



# GOLDEN MOUNTAINS TRAIL - 33 KM

B4SPORT

**Wydarzenie:** Dolnośląski Festiwal Biegów Górskich  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2021-07-15  
**Miejsce:** Łądek-Zdrój  
**Dystans:** 33 km

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN KOBIEȦ

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
1	KOWALIK Ewelina	6046	FIZJOBIEGACZE SZCZECIN	Senior II K - 30	1	00:57:56	02:36:41		<b>03:36:22.95</b>		6:33	9.2 (100%)
2	OLEJNIK Marta	6309	AKADIUSZ GARDZIELEWSKI RUNNING TEAM	Senior I K - 20	1	01:03:04	02:49:01		<b>03:51:37.05</b>	+00:15:14 (6.6%)	7:01	8.5 (92.4%)
3	DESSAUER Wioletta	6100	-	Masters K - 40	1	01:04:36	02:53:50		<b>03:53:56.35</b>	+00:17:33 (7.5%)	7:05	8.5 (92.4%)
4	SZKODA Kasia	6205	TATERNIKTEAM	Senior II K - 30	2	01:04:36	02:51:36	00:10:00	<b>03:54:56.30</b>	+00:18:33 (7.9%)	6:48	8.8 (95.7%)
5	DZIETCZYK Sylwia	6310	AKTYWNE CHOSZCZNO	Masters K - 40	2	01:09:59	02:59:24		<b>04:00:09.35</b>	+00:23:46 (9.9%)	7:16	8.2 (89.1%)
6	WINIARCZYK-JADACH Beata	6496	TG SOKÓŁ ZAKOPANE	Masters K - 40	3	01:05:20	02:56:42		<b>04:00:45.15</b>	+00:24:22 (10.1%)	7:17	8.2 (89.1%)
7	GUZIK Joanna	6537	NKB CHYŻY NOWY TOMYŚL	Senior II K - 30	3	01:02:57	02:54:31		<b>04:04:27.80</b>	+00:28:04 (11.5%)	7:24	8.1 (88.0%)
8	LULIS Anna	6420	SOBAS TEAM	Masters K - 40	4	01:04:28	02:58:42		<b>04:08:24.35</b>	+00:32:01 (12.9%)	7:31	8 (87.0%)
9	DEJNECKA Martyna	6103		Senior II K - 30	4	01:14:12	03:06:33		<b>04:11:17.50</b>	+00:34:54 (13.9%)	7:36	7.9 (85.9%)
10	KORONA-SIERADZKA Bogusława	6318		Senior II K - 30	5	01:09:42	03:03:52		<b>04:11:30.50</b>	+00:35:07 (14.0%)	7:37	7.9 (85.9%)
11	ŁOMNICKA Barbara	6484	MKS SIECHNICE	Masters K - 40	5	01:09:21	03:06:02		<b>04:15:43.00</b>	+00:39:20 (15.4%)	7:44	7.7 (83.7%)
12	BRYCKA Anna	6330	SPORTOWY UMYŚL	Senior II K - 30	6	01:12:15	03:06:52		<b>04:17:38.25</b>	+00:41:15 (16.0%)	7:48	7.7 (83.7%)
13	WALCZAK Adela	6086	CURLING ŁÓDŹ	Senior II K - 30	7	01:14:33	03:14:17		<b>04:22:17.95</b>	+00:45:55 (17.5%)	7:56	7.5 (81.5%)
14	PARZYCH Katarzyna	6217	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Masters K - 40	6	01:16:05	03:12:53		<b>04:22:28.55</b>	+00:46:05 (17.6%)	7:57	7.5 (81.5%)
15	KRZACZKOWSKA Iwona	6284	DZIKI WROCŁAW	Senior II K - 30	8	01:11:38	03:09:38		<b>04:27:25.10</b>	+00:51:02 (19.1%)	8:06	7.4 (80.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
16	<b>ANDRZEJCZAK Anna</b>	<b>6081</b>	NKB CHYŻY NOWY TOMYŚL	Senior II K - 30	9	01:12:08	03:18:20		<b>04:33:12.60</b>	+00:56:49 (20.8%)	8:16	7.2 (78.3%)
17	<b>FOGIEL-PAWŁOWSKA Agnieszka</b>	<b>6167</b>		Masters K - 40	7	01:10:48	03:23:05		<b>04:40:59.05</b>	+01:04:36 (23.0%)	8:30	7 (76.1%)
18	<b>PĘKALA Kamila</b>	<b>6073</b>	GRUNWALD	Senior I K - 20	2	01:19:09	03:33:27		<b>04:45:07.00</b>	+01:08:44 (24.1%)	8:38	6.9 (75.0%)
19	<b>MRUGAŁA Monika</b>	<b>6346</b>	EUROVENT ATHLETICS	Masters K - 40	8	01:11:54	03:24:55		<b>04:45:18.10</b>	+01:08:55 (24.2%)	8:38	6.9 (75.0%)
20	<b>JASZCZAK Bogna</b>	<b>6272</b>		Senior I K - 20	3	01:15:38	03:26:13		<b>04:47:02.65</b>	+01:10:39 (24.6%)	8:41	6.9 (75.0%)
21	<b>NOGANOWICZ Agata</b>	<b>6118</b>	PRO-RUN WROCŁAW	Weteran K - 50	1	01:19:02	03:29:29		<b>04:47:02.85</b>	+01:10:39 (24.6%)	8:41	6.9 (75.0%)
22	<b>TKACZYK-CAŁKA Anna</b>	<b>6030</b>	#ZALINIAMETYTEAM	Senior II K - 30	10	01:17:12	03:30:37		<b>04:49:55.45</b>	+01:13:32 (25.4%)	8:47	6.8 (73.9%)
23	<b>MOREVA Daria</b>	<b>6063</b>	TRAILRUNNINGSCHOOL.COM	Senior II K - 30	11	01:21:44	03:36:18		<b>04:51:21.75</b>	+01:14:58 (25.7%)	8:49	6.8 (73.9%)
24	<b>SIELIWONIK Anita</b>	<b>6115</b>		Masters K - 40	9	01:20:22	03:37:31		<b>04:53:25.40</b>	+01:17:02 (26.3%)	8:53	6.7 (72.8%)
25	<b>MADEJ Anna</b>	<b>6351</b>	VEGE RUNNERS	Masters K - 40	10	01:19:43	03:33:58		<b>04:54:16.00</b>	+01:17:53 (26.5%)	8:55	6.7 (72.8%)
26	<b>KONICA Karina</b>	<b>6301</b>		Senior I K - 20	4	01:20:57	03:37:31		<b>04:55:44.55</b>	+01:19:21 (26.8%)	8:57	6.7 (72.8%)
27	<b>TOMASZYK Elzbieta</b>	<b>6298</b>		Senior II K - 30	12	01:20:18	03:42:11		<b>04:56:48.60</b>	+01:20:25 (27.1%)	8:59	6.7 (72.8%)
28	<b>GARCZYŃSKA Ania</b>	<b>6133</b>		Masters K - 40	11	01:20:43	03:36:45		<b>04:58:21.45</b>	+01:21:58 (27.5%)	9:02	6.6 (71.7%)
29	<b>NOGA-GUZY Marta</b>	<b>6198</b>		Senior I K - 20	5	01:19:09	03:39:36		<b>04:59:10.65</b>	+01:22:47 (27.7%)	9:03	6.6 (71.7%)
30	<b>BORKOWSKA Justyna</b>	<b>6485</b>		Senior II K - 30	13	01:15:40	03:44:25		<b>05:00:13.40</b>	+01:23:50 (27.9%)	9:05	6.6 (71.7%)
31	<b>DŁUGOSZ-STĘPNIAK Agnieszka</b>	<b>6271</b>	STAY INSANE, BIEGJEM	Senior II K - 30	14	01:21:40	03:29:31		<b>05:02:08.00</b>	+01:25:45 (28.4%)	9:09	6.6 (71.7%)
32	<b>GRSZEWSKA Marina</b>	<b>6462</b>	NIEWYCHOWANI FIZYCZNIE	Senior I K - 20	6	01:19:04	03:45:44		<b>05:06:59.35</b>	+01:30:36 (29.5%)	9:18	6.4 (69.6%)
33	<b>MRÓWKA Małgorzata</b>	<b>6257</b>		Senior II K - 30	15	01:28:43	03:50:36		<b>05:09:32.85</b>	+01:33:09 (30.1%)	9:22	6.4 (69.6%)
34	<b>PILC Anna</b>	<b>6519</b>		Senior II K - 30	16	01:18:01	03:42:14		<b>05:10:55.40</b>	+01:34:32 (30.4%)	9:25	6.4 (69.6%)
35	<b>JANOSZ Ada</b>	<b>6026</b>		Senior I K - 20	7	01:19:35	03:45:07		<b>05:11:15.00</b>	+01:34:52 (30.5%)	9:25	6.4 (69.6%)
36	<b>SUCHANEK Aleksandra</b>	<b>6096</b>	NIGHT RUNNERS PYSKOWICE	Senior II K - 30	17	01:21:10	03:49:57		<b>05:12:13.35</b>	+01:35:50 (30.7%)	9:27	6.3 (68.5%)
37	<b>KUTSKO Oksana</b>	<b>6481</b>		Senior I K - 20	8	01:14:44	03:39:32		<b>05:12:34.70</b>	+01:36:11 (30.8%)	9:28	6.3 (68.5%)
38	<b>DUROWICZ Natalia</b>	<b>6399</b>		Senior II K - 30	18	01:21:01	03:49:12		<b>05:13:29.80</b>	+01:37:06 (31.0%)	9:29	6.3 (68.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
									netto 33km	Różn		
39	<b>SZAL Małgorzata</b>	<b>6387</b>	TENIS CENTRUM AS	Senior II K - 30	19	01:21:56	03:54:45		<b>05:13:50.95</b>	+01:37:28 (31.1%)	9:30	6.3 (68.5%)
40	<b>BESTRZYŃSKA Joanna</b>	<b>6373</b>	CZŁAPAK ROBAKOWO	Weteran K - 50	2	01:19:51	03:56:25		<b>05:14:26.00</b>	+01:38:03 (31.2%)	9:31	6.3 (68.5%)
41	<b>DOKUPIL Kinga</b>	<b>6062</b>		Senior I K - 20	9	01:19:29	03:50:31		<b>05:15:46.05</b>	+01:39:23 (31.5%)	9:34	6.3 (68.5%)
42	<b>BAJERLEIN Sylwia</b>	<b>6502</b>		Senior II K - 30	20	01:21:24	03:46:42		<b>05:15:55.90</b>	+01:39:32 (31.5%)	9:34	6.3 (68.5%)
43	<b>WIERZBIŃSKA Edyta</b>	<b>6470</b>	ULTRADZICZKI I ULTRALISICZKI	Masters K - 40	12	01:24:50	03:50:15		<b>05:16:01.85</b>	+01:39:38 (31.5%)	9:34	6.3 (68.5%)
44	<b>GIDASZEWSKA Jolanta</b>	<b>6501</b>	NESSI	Masters K - 40	13	01:28:53	03:55:40		<b>05:18:14.10</b>	+01:41:51 (32.0%)	9:38	6.2 (67.4%)
45	<b>GOŁĄB Aleksandra</b>	<b>6045</b>	TEN CO MARCIN G.	Senior II K - 30	21	01:23:09	03:53:27		<b>05:19:43.20</b>	+01:43:20 (32.3%)	9:41	6.2 (67.4%)
46	<b>MIKOŁAJEWSKA Zofia</b>	<b>6004</b>	OLEJ RUNNING TEAM	Senior I K - 20	10	01:22:41	03:49:58		<b>05:20:49.25</b>	+01:44:26 (32.6%)	9:43	6.2 (67.4%)
47	<b>GRABARCZYK Ilona</b>	<b>6035</b>		Masters K - 40	14	01:24:39	03:56:23		<b>05:20:49.90</b>	+01:44:26 (32.6%)	9:43	6.2 (67.4%)
48	<b>CHUDA Aneta</b>	<b>6017</b>		Masters K - 40	15	01:29:16	04:01:34		<b>05:23:05.85</b>	+01:46:42 (33.0%)	9:47	6.1 (66.3%)
49	<b>ZAHORODNIA Hanna</b>	<b>6189</b>		Senior I K - 20	11	01:19:56	03:49:29		<b>05:24:26.00</b>	+01:48:03 (33.3%)	9:49	6.1 (66.3%)
50	<b>NOWAK Marta</b>	<b>6183</b>		Masters K - 40	16	01:25:51	03:56:41		<b>05:25:24.85</b>	+01:49:01 (33.5%)	9:51	6.1 (66.3%)
51	<b>BALCZYŃSKA Anna</b>	<b>6020</b>	PIĄTKOWO NA BIEGOWO	Senior II K - 30	22	01:27:12	03:57:12		<b>05:26:43.05</b>	+01:50:20 (33.8%)	9:54	6.1 (66.3%)
52	<b>KUBIAK Marta</b>	<b>6018</b>		Senior II K - 30	23	01:28:38	04:01:12		<b>05:29:28.40</b>	+01:53:05 (34.3%)	9:59	6 (65.2%)
53	<b>OWCZARZAK Katarzyna</b>	<b>6011</b>		Senior II K - 30	24	01:28:37	04:01:11		<b>05:29:28.60</b>	+01:53:05 (34.3%)	9:59	6 (65.2%)
54	<b>DOLECKA Elżbieta</b>	<b>6380</b>	NKB CHYŻY NOWY TOMYŚL	Masters K - 40	17	01:25:03	04:02:32		<b>05:30:50.45</b>	+01:54:27 (34.6%)	10:01	6 (65.2%)
55	<b>JAKUBOWSKA Renata</b>	<b>6418</b>	NIEZRZESZONA AMATORKA	Weteran II K - 60	1	01:25:18	04:02:08		<b>05:36:00.90</b>	+01:59:37 (35.6%)	10:10	5.9 (64.1%)
56	<b>STANISZEWSKA-DUDA Katarzyna</b>	<b>6515</b>	TIM JEST TIM	Masters K - 40	18	01:24:03	04:07:14		<b>05:38:50.25</b>	+02:02:27 (36.1%)	10:16	5.8 (63.0%)
57	<b>KOPROWSKA Agnieszka</b>	<b>6160</b>	BIEGAM U KOLESI	Senior II K - 30	25	01:23:14	03:58:20		<b>05:39:19.05</b>	+02:02:56 (36.2%)	10:16	5.8 (63.0%)
58	<b>TOCZEWSKA Anna</b>	<b>6448</b>	JACEKBIEGA RUNNING TEAM	Weteran K - 50	3	01:26:25	04:12:01		<b>05:43:04.40</b>	+02:06:41 (36.9%)	10:23	5.8 (63.0%)
59	<b>GAWRON Monika</b>	<b>6411</b>	MIRAZ RACE TEAM	Masters K - 40	19	01:25:34	04:16:06		<b>05:43:13.75</b>	+02:06:50 (37.0%)	10:24	5.8 (63.0%)
60	<b>SAŁEK Agata</b>	<b>6307</b>		Senior II K - 30	26	01:28:14	04:14:03		<b>05:45:26.20</b>	+02:09:03 (37.4%)	10:28	5.7 (62.0%)
61	<b>BIADAŁA Paulina</b>	<b>6445</b>		Masters K - 40	20	01:28:17	04:17:23		<b>05:46:08.65</b>	+02:09:45 (37.5%)	10:29	5.7 (62.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
									netto 33km	Różn		
62	<b>BŁASZKIEWICZ Klaudia</b>	<b>6372</b>		Senior I K - 20	12	01:29:21	04:13:59		<b>05:46:13.95</b>	+02:09:51 (37.5%)	10:29	5.7 (62.0%)
63	<b>KULCZYKOWSKA Julita</b>	<b>6089</b>	CHOMIKI Z KOPYTEM	Masters K - 40	21	01:30:00	04:16:26		<b>05:47:10.60</b>	+02:10:47 (37.7%)	10:31	5.7 (62.0%)
64	<b>WISZNIEWICZ Agnieszka</b>	<b>6259</b>		Senior II K - 30	27	01:27:48	04:14:53		<b>05:49:06.25</b>	+02:12:43 (38.0%)	10:34	5.7 (62.0%)
65	<b>TYMBOROWSKA - WIEDRO Małgorzata</b>	<b>6531</b>	WKURW_TEAM	Masters K - 40	22	01:30:34	04:17:16		<b>05:55:22.70</b>	+02:18:59 (39.1%)	10:46	5.6 (60.9%)
66	<b>BUJALSKA Agata</b>	<b>6151</b>		Senior II K - 30	28	01:26:05	04:29:44		<b>05:57:19.90</b>	+02:20:56 (39.4%)	10:49	5.5 (59.8%)
67	<b>KRZESZEWSKA Dorota</b>	<b>6223</b>		Masters K - 40	23	01:29:39	04:29:40		<b>05:58:48.45</b>	+02:22:25 (39.7%)	10:52	5.5 (59.8%)
68	<b>KUKLA-KOWALSKA Alicja</b>	<b>6057</b>	BIEGAM BO NIE LUBIE	Masters K - 40	24	01:30:12	04:24:50		<b>05:58:57.25</b>	+02:22:34 (39.7%)	10:52	5.5 (59.8%)
69	<b>SMORAWSKA Lidia</b>	<b>6244</b>	TARNOWO PODGÓRNE BIEGA	Senior II K - 30	29	01:25:45	04:21:17		<b>05:58:57.30</b>	+02:22:34 (39.7%)	10:52	5.5 (59.8%)
70	<b>RATKOWSKA Izabela</b>	<b>6261</b>		Senior II K - 30	30	01:36:12	04:25:38		<b>05:59:47.70</b>	+02:23:24 (39.9%)	10:54	5.5 (59.8%)
71	<b>KWIATKOWSKA Agnieszka</b>	<b>6224</b>	LIPIARY	Senior II K - 30	31	01:42:01	04:35:00		<b>05:59:57.95</b>	+02:23:35 (39.9%)	10:54	5.5 (59.8%)
72	<b>CZAJKA Elżbieta</b>	<b>6225</b>	LIPIARY	Senior II K - 30	32	01:42:05	04:35:04		<b>05:59:59.40</b>	+02:23:36 (39.9%)	10:54	5.5 (59.8%)
73	<b>MARCINIAK Anna</b>	<b>6467</b>		Masters K - 40	25	01:34:30	04:23:25		<b>06:00:49.50</b>	+02:24:26 (40.0%)	10:56	5.5 (59.8%)
74	<b>GRANECKA Monika</b>	<b>6543</b>	DZIK KOMANDO	Masters K - 40	26	01:25:29	04:25:29		<b>06:01:36.25</b>	+02:25:13 (40.2%)	10:57	5.5 (59.8%)
75	<b>ŚMIECHOWSKA Małgorzata</b>	<b>6539</b>		Masters K - 40	27	01:30:17	04:19:26		<b>06:01:53.85</b>	+02:25:30 (40.2%)	10:57	5.5 (59.8%)
76	<b>CZESKA Karolina</b>	<b>6247</b>	LAMPART TRENING	Senior II K - 30	33	01:34:38	04:29:18		<b>06:02:21.35</b>	+02:25:58 (40.3%)	10:58	5.5 (59.8%)
77	<b>BOŹKIEWICZ Patrycja</b>	<b>6233</b>	PIEKIELNIE ZGRANI	Masters K - 40	28	01:33:41	04:28:26		<b>06:05:38.35</b>	+02:29:15 (40.8%)	11:04	5.4 (58.7%)
78	<b>KOŃ Aleksandra</b>	<b>6407</b>	EKIPA LIPA	Masters K - 40	29	01:37:12	04:41:47		<b>06:06:17.25</b>	+02:29:54 (40.9%)	11:05	5.4 (58.7%)
79	<b>DOWNAR-ZAPOLSKA Laura</b>	<b>6141</b>		Senior I K - 20	13	01:37:06	04:37:50		<b>06:06:47.30</b>	+02:30:24 (41.0%)	11:06	5.4 (58.7%)
80	<b>BRONIEWSKA Anna</b>	<b>6088</b>		Weteran K - 50	4	01:26:11	04:23:20		<b>06:08:12.10</b>	+02:31:49 (41.2%)	11:09	5.4 (58.7%)
81	<b>GŁOWACKA Renata</b>	<b>6262</b>	LULARUN	Weteran K - 50	5	01:28:49	04:31:15		<b>06:08:25.20</b>	+02:32:02 (41.3%)	11:09	5.4 (58.7%)
82	<b>KOTULA Weronika</b>	<b>6409</b>		Senior II K - 30	34	01:33:09	04:33:34		<b>06:08:50.85</b>	+02:32:27 (41.3%)	11:10	5.4 (58.7%)
83	<b>ZIEMKOWSKA Monika</b>	<b>6323</b>		Masters K - 40	30	01:38:21	04:38:35		<b>06:10:00.05</b>	+02:33:37 (41.5%)	11:12	5.4 (58.7%)
84	<b>KLYSZCZ Monika</b>	<b>6505</b>	IZBICKO W BIEGU	Senior II K - 30	35	01:30:29	04:36:18		<b>06:10:52.40</b>	+02:34:29 (41.7%)	11:14	5.3 (57.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
									netto 33km	Różn		
85	<b>OCHNIO Ewa</b>	<b>6021</b>	DALEKA DROGA	Masters K - 40	31	01:37:03	04:24:45		<b>06:11:11.55</b>	+02:34:48 (41.7%)	11:14	5.3 (57.6%)
86	<b>GAJEWSKI Magdalena Gajewska</b>	<b>6291</b>	L&G	Weteran K - 50	6	01:38:51	04:39:07		<b>06:12:13.90</b>	+02:35:50 (41.9%)	11:16	5.3 (57.6%)
87	<b>JUSIAK Marta</b>	<b>6116</b>	M-FIT RAWICZ	Senior II K - 30	36	01:34:17	04:33:37		<b>06:14:24.70</b>	+02:38:01 (42.2%)	11:20	5.3 (57.6%)
88	<b>KOWALSKA Katarzyna</b>	<b>6474</b>	NIEPOŁOMICE BIEGAJĄ	Weteran K - 50	7	01:36:59	04:27:31		<b>06:14:52.80</b>	+02:38:29 (42.3%)	11:21	5.3 (57.6%)
89	<b>LEKS-MASZKOWSKA Ryszarda</b>	<b>6435</b>	OBORYGENI	Masters K - 40	32	01:32:34	04:55:01		<b>06:16:14.20</b>	+02:39:51 (42.5%)	11:24	5.3 (57.6%)
90	<b>WYSMOLINSKA Karolina</b>	<b>6430</b>		Masters K - 40	33	01:36:54	04:35:20		<b>06:17:42.00</b>	+02:41:19 (42.7%)	11:26	5.2 (56.5%)
91	<b>HORODYŃSKA Mirosława</b>	<b>6541</b>	KOTWICA BRZEG	Masters K - 40	34	01:38:28	04:50:17		<b>06:18:35.80</b>	+02:42:12 (42.8%)	11:28	5.2 (56.5%)
92	<b>WILGUS-KUBICA Katarzyna</b>	<b>6404</b>		Masters K - 40	35	01:36:51	04:42:53		<b>06:18:45.65</b>	+02:42:22 (42.9%)	11:28	5.2 (56.5%)
93	<b>KOCZOROWSKA Anna</b>	<b>6427</b>	TEAM ZABIEGANEDNI	Masters K - 40	36	01:38:23	04:38:10		<b>06:19:20.10</b>	+02:42:57 (43.0%)	11:29	5.2 (56.5%)
94	<b>WOŁOWIEC Bożena</b>	<b>6495</b>		Masters K - 40	37	01:36:41	04:34:24		<b>06:20:57.40</b>	+02:44:34 (43.2%)	11:32	5.2 (56.5%)
95	<b>BURDAJEWICZ Magdalena</b>	<b>6480</b>		Masters K - 40	38	01:36:24	04:38:04		<b>06:29:05.40</b>	+02:52:42 (44.4%)	11:47	5.1 (55.4%)
96	<b>KONCA Beata</b>	<b>6016</b>	KB OŻARÓW MAZOWIECKI BIEGA	Masters K - 40	39	01:43:43	04:58:42		<b>06:29:16.75</b>	+02:52:53 (44.4%)	11:47	5.1 (55.4%)
97	<b>PAUKSZTA Aleksandra</b>	<b>6028</b>		Senior I K - 20	14	01:38:46	04:49:29		<b>06:32:02.35</b>	+02:55:39 (44.8%)	11:52	5.1 (55.4%)
98	<b>WILCZEK Małgorzata</b>	<b>6302</b>	RAJSPOORT ACTIVE	Senior II K - 30	37	01:40:12	04:56:51		<b>06:33:08.80</b>	+02:56:45 (45.0%)	11:54	5 (54.3%)
99	<b>BIAŁEK Kamila</b>	<b>6453</b>		Masters K - 40	40	01:33:30	05:02:43		<b>06:33:10.25</b>	+02:56:47 (45.0%)	11:54	5 (54.3%)
100	<b>ŁUSIAK Ewa</b>	<b>6000</b>		Masters K - 40	41	01:40:13	04:56:54		<b>06:33:29.60</b>	+02:57:06 (45.0%)	11:55	5 (54.3%)
101	<b>SALAMACHA Izabela</b>	<b>6187</b>	MAMY BIEGAMY	Masters K - 40	42	01:35:45	05:00:40		<b>06:35:30.30</b>	+02:59:07 (45.3%)	11:59	5 (54.3%)
102	<b>STOMPEL Ewelina</b>	<b>6396</b>		Senior II K - 30	38	01:35:39	04:55:55		<b>06:38:41.35</b>	+03:02:18 (45.7%)	12:04	5 (54.3%)
103	<b>KURBIEL Sylwia</b>	<b>6395</b>	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	Senior II K - 30	39	01:35:39	04:55:55		<b>06:38:42.05</b>	+03:02:19 (45.7%)	12:04	5 (54.3%)
104	<b>MROZIŃSKA Renata</b>	<b>6240</b>		Masters K - 40	43	01:33:08	04:58:14		<b>06:39:48.45</b>	+03:03:25 (45.9%)	12:06	5 (54.3%)
105	<b>BILCZEWSKA Basia</b>	<b>6325</b>	HEINEKEN KRAKÓW RUNNING CLUB	Senior II K - 30	40	01:40:57	05:00:01		<b>06:40:25.00</b>	+03:04:02 (46.0%)	12:08	4.9 (53.3%)
106	<b>KOBIERECKA Monika</b>	<b>6146</b>		Masters K - 40	44	01:36:01	05:02:19		<b>06:47:10.40</b>	+03:10:47 (46.9%)	12:20	4.9 (53.3%)
107	<b>PĘCKA Beata</b>	<b>6143</b>		Masters K - 40	45	01:37:44	04:50:50		<b>06:47:10.75</b>	+03:10:47 (46.9%)	12:20	4.9 (53.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
									netto 33km	Różn		
108	<b>PLASZCZAK Bogumiła</b>	<b>6175</b>	PIEKIELNIE ZGRANI	Masters K - 40	46	01:38:14	05:06:00		<b>06:48:16.50</b>	+03:11:53 (47.0%)	12:22	4.8 (52.2%)
109	<b>DADAŚ Elżbieta</b>	<b>6043</b>	BP RUNNING TEAM GLIWICE	Masters K - 40	47	01:44:52	05:01:49		<b>06:48:52.50</b>	+03:12:29 (47.1%)	12:23	4.8 (52.2%)
110	<b>GRACZYK Dobrochna</b>	<b>6092</b>		Senior I K - 20	15	01:53:00	05:19:11		<b>06:48:57.65</b>	+03:12:34 (47.1%)	12:23	4.8 (52.2%)
111	<b>GRACZYK Magdalena</b>	<b>6094</b>		Masters K - 40	48	01:53:02	05:19:11		<b>06:48:58.00</b>	+03:12:35 (47.1%)	12:23	4.8 (52.2%)
112	<b>HOLONA Bożena</b>	<b>6428</b>		Weteran K - 50	8	01:44:43	05:19:40		<b>06:56:18.00</b>	+03:19:55 (48.0%)	12:36	4.8 (52.2%)
113	<b>ZAGÓRSKA Beata</b>	<b>6367</b>		Senior II K - 30	41	01:47:20	05:19:40		<b>06:56:20.30</b>	+03:19:57 (48.0%)	12:36	4.8 (52.2%)
114	<b>WOLSKA Małgorzata</b>	<b>6366</b>		Weteran K - 50	9	01:46:53	05:14:20		<b>06:59:03.15</b>	+03:22:40 (48.4%)	12:41	4.7 (51.1%)
115	<b>FRANCUZ Patrycja</b>	<b>6400</b>		Senior II K - 30	42	01:50:48	05:15:58		<b>07:04:48.55</b>	+03:28:25 (49.1%)	12:52	4.7 (51.1%)
116	<b>KACZMAREK Monika</b>	<b>6087</b>	NKB CHYŻY NOWY TOMYŚL	Masters K - 40	49	01:48:31	05:23:38		<b>07:05:38.20</b>	+03:29:15 (49.2%)	12:53	4.7 (51.1%)
117	<b>BARTOSIEWICZ Dorota</b>	<b>6425</b>		Senior II K - 30	43	01:43:01	05:22:48		<b>07:12:26.50</b>	+03:36:03 (50.0%)	13:06	4.6 (50.0%)
118	<b>GAWLAK Ewa</b>	<b>6168</b>	MNG	Senior II K - 30	44	01:46:30	05:24:44		<b>07:19:02.70</b>	+03:42:39 (50.7%)	13:18	4.5 (48.9%)
119	<b>SZARMACH Olga</b>	<b>6208</b>		Senior II K - 30	45	01:43:29	05:36:07		<b>07:24:37.75</b>	+03:48:14 (51.3%)	13:28	4.5 (48.9%)
120	<b>STRZELCZYK Aleksandra</b>	<b>6375</b>	KLUB BIEGACZA RTV EURO AGD	Senior II K - 30	46	01:59:17	05:29:04		<b>07:39:25.15</b>	+04:03:02 (52.9%)	13:55	4.3 (46.7%)
121	<b>BASZCZYŃSKA Barbara</b>	<b>6517</b>	WKURW_TEAM	Weteran K - 50	10	02:04:26	05:50:47		<b>07:50:10.45</b>	+04:13:47 (54.0%)	14:14	4.2 (45.7%)
122	<b>REGULSKA Aneta</b>	<b>6053</b>	DRUŻYNA SZPIKU	Senior II K - 30	47	02:09:53	05:49:53		<b>08:18:07.65</b>	+04:41:44 (56.6%)	15:05	4 (43.5%)
123	<b>RAJCAKOWSKA Anna</b>	<b>6209</b>		Weteran K - 50	11	02:09:52	05:49:52		<b>08:18:09.30</b>	+04:41:46 (56.6%)	15:05	4 (43.5%)
124	<b>KOSTULSKA Olga</b>	<b>6050</b>	WKURW_TEAM	Senior II K - 30	48	02:05:52	05:58:05		<b>08:21:22.30</b>	+04:44:59 (56.8%)	15:11	3.9 (42.4%)
	<b>KACZMAREK Dorota</b>	<b>6131</b>	RADZIKI	Senior II K - 30		01:22:37 DNF	04:06:42 DNF		<b>DNF</b>		-	- (0.0%)
	<b>POMIANOWSKA Romana</b>	<b>6218</b>		Senior II K - 30		01:54:26 DNF	05:50:24 DNF		<b>DNF</b>		-	- (0.0%)
	<b>MAĆKOWIAK-RYDZYŃSKA Anna</b>	<b>6408</b>		Masters K - 40		01:33:43 DNF	19:32:41 DNF		<b>DNF</b>		-	- (0.0%)
	<b>KANTOR Martyna</b>	<b>6533</b>		Senior II K - 30		00:56:55 DNF	DNF		<b>DNF</b>		-	- (0.0%)
	<b>WIELOGÓRSKA Natalia</b>	<b>6468</b>		Senior II K - 30		01:13:58 DNF	DNF		<b>DNF</b>		-	- (0.0%)
	<b>DOROCIAK Wioletta</b>	<b>6393</b>	MISTRZOWSKI TRENING	Weteran K - 50		01:23:44 DNF	DNF		<b>DNF</b>		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	A1 9km	D1 24km	Kara/ bonifikata	Czas netto 33km	Różn	Tempo min/km	Tempo km/h
	<b>RAPACZ-TOPIŁKO Anna</b>	<b>6210</b>	MASTERS ART	Masters K - 40		01:31:24 DNF	DNF		<b>DNF</b>		-	- (0.0%)
	<b>JAŚKIEWICZ Martyna</b>	<b>6334</b>		Senior I K - 20		01:50:57 DNF	DNF		<b>DNF</b>		-	- (0.0%)
	<b>WIŚNIEWSKA Justyna</b>	<b>6412</b>	GBY	Senior II K - 30		02:16:14 DNF	DNF		<b>DNF</b>		-	- (0.0%)
	<b>MROWCZYNSKA Ewa</b>	<b>6500</b>		Weteran K - 50		DNF	DNF		<b>DNF</b>		-	- (0.0%)

Znaleziono 134 wynik(ów)