



# ZIMOWY PÓLMARATON GÓR STOŁOWYCH 21 KM

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

**Wydarzenie:** Zimowy Półmaraton Gór Stołowych  
**Organizator:** Fundacja Maratony Górskie  
**Data:** 2023-01-21  
**Miejsce:** Karłów  
**Dystans:** 21 km

Klasyfikacja: OPEN KOBIEC

| Msc | Zawodnik           | Numer | Klub                            | Kategoria | Mkat | Alpinista | Parking pod<br>Szczelińcem<br>7km | Błędne<br>Skały<br>14km | Czas<br>netto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|--------------------|-------|---------------------------------|-----------|------|-----------|-----------------------------------|-------------------------|-----------------------|----------------------|-----------------|----------------|
| 1   | MAJEWSKA Agata     | 78    |                                 | K-40      | 1    | NIE       | 00:53:17                          | 01:39:16                | 02:25:11.60           |                      | 6:54            | 8.7<br>(100%)  |
| 2   | FERENC-SZMUC Edyta | 26    | KUDOWIANKA RUN                  | K-30      | 1    | NIE       | 00:54:27                          | 01:43:39                | 02:32:04.70           | +00:06:53<br>(4.5%)  | 7:14            | 8.3<br>(95.4%) |
| 3   | BOROWSKA Karolina  | 242   | KGHM ZG RUN                     | K-30      | 2    | NIE       | 00:55:12                          | 01:45:13                | 02:34:46.95           | +00:09:35<br>(6.2%)  | 7:22            | 8.1<br>(93.1%) |
| 4   | MARZEC Karolina    | 238   | DZIKIE DZIKI GORZÓW             | K-40      | 2    | NIE       | 00:57:31                          | 01:47:29                | 02:35:43.20           | +00:10:31<br>(6.8%)  | 7:24            | 8.1<br>(93.1%) |
| 5   | GORCZYCA Maria     | 510   |                                 | K-20      | 1    | NIE       | 01:05:11                          | 01:54:15                | 02:38:30.35           | +00:13:18<br>(8.4%)  | 7:32            | 7.9<br>(90.8%) |
| 6   | KRUŻOLEK Monika    | 284   | TURBOPTYSIE                     | K-30      | 3    | NIE       | 01:00:28                          | 01:51:47                | 02:40:42.30           | +00:15:30<br>(9.7%)  | 7:39            | 7.8<br>(89.7%) |
| 7   | KRYM Katarzyna     | 209   | NIGHTRUNNERSWROCŁAW/POLISHWINGS | K-40      | 3    | NIE       | 00:58:32                          | 01:48:43                | 02:42:32.10           | +00:17:20<br>(10.7%) | 7:44            | 7.8<br>(89.7%) |
| 8   | BOGUSZ Żaneta      | 536   | AWL                             | K-30      | 4    | NIE       | 01:01:29                          | 01:54:23                | 02:43:21.85           | +00:18:10<br>(11.1%) | 7:46            | 7.7<br>(88.5%) |
| 9   | PAULAVA Hanna      | 475   | LEGENDA                         | K-30      | 5    | NIE       | 01:00:39                          | 01:53:32                | 02:45:12.95           | +00:20:01<br>(12.1%) | 7:52            | 7.6<br>(87.4%) |
| 10  | ŚWIĄTEK Julia      | 74    | GVT/IMMABEE                     | K-40      | 4    | NIE       | 01:06:11                          | 01:58:09                | 02:47:36.20           | +00:22:24<br>(13.4%) | 7:58            | 7.5<br>(86.2%) |
| 11  | SZYMANSKA Joanna   | 143   |                                 | K-30      | 6    | TAK       | 01:04:39                          | 01:57:17                | 02:50:13.65           | +00:25:02<br>(14.7%) | 8:06            | 7.4<br>(85.1%) |
| 12  | GRADKOWSKA Gosia   | 40    | BIEGAMY W PODKOWIE              | K-40      | 5    | NIE       | 01:04:57                          | 01:57:37                | 02:51:03.30           | +00:25:51<br>(15.1%) | 8:08            | 7.4<br>(85.1%) |
| 13  | WALCZAK Adela      | 402   | TRAIL IS OUR WAY TEAM           | K-30      | 7    | NIE       | 01:06:56                          | 02:01:12                | 02:52:14.95           | +00:27:03<br>(15.7%) | 8:12            | 7.3<br>(83.9%) |
| 14  | MATYBA Anna        | 233   |                                 | K-20      | 2    | NIE       | 01:06:58                          | 02:00:07                | 02:53:26.60           | +00:28:15<br>(16.3%) | 8:15            | 7.3<br>(83.9%) |
| 15  | DUDA Monika        | 547   | RAZ SZCZECIN                    | K-40      | 6    | NIE       | 01:08:27                          | 02:02:54                | 02:54:32.10           | +00:29:20<br>(16.8%) | 8:18            | 7.2<br>(82.8%) |

| Msc | Zawodnik                 | Numer | Klub                              | Kategoria | Mkat | Alpinista | Parking pod        | Błędne        | Czas          | Różn                 | Tempo | Tempo          |
|-----|--------------------------|-------|-----------------------------------|-----------|------|-----------|--------------------|---------------|---------------|----------------------|-------|----------------|
|     |                          |       |                                   |           |      |           | Szczelińcem<br>7km | Skały<br>14km | netto<br>21km |                      |       |                |
| 16  | DZIERŻEŃSKA Monika       | 520   | STAJNIA BALONA                    | K-40      | 7    | NIE       | 01:06:10           | 02:02:48      | 02:55:02.55   | +00:29:50<br>(17.1%) | 8:20  | 7.2<br>(82.8%) |
| 17  | DĄBKIEWICZ Dominika      | 363   | NIGHT RUNNERS OSTRÓW WIELKOPOLSKI | K-40      | 8    | NIE       | 01:09:40           | 02:03:31      | 02:55:09.30   | +00:29:57<br>(17.1%) | 8:20  | 7.2<br>(82.8%) |
| 18  | ZDUŃCZYK Paulina         | 160   | AKADEMIABIEGACZA.PL               | K-30      | 8    | NIE       | 01:08:50           | 02:03:22      | 02:55:53.90   | +00:30:42<br>(17.5%) | 8:22  | 7.2<br>(82.8%) |
| 19  | LEŚNIEWSKA Justyna       | 212   | AKTYWNA NOWA RUDA                 | K-40      | 9    | NIE       | 01:01:33           | 01:59:08      | 02:56:06.95   | +00:30:55<br>(17.6%) | 8:23  | 7.2<br>(82.8%) |
| 20  | PETRYŃSKA Olga           | 543   | BIEGAMY W PODKOWIE                | K-30      | 9    | NIE       | 01:08:09           | 02:02:31      | 02:56:56.60   | +00:31:45<br>(17.9%) | 8:25  | 7.1<br>(81.6%) |
| 21  | PILARSKA Magdalena       | 115   | STR POZNAN/WKTJ                   | K-40      | 10   | TAK       | 01:08:07           | 02:03:31      | 02:58:59.05   | +00:33:47<br>(18.9%) | 8:31  | 7<br>(80.5%)   |
| 22  | HACHOŁ Justyna           | 171   |                                   | K-40      | 11   | NIE       | 01:08:56           | 02:05:09      | 02:59:22.30   | +00:34:10<br>(19.1%) | 8:32  | 7<br>(80.5%)   |
| 23  | ANDRZEJCZUK Marzena      | 546   | SAMA SOBIE                        | K-40      | 12   | NIE       | 01:08:13           | 02:05:44      | 03:01:07.10   | +00:35:55<br>(19.8%) | 8:37  | 7<br>(80.5%)   |
| 24  | ZIELIŃSKA Iwona          | 527   |                                   | K-40      | 13   | NIE       | 01:08:27           | 02:07:10      | 03:01:33.55   | +00:36:21<br>(20.0%) | 8:38  | 6.9<br>(79.3%) |
| 25  | JAWORSKA Wioleta         | 28    |                                   | K-20      | 3    | NIE       | 01:15:05           | 02:13:06      | 03:04:35.00   | +00:39:23<br>(21.3%) | 8:47  | 6.8<br>(78.2%) |
| 26  | PYZIK Ewa                | 155   | MATNER RUNNING TEAM               | K-40      | 14   | NIE       | 01:16:18           | 02:11:03      | 03:04:48.20   | +00:39:36<br>(21.4%) | 8:48  | 6.8<br>(78.2%) |
| 27  | WSZĘDYBYŁ Dorota         | 94    | IMMABEE/CITYZEN                   | K-30      | 10   | NIE       | 01:12:12           | 02:08:58      | 03:05:40.45   | +00:40:28<br>(21.8%) | 8:50  | 6.8<br>(78.2%) |
| 28  | ANNOMALIA Anna           | 503   | CTS CZAJA                         | K-30      | 11   | NIE       | 01:13:45           | 02:11:34      | 03:06:48.95   | +00:41:37<br>(22.3%) | 8:53  | 6.7<br>(77.0%) |
| 29  | RYCHCIK-ZYGADŁO Edyta    | 221   |                                   | K-50      | 1    | TAK       | 01:10:30           | 02:09:36      | 03:06:53.55   | +00:41:41<br>(22.3%) | 8:53  | 6.7<br>(77.0%) |
| 30  | BABIŃSKA-POPIŁKA Ewelina | 117   |                                   | K-30      | 12   | NIE       | 01:03:27           | 02:06:52      | 03:07:43.65   | +00:42:32<br>(22.7%) | 8:56  | 6.7<br>(77.0%) |
| 31  | BREWKA Wanda             | 282   | GTRAT                             | K-40      | 15   | NIE       | 01:14:42           | 02:13:57      | 03:08:49.30   | +00:43:37<br>(23.1%) | 8:59  | 6.7<br>(77.0%) |
| 32  | GRAD Idalia              | 342   | ŁAKOMCZUSZEK                      | K-30      | 13   | NIE       | 01:14:50           | 02:14:40      | 03:08:56.75   | +00:43:45<br>(23.2%) | 8:59  | 6.7<br>(77.0%) |
| 33  | PRUCHNIEWSKA Agnieszka   | 345   |                                   | K-40      | 16   | NIE       | 01:10:28           | 02:10:34      | 03:09:41.05   | +00:44:29<br>(23.5%) | 9:01  | 6.6<br>(75.9%) |
| 34  | WESOŁEK Paula            | 38    | ADIDAS RUNNERS POZNAŃ             | K-30      | 14   | NIE       | 01:14:58           | 02:14:10      | 03:09:48.90   | +00:44:37<br>(23.5%) | 9:02  | 6.6<br>(75.9%) |
| 35  | CIBIS Anna               | 457   |                                   | K-30      | 15   | NIE       | 01:16:05           | 02:14:41      | 03:09:53.60   | +00:44:42<br>(23.5%) | 9:02  | 6.6<br>(75.9%) |
| 36  | NOWAK Katarzyna          | 134   | TIM JEST TIM                      | K-40      | 17   | NIE       | 01:18:43           | 02:15:36      | 03:10:01.40   | +00:44:49<br>(23.6%) | 9:02  | 6.6<br>(75.9%) |
| 37  | SZUKAŁA Izabela          | 384   |                                   | K-30      | 16   | NIE       | 01:11:39           | 02:10:44      | 03:11:12.50   | +00:46:00<br>(24.1%) | 9:06  | 6.6<br>(75.9%) |
| 38  | WOLFF Maria              | 434   |                                   | K-30      | 17   | NIE       | 01:11:57           | 02:13:35      | 03:12:20.50   | +00:47:08<br>(24.5%) | 9:09  | 6.6<br>(75.9%) |

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|-----|------------------------------|-------|-------------------------------|------------------|------|-----------|-----------------------------------|-------------------------|-----------------------|----------------------|----------------------|----------------|
| 39  | TOMIAK Paulina               | 186   | WOLSZTYŃSKA AKADEMIA BIEGOWA  | K-30             | 18   | NIE       | 01:20:07                          | 02:15:18                | 03:13:27.65           | +00:48:16<br>(24.9%) | 9:12                 | 6.5<br>(74.7%) |
| 40  | DZIERŻANOWSKA Kasia          | 268   |                               | K-40             | 18   | NIE       | 01:13:24                          | 02:14:45                | 03:14:29.20           | +00:49:17<br>(25.3%) | 9:15                 | 6.5<br>(74.7%) |
| 41  | ODOLCZYK Joanna              | 178   |                               | K-50             | 2    | NIE       | 01:14:02                          | 02:14:39                | 03:15:10.80           | +00:49:59<br>(25.6%) | 9:17                 | 6.5<br>(74.7%) |
| 42  | NAKONECZNA Anna              | 316   |                               | K-40             | 19   | NIE       | 01:17:43                          | 02:18:00                | 03:15:54.95           | +00:50:43<br>(25.9%) | 9:19                 | 6.4<br>(73.6%) |
| 43  | GAWEŁ Julia                  | 359   |                               | K-20             | 4    | NIE       | 01:16:52                          | 02:17:21                | 03:16:12.10           | +00:51:00<br>(26.0%) | 9:20                 | 6.4<br>(73.6%) |
| 44  | HOFFMANN Barbara             | 538   | KS HADES POZNAŃ               | K-30             | 19   | NIE       | 01:13:12                          | 02:16:51                | 03:16:45.70           | +00:51:34<br>(26.2%) | 9:22                 | 6.4<br>(73.6%) |
| 45  | JURDZIAK Karolina            | 365   |                               | K-40             | 20   | NIE       | 01:16:00                          | 02:16:12                | 03:16:50.10           | +00:51:38<br>(26.2%) | 9:22                 | 6.4<br>(73.6%) |
| 46  | JÓZEFCZYK Justyna            | 474   |                               | K-40             | 21   | NIE       | 01:15:32                          | 02:19:23                | 03:18:25.70           | +00:53:14<br>(26.8%) | 9:26                 | 6.4<br>(73.6%) |
| 47  | NAWROCKA Sylwia              | 400   | MAMA W BIEGU                  | K-40             | 22   | NIE       | 01:16:16                          | 02:18:30                | 03:18:52.40           | +00:53:40<br>(27.0%) | 9:28                 | 6.3<br>(72.4%) |
| 48  | WIECZOREK Agnieszka          | 119   | NSK RUNS                      | K-40             | 23   | NIE       | 01:18:22                          | 02:19:28                | 03:19:18.40           | +00:54:06<br>(27.2%) | 9:29                 | 6.3<br>(72.4%) |
| 49  | WETULA Zofia                 | 562   | TATRA EXPLORE                 | K-30             | 20   | TAK       | 01:14:16                          | 02:16:45                | 03:19:27.80           | +00:54:16<br>(27.2%) | 9:29                 | 6.3<br>(72.4%) |
| 50  | KOPYCZYNSKA Aleksandra       | 355   |                               | K-40             | 24   | NIE       | 01:18:17                          | 02:18:37                | 03:19:49.25           | +00:54:37<br>(27.3%) | 9:30                 | 6.3<br>(72.4%) |
| 51  | FLORCZAK Monika              | 146   |                               | K-30             | 21   | NIE       | 01:20:17                          | 02:20:26                | 03:19:53.80           | +00:54:42<br>(27.4%) | 9:31                 | 6.3<br>(72.4%) |
| 52  | PTASZEK Katarzyna            | 190   |                               | ZASYSZKASMOLECKA | K-50 | 3         | NIE                               | 01:17:51                | 02:18:14              | 03:20:50.10          | +00:55:38<br>(27.7%) | 9:33           |
| 53  | KRÓL-PIDANTY Marzena         | 82    |                               | K-40             | 25   | NIE       | 01:18:20                          | 02:19:24                | 03:21:54.50           | +00:56:42<br>(28.1%) | 9:36                 | 6.2<br>(71.3%) |
| 54  | PAWLIK Katarzyna             | 101   |                               | K-40             | 26   | NIE       | 01:21:41                          | 02:22:50                | 03:23:52.80           | +00:58:41<br>(28.8%) | 9:42                 | 6.2<br>(71.3%) |
| 55  | STASIŃSKA-KOSTOWSKA Wiktoria | 404   |                               | K-20             | 5    | NIE       | 01:18:51                          | 02:21:01                | 03:23:59.10           | +00:58:47<br>(28.8%) | 9:42                 | 6.2<br>(71.3%) |
| 56  | WRZESZCZ Marta               | 189   | NIGHT RUNERS                  | K-30             | 22   | NIE       | 01:23:44                          | 02:25:54                | 03:25:14.25           | +01:00:02<br>(29.3%) | 9:46                 | 6.1<br>(70.1%) |
| 57  | AUGUSTOWSKA Izabela          | 349   | BELLAMAR ORZESZKÓW            | K-40             | 27   | NIE       | 01:15:04                          | 02:20:42                | 03:25:31.75           | +01:00:20<br>(29.4%) | 9:47                 | 6.1<br>(70.1%) |
| 58  | DZIERGWA Agnieszka           | 560   | PRZEDWOJEWSKI TEAM / RNB TEAM | K-30             | 23   | NIE       | 01:16:04                          | 02:22:14                | 03:26:18.30           | +01:01:06<br>(29.6%) | 9:49                 | 6.1<br>(70.1%) |
| 59  | OLEJNIK Małgorzata           | 210   |                               | K-40             | 28   | NIE       | 01:16:12                          | 02:21:05                | 03:27:28.10           | +01:02:16<br>(30.0%) | 9:52                 | 6.1<br>(70.1%) |
| 60  | MOTAŁA K                     | 53    |                               | K-40             | 29   | NIE       | 01:22:08                          | 02:24:36                | 03:27:30.80           | +01:02:19<br>(30.0%) | 9:52                 | 6.1<br>(70.1%) |
| 61  | SŁAWIŃSKA Agata              | 337   |                               | K-40             | 30   | NIE       | 01:18:44                          | 02:25:26                | 03:29:06.65           | +01:03:55<br>(30.6%) | 9:57                 | 6<br>(69.0%)   |

| Msc | Zawodnik              | Numer | Klub                                       | Kategoria | Mkat | Alpinista | Parking pod        | Błędne        | Czas          | Różn                 | Tempo | Tempo          |
|-----|-----------------------|-------|--------------------------------------------|-----------|------|-----------|--------------------|---------------|---------------|----------------------|-------|----------------|
|     |                       |       |                                            |           |      |           | Szczelińcem<br>7km | Skały<br>14km | netto<br>21km |                      |       |                |
| 62  | RADŁOWSKA Mariola     | 490   | #PROSECCOTEAM                              | K-30      | 24   | NIE       | 01:18:45           | 02:22:49      | 03:30:04.55   | +01:04:52<br>(30.9%) | 10:00 | 6<br>(69.0%)   |
| 63  | ŻAK Dominika          | 109   | FARTY PUSZCZY                              | K-30      | 25   | NIE       | 01:20:04           | 02:27:00      | 03:30:17.70   | +01:05:06<br>(31.0%) | 10:00 | 6<br>(69.0%)   |
| 64  | SOWIŃSKA Aleksandra   | 392   | OJ NIEFAJNIE                               | K-30      | 26   | NIE       | 01:21:21           | 02:24:17      | 03:30:38.70   | +01:05:27<br>(31.1%) | 10:01 | 6<br>(69.0%)   |
| 65  | PIOTROWSKA Edyta      | 199   | BRACTWO BIEGOWE BGK                        | K-40      | 31   | NIE       | 01:16:10           | 02:24:13      | 03:31:46.55   | +01:06:34<br>(31.4%) | 10:05 | 5.9<br>(67.8%) |
| 66  | BIECUSZEK Marlena     | 346   | AKTYWNA NOWA RUDA                          | K-30      | 27   | NIE       | 01:20:07           | 02:26:56      | 03:32:41.15   | +01:07:29<br>(31.7%) | 10:07 | 5.9<br>(67.8%) |
| 67  | MOSTOWSKA Joanna      | 499   |                                            | K-40      | 32   | NIE       | 01:25:15           | 02:30:57      | 03:32:49.25   | +01:07:37<br>(31.8%) | 10:08 | 5.9<br>(67.8%) |
| 68  | STUPAK Ada            | 323   | KB ODRA OPOLE                              | K-30      | 28   | NIE       | 01:26:44           | 02:32:28      | 03:33:47.20   | +01:08:35<br>(32.1%) | 10:10 | 5.9<br>(67.8%) |
| 69  | STEPIEN Magdalena     | 86    | PSZCZÓŁKI                                  | K-30      | 29   | NIE       | 01:26:56           | 02:33:11      | 03:33:48.85   | +01:08:37<br>(32.1%) | 10:10 | 5.9<br>(67.8%) |
| 70  | SZCZEPANIAK Anna      | 347   | AS CAMPS                                   | K-30      | 30   | NIE       | 01:16:46           | 02:20:54      | 03:34:13.10   | +01:09:01<br>(32.2%) | 10:12 | 5.9<br>(67.8%) |
| 71  | BEKER Katarzyna       | 137   | HOREDUPY                                   | K-30      | 31   | NIE       | 01:22:02           | 02:29:38      | 03:35:25.00   | +01:10:13<br>(32.6%) | 10:15 | 5.8<br>(66.7%) |
| 72  | KUMOR Weronika        | 180   | EVERRUN                                    | K-40      | 33   | NIE       | 01:21:27           | 02:28:33      | 03:35:39.50   | +01:10:27<br>(32.7%) | 10:16 | 5.8<br>(66.7%) |
| 73  | HAREMZA Joanna        | 383   | WIELKOPOLSKI KLUB TATERNICTWA JASKINIOWEGO | K-40      | 34   | TAK       | 01:19:31           | 02:28:29      | 03:36:27.65   | +01:11:16<br>(32.9%) | 10:18 | 5.8<br>(66.7%) |
| 74  | SIKORA Agnieszka      | 147   | MATNER RUNNING TEAM                        | K-50      | 4    | NIE       | 01:27:30           | 02:32:35      | 03:36:32.50   | +01:11:20<br>(32.9%) | 10:18 | 5.8<br>(66.7%) |
| 75  | SKRZYPCZAK Anna       | 278   | NIAGARA                                    | K-40      | 35   | NIE       | 01:28:24           | 02:37:05      | 03:36:43.40   | +01:11:31<br>(33.0%) | 10:19 | 5.8<br>(66.7%) |
| 76  | WALIGÓRA Aleksandra   | 183   | NIAGARA                                    | K-30      | 32   | NIE       | 01:28:25           | 02:37:04      | 03:36:43.50   | +01:11:31<br>(33.0%) | 10:19 | 5.8<br>(66.7%) |
| 77  | TRZEPACZ Dorota       | 414   | KB LUPUS OLEŚNICA                          | K-50      | 5    | NIE       | 01:32:54           | 02:36:27      | 03:37:29.85   | +01:12:18<br>(33.2%) | 10:21 | 5.8<br>(66.7%) |
| 78  | OLESZEK Magdalena     | 424   | W POGONI ZA DUCHEM                         | K-30      | 33   | TAK       | 01:20:10           | 02:25:28      | 03:37:44.95   | +01:12:33<br>(33.3%) | 10:22 | 5.8<br>(66.7%) |
| 79  | CHUDA Joanna          | 357   |                                            | K-30      | 34   | NIE       | 01:23:20           | 02:31:21      | 03:38:14.15   | +01:13:02<br>(33.5%) | 10:23 | 5.8<br>(66.7%) |
| 80  | KORBECKA Ula          | 447   |                                            | K-30      | 35   | NIE       | 01:14:51           | 02:25:04      | 03:38:32.40   | +01:13:20<br>(33.6%) | 10:24 | 5.8<br>(66.7%) |
| 81  | GRZEGORZEWSKA Marlena | 51    | DAISYPLESS                                 | K-50      | 6    | NIE       | 01:21:48           | 02:30:24      | 03:38:41.95   | +01:13:30<br>(33.6%) | 10:24 | 5.8<br>(66.7%) |
| 82  | FRĄCZEK Iwona         | 8     | FUNTRI                                     | K-40      | 36   | NIE       | 01:27:04           | 02:33:19      | 03:38:47.00   | +01:13:35<br>(33.6%) | 10:25 | 5.8<br>(66.7%) |
| 83  | KACZMAREK Aleksandra  | 468   | KACZMAREK TEAM                             | K-40      | 37   | NIE       | 01:23:21           | 02:32:13      | 03:39:15.00   | +01:14:03<br>(33.8%) | 10:26 | 5.7<br>(65.5%) |
| 84  | KOLEJ Monika          | 286   | DZIKIE DZIKI GORZÓW                        | K-40      | 38   | NIE       | 01:18:41           | 02:29:57      | 03:39:36.30   | +01:14:24<br>(33.9%) | 10:27 | 5.7<br>(65.5%) |

| Msc | Zawodnik                | Numer | Klub                    | Kategoria | Mkat | Alpinista | Parking pod        | Błędne        | Czas          | Różn                 | Tempo | Tempo          |
|-----|-------------------------|-------|-------------------------|-----------|------|-----------|--------------------|---------------|---------------|----------------------|-------|----------------|
|     |                         |       |                         |           |      |           | Szczelińcem<br>7km | Skały<br>14km | netto<br>21km |                      |       |                |
| 85  | WIŚNIEWSKA Anna         | 445   |                         | K-30      | 36   | TAK       | 01:23:31           | 02:31:29      | 03:40:04.70   | +01:14:53<br>(34.0%) | 10:28 | 5.7<br>(65.5%) |
| 86  | KARAŚ Magda             | 479   |                         | K-20      | 6    | NIE       | 01:22:06           | 02:32:24      | 03:40:13.90   | +01:15:02<br>(34.1%) | 10:29 | 5.7<br>(65.5%) |
| 87  | WOJCIESZAK Klaudia      | 92    | TEAM ZABIEGANEDNI       | K-40      | 39   | NIE       | 01:20:01           | 02:30:02      | 03:40:42.60   | +01:15:31<br>(34.2%) | 10:30 | 5.7<br>(65.5%) |
| 88  | OSIECKA Beata           | 528   | KUŹNIA TRIATLONU        | K-50      | 7    | NIE       | 01:26:24           | 02:35:55      | 03:40:56.50   | +01:15:44<br>(34.3%) | 10:31 | 5.7<br>(65.5%) |
| 89  | STACIWO Justyna         | 488   | KURACJUSZE              | K-40      | 40   | NIE       | 01:23:38           | 02:30:46      | 03:41:10.20   | +01:15:58<br>(34.4%) | 10:31 | 5.7<br>(65.5%) |
| 90  | NIGBOR-FOGEL Katarzyna  | 471   |                         | K-30      | 37   | NIE       | 01:22:27           | 02:32:43      | 03:42:39.85   | +01:17:28<br>(34.8%) | 10:36 | 5.7<br>(65.5%) |
| 91  | FIGEL Monika            | 21    | MIKI TEAM               | K-40      | 41   | NIE       | 01:43:51           |               | 03:42:47.70   | +01:17:36<br>(34.8%) | 10:36 | 5.7<br>(65.5%) |
| 92  | JAŚKIEWICZ Katarzyna    | 138   | RAZ SZCZECIN            | K-40      | 42   | NIE       | 01:23:11           | 02:31:55      | 03:44:42.30   | +01:19:30<br>(35.4%) | 10:42 | 5.6<br>(64.4%) |
| 93  | PIECUCH Małgorzata      | 202   |                         | K-60      | 1    | NIE       | 01:23:55           | 02:34:19      | 03:45:18.10   | +01:20:06<br>(35.6%) | 10:43 | 5.6<br>(64.4%) |
| 94  | ZBYSZEWSKA Izabela      | 519   | MISJA X                 | K-40      | 43   | NIE       | 01:27:33           | 02:37:14      | 03:47:27.05   | +01:22:15<br>(36.2%) | 10:49 | 5.5<br>(63.2%) |
| 95  | NIEDOBA Barbara         | 287   | TIM JEST TIM            | K-40      | 44   | NIE       | 01:24:25           | 02:31:12      | 03:48:18.95   | +01:23:07<br>(36.4%) | 10:52 | 5.5<br>(63.2%) |
| 96  | SZERMENT Magdalena      | 360   | MAZURTEAM               | K-40      | 45   | NIE       | 01:25:09           | 02:37:24      | 03:49:06.45   | +01:23:54<br>(36.6%) | 10:54 | 5.5<br>(63.2%) |
| 97  | BARAN Paulina           | 208   |                         | K-30      | 38   | NIE       | 01:24:11           | 02:37:23      | 03:51:51.95   | +01:26:40<br>(37.4%) | 11:02 | 5.4<br>(62.1%) |
| 98  | NATKANIEC Grazyna       | 47    | EKIPA LIPA              | K-50      | 8    | NIE       | 01:23:39           | 02:36:58      | 03:52:29.20   | +01:27:17<br>(37.5%) | 11:04 | 5.4<br>(62.1%) |
| 99  | GRUSZKA Katarzyna       | 48    |                         | K-30      | 39   | NIE       | 01:28:22           | 02:38:48      | 03:52:38.00   | +01:27:26<br>(37.6%) | 11:04 | 5.4<br>(62.1%) |
| 100 | PITRACHA-MICHALAK Agata | 261   | TEAM MICHALAK ROGALINEK | K-40      | 46   | NIE       | 01:31:13           | 02:45:58      | 03:53:41.45   | +01:28:29<br>(37.9%) | 11:07 | 5.4<br>(62.1%) |
| 101 | JAKIMKO Monika          | 87    | EKIPA LIPA              | K-40      | 47   | NIE       | 01:25:11           | 02:39:58      | 03:54:55.90   | +01:29:44<br>(38.2%) | 11:11 | 5.4<br>(62.1%) |
| 102 | RATAJCZAK Karolina      | 205   |                         | K-30      | 40   | NIE       | 01:26:31           | 02:40:00      | 03:54:56.75   | +01:29:45<br>(38.2%) | 11:11 | 5.4<br>(62.1%) |
| 103 | ŁASOCHA Kamila          | 241   | OWOCBIEGA TEAM          | K-40      | 48   | NIE       | 01:33:38           | 02:46:01      | 03:54:58.90   | +01:29:47<br>(38.2%) | 11:11 | 5.4<br>(62.1%) |
| 104 | WINNICKA Magdalena      | 153   |                         | K-40      | 49   | NIE       | 01:30:35           | 02:41:39      | 03:55:53.35   | +01:30:41<br>(38.4%) | 11:13 | 5.3<br>(60.9%) |
| 105 | GINTER Katarzyna        | 213   |                         | K-30      | 41   | NIE       | 01:27:54           | 02:41:53      | 03:58:08.95   | +01:32:57<br>(39.0%) | 11:20 | 5.3<br>(60.9%) |
| 106 | NOWAK Marta             | 131   | NARAMOWICE BIEGAJĄ      | K-40      | 50   | NIE       | 01:31:48           | 02:47:31      | 03:58:35.85   | +01:33:24<br>(39.1%) | 11:21 | 5.3<br>(60.9%) |
| 107 | ŁUSIAK Katarzyna        | 52    | NIGHT RUNNERS WROCŁAW   | K-30      | 42   | NIE       | 01:22:43           | 02:41:26      | 03:59:11.25   | +01:33:59<br>(39.3%) | 11:23 | 5.3<br>(60.9%) |

| Msc | Zawodnik                       | Numer | Klub                     | Kategoria | Mkat | Alpinista | Parking pod<br>Szczelińcem<br>7km | Błędne<br>Skały<br>14km | Czas<br>netto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|--------------------------------|-------|--------------------------|-----------|------|-----------|-----------------------------------|-------------------------|-----------------------|----------------------|-----------------|----------------|
| 108 | CZEKALSKA Magdalena            | 133   | NARAMOWICE BIEGAJĄ       | K-40      | 51   | NIE       | 01:31:52                          | 02:47:40                | 03:59:13.55           | +01:34:01<br>(39.3%) | 11:23           | 5.3<br>(60.9%) |
| 109 | PAŁUCKA Marta                  | 128   | PROJEKT ULTRA            | K-30      | 43   | NIE       | 01:31:44                          | 02:45:05                | 04:00:02.20           | +01:34:50<br>(39.5%) | 11:25           | 5.2<br>(59.8%) |
| 110 | KOWAŃSKA Aleksandra            | 483   |                          | K-40      | 52   | NIE       | 01:27:56                          | 02:46:01                | 04:01:58.85           | +01:36:47<br>(40.0%) | 11:31           | 5.2<br>(59.8%) |
| 111 | SZARPAK Anna                   | 437   | WEEKENDOWA GRUPA BIEGOWA | K-40      | 53   | NIE       | 01:28:09                          | 02:46:17                | 04:03:03.00           | +01:37:51<br>(40.3%) | 11:34           | 5.2<br>(59.8%) |
| 112 | GRÓDECKA Agata                 | 182   | KINIA TEAM               | K-40      | 54   | NIE       | 01:27:51                          | 02:46:35                | 04:03:44.80           | +01:38:33<br>(40.4%) | 11:36           | 5.2<br>(59.8%) |
| 113 | GREŃ Agata                     | 124   | NSK RUNS                 | K-40      | 55   | NIE       | 01:27:02                          | 02:45:29                | 04:03:48.75           | +01:38:37<br>(40.4%) | 11:36           | 5.2<br>(59.8%) |
| 114 | MICHAŁKIEWICZ Monika           | 100   |                          | K-30      | 44   | NIE       | 01:34:22                          | 02:51:37                | 04:05:36.35           | +01:40:24<br>(40.9%) | 11:41           | 5.1<br>(58.6%) |
| 115 | PIERZCHAŁA Magdalena           | 126   | NSK RUNS                 | K-40      | 56   | NIE       | 01:26:51                          | 02:43:49                | 04:06:08.15           | +01:40:56<br>(41.0%) | 11:43           | 5.1<br>(58.6%) |
| 116 | TUREK Karolina                 | 299   |                          | K-40      | 57   | NIE       | 01:34:02                          | 02:53:26                | 04:09:34.00           | +01:44:22<br>(41.8%) | 11:53           | 5<br>(57.5%)   |
| 117 | WEYNA Anna                     | 172   | BIAŁY DOMEK BIEGA        | K-40      | 58   | NIE       | 01:34:02                          | 02:53:22                | 04:09:34.20           | +01:44:22<br>(41.8%) | 11:53           | 5<br>(57.5%)   |
| 118 | PEPŁOWSKA Sylwia               | 49    |                          | K-40      | 59   | NIE       | 01:43:04                          | 02:55:49                | 04:09:35.25           | +01:44:23<br>(41.8%) | 11:53           | 5<br>(57.5%)   |
| 119 | SUJECKA Sylwia                 | 372   |                          | K-40      | 60   | NIE       | 01:33:34                          | 02:53:02                | 04:09:39.40           | +01:44:27<br>(41.8%) | 11:53           | 5<br>(57.5%)   |
| 120 | PAWŁOWSKA Basia                | 373   |                          | K-30      | 45   | NIE       | 01:33:34                          | 02:55:00                | 04:09:39.70           | +01:44:28<br>(41.8%) | 11:53           | 5<br>(57.5%)   |
| 121 | BOROŃ Izabela                  | 66    |                          | K-40      | 61   | NIE       | 01:38:08                          | 02:54:38                | 04:09:49.55           | +01:44:37<br>(41.9%) | 11:53           | 5<br>(57.5%)   |
| 122 | KONKIEWICZ Katarzyna           | 112   | ULTRAS I Z GRODZISKA     | K-20      | 7    | NIE       | 01:38:17                          | 02:55:19                | 04:10:55.25           | +01:45:43<br>(42.1%) | 11:56           | 5<br>(57.5%)   |
| 123 | BERNAS-KUJAWIŃSKA<br>Magdalena | 293   | HRT                      | K-40      | 62   | NIE       | 01:31:38                          | 02:51:25                | 04:11:33.30           | +01:46:21<br>(42.3%) | 11:58           | 5<br>(57.5%)   |
| 124 | MORAWSKA Anna                  | 62    |                          | K-60      | 2    | NIE       | 01:29:24                          | 02:50:34                | 04:12:48.30           | +01:47:36<br>(42.6%) | 12:02           | 5<br>(57.5%)   |
| 125 | SOBAŃSKA Paulina               | 23    | TARNOWO PODGÓRNE BIEGA   | K-40      | 63   | NIE       | 01:36:57                          | 02:54:33                | 04:13:43.05           | +01:48:31<br>(42.8%) | 12:04           | 5<br>(57.5%)   |
| 126 | ZIELIŃSKA CZERBNIAK<br>Izabela | 30    | TARNOWO PODGÓRNE BIEGA   | K-40      | 64   | NIE       | 01:36:57                          | 02:54:31                | 04:13:43.35           | +01:48:31<br>(42.8%) | 12:04           | 5<br>(57.5%)   |
| 127 | SMOTER Ania                    | 279   | SMOLECKA ZADYSZKA        | K-40      | 65   | NIE       | 01:30:16                          | 02:41:14                | 04:13:43.70           | +01:48:32<br>(42.8%) | 12:04           | 5<br>(57.5%)   |
| 128 | SMOTER Ewa                     | 150   | SMOLECKA ZADYSZKA        | K-40      | 66   | NIE       | 01:30:22                          | 02:41:12                | 04:13:43.80           | +01:48:32<br>(42.8%) | 12:04           | 5<br>(57.5%)   |
| 129 | CZECH Dorota                   | 44    | ASICSFRONTRUNNER         | K-40      | 67   | NIE       | 01:25:08                          | 02:37:34                | 04:13:48.85           | +01:48:37<br>(42.8%) | 12:05           | 5<br>(57.5%)   |
| 130 | KLUK Agnieszka                 | 195   |                          | K-40      | 68   | NIE       | 01:31:37                          | 02:54:30                | 04:14:05.10           | +01:48:53<br>(42.9%) | 12:05           | 5<br>(57.5%)   |

| Msc                                | Zawodnik                     | Numer | Klub                                    | Kategoria | Mkat | Alpinista | Parking pod<br>Szczelińcem<br>7km | Błędne<br>Skały<br>14km | Czas<br>netto<br>21km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|------------------------------------|------------------------------|-------|-----------------------------------------|-----------|------|-----------|-----------------------------------|-------------------------|-----------------------|----------------------|-----------------|----------------|
| 131                                | CHOŁUJ Małgorzata            | 269   |                                         | K-50      | 9    | NIE       | 01:28:32                          | 02:39:32                | 04:15:43.55           | +01:50:31<br>(43.2%) | 12:10           | 4.9<br>(56.3%) |
| 132                                | BANACH-SKOWRONEK<br>Joanna   | 420   | OJ NIEFAJNIE                            | K-30      | 46   | NIE       | 01:31:59                          | 02:54:58                | 04:20:36.05           | +01:55:24<br>(44.3%) | 12:24           | 4.8<br>(55.2%) |
| 133                                | SPRINGER Marta               | 206   | NIGHT RUNNERS                           | K-30      | 47   | NIE       | 01:46:30                          | 03:07:30                | 04:21:03.85           | +01:55:52<br>(44.4%) | 12:25           | 4.8<br>(55.2%) |
| 134                                | KLIŚ Dominika                | 302   |                                         | K-40      | 69   | NIE       | 01:38:19                          | 03:01:54                | 04:23:35.90           | +01:58:24<br>(44.9%) | 12:33           | 4.8<br>(55.2%) |
| 135                                | ŁAMPIKA Kinga                | 204   | NIGHT RUNNERS WROCŁAW, THE POLISH WINGS | K-40      | 70   | NIE       | 01:35:34                          | 02:54:35                | 04:23:36.60           | +01:58:25<br>(44.9%) | 12:33           | 4.8<br>(55.2%) |
| 136                                | BUGAJSKA-JUCHA Renata        | 226   | CARBO ASECURA                           | K-50      | 10   | NIE       | 01:35:27                          | 03:01:52                | 04:26:39.55           | +02:01:27<br>(45.6%) | 12:41           | 4.7<br>(54.0%) |
| 137                                | RUDA Kamila                  | 274   | KURACJUSZE                              | K-30      | 48   | NIE       | 01:30:32                          | 02:54:49                | 04:27:35.50           | +02:02:23<br>(45.7%) | 12:44           | 4.7<br>(54.0%) |
| 138                                | BOROŃ Magda                  | 54    |                                         | K-40      | 71   | NIE       | 01:38:28                          | 03:03:09                | 04:29:05.80           | +02:03:54<br>(46.0%) | 12:48           | 4.7<br>(54.0%) |
| 139                                | KLAJA Agnieszka              | 231   |                                         | K-30      | 49   | NIE       | 01:43:56                          | 03:09:21                | 04:30:36.80           | +02:05:25<br>(46.3%) | 12:53           | 4.7<br>(54.0%) |
| 140                                | CISŁAK Anna                  | 129   |                                         | K-40      | 72   | NIE       | 01:45:04                          | 03:14:32                | 04:37:33.15           | +02:12:21<br>(47.7%) | 13:13           | 4.5<br>(51.7%) |
| 141                                | STANKOWSKA Dorota            | 73    |                                         | K-40      | 73   | NIE       | 01:45:01                          | 03:11:56                | 04:40:28.35           | +02:15:16<br>(48.2%) | 13:21           | 4.5<br>(51.7%) |
| 142                                | RECZEK Małgorzata            | 161   |                                         | K-30      | 50   | NIE       | 01:52:45                          | 03:19:34                | 04:45:13.50           | +02:20:01<br>(49.1%) | 13:34           | 4.4<br>(50.6%) |
| 143                                | SZYMCZAK Katarzyna           | 179   | POZYTYWNI NAKRĘCENI                     | K-30      | 51   | NIE       | 01:49:41                          | 03:21:31                | 04:46:27.25           | +02:21:15<br>(49.3%) | 13:38           | 4.4<br>(50.6%) |
| 144                                | KORDALEWSKA Maria            | 555   |                                         | K-30      | 52   | NIE       | 01:38:26                          | 03:30:07                | 04:51:24.55           | +02:26:12<br>(50.2%) | 13:52           | 4.3<br>(49.4%) |
| Przekroczony limit czasu: 05:00:00 |                              |       |                                         |           |      |           |                                   |                         |                       |                      |                 |                |
| 145                                | GRUSZKA Martyna              | 391   | WKTJ                                    | K-30      | 53   | NIE       | 01:39:02                          | 03:41:10                | 05:15:00.75           | +02:49:49<br>(53.9%) | 15:00           | 4<br>(46.0%)   |
| DNC                                | PILZ-JEDRZEJCZYK<br>Dominika | 250   |                                         | K-30      |      | NIE       |                                   | 00:50:59                | 02:40:03.75           |                      | 0:00            | 7.9<br>(90.8%) |
|                                    | DERES Julia                  | 422   | SILESIA VOLLEY MYSŁOWICE                | K-20      |      | NIE       | 01:38:13 DNF                      | 03:36:58<br>DNF         | DNF                   |                      | -               | -<br>(0.0%)    |
|                                    | KRAKOWSKA Paulina            | 423   | UKS GWIAZDA TARNOWSKIE GÓRY             | K-20      |      | NIE       | 01:38:15 DNF                      | 03:36:59<br>DNF         | DNF                   |                      | -               | -<br>(0.0%)    |
|                                    | CHMIELEWSKA Grazyna          | 328   |                                         | K-60      |      | NIE       | DNF                               | DNF                     | DNF                   |                      | -               | -<br>(0.0%)    |
|                                    | KAMIŃSKA Krystyna            | 459   | BIEGAMYŚŁOWICE                          | K-50      |      | NIE       | DNF                               | DNF                     | DNF                   |                      | -               | -<br>(0.0%)    |

Znaleziono 150 wynik(ów)