01:00:42 (34.6%)	9:04	6.6 (65.3%)
50	FRANEK Agata	620	GET RUN	K40	15	01:57:17	02:04:38	02:54:05	02:56:01.00	02:56:06.05	+01:01:20 (34.8%)	9:07	6.6 (65.3%)
51	MILCZAREK Kinga	686		K30	26	01:55:26	02:02:38	02:53:56	02:56:15.70	02:56:27.00	+01:01:41 (35.0%)	9:07	6.6 (65.3%)
52	FRYSIAK Barbara	670	WIELUŃ	K50	3	01:57:51	02:04:34	02:56:00	02:57:52.90	02:58:05.25	+01:03:19 (35.6%)	9:12	6.5 (64.4%)
53	KRALIK Sylwia	536		K40	16	02:02:42	02:09:27	02:56:29	02:58:37.85	02:59:00.15	+01:04:14 (35.9%)	9:15	6.5 (64.4%)
54	MYSZKA Ewelina	597		K30	27	02:01:11	02:06:54	02:56:41	02:58:38.10	02:59:13.25	+01:04:27 (36.0%)	9:15	6.5 (64.4%)
55	ŻUREK-KUCHARSKA Urszula	650	M.I.L.A.	K40	17	01:59:11	02:05:35	02:57:22	02:59:17.50	02:59:49.65	+01:05:04 (36.2%)	9:17	6.5 (64.4%)
56	LIGĘZA Joasia	517	SMASHING PAPKINS	K50	4	02:03:51	02:10:57	02:57:35	02:59:44.20	03:00:06.85	+01:05:21 (36.3%)	9:18	6.4 (63.4%)
57	BARAMBAS Oliwia	647	AKTYWNI KOCIEWIACY	K20	9	02:01:39	02:07:43	02:57:51	02:59:53.95	03:00:08.60	+01:05:23 (36.3%)	9:19	6.4 (63.4%)
58	WATARZYSZYN Marzena	540		K20	10	01:59:15	02:05:22	02:58:37	03:00:37.25	03:00:59.90	+01:06:14 (36.6%)	9:21	6.4 (63.4%)
59	KUŹNIAK Martyna	751		K50	5	02:01:34	02:08:23	02:58:28	03:00:38.45	03:01:02.45	+01:06:17 (36.6%)	9:21	6.4 (63.4%)
60	KRUPCZAK Zuzanna	617	Z GÓRKI I POD GÓRKĘ	K20	11	02:03:03	02:09:11	02:58:43	03:00:44.40	03:01:03.80	+01:06:18 (36.6%)	9:21	6.4 (63.4%)
61	CIEŚLIŃSKA Elżbieta	766		K30	28	02:05:31	02:11:39	02:58:20	03:00:33.75	03:01:12.45	+01:06:27 (36.7%)	9:21	6.4 (63.4%)

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						12.9km	13.4km	18.8km					
62	CIENKOSZ Anna	873	#ZALINIAMETYTEAM	K20	12	02:03:34	02:10:44	03:00:18	03:02:12.70	03:02:31.70	+01:07:46 (37.1%)	9:26	6.4 (63.4%)
63	ANDRZEJEWSKA Anna	819	AKTYWNIE UZALEŻNIAMY	K40	18	01:59:30	02:07:26	03:00:48	03:03:18.30	03:03:18.30	+01:08:32 (37.4%)	9:29	6.3 (62.4%)
64	ISKRZYNSKA Aleksandra	693		K30	29	02:01:43	02:07:55	03:01:44	03:03:32.05	03:03:45.95	+01:09:00 (37.6%)	9:30	6.3 (62.4%)
65	DARŁAK Joanna	828	NAPRZÓD MŁOCINY	K30	30	02:03:34	02:10:28	03:01:23	03:03:48.05	03:04:26.45	+01:09:41 (37.8%)	9:31	6.3 (62.4%)
66	KIEPIEL Agata	687	ADIDAS RUNNERS WARSAW	K30	31	02:03:48	02:11:01	03:02:15	03:04:13.35	03:04:49.30	+01:10:03 (37.9%)	9:32	6.3 (62.4%)
67	MIREK Elżbieta	883		K30	32	02:09:59	02:16:00	03:03:17	03:05:23.00	03:05:34.60	+01:10:49 (38.2%)	9:36	6.2 (61.4%)
68	SZELAĞIEWICZ Patrycja	654		K20	13	02:03:23	02:10:24	03:03:35	03:05:39.60	03:06:08.60	+01:11:23 (38.4%)	9:37	6.2 (61.4%)
69	SZCZODRZYŃSKA Kasia	834		K40	19	02:06:40	02:13:47	03:04:02	03:06:03.65	03:06:22.55	+01:11:37 (38.4%)	9:38	6.2 (61.4%)
70	PIEKIELNA Angelika	668		K30	33	02:04:11	02:11:35	03:04:07	03:06:22.70	03:06:58.30	+01:12:12 (38.6%)	9:39	6.2 (61.4%)
71	KUBASZEWSKA Zofia	666		K20	14	02:10:18	02:16:46	03:05:17	03:07:17.85	03:07:34.95	+01:12:49 (38.8%)	9:42	6.2 (61.4%)
72	KSIĄŻEK-WOŁYNIEC Magdalena	912		K40	20	02:06:21	02:12:23	03:04:59	03:07:09.95	03:07:43.40	+01:12:58 (38.9%)	9:41	6.2 (61.4%)
73	MASZKOWSKA Anna	904		K50	6	02:09:47	02:16:22	03:05:39	03:07:39.15	03:08:13.15	+01:13:27 (39.0%)	9:43	6.2 (61.4%)
74	CZUCHRYTA Iwona	892		K40	21	02:07:55	02:15:00	03:06:59	03:09:10.35	03:09:28.50	+01:14:43 (39.4%)	9:48	6.1 (60.4%)
75	CISZEK Olga	726		K30	34	02:05:27	02:13:04	03:07:06	03:09:12.30	03:09:51.20	+01:15:05 (39.6%)	9:48	6.1 (60.4%)
76	HEJMEJ Kamila	504		K40	22	02:08:40	02:15:18	03:07:27	03:09:33.30	03:09:54.75	+01:15:09 (39.6%)	9:49	6.1 (60.4%)
77	KORGA Maria	511		K20	15	02:05:37	02:12:23	03:07:26	03:09:54.60	03:10:37.15	+01:15:51 (39.8%)	9:50	6.1 (60.4%)
78	KOCZARA Marta	876		K30	35	02:08:11	02:15:06	03:09:01	03:11:10.65	03:11:43.95	+01:16:58 (40.1%)	9:54	6.1 (60.4%)
79	GIERAŁT Urszula	632		K40	23	02:08:05	02:15:12	03:09:07	03:11:23.75	03:11:45.75	+01:17:00 (40.2%)	9:54	6.1 (60.4%)
80	LISOWSKA Izabela	827		K40	24	02:05:57	02:14:22	03:10:12	03:12:30.70	03:12:38.50	+01:17:53 (40.4%)	9:58	6 (59.4%)
81	SZCZYGIEŁ Joanna	742		K30	36	02:11:05	02:17:50	03:11:24	03:13:30.00	03:13:44.65	+01:18:59 (40.8%)	10:01	6 (59.4%)
82	KLAMBOROWSKA Magdalena	713		K30	37	02:11:32	02:18:29	03:12:06	03:13:59.35	03:14:35.95	+01:19:50 (41.0%)	10:03	6 (59.4%)
83	BACHURSKA Ewa	665	KB HARCOWNIK JELCZ-LASKOWICE	K40	25	02:10:42	02:18:27	03:12:26	03:14:38.15	03:14:47.25	+01:20:01 (41.1%)	10:05	5.9 (58.4%)
84	DRAGUŁA-LIS Andżelika	886		K30	38	02:10:13	02:17:16	03:12:12	03:14:23.50	03:14:49.40	+01:20:04 (41.1%)	10:04	6 (59.4%)

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						12.9km	13.4km	18.8km					
85	MIZGAŁA Paulina	566	STOWARZYSZENIE SPORTOWE SŁOŃCA JURY	K30	39	02:10:06	02:17:09	03:12:30	03:14:48.60	03:14:56.90	+01:20:11 (41.1%)	10:05	5.9 (58.4%)
86	CEGLARSKA GRONEK Agnieszka	580		K30	40	02:12:13	02:18:41	03:13:34	03:15:54.80	03:15:54.80	+01:21:09 (41.4%)	10:09	5.9 (58.4%)
87	OSTROWSKA Dorota	624	YULO RUN TEAM SIEDLCE	K60	1	02:16:51	02:23:31	03:14:38	03:16:46.65	03:17:13.15	+01:22:27 (41.8%)	10:11	5.9 (58.4%)
88	AUGUSTYNOWICZ Aurelia	696	RCI BYDGOSZCZ	K30	41	02:12:32	02:19:13	03:14:14	03:16:43.15	03:17:22.25	+01:22:36 (41.9%)	10:11	5.9 (58.4%)
89	SOKOŁOWSKA Małgorzata	539	ROZCHODNIACZEK TEAM	K30	42	02:10:48	02:18:15	03:14:52	03:17:25.05	03:17:53.75	+01:23:08 (42.0%)	10:13	5.9 (58.4%)
90	SAMBORSKA Aneta	575		K40	26	02:13:50	02:21:19	03:15:25	03:17:51.25	03:18:31.75	+01:23:46 (42.2%)	10:15	5.9 (58.4%)
91	JASTRZĘBSKA Karolina	878	CSC ADVENTURE ACADEMY	K20	16	02:10:25	02:18:14	03:16:03	03:18:28.25	03:18:32.80	+01:23:47 (42.2%)	10:16	5.8 (57.4%)
92	BAKALARSKA Urszula	646		K30	43	02:13:40	02:21:16	03:17:22	03:19:47.60	03:20:18.35	+01:25:32 (42.7%)	10:21	5.8 (57.4%)
93	KIES Iwona	520		K30	44	02:17:19	02:24:36	03:18:28	03:20:45.85	03:20:45.85	+01:26:00 (42.8%)	10:24	5.8 (57.4%)
94	STASZCZYK Ania	881		K30	45	02:16:16	02:23:13	03:20:39	03:22:37.20	03:22:42.35	+01:27:56 (43.4%)	10:29	5.7 (56.4%)
95	KOŁODZIEJ Justyna	669		K30	46	02:14:43	02:22:02	03:19:36	03:22:33.20	03:22:42.50	+01:27:57 (43.4%)	10:29	5.7 (56.4%)
96	KROSZKA Beata	643	TEAM ZABIEGANEDNI	K50	7	02:13:51	02:21:09	03:20:24	03:22:43.05	03:23:13.05	+01:28:27 (43.5%)	10:30	5.7 (56.4%)
97	NOWOSIELSKA Agnieszka	770		K50	8	02:21:52	02:28:38	03:21:36	03:23:52.60	03:24:08.85	+01:29:23 (43.8%)	10:33	5.7 (56.4%)
98	MACIASZ Sylwia	794		K30	47	02:14:58	02:21:38	03:21:18	03:23:31.15	03:24:22.80	+01:29:37 (43.9%)	10:32	5.7 (56.4%)
99	KARLIŃSKA Katarzyna	832	DRADURA&FOURTRISQUAD	K40	27	02:16:14	02:23:39	03:22:19	03:24:23.35	03:24:41.60	+01:29:56 (43.9%)	10:35	5.7 (56.4%)
100	BARTOSIEWICZ Małgorzata	732		K40	28	02:21:34	02:29:47	03:24:24	03:26:36.10	03:26:52.50	+01:32:07 (44.5%)	10:42	5.6 (55.4%)
101	KRAWCZYK Monika	531		K20	17	02:15:35	02:22:51	03:24:19	03:26:50.20	03:27:01.05	+01:32:15 (44.6%)	10:43	5.6 (55.4%)
102	ŚLEMP Małgorzata	729	ULTRA WYJADACZE	K30	48	02:19:41	02:27:09	03:24:50	03:26:55.90	03:27:33.40	+01:32:48 (44.7%)	10:43	5.6 (55.4%)
103	GRZYB Beata	570	KOBIETY BIEGAJĄ	K40	29	02:18:21	02:26:34	03:24:56	03:27:21.85	03:27:40.45	+01:32:55 (44.7%)	10:44	5.6 (55.4%)
104	MIRKOWSKA Monika	613		K30	49	02:23:20	02:31:22	03:25:23	03:27:32.60	03:28:06.50	+01:33:21 (44.9%)	10:45	5.6 (55.4%)
105	NOWACZEK Ewa	553	#NOLIMITS	K40	30	02:18:11	02:26:02	03:27:04	03:29:14.50	03:29:27.00	+01:34:41 (45.2%)	10:50	5.5 (54.5%)
106	ŻARNICKA Anna	785		K40	31	02:20:45	02:28:38	03:27:57	03:30:37.50	03:31:11.70	+01:36:26 (45.7%)	10:54	5.5 (54.5%)
107	RZĘDZIAN Beata	524	ŁĘCZNA BIEGA	K30	50	02:27:19	02:34:37	03:29:22	03:31:40.00	03:31:54.80	+01:37:09 (45.8%)	10:58	5.5 (54.5%)

Place	Participant	Number	Club	Category	MCat	Premia			Net time 19.3km	Czas brutto 19.3km	Gap	Pace min/km	Pace km/h
						12.9km	13.4km	18.8km					
108	BRZEŚKIEWICZ Dorota	657	MKB DREPTAK	K40	32	02:24:34	02:32:09	03:29:14	03:31:30.10	03:31:57.75	+01:37:12 (45.9%)	10:57	5.5 (54.5%)
109	STRZELCZYK Aleksandra	628	KLUB BIEGACZA RTV EURO AGD	K30	51	02:27:52	02:35:33	03:31:02	03:33:05.20	03:33:31.40	+01:38:46 (46.3%)	11:02	5.4 (53.5%)
110	BOROŃ Magdalena	572		K40	33	02:22:05	02:30:12	03:31:49	03:34:50.05	03:34:56.00	+01:40:10 (46.6%)	11:07	5.4 (53.5%)
111	MENDYGRAŁ Emilia	767	BIEGOWY WARIAT RUNNING TEAM	K40	34	02:21:42	02:30:14	03:32:34	03:35:03.90	03:35:30.65	+01:40:45 (46.8%)	11:08	5.4 (53.5%)
112	NIEPORECKA Sylwia	755		K40	35	02:26:14	02:33:51	03:33:28	03:35:52.40	03:36:12.40	+01:41:27 (46.9%)	11:11	5.4 (53.5%)
113	PYTKA Monika	584	NAPRZÓD MŁOCINY	K40	36	02:27:54	02:35:23	03:33:25	03:35:58.80	03:36:35.45	+01:41:50 (47.0%)	11:11	5.4 (53.5%)
114	BOJARCZUK Jolanta	601	RUCH IZBICA	K40	37	02:17:33	02:25:27	03:33:54	03:36:33.10	03:36:46.60	+01:42:01 (47.1%)	11:13	5.3 (52.5%)
115	MAGOCSY Helena	682		K40	38	02:28:48	02:36:35	03:33:40	03:35:57.05	03:36:47.05	+01:42:01 (47.1%)	11:11	5.4 (53.5%)
116	WOŹNIAK Lidia	526	PORMAT JEDLICZE BIEGA	K50	9	02:22:14	02:30:46	03:34:03	03:36:49.10	03:37:00.70	+01:42:15 (47.1%)	11:14	5.3 (52.5%)
117	WOLSKA Monika	888	SEKCJA BIEGOWA RUCH IZBICA	K40	39	02:23:49	02:33:49	03:34:37	03:37:21.90	03:37:37.00	+01:42:51 (47.3%)	11:15	5.3 (52.5%)
118	KARCZYŃSKA Joanna	796	BIEGANIE =POMAGANIE	K40	40	02:23:48	02:33:48	03:34:35	03:37:20.40	03:37:37.05	+01:42:51 (47.3%)	11:15	5.3 (52.5%)
119	GASIK Wiola	926	STOWARZYSZENIE SPORTOWE SŁOŃCA JURY	K40	41	02:25:05	02:32:23	03:35:13	03:37:41.80	03:37:53.75	+01:43:08 (47.3%)	11:16	5.3 (52.5%)
120	POŹNIAK-STYCZYŃSKA Maja	906	DDC	K30	52	02:26:42	02:35:58	03:35:53	03:38:20.60	03:38:58.75	+01:44:13 (47.6%)	11:18	5.3 (52.5%)
121	MIROWSKA Agnieszka	855	FUNDACJA RAK'N'ROLL	K30	53	02:21:55	02:31:16	03:36:33	03:39:31.80	03:40:11.80	+01:45:26 (47.9%)	11:22	5.3 (52.5%)
122	NOWOSADZKA Beata	548		K30	54	02:25:11	02:32:10	03:37:17	03:40:03.80	03:40:46.80	+01:46:01 (48.0%)	11:24	5.3 (52.5%)
123	WIERCHOŁA Joanna	2167		K60	2	02:28:05	02:36:29	03:38:43	03:41:13.80	03:41:58.10	+01:47:12 (48.3%)	11:27	5.2 (51.5%)
124	ŚLĘCZKA Anna	567	AKTYWNA PSZCZYNA	K40	42	02:27:22	02:34:06	03:40:32	03:43:12.30	03:43:35.55	+01:48:50 (48.7%)	11:33	5.2 (51.5%)
125	SŁOWIŃSKA Małgorzata	671	JELENI SUS	K40	43	02:26:30	02:35:43	03:40:55	03:43:28.50	03:44:05.05	+01:49:19 (48.8%)	11:34	5.2 (51.5%)
126	SKUBISZ Katarzyna	710		K40	44	02:26:10	02:35:45	03:40:58	03:43:30.70	03:44:05.20	+01:49:19 (48.8%)	11:34	5.2 (51.5%)
127	CIBIOR Ewelina	866	ROZCHODNIACZEK TEAM	K40	45	02:33:30	02:41:22	03:44:07	03:46:33.75	03:47:09.70	+01:52:24 (49.5%)	11:44	5.1 (50.5%)
128	GARCZYK Agnieszka	556	KB GALOPUJĄCE ŚLIMAKI	K30	55	02:19:01	02:35:22	03:44:32	03:47:09.70	03:47:31.55	+01:52:46 (49.6%)	11:46	5.1 (50.5%)
129	MIECHOWIECKA Maja	923	HUSKY W PASKI	K30	56	02:35:05	02:43:29	03:45:23	03:47:20.55	03:47:35.50	+01:52:50 (49.6%)	11:46	5.1 (50.5%)
130	DĄBROWSKA Daria	807	NEW4YOU TEAM	K30	57	02:36:25	02:45:25	03:45:29	03:47:28.20	03:47:38.45	+01:52:53 (49.6%)	11:47	5.1 (50.5%)

Place	Participant	Number	Club	Category	MCat	Premia			Net time 19.3km	Czas brutto 19.3km	Gap	Pace min/km	Pace km/h
						12.9km	13.4km	18.8km					
131	CZERNIEJEWSKA Żaneta	805	NEW4YOU TEAM	K30	58	02:36:24	02:45:21	03:45:30	03:47:29.20	03:47:38.65	+01:52:53 (49.6%)	11:47	5.1 (50.5%)
132	NAWRAT Joanna	675		K40	46	02:27:31	02:36:56	03:45:25	03:47:50.10	03:48:06.15	+01:53:20 (49.7%)	11:48	5.1 (50.5%)
133	BRZESKA Edyta	714	ŁOMIAKOWSKA GRUPA BIEGOWA	K20	18	02:32:28	02:41:54	03:45:50	03:48:10.15	03:48:48.25	+01:54:02 (49.8%)	11:49	5.1 (50.5%)
134	CUDZIŁO Joanna	919	PKO BANK POLSKI	K50	10	02:34:12	02:43:30	03:45:53	03:48:24.45	03:48:52.55	+01:54:07 (49.9%)	11:50	5.1 (50.5%)
135	DOMAGAŁA Anna	748		K40	47	02:33:42	02:41:09	03:47:44	03:50:28.25	03:50:56.10	+01:56:10 (50.3%)	11:56	5 (49.5%)
136	SZELAĞIEWICZ Małgorzata	655		K40	48	02:32:23	02:41:00	03:48:35	03:51:03.80	03:51:34.05	+01:56:48 (50.4%)	11:58	5 (49.5%)
137	TKACZYK - GAWRYŁKOWICZ Agnieszka	525	MIĘDZYRZECKIE GAZELE	K40	49	02:35:25	02:46:23	03:49:49	03:52:14.60	03:52:51.65	+01:58:06 (50.7%)	12:01	5 (49.5%)
138	BALCER Anna	537	MIĘDZYRZECKIE GAZELE	K40	50	02:35:12	02:45:59	03:49:47	03:52:13.25	03:52:51.75	+01:58:06 (50.7%)	12:01	5 (49.5%)
139	TRZYNA Paula	773	POLSKIE TOWARZYSTWO STWARDNIENIA ROZSIANEGO	K30	59	02:30:20	02:39:14	03:49:30	03:52:38.10	03:53:14.95	+01:58:29 (50.8%)	12:03	5 (49.5%)
140	SZALSKA Elżbieta	846		K30	60	02:33:46	02:43:05	03:50:32	03:53:02.50	03:53:45.90	+01:59:00 (50.9%)	12:04	5 (49.5%)
141	SZYMECZKO Jolanta	589	RUNONLINE.PL	K50	11	02:36:20	02:45:09	03:53:25	03:55:52.75	03:56:25.70	+02:01:40 (51.5%)	12:13	4.9 (48.5%)
142	ENDER Małgorzata	863	NAPRZÓD MŁOCINY	K30	61	02:41:35	02:50:05	03:53:46	03:56:09.80	03:56:27.80	+02:01:42 (51.5%)	12:14	4.9 (48.5%)
143	ŁUJ Joanna	744		K40	51	02:42:10	02:51:10	03:54:11	03:56:35.65	03:56:35.65	+02:01:50 (51.5%)	12:15	4.9 (48.5%)
144	SKÓRA Anna	538	JZDL	K40	52	02:48:47	02:56:55	03:54:46	03:57:18.90	03:57:43.20	+02:02:57 (51.7%)	12:17	4.9 (48.5%)
145	SIKORA Małgorzata	690		K50	12	02:43:37	02:51:30	03:55:01	03:57:28.25	03:57:46.75	+02:03:01 (51.7%)	12:18	4.9 (48.5%)
146	FRANCUZ Patrycja	2878	WIELKA WIEŚ BIEGA	K30	62	02:31:28	02:39:54	03:56:11	03:58:51.05	03:59:12.00	+02:04:26 (52.0%)	12:22	4.8 (47.5%)
147	FILIPOWSKA Teresa	854	RAK'N'ROLL	K30	63	02:40:46	02:50:42	03:56:25	03:58:46.75	03:59:33.70	+02:04:48 (52.1%)	12:22	4.8 (47.5%)
148	KOZA Marta	909		K40	53	02:46:06	02:54:58	03:59:57	04:02:34.45	04:02:51.45	+02:08:06 (52.7%)	12:34	4.8 (47.5%)
149	KREJA Justyna	648	AKTYWNI KOCIEWIACY	K50	13	02:43:10	02:51:33	04:03:36	04:06:30.55	04:06:46.30	+02:12:00 (53.5%)	12:46	4.7 (46.5%)
150	BRZEZIŃSKA Agnieszka	639		K50	14	02:40:48	02:49:03	04:04:13	04:07:26.80	04:08:01.30	+02:13:15 (53.7%)	12:49	4.7 (46.5%)
151	MŁODECKA Sylwia	903		K50	15	02:43:40	02:51:30	04:05:19	04:08:04.90	04:08:22.60	+02:13:37 (53.8%)	12:51	4.7 (46.5%)
152	WIELICZKO Regina	513		K40	54	02:45:11	02:55:35	04:06:25	04:09:43.50	04:10:11.00	+02:15:25 (54.1%)	12:56	4.6 (45.5%)
153	KOZACZUK Katarzyna	652	PĘDZĄCE LENIWCE	K40	55	02:45:23	02:55:07	04:06:38	04:09:55.35	04:10:11.15	+02:15:25 (54.1%)	12:56	4.6 (45.5%)

Place	Participant	Number	Club	Category	MCat	Premia			Net time 19.3km	Czas brutto 19.3km	Gap	Pace min/km	Pace km/h
						12.9km	13.4km	18.8km					
154	WISZNIOWSKA Małgorzata	852		K40	56	02:49:52	02:58:05	04:07:37	04:09:58.55	04:10:46.60	+02:16:01 (54.2%)	12:57	4.6 (45.5%)
155	MAŃKOWSKA Natalia	727		K30	64	02:49:53	02:58:06	04:07:38	04:09:59.65	04:10:46.70	+02:16:01 (54.2%)	12:57	4.6 (45.5%)
156	FRANKOWSKA Weronika	788		K30	65	02:39:56	02:49:39	04:07:21	04:10:20.55	04:11:03.70	+02:16:18 (54.3%)	12:58	4.6 (45.5%)
157	KOŁACIŃSKA Ewelina	917	LEŚNE SZYCHY	K40	57	02:52:15	03:00:24	04:08:33	04:10:56.20	04:11:40.40	+02:16:55 (54.4%)	13:00	4.6 (45.5%)
158	ŁYSKAWA Agnieszka	577		K20	19	02:59:12	03:07:58	04:10:54	04:13:50.20	04:14:30.10	+02:19:44 (54.9%)	13:09	4.6 (45.5%)
159	ŚCIUBA Anita	579	AMATORUNKA	K30	66	02:59:35	03:07:58	04:10:57	04:13:50.55	04:14:30.15	+02:19:44 (54.9%)	13:09	4.6 (45.5%)
160	OWCZAREK Yvonne	848		K50	16	02:46:27	02:54:23	04:12:28	04:15:22.45	04:16:10.65	+02:21:25 (55.2%)	13:13	4.5 (44.6%)
161	BRODZIK Małgorzata	649	NAPRZÓD MŁOCINY	K40	58	02:56:13	03:04:50	04:13:53	04:16:15.65	04:16:35.75	+02:21:50 (55.3%)	13:16	4.5 (44.6%)
162	DUBIECKA Agnieszka	901	BIZUTERIASPORTOWA.COM	K50	17	02:52:32	03:02:40	04:16:00	04:18:27.15	04:18:42.60	+02:23:57 (55.6%)	13:23	4.5 (44.6%)
163	JUSZKO Aleksandra	550		K20	20	02:52:10	03:03:12	04:23:01	04:25:38.25	04:26:20.15	+02:31:34 (56.9%)	13:45	4.4 (43.6%)
164	JUSZKO Monika	510		K50	18	02:52:34	03:04:14	04:23:08	04:26:22.50	04:27:04.05	+02:32:18 (57.0%)	13:48	4.3 (42.6%)
165	GRUDZIŃSKA Agnieszka	877	GRUPA BIEGACZY SKÓRZEC BIEGA	K40	59	03:06:58	03:16:02	04:31:38	04:34:02.15	04:34:37.75	+02:39:52 (58.2%)	14:11	4.2 (41.6%)
166	WOLNIEWICZ Joanna	636	BRODEX TEAM SWARZĘDZ / MORSY SWARZĘDZ	K50	19	03:01:02	03:11:09	04:33:15	04:36:20.05	04:37:05.25	+02:42:19 (58.6%)	14:19	4.2 (41.6%)
167	AKONOM Aleksandra	900		K40	60	03:05:24	03:15:15	04:35:43	04:38:06.85	04:38:34.20	+02:43:48 (58.8%)	14:24	4.2 (41.6%)
168	WOJTKOWIAK Dorota	593	NSH RUNNERS	K50	20	03:12:26	03:22:34	04:39:55	04:43:04.95	04:43:18.95	+02:48:33 (59.5%)	14:40	4.1 (40.6%)
169	OLEĐZKA-KULIK Monia	879	GRUPA BIEGACZY SKÓRZEC BIEGA	K40	61	03:07:48	03:16:33	04:40:05	04:42:58.80	04:43:34.40	+02:48:49 (59.5%)	14:39	4.1 (40.6%)
170	BAJNO Marta	853		K40	62	03:02:08	03:13:09	04:40:05	04:43:10.30	04:43:58.20	+02:49:12 (59.6%)	14:40	4.1 (40.6%)
171	WODAŁA Jolanta	626	KLUB BIEGACZA RTV EURO AGD	K40	63	03:24:11	03:34:15	04:55:36	04:57:41.35	04:58:12.40	+03:03:27 (61.5%)	15:25	3.9 (38.6%)
Przekroczony limit czasu: 05:00:00													
172	SIECHKOWSKA Małgorzata	629	KLUB BIEGACZA RTV EURO AGD	K50	21	03:24:10	03:34:12	05:06:36	05:09:25.50	05:09:55.90	+03:15:10 (63.0%)	16:01	3.7 (36.6%)
173	PEC Monika	615	NAPRZÓD MŁOCINY	K50	22	03:27:20	03:39:01	05:28:35	05:33:43.40	05:34:04.95	+03:39:19 (65.7%)	17:17	3.5 (34.7%)
174	DRATWICKA Agnieszka	591	12TRI.PL	K50	23	03:40:38	03:53:11	05:36:34	05:39:44.20	05:40:17.35	+03:45:31 (66.3%)	17:36	3.4 (33.7%)
175	KRYŚ Agata	857		K30	67	04:08:58	04:21:41	05:56:21	05:58:54.10	05:59:34.00	+04:04:48 (68.1%)	18:35	3.2 (31.7%)
	HRYDZIUSZKO Agnieszka	534		K30		DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Place	Participant	Number	Club	Category	MCat	Premia1 12.9km	Premia2 13.4km	18.8km	Net time 19.3km	Czas brutto 19.3km	Gap	Pace min/km	Pace km/h
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Total 176 results.