



GOLDEN MOUNTAINS TRAIL - 33 KM

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dolnośląski Festiwal Biegów Górskich
Fundacja MARATONY GÓRSKIE
2022-07-14
Łądek-Zdrój
33 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN KOBIECI

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0.01km	A1 9km	Czernica 14km	D1 24km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
1	KOWALEWSKA Elżbieta	6332	EDI TEAM ZGORZELEC	Masters K - 40	1		00:57:50	01:39:57	02:29:55	03:22:28.70	03:22:28.70		6:08	9.8 (100%)
2	PASTOROVA Petra	6545		Masters K - 40	2	00:00:01	00:54:07	01:35:52	02:26:26	03:29:26.85	03:29:26.85	+00:06:58 (3.3%)	6:20	9.5 (96.9%)
3	MARKOVÁ Barbora	6369		Senior I K - 20	1	00:00:13	00:59:37	01:42:45	02:35:26	03:30:13.00	03:30:13.00	+00:07:44 (3.7%)	6:22	9.4 (95.9%)
4	STELMACH Dominika	6426		Masters K - 40	3	00:00:01	01:11:55	01:52:34	02:40:14	03:32:12.80	03:32:12.80	+00:09:44 (4.6%)	6:25	9.3 (94.9%)
5	SZCZEPANIAK Angelika	6499	ALPIN SPORT TEAM	Masters K - 40	4	00:00:03	01:00:17	01:45:39	02:36:22	03:33:27.40	03:33:27.40	+00:10:58 (5.1%)	6:28	9.3 (94.9%)
6	ANDRUSZKÓW Aleksandra	6478	WOSIEK TEAM	Senior I K - 20	2	00:00:11	01:02:05	01:46:33	02:41:14	03:41:18.75	03:41:18.75	+00:18:50 (8.5%)	6:42	8.9 (90.8%)
7	GARGAS Ewa	6186	TEAM PRZEDWOJEWSKI	Senior II K - 30	1	00:00:22	01:04:43	01:53:01	02:46:09	03:48:36.15	03:48:36.15	+00:26:07 (11.4%)	6:55	8.7 (88.8%)
8	STACHURSKA Ilona	6505	KUGUAR XTREME RUNNERS	Senior II K - 30	2		01:05:09	01:57:05	02:47:31	03:54:38.55	03:54:38.55	+00:32:09 (13.7%)	7:06	8.4 (85.7%)
9	ADAMCZYK Emanuela	6500	#BIEGIEMWLAS	Senior I K - 20	3	00:00:09	01:05:09	01:53:18	02:51:59	03:56:43.55	03:56:43.55	+00:34:14 (14.5%)	7:10	8.4 (85.7%)
10	GUTRAL Magdalena	6049	WKB MARATOŃCZYK WŁOCŁAWEK	Masters K - 40	5		01:05:07	01:53:24	02:53:40	03:58:57.80	03:58:57.80	+00:36:29 (15.3%)	7:14	8.3 (84.7%)
11	WALCZAK Adela	6112	TRAIL IS OUR WAY TEAM	Senior II K - 30	3	00:00:08	01:10:06	02:05:54	02:57:42	03:59:15.60	03:59:15.60	+00:36:46 (15.4%)	7:15	8.3 (84.7%)
12	URBAN Iwona	6418	42K PRO TEAM	Masters K - 40	6	00:00:34	01:10:29	01:59:17	02:56:29	04:02:47.40	04:02:47.40	+00:40:18 (16.6%)	7:21	8.2 (83.7%)
13	BIENIEK-UGNIEWSKA Joanna	6217	SUNFIT STUDIO	Masters K - 40	7	00:00:05	01:08:10	01:58:47	02:59:18	04:05:45.50	04:05:45.50	+00:43:16 (17.6%)	7:26	8.1 (82.7%)
14	JASZCZAK Bogna	6400		Senior I K - 20	4	00:00:15	01:07:56	01:58:19	02:58:49	04:06:47.25	04:06:47.25	+00:44:18 (18.0%)	7:28	8 (81.6%)
15	KRAKOVSKA Michaela	6488	MOLALAPRODUCTION.COM	Senior I K - 20	5	00:00:07	01:08:06	01:59:12	03:00:03	04:09:46.45	04:09:46.45	+00:47:17 (18.9%)	7:34	7.9 (80.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0.01km	A1 9km	Czernica 14km	D1 24km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
16	SZOSTAK Anna	6277	UKS OLIMPIA ZABRZE	Senior II K - 30	4	00:00:06	01:12:34	02:04:29	03:03:00	04:11:04.70	04:11:04.70	+00:48:36 (19.4%)	7:36	7.9 (80.6%)
17	GÓRNA Anita	6312	LPP TEAM	Senior II K - 30	5	00:00:03	01:10:08	02:02:55	03:08:17	04:12:01.80	04:12:01.80	+00:49:33 (19.7%)	7:38	7.9 (80.6%)
18	ŻYCHSKA Anna	6512		Senior II K - 30	6	00:00:08	01:05:35	01:57:12	03:01:19	04:13:29.15	04:13:29.15	+00:51:00 (20.1%)	7:40	7.8 (79.6%)
19	BIAŁA Weronika	6268		Senior II K - 30	7	00:00:22	01:10:25	02:03:54	03:04:41	04:14:22.95	04:14:22.95	+00:51:54 (20.4%)	7:42	7.8 (79.6%)
20	PACIOREK Ewa	6445	KOBIETA BIEGA	Senior II K - 30	8		01:09:35	02:03:43	03:07:01	04:14:25.20	04:14:25.20	+00:51:56 (20.4%)	7:42	7.8 (79.6%)
21	PLEWA Katarzyna	6204		Senior II K - 30	9	00:00:08	01:07:53	02:01:24	03:05:19	04:15:46.90	04:15:46.90	+00:53:18 (20.8%)	7:45	7.7 (78.6%)
22	FRYCA Karolina	6530		Senior II K - 30	10	00:00:05	01:10:46	02:04:54	03:09:43	04:16:56.50	04:16:56.50	+00:54:27 (21.2%)	7:47	7.7 (78.6%)
23	WINNIK Ela	6295		Senior II K - 30	11	00:00:09	01:10:56	02:03:00	03:08:54	04:19:11.30	04:19:11.30	+00:56:42 (21.9%)	7:51	7.6 (77.6%)
24	AUGUSTYNIAK Małgorzata	6517		Masters K - 40	8	00:00:05	01:10:05	02:04:24	03:08:33	04:21:08.00	04:21:08.00	+00:58:39 (22.5%)	7:54	7.6 (77.6%)
25	RUĐOLFOVÁ Tereza	6458	TEAM BLACK HILL/ LAWI /MONTURA	Senior II K - 30	12	00:00:02	01:40:32	02:26:41	03:23:08	04:21:54.25	04:21:54.25	+00:59:25 (22.7%)	7:56	7.6 (77.6%)
26	LEHMANN Monika	6016		Senior I K - 20	6	00:00:09	01:10:30	02:03:18	03:09:54	04:22:41.45	04:22:41.45	+01:00:12 (22.9%)	7:57	7.5 (76.5%)
27	DEMUSZ Natalia	6122		Senior II K - 30	13	00:01:06	01:14:30		03:11:56	04:23:11.85	04:23:11.85	+01:00:43 (23.1%)	7:58	7.5 (76.5%)
28	WÓJCIK Karolina	6523		Senior II K - 30	14	00:00:08	01:12:49	02:08:19	03:11:58	04:23:40.50	04:23:40.50	+01:01:11 (23.2%)	7:59	7.5 (76.5%)
29	HLAVÁČOVÁ Eva	6490		Masters K - 40	9	00:00:13	01:10:44	02:05:24	03:12:47	04:29:32.55	04:29:32.55	+01:07:03 (24.9%)	8:10	7.3 (74.5%)
30	CAKAŁA Zuzanna	6301	ZĄŁOGA GÓRSKA	Senior II K - 30	15	00:01:03	01:07:58	01:56:48	03:20:15	04:34:42.00	04:34:42.00	+01:12:13 (26.3%)	8:19	7.2 (73.5%)
31	PYZIK Ewa	6390	MATNER RUNNING TEAM	Masters K - 40	10	00:01:05	01:22:32		03:26:42	04:34:47.25	04:34:47.25	+01:12:18 (26.3%)	8:19	7.2 (73.5%)
32	SZALENIEC Joanna	6053	RUNNERS TEAM NYSA	Masters K - 40	11	00:00:31	01:20:28	02:21:52	03:29:16	04:35:41.15	04:35:41.15	+01:13:12 (26.6%)	8:21	7.2 (73.5%)
33	GUZIK Joanna	6207	NKB CHYŻY NOWY TOMYŚŁ	Senior II K - 30	16	00:00:01	01:10:36	02:09:01	03:22:40	04:37:22.35	04:37:22.35	+01:14:53 (27.0%)	8:24	7.1 (72.4%)
34	DUDA Monika	6484	RAZ SZCZECIN	Masters K - 40	12	00:00:10	01:12:47	02:10:50	03:21:36	04:38:22.25	04:38:22.25	+01:15:53 (27.3%)	8:26	7.1 (72.4%)
35	KRUPIŃSKA Andżelika	6189	AKTYWNI RAZEM/ BIEGAJĄCE KREJZOLE	Senior II K - 30	17	00:00:17	01:13:39	02:12:11	03:22:05	04:38:25.20	04:38:25.20	+01:15:56 (27.3%)	8:26	7.1 (72.4%)
36	DĄBKIEWICZ Dominika	6121	NIGHT RUNNERS	Masters K - 40	13	00:00:53	01:19:10		03:26:26	04:40:24.95	04:40:24.95	+01:17:56 (27.8%)	8:29	7.1 (72.4%)
37	KARPIŃSKA Barbara	6383	RUNNERS TEAM NYSA	Senior II K - 30	18	00:00:30	01:19:32		03:26:13	04:40:32.05	04:40:32.05	+01:18:03 (27.8%)	8:30	7.1 (72.4%)
38	WOJCIECHOWSKA-HRYCYK Agata	6519		Weteran K - 50	1	00:00:07	01:15:07	02:12:02	03:23:19	04:44:37.15	04:44:37.15	+01:22:08 (28.9%)	8:37	7 (71.4%)

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39	SYNOWIEC Katarzyna	6447		Senior I K - 20	7	00:00:47	01:29:55	02:29:47	03:42:38	04:56:37.15	04:56:37.15	+01:34:08 (31.7%)	8:59	6.7 (68.4%)
40	WALKOWIAK Dominika	6381	#BIEGAJLESZNO	Senior II K - 30	19	00:00:56	01:26:55		03:39:22	04:58:56.75	04:58:56.75	+01:36:28 (32.3%)	9:03	6.6 (67.3%)
41	DROŻYŃSKA Iwona	6094	LUCEK PAZUR TEAM	Senior II K - 30	20	00:00:44	01:25:18		03:47:21	04:59:50.30	04:59:50.30	+01:37:21 (32.5%)	9:05	6.6 (67.3%)
42	WENTYKIER Beata	6098	POMYŁKA TEAM	Masters K - 40	14	00:00:09	01:14:49		03:40:06	05:03:13.40	05:03:13.40	+01:40:44 (33.2%)	9:11	6.5 (66.3%)
43	SZAL Małgorzata	6453	TENIS CENTRUM AS	Senior II K - 30	21	00:01:07	01:29:06		03:49:14	05:03:30.95	05:03:30.95	+01:41:02 (33.3%)	9:11	6.5 (66.3%)
44	JAGŁA Ewelina	6141		Senior II K - 30	22	00:01:01	01:29:40		03:48:04	05:04:23.50	05:04:23.50	+01:41:54 (33.5%)	9:13	6.5 (66.3%)
45	KORALEWSKA Edyta	6058		Masters K - 40	15	00:01:11	01:27:40		03:46:48	05:04:31.50	05:04:31.50	+01:42:02 (33.5%)	9:13	6.5 (66.3%)
46	GRAU Joanna	6540	KWIDZYN BIEGA	Masters K - 40	16	00:00:42	01:27:54	02:31:19	03:47:41	05:04:40.25	05:04:40.25	+01:42:11 (33.5%)	9:13	6.5 (66.3%)
47	PAWLUK Anna	6205	WAWRZYTEAM	Senior II K - 30	23	00:00:29	01:24:15		03:48:04	05:05:39.70	05:05:39.70	+01:43:11 (33.8%)	9:15	6.5 (66.3%)
48	ŻYLIŃSKA Agnieszka	6526	555	Senior II K - 30	24	00:00:54	01:28:51	02:29:53	03:51:06	05:08:43.90	05:08:43.90	+01:46:15 (34.4%)	9:21	6.4 (65.3%)
49	ZAJKOWSKA Ewa	6131	VEGE RUNNERS	Senior II K - 30	25	00:01:14	01:29:26	02:32:23	03:48:48	05:09:45.00	05:09:45.00	+01:47:16 (34.6%)	9:23	6.4 (65.3%)
50	FRANKOWSKA Katarzyna	6527	PRO366	Masters K - 40	17	00:01:11	01:31:51	02:36:59	03:55:35	05:11:03.05	05:11:03.05	+01:48:34 (34.9%)	9:25	6.4 (65.3%)
51	GRĘDA Elżbieta	6089		Masters K - 40	18	00:00:41	01:26:27	02:21:29	03:48:57	05:11:15.15	05:11:15.15	+01:48:46 (34.9%)	9:25	6.4 (65.3%)
52	BESTRZYŃSKA Joanna	6496	CZŁAPAK ROBAKOWO	Weteran K - 50	2	00:00:33	01:27:19	02:28:46	03:50:42	05:12:18.75	05:12:18.75	+01:49:50 (35.2%)	9:27	6.3 (64.3%)
53	SZCZOTKA Katarzyna	6092		Senior I K - 20	8	00:00:17	01:26:50	02:31:34	03:52:39	05:12:53.65	05:12:53.65	+01:50:24 (35.3%)	9:28	6.3 (64.3%)
54	KWIATKOWSKA Dominika	6329	MOCNA GRUPA CEZARA	Senior I K - 20	9	00:01:03	01:31:25	02:35:21	03:55:30	05:14:05.30	05:14:05.30	+01:51:36 (35.5%)	9:31	6.3 (64.3%)
55	ALEKSANDROWICZ Marlena	6193		Masters K - 40	19	00:01:09	01:34:51	02:37:26	03:59:53	05:15:39.00	05:15:39.00	+01:53:10 (35.9%)	9:33	6.3 (64.3%)
56	ROBAKOWSKA Joanna	6190	NIGHT RUNNERS	Senior II K - 30	26	00:00:51	01:31:24	02:36:15	03:55:31	05:16:34.35	05:16:34.35	+01:54:05 (36.0%)	9:35	6.3 (64.3%)
57	ZIELEŃ-PUSZCZECKA Marta	6444		Senior II K - 30	27	00:00:55	01:32:36	02:39:07	03:56:29	05:16:34.45	05:16:34.45	+01:54:05 (36.0%)	9:35	6.3 (64.3%)
58	RÓLKA Mariola	6044	BP RUNNING TEAM GLIWICE	Masters K - 40	20	00:00:52	01:22:05		03:55:32	05:17:09.65	05:17:09.65	+01:54:40 (36.2%)	9:36	6.2 (63.3%)
59	OCZKOWICZ Beata	6304	MOCNA GRUPA CEZARA	Senior II K - 30	28	00:01:03	01:34:01	02:41:38	03:57:30	05:17:38.55	05:17:38.55	+01:55:09 (36.3%)	9:37	6.2 (63.3%)
60	KĘDZIORA Alicja	6481		Senior II K - 30	29	00:00:17	01:31:28		03:57:15	05:18:37.85	05:18:37.85	+01:56:09 (36.5%)	9:39	6.2 (63.3%)
61	WALCZAK Małgorzata	6302	PCH_RUN	Masters K - 40	21	00:00:05	01:22:13		03:54:27	05:18:47.30	05:18:47.30	+01:56:18 (36.5%)	9:39	6.2 (63.3%)

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62	MATKOWSKA Martyna	6441		Senior II K - 30	30	00:01:14	01:29:26	02:32:19	03:48:49	05:19:21.20	05:19:21.20	+01:56:52 (36.6%)	9:40	6.2 (63.3%)
63	KĘDZIORA Karolina	6533		Senior I K - 20	10	00:00:18	01:31:28	02:40:09	03:57:16	05:19:57.60	05:19:57.60	+01:57:28 (36.7%)	9:41	6.2 (63.3%)
64	STAROŃSKA Magdalena	6331		Masters K - 40	22	00:01:11	01:34:15	02:40:36	03:58:16	05:20:33.40	05:20:33.40	+01:58:04 (36.8%)	9:42	6.2 (63.3%)
65	KOZŁOWSKA Anna	6168		Masters K - 40	23	00:00:32	01:27:56		03:58:35	05:21:24.15	05:21:24.15	+01:58:55 (37.0%)	9:44	6.2 (63.3%)
66	WÓJCIK Justyna	6219	W POGONI ZA DUCHEM	Masters K - 40	24	00:00:32	01:27:56	02:38:02	03:58:37	05:21:24.45	05:21:24.45	+01:58:55 (37.0%)	9:44	6.2 (63.3%)
67	WOJSA Zdzisława	6542	W POGONI ZA DUCHEM	Masters K - 40	25	00:00:15	01:25:08	02:31:22	03:52:41	05:22:27.10	05:22:27.10	+01:59:58 (37.2%)	9:46	6.1 (62.2%)
68	ŁUNKIEWICZ Jagna	6192	EURO FILM FOLIE OKIENNE	Masters K - 40	26	00:01:09	01:34:50	02:37:45	03:58:32	05:22:55.65	05:22:55.65	+02:00:26 (37.3%)	9:47	6.1 (62.2%)
69	JODŁOWSKA Ewa	6034	BBL KROSNO ODRZANSKIE	Masters K - 40	27	00:00:43	01:28:03		03:53:29	05:24:08.60	05:24:08.60	+02:01:39 (37.5%)	9:49	6.1 (62.2%)
70	KRAJECER Jolanta	6367	JOLANTA KRAJECER	Masters K - 40	28	00:00:12	01:27:44	02:37:51	04:02:08	05:25:58.95	05:25:58.95	+02:03:30 (37.9%)	9:52	6.1 (62.2%)
71	MAKOWCZYNSKA Agata	6493	OBORYGENI	Senior II K - 30	31	00:01:14	01:33:54	02:41:32	04:01:33	05:28:16.05	05:28:16.05	+02:05:47 (38.3%)	9:56	6 (61.2%)
72	STACHOWIAK Danuta	6274	ROKIETNICA BIEGA	Masters K - 40	29	00:00:45	01:36:33	02:44:36	04:06:20	05:30:33.25	05:30:33.25	+02:08:04 (38.7%)	10:01	6 (61.2%)
73	WILCZEK Małgorzata	6233	RAJSPOORT ACTIVE	Senior II K - 30	32	00:00:57	01:36:19	02:44:10	04:04:47	05:30:34.05	05:30:34.05	+02:08:05 (38.7%)	10:01	6 (61.2%)
74	LEWARTOWSKA Agnieszka	6508	KTB KUNY	Masters K - 40	30	00:00:59	01:29:53	02:39:45	04:04:59	05:30:45.85	05:30:45.85	+02:08:17 (38.8%)	10:01	6 (61.2%)
75	SKIBA Anna	6473	KB HARCOWNIK	Masters K - 40	31	00:00:39	01:35:55	02:44:31	04:03:45	05:30:50.75	05:30:50.75	+02:08:22 (38.8%)	10:01	6 (61.2%)
76	MISZCZAK Katarzyna	6138	MIRAZ RACE TEAM	Masters K - 40	32	00:00:03	01:27:09	02:37:17	04:06:58	05:31:03.60	05:31:03.60	+02:08:34 (38.8%)	10:01	6 (61.2%)
77	SZYSZKA Agnieszka	6179		Masters K - 40	33	00:00:24	01:31:11	02:39:05	04:04:15	05:31:37.60	05:31:37.60	+02:09:08 (38.9%)	10:02	6 (61.2%)
78	ANUSZ Roksana	6430		Senior II K - 30	33	00:00:30	01:31:01		04:01:46	05:31:57.20	05:31:57.20	+02:09:28 (39.0%)	10:03	6 (61.2%)
79	BIŃCZARSKA Monika	6039		Masters K - 40	34	00:00:23	01:28:17	02:38:14	04:05:05	05:33:29.10	05:33:29.10	+02:11:00 (39.3%)	10:06	5.9 (60.2%)
80	RATAJCZAK Karolina	6097		Senior I K - 20	11	00:00:33	01:36:11	02:44:49	04:09:49	05:33:59.30	05:33:59.30	+02:11:30 (39.4%)	10:07	5.9 (60.2%)
81	JAKUBOWSKA Kamila	6262	KB GEPARD MUROWANA GOŚLINA	Senior II K - 30	34	00:00:30	01:27:28	02:38:45	04:01:46	05:35:23.85	05:35:23.85	+02:12:55 (39.6%)	10:09	5.9 (60.2%)
82	PATELSKA Katarzyna	6422		Senior II K - 30	35	00:00:30	01:27:28	02:38:55	04:01:51	05:35:31.95	05:35:31.95	+02:13:03 (39.7%)	10:10	5.9 (60.2%)
83	KOŃ Aleksandra	6104	EKIPA LIPA	Masters K - 40	35	00:00:34	01:33:47	02:46:26	04:21:22	05:37:21.00	05:37:21.00	+02:14:52 (40.0%)	10:13	5.9 (60.2%)
84	GRĄDZKA Marianna	6171		Senior I K - 20	12	00:00:57	01:29:25	02:40:27	04:15:02	05:38:54.50	05:38:54.50	+02:16:25 (40.3%)	10:16	5.8 (59.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start	A1	Czernica	D1	Czas	Czas	Różn	Tempo	Tempo
						Lądek	9km	14km	24km	netto	brutto			
						0.01km				33km	33km		min/km	km/h
85	GIDASZEWSKA Jolanta	6146		Masters K - 40	36	00:00:54	01:42:43	02:51:03	04:10:26	05:40:36.75	05:40:36.75	+02:18:08 (40.6%)	10:19	5.8 (59.2%)
86	KWIATKOWSKA Beata	6306		Masters K - 40	37	00:00:48	01:35:31	02:43:15	04:12:49	05:43:28.25	05:43:28.25	+02:20:59 (41.0%)	10:24	5.8 (59.2%)
87	SKRZĄTEK Anna	6358		Masters K - 40	38	00:00:03	01:31:21	02:40:58	04:10:41	05:43:55.35	05:43:55.35	+02:21:26 (41.1%)	10:25	5.8 (59.2%)
88	ŁYSIAK Kasia	6282		Senior II K - 30	36	00:00:18	01:33:52	02:44:04	04:11:20	05:44:33.75	05:44:33.75	+02:22:05 (41.2%)	10:26	5.7 (58.2%)
89	CEBULAK Katarzyna	6259	GOGOKLUB	Senior II K - 30	37	00:00:13	01:31:20	02:46:41	04:13:19	05:49:35.80	05:49:35.80	+02:27:07 (42.1%)	10:35	5.7 (58.2%)
90	BRZOSTOWIECKA Angelika	6232	MOCNA GRUPA CEZARA	Senior I K - 20	13	00:01:01	01:42:51	02:54:35	04:20:04	05:50:10.80	05:50:10.80	+02:27:42 (42.2%)	10:36	5.7 (58.2%)
91	CIEŚLA-NIECHWIADOWICZ Aneta	6456		Senior II K - 30	38	00:01:00	01:42:48		04:20:04	05:50:10.95	05:50:10.95	+02:27:42 (42.2%)	10:36	5.7 (58.2%)
92	PAMUŁA Marta	6177		Senior I K - 20	14	00:00:51	01:27:15	02:31:00	04:19:40	05:50:28.40	05:50:28.40	+02:27:59 (42.2%)	10:37	5.6 (57.1%)
93	CZERWIŃSKA Arleta	6064		Weteran II K - 60	1	00:00:24	01:33:14	02:43:28	04:16:10	05:51:18.00	05:51:18.00	+02:28:49 (42.4%)	10:38	5.6 (57.1%)
94	BIAŁEK Kamila	6134		Masters K - 40	39	00:00:22	01:33:39	02:43:35	04:20:25	05:52:33.25	05:52:33.25	+02:30:04 (42.6%)	10:41	5.6 (57.1%)
95	BALCERZAK Krysia	6017	DROGA DO ULTRA / SZAKALE BAŁUT ŁÓDŹ	Masters K - 40	40	00:00:22	01:33:37	02:43:08	04:20:24	05:52:33.40	05:52:33.40	+02:30:04 (42.6%)	10:41	5.6 (57.1%)
96	ŚMIECHOWSKA Małgorzata	6300	ŚDS RECZ	Masters K - 40	41	00:00:24	01:36:30	02:47:50	04:13:47	05:52:35.10	05:52:35.10	+02:30:06 (42.6%)	10:41	5.6 (57.1%)
97	JADASZ Anna	6297	GOGOLIN BIEGA	Senior II K - 30	39	00:00:55	01:29:42	02:35:11	04:19:27	05:53:00.90	05:53:00.90	+02:30:32 (42.6%)	10:41	5.6 (57.1%)
98	JAZUKIEWICZ Ewa	6483	EAZYMUT.PL	Masters K - 40	42	00:00:31	01:40:31	02:57:40	04:18:51	05:53:09.35	05:53:09.35	+02:30:40 (42.7%)	10:42	5.6 (57.1%)
99	ZIEMKOWSKA Monika	6435		Masters K - 40	43	00:00:30	01:39:08	02:47:30	04:23:00	05:53:20.60	05:53:20.60	+02:30:51 (42.7%)	10:42	5.6 (57.1%)
100	SŁODKIEWICZ Dagmara	6229	KNEIPTTEAM	Senior II K - 30	40	00:00:55	01:29:24	02:41:55	04:15:04	05:53:44.35	05:53:44.35	+02:31:15 (42.8%)	10:43	5.6 (57.1%)
101	PYREK Iwona	6010		Masters K - 40	44	00:01:11	01:36:31	02:56:28	04:22:51	05:54:48.50	05:54:48.50	+02:32:19 (42.9%)	10:45	5.6 (57.1%)
102	HAMROL Małgorzata	6363	SPORTOWY KAŻMIERZ	Weteran K - 50	3	00:00:26	01:43:45		04:21:20	05:55:01.15	05:55:01.15	+02:32:32 (43.0%)	10:45	5.6 (57.1%)
103	MIKOŁAJEWSKA Zofia	6019	ORT	Senior II K - 30	41	00:00:10	01:30:43	02:55:44	04:22:24	05:55:32.10	05:55:32.10	+02:33:03 (43.0%)	10:46	5.6 (57.1%)
104	ZAKRZEWSKA Anna	6182		Masters K - 40	45	00:00:09	01:39:48	02:57:55	04:28:38	05:57:25.15	05:57:25.15	+02:34:56 (43.3%)	10:49	5.5 (56.1%)
105	FOREMNIAK-SZADURA Beata	6501		Weteran K - 50	4	00:01:07	01:36:14	02:48:20	04:23:40	05:57:37.75	05:57:37.75	+02:35:09 (43.4%)	10:50	5.5 (56.1%)
106	BARTKOWSKA Anna	6160	ALSTOM KATOWICE	Masters K - 40	46	00:00:10	01:29:51	02:43:45	04:20:33	06:06:02.65	06:06:02.65	+02:43:33 (44.7%)	11:05	5.4 (55.1%)
107	NOWAK Monika	6511	KW POZNAŃ	Masters K - 40	47	00:00:41	01:42:10	02:59:48	04:28:51	06:06:28.85	06:06:28.85	+02:44:00 (44.8%)	11:06	5.4 (55.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0.01km	A1 9km	Czernica 14km	D1 24km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
108	CHOMA Grażyna	6402	PĘDZĄCE LENIWCE	Masters K - 40	48	00:00:41	01:38:40	02:48:52	04:29:30	06:07:14.15	06:07:14.15	+02:44:45 (44.9%)	11:07	5.4 (55.1%)
109	MAGOCZY Helena	6213		Masters K - 40	49	00:00:54	01:45:38	02:59:16	04:35:38	06:07:48.00	06:07:48.00	+02:45:19 (44.9%)	11:08	5.4 (55.1%)
110	ADAMCZAK Joanna	6255	KB SZAMOTUŁY	Senior II K - 30	42	00:00:56	01:34:18		04:27:27	06:08:49.75	06:08:49.75	+02:46:21 (45.1%)	11:10	5.4 (55.1%)
111	KŁACZKIEWICZ Magdalena	6029	KB SZAMOTUŁY	Senior I K - 20	15	00:00:57	01:37:27	02:51:26	04:27:27	06:08:50.10	06:08:50.10	+02:46:21 (45.1%)	11:10	5.4 (55.1%)
112	KOSTRZYŃSKA Ewa	6210	KB SZAMOTUŁY	Masters K - 40	50	00:00:57	01:37:28		04:27:28	06:08:50.20	06:08:50.20	+02:46:21 (45.1%)	11:10	5.4 (55.1%)
113	REIJMERS Agnieszka	6376	LEIDEN ATLETIEK	Masters K - 40	51	00:00:48	01:49:52	03:01:18	04:30:58	06:09:04.50	06:09:04.50	+02:46:35 (45.1%)	11:11	5.4 (55.1%)
114	JANSON Marleen	6374	LEIDEN ATLETIEK	Senior II K - 30	43	00:00:49	01:49:53	03:01:42	04:31:00	06:09:04.80	06:09:04.80	+02:46:36 (45.1%)	11:11	5.4 (55.1%)
115	ŁUŻNY Agnieszka	6070		Senior II K - 30	44	00:00:17	01:38:22	03:00:25	04:30:28	06:11:39.80	06:11:39.80	+02:49:11 (45.5%)	11:15	5.3 (54.1%)
116	DUBOWIK Anna	6532		Masters K - 40	52	00:00:38	01:45:53	03:02:40	04:41:51	06:18:18.70	06:18:18.70	+02:55:50 (46.5%)	11:27	5.2 (53.1%)
117	ZELMANOWICZ - SZŁAPA Ewa	6183	IZBICKO W BIEGU	Masters K - 40	53	00:01:13	01:49:08	03:05:11	04:46:16	06:22:25.10	06:22:25.10	+02:59:56 (47.1%)	11:35	5.2 (53.1%)
118	BEKAS Paulina	6005	NIGHT RUNNER	Senior II K - 30	45	00:01:04	01:45:06	03:06:11	04:41:55	06:25:38.90	06:25:38.90	+03:03:10 (47.5%)	11:41	5.1 (52.0%)
119	PRZESTRZELSKA-HAAS Marta	6052	BACKPACKING OKAPI TEAM	Masters K - 40	54	00:01:06	01:45:22	03:06:27	04:35:28	06:27:57.65	06:27:57.65	+03:05:28 (47.8%)	11:45	5.1 (52.0%)
120	TCHÓRZEWSKA- PIETRZYK Anna	6283	MOCNA GRUPA CEZARA	Masters K - 40	55	00:01:01	01:54:36	03:10:07	04:47:35	06:28:54.55	06:28:54.55	+03:06:25 (47.9%)	11:47	5.1 (52.0%)
121	ŁATWIŃSKA Marzena	6157	MOCNA GRUPA CEZARA	Weteran K - 50	5	00:01:01	01:54:36	03:10:24	04:47:36	06:28:54.80	06:28:54.80	+03:06:26 (47.9%)	11:47	5.1 (52.0%)
122	JACHYMSKA Zofia	6256		Senior I K - 20	16	00:01:15	01:56:17	03:21:27	04:54:18	06:29:03.70	06:29:03.70	+03:06:35 (48.0%)	11:47	5.1 (52.0%)
123	KRUPIŃSKA Paulina	6461		Senior II K - 30	46	00:00:39	01:40:56	03:11:08	04:51:05	06:37:06.10	06:37:06.10	+03:14:37 (49.0%)	12:02	5 (51.0%)
124	GESS Magdalena	6077	ZABIEGANI GOLENIÓW	Masters K - 40	56	00:00:39	01:40:53	03:11:11	04:51:04	06:37:06.35	06:37:06.35	+03:14:37 (49.0%)	12:02	5 (51.0%)
125	ŚCIUBA Anita	6272	AMATORUNKA	Senior II K - 30	47	00:01:11	01:52:20	03:12:41	04:54:06	06:42:41.25	06:42:41.25	+03:20:12 (49.7%)	12:12	4.9 (50.0%)
126	WIZE-ZIELONKA Karolina	6014	LEŚNE KUNY	Masters K - 40	57	00:00:58	01:50:51	03:11:17	04:54:17	06:43:13.10	06:43:13.10	+03:20:44 (49.8%)	12:13	4.9 (50.0%)
127	KNOBLOCH Ewa	6018	LEŚNE KUNY	Masters K - 40	58	00:00:58	01:50:52	03:11:14	04:53:43	06:43:13.20	06:43:13.20	+03:20:44 (49.8%)	12:13	4.9 (50.0%)
128	CEITEL Lidia	6024		Masters K - 40	59	00:01:00	01:50:53	03:11:20	04:53:54	06:43:13.25	06:43:13.25	+03:20:44 (49.8%)	12:13	4.9 (50.0%)
129	GŁÓWKA Barbara	6284		Senior II K - 30	48	00:01:09	01:40:55	03:30:13		06:45:02.10	06:45:02.10	+03:22:33 (50.0%)	12:16	4.9 (50.0%)
130	GŁUCHOWSKA Ewelina	6215		Senior II K - 30	49	00:01:09	01:40:57	03:30:06		06:45:02.35	06:45:02.35	+03:22:33 (50.0%)	12:16	4.9 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0.01km	A1 9km	Czernica 14km	D1 24km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
131	KLAJA Agnieszka	6264		Senior II K - 30	50	00:01:07	02:01:29	03:22:35	04:59:27	06:45:04.90	06:45:04.90	+03:22:36 (50.0%)	12:16	4.9 (50.0%)
132	GRZELA Ilona	6140	NIGHT RUNNERS	Masters K - 40	60	00:00:23	01:44:38	03:15:10	04:54:20	06:47:14.10	06:47:14.10	+03:24:45 (50.3%)	12:20	4.9 (50.0%)
133	BOROWIK Agata	6061	CAŁA OLEŚNICA BIEGA	Senior II K - 30	51	00:00:36	01:48:41	03:15:45	04:54:20	06:51:53.35	06:51:53.35	+03:29:24 (50.8%)	12:28	4.8 (49.0%)
134	FIKSA Halina	6360		Weteran K - 50	6	00:00:26	01:44:41	03:09:06	04:50:22	06:56:59.85	06:56:59.85	+03:34:31 (51.4%)	12:38	4.7 (48.0%)
135	MAZUR Ewelina	6460		Masters K - 40	61	00:01:01	02:05:30		05:07:48	06:57:05.90	06:57:05.90	+03:34:37 (51.5%)	12:38	4.7 (48.0%)
Przekroczony limit czasu: 07:00:00														
136	ZAKRZEWSKA Beata	6057		Senior II K - 30	52	00:00:31	01:39:17	03:00:54	04:57:54	07:27:03.95	07:27:03.95	+04:04:35 (54.7%)	13:32	4.4 (44.9%)
	BEDLA Anna	6385		Masters K - 40		00:00:16 DNF	01:36:32 DNF	02:58:56 DNF	04:58:04 DNF	DNF	DNF		-	- (0.0%)
	ANTKOWIAK-BRONOWICKA Agnieszka	6033	DRUŻYNA SZPIKU, ŻÓŁW I ZAJĄC	Masters K - 40		00:00:49 DNF	01:37:12 DNF	02:45:10 DNF	DNF	DNF	DNF		-	- (0.0%)
	PINIARSKA Magda	6429	:(	Senior I K - 20		00:01:15 DNF	01:57:40 DNF	03:29:20 DNF	DNF	DNF	DNF		-	- (0.0%)
	PRZYŁUSKA Mirosława	6068	RAZ SZCZECIN	Weteran II K - 60		00:00:12 DNF	02:24:29 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	NARKUN Ewa	6513		Senior II K - 30		00:00:37 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	WRÓBLEWSKA Roksana	6080	WAWRZYNTTEAM	Senior I K - 20		00:00:46 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	JAWORSKA Agnieszka	6389		Masters K - 40		00:00:46 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 143 wynik(ów)