



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

IX PKO PÓŁMARATON GLIWICKI
Fundacja Bieg Rzeźnika
2023-10-08
Gliwice
21 km

IX PÓŁMARATON GLIWICKI

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	11km	15.8km	Czas netto 21.097km	Czas brutto 21.097km	Różn	Tempo min/km	Tempo km/h
1	MENDECKA-ZEJDLER Michalina	2571		K-30	1	00:00:34	00:41:29	01:04:40	01:25:20.80	01:25:55.25		4:02	14.8 (100%)
2	GRIMAN Joanna	2077	ERIGO	K-40	1	00:00:34	00:41:29	01:05:01	01:25:42.50	01:26:16.75	+00:00:21 (0.4%)	4:03	14.8 (100%)
3	SZECÓWKA Aneta	2408		K-40	2	00:00:34	00:42:14	01:05:53	01:26:43.30	01:27:18.05	+00:01:22 (1.6%)	4:06	14.6 (98.6%)
4	WYLEŻAŁEK Alina	2104	INŻYNIERIA BIEGANIA	K-30	2	00:00:37	00:43:38	01:07:53	01:29:22.90	01:30:00.35	+00:04:02 (4.5%)	4:14	14.2 (95.9%)
5	RODAK Karolina	2121	PRZEDWOJEWSKI TEAM	K-30	3	00:00:38	00:45:12	01:10:09	01:31:50.55	01:32:28.70	+00:06:29 (7.1%)	4:21	13.8 (93.2%)
6	PRUSKO Gabriela	2402		K-20	1	00:00:58	00:48:47	01:15:37	01:39:56.85	01:40:55.45	+00:14:36 (14.6%)	4:44	12.7 (85.8%)
7	TULEJA Blanka	2263	AUGUSTEAM	K-30	4	00:00:39	00:49:17	01:16:43	01:42:24.50	01:43:03.80	+00:17:03 (16.7%)	4:51	12.4 (83.8%)
8	SZCZYGIEŁ Joanna	2393		K-40	3	00:00:49	00:50:33	01:19:03	01:44:18.90	01:45:07.95	+00:18:58 (18.2%)	4:56	12.1 (81.8%)
9	LEŚNIAK Matylda	2425	FUNTRI	K-20	2	00:01:06	00:52:22	01:20:17	01:44:33.75	01:45:40.65	+00:19:12 (18.4%)	4:57	12.1 (81.8%)
10	GAJDA Dorota	2163		K-40	4	00:00:59	00:50:55	01:19:43	01:45:07.45	01:46:07.25	+00:19:46 (18.8%)	4:58	12 (81.1%)
11	ŁATAK - SKRABUT Basia	2090	BIEGAJ Z TRENERAMI	K-40	5	00:00:55	00:51:37	01:20:20	01:46:09.95	01:47:05.15	+00:20:49 (19.6%)	5:01	11.9 (80.4%)
12	SZOŁTYSEK-GRZESIKIEWICZ Anna	2191		K-40	6	00:00:59	00:51:39	01:20:32	01:46:17.90	01:47:17.25	+00:20:57 (19.7%)	5:02	11.9 (80.4%)
13	GRABOŚ Karolina	2453		K-20	3	00:00:42	00:52:29	01:21:30	01:47:23.70	01:48:05.80	+00:22:02 (20.5%)	5:05	11.8 (79.7%)
14	POGODA Kinga	2168	UKS KOMETA GLIWICE	K-20	4	00:01:06	00:52:26	01:21:36	01:47:57.10	01:49:03.60	+00:22:36 (20.9%)	5:07	11.7 (79.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	11km	15.8km	21.097km	21.097km			
15	ZIARKO Danuta	2434		K-40	7	00:01:02	00:54:02	01:23:23	01:48:18.85	01:49:20.95	+00:22:58 (21.2%)	5:08	11.7 (79.1%)
16	PIJET Ewa	2485		K-40	8	00:00:49	00:51:59	01:21:47	01:49:32.50	01:50:21.95	+00:24:11 (22.1%)	5:11	11.6 (78.4%)
17	LESZEK Agata	2597		K-20	5	00:00:37	00:52:31	01:23:12	01:49:35.30	01:50:12.45	+00:24:14 (22.1%)	5:11	11.6 (78.4%)
18	RAJCZAK Agnieszka	2471		K-30	5	00:00:53	00:53:43	01:23:30	01:49:37.75	01:50:31.70	+00:24:16 (22.1%)	5:11	11.5 (77.7%)
19	WOJAKOWSKA Katarzyna	2568	MOMO TEAM	K-40	9	00:01:01	00:53:34	01:23:22	01:49:49.15	01:50:50.70	+00:24:28 (22.3%)	5:12	11.5 (77.7%)
20	STOCHNIJ Katarzyna	2241	ING BANK ŚLĄSKI	K-30	6	00:01:36	00:55:37	01:24:53	01:50:53.65	01:52:29.75	+00:25:32 (23.0%)	5:15	11.4 (77.0%)
21	KOCZY-ŁUSIAK Sylwia	2248	3COACH	K-30	7	00:01:09	00:55:52	01:25:21	01:51:04.90	01:52:14.35	+00:25:44 (23.2%)	5:15	11.4 (77.0%)
22	BUJAK Magdalena	2249	NIGHT RUNNERS PYSKOWICE	K-30	8	00:01:05	00:53:53	01:24:07	01:51:27.85	01:52:33.10	+00:26:07 (23.4%)	5:16	11.4 (77.0%)
23	YAROSHENKO Olha	2607		K-30	9	00:01:15	00:55:34	01:25:35	01:52:10.10	01:53:25.65	+00:26:49 (23.9%)	5:19	11.3 (76.4%)
24	ŁAZUKA Klaudia	2242	ING BANK ŚLĄSKI	K-30	10	00:01:41	00:55:29	01:25:19	01:52:32.00	01:54:13.95	+00:27:11 (24.2%)	5:20	11.2 (75.7%)
25	POLAK Sylwia	2024		K-20	6	00:01:00	00:53:56	01:24:38	01:52:34.75	01:53:35.50	+00:27:13 (24.2%)	5:20	11.2 (75.7%)
26	SKAŁKOWSKA Anieli	2387	DYSZKA DLA SERCA	K-30	11	00:01:20	00:54:21	01:25:23	01:52:58.95	01:54:18.95	+00:27:38 (24.5%)	5:21	11.2 (75.7%)
27	FIGIEL Ewa	2106		K-50	1	00:00:57	00:55:27	01:26:12	01:53:23.60	01:54:21.15	+00:28:02 (24.7%)	5:22	11.2 (75.7%)
28	RYZIŃSKA Aneta	2169		K-40	10	00:01:03	00:55:20	01:25:56	01:53:26.45	01:54:29.80	+00:28:05 (24.8%)	5:22	11.2 (75.7%)
29	GAWLIKOWSKA Agnieszka	2378		K-30	12	00:01:04	00:53:50	01:25:40	01:53:35.70	01:54:40.20	+00:28:14 (24.9%)	5:23	11.1 (75.0%)
30	GRACH Aleksandra	2006		K-40	11	00:00:47	00:54:29	01:25:39	01:53:44.55	01:54:32.35	+00:28:23 (25.0%)	5:23	11.1 (75.0%)
31	KWIATKOWSKA Katarzyna	2197	ING BANK ŚLĄSKI	K-50	2	00:01:05	00:55:06	01:25:39	01:54:28.70	01:55:34.30	+00:29:07 (25.4%)	5:25	11.1 (75.0%)
32	DĄBROWSKA Anna	2026	-	K-20	7	00:01:02	00:54:52	01:26:37	01:54:49.80	01:55:52.15	+00:29:29 (25.7%)	5:26	11 (74.3%)
33	BRZozowska Katarzyna	2017	KB ORŁY Z KNUROWA	K-40	12	00:01:16	00:56:13	01:27:35	01:54:54.20	01:56:11.10	+00:29:33 (25.7%)	5:26	11 (74.3%)
34	CZARNIK-PECIAK Aleksandra	2136	ZSO8	K-50	3	00:01:29	00:56:47	01:27:41	01:55:27.85	01:56:57.35	+00:30:07 (26.1%)	5:28	11 (74.3%)
35	RAŚ Natalia	2217		K-30	13	00:01:05	00:56:02	01:27:56	01:55:31.55	01:56:37.30	+00:30:10 (26.1%)	5:28	11 (74.3%)
36	JANKOWSKA Barbara	2591		K-40	13	00:01:12	00:57:24	01:28:15	01:55:33.25	01:56:45.70	+00:30:12 (26.1%)	5:28	11 (74.3%)
37	PYTLIK Dominika	2455		K-20	8	00:01:46	00:57:16	01:28:29	01:55:52.00	01:57:38.40	+00:30:31 (26.3%)	5:29	10.9 (73.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	11km	15.8km	21.097km	21.097km			
38	SKURZYŃSKA Kaja	2566		K-30	14	00:01:14	00:55:56	01:27:45	01:55:55.10	01:57:09.65	+00:30:34 (26.4%)	5:29	10.9 (73.6%)
39	PĘDOWSKA Bożena	2475		K-50	4	00:01:34	00:57:48	01:29:47	01:57:20.50	01:58:54.90	+00:31:59 (27.3%)	5:33	10.8 (73.0%)
40	MARCINIAK Paulina	2088		K-30	15	00:01:13	00:56:02	01:28:43	01:57:56.80	01:59:10.40	+00:32:36 (27.6%)	5:35	10.7 (72.3%)
41	TWARDOWSKA Monika	2452		K-30	16	00:01:33	00:58:34	01:30:02	01:58:07.75	01:59:41.05	+00:32:46 (27.8%)	5:35	10.7 (72.3%)
42	KIDABIONEK Olga	2323		K-30	17	00:01:26	00:58:04	01:30:14	01:58:22.00	01:59:48.30	+00:33:01 (27.9%)	5:36	10.7 (72.3%)
43	ŚLIWIŃSKA Alicja	2177		K-40	14	00:01:25	00:58:01	01:30:23	01:58:54.00	02:00:19.05	+00:33:33 (28.2%)	5:38	10.6 (71.6%)
44	KOCUR Marta	2524	SREBRNE MIASTO TARNOWSKIE GÓRY	K-40	15	00:01:43	00:56:50	01:28:59	01:58:57.80	02:00:41.10	+00:33:37 (28.3%)	5:38	10.6 (71.6%)
45	BUZE Kamila	2204		K-40	16	00:01:25	00:58:04	01:30:26	01:59:26.70	02:00:52.45	+00:34:05 (28.5%)	5:39	10.6 (71.6%)
46	POPIEL-KRUK Aleksandra	2605		K-40	17	00:01:23	00:58:08	01:30:13	01:59:49.15	02:01:12.25	+00:34:28 (28.8%)	5:40	10.6 (71.6%)
47	YOUSSEF Anna	2148	ŁAMIGNATY	K-40	18	00:00:43	00:58:20	01:30:40	02:00:20.40	02:01:03.40	+00:34:59 (29.1%)	5:42	10.5 (70.9%)
48	JACKOWSKA Monika	2604		K-40	19	00:01:04	00:58:55	01:31:41	02:00:29.85	02:01:34.80	+00:35:09 (29.2%)	5:42	10.5 (70.9%)
49	MAREK Wioletta	2423		K-30	18	00:01:38	00:58:20	01:31:06	02:00:31.80	02:02:10.15	+00:35:11 (29.2%)	5:42	10.5 (70.9%)
50	WOJTOWICZ Karolina	2561	SIOSTRY MADIZAR	K-40	20	00:01:09	00:58:27	01:31:17	02:01:19.10	02:02:28.85	+00:35:58 (29.7%)	5:45	10.4 (70.3%)
51	ZAPOTOCZNA Renata	2334		K-40	21	00:01:06	00:57:27	01:31:10	02:01:31.60	02:02:37.80	+00:36:10 (29.8%)	5:45	10.4 (70.3%)
52	ZARZYCKA Ola	2097		K-40	22	00:01:15	00:59:48	01:32:41	02:01:36.90	02:02:52.20	+00:36:16 (29.8%)	5:45	10.4 (70.3%)
53	KRZYSZKOWSKA Agnieszka	2123	ING BANK ŚLĄSKI	K-40	23	00:01:43	00:58:28	01:32:22	02:02:21.80	02:04:04.80	+00:37:01 (30.3%)	5:47	10.3 (69.6%)
54	KUFIETA Magdalena	2205		K-40	24	00:01:28	00:58:29	01:32:34	02:02:39.70	02:04:07.95	+00:37:18 (30.4%)	5:48	10.3 (69.6%)
55	SLISZ Maria	2067	DECATHLON & PRZYJACIELE	K-40	25	00:01:28	00:58:29	01:32:34	02:02:40.05	02:04:08.10	+00:37:19 (30.4%)	5:48	10.3 (69.6%)
56	HOMA Dorota	2226		K-30	19	00:00:57	00:58:12	01:31:21	02:02:42.40	02:03:40.10	+00:37:21 (30.4%)	5:48	10.3 (69.6%)
57	MARKOWSKA Sylwia	2380		K-30	20	00:01:21	00:58:14	01:31:55	02:03:13.30	02:04:35.10	+00:37:52 (30.7%)	5:50	10.3 (69.6%)
58	TYRKA Anna	2416		K-40	26	00:01:20	00:59:09	01:32:56	02:03:16.95	02:04:37.00	+00:37:56 (30.8%)	5:50	10.3 (69.6%)
59	BEREŹNICKA Dorota	2346		K-30	21	00:01:16	00:59:12	01:32:59	02:03:20.05	02:04:36.65	+00:37:59 (30.8%)	5:50	10.3 (69.6%)
60	WENGERSKA Kalina	2280	FLUOR	K-40	27	00:01:20	01:00:06	01:33:30	02:04:05.10	02:05:25.60	+00:38:44 (31.2%)	5:52	10.2 (68.9%)

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						startu	11km	15.8km	21.097km	21.097km			
61	SOKÓŁ-OLEŚ Ewelina	2081	RUNTEAM PAWŁOWICE	K-50	5	00:01:26	01:01:23	01:35:16	02:04:30.85	02:05:57.70	+00:39:10 (31.5%)	5:54	10.2 (68.9%)
62	MYNARSKA Ligia	2465	JUST TEAM	K-50	6	00:01:27	00:59:41	01:34:10	02:04:54.65	02:06:21.95	+00:39:33 (31.7%)	5:55	10.1 (68.2%)
63	SOBCZYK Renata	2420	40-LATEK TYCHY	K-40	28	00:01:32	01:01:01	01:35:13	02:05:00.90	02:06:33.40	+00:39:40 (31.7%)	5:55	10.1 (68.2%)
64	PIEKARSKA Magdalena	2179		K-40	29	00:01:43	00:58:56	01:33:05	02:05:27.85	02:07:11.20	+00:40:07 (32.0%)	5:56	10.1 (68.2%)
65	HERLICZKA Renata	2208	AML-FLY TEAM	K-40	30	00:01:41	01:02:12	01:36:46	02:05:30.60	02:07:12.20	+00:40:09 (32.0%)	5:56	10.1 (68.2%)
66	GWÓŹDŹ Katarzyna	2361		K-20	9	00:00:48	00:58:18	01:32:30	02:05:36.90	02:06:25.75	+00:40:16 (32.1%)	5:57	10.1 (68.2%)
67	KWIECIEŃ Małgorzata	2027		K-20	10	00:01:17	00:59:48	01:34:32	02:06:15.20	02:07:32.75	+00:40:54 (32.4%)	5:59	10 (67.6%)
68	LEDWOŃ Aneta	2025		K-40	31	00:01:08	01:02:09	01:37:13	02:07:11.70	02:08:20.10	+00:41:50 (32.9%)	6:01	10 (67.6%)
69	PAWLUSIŃSKA Karolina	2362		K-20	11	00:01:37	01:01:07	01:35:54	02:07:32.85	02:09:10.80	+00:42:12 (33.1%)	6:02	9.9 (66.9%)
70	GOŹDZIŃSKA Magdalena	2122		K-40	32	00:01:21	01:00:15	01:34:19	02:07:52.85	02:09:14.25	+00:42:32 (33.3%)	6:03	9.9 (66.9%)
71	WEGNER Agnieszka	2399	LECYMY DURŚ	K-40	33	00:01:17	01:02:31	01:37:44	02:08:10.60	02:09:28.10	+00:42:49 (33.4%)	6:04	9.9 (66.9%)
72	BOŻEK Bernadeta	2474	LECYMY DURŚ	K-30	22	00:01:17	01:02:32	01:37:43	02:08:10.70	02:09:27.80	+00:42:49 (33.4%)	6:04	9.9 (66.9%)
73	NIESLER Magdalena	2166		K-30	23	00:01:33	01:01:59	01:37:40	02:08:24.15	02:09:57.75	+00:43:03 (33.5%)	6:05	9.9 (66.9%)
74	PRACKA Danuta	2061		K-30	24	00:01:29	00:59:09	01:35:46	02:08:36.15	02:10:05.65	+00:43:15 (33.6%)	6:05	9.8 (66.2%)
75	ULIASZ Joanna	2113	STELLANTIS ACTIVE TEAM	K-40	34	00:01:34	01:02:52	01:38:40	02:10:01.05	02:11:35.05	+00:44:40 (34.4%)	6:09	9.7 (65.5%)
76	SIEDLECKA Anna	2115		K-30	25	00:01:33	01:02:52	01:38:40	02:10:01.40	02:11:35.20	+00:44:40 (34.4%)	6:09	9.7 (65.5%)
77	STASZEWSKA Zuzanna	2266	LECE BO CHCE	K-20	12	00:01:11	01:00:58	01:37:08	02:10:07.35	02:11:18.55	+00:44:46 (34.4%)	6:10	9.7 (65.5%)
78	OCZOŚ Aleksandra	2004		K-30	26	00:01:01	01:02:42	01:38:18	02:10:34.15	02:11:35.60	+00:45:13 (34.6%)	6:11	9.7 (65.5%)
79	WIĘCEK Oliwia	2371		K-20	13	00:01:28	01:02:07	01:38:21	02:10:44.05	02:12:12.70	+00:45:23 (34.7%)	6:11	9.7 (65.5%)
80	ZIÓŁKOWSKA Katarzyna	2564		K-30	27	00:01:51	01:07:26	01:42:30	02:13:09.80	02:15:01.20	+00:47:49 (35.9%)	6:18	9.5 (64.2%)
81	DEMBOWSKA Bożena	2214		K-40	35	00:01:10	01:03:02	01:39:18	02:13:12.20	02:14:22.25	+00:47:51 (35.9%)	6:18	9.5 (64.2%)
82	BRYGILEWICZ Karolina	2357		K-20	14	00:01:38	01:04:29	01:42:02	02:13:30.60	02:15:08.65	+00:48:09 (36.1%)	6:19	9.5 (64.2%)
83	STAROŃ Jagoda	2091		K-30	28	00:01:36	01:02:51	01:39:25	02:13:40.85	02:15:16.95	+00:48:20 (36.2%)	6:20	9.5 (64.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	11km	15.8km	21.097km	21.097km			
84	BAŁAJ Anna	2352		K-30	29	00:01:39	01:08:53	01:44:16	02:13:53.60	02:15:32.80	+00:48:32 (36.3%)	6:20	9.5 (64.2%)
85	CETERA Kamila	2141	#HUTA TEAM	K-40	36	00:01:26	01:03:19	01:40:28	02:14:29.40	02:15:55.70	+00:49:08 (36.5%)	6:22	9.4 (63.5%)
86	STAŃCZYK Roksana	2560		K-20	15	00:01:34	01:05:55	01:42:17	02:15:46.20	02:17:20.40	+00:50:25 (37.1%)	6:26	9.3 (62.8%)
87	KAPTACZ Magdalena	2135		K-40	37	00:01:21	01:04:39	01:42:27	02:16:39.15	02:18:00.45	+00:51:18 (37.5%)	6:28	9.3 (62.8%)
88	LERKA - GIZA Justyna	2509		K-40	38	00:01:43	01:05:16	01:43:35	02:17:59.55	02:19:42.55	+00:52:38 (38.2%)	6:32	9.2 (62.2%)
89	FRUK Natalia	2010	ULTRAS I MALINA	K-30	30	00:00:57	01:07:27	01:45:22	02:19:03.90	02:20:01.10	+00:53:43 (38.6%)	6:35	9.1 (61.5%)
90	CIEPKA Paulina	2413		K-30	31	00:01:38	01:06:44	01:46:24	02:19:51.80	02:21:30.40	+00:54:31 (39.0%)	6:37	9.1 (61.5%)
91	CIEŚLIK Olivia	2333		K-20	16	00:01:31	01:05:22	01:48:49	02:20:07.95	02:21:39.70	+00:54:47 (39.1%)	6:38	9 (60.8%)
92	PUC Julia	2495		K-20	17	00:01:53	01:07:23	01:45:58	02:20:15.95	02:22:09.80	+00:54:55 (39.2%)	6:38	9 (60.8%)
93	PUC Małgorzata	2514		K-40	39	00:01:53	01:07:24	01:45:59	02:20:16.35	02:22:09.90	+00:54:55 (39.2%)	6:38	9 (60.8%)
94	ZAWISZA Marta	2602		K-30	32	00:01:48	01:11:06	01:49:17	02:20:40.40	02:22:29.30	+00:55:19 (39.3%)	6:40	9 (60.8%)
95	BRESKE Dagmara	2418		K-40	40	00:01:37	01:06:34	01:45:49	02:20:41.45	02:22:19.25	+00:55:20 (39.3%)	6:40	9 (60.8%)
96	ŚLUSARSKA Sylwia	2072		K-30	33	00:00:45	01:05:32	01:45:35	02:20:59.50	02:21:45.05	+00:55:38 (39.5%)	6:40	9 (60.8%)
97	JANIA Alina	2377		K-40	41	00:01:39	01:08:18	01:46:54	02:21:15.35	02:22:54.90	+00:55:54 (39.6%)	6:41	9 (60.8%)
98	KOTARSKA Iwona	2376		K-30	34	00:01:38	01:08:09	01:46:54	02:21:15.70	02:22:54.60	+00:55:54 (39.6%)	6:41	9 (60.8%)
99	DERRA Celina	2512		K-20	18	00:01:43	01:08:00	01:45:56	02:21:31.20	02:23:14.35	+00:56:10 (39.7%)	6:42	8.9 (60.1%)
100	WAWRZYNEK Aleksandra	2518		K-30	35	00:01:56	01:09:39	01:47:31	02:21:41.00	02:23:37.65	+00:56:20 (39.8%)	6:42	8.9 (60.1%)
101	KĘDZIERSKA Izabela	2092	FOCZKI I MORSY RYBNIK	K-20	19	00:01:27	01:07:57	01:48:22	02:22:14.55	02:23:41.70	+00:56:53 (40.0%)	6:44	8.9 (60.1%)
102	DZIEDZIC Angelika	2329		K-20	20	00:01:28	01:02:23	01:47:08	02:22:34.35	02:24:03.00	+00:57:13 (40.1%)	6:45	8.9 (60.1%)
103	SOBEL Natalia	2158		K-20	21	00:01:07	01:05:42	01:45:41	02:22:43.90	02:23:51.15	+00:57:23 (40.2%)	6:45	8.9 (60.1%)
104	JAŚNIEWICZ Sandra	2196		K-30	36	00:01:27	01:08:37	01:47:21	02:23:03.80	02:24:31.60	+00:57:43 (40.3%)	6:46	8.8 (59.5%)
105	WOJCIECHOWSKA Barbara	2437		K-30	37	00:01:33	01:07:49	01:48:40	02:26:43.65	02:28:16.75	+01:01:22 (41.8%)	6:57	8.6 (58.1%)
106	DUDKIEWICZ Anna	2120	EKO-OKNA RUNNERS	K-40	42	00:01:35	01:10:59	01:52:08	02:29:01.90	02:30:37.05	+01:03:41 (42.7%)	7:03	8.5 (57.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	11km	15.8km	Czas netto 21.097km	Czas brutto 21.097km	Różn	Tempo min/km	Tempo km/h
107	JOCHYMEK Karolina	2207		K-30	38	00:01:51	01:12:10	01:55:11	02:33:50.70	02:35:42.20	+01:08:29 (44.5%)	7:17	8.2 (55.4%)
108	KACZMARCZYK-ZIELIŃSKA Magdalena	2212	RUNTEAM PAWŁOWICE	K-30	39	00:01:26	01:16:32	02:02:27	02:40:46.25	02:42:13.10	+01:15:25 (46.9%)	7:37	7.9 (53.4%)
109	KUBIAK Celina	2143		K-40	43	00:01:22	01:12:50	02:00:50	02:42:34.60	02:43:56.75	+01:17:13 (47.5%)	7:42	7.8 (52.7%)
110	RUTKA Wiola	2057		K-40	44	00:01:27	01:15:08	02:02:03	02:43:42.20	02:45:10.00	+01:18:21 (47.9%)	7:45	7.7 (52.0%)
111	PAWLARCZYK Karolina	2009		K-30	40	00:01:47	01:17:18	02:06:13	02:49:10.35	02:50:57.65	+01:23:49 (49.6%)	8:01	7.5 (50.7%)
112	GÓRECKA-WRÓBEL Jolanta	2101		K-40	45	00:00:55	01:19:54	02:07:54	02:51:20.25	02:52:15.85	+01:25:59 (50.2%)	8:07	7.4 (50.0%)
113	MAJEWSKA Dorota	2375	DRUŻYNA JEDYNKI	K-50	7	00:01:17							(0.0%)
	TERESZKIEWICZ Martyna	2603		K-20		DNF	00:51:59 DNF	01:19:23 DNF	DNF	DNF		-	- (0.0%)

Znaleziono 114 wynik(ów)