



III ZIMOWY MARATON BIESZCZADZKI 2017 - 44,6KM

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Zimowy Maraton Bieszczadzki 2017
Fundacja Bieg Rzeźnika
2017-01-29
Cisna
44,6 km

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
1	BARCEWICZ Marta	1	SKLEPBIEGOWY.COM/ SS DRUŻYNA WILKA/ ASICS FRONTRUNNER	K30	1	00:00:27	02:09:07	02:51:30	03:32:33	03:48:35.75	03:48:35.75		5:07	11.7 (100%)
2	ARSENIUK Anna	2	T. S. OPATRUNKI TORUŃ	K30	2	00:00:38	02:12:55	02:54:10	03:32:41	03:49:07.85	03:49:07.85	+00:00:32 (0.2%)	5:08	11.7 (100%)
3	WYWŁOKA Paulina	486		K20	1	00:00:36	02:14:38	02:55:05	03:35:05	03:52:47.00	03:52:47.00	+00:04:11 (1.8%)	5:13	11.5 (98.3%)
4	BONDARA Sylwia	3	ALPIN SPORT TEAM / JACEKBIEGA RUNNING TEAM	K30	3	00:00:53	02:19:47	03:02:34	03:45:38	04:04:23.65	04:04:23.65	+00:15:47 (6.5%)	5:28	11 (94.0%)
5	MAKOWSKA Olga	611	JACEK BIEGA RUNNING TEAM	K30	4	00:00:45	02:24:49	03:09:00	03:53:11	04:12:45.10	04:12:45.10	+00:24:09 (9.6%)	5:40	10.6 (90.6%)
6	DOMISZEWSKA Maria	649		K50	1	00:00:39	02:18:13	03:07:25	03:54:18	04:15:47.85	04:15:47.85	+00:27:12 (10.6%)	5:44	10.5 (89.7%)
7	MIERZLIKIN Natalia	411		K20	2	00:01:38	02:23:19	03:10:46	03:56:17	04:18:38.10	04:18:38.10	+00:30:02 (11.6%)	5:47	10.3 (88.0%)
8	SOLIŃSKA Katarzyna	35	CISOWIANKA TEAM	K20	3	00:00:51	02:23:17	03:11:43	03:58:09	04:18:59.75	04:18:59.75	+00:30:24 (11.7%)	5:48	10.3 (88.0%)
9	KRENZEL Regina	474		K20	4	00:00:55	02:30:27	03:20:17	04:06:31	04:27:43.35	04:27:43.35	+00:39:07 (14.6%)	6:00	10 (85.5%)
10	LANGE Beata	610		K40	1	00:01:44	02:34:40	03:22:31	04:08:47	04:28:05.85	04:28:05.85	+00:39:30 (14.7%)	6:00	10 (85.5%)
11	ŚMIAŁKOWSKA Jolanta	794	ŁÓDŹ RUNNING TEAM	K50	2	00:01:16	02:35:34	03:22:24	04:08:46	04:28:20.40	04:28:20.40	+00:39:44 (14.8%)	6:00	10 (85.5%)
12	KRUCZEK Monika	167	LACHO TEAM	K30	5	00:01:36	02:39:16	03:26:59	04:13:32	04:34:30.15	04:34:30.15	+00:45:54 (16.7%)	6:09	9.7 (82.9%)
13	ZAJĄC Katarzyna	374	4K TEAM TARNÓW	K30	6	00:01:10	02:29:47	03:21:37	04:11:58	04:35:07.30	04:35:07.30	+00:46:31 (16.9%)	6:10	9.7 (82.9%)
14	JAKOWICZ Agnieszka	783	LABOSPORT	K40	2	00:02:52	03:43:18		04:01:15	04:35:50.45	04:35:50.45	+00:47:14 (17.1%)	6:11	9.7 (82.9%)
15	RENCZ Małgorzata	622		K40	3	00:00:59	02:34:23	03:26:36	04:14:25	04:36:31.35	04:36:31.35	+00:47:55 (17.3%)	6:11	9.7 (82.9%)
16	SERAFIN Paulina	195	RZESZOWSKIE GAZELE I GEPARDY	K30	7	00:01:32	02:37:33	03:28:06	04:17:33	04:39:39.20	04:39:39.20	+00:51:03 (18.3%)	6:16	9.6 (82.1%)
17	KRAWCZAK Paulina	113	BIEGUSIEM.PL	K30	8	00:02:53	02:40:49	03:35:49	04:21:59	04:42:50.60	04:42:50.60	+00:54:14 (19.2%)	6:20	9.5 (81.2%)
18	OLSCHIMKE- MARMUROWICZ Barbara	74	NIGHT RUNNERS ŚLĄSK	K40	4	00:02:14	02:41:24	03:33:45	04:23:09	04:47:18.05	04:47:18.05	+00:58:42 (20.4%)	6:26	9.3 (79.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km					
19	KUSION Anna	278	EKIPA Z TARNOWA	K50	3	00:01:09	02:39:23	03:33:40	04:22:24	04:47:38.60	04:47:38.60	+00:59:02 (20.5%)	6:26	9.3 (79.5%)
20	KRÓTKI Alicja	303		K30	9	00:02:53	02:40:51	03:34:43	04:23:38	04:48:06.30	04:48:06.30	+00:59:30 (20.7%)	6:27	9.3 (79.5%)
21	CZYŻOWSKA Adrianna	788		K30	10	00:01:43	02:42:29	03:37:08	04:24:59	04:50:03.00	04:50:03.00	+01:01:27 (21.2%)	6:30	9.2 (78.6%)
22	SZYMURA Karolina	366	4K TEAM TARNÓW	K30	11	00:01:10	02:39:15	03:36:25	04:28:04	04:52:01.75	04:52:01.75	+01:03:26 (21.7%)	6:32	9.2 (78.6%)
23	DUDZIAK Dorota	342		K30	12	00:00:41	02:40:29	03:36:26	04:28:04	04:52:13.45	04:52:13.45	+01:03:37 (21.8%)	6:33	9.2 (78.6%)
24	BIENIECKA Anna	800	ALPIN SPORT / OTK RZEŹNIK	K30	13	00:00:43	02:34:33	03:32:14	04:28:17	04:53:24.40	04:53:24.40	+01:04:48 (22.1%)	6:34	9.1 (77.8%)
25	DĘBSKA Joanna	98	NIGHT RUNNERS GLIWICE	K40	5	00:02:01	02:41:08	03:38:44	04:33:11	04:57:04.00	04:57:04.00	+01:08:28 (23.0%)	6:39	9 (76.9%)
26	SKOTNICKA Anna	236	EKIPA Z TARNOWA	K30	14	00:02:15	02:45:30	03:43:29	04:35:03	04:58:00.20	04:58:00.20	+01:09:24 (23.3%)	6:40	9 (76.9%)
27	DEYNECKA Martyna	534		K30	15	00:01:55	02:43:50	03:39:27	04:34:43	05:00:01.15	05:00:01.15	+01:11:25 (23.8%)	6:43	8.9 (76.1%)
28	GRUCHAŁA Agnieszka	462	MEWA GDYNIA	K40	6	00:01:16	02:50:32	03:45:08	04:38:45	05:01:03.35	05:01:03.35	+01:12:27 (24.1%)	6:45	8.9 (76.1%)
29	PRZYWARA Dominika	84	WWF UR / ZABIEGANI MIELEC	K20	5	00:00:56	02:47:58	03:43:32	04:37:16	05:01:29.45	05:01:29.45	+01:12:53 (24.2%)	6:45	8.9 (76.1%)
30	FARON Agnieszka	799	NORAFSPORT	K30	16	00:01:04	02:43:32	03:44:17	04:38:02	05:02:19.95	05:02:19.95	+01:13:44 (24.4%)	6:46	8.9 (76.1%)
31	SŁOMIAN Marcelina	330		K20	6	00:02:27	02:51:36	03:48:47	04:40:32	05:03:01.00	05:03:01.00	+01:14:25 (24.6%)	6:47	8.8 (75.2%)
32	PIECUCH Karolina	99	LACHO TEAM	K30	17	00:02:03	02:50:12	03:52:56	04:41:41	05:04:03.30	05:04:03.30	+01:15:27 (24.8%)	6:49	8.8 (75.2%)
33	BURANDT Magdalena	701	SS DRUŻYNA WILKA	K30	18	00:02:11	02:48:48	03:46:32	04:40:08	05:05:38.70	05:05:38.70	+01:17:02 (25.2%)	6:51	8.8 (75.2%)
34	DZIADOŃ Justyna	369	LACHO TEAM	K30	19	00:02:17	02:58:46	03:56:43	04:44:25	05:05:51.90	05:05:51.90	+01:17:16 (25.3%)	6:51	8.7 (74.4%)
35	STECH Joanna	435		K50	4	00:00:50	02:43:27	03:50:21	04:43:35	05:10:10.25	05:10:10.25	+01:21:34 (26.3%)	6:57	8.6 (73.5%)
36	MALINOWSKA Iwona	646		K40	7	00:00:52	02:42:36	03:45:27	04:43:01	05:11:58.75	05:11:58.75	+01:23:23 (26.7%)	6:59	8.6 (73.5%)
37	ĆWIAKAŁA Halina	585	SAMOTNI WĘDROWCY	K40	8	00:01:00	02:51:54	03:50:43	04:45:33	05:12:13.00	05:12:13.00	+01:23:37 (26.8%)	7:00	8.6 (73.5%)
38	KOZDRA Aleksandra	558		K20	7	00:02:37	02:56:28	03:52:28	04:46:23	05:12:20.20	05:12:20.20	+01:23:44 (26.8%)	7:00	8.6 (73.5%)
39	SZWAJKA Aneta	479		K40	9	00:00:47	02:53:03	03:52:24	04:46:24	05:12:52.15	05:12:52.15	+01:24:16 (26.9%)	7:00	8.6 (73.5%)
40	HYJEK Elżbieta	593	ZABIEGANI MIELEC	K40	10	00:02:02	02:52:43	03:50:48	04:46:48	05:13:52.05	05:13:52.05	+01:25:16 (27.2%)	7:02	8.5 (72.6%)
41	BUCZKOWSKA Sylwia	43	PIĘKNE I BRODACZE	K20	8	00:02:49	03:01:14	04:00:36	04:52:58	05:16:45.45	05:16:45.45	+01:28:09 (27.8%)	7:06	8.4 (71.8%)
42	DOMARADZKA Violetta	813	RUN VEGAN	K40	11	00:02:45	03:01:08	03:55:11	04:48:17	05:17:31.45	05:17:31.45	+01:28:55 (28.0%)	7:07	8.4 (71.8%)
43	NAWARA Ewelina	590	KSIĘŻNICZKI NIBYLANDII	K30	20	00:01:29	03:01:59	04:04:52	04:55:09	05:17:44.95	05:17:44.95	+01:29:09 (28.1%)	7:07	8.4 (71.8%)
44	ZĄBIK Dana	531		K40	12	00:02:49	03:10:26	04:06:48	05:00:06	05:25:20.65	05:25:20.65	+01:36:44 (29.7%)	7:17	8.2 (70.1%)
45	DUBIENKO Joanna	151	UNLIMITED KRAKÓW TEAM / WWW.MARCINGORKA.PL	K20	9	00:02:17	03:04:07	04:08:37	05:01:35	05:26:11.70	05:26:11.70	+01:37:35 (29.9%)	7:18	8.2 (70.1%)

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						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km					
46	ŻEBRAKOWSKA Katarzyna	472	ULTRAMARATONPODKARPACKI.PL	K40	13	00:02:04	03:00:26	04:07:09	05:00:46	05:26:37.35	05:26:37.35	+01:38:01 (30.0%)	7:19	8.2 (70.1%)
47	LIGĘZA Joanna	806	SMASHING PĄPKINS	K40	14	00:02:09	03:02:06	04:05:04	04:59:44	05:27:39.50	05:27:39.50	+01:39:03 (30.2%)	7:20	8.2 (70.1%)
48	BOJAN Gabriela	432	MALINOWYNOS.PL ACTIVGABI	K20	10	00:02:38	03:05:36	04:06:30	05:01:40	05:29:08.00	05:29:08.00	+01:40:32 (30.5%)	7:22	8.1 (69.2%)
49	SZALACHA Katarzyna	665		K30	21	00:02:56	03:01:36	04:07:20	05:03:19	05:30:39.85	05:30:39.85	+01:42:04 (30.9%)	7:24	8.1 (69.2%)
50	TRZEŻWIŃSKA Anna	325		K40	15	00:01:45	02:53:26	03:56:37	04:48:21	05:31:00.65	05:31:00.65	+01:42:24 (30.9%)	7:25	8.1 (69.2%)
51	JACH-BALICKA Olka	232		K30	22	00:01:08	03:13:08	04:12:25	05:06:30	05:31:42.90	05:31:42.90	+01:43:07 (31.1%)	7:26	8.1 (69.2%)
52	NIESPODZIANA Anna	548	ROGOZIŃSKI KLUB BIEGACZA	K30	23	00:01:11	03:05:52	04:10:56	05:06:50	05:33:01.10	05:33:01.10	+01:44:25 (31.4%)	7:28	8 (68.4%)
53	KOKOSZKA Magdalena	592	ZABIEGANI MIELEC	K30	24	00:02:03	02:59:18	04:04:28	05:04:18	05:33:09.65	05:33:09.65	+01:44:33 (31.4%)	7:28	8 (68.4%)
54	PAPROCKA Urszula	489	NOWA HUTA TEAM	K20	11	00:02:50	03:09:51	04:17:09	05:08:59	05:34:52.60	05:34:52.60	+01:46:16 (31.7%)	7:30	8 (68.4%)
55	WYŻYKOWSKA Agnieszka	430	NOWA HUTA TEAM	K30	25	00:02:51	03:09:48	04:17:09	05:08:59	05:34:54.35	05:34:54.35	+01:46:18 (31.7%)	7:30	8 (68.4%)
56	GAJEWSKA Monika	26		K30	26	00:02:49	03:11:23	04:12:24	05:10:26	05:37:14.15	05:37:14.15	+01:48:38 (32.2%)	7:33	7.9 (67.5%)
57	RAKOWSKA Magdalena	818	DRUŻYNA TVN	K40	16	00:02:18	03:11:51	04:11:58	05:09:52	05:38:29.80	05:38:29.80	+01:49:54 (32.5%)	7:35	7.9 (67.5%)
58	ŻELAZNY Judyta	586	MRÓWKA JAROSŁAW ACTIVE TEAM	K40	17	00:01:57	03:08:04	04:10:37	05:08:46	05:38:47.35	05:38:47.35	+01:50:11 (32.5%)	7:35	7.9 (67.5%)
59	ORACZ Sylwia	327		K40	18	00:02:28	03:11:11	04:17:08	05:12:35	05:39:10.10	05:39:10.10	+01:50:34 (32.6%)	7:36	7.9 (67.5%)
60	KIJ Kinga	798		K30	27	00:03:06	03:12:04	04:18:47	05:12:59	05:40:24.95	05:40:24.95	+01:51:49 (32.8%)	7:37	7.9 (67.5%)
61	CHLEBIŃSKA Paulina	631	RZESZOWSKIE GAZELE I GEPARDY	K20	12	00:01:43	03:09:55	04:17:45	05:13:58	05:41:53.25	05:41:53.25	+01:53:17 (33.1%)	7:39	7.8 (66.7%)
62	WĘGRZYN Małgorzata	594	RESZOWSKIE GAZELE I GEPARDY	K40	19	00:01:43	03:09:55	04:17:43	05:13:57	05:42:01.85	05:42:01.85	+01:53:26 (33.2%)	7:40	7.8 (66.7%)
63	KRZOSEK Joanna	73		K30	28	00:02:15	03:05:30	04:12:50	05:14:07	05:43:18.85	05:43:18.85	+01:54:43 (33.4%)	7:41	7.8 (66.7%)
64	KUNKEL Anna	497	PGB SPORTOWA PACZKA	K40	20	00:01:12	03:20:31	04:22:49	05:17:52	05:44:29.50	05:44:29.50	+01:55:53 (33.6%)	7:43	7.8 (66.7%)
65	PIĄTEK Beata	621		K30	29	00:02:00	03:08:52	04:20:25	05:15:24	05:44:54.00	05:44:54.00	+01:56:18 (33.7%)	7:43	7.8 (66.7%)
66	GADAMSKA-KABATA Paulina	667		K30	30	00:01:25	03:09:25	04:19:58	05:18:23	05:48:34.25	05:48:34.25	+01:59:58 (34.4%)	7:48	7.7 (65.8%)
67	SEMOW Sylwia	756	KW KRAKÓW	K30	31	00:01:35	03:13:04	04:19:42	05:18:47	05:49:27.40	05:49:27.40	+02:00:51 (34.6%)	7:50	7.7 (65.8%)
68	DOBIES Jagoda	510		K30	32	00:02:09	03:30:27	04:29:18	05:23:37	05:50:23.55	05:50:23.55	+02:01:47 (34.8%)	7:51	7.6 (65.0%)
69	LOREK Anna	183	KB MARATOŃCZYK DĘBICA	K40	21	00:02:15	03:13:25	04:25:18	05:23:10	05:51:15.50	05:51:15.50	+02:02:39 (34.9%)	7:52	7.6 (65.0%)
70	LEŚNIAK-POPIEL Marta	688	POZYTYWNIIE ZABIEGANI SANOK	K40	22	00:01:50	03:17:09	04:26:27	05:22:24	05:51:34.30	05:51:34.30	+02:02:58 (35.0%)	7:52	7.6 (65.0%)
71	NICEWICZ Marta	406		K30	33	00:02:07	03:14:32	04:27:00	05:23:41	05:51:37.55	05:51:37.55	+02:03:01 (35.0%)	7:53	7.6 (65.0%)
72	OKLEJ Agata	5		K30	34	00:02:57	03:11:52	04:26:52	05:23:11	05:52:29.30	05:52:29.30	+02:03:53 (35.1%)	7:54	7.6 (65.0%)

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						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	44.6km	44.6km	Różn			
73	MATUSZEWICZ Ewa	407	KONDYCJA	K50	5	00:02:19	03:18:18	04:27:30	05:26:25	05:54:07.35	05:54:07.35	+02:05:31 (35.4%)	7:56	7.6 (65.0%)	
74	KROENKE Barbara	408	OBOZYBIEGOWE.PL	K60	1	00:02:19	03:18:18	04:27:30	05:26:25	05:54:08.15	05:54:08.15	+02:05:32 (35.4%)	7:56	7.6 (65.0%)	
75	KRUSZYNA Elżbieta	162		K30	35	00:02:25	03:20:40	04:35:11	05:28:47	05:55:16.60	05:55:16.60	+02:06:40 (35.7%)	7:57	7.5 (64.1%)	
76	LACHER Joanna	108		K20	13	00:02:21	03:22:28	04:29:03	05:26:12	05:55:27.00	05:55:27.00	+02:06:51 (35.7%)	7:58	7.5 (64.1%)	
77	WĄSOWSKA Jagoda	96	PIASECZNO	K50	6	00:01:50	03:27:44	04:35:08	05:30:51	05:57:04.30	05:57:04.30	+02:08:28 (36.0%)	8:00	7.5 (64.1%)	
78	REMLEIN Katarzyna	566	DRUŻYNA SZPIKU/FOR RUN TEAM	K30	36	00:01:31	03:11:44	04:26:51	05:28:08	05:58:03.75	05:58:03.75	+02:09:28 (36.2%)	8:01	7.5 (64.1%)	
79	GRAMZA Katarzyna	356	EUFORIABIEGACZA.PL	K30	37	00:02:16	03:17:12	04:32:58	05:29:21	05:58:06.95	05:58:06.95	+02:09:31 (36.2%)	8:01	7.5 (64.1%)	
80	SAKOWSKA Aneta	304	MARATONKA GRAJEWO	K40	23	00:02:05	03:23:22	04:29:06	05:29:34	05:58:08.00	05:58:08.00	+02:09:32 (36.2%)	8:01	7.5 (64.1%)	
81	PRYCIŃSKA Wiesława	575	CAFE SZKOLNA 16	K40	24	00:02:38	03:23:20	04:30:35	05:30:10	05:58:09.75	05:58:09.75	+02:09:34 (36.2%)	8:01	7.5 (64.1%)	
82	ŁYSIAK Sylwia	317	ROZBIEGANY RAWICZ	K40	25	00:02:16	03:17:42	04:32:56	05:30:27	05:58:25.45	05:58:25.45	+02:09:49 (36.2%)	8:02	7.5 (64.1%)	
83	KOSNOWSKA Katarzyna	740		K40	26	00:02:47	03:19:49	04:29:44	05:29:50	05:58:43.10	05:58:43.10	+02:10:07 (36.3%)	8:02	7.5 (64.1%)	
84	RAFAŁ Eliza	319		K30	38	00:01:53	03:27:34	04:36:38	05:32:15	05:59:04.30	05:59:04.30	+02:10:28 (36.3%)	8:03	7.5 (64.1%)	
85	KĄDUŁA Klaudia	550	TKD SZAKAL JEŻYCE RUNNERS	K30	39	00:02:52	03:23:49	04:27:19	05:29:08	05:59:25.95	05:59:25.95	+02:10:50 (36.4%)	8:03	7.4 (63.2%)	
86	BRZYSKA Marcelina	583	BIŁGORAJ BIEGA	K20	14	00:01:53	03:27:34	04:36:37	05:33:06	05:59:38.40	05:59:38.40	+02:11:02 (36.4%)	8:03	7.4 (63.2%)	
87	ROSZKOWSKA Julita	256		K30	40	00:02:49	03:15:19	04:22:20	05:26:32	05:59:40.15	05:59:40.15	+02:11:04 (36.4%)	8:03	7.4 (63.2%)	
88	HONKISZ-GODLEWSKA Urszula	414	NOWY STYL GROUP RUNNING TEAM	K30	41	00:01:04	03:14:02	04:27:33	05:30:38	06:00:09.70	06:00:09.70	+02:11:33 (36.5%)	8:04	7.4 (63.2%)	
89	WASYLISZYN Bernadetta	612	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	K30	42	00:02:42	03:18:26	04:27:50	05:30:57	06:00:27.20	06:00:27.20	+02:11:51 (36.6%)	8:04	7.4 (63.2%)	
90	STRUSIŃSKA Katarzyna	102	TRIPAKA	K30	43	00:01:04	03:23:44	04:31:58	05:34:04	06:01:00.45	06:01:00.45	+02:12:24 (36.7%)	8:05	7.4 (63.2%)	
91	MICHALCZEWSKA Marzena	176		K40	27	00:02:55	03:16:37	04:30:09	05:31:05	06:03:37.35	06:03:37.35	+02:15:01 (37.1%)	8:09	7.4 (63.2%)	
92	SOSZYŃSKA Gosia	323	CZŁAPACZE	K50	7	00:03:07	03:28:57	04:32:43	05:30:58	06:04:13.35	06:04:13.35	+02:15:37 (37.2%)	8:09	7.3 (62.4%)	
93	SARAT Ewa	494		K40	28	00:02:29	03:26:56	04:35:35	05:35:53	06:05:43.45	06:05:43.45	+02:17:07 (37.5%)	8:11	7.3 (62.4%)	
94	PAUL Viola	123	NIGHT RUNNERS GLIWICE	K40	29	00:02:07	03:24:09	04:35:36	05:35:53	06:05:44.65	06:05:44.65	+02:17:08 (37.5%)	8:12	7.3 (62.4%)	
95	ZABOROWSKA Halina	465	KB MARATOŃCZYK DĘBICA	K50	8	00:02:15	03:35:26	04:39:20	05:35:53	06:05:45.90	06:05:45.90	+02:17:10 (37.5%)	8:12	7.3 (62.4%)	
96	MICHALSKA Klementyna	33	FABRYKA TRIATHLONU	K30	44	00:01:30	03:27:40	04:40:37	05:37:31	06:05:47.30	06:05:47.30	+02:17:11 (37.5%)	8:12	7.3 (62.4%)	
97	KUJAWSKA Małgorzata	628		K30	45	00:02:08	03:20:37	04:35:51	05:36:39	06:05:48.80	06:05:48.80	+02:17:13 (37.5%)	8:12	7.3 (62.4%)	
98	MAKOWSKA Maja	458	AKTYWNI Z CUKRZYCĄ	K20	15	00:02:19	03:29:29	04:35:15	05:36:51	06:05:58.60	06:05:58.60	+02:17:22 (37.5%)	8:12	7.3 (62.4%)	
99	GUZEK Agnieszka	613		K40	30	00:01:01	03:28:27	04:35:54	05:35:38	06:06:03.30	06:06:03.30	+02:17:27 (37.6%)	8:12	7.3 (62.4%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas netto		Czas brutto		Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	44.6km	44.6km	Różn			
100	PECYNA Katarzyna	368		K30	46	00:02:51	03:30:28	04:38:54	05:39:09	06:09:23.55	06:09:23.55	+02:20:47 (38.1%)	8:16	7.2 (61.5%)	
101	KWAPIEŃ Karolina	626	VEGE RUNNERS	K20	16	00:01:31	03:22:53	04:39:00	05:40:27	06:10:17.85	06:10:17.85	+02:21:42 (38.3%)	8:18	7.2 (61.5%)	
102	WESTER Halina	52	NIGHT RUNNERS GLIWICE	K40	31	00:02:06	03:26:19	04:41:48	05:42:02	06:11:56.45	06:11:56.45	+02:23:20 (38.5%)	8:20	7.2 (61.5%)	
103	CUDZIŁO Joanna	395	PKO BANK POLSKI	K40	32	00:02:37	03:30:55	04:41:56	05:41:54	06:13:34.35	06:13:34.35	+02:24:58 (38.8%)	8:22	7.2 (61.5%)	
104	PAZDERSKA-KIPIEL Agnieszka	169	PORANNY PATROL / EVIL TEAM	K30	47	00:01:17	03:22:41	04:31:49	05:41:20	06:14:08.85	06:14:08.85	+02:25:33 (38.9%)	8:23	7.2 (61.5%)	
105	KUCIŃSKA Magdalena	365		K30	48	00:01:25	03:15:52	04:34:26	05:39:26	06:14:11.35	06:14:11.35	+02:25:35 (38.9%)	8:23	7.2 (61.5%)	
106	ROGOZIŃSKA Monika	761	SS DRUŻYNA WILKA GRUPA DBK	K30	49	00:01:16	03:30:24	04:45:43	05:46:05	06:15:12.75	06:15:12.75	+02:26:37 (39.1%)	8:24	7.1 (60.7%)	
107	OKAPIEC Aleksandra	753	AXA RUNNING TEAM	K30	50	00:01:48	03:30:23	04:40:35	05:42:37	06:15:46.05	06:15:46.05	+02:27:10 (39.2%)	8:25	7.1 (60.7%)	
108	SIKORSKA Agnieszka	48		K40	33	00:02:10	03:29:58	04:42:24	05:45:23	06:16:01.20	06:16:01.20	+02:27:25 (39.2%)	8:25	7.1 (60.7%)	
109	GÓRNY Małgorzata	145	HTTP://ALEKSANDRASTEFANSKA.PL/	K20	17	00:02:21	03:22:28	04:35:35	05:41:33	06:16:30.90	06:16:30.90	+02:27:55 (39.3%)	8:26	7.1 (60.7%)	
110	NIEMIEC-DRWIĘGA Bernadeta	242	POZYTYWNE ZABIEGANI SANOK	K40	34	00:01:49	03:29:58	04:44:12	05:45:29	06:17:27.95	06:17:27.95	+02:28:52 (39.4%)	8:27	7.1 (60.7%)	
111	DRWIĘGA Beata	238	POZYTYWNE ZABIEGANI SANOK	K40	35	00:01:50	03:29:58	04:44:13	05:45:30	06:17:29.30	06:17:29.30	+02:28:53 (39.4%)	8:27	7.1 (60.7%)	
112	GARCARZ Monika	587		K40	36	00:01:08	03:36:38	04:49:29	05:49:19	06:19:07.30	06:19:07.30	+02:30:31 (39.7%)	8:30	7.1 (60.7%)	
113	PIERZCHALSKA Julia	508	ABOVE 2000	K30	51	00:02:16	03:32:11	04:43:46	05:46:21	06:19:54.70	06:19:54.70	+02:31:18 (39.8%)	8:31	7 (59.8%)	
114	KUPIBIDA Bogusława	287	SILESIA RUNNING TEAM	K50	9	00:03:03	03:31:03	04:52:24	05:50:44	06:21:26.25	06:21:26.25	+02:32:50 (40.1%)	8:33	7 (59.8%)	
115	WOJTOWICZ-SANDER Sylwia	249	WOP	K20	18	00:01:28	03:32:27	04:47:22	05:51:28	06:21:47.05	06:21:47.05	+02:33:11 (40.1%)	8:33	7 (59.8%)	
116	KOSNO Weronika	514	NIGHT RUNNERS POZNAŃ	K20	19	00:01:14	03:39:07	04:55:14	05:54:40	06:23:34.05	06:23:34.05	+02:34:58 (40.4%)	8:36	7 (59.8%)	
117	CHRUŚCIŃSKA Justyna	515	NIGHT RUNNERS	K20	20	00:01:15	03:39:07	04:55:15	05:54:15	06:23:40.80	06:23:40.80	+02:35:05 (40.4%)	8:36	7 (59.8%)	
118	FIDALI Beata	332	KLUB PODRÓŻNIKÓW ŚRÓDZIEMIE	K30	52	00:01:32	03:43:25	04:51:55	05:53:48	06:24:27.45	06:24:27.45	+02:35:51 (40.5%)	8:37	7 (59.8%)	
119	KOCÓJ Dominika	260	NIGHT RUNNER'S GLIWICE	K20	21	00:01:17	03:35:39	04:50:50	05:54:33	06:25:41.15	06:25:41.15	+02:37:05 (40.7%)	8:38	6.9 (59.0%)	
120	ŚWIĘTOCHOWSKA Beata	224	GRUPA SKROMNYCH BIEGACZY	K40	37	00:02:30	03:31:51	04:52:01	05:55:14	06:25:51.95	06:25:51.95	+02:37:16 (40.8%)	8:39	6.9 (59.0%)	
121	STĘPKOWSKA Berta	415	RUN_HELPERS	K40	38	00:02:43	03:34:56	04:59:57	05:59:46	06:28:29.25	06:28:29.25	+02:39:53 (41.2%)	8:42	6.9 (59.0%)	
122	PREJS Beata	795		K30	53	00:01:23	03:34:30	04:52:01	05:56:31	06:29:08.65	06:29:08.65	+02:40:32 (41.3%)	8:43	6.9 (59.0%)	
123	ŻAK Oliwia	124	PIASECZNO RUNNING	K30	54	00:02:30	03:30:41	04:55:28	05:57:39	06:30:15.15	06:30:15.15	+02:41:39 (41.4%)	8:45	6.9 (59.0%)	
124	JAROSZ-PIWOŃSKA Aldona	155		K30	55	00:02:30	03:30:41	04:55:28	05:57:39	06:30:16.90	06:30:16.90	+02:41:41 (41.4%)	8:45	6.9 (59.0%)	
125	MARCINIAK Julia	563	NIGHT RUNNERS POZNAŃ	K30	56	00:01:14	03:33:59	04:59:03	06:01:31	06:31:15.10	06:31:15.10	+02:42:39 (41.6%)	8:46	6.8 (58.1%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas netto		Czas brutto		Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	44.6km	44.6km	Różn			
126	MICKIEWICZ Jolanta	285		K40	39	00:02:58	03:34:10	05:01:29	06:01:24	06:31:48.80	06:31:48.80	+02:43:13 (41.7%)	8:47	6.8 (58.1%)	
127	JAKUBIEC Justyna	382	LUBELSKA GRUPA TRIATHLONU	K40	40	00:02:45	03:39:12	05:06:18	06:04:04	06:36:29.85	06:36:29.85	+02:47:54 (42.3%)	8:53	6.7 (57.3%)	
128	RODKO - DZIUBEK Kamila	603	SEKCJA PIASKI	K20	22	00:02:19	03:32:05	04:53:10	06:00:44	06:36:33.85	06:36:33.85	+02:47:58 (42.4%)	8:53	6.7 (57.3%)	
129	ZYCH Anna	438	LSB	K40	41	00:02:43	03:43:26	05:06:17	06:04:11	06:36:35.50	06:36:35.50	+02:47:59 (42.4%)	8:53	6.7 (57.3%)	
130	LATOSIŃSKA Edyta	731	NOWA HUTA TEAM	K20	23	00:02:50	03:38:33	04:58:58	06:01:32	06:36:56.00	06:36:56.00	+02:48:20 (42.4%)	8:53	6.7 (57.3%)	
131	WŁODARSKA Magdalena	268		K40	42	00:02:16	03:38:28	04:59:18	06:03:53	06:37:15.05	06:37:15.05	+02:48:39 (42.5%)	8:54	6.7 (57.3%)	
132	GAWCZYŃSKA - BACZA Izabela	136	PRZEMYŚL- MAROKO	K40	43	00:02:36	03:32:12	04:59:01	06:03:22	06:37:17.35	06:37:17.35	+02:48:41 (42.5%)	8:54	6.7 (57.3%)	
133	LESZEK-KRÓLIKOWSKA Patrycja	336	RABBITS	K30	57	00:01:18	03:38:42	05:01:42	06:05:50	06:37:18.05	06:37:18.05	+02:48:42 (42.5%)	8:54	6.7 (57.3%)	
134	MAZUR Magdalena	153	PRZEMYŚL ŻURAWICA	K30	58	00:02:36	03:32:13	04:59:14	06:03:22	06:37:20.35	06:37:20.35	+02:48:44 (42.5%)	8:54	6.7 (57.3%)	
135	WASIK Kornelia	134	TOMTOM TEAM	K20	24	00:03:03	03:41:13	04:58:48	06:01:29	06:37:36.70	06:37:36.70	+02:49:00 (42.5%)	8:54	6.7 (57.3%)	
136	JATA Marta	469	LUBELSKIE STOWARZYSZENIE BIEGOWE/WW TEAM	K30	59	00:02:42	03:43:25	05:06:15	06:07:30	06:38:35.75	06:38:35.75	+02:50:00 (42.6%)	8:56	6.7 (57.3%)	
137	ROSIŃSKA Małgorzata	437	SKLEP BIEGACZA LUBLIN	K30	60	00:02:44	03:43:19	05:05:51	06:06:36	06:38:43.10	06:38:43.10	+02:50:07 (42.7%)	8:56	6.7 (57.3%)	
138	MIŁOŃ Aleksandra	581		K20	25	00:02:21	03:31:44	05:05:33	06:07:28	06:38:54.75	06:38:54.75	+02:50:19 (42.7%)	8:56	6.7 (57.3%)	
139	WRÓBLEWSKA-GAWĘŁ Agnieszka	579		K40	44	00:01:55	03:37:46	05:12:19	06:09:51	06:39:08.35	06:39:08.35	+02:50:32 (42.7%)	8:56	6.7 (57.3%)	
140	MAZUREK Monika	457	NOWA HUTA TEAM	K40	45	00:01:55	03:37:47	05:12:21	06:09:51	06:39:10.60	06:39:10.60	+02:50:34 (42.7%)	8:56	6.7 (57.3%)	
141	PORĘBSKA Dorota	648	NOWA HUTA TEAM	K30	61	00:01:55	03:37:46	05:12:19	06:09:51	06:39:11.50	06:39:11.50	+02:50:35 (42.7%)	8:57	6.7 (57.3%)	
142	ŻACZEK Anna	247	BIEGUSIEM.PL	K50	10	00:03:03	03:54:57	05:04:30	06:06:10	06:39:19.00	06:39:19.00	+02:50:43 (42.8%)	8:57	6.7 (57.3%)	
143	ŁYDKA Aleksandra	401		K20	26	00:02:11	03:47:04	04:56:28	06:05:47	06:39:43.95	06:39:43.95	+02:51:08 (42.8%)	8:57	6.7 (57.3%)	
144	DOBROWOLSKA Grażyna	577	KB MARATOŃCZYK DĘBICA	K40	46	00:02:15	03:45:13	05:10:57	06:15:30	06:47:11.15	06:47:11.15	+02:58:35 (43.9%)	9:07	6.6 (56.4%)	
145	KAWA Barbara	540	KB MARATOŃCZYK DĘBICA	K30	62	00:02:15	03:45:16	05:10:57	06:15:30	06:47:11.40	06:47:11.40	+02:58:35 (43.9%)	9:07	6.6 (56.4%)	
146	BZOWSKA Aleksandra	700		K30	63	00:01:15	03:39:35	05:05:16	06:13:30	06:47:51.85	06:47:51.85	+02:59:16 (44.0%)	9:08	6.6 (56.4%)	
146	PIECHOWICZ-KUROWSKA Agata	723	NIGHT RUNNERS GLIWICE	K30	64	00:01:15	03:39:35	05:05:26	06:13:30	06:47:51.85	06:47:51.85	+02:59:16 (44.0%)	9:08	6.6 (56.4%)	
148	ŚLEMP Bernadetta	770		K40	47	00:03:06	03:40:52	05:05:25	06:11:51	06:48:36.00	06:48:36.00	+03:00:00 (44.1%)	9:09	6.5 (55.6%)	
149	LATO Karolina	571	LUBLIN BIEGA	K30	65	00:02:46	03:30:11	04:59:47	06:14:21	06:49:25.10	06:49:25.10	+03:00:49 (44.2%)	9:10	6.5 (55.6%)	
150	WALCZYŃSKA Karolina	745	NIGHT RUNNERS GLIWICE	K30	66	00:01:45	03:49:20	05:04:50	06:15:50	06:51:11.35	06:51:11.35	+03:02:35 (44.4%)	9:13	6.5 (55.6%)	
151	DZIEPAK Dorota	704		K30	67	00:02:20	03:48:26	05:06:37	06:17:01	06:52:32.15	06:52:32.15	+03:03:56 (44.6%)	9:14	6.5 (55.6%)	
152	BINIAŚ PASTUSIAK Anna	405		K30	68	00:02:44	03:44:31	05:09:01	06:17:20	06:52:58.15	06:52:58.15	+03:04:22 (44.6%)	9:15	6.5 (55.6%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Split_Mateusz	Split_Kamyk	Split_Mateusz	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.1km	26.5km	34.2km	40.7km	44.6km	44.6km			
153	CZECHOWSKA Izabela	384	WW TEAM	K40	48	00:02:40	03:44:31	05:09:01	06:17:20	06:53:21.50	06:53:21.50	+03:04:45 (44.7%)	9:16	6.5 (55.6%)
154	ZAWADZKA Magdalena	363	AKS POLONIA WARSZAWA	K30	69	00:02:53	03:41:48	05:11:29	06:20:28	06:56:32.00	06:56:32.00	+03:07:56 (45.1%)	9:20	6.4 (54.7%)
155	BOGUCKA Martyna	121	JACEK BIEGA RUNNING TEAM	K40	49	00:02:53	03:46:23	05:08:46	06:20:26	06:59:02.70	06:59:02.70	+03:10:26 (45.4%)	9:23	6.4 (54.7%)
156	KOWALEWSKA Izabela	819	PIASECZNO RUNNING	K30	70	00:02:42	03:56:18	05:18:22	06:25:48	07:02:32.25	07:02:32.25	+03:13:56 (45.9%)	9:28	6.3 (53.8%)
157	KUCZEK Katarzyna	269	PGB SPORTOWA PACZKA	K40	50	00:01:22	03:46:30	05:35:13	06:41:41	07:14:02.45	07:14:02.45	+03:25:26 (47.3%)	9:43	6.2 (53.0%)
158	GORYJEWSKA Izabela	825		K20	27	00:01:53	04:00:06	05:27:17	06:40:06	07:15:44.25	07:15:44.25	+03:27:08 (47.5%)	9:46	6.1 (52.1%)
159	CZYŻ Dorota	565		K40	51	00:02:09	04:01:40	05:34:14	06:43:45	07:19:09.40	07:19:09.40	+03:30:33 (47.9%)	9:50	6.1 (52.1%)
160	KUCZMENDA Katarzyna	787		K30	71	00:02:10	04:08:43	05:42:33	07:04:03	07:45:35.05	07:45:35.05	+03:56:59 (50.9%)	10:26	5.7 (48.7%)

Znaleziono 160 wynik(ów)