



# HARDY DZIK

B4SPORT

**Wydarzenie:** HUNT RUN VIII  
**Organizator:** SAA Ideas sp.z o.o.  
**Data:** 2019-07-06  
**Miejsce:** Białka Tatrzańska  
**Dystans:** 10 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: 30-39 K

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Point_1_HR 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>REDKIEWICZ Agnieszka</b>	<b>2249</b>		30-39 K	1	01:14:43	<b>02:15:46.65</b>	<b>02:15:58.60</b>		13:34	4.4 (100%)
2	<b>KRAKOWSKA Monika</b>	<b>2437</b>		30-39 K	2	01:15:31	<b>02:14:20.50</b>	<b>02:16:47.65</b>	+00:00:49 (0.6%)	13:26	4.5 (102.3%)
3	<b>BEDNARZ Iwona</b>	<b>3303</b>		30-39 K	3	01:16:58	<b>02:17:10.45</b>	<b>02:17:16.25</b>	+00:01:17 (0.9%)	13:43	4.4 (100%)
4	<b>GOŁĘBIEWSKA Katarzyna</b>	<b>2013</b>		30-39 K	4	01:21:24	<b>02:18:11.05</b>	<b>02:18:19.70</b>	+00:02:21 (1.7%)	13:49	4.3 (97.7%)
5	<b>CHILICKA Marta</b>	<b>2002</b>		30-39 K	5	01:21:08	<b>02:18:47.55</b>	<b>02:18:50.45</b>	+00:02:51 (2.1%)	13:52	4.3 (97.7%)
6	<b>DANIEL Monika</b>	<b>2308</b>		30-39 K	6	01:17:56	<b>02:21:02.65</b>	<b>02:21:04.25</b>	+00:05:05 (3.6%)	14:06	4.3 (97.7%)
7	<b>DUDKIEWICZ Monika</b>	<b>2824</b>		30-39 K	7	01:20:35	<b>02:27:09.55</b>	<b>02:27:13.70</b>	+00:11:15 (7.6%)	14:42	4.1 (93.2%)
8	<b>JANOWIAK Gosia</b>	<b>2220</b>		30-39 K	8	01:25:29	<b>02:31:35.70</b>	<b>02:31:43.40</b>	+00:15:44 (10.4%)	15:09	4 (90.9%)
9	<b>JURKOWSKA Kinga</b>	<b>2025</b>		30-39 K	9	01:27:41	<b>02:32:16.25</b>	<b>02:32:20.50</b>	+00:16:21 (10.7%)	15:13	3.9 (88.6%)
10	<b>KUŚNIERZ Katarzyna</b>	<b>3622</b>		30-39 K	10	01:23:01	<b>02:32:28.95</b>	<b>02:32:29.90</b>	+00:16:31 (10.8%)	15:14	3.9 (88.6%)
11	<b>WINCZURA Agata</b>	<b>2086</b>		30-39 K	11	01:27:39	<b>02:32:41.45</b>	<b>02:32:47.50</b>	+00:16:48 (11.0%)	15:16	3.9 (88.6%)
12	<b>CHRZANOWSKA Olga</b>	<b>2207</b>		30-39 K	12	01:26:25	<b>02:34:13.95</b>	<b>02:34:28.35</b>	+00:18:29 (12.0%)	15:25	3.9 (88.6%)
13	<b>LASKA Anna</b>	<b>2039</b>		30-39 K	13	01:30:48	<b>02:37:02.10</b>	<b>02:37:04.45</b>	+00:21:05 (13.4%)	15:42	3.8 (86.4%)
14	<b>BANASIK Monika</b>	<b>2404</b>		30-39 K	14	01:30:29	<b>02:41:20.35</b>	<b>02:41:31.05</b>	+00:25:32 (15.8%)	16:08	3.7 (84.1%)
15	<b>TUSZNIÓ Anna</b>	<b>2981</b>		30-39 K	15	01:10:02	<b>02:41:44.95</b>	<b>02:41:47.50</b>	+00:25:48 (16.0%)	16:10	3.7 (84.1%)
16	<b>SOŁTYSIĄK Danka</b>	<b>3351</b>		30-39 K	16	01:25:12	<b>02:42:54.25</b>	<b>02:42:56.00</b>	+00:26:57 (16.5%)	16:17	3.7 (84.1%)
17	<b>ODOMIRSKA Katarzyna</b>	<b>3730</b>		30-39 K	17	01:30:03	<b>02:44:28.85</b>	<b>02:44:33.25</b>	+00:28:34 (17.4%)	16:26	3.6 (81.8%)
18	<b>KRZYSTYNIĄK Magdalena</b>	<b>2545</b>		30-39 K	18	01:27:52	<b>02:45:30.30</b>	<b>02:45:32.90</b>	+00:29:34 (17.9%)	16:33	3.6 (81.8%)
19	<b>SIUTA Magdalena</b>	<b>2574</b>		30-39 K	19	01:27:51	<b>02:45:30.25</b>	<b>02:45:33.15</b>	+00:29:34 (17.9%)	16:33	3.6 (81.8%)
20	<b>BAK Jadwiga</b>	<b>4716</b>		30-39 K	20	01:37:05	<b>02:50:31.80</b>	<b>02:50:47.00</b>	+00:34:48 (20.4%)	17:03	3.5 (79.5%)
21	<b>DABEK Anna</b>	<b>2818</b>		30-39 K	21	01:34:57	<b>02:51:51.15</b>	<b>02:51:52.65</b>	+00:35:54 (20.9%)	17:11	3.5 (79.5%)
22	<b>OLESZCZAK Kasia</b>	<b>3341</b>		30-39 K	22	01:32:50	<b>02:49:48.75</b>	<b>02:52:19.90</b>	+00:36:21 (21.1%)	16:58	3.5 (79.5%)
23	<b>POPIEL Ewa</b>	<b>157</b>		30-39 K	23	01:38:37	<b>02:52:58.80</b>	<b>02:53:00.30</b>	+00:37:01 (21.4%)	17:17	3.5 (79.5%)
24	<b>KAZNOWSKA Izabela</b>	<b>3033</b>		30-39 K	24	01:39:00	<b>02:53:04.85</b>	<b>02:53:16.70</b>	+00:37:18 (21.5%)	17:18	3.5 (79.5%)
25	<b>MIECZKOWSKA Beata</b>	<b>3057</b>		30-39 K	25	01:38:59	<b>02:53:04.95</b>	<b>02:53:16.95</b>	+00:37:18 (21.5%)	17:18	3.5 (79.5%)
26	<b>CZOCHARA Aneta</b>	<b>2507</b>		30-39 K	26	01:36:07	<b>02:54:08.95</b>	<b>02:54:18.50</b>	+00:38:19 (22.0%)	17:24	3.4 (77.3%)
27	<b>MICHALSKA Natalia</b>	<b>2653</b>		30-39 K	27	01:38:33	<b>02:55:41.05</b>	<b>02:55:46.95</b>	+00:39:48 (22.6%)	17:34	3.4 (77.3%)
28	<b>KUKLA Mańka</b>	<b>3228</b>		30-39 K	28	01:35:50	<b>02:53:43.55</b>	<b>02:56:13.55</b>	+00:40:14 (22.8%)	17:22	3.5 (79.5%)
29	<b>ARTIUKHOVA Tetiana</b>	<b>3100</b>		30-39 K	29	01:38:18	<b>02:57:23.15</b>	<b>02:57:26.25</b>	+00:41:27 (23.4%)	17:44	3.4 (77.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Point_1_HR 6km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 10km	brutto 10km			
30	<b>DAJNOWSKA Małgorzata</b>	<b>2608</b>		30-39 K	30	01:36:55	<b>02:57:41.25</b>	<b>02:57:47.80</b>	+00:41:49 (23.5%)	17:46	3.4 (77.3%)
31	<b>KŁYS Milena</b>	<b>2934</b>		30-39 K	31	01:35:35	<b>02:54:28.85</b>	<b>02:58:21.85</b>	+00:42:23 (23.8%)	17:26	3.4 (77.3%)
32	<b>KUZIOŁA Joanna</b>	<b>2641</b>		30-39 K	32	01:36:55	<b>02:58:47.85</b>	<b>02:58:56.80</b>	+00:42:58 (24.0%)	17:52	3.4 (77.3%)
33	<b>CZAJKOWSKA Agnieszka</b>	<b>152</b>		30-39 K	33	01:21:03	<b>02:59:53.15</b>	<b>02:59:54.50</b>	+00:43:55 (24.4%)	17:59	3.3 (75.0%)
34	<b>MROCZEK Katarzyna</b>	<b>2953</b>		30-39 K	34	01:35:32	<b>02:58:16.80</b>	<b>03:02:12.50</b>	+00:46:13 (25.4%)	17:49	3.4 (77.3%)
35	<b>GRABOWSKA Malwina</b>	<b>3021</b>		30-39 K	35	01:36:12	<b>03:02:33.25</b>	<b>03:02:40.05</b>	+00:46:41 (25.6%)	18:15	3.3 (75.0%)
36	<b>JĘDROSZ Aleksandra</b>	<b>3531</b>		30-39 K	36	01:34:30	<b>03:02:33.70</b>	<b>03:02:41.00</b>	+00:46:42 (25.6%)	18:15	3.3 (75.0%)
37	<b>HAMERA Karolina</b>	<b>2720</b>		30-39 K	37	01:44:17	<b>03:03:46.20</b>	<b>03:03:49.95</b>	+00:47:51 (26.0%)	18:22	3.3 (75.0%)
38	<b>ZAGRABA Katarzyna</b>	<b>2781</b>		30-39 K	38	01:44:19	<b>03:03:46.10</b>	<b>03:03:50.40</b>	+00:47:51 (26.0%)	18:22	3.3 (75.0%)
39	<b>STOMP AJ Agnieszka</b>	<b>2773</b>		30-39 K	39	01:44:22	<b>03:03:46.80</b>	<b>03:03:51.40</b>	+00:47:52 (26.0%)	18:22	3.3 (75.0%)
40	<b>WYCISK Dagmara</b>	<b>3578</b>		30-39 K	40	01:45:34	<b>03:04:42.40</b>	<b>03:04:44.80</b>	+00:48:46 (26.4%)	18:28	3.2 (72.7%)
41	<b>AGIER-CHOJA Ewelina</b>	<b>3004</b>		30-39 K	41	01:44:10	<b>03:04:39.85</b>	<b>03:04:46.65</b>	+00:48:48 (26.4%)	18:28	3.2 (72.7%)
42	<b>HOŁOD Ewelina</b>	<b>3319</b>		30-39 K	42	01:37:47	<b>03:07:18.85</b>	<b>03:07:22.30</b>	+00:51:23 (27.4%)	18:43	3.2 (72.7%)
43	<b>WALENCZUK Joanna</b>	<b>4712</b>		30-39 K	43	01:25:23	<b>03:08:40.40</b>	<b>03:08:40.40</b>	+00:52:41 (27.9%)	18:52	3.2 (72.7%)
44	<b>TEZCAN Ania</b>	<b>2586</b>		30-39 K	44	01:44:59	<b>03:08:30.95</b>	<b>03:08:41.10</b>	+00:52:42 (27.9%)	18:51	3.2 (72.7%)
45	<b>KRAJEWSKA Ewelina</b>	<b>2034</b>		30-39 K	45	01:45:46	<b>03:13:50.00</b>	<b>03:13:57.60</b>	+00:57:59 (29.9%)	19:23	3.1 (70.5%)
46	<b>MLECZKO Dorota</b>	<b>2556</b>		30-39 K	46	01:46:32	<b>03:14:04.95</b>	<b>03:14:15.05</b>	+00:58:16 (30.0%)	19:24	3.1 (70.5%)
47	<b>PLIŻGA Justyna</b>	<b>2373</b>		30-39 K	47	01:46:14	<b>03:11:51.35</b>	<b>03:14:20.65</b>	+00:58:22 (30.0%)	19:11	3.1 (70.5%)
48	<b>WOŹNIAK Marta</b>	<b>4770</b>		30-39 K	48	01:49:12	<b>03:14:20.35</b>	<b>03:14:26.55</b>	+00:58:27 (30.1%)	19:26	3.1 (70.5%)
49	<b>CZECH-ROGALSKA Agnieszka</b>	<b>3114</b>		30-39 K	49	01:41:57	<b>03:15:22.90</b>	<b>03:15:26.35</b>	+00:59:27 (30.4%)	19:32	3.1 (70.5%)
50	<b>MAŚLANKA Kornelia</b>	<b>3630</b>		30-39 K	50	01:41:07	<b>03:15:23.80</b>	<b>03:15:30.35</b>	+00:59:31 (30.4%)	19:32	3.1 (70.5%)
51	<b>MAZUR Katarzyna</b>	<b>3155</b>		30-39 K	51	01:45:37	<b>03:16:38.60</b>	<b>03:16:44.20</b>	+01:00:45 (30.9%)	19:39	3.1 (70.5%)
52	<b>MACIOS Monika</b>	<b>3726</b>		30-39 K	52	01:53:09	<b>03:16:30.90</b>	<b>03:16:45.95</b>	+01:00:47 (30.9%)	19:39	3.1 (70.5%)
53	<b>WÓJCIK Joanna</b>	<b>3679</b>		30-39 K	53	01:49:31	<b>03:17:32.80</b>	<b>03:17:40.20</b>	+01:01:41 (31.2%)	19:45	3 (68.2%)
54	<b>BIAŁEK Magdalena</b>	<b>2801</b>		30-39 K	54		<b>03:17:57.65</b>	<b>03:17:57.65</b>	+01:01:59 (31.3%)	19:47	3 (68.2%)
55	<b>PTAK Anita</b>	<b>2662</b>		30-39 K	55	01:53:26	<b>03:18:27.05</b>	<b>03:18:29.30</b>	+01:02:30 (31.5%)	19:50	3 (68.2%)
56	<b>MATEREK-KERCZ Marta</b>	<b>3335</b>		30-39 K	56	01:49:11	<b>03:19:28.20</b>	<b>03:19:31.50</b>	+01:03:32 (31.8%)	19:56	3 (68.2%)
57	<b>WOJTASZEK Małgorzata</b>	<b>2394</b>		30-39 K	57	01:44:51	<b>03:20:13.75</b>	<b>03:20:24.95</b>	+01:04:26 (32.2%)	20:01	3 (68.2%)
58	<b>BEDNARZ Ewa</b>	<b>3667</b>		30-39 K	58	01:39:09	<b>03:17:09.05</b>	<b>03:20:54.65</b>	+01:04:56 (32.3%)	19:42	3 (68.2%)
59	<b>SZCZYGIĘŁ-KOSIOROWSKA Izabela</b>	<b>3179</b>		30-39 K	59	01:57:50	<b>03:21:02.25</b>	<b>03:21:09.05</b>	+01:05:10 (32.4%)	20:06	3 (68.2%)
60	<b>BOGUCKA Izabela</b>	<b>3603</b>		30-39 K	60	01:44:53	<b>03:21:34.15</b>	<b>03:21:40.85</b>	+01:05:42 (32.6%)	20:09	3 (68.2%)
61	<b>URBAN Anna</b>	<b>4757</b>		30-39 K	61	01:57:57	<b>03:22:04.70</b>	<b>03:22:20.40</b>	+01:06:21 (32.8%)	20:12	3 (68.2%)
62	<b>SZLĘK Klaudia</b>	<b>3568</b>		30-39 K	62	01:51:54	<b>03:23:40.70</b>	<b>03:23:43.65</b>	+01:07:45 (33.3%)	20:22	2.9 (65.9%)
63	<b>HANUSZ Aneta</b>	<b>3425</b>		30-39 K	63	01:49:25	<b>03:25:18.95</b>	<b>03:25:24.90</b>	+01:09:26 (33.8%)	20:31	2.9 (65.9%)
64	<b>BONIEWSKA Ula</b>	<b>3402</b>		30-39 K	64	01:43:14	<b>03:25:27.05</b>	<b>03:25:33.00</b>	+01:09:34 (33.8%)	20:32	2.9 (65.9%)
65	<b>KOT Agnieszka</b>	<b>3044</b>		30-39 K	65	01:47:23	<b>03:26:10.40</b>	<b>03:26:18.50</b>	+01:10:19 (34.1%)	20:37	2.9 (65.9%)
66	<b>STASZEL ŁATAS Katarzyna</b>	<b>3353</b>		30-39 K	66	01:56:04	<b>03:26:22.85</b>	<b>03:26:27.75</b>	+01:10:29 (34.1%)	20:38	2.9 (65.9%)
67	<b>KRAS Patrycja</b>	<b>3332</b>		30-39 K	67	01:55:49	<b>03:26:22.55</b>	<b>03:26:27.95</b>	+01:10:29 (34.1%)	20:38	2.9 (65.9%)
68	<b>PAWLIK Aleksandra</b>	<b>2874</b>		30-39 K	68	01:45:38	<b>03:26:54.20</b>	<b>03:26:58.45</b>	+01:10:59 (34.3%)	20:41	2.9 (65.9%)
69	<b>MISZKURKA Joanna</b>	<b>3237</b>		30-39 K	69	01:50:38	<b>03:27:27.15</b>	<b>03:27:31.70</b>	+01:11:33 (34.5%)	20:44	2.9 (65.9%)
70	<b>OLEKS AK Katarzyna</b>	<b>3340</b>		30-39 K	70	01:53:21	<b>03:27:37.30</b>	<b>03:27:43.30</b>	+01:11:44 (34.5%)	20:45	2.9 (65.9%)
71	<b>DUL Lucja</b>	<b>3311</b>		30-39 K	71	01:53:14	<b>03:27:39.30</b>	<b>03:27:49.00</b>	+01:11:50 (34.6%)	20:46	2.9 (65.9%)
72	<b>KAPOLKA Anna</b>	<b>2530</b>		30-39 K	72	01:45:27	<b>03:28:44.10</b>	<b>03:28:51.45</b>	+01:12:52 (34.9%)	20:52	2.9 (65.9%)
73	<b>SAKS Magdalena</b>	<b>3348</b>		30-39 K	73	02:01:12	<b>03:29:29.35</b>	<b>03:29:36.10</b>	+01:13:37 (35.1%)	20:57	2.9 (65.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Point_1_HR 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
74	<b>BIELECKA Agnieszka</b>	<b>3304</b>		30-39 K	74		<b>03:32:25.80</b>	<b>03:32:37.80</b>	+01:16:39 (36.1%)	21:14	2.8 (63.6%)
75	<b>MITAL Kinga</b>	<b>3338</b>		30-39 K	75		<b>03:32:25.95</b>	<b>03:32:37.85</b>	+01:16:39 (36.1%)	21:14	2.8 (63.6%)
76	<b>KOCISZEWSKA Maria</b>	<b>2849</b>		30-39 K	76	02:01:16	<b>03:33:46.70</b>	<b>03:33:51.80</b>	+01:17:53 (36.4%)	21:22	2.8 (63.6%)
77	<b>RYDZEWSKA Emilia</b>	<b>3258</b>		30-39 K	77	01:58:43	<b>03:35:04.00</b>	<b>03:35:08.70</b>	+01:19:10 (36.8%)	21:30	2.8 (63.6%)
78	<b>WRÓBEL Ewa</b>	<b>2490</b>		30-39 K	78	02:04:56	<b>03:33:46.10</b>	<b>03:36:23.55</b>	+01:20:24 (37.2%)	21:22	2.8 (63.6%)
79	<b>BOHDANOWICZ Aneta</b>	<b>3105</b>		30-39 K	79	02:09:14	<b>03:36:20.70</b>	<b>03:36:30.85</b>	+01:20:32 (37.2%)	21:38	2.8 (63.6%)
80	<b>BARTOSIK Anna</b>	<b>3103</b>		30-39 K	80	02:09:57	<b>03:36:21.05</b>	<b>03:36:31.50</b>	+01:20:32 (37.2%)	21:38	2.8 (63.6%)
81	<b>MOZALEWSKA Agnieszka</b>	<b>3157</b>		30-39 K	81	02:03:30	<b>03:36:35.95</b>	<b>03:36:46.10</b>	+01:20:47 (37.3%)	21:39	2.8 (63.6%)
82	<b>PLEWNIA Irena</b>	<b>2164</b>		30-39 K	82	01:51:21	<b>03:39:15.65</b>	<b>03:39:22.60</b>	+01:23:24 (38.0%)	21:55	2.7 (61.4%)
83	<b>STĘPIEŃ Dorota</b>	<b>2678</b>		30-39 K	83	02:05:47	<b>03:40:34.30</b>	<b>03:40:38.80</b>	+01:24:40 (38.4%)	22:03	2.7 (61.4%)
84	<b>DERMAŃSKA Marta</b>	<b>2609</b>		30-39 K	84	02:05:47	<b>03:40:34.30</b>	<b>03:40:39.60</b>	+01:24:41 (38.4%)	22:03	2.7 (61.4%)
85	<b>SERAFIN Anna</b>	<b>2671</b>		30-39 K	85	01:56:38	<b>03:40:27.90</b>	<b>03:40:40.20</b>	+01:24:41 (38.4%)	22:02	2.7 (61.4%)
86	<b>KRUSZYŃSKA-ZIAJA Agnieszka</b>	<b>2635</b>		30-39 K	86	02:05:46	<b>03:40:36.10</b>	<b>03:40:40.50</b>	+01:24:41 (38.4%)	22:03	2.7 (61.4%)
87	<b>CIELEBAK Sylwia</b>	<b>2710</b>		30-39 K	87	01:56:56	<b>03:41:08.20</b>	<b>03:41:13.65</b>	+01:25:15 (38.5%)	22:06	2.7 (61.4%)
88	<b>NIEMYJSKA Dorota</b>	<b>2745</b>		30-39 K	88	01:56:51	<b>03:41:11.35</b>	<b>03:41:15.65</b>	+01:25:17 (38.5%)	22:07	2.7 (61.4%)
89	<b>STACH Oriana</b>	<b>2765</b>		30-39 K	89	01:56:56	<b>03:41:13.25</b>	<b>03:41:18.70</b>	+01:25:20 (38.6%)	22:07	2.7 (61.4%)
90	<b>JAKÓBCZAK Karolina</b>	<b>2520</b>		30-39 K	90	02:08:45	<b>03:39:33.20</b>	<b>03:42:11.20</b>	+01:26:12 (38.8%)	21:57	2.7 (61.4%)
91	<b>STAJUDA Marta</b>	<b>2884</b>		30-39 K	91	01:55:08	<b>03:42:33.15</b>	<b>03:42:38.95</b>	+01:26:40 (38.9%)	22:15	2.7 (61.4%)
92	<b>WOJEWODA Marta</b>	<b>2894</b>		30-39 K	92	01:55:08	<b>03:42:33.65</b>	<b>03:42:40.00</b>	+01:26:41 (38.9%)	22:15	2.7 (61.4%)
93	<b>MICHALAK Małgorzata</b>	<b>2865</b>		30-39 K	93	01:55:09	<b>03:42:35.35</b>	<b>03:42:40.85</b>	+01:26:42 (38.9%)	22:15	2.7 (61.4%)
94	<b>BRZOSKA Ada</b>	<b>2707</b>		30-39 K	94	02:03:51	<b>03:42:59.95</b>	<b>03:43:05.20</b>	+01:27:06 (39.0%)	22:18	2.7 (61.4%)
95	<b>BEDNARCZYK Elżbieta</b>	<b>2703</b>		30-39 K	95	01:53:12	<b>03:43:00.55</b>	<b>03:43:07.80</b>	+01:27:09 (39.1%)	22:18	2.7 (61.4%)
96	<b>PRZEPIÓRKA-CAPUTA Katarzyna</b>	<b>2063</b>		30-39 K	96	02:01:01	<b>03:43:09.50</b>	<b>03:43:15.40</b>	+01:27:16 (39.1%)	22:19	2.7 (61.4%)
97	<b>CIERPIAŁ Joanna</b>	<b>2815</b>		30-39 K	97	02:02:01	<b>03:43:43.70</b>	<b>03:43:49.60</b>	+01:27:51 (39.2%)	22:22	2.7 (61.4%)
98	<b>PTASZEK Marta</b>	<b>3254</b>		30-39 K	98	02:03:35	<b>03:43:57.40</b>	<b>03:44:02.10</b>	+01:28:03 (39.3%)	22:23	2.7 (61.4%)
99	<b>KUŚ Arleta</b>	<b>2140</b>		30-39 K	99	02:07:33	<b>03:46:18.10</b>	<b>03:46:27.25</b>	+01:30:28 (40.0%)	22:37	2.7 (61.4%)
100	<b>KMIECIK Justyna</b>	<b>2536</b>		30-39 K	100	02:05:25	<b>03:45:03.65</b>	<b>03:47:41.30</b>	+01:31:42 (40.3%)	22:30	2.7 (61.4%)
101	<b>CEKIERA Katarzyna</b>	<b>2811</b>		30-39 K	101	02:07:37	<b>03:49:08.20</b>	<b>03:49:15.20</b>	+01:33:16 (40.7%)	22:54	2.6 (59.1%)
102	<b>TILLES Anna</b>	<b>3473</b>		30-39 K	102	02:08:21	<b>03:49:47.50</b>	<b>03:49:51.80</b>	+01:33:53 (40.8%)	22:58	2.6 (59.1%)
103	<b>GARBACZ Joanna</b>	<b>2319</b>		30-39 K	103	02:08:19	<b>03:49:58.15</b>	<b>03:50:01.65</b>	+01:34:03 (40.9%)	22:59	2.6 (59.1%)
104	<b>SZAFRAŃSKA Magdalena</b>	<b>3271</b>	TEAM DORIS KRAKÓW	30-39 K	104	02:12:53	<b>03:50:05.40</b>	<b>03:50:10.30</b>	+01:34:11 (40.9%)	23:00	2.6 (59.1%)
105	<b>FRELIK Edyta</b>	<b>153</b>		30-39 K	105	02:10:07	<b>03:50:11.30</b>	<b>03:50:12.30</b>	+01:34:13 (40.9%)	23:01	2.6 (59.1%)
106	<b>GAWLIK Anita</b>	<b>3212</b>	TEAM DORIS KRAKÓW	30-39 K	106	02:12:31	<b>03:50:02.25</b>	<b>03:50:14.85</b>	+01:34:16 (40.9%)	23:00	2.6 (59.1%)
107	<b>PSZCZOŁA Joanna</b>	<b>3253</b>	TEAM DORIS KRAKÓW	30-39 K	107	02:12:39	<b>03:50:01.45</b>	<b>03:50:15.30</b>	+01:34:16 (40.9%)	23:00	2.6 (59.1%)
108	<b>SZAJDA Zofia</b>	<b>2475</b>		30-39 K	108	02:04:19	<b>03:47:52.10</b>	<b>03:50:30.05</b>	+01:34:31 (41.0%)	22:47	2.6 (59.1%)
109	<b>MICHALAK Anna</b>	<b>2448</b>		30-39 K	109	02:04:42	<b>03:47:53.80</b>	<b>03:50:30.75</b>	+01:34:32 (41.0%)	22:47	2.6 (59.1%)
110	<b>MYRDA Aneta</b>	<b>2558</b>		30-39 K	110	02:10:13	<b>03:51:07.15</b>	<b>03:51:16.45</b>	+01:35:17 (41.2%)	23:06	2.6 (59.1%)
111	<b>BOGUSŁAWSKA Katarzyna</b>	<b>2411</b>		30-39 K	111		<b>03:48:49.95</b>	<b>03:51:24.75</b>	+01:35:26 (41.2%)	22:53	2.6 (59.1%)
112	<b>TOCZEK Aneta</b>	<b>2980</b>		30-39 K	112	02:06:04	<b>03:49:15.95</b>	<b>03:53:05.45</b>	+01:37:06 (41.7%)	22:55	2.6 (59.1%)
113	<b>CHORZĘPA-NAJDA Iza</b>	<b>2910</b>		30-39 K	113	02:05:57	<b>03:49:16.85</b>	<b>03:53:06.20</b>	+01:37:07 (41.7%)	22:55	2.6 (59.1%)
114	<b>JANICKA Aleksandra</b>	<b>2929</b>		30-39 K	114	02:01:24	<b>03:49:50.10</b>	<b>03:53:47.95</b>	+01:37:49 (41.8%)	22:59	2.6 (59.1%)
115	<b>KOŁSUT Marta</b>	<b>3039</b>		30-39 K	115	02:05:04	<b>03:55:31.95</b>	<b>03:55:34.20</b>	+01:39:35 (42.3%)	23:33	2.5 (56.8%)
116	<b>BOREK Anna</b>	<b>4909</b>		30-39 K	116	02:05:03	<b>03:55:32.70</b>	<b>03:55:35.40</b>	+01:39:36 (42.3%)	23:33	2.5 (56.8%)
117	<b>GREGORCZYK Sylwia</b>	<b>3519</b>		30-39 K	117	02:12:24	<b>03:55:54.15</b>	<b>03:55:59.50</b>	+01:40:00 (42.4%)	23:35	2.5 (56.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Point_1_HR 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
118	<b>SZYMCZAK Anna</b>	<b>3659</b>		30-39 K	118	02:07:00	<b>03:55:54.70</b>	<b>03:56:00.70</b>	+01:40:02 (42.4%)	23:35	2.5 (56.8%)
119	<b>JÓZWIAK Anna Maria</b>	<b>2024</b>		30-39 K	119		<b>03:57:17.95</b>	<b>03:57:21.70</b>	+01:41:23 (42.7%)	23:43	2.5 (56.8%)
120	<b>CZERW Anita</b>	<b>3012</b>		30-39 K	120	02:12:22	<b>03:57:16.40</b>	<b>03:57:22.15</b>	+01:41:23 (42.7%)	23:43	2.5 (56.8%)
121	<b>PRUCHNIK-KRUPA Karolina</b>	<b>2376</b>		30-39 K	121	02:11:13	<b>03:57:50.40</b>	<b>03:57:55.70</b>	+01:41:57 (42.8%)	23:47	2.5 (56.8%)
122	<b>KOPACKA Kamilla</b>	<b>2735</b>		30-39 K	122	01:53:42	<b>03:58:40.65</b>	<b>03:58:42.70</b>	+01:42:44 (43.0%)	23:52	2.5 (56.8%)
123	<b>BOLESTA Martyna</b>	<b>2303</b>		30-39 K	123	01:59:50	<b>03:59:00.05</b>	<b>03:59:07.50</b>	+01:43:08 (43.1%)	23:54	2.5 (56.8%)
124	<b>RZYMOWSKA Agnieszka</b>	<b>2966</b>		30-39 K	124	02:06:07	<b>03:55:38.55</b>	<b>03:59:24.50</b>	+01:43:25 (43.2%)	23:33	2.5 (56.8%)
125	<b>MEBENGA Asia</b>	<b>2949</b>		30-39 K	125	02:00:40	<b>03:55:30.40</b>	<b>03:59:26.55</b>	+01:43:27 (43.2%)	23:33	2.5 (56.8%)
126	<b>GÓRNA Aleksandra</b>	<b>2927</b>		30-39 K	126	02:01:23	<b>03:55:29.65</b>	<b>03:59:26.95</b>	+01:43:28 (43.2%)	23:32	2.5 (56.8%)
127	<b>SERKIES Magdalena</b>	<b>2967</b>		30-39 K	127	02:01:25	<b>03:55:37.00</b>	<b>03:59:34.60</b>	+01:43:36 (43.2%)	23:33	2.5 (56.8%)
128	<b>SZCZEŚNIAK Katarzyna</b>	<b>2975</b>		30-39 K	128	02:01:28	<b>03:55:42.10</b>	<b>03:59:36.90</b>	+01:43:38 (43.3%)	23:34	2.5 (56.8%)
129	<b>PAŁAC-KĄDZIOŁKA Katarzyna</b>	<b>2162</b>		30-39 K	129	02:13:10	<b>04:01:25.25</b>	<b>04:01:37.80</b>	+01:45:39 (43.7%)	24:08	2.5 (56.8%)
130	<b>PAŁAC-MALIK Agnieszka</b>	<b>2750</b>		30-39 K	130	02:13:19	<b>04:01:24.90</b>	<b>04:01:38.30</b>	+01:45:39 (43.7%)	24:08	2.5 (56.8%)
131	<b>JAKUBIEC Izabela</b>	<b>2521</b>		30-39 K	131	02:16:57	<b>04:02:01.10</b>	<b>04:02:09.50</b>	+01:46:10 (43.8%)	24:12	2.5 (56.8%)
132	<b>DEREŃ Katarzyna</b>	<b>2512</b>		30-39 K	132	02:16:01	<b>04:02:49.60</b>	<b>04:02:52.10</b>	+01:46:53 (44.0%)	24:17	2.5 (56.8%)
133	<b>FELIS Joanna</b>	<b>2613</b>		30-39 K	133	02:13:06	<b>04:03:24.85</b>	<b>04:03:32.30</b>	+01:47:33 (44.2%)	24:20	2.5 (56.8%)
134	<b>KUJAWA Monika</b>	<b>2345</b>		30-39 K	134	02:18:44	<b>04:05:16.45</b>	<b>04:05:20.05</b>	+01:49:21 (44.6%)	24:31	2.4 (54.5%)
135	<b>DYNA Paulina</b>	<b>2612</b>		30-39 K	135	02:03:31	<b>04:07:06.30</b>	<b>04:07:13.90</b>	+01:51:15 (45.0%)	24:42	2.4 (54.5%)
136	<b>SOKÓŁ Anna</b>	<b>2675</b>		30-39 K	136	02:03:35	<b>04:07:05.75</b>	<b>04:07:14.80</b>	+01:51:16 (45.0%)	24:42	2.4 (54.5%)
137	<b>SOBCZYK Sabina</b>	<b>3463</b>		30-39 K	137	02:08:17	<b>04:07:18.85</b>	<b>04:07:23.90</b>	+01:51:25 (45.0%)	24:43	2.4 (54.5%)
138	<b>STĘPIEŃ Agnieszka</b>	<b>2259</b>		30-39 K	138	02:13:59	<b>04:07:29.65</b>	<b>04:07:41.30</b>	+01:51:42 (45.1%)	24:45	2.4 (54.5%)
139	<b>KNAPIK Justyna</b>	<b>3533</b>		30-39 K	139	02:16:03	<b>04:08:40.00</b>	<b>04:08:51.45</b>	+01:52:52 (45.4%)	24:52	2.4 (54.5%)
140	<b>KNAPIK Katarzyna</b>	<b>2431</b>		30-39 K	140	02:15:57	<b>04:08:38.85</b>	<b>04:08:51.50</b>	+01:52:52 (45.4%)	24:51	2.4 (54.5%)
141	<b>CIĄGŁO Danuta</b>	<b>2911</b>		30-39 K	141	02:13:31	<b>04:05:17.45</b>	<b>04:09:02.05</b>	+01:53:03 (45.4%)	24:31	2.4 (54.5%)
142	<b>KUPIS Agnieszka</b>	<b>2738</b>		30-39 K	142	02:16:06	<b>04:09:43.65</b>	<b>04:09:51.10</b>	+01:53:52 (45.6%)	24:58	2.4 (54.5%)
143	<b>LITWINIUK Natalia</b>	<b>2644</b>		30-39 K	143	02:20:37	<b>04:10:01.60</b>	<b>04:10:04.95</b>	+01:54:06 (45.6%)	25:00	2.4 (54.5%)
144	<b>GRABOWSKA Sylwia</b>	<b>2120</b>		30-39 K	144	02:20:37	<b>04:10:01.85</b>	<b>04:10:05.50</b>	+01:54:06 (45.6%)	25:00	2.4 (54.5%)
145	<b>RUGIEŃ Dorota</b>	<b>2669</b>		30-39 K	145	02:15:30	<b>04:11:14.10</b>	<b>04:11:19.50</b>	+01:55:20 (45.9%)	25:07	2.4 (54.5%)
146	<b>JURCZYNSKA Monika</b>	<b>2842</b>		30-39 K	146	02:12:35	<b>04:12:01.80</b>	<b>04:12:10.85</b>	+01:56:12 (46.1%)	25:12	2.4 (54.5%)
147	<b>LEWANDOWSKA Malwina</b>	<b>3626</b>		30-39 K	147	02:20:17	<b>04:13:14.45</b>	<b>04:13:19.50</b>	+01:57:20 (46.3%)	25:19	2.4 (54.5%)
148	<b>LEWANDOWSKA Edyta</b>	<b>3627</b>		30-39 K	148	02:20:13	<b>04:13:15.55</b>	<b>04:13:20.75</b>	+01:57:22 (46.3%)	25:19	2.4 (54.5%)
149	<b>BILON-MOLENDA Alicja</b>	<b>3602</b>		30-39 K	149	02:24:06	<b>04:13:27.60</b>	<b>04:13:31.85</b>	+01:57:33 (46.4%)	25:20	2.4 (54.5%)
150	<b>ZAPALA Aldona</b>	<b>2595</b>		30-39 K	150	02:15:15	<b>04:10:59.20</b>	<b>04:13:32.80</b>	+01:57:34 (46.4%)	25:05	2.4 (54.5%)
151	<b>KOZERA Joanna</b>	<b>2541</b>		30-39 K	151	02:15:10	<b>04:11:00.35</b>	<b>04:13:33.45</b>	+01:57:34 (46.4%)	25:06	2.4 (54.5%)
152	<b>MUCHA Joanna</b>	<b>3064</b>		30-39 K	152	02:32:43	<b>04:13:36.35</b>	<b>04:13:36.35</b>	+01:57:37 (46.4%)	25:21	2.4 (54.5%)
153	<b>LEWANDOWSKA Joanna</b>	<b>3625</b>		30-39 K	153	02:24:06	<b>04:13:41.80</b>	<b>04:13:45.90</b>	+01:57:47 (46.4%)	25:22	2.4 (54.5%)
154	<b>FARACIK Ewelina</b>	<b>3015</b>		30-39 K	154	02:32:08	<b>04:14:50.00</b>	<b>04:14:53.70</b>	+01:58:55 (46.7%)	25:29	2.4 (54.5%)
155	<b>KAMIŃSKA Maja</b>	<b>2847</b>		30-39 K	155	02:18:50	<b>04:19:25.45</b>	<b>04:19:35.25</b>	+02:03:36 (47.6%)	25:56	2.3 (52.3%)
156	<b>MOLSKA Milena</b>	<b>4755</b>		30-39 K	156	02:16:14	<b>04:21:28.20</b>	<b>04:21:38.00</b>	+02:05:39 (48.0%)	26:08	2.3 (52.3%)
157	<b>BŁĄDEK Anna</b>	<b>2808</b>		30-39 K	157	02:14:05	<b>04:21:39.65</b>	<b>04:21:49.35</b>	+02:05:50 (48.1%)	26:10	2.3 (52.3%)
158	<b>TRZEBIATOWSKA Paulina</b>	<b>3094</b>		30-39 K	158	02:24:04	<b>04:22:05.35</b>	<b>04:22:18.00</b>	+02:06:19 (48.2%)	26:12	2.3 (52.3%)
159	<b>SŁOWIK Renata</b>	<b>2176</b>		30-39 K	159	02:17:30	<b>04:23:09.40</b>	<b>04:23:17.60</b>	+02:07:19 (48.4%)	26:18	2.3 (52.3%)
160	<b>GAŦKOWSKA Beata</b>	<b>3213</b>		30-39 K	160	02:20:33	<b>04:24:51.45</b>	<b>04:24:54.05</b>	+02:08:55 (48.7%)	26:29	2.3 (52.3%)
161	<b>CHYZIŃSKA Aga</b>	<b>2814</b>		30-39 K	161	02:36:51	<b>04:26:38.80</b>	<b>04:26:45.50</b>	+02:10:46 (49.0%)	26:39	2.3 (52.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Point_1_HR 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
162	<b>LASEK Ewelina</b>	<b>2858</b>		30-39 K	162	02:36:44	<b>04:26:38.65</b>	<b>04:26:45.70</b>	+02:10:47 (49.0%)	26:39	2.3 (52.3%)
163	<b>BINKO Agnieszka</b>	<b>2804</b>		30-39 K	163	02:36:47	<b>04:26:36.00</b>	<b>04:26:46.90</b>	+02:10:48 (49.0%)	26:39	2.3 (52.3%)
164	<b>PELC Joanna</b>	<b>3342</b>		30-39 K	164	02:29:56	<b>04:30:28.55</b>	<b>04:30:37.10</b>	+02:14:38 (49.8%)	27:02	2.2 (50.0%)
165	<b>WAŚOWICZ Paulina</b>	<b>3365</b>		30-39 K	165	02:31:21	<b>04:30:32.80</b>	<b>04:30:41.10</b>	+02:14:42 (49.8%)	27:03	2.2 (50.0%)
166	<b>TARGOŃSKA Marta</b>	<b>2585</b>		30-39 K	166	02:24:31	<b>04:33:00.20</b>	<b>04:33:09.45</b>	+02:17:10 (50.2%)	27:18	2.2 (50.0%)
167	<b>KIEDROWSKA Daria</b>	<b>2535</b>		30-39 K	167	02:24:26	<b>04:33:01.90</b>	<b>04:33:10.85</b>	+02:17:12 (50.2%)	27:18	2.2 (50.0%)
168	<b>SZREDER Karolina</b>	<b>2582</b>		30-39 K	168	02:24:28	<b>04:33:02.55</b>	<b>04:33:11.00</b>	+02:17:12 (50.2%)	27:18	2.2 (50.0%)
169	<b>KAMIŃSKA Monika</b>	<b>2529</b>		30-39 K	169	02:24:43	<b>04:33:03.55</b>	<b>04:33:11.80</b>	+02:17:13 (50.2%)	27:18	2.2 (50.0%)
170	<b>LONCZAK Monika</b>	<b>3052</b>		30-39 K	170	02:38:30	<b>04:42:24.40</b>	<b>04:42:36.90</b>	+02:26:38 (51.9%)	28:14	2.1 (47.7%)
171	<b>TERLECKA Ewa</b>	<b>2478</b>		30-39 K	171	02:30:07	<b>04:41:26.65</b>	<b>04:44:09.30</b>	+02:28:10 (52.1%)	28:08	2.1 (47.7%)
172	<b>ŻŁOBIŃSKA Monika</b>	<b>3283</b>		30-39 K	172	02:38:31	<b>04:44:15.30</b>	<b>04:44:28.50</b>	+02:28:29 (52.2%)	28:25	2.1 (47.7%)
173	<b>POPCZYK Monika</b>	<b>2248</b>		30-39 K	173	02:37:47	<b>04:52:10.75</b>	<b>04:52:16.10</b>	+02:36:17 (53.5%)	29:13	2.1 (47.7%)
174	<b>BĄCZYK Marlena</b>	<b>2702</b>		30-39 K	174	02:22:43	<b>04:53:39.60</b>	<b>04:53:48.10</b>	+02:37:49 (53.7%)	29:22	2 (45.5%)
175	<b>CHOROWSKA Karolina</b>	<b>2708</b>		30-39 K	175	02:44:40	<b>04:55:26.95</b>	<b>04:55:42.05</b>	+02:39:43 (54.0%)	29:32	2 (45.5%)
176	<b>OWCZAREK Ewelina</b>	<b>2459</b>		30-39 K	176	02:56:33	<b>05:10:59.10</b>	<b>05:13:39.10</b>	+02:57:40 (56.6%)	31:05	1.9 (43.2%)
177	<b>BEDNARZ Agnieszka</b>	<b>3502</b>		30-39 K	177	03:11:25	<b>05:29:00.50</b>	<b>05:29:09.25</b>	+03:13:10 (58.7%)	32:54	1.8 (40.9%)

Znaleziono 177 wynik(ów)