DYCHA NA JELENI SKOK 2019

Wydarzenie: V FESTIWAL BIEGU RZEŹNIKA
Organizator: Fundacja Bieg Rzeźnika
Data: 2019-06-22
Miejsce: Cisna
Dystans: 10.8 km

Klasyfikacja: K-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
1	**KOWALEWSKA Elżbieta**	**5154**	EDI TEAM ZGORZELEC	K30	1		**00:57:32.75**	**00:57:32.75**		5:13	11.5 (100%)
2	**DOMISZEWSKA Maria**	**4967**		K50	1	00:01:00	**00:59:14.40**	**00:59:17.40**	+00:01:44 (2.9%)	5:17	11.3 (98.3%)
3	**SZCZEPANIAK Angelika**	**5452**	AKADEMIA BIEGANIA	K30	2		**01:01:21.65**	**01:01:27.10**	+00:03:54 (6.4%)	5:34	10.8 (93.9%)
4	**ZATORSKA Izabela**	**5411**		K50	2		**01:01:39.40**	**01:01:42.70**	+00:04:09 (6.8%)	5:36	10.7 (93.0%)
5	**JELSKA Elżbieta**	**5115**		K30	3	00:00:30	**01:01:46.85**	**01:01:54.70**	+00:04:21 (7.1%)	5:34	10.8 (93.9%)
6	**LANGE Beata**	**5171**	BIŁGORAJ BIEGA - OTK RZEŹNIK	K40	1		**01:03:51.95**	**01:03:56.30**	+00:06:23 (10.0%)	5:48	10.3 (89.6%)
7	**PAPROCKA Ula**	**4973**		K20	1		**01:04:39.10**	**01:04:44.60**	+00:07:11 (11.1%)	5:52	10.2 (88.7%)
8	**WALEŃSKA Ewa**	**5389**		K40	2		**01:06:30.15**	**01:06:30.15**	+00:08:57 (13.5%)	6:02	9.9 (86.1%)
9	**KANDEFER Beata**	**5128**	AKTYWNAKORCZYNA.PL	K40	3		**01:07:04.75**	**01:07:07.75**	+00:09:35 (14.3%)	6:05	9.8 (85.2%)
10	**DOBROWOLSKA Agnieszka**	**5061**	HEROBOX	K40	4		**01:07:48.50**	**01:07:53.25**	+00:10:20 (15.2%)	6:09	9.7 (84.3%)
11	**RUS Marta**	**4971**		K40	5	00:00:30	**01:08:58.95**	**01:09:07.95**	+00:11:35 (16.8%)	6:13	9.6 (83.5%)
12	**WOJNAROWSKA Weronika**	**5351**		K30	4		**01:09:06.25**	**01:09:16.05**	+00:11:43 (16.9%)	6:17	9.5 (82.6%)
13	**GUBERNIAK Renata**	**5091**		K30	5		**01:09:46.75**	**01:10:05.70**	+00:12:32 (17.9%)	6:20	9.5 (82.6%)
14	**MELON Emilia**	**5397**		K20	2		**01:11:29.90**	**01:11:45.55**	+00:14:12 (19.8%)	6:30	9.2 (80.0%)
15	**ZEMŁA Maja**	**5418**		K30	6	00:00:30	**01:11:41.35**	**01:11:48.15**	+00:14:15 (19.9%)	6:28	9.3 (80.9%)
16	**URBANEK Małgorzata**	**5395**		K40	6	00:01:00	**01:12:42.40**	**01:12:55.35**	+00:15:22 (21.1%)	6:31	9.2 (80.0%)
17	**DŁUGOSZ-STĘPNIAK Agnieszka**	**5060**		K30	7		**01:13:36.90**	**01:13:41.30**	+00:16:08 (21.9%)	6:41	9 (78.3%)
18	**SMOLARKIEWICZ Daria**	**5297**	WIELUŃ BIEGA	K20	3		**01:14:37.45**	**01:14:52.40**	+00:17:19 (23.1%)	6:47	8.8 (76.5%)
19	**RZEPKA Aleksandra**	**5270**	WKURW_TEAM	K20	4		**01:15:09.15**	**01:15:12.45**	+00:17:39 (23.5%)	6:49	8.8 (76.5%)
20	**KOPACKA Eliza**	**5146**		K30	8	00:00:30	**01:15:37.10**	**01:15:44.85**	+00:18:12 (24.0%)	6:49	8.8 (76.5%)
21	**WAWRZENIUK Emilia**	**5344**		K30	9		**01:15:52.15**	**01:15:57.15**	+00:18:24 (24.2%)	6:53	8.7 (75.7%)
22	**ZAJĄC Monika**	**5359**	ELECTROLUX	K30	10		**01:16:38.35**	**01:16:51.95**	+00:19:19 (25.1%)	6:58	8.6 (74.8%)
23	**DZIARKOWSKA Edyta**	**5067**	#TEAMDKMS	K30	11		**01:16:47.60**	**01:17:05.15**	+00:19:32 (25.3%)	6:58	8.6 (74.8%)
24	**STOLARCZYK Joanna**	**5309**	BIEGAM BO LUBIĘ OSTROŁĘKA	K40	7		**01:16:56.50**	**01:17:10.65**	+00:19:37 (25.4%)	6:59	8.6 (74.8%)
25	**DĘBOWSKA Katarzyna**	**5057**		K30	12		**01:17:26.75**	**01:17:34.15**	+00:20:01 (25.8%)	7:02	8.5 (73.9%)
26	**WAŁĘGA-ROSTEK Małgorzata**	**5342**		K40	8		**01:17:32.95**	**01:17:40.65**	+00:20:07 (25.9%)	7:03	8.5 (73.9%)
27	**SZOPINSKA Justyna**	**5323**		K30	13	00:00:30	**01:17:42.50**	**01:18:03.65**	+00:20:30 (26.3%)	7:01	8.5 (73.9%)
28	**DROSIO Klaudia**	**5065**	KASZANKI	K30	14		**01:18:40.60**	**01:18:49.90**	+00:21:17 (27.0%)	7:09	8.4 (73.0%)
29	**MILCZAREK Magdalena**	**5202**	DRUŻYNA ORZECHA ŻYRARDÓW	K30	15		**01:19:06.25**	**01:19:22.90**	+00:21:50 (27.5%)	7:11	8.3 (72.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
30	**JAŻOWNIK Sylwia**	**5114**		K40	9	00:00:30	**01:19:44.35**	**01:19:50.85**	+00:22:18 (27.9%)	7:12	8.3 (72.2%)
31	**CIEPLA Magda**	**5045**		K20	5	00:00:30	**01:19:45.20**	**01:19:54.85**	+00:22:22 (28.0%)	7:12	8.3 (72.2%)
32	**JĘDRZEJOWSKA - DEC Anna**	**4962**		K40	10		**01:20:47.95**	**01:20:47.95**	+00:23:15 (28.8%)	7:20	8.2 (71.3%)
33	**KŁODZIŃSKA Barbara**	**5137**	ULTRAMĘKI	K40	11		**01:20:50.85**	**01:20:59.10**	+00:23:26 (28.9%)	7:21	8.2 (71.3%)
34	**DŁUGOSZ Kasia**	**5059**	STAY INSANE	K30	16		**01:20:58.50**	**01:21:02.65**	+00:23:29 (29.0%)	7:21	8.2 (71.3%)
35	**GRUSZECKA Anna**	**5089**		K40	12		**01:21:04.10**	**01:21:09.35**	+00:23:36 (29.1%)	7:22	8.1 (70.4%)
36	**SUCHOWIECKA Sabina**	**5312**		K20	6		**01:21:20.20**	**01:21:41.55**	+00:24:08 (29.6%)	7:23	8.1 (70.4%)
37	**WOJNAROWSKA Marcelina**	**5350**		K30	17		**01:21:33.05**	**01:21:43.15**	+00:24:10 (29.6%)	7:24	8.1 (70.4%)
38	**AMBROZIAK Anna**	**5003**		K20	7		**01:21:24.10**	**01:21:44.85**	+00:24:12 (29.6%)	7:24	8.1 (70.4%)
39	**KOCHAŃSKA Joanna**	**5141**	RUN PASJA	K40	13		**01:21:53.65**	**01:22:12.00**	+00:24:39 (30.0%)	7:26	8.1 (70.4%)
40	**WAWRZKO Katarzyna**	**5345**		K20	8		**01:21:50.45**	**01:22:14.55**	+00:24:41 (30.0%)	7:26	8.1 (70.4%)
41	**FONAŁ Lucyna**	**5399**		K30	18		**01:22:25.55**	**01:22:34.40**	+00:25:01 (30.3%)	7:29	8 (69.6%)
42	**MACHUCKA Ewelina**	**5369**		K30	19	00:01:00	**01:22:25.75**	**01:22:55.30**	+00:25:22 (30.6%)	7:24	8.1 (70.4%)
43	**SŁABOWSKA Monika**	**5292**		K20	9		**01:22:48.70**	**01:23:04.35**	+00:25:31 (30.7%)	7:31	8 (69.6%)
44	**SAŁAMACHA Izabela**	**5273**	ŻÓRAWSKI TEAM	K30	20		**01:23:01.20**	**01:23:23.40**	+00:25:50 (31.0%)	7:32	8 (69.6%)
45	**ŻBIK Natalia**	**5374**		K20	10		**01:24:35.85**	**01:25:02.40**	+00:27:29 (32.3%)	7:41	7.8 (67.8%)
46	**KUREK Małgorzata**	**4963**		K30	21		**01:24:33.40**	**01:25:13.25**	+00:27:40 (32.5%)	7:41	7.8 (67.8%)
47	**MARKOWSKA Karolina**	**5189**	EUROPA UBEZPIECZENIA/NOA	K30	22		**01:24:57.85**	**01:25:14.50**	+00:27:41 (32.5%)	7:43	7.8 (67.8%)
48	**HODUR Karolina**	**5096**		K30	23		**01:25:06.85**	**01:25:27.30**	+00:27:54 (32.7%)	7:44	7.8 (67.8%)
49	**JASTRZĄBEK Agnieszka**	**4969**		K30	24		**01:25:03.45**	**01:25:27.45**	+00:27:54 (32.7%)	7:43	7.8 (67.8%)
50	**WÓJCICKA Justyna**	**5393**		K30	25		**01:25:21.25**	**01:25:43.05**	+00:28:10 (32.9%)	7:45	7.7 (67.0%)
51	**JARZABSKA Justyna**	**5110**		K30	26		**01:25:29.00**	**01:25:52.30**	+00:28:19 (33.0%)	7:46	7.7 (67.0%)
52	**KUŚPIET Sylwia**	**5169**	6 BATALION POWIETRZNO-DESANTOWY	K20	11	00:01:00	**01:25:41.45**	**01:25:57.25**	+00:28:24 (33.1%)	7:42	7.8 (67.8%)
53	**SZAFRAŃSKA Aleksandra**	**5316**	WKURW_TEAM	K20	12	00:00:30	**01:25:25.85**	**01:26:02.65**	+00:28:29 (33.1%)	7:43	7.8 (67.8%)
54	**SIEDLEC Karolina**	**5283**	LIONS	K20	13	00:00:30	**01:25:54.90**	**01:26:09.10**	+00:28:36 (33.2%)	7:45	7.7 (67.0%)
55	**TOKARZ Magdalena**	**5336**	SSW TEAM KROŚNICE	K30	27	00:00:30	**01:26:06.45**	**01:26:21.25**	+00:28:48 (33.4%)	7:47	7.7 (67.0%)
56	**ROSIŃSKA Magdalena**	**5265**	BOLT TRZEMESZNO	K30	28		**01:26:06.10**	**01:26:27.25**	+00:28:54 (33.4%)	7:49	7.7 (67.0%)
57	**CHABROS Małgorzata**	**5040**	THE RUNNERS ŚWECIE	K20	14		**01:26:27.50**	**01:26:37.80**	+00:29:05 (33.6%)	7:51	7.6 (66.1%)
58	**MASZKOWSKA Anna**	**5191**		K40	14		**01:26:13.55**	**01:26:46.25**	+00:29:13 (33.7%)	7:50	7.7 (67.0%)
59	**ENGEL-ABULEWICZ Elżbieta**	**5069**	TRENING STUDIO17	K50	3		**01:26:42.35**	**01:26:48.55**	+00:29:15 (33.7%)	7:52	7.6 (66.1%)
60	**STYKOWSKA Wioletta**	**5311**		K40	15		**01:26:49.30**	**01:27:01.55**	+00:29:28 (33.9%)	7:53	7.6 (66.1%)
61	**WOŹNIAK Lidia**	**5354**	PORMAT JEDLICZE BIEGA	K50	4		**01:26:54.65**	**01:27:01.85**	+00:29:29 (33.9%)	7:54	7.6 (66.1%)
62	**KOTOWSKA Sylwia**	**5150**		K30	29		**01:26:43.55**	**01:27:08.65**	+00:29:35 (34.0%)	7:53	7.6 (66.1%)
63	**CZUBEK Ola**	**5050**	ALEKSANDRA CZUBEK IP LEGAL	K20	15	00:00:30	**01:26:29.85**	**01:27:08.95**	+00:29:36 (34.0%)	7:49	7.7 (67.0%)
64	**JARZĘBOWICZ Magdalena**	**5111**	DTR	K30	30	00:00:30	**01:26:53.10**	**01:27:16.10**	+00:29:43 (34.1%)	7:51	7.6 (66.1%)
65	**JABŁOŃSKA Justyna**	**5098**	SSW TEAM KROŚNICE	K30	31		**01:27:25.05**	**01:27:39.40**	+00:30:06 (34.4%)	7:56	7.6 (66.1%)
66	**NISZCZAK Beata**	**5213**		K30	32		**01:27:52.25**	**01:27:56.85**	+00:30:24 (34.6%)	7:59	7.5 (65.2%)
67	**KOŁODZIEJ Magda**	**5145**		K20	16		**01:27:51.55**	**01:27:56.90**	+00:30:24 (34.6%)	7:59	7.5 (65.2%)
68	**BŁOŃSKA Marzena**	**5024**	SPARK TEAM	K50	5		**01:27:39.60**	**01:28:00.95**	+00:30:28 (34.6%)	7:58	7.5 (65.2%)
69	**WEISMAN Wiktoria**	**5347**		K20	17		**01:27:43.70**	**01:28:02.25**	+00:30:29 (34.6%)	7:58	7.5 (65.2%)
70	**DARŁAK Joanna**	**5052**		K30	33		**01:27:29.70**	**01:28:03.55**	+00:30:30 (34.7%)	7:57	7.5 (65.2%)
71	**ZYGMUNT Monika**	**5371**		K40	16	00:00:30	**01:27:55.80**	**01:28:16.55**	+00:30:43 (34.8%)	7:56	7.5 (65.2%)
72	**KAMIŃSKA Beata**	**5127**	MYSZKÓW BIEGA	K50	6		**01:28:10.85**	**01:28:17.35**	+00:30:44 (34.8%)	8:01	7.5 (65.2%)
73	**SANDOMIERSKA Karina**	**5276**		K40	17		**01:28:27.60**	**01:28:38.25**	+00:31:05 (35.1%)	8:02	7.5 (65.2%)

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74	**MAZUR Magdalena**	**5196**	HEROBOX	K40	18		**01:28:34.95**	**01:28:46.35**	+00:31:13 (35.2%)	8:03	7.5 (65.2%)
75	**WĄSOWICZ Martyna**	**5346**		K20	18		**01:28:41.80**	**01:28:47.60**	+00:31:14 (35.2%)	8:03	7.4 (64.3%)
76	**JAGODZIŃSKA Justyna**	**5100**	BOLT TRZEMESZNO	K20	19		**01:28:38.40**	**01:29:04.30**	+00:31:31 (35.4%)	8:03	7.4 (64.3%)
77	**KIELIŃSKA Kamila**	**5134**		K30	34	00:00:30	**01:28:59.65**	**01:29:10.85**	+00:31:38 (35.5%)	8:02	7.5 (65.2%)
78	**ZIELIŃSKA IGNASZAK Iwona**	**5368**	HEROBOX	K40	19		**01:29:25.00**	**01:29:35.90**	+00:32:03 (35.8%)	8:07	7.4 (64.3%)
79	**PIETRZAK Sylwia**	**5238**		K30	35		**01:29:39.65**	**01:29:47.35**	+00:32:14 (35.9%)	8:09	7.4 (64.3%)
80	**ADAMKIEWICZ Dorota**	**5001**		K30	36		**01:29:30.15**	**01:29:56.05**	+00:32:23 (36.0%)	8:08	7.4 (64.3%)
81	**LIPTAKOVA Adelka**	**5177**	ACTIVE LIFE KOSICE	K40	20		**01:30:11.40**	**01:30:24.20**	+00:32:51 (36.3%)	8:12	7.3 (63.5%)
82	**SZYIŃSKA Alicja**	**5327**	NOA	K30	37		**01:30:15.30**	**01:30:31.25**	+00:32:58 (36.4%)	8:12	7.3 (63.5%)
83	**CYRAN Monika**	**5159**		K30	38		**01:30:09.70**	**01:30:32.45**	+00:32:59 (36.4%)	8:11	7.3 (63.5%)
84	**MĄCZKA Krystyna**	**5444**	EKSTREMALNE OTK NA RELAKSIE	K60	1		**01:30:33.45**	**01:30:38.40**	+00:33:05 (36.5%)	8:14	7.3 (63.5%)
85	**SEPELAKOVA Lucia**	**4961**		K30	39		**01:30:04.85**	**01:30:39.80**	+00:33:07 (36.5%)	8:11	7.3 (63.5%)
86	**CHOŁUJ Iwona**	**5042**	WARIATKI I HISTRYCZKI	K40	21		**01:31:03.45**	**01:31:16.65**	+00:33:43 (37.0%)	8:16	7.2 (62.6%)
87	**CHOŁUJ Aleksandra**	**5043**	WARIATKI I HISTRYCZKI	K14	1	00:00:30	**01:31:33.20**	**01:31:46.65**	+00:34:13 (37.3%)	8:16	7.2 (62.6%)
88	**TOMASZEWSKA Magdalena**	**5338**		K40	22		**01:31:21.35**	**01:31:49.90**	+00:34:17 (37.3%)	8:18	7.2 (62.6%)
89	**OSIŃSKA Sylwia**	**5222**		K40	23		**01:31:35.90**	**01:31:54.45**	+00:34:21 (37.4%)	8:19	7.2 (62.6%)
90	**SEBZDA Małgorzata**	**5277**	HUSARIA RACE TEAM	K40	24		**01:31:52.10**	**01:31:55.60**	+00:34:22 (37.4%)	8:21	7.2 (62.6%)
91	**ZARZECZNA Halina**	**5432**		K50	7		**01:31:43.35**	**01:32:00.00**	+00:34:27 (37.5%)	8:20	7.2 (62.6%)
92	**SETA Wiktoria**	**5281**	PADŁ NA RYJ	K30	40		**01:31:59.75**	**01:32:21.60**	+00:34:48 (37.7%)	8:21	7.2 (62.6%)
93	**GADAMSKA-KABATA Paulina**	**5439**		K30	41		**01:32:09.75**	**01:32:43.60**	+00:35:10 (37.9%)	8:22	7.2 (62.6%)
94	**NIEMCZUK-WARNECKE Justyna**	**5212**		K30	42		**01:32:33.95**	**01:32:44.85**	+00:35:12 (38.0%)	8:24	7.1 (61.7%)
95	**ANCUKIEWICZ Magdalena**	**5004**		K30	43		**01:33:28.55**	**01:33:35.35**	+00:36:02 (38.5%)	8:29	7.1 (61.7%)
96	**SITAREK Iwona**	**5288**		K50	8		**01:33:23.20**	**01:33:41.05**	+00:36:08 (38.6%)	8:29	7.1 (61.7%)
97	**NIEGŁOS Karolina**	**5211**		K30	44		**01:33:44.45**	**01:33:54.90**	+00:36:22 (38.7%)	8:31	7 (60.9%)
98	**KOSZYKA Weronika**	**5149**	CONSTRAVIA	K20	20		**01:33:46.45**	**01:34:07.95**	+00:36:35 (38.9%)	8:31	7 (60.9%)
99	**BERNAT Agnieszka**	**5015**		K20	21		**01:33:46.45**	**01:34:13.15**	+00:36:40 (38.9%)	8:31	7 (60.9%)
100	**STĘPIEŃ Justyna**	**5305**		K30	45	00:00:30	**01:33:46.45**	**01:34:14.10**	+00:36:41 (38.9%)	8:28	7.1 (61.7%)
101	**DOBRZYNIECKA Magdalena**	**5062**		K40	25	00:00:30	**01:34:10.65**	**01:34:17.30**	+00:36:44 (39.0%)	8:31	7 (60.9%)
102	**ŁUCJANEK Justyna**	**5183**		K30	46		**01:34:14.20**	**01:34:26.20**	+00:36:53 (39.1%)	8:34	7 (60.9%)
103	**BOGUSZ Emilia**	**5027**		K30	47	00:00:30	**01:34:12.85**	**01:34:26.25**	+00:36:53 (39.1%)	8:31	7 (60.9%)
104	**GAJEWSKA Magdalena**	**5401**		K40	26		**01:34:57.80**	**01:35:27.75**	+00:37:55 (39.7%)	8:38	6.9 (60.0%)
105	**PALUSZKIEWICZ Karolina**	**5226**	ŚREMSKI KLUB MORSÓW 'MROZIK'	K40	27		**01:35:27.90**	**01:35:30.35**	+00:37:57 (39.7%)	8:40	6.9 (60.0%)
106	**FĄFARA Agnieszka**	**5070**		K40	28		**01:35:12.85**	**01:35:51.20**	+00:38:18 (40.0%)	8:39	6.9 (60.0%)
107	**JASIŃSKA Justyna**	**5113**	KOTEŁ TEAM	K20	22	00:00:30	**01:35:54.00**	**01:36:17.45**	+00:38:44 (40.2%)	8:40	6.9 (60.0%)
108	**BRZEWIŃSKA Marzena**	**5033**	BOLT TRZEMESZNO	K40	29		**01:36:22.95**	**01:36:47.75**	+00:39:15 (40.5%)	8:45	6.8 (59.1%)
109	**JEZIERSKA Karina**	**5116**	PĘDZĄCE LASSO	K40	30		**01:37:15.35**	**01:37:44.10**	+00:40:11 (41.1%)	8:50	6.8 (59.1%)
110	**JAMRÓZ Joanna**	**5103**	JAMERKI	K40	31		**01:38:01.20**	**01:38:20.05**	+00:40:47 (41.5%)	8:54	6.7 (58.3%)
111	**MOSÓR Lilla**	**5206**	LISY PUSTYNI	K40	32		**01:39:03.90**	**01:39:18.95**	+00:41:46 (42.1%)	9:00	6.7 (58.3%)
112	**LEPIARZ Beata**	**5173**		K40	33	00:00:30	**01:39:22.15**	**01:39:51.60**	+00:42:18 (42.4%)	8:59	6.7 (58.3%)
113	**ZGORZELSKA Ania**	**5365**		K30	48		**01:39:42.55**	**01:39:55.65**	+00:42:22 (42.4%)	9:03	6.6 (57.4%)
114	**SIERPOWSKA-BARTOSIK Agnieszka**	**5287**	VEGE RUNNERS	K40	34		**01:39:38.00**	**01:40:00.75**	+00:42:28 (42.5%)	9:03	6.6 (57.4%)
115	**RONDUDA Małgorzata**	**5263**		K40	35		**01:39:28.50**	**01:40:07.25**	+00:42:34 (42.5%)	9:02	6.6 (57.4%)
116	**KACZYŃSKA Julia**	**5120**		K14	2		**01:40:01.75**	**01:40:25.80**	+00:42:53 (42.7%)	9:05	6.6 (57.4%)
117	**PRZYCHODZIEŃ Gabriela**	**5255**	MORDECZKI	K20	23		**01:40:24.55**	**01:40:52.40**	+00:43:19 (43.0%)	9:07	6.6 (57.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
118	**KOLAJ Hanna**	**5143**		K30	49		**01:40:23.70**	**01:40:52.55**	+00:43:19 (43.0%)	9:07	6.6 (57.4%)
119	**SYGUŁA Dominika**	**5406**		K30	50	00:00:30	**01:40:51.95**	**01:41:08.00**	+00:43:35 (43.1%)	9:07	6.6 (57.4%)
120	**KOWALCZYK-CHRZUSZCZ Katarzyna**	**5153**	SLOW JOGGING ŁÓDŹ	K50	9		**01:41:05.05**	**01:41:27.60**	+00:43:54 (43.3%)	9:11	6.5 (56.5%)
121	**GASIK Wioletta**	**5380**	HUMAN&HUNTER RUNNERS TEAM	K40	36		**01:41:17.45**	**01:41:31.90**	+00:43:59 (43.3%)	9:12	6.5 (56.5%)
122	**BAKALARZ Aleksandra**	**5008**	EPOKA NOEDICA ŁÓDŹ	K50	10		**01:41:21.30**	**01:41:43.35**	+00:44:10 (43.4%)	9:12	6.5 (56.5%)
123	**MACIEJAK LECHOWSKA Kamila**	**5184**	WKURW_TEAM	K30	51		**01:41:42.20**	**01:42:09.20**	+00:44:36 (43.7%)	9:14	6.5 (56.5%)
124	**TOCZEK Katarzyna**	**5335**		K30	52		**01:41:43.20**	**01:42:10.35**	+00:44:37 (43.7%)	9:14	6.5 (56.5%)
125	**SZYMAŁA Karolina**	**5328**	#NIUŃKOWABIEGA	K14	3		**01:42:07.10**	**01:42:26.95**	+00:44:54 (43.8%)	9:17	6.5 (56.5%)
126	**MONKIEWICZ-OBRZUT Agata**	**5204**		K30	53		**01:42:35.15**	**01:42:56.30**	+00:45:23 (44.1%)	9:19	6.4 (55.7%)
127	**ŚCISŁY Malwina**	**5413**		K20	24		**01:42:44.25**	**01:43:12.40**	+00:45:39 (44.2%)	9:20	6.4 (55.7%)
128	**GÓRKA Jolanta**	**5085**		K40	37		**01:43:07.45**	**01:43:13.40**	+00:45:40 (44.3%)	9:22	6.4 (55.7%)
129	**BIEL Agnieszka**	**5018**		K40	38		**01:43:30.75**	**01:43:38.75**	+00:46:06 (44.5%)	9:24	6.4 (55.7%)
130	**ZACHAREK Ewelina**	**5358**		K40	39		**01:43:36.30**	**01:43:48.90**	+00:46:16 (44.6%)	9:25	6.4 (55.7%)
131	**FILEWSKA Izabela**	**5072**	HEROBOX	K40	40		**01:43:37.55**	**01:43:49.10**	+00:46:16 (44.6%)	9:25	6.4 (55.7%)
132	**PĘKALSKA Anna**	**5234**		K40	41	00:00:30	**01:43:29.85**	**01:43:58.45**	+00:46:25 (44.7%)	9:21	6.4 (55.7%)
133	**BURZ Jowita**	**5037**		K40	42		**01:43:58.40**	**01:44:16.70**	+00:46:43 (44.8%)	9:27	6.3 (54.8%)
134	**CZYŻEWSKA-MAŁŻ Ewelina**	**5051**		K30	54		**01:44:55.75**	**01:45:20.35**	+00:47:47 (45.4%)	9:32	6.3 (54.8%)
135	**NIZIK Magdalena**	**5214**	VEGEDOG	K40	43		**01:45:06.00**	**01:45:30.10**	+00:47:57 (45.5%)	9:33	6.3 (54.8%)
136	**BODULSKA Izabela**	**5025**		K40	44		**01:45:51.30**	**01:45:54.35**	+00:48:21 (45.7%)	9:37	6.2 (53.9%)
137	**STANKIEWICZ Ewa**	**5303**		K30	55		**01:45:24.50**	**01:45:58.20**	+00:48:25 (45.7%)	9:35	6.3 (54.8%)
138	**WYLĘGAŁA Anna**	**5357**	LAMA&SPÓŁKA	K20	25		**01:45:41.25**	**01:46:03.80**	+00:48:31 (45.7%)	9:36	6.2 (53.9%)
139	**ROMANOWSKA Magdalena**	**5261**		K20	26		**01:45:59.25**	**01:46:11.75**	+00:48:39 (45.8%)	9:38	6.2 (53.9%)
140	**ROMANOWSKA Marta**	**5262**		K30	56		**01:45:59.20**	**01:46:12.00**	+00:48:39 (45.8%)	9:38	6.2 (53.9%)
141	**LEWIŃSKA Aleksandra**	**5451**		K30	57	00:00:30	**01:46:17.85**	**01:46:30.00**	+00:48:57 (46.0%)	9:37	6.2 (53.9%)
142	**SULEWSKA Kasia**	**5313**	BIEGAM BO LUBIĘ OSTROŁĘKA	K40	45		**01:46:06.45**	**01:46:32.35**	+00:48:59 (46.0%)	9:38	6.2 (53.9%)
143	**MARCINIAK Magdalena**	**5188**		K30	58		**01:46:27.65**	**01:46:33.90**	+00:49:01 (46.0%)	9:40	6.2 (53.9%)
144	**PAWLIK Agnieszka**	**5231**	CAŁA OLEŚNICA BIEGA	K40	46		**01:46:03.65**	**01:46:35.00**	+00:49:02 (46.0%)	9:38	6.2 (53.9%)
145	**PODBIELSKA Anna**	**5246**	KAJA TEAM	K40	47		**01:46:33.75**	**01:46:44.95**	+00:49:12 (46.1%)	9:41	6.2 (53.9%)
146	**RYŻYŃSKA Agnieszka**	**5268**	CHEŁM BIEGA	K40	48		**01:47:26.40**	**01:47:47.85**	+00:50:15 (46.6%)	9:46	6.1 (53.0%)
147	**BRATEK Maja**	**5435**	BIŁGORAJ BIEGA - OTK RZEŹNIK	K14	4		**01:48:20.65**	**01:48:58.05**	+00:51:25 (47.2%)	9:51	6.1 (53.0%)
148	**GAŁKA Aleksandra**	**5076**	KB SUKCES ŻMIGRÓD	K40	49		**01:48:58.70**	**01:49:29.80**	+00:51:57 (47.4%)	9:54	6.1 (53.0%)
149	**MIERZWA Laura**	**5197**		K20	27		**01:49:03.65**	**01:49:32.40**	+00:51:59 (47.5%)	9:54	6.1 (53.0%)
150	**PIETRZAK-POROWSKA Agnieszka**	**5239**		K30	59	00:01:00	**01:49:41.10**	**01:50:18.35**	+00:52:45 (47.8%)	9:52	6.1 (53.0%)
151	**MIKSZA Aneta**	**5199**		K40	50		**01:50:08.65**	**01:50:20.15**	+00:52:47 (47.8%)	10:00	6 (52.2%)
152	**SMUG Ewelina**	**5299**		K30	60		**01:50:33.85**	**01:50:40.15**	+00:53:07 (48.0%)	10:03	6 (52.2%)
153	**KANIEWSKA Justyna**	**5129**	DZIKI DZIK TEAM	K20	28		**01:50:56.30**	**01:51:23.55**	+00:53:50 (48.3%)	10:05	5.9 (51.3%)
154	**GOŁĘBIEWSKA Marta**	**5082**		K30	61		**01:52:08.25**	**01:52:22.10**	+00:54:49 (48.8%)	10:11	5.9 (51.3%)
155	**WILK Magdalena**	**5348**	WKURW_TEAM	K40	51		**01:51:49.90**	**01:52:22.15**	+00:54:49 (48.8%)	10:10	5.9 (51.3%)
156	**SOŁKIEWICZ Marta**	**5301**	WKURW_TEAM	K40	52		**01:51:49.55**	**01:52:22.80**	+00:54:50 (48.8%)	10:09	5.9 (51.3%)
157	**BŁAŻEJEWSKA-RUPIŃSKA Anna**	**5416**		K50	11		**01:52:23.40**	**01:52:42.55**	+00:55:09 (48.9%)	10:13	5.9 (51.3%)
158	**MACIEJEWSKA Angelika**	**5185**	WKURW_TEAM	K30	62	00:00:30	**01:52:19.95**	**01:52:54.50**	+00:55:21 (49.0%)	10:10	5.9 (51.3%)
159	**STRADZA Katarzyna**	**5310**	ROZBIEGAMY NOWY DWÓR	K50	12		**01:53:03.00**	**01:53:21.20**	+00:55:48 (49.2%)	10:16	5.8 (50.4%)
160	**GRZESKOWIAK Anna**	**5090**		K40	53		**01:53:10.40**	**01:53:41.10**	+00:56:08 (49.4%)	10:17	5.8 (50.4%)
161	**PILECKA Joanna**	**5241**		K40	54		**01:53:11.30**	**01:53:41.85**	+00:56:09 (49.4%)	10:17	5.8 (50.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
162	**OKRASA Sylwia**	**5219**		K20	29		**01:53:29.80**	**01:53:50.15**	+00:56:17 (49.4%)	10:19	5.8 (50.4%)
163	**ZEMŁA Dorota**	**5363**		K20	30	00:00:30	**01:53:45.10**	**01:54:21.10**	+00:56:48 (49.7%)	10:17	5.8 (50.4%)
164	**DASZCZYŃSKA Iwona**	**5053**		K40	55		**01:54:19.75**	**01:54:47.30**	+00:57:14 (49.9%)	10:23	5.8 (50.4%)
165	**LIMAN Dorota**	**5175**		K40	56		**01:56:05.45**	**01:56:19.05**	+00:58:46 (50.5%)	10:33	5.7 (49.6%)
166	**CYMMER Marta**	**5046**		K30	63		**01:56:28.35**	**01:56:45.00**	+00:59:12 (50.7%)	10:35	5.7 (49.6%)
167	**GRINIG Mirela**	**5087**		K40	57		**01:56:42.60**	**01:57:10.85**	+00:59:38 (50.9%)	10:36	5.7 (49.6%)
168	**ROSINSKA Barbara**	**5264**	BOLT TRZEMESZNO	K30	64		**01:57:58.15**	**01:58:23.70**	+01:00:50 (51.4%)	10:43	5.6 (48.7%)
169	**BEDNAREK Irena**	**5014**	BOLT TRZEMESZNO	K50	13		**01:57:57.85**	**01:58:24.10**	+01:00:51 (51.4%)	10:43	5.6 (48.7%)
170	**ANDRZEJEWSKA Zuzanna**	**5006**		K20	31		**01:59:09.60**	**01:59:15.60**	+01:01:42 (51.7%)	10:49	5.5 (47.8%)
171	**NAWROCKA Karolina**	**5425**		K30	65	00:00:30	**01:59:16.00**	**01:59:50.10**	+01:02:17 (52.0%)	10:47	5.6 (48.7%)
172	**NAWROCKA Małgorzata**	**5210**	CF Z16	K40	58	00:00:30	**01:59:17.40**	**01:59:51.70**	+01:02:18 (52.0%)	10:47	5.6 (48.7%)
173	**ŚCISŁY Aleksandra**	**5414**		K40	59		**01:59:45.15**	**02:00:13.50**	+01:02:40 (52.1%)	10:53	5.5 (47.8%)
174	**PUKOCZ Katarzyna**	**5256**		K30	66		**01:59:44.25**	**02:00:13.65**	+01:02:40 (52.1%)	10:53	5.5 (47.8%)
175	**WOROSZYŁO Agnieszka**	**5352**		K20	32	00:00:30	**02:00:15.85**	**02:00:25.75**	+01:02:53 (52.2%)	10:53	5.5 (47.8%)
176	**BOROWIAK Patrycja**	**5028**	WKURW_TEAM	K30	67	00:00:30	**02:02:21.70**	**02:02:56.75**	+01:05:24 (53.2%)	11:04	5.4 (47.0%)
177	**ZWYDAK Anna**	**5403**	WKURW_TEAM	K30	68		**02:04:54.25**	**02:05:27.75**	+01:07:55 (54.1%)	11:21	5.3 (46.1%)
178	**BOROWIK Agata**	**5378**	CAŁA OLEŚNICA BIEGA	K30	69		**02:10:22.35**	**02:10:30.55**	+01:12:57 (55.9%)	11:51	5.1 (44.3%)
179	**KAJEWSKA Katarzyna**	**5121**		K40	60		**02:14:24.25**	**02:14:44.90**	+01:17:12 (57.3%)	12:13	4.9 (42.6%)
180	**SKOMOROWSKA Monika**	**5290**	TEAMZABIEGANEDNI/WKURW-TEAM	K40	61		**02:14:38.80**	**02:14:56.05**	+01:17:23 (57.4%)	12:14	4.9 (42.6%)

Znaleziono 180 wynik(ów)