



**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

Supermaraton Gór Stołowych 2019  
Fundacja Maratony Górskie  
2019-06-30  
Kartów  
21 km

## LIGHT SGS 21KM

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-30

| Msc | Zawodnik                     | Numer | Klub                         | Kategoria | Mkat | Parking<br>6.5km | Skaly<br>13.33km | Czas<br>netto<br>20.3km | Czas<br>brutto<br>20.3km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|------------------------------|-------|------------------------------|-----------|------|------------------|------------------|-------------------------|--------------------------|----------------------|-----------------|----------------|
| 1   | PIĄTEK Karolina              | 285   | NOGAMIDOGORY.PL              | K-30      | 1    | 00:45:30         | 01:28:21         | 02:12:35.00             | 02:12:40.10              |                      | 6:31            | 9.2<br>(100%)  |
| 2   | SOBCZAK-PAŁASZEWSKA Karolina | 4     |                              | K-30      | 2    | 00:47:08         | 01:30:22         | 02:18:12.35             | 02:18:16.60              | +00:05:36<br>(4.1%)  | 6:48            | 8.8<br>(95.7%) |
| 3   | BIAŁOŁOCKA Alicja            | 422   |                              | K-30      | 3    | 00:53:02         |                  | 02:26:07.70             | 02:26:16.20              | +00:13:36<br>(9.3%)  | 7:11            | 8.3<br>(90.2%) |
| 4   | WIELOGÓRSKA Natalia          | 539   |                              | K-30      | 4    | 00:49:26         | 01:36:20         | 02:28:32.45             | 02:28:39.70              | +00:15:59<br>(10.8%) | 7:19            | 8.2<br>(89.1%) |
| 5   | PIECUCH Karolina             | 559   | LACHO TEAM                   | K-30      | 5    | 00:52:00         | 01:41:25         | 02:32:52.15             | 02:32:56.35              | +00:20:16<br>(13.3%) | 7:31            | 8<br>(87.0%)   |
| 6   | FERENC-SZMUC Edyta           | 526   | KUDOWIANKA RUN               | K-30      | 6    | 00:49:09         |                  | 02:34:16.10             | 02:34:19.05              | +00:21:38<br>(14.0%) | 7:36            | 7.9<br>(85.9%) |
| 7   | LEŚNIEWSKA Justyna           | 48    | AKTYWNA NOWA RUDA            | K-30      | 7    | 00:53:49         | 01:47:40         | 02:44:36.00             | 02:44:38.50              | +00:31:58<br>(19.4%) | 8:06            | 7.4<br>(80.4%) |
| 8   | SKRZYPIŃSKA Olga             | 176   | CHATA BIEGACZA K34 ZAKOPANE  | K-30      | 8    | 00:59:19         | 01:49:43         | 02:46:00.25             | 02:46:26.80              | +00:33:46<br>(20.3%) | 8:10            | 7.3<br>(79.3%) |
| 9   | KARCZYŃSKA Monika            | 498   | POWER TRAINING               | K-30      | 9    | 01:00:11         | 01:52:24         | 02:47:45.10             | 02:47:51.75              | +00:35:11<br>(21.0%) | 8:15            | 7.3<br>(79.3%) |
| 10  | KOLANKO Sylwia               | 521   | NYSA BIEGA                   | K-30      | 10   | 00:57:20         | 01:52:31         | 02:48:38.00             | 02:48:45.25              | +00:36:05<br>(21.4%) | 8:18            | 7.2<br>(78.3%) |
| 11  | DĄBROWSKA Natalia            | 173   | BIEG OPOLSKI                 | K-30      | 11   | 00:58:01         | 01:52:47         | 02:50:33.80             | 02:50:49.90              | +00:38:09<br>(22.3%) | 8:24            | 7.1<br>(77.2%) |
| 12  | HOTAŁA Sylwia                | 517   | KUDOWIANKA RUN.              | K-30      | 12   | 00:55:48         | 01:51:33         | 02:52:09.80             | 02:52:12.85              | +00:39:32<br>(23.0%) | 8:28            | 7.1<br>(77.2%) |
| 13  | KONOPKA-LULEK Agnieszka      | 390   | RUN IS FUN                   | K-30      | 13   | 01:01:24         | 01:55:39         | 02:52:33.25             | 02:52:43.45              | +00:40:03<br>(23.2%) | 8:30            | 7.1<br>(77.2%) |
| 14  | SZYMAŃSKA Agata              | 138   |                              | K-30      | 14   | 01:06:10         | 01:58:42         | 02:52:33.00             | 02:53:20.50              | +00:40:40<br>(23.5%) | 8:30            | 7.1<br>(77.2%) |
| 15  | KORPUS-MIELCZARSKA Katarzyna | 72    | SGB SAMO SIĘ NIE PRZEBIEGNIE | K-30      | 15   | 01:01:52         | 01:56:41         | 02:56:46.60             | 02:57:20.85              | +00:44:40<br>(25.2%) | 8:42            | 6.9<br>(75.0%) |

| Msc | Zawodnik                       | Numer | Klub                              | Kategoria | Mkat | Parking  |                  | Czas netto<br>20.3km | Czas brutto<br>20.3km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|--------------------------------|-------|-----------------------------------|-----------|------|----------|------------------|----------------------|-----------------------|----------------------|-----------------|----------------|
|     |                                |       |                                   |           |      | 6.5km    | Skaly<br>13.33km |                      |                       |                      |                 |                |
| 16  | WRONA Anna                     | 278   |                                   | K-30      | 16   | 01:04:36 | 02:00:59         | 03:01:52.15          | 03:02:06.90           | +00:49:26<br>(27.2%) | 8:57            | 6.7<br>(72.8%) |
| 17  | TYŃSKA SITEK Aleksandra        | 235   | DROGA DO ULTRA                    | K-30      | 17   | 01:06:42 | 02:04:53         | 03:02:46.00          | 03:03:13.75           | +00:50:33<br>(27.6%) | 9:00            | 6.7<br>(72.8%) |
| 18  | MAJER Maja                     | 130   | BIEGAMDLAZDROWIA.PL               | K-30      | 18   | 01:05:43 | 02:04:58         | 03:04:44.20          | 03:05:14.10           | +00:52:34<br>(28.4%) | 9:06            | 6.6<br>(71.7%) |
| 19  | JAROSZUK Ania                  | 172   |                                   | K-30      | 19   | 01:00:39 | 01:59:35         | 03:05:45.50          | 03:06:11.10           | +00:53:31<br>(28.7%) | 9:09            | 6.6<br>(71.7%) |
| 20  | LACHOWICZ Marta                | 129   | NIGHT RUNNERS WROCŁAW             | K-30      | 20   | 01:03:49 | 02:01:16         | 03:06:05.00          | 03:06:29.70           | +00:53:49<br>(28.9%) | 9:10            | 6.5<br>(70.7%) |
| 21  | POCHWAŁA Justyna               | 53    | NATALIA TOMASIAK GÓRSKI STYL TEAM | K-30      | 21   | 01:05:33 | 02:03:44         | 03:06:21.05          | 03:06:35.35           | +00:53:55<br>(28.9%) | 9:10            | 6.5<br>(70.7%) |
| 22  | KUCHARSKA Aleksandra           | 490   | DREAM RUN                         | K-30      | 22   | 01:09:59 |                  | 03:10:41.00          | 03:10:57.75           | +00:58:17<br>(30.5%) | 9:23            | 6.4<br>(69.6%) |
| 23  | OLBRYCHOWSKA Małgorzata        | 87    |                                   | K-30      | 23   | 01:10:35 | 02:09:03         | 03:12:56.05          | 03:13:25.05           | +01:00:44<br>(31.4%) | 9:30            | 6.3<br>(68.5%) |
| 24  | STEPANIUK Agneiszka            | 527   | ASICS FRONTRUNNER POLAND          | K-30      | 24   | 01:02:57 | 02:05:30         | 03:13:26.70          | 03:13:49.25           | +01:01:09<br>(31.6%) | 9:31            | 6.3<br>(68.5%) |
| 25  | FONFERKO Daria                 | 404   | GRUPA BIEGOWA 'BEZ GRANIC'        | K-30      | 25   | 01:06:40 | 02:06:45         | 03:13:42.15          | 03:14:16.15           | +01:01:36<br>(31.7%) | 9:32            | 6.3<br>(68.5%) |
| 26  | STARUCH Sylwia                 | 123   |                                   | K-30      | 26   | 01:09:22 | 02:09:25         | 03:14:05.55          | 03:14:21.65           | +01:01:41<br>(31.7%) | 9:33            | 6.3<br>(68.5%) |
| 27  | STYCZEŃ Ewelina                | 239   | CK_BABCIE\WOŹNIAKRUNNINGTEAM      | K-30      | 27   | 01:09:35 | 02:10:13         | 03:14:04.00          | 03:14:23.00           | +01:01:42<br>(31.7%) | 9:33            | 6.3<br>(68.5%) |
| 28  | GAŁĘSKA Katarzyna              | 300   | DZIKIE MAŁŻONY                    | K-30      | 28   | 01:13:37 | 02:12:54         | 03:13:54.90          | 03:14:27.25           | +01:01:47<br>(31.8%) | 9:33            | 6.3<br>(68.5%) |
| 29  | ANTKOWIAK Monika               | 301   | DZIKIE MAŁŻONY                    | K-30      | 29   | 01:14:30 |                  | 03:13:55.30          | 03:14:27.65           | +01:01:47<br>(31.8%) | 9:33            | 6.3<br>(68.5%) |
| 30  | KAŹMIERCZAK-MOLIK Anna         | 56    | MMA DEVIL MIĘDZYCHÓD / WKURW_TEAM | K-30      | 30   | 01:08:18 | 02:10:03         | 03:13:58.00          | 03:14:30.95           | +01:01:50<br>(31.8%) | 9:33            | 6.3<br>(68.5%) |
| 31  | KARCZYŃSKA Eliza               | 287   | MUD GOATS                         | K-30      | 31   | 01:01:24 | 01:52:27         | 03:14:53.20          | 03:15:00.75           | +01:02:20<br>(32.0%) | 9:36            | 6.2<br>(67.4%) |
| 32  | NOWICKA Anna                   | 157   | PKO BANK POLSKI S.A.              | K-30      | 32   | 01:05:48 | 02:11:22         | 03:15:25.80          | 03:15:32.35           | +01:02:52<br>(32.2%) | 9:37            | 6.2<br>(67.4%) |
| 33  | PYREK Iwona                    | 23    |                                   | K-30      | 33   | 01:08:25 | 02:10:47         | 03:16:10.45          | 03:16:32.40           | +01:03:52<br>(32.5%) | 9:39            | 6.2<br>(67.4%) |
| 34  | EWERT-KRZEMIENIEWSKA Katarzyna | 302   |                                   | K-30      | 34   | 01:05:43 | 02:08:47         | 03:16:23.15          | 03:16:41.45           | +01:04:01<br>(32.5%) | 9:40            | 6.2<br>(67.4%) |
| 35  | PASŁAWSKA Olga                 | 119   | PRZEBIEGA.PL                      | K-30      | 35   | 01:08:15 | 02:08:39         | 03:16:52.45          | 03:17:05.50           | +01:04:25<br>(32.7%) | 9:41            | 6.2<br>(67.4%) |
| 36  | FIJAK Karolina                 | 219   |                                   | K-30      | 36   | 01:10:34 | 02:11:39         | 03:16:41.65          | 03:17:07.65           | +01:04:27<br>(32.7%) | 9:41            | 6.2<br>(67.4%) |
| 37  | SZYMAŃSKA Jolanta              | 547   |                                   | K-30      | 37   | 01:08:34 | 02:11:06         | 03:18:18.15          | 03:18:32.65           | +01:05:52<br>(33.2%) | 9:46            | 6.1<br>(66.3%) |
| 38  | WACHOWSKA Katarzyna            | 545   | SMOK TRÓJGŁOWY                    | K-30      | 38   | 01:12:35 | 02:15:47         | 03:19:11.55          | 03:19:30.30           | +01:06:50<br>(33.5%) | 9:48            | 6.1<br>(66.3%) |

| Msc | Zawodnik               | Numer | Klub                              | Kategoria | Mkat | Parking  |          | Skaly | Czas netto<br>20.3km | Czas brutto<br>20.3km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|------------------------|-------|-----------------------------------|-----------|------|----------|----------|-------|----------------------|-----------------------|----------------------|-----------------|----------------|
|     |                        |       |                                   |           |      | 6.5km    | 13.33km  |       |                      |                       |                      |                 |                |
| 39  | FARION Marzena         | 117   | THE FARIONS                       | K-30      | 39   | 01:10:44 | 02:13:28 |       | 03:19:24.20          | 03:20:19.50           | +01:07:39<br>(33.8%) | 9:49            | 6.1<br>(66.3%) |
| 40  | LIBERACKA-KOPYTEK Ewa  | 298   | DZIKIE MAŁŻONY                    | K-30      | 40   | 01:13:36 |          |       | 03:21:25.05          | 03:21:58.30           | +01:09:18<br>(34.3%) | 9:55            | 6<br>(65.2%)   |
| 41  | LEWANDOWSKA Ewelina    | 204   | NIGHT RUNNERS WROCŁAW             | K-30      | 41   | 01:14:01 |          |       | 03:22:54.50          | 03:23:19.10           | +01:10:39<br>(34.7%) | 9:59            | 6<br>(65.2%)   |
| 42  | GIEMZA Ewelina         | 254   | MIODOWICE.PL                      | K-30      | 42   | 01:10:10 | 02:12:31 |       | 03:22:55.25          | 03:23:33.40           | +01:10:53<br>(34.8%) | 9:59            | 6<br>(65.2%)   |
| 43  | SZYMAŃSKA Karolina     | 137   |                                   | K-30      | 43   | 01:13:18 | 02:17:20 |       | 03:24:24.20          | 03:24:53.00           | +01:12:12<br>(35.2%) | 10:04           | 6<br>(65.2%)   |
| 44  | STEC Aneta             | 8     | FCMISIENIECHCE                    | K-30      | 44   | 01:13:34 |          |       | 03:26:06.25          | 03:26:47.00           | +01:14:06<br>(35.8%) | 10:09           | 5.9<br>(64.1%) |
| 45  | DOJS Aleksandra        | 511   |                                   | K-30      | 45   | 01:17:06 | 02:20:31 |       | 03:27:56.80          | 03:28:33.40           | +01:15:53<br>(36.4%) | 10:14           | 5.9<br>(64.1%) |
| 46  | ANUSZ Roksana          | 77    | ŻARÓW BIEGA                       | K-30      | 46   | 01:09:10 | 02:12:21 |       | 03:29:14.80          | 03:29:36.75           | +01:16:56<br>(36.7%) | 10:18           | 5.8<br>(63.0%) |
| 47  | POKROP Agnieszka       | 68    | NATALIA TOMASIAK GÓRSKI STYL TEAM | K-30      | 47   | 01:16:14 | 02:20:14 |       | 03:32:06.25          | 03:32:20.90           | +01:19:40<br>(37.5%) | 10:26           | 5.7<br>(62.0%) |
| 48  | KWIATKOWSKA Marta      | 288   |                                   | K-30      | 48   | 01:14:02 | 02:20:37 |       | 03:36:45.25          | 03:37:32.70           | +01:24:52<br>(39.0%) | 10:40           | 5.6<br>(60.9%) |
| 49  | SZCZYPEK Ola           | 113   | ADRENALINA TEAM                   | K-30      | 49   | 01:15:00 | 02:23:51 |       | 03:37:32.60          | 03:37:40.80           | +01:25:00<br>(39.1%) | 10:42           | 5.6<br>(60.9%) |
| 50  | FEDOROWICZ Jowita      | 73    | KOTWICA BRZEG                     | K-30      | 50   | 01:16:43 | 02:26:07 |       | 03:37:48.35          | 03:38:24.05           | +01:25:43<br>(39.3%) | 10:43           | 5.6<br>(60.9%) |
| 51  | JUSZCZAK Natalia       | 228   | WRODZINIESIŁA                     | K-30      | 51   | 01:13:13 |          |       | 03:39:04.95          | 03:39:22.00           | +01:26:41<br>(39.5%) | 10:47           | 5.6<br>(60.9%) |
| 52  | WYSZKOWSKA Marzena     | 253   | BANANA TEAM                       | K-30      | 52   | 01:17:38 | 02:25:13 |       | 03:38:32.35          | 03:39:24.85           | +01:26:44<br>(39.5%) | 10:45           | 5.6<br>(60.9%) |
| 52  | BRODAWKA Olga          | 471   |                                   | K-30      | 53   | 01:17:47 | 02:26:20 |       | 03:38:38.45          | 03:39:24.85           | +01:26:44<br>(39.5%) | 10:46           | 5.6<br>(60.9%) |
| 54  | RASZCZUK Martyna       | 476   | POMIDOROWA ALTERNATYWA            | K-30      | 54   |          | 02:23:14 |       | 03:39:25.00          | 03:39:25.00           | +01:26:44<br>(39.5%) | 10:48           | 5.6<br>(60.9%) |
| 55  | OLEKSIEWICZ Beata      | 508   | SZAKALE BAŁUT ŁÓDŹ                | K-30      | 55   | 01:20:56 | 02:30:36 |       | 03:43:34.40          | 03:44:20.05           | +01:31:39<br>(40.9%) | 11:00           | 5.4<br>(58.7%) |
| 56  | BARTOSZEWSKA Katarzyna | 534   |                                   | K-30      | 56   | 01:18:35 | 02:30:53 |       | 03:49:43.75          | 03:50:09.50           | +01:37:29<br>(42.4%) | 11:19           | 5.3<br>(57.6%) |
| 57  | KACZMAREK Paulina      | 299   | DZIKIE MAŁŻONY                    | K-30      | 57   | 01:14:29 | 02:26:55 |       | 03:51:37.50          | 03:52:11.70           | +01:39:31<br>(42.9%) | 11:24           | 5.3<br>(57.6%) |
| 58  | SZUDERA Kamila         | 90    | WIECZORNE BIEGANIE W SZCZECINIE   | K-30      | 58   | 01:21:53 | 02:36:13 |       | 03:52:04.95          | 03:52:15.35           | +01:39:35<br>(42.9%) | 11:25           | 5.2<br>(56.5%) |
| 59  | URBAŃSKA Agnieszka     | 266   |                                   | K-30      | 59   | 01:16:05 | 02:25:08 |       | 03:53:49.90          | 03:54:06.40           | +01:41:26<br>(43.3%) | 11:31           | 5.2<br>(56.5%) |
| 60  | ŻBEL Ania              | 217   | HRMAX ŻORY                        | K-30      | 60   | 01:19:19 | 02:34:11 |       | 03:56:15.40          | 03:56:42.95           | +01:44:02<br>(44.0%) | 11:38           | 5.2<br>(56.5%) |
| 61  | SAWICKA Izabela        | 38    | PARKRUN                           | K-30      | 61   | 01:29:12 | 02:42:15 |       | 03:57:57.90          | 03:58:47.35           | +01:46:07<br>(44.4%) | 11:43           | 5.1<br>(55.4%) |

| Msc                                | Zawodnik                   | Numer | Klub                            | Kategoria | Mkat | Parking<br>6.5km | Skaly<br>13.33km | Czas<br>netto<br>20.3km | Czas<br>brutto<br>20.3km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|------------------------------------|----------------------------|-------|---------------------------------|-----------|------|------------------|------------------|-------------------------|--------------------------|----------------------|-----------------|----------------|
| 62                                 | KAMIŃSKA Magdalena         | 223   |                                 | K-30      | 62   | 01:21:46         | 02:35:40         | 03:58:48.65             | 03:59:35.65              | +01:46:55<br>(44.6%) | 11:45           | 5.1<br>(55.4%) |
| 63                                 | ŁAGOWSKA Agnieszka         | 513   |                                 | K-30      | 63   | 01:21:01         | 02:36:03         | 03:59:25.15             | 03:59:44.50              | +01:47:04<br>(44.7%) | 11:47           | 5.1<br>(55.4%) |
| 64                                 | ŚWIDER-KRÓLIKIEWICZ Joanna | 244   | 1982                            | K-30      | 64   | 01:27:17         | 02:40:54         | 04:02:32.75             | 04:03:02.05              | +01:50:21<br>(45.4%) | 11:56           | 5<br>(54.3%)   |
| 65                                 | SZEWCZENKO Agnieszka       | 563   |                                 | K-30      | 65   | 01:27:17         | 02:41:06         | 04:02:32.40             | 04:03:02.15              | +01:50:22<br>(45.4%) | 11:56           | 5<br>(54.3%)   |
| 66                                 | WITKOWSKA-KOPKA Kaja       | 187   |                                 | K-30      | 66   | 01:21:47         | 02:42:04         | 04:02:28.25             | 04:03:05.70              | +01:50:25<br>(45.4%) | 11:56           | 5<br>(54.3%)   |
| 67                                 | GAJOCHA Olga               | 516   | HARPAGAN SOSNOWIEC              | K-30      | 67   | 01:24:41         | 02:37:51         | 04:02:34.30             | 04:03:11.65              | +01:50:31<br>(45.4%) | 11:56           | 5<br>(54.3%)   |
| 68                                 | KURIATA Andżelika          | 492   |                                 | K-30      | 68   | 01:25:05         |                  | 04:03:41.15             | 04:03:48.10              | +01:51:08<br>(45.6%) | 12:00           | 5<br>(54.3%)   |
| 69                                 | WISZNIEWSKA Agata          | 32    | NIGHT RUNNERS WROCŁAW           | K-30      | 69   | 01:24:41         | 02:38:40         | 04:04:14.10             | 04:04:37.70              | +01:51:57<br>(45.8%) | 12:01           | 5<br>(54.3%)   |
| 70                                 | PATEREK Anna               | 382   | SKURCZE ŁYDEK                   | K-30      | 70   | 01:22:07         | 02:34:15         | 04:06:26.40             | 04:07:16.25              | +01:54:36<br>(46.3%) | 12:08           | 4.9<br>(53.3%) |
| 71                                 | LIS-MONASTYRSKA Katarzyna  | 233   |                                 | K-30      | 71   | 01:24:44         | 02:44:04         | 04:06:53.40             | 04:07:23.00              | +01:54:42<br>(46.4%) | 12:09           | 4.9<br>(53.3%) |
| 72                                 | ORZECZOWSKA Karolina       | 152   | BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ | K-30      | 72   | 01:26:01         | 02:45:01         | 04:08:55.55             | 04:09:18.85              | +01:56:38<br>(46.8%) | 12:15           | 4.9<br>(53.3%) |
| 73                                 | ZAŁUCKA Agnieszka          | 474   |                                 | K-30      | 73   | 01:25:55         | 02:45:11         | 04:09:18.55             | 04:09:41.30              | +01:57:01<br>(46.9%) | 12:16           | 4.9<br>(53.3%) |
| 74                                 | GODZISZ Ewa                | 150   | VEGE RUNNERS                    | K-30      | 74   | 01:29:27         | 02:42:45         | 04:12:10.75             | 04:12:59.80              | +02:00:19<br>(47.6%) | 12:25           | 4.8<br>(52.2%) |
| 75                                 | BARTOSIK Monika            | 465   | #CZELADZBIEGA                   | K-30      | 75   | 01:29:14         | 02:47:40         | 04:16:35.55             | 04:17:20.20              | +02:04:40<br>(48.4%) | 12:38           | 4.7<br>(51.1%) |
| 75                                 | KUBACZKA-LIGENZA Sylwia    | 462   | #CZELADZBIEGA                   | K-30      | 76   | 01:29:06         | 02:47:48         | 04:16:35.25             | 04:17:20.20              | +02:04:40<br>(48.4%) | 12:38           | 4.7<br>(51.1%) |
| 77                                 | BUJAK-KAPA Dorota          | 461   | #CZELADZBIEGA                   | K-30      | 77   | 01:29:18         | 02:47:47         | 04:16:37.70             | 04:17:20.65              | +02:04:40<br>(48.4%) | 12:38           | 4.7<br>(51.1%) |
| 78                                 | WYSOCKA Edyta              | 163   | HUSARIA RACE TEAM               | K-30      | 78   | 01:31:52         | 02:57:04         | 04:27:53.90             | 04:28:19.20              | +02:15:39<br>(50.6%) | 13:11           | 4.5<br>(48.9%) |
| 79                                 | WIŚNIEWSKA Magdalena       | 378   | ZMASAKROWANI                    | K-30      | 79   | 01:33:33         | 02:56:11         | 04:32:43.60             | 04:32:55.45              | +02:20:15<br>(51.4%) | 13:26           | 4.5<br>(48.9%) |
| 80                                 | MACKIEWICZ Katarzyna       | 65    |                                 | K-30      | 80   | 01:33:43         | 02:59:57         | 04:40:45.30             | 04:41:34.35              | +02:28:54<br>(52.9%) | 13:49           | 4.3<br>(46.7%) |
| 81                                 | WITKOWSKA Ania             | 40    |                                 | K-30      | 81   | 01:33:45         | 03:00:33         | 04:40:45.85             | 04:41:34.70              | +02:28:54<br>(52.9%) | 13:49           | 4.3<br>(46.7%) |
| 82                                 | OSSOWSKA Monika            | 327   | #TRILOSZKI                      | K-30      | 82   | 01:36:39         | 03:15:09         | 04:55:07.00             | 04:55:43.35              | +02:43:03<br>(55.1%) | 14:32           | 4.1<br>(44.6%) |
| Przekroczony limit czasu: 05:00:00 |                            |       |                                 |           |      |                  |                  |                         |                          |                      |                 |                |
| 83                                 | SZUMLAS Anna               | 337   | #SZUMITEAM                      | K-30      | 83   | 01:37:46         | 03:16:39         | 05:05:05.75             | 05:05:43.00              | +02:53:02<br>(56.6%) | 15:01           | 4<br>(43.5%)   |
| 84                                 | KROPIDŁOWSKA Magdalena     | 107   | OCELOTY KRUSZYN KRAJEŃSKI       | K-30      | 84   |                  | 02:21:02         |                         |                          | +00:52:36            | 10:34           | 5.7<br>(62.0%) |

| Msc | Zawodnik                      | Numer    | Klub                       | Kategoria | Mkat | Parking<br>6.5km | Skaly<br>13.33km | Czas<br>netto<br>20.3km | Czas<br>brutto<br>20.3km | Różn | Tempo<br>min/km | Tempo<br>km/h |
|-----|-------------------------------|----------|----------------------------|-----------|------|------------------|------------------|-------------------------|--------------------------|------|-----------------|---------------|
|     | <b>NOWACKA-WOŁCZEK Jagoda</b> | <b>5</b> | GRUPA BIEGOWA 'BEZ GRANIC' | K-30      |      | DNF              | DNF              | <b>DNF</b>              | <b>DNF</b>               |      | -               | - (0.0%)      |

Znaleziono 85 wynik(ów)