



ŁEMKO TRAIL 30

B4SPORT

Wydarzenie: Łemkowyna Ultra-Trail
Organizator: Fundacja Ultra
Data: 2023-10-21
Miejsce: Komańcza
Dystans: 29 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Open K

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przybyszów 15.5km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
1	DUCZMAL Dominika	3072	AW SZYBCIEJ TEAM	Open K	1	01:18:42	02:32:54.95	02:32:54.95		5:16	11.4 (100%)
2	GAIK Natalia	3085	ŚLIWKA TUITAM	Open K	2	01:21:49	02:34:53.35	02:34:53.35	+00:01:58 (1.3%)	5:20	11.2 (98.2%)
3	KWIATKOWSKA Kinga	3001	HOKA GARMIN TEAM	Open K	3	01:24:46	02:41:06.90	02:41:06.90	+00:08:11 (5.1%)	5:33	10.8 (94.7%)
4	MARCHUK Wioletta	3238		Open K	4	01:23:11	02:41:29.20	02:41:29.20	+00:08:34 (5.3%)	5:34	10.8 (94.7%)
5	MAJEWSKA Agata	3229		Open K	5	01:27:59	02:51:35.05	02:51:35.05	+00:18:40 (10.9%)	5:55	10.1 (88.6%)
6	SZTORC Joanna	3379		Open K	6	01:37:03	02:59:35.30	02:59:35.30	+00:26:40 (14.9%)	6:11	9.7 (85.1%)
7	ZALEWSKA Anna	3448	BBL ZDUŃSKA WOLA	Open K	7	01:39:32	03:05:17.95	03:05:17.95	+00:32:23 (17.5%)	6:23	9.4 (82.5%)
8	ŚLUSARCZYK Edyta	3387		Open K	8	01:37:27	03:06:16.20	03:06:16.20	+00:33:21 (17.9%)	6:25	9.3 (81.6%)
9	JACHYM-DREWNIAK Joanna	3471	CENTRUM ZDROWIA BIEGACZA KRAKÓW	Open K	9	01:40:35	03:08:08.90	03:08:08.90	+00:35:13 (18.7%)	6:29	9.2 (80.7%)
10	WITEK Aleksandra	3427		Open K	10	01:40:41	03:09:37.85	03:09:37.85	+00:36:42 (19.4%)	6:32	9.2 (80.7%)
11	KIEŁBOŃ Ewelina	3158	PRZEWORSKA GRUPA BIEGOWA	Open K	11	01:41:44	03:11:26.40	03:11:26.40	+00:38:31 (20.1%)	6:36	9.1 (79.8%)
12	MIGDAŁ Katarzyna	3252	SWORDS ATHLETICS	Open K	12	01:41:26	03:13:56.95	03:13:56.95	+00:41:02 (21.2%)	6:41	9 (78.9%)
13	MIDOR Karolina	3249	OMASZ.TEAM	Open K	13	01:39:46	03:16:05.85	03:16:05.85	+00:43:10 (22.0%)	6:45	8.9 (78.1%)
14	HURAS Monika	3135	ITMBW KRAKÓW	Open K	14	01:38:16	03:16:43.05	03:16:43.05	+00:43:48 (22.3%)	6:47	8.8 (77.2%)
15	KOWALSKA Agnieszka	3190		Open K	15	01:42:05	03:17:26.35	03:17:26.35	+00:44:31 (22.6%)	6:48	8.8 (77.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przybyszów 15.5km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
16	ADAMSKA Zofia	3004		Open K	16	01:42:23	03:20:24.35	03:20:24.35	+00:47:29 (23.7%)	6:54	8.7 (76.3%)
17	KULIK Karolina	3205		Open K	17	02:01:07	03:24:48.15	03:24:48.15	+00:51:53 (25.3%)	7:03	8.5 (74.6%)
18	HARASIMOWICZ Aleksandra	3127	PRZEDWOJEWSKI TEAM	Open K	18	01:42:51	03:25:12.80	03:25:12.80	+00:52:17 (25.5%)	7:04	8.5 (74.6%)
19	KOSIŃSKA Anna	3179		Open K	19	02:02:10	03:25:29.30	03:25:29.30	+00:52:34 (25.6%)	7:05	8.5 (74.6%)
20	DRĄG Justyna	3068	INFINITIGYM - ŁUKASZ SZAPORÓW	Open K	20	02:01:59	03:27:40.80	03:27:40.80	+00:54:45 (26.4%)	7:09	8.4 (73.7%)
21	ŚWIĄTEK Monika	3390	ASICSFONTRUNNER POLAND	Open K	21	01:57:57	03:27:58.85	03:27:58.85	+00:55:03 (26.5%)	7:10	8.4 (73.7%)
22	RADOSZEK- ZAKRZYŃSKA Barbara	3321	CSC ADVENTURE ACADEMY	Open K	22	01:54:41	03:28:55.30	03:28:55.30	+00:56:00 (26.8%)	7:12	8.3 (72.8%)
23	MORDARSKA Angelika	3261	#R	Open K	23	02:02:56	03:29:24.75	03:29:24.75	+00:56:29 (27.0%)	7:13	8.3 (72.8%)
24	HEJDUK Monika	3128	UMCS BIEGA	Open K	24		03:30:25.70	03:30:25.70	+00:57:30 (27.3%)	7:15	8.3 (72.8%)
25	KURPISZ Aniela	3209	SWORDS ATHLETICS	Open K	25	01:53:43	03:32:52.60	03:32:52.60	+00:59:57 (28.2%)	7:20	8.2 (71.9%)
26	SADAJ Anna	3336	ANIA I CHŁOPAKI	Open K	26	02:03:04	03:33:01.20	03:33:01.20	+01:00:06 (28.2%)	7:20	8.2 (71.9%)
27	CZERNIAK Anna	3056	VEGE RUNNERS / RUCH IZBICA	Open K	27	02:04:51	03:34:02.95	03:34:02.95	+01:01:08 (28.6%)	7:22	8.1 (71.1%)
28	KOSTKA Małgorzata	3183	CUBE TEAM	Open K	28	01:57:46	03:34:16.25	03:34:16.25	+01:01:21 (28.6%)	7:23	8.1 (71.1%)
29	KOCZY-ŁUSIAK Sylwia	3167	3COACH	Open K	29	02:05:57	03:35:20.65	03:35:20.65	+01:02:25 (29.0%)	7:25	8.1 (71.1%)
30	MOŻEJKO Jadwiga	3262	NIEPOŁOMICE BIEGAJĄ	Open K	30	02:10:21	03:35:33.50	03:35:33.50	+01:02:38 (29.1%)	7:25	8.1 (71.1%)
31	PENCONEK Agata	3295		Open K	31		03:36:46.85	03:36:46.85	+01:03:51 (29.5%)	7:28	8 (70.2%)
32	GARCZYŃSKA Ania	3094		Open K	32	02:05:02	03:37:52.15	03:37:52.15	+01:04:57 (29.8%)	7:30	8 (70.2%)
33	ŻUK-LIPIŃSKA Ewelina	3462		Open K	33	02:05:51	03:38:28.05	03:38:28.05	+01:05:33 (30.0%)	7:32	8 (70.2%)
34	WÓLKIEWICZ Dorota	3437	TEAM ZABIEGANEDNI	Open K	34	02:06:52	03:39:19.25	03:39:19.25	+01:06:24 (30.3%)	7:33	7.9 (69.3%)
35	FRANCZAK Katarzyna	3081		Open K	35	02:07:14	03:43:43.05	03:43:43.05	+01:10:48 (31.6%)	7:42	7.8 (68.4%)
36	NIESIOBĘDZKA Katarzyna	3270		Open K	36	02:05:15	03:45:02.25	03:45:02.25	+01:12:07 (32.0%)	7:45	7.7 (67.5%)
37	WYSOCKA Iwona	3440	KS JANUSZE	Open K	37	02:04:16	03:45:49.60	03:45:49.60	+01:12:54 (32.3%)	7:47	7.7 (67.5%)
38	PIĘTKA Marzena	3300	BRAVEHEARTS LEGIONOWO	Open K	38	02:05:45	03:46:07.00	03:46:07.00	+01:13:12 (32.4%)	7:47	7.7 (67.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przybyszów 15.5km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
39	GARBATY Anna	3093		Open K	39	02:07:37	03:47:01.50	03:47:01.50	+01:14:06 (32.6%)	7:49	7.7 (67.5%)
40	DRUŻKOWSKA Monika	3070		Open K	40	02:10:41	03:47:22.00	03:47:22.00	+01:14:27 (32.7%)	7:50	7.7 (67.5%)
41	HETMAŃCZYK Agnieszka	3130	#CZELADZBIEGA	Open K	41	02:09:45	03:48:29.80	03:48:29.80	+01:15:34 (33.1%)	7:52	7.6 (66.7%)
42	PIWOWARCZYK Magdalena	3305		Open K	42	02:11:20	03:48:48.20	03:48:48.20	+01:15:53 (33.2%)	7:53	7.6 (66.7%)
43	WIĘCEK Paulina	3422		Open K	43	02:13:05	03:49:40.40	03:49:40.40	+01:16:45 (33.4%)	7:55	7.6 (66.7%)
44	KOWALCZYK Olga	3188	SWORDS ATHLETICS	Open K	44	02:08:32	03:49:48.85	03:49:48.85	+01:16:53 (33.5%)	7:55	7.6 (66.7%)
45	GONZALEZ GUILLEN Anabel Berenice	3113		Open K	45	02:33:56	03:50:11.20	03:50:11.20	+01:17:16 (33.6%)	7:56	7.6 (66.7%)
46	ZATORSKA Katarzyna	3451	LSYP ACTIVE!	Open K	46	02:09:51	03:50:27.25	03:50:27.25	+01:17:32 (33.6%)	7:56	7.6 (66.7%)
47	GUSTAW Malgorzata	3123	HARDE SUKI I WCZASOWICZE	Open K	47	02:10:09	03:51:40.00	03:51:40.00	+01:18:45 (34.0%)	7:59	7.5 (65.8%)
48	GONCERZEWICZ Anna	3111	ASICS FRONTRUNNER/STARE BABICE BIEGAJĄ	Open K	48	02:34:12	03:53:23.20	03:53:23.20	+01:20:28 (34.5%)	8:02	7.5 (65.8%)
49	PRZYBYLSKA Katarzyna	3315	WITKOWO BIEGA	Open K	49	02:09:27	03:55:08.55	03:55:08.55	+01:22:13 (35.0%)	8:06	7.4 (64.9%)
50	KAWA Wioletta	3156		Open K	50		03:55:13.05	03:55:13.05	+01:22:18 (35.0%)	8:06	7.4 (64.9%)
51	KRYSA Halina	3199	ROZBIEGANA BABCIA	Open K	51	02:40:41	03:56:20.90	03:56:20.90	+01:23:25 (35.3%)	8:08	7.4 (64.9%)
52	BABICKA Olga	3006		Open K	52	02:35:36	03:56:33.60	03:56:33.60	+01:23:38 (35.4%)	8:09	7.4 (64.9%)
53	LUBOWIECKA Katarzyna	3221		Open K	53	02:09:20	03:56:55.50	03:56:55.50	+01:24:00 (35.5%)	8:10	7.3 (64.0%)
54	DEC Marzena	3062		Open K	54	02:36:11	03:56:57.65	03:56:57.65	+01:24:02 (35.5%)	8:10	7.3 (64.0%)
55	LEŚNIAK Izabela	3220		Open K	55	02:35:58	03:57:50.10	03:57:50.10	+01:24:55 (35.7%)	8:12	7.3 (64.0%)
56	JASKÓLSKA Joanna	3143		Open K	56	02:13:23	03:58:22.15	03:58:22.15	+01:25:27 (35.8%)	8:13	7.3 (64.0%)
57	CISKOWSKA Weronika	3045		Open K	57		03:59:12.75	03:59:12.75	+01:26:17 (36.1%)	8:14	7.3 (64.0%)
58	SZELAĞIEWICZ Patrycja	3374		Open K	58	02:33:50	03:59:19.35	03:59:19.35	+01:26:24 (36.1%)	8:15	7.3 (64.0%)
59	STANOSZ-CHEŁKOWSKA Aneta	3365	HARDE DZIKI	Open K	59	02:13:10	04:00:12.75	04:00:12.75	+01:27:17 (36.3%)	8:16	7.2 (63.2%)
60	TARNAWSKA Anna	3392	UKS LIDER SIERCZA	Open K	60	02:35:43	04:02:39.45	04:02:39.45	+01:29:44 (37.0%)	8:22	7.2 (63.2%)
60	SOWA-LEWANDOWSKA Katarzyna	3360	UKS LIDER/ TECHNIKAM	Open K	60	02:34:02	04:02:39.45	04:02:39.45	+01:29:44 (37.0%)	8:22	7.2 (63.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przybyszów 15.5km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
62	KOISZEWSKA Izabela	3168	KLUB 42,2 LĘBORK	Open K	62	02:43:17	04:02:59.60	04:02:59.60	+01:30:04 (37.1%)	8:22	7.2 (63.2%)
63	GLINKOWSKA Monika	3103		Open K	63	02:45:16	04:03:03.30	04:03:03.30	+01:30:08 (37.1%)	8:22	7.2 (63.2%)
64	MISIUREWICZ Rozanna	3259		Open K	64	02:11:33	04:03:38.35	04:03:38.35	+01:30:43 (37.2%)	8:24	7.1 (62.3%)
65	GOMUŁKA Katarzyna	3110	GORLICKA GRUPA BIEGOWA	Open K	65	02:11:06	04:03:41.05	04:03:41.05	+01:30:46 (37.2%)	8:24	7.1 (62.3%)
66	RYBACZUK Ewelina	3333		Open K	66	02:42:16	04:04:00.05	04:04:00.05	+01:31:05 (37.3%)	8:24	7.1 (62.3%)
67	TYLKA Gosia	3403		Open K	67	02:43:39	04:05:42.00	04:05:42.00	+01:32:47 (37.8%)	8:28	7.1 (62.3%)
68	MALARA Anna	3233	3COACH	Open K	68	02:11:54	04:06:00.25	04:06:00.25	+01:33:05 (37.8%)	8:28	7.1 (62.3%)
69	CZAPLIŃSKIA Wioletta	3051		Open K	69	02:43:57	04:06:44.75	04:06:44.75	+01:33:49 (38.0%)	8:30	7.1 (62.3%)
70	CHODZIŃSKA Mariola	3039		Open K	70		04:06:59.15	04:06:59.15	+01:34:04 (38.1%)	8:31	7 (61.4%)
71	CIURYK-KOSOWSKA Julia	3046	RUSYNLEM	Open K	71	02:12:26	04:07:33.90	04:07:33.90	+01:34:38 (38.2%)	8:32	7 (61.4%)
72	BŁASZCZAK Anna	3021		Open K	72	02:45:03	04:07:42.90	04:07:42.90	+01:34:47 (38.3%)	8:32	7 (61.4%)
73	STOLARZ Marta	3367	NIEPOŁOMICE BIEGAJĄ	Open K	73	02:44:54	04:09:18.15	04:09:18.15	+01:36:23 (38.7%)	8:35	7 (61.4%)
74	DOMINIAK Emilia	3064		Open K	74	02:44:27	04:09:19.70	04:09:19.70	+01:36:24 (38.7%)	8:35	7 (61.4%)
75	BAJOŁEK Aleksandra	3009	AZS AWF KRAKOW MASTERS	Open K	75	02:51:39	04:09:27.05	04:09:27.05	+01:36:32 (38.7%)	8:36	7 (61.4%)
76	GŁUSZKOWSKA Monika	3105	TEAMZABIEGANEDNI	Open K	76	02:11:42	04:09:42.20	04:09:42.20	+01:36:47 (38.8%)	8:36	7 (61.4%)
77	KIM Renata	3160	TEAM ZABIEGANEDNI	Open K	77	02:44:14	04:10:01.05	04:10:01.05	+01:37:06 (38.8%)	8:37	7 (61.4%)
78	KORPAK Marta	3177		Open K	78	02:55:29	04:10:30.95	04:10:30.95	+01:37:36 (39.0%)	8:38	6.9 (60.5%)
79	MAKSYMIOUK Magdalena	3232		Open K	79	02:42:38	04:11:24.80	04:11:24.80	+01:38:29 (39.2%)	8:40	6.9 (60.5%)
80	REKOSIEWICZ-TOKARZ Monika	3326	ZAWADZKA TEAM	Open K	80	02:50:47	04:11:31.15	04:11:31.15	+01:38:36 (39.2%)	8:40	6.9 (60.5%)
81	GIERAŁT Urszula	3099		Open K	81	02:41:52	04:11:38.00	04:11:38.00	+01:38:43 (39.2%)	8:40	6.9 (60.5%)
82	CZAJKA Agata	3050	WSL	Open K	82	02:37:06	04:11:54.00	04:11:54.00	+01:38:59 (39.3%)	8:41	6.9 (60.5%)
83	GRANOWSKA Marta	3116		Open K	83	02:40:35	04:12:46.55	04:12:46.55	+01:39:51 (39.5%)	8:42	6.9 (60.5%)
84	MICHALCZYK Anna	3248	NAPRZÓD MŁOCINY	Open K	84	02:51:50	04:13:20.40	04:13:20.40	+01:40:25 (39.6%)	8:44	6.9 (60.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przybyszów 15.5km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
85	LEJMAN-KUDŁA Kamila	3213		Open K	85	02:45:31	04:13:25.70	04:13:25.70	+01:40:30 (39.7%)	8:44	6.9 (60.5%)
86	ZIĘBA Anna	3455		Open K	86	02:53:54	04:14:13.05	04:14:13.05	+01:41:18 (39.8%)	8:45	6.8 (59.6%)
87	PABIAŃCZYK Małgorzata	3284		Open K	87	02:50:04	04:15:39.65	04:15:39.65	+01:42:44 (40.2%)	8:48	6.8 (59.6%)
88	MAŁECKA-NOWAK Natalia	3236	RUSYNLEM	Open K	88	02:53:44	04:16:05.60	04:16:05.60	+01:43:10 (40.3%)	8:49	6.8 (59.6%)
89	CIERPIAŁ Karolina	3044		Open K	89	02:41:17	04:16:19.70	04:16:19.70	+01:43:24 (40.3%)	8:50	6.8 (59.6%)
90	BIŻEK Katarzyna	3019	SPARTA	Open K	90	02:44:21	04:16:31.90	04:16:31.90	+01:43:36 (40.4%)	8:50	6.8 (59.6%)
91	DZIŻA-URBANIAK Natalia	3075		Open K	91		04:16:45.80	04:16:45.80	+01:43:50 (40.4%)	8:51	6.8 (59.6%)
92	SZCZECHLA-RUCHAŁA Anna	3370		Open K	92	02:54:46	04:17:03.95	04:17:03.95	+01:44:09 (40.5%)	8:51	6.8 (59.6%)
93	TWARDZIK Laura	3402		Open K	93	02:57:56	04:17:30.60	04:17:30.60	+01:44:35 (40.6%)	8:52	6.8 (59.6%)
94	TOMAKA Jadwiga	3396	SZKÓŁKA ROLKOWA WODZU	Open K	94	02:57:29	04:18:57.75	04:18:57.75	+01:46:02 (41.0%)	8:55	6.7 (58.8%)
95	SIOREK Katarzyna	3346	WILQ TEAM	Open K	95	02:57:40	04:19:13.05	04:19:13.05	+01:46:18 (41.0%)	8:56	6.7 (58.8%)
96	CYGAN Anna	3047	BLACK HAT ULTRA	Open K	96	02:52:48	04:19:15.95	04:19:15.95	+01:46:21 (41.0%)	8:56	6.7 (58.8%)
97	GACKA Wioleta	3084		Open K	97	02:57:04	04:19:19.35	04:19:19.35	+01:46:24 (41.0%)	8:56	6.7 (58.8%)
98	GARBACZ Kamila	3092		Open K	98	02:57:26	04:19:42.80	04:19:42.80	+01:46:47 (41.1%)	8:57	6.7 (58.8%)
99	LEPAK Aleksandra	3216		Open K	99	02:44:47	04:20:23.65	04:20:23.65	+01:47:28 (41.3%)	8:58	6.7 (58.8%)
100	WIERZBICKA Ewa	3420		Open K	100	02:55:55	04:20:55.30	04:20:55.30	+01:48:00 (41.4%)	8:59	6.7 (58.8%)
101	MASZKOWSKA Anna	3241		Open K	101	03:01:14	04:21:08.45	04:21:08.45	+01:48:13 (41.4%)	9:00	6.7 (58.8%)
102	GOLA Karolina	3107		Open K	102	02:58:55	04:22:09.75	04:22:09.75	+01:49:14 (41.7%)	9:02	6.6 (57.9%)
103	GWIŹDŹ Karolina	3124	BESKIDZKIE RYSIE RUNNING TEAM	Open K	103	02:57:17	04:22:35.05	04:22:35.05	+01:49:40 (41.8%)	9:03	6.6 (57.9%)
104	MIKOSZ Marta	3255		Open K	104	02:52:52	04:22:40.85	04:22:40.85	+01:49:45 (41.8%)	9:03	6.6 (57.9%)
105	BOGDAŃSKA Katarzyna	3023		Open K	105	02:54:40	04:22:43.50	04:22:43.50	+01:49:48 (41.8%)	9:03	6.6 (57.9%)
106	MILEWSKA Dominika	3256		Open K	106	02:54:16	04:22:43.70	04:22:43.70	+01:49:48 (41.8%)	9:03	6.6 (57.9%)
107	CHMURA-SKERCZYŃSKA Natalia	3038		Open K	107	03:00:28	04:24:11.55	04:24:11.55	+01:51:16 (42.1%)	9:06	6.6 (57.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przybyszów 15.5km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
108	POŹNIAK-STYCZYŃSKA Maja	3314	DDC	Open K	108	02:57:00	04:24:34.50	04:24:34.50	+01:51:39 (42.2%)	9:07	6.6 (57.9%)
109	CIBORSKA Agnieszka	3043	NAPRZÓD MŁOCINY	Open K	109	03:01:09	04:25:29.25	04:25:29.25	+01:52:34 (42.4%)	9:09	6.6 (57.9%)
110	ZIÓLKOWSKA Bożena	3457	BIEGUNY WALBA	Open K	110	02:07:59	04:25:40.10	04:25:40.10	+01:52:45 (42.4%)	9:09	6.5 (57.0%)
111	HOPEK Elżbieta	3134	ULTRAMARYNA	Open K	111	02:59:09	04:28:06.95	04:28:06.95	+01:55:12 (43.0%)	9:14	6.5 (57.0%)
112	WNUK Justyna	3429	HARDE DZIKI	Open K	112	02:57:46	04:28:46.80	04:28:46.80	+01:55:51 (43.1%)	9:16	6.5 (57.0%)
113	BACHÓRZ Agnieszka	3007	ND	Open K	113	03:01:02	04:29:02.90	04:29:02.90	+01:56:07 (43.2%)	9:16	6.5 (57.0%)
114	MADEJ Anna	3227	BESKIDZKIE RYSIE RUNNING TEAM	Open K	114	02:57:36	04:29:12.90	04:29:12.90	+01:56:17 (43.2%)	9:16	6.5 (57.0%)
115	MIKOŁAJCZYK Małgorzata	3254	MIRAZ RACE TEAM	Open K	115	02:59:15	04:30:05.95	04:30:05.95	+01:57:11 (43.4%)	9:18	6.4 (56.1%)
116	SZŁĘZAK Barbara	3376	HARDE SUKI I WCZASOWICZE	Open K	116	02:56:54	04:30:37.40	04:30:37.40	+01:57:42 (43.5%)	9:19	6.4 (56.1%)
117	CERAN Anna	3036	12TRI.PL	Open K	117	02:55:21	04:30:56.35	04:30:56.35	+01:58:01 (43.6%)	9:20	6.4 (56.1%)
118	LEŃCZUK Grażyna	3214	BESKIDZKIE RYSIE RUNNING TEAM	Open K	118	03:00:04	04:35:12.25	04:35:12.25	+02:02:17 (44.4%)	9:29	6.3 (55.3%)
119	NADOBNA Kamila	3266	STARGARD JA SIĘ NIE SCIGAM	Open K	119	02:54:00	04:35:55.55	04:35:55.55	+02:03:00 (44.6%)	9:30	6.3 (55.3%)
120	OGAREK Ania	3279		Open K	120	03:00:37	04:36:43.55	04:36:43.55	+02:03:48 (44.7%)	9:32	6.3 (55.3%)
120	SPRINGER Elżbieta	3361		Open K	120	03:00:44	04:36:43.55	04:36:43.55	+02:03:48 (44.7%)	9:32	6.3 (55.3%)
122	DRAGAN Izabela	3066		Open K	122	01:39:19	04:37:28.75	04:37:28.75	+02:04:33 (44.9%)	9:34	6.3 (55.3%)
123	ROLKA Aleksandra	3327		Open K	123	02:55:15	04:37:33.05	04:37:33.05	+02:04:38 (44.9%)	9:34	6.3 (55.3%)
124	SOŁTYS Teresa	3358		Open K	124	03:19:46	04:37:52.95	04:37:52.95	+02:04:58 (45.0%)	9:34	6.3 (55.3%)
125	BASAK Justyna	3014		Open K	125	03:19:54	04:37:53.15	04:37:53.15	+02:04:58 (45.0%)	9:34	6.3 (55.3%)
126	TROCHANOWSKA Katarzyna	3398	RUSYN-LEM	Open K	126	03:01:44	04:39:07.45	04:39:07.45	+02:06:12 (45.2%)	9:37	6.2 (54.4%)
127	GIERLOTKA Justyna	3101	HARDE SUKI I WCZASOWICZE	Open K	127	03:19:01	04:39:45.95	04:39:45.95	+02:06:51 (45.3%)	9:38	6.2 (54.4%)
128	KASZNIA Ania	3155	HARDE SUKI I WCZASOWICZE	Open K	128	03:18:30	04:39:46.60	04:39:46.60	+02:06:51 (45.3%)	9:38	6.2 (54.4%)
129	ŚPIAK-JADŁOSZ Joanna	3389	RUSYN LEM	Open K	129	03:19:32	04:39:59.50	04:39:59.50	+02:07:04 (45.4%)	9:39	6.2 (54.4%)
130	LESKIW Olga	3217		Open K	130	03:20:49	04:43:53.60	04:43:53.60	+02:10:58 (46.1%)	9:47	6.1 (53.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przybyszów 15.5km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
131	NITSCH Joanna	3470		Open K	131	03:17:20	04:44:01.35	04:44:01.35	+02:11:06 (46.2%)	9:47	6.1 (53.5%)
132	ZWIEROWICZ Agnieszka	3459		Open K	132		04:44:06.70	04:44:06.70	+02:11:11 (46.2%)	9:47	6.1 (53.5%)
133	SZALSKA Elżbieta	3369		Open K	133	03:01:31	04:44:21.70	04:44:21.70	+02:11:26 (46.2%)	9:48	6.1 (53.5%)
134	ZAJĄC Aga	3444	77CATS_ULTRA	Open K	134	03:17:50	04:44:23.25	04:44:23.25	+02:11:28 (46.2%)	9:48	6.1 (53.5%)
135	IZDEBSKA Renata	3139		Open K	135	03:21:04	04:46:57.15	04:46:57.15	+02:14:02 (46.7%)	9:53	6.1 (53.5%)
136	ISKRA Alicja	3138	MIRAZ RACE TEAM	Open K	136	03:16:32	04:47:23.40	04:47:23.40	+02:14:28 (46.8%)	9:54	6.1 (53.5%)
137	KOŁACIŃSKA Ewelina	3172	LEŚNE SZYCHY	Open K	137	03:21:37	04:51:37.05	04:51:37.05	+02:18:42 (47.6%)	10:03	6 (52.6%)
138	BAJUS Aleksandra	3010	RUSYNLEM	Open K	138	03:19:25	04:53:51.90	04:53:51.90	+02:20:56 (48.0%)	10:07	5.9 (51.8%)
139	WÓJTOWICZ Izabela	3436		Open K	139	03:23:19	04:54:10.45	04:54:10.45	+02:21:15 (48.0%)	10:08	5.9 (51.8%)
140	SIKORA Małgorzata	3342		Open K	140	03:23:03	04:54:25.65	04:54:25.65	+02:21:30 (48.1%)	10:09	5.9 (51.8%)
141	BAJUS-LEWKOWICZ Oksana	3011	RUSYNLEM	Open K	141	03:19:38	04:55:26.10	04:55:26.10	+02:22:31 (48.2%)	10:11	5.9 (51.8%)
142	JĘDRZEJEK Kinga	3147	HAPPY RUNNERS	Open K	142	03:21:42	04:56:58.75	04:56:58.75	+02:24:03 (48.5%)	10:14	5.9 (51.8%)
143	BOLIGŁOWA Małgorzata	3024		Open K	143	03:02:08	04:57:36.00	04:57:36.00	+02:24:41 (48.6%)	10:15	5.8 (50.9%)
144	CZEKAJ Katarzyna	3055		Open K	144	03:16:37	04:57:36.05	04:57:36.05	+02:24:41 (48.6%)	10:15	5.8 (50.9%)
145	BRZESKA Edyta	3032	ŁOMIANKOWSKA GRUPA BIEGOWA	Open K	145	03:18:42	04:58:16.30	04:58:16.30	+02:25:21 (48.7%)	10:17	5.8 (50.9%)
146	GRZYWIŃSKA-MIERZEJEWSKA Monika	3122		Open K	146	03:21:34	04:58:16.40	04:58:16.40	+02:25:21 (48.7%)	10:17	5.8 (50.9%)
147	DOMINIAK-LESZCZYŃSKA Elżbieta	3065	LASY WAWERSKIE	Open K	147	03:22:49	04:58:39.40	04:58:39.40	+02:25:44 (48.8%)	10:17	5.8 (50.9%)
Przekroczony limit czasu: 05:00:00											
148	PODGÓRSKA Agata	3308	KLUB SPORTOWY HUSARIA SZCZECINEK	Open K	148		05:00:17.05	05:00:17.05	+02:27:22 (49.1%)	10:21	5.8 (50.9%)
149	SZTECHMILER Katarzyna	3378	KLUB SPORTOWY HUSARIA SZCZECINEK	Open K	149	03:22:33	05:00:48.75	05:00:48.75	+02:27:53 (49.2%)	10:22	5.8 (50.9%)
150	MIROWSKA Anna	3257		Open K	150	03:23:12	05:05:45.85	05:05:45.85	+02:32:50 (50.0%)	10:32	5.7 (50.0%)
151	DUBIECKA Agnieszka	3071	BIZUTERIASPORTOWA.COM	Open K	151	03:22:58	05:07:01.40	05:07:01.40	+02:34:06 (50.2%)	10:35	5.7 (50.0%)
152	ŚWIERBUTOWICZ- KAWALEC Anna	3391	HEŃTEAM	Open K	152	03:03:17	05:08:40.45	05:08:40.45	+02:35:45 (50.5%)	10:38	5.6 (49.1%)
153	MHADHBI Joanna	3247		Open K	153	03:22:53	05:09:53.55	05:09:53.55	+02:36:58 (50.7%)	10:41	5.6 (49.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przybyszów 15.5km	Czas netto 29km	Czas brutto 29km	Różn	Tempo min/km	Tempo km/h
154	DAWID Katarzyna	3060	HAPPY RUNNERS	Open K	154	03:23:29	05:12:09.35	05:12:09.35	+02:39:14 (51.0%)	10:45	5.6 (49.1%)
155	KOWALCZUK Marta	3187		Open K	155	03:21:12	05:12:37.40	05:12:37.40	+02:39:42 (51.1%)	10:46	5.6 (49.1%)
156	PARTYKA Natalia	3287		Open K	156	03:22:24	05:32:28.35	05:32:28.35	+02:59:33 (54.0%)	11:27	5.2 (45.6%)
157	GRYCZYŃSKA Izabela	3119		Open K	157	03:24:50	05:34:48.45	05:34:48.45	+03:01:53 (54.3%)	11:32	5.2 (45.6%)
158	GLIWKA Małgorzata	3104		Open K	158	03:22:41	05:44:12.80	05:44:12.80	+03:11:17 (55.6%)	11:52	5.1 (44.7%)
159	JANICKA Katarzyna	3141		Open K	159	03:24:30	05:48:08.40	05:48:08.40	+03:15:13 (56.1%)	12:00	5 (43.9%)
160	KNAP Katarzyna	3162		Open K	160	02:12:17			+00:53:38	8:32	7 (61.4%)
	BAROSZ Natalia Paulina	3469		Open K		01:25:01 DNF	DNF	DNF		-	- (0.0%)
	SAWICKA Agnieszka	3339	NIE W SZCZEPIONKĘTEAM	Open K		02:34:23 DNF	DNF	DNF		-	- (0.0%)
	JASTRZĘBSKA Anna	3144	KLUB SPORTOWY HUSARIA SZCZECINEK	Open K		DNF	DNF	DNF		-	- (0.0%)

Znaleziono 163 wynik(ów)