

ZŁOTY PÓŁMARATON - 21 KM

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2022-07-14
Miejsce: Lądek-Zdrój
Dystans: 21 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN KOBIET

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	**BRZOZOWSKA Monika**	**7996**	12 WIELKOPOLSKA BRYGADA OBRONY TERYTORIALNEJ	Senior II K - 30	1	00:00:00	00:00:03	00:59:22	**01:44:29.90**	**01:44:29.90**		4:58	12.1 (100%)
2	**MACIĄG Iwona**	**14**	TEAM BEROTU / 12 WIELKOPOLSKA BRYGADA OBRONY TERYTORIALNEJ	Senior II K - 30	2	00:00:00	00:00:05	01:02:20	**01:46:23.65**	**01:46:23.65**	+00:01:53 (1.8%)	5:03	11.8 (97.5%)
3	**OBSTÓJ Karolina**	**22**	ON RUN CREW POLAND	Senior II K - 30	3	00:00:00	00:00:03	01:01:34	**01:50:39.70**	**01:50:39.70**	+00:06:09 (5.6%)	5:16	11.4 (94.2%)
4	**STELMACH Dominika**	**26**		Masters K - 40	1	00:00:00	00:00:03	01:03:25	**01:55:27.35**	**01:55:27.35**	+00:10:57 (9.5%)	5:29	10.9 (90.1%)
5	**LULIS Anna**	**7840**	#SOBASTEAM	Masters K - 40	2	00:00:00	00:00:04	01:06:13	**01:57:32.65**	**01:57:32.65**	+00:13:02 (11.1%)	5:35	10.7 (88.4%)
6	**MAJEWSKA Agata**	**7678**		Masters K - 40	3	00:00:00	00:00:10	01:06:54	**01:58:33.50**	**01:58:33.50**	+00:14:03 (11.9%)	5:38	10.6 (87.6%)
7	**BAŁYS Katarzyna**	**7912**	HERCOG RUNNING TEAM	Senior II K - 30	4	00:00:00	00:00:05	01:08:00	**01:59:44.10**	**01:59:44.10**	+00:15:14 (12.7%)	5:42	10.5 (86.8%)
8	**KORDALSKA Karolina**	**7424**	NIGHT RUNNERS PYSKOWICE	Senior I K - 20	1	00:00:00	00:00:10	01:08:47	**02:03:16.85**	**02:03:16.85**	+00:18:46 (15.2%)	5:52	10.2 (84.3%)
9	**BROK Małgorzata**	**7364**	RUNPASSION.PL TEAM	Masters K - 40	4	00:00:00	00:00:05	01:10:41	**02:05:03.10**	**02:05:03.10**	+00:20:33 (16.4%)	5:57	10.1 (83.5%)
10	**KOŁECKA Patrycja**	**7501**	PIĄTKOWO NA BIEGOWO	Masters K - 40	5	00:00:00	00:00:06	01:12:10	**02:05:05.05**	**02:05:05.05**	+00:20:35 (16.5%)	5:57	10.1 (83.5%)
11	**BAHRANOWSKA-KILIAN Maria**	**7927**	AZS AWF KRAKÓW MASTERS	Senior I K - 20	2	00:00:00	00:00:12	01:13:57	**02:07:23.95**	**02:07:23.95**	+00:22:54 (18.0%)	6:03	9.9 (81.8%)
12	**TKACZYK-CAŁKA Anna**	**7083**	#ZALINIAMETYTEAM	Senior II K - 30	5	00:00:00	00:00:10	01:13:15	**02:09:32.25**	**02:09:32.25**	+00:25:02 (19.3%)	6:10	9.7 (80.2%)
13	**SASIN Dominika**	**7615**	ŻELAZNA ŚWIDNICA	Senior I K - 20	3	00:00:00	00:01:38	01:13:51	**02:09:33.60**	**02:09:33.60**	+00:25:03 (19.3%)	6:10	9.7 (80.2%)
14	**BRUVELE Liene**	**7568**		Senior II K - 30	6	00:00:00	00:00:32	01:13:14	**02:09:43.95**	**02:09:43.95**	+00:25:14 (19.5%)	6:10	9.7 (80.2%)
15	**KOKOTT Agnieszka**	**7095**	140MINUT.PL	Senior II K - 30	7	00:00:00	00:00:24	01:14:01	**02:10:07.50**	**02:10:07.50**	+00:25:37 (19.7%)	6:11	9.7 (80.2%)
16	**KRZEŚNIAK Natalia**	**7869**	DREAM RUN	Senior I K - 20	4	00:00:00	00:00:15	01:15:17	**02:10:29.85**	**02:10:29.85**	+00:25:59 (19.9%)	6:12	9.7 (80.2%)
17	**BABIŃSKA-POPIŁKA Ewelina**	**7943**		Senior II K - 30	8	00:00:00	00:00:07	01:13:13	**02:11:43.00**	**02:11:43.00**	+00:27:13 (20.7%)	6:16	9.6 (79.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
18	**BOĆKO Ewa**	**7613**		Masters K - 40	6	00:00:00	00:00:57	01:16:06	**02:12:16.05**	**02:12:16.05**	+00:27:46 (21.0%)	6:17	9.5 (78.5%)
19	**ORDYŃSKA Anna**	**7818**		Senior II K - 30	9	00:00:00	00:01:12	01:18:45	**02:13:01.75**	**02:13:01.75**	+00:28:31 (21.4%)	6:20	9.5 (78.5%)
20	**MALCÁNKOVÁ Kateřina**	**7842**		Senior I K - 20	5	00:00:00	00:00:06	01:15:12	**02:13:02.50**	**02:13:02.50**	+00:28:32 (21.5%)	6:20	9.5 (78.5%)
21	**PĘKALA Kamila**	**7076**	#BIEGAJZESLAWKIEM	Senior I K - 20	6	00:00:00	00:00:12	01:16:41	**02:13:18.55**	**02:13:18.55**	+00:28:48 (21.6%)	6:20	9.5 (78.5%)
22	**JÓŹWIAK Dorota**	**7800**	MIRAZ RACE TEAM	Masters K - 40	7	00:00:00	00:00:21	01:16:05	**02:14:28.45**	**02:14:28.45**	+00:29:58 (22.3%)	6:24	9.4 (77.7%)
23	**SZYMAŃSKA Agnieszka**	**7975**	BIEGOWY WARIAT RUNNING TEAM	Masters K - 40	8	00:00:00	00:01:04	01:20:08	**02:15:25.25**	**02:15:25.25**	+00:30:55 (22.8%)	6:26	9.3 (76.9%)
24	**MAJEWSKA Ewa**	**7853**		Masters K - 40	9	00:00:00	00:00:18	01:17:57	**02:16:41.45**	**02:16:41.45**	+00:32:11 (23.6%)	6:30	9.2 (76.0%)
25	**BUJAK Magdalena**	**7469**	NIGHT RUNNERS PYSKOWICE	Senior II K - 30	10	00:00:00	00:00:10	01:16:28	**02:17:43.60**	**02:17:43.60**	+00:33:13 (24.1%)	6:33	9.1 (75.2%)
26	**KONIK Diana**	**7819**	G.O.A.T. TEAM MICHAŁOWICE	Senior I K - 20	7	00:00:00	00:00:16	01:20:00	**02:18:01.25**	**02:18:01.25**	+00:33:31 (24.3%)	6:34	9.1 (75.2%)
27	**KĘDZIORA Magdalena**	**7163**		Senior I K - 20	8	00:00:00	00:00:10	01:19:47	**02:18:59.65**	**02:18:59.65**	+00:34:29 (24.8%)	6:37	9.1 (75.2%)
28	**BUINAUSKIENĖ Lina**	**17**	BĖGIMO KLUBAS	Masters K - 40	10	00:00:00	00:00:10	01:18:43	**02:19:27.40**	**02:19:27.40**	+00:34:57 (25.1%)	6:38	9 (74.4%)
29	**WÓJCIK Kamila**	**7999**	STRONIE BIEGA	Masters K - 40	11	00:00:00	00:00:08	01:18:55	**02:19:40.00**	**02:19:40.00**	+00:35:10 (25.2%)	6:39	9 (74.4%)
30	**KUNIK Iwona**	**7498**	DZIKIE DZIKI GORZÓW	Senior II K - 30	11	00:00:00	00:00:04	01:15:43	**02:19:46.90**	**02:19:46.90**	+00:35:17 (25.2%)	6:39	9 (74.4%)
31	**MACIASZCZYK Sylwia**	**7358**		Senior II K - 30	12	00:00:00	00:01:38	01:21:45	**02:19:50.05**	**02:19:50.05**	+00:35:20 (25.3%)	6:39	9 (74.4%)
32	**SZCZYGIEŁ-SOMMER Ola**	**7858**	GRUPA NOMAX	Senior II K - 30	13	00:00:00	00:00:05	01:17:10	**02:20:24.55**	**02:20:24.55**	+00:35:54 (25.6%)	6:41	9 (74.4%)
33	**HADUŁA Justyna**	**7726**	CAŁA OLEŚNICA BIEGA	Masters K - 40	12	00:00:00	00:00:16	01:18:25	**02:20:53.45**	**02:20:53.45**	+00:36:23 (25.8%)	6:42	8.9 (73.6%)
34	**KORCZYŃSKA Agata**	**7696**		Senior II K - 30	14	00:00:00	00:00:37	01:18:33	**02:21:03.05**	**02:21:03.05**	+00:36:33 (25.9%)	6:43	8.9 (73.6%)
35	**PETROVA Katarina**	**7888**		Masters K - 40	13	00:00:00	00:00:06	01:16:27	**02:21:06.20**	**02:21:06.20**	+00:36:36 (25.9%)	6:43	8.9 (73.6%)
36	**ANDRZEJCZAK Anna**	**7182**	NKB CHYŻY NOWY TOMYŚL	Senior II K - 30	15	00:00:00	00:00:25	01:20:32	**02:21:28.20**	**02:21:28.20**	+00:36:58 (26.1%)	6:44	8.9 (73.6%)
37	**KACZMAREK Beata**	**12**		Senior II K - 30	16	00:00:00	00:02:07	01:24:44	**02:21:35.40**	**02:21:35.40**	+00:37:05 (26.2%)	6:44	8.9 (73.6%)
38	**WIELGOSZ-MATUŁA Maria**	**7688**		Senior I K - 20	9	00:00:00	00:00:44	01:19:39	**02:22:18.90**	**02:22:18.90**	+00:37:49 (26.6%)	6:46	8.9 (73.6%)
39	**ŻUK Marzena**	**39**		Senior II K - 30	17	00:00:00	00:00:12	01:20:20	**02:22:23.85**	**02:22:23.85**	+00:37:53 (26.6%)	6:46	8.8 (72.7%)
40	**PLEWA Katarzyna**	**7251**		Senior II K - 30	18	00:00:00	00:00:19	01:21:41	**02:22:47.75**	**02:22:47.75**	+00:38:17 (26.8%)	6:47	8.8 (72.7%)
41	**MALIK Agnieszka**	**23**	RNB TEAM POLANICA ZDRÓJ	Masters K - 40	14	00:00:00	00:00:08	01:21:15	**02:23:20.70**	**02:23:20.70**	+00:38:50 (27.1%)	6:49	8.8 (72.7%)

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42	**SOWIŃSKA Aleksandra**	**7861**		Senior I K - 20	10	00:00:00	00:01:57	01:24:06	**02:23:57.30**	**02:23:57.30**	+00:39:27 (27.4%)	6:51	8.8 (72.7%)
43	**KAWCZYŃSKA Monika**	**7638**	GUSTAW TEŻ BIEGA	Masters K - 40	15	00:00:00	00:00:18	01:20:47	**02:24:11.15**	**02:24:11.15**	+00:39:41 (27.5%)	6:51	8.7 (71.9%)
44	**RUTKOWSKA Izabela**	**7318**		Senior II K - 30	19	00:00:00	00:02:11	01:24:07	**02:26:15.85**	**02:26:15.85**	+00:41:45 (28.6%)	6:57	8.6 (71.1%)
45	**PIOTROWIAK Angelika**	**7809**	GARMIN	Senior I K - 20	11	00:00:00	00:00:09	01:23:48	**02:26:46.00**	**02:26:46.00**	+00:42:16 (28.8%)	6:59	8.6 (71.1%)
46	**ŁUKASIK Joanna**	**7826**	MLKS ,,RAKOWICE"	Weteran K - 50	1	00:00:00	00:01:31	01:25:46	**02:27:33.25**	**02:27:33.25**	+00:43:03 (29.2%)	7:01	8.5 (70.2%)
47	**GRZELAK Anna**	**7907**	MARMUROWE DZIKI	Senior II K - 30	20	00:00:00	00:00:11	01:24:09	**02:28:07.90**	**02:28:07.90**	+00:43:38 (29.5%)	7:03	8.5 (70.2%)
48	**PTASZEK Katarzyna**	**7305**	TRENUJZNAMI.PL	Weteran K - 50	2	00:00:00	00:00:31	01:24:32	**02:28:43.15**	**02:28:43.15**	+00:44:13 (29.7%)	7:04	8.5 (70.2%)
49	**NAKONECZNA Anna**	**7140**		Masters K - 40	16	00:00:00	00:00:31	01:24:30	**02:28:49.00**	**02:28:49.00**	+00:44:19 (29.8%)	7:05	8.5 (70.2%)
50	**DURCZEWSKA Daria**	**7828**	PRO-RUN	Masters K - 40	17	00:00:00	00:02:16	01:29:08	**02:28:53.55**	**02:28:53.55**	+00:44:23 (29.8%)	7:05	8.5 (70.2%)
51	**BOROWSKA-NAJDEREK Paulina**	**7917**		Masters K - 40	18	00:00:00	00:00:54	01:24:41	**02:28:57.10**	**02:28:57.10**	+00:44:27 (29.8%)	7:05	8.5 (70.2%)
52	**MADEJ Anna**	**7223**	VEGE RUNNERS	Masters K - 40	19	00:00:00	00:00:31	01:25:53	**02:28:59.15**	**02:28:59.15**	+00:44:29 (29.9%)	7:05	8.5 (70.2%)
53	**WILCZYŃSKA Beata**	**7280**	#ZALINIAMETYTEAM	Senior II K - 30	21	00:00:00	00:01:08	01:24:44	**02:29:00.65**	**02:29:00.65**	+00:44:30 (29.9%)	7:05	8.5 (70.2%)
54	**OLEŚ-ZDECHLIK Beata**	**7953**	MIRAZ RACE TEAM	Senior II K - 30	22	00:00:00	00:01:19	01:30:56	**02:29:17.60**	**02:29:17.60**	+00:44:47 (30.0%)	7:06	8.4 (69.4%)
55	**ŁUSIAK Katarzyna**	**7725**		Senior II K - 30	23	00:00:00	00:00:05	01:21:43	**02:29:19.80**	**02:29:19.80**	+00:44:49 (30.0%)	7:06	8.4 (69.4%)
56	**KOCIUBA Katarzyna**	**7465**		Senior II K - 30	24	00:00:00	00:01:45	01:27:59	**02:30:05.15**	**02:30:05.15**	+00:45:35 (30.4%)	7:08	8.4 (69.4%)
57	**MICHALAK-KLIMCZAK Lucyna**	**7415**		Masters K - 40	20	00:00:00	00:01:20	01:25:48	**02:30:18.90**	**02:30:18.90**	+00:45:49 (30.5%)	7:09	8.4 (69.4%)
58	**TOMYŚLAK Magdalena**	**7618**	TAKE CONTROL	Senior II K - 30	25	00:00:00	00:00:14	01:25:43	**02:30:33.85**	**02:30:33.85**	+00:46:03 (30.6%)	7:10	8.4 (69.4%)
59	**HENDEL Magda**	**7867**	AZS AWF KRAKÓW MASTERS	Senior I K - 20	12	00:00:00	00:00:55	01:25:02	**02:31:39.25**	**02:31:39.25**	+00:47:09 (31.1%)	7:13	8.3 (68.6%)
60	**PRZYBYLAK Kasia**	**7281**	#ZALINIAMETYTEAM	Senior I K - 20	13	00:00:00	00:01:09	01:26:35	**02:31:42.15**	**02:31:42.15**	+00:47:12 (31.1%)	7:13	8.3 (68.6%)
61	**MĄCZYŃSKA Justyna**	**7772**	BOX88	Senior II K - 30	26	00:00:00	00:01:54	01:28:12	**02:31:44.20**	**02:31:44.20**	+00:47:14 (31.1%)	7:13	8.3 (68.6%)
62	**STRUCKA Aleksandra**	**7697**	DOMDATA RUN TEAM	Senior II K - 30	27	00:00:00	00:00:22	01:24:38	**02:31:54.85**	**02:31:54.85**	+00:47:24 (31.2%)	7:14	8.3 (68.6%)
63	**BUDZOWSKA Agnieszka**	**7337**	ROZBIEGANE DOBCZYCE	Senior II K - 30	28	00:00:00	00:02:07	01:30:59	**02:32:02.45**	**02:32:02.45**	+00:47:32 (31.3%)	7:14	8.3 (68.6%)
64	**SYNAK Katarzyna**	**7255**	TGV CLUB	Masters K - 40	21	00:00:00	00:01:19	01:26:33	**02:32:07.55**	**02:32:07.55**	+00:47:37 (31.3%)	7:14	8.3 (68.6%)
65	**BANDUROWSKA Agnieszka**	**7514**	KB WIKON NOWA SÓL	Masters K - 40	22	00:00:00	00:00:08	01:27:37	**02:32:29.55**	**02:32:29.55**	+00:47:59 (31.5%)	7:15	8.3 (68.6%)

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66	**SKROBAŃSKA Laura**	**7421**	KANTOR RUNNING TEAM, SKROBKITEAM	Senior I K - 20	14	00:00:00	00:00:31	01:28:07	**02:33:43.25**	**02:33:43.25**	+00:49:13 (32.0%)	7:19	8.2 (67.8%)
67	**PITERA Anna**	**7784**		Senior II K - 30	29	00:00:00	00:00:56	01:26:23	**02:33:44.50**	**02:33:44.50**	+00:49:14 (32.0%)	7:19	8.2 (67.8%)
68	**KOZŁEWSKA Beata**	**7089**	GÓRYLASY	Weteran K - 50	3	00:00:00	00:00:35	01:27:01	**02:34:07.25**	**02:34:07.25**	+00:49:37 (32.2%)	7:20	8.2 (67.8%)
69	**JAMRÓZ Karina**	**7776**	KARKONOSZ RUNNING TEAM	Masters K - 40	23	00:00:00	00:20:39	01:38:46	**02:34:10.85**	**02:34:10.85**	+00:49:40 (32.2%)	7:20	8.2 (67.8%)
70	**BRUSIŁOWICZ Dagmara**	**7225**		Masters K - 40	24	00:00:00	00:00:24	01:24:50	**02:34:15.75**	**02:34:15.75**	+00:49:45 (32.3%)	7:20	8.2 (67.8%)
71	**SKRZYPCZAK Hanna**	**7207**		Weteran K - 50	4	00:00:00	00:00:06	01:27:00	**02:34:36.45**	**02:34:36.45**	+00:50:06 (32.4%)	7:21	8.2 (67.8%)
72	**REJEWSKA Eliza**	**7003**		Masters K - 40	25	00:00:00	00:03:14	01:30:20	**02:34:53.65**	**02:34:53.65**	+00:50:23 (32.5%)	7:22	8.1 (66.9%)
73	**KRÓLEWICZ Ewa**	**7462**		Senior II K - 30	30	00:00:00	00:00:15	01:26:00	**02:35:25.00**	**02:35:25.00**	+00:50:55 (32.8%)	7:24	8.1 (66.9%)
74	**PATROŃSKA Magdalena**	**7091**	ŻARŁOKI	Senior I K - 20	15	00:00:00	00:02:54	01:33:22	**02:35:29.95**	**02:35:29.95**	+00:51:00 (32.8%)	7:24	8.1 (66.9%)
75	**RYBKOWSKA Ewa**	**7775**		Senior II K - 30	31	00:00:00	00:01:30	01:32:10	**02:35:32.95**	**02:35:32.95**	+00:51:03 (32.8%)	7:24	8.1 (66.9%)
76	**ZAPAŁA Katarzyna**	**7082**	KONKRET TEAM	Senior I K - 20	16	00:00:00	00:03:09	01:32:23	**02:35:41.10**	**02:35:41.10**	+00:51:11 (32.9%)	7:24	8.1 (66.9%)
77	**KAMIŃSKA Ewelina**	**7825**	BIEGAJĄCE KREJZOLE	Masters K - 40	26	00:00:00	00:00:37	01:27:50	**02:35:45.80**	**02:35:45.80**	+00:51:15 (32.9%)	7:25	8.1 (66.9%)
78	**GAJDA Maria**	**7887**		Senior II K - 30	32	00:00:00	00:00:12	01:27:53	**02:35:47.60**	**02:35:47.60**	+00:51:17 (32.9%)	7:25	8.1 (66.9%)
79	**MILCZAREK Kinga**	**7836**		Senior II K - 30	33	00:00:00	00:01:30	01:26:07	**02:36:04.45**	**02:36:04.45**	+00:51:34 (33.0%)	7:25	8.1 (66.9%)
80	**SENFTLEBEN Mirosława**	**7386**		Senior II K - 30	34	00:00:00	00:01:07	01:28:08	**02:36:07.80**	**02:36:07.80**	+00:51:37 (33.1%)	7:26	8.1 (66.9%)
81	**OCHEJ Joanna**	**7495**	APTENEO RUNNING TEAM	Senior II K - 30	35	00:00:00	00:01:40	01:29:38	**02:36:25.75**	**02:36:25.75**	+00:51:55 (33.2%)	7:26	8.1 (66.9%)
82	**HEYMANN Małgorzata**	**7600**	GRUPA BIEGOWA ENERGY KACZORY	Senior II K - 30	36	00:00:00	00:01:17	01:31:02	**02:36:27.45**	**02:36:27.45**	+00:51:57 (33.2%)	7:27	8.1 (66.9%)
83	**KLOZA Iwona**	**7453**	NIGHT RUNNERS PYSKOWICE	Masters K - 40	27	00:00:00	00:00:48	01:29:05	**02:36:58.75**	**02:36:58.75**	+00:52:28 (33.4%)	7:28	8 (66.1%)
84	**SMALEC Dominika**	**7423**	MOCNA GRUPA CEZARA/SBRT WROCŁAW	Senior I K - 20	17	00:00:00	00:01:02	01:30:18	**02:37:01.60**	**02:37:01.60**	+00:52:31 (33.5%)	7:28	8 (66.1%)
85	**TURAJ-KACZYŃSKA Małgorzata**	**7211**	GUSTAW TEŻ BIEGA	Masters K - 40	28	00:00:00	00:00:17	01:28:05	**02:37:15.35**	**02:37:15.35**	+00:52:45 (33.5%)	7:29	8 (66.1%)
86	**HACZ Marta**	**7877**		Senior II K - 30	37	00:00:00	00:00:49	01:27:17	**02:37:34.70**	**02:37:34.70**	+00:53:04 (33.7%)	7:30	8 (66.1%)
87	**WIŚNIEWSKA Anna**	**7560**		Senior II K - 30	38	00:00:00	00:01:39	01:30:44	**02:37:56.90**	**02:37:56.90**	+00:53:27 (33.8%)	7:31	8 (66.1%)
88	**PAWLIK Katarzyna**	**7874**		Masters K - 40	29	00:00:00	00:00:05	01:29:13	**02:38:15.75**	**02:38:15.75**	+00:53:45 (34.0%)	7:32	8 (66.1%)
89	**SYDORCZYK Magdalena**	**7447**	ENDORFINA WSCHOWA ŚLĘZAK TEAM	Masters K - 40	30	00:00:00	00:00:50	01:29:33	**02:39:14.70**	**02:39:14.70**	+00:54:44 (34.4%)	7:34	7.9 (65.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
90	**PÖPKE Anna**	**7939**	RUNDOMSKO	Senior II K - 30	39	00:00:00	00:03:27	01:33:56	**02:39:24.95**	**02:39:24.95**	+00:54:55 (34.4%)	7:35	7.9 (65.3%)
91	**PILARSKA Olga**	**7635**	GUSTAW TEŻ BIEGA	Senior II K - 30	40	00:00:00	00:00:17	01:25:38	**02:39:25.70**	**02:39:25.70**	+00:54:55 (34.5%)	7:35	7.9 (65.3%)
92	**KOŁODKO Natalia**	**7420**	TP BIEGA	Masters K - 40	31	00:00:00	00:00:26	01:30:47	**02:39:29.60**	**02:39:29.60**	+00:54:59 (34.5%)	7:35	7.9 (65.3%)
93	**NOGANOWICZ Agata**	**7497**	PRO-RUN WROCŁAW	Weteran K - 50	5	00:00:00	00:02:20	01:33:16	**02:39:43.35**	**02:39:43.35**	+00:55:13 (34.6%)	7:36	7.9 (65.3%)
94	**PILICH-ZAREMBA Magdalena**	**47**		Masters K - 40	32	00:00:00	00:01:32	01:32:20	**02:40:00.10**	**02:40:00.10**	+00:55:30 (34.7%)	7:37	7.9 (65.3%)
95	**LUBAŃSKA Alicja**	**7526**		Weteran K - 50	6	00:00:00	00:00:42	01:29:15	**02:40:13.05**	**02:40:13.05**	+00:55:43 (34.8%)	7:37	7.9 (65.3%)
96	**KUBACKA Irena**	**7666**	BEBS SPORT CLUB	Senior II K - 30	41	00:00:00	00:00:14	01:27:42	**02:40:20.95**	**02:40:20.95**	+00:55:51 (34.8%)	7:38	7.9 (65.3%)
97	**SZTUKA Monika**	**7046**	WIELUŃ BIEGA	Senior I K - 20	18	00:00:00	00:01:30	01:28:08	**02:40:47.50**	**02:40:47.50**	+00:56:17 (35.0%)	7:39	7.8 (64.5%)
98	**JANKOWIAK Paulina**	**7518**		Masters K - 40	33	00:00:00	00:01:15	01:32:39	**02:41:17.65**	**02:41:17.65**	+00:56:47 (35.2%)	7:40	7.8 (64.5%)
99	**KOWAL Agata**	**7562**	WIELUŃ BIEGA	Masters K - 40	34	00:00:00	00:01:31	01:31:44	**02:41:26.60**	**02:41:26.60**	+00:56:56 (35.3%)	7:41	7.8 (64.5%)
100	**MOSKWA Martyna**	**7512**	MASZ PRZEBIEGANE	Senior I K - 20	19	00:00:00	00:00:36	01:33:13	**02:41:31.80**	**02:41:31.80**	+00:57:01 (35.3%)	7:41	7.8 (64.5%)
101	**PRZYBYLSKA Ewelina**	**7446**	ENDORFINA WSCHOWA	Masters K - 40	35	00:00:00	00:00:51	01:33:13	**02:41:52.45**	**02:41:52.45**	+00:57:22 (35.4%)	7:42	7.8 (64.5%)
102	**JASKÓLSKA Joanna**	**7391**	ZWIADOWCY	Masters K - 40	36	00:00:00	00:01:41	01:33:24	**02:42:24.40**	**02:42:24.40**	+00:57:54 (35.7%)	7:44	7.8 (64.5%)
103	**ILNICKA Monika**	**7238**	WIECZORNE BIEGANIE W OPOLU	Senior II K - 30	42	00:00:00	00:02:53	01:38:53	**02:42:47.15**	**02:42:47.15**	+00:58:17 (35.8%)	7:45	7.7 (63.6%)
104	**ZAMIATOWSKA Kinga**	**7738**		Masters K - 40	37	00:00:00	00:00:20	01:29:22	**02:42:52.20**	**02:42:52.20**	+00:58:22 (35.8%)	7:45	7.7 (63.6%)
105	**SARNA Jolanta**	**7878**		Masters K - 40	38	00:00:00	00:00:48	01:30:13	**02:43:07.80**	**02:43:07.80**	+00:58:37 (35.9%)	7:46	7.7 (63.6%)
106	**DZIARNOWSKA Magda**	**7710**	MECHANIKA ZDROWIA	Senior II K - 30	43	00:00:00	00:00:16	01:32:03	**02:43:16.05**	**02:43:16.05**	+00:58:46 (36.0%)	7:46	7.7 (63.6%)
107	**KĘSY Ania**	**7038**	KĘSY TEAM	Weteran K - 50	7	00:00:00	00:00:41	01:36:57	**02:43:39.60**	**02:43:39.60**	+00:59:09 (36.1%)	7:47	7.7 (63.6%)
108	**GLOWCZEWSKA Lucyna**	**7642**	RKS PILA-PODLASIE	Masters K - 40	39	00:00:00	00:01:33	01:38:24	**02:43:51.95**	**02:43:51.95**	+00:59:22 (36.2%)	7:48	7.7 (63.6%)
109	**KROPIAK Katarzyna**	**7331**	VEGE RUNNERS / TRAIL IS OUR WAY	Senior II K - 30	44	00:00:00	00:01:05	01:36:16	**02:43:54.95**	**02:43:54.95**	+00:59:25 (36.2%)	7:48	7.7 (63.6%)
110	**ŁAŻEWSKA Sylwia**	**7065**		Masters K - 40	40	00:00:00	00:01:43	01:33:26	**02:43:57.30**	**02:43:57.30**	+00:59:27 (36.3%)	7:48	7.7 (63.6%)
111	**SIKOŃ Katarzyna**	**7824**	PRO-RUN WROCŁAW/FUNTRI	Masters K - 40	41	00:00:00	00:02:23	01:33:11	**02:44:08.70**	**02:44:08.70**	+00:59:38 (36.3%)	7:48	7.7 (63.6%)
112	**SZNOBER Dorota**	**7427**	TARNOWO PODGÓRNE BIEGA	Senior II K - 30	45	00:00:00	00:00:25	01:30:49	**02:44:13.90**	**02:44:13.90**	+00:59:44 (36.4%)	7:49	7.7 (63.6%)
113	**MARTAN Iwona**	**7611**		Masters K - 40	42	00:00:00	00:00:20	01:33:12	**02:44:16.35**	**02:44:16.35**	+00:59:46 (36.4%)	7:49	7.7 (63.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
114	**BEKER Katarzyna**	**7007**		Senior II K - 30	46	00:00:00	00:03:13	01:37:00	**02:44:18.40**	**02:44:18.40**	+00:59:48 (36.4%)	7:49	7.7 (63.6%)
115	**JAROSZUK Ania**	**7012**		Masters K - 40	43	00:00:00	00:02:20	01:35:55	**02:45:01.00**	**02:45:01.00**	+01:00:31 (36.7%)	7:51	7.6 (62.8%)
116	**SIUDAK Anna**	**7581**		Masters K - 40	44	00:00:00	00:00:05	01:32:38	**02:45:11.60**	**02:45:11.60**	+01:00:41 (36.7%)	7:51	7.6 (62.8%)
117	**PONDEL Marzena**	**7859**		Masters K - 40	45	00:00:00	00:03:10	01:37:00	**02:45:13.25**	**02:45:13.25**	+01:00:43 (36.8%)	7:52	7.6 (62.8%)
118	**REIJMERS Agnieszka**	**7689**	LEIDEN ATLETIEK	Masters K - 40	46	00:00:00	00:00:18	01:33:10	**02:46:08.75**	**02:46:08.75**	+01:01:38 (37.1%)	7:54	7.6 (62.8%)
119	**WALCZAK Anna**	**7114**	ZABIEGANY SULECHÓW	Masters K - 40	47	00:00:00	00:00:40	01:34:08	**02:46:31.80**	**02:46:31.80**	+01:02:01 (37.2%)	7:55	7.6 (62.8%)
120	**RÓŻAŃSKA Magdalena**	**7073**		Masters K - 40	48	00:00:00	00:00:47	01:36:54	**02:46:54.75**	**02:46:54.75**	+01:02:24 (37.4%)	7:56	7.5 (62.0%)
121	**OLZACKA Agata Olzacka**	**7117**	#ZALINIĄMETYTEAM	Masters K - 40	49	00:00:00	00:02:49	01:36:56	**02:47:27.15**	**02:47:27.15**	+01:02:57 (37.6%)	7:58	7.5 (62.0%)
122	**FRYSIAK Barbara**	**7389**	WIELUŃ	Weteran K - 50	8	00:00:00	00:00:16	01:34:12	**02:47:54.65**	**02:47:54.65**	+01:03:24 (37.8%)	7:59	7.5 (62.0%)
123	**NOWACZYŃSKA Katarzyna**	**7206**	TEAM ZABIEGANEDNI	Masters K - 40	50	00:00:00	00:02:33	01:39:42	**02:48:12.05**	**02:48:12.05**	+01:03:42 (37.9%)	8:00	7.5 (62.0%)
124	**PIELA Katarzyna**	**7411**		Senior II K - 30	47	00:00:00	00:03:37	01:39:01	**02:48:16.70**	**02:48:16.70**	+01:03:46 (37.9%)	8:00	7.5 (62.0%)
125	**KORCZYŃSKA Alicja**	**7275**	BIEGAM Z ROZUMEM	Masters K - 40	51	00:00:00	00:01:56	01:41:52	**02:48:23.55**	**02:48:23.55**	+01:03:53 (37.9%)	8:01	7.5 (62.0%)
126	**APOLINARSKA Natalia**	**7957**	NULL	Senior II K - 30	48	00:00:00	00:02:29	01:39:23	**02:48:54.85**	**02:48:54.85**	+01:04:24 (38.1%)	8:02	7.5 (62.0%)
127	**DZIĘGIELEWSKA Dominika**	**7897**		Senior II K - 30	49	00:00:00	00:01:23	01:38:03	**02:49:40.10**	**02:49:40.10**	+01:05:10 (38.4%)	8:04	7.4 (61.2%)
128	**KUSZ Joanna**	**7035**	CROSS STRACEŃCÓW GŁOGÓW	Senior II K - 30	50	00:00:00	00:00:20	01:33:18	**02:50:19.55**	**02:50:19.55**	+01:05:49 (38.6%)	8:06	7.4 (61.2%)
129	**PAPROCKA Natalia**	**7972**		Masters K - 40	52	00:00:00	00:01:01	01:39:08	**02:50:29.95**	**02:50:29.95**	+01:06:00 (38.7%)	8:07	7.4 (61.2%)
130	**BURZYŃSKA Emilia**	**7152**	MAMY-BIEGAMY / LOCO SPORT	Senior II K - 30	51	00:00:00	00:00:45	01:37:47	**02:50:37.45**	**02:50:37.45**	+01:06:07 (38.8%)	8:07	7.4 (61.2%)
130	**BAJER Anna**	**7184**	TARNOWO PODGÓRNE BIEGA	Masters K - 40	53	00:00:00	00:00:52	01:36:02	**02:50:37.45**	**02:50:37.45**	+01:06:07 (38.8%)	8:07	7.4 (61.2%)
132	**KORALEWSKA Edyta**	**7094**		Masters K - 40	54	00:00:00	00:00:52	01:38:54	**02:51:01.45**	**02:51:01.45**	+01:06:31 (38.9%)	8:08	7.4 (61.2%)
133	**MĄDRA Milena**	**7674**	BON ŻYWNOŚCIOWY	Senior I K - 20	20	00:00:00	00:00:44	01:33:21	**02:51:01.85**	**02:51:01.85**	+01:06:31 (38.9%)	8:08	7.4 (61.2%)
134	**ANTOSZCZUK Aneta**	**7220**		Masters K - 40	55	00:00:00	00:02:24	01:40:43	**02:51:12.25**	**02:51:12.25**	+01:06:42 (39.0%)	8:09	7.4 (61.2%)
135	**CHMIELEWSKA Karolina**	**7407**		Masters K - 40	56	00:00:00	00:00:28	01:36:08	**02:51:15.75**	**02:51:15.75**	+01:06:45 (39.0%)	8:09	7.4 (61.2%)
136	**DYLONG Andrea**	**11**	TRAIL IS OUR WAY TEAM	Senior I K - 20	21	00:00:00	00:01:04	01:39:06	**02:51:27.35**	**02:51:27.35**	+01:06:57 (39.1%)	8:09	7.3 (60.3%)
137	**SZERMENT Magdalena**	**7121**		Masters K - 40	57	00:00:00	00:01:18	01:40:53	**02:51:43.85**	**02:51:43.85**	+01:07:13 (39.1%)	8:10	7.3 (60.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
138	**CHMIELEWSKA Sylwia**	**7765**	BIEGACZKA GÓRSKA	Weteran K - 50	9	00:00:00	00:01:34	01:39:39	**02:51:45.90**	**02:51:45.90**	+01:07:16 (39.2%)	8:10	7.3 (60.3%)
139	**PAPRZYCKA Katarzyna**	**7460**	SZAKAL JEŻYCE	Senior II K - 30	52	00:00:00	00:00:41	01:35:02	**02:51:51.85**	**02:51:51.85**	+01:07:21 (39.2%)	8:11	7.3 (60.3%)
140	**KŁOS Monika**	**7873**		Masters K - 40	58	00:00:00	00:02:15	01:42:44	**02:52:38.55**	**02:52:38.55**	+01:08:08 (39.5%)	8:13	7.3 (60.3%)
141	**DOLECKA Elżbieta**	**7402**	NOWY TOMYŚL	Masters K - 40	59	00:00:00	00:01:17	01:38:47	**02:52:43.65**	**02:52:43.65**	+01:08:13 (39.5%)	8:13	7.3 (60.3%)
142	**TĘCZA Sara**	**7749**		Senior I K - 20	22	00:00:00	00:00:42	01:36:47	**02:52:53.80**	**02:52:53.80**	+01:08:23 (39.6%)	8:13	7.3 (60.3%)
143	**PENCONEK Agata**	**7732**		Senior II K - 30	53	00:00:00	00:03:25	01:46:11	**02:53:14.55**	**02:53:14.55**	+01:08:44 (39.7%)	8:14	7.3 (60.3%)
144	**DZIWIŃSKA Agata**	**7551**		Senior II K - 30	54	00:00:00	00:02:10	01:44:01	**02:53:24.05**	**02:53:24.05**	+01:08:54 (39.7%)	8:15	7.3 (60.3%)
145	**GAWRECKA Beata**	**7316**	JUTROSIŃSKI KLUB BIEGACZY	Masters K - 40	60	00:00:00	00:00:37	01:40:40	**02:53:32.35**	**02:53:32.35**	+01:09:02 (39.8%)	8:15	7.3 (60.3%)
146	**WOJTYŚ Monika**	**7257**	JUTROSIŃSKI KLUB BIEGACZA	Masters K - 40	61	00:00:00	00:00:36	01:39:40	**02:53:32.95**	**02:53:32.95**	+01:09:03 (39.8%)	8:15	7.3 (60.3%)
147	**SOBAŃSKA Paulina**	**7974**	TARNOWO PODGÓRNE BIEGA	Masters K - 40	62	00:00:00	00:00:26	01:39:42	**02:53:47.45**	**02:53:47.45**	+01:09:17 (39.9%)	8:16	7.3 (60.3%)
148	**CNOTALSKA Aneta**	**7400**		Masters K - 40	63	00:00:00	00:01:14	01:43:15	**02:53:54.15**	**02:53:54.15**	+01:09:24 (39.9%)	8:16	7.2 (59.5%)
149	**KORSAK Agata**	**7450**		Senior II K - 30	55	00:00:00	00:00:21	01:37:45	**02:53:57.40**	**02:53:57.40**	+01:09:27 (39.9%)	8:17	7.2 (59.5%)
150	**KROSZKA Beata**	**7130**		Weteran K - 50	10	00:00:00	00:00:38	01:40:44	**02:54:05.45**	**02:54:05.45**	+01:09:35 (40.0%)	8:17	7.2 (59.5%)
151	**SZYMURA Izabela**	**7362**	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Masters K - 40	64	00:00:00	00:01:13	01:42:13	**02:54:18.10**	**02:54:18.10**	+01:09:48 (40.0%)	8:18	7.2 (59.5%)
152	**BANDEL Aneta**	**7661**		Senior II K - 30	56	00:00:00	00:01:52	01:40:42	**02:54:18.15**	**02:54:18.15**	+01:09:48 (40.0%)	8:18	7.2 (59.5%)
153	**DANILUK Marta**	**7142**		Masters K - 40	65	00:00:00	00:00:35	01:40:31	**02:54:19.10**	**02:54:19.10**	+01:09:49 (40.1%)	8:18	7.2 (59.5%)
154	**RUSECKA Agnieszka**	**7557**	BDB TEAM	Senior II K - 30	57	00:00:00	00:01:03	01:43:21	**02:54:58.35**	**02:54:58.35**	+01:10:28 (40.3%)	8:19	7.2 (59.5%)
155	**SZYMANEK Beata**	**7628**	APTENEO RUNNING TEAM	Masters K - 40	66	00:00:00	00:01:34	01:42:15	**02:55:05.00**	**02:55:05.00**	+01:10:35 (40.3%)	8:20	7.2 (59.5%)
156	**KOZANECKA Weronika**	**7097**	WYBIEGAĆ MARZENIA TEAM	Senior I K - 20	23	00:00:00	00:02:38	01:39:36	**02:55:06.60**	**02:55:06.60**	+01:10:36 (40.3%)	8:20	7.2 (59.5%)
157	**LUBOWIECKA Katarzyna**	**7945**		Weteran K - 50	11	00:00:00	00:03:15	01:46:20	**02:55:10.85**	**02:55:10.85**	+01:10:40 (40.3%)	8:20	7.2 (59.5%)
158	**GRZEGORZEWICZ Katarzyna**	**7023**		Senior II K - 30	58	00:00:00	00:03:14	01:43:24	**02:55:17.30**	**02:55:17.30**	+01:10:47 (40.4%)	8:20	7.2 (59.5%)
159	**KOPEĆ - MARCINKOWSKA Maria**	**7700**		Senior II K - 30	59	00:00:00	00:01:59	01:46:13	**02:55:24.55**	**02:55:24.55**	+01:10:54 (40.4%)	8:21	7.2 (59.5%)
160	**WAJER Marita**	**7477**		Senior I K - 20	24	00:00:00	00:02:56	01:43:58	**02:55:37.60**	**02:55:37.60**	+01:11:07 (40.5%)	8:21	7.2 (59.5%)
161	**LUBAŃSKA Monika**	**7317**		Senior I K - 20	25	00:00:00	00:00:43	01:36:55	**02:56:03.95**	**02:56:03.95**	+01:11:34 (40.6%)	8:23	7.2 (59.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
162	**RUDA Kamila**	**7032**	KURACJUSZE	Senior II K - 30	60	00:00:00	00:03:47	01:39:22	**02:56:05.70**	**02:56:05.70**	+01:11:35 (40.7%)	8:23	7.2 (59.5%)
163	**ŻELAZOWSKA Ola**	**7575**	ATLAS RUNNING TEAM	Senior II K - 30	61	00:00:00	00:03:04	01:43:29	**02:56:20.15**	**02:56:20.15**	+01:11:50 (40.7%)	8:23	7.1 (58.7%)
164	**FISZER Klaudia**	**7029**	PRZYJACIELETEAM	Senior II K - 30	62	00:00:00	00:03:00	01:46:14	**02:56:30.45**	**02:56:30.45**	+01:12:00 (40.8%)	8:24	7.1 (58.7%)
165	**HOŁOWNIA Patrycja**	**7777**	BIEGUSY CZAPLE	Senior II K - 30	63	00:00:00	00:01:35	01:41:38	**02:56:45.05**	**02:56:45.05**	+01:12:15 (40.9%)	8:25	7.1 (58.7%)
166	**GRUSZECKA Olga**	**42**		Senior I K - 20	26	00:00:00	00:02:29	01:41:01	**02:56:50.95**	**02:56:50.95**	+01:12:21 (40.9%)	8:25	7.1 (58.7%)
167	**BELTER Agnieszka**	**7634**	RKS PIŁA PODLASIE	Masters K - 40	67	00:00:00	00:01:32	01:40:45	**02:56:57.45**	**02:56:57.45**	+01:12:27 (40.9%)	8:25	7.1 (58.7%)
168	**OLEJNIK Malgorzata**	**7752**		Masters K - 40	68	00:00:00	00:00:05	01:33:01	**02:57:11.15**	**02:57:11.15**	+01:12:41 (41.0%)	8:26	7.1 (58.7%)
169	**ORSZULSKA Magdalena**	**7216**	WIECZORNE BIEGANIE.W SZCZECINIE	Masters K - 40	69	00:00:00	00:00:29	01:39:20	**02:57:11.25**	**02:57:11.25**	+01:12:41 (41.0%)	8:26	7.1 (58.7%)
170	**FRANEK Aneta**	**7884**		Masters K - 40	70	00:00:00	00:00:09	01:37:59	**02:57:22.40**	**02:57:22.40**	+01:12:52 (41.1%)	8:26	7.1 (58.7%)
171	**WOJCIECHOWSKA Anna**	**7069**	PIĄTKOWO NA BIEGOWO	Weteran K - 50	12	00:00:00	00:03:16	01:42:31	**02:57:29.95**	**02:57:29.95**	+01:13:00 (41.1%)	8:27	7.1 (58.7%)
172	**BRZĘCZEK Izabela**	**7115**		Weteran K - 50	13	00:00:00	00:01:17	01:43:16	**02:57:48.40**	**02:57:48.40**	+01:13:18 (41.2%)	8:28	7.1 (58.7%)
173	**RUTKOVSKA Simona**	**7989**	SUPERVARONI	Senior I K - 20	27	00:00:00	00:01:16	01:40:22	**02:57:49.75**	**02:57:49.75**	+01:13:19 (41.2%)	8:28	7.1 (58.7%)
174	**CZEKALSKA Magdalena**	**7987**	NARAMOWICE BIEGAJĄ	Masters K - 40	71	00:00:00	00:03:03	01:43:19	**02:58:04.50**	**02:58:04.50**	+01:13:34 (41.3%)	8:28	7.1 (58.7%)
175	**NATKANIEC Grazyna**	**7181**		Weteran K - 50	14	00:00:00	00:01:22	01:40:56	**02:58:05.30**	**02:58:05.30**	+01:13:35 (41.3%)	8:28	7.1 (58.7%)
176	**FLIS Danuta**	**27**	10 CHOSZCZEŃSKA	Weteran K - 50	15	00:00:00	00:00:10	01:38:21	**02:58:27.85**	**02:58:27.85**	+01:13:57 (41.4%)	8:29	7.1 (58.7%)
177	**TURCZYŃSKA Monika**	**7721**	12TRI.PL	Masters K - 40	72	00:00:00	00:03:39	01:46:12	**02:58:44.05**	**02:58:44.05**	+01:14:14 (41.5%)	8:30	7 (57.9%)
178	**STACIWO Justyna**	**7228**	KURACJUSZE	Senior II K - 30	64	00:00:00	00:03:47	01:44:32	**02:58:45.15**	**02:58:45.15**	+01:14:15 (41.5%)	8:30	7 (57.9%)
179	**KOŚNIEWSKA-NOWAK Joanna**	**7166**	WIECZORNE BIEGANIE W OPOLU	Masters K - 40	73	00:00:00	00:02:52	01:43:57	**02:58:48.70**	**02:58:48.70**	+01:14:18 (41.6%)	8:30	7 (57.9%)
180	**STASIŃSKA-KOSTOWSKA Wiktoria**	**7657**		Senior I K - 20	28	00:00:00	00:01:58	01:46:01	**02:59:32.85**	**02:59:32.85**	+01:15:02 (41.8%)	8:32	7 (57.9%)
181	**WARWAS Katarzyna**	**7993**		Masters K - 40	74	00:00:00	00:03:04	01:43:28	**02:59:35.75**	**02:59:35.75**	+01:15:05 (41.8%)	8:33	7 (57.9%)
182	**ORDYNIEC Alicja**	**7074**	KĘSY TEAM	Masters K - 40	75	00:00:00	00:00:41	01:42:16	**02:59:41.40**	**02:59:41.40**	+01:15:11 (41.8%)	8:33	7 (57.9%)
183	**GOŁEMBECKA Bogumiła**	**7191**		Masters K - 40	76	00:00:00	00:00:08	01:38:56	**02:59:52.20**	**02:59:52.20**	+01:15:22 (41.9%)	8:33	7 (57.9%)
184	**GMAJ Karolina**	**7425**		Masters K - 40	77	00:00:00	00:02:34	01:46:04	**02:59:59.65**	**02:59:59.65**	+01:15:29 (41.9%)	8:34	7 (57.9%)
185	**JUREWICZ Agata**	**7486**	VEGE RUNNERS	Senior II K - 30	65	00:00:00	00:02:13	01:46:02	**03:00:08.70**	**03:00:08.70**	+01:15:38 (42.0%)	8:34	7 (57.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
185	**MŁYNARCZYK Magdalena**	**7536**		Senior II K - 30	65	00:00:00	00:02:14	01:45:55	**03:00:08.70**	**03:00:08.70**	+01:15:38 (42.0%)	8:34	7 (57.9%)
187	**OLEJNICZAK Paulina**	**7043**		Senior II K - 30	67	00:00:00	00:00:42	01:40:51	**03:00:23.15**	**03:00:23.15**	+01:15:53 (42.1%)	8:35	7 (57.9%)
188	**PATYCKA Edyta**	**7125**	NIGHT RUNNERS PYSKOWICE	Weteran K - 50	16	00:00:00	00:01:02	01:40:52	**03:00:32.35**	**03:00:32.35**	+01:16:02 (42.1%)	8:35	7 (57.9%)
189	**WRÓBEL Marzena**	**7334**	TARNOWO PODGÓRNE BIEGA	Masters K - 40	78	00:00:00	00:00:28	01:37:38	**03:00:49.75**	**03:00:49.75**	+01:16:19 (42.2%)	8:36	7 (57.9%)
190	**FĄFARA Agnieszka**	**7300**	BIEGNIĘTE LASKI	Masters K - 40	79	00:00:00	00:02:33	01:52:12	**03:00:51.00**	**03:00:51.00**	+01:16:21 (42.2%)	8:36	7 (57.9%)
191	**SKAWINA-POŁEĆ Anna**	**7338**	TOPOLICE TEAM	Senior II K - 30	68	00:00:00	00:01:20	01:38:00	**03:00:52.90**	**03:00:52.90**	+01:16:23 (42.2%)	8:36	7 (57.9%)
192	**NOLAS Jolanta**	**7698**	KB HARCOWNIK	Weteran K - 50	17	00:00:00	00:01:41	01:43:07	**03:01:08.65**	**03:01:08.65**	+01:16:38 (42.3%)	8:37	7 (57.9%)
193	**WIŚNIEWSKA Iwona**	**7360**	BIEGAMBOLUBIE	Senior II K - 30	69	00:00:00	00:01:24	01:43:13	**03:01:10.95**	**03:01:10.95**	+01:16:41 (42.3%)	8:37	7 (57.9%)
194	**BERGA Madara**	**7966**		Masters K - 40	80	00:00:00	00:01:26	01:46:05	**03:01:22.15**	**03:01:22.15**	+01:16:52 (42.4%)	8:38	6.9 (57.0%)
195	**DATA Izabela**	**7037**	KUGUAR XTREME RUNNERS	Weteran K - 50	18	00:00:00	00:04:02	01:46:03	**03:01:23.45**	**03:01:23.45**	+01:16:53 (42.4%)	8:38	6.9 (57.0%)
196	**GOŁUCH Joanna**	**7934**		Masters K - 40	81	00:00:00	00:01:43	01:44:03	**03:01:23.75**	**03:01:23.75**	+01:16:53 (42.4%)	8:38	6.9 (57.0%)
197	**BINKOWSKA Marta**	**7763**	ŚWIERCZEWO RUN	Senior II K - 30	70	00:00:00	00:00:45	01:39:34	**03:01:31.65**	**03:01:31.65**	+01:17:01 (42.4%)	8:38	6.9 (57.0%)
198	**BARAŃSKA Agnieszka**	**7952**		Senior II K - 30	71	00:00:00	00:02:03	01:43:23	**03:01:33.85**	**03:01:33.85**	+01:17:03 (42.4%)	8:38	6.9 (57.0%)
199	**GIMZICKA Ewa**	**7345**		Masters K - 40	82	00:00:00	00:03:14	01:48:00	**03:01:51.85**	**03:01:51.85**	+01:17:21 (42.5%)	8:39	6.9 (57.0%)
200	**KOMAR Agata**	**7737**	KOMARTEAM	Senior II K - 30	72	00:00:00	00:01:56	01:47:15	**03:01:54.30**	**03:01:54.30**	+01:17:24 (42.6%)	8:39	6.9 (57.0%)
201	**DARGA Paulina**	**7949**	ANWILTEAM	Senior II K - 30	73	00:00:00	00:03:34	01:51:58	**03:02:05.45**	**03:02:05.45**	+01:17:35 (42.6%)	8:40	6.9 (57.0%)
202	**GIERSZEWSKA Grażyna**	**7781**		Weteran K - 50	19	00:00:00	00:00:21	01:41:21	**03:02:16.00**	**03:02:16.00**	+01:17:46 (42.7%)	8:40	6.9 (57.0%)
203	**MICHNIEWICZ-MRUK Dagmara**	**7307**	STARCON.COM.PL	Senior II K - 30	74	00:00:00	00:02:07	01:51:57	**03:02:40.60**	**03:02:40.60**	+01:18:10 (42.8%)	8:41	6.9 (57.0%)
204	**SZCZEPANIAK Małgorzata**	**7641**	RKS PIŁA PODLASIE	Weteran K - 50	20	00:00:00	00:01:33	01:42:21	**03:02:52.95**	**03:02:52.95**	+01:18:23 (42.9%)	8:42	6.9 (57.0%)
205	**HANUSIK-JERUZEL Zofia**	**7258**		Masters K - 40	83	00:00:00	00:00:06	01:42:28	**03:03:22.80**	**03:03:22.80**	+01:18:52 (43.0%)	8:43	6.9 (57.0%)
206	**TYLKA Gosia**	**7050**		Senior II K - 30	75	00:00:00	00:02:18	01:43:17	**03:03:46.35**	**03:03:46.35**	+01:19:16 (43.1%)	8:45	6.9 (57.0%)
207	**BRZEZIŃSKA Dorota**	**7680**		Masters K - 40	84	00:00:00	00:01:43	01:49:46	**03:03:52.85**	**03:03:52.85**	+01:19:22 (43.2%)	8:45	6.9 (57.0%)
208	**ŚNIEGOSKA Sandra**	**7534**	KNEIPP TEAM	Senior II K - 30	76	00:00:00	00:01:38	01:43:40	**03:04:37.40**	**03:04:37.40**	+01:20:07 (43.4%)	8:47	6.8 (56.2%)
209	**NAPIERAŁA Agnieszka**	**7312**	MARATOŃCZYK POZNAŃ	Senior II K - 30	77	00:00:00	00:01:12	01:44:13	**03:04:40.85**	**03:04:40.85**	+01:20:10 (43.4%)	8:47	6.8 (56.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
210	**SŁOCIŃSKA Natasza**	**7909**	MARATOŃCZYK POZNAŃ	Senior II K - 30	78	00:00:00	00:01:11	01:44:15	**03:04:41.05**	**03:04:41.05**	+01:20:11 (43.4%)	8:47	6.8 (56.2%)
211	**SZWAGIERCZAK-STEFANIAK Magda**	**7311**	MARATOŃCZYK	Senior II K - 30	79	00:00:00	00:01:11	01:44:12	**03:04:41.55**	**03:04:41.55**	+01:20:11 (43.4%)	8:47	6.8 (56.2%)
212	**MATYNIAK Barbara**	**7398**	WYZNAWCY BRONKA LIBIĄŻ	Senior II K - 30	80	00:00:00	00:02:33	01:46:10	**03:04:54.25**	**03:04:54.25**	+01:20:24 (43.5%)	8:48	6.8 (56.2%)
213	**SZYMAŃSKA Anna**	**7096**	ROZBIEGANY GOLENIÓW	Weteran II K - 60	1	00:00:00	00:01:07	01:40:29	**03:05:06.40**	**03:05:06.40**	+01:20:36 (43.5%)	8:48	6.8 (56.2%)
214	**WARYSZAK Joanna**	**7189**	DZIK KOMANDO	Senior II K - 30	81	00:00:00	00:01:29	01:46:50	**03:05:52.90**	**03:05:52.90**	+01:21:23 (43.8%)	8:51	6.8 (56.2%)
215	**KRYCH Joanna**	**7327**		Masters K - 40	85	00:00:00	00:01:27	01:41:00	**03:05:57.05**	**03:05:57.05**	+01:21:27 (43.8%)	8:51	6.8 (56.2%)
216	**CIEKAŃSKA Joanna**	**7249**		Masters K - 40	86	00:00:00	00:02:58	01:47:39	**03:06:13.05**	**03:06:13.05**	+01:21:43 (43.9%)	8:52	6.8 (56.2%)
217	**HEJNE Agnieszka**	**7326**		Masters K - 40	87	00:00:00	00:00:16	01:36:52	**03:06:14.90**	**03:06:14.90**	+01:21:45 (43.9%)	8:52	6.8 (56.2%)
218	**MALISZ Agnieszka**	**7179**		Senior II K - 30	82	00:00:00	00:01:20	01:39:35	**03:06:23.15**	**03:06:23.15**	+01:21:53 (43.9%)	8:52	6.8 (56.2%)
219	**DOLIŃSKA Marta**	**7437**		Senior I K - 20	29	00:00:00	00:00:07	01:42:30	**03:06:45.15**	**03:06:45.15**	+01:22:15 (44.0%)	8:53	6.7 (55.4%)
220	**LUBOWIECKA Paulina**	**7947**		Senior I K - 20	30	00:00:00	00:03:16	01:49:34	**03:06:51.55**	**03:06:51.55**	+01:22:21 (44.1%)	8:53	6.7 (55.4%)
221	**KUKUCZKA Wioletta**	**7435**	KLUCZBORSKA GRUPA BIEGOWA	Weteran K - 50	21	00:00:00	00:01:24	01:46:25	**03:06:54.70**	**03:06:54.70**	+01:22:24 (44.1%)	8:54	6.7 (55.4%)
222	**ŚLIWIŃSKA Anna**	**7227**		Senior I K - 20	31	00:00:00	00:02:09	01:48:49	**03:06:55.55**	**03:06:55.55**	+01:22:25 (44.1%)	8:54	6.7 (55.4%)
223	**JACKOWSKA Katarzyna**	**7683**		Masters K - 40	88	00:00:00	00:01:08	01:42:12	**03:07:34.15**	**03:07:34.15**	+01:23:04 (44.3%)	8:55	6.7 (55.4%)
224	**CZECH Dominika**	**7234**		Senior II K - 30	83	00:00:00	00:00:40	01:42:20	**03:07:45.35**	**03:07:45.35**	+01:23:15 (44.3%)	8:56	6.7 (55.4%)
225	**MODZELEWSKA Anna**	**7761**		Senior I K - 20	32	00:00:00	00:01:46	01:49:37	**03:07:51.20**	**03:07:51.20**	+01:23:21 (44.4%)	8:56	6.7 (55.4%)
226	**GAWĘDZKA Aneta**	**7629**	OBORYGENI	Masters K - 40	89	00:00:00	00:02:22	01:54:57	**03:08:00.95**	**03:08:00.95**	+01:23:31 (44.4%)	8:57	6.7 (55.4%)
227	**TEKIELI Ewelina**	**8**	TEKIELI FAMILY	Masters K - 40	90	00:00:00	00:02:54	01:49:45	**03:08:14.55**	**03:08:14.55**	+01:23:44 (44.5%)	8:57	6.7 (55.4%)
228	**WIĘCKOWSKA Agata**	**7297**	ZAKOCHAJ SIĘ W BIEGANIU	Senior II K - 30	84	00:00:00	00:02:31	01:48:49	**03:08:15.95**	**03:08:15.95**	+01:23:46 (44.5%)	8:57	6.7 (55.4%)
229	**MICHALIK Aleksandra**	**7370**		Senior I K - 20	33	00:00:00	00:01:46	01:43:37	**03:08:19.65**	**03:08:19.65**	+01:23:49 (44.5%)	8:58	6.7 (55.4%)
230	**GÓRNA Małgorzata**	**7350**		Senior II K - 30	85	00:00:00	00:03:02	01:48:48	**03:08:32.90**	**03:08:32.90**	+01:24:03 (44.6%)	8:58	6.7 (55.4%)
231	**KORDYLEWSKA Marlena**	**7767**	KTÓRĘDYNADMORSKIEOKO	Senior II K - 30	86	00:00:00	00:01:31	01:52:45	**03:08:45.30**	**03:08:45.30**	+01:24:15 (44.6%)	8:59	6.7 (55.4%)
232	**CYBULA Ewa**	**7283**		Masters K - 40	91	00:00:00	00:03:29	01:49:35	**03:09:02.00**	**03:09:02.00**	+01:24:32 (44.7%)	9:00	6.7 (55.4%)
233	**KODYM Anna**	**7607**	LASKI Z LASKU (MARCELIŃSKIEGO)	Senior II K - 30	87	00:00:00	00:03:23	01:53:37	**03:09:08.80**	**03:09:08.80**	+01:24:38 (44.8%)	9:00	6.7 (55.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
233	**MATUSZEK Małgorzata**	**7608**	LASKI Z LASKU (MARCELIŃSKIEGO)	Senior I K - 20	34	00:00:00	00:03:23	01:53:37	**03:09:08.80**	**03:09:08.80**	+01:24:38 (44.8%)	9:00	6.7 (55.4%)
235	**NOWICKA-BŁASZCZYK Izabela**	**7606**	LASKI Z LASKU (MARCELIŃSKIEGO)	Masters K - 40	92	00:00:00	00:03:22	01:53:36	**03:09:08.90**	**03:09:08.90**	+01:24:39 (44.8%)	9:00	6.7 (55.4%)
236	**BONICH Magdalena**	**10**	WIECZORNE BIEGANIE W OPOLU	Senior II K - 30	88	00:00:00	00:02:53	01:45:57	**03:09:09.00**	**03:09:09.00**	+01:24:39 (44.8%)	9:00	6.7 (55.4%)
237	**BARTŁOMIEJCZYK Sylwia**	**7866**	SOCIOS SILESIA	Masters K - 40	93	00:00:00	00:01:28	01:46:53	**03:09:09.45**	**03:09:09.45**	+01:24:39 (44.8%)	9:00	6.7 (55.4%)
238	**WRĘCZYCKA Izabela**	**7901**	CIDRY LOTAJOM	Weteran K - 50	22	00:00:00	00:02:27	01:53:35	**03:09:15.75**	**03:09:15.75**	+01:24:45 (44.8%)	9:00	6.7 (55.4%)
239	**SZYMCZAK Katarzyna**	**7890**		Weteran K - 50	23	00:00:00	00:00:27	01:43:54	**03:09:22.45**	**03:09:22.45**	+01:24:52 (44.8%)	9:01	6.7 (55.4%)
240	**SZCZEPANIAK Sylwia**	**7851**		Senior II K - 30	89	00:00:00	00:02:20	01:46:00	**03:09:24.45**	**03:09:24.45**	+01:24:54 (44.8%)	9:01	6.7 (55.4%)
241	**KOLENDA Katarzyna**	**7484**	DRIN TEAM	Senior II K - 30	90	00:00:00	00:03:25	01:53:42	**03:09:40.90**	**03:09:40.90**	+01:25:11 (44.9%)	9:01	6.6 (54.5%)
242	**KACZMAREK Agata**	**7414**		Masters K - 40	94	00:00:00	00:00:41	01:49:39	**03:09:51.80**	**03:09:51.80**	+01:25:21 (45.0%)	9:02	6.6 (54.5%)
243	**WOSZCZYK Agnieszka**	**7478**		Senior II K - 30	91	00:00:00	00:02:55	01:46:28	**03:10:08.50**	**03:10:08.50**	+01:25:38 (45.0%)	9:03	6.6 (54.5%)
244	**KWIATKOWSKA Marta**	**7731**		Masters K - 40	95	00:00:00	00:01:13	01:43:02	**03:10:10.25**	**03:10:10.25**	+01:25:40 (45.1%)	9:03	6.6 (54.5%)
245	**PĘCZKOWSKA Magdalena**	**7432**		Masters K - 40	96	00:00:00	00:02:32	01:49:33	**03:10:17.15**	**03:10:17.15**	+01:25:47 (45.1%)	9:03	6.6 (54.5%)
246	**KUCHCINSKA Diana**	**7583**		Masters K - 40	97	00:00:00	00:02:58	01:47:40	**03:10:28.90**	**03:10:28.90**	+01:25:59 (45.1%)	9:04	6.6 (54.5%)
247	**KOPEĆ Julia**	**7701**		Senior I K - 20	35	00:00:00	00:01:59	01:51:34	**03:10:31.55**	**03:10:31.55**	+01:26:01 (45.2%)	9:04	6.6 (54.5%)
248	**SOWIŃSKA Anetta**	**7903**		Masters K - 40	98	00:00:00	00:01:18	01:49:58	**03:10:52.50**	**03:10:52.50**	+01:26:22 (45.3%)	9:05	6.6 (54.5%)
249	**PERLAK Magdalena**	**7676**	TRAIL IS OUR WAY	Senior II K - 30	92	00:00:00	00:01:48	01:54:32	**03:10:57.95**	**03:10:57.95**	+01:26:28 (45.3%)	9:05	6.6 (54.5%)
250	**BANACH-SKOWRONEK Joanna**	**7110**		Senior II K - 30	93	00:00:00	00:01:07	01:46:15	**03:11:04.25**	**03:11:04.25**	+01:26:34 (45.3%)	9:05	6.6 (54.5%)
251	**KACZMAREK Monika**	**7122**	NKB CHYŻY NOWY TOMYŚL	Masters K - 40	99	00:00:00	00:01:18	01:49:31	**03:11:18.00**	**03:11:18.00**	+01:26:48 (45.4%)	9:06	6.6 (54.5%)
252	**NIEMAS Anna**	**7655**		Masters K - 40	100	00:00:00	00:01:28	01:47:13	**03:11:25.55**	**03:11:25.55**	+01:26:55 (45.4%)	9:06	6.6 (54.5%)
253	**KARPIŃSKA Katarzyna**	**7488**	KLUCZBORSKA GRUPA BIEGOWA	Masters K - 40	101	00:00:00	00:01:24	01:47:22	**03:11:33.10**	**03:11:33.10**	+01:27:03 (45.4%)	9:07	6.6 (54.5%)
254	**MENDEL Martyna**	**7436**	KLUCZBORSKA GRUPA BIEGOWA	Senior II K - 30	94	00:00:00	00:01:24	01:47:21	**03:11:33.40**	**03:11:33.40**	+01:27:03 (45.4%)	9:07	6.6 (54.5%)
255	**BARAŃSKA Małgorzata**	**7254**	BBL OPOLE	Weteran K - 50	24	00:00:00	00:01:37	01:50:28	**03:12:09.90**	**03:12:09.90**	+01:27:40 (45.6%)	9:09	6.6 (54.5%)
256	**AUGUSTYNOWICZ Aurelia**	**7481**		Masters K - 40	102	00:00:00	00:00:05	01:45:50	**03:12:23.25**	**03:12:23.25**	+01:27:53 (45.7%)	9:09	6.5 (53.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
257	**RODZIŃSKA Anita**	**7020**	PARKRUN GRUDZIĄDZ	Weteran K - 50	25	00:00:00	00:00:33	01:47:59	**03:12:26.90**	**03:12:26.90**	+01:27:57 (45.7%)	9:09	6.5 (53.7%)
258	**SOCZYŃSKA Małgorzata**	**28**	CZŁAPACZE	Weteran II K - 60	2	00:00:00	00:03:05	01:55:52	**03:13:55.55**	**03:13:55.55**	+01:29:25 (46.1%)	9:14	6.5 (53.7%)
259	**SZAŁ Monika**	**7785**	WALKA KOSTRZYN	Weteran K - 50	26	00:00:00	00:01:07	01:53:01	**03:14:16.40**	**03:14:16.40**	+01:29:46 (46.2%)	9:15	6.5 (53.7%)
260	**POSIŁA Joanna**	**7648**	EUROCASH/#MUZACZŁAPAKA	Masters K - 40	103	00:00:00	00:03:06	01:57:28	**03:14:20.00**	**03:14:20.00**	+01:29:50 (46.2%)	9:15	6.5 (53.7%)
261	**SAMULSKA Agata**	**7159**	BBLLASYBOGDANIEC	Weteran K - 50	27	00:00:00	00:00:40	01:49:30	**03:14:29.45**	**03:14:29.45**	+01:29:59 (46.3%)	9:15	6.5 (53.7%)
262	**SKORNOWICZ Agnieszka**	**7080**	SPORTOWY KAŹMIERZ	Weteran K - 50	28	00:00:00	00:02:45	01:55:34	**03:14:39.55**	**03:14:39.55**	+01:30:09 (46.3%)	9:16	6.5 (53.7%)
263	**FILIPOWICZ Katarzyna**	**7287**		Senior II K - 30	95	00:00:00	00:02:59	01:51:53	**03:14:40.15**	**03:14:40.15**	+01:30:10 (46.3%)	9:16	6.5 (53.7%)
264	**WRÓBLEWSKA Małgorzata**	**7543**	LOCO SPORT/SKANSEN CISOWNIK	Senior II K - 30	96	00:00:00	00:02:15	01:55:00	**03:14:44.25**	**03:14:44.25**	+01:30:14 (46.3%)	9:16	6.5 (53.7%)
265	**WOŹNIAK MACIEJEWSKA Edyta**	**7024**		Masters K - 40	104	00:00:00	00:00:23	01:51:29	**03:15:07.40**	**03:15:07.40**	+01:30:37 (46.4%)	9:17	6.5 (53.7%)
266	**SOBKÓW Katarzyna**	**7980**	MISIE BIEGAJĄ	Senior II K - 30	97	00:00:00	00:03:20	01:51:54	**03:15:16.15**	**03:15:16.15**	+01:30:46 (46.5%)	9:17	6.5 (53.7%)
267	**LEWIKOWSKA Patrycja**	**7409**		Masters K - 40	105	00:00:00	00:03:01	01:52:00	**03:15:22.35**	**03:15:22.35**	+01:30:52 (46.5%)	9:18	6.4 (52.9%)
268	**CENDROWICZ Magdalena**	**7707**	KNEIPP TEAM	Masters K - 40	106	00:00:00	00:00:33	01:47:26	**03:15:49.65**	**03:15:49.65**	+01:31:19 (46.6%)	9:19	6.4 (52.9%)
269	**BOJARSKA Zuzanna**	**7173**	BW BIEGACZE WYMIATACZE	Senior I K - 20	36	00:00:00	00:02:05	02:00:05	**03:17:15.15**	**03:17:15.15**	+01:32:45 (47.0%)	9:23	6.4 (52.9%)
270	**PAWELCZYK Adriana**	**7852**	BIEGAM BO NIE LUBIE	Masters K - 40	107	00:00:00	00:00:46	01:48:18	**03:17:35.95**	**03:17:35.95**	+01:33:06 (47.1%)	9:24	6.4 (52.9%)
271	**PACIUCH Dorota**	**7547**		Senior II K - 30	98	00:00:00	00:02:10	01:55:02	**03:17:45.45**	**03:17:45.45**	+01:33:15 (47.2%)	9:25	6.4 (52.9%)
272	**OGRODNIK Anna**	**7072**	ZAKOCHAJ SIĘ W BIEGANIU	Senior II K - 30	99	00:00:00	00:02:35	01:53:48	**03:17:46.95**	**03:17:46.95**	+01:33:17 (47.2%)	9:25	6.4 (52.9%)
273	**BIELECKA Arleta**	**7585**	GRUPA BIEGOWA ENERGY KACZORY	Weteran K - 50	29	00:00:00	00:02:23	01:55:36	**03:17:53.55**	**03:17:53.55**	+01:33:23 (47.2%)	9:25	6.4 (52.9%)
274	**BAJERSKA Renata**	**7599**	GRUPA BIEGOWA ENERGY KACZORY	Weteran K - 50	30	00:00:00	00:02:24	01:55:32	**03:17:53.65**	**03:17:53.65**	+01:33:23 (47.2%)	9:25	6.4 (52.9%)
275	**SULIGA Wioletta**	**7524**	AUGUSTEAM	Masters K - 40	108	00:00:00	00:00:31	01:51:32	**03:18:13.05**	**03:18:13.05**	+01:33:43 (47.3%)	9:26	6.4 (52.9%)
276	**KOZŁOWSKA Karolina**	**7144**	UKS DIAMENT GODÓW	Senior II K - 30	100	00:00:00	00:01:59	01:51:39	**03:18:29.55**	**03:18:29.55**	+01:33:59 (47.4%)	9:27	6.3 (52.1%)
277	**WISZNIEWICZ Agnieszka**	**7668**		Senior II K - 30	101	00:00:00	00:03:38	01:54:50	**03:18:32.05**	**03:18:32.05**	+01:34:02 (47.4%)	9:27	6.3 (52.1%)
278	**MULARCZYK Marta**	**7685**	WKURW_TEAM	Senior II K - 30	102	00:00:00	00:03:40	01:55:01	**03:18:39.05**	**03:18:39.05**	+01:34:09 (47.4%)	9:27	6.3 (52.1%)
279	**SKRZYPIŃSKA Agnieszka**	**7157**	PSI PATROL	Masters K - 40	109	00:00:00	00:01:58	01:55:31	**03:18:55.60**	**03:18:55.60**	+01:34:25 (47.5%)	9:28	6.3 (52.1%)
280	**MIELNIK Natalia**	**7247**		Senior II K - 30	103	00:00:00	00:02:51	01:54:54	**03:19:01.05**	**03:19:01.05**	+01:34:31 (47.5%)	9:28	6.3 (52.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
281	**STROMIDŁO Anna**	**7203**	BROWAR DOMOWY HATAK	Masters K - 40	110	00:00:00	00:00:30	01:46:20	**03:19:19.75**	**03:19:19.75**	+01:34:49 (47.6%)	9:29	6.3 (52.1%)
282	**PACHOLSKA Justyna**	**7103**	GOLENIÓW	Masters K - 40	111	00:00:00	00:01:58	01:53:40	**03:19:23.10**	**03:19:23.10**	+01:34:53 (47.6%)	9:29	6.3 (52.1%)
283	**TOCZEK Hana**	**7881**		Senior II K - 30	104	00:00:00	00:03:32	01:57:43	**03:20:00.90**	**03:20:00.90**	+01:35:31 (47.8%)	9:31	6.3 (52.1%)
284	**JEZIERSKA Karina**	**7729**	12TRI.PL / TEAM ZABIEGANEDNI	Masters K - 40	112	00:00:00	00:03:40	01:56:18	**03:20:06.10**	**03:20:06.10**	+01:35:36 (47.8%)	9:31	6.3 (52.1%)
285	**MILLER Edyta**	**7604**	FORMA FITNESS KLUB CZ-WA	Weteran K - 50	31	00:00:00	00:03:27	01:53:49	**03:20:40.30**	**03:20:40.30**	+01:36:10 (47.9%)	9:33	6.3 (52.1%)
286	**ŁAWNICZAK Justyna**	**7390**	JUTROSIŃSKI KLUB BIEGACZY	Masters K - 40	113	00:00:00	00:00:35	01:54:39	**03:20:45.55**	**03:20:45.55**	+01:36:15 (47.9%)	9:33	6.3 (52.1%)
287	**SOBCZYK-SPYT Agata**	**7621**		Masters K - 40	114	00:00:00	00:02:57	01:56:13	**03:21:01.15**	**03:21:01.15**	+01:36:31 (48.0%)	9:34	6.3 (52.1%)
288	**KACZMAREK Anna**	**7523**		Senior II K - 30	105	00:00:00	00:01:55	01:57:04	**03:21:13.25**	**03:21:13.25**	+01:36:43 (48.1%)	9:34	6.3 (52.1%)
289	**SIKORA Agnieszka**	**7149**		Senior II K - 30	106	00:00:00	00:03:37	01:54:38	**03:22:28.25**	**03:22:28.25**	+01:37:58 (48.4%)	9:38	6.2 (51.2%)
290	**GERMAN-GIENTKOWSKA Iwona**	**7197**		Masters K - 40	115	00:00:00	00:01:45	01:55:59	**03:22:32.75**	**03:22:32.75**	+01:38:02 (48.4%)	9:38	6.2 (51.2%)
291	**BUNIOWSKA Wiktoria**	**7**		Senior I K - 20	37	00:00:00	00:03:16	01:58:55	**03:22:40.35**	**03:22:40.35**	+01:38:10 (48.4%)	9:39	6.2 (51.2%)
292	**KASZYŃSKA Dorota**	**7397**		Weteran K - 50	32	00:00:00	00:02:37	01:56:01	**03:23:08.25**	**03:23:08.25**	+01:38:38 (48.6%)	9:40	6.2 (51.2%)
293	**GRZYB Beata**	**7770**	KOBIETY BIEGAJĄ	Masters K - 40	116	00:00:00	00:03:18	01:59:19	**03:23:12.75**	**03:23:12.75**	+01:38:42 (48.6%)	9:40	6.2 (51.2%)
294	**SZMATLOCH Karolina**	**7058**		Senior II K - 30	107	00:00:00	00:03:11	01:57:04	**03:23:30.85**	**03:23:30.85**	+01:39:00 (48.7%)	9:41	6.2 (51.2%)
295	**WOŹNIAK Lidia**	**7633**	PORMAT JEDLICZE BIEGA	Weteran K - 50	33	00:00:00	00:01:19	01:55:28	**03:23:39.05**	**03:23:39.05**	+01:39:09 (48.7%)	9:41	6.2 (51.2%)
296	**GONERA-BATOR Anna**	**7471**	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	108	00:00:00	00:03:10	01:56:28	**03:23:45.05**	**03:23:45.05**	+01:39:15 (48.7%)	9:42	6.2 (51.2%)
297	**TOMCZAK Paulina**	**7933**		Masters K - 40	117	00:00:00	00:03:03	01:54:30	**03:23:47.30**	**03:23:47.30**	+01:39:17 (48.7%)	9:42	6.2 (51.2%)
298	**OCIEPA Ewa**	**7366**		Masters K - 40	118	00:00:00	00:02:14	01:56:21	**03:23:49.55**	**03:23:49.55**	+01:39:19 (48.7%)	9:42	6.2 (51.2%)
299	**STĘPLEWSKA Małgorzata**	**7619**		Masters K - 40	119	00:00:00	00:02:41	01:56:01	**03:24:27.65**	**03:24:27.65**	+01:39:57 (48.9%)	9:44	6.2 (51.2%)
300	**CZYŻEWSKA Marlena**	**7589**		Weteran K - 50	34	00:00:00	00:02:41	01:57:41	**03:24:27.95**	**03:24:27.95**	+01:39:58 (48.9%)	9:44	6.2 (51.2%)
301	**KRZYKWA Agnieszka**	**7594**		Weteran K - 50	35	00:00:00	00:02:40	01:57:41	**03:24:28.25**	**03:24:28.25**	+01:39:58 (48.9%)	9:44	6.2 (51.2%)
302	**JAKRZEWSKA Karolina**	**7352**	LOCO BABKI/MAMY-BIEGAMY	Senior II K - 30	109	00:00:00	00:02:15	01:57:00	**03:24:57.90**	**03:24:57.90**	+01:40:28 (49.0%)	9:45	6.1 (50.4%)
303	**KARAMON Magdalena**	**7148**		Masters K - 40	120	00:00:00	00:01:57	01:54:02	**03:25:14.10**	**03:25:14.10**	+01:40:44 (49.1%)	9:46	6.1 (50.4%)
304	**AUTH Kari**	**7026**		Senior II K - 30	110	00:00:00	00:03:46	01:57:03	**03:26:06.70**	**03:26:06.70**	+01:41:36 (49.3%)	9:48	6.1 (50.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
305	**DRZEWI Tola**	**7970**	MARATON LESZNO	Senior I K - 20	38	00:00:00	00:03:04	01:58:15	**03:26:37.65**	**03:26:37.65**	+01:42:07 (49.4%)	9:50	6.1 (50.4%)
306	**FILIPIAK Beata**	**5**	MIECHOWICKA GRUPA BIEGOWA	Masters K - 40	121	00:00:00	00:02:30	01:53:33	**03:26:55.90**	**03:26:55.90**	+01:42:26 (49.5%)	9:51	6.1 (50.4%)
307	**PLASZCZAK Bogumiła**	**7470**	PIEKIELNIE ZGRANI	Masters K - 40	122	00:00:00	00:02:56	01:57:02	**03:27:11.65**	**03:27:11.65**	+01:42:41 (49.6%)	9:51	6.1 (50.4%)
308	**KAMIŃSKA Paulina**	**7905**		Senior II K - 30	111	00:00:00	00:03:30	01:55:18	**03:27:58.70**	**03:27:58.70**	+01:43:28 (49.8%)	9:54	6.1 (50.4%)
309	**JANSON Marleen**	**7687**	LEIDEN ATLETIEK	Senior II K - 30	112	00:00:00	00:00:49	02:03:28	**03:28:07.20**	**03:28:07.20**	+01:43:37 (49.8%)	9:54	6.1 (50.4%)
310	**LITKE Andżelika**	**7310**	EAZYMUT.PL	Senior I K - 20	39	00:00:00	00:01:49	01:52:44	**03:28:18.15**	**03:28:18.15**	+01:43:48 (49.8%)	9:55	6 (49.6%)
311	**DUDA KRZEMIENIEWSKA Jadwiga**	**7145**	KB SZAMOTUŁY	Weteran II K - 60	3	00:00:00	00:01:27	02:00:21	**03:28:26.40**	**03:28:26.40**	+01:43:56 (49.9%)	9:55	6 (49.6%)
312	**KEMPISTY Anna**	**7062**	12TRI.PL	Weteran K - 50	36	00:00:00	00:03:39	02:02:12	**03:28:55.15**	**03:28:55.15**	+01:44:25 (50.0%)	9:56	6 (49.6%)
313	**GRYGIEL Agnieszka**	**7219**	PRO RUN WROCŁAW	Weteran K - 50	37	00:00:00	00:02:15	01:58:17	**03:29:23.95**	**03:29:23.95**	+01:44:54 (50.1%)	9:58	6 (49.6%)
314	**WACHEL Katarzyna**	**7528**		Masters K - 40	123	00:00:00	00:03:41	01:56:24	**03:29:34.85**	**03:29:34.85**	+01:45:04 (50.1%)	9:58	6 (49.6%)
315	**PIWOWARCZYK Weronika**	**7133**	ROZBIEGANE DOBCZYCE	Senior I K - 20	40	00:00:00	00:02:15	02:02:16	**03:30:31.45**	**03:30:31.45**	+01:46:01 (50.4%)	10:01	6 (49.6%)
316	**SZYCA-ŚMIESZNIAK Marta**	**7138**		Senior I K - 20	41	00:00:00	00:03:37	02:00:06	**03:30:45.15**	**03:30:45.15**	+01:46:15 (50.4%)	10:02	6 (49.6%)
317	**WOŹNA Marta**	**7319**	RUN TEAM RYDZYNA	Senior II K - 30	113	00:00:00	00:01:41	01:54:51	**03:30:58.90**	**03:30:58.90**	+01:46:29 (50.5%)	10:02	6 (49.6%)
318	**GISZCZYŃSKA Wanda**	**7212**	RUN TEAM RYDZYNA	Masters K - 40	124	00:00:00	00:01:43	01:54:54	**03:30:59.20**	**03:30:59.20**	+01:46:29 (50.5%)	10:02	6 (49.6%)
319	**MŁYNARCZYK Marta**	**7042**	HARD WORK BEATS TALENT	Senior II K - 30	114	00:00:00	00:02:30	01:59:41	**03:31:01.35**	**03:31:01.35**	+01:46:31 (50.5%)	10:02	6 (49.6%)
320	**PIETRUSIAK Agnieszka**	**7515**		Masters K - 40	125	00:00:00	00:03:36	01:59:28	**03:31:14.95**	**03:31:14.95**	+01:46:45 (50.5%)	10:03	6 (49.6%)
321	**WOJTYLAK-OSUCH Anna**	**7545**		Masters K - 40	126	00:00:00	00:03:36	01:59:30	**03:31:17.15**	**03:31:17.15**	+01:46:47 (50.5%)	10:03	6 (49.6%)
322	**MRACHACZ Dorota**	**7454**	MIECHOWICKA GRUPA BIEGOWA	Weteran K - 50	38	00:00:00	00:02:27	01:58:53	**03:31:24.65**	**03:31:24.65**	+01:46:54 (50.6%)	10:04	6 (49.6%)
323	**BŁOCH Arleta**	**7384**	WRONIECKI KLUB BIEGACZA	Weteran K - 50	39	00:00:00	00:00:33	01:56:05	**03:32:28.95**	**03:32:28.95**	+01:47:59 (50.8%)	10:07	5.9 (48.8%)
324	**GARCZYK Agnieszka**	**7774**	GARCZYK TEAM	Senior II K - 30	115	00:00:00	00:00:53	01:56:50	**03:32:31.80**	**03:32:31.80**	+01:48:01 (50.8%)	10:07	5.9 (48.8%)
325	**STASZEWSKA Aneta**	**48**	NIGHT RUNNERS PYSKOWICE	Masters K - 40	127	00:00:00	00:00:47	01:55:57	**03:32:33.65**	**03:32:33.65**	+01:48:03 (50.8%)	10:07	5.9 (48.8%)
326	**DERES Julia**	**7681**		Senior I K - 20	42	00:00:00	00:00:56	01:51:45	**03:32:36.90**	**03:32:36.90**	+01:48:07 (50.9%)	10:07	5.9 (48.8%)
327	**HOFFMANN Małgorzata**	**7385**	WRONIECKI KLUB BIEGACZA	Weteran K - 50	40	00:00:00	00:00:34	01:56:10	**03:32:52.90**	**03:32:52.90**	+01:48:23 (50.9%)	10:08	5.9 (48.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
328	**CIĄPAŁA Paulina**	**7392**		Senior II K - 30	116	00:00:00	00:03:45	01:58:24	**03:32:53.10**	**03:32:53.10**	+01:48:23 (50.9%)	10:08	5.9 (48.8%)
329	**SKWAREK Agnieszka**	**7417**		Senior II K - 30	117	00:00:00	00:03:45	01:58:25	**03:32:54.45**	**03:32:54.45**	+01:48:24 (50.9%)	10:08	5.9 (48.8%)
330	**BIENIECKA Anna**	**7230**	KLUB BIEGACZA SZAMOTUŁY	Masters K - 40	128	00:00:00	00:01:28	02:08:03	**03:32:54.80**	**03:32:54.80**	+01:48:24 (50.9%)	10:08	5.9 (48.8%)
331	**KARŁOWSKA Olga**	**7593**	NULL	Masters K - 40	129	00:00:00	00:02:48	01:56:57	**03:33:05.15**	**03:33:05.15**	+01:48:35 (51.0%)	10:08	5.9 (48.8%)
332	**WĄSOWICZ Irena**	**7131**		Weteran K - 50	41	00:00:00	00:01:48	01:57:53	**03:33:28.15**	**03:33:28.15**	+01:48:58 (51.0%)	10:09	5.9 (48.8%)
333	**LEMBICZ Agnieszka**	**7473**	DRIN TEAM	Senior II K - 30	118	00:00:00	00:03:26	02:03:31	**03:34:04.50**	**03:34:04.50**	+01:49:34 (51.2%)	10:11	5.9 (48.8%)
334	**SZEWCZYK Marlena**	**7623**		Senior II K - 30	119	00:00:00	00:03:42	02:04:09	**03:34:23.20**	**03:34:23.20**	+01:49:53 (51.3%)	10:12	5.9 (48.8%)
335	**BORECKA Ola**	**7588**		Masters K - 40	130	00:00:00	00:02:28	01:59:43	**03:34:51.35**	**03:34:51.35**	+01:50:21 (51.4%)	10:13	5.9 (48.8%)
336	**MICHALIK Aleksandra**	**7353**	PRECEL RACING TEAM	Senior II K - 30	120	00:00:00	00:03:51	02:05:46	**03:35:07.15**	**03:35:07.15**	+01:50:37 (51.4%)	10:14	5.9 (48.8%)
337	**CZAJA Agnieszka**	**7485**	VEGE RUNNERS	Senior II K - 30	121	00:00:00	00:02:14	02:02:26	**03:35:26.65**	**03:35:26.65**	+01:50:56 (51.5%)	10:15	5.8 (47.9%)
338	**KOZACZUK Katarzyna**	**7742**	PĘDZĄCE LENIWCE	Masters K - 40	131	00:00:00	00:01:08	01:58:22	**03:36:12.60**	**03:36:12.60**	+01:51:42 (51.7%)	10:17	5.8 (47.9%)
339	**SPRIDZĀNE Aija**	**7663**	VSK NOSKRIEN	Masters K - 40	132	00:00:00	00:02:57	01:59:22	**03:36:13.15**	**03:36:13.15**	+01:51:43 (51.7%)	10:17	5.8 (47.9%)
340	**JASTRZĘBSKA-DEMCZAR Aneta**	**7146**		Masters K - 40	133	00:00:00	00:01:26	02:05:01	**03:36:37.15**	**03:36:37.15**	+01:52:07 (51.8%)	10:18	5.8 (47.9%)
341	**SZACHT Izabela**	**7245**		Masters K - 40	134	00:00:00	00:03:33	02:01:17	**03:37:07.55**	**03:37:07.55**	+01:52:37 (51.9%)	10:20	5.8 (47.9%)
342	**GĘCA Małgorzata**	**7419**	UMCS BIEGA	Masters K - 40	135	00:00:00	00:00:55	02:10:31	**03:37:16.10**	**03:37:16.10**	+01:52:46 (51.9%)	10:20	5.8 (47.9%)
343	**BARASIŃSKA Marta**	**7965**		Senior II K - 30	122	00:00:00	00:01:14	02:03:33	**03:37:45.95**	**03:37:45.95**	+01:53:16 (52.0%)	10:22	5.8 (47.9%)
344	**ZIELIŃSKA Magdalena**	**7841**		Masters K - 40	136	00:00:00	00:01:47	01:56:54	**03:37:56.90**	**03:37:56.90**	+01:53:27 (52.1%)	10:22	5.8 (47.9%)
345	**STRZAŁKOWSKA Urszula**	**7510**		Senior II K - 30	123	00:00:00	00:02:51	01:55:56	**03:37:57.35**	**03:37:57.35**	+01:53:27 (52.1%)	10:22	5.8 (47.9%)
346	**SZOJDA Małgorzata**	**7379**	INŻYNIERIA BIEGANIA	Senior II K - 30	124	00:00:00	00:02:09	01:55:02	**03:38:20.60**	**03:38:20.60**	+01:53:50 (52.1%)	10:23	5.8 (47.9%)
347	**BERNAT Monika**	**7719**	KNEIPP TEAM	Masters K - 40	137	00:00:00	00:01:21	01:59:18	**03:39:11.00**	**03:39:11.00**	+01:54:41 (52.3%)	10:26	5.7 (47.1%)
348	**GRYDZIUSZKO Aneta**	**7270**		Weteran K - 50	42	00:00:00	00:01:21	01:59:17	**03:39:11.10**	**03:39:11.10**	+01:54:41 (52.3%)	10:26	5.7 (47.1%)
349	**OLCZYK Anna**	**7022**		Weteran K - 50	43	00:00:00	00:00:30	02:07:26	**03:40:08.55**	**03:40:08.55**	+01:55:38 (52.5%)	10:28	5.7 (47.1%)
350	**OZIMEK-MADEJ Milena**	**7340**	SPORTOWY KAŹMIERZ	Senior II K - 30	125	00:00:00	00:02:44	02:07:32	**03:40:28.65**	**03:40:28.65**	+01:55:58 (52.6%)	10:29	5.7 (47.1%)
351	**BANASZCZAK Dagmara**	**7119**	ŚWIDNICKA GRUPA BIEGOWA	Senior II K - 30	126	00:00:00	00:03:22	02:05:17	**03:40:58.50**	**03:40:58.50**	+01:56:28 (52.7%)	10:31	5.7 (47.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
352	**WIĘCKOWSKA Marta**	**7252**		Senior II K - 30	127	00:00:00	00:02:12	02:03:26	**03:41:12.80**	**03:41:12.80**	+01:56:42 (52.8%)	10:32	5.7 (47.1%)
353	**STRUG Agnieszka**	**7099**		Weteran K - 50	44	00:00:00	00:03:17	02:05:43	**03:41:16.80**	**03:41:16.80**	+01:56:46 (52.8%)	10:32	5.7 (47.1%)
354	**SZÓSTAK Marzena**	**7383**	KB HARCOWNIK JELCZ-LASKOWICE	Weteran II K - 60	4	00:00:00	00:01:59	02:06:28	**03:41:17.95**	**03:41:17.95**	+01:56:48 (52.8%)	10:32	5.7 (47.1%)
355	**MAGDA Natasza**	**7429**	NIGHT RUNNERS	Masters K - 40	138	00:00:00	00:01:02	01:54:29	**03:41:28.90**	**03:41:28.90**	+01:56:59 (52.8%)	10:32	5.7 (47.1%)
356	**POLOK Monika**	**7388**	MIRAZ RACE TEAM	Masters K - 40	139	00:00:00	00:01:53	02:07:17	**03:41:31.70**	**03:41:31.70**	+01:57:01 (52.8%)	10:32	5.7 (47.1%)
357	**MAZUR-ZYCH Aleksandra**	**7631**		Senior II K - 30	128	00:00:00	00:01:40	01:56:08	**03:42:36.65**	**03:42:36.65**	+01:58:06 (53.1%)	10:36	5.7 (47.1%)
358	**MATUSZAK Paula**	**7764**	KURACJUSZE	Senior II K - 30	129	00:00:00	00:03:46	02:01:42	**03:42:55.10**	**03:42:55.10**	+01:58:25 (53.1%)	10:36	5.7 (47.1%)
359	**POMIANOWSKA Romana**	**7178**		Senior II K - 30	130	00:00:00	00:03:47	02:01:37	**03:42:58.75**	**03:42:58.75**	+01:58:28 (53.1%)	10:37	5.7 (47.1%)
360	**PAŁASZYŃSKA Beata**	**18**	MUD FOXES	Senior II K - 30	131	00:00:00	00:00:32	02:06:27	**03:44:18.25**	**03:44:18.25**	+01:59:48 (53.4%)	10:40	5.6 (46.3%)
361	**SZKUDLARZ Agata**	**7502**		Masters K - 40	140	00:00:00	00:02:09	02:07:07	**03:46:46.95**	**03:46:46.95**	+02:02:17 (53.9%)	10:47	5.6 (46.3%)
362	**SUTA Anna**	**7503**		Masters K - 40	141	00:00:00	00:02:09	02:07:02	**03:46:47.35**	**03:46:47.35**	+02:02:17 (53.9%)	10:47	5.6 (46.3%)
363	**PLEWIŃSKA Sylwia**	**7167**	MIRAZ RACE TEAM	Senior II K - 30	132	00:00:00	00:01:49	02:08:44	**03:47:48.05**	**03:47:48.05**	+02:03:18 (54.1%)	10:50	5.5 (45.5%)
364	**BARAŁKIEWICZ - SOKAL Karolina**	**7009**		Masters K - 40	142	00:00:00	00:02:57	02:08:58	**03:48:30.25**	**03:48:30.25**	+02:04:00 (54.3%)	10:52	5.5 (45.5%)
365	**OPŁOCZYŃSKA Gosia**	**7706**	NIGHT RUNNERS	Masters K - 40	143	00:00:00	00:00:39	02:00:25	**03:49:21.40**	**03:49:21.40**	+02:04:51 (54.4%)	10:55	5.5 (45.5%)
366	**BŁĄDEK-GRZELCZAK Katarzyna**	**7985**		Weteran K - 50	45	00:00:00	00:02:21	02:14:09	**03:50:03.00**	**03:50:03.00**	+02:05:33 (54.6%)	10:57	5.5 (45.5%)
367	**JUSZKO Aleksandra**	**7509**		Senior I K - 20	43	00:00:00	00:00:58	02:07:16	**03:50:40.60**	**03:50:40.60**	+02:06:10 (54.7%)	10:59	5.5 (45.5%)
368	**JUSZKO Monika**	**7500**		Masters K - 40	144	00:00:00	00:00:57	02:07:21	**03:50:40.75**	**03:50:40.75**	+02:06:10 (54.7%)	10:59	5.5 (45.5%)
369	**STAWSKA-KISIAŁA Natalia**	**7226**	MAMA WOJTUSIA <3	Senior II K - 30	133	00:00:00	00:02:02	02:12:35	**03:52:46.95**	**03:52:46.95**	+02:08:17 (55.1%)	11:05	5.4 (44.6%)
370	**STAJER Edyta**	**7335**		Masters K - 40	145	00:00:00	00:02:59	02:07:31	**03:53:06.10**	**03:53:06.10**	+02:08:36 (55.2%)	11:06	5.4 (44.6%)
371	**WIETRZYŃSKA Agnieszka**	**7513**	MASZ PRZEBIEGANE	Senior II K - 30	134	00:00:00	00:02:51	02:08:26	**03:54:10.90**	**03:54:10.90**	+02:09:41 (55.4%)	11:09	5.4 (44.6%)
372	**KOSTULSKA Olga**	**7956**	WKURW_TEAM	Senior II K - 30	135	00:00:00	00:01:33	02:13:03	**03:54:48.35**	**03:54:48.35**	+02:10:18 (55.5%)	11:10	5.4 (44.6%)
373	**DOMINIAK Katarzyna**	**7872**	RGR ŁÓDŹ	Senior II K - 30	136	00:00:00	00:02:09	01:58:20	**03:56:08.85**	**03:56:08.85**	+02:11:38 (55.7%)	11:14	5.3 (43.8%)
374	**BIERNACKA Teresa**	**7168**	MIRAZ RACE TEAM	Senior II K - 30	137	00:00:00	00:01:49	02:07:23	**03:57:33.55**	**03:57:33.55**	+02:13:03 (56.0%)	11:18	5.3 (43.8%)
375	**KOBYŁKA Małgorzata**	**7740**	SUPERMARATON KALISZ	Weteran K - 50	46	00:00:00	00:02:05	02:18:43	**03:58:19.80**	**03:58:19.80**	+02:13:49 (56.2%)	11:20	5.3 (43.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
376	**URBANIAK Agnieszka**	**7997**		Masters K - 40	146	00:00:00	00:03:38	02:18:21	**03:59:13.00**	**03:59:13.00**	+02:14:43 (56.3%)	11:23	5.3 (43.8%)
377	**GOLEBIOWSKA Malgorzata**	**7008**	RUN TEAM RYDZYNA	Masters K - 40	147	00:00:00	00:01:04	02:16:22	**03:59:32.85**	**03:59:32.85**	+02:15:02 (56.4%)	11:24	5.3 (43.8%)
378	**LESNIEWICZ Agnieszka**	**7039**		Senior II K - 30	138	00:00:00	00:01:04	02:16:24	**03:59:33.65**	**03:59:33.65**	+02:15:03 (56.4%)	11:24	5.3 (43.8%)
379	**SOSNOWSKA Justyna**	**7401**		Senior II K - 30	139	00:00:00	00:02:48	02:12:33	**03:59:35.50**	**03:59:35.50**	+02:15:05 (56.4%)	11:24	5.3 (43.8%)
380	**WRONKOWSKA Katarzyna**	**7369**		Masters K - 40	148	00:00:00	00:02:48	02:12:32	**03:59:35.55**	**03:59:35.55**	+02:15:05 (56.4%)	11:24	5.3 (43.8%)
381	**KRUCZEK Ewa**	**7113**	STAN UMYSŁU- LEWIN BIEGA	Masters K - 40	149	00:00:00	00:02:39	02:20:29	**03:59:41.15**	**03:59:41.15**	+02:15:11 (56.4%)	11:24	5.3 (43.8%)
382	**KARCZEWSKA Marta**	**7925**		Masters K - 40	150	00:00:00	00:03:44	02:18:19	**04:00:07.90**	**04:00:07.90**	+02:15:38 (56.5%)	11:26	5.2 (43.0%)
383	**REGULSKA Aneta**	**7052**	DRUŻYNA SZPIKU	Masters K - 40	151	00:00:00	00:03:31	02:14:19	**04:01:11.95**	**04:01:11.95**	+02:16:42 (56.7%)	11:29	5.2 (43.0%)
384	**PYTEL Anna**	**7162**	IZBICKO W BIEGU	Masters K - 40	152	00:00:00	00:01:00	02:17:36	**04:01:13.30**	**04:01:13.30**	+02:16:43 (56.7%)	11:29	5.2 (43.0%)
385	**RAJCZAKOWSKA Anna**	**7217**		Weteran II K - 60	5	00:00:00	00:03:31	02:14:18	**04:01:22.25**	**04:01:22.25**	+02:16:52 (56.7%)	11:29	5.2 (43.0%)
386	**SZYPULSKA Katarzyna**	**7183**	SKS CHMIELOWICE	Masters K - 40	153	00:00:00	00:01:00	02:17:48	**04:01:50.45**	**04:01:50.45**	+02:17:20 (56.8%)	11:30	5.2 (43.0%)
387	**ALEKSANDROWICZ Urszula**	**7614**		Senior II K - 30	140	00:00:00	00:02:55	02:14:28	**04:04:50.60**	**04:04:50.60**	+02:20:20 (57.3%)	11:39	5.1 (42.1%)
388	**WOLNIEWICZ Joanna**	**7240**		Weteran K - 50	47	00:00:00	00:02:37	02:15:23	**04:05:54.65**	**04:05:54.65**	+02:21:24 (57.5%)	11:42	5.1 (42.1%)
389	**MIKOŁAJCZAK Magdalena**	**7294**	HRMAX ZORY	Masters K - 40	154	00:00:00	00:03:02	02:06:27	**04:07:48.90**	**04:07:48.90**	+02:23:19 (57.8%)	11:48	5.1 (42.1%)
390	**SMUG Ewelina**	**7418**		Masters K - 40	155	00:00:00	00:02:10	02:18:16	**04:11:47.45**	**04:11:47.45**	+02:27:17 (58.5%)	11:59	5 (41.3%)
391	**GĄSKA Sandra**	**7961**		Senior II K - 30	141	00:00:00	00:01:15	02:18:18	**04:11:54.95**	**04:11:54.95**	+02:27:25 (58.5%)	11:59	5 (41.3%)
392	**SZUMLAS Anna**	**7794**	#SZUMITEAM/ ULTRAWAY TEAM	Masters K - 40	156	00:00:00	00:03:30	02:22:03	**04:12:08.65**	**04:12:08.65**	+02:27:38 (58.6%)	12:00	5 (41.3%)
393	**CZYŻAK Justyna**	**7968**		Masters K - 40	157	00:00:00	00:02:26	02:21:01	**04:15:19.00**	**04:15:19.00**	+02:30:49 (59.1%)	12:09	4.9 (40.5%)
394	**CHROSTEK Dorota**	**7171**	FRANTA GROUP	Masters K - 40	158	00:00:00	00:02:26	02:21:00	**04:15:19.25**	**04:15:19.25**	+02:30:49 (59.1%)	12:09	4.9 (40.5%)
395	**KOLASA Barbara**	**7293**	KLUB J.SŁOWACKIEGO	Weteran II K - 60	6	00:00:00	00:00:32	02:21:39	**04:24:41.25**	**04:24:41.25**	+02:40:11 (60.5%)	12:36	4.8 (39.7%)
396	**JANICKA Barbara**	**7844**	STAN UMYSŁU LEWIN BIEGA	Masters K - 40	159	00:00:00	00:02:38	02:31:37	**04:29:23.65**	**04:29:23.65**	+02:44:53 (61.2%)	12:49	4.7 (38.8%)
397	**LATA Violetta**	**7048**	STAN UMYSŁU LEWIN BIEGA	Weteran K - 50	48	00:00:00	00:02:40	02:31:49	**04:30:19.45**	**04:30:19.45**	+02:45:49 (61.3%)	12:52	4.7 (38.8%)
398	**MALEC Aleksandra**	**7440**	NIGHT RUNNERS PYSKOWICE	Senior II K - 30	142	00:00:00	00:01:01	02:49:12	**04:46:12.35**	**04:46:12.35**	+03:01:42 (63.5%)	13:37	4.4 (36.4%)
399	**KISIEL Edyta**	**7001**		Masters K - 40	160	00:00:00	00:00:56	02:49:01	**04:46:14.85**	**04:46:14.85**	+03:01:44 (63.5%)	13:37	4.4 (36.4%)

Przekroczony limit czasu: 05:00:00

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Lądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
400	**PIETRASZEK Ewa**	**7839**	KOBIETY WATAHY	Weteran K - 50	49	00:00:00	00:01:44	03:01:09	**05:08:10.35**	**05:08:10.35**	+03:23:40 (66.1%)	14:40	4.1 (33.9%)
401	**WOŹNIAK Anna**	**7837**	KOBIETY WATAHY	Masters K - 40	161	00:00:00	00:01:45	03:01:03	**05:08:14.90**	**05:08:14.90**	+03:23:45 (66.1%)	14:40	4.1 (33.9%)
	BARTOSZEWSKA Katarzyna	**7540**	TEAM RÓŻOWEJ PELERYNKI	Masters K - 40		DNF	00:02:24 DNF	01:54:44 DNF	**DNF**	**DNF**		-	- (0.0%)
	SEMENIUK Marzena	**7692**	KOTWICA BRZEG	Senior II K - 30		DNF	00:01:14 DNF	DNF	**DNF**	**DNF**		-	- (0.0%)

Znaleziono 403 wynik(ów)