



# CHYŻA DURBASZKA - 20 KM

B4SPORT

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

**B4SPORT**  
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN Kobiety

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	<b>STANEK Patrycja</b>	<b>637</b>		K20	1	MP	01:05:45	01:41:25	<b>01:42:12.35</b>	<b>01:42:15.25</b>		4:57	12.1 (100%)
2	<b>BAZUŁKA Aleksandra</b>	<b>1233</b>	HOKA GARMIN TEAM	K20	2	MP	01:09:32	01:47:29	<b>01:48:15.50</b>	<b>01:48:18.75</b>	+00:06:03 (5.6%)	5:15	11.4 (94.2%)
3	<b>DUL Karolina</b>	<b>1020</b>	SBG SALCO	K20	3	MP	01:11:05	01:49:56	<b>01:50:41.20</b>	<b>01:50:44.75</b>	+00:08:29 (7.7%)	5:22	11.2 (92.6%)
4	<b>MARCHUK Wioletta</b>	<b>1209</b>	SBG SALCO NIEPOŁOMICE	K30	1	MP	01:13:54	01:53:02	<b>01:53:48.60</b>	<b>01:53:53.80</b>	+00:11:38 (10.2%)	5:31	10.9 (90.1%)
5	<b>TOMASIAK Natalia</b>	<b>4041</b>	SALOMON SUUNTO TEAM	K30	2		01:12:40	01:53:02	<b>01:53:55.40</b>	<b>01:54:00.60</b>	+00:11:45 (10.3%)	5:31	10.9 (90.1%)
6	<b>NOWAKOWSKA Anna</b>	<b>4100</b>		K30	3		01:12:40	01:53:53	<b>01:54:43.90</b>	<b>01:54:47.90</b>	+00:12:32 (10.9%)	5:34	10.8 (89.3%)
7	<b>KRASZPULSKA Magdalena</b>	<b>819</b>	KS PREFBET SONALOR	K30	4	MP	01:13:57	01:54:18	<b>01:55:07.05</b>	<b>01:55:12.85</b>	+00:12:57 (11.2%)	5:35	10.7 (88.4%)
8	<b>KOCOŃ Justyna</b>	<b>579</b>	TRAIL IS OUR WAY	K20	4	MP	01:14:43	01:56:15	<b>01:57:06.45</b>	<b>01:57:12.35</b>	+00:14:57 (12.8%)	5:41	10.6 (87.6%)
9	<b>GOLA Magda</b>	<b>585</b>	TRAIL IS OUR WAY	K30	5	MP	01:16:32	01:59:08	<b>01:59:59.85</b>	<b>01:59:59.85</b>	+00:17:44 (14.8%)	5:49	10.3 (85.1%)
10	<b>BOCHENEK Magdalena</b>	<b>1032</b>	G.O.A.T. TEAM MICHAŁOWICE	K30	6		01:17:44	01:59:50	<b>02:00:45.45</b>	<b>02:00:48.95</b>	+00:18:33 (15.4%)	5:51	10.2 (84.3%)
11	<b>MAZAN Beata</b>	<b>995</b>	FINISZ RYMANÓW	K30	7	MP	01:16:18	02:01:01	<b>02:01:56.20</b>	<b>02:01:59.70</b>	+00:19:44 (16.2%)	5:55	10.1 (83.5%)
12	<b>DUCZMAL Dominika</b>	<b>572</b>	AW-SZYBCIEJ-TEAM	K20	5		01:19:22	02:01:26	<b>02:02:14.65</b>	<b>02:02:20.80</b>	+00:20:05 (16.4%)	5:56	10.1 (83.5%)
13	<b>GAIK Natalia</b>	<b>1002</b>		K20	6	MP	01:18:10	02:01:58	<b>02:02:55.00</b>	<b>02:02:59.60</b>	+00:20:44 (16.9%)	5:58	10.1 (83.5%)
14	<b>KUCHTA Maria</b>	<b>1134</b>	STAJNIAK TEAM	K20	7	MP	01:18:35	02:02:13	<b>02:03:02.35</b>	<b>02:03:06.35</b>	+00:20:51 (16.9%)	5:58	10 (82.6%)
15	<b>GÓRALIK Sylwia</b>	<b>1171</b>	KS DOLIN MYŚLENICE	K40	1		01:19:33	02:02:52	<b>02:03:45.95</b>	<b>02:03:48.85</b>	+00:21:33 (17.4%)	6:00	10 (82.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Schronisko pod Durbaszką		Czas netto		Czas brutto		Tempo min/km	Tempo km/h
							12.4km	20.2km	20.6km	20.6km	Różn			
16	<b>SZMIGIEL Klaudia</b>	<b>4082</b>	UMKS NADIR JĘDRZEJÓW	K20	8	MP	01:21:33	02:06:16	<b>02:07:03.55</b>	<b>02:07:07.75</b>	+00:24:52 (19.6%)	6:10	9.7 (80.2%)	
17	<b>KOZIOŁ Weronika</b>	<b>1041</b>	N/A	K30	8		01:22:40	02:07:22	<b>02:08:16.60</b>	<b>02:08:20.60</b>	+00:26:05 (20.3%)	6:13	9.6 (79.3%)	
18	<b>GRZANKA Martyna</b>	<b>678</b>	RUNPROGRESS.PL TEAM	K40	2	MP	01:20:21	02:07:20	<b>02:08:19.65</b>	<b>02:08:26.60</b>	+00:26:11 (20.4%)	6:13	9.6 (79.3%)	
19	<b>WOLNA Natalia</b>	<b>1090</b>	RUNPROGRESS	K20	9	MP	01:22:57	02:08:04	<b>02:08:48.90</b>	<b>02:08:55.65</b>	+00:26:40 (20.7%)	6:15	9.6 (79.3%)	
20	<b>KLONOWICZ Patrycja</b>	<b>1152</b>		K20	10		01:22:56	02:08:33	<b>02:09:25.50</b>	<b>02:09:34.15</b>	+00:27:18 (21.1%)	6:16	9.6 (79.3%)	
21	<b>LUTY LEGUTKO Anka</b>	<b>1156</b>	#ADAMCZERWIŃSKITEAM	K40	3		01:22:21	02:09:05	<b>02:09:58.50</b>	<b>02:10:04.20</b>	+00:27:48 (21.4%)	6:18	9.5 (78.5%)	
22	<b>CHEŁMIŃSKA Katarzyna</b>	<b>693</b>	UKS TECHNIK AUGUSTÓW	K20	11	MP	01:20:32	02:08:59	<b>02:10:00.15</b>	<b>02:10:07.85</b>	+00:27:52 (21.4%)	6:18	9.5 (78.5%)	
23	<b>DŁUGOSZ-STĘPNIAK Agnieszka</b>	<b>1136</b>		K30	9	MP	01:23:05	02:09:09	<b>02:10:08.00</b>	<b>02:10:13.30</b>	+00:27:58 (21.5%)	6:19	9.5 (78.5%)	
24	<b>WIEJAK Marlena</b>	<b>669</b>	KOBIETY BIEGAJĄ LUBLIN	K30	10		01:22:15	02:09:32	<b>02:10:27.10</b>	<b>02:10:35.15</b>	+00:28:19 (21.7%)	6:19	9.5 (78.5%)	
25	<b>KONIK Diana</b>	<b>1031</b>		K30	11		01:24:37	02:10:34	<b>02:11:28.35</b>	<b>02:11:39.55</b>	+00:29:24 (22.3%)	6:22	9.4 (77.7%)	
26	<b>HURAS Monika</b>	<b>521</b>	MŁYNARCZYK ENDURANCE TEAM	K30	12		01:24:27	02:11:43	<b>02:12:41.25</b>	<b>02:12:49.50</b>	+00:30:34 (23.0%)	6:26	9.3 (76.9%)	
27	<b>SZCZĘSNA Edyta</b>	<b>1003</b>		K30	13		01:25:31	02:13:01	<b>02:13:52.10</b>	<b>02:13:58.25</b>	+00:31:43 (23.7%)	6:29	9.2 (76.0%)	
28	<b>SKALSKA Anna</b>	<b>590</b>	ALPIN SPORT TEAM	K40	4	MP	01:23:53	02:12:55	<b>02:13:56.70</b>	<b>02:14:02.50</b>	+00:31:47 (23.7%)	6:30	9.2 (76.0%)	
29	<b>OKUPNIAK Martyna</b>	<b>670</b>	KOBIETY BIEGAJĄ LUBLIN	K20	12		01:25:32	02:14:23	<b>02:15:14.80</b>	<b>02:15:14.80</b>	+00:32:59 (24.4%)	6:33	9.1 (75.2%)	
30	<b>LATOSZEK Gabriela</b>	<b>702</b>		K20	13		01:26:23	02:16:15	<b>02:17:07.10</b>	<b>02:17:16.30</b>	+00:35:01 (25.5%)	6:39	9 (74.4%)	
31	<b>KOLANO Agnieszka</b>	<b>530</b>	BPOT	K40	5		01:28:37	02:16:24	<b>02:17:19.20</b>	<b>02:17:26.15</b>	+00:35:10 (25.6%)	6:39	9 (74.4%)	
32	<b>WALERJAN-RUSEK Agnieszka</b>	<b>574</b>	AZS AWF KRAKÓW MASTERS	K40	6		01:29:28	02:18:03	<b>02:18:43.00</b>	<b>02:18:43.00</b>	+00:36:27 (26.3%)	6:44	8.9 (73.6%)	
33	<b>KLAWIŃSKA Bernadeta</b>	<b>518</b>	MATNER RUNNING TEAM	K40	7		01:29:02	02:18:06	<b>02:19:02.65</b>	<b>02:19:38.90</b>	+00:37:23 (26.8%)	6:44	8.9 (73.6%)	
34	<b>RZEPKA Maria</b>	<b>526</b>		K30	14		01:29:42	02:19:11	<b>02:20:04.65</b>	<b>02:20:29.90</b>	+00:38:14 (27.2%)	6:47	8.8 (72.7%)	
35	<b>OLEŚKIEWICZ Angelika</b>	<b>810</b>	PTG SOKÓŁ ŚWIAT PRACY TARNÓW	K40	8		01:29:59	02:19:25	<b>02:20:24.45</b>	<b>02:20:49.15</b>	+00:38:33 (27.4%)	6:48	8.8 (72.7%)	
36	<b>RACHWALSKA Oliwia</b>	<b>945</b>		K30	15		01:32:21	02:21:10	<b>02:22:10.20</b>	<b>02:22:20.70</b>	+00:40:05 (28.2%)	6:54	8.7 (71.9%)	
37	<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>	+00:43:02 (29.6%)	7:02	8.5 (70.2%)	
38	<b>GRZĄDKOWSKA Maria</b>	<b>1234</b>		K20	14		01:36:07	02:23:50	<b>02:24:41.55</b>	<b>02:25:39.15</b>	+00:43:23 (29.8%)	7:01	8.5 (70.2%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Schronisko pod Durbaszką		Czas netto		Czas brutto		Tempo min/km	Tempo km/h
							12.4km	20.2km	20.6km	20.6km	Różn			
39	<b>PRASOŁ Sylwia</b>	<b>1047</b>	SBG SALCO/MŁYNARCZYK ENDURANCE TEAM	K20	15	MP	01:32:24	02:25:16	<b>02:26:10.65</b>	<b>02:26:19.00</b>	+00:44:03 (30.1%)	7:05	8.5 (70.2%)	
40	<b>SZYMASZEK Monika</b>	<b>543</b>		K40	9		01:34:29	02:26:20	<b>02:27:14.40</b>	<b>02:27:53.90</b>	+00:45:38 (30.9%)	7:08	8.4 (69.4%)	
41	<b>SOBIERAJSKA 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>	+00:46:41 (31.3%)	7:12	8.3 (68.6%)	
42	<b>ŚLUSAREK Katarzyna</b>	<b>1120</b>	SIEMIESZ-TEAM	K20	16		01:35:50	02:29:05	<b>02:30:04.90</b>	<b>02:30:32.80</b>	+00:48:17 (32.1%)	7:17	8.2 (67.8%)	
43	<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>	+00:49:15 (32.5%)	7:21	8.2 (67.8%)	
44	<b>NYC-ZIMNY Małgorzata</b>	<b>1063</b>	4TRITEAM	K40	10		01:36:58	02:30:35	<b>02:31:35.35</b>	<b>02:31:45.15</b>	+00:49:29 (32.6%)	7:21	8.2 (67.8%)	
45	<b>LUDYNIA Aleksandra</b>	<b>827</b>	STG WARSZAWA	K40	11		01:36:55	02:30:47	<b>02:31:39.90</b>	<b>02:31:53.80</b>	+00:49:38 (32.7%)	7:21	8.2 (67.8%)	
46	<b>CZARNECKA 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>	+00:49:43 (32.7%)	7:22	8.1 (66.9%)	
47	<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>	+00:50:24 (33.0%)	7:24	8.1 (66.9%)	
48	<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>	+00:50:24 (33.0%)	7:21	8.2 (67.8%)	
49	<b>CASTELEIN Astrid</b>	<b>575</b>	N/A	K40	12		01:36:10	02:31:38	<b>02:32:45.60</b>	<b>02:32:50.50</b>	+00:50:35 (33.1%)	7:24	8.1 (66.9%)	
50	<b>MACHNICKA Wiktoria</b>	<b>569</b>		K20	17		01:36:58	02:32:04	<b>02:33:01.55</b>	<b>02:33:09.40</b>	+00:50:54 (33.2%)	7:25	8.1 (66.9%)	
51	<b>MADEJ Anna</b>	<b>857</b>		K40	13		01:38:11	02:34:20	<b>02:35:23.25</b>	<b>02:35:47.85</b>	+00:53:32 (34.4%)	7:32	8 (66.1%)	
52	<b>PACIOREK Ewa</b>	<b>565</b>	KOBIETA BIEGA	K40	14	MP	01:39:32	02:34:59	<b>02:35:59.40</b>	<b>02:36:06.60</b>	+00:53:51 (34.5%)	7:34	7.9 (65.3%)	
53	<b>WICINSKA-REUS Dominika</b>	<b>1065</b>	PGE OBRÓT RUN	K40	15		01:41:10	02:35:38	<b>02:36:32.75</b>	<b>02:37:42.30</b>	+00:55:27 (35.2%)	7:35	7.9 (65.3%)	
54	<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>	+00:55:46 (35.3%)	7:38	7.9 (65.3%)	
55	<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>	+00:55:52 (35.3%)	7:38	7.9 (65.3%)	
56	<b>PIOTROWSKA-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>	+00:56:29 (35.6%)	7:40	7.8 (64.5%)	
57	<b>MARZEC Pamela</b>	<b>909</b>	MOUNTAIN TOUCH	K20	18		01:41:06	02:37:43	<b>02:38:42.00</b>	<b>02:39:10.95</b>	+00:56:55 (35.8%)	7:42	7.8 (64.5%)	
58	<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>	+00:57:11 (35.9%)	7:43	7.8 (64.5%)	
59	<b>ROGOZIŃSKA Aleksandra</b>	<b>507</b>		K20	19		01:41:20	02:37:32	<b>02:38:31.85</b>	<b>02:39:29.70</b>	+00:57:14 (35.9%)	7:41	7.8 (64.5%)	
60	<b>DZIKOWSKA 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>	+00:57:39 (36.1%)	7:44	7.7 (63.6%)	
61	<b>GARCZYŃSKA Ania</b>	<b>731</b>		K50	1		01:42:27	02:38:06	<b>02:39:08.20</b>	<b>02:40:00.30</b>	+00:57:45 (36.1%)	7:43	7.8 (64.5%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Schronisko pod Durbaszką		Czas netto		Czas brutto		Różn	Tempo min/km	Tempo km/h
							12.4km	20.2km	20.6km	20.6km					
62	<b>BANET Eliza</b>	<b>791</b>		K40	16		01:43:59	02:39:45	<b>02:40:40.95</b>	<b>02:41:03.00</b>	+00:58:47 (36.5%)	7:47	7.7 (63.6%)		
63	<b>TYLIŃSKA Dagmara</b>	<b>1186</b>	SŁOŃCE JURY	K40	17		01:42:44	02:40:48	<b>02:41:53.10</b>	<b>02:42:01.70</b>	+00:59:46 (36.9%)	7:51	7.6 (62.8%)		
64	<b>JAROŃ Magda</b>	<b>1113</b>		K40	18		01:43:56	02:40:51	<b>02:41:48.75</b>	<b>02:42:04.35</b>	+00:59:49 (36.9%)	7:51	7.6 (62.8%)		
65	<b>SZCZEŚNIAK 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>	+01:00:06 (37.0%)	7:51	7.6 (62.8%)		
66	<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>	+01:00:16 (37.1%)	7:52	7.6 (62.8%)		
67	<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>	+01:00:40 (37.2%)	7:52	7.6 (62.8%)		
68	<b>ROZMUS-ORCZYK Anna</b>	<b>847</b>	KOZY BIEGAJĄ, A NIE SKACZĄ!	K60	1		01:43:30	02:42:11	<b>02:43:22.30</b>	<b>02:43:29.20</b>	+01:01:13 (37.5%)	7:55	7.6 (62.8%)		
69	<b>LORENZ Anna</b>	<b>849</b>	#ADAMCZERWIŃSKITEAM	K40	19		01:44:06	02:42:26	<b>02:43:26.40</b>	<b>02:44:05.45</b>	+01:01:50 (37.7%)	7:56	7.6 (62.8%)		
70	<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>	+01:02:15 (37.8%)	7:55	7.6 (62.8%)		
71	<b>KRZESZOWIAK 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>	+01:02:37 (38.0%)	7:58	7.5 (62.0%)		
72	<b>SARNA Jolanta</b>	<b>1138</b>		K40	20		01:43:41	02:44:26	<b>02:45:44.15</b>	<b>02:46:03.55</b>	+01:03:48 (38.4%)	8:02	7.5 (62.0%)		
73	<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>	+01:04:58 (38.9%)	8:06	7.4 (61.2%)		
74	<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>	+01:05:03 (38.9%)	8:05	7.4 (61.2%)		
75	<b>WARDAK Anna</b>	<b>890</b>		K50	2		01:47:02	02:45:27	<b>02:46:29.90</b>	<b>02:47:35.10</b>	+01:05:19 (39.0%)	8:04	7.4 (61.2%)		
76	<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>	+01:05:51 (39.2%)	8:08	7.4 (61.2%)		
77	<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>	+01:05:54 (39.2%)	8:08	7.4 (61.2%)		
78	<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>	+01:05:54 (39.2%)	8:08	7.4 (61.2%)		
79	<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>	+01:06:25 (39.4%)	8:09	7.3 (60.3%)		
80	<b>SZULIST Marzena</b>	<b>910</b>	AKTYWNI KOCIEWIACY	K50	3		01:48:25	02:47:35	<b>02:48:45.95</b>	<b>02:49:07.40</b>	+01:06:52 (39.5%)	8:11	7.3 (60.3%)		
81	<b>KRALIK Sylwia</b>	<b>769</b>		K40	21		01:47:46	02:47:26	<b>02:48:35.50</b>	<b>02:49:13.75</b>	+01:06:58 (39.6%)	8:11	7.3 (60.3%)		
82	<b>KAROLAK Dominika</b>	<b>943</b>		K20	20		01:47:58	02:48:22	<b>02:49:21.90</b>	<b>02:49:29.45</b>	+01:07:14 (39.7%)	8:13	7.3 (60.3%)		
83	<b>LACH-BRZOZOWSKA Edyta</b>	<b>753</b>		K40	22		01:50:11	02:48:18	<b>02:49:19.55</b>	<b>02:49:44.40</b>	+01:07:29 (39.8%)	8:13	7.3 (60.3%)		
84	<b>FAL Anita</b>	<b>919</b>		K40	23		01:47:05	02:48:30	<b>02:49:35.45</b>	<b>02:50:04.55</b>	+01:07:49 (39.9%)	8:13	7.3 (60.3%)		

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Schronisko	20.2km	Czas netto 20.6km	Czas brutto 20.6km	Różn	Tempo min/km	Tempo km/h
							pod Durbaszka 12.4km						
85	<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>	+01:09:18 (40.4%)	8:16	7.2 (59.5%)
86	<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>	+01:09:41 (40.5%)	8:20	7.2 (59.5%)
87	<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>	+01:09:45 (40.6%)	8:20	7.2 (59.5%)
88	<b>SIECZKA Kazimiera</b>	<b>902</b>		K50	4		01:47:11	02:50:52	<b>02:52:05.50</b>	<b>02:52:05.50</b>	+01:09:50 (40.6%)	8:21	7.2 (59.5%)
89	<b>KUCIŃSKA Magdalena</b>	<b>540</b>		K50	5		01:48:12	02:50:21	<b>02:51:30.50</b>	<b>02:52:12.20</b>	+01:09:56 (40.6%)	8:19	7.2 (59.5%)
90	<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>	+01:10:01 (40.6%)	8:20	7.2 (59.5%)
91	<b>WÓJCIK Paulina</b>	<b>933</b>	12TRI.PL	K20	21		01:46:52	02:50:36	<b>02:51:43.65</b>	<b>02:52:16.75</b>	+01:10:01 (40.6%)	8:20	7.2 (59.5%)
92	<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>	+01:10:26 (40.8%)	8:21	7.2 (59.5%)
93	<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>	+01:10:40 (40.9%)	8:22	7.2 (59.5%)
94	<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>	+01:10:50 (40.9%)	8:21	7.2 (59.5%)
95	<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>	+01:10:51 (40.9%)	8:23	7.2 (59.5%)
96	<b>PIĘKOŚ Monika</b>	<b>662</b>	HUNTERS OCR TEAM	K40	24		01:50:20	02:52:22	<b>02:53:28.55</b>	<b>02:53:37.65</b>	+01:11:22 (41.1%)	8:25	7.1 (58.7%)
97	<b>MORAWSKA Jaga</b>	<b>677</b>		K50	6		01:51:06	02:52:29	<b>02:53:35.75</b>	<b>02:53:50.90</b>	+01:11:35 (41.2%)	8:25	7.1 (58.7%)
98	<b>KUCHTA Monika</b>	<b>689</b>	#HAPPYRUNNERS	K40	25		01:51:01	02:52:04	<b>02:53:02.10</b>	<b>02:54:07.20</b>	+01:11:51 (41.3%)	8:23	7.1 (58.7%)
99	<b>BLAUT Marta</b>	<b>640</b>	PLANYBIEGOWE.PL	K40	26		01:51:40	02:53:01	<b>02:54:03.75</b>	<b>02:54:14.35</b>	+01:11:59 (41.3%)	8:26	7.1 (58.7%)
100	<b>SZULFER Joanna</b>	<b>862</b>	AW SZYBCIEJ TEAM	K20	22		01:52:01	02:53:02	<b>02:54:00.30</b>	<b>02:54:26.20</b>	+01:12:10 (41.4%)	8:26	7.1 (58.7%)
101	<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>	+01:13:35 (41.8%)	8:30	7 (57.9%)
102	<b>KUTYŁA Agnieszka</b>	<b>1059</b>	NIEPOŁOMICIE BIEGAJĄ	K50	7		01:51:23	02:54:18	<b>02:55:32.85</b>	<b>02:56:11.50</b>	+01:13:56 (42.0%)	8:31	7 (57.9%)
103	<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>	+01:13:57 (42.0%)	8:30	7 (57.9%)
104	<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>	+01:14:02 (42.0%)	8:32	7 (57.9%)
105	<b>KSIĄŻEK-WOŁYNIEC Magdalena</b>	<b>1175</b>		K40	27		01:51:29	02:54:53	<b>02:56:04.10</b>	<b>02:56:48.00</b>	+01:14:32 (42.2%)	8:32	7 (57.9%)
106	<b>MOLENDMA Małgorzata</b>	<b>1093</b>	BBKS ŁAWECZKA WILANÓW	K40	28		01:51:52	02:55:37	<b>02:56:38.85</b>	<b>02:57:21.70</b>	+01:15:06 (42.3%)	8:34	7 (57.9%)
107	<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>	+01:15:45 (42.6%)	8:36	7 (57.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Schronisko	20.2km	Czas netto 20.6km	Czas brutto 20.6km	Różn	Tempo min/km	Tempo km/h
							pod Durbaszką 12.4km						
108	<b>PŁAWECKA Barbara</b>	<b>1121</b>		K40	29		01:56:03	02:56:56	<b>02:58:01.25</b>	<b>02:58:26.35</b>	+01:16:11 (42.7%)	8:38	6.9 (57.0%)
109	<b>LESZCZYŃSKA Agnieszka</b>	<b>1056</b>		K40	30		01:54:29	02:57:21	<b>02:58:33.15</b>	<b>02:58:44.50</b>	+01:16:29 (42.8%)	8:40	6.9 (57.0%)
110	<b>JANOWSKA Urszula</b>	<b>1173</b>		K40	31		01:54:01	02:57:11	<b>02:58:29.55</b>	<b>02:58:57.75</b>	+01:16:42 (42.9%)	8:39	6.9 (57.0%)
111	<b>ŻUREK-KUCHARSKA Urszula</b>	<b>525</b>	M.I.L.A.	K40	32		01:54:21	02:58:02	<b>02:59:05.95</b>	<b>02:59:38.75</b>	+01:17:23 (43.1%)	8:41	6.9 (57.0%)
112	<b>SZYMOT Violetta</b>	<b>633</b>	PKO BIEGAJMY RAZEM	K50	8		01:51:02	02:58:36	<b>02:59:50.80</b>	<b>03:00:08.70</b>	+01:17:53 (43.2%)	8:43	6.9 (57.0%)
113	<b>MAKUCHOWSKA Paulina</b>	<b>1177</b>	FUNDACJA RAK'N'ROLL. WYGRAJ ŻYCIE!	K40	33		01:54:14	02:58:33	<b>02:59:29.90</b>	<b>03:00:15.10</b>	+01:17:59 (43.3%)	8:42	6.9 (57.0%)
114	<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>	+01:18:18 (43.4%)	8:42	6.9 (57.0%)
115	<b>KRÓL Magdalena</b>	<b>558</b>		K40	34		01:55:46	02:58:59	<b>02:59:58.15</b>	<b>03:00:44.05</b>	+01:18:28 (43.4%)	8:44	6.9 (57.0%)
116	<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>	+01:18:29 (43.4%)	8:45	6.8 (56.2%)
117	<b>ŁĄCKA Małgorzata</b>	<b>613</b>		K40	35		01:55:56	02:58:56	<b>02:59:49.85</b>	<b>03:00:52.60</b>	+01:18:37 (43.5%)	8:43	6.9 (57.0%)
118	<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>	+01:18:39 (43.5%)	8:44	6.9 (57.0%)
119	<b>SERAFIN Magdalena</b>	<b>1196</b>		K40	36		01:55:07	02:58:53	<b>03:00:00.95</b>	<b>03:01:06.80</b>	+01:18:51 (43.5%)	8:44	6.9 (57.0%)
120	<b>STOLARZ Marta</b>	<b>1208</b>	NIEPOŁOMICE BIEGAJĄ	K40	37		01:55:55	03:00:30	<b>03:01:43.05</b>	<b>03:02:21.95</b>	+01:20:06 (43.9%)	8:49	6.8 (56.2%)
121	<b>WANAT Barbara</b>	<b>536</b>	FOREVER BUSINESS TEAM	K40	38		01:56:40	03:00:47	<b>03:01:51.95</b>	<b>03:02:25.30</b>	+01:20:10 (43.9%)	8:49	6.8 (56.2%)
122	<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>	+01:20:33 (44.1%)	8:50	6.8 (56.2%)
123	<b>GERVELE Aiste</b>	<b>720</b>	WILD SOULS	K40	39		01:56:02	03:01:36	<b>03:02:37.30</b>	<b>03:03:48.80</b>	+01:21:33 (44.4%)	8:51	6.8 (56.2%)
124	<b>GUZENDA Weronika</b>	<b>666</b>	NA SZLAKU LUTY	K20	23		01:57:28	03:02:34	<b>03:03:32.00</b>	<b>03:04:40.40</b>	+01:22:25 (44.6%)	8:54	6.7 (55.4%)
125	<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>	+01:22:43 (44.7%)	8:58	6.7 (55.4%)
126	<b>SIKORA Malgorzata</b>	<b>824</b>		K40	40		01:58:10	03:04:20	<b>03:05:36.20</b>	<b>03:06:03.45</b>	+01:23:48 (45.0%)	9:00	6.7 (55.4%)
127	<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>	+01:24:36 (45.3%)	9:02	6.6 (54.5%)
128	<b>BACHURSKA Ewa</b>	<b>818</b>	KB HARCOWNIK JELCZ-LASKOWICE	K40	41		01:59:56	03:05:19	<b>03:06:25.85</b>	<b>03:06:59.20</b>	+01:24:43 (45.3%)	9:02	6.6 (54.5%)
129	<b>STAŃCZAK Dominika</b>	<b>658</b>	TEAM ZABIEGANEDNI	K40	42		01:57:56	03:05:04	<b>03:06:02.10</b>	<b>03:07:01.75</b>	+01:24:46 (45.3%)	9:01	6.6 (54.5%)
130	<b>KUŹNIAK Martyna</b>	<b>679</b>		K50	9		01:58:46	03:05:26	<b>03:06:40.00</b>	<b>03:07:13.05</b>	+01:24:57 (45.4%)	9:03	6.6 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Schronisko	20.2km	Czas netto 20.6km	Czas brutto 20.6km	Różn	Tempo min/km	Tempo km/h
							pod Durbaszka 12.4km						
131	<b>KUDRA Aleksandra</b>	<b>861</b>	WIELUŃ BIEGA	K40	43		01:56:48	03:05:02	<b>03:06:11.15</b>	<b>03:07:18.15</b>	+01:25:02 (45.4%)	9:02	6.6 (54.5%)
132	<b>ZARADNA Paulina</b>	<b>898</b>		K20	24		01:59:15	03:06:05	<b>03:07:09.00</b>	<b>03:07:50.00</b>	+01:25:34 (45.6%)	9:05	6.6 (54.5%)
133	<b>CHMIELEWSKA Agata</b>	<b>1201</b>		K20	25		01:59:16	03:06:06	<b>03:07:09.80</b>	<b>03:07:50.70</b>	+01:25:35 (45.6%)	9:05	6.6 (54.5%)
134	<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>	+01:26:21 (45.8%)	9:06	6.6 (54.5%)
135	<b>PILEWSKA Anita</b>	<b>713</b>	TEAM ZABIEGANEDNI	K50	10		01:58:50	03:06:48	<b>03:07:52.45</b>	<b>03:08:54.40</b>	+01:26:39 (45.9%)	9:07	6.6 (54.5%)
136	<b>ZYM Patrycja</b>	<b>582</b>		K20	26		02:06:04	03:07:40	<b>03:08:43.90</b>	<b>03:09:37.50</b>	+01:27:22 (46.1%)	9:09	6.5 (53.7%)
137	<b>KAMINSKA Joanna</b>	<b>733</b>	TECHNIKAM/UKS LIDER	K40	44		01:58:09	03:08:41	<b>03:09:48.15</b>	<b>03:10:16.75</b>	+01:28:01 (46.3%)	9:12	6.5 (53.7%)
138	<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>	+01:28:08 (46.3%)	9:13	6.5 (53.7%)
139	<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>	+01:28:23 (46.4%)	9:13	6.5 (53.7%)
140	<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>	+01:28:41 (46.4%)	9:13	6.5 (53.7%)
141	<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>	+01:28:42 (46.5%)	9:15	6.5 (53.7%)
142	<b>SZALUŚ Irena</b>	<b>1034</b>		K50	11		01:57:52	03:09:08	<b>03:10:08.30</b>	<b>03:11:04.00</b>	+01:28:48 (46.5%)	9:13	6.5 (53.7%)
143	<b>MARKOWSKA Magda</b>	<b>583</b>		K40	45		01:57:53	03:08:20	<b>03:10:10.65</b>	<b>03:11:17.05</b>	+01:29:01 (46.5%)	9:13	6.5 (53.7%)
144	<b>BĄK 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>	+01:29:11 (46.6%)	9:15	6.5 (53.7%)
145	<b>FABISIAK Ewa</b>	<b>1012</b>	STANWEX II	K50	12		02:01:51	03:09:58	<b>03:11:16.15</b>	<b>03:11:28.15</b>	+01:29:12 (46.6%)	9:17	6.5 (53.7%)
146	<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>	+01:29:13 (46.6%)	9:16	6.5 (53.7%)
147	<b>WICIŃSKA Magdalena</b>	<b>796</b>		K40	46		02:00:02	03:09:51	<b>03:10:58.00</b>	<b>03:11:56.05</b>	+01:29:40 (46.7%)	9:16	6.5 (53.7%)
148	<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>	+01:29:41 (46.7%)	9:17	6.5 (53.7%)
149	<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>	+01:30:12 (46.9%)	9:18	6.4 (52.9%)
150	<b>KIEŁT Katarzyna</b>	<b>608</b>	#ADAMCZERWIŃSKITEAM	K40	47		02:10:00	03:13:03	<b>03:14:10.10</b>	<b>03:14:31.65</b>	+01:32:16 (47.4%)	9:25	6.4 (52.9%)
151	<b>CHWAŁEK Anna</b>	<b>767</b>	JH	K40	48		02:03:36	03:12:55	<b>03:13:57.45</b>	<b>03:14:37.05</b>	+01:32:21 (47.5%)	9:24	6.4 (52.9%)
152	<b>SZYSZ Alina</b>	<b>1151</b>	GRUPA BIEGACZY SKÓRZEC BIEGA	K40	49		02:04:22	03:12:59	<b>03:14:09.45</b>	<b>03:14:49.75</b>	+01:32:34 (47.5%)	9:25	6.4 (52.9%)
153	<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>	+01:33:02 (47.6%)	9:27	6.3 (52.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Schronisko pod Durbaszką		Czas netto 20.6km	Czas brutto 20.6km	Różn	Tempo min/km	Tempo km/h
							12.4km	20.2km					
154	ZHYLINA Anna	1071		K40	50		02:02:11	03:14:08	03:15:27.35	03:16:40.35	+01:34:25 (48.0%)	9:29	6.3 (52.1%)
155	BLANIK Agnieszka	920		K40	51		02:05:35	03:15:20	03:16:34.45	03:17:19.45	+01:35:04 (48.2%)	9:32	6.3 (52.1%)
156	GREŃ Magdalena	514		K40	52		02:03:32	03:15:09	03:16:29.15	03:17:27.90	+01:35:12 (48.2%)	9:32	6.3 (52.1%)
157	ZARZECKA Justyna	785		K30	66		02:04:32	03:15:37	03:16:51.75	03:17:29.10	+01:35:13 (48.2%)	9:33	6.3 (52.1%)
158	WYROŚLAK Katarzyna	882		K40	53		02:04:56	03:17:06	03:18:06.10	03:18:27.55	+01:36:12 (48.5%)	9:36	6.2 (51.2%)
159	SERWIK Agnieszka	1159		K40	54		02:09:13	03:17:31	03:18:41.75	03:19:46.10	+01:37:30 (48.8%)	9:38	6.2 (51.2%)
160	PLACHIMOWICZ Natalia	897	MOCNA GRUPA CEZARA	K40	55		02:07:16	03:17:53	03:18:58.95	03:20:04.75	+01:37:49 (48.9%)	9:39	6.2 (51.2%)
161	JAŚNIKOWSKA Agnieszka	1104	GRUPA BIEGOWA BEZGRANIC	K40	56		02:07:56	03:20:37	03:21:44.95	03:22:28.80	+01:40:13 (49.5%)	9:47	6.1 (50.4%)
162	POKROP Agnieszka	657	NATALIA TOMASIAK GÓRSKI STYL TEAM	K30	67		02:09:41	03:21:50	03:23:21.70	03:23:51.90	+01:41:36 (49.8%)	9:52	6.1 (50.4%)
163	HEJMEJ Kamila	656		K40	57		02:09:31	03:22:43	03:24:02.15	03:24:19.60	+01:42:04 (50.0%)	9:54	6.1 (50.4%)
164	ŚLUBOWSKA Aleksandra	813		K20	27		02:11:19	03:23:05	03:24:11.75	03:24:49.60	+01:42:34 (50.1%)	9:54	6.1 (50.4%)
165	GUBERNAT-MAGRYŚ Małgorzata	1025		K20	28		02:08:38	03:22:36	03:24:02.00	03:25:17.65	+01:43:02 (50.2%)	9:54	6.1 (50.4%)
166	KOCIK Elżbieta	921		K40	58		02:09:37	03:23:32	03:24:40.65	03:25:30.25	+01:43:15 (50.2%)	9:56	6 (49.6%)
167	MAZGAJ Maja	874		K20	29		02:08:58	03:24:34	03:25:41.20	03:26:12.75	+01:43:57 (50.4%)	9:59	6 (49.6%)
168	NIEWIAROWSKA Anna	1017	MOUNTAIN RUNNING GUIDES	K30	68		02:07:19	03:24:12	03:25:23.80	03:26:22.15	+01:44:06 (50.5%)	9:58	6 (49.6%)
169	FOTYGA Agnieszka	924	OSTROBIEC	K50	13		02:09:19	03:24:50	03:26:08.65	03:26:35.10	+01:44:19 (50.5%)	10:00	6 (49.6%)
170	RADZIK Paulina	681		K30	69		02:08:03	03:24:53	03:26:06.45	03:26:59.75	+01:44:44 (50.6%)	10:00	6 (49.6%)
171	JANUSZ-ZOŃ Marta	1074	BABCIA BIEGA	K50	14		02:11:30	03:25:17	03:26:13.20	03:27:02.25	+01:44:47 (50.6%)	10:00	6 (49.6%)
172	DYBEK Dagmara	960	CHSBD W RUCHU	K30	70		02:09:19	03:25:19	03:26:42.20	03:27:05.15	+01:44:49 (50.6%)	10:02	6 (49.6%)
173	KORZEC Weronika	1018	INFINITY GYM ŁUKASZ SZAPORÓW	K20	30		02:10:18	03:24:58	03:26:17.20	03:27:10.65	+01:44:55 (50.6%)	10:00	6 (49.6%)
174	GRZYB Beata	787	KOBIETY BIEGAJĄ	K40	59		02:12:16	03:26:07	03:27:21.80	03:27:42.10	+01:45:26 (50.8%)	10:03	6 (49.6%)
175	CIEPLIŃSKA Wioletta	748	NAPRZÓD MŁOCINY	K50	15		02:06:38	03:25:59	03:27:25.85	03:28:10.05	+01:45:54 (50.9%)	10:04	6 (49.6%)
176	FIAŁKOWSKA Bożena	1225	ING BANK ŚLĄSKI	K50	16		02:15:07	03:26:55	03:28:01.60	03:28:26.70	+01:46:11 (50.9%)	10:05	5.9 (48.8%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Schronisko pod Durbaszką		Czas netto		Czas brutto		Tempo min/km	Tempo km/h
							12.4km	20.2km	20.6km	20.6km	Różn			
177	<b>KOPICZKO Magdalena</b>	<b>672</b>		K20	31		02:13:57	03:26:18	<b>03:27:25.50</b>	<b>03:28:37.70</b>	+01:46:22 (51.0%)	10:04	6 (49.6%)	
178	<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>	+01:46:24 (51.0%)	10:05	5.9 (48.8%)	
179	<b>PAKULSKA Marta</b>	<b>728</b>		K40	60		02:13:45	03:27:27	<b>03:28:31.45</b>	<b>03:29:18.65</b>	+01:47:03 (51.1%)	10:07	5.9 (48.8%)	
180	<b>JACZYŃSKA Agnieszka</b>	<b>659</b>		K40	61		02:14:55	03:28:10	<b>03:29:20.40</b>	<b>03:30:21.30</b>	+01:48:06 (51.4%)	10:09	5.9 (48.8%)	
181	<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>	+01:48:32 (51.5%)	10:10	5.9 (48.8%)	
182	<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>	+01:48:38 (51.5%)	10:12	5.9 (48.8%)	
183	<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>	+01:48:40 (51.5%)	10:11	5.9 (48.8%)	
184	<b>BRZOSTOWSKA Kama</b>	<b>840</b>		K40	62		02:21:04	03:30:55	<b>03:32:01.85</b>	<b>03:32:43.80</b>	+01:50:28 (51.9%)	10:17	5.8 (47.9%)	
185	<b>DEREŃ Aneta</b>	<b>842</b>	TREKKING TEAM OSTROWIEC	K40	63		02:11:12	03:30:40	<b>03:32:01.75</b>	<b>03:32:56.75</b>	+01:50:41 (52.0%)	10:17	5.8 (47.9%)	
185	<b>DĄBROWSKA Agnieszka</b>	<b>999</b>	TREKKING TEAM OSTROWIEC	K40	63		02:11:11	03:30:41	<b>03:32:02.40</b>	<b>03:32:56.75</b>	+01:50:41 (52.0%)	10:17	5.8 (47.9%)	
187	<b>KAJUT Lucyna</b>	<b>906</b>	AKTYWNI KOCIEWIACY	K40	65		02:15:53	03:31:35	<b>03:32:56.85</b>	<b>03:33:11.75</b>	+01:50:56 (52.0%)	10:20	5.8 (47.9%)	
188	<b>OKOŁOWICZ Elżbieta</b>	<b>859</b>	AKTYWNI KOCIEWIACY	K60	2		02:15:53	03:31:32	<b>03:32:55.50</b>	<b>03:33:12.05</b>	+01:50:56 (52.0%)	10:20	5.8 (47.9%)	
189	<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>	+01:51:41 (52.2%)	10:20	5.8 (47.9%)	
190	<b>TOROŃ Małgorzata</b>	<b>1216</b>		K20	32	MP	02:13:44	03:33:00	<b>03:33:47.05</b>	<b>03:34:19.30</b>	+01:52:04 (52.3%)	10:22	5.8 (47.9%)	
191	<b>JOBDA Bogna</b>	<b>976</b>		K40	66		02:21:21	03:33:06	<b>03:34:15.50</b>	<b>03:34:46.40</b>	+01:52:31 (52.4%)	10:24	5.8 (47.9%)	
191	<b>FELTYNOWSKA Kasia</b>	<b>1108</b>		K40	66		02:21:15	03:33:00	<b>03:34:15.05</b>	<b>03:34:46.40</b>	+01:52:31 (52.4%)	10:24	5.8 (47.9%)	
193	<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>	+01:52:36 (52.4%)	10:22	5.8 (47.9%)	
194	<b>KABAŁA Iwona</b>	<b>978</b>		K40	68		02:13:58	03:32:50	<b>03:34:04.90</b>	<b>03:35:13.50</b>	+01:52:58 (52.5%)	10:23	5.8 (47.9%)	
195	<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>	+01:53:47 (52.7%)	10:26	5.7 (47.1%)	
196	<b>OLKO Weronika</b>	<b>517</b>		K20	33		02:12:34	03:33:41	<b>03:35:01.70</b>	<b>03:36:10.10</b>	+01:53:54 (52.7%)	10:26	5.7 (47.1%)	
197	<b>SZYMCZAK Karolina</b>	<b>852</b>	AKS WATAHA PABIANICE	K40	69		02:08:53	03:34:23	<b>03:35:46.90</b>	<b>03:36:21.60</b>	+01:54:06 (52.7%)	10:28	5.7 (47.1%)	
198	<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>	+01:55:02 (52.9%)	10:31	5.7 (47.1%)	
199	<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>	+01:55:34 (53.1%)	10:31	5.7 (47.1%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Schronisko pod Durbaszką		Czas netto 20.6km	Czas brutto 20.6km	Różn	Tempo min/km	Tempo km/h
							12.4km	20.2km					
200	<b>SZYMAŃSKA Agnieszka</b>	<b>1174</b>	PKO BANK POLSKI	K40	70		02:17:51	03:37:18	<b>03:38:38.10</b>	<b>03:39:18.20</b>	+01:57:02 (53.4%)	10:36	5.7 (47.1%)
201	<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>	+01:58:38 (53.7%)	10:40	5.6 (46.3%)
202	<b>VILKAUSKAITĖ Aušrinė</b>	<b>615</b>		K20	34		02:21:37	03:39:44	<b>03:40:55.15</b>	<b>03:41:17.85</b>	+01:59:02 (53.8%)	10:43	5.6 (46.3%)
203	<b>KOPCZYŃSKA Dominika</b>	<b>520</b>	DZIKUR CREW	K50	17		02:15:55	03:39:26	<b>03:40:59.60</b>	<b>03:41:45.70</b>	+01:59:30 (53.9%)	10:43	5.6 (46.3%)
204	<b>SZYMECZKO Jolanta</b>	<b>709</b>	RUNONLINE.PL	K50	18		02:23:45	03:41:48	<b>03:43:10.25</b>	<b>03:43:58.30</b>	+02:01:43 (54.3%)	10:50	5.5 (45.5%)
205	<b>BROŹEK 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>	+02:02:24 (54.5%)	10:51	5.5 (45.5%)
206	<b>MANASSERO Anita</b>	<b>936</b>	ASD PAM MONDOVI-CHIUSA PESIO	K50	19		02:18:59	03:43:27	<b>03:44:47.25</b>	<b>03:45:22.25</b>	+02:03:07 (54.6%)	10:54	5.5 (45.5%)
207	<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>	+02:03:55 (54.8%)	10:56	5.5 (45.5%)
208	<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>	+02:03:55 (54.8%)	10:56	5.5 (45.5%)
209	<b>DROSIO Katarzyna</b>	<b>938</b>		K40	71		02:26:26	03:44:43	<b>03:45:55.65</b>	<b>03:46:32.40</b>	+02:04:17 (54.9%)	10:58	5.5 (45.5%)
210	<b>KUCZERA Beata</b>	<b>844</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	K40	72		02:25:35	03:44:29	<b>03:45:36.00</b>	<b>03:46:33.60</b>	+02:04:18 (54.9%)	10:57	5.5 (45.5%)
211	<b>GANDECKA Beata</b>	<b>1206</b>	MIĘDZYRZECKIE GAZELE	K50	20		02:29:21	03:40:18	<b>03:46:02.30</b>	<b>03:47:01.70</b>	+02:04:46 (55.0%)	10:58	5.5 (45.5%)
212	<b>TKACZYK - GAWRYŁKOWICZ Agnieszka</b>	<b>1100</b>	MIĘDZYRZECKIE GAZELE	K40	73		02:29:19	03:44:48	<b>03:46:01.85</b>	<b>03:47:01.90</b>	+02:04:46 (55.0%)	10:58	5.5 (45.5%)
213	<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>	+02:04:55 (55.0%)	10:57	5.5 (45.5%)
214	<b>KRUSZYNA Agnieszka</b>	<b>762</b>		K40	74		02:22:03	03:45:34	<b>03:46:57.70</b>	<b>03:47:26.65</b>	+02:05:11 (55.0%)	11:01	5.4 (44.6%)
215	<b>MORAWSKA Anna</b>	<b>786</b>	BEZ KONDYCJI	K70	1		02:22:31	03:46:40	<b>03:48:14.50</b>	<b>03:48:26.45</b>	+02:06:11 (55.2%)	11:04	5.4 (44.6%)
216	<b>CZERWIK Patrycja</b>	<b>667</b>		K40	75		02:20:44	03:46:25	<b>03:48:02.35</b>	<b>03:48:32.05</b>	+02:06:16 (55.3%)	11:04	5.4 (44.6%)
217	<b>PIETRASIEWICZ Agnieszka</b>	<b>989</b>		K40	76		02:20:47	03:46:15	<b>03:47:50.15</b>	<b>03:48:36.15</b>	+02:06:20 (55.3%)	11:03	5.4 (44.6%)
218	<b>WELKIER Monika</b>	<b>710</b>		K50	21		02:26:56	03:46:13	<b>03:47:32.90</b>	<b>03:48:42.50</b>	+02:06:27 (55.3%)	11:02	5.4 (44.6%)
219	<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>	+02:06:38 (55.3%)	11:05	5.4 (44.6%)
220	<b>ROWIŃSKA Marta</b>	<b>542</b>	BRAK	K40	77		02:23:59	03:47:13	<b>03:48:31.90</b>	<b>03:48:58.25</b>	+02:06:43 (55.3%)	11:05	5.4 (44.6%)
221	<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>	+02:08:01 (55.6%)	11:09	5.4 (44.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Schronisko pod Durbaszką		Czas netto		Czas brutto		Tempo min/km	Tempo km/h
							12.4km	20.2km	20.6km	20.6km	Różn			
222	<b>WIĘCEK Małgorzata</b>	<b>1127</b>	BANK ING ŚLĄSKI	K40	78		02:23:27	03:47:51	<b>03:49:55.85</b>	<b>03:50:24.10</b>	+02:08:08 (55.6%)	11:09	5.4 (44.6%)	
223	<b>MROZOWSKA Magdalena</b>	<b>594</b>	KINGURRNER	K40	79		02:23:55	03:47:54	<b>03:49:17.55</b>	<b>03:50:31.45</b>	+02:08:16 (55.6%)	11:07	5.4 (44.6%)	
224	<b>REIMUS Ewa</b>	<b>803</b>	AKTYWNI KOCIEWIACY	K40	80		02:28:09	03:49:41	<b>03:51:05.05</b>	<b>03:51:21.10</b>	+02:09:05 (55.8%)	11:13	5.3 (43.8%)	
225	<b>SOLECKA Katarzyna</b>	<b>805</b>	AKTYWNI KOCIEWIACY	K40	81		02:28:10	03:49:41	<b>03:51:05.55</b>	<b>03:51:21.15</b>	+02:09:05 (55.8%)	11:13	5.3 (43.8%)	
226	<b>SŁOWIŃSKA Małgorzata</b>	<b>934</b>	BST	K40	82		02:22:46	03:50:00	<b>03:51:14.75</b>	<b>03:51:57.20</b>	+02:09:41 (55.9%)	11:13	5.3 (43.8%)	
227	<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>	+02:09:58 (56.0%)	11:13	5.3 (43.8%)	
228	<b>POLITOWSKA Marta</b>	<b>773</b>	ŻYWCEM ZABIEGANI 2.0	K40	83		02:30:39	03:49:57	<b>03:51:40.95</b>	<b>03:52:18.00</b>	+02:10:02 (56.0%)	11:14	5.3 (43.8%)	
229	<b>KANIOS Beata</b>	<b>529</b>	KGW LESZNOWOLA	K40	84		02:24:48	03:47:02	<b>03:52:18.50</b>	<b>03:52:43.30</b>	+02:10:28 (56.1%)	11:16	5.3 (43.8%)	
230	<b>GOS Marta</b>	<b>511</b>	KGW LESZNOWOLA	K40	85		02:24:52	03:51:08	<b>03:52:22.10</b>	<b>03:52:43.40</b>	+02:10:28 (56.1%)	11:16	5.3 (43.8%)	
230	<b>GOŁĘBIEWSKA Justyna</b>	<b>879</b>	KGW LESZNOWOLA	K50	22		02:24:48	03:47:03	<b>03:52:19.50</b>	<b>03:52:43.40</b>	+02:10:28 (56.1%)	11:16	5.3 (43.8%)	
232	<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>	+02:12:55 (56.5%)	11:21	5.3 (43.8%)	
233	<b>WINDER Agnieszka</b>	<b>1183</b>	KENKO/MASADA	K40	86		02:30:59	03:53:07	<b>03:54:26.40</b>	<b>03:55:17.20</b>	+02:13:01 (56.5%)	11:22	5.3 (43.8%)	
234	<b>WIELICZKO Regina</b>	<b>891</b>		K40	87		02:25:21	03:54:34	<b>03:55:58.75</b>	<b>03:57:07.60</b>	+02:14:52 (56.9%)	11:27	5.2 (43.0%)	
235	<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>	+02:16:20 (57.1%)	11:31	5.2 (43.0%)	
236	<b>ZAMBRZYCKA Magdalena</b>	<b>626</b>		K40	88		02:28:29	03:56:38	<b>03:58:13.10</b>	<b>03:59:02.80</b>	+02:16:47 (57.2%)	11:33	5.2 (43.0%)	
237	<b>PNIEWSKA Anna</b>	<b>625</b>	RAK'N'ROLL	K40	89		02:28:51	03:56:38	<b>03:58:14.55</b>	<b>03:59:04.15</b>	+02:16:48 (57.2%)	11:33	5.2 (43.0%)	
238	<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>	+02:17:15 (57.3%)	11:36	5.2 (43.0%)	
239	<b>GRZYWINSKA Monika</b>	<b>1083</b>	SPARTA	K40	90		02:34:24	03:57:35	<b>03:58:39.10</b>	<b>03:59:31.80</b>	+02:17:16 (57.3%)	11:35	5.2 (43.0%)	
240	<b>MAZUR-ZYCH Aleksandra</b>	<b>1224</b>		K40	91		02:28:25	03:57:57	<b>03:59:16.30</b>	<b>03:59:35.65</b>	+02:17:20 (57.3%)	11:36	5.2 (43.0%)	
241	<b>SERZYSKO Weronika</b>	<b>887</b>		K20	35		02:28:53	03:57:38	<b>03:58:48.10</b>	<b>03:59:39.50</b>	+02:17:24 (57.3%)	11:35	5.2 (43.0%)	
242	<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>	+02:17:35 (57.4%)	11:37	5.2 (43.0%)	
243	<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>	+02:18:34 (57.5%)	11:37	5.2 (43.0%)	
244	<b>FRAŃCZEK Gosia</b>	<b>838</b>		K40	92		02:28:53	03:59:02	<b>04:00:29.95</b>	<b>04:01:16.80</b>	+02:19:01 (57.6%)	11:40	5.1 (42.1%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Schronisko	20.2km	Czas netto 20.6km	Czas brutto 20.6km	Różn	Tempo min/km	Tempo km/h
							pod Durbaszką 12.4km						
245	<b>SZYMAŃSKA Dorota</b>	<b>611</b>		K40	93		02:32:02	03:59:37	<b>04:01:02.90</b>	<b>04:01:28.60</b>	+02:19:13 (57.7%)	11:42	5.1 (42.1%)
246	<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>	+02:19:32 (57.7%)	11:42	5.1 (42.1%)
247	<b>DYŁO Agnieszka</b>	<b>1132</b>		K40	94		02:34:50	03:59:59	<b>04:01:33.10</b>	<b>04:02:40.55</b>	+02:20:25 (57.9%)	11:43	5.1 (42.1%)
248	<b>CUDZIŁO Joanna</b>	<b>596</b>	PKO BANK POLSKI	K50	23		02:34:49	04:00:06	<b>04:01:34.40</b>	<b>04:02:41.30</b>	+02:20:26 (57.9%)	11:43	5.1 (42.1%)
249	<b>JEZIERSKA Karina</b>	<b>1199</b>	TEAM ZABIEGANEDNI / KN PACE	K40	95		02:37:03	04:01:54	<b>04:03:04.90</b>	<b>04:04:06.80</b>	+02:21:51 (58.1%)	11:47	5.1 (42.1%)
250	<b>KOWALSKA Kinga</b>	<b>749</b>	KB PACE	K40	96		02:37:05	04:01:56	<b>04:03:06.20</b>	<b>04:04:06.90</b>	+02:21:51 (58.1%)	11:48	5.1 (42.1%)
251	<b>ROKITA Julia</b>	<b>792</b>		K20	36		02:41:39	04:02:06	<b>04:03:20.95</b>	<b>04:04:33.65</b>	+02:22:18 (58.2%)	11:48	5.1 (42.1%)
252	<b>BADURA Katarzyna</b>	<b>533</b>	KJ PROFIT ORZESZE	K40	97		02:28:52	04:02:35	<b>04:04:11.25</b>	<b>04:05:12.75</b>	+02:22:57 (58.3%)	11:51	5.1 (42.1%)
253	<b>WÓJCIK Urszula</b>	<b>814</b>		K50	24		02:34:44	04:04:43	<b>04:06:14.95</b>	<b>04:06:50.45</b>	+02:24:35 (58.6%)	11:57	5 (41.3%)
254	<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>	+02:25:35 (58.7%)	12:00	5 (41.3%)
255	<b>SKORUPKA Anna</b>	<b>768</b>	GRUPA BIEGACZY SKÓRZEC BIEGA	K40	98		02:44:35	04:13:35	<b>04:14:47.50</b>	<b>04:16:03.70</b>	+02:33:48 (60.1%)	12:22	4.9 (40.5%)
256	<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>	+02:34:07 (60.1%)	12:23	4.8 (39.7%)
257	<b>SZAJNA Agata</b>	<b>622</b>		K60	3		02:37:58	04:14:09	<b>04:15:46.20</b>	<b>04:16:30.70</b>	+02:34:15 (60.1%)	12:24	4.8 (39.7%)
258	<b>MANIAKOWSKA Agnieszka</b>	<b>952</b>	WYBIEGAJ SIEBIE	K40	99		02:48:47	04:15:58	<b>04:17:30.25</b>	<b>04:17:56.75</b>	+02:35:41 (60.4%)	12:30	4.8 (39.7%)
259	<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>	+02:35:57 (60.4%)	12:30	4.8 (39.7%)
260	<b>KARASIŃSKA Elżbieta</b>	<b>660</b>	WYBIEGAJ SIEBIE	K50	25		02:48:48	04:17:32	<b>04:18:48.05</b>	<b>04:19:15.75</b>	+02:37:00 (60.6%)	12:33	4.8 (39.7%)
261	<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>	+02:37:11 (60.6%)	12:34	4.8 (39.7%)
262	<b>ZABORSKA-JÓZEFIK Izabela</b>	<b>527</b>		K50	26		02:43:06	04:17:21	<b>04:18:52.25</b>	<b>04:19:28.25</b>	+02:37:13 (60.6%)	12:33	4.8 (39.7%)
263	<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>	+02:37:13 (60.6%)	12:34	4.8 (39.7%)
264	<b>PURGAL Magdalena</b>	<b>1214</b>	SŁOŃCA JURY	K40	100		02:36:08	04:18:06	<b>04:20:23.90</b>	<b>04:21:14.45</b>	+02:38:59 (60.9%)	12:38	4.7 (38.8%)
265	<b>GASIK Wiola</b>	<b>1213</b>	STOWARZYSZENIE SPORTOWE SŁOŃCA JURY	K40	101		02:36:10	04:18:06	<b>04:20:24.30</b>	<b>04:21:14.70</b>	+02:38:59 (60.9%)	12:38	4.7 (38.8%)
266	<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>	+02:41:58 (61.3%)	12:49	4.7 (38.8%)
267	<b>BIJAK Agnieszka</b>	<b>1179</b>	FUNDACJA RAK'N'ROLL	K40	102		02:44:21	04:22:27	<b>04:23:56.70</b>	<b>04:24:34.65</b>	+02:42:19 (61.4%)	12:48	4.7 (38.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Schronisko pod Durbaszką		Czas netto		Czas brutto		Tempo min/km	Tempo km/h
							12.4km	20.2km	20.6km	20.6km	Różn			
268	<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>	+02:42:58 (61.4%)	12:50	4.7 (38.8%)	
269	<b>MICHALIK Wiktoria</b>	<b>1187</b>	SŁOŃCA JURY	K20	37		02:50:10	04:25:45	<b>04:27:01.90</b>	<b>04:27:54.25</b>	+02:45:39 (61.8%)	12:57	4.6 (38.0%)	
270	<b>MICHALIK Kornelia</b>	<b>1189</b>	SŁOŃCA JURY	K20	38		02:50:14	04:25:46	<b>04:27:03.95</b>	<b>04:27:54.45</b>	+02:45:39 (61.8%)	12:57	4.6 (38.0%)	
271	<b>KASZTELAN Agata</b>	<b>1191</b>	SŁOŃCA JURY	K40	103		02:50:29	04:30:02	<b>04:31:43.15</b>	<b>04:32:34.70</b>	+02:50:19 (62.5%)	13:11	4.5 (37.2%)	
272	<b>MICHALIK Agnieszka</b>	<b>1188</b>	SŁOŃCA JURY	K40	104		02:51:00	04:30:22	<b>04:31:48.60</b>	<b>04:32:40.00</b>	+02:50:24 (62.5%)	13:11	4.5 (37.2%)	
273	<b>WOLNIEWICZ Joanna</b>	<b>870</b>	PARKRUN JEZIORO SWARZĘDZKIE	K50	27		02:54:31	04:31:29	<b>04:33:00.05</b>	<b>04:34:02.35</b>	+02:51:47 (62.7%)	13:15	4.5 (37.2%)	
274	<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>	+02:56:06 (63.3%)	13:28	4.5 (37.2%)	
275	<b>MARCZYŃSKA Katarzyna</b>	<b>614</b>	RAK'N'ROLL TEAM	K50	28		03:01:53	04:39:11	<b>04:40:40.20</b>	<b>04:41:37.75</b>	+02:59:22 (63.7%)	13:37	4.4 (36.4%)	
276	<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>	+02:59:22 (63.7%)	13:37	4.4 (36.4%)	
277	<b>KAWA Monika</b>	<b>908</b>	TREKKING TEAM OSTROWIEC	K40	105		02:50:52	04:39:44	<b>04:41:37.75</b>	<b>04:42:59.65</b>	+03:00:44 (63.9%)	13:40	4.4 (36.4%)	
278	<b>SZCZEBEL Justyna</b>	<b>617</b>	RAK AND ROLL	K40	106		02:58:24	04:41:49	<b>04:43:06.00</b>	<b>04:43:57.70</b>	+03:01:42 (64.0%)	13:44	4.4 (36.4%)	
279	<b>CZARNECKA Ilona</b>	<b>1223</b>	ŁOMIANKOWSKA GRUPA BIEGOWA	K50	29		02:58:53	04:41:28	<b>04:45:06.65</b>	<b>04:45:45.90</b>	+03:03:30 (64.2%)	13:50	4.3 (35.5%)	
280	<b>WIĘCKOWSKA Paulina</b>	<b>1054</b>	ŁOMIANKOWSKA GRUPA BIEGOWA	K40	107		02:58:51	04:43:29	<b>04:45:06.45</b>	<b>04:45:46.05</b>	+03:03:30 (64.2%)	13:50	4.3 (35.5%)	
281	<b>STOPA Anna</b>	<b>878</b>	KGW LESZNOWOLA	K50	30		03:04:34	04:44:39	<b>04:46:12.80</b>	<b>04:46:34.85</b>	+03:04:19 (64.3%)	13:53	4.3 (35.5%)	
282	<b>WIŚNIEWSKA Maria</b>	<b>1169</b>		K50	31		03:05:26	04:47:05	<b>04:49:10.95</b>	<b>04:50:05.75</b>	+03:07:50 (64.8%)	14:02	4.3 (35.5%)	
283	<b>SKARBOWSKA Izabela</b>	<b>620</b>	RAK'N'ROLL TEAM	K40	108		03:05:25	04:48:13	<b>04:49:28.90</b>	<b>04:50:19.20</b>	+03:08:03 (64.8%)	14:03	4.3 (35.5%)	
284	<b>IDZIKOWSKA-TRZECIAK Małgorzata</b>	<b>1178</b>		K40	109		03:05:30	04:50:32	<b>04:52:12.30</b>	<b>04:53:00.40</b>	+03:10:45 (65.1%)	14:11	4.2 (34.7%)	
285	<b>DREWIN Małgorzata</b>	<b>735</b>		K40	110		02:56:25	04:56:05	<b>04:57:47.25</b>	<b>04:58:36.70</b>	+03:16:21 (65.8%)	14:27	4.2 (34.7%)	
<b>Przekroczony limit czasu: 05:00:00</b>														
286	<b>TYBUŚ Edyta</b>	<b>1193</b>	RAK'N'ROLL	K50	32		03:07:12	05:08:55	<b>05:10:59.50</b>	<b>05:11:40.20</b>	+03:29:24 (67.2%)	15:05	4 (33.1%)	
287	<b>CHUCHAŁA Iwona</b>	<b>820</b>	TREKKING TEAM OSTROWIEC ŚWIĘTOKRZYSKI	K40	111		03:37:55	05:38:44	<b>05:42:06.70</b>	<b>05:42:41.50</b>	+04:00:26 (70.2%)	16:36	3.6 (29.8%)	
288	<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>	+04:16:39 (71.5%)	17:22	3.5 (28.9%)	
289	<b>ŁUGOWSKA Maria</b>	<b>618</b>	RAK&ROLL	K60	4		03:40:41	05:56:08	<b>05:58:11.75</b>	<b>05:58:54.95</b>	+04:16:39 (71.5%)	17:23	3.5 (28.9%)	

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
	<b>FLORYN Iwona</b>	<b>1162</b>	RAKNROLL	K60			DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)
	<b>BOREK Anna</b>	<b>623</b>		K50			DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)

Znaleziono 291 wynik(ów)