



DYCHA NA JELENI SKOK

B4SPORT

Wydarzenie: VII FESTIWAL BIEGU RZEŹNIKA
Organizator: Fundacja Bieg Rzeźnika
Data: 2021-05-28
Miejsce: Cisna
Dystans: 11 km

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: K-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
1	GŁOMBIOWSKA Zuzanna	3245	RUNPASSION.PL TEAM	K20	1	01:11:53.45		6:32	9.2 (100%)
2	KAPUSTA-SZYDŁAK Sylwia	3306	RZESZOWSKA AKADEMIA KOLARSKA	K30	1	01:12:32.10	+00:00:38 (0.9%)	6:35	9.1 (98.9%)
3	WOJNAROWSKA Weronika	3357		K30	2	01:18:19.05	+00:06:25 (8.2%)	7:07	8.4 (91.3%)
4	BIENIECKA Anna	3183	BIEG RZEŹNIKA	K40	1	01:18:24.20	+00:06:30 (8.3%)	7:07	8.4 (91.3%)
5	BARTKOWSKA Joanna	3563		K40	2	01:21:58.60	+00:10:05 (12.3%)	7:27	8.1 (88.0%)
6	OLSZEWSKA Oszi	3656		K40	3	01:22:08.15	+00:10:14 (12.5%)	7:28	8 (87.0%)
7	PELA Olga	3402	SKY-TRANS	K30	3	01:25:11.75	+00:13:18 (15.6%)	7:44	7.7 (83.7%)
8	ODOLIŃSKA Agnieszka	3326		K40	4	01:25:14.40	+00:13:20 (15.7%)	7:44	7.7 (83.7%)
9	KOWALCZYK Ewelina	3030		K20	2	01:25:35.20	+00:13:41 (16.0%)	7:46	7.7 (83.7%)
10	SLAWINSKA Anna	3449	REZERWOWE PSY	K30	4	01:26:19.00	+00:14:25 (16.7%)	7:50	7.6 (82.6%)
11	PIEKIELNA Angelika	3331	MUKS "JUNIOR" OCHĘDZYN	K30	5	01:26:45.60	+00:14:52 (17.1%)	7:53	7.6 (82.6%)
12	POTERA Krystyna	3059		K30	6	01:26:59.40	+00:15:05 (17.4%)	7:54	7.6 (82.6%)
13	SZYMANIK Anna	3076		K20	3	01:27:47.20	+00:15:53 (18.1%)	7:58	7.5 (81.5%)
14	SZCZYPLIŃSKA Anna	3234	SFORA BMK	K40	5	01:29:00.90	+00:17:07 (19.2%)	8:05	7.4 (80.4%)
15	SKAWIŃSKA Justyna	3154		K30	7	01:29:13.70	+00:17:20 (19.4%)	8:06	7.4 (80.4%)
16	PASIEKA Agnieszka	3142	KB ATHLETIC ZRĘCIN	K40	6	01:29:21.55	+00:17:28 (19.5%)	8:07	7.4 (80.4%)
17	KORZEP-CZEKALSKA Dorota	3500		K40	7	01:32:55.10	+00:21:01 (22.6%)	8:26	7.1 (77.2%)
18	NOWAK Katarzyna	3139		K30	8	01:33:00.90	+00:21:07 (22.7%)	8:27	7.1 (77.2%)
19	RUDZIARCZYK Karolina	3560		K20	4	01:33:16.85	+00:21:23 (22.9%)	8:28	7.1 (77.2%)
20	KIELAR Kamila	3308		K30	9	01:33:36.25	+00:21:42 (23.2%)	8:30	7.1 (77.2%)
21	WALASZEK Karolina	3420		K20	5	01:34:39.20	+00:22:45 (24.0%)	8:36	7 (76.1%)
22	KRÓL Pola	3392	WIRAN TEAM	K20	6	01:34:58.15	+00:23:04 (24.3%)	8:38	6.9 (75.0%)
23	KIELAR Aleksandra	3253		K20	7	01:35:54.00	+00:24:00 (25.0%)	8:43	6.9 (75.0%)
24	GOLONKA Anna	3659		K30	10	01:37:23.85	+00:25:30 (26.2%)	8:51	6.8 (73.9%)
25	GRONOWSKA Joanna	3379	FFF / CROSS TRENING CIECHANÓW	K30	11	01:38:43.40	+00:26:49 (27.2%)	8:58	6.7 (72.8%)
26	ZAWADA Magdalena	3361	JJFIT RUNNING TEAM	K40	8	01:39:07.65	+00:27:14 (27.5%)	9:00	6.7 (72.8%)
27	MADEJ Weronika	3493		K20	8	01:39:52.75	+00:27:59 (28.0%)	9:04	6.6 (71.7%)
28	PINTSCHER Paulina	3056	EXPRESSMAP	K30	12	01:39:59.35	+00:28:05 (28.1%)	9:05	6.6 (71.7%)
29	HOŁOWATY Renia	3019	BIESZCZADZKA WATAHA	K20	9	01:40:15.45	+00:28:22 (28.3%)	9:06	6.6 (71.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
30	ZAPAŁA Monika	3103		K40	9	01:40:39.45	+00:28:46 (28.6%)	9:09	6.6 (71.7%)
31	SZYMANIK Lidia	3075		K40	10	01:40:44.40	+00:28:50 (28.6%)	9:09	6.6 (71.7%)
32	FĄFARA Agnieszka	3295		K40	11	01:41:12.55	+00:29:19 (29.0%)	9:12	6.5 (70.7%)
33	FIGEL Zuzanna	3296		K20	10	01:41:31.10	+00:29:37 (29.2%)	9:13	6.5 (70.7%)
34	KOSEWSKA Monika	3221	SFORA BMK	K40	12	01:42:38.65	+00:30:45 (30.0%)	9:19	6.4 (69.6%)
35	WRZOSEK Kasia	3237	STG WARSZAWA	K30	13	01:42:49.05	+00:30:55 (30.1%)	9:20	6.4 (69.6%)
36	JÓZEFCZYK Anna	3491		K30	14	01:42:52.60	+00:30:59 (30.1%)	9:21	6.4 (69.6%)
37	BROŻYNA Magda	3002		K40	13	01:43:10.30	+00:31:16 (30.3%)	9:22	6.4 (69.6%)
38	SLIWINSKA Katarzyna	3274		K40	14	01:43:54.30	+00:32:00 (30.8%)	9:26	6.4 (69.6%)
39	STAROŃ Gabriela	3410		K30	15	01:44:22.90	+00:32:29 (31.1%)	9:29	6.3 (68.5%)
40	KUDZIA Katarzyna	3255	BRACHTWO BIEGOWE BGK	K30	16	01:44:28.90	+00:32:35 (31.2%)	9:29	6.3 (68.5%)
41	IVANOVA Alina	3188		K30	17	01:44:33.85	+00:32:40 (31.2%)	9:30	6.3 (68.5%)
42	BECHTA Katarzyna	3239	BRACHTWO BIEGOWE BGK	K20	11	01:44:35.65	+00:32:42 (31.3%)	9:30	6.3 (68.5%)
43	CHOJNACKA Małgorzata	3489	TEAM ZALESICE	K40	15	01:44:50.70	+00:32:57 (31.4%)	9:31	6.3 (68.5%)
44	BOKSA Anna	3001	KKM KALORYFER	K30	18	01:45:02.70	+00:33:09 (31.6%)	9:32	6.3 (68.5%)
45	KĘDRA Agnieszka	3307		K30	19	01:45:04.10	+00:33:10 (31.6%)	9:33	6.3 (68.5%)
46	MAJEWSKA Joanna	3477	PGE RUN OBRÓT	K40	16	01:45:04.65	+00:33:11 (31.6%)	9:33	6.3 (68.5%)
47	PIETRZAK Monika	3585		K30	20	01:45:04.95	+00:33:11 (31.6%)	9:33	6.3 (68.5%)
48	LEWTAK Adrianna	3318		K30	21	01:45:34.90	+00:33:41 (31.9%)	9:35	6.3 (68.5%)
49	HEĆMAŃCZUK Katarzyna	3248	ROOKIES	K30	22	01:45:44.75	+00:33:51 (32.0%)	9:36	6.2 (67.4%)
50	WAŁĘGA-ROSTEK Małgorzata	3575		K50	1	01:45:48.05	+00:33:54 (32.1%)	9:37	6.2 (67.4%)
51	WOJDAS Izabela	3096		K40	17	01:46:03.85	+00:34:10 (32.2%)	9:38	6.2 (67.4%)
52	JAGIELSKA Zuzanna	3021	DZIKI Z ŁASINA	K20	12	01:46:04.50	+00:34:11 (32.2%)	9:38	6.2 (67.4%)
53	CEBRAT Ewa	3289	DZIEWCZYNY Z SANOKA	K40	18	01:46:06.30	+00:34:12 (32.2%)	9:38	6.2 (67.4%)
54	GÓRSKA Oliwia	3301		K30	23	01:46:10.45	+00:34:17 (32.3%)	9:39	6.2 (67.4%)
55	ADAMKIEWICZ Natalia	3522		K30	24	01:47:52.70	+00:35:59 (33.4%)	9:48	6.1 (66.3%)
56	GÓRNY Kamila	3300	SŁOŃCA JURY	K30	25	01:48:35.40	+00:36:41 (33.8%)	9:52	6.1 (66.3%)
57	WALASZCZYK Paulina	3278	BRACHTWO BIEGOWE BGK	K20	13	01:48:54.70	+00:37:01 (34.0%)	9:54	6.1 (66.3%)
58	KORZENIOWSKA Justyna	3665	RK ATHLETICS	K40	19	01:49:07.30	+00:37:13 (34.1%)	9:55	6 (65.2%)
59	FOLTA Anita	3007	GRUPA BIEGOWA ZARSZYN	K50	2	01:49:19.00	+00:37:25 (34.2%)	9:56	6 (65.2%)
60	DONIEC Katarzyna	3294	AGARUN	K40	20	01:49:39.50	+00:37:46 (34.4%)	9:58	6 (65.2%)
61	KROPIAK Katarzyna	3223	VEGE RUNNERS	K30	26	01:49:44.10	+00:37:50 (34.5%)	9:58	6 (65.2%)
62	WASYLÓW Izabela	3483		K30	27	01:50:46.40	+00:38:52 (35.1%)	10:04	6 (65.2%)
63	KORBUS-GUZ Małgorzata	3311		K40	21	01:50:46.85	+00:38:53 (35.1%)	10:04	6 (65.2%)
64	KAJMOWICZ Katarzyna	3490		K30	28	01:50:55.35	+00:39:01 (35.2%)	10:05	6 (65.2%)
65	LUBAŃSKA Alicja	3394		K50	3	01:51:08.95	+00:39:15 (35.3%)	10:06	5.9 (64.1%)
66	STAŃCZUK Dorota	3067	SLOW JOGGING SIEDLCE	K50	4	01:51:19.75	+00:39:26 (35.4%)	10:07	5.9 (64.1%)
67	ZAPAŁOWSKA Jolanta	3104	SLOW JOGGING SIEDLCE	K60	1	01:51:20.90	+00:39:27 (35.4%)	10:07	5.9 (64.1%)
68	GARWACKA Beata	3298		K50	5	01:51:34.95	+00:39:41 (35.6%)	10:08	5.9 (64.1%)
69	DOMARADZKA- KASZUBOWICZ Wiktoria	3293	DZIEWCZYNY Z SANOKA	K30	29	01:51:51.25	+00:39:57 (35.7%)	10:10	5.9 (64.1%)
70	LEŚNIAK-POPIEL Marta	3317	DZIEWCZYNY Z SANOKA	K40	22	01:51:52.65	+00:39:59 (35.7%)	10:10	5.9 (64.1%)
71	HARBAT Jolanta	3602		K30	30	01:51:59.45	+00:40:06 (35.8%)	10:10	5.9 (64.1%)
72	OCHALIK Julia	3051		K20	14	01:52:12.65	+00:40:19 (35.9%)	10:12	5.9 (64.1%)
73	DZIKI Ania	3005	BIEGI W ROGOŹNIKU	K30	31	01:52:36.50	+00:40:43 (36.2%)	10:14	5.9 (64.1%)

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74	KURAS-SMOLNIK Magdalena	3034	SIERADZBIEGA.PL	K40	23	01:52:59.25	+00:41:05 (36.4%)	10:16	5.8 (63.0%)
75	CHOMA Grażyna	3244	PĘDZĄCE LENIWCE	K40	24	01:53:17.00	+00:41:23 (36.5%)	10:17	5.8 (63.0%)
76	SUDAKOWSKA Agnieszka	3413	QUICKLYCLEAN AGNIESZKA SUDAKOWSKA	K30	32	01:53:23.10	+00:41:29 (36.6%)	10:18	5.8 (63.0%)
77	RADGOWSKA Gabriela	3333		K30	33	01:53:26.15	+00:41:32 (36.6%)	10:18	5.8 (63.0%)
78	SZPERNAL Beata	3349		K50	6	01:53:51.40	+00:41:57 (36.9%)	10:21	5.8 (63.0%)
79	WIŚNIEWSKA Katarzyna	3166		K40	25	01:54:09.65	+00:42:16 (37.0%)	10:22	5.8 (63.0%)
80	KOCHANOWSKA Anna	3127	CZEWARUN TIM	K40	26	01:54:19.40	+00:42:25 (37.1%)	10:23	5.8 (63.0%)
81	KIJEWSKA Karolina	3029	BRYGADA KRYZYS WIEKU ŚREDNIEGO	K40	27	01:54:24.60	+00:42:31 (37.2%)	10:24	5.8 (63.0%)
82	MRUCZYŃSKA-PIETRUCZANIS Katarzyna	3324	AKTYWNI WĘGRÓW, DEVI HIMAL TEAM	K40	28	01:54:33.75	+00:42:40 (37.2%)	10:24	5.8 (63.0%)
83	ZAJĄC-MICHALEC Katarzyna	3454	J&K	K30	34	01:54:56.05	+00:43:02 (37.5%)	10:26	5.7 (62.0%)
84	PŁACZEK Jolanta	3446	J&K	K40	29	01:54:58.80	+00:43:05 (37.5%)	10:27	5.7 (62.0%)
85	OPALINSKA Malgorzata	3264		K30	35	01:55:05.40	+00:43:11 (37.5%)	10:27	5.7 (62.0%)
86	DZIEWA Magdalena	3372		K50	7	01:55:50.40	+00:43:56 (37.9%)	10:31	5.7 (62.0%)
87	RUDNICKA Elżbieta	3063		K40	30	01:55:51.05	+00:43:57 (37.9%)	10:31	5.7 (62.0%)
88	KALICIŃSKA Monika	3251	NOSTROMO	K30	36	01:56:04.65	+00:44:11 (38.1%)	10:33	5.7 (62.0%)
89	WIERZBICKA Katarzyna	3090		K30	37	01:56:37.35	+00:44:43 (38.4%)	10:36	5.7 (62.0%)
90	WIERZBICKA Aleksandra	3091		K20	15	01:56:37.45	+00:44:44 (38.4%)	10:36	5.7 (62.0%)
91	BRUSZEWSKA- GŁOMBIOWSKA Monika	3365	ULTRA ŻÓŁWIK	K20	16	01:56:52.40	+00:44:58 (38.5%)	10:37	5.6 (60.9%)
92	GRACZYK Dobrochna	3247		K20	17	01:56:55.40	+00:45:01 (38.5%)	10:37	5.6 (60.9%)
93	CZECH Dominika	3115		K20	18	01:56:57.00	+00:45:03 (38.5%)	10:37	5.6 (60.9%)
94	MROCZEK Justyna	3323	ADIDAS RUNNERS WARSAW	K30	38	01:57:26.65	+00:45:33 (38.8%)	10:40	5.6 (60.9%)
95	DĄBKOWSKA Edyta	3370	CROSS TRENING MAZOVIA CIECHANÓW	K20	19	01:57:30.20	+00:45:36 (38.8%)	10:40	5.6 (60.9%)
96	SURDACKA Edyta	3464	MONKEYSTEAM	K30	39	01:57:31.05	+00:45:37 (38.8%)	10:41	5.6 (60.9%)
97	KAMINSKA-SUCHOWICZ Anna	3024	INŻYNIERIA BIEGANIA	K30	40	01:58:19.80	+00:46:26 (39.2%)	10:45	5.6 (60.9%)
98	TEJWAN Sylwia	3430	SPARTAN TRAINING GROUP WARSZAWA	K40	31	01:58:29.10	+00:46:35 (39.3%)	10:46	5.6 (60.9%)
99	NARLOCH Daria	3138	NARLOCHY	K30	41	01:58:34.15	+00:46:40 (39.4%)	10:46	5.6 (60.9%)
100	WYSOCKA Iwona	3281	KS JANUSZE	K30	42	01:58:35.40	+00:46:41 (39.4%)	10:46	5.6 (60.9%)
101	RĘPALSKA Agata	3152		K30	43	01:58:46.25	+00:46:52 (39.5%)	10:47	5.6 (60.9%)
102	SZWED Karolina	3158	SUSKA GRUPA BIEGOWA	K30	44	01:59:26.65	+00:47:33 (39.8%)	10:51	5.5 (59.8%)
103	GÓRKA Jolanta	3124	SUSKA GRUPA BIEGOWA	K40	32	01:59:27.05	+00:47:33 (39.8%)	10:51	5.5 (59.8%)
104	KORZELECKA Karolina	3564	GIANT PSIE POLE	K30	45	01:59:30.10	+00:47:36 (39.8%)	10:51	5.5 (59.8%)
105	TYBURCY-MASŁOWSKA Anna	3277		K40	33	01:59:30.30	+00:47:36 (39.8%)	10:51	5.5 (59.8%)
106	WOŹNIAK Lidia	3423	PORMAT JEDLICZE BIEGA	K50	8	01:59:45.45	+00:47:52 (40.0%)	10:53	5.5 (59.8%)
107	MAĆZKA Krystyna	3519	EXTREMALNE OTK NA RELAKSIE	K60	2	02:00:43.75	+00:48:50 (40.5%)	10:58	5.5 (59.8%)
108	TERLECKA Joanna	3235	MŁODY VS STARY	K30	46	02:00:45.75	+00:48:52 (40.5%)	10:58	5.5 (59.8%)
109	MICHALAK Justyna	3518	QUEENS OF CHAMONIX	K40	34	02:01:01.95	+00:49:08 (40.6%)	11:00	5.5 (59.8%)
110	ZAŁĘSKA Aleksandra	3102		K20	20	02:01:35.00	+00:49:41 (40.9%)	11:03	5.4 (58.7%)
111	WRÓBEL Barbara	3359	CISNA	K20	21	02:01:53.30	+00:49:59 (41.0%)	11:04	5.4 (58.7%)
112	PYZEL Anastazja	3406	KONDYCJA	K20	22	02:02:24.85	+00:50:31 (41.3%)	11:07	5.4 (58.7%)
113	MICHOTEK-TARASIUK Karolina	3470	MONKEYS' TEAM	K30	47	02:02:36.15	+00:50:42 (41.4%)	11:08	5.4 (58.7%)
114	CZERWONKA Żaneta	3463		K30	48	02:02:36.40	+00:50:42 (41.4%)	11:08	5.4 (58.7%)
115	RADYK Aleksandra	3337	PRZEMYSKI KLUB BIEGACZA	K20	23	02:03:06.85	+00:51:13 (41.6%)	11:11	5.4 (58.7%)
116	WAŚACZ Urszula	3279		K40	35	02:03:52.45	+00:51:59 (42.0%)	11:15	5.3 (57.6%)
117	KACZMARZYK Izabela	3249		K40	36	02:04:14.45	+00:52:21 (42.1%)	11:17	5.3 (57.6%)

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118	PAWELEC Krystyna	3144	DOGOŃ GRODZISK MAZOWIECKI	K60	3	02:04:33.65	+00:52:40 (42.3%)	11:19	5.3 (57.6%)
119	PASZEK Krystyna	3143	DOGOŃ GRODZISK MAZOWIECKI	K60	4	02:04:34.05	+00:52:40 (42.3%)	11:19	5.3 (57.6%)
120	GUZIK Justyna	3017	KKM KALORYFER	K40	37	02:04:44.25	+00:52:50 (42.4%)	11:20	5.3 (57.6%)
121	WIŚNIEWSKA Żaneta	3421	KIJKOWE TRZEMESZNO	K20	24	02:04:56.80	+00:53:03 (42.5%)	11:21	5.3 (57.6%)
122	STANKOWSKA Justyna	3409	KIJKOWE TRZEMESZNO	K40	38	02:04:57.50	+00:53:04 (42.5%)	11:21	5.3 (57.6%)
123	KOWALCZYK Magdalena	3193	ROZBIEGANY SULEJÓWEK	K30	49	02:05:29.00	+00:53:35 (42.7%)	11:24	5.3 (57.6%)
124	MIKULSKA Aneta	3194	ROZBIEGANY SULEJÓWEK	K40	39	02:05:29.10	+00:53:35 (42.7%)	11:24	5.3 (57.6%)
125	KASPRZYK Katarzyna	3027		K20	25	02:06:00.05	+00:54:06 (42.9%)	11:27	5.2 (56.5%)
126	MAZUR Katarzyna	3178	UKS AZYMUT PABIANICE	K30	50	02:06:00.70	+00:54:07 (42.9%)	11:27	5.2 (56.5%)
127	SZUBEL Katarzyna	3486		K30	51	02:06:41.15	+00:54:47 (43.3%)	11:31	5.2 (56.5%)
128	BIENIEK Lena	3287		K20	26	02:07:10.60	+00:55:17 (43.5%)	11:33	5.2 (56.5%)
129	BIENIEK Iwona	3286		K40	40	02:07:12.80	+00:55:19 (43.5%)	11:33	5.2 (56.5%)
130	NESTOROWICZ Monika	3202	KLUB BIEGACZA JURUND SZCZYTNO	K40	41	02:07:14.95	+00:55:21 (43.5%)	11:34	5.2 (56.5%)
131	BUZALSKA Agnieszka	3240	SMBUDOWLANI	K50	9	02:07:53.25	+00:55:59 (43.8%)	11:37	5.2 (56.5%)
132	WALISZEWSKA-PLEWA Izabela	3088		K40	42	02:08:22.00	+00:56:28 (44.0%)	11:40	5.1 (55.4%)
133	MATEJCZUK Julia	3038	BIAŁYSTOK BIEGA TEAM	K20	27	02:08:51.35	+00:56:57 (44.2%)	11:42	5.1 (55.4%)
134	KUCZYŃSKA Agnieszka	3033		K40	43	02:08:51.90	+00:56:58 (44.2%)	11:42	5.1 (55.4%)
135	ZIELIŃSKA Marta	3523	JACEKBIEGA RUNNING TEAM	K40	44	02:08:52.80	+00:56:59 (44.2%)	11:42	5.1 (55.4%)
136	KŁODZIŃSKA Barbara	3254	ULTRAMĘKI	K50	10	02:09:09.80	+00:57:16 (44.3%)	11:44	5.1 (55.4%)
137	PATALON-KŁODAWSKA Dorota	3266	DZIEWCZYNY Z MAZUR	K40	45	02:09:22.40	+00:57:28 (44.4%)	11:45	5.1 (55.4%)
138	LASKOWSKA Joanna	3256	DZIEWCZYNY Z MAZUR	K30	52	02:09:22.45	+00:57:29 (44.4%)	11:45	5.1 (55.4%)
139	DOLATA Magdalena	3292	SOCIOS SILESIA	K30	53	02:09:33.95	+00:57:40 (44.5%)	11:46	5.1 (55.4%)
140	BDZIKOT Anna	3362		K30	54	02:09:35.25	+00:57:41 (44.5%)	11:46	5.1 (55.4%)
141	WIŚNIEWSKA Magdalena	3095	ZMASAKROWANI	K40	46	02:09:38.10	+00:57:44 (44.5%)	11:47	5.1 (55.4%)
142	BLIM Sylwia	3000	ZMASAKROWANI	K40	47	02:09:39.15	+00:57:45 (44.6%)	11:47	5.1 (55.4%)
143	WAŚOWSKA Jagoda	3597	KS PEGAZ PIASECZNO	K50	11	02:09:55.15	+00:58:01 (44.7%)	11:48	5.1 (55.4%)
144	STASZCZYK Anna	3347		K30	55	02:10:57.25	+00:59:03 (45.1%)	11:54	5 (54.3%)
145	JAGODA Małgorzata	3382	FUCHS OIL TEAM	K20	28	02:11:19.60	+00:59:26 (45.3%)	11:56	5 (54.3%)
146	WOLSKA Anna	3097		K40	48	02:11:32.80	+00:59:39 (45.3%)	11:57	5 (54.3%)
147	FORMELLA Joanna	3011		K30	56	02:11:33.10	+00:59:39 (45.4%)	11:57	5 (54.3%)
148	SZANIAWSKA Agata	3609		K30	57	02:12:28.65	+01:00:35 (45.7%)	12:02	5 (54.3%)
149	TOMCZAK Magdalena	3351		K40	49	02:12:59.50	+01:01:06 (45.9%)	12:05	5 (54.3%)
150	ZADROŻNA Olga	3425	CROSS TRENING MAZOVIA CIECHANÓW	K30	58	02:13:52.35	+01:01:58 (46.3%)	12:10	4.9 (53.3%)
151	GRACZYK Dąbrówka	3246		K20	29	02:15:00.25	+01:03:06 (46.7%)	12:16	4.9 (53.3%)
152	KOSIN Irena	3312	WKURW_TEAM	K30	59	02:15:06.20	+01:03:12 (46.8%)	12:16	4.9 (53.3%)
153	GŁOWACKA Aleksandra	3219	MŁODY VS STARY	K40	50	02:16:38.55	+01:04:45 (47.4%)	12:25	4.8 (52.2%)
154	UCHEREK Kinga	3353		K40	51	02:17:52.45	+01:05:59 (47.9%)	12:32	4.8 (52.2%)
155	OCHWAT Elżbieta	3432	UKS ARKA UMIESZCZ	K40	52	02:18:02.05	+01:06:08 (47.9%)	12:32	4.8 (52.2%)
156	WÓDZ Anna	3167		K30	60	02:18:34.50	+01:06:41 (48.1%)	12:35	4.8 (52.2%)
157	WESOŁOWSKA Klaudia	3496		K20	30	02:18:35.95	+01:06:42 (48.1%)	12:35	4.8 (52.2%)
158	NOWAK Ania	3485		K40	53	02:18:36.50	+01:06:43 (48.1%)	12:36	4.8 (52.2%)
159	NOWAK Martyna	3399		K20	31	02:18:39.45	+01:06:46 (48.2%)	12:36	4.8 (52.2%)
160	SZMATLOCH Karolina	3504		K30	61	02:18:39.70	+01:06:46 (48.2%)	12:36	4.8 (52.2%)
161	MARCOL Oriana	3537		K30	62	02:19:09.50	+01:07:16 (48.3%)	12:39	4.7 (51.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
162	WARCHOŁ Elżbieta	3215		K30	63	02:19:30.20	+01:07:36 (48.5%)	12:40	4.7 (51.1%)
163	KONIECPOLSKA Jadwiga	3192		K40	54	02:19:30.35	+01:07:36 (48.5%)	12:40	4.7 (51.1%)
164	GRESER Beata	3302	GS TEAM	K40	55	02:20:18.80	+01:08:25 (48.8%)	12:45	4.7 (51.1%)
165	KULCZYCKA Renata	3667		K50	12	02:20:46.80	+01:08:53 (48.9%)	12:47	4.7 (51.1%)
166	SZKAMRUK Małgorzata	3551	EXTREMALNE OTK NA RELAKSIE	K40	56	02:20:47.60	+01:08:54 (48.9%)	12:47	4.7 (51.1%)
167	ZEMŁA Dorota	3107		K20	32	02:21:10.55	+01:09:17 (49.1%)	12:50	4.7 (51.1%)
168	BADOWSKA Monika	3170		K40	57	02:21:13.70	+01:09:20 (49.1%)	12:50	4.7 (51.1%)
169	ROCHOWIAK Karina	3408		K20	33	02:21:57.95	+01:10:04 (49.4%)	12:54	4.6 (50.0%)
170	OBIDZIŃSKA Katarzyna	3325		K30	64	02:22:16.05	+01:10:22 (49.5%)	12:56	4.6 (50.0%)
171	FURMAN Agnieszka	3373	OCHAJORUN & FRIENDS	K30	65	02:22:19.80	+01:10:26 (49.5%)	12:56	4.6 (50.0%)
172	PAWELEC Justyna	3328	TSA SANDOMIERZ	K30	66	02:22:48.10	+01:10:54 (49.7%)	12:58	4.6 (50.0%)
173	WRZOSEK Justyna	3360	TSA SANDOMIERZ	K30	67	02:22:48.40	+01:10:54 (49.7%)	12:58	4.6 (50.0%)
174	PIETRZYK Marzena	3231		K40	58	02:23:13.55	+01:11:20 (49.8%)	13:01	4.6 (50.0%)
175	SZYMANEK Aleksandra	3073	ZWOLEŃNICY BIEGANIA	K20	34	02:23:50.25	+01:11:56 (50.0%)	13:04	4.6 (50.0%)
176	MATYSIAK Karolina	3040	ZWOLEŃNICY BIEGANIA	K30	68	02:23:50.65	+01:11:57 (50.0%)	13:04	4.6 (50.0%)
177	KOGUT Katarzyna	3128	SII RUNNING TEAM	K30	69	02:24:02.15	+01:12:08 (50.1%)	13:05	4.6 (50.0%)
178	SOKOŁOWSKA Agnieszka	3155		K20	35	02:24:03.55	+01:12:10 (50.1%)	13:05	4.6 (50.0%)
179	ZALAS Anna	3510		K30	70	02:24:09.65	+01:12:16 (50.1%)	13:06	4.6 (50.0%)
180	MICHALIK Wiktoria	3322	SŁOŃCA JURY	K20	36	02:24:09.95	+01:12:16 (50.1%)	13:06	4.6 (50.0%)
181	CICHOŃ Aleksandra	3114	DECATHLON RUMIA	K20	37	02:24:26.60	+01:12:33 (50.2%)	13:07	4.6 (50.0%)
182	NAZIMEK Małgorzata	3502	BLACK RIVER	K20	38	02:24:43.60	+01:12:50 (50.3%)	13:09	4.6 (50.0%)
183	SOCHACKA Katarzyna	3592		K20	39	02:25:14.25	+01:13:20 (50.5%)	13:12	4.5 (48.9%)
184	GASIŃSKA Oliwia	3478	SŁOŃCA JURY	K40	59	02:25:24.55	+01:13:31 (50.6%)	13:13	4.5 (48.9%)
185	WILOWSKI Jowita	3587		K30	71	02:25:33.25	+01:13:39 (50.6%)	13:13	4.5 (48.9%)
186	GASIŃSKA Agnieszka	3571	SŁOŃCA JURY	K40	60	02:25:37.25	+01:13:43 (50.6%)	13:14	4.5 (48.9%)
187	OBIÓRKO Małgorzata	3400		K60	5	02:25:49.25	+01:13:55 (50.7%)	13:15	4.5 (48.9%)
188	KĘDZIORA Alicja	3189	GSK FIT PIORUNY	K30	72	02:26:27.55	+01:14:34 (50.9%)	13:18	4.5 (48.9%)
189	KOZIOŁ Joanna	3195		K30	73	02:26:29.05	+01:14:35 (50.9%)	13:19	4.5 (48.9%)
190	KANIEWSKA Justyna	3385	DZIKI DZIK TEAM	K20	40	02:26:31.85	+01:14:38 (50.9%)	13:19	4.5 (48.9%)
191	STĘPIŃSKA Natalia	3412	DZIKI DZIK TEAM	K20	41	02:26:33.35	+01:14:39 (50.9%)	13:19	4.5 (48.9%)
192	SZKAMRUK Alicja	3553	EXTREMALNE OTK NA RELAKSIE	K30	74	02:26:37.50	+01:14:44 (51.0%)	13:19	4.5 (48.9%)
193	PĘKAŁSKA Anna	3539		K50	13	02:26:47.00	+01:14:53 (51.0%)	13:20	4.5 (48.9%)
194	ŚWIĘTOCHOWSKA Magdalena	3213		K30	75	02:27:07.45	+01:15:14 (51.1%)	13:22	4.5 (48.9%)
195	PIENIAŻEK Agnieszka	3205		K40	61	02:27:09.60	+01:15:16 (51.1%)	13:22	4.5 (48.9%)
196	WASZAK Celina	3163		K30	76	02:27:26.90	+01:15:33 (51.2%)	13:24	4.5 (48.9%)
197	ŚWIERAD Małgorzata	3160		K30	77	02:27:42.60	+01:15:49 (51.3%)	13:25	4.5 (48.9%)
198	URBANOWICZ Agnieszka	3162		K40	62	02:28:03.85	+01:16:10 (51.4%)	13:27	4.5 (48.9%)
199	KORZENIOWSKA Justyna	3578	RK ATHLETICS	K40	63	02:29:21.45	+01:17:28 (51.9%)	13:34	4.4 (47.8%)
200	KOJRUK Emilia	3389		K20	42	02:29:29.70	+01:17:36 (51.9%)	13:35	4.4 (47.8%)
201	SZKAMRUK Alicja	3666	EXTREMALNE OTK NA RELAKSIE	K30	78	02:29:44.10	+01:17:50 (52.0%)	13:36	4.4 (47.8%)
202	DASZCZYŃSKA Iwona	3368	ADASKO TEAM	K40	64	02:29:52.75	+01:17:59 (52.0%)	13:37	4.4 (47.8%)
203	SKRZYCKA-GOŁĘBIEWSKA Ewa	3065		K40	65	02:31:27.50	+01:19:34 (52.5%)	13:46	4.4 (47.8%)
204	PAWĘZOWSKA Anna	3055	BĘDZIN TEAM	K40	66	02:31:27.85	+01:19:34 (52.5%)	13:46	4.4 (47.8%)
205	KOCLĘGA Justyna	3593	GIT EKIPA!	K30	79	02:32:34.15	+01:20:40 (52.9%)	13:52	4.3 (46.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
206	KLARECKA Joanna	3387	ASTMA TEAM	K40	67	02:33:55.95	+01:22:02 (53.3%)	13:59	4.3 (46.7%)
207	ADAMCZEWSKA Anna	3168		K40	68	02:34:39.50	+01:22:46 (53.5%)	14:03	4.3 (46.7%)
208	ADAMCZEWSKA Agnieszka	3169		K40	69	02:34:39.70	+01:22:46 (53.5%)	14:03	4.3 (46.7%)
209	TESCHE Basia	3082	GORĄCE PĄCZKI	K30	80	02:35:01.05	+01:23:07 (53.6%)	14:05	4.3 (46.7%)
210	WĄSIK Natalia	3089		K30	81	02:35:04.05	+01:23:10 (53.6%)	14:05	4.3 (46.7%)
211	PAWŁOWSKA Danuta	3329	WKURW_TEAM	K40	70	02:36:22.60	+01:24:29 (54.0%)	14:12	4.2 (45.7%)
212	OLĘDZKA-KULIK Monika	3180		K40	71	02:38:33.00	+01:26:39 (54.7%)	14:24	4.2 (45.7%)
213	CICHOCKA Renata	3112		K40	72	02:40:13.75	+01:28:20 (55.1%)	14:33	4.1 (44.6%)
214	WOJCIECHOWICZ-BRATKO Aldona	3356	60+	K60	6	02:41:33.10	+01:29:39 (55.5%)	14:41	4.1 (44.6%)
215	KRYSIEWICZ Aleksandra	3224		K30	82	02:41:53.05	+01:29:59 (55.6%)	14:43	4.1 (44.6%)
216	SIERECKA Dorota	3273	TEAM ZABIEGANEDNI // WKURW_TEAM	K40	73	02:42:28.75	+01:30:35 (55.8%)	14:46	4.1 (44.6%)
217	HERMAN Joanna	3586		K20	43	02:43:57.30	+01:32:03 (56.2%)	14:54	4 (43.5%)
218	HERMAN Agata	3668		K20	44	02:43:58.10	+01:32:04 (56.2%)	14:54	4 (43.5%)
219	HERMAN Agnieszka	3590		K40	74	02:44:01.20	+01:32:07 (56.2%)	14:54	4 (43.5%)
220	NIENADOWSKA Beata	3228	ELBLĄG	K50	14	02:45:21.60	+01:33:28 (56.5%)	15:01	4 (43.5%)
221	MROCZEK Kinga	3259		K40	75	02:47:42.90	+01:35:49 (57.1%)	15:14	3.9 (42.4%)
222	GAJEWSKA Klaudia	3012		K20	45	02:48:33.30	+01:36:39 (57.3%)	15:19	3.9 (42.4%)
223	KACZOROWSKA Anna	3023	SLOW JOGGING SIEDLCE	K50	15	02:49:14.70	+01:37:21 (57.5%)	15:23	3.9 (42.4%)
224	STASIAK Sylwia	3069		K50	16	02:49:14.90	+01:37:21 (57.5%)	15:23	3.9 (42.4%)
225	JANICKA Katarzyna	3497		K30	83	02:49:38.40	+01:37:44 (57.6%)	15:25	3.9 (42.4%)
226	LENARCZYK Klaudia	3316		K30	84	02:49:47.40	+01:37:53 (57.7%)	15:26	3.9 (42.4%)
227	SZEWCZYK Anna	3457		K40	76	02:50:32.05	+01:38:38 (57.8%)	15:30	3.9 (42.4%)
228	PUCUŁA Ewa	3147		K50	17	02:51:17.95	+01:39:24 (58.0%)	15:34	3.9 (42.4%)
229	ŁYSEK Olga	3037	NIE LAM SIĘ	K30	85	02:51:50.00	+01:39:56 (58.2%)	15:37	3.8 (41.3%)
230	MAŚLANA Maja	3199		K20	46	02:53:42.75	+01:41:49 (58.6%)	15:47	3.8 (41.3%)
231	SZCZEPAŃSKA Natalia	3211		K20	47	02:53:43.45	+01:41:50 (58.6%)	15:47	3.8 (41.3%)
232	RYBCZYŃSKA Anna	3545	SARNI TĘTENT	K30	86	02:57:58.75	+01:46:05 (59.6%)	16:10	3.7 (40.2%)
233	MAŚLANA Monika	3198		K40	77	02:58:10.65	+01:46:17 (59.7%)	16:11	3.7 (40.2%)
234	STACHURA Anna	3437	MIMI	K30	87	02:58:47.85	+01:46:54 (59.8%)	16:15	3.7 (40.2%)
235	ŻARNOWSKA Sylwia	3283	SAMI SWOI	K40	78	02:59:06.85	+01:47:13 (59.9%)	16:16	3.7 (40.2%)
236	SENDERECKA Dorota	3599		K40	79	03:02:42.60	+01:50:49 (60.7%)	16:36	3.6 (39.1%)
237	WÓJCIK Gabriela	3098		K30	88	03:04:10.60	+01:52:17 (61.0%)	16:44	3.6 (39.1%)
238	KOSTECKA Karolina	3133	KMKRUN	K20	48	03:06:59.65	+01:55:06 (61.6%)	16:59	3.5 (38.0%)
239	KOSTECKA Magdalena	3132	KMKRUN	K40	80	03:07:02.90	+01:55:09 (61.6%)	17:00	3.5 (38.0%)
240	TOMKIEWICZ Edyta	3214		K40	81	03:09:39.60	+01:57:46 (62.1%)	17:14	3.5 (38.0%)
241	WASILEWSKA Marta	3556	REZERWOWE PSY	K20	49	03:11:17.30	+01:59:23 (62.4%)	17:23	3.5 (38.0%)
242	WASILEWSKA Justyna	3550		K40	82	03:11:17.45	+01:59:24 (62.4%)	17:23	3.5 (38.0%)
243	SPANIER Elżbieta	3525		K50	18	03:14:10.05	+02:02:16 (63.0%)	17:39	3.4 (37.0%)
244	SZCZĘSNA Anna	3156		K30	89	03:17:53.95	+02:06:00 (63.7%)	17:59	3.3 (35.9%)
245	KLIMEK Sonia	3482		K20	50	03:21:25.45	+02:09:32 (64.3%)	18:18	3.3 (35.9%)
246	MICHALIK Agnieszka	3321	SŁOŃCA JURY	K40	83	03:21:31.30	+02:09:37 (64.3%)	18:19	3.3 (35.9%)
247	WALASEK Justyna	3508	STOWARZYSZENIE SPORTOWE "SŁOŃCA JURY"	K30	90	03:21:31.85	+02:09:38 (64.3%)	18:19	3.3 (35.9%)
248	MIECZNIKOWSKA Olga	3397		K20	51	03:22:49.40	+02:10:55 (64.6%)	18:26	3.3 (35.9%)
249	MITURA Hanna	3534		K60	7	03:22:50.90	+02:10:57 (64.6%)	18:26	3.3 (35.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Różn	Tempo min/km	Tempo km/h
250	RADYK Anna	3336	PRZEMYSKI KLUB BIEGACZA	K20	52	03:23:11.00	+02:11:17 (64.6%)	18:28	3.2 (34.8%)
251	RADYK Joanna	3335	PRZEMYSKI KLUB BIEGACZA	K30	91	03:23:12.30	+02:11:18 (64.6%)	18:28	3.2 (34.8%)
252	SZKAMRUK Bogusława	3552	EXTREMALNE OTK NA RELAKSIE	K60	8	03:28:39.65	+02:16:46 (65.5%)	18:58	3.2 (34.8%)
253	MAJER Magda	3197	S AR CA SM	K30	92	03:30:29.80	+02:18:36 (65.8%)	19:08	3.1 (33.7%)
254	SMIT Katarzyna	3516	MORSY KANZAS	K30	93	03:41:31.05	+02:29:37 (67.5%)	20:08	3 (32.6%)
255	PASIŃSKA Anna	3327	FABRYKA DZIKA	K40	84	03:41:56.15	+02:30:02 (67.6%)	20:10	3 (32.6%)
256	PIECHOWSKA Magda	3330	FABRYKA DZIKA	K30	94	03:41:56.70	+02:30:03 (67.6%)	20:10	3 (32.6%)
257	FOLTA Paulina	3009	BRZOZÓW BIEGA	K30	95	03:43:11.60	+02:31:18 (67.8%)	20:17	3 (32.6%)
258	ŻYŁKA-PATRYLAK Patrycja	3108	GRUPA BIEGOWA ZARSZYN	K20	53	03:43:12.30	+02:31:18 (67.8%)	20:17	3 (32.6%)
259	LENARD Aneta	3393		K40	85	03:44:24.30	+02:32:30 (68.0%)	20:24	2.9 (31.5%)
260	ŁUKASIAK Dorota	3396		K40	86	03:44:26.05	+02:32:32 (68.0%)	20:24	2.9 (31.5%)
261	SOWA Renata	3345	DRUŻYNA PIERŚCIENIA	K40	87	03:45:45.55	+02:33:52 (68.2%)	20:31	2.9 (31.5%)
262	TESCHE Zosia	3083	GORĄCE PĄCZKI	K30	96	03:51:17.15	+02:39:23 (68.9%)	21:01	2.9 (31.5%)
263	TESCHE Agata	3080		K30	97	03:51:46.45	+02:39:53 (69.0%)	21:04	2.8 (30.4%)
264	STELMACH Małgorzata	3452	LEŻACZE ŁĄKOWI	K50	19	03:59:48.45	+02:47:55 (70.0%)	21:48	2.8 (30.4%)
265	PERLAK Ewa	3531		K20	54	04:19:23.00	+03:07:29 (72.3%)	23:34	2.5 (27.2%)
266	GÓRSKA Romana	3535		K30	98	04:19:23.70	+03:07:30 (72.3%)	23:34	2.5 (27.2%)
267	GROBORZ Malwina	3016	LECYMY DURŚ	K30	99	04:26:18.20	+03:14:24 (73.0%)	24:12	2.5 (27.2%)
268	MAZIUK-TYDA Małgorzata	3227		K50	20	04:47:17.15	+03:35:23 (75.0%)	26:07	2.3 (25.0%)
	BARTOŃ Ewa	3499		K30		DNF		-	- (0.0%)
	MIKSZA Aneta	3045	CROSSFITTER BOX CHEŁM	K40		DNF		-	- (0.0%)

Znaleziono 270 wynik(ów)