



## IV ZIMOWY MARATON BIESZCZADZKI 2018 - 44,6KM

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

**Wydarzenie:** Zimowy Maraton Bieszczadzki 2018  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2018-01-28  
**Miejsce:** Cisna  
**Dystans:** 44,6 km

**B4SPORT**  
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
1	<b>WYWŁOKA Paulina</b>	5	WWW.TRENINGFIZJOTERAPIA.PL	K20	1	00:00:37	02:07:39	02:43:42	03:13:45	<b>03:28:58.25</b>	<b>03:28:58.25</b>		4:41	12.8 (100%)
2	<b>BONDARA Sylwia</b>	1	JACEKBIEGA RUNNING TEAM	K30	1	00:01:06	02:13:12	02:49:46	03:22:22	<b>03:38:16.15</b>	<b>03:38:16.15</b>	+00:09:17 (4.3%)	4:53	12.3 (96.1%)
3	<b>MIERZLIKIN Natalia</b>	674		K20	2	00:00:53	02:14:23	02:53:23	03:27:03	<b>03:43:50.65</b>	<b>03:43:50.65</b>	+00:14:52 (6.6%)	5:01	12 (93.8%)
4	<b>DOMISZEWSKA Maria</b>	8		K50	1	00:00:41	02:13:08	02:52:26	03:27:04	<b>03:44:29.90</b>	<b>03:44:29.90</b>	+00:15:31 (6.9%)	5:01	11.9 (93.0%)
5	<b>CEKOWSKA Katarzyna</b>	842		K40	1	00:00:36	02:16:26	02:56:48	03:31:47	<b>03:49:54.20</b>	<b>03:49:54.20</b>	+00:20:55 (9.1%)	5:09	11.6 (90.6%)
6	<b>ŚCIUBA Aneta</b>	579	STAY INSANE	K30	2	00:01:07	02:22:31	03:01:35	03:35:04	<b>03:50:38.80</b>	<b>03:50:38.80</b>	+00:21:40 (9.4%)	5:10	11.6 (90.6%)
7	<b>MASNYK Iryna</b>	645	AGRO-NATURA	K30	3	00:00:43	02:06:43	03:02:01	03:35:06	<b>03:51:52.55</b>	<b>03:51:52.55</b>	+00:22:54 (9.9%)	5:11	11.5 (89.8%)
8	<b>KRENZEL Regina</b>	225		K30	4	00:00:58	02:22:32	03:01:49	03:36:55	<b>03:54:14.65</b>	<b>03:54:14.65</b>	+00:25:16 (10.8%)	5:15	11.4 (89.1%)
9	<b>KRÓTKI Alicja</b>	799		K30	5	00:01:03	02:24:07	03:06:43	03:43:55	<b>04:01:46.80</b>	<b>04:01:46.80</b>	+00:32:48 (13.6%)	5:25	11.1 (86.7%)
10	<b>GŁODOWSKA Kamila</b>	9	MUAY RUNNING TEAM	K20	3	00:00:59	02:29:14	03:10:39	03:46:33	<b>04:03:32.25</b>	<b>04:03:32.25</b>	+00:34:34 (14.2%)	5:27	11 (85.9%)
11	<b>MAKOWSKA Olga</b>	11	JACEKBIEGA RUNNING TEAM	K30	6	00:00:46	02:29:25	03:13:35	03:52:20	<b>04:11:40.60</b>	<b>04:11:40.60</b>	+00:42:42 (17.0%)	5:38	10.6 (82.8%)
12	<b>EPA Karolina</b>	419	PZU SPORT TEAM	K20	4	00:01:10	02:27:50	03:15:04	03:53:06	<b>04:11:45.60</b>	<b>04:11:45.60</b>	+00:42:47 (17.0%)	5:38	10.6 (82.8%)
13	<b>GWIZDAK Justyna</b>	599	WATER TEAM	K30	7	00:01:26	02:28:44	03:14:22	03:52:54	<b>04:13:20.20</b>	<b>04:13:20.20</b>	+00:44:21 (17.5%)	5:40	10.6 (82.8%)
14	<b>JARUZEL Ewa</b>	715	SZWLA STARGARD	K40	2	00:00:45	02:32:06	03:16:42	03:55:04	<b>04:15:03.35</b>	<b>04:15:03.35</b>	+00:46:05 (18.1%)	5:43	10.5 (82.0%)
15	<b>ZAJĄC Katarzyna</b>	700	4K TEAM TARNÓW	K30	8	00:01:30	02:33:06	03:18:08	03:56:41	<b>04:15:28.35</b>	<b>04:15:28.35</b>	+00:46:30 (18.2%)	5:43	10.5 (82.0%)
16	<b>GARCZYŃSKA-WĄS Bogusława</b>	175		K40	3	00:01:29	02:36:51	03:20:01	03:56:39	<b>04:15:45.90</b>	<b>04:15:45.90</b>	+00:46:47 (18.3%)	5:44	10.5 (82.0%)
17	<b>KOŁACKA Martyna</b>	355	APTIV RUNNING TEAM	K20	5	00:01:50	02:40:11	03:23:33	04:02:09	<b>04:19:46.25</b>	<b>04:19:46.25</b>	+00:50:48 (19.6%)	5:49	10.3 (80.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas		Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	netto 44.6km	brutto 44.6km			
18	<b>KRAWCZAK Paulina</b>	<b>248</b>	BIEGUSIEM.PL	K30	9	00:01:05	02:39:00	03:25:44	04:02:02	<b>04:20:33.30</b>	<b>04:20:33.30</b>	+00:51:35 (19.8%)	5:50	10.3 (80.5%)
19	<b>KĘPA Justyna</b>	<b>491</b>	1 BSP	K30	10	00:01:08	02:37:39	03:24:12	04:03:16	<b>04:23:12.10</b>	<b>04:23:12.10</b>	+00:54:13 (20.6%)	5:54	10.2 (79.7%)
20	<b>DĘBSKA Joanna</b>	<b>513</b>	NIGHT RUNNERS GLIWICE	K40	4	00:02:26	02:38:10	03:20:44	04:04:58	<b>04:23:43.95</b>	<b>04:23:43.95</b>	+00:54:45 (20.8%)	5:54	10.1 (78.9%)
21	<b>WICHA Małgorzata</b>	<b>572</b>	WKS WAWEL KRAKÓW	K20	6	00:00:50	02:36:24	03:22:59	04:03:53	<b>04:24:11.90</b>	<b>04:24:11.90</b>	+00:55:13 (20.9%)	5:55	10.1 (78.9%)
22	<b>STANIEK Anna</b>	<b>598</b>	PIERDZĄCE ZAJĄCE	K30	11	00:02:40	02:45:40	03:33:51	04:11:46	<b>04:30:43.45</b>	<b>04:30:43.45</b>	+01:01:45 (22.8%)	6:04	9.9 (77.3%)
23	<b>PIĄTEK Beata</b>	<b>651</b>		K30	12	00:01:31	02:54:57	03:39:17	04:14:46	<b>04:31:47.40</b>	<b>04:31:47.40</b>	+01:02:49 (23.1%)	6:05	9.8 (76.6%)
24	<b>SKOTNICKA Anna</b>	<b>75</b>	TTC MPEC TARNÓW	K30	13	00:01:56	02:43:17	03:32:15	04:12:34	<b>04:31:54.60</b>	<b>04:31:54.60</b>	+01:02:56 (23.1%)	6:05	9.8 (76.6%)
25	<b>WALASZKOWSKA Dominika</b>	<b>330</b>	BIESY	K30	14	00:01:12	02:43:36	03:33:42	04:12:58	<b>04:32:22.00</b>	<b>04:32:22.00</b>	+01:03:23 (23.3%)	6:06	9.8 (76.6%)
26	<b>GRABOŚ Nina</b>	<b>357</b>		K40	5	00:01:39	02:49:40	03:37:40	04:14:22	<b>04:32:33.50</b>	<b>04:32:33.50</b>	+01:03:35 (23.3%)	6:06	9.8 (76.6%)
27	<b>BOGDANOWICZ Beata</b>	<b>202</b>	BIEGOWY ŚWIAT	K40	6	00:01:21	02:46:49	03:34:19	04:13:33	<b>04:33:12.70</b>	<b>04:33:12.70</b>	+01:04:14 (23.5%)	6:07	9.8 (76.6%)
28	<b>FOGEL Ewa</b>	<b>102</b>	PTG SOKÓŁ ŚWIAT PRACY TARNÓW	K40	7	00:01:16	02:38:43	03:33:11	04:13:57	<b>04:33:43.75</b>	<b>04:33:43.75</b>	+01:04:45 (23.7%)	6:08	9.8 (76.6%)
29	<b>DZIUBAŁA Karolina</b>	<b>812</b>	HUSARIA RACE TEAM	K20	7	00:01:13	02:43:45	03:32:42	04:14:21	<b>04:34:34.80</b>	<b>04:34:34.80</b>	+01:05:36 (23.9%)	6:09	9.7 (75.8%)
30	<b>SKRZYPEK Sylwia</b>	<b>744</b>		K30	15	00:02:22	02:47:32	03:35:06	04:14:39	<b>04:34:37.40</b>	<b>04:34:37.40</b>	+01:05:39 (23.9%)	6:09	9.7 (75.8%)
31	<b>MASZEWSKA Agata</b>	<b>134</b>	KUŹNIA TRIATHLONU	K30	16	00:01:35	02:49:52	03:38:08	04:16:21	<b>04:34:44.30</b>	<b>04:34:44.30</b>	+01:05:46 (23.9%)	6:09	9.7 (75.8%)
32	<b>CHOMICZ Martyna</b>	<b>269</b>		K20	8	00:01:13	02:46:54	03:35:12	04:16:40	<b>04:38:41.65</b>	<b>04:38:41.65</b>	+01:09:43 (25.0%)	6:14	9.6 (75.0%)
33	<b>TUCHOŁKA Marta</b>	<b>858</b>	POCO LOCO	K30	17	00:01:45	02:44:28	03:37:32	04:19:21	<b>04:39:50.00</b>	<b>04:39:50.00</b>	+01:10:51 (25.3%)	6:16	9.6 (75.0%)
34	<b>ORLEWSKA Danuta</b>	<b>652</b>	ULTRAMARATON PODKARPACKI	K40	8	00:02:20	02:49:48	03:39:27	04:19:41	<b>04:40:31.05</b>	<b>04:40:31.05</b>	+01:11:32 (25.5%)	6:17	9.5 (74.2%)
35	<b>WOJTANOWSKA Karolina</b>	<b>633</b>	DREMCHASER TEAM	K20	9	00:00:41	02:41:48	03:34:07	04:17:16	<b>04:41:15.60</b>	<b>04:41:15.60</b>	+01:12:17 (25.7%)	6:18	9.5 (74.2%)
36	<b>PIECUCH Karolina</b>	<b>257</b>	LACHO TEAM/SKLEP BIEGACZA	K30	18	00:01:12	02:47:11	03:38:43	04:19:21	<b>04:42:24.10</b>	<b>04:42:24.10</b>	+01:13:25 (26.0%)	6:19	9.5 (74.2%)
37	<b>MAJ-DZIUBAŃSKA Izabela</b>	<b>622</b>	AKMB PĘDZIWIATR GLIWICE	K30	19	00:00:52	02:45:29	03:38:33	04:21:03	<b>04:42:29.35</b>	<b>04:42:29.35</b>	+01:13:31 (26.0%)	6:20	9.5 (74.2%)
38	<b>SERAFIN Paulina</b>	<b>508</b>	RZESZOWSKIE GAZELE I GEPARDY	K30	20	00:01:14	02:51:42	03:42:31	04:27:01	<b>04:47:22.50</b>	<b>04:47:22.50</b>	+01:18:24 (27.3%)	6:26	9.3 (72.7%)
39	<b>ĆWIAKAŁA Halina</b>	<b>563</b>	SAMOTNI WĘDROWCY	K40	9	00:01:25	02:51:22	03:43:15	04:26:58	<b>04:47:45.90</b>	<b>04:47:45.90</b>	+01:18:47 (27.4%)	6:27	9.3 (72.7%)
40	<b>DORSZ Beata</b>	<b>226</b>		K40	10	00:01:26	02:55:19	03:47:49	04:28:26	<b>04:48:29.45</b>	<b>04:48:29.45</b>	+01:19:31 (27.6%)	6:28	9.3 (72.7%)
41	<b>TOMIK Małgorzata</b>	<b>385</b>	WWW.BERSERK-SKLEP.PL	K20	10	00:00:53	02:54:20	03:46:20	04:28:48	<b>04:52:56.05</b>	<b>04:52:56.05</b>	+01:23:57 (28.7%)	6:34	9.1 (71.1%)
42	<b>NIENADOWSKA Beata</b>	<b>380</b>	ELAKTYWNI	K50	2	00:01:14	02:59:03	03:51:22	04:32:09	<b>04:52:58.90</b>	<b>04:52:58.90</b>	+01:24:00 (28.7%)	6:34	9.1 (71.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	44.6km	44.6km			
43	<b>FOGT-KLOCKOWSKA Monika</b>	<b>529</b>	KLOCKI GDYNIA	K40	11	00:01:25	02:52:07	03:53:30	04:32:40	<b>04:53:10.25</b>	<b>04:53:10.25</b>	+01:24:12 (28.7%)	6:34	9.1 (71.1%)
44	<b>MAŁECKA Anna</b>	<b>554</b>	MAŁE CYCKI	K40	12	00:00:49	02:56:09	03:51:29	04:33:09	<b>04:53:25.80</b>	<b>04:53:25.80</b>	+01:24:27 (28.8%)	6:34	9.1 (71.1%)
45	<b>GAWLEWICZ Krystyna</b>	<b>281</b>		K30	21	00:02:06	02:55:41	03:53:13	04:33:52	<b>04:54:31.65</b>	<b>04:54:31.65</b>	+01:25:33 (29.0%)	6:36	9.1 (71.1%)
46	<b>KOZIOŁ Weronika</b>	<b>585</b>		K20	11	00:01:11	02:53:23	03:53:44	04:34:44	<b>04:54:45.35</b>	<b>04:54:45.35</b>	+01:25:47 (29.1%)	6:36	9.1 (71.1%)
47	<b>KURZAJ Aleksandra</b>	<b>306</b>	WGD RUN	K30	22	00:02:09	02:55:36	03:53:55	04:36:36	<b>04:57:18.25</b>	<b>04:57:18.25</b>	+01:28:20 (29.7%)	6:39	9 (70.3%)
48	<b>SZCZUR Iwona</b>	<b>125</b>		K40	13	00:02:15	03:05:47	03:57:58	04:39:22	<b>04:59:37.60</b>	<b>04:59:37.60</b>	+01:30:39 (30.3%)	6:43	8.9 (69.5%)
49	<b>GĘBKA Małgorzata</b>	<b>777</b>		K30	23	00:01:18	02:58:51	03:51:48	04:36:05	<b>04:59:38.90</b>	<b>04:59:38.90</b>	+01:30:40 (30.3%)	6:43	8.9 (69.5%)
50	<b>KUSION Anna</b>	<b>61</b>		K50	3	00:01:03	02:57:40	03:53:58	04:38:12	<b>04:59:42.05</b>	<b>04:59:42.05</b>	+01:30:43 (30.3%)	6:43	8.9 (69.5%)
51	<b>LEŚNIAK-POPIEL Marta</b>	<b>97</b>	POZYTYWNIIE ZABIEGANI SANOK	K40	14	00:02:04	02:55:40	03:53:10	04:36:49	<b>05:00:11.30</b>	<b>05:00:11.30</b>	+01:31:13 (30.4%)	6:43	8.9 (69.5%)
52	<b>URBANEK Małgorzata</b>	<b>844</b>	WAPIENICKI TEAM	K40	15	00:02:44	02:59:10	03:55:30	04:39:34	<b>05:00:51.00</b>	<b>05:00:51.00</b>	+01:31:52 (30.5%)	6:44	8.9 (69.5%)
53	<b>BLACHA Agata</b>	<b>445</b>	BIŁGORAJ	K30	24	00:01:29	02:59:51	03:55:23	04:39:52	<b>05:02:28.65</b>	<b>05:02:28.65</b>	+01:33:30 (30.9%)	6:46	8.8 (68.8%)
54	<b>GONTARZ Aleksandra</b>	<b>566</b>		K30	25	00:01:28	02:59:51	03:55:24	04:39:52	<b>05:02:28.80</b>	<b>05:02:28.80</b>	+01:33:30 (30.9%)	6:46	8.8 (68.8%)
55	<b>DĄBROWSKA Katarzyna</b>	<b>227</b>	HUTNIK WARSZAWA	K30	26	00:02:36	03:03:37	04:02:09	04:42:01	<b>05:02:42.10</b>	<b>05:02:42.10</b>	+01:33:43 (31.0%)	6:47	8.8 (68.8%)
56	<b>LICHA Paulina</b>	<b>810</b>		K20	12	00:01:13	02:49:35	03:52:21	04:40:53	<b>05:04:06.50</b>	<b>05:04:06.50</b>	+01:35:08 (31.3%)	6:49	8.8 (68.8%)
57	<b>STEC Iwona</b>	<b>487</b>		K20	13	00:02:39	03:05:14	03:59:38	04:43:12	<b>05:04:30.35</b>	<b>05:04:30.35</b>	+01:35:32 (31.4%)	6:49	8.8 (68.8%)
58	<b>LEDWOLORZ Anna</b>	<b>309</b>	KS KANAŁEK / VEGE RUNNERS	K30	27	00:01:31	03:02:15	03:59:23	04:42:51	<b>05:05:11.65</b>	<b>05:05:11.65</b>	+01:36:13 (31.5%)	6:50	8.8 (68.8%)
59	<b>APANOWICZ Angelika</b>	<b>318</b>		K40	16	00:01:53	03:08:01	04:03:57	04:46:12	<b>05:06:22.25</b>	<b>05:06:22.25</b>	+01:37:24 (31.8%)	6:52	8.7 (68.0%)
60	<b>KORS Justyna</b>	<b>442</b>		K30	28	00:01:59	03:14:24	04:07:24	04:47:43	<b>05:06:44.60</b>	<b>05:06:44.60</b>	+01:37:46 (31.9%)	6:52	8.7 (68.0%)
61	<b>MYGA Anna</b>	<b>255</b>	HEARTLESS	K30	29	00:03:01	03:09:49	04:07:01	04:47:26	<b>05:07:04.75</b>	<b>05:07:04.75</b>	+01:38:06 (31.9%)	6:53	8.7 (68.0%)
62	<b>BUCZKOWSKA Sylwia</b>	<b>838</b>		K20	14	00:01:45	03:02:24	03:56:56	04:43:30	<b>05:07:21.60</b>	<b>05:07:21.60</b>	+01:38:23 (32.0%)	6:53	8.7 (68.0%)
63	<b>DRWIĘGA Beata</b>	<b>307</b>	POZYTYWANIE ZABIEGANI SANOK	K40	17	00:02:02	03:04:28	04:04:13	04:46:50	<b>05:07:48.80</b>	<b>05:07:48.80</b>	+01:38:50 (32.1%)	6:54	8.7 (68.0%)
64	<b>WOJTOWICZ-SANDER Sylwia</b>	<b>873</b>	POŁUDNIOWA POLSKA BIEGA	K20	15	00:02:17	03:10:46	04:10:13	04:50:21	<b>05:10:35.60</b>	<b>05:10:35.60</b>	+01:41:37 (32.7%)	6:57	8.6 (67.2%)
65	<b>SIKORA-KOŁODZIEJ Irmina</b>	<b>454</b>	POŁUDNIOWA POLSKA TEAM	K30	30	00:02:17	03:10:46	04:10:15	04:50:21	<b>05:10:35.85</b>	<b>05:10:35.85</b>	+01:41:37 (32.7%)	6:57	8.6 (67.2%)
66	<b>ŻELAZNY Judyta</b>	<b>490</b>	MRÓWKA JAROSŁAW ACTIVE TEAM	K40	18	00:01:28	03:05:15	04:04:26	04:49:02	<b>05:11:03.25</b>	<b>05:11:03.25</b>	+01:42:05 (32.8%)	6:58	8.6 (67.2%)
67	<b>SEREDA Joanna</b>	<b>434</b>		K20	16	00:01:58	03:14:24	04:07:21	04:49:18	<b>05:11:10.15</b>	<b>05:11:10.15</b>	+01:42:11 (32.8%)	6:58	8.6 (67.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Split_Mateusz	Split_Kamyk	Split_Mateusz	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.1km	26.5km	34.2km	40.7km	44.6km	44.6km			
68	<b>BRZOZOWSKA Anna</b>	<b>394</b>	PKS GALOPUJĄCA SOCZEWICA / KRASNYSTAW BIEGA	K40	19	00:01:52	02:56:50	03:56:29	04:46:22	<b>05:11:54.65</b>	<b>05:11:54.65</b>	+01:42:56 (33.0%)	6:59	8.6 (67.2%)
69	<b>ZARĘBA Anna</b>	<b>863</b>		K20	17	00:02:09	03:01:28	04:01:51	04:49:06	<b>05:12:25.35</b>	<b>05:12:25.35</b>	+01:43:27 (33.1%)	7:00	8.6 (67.2%)
70	<b>HONKISZ-GODLEWSKA Urszula</b>	<b>874</b>	NOWY STYL GROUP RUNNING TEAM	K30	31	00:01:29	03:02:20	03:57:59	04:48:08	<b>05:14:11.00</b>	<b>05:14:11.00</b>	+01:45:12 (33.5%)	7:02	8.5 (66.4%)
71	<b>SŁOBODA Elżbieta</b>	<b>422</b>	RUNŚLOBODAN	K30	32	00:02:35	03:09:11	04:08:24	04:52:06	<b>05:14:40.90</b>	<b>05:14:40.90</b>	+01:45:42 (33.6%)	7:03	8.5 (66.4%)
72	<b>SOKOŁOWSKA Agnieszka</b>	<b>86</b>		K30	33	00:02:33	03:10:47	04:05:25	04:51:40	<b>05:14:55.95</b>	<b>05:14:55.95</b>	+01:45:57 (33.6%)	7:03	8.5 (66.4%)
73	<b>MYŚLIŃSKA Anna</b>	<b>503</b>	BIEGAM BO LUBIĘ POLONEZ	K40	20		03:17:46	04:11:47	04:54:19	<b>05:15:11.65</b>	<b>05:15:11.65</b>	+01:46:13 (33.7%)	7:04	8.5 (66.4%)
74	<b>NIEMIEC-DRWIĘGA Bernadeta</b>	<b>231</b>	POZYTYWNIENZABIEGANI SANOK	K40	21	00:02:03	03:09:11	04:06:55	04:53:58	<b>05:15:35.20</b>	<b>05:15:35.20</b>	+01:46:36 (33.8%)	7:04	8.5 (66.4%)
75	<b>LENART-KŁOŚ Katarzyna</b>	<b>26</b>		K30	34	00:01:54	03:09:33	04:12:42	04:56:46	<b>05:17:54.55</b>	<b>05:17:54.55</b>	+01:48:56 (34.3%)	7:07	8.4 (65.6%)
76	<b>BURANT Agnieszka</b>	<b>801</b>		K30	35	00:01:06	03:11:52	04:12:55	04:56:28	<b>05:18:26.90</b>	<b>05:18:26.90</b>	+01:49:28 (34.4%)	7:08	8.4 (65.6%)
77	<b>ŚLIWIŃSKA Alicja</b>	<b>852</b>	NIGHT RUNNERS GLIWICE	K30	36	00:02:28	03:09:06	04:12:47	04:57:38	<b>05:22:18.50</b>	<b>05:22:18.50</b>	+01:53:20 (35.2%)	7:13	8.3 (64.8%)
78	<b>KUNKEL Anna</b>	<b>246</b>	PGB SPORTOWA PACZKA	K40	22	00:01:48	03:17:10	04:14:57	05:00:45	<b>05:23:06.90</b>	<b>05:23:06.90</b>	+01:54:08 (35.3%)	7:14	8.3 (64.8%)
79	<b>KOSNO Dorota</b>	<b>466</b>		K40	23	00:01:25	03:10:51	04:11:16	04:59:32	<b>05:24:38.90</b>	<b>05:24:38.90</b>	+01:55:40 (35.6%)	7:16	8.2 (64.1%)
80	<b>SZYMAŃSKA Agnieszka</b>	<b>559</b>	PKO BANK POLSKI	K40	24	00:01:37	03:03:56	04:10:49	04:59:38	<b>05:24:54.95</b>	<b>05:24:54.95</b>	+01:55:56 (35.7%)	7:17	8.2 (64.1%)
81	<b>WASYLISZYN Bernadetta</b>	<b>533</b>	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	K30	37	00:01:28	03:10:39	04:12:08	05:02:29	<b>05:25:30.60</b>	<b>05:25:30.60</b>	+01:56:32 (35.8%)	7:17	8.2 (64.1%)
82	<b>ŁUSZCZYC Anna</b>	<b>764</b>	WKURW_TEAM	K30	38	00:02:44	03:13:43	04:15:35	05:04:47	<b>05:26:13.60</b>	<b>05:26:13.60</b>	+01:57:15 (35.9%)	7:18	8.2 (64.1%)
83	<b>PYZEL Agnieszka</b>	<b>303</b>	KS PEGAZ	K50	4	00:02:11	03:19:45	04:25:25	05:07:00	<b>05:26:49.60</b>	<b>05:26:49.60</b>	+01:57:51 (36.1%)	7:19	8.2 (64.1%)
84	<b>WIELECHOWSKA Natalia</b>	<b>312</b>	HUSARIA RACE TEAM	K20	18	00:01:15	03:13:14	04:17:56	05:03:24	<b>05:26:58.85</b>	<b>05:26:58.85</b>	+01:58:00 (36.1%)	7:19	8.2 (64.1%)
85	<b>WITKOWSKA Beata</b>	<b>186</b>		K30	39	00:03:13	03:15:10	04:15:31	05:03:00	<b>05:27:38.80</b>	<b>05:27:38.80</b>	+01:58:40 (36.2%)	7:20	8.2 (64.1%)
86	<b>MAKOWSKA Maja</b>	<b>244</b>	TEAM AKTYWNI Z CUKRZYCĄ	K20	19	00:02:04	03:24:01	04:18:42	05:06:58	<b>05:28:09.95</b>	<b>05:28:09.95</b>	+01:59:11 (36.3%)	7:21	8.2 (64.1%)
87	<b>GADAMSKA-KABATA Paulina</b>	<b>243</b>		K30	40	00:01:32	03:15:17	04:21:56	05:07:04	<b>05:29:18.20</b>	<b>05:29:18.20</b>	+02:00:19 (36.5%)	7:23	8.1 (63.3%)
88	<b>ZIENKIEWICZ Agata</b>	<b>241</b>	PIASECZNO RUNNING	K30	41	00:02:16	03:19:41	04:22:34	05:07:05	<b>05:29:23.65</b>	<b>05:29:23.65</b>	+02:00:25 (36.6%)	7:23	8.1 (63.3%)
89	<b>ŻAK Oliwia</b>	<b>198</b>	PIASECZNO RUNNING	K30	42	00:02:16	03:19:42	04:22:32	05:07:01	<b>05:29:40.85</b>	<b>05:29:40.85</b>	+02:00:42 (36.6%)	7:23	8.1 (63.3%)
90	<b>KOWALEWSKA Izabela</b>	<b>199</b>	PIASECZNO RUNNING	K30	43	00:02:15	03:19:43	04:22:35	05:07:37	<b>05:31:21.15</b>	<b>05:31:21.15</b>	+02:02:22 (36.9%)	7:25	8.1 (63.3%)
91	<b>DZIERŻEŃSKA Monika</b>	<b>551</b>		K40	25	00:01:23	03:20:11	04:22:04	05:08:35	<b>05:32:09.40</b>	<b>05:32:09.40</b>	+02:03:11 (37.1%)	7:26	8.1 (63.3%)
92	<b>SIKORSKA Agnieszka</b>	<b>70</b>		K40	26	00:01:56	03:18:29	04:18:44	05:07:49	<b>05:32:14.20</b>	<b>05:32:14.20</b>	+02:03:15 (37.1%)	7:26	8.1 (63.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas		Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	netto 44.6km	brutto 44.6km			
93	<b>LITWINOWICZ Karolina</b>	<b>433</b>	PARA-NIE-DO-PARY	K30	44	00:02:38	03:20:24	04:25:03	05:09:40	<b>05:32:15.70</b>	<b>05:32:15.70</b>	+02:03:17 (37.1%)	7:26	8.1 (63.3%)
94	<b>KRZEWIŃSKA Małgorzata</b>	<b>667</b>	TKKF KOSZALIN	K50	5	00:02:23	03:25:15	04:25:18	05:09:50	<b>05:32:38.20</b>	<b>05:32:38.20</b>	+02:03:39 (37.2%)	7:27	8 (62.5%)
95	<b>WOLF Weronika</b>	<b>234</b>	TKKF I ROZBIEGANY KOSZALIN	K40	27	00:02:23	03:25:15	04:25:17	05:09:50	<b>05:32:38.65</b>	<b>05:32:38.65</b>	+02:03:40 (37.2%)	7:27	8 (62.5%)
96	<b>KALIŃSKA Dorota Lidia</b>	<b>676</b>	NIEMANIE	K30	45	00:03:05	03:17:21	04:22:51	05:09:46	<b>05:33:30.40</b>	<b>05:33:30.40</b>	+02:04:32 (37.3%)	7:28	8 (62.5%)
97	<b>SAKOWSKA Aneta</b>	<b>827</b>	WKURWTEAM	K40	28	00:01:33	03:20:57	04:23:07	05:10:15	<b>05:33:59.65</b>	<b>05:33:59.65</b>	+02:05:01 (37.4%)	7:29	8 (62.5%)
98	<b>MOSTOWSKA Joanna</b>	<b>740</b>		K30	46	00:01:32	03:20:57	04:23:08	05:10:15	<b>05:33:59.70</b>	<b>05:33:59.70</b>	+02:05:01 (37.4%)	7:29	8 (62.5%)
99	<b>PAWLAK Monika</b>	<b>807</b>		K50	6	00:02:10	03:12:16	04:16:46	05:08:56	<b>05:34:15.40</b>	<b>05:34:15.40</b>	+02:05:17 (37.5%)	7:29	8 (62.5%)
100	<b>ŁUKOWSKA Lidia</b>	<b>285</b>	PKB ENDORFINA	K50	7	00:02:17	03:17:26	04:21:50	05:09:35	<b>05:35:21.60</b>	<b>05:35:21.60</b>	+02:06:23 (37.7%)	7:31	8 (62.5%)
101	<b>SKROBISZ Anna</b>	<b>521</b>		K20	20	00:02:03	03:28:46	04:25:51	05:12:11	<b>05:35:33.35</b>	<b>05:35:33.35</b>	+02:06:35 (37.7%)	7:31	8 (62.5%)
102	<b>GARCZYŃSKA Ania</b>	<b>48</b>		K40	29	00:02:48	03:31:10	04:31:23	05:15:38	<b>05:36:49.05</b>	<b>05:36:49.05</b>	+02:07:50 (38.0%)	7:33	7.9 (61.7%)
103	<b>WRÓBLEWSKA Katarzyna</b>	<b>296</b>		K30	47	00:01:13	03:14:42	04:20:15	05:09:42	<b>05:37:07.10</b>	<b>05:37:07.10</b>	+02:08:08 (38.0%)	7:33	7.9 (61.7%)
104	<b>KOPROWICZ Ewelina</b>	<b>612</b>	JAROSŁAWSKA GRUPA BIEGOWA	K30	48	00:01:51	03:27:06	04:28:46	05:15:02	<b>05:38:23.85</b>	<b>05:38:23.85</b>	+02:09:25 (38.2%)	7:35	7.9 (61.7%)
105	<b>PIGAN Anna</b>	<b>542</b>	BBL JAROSŁAW	K30	49	00:01:50	03:27:19	04:28:47	05:15:02	<b>05:38:24.55</b>	<b>05:38:24.55</b>	+02:09:26 (38.2%)	7:35	7.9 (61.7%)
106	<b>MAZAN Eliza</b>	<b>688</b>		K30	50	00:02:08	03:09:01	04:26:36	05:15:13	<b>05:39:22.55</b>	<b>05:39:22.55</b>	+02:10:24 (38.4%)	7:36	7.9 (61.7%)
107	<b>BARTOSZEWICZ Marta</b>	<b>472</b>		K30	51	00:01:44	03:26:30	04:27:35	05:16:12	<b>05:40:09.70</b>	<b>05:40:09.70</b>	+02:11:11 (38.6%)	7:37	7.9 (61.7%)
108	<b>STARCZEWSKA Sylwia</b>	<b>860</b>	SPOKOJNA GŁOWA	K40	30	00:02:40	03:23:22	04:30:09	05:17:45	<b>05:42:14.75</b>	<b>05:42:14.75</b>	+02:13:16 (38.9%)	7:40	7.8 (60.9%)
109	<b>PAUL Viola</b>	<b>21</b>	NIGHT RUNNERS GLIWICE	K40	31	00:01:42	03:29:38	04:35:36	05:23:07	<b>05:43:40.70</b>	<b>05:43:40.70</b>	+02:14:42 (39.2%)	7:42	7.8 (60.9%)
110	<b>KRÓL-KRAJEWSKA Agnieszka</b>	<b>265</b>	NIGHT RUNNERS	K40	32	00:02:34	03:23:22	04:31:08	05:19:19	<b>05:44:07.00</b>	<b>05:44:07.00</b>	+02:15:08 (39.3%)	7:42	7.8 (60.9%)
111	<b>SUWAŁA Anna</b>	<b>80</b>	BIEGUSIEM.PL	K30	52	00:02:49	03:24:32	04:35:38	05:21:29	<b>05:45:03.50</b>	<b>05:45:03.50</b>	+02:16:05 (39.4%)	7:44	7.8 (60.9%)
112	<b>WYŻYKOWSKA Agnieszka</b>	<b>120</b>	NOWA HUTA TEAM	K30	53	00:02:07	03:28:47	04:30:09	05:19:51	<b>05:46:08.10</b>	<b>05:46:08.10</b>	+02:17:09 (39.6%)	7:45	7.7 (60.2%)
113	<b>TOMANEK Renata</b>	<b>87</b>		K40	33	00:02:28	03:24:26	04:30:27	05:20:18	<b>05:47:01.75</b>	<b>05:47:01.75</b>	+02:18:03 (39.8%)	7:46	7.7 (60.2%)
114	<b>NOWAK Katarzyna</b>	<b>141</b>	DZIKIE GRUBASY SZATANA	K30	54	00:02:02	03:18:19	04:32:39	05:22:39	<b>05:49:31.00</b>	<b>05:49:31.00</b>	+02:20:32 (40.2%)	7:50	7.7 (60.2%)
115	<b>BARTOSIEWICZ Daria</b>	<b>165</b>	DZIKIE GRUBASY SZATANA	K30	55	00:02:01	03:09:05	04:24:56	05:14:41	<b>05:49:32.15</b>	<b>05:49:32.15</b>	+02:20:33 (40.2%)	7:50	7.7 (60.2%)
116	<b>PÓŁTORAK Nicole</b>	<b>828</b>		K20	21	00:02:18	03:24:00	04:32:26	05:23:52	<b>05:50:50.20</b>	<b>05:50:50.20</b>	+02:21:51 (40.4%)	7:51	7.6 (59.4%)
117	<b>PORTACHA Katarzyna</b>	<b>415</b>		K40	34	00:02:41	03:30:25	04:33:25	05:25:50	<b>05:51:21.35</b>	<b>05:51:21.35</b>	+02:22:23 (40.5%)	7:52	7.6 (59.4%)
118	<b>NAZIMEK Lilianna</b>	<b>543</b>	SUO TEMPORE	K40	35	00:01:00	03:20:07	04:31:20	05:24:47	<b>05:51:25.90</b>	<b>05:51:25.90</b>	+02:22:27 (40.5%)	7:52	7.6 (59.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas		Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	netto 44.6km	brutto 44.6km			
119	WĄSIK Kornelia	371	BIEGUSIEM.PL	K20	22	00:02:51	03:40:43	04:38:27	05:27:44	<b>05:51:38.00</b>	<b>05:51:38.00</b>	+02:22:39 (40.6%)	7:53	7.6 (59.4%)
120	WIECZOREK Beata	876	DZIKIE GRUBASY SZATANA	K30	56	00:01:56	03:33:08	04:36:37	05:28:43	<b>05:53:03.25</b>	<b>05:53:03.25</b>	+02:24:05 (40.8%)	7:54	7.6 (59.4%)
121	CHRUŚCIŃSKA Justyna	229	NIGHT RUNNERS POZNAŃ	K30	57	00:02:35	03:32:03	04:35:45	05:27:12	<b>05:53:17.20</b>	<b>05:53:17.20</b>	+02:24:18 (40.8%)	7:55	7.6 (59.4%)
122	MĄCZKA Krystyna	888	OTK RZEŹNIK	K60	1	00:01:51	03:28:38	04:38:03	05:28:54	<b>05:53:27.00</b>	<b>05:53:27.00</b>	+02:24:28 (40.9%)	7:55	7.6 (59.4%)
123	RAKOCZY Dorota	184		K40	36	00:01:34	03:28:37	04:38:00	05:28:54	<b>05:53:29.80</b>	<b>05:53:29.80</b>	+02:24:31 (40.9%)	7:55	7.6 (59.4%)
124	MADZIARSKA Monika	578	KS PEGAZ	K40	37	00:02:54	03:33:19	04:35:55	05:27:58	<b>05:53:48.35</b>	<b>05:53:48.35</b>	+02:24:50 (40.9%)	7:55	7.6 (59.4%)
125	KAŃDUŁA Klaudia	596		K30	58	00:02:50	03:34:16	04:37:48	05:29:27	<b>05:54:09.85</b>	<b>05:54:09.85</b>	+02:25:11 (41.0%)	7:56	7.6 (59.4%)
126	TOMASZEK-KOSOŃ Bernadeta	750	AZS AWF KRAKÓW MASTERS	K40	38	00:02:03	03:35:28	04:40:22	05:29:10	<b>05:54:18.25</b>	<b>05:54:18.25</b>	+02:25:20 (41.0%)	7:56	7.6 (59.4%)
127	SOSZYŃSKA Gosia	271	CZŁAPACZE	K50	8	00:02:39	03:37:20	04:37:52	05:28:21	<b>05:54:35.85</b>	<b>05:54:35.85</b>	+02:25:37 (41.1%)	7:57	7.5 (58.6%)
128	GAWCZYŃSKA - BACZA Izabela	110		K40	39	00:02:30	03:29:00	04:40:37	05:30:39	<b>05:54:40.20</b>	<b>05:54:40.20</b>	+02:25:41 (41.1%)	7:57	7.5 (58.6%)
129	KAWALEC Małgorzata	420	DREAM TEAM	K30	59	00:01:48	03:36:36	04:41:05	05:30:11	<b>05:55:16.30</b>	<b>05:55:16.30</b>	+02:26:18 (41.2%)	7:57	7.5 (58.6%)
130	MICHALSKA Klementyna	135		K30	60	00:01:53	03:22:26	04:37:13	05:27:51	<b>05:55:36.35</b>	<b>05:55:36.35</b>	+02:26:38 (41.2%)	7:58	7.5 (58.6%)
131	HYZIAK Joanna	516	JJ.RUNNERS	K40	40	00:01:46	03:22:17	04:41:13	05:30:45	<b>05:55:47.65</b>	<b>05:55:47.65</b>	+02:26:49 (41.3%)	7:58	7.5 (58.6%)
132	PIECUCH Małgorzata	278	LACHO TEAM	K50	9	00:01:59	03:43:36	04:50:41	05:37:32	<b>05:59:53.65</b>	<b>05:59:53.65</b>	+02:30:55 (41.9%)	8:04	7.4 (57.8%)
133	KOŻUCH Anna	534	BRAK	K30	61	00:01:34	03:28:52	04:42:14	05:34:48	<b>06:02:03.50</b>	<b>06:02:03.50</b>	+02:33:05 (42.3%)	8:07	7.4 (57.8%)
134	KIELISIAK Małgorzata	386	HUSARIA RACE TEAM	K20	23	00:01:53	03:42:18	04:46:25	05:36:24	<b>06:02:13.80</b>	<b>06:02:13.80</b>	+02:33:15 (42.3%)	8:07	7.4 (57.8%)
135	WĄSOWSKA Jagoda	96	PIASECZNO	K50	10	00:02:54	03:51:52	04:52:57	05:40:20	<b>06:02:33.10</b>	<b>06:02:33.10</b>	+02:33:34 (42.4%)	8:07	7.4 (57.8%)
136	WIDOMSKA-MACIEJEWSKA Joanna	210	NAJWIĘKSZA ARMIA ŚWIATA/FEEL THE FREEDOM	K30	62	00:01:58	03:23:19	04:40:28	05:33:01	<b>06:02:35.70</b>	<b>06:02:35.70</b>	+02:33:37 (42.4%)	8:07	7.4 (57.8%)
137	BANASIK Karolina	367	WKURW_TEAM	K30	63	00:03:05	03:31:31	04:41:49	05:36:34	<b>06:02:46.95</b>	<b>06:02:46.95</b>	+02:33:48 (42.4%)	8:08	7.4 (57.8%)
138	TURZAŃSKA Iwona	350	NIGHT RUNNERS WROCŁAW/PARAFIT	K30	64	00:02:14	03:33:54	04:42:10	05:35:12	<b>06:03:10.35</b>	<b>06:03:10.35</b>	+02:34:12 (42.5%)	8:08	7.4 (57.8%)
139	KOSNO Weronika	137	NIGHT RUNNERS	K20	24	00:02:35	03:42:22	04:49:06	05:40:51	<b>06:04:04.40</b>	<b>06:04:04.40</b>	+02:35:06 (42.6%)	8:09	7.4 (57.8%)
140	KLISZ Agnieszka	576	HUSARIA RACE TEAM	K30	65	00:01:59	03:43:19	04:44:23	05:37:48	<b>06:04:07.35</b>	<b>06:04:07.35</b>	+02:35:09 (42.6%)	8:09	7.3 (57.0%)
141	MIKOŁAJCZYK Agnieszka	527	HUSARIA RACE TEAM	K30	66	00:00:47	03:32:19	04:41:38	05:36:46	<b>06:05:02.85</b>	<b>06:05:02.85</b>	+02:36:04 (42.8%)	8:11	7.3 (57.0%)
142	GOGÓŁ IŻOWSKA Edyta	713	SMASHING PĄPKINS	K30	67	00:02:45	03:34:11	04:48:40	05:41:19	<b>06:05:37.20</b>	<b>06:05:37.20</b>	+02:36:38 (42.8%)	8:11	7.3 (57.0%)
143	HANDERMANDER Agnieszka	544		K30	68	00:02:35	03:37:53	04:47:55	05:40:41	<b>06:06:31.85</b>	<b>06:06:31.85</b>	+02:37:33 (43.0%)	8:13	7.3 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k				Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km					
144	KULIK Katarzyna	82	NIGHT RUNNERS GLIWICE	K30	69	00:02:34	03:30:49	04:53:14	05:43:02	<b>06:06:46.80</b>	<b>06:06:46.80</b>	+02:37:48 (43.0%)	8:13	7.3 (57.0%)
145	SNARSKA Katarzyna	449	PFIZER POLSKA	K30	70	00:02:37	03:34:29	04:42:06	05:38:24	<b>06:07:47.80</b>	<b>06:07:47.80</b>	+02:38:49 (43.2%)	8:14	7.3 (57.0%)
146	KMITA Gabriela	492	NOWA HUTA TEAM	K20	25	00:01:44	03:31:06	04:45:59	05:40:40	<b>06:09:27.70</b>	<b>06:09:27.70</b>	+02:40:29 (43.4%)	8:17	7.2 (56.3%)
147	SKORUPSKA Julia	607		K40	41	00:02:14	03:43:42	04:55:43	05:46:31	<b>06:11:40.70</b>	<b>06:11:40.70</b>	+02:42:42 (43.8%)	8:20	7.2 (56.3%)
148	SARAT Ewa	862	GSB	K40	42	00:01:59	03:51:53	04:53:34	05:45:53	<b>06:12:08.15</b>	<b>06:12:08.15</b>	+02:43:09 (43.8%)	8:20	7.2 (56.3%)
149	SYGUŁA Katarzyna	62	KB MCKIS JAWORZNO	K40	43	00:01:44	03:42:49	04:53:48	05:47:19	<b>06:12:20.15</b>	<b>06:12:20.15</b>	+02:43:21 (43.9%)	8:20	7.2 (56.3%)
150	KORZENIOWSKA Joanna	24	UMCS BIEGA	K30	71	00:01:58	03:32:22	04:53:42	05:47:04	<b>06:12:37.00</b>	<b>06:12:37.00</b>	+02:43:38 (43.9%)	8:21	7.2 (56.3%)
151	STANIEC Katarzyna	746	BIEGNE DLA MILI I MARIKI	K30	72	00:01:57	03:35:52	04:42:17	05:40:33	<b>06:12:51.30</b>	<b>06:12:51.30</b>	+02:43:53 (44.0%)	8:21	7.2 (56.3%)
152	MORAWSKA Anna	185		K60	2	00:01:39	03:37:52	04:46:09	05:46:04	<b>06:14:01.80</b>	<b>06:14:01.80</b>	+02:45:03 (44.1%)	8:23	7.2 (56.3%)
153	LATO Karolina	156	LUBLIN BIEGA	K30	73	00:02:12	03:55:23	04:57:41	05:49:50	<b>06:15:49.55</b>	<b>06:15:49.55</b>	+02:46:51 (44.4%)	8:25	7.1 (55.5%)
154	SOBOŃ Ewelina	230		K30	74	00:01:58	03:39:28	04:56:57	05:50:00	<b>06:16:54.25</b>	<b>06:16:54.25</b>	+02:47:56 (44.6%)	8:27	7.1 (55.5%)
154	KANDEFER Urszula	232	IDEO.PL	K30	75	00:01:58	03:39:29	04:56:57	05:50:00	<b>06:16:54.25</b>	<b>06:16:54.25</b>	+02:47:56 (44.6%)	8:27	7.1 (55.5%)
156	POTERA Krystyna	661	FRYTKÓW!!!!	K30	76	00:02:23	03:46:14	04:55:04	05:50:24	<b>06:18:12.30</b>	<b>06:18:12.30</b>	+02:49:14 (44.7%)	8:28	7.1 (55.5%)
157	MAZUREK Monika	28	NOWA HUTA TEAM	K40	44	00:02:00	03:52:56	05:08:43	05:58:16	<b>06:18:58.30</b>	<b>06:18:58.30</b>	+02:50:00 (44.9%)	8:29	7.1 (55.5%)
158	KLUZA-HOWIL Lila	177	WWW.BIEGOWEKAIZEN.PL	K40	45	00:02:33	03:39:55	04:57:54	05:50:51	<b>06:19:04.60</b>	<b>06:19:04.60</b>	+02:50:06 (44.9%)	8:29	7.1 (55.5%)
159	MIĄDZEL Katarzyna	338	ZAGNAŃSK BIEGA	K30	77	00:02:19	03:41:14	05:02:35	05:54:23	<b>06:20:18.10</b>	<b>06:20:18.10</b>	+02:51:19 (45.1%)	8:31	7 (54.7%)
160	PORĘBSKA Dorota	94	NOWA HUTA TEAM	K40	46	00:02:00	03:52:56	05:08:45	05:58:35	<b>06:20:30.80</b>	<b>06:20:30.80</b>	+02:51:32 (45.1%)	8:31	7 (54.7%)
161	WRÓBLEWSKA-GAWEŁ Agnieszka	105	NH TEAM	K40	47	00:02:00	03:52:49	05:08:46	05:58:20	<b>06:20:56.85</b>	<b>06:20:56.85</b>	+02:51:58 (45.1%)	8:32	7 (54.7%)
162	DOMARADZKA Ewa	627	NIGHT RUNNERS PYSKOWICE	K40	48	00:02:15	03:39:04	04:54:19	05:51:33	<b>06:22:34.50</b>	<b>06:22:34.50</b>	+02:53:36 (45.4%)	8:34	7 (54.7%)
163	ROMANOWSKA Ewa	159		K30	78	00:02:13	03:52:28	05:02:12	05:55:41	<b>06:22:47.60</b>	<b>06:22:47.60</b>	+02:53:49 (45.4%)	8:34	7 (54.7%)
164	SZELER Joanna	122	BIEGAJĄCA Z PSAMI	K40	49		04:01:47	05:00:45	06:01:04	<b>06:23:03.90</b>	<b>06:23:03.90</b>	+02:54:05 (45.4%)	8:35	7 (54.7%)
165	WENECKA-FLIS Anna	169	DANIEL'S TEAM	K30	79	00:02:40	03:52:50	05:08:33	05:59:25	<b>06:23:48.50</b>	<b>06:23:48.50</b>	+02:54:50 (45.6%)	8:36	7 (54.7%)
166	MAZUR Magdalena	114		K30	80	00:02:31	03:47:23	05:03:19	05:58:55	<b>06:29:28.10</b>	<b>06:29:28.10</b>	+03:00:29 (46.3%)	8:43	6.9 (53.9%)
167	ŻACZEK Anna	663	BIEGUSIEM.PL	K40	50	00:02:53	03:32:08	05:00:11	05:58:57	<b>06:30:04.30</b>	<b>06:30:04.30</b>	+03:01:06 (46.4%)	8:44	6.9 (53.9%)
168	KOTELNICKA Renata	880		K40	51	00:02:30	03:47:28	05:03:20	05:59:07	<b>06:30:25.65</b>	<b>06:30:25.65</b>	+03:01:27 (46.5%)	8:45	6.9 (53.9%)
169	GRECH-BARAN Marta	77	ROGATE TORPEDY	K30	81	00:02:39	03:48:31	05:05:23	06:02:50	<b>06:31:52.15</b>	<b>06:31:52.15</b>	+03:02:53 (46.7%)	8:47	6.8 (53.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
170	<b>SPALIŃSKA-PIETRULIŃSKA Wiktoria</b>	<b>706</b>	SPARTANIE DZIECIOM	K30	82	00:02:19	03:46:17	04:56:13	05:56:29	<b>06:32:16.00</b>	<b>06:32:16.00</b>	+03:03:17 (46.7%)	8:47	6.8 (53.1%)
171	<b>PAWELCZYK Anita</b>	<b>352</b>	SPARTANIE DZIECIOM	K30	83	00:02:57	03:45:14	04:56:12	05:56:33	<b>06:32:58.70</b>	<b>06:32:58.70</b>	+03:04:00 (46.8%)	8:48	6.8 (53.1%)
172	<b>GLINIANY Małgorzata</b>	<b>236</b>	ZABIEGANA RODZINKAQ	K40	52	00:02:05	03:45:32	05:09:28	06:06:23	<b>06:33:38.85</b>	<b>06:33:38.85</b>	+03:04:40 (46.9%)	8:49	6.8 (53.1%)
173	<b>MICHNO Anna</b>	<b>170</b>	LACHO TEAM	K40	53	00:02:09	03:54:04	05:05:22	06:02:10	<b>06:33:45.70</b>	<b>06:33:45.70</b>	+03:04:47 (46.9%)	8:49	6.8 (53.1%)
174	<b>WISZNIEWSKA Katarzyna</b>	<b>73</b>	GRUPA SKROMNYCH BIEGACZY	K40	54	00:02:00	03:55:29	05:07:15	06:03:52	<b>06:34:14.55</b>	<b>06:34:14.55</b>	+03:05:16 (47.0%)	8:50	6.8 (53.1%)
175	<b>ŚWIĘTOCHOWSKA Beata</b>	<b>76</b>	GRUPA SKROMNYCH BIEGACZY	K40	55	00:01:56	03:51:54	05:07:13	06:03:52	<b>06:34:14.85</b>	<b>06:34:14.85</b>	+03:05:16 (47.0%)	8:50	6.8 (53.1%)
176	<b>BZOWSKA Aleksandra</b>	<b>319</b>	NIGHT RUNNERS GLIWICE	K30	84	00:02:24	03:52:20	05:17:13	06:11:13	<b>06:37:10.65</b>	<b>06:37:10.65</b>	+03:08:12 (47.4%)	8:54	6.7 (52.3%)
177	<b>MALEC Basia</b>	<b>565</b>		K50	11	00:02:04	03:44:15	05:05:24	06:07:19	<b>06:37:19.40</b>	<b>06:37:19.40</b>	+03:08:21 (47.4%)	8:54	6.7 (52.3%)
178	<b>MAREK Magdalena</b>	<b>747</b>	CELUJ W ZDROWIE	K40	56	00:02:47	03:52:16	05:06:38	06:07:41	<b>06:38:52.90</b>	<b>06:38:52.90</b>	+03:09:54 (47.6%)	8:56	6.7 (52.3%)
179	<b>KOWALIK Anna</b>	<b>25</b>	UMCS BIEGA	K30	85	00:01:58	03:32:22	04:53:43	06:00:14	<b>06:40:24.60</b>	<b>06:40:24.60</b>	+03:11:26 (47.8%)	8:58	6.7 (52.3%)
180	<b>BRZEZIŃSKA Teresa</b>	<b>692</b>	NIGHT RUNNERS GLIWICE	K40	57	00:02:35	03:54:17	05:25:40	06:14:09	<b>06:41:11.25</b>	<b>06:41:11.25</b>	+03:12:13 (47.9%)	8:59	6.7 (52.3%)
181	<b>POSTÓŁ Karolina</b>	<b>424</b>	NIGHT RUNNERS GLIWICE	K30	86	00:02:35	03:54:17	05:25:39	06:14:08	<b>06:41:14.15</b>	<b>06:41:14.15</b>	+03:12:15 (47.9%)	8:59	6.7 (52.3%)
182	<b>HANGIEL Urszula</b>	<b>745</b>		K30	87	00:02:39	03:54:14	05:17:00	06:13:54	<b>06:41:19.70</b>	<b>06:41:19.70</b>	+03:12:21 (47.9%)	8:59	6.7 (52.3%)
183	<b>PRZECH-FUS Agnieszka</b>	<b>22</b>	WW TEAM	K50	12	00:02:01	03:44:35	05:12:15	06:13:34	<b>06:43:42.90</b>	<b>06:43:42.90</b>	+03:14:44 (48.2%)	9:03	6.6 (51.6%)
184	<b>ZIENKOWSKA Izabela</b>	<b>29</b>	WW TEAM	K30	88	00:02:12	03:57:10	05:12:12	06:13:39	<b>06:47:03.00</b>	<b>06:47:03.00</b>	+03:18:04 (48.7%)	9:07	6.6 (51.6%)
185	<b>HORBACZ Hanna</b>	<b>218</b>		K30	89	00:02:37	03:54:25	05:16:02	06:15:28	<b>06:47:37.00</b>	<b>06:47:37.00</b>	+03:18:38 (48.7%)	9:08	6.6 (51.6%)
186	<b>WZOREK Ewa</b>	<b>404</b>	WKURW_TEAM	K20	26	00:02:59	03:55:48	05:19:15	06:20:50	<b>06:53:59.40</b>	<b>06:53:59.40</b>	+03:25:01 (49.5%)	9:16	6.5 (50.8%)
187	<b>ŚWIĘCICKA Dagmara</b>	<b>399</b>	WKURW_TEAM	K20	27	00:02:58	03:55:52	05:19:16	06:20:50	<b>06:53:59.95</b>	<b>06:53:59.95</b>	+03:25:01 (49.5%)	9:16	6.5 (50.8%)
188	<b>NIEDŹWIECKA Kasia</b>	<b>360</b>	EKOBIEGI	K40	58	00:01:54	04:07:17	05:26:53	06:29:05	<b>07:05:36.45</b>	<b>07:05:36.45</b>	+03:36:38 (50.9%)	9:32	6.3 (49.2%)
189	<b>SOBICZEWSKA Iza</b>	<b>374</b>	EKOBIEGI	K40	59	00:01:55	04:07:17	05:26:57	06:29:07	<b>07:05:38.10</b>	<b>07:05:38.10</b>	+03:36:39 (50.9%)	9:32	6.3 (49.2%)
	<b>MAJER Ewa</b>	<b>3</b>	SOLGAR POLSKA	K30		00:00:35 DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 190 wynik(ów)