



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: OPEN KOBIEC

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas netto 20.3km	Czas brutto 20.3km	Różn	Tempo min/km	Tempo 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 (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 (4.1%)	6:48	8.8 (95.7%)
3	SWORNOWSKA Anna	120		K-20	1	00:49:06	01:34:39	02:25:30.85	02:25:35.80	+00:12:55 (8.9%)	7:10	8.4 (91.3%)
4	BIAŁOBLÓCKA Alicja	422		K-30	3	00:53:02		02:26:07.70	02:26:16.20	+00:13:36 (9.3%)	7:11	8.3 (90.2%)
5	BRZĄKAŁA Katarzyna	305	PRZEDWOJEWSKI MOUNTAIN TEAM	K-20	2	00:49:06	01:35:45	02:26:54.65	02:26:59.50	+00:14:19 (9.7%)	7:14	8.3 (90.2%)
6	WIELOGÓRSKA Natalia	539		K-30	4	00:49:26	01:36:20	02:28:32.45	02:28:39.70	+00:15:59 (10.8%)	7:19	8.2 (89.1%)
7	PODOLAK Ula	531	PRZEDWOJEWSKI MOUNTAIN TEAM	K-20	3	00:49:57	01:39:32	02:29:28.15	02:29:30.80	+00:16:50 (11.3%)	7:21	8.1 (88.0%)
8	STĘPIEŃ Małgorzata	391	STAJNIA BALONA	K-20	4	00:52:09	01:39:17	02:30:09.40	02:30:16.15	+00:17:36 (11.7%)	7:23	8.1 (88.0%)
9	GROCHOWSKA Aleksandra	538		K-20	5	00:55:00	01:41:14	02:29:57.30	02:30:20.80	+00:17:40 (11.8%)	7:23	8.1 (88.0%)
10	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 (13.3%)	7:31	8 (87.0%)
11	FERENC-SZMUC Edyta	526	KUDOWIANKA RUN	K-30	6	00:49:09		02:34:16.10	02:34:19.05	+00:21:38 (14.0%)	7:36	7.9 (85.9%)
12	JAWORSKA Magdalena	377	GB WIELKOPOLSCY BIEGACZE	K-40	1	00:53:14	01:43:41	02:37:34.20	02:37:37.95	+00:24:57 (15.8%)	7:45	7.7 (83.7%)
13	KOT Klaudia	548		K-20	6	00:55:42	01:48:01	02:39:54.20	02:40:05.25	+00:27:25 (17.1%)	7:52	7.6 (82.6%)
14	CHOJNOWSKA Magdalena	451	ROGOŹNIK	K-20	7	00:59:31		02:39:16.90	02:40:06.85	+00:27:26 (17.1%)	7:50	7.6 (82.6%)
15	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 (19.4%)	8:06	7.4 (80.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas netto 20.3km	Czas brutto 20.3km	Różn	Tempo min/km	Tempo km/h
16	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 (20.3%)	8:10	7.3 (79.3%)
17	CĄKAŁA Zuzanna	116		K-20	8	00:58:00	01:49:45	02:46:11.25	02:46:42.80	+00:34:02 (20.4%)	8:11	7.3 (79.3%)
18	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 (21.0%)	8:15	7.3 (79.3%)
19	STRAUCHOLD Anna	242	PRO-RUN WROCŁAW	K-40	2	00:56:36	01:50:38	02:48:02.40	02:48:07.95	+00:35:27 (21.1%)	8:16	7.2 (78.3%)
20	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 (21.4%)	8:18	7.2 (78.3%)
21	DUDA Monika	54	RAZ SZCZECIN	K-40	3	01:00:44	01:53:02	02:48:57.55	02:49:16.60	+00:36:36 (21.6%)	8:19	7.2 (78.3%)
22	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 (22.3%)	8:24	7.1 (77.2%)
23	TOMCZAK-CZUWAŁ Sylwia	93	KARKONOSZ RUNNING TEAM	K-40	4	01:01:17	01:54:08	02:51:36.30	02:51:52.80	+00:39:12 (22.8%)	8:27	7.1 (77.2%)
24	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 (23.0%)	8:28	7.1 (77.2%)
25	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 (23.2%)	8:30	7.1 (77.2%)
26	MURZYN Krysia	355	DOBCZYCKI KLUB BIEGACZA	K-40	5	01:01:57	01:55:13	02:52:51.15	02:53:18.80	+00:40:38 (23.5%)	8:30	7 (76.1%)
27	SZYMAŃSKA Agata	138		K-30	14	01:06:10	01:58:42	02:52:33.00	02:53:20.50	+00:40:40 (23.5%)	8:30	7.1 (77.2%)
28	GŁOWACKA Edyta	424	MATNER RUNNING TEAM	K-40	6	01:00:57	01:56:22	02:55:25.75	02:55:29.45	+00:42:49 (24.4%)	8:38	6.9 (75.0%)
29	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 (25.2%)	8:42	6.9 (75.0%)
30	KUBIAK Karolina	358	EXCALIBUR	K-40	7	01:02:55	02:00:14	02:59:05.80	02:59:30.40	+00:46:50 (26.1%)	8:49	6.8 (73.9%)
31	GOLON Marlena	37	RUN PASJA	K-40	8	01:05:04	02:02:12	03:00:48.75	03:01:01.40	+00:48:21 (26.7%)	8:54	6.7 (72.8%)
32	WRONA Anna	278		K-30	16	01:04:36	02:00:59	03:01:52.15	03:02:06.90	+00:49:26 (27.2%)	8:57	6.7 (72.8%)
33	KRUBA-WRÓBLEWSKA Beata	29	DOBROMIEJSKI KLUB BIEGACZA 'ODCISK'	K-40	9	01:04:59	02:02:08	03:02:12.85	03:02:33.90	+00:49:53 (27.3%)	8:58	6.7 (72.8%)
34	MARTOWSKA Barbara	186		K-40	10	01:01:21	01:57:58	03:02:45.95	03:02:58.90	+00:50:18 (27.5%)	9:00	6.7 (72.8%)
35	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 (27.6%)	9:00	6.7 (72.8%)
36	ŚWIATOWIEC Anna	445	IMPERIUM SPORTU	K-40	11	01:06:54	02:04:18	03:03:23.65	03:04:16.30	+00:51:36 (28.0%)	9:02	6.6 (71.7%)
37	GARCZYŃSKA Ania	200		K-40	12	01:07:40		03:03:49.25	03:04:23.25	+00:51:43 (28.0%)	9:03	6.6 (71.7%)
38	PAPROCKA Natalia	294	RUDA I ŁYSY	K-40	13	01:03:27	02:02:13	03:04:14.20	03:05:05.50	+00:52:25 (28.3%)	9:04	6.6 (71.7%)

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39	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 (28.4%)	9:06	6.6 (71.7%)
40	BEDNARZ Małgorzata	61	OTM.B	K-40	14	01:00:38	01:57:48	03:05:46.10	03:05:58.25	+00:53:18 (28.7%)	9:09	6.6 (71.7%)
41	BOROWIK Bożena	42	DOBROMIEJSKI KLUB BIEGACZA 'ODCISK'	K-50	1	01:05:31	02:02:13	03:05:39.05	03:05:59.60	+00:53:19 (28.7%)	9:08	6.6 (71.7%)
42	JAROSZUK Ania	172		K-30	19	01:00:39	01:59:35	03:05:45.50	03:06:11.10	+00:53:31 (28.7%)	9:09	6.6 (71.7%)
43	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 (28.9%)	9:10	6.5 (70.7%)
44	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 (28.9%)	9:10	6.5 (70.7%)
45	SKRĘTEK Monika	103	BIEGAMDLAZDROWIA. PL	K-40	15	01:06:48	02:05:52	03:06:24.20	03:06:59.35	+00:54:19 (29.1%)	9:10	6.5 (70.7%)
46	MACKIEWICZ Magdalena	20	DŁUGOBIEGANIE	K-40	16	01:04:22	02:03:16	03:06:55.45	03:07:03.95	+00:54:23 (29.1%)	9:12	6.5 (70.7%)
47	WIENCIS Małgorzata	209	RAZ SZCZECIN	K-40	17	01:06:45	02:04:14	03:06:59.70	03:07:19.20	+00:54:39 (29.2%)	9:12	6.5 (70.7%)
48	IWANIEC-KOPACZEWSKA Anna	456	WITKOWO BIEGA	K-40	18	01:08:49	02:07:08	03:09:20.85	03:09:37.50	+00:56:57 (30.0%)	9:19	6.4 (69.6%)
49	KUCHARSKA Aleksandra	490	DREAM RUN	K-30	22	01:09:59		03:10:41.00	03:10:57.75	+00:58:17 (30.5%)	9:23	6.4 (69.6%)
50	ULIKOWSKA Martyna	505	ZAŁOGA GÓRSKA	K-20	9	01:04:26	02:04:34	03:10:44.45	03:11:15.30	+00:58:35 (30.6%)	9:23	6.4 (69.6%)
51	SZKWAREK Anna	426		K-40	19	01:06:19	02:07:44	03:11:18.85	03:11:32.85	+00:58:52 (30.7%)	9:25	6.4 (69.6%)
52	ZIELIŃSKA Mirona	49	NIGHT RUNNERS WROCŁAW	K-40	20	01:05:34	01:31:53	03:12:29.55	03:12:52.70	+01:00:12 (31.2%)	9:28	6.3 (68.5%)
53	BARAŃSKA Aleksandra	518		K-20	10	01:01:56		03:13:14.20	03:13:24.95	+01:00:44 (31.4%)	9:31	6.3 (68.5%)
54	OLBRYCHOWSKA Małgorzata	87		K-30	23	01:10:35	02:09:03	03:12:56.05	03:13:25.05	+01:00:44 (31.4%)	9:30	6.3 (68.5%)
55	STEPANIUK Agnieszka	527	ASICS FRONTRUNNER POLAND	K-30	24	01:02:57	02:05:30	03:13:26.70	03:13:49.25	+01:01:09 (31.6%)	9:31	6.3 (68.5%)
56	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 (31.7%)	9:32	6.3 (68.5%)
57	ABRAMCZYK Marta	323	HUSARIA RACE TEAM	K-20	11	01:05:10	02:05:47	03:14:02.65	03:14:20.40	+01:01:40 (31.7%)	9:33	6.3 (68.5%)
58	STARUCH Sylwia	123		K-30	26	01:09:22	02:09:25	03:14:05.55	03:14:21.65	+01:01:41 (31.7%)	9:33	6.3 (68.5%)
59	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 (31.7%)	9:33	6.3 (68.5%)
60	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 (31.8%)	9:33	6.3 (68.5%)
61	ANTKOWIAK Monika	301	DZIKIE MAŁŻONY	K-30	29	01:14:30		03:13:55.30	03:14:27.65	+01:01:47 (31.8%)	9:33	6.3 (68.5%)

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62	KAŻMIERCZAK-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 (31.8%)	9:33	6.3 (68.5%)
63	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 (32.0%)	9:36	6.2 (67.4%)
64	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 (32.2%)	9:37	6.2 (67.4%)
65	PYREK Iwona	23		K-30	33	01:08:25	02:10:47	03:16:10.45	03:16:32.40	+01:03:52 (32.5%)	9:39	6.2 (67.4%)
66	EWERT-KRZEMIENIEWSKA Katarzyna	302		K-30	34	01:05:43	02:08:47	03:16:23.15	03:16:41.45	+01:04:01 (32.5%)	9:40	6.2 (67.4%)
67	SMOCZEK Marlena	156		K-40	21	01:06:48	02:08:10	03:16:21.35	03:16:43.20	+01:04:03 (32.6%)	9:40	6.2 (67.4%)
68	KOMOROWSKA Monika	17	DOBROMIEJSKI KLUB BIEGACZA ODCISK	K-40	22	01:07:22	02:09:01	03:16:22.85	03:16:43.95	+01:04:03 (32.6%)	9:40	6.2 (67.4%)
69	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 (32.7%)	9:41	6.2 (67.4%)
70	FIJAK Karolina	219		K-30	36	01:10:34	02:11:39	03:16:41.65	03:17:07.65	+01:04:27 (32.7%)	9:41	6.2 (67.4%)
71	SZYMAŃSKA Jolanta	547		K-30	37	01:08:34	02:11:06	03:18:18.15	03:18:32.65	+01:05:52 (33.2%)	9:46	6.1 (66.3%)
72	ŁÓJ-KONIECZNA Edyta	339	INFINITY GYM	K-40	23	01:08:47		03:18:09.05	03:18:40.75	+01:06:00 (33.2%)	9:45	6.1 (66.3%)
73	KWIATKOWSKA Zuzanna	542		K-40	24	01:07:37	02:09:55	03:18:52.05	03:19:02.80	+01:06:22 (33.3%)	9:47	6.1 (66.3%)
74	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 (33.5%)	9:48	6.1 (66.3%)
75	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 (33.8%)	9:49	6.1 (66.3%)
76	BABICKA Sylwia	149		K-40	25	01:12:49	02:14:35	03:20:51.85	03:21:11.35	+01:08:31 (34.1%)	9:53	6.1 (66.3%)
77	LIBERACKA-KOPYTEK Ewa	298	DZIKIE MAŁŻONY	K-30	40	01:13:36		03:21:25.05	03:21:58.30	+01:09:18 (34.3%)	9:55	6 (65.2%)
78	SZYCH Katarzyna	83	RAZ-SZCZECIN	K-40	26	01:08:53	02:10:09	03:21:44.30	03:22:04.40	+01:09:24 (34.3%)	9:56	6 (65.2%)
79	ŁĄŻEWSKA Sylwia	27		K-40	27	01:06:14	02:11:17	03:21:56.75	03:22:11.05	+01:09:30 (34.4%)	9:56	6 (65.2%)
80	CHROSTEK Dorota	415		K-40	28	01:10:18	02:12:37	03:21:25.00	03:22:18.35	+01:09:38 (34.4%)	9:55	6 (65.2%)
81	LEWANDOWSKA Ewelina	204	NIGHT RUNNERS WROCŁAW	K-30	41	01:14:01		03:22:54.50	03:23:19.10	+01:10:39 (34.7%)	9:59	6 (65.2%)
82	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 (34.8%)	9:59	6 (65.2%)
83	BELOWSKA Anna	240		K-40	29	01:13:22	02:17:10	03:23:27.90	03:23:59.35	+01:11:19 (35.0%)	10:01	6 (65.2%)
84	NOWACZYK Dominika	485	HUSARIA RACE TEAM	K-20	12	01:06:07		03:24:18.25	03:24:27.50	+01:11:47 (35.1%)	10:03	6 (65.2%)

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85	KOŚKA Aleksandra	226	HUSARIA RACE TEAM	K-20	13	01:06:12	02:12:36	03:24:17.95	03:24:27.70	+01:11:47 (35.1%)	10:03	6 (65.2%)
86	ŚWIĄTEK Agnieszka	432		K-20	14	01:13:52	02:16:43	03:23:39.20	03:24:30.65	+01:11:50 (35.1%)	10:01	6 (65.2%)
86	PURWIN Karolina	431		K-20	15	01:13:50	02:16:46	03:23:38.45	03:24:30.65	+01:11:50 (35.1%)	10:01	6 (65.2%)
88	SZYMAŃSKA Karolina	137		K-30	43	01:13:18	02:17:20	03:24:24.20	03:24:53.00	+01:12:12 (35.2%)	10:04	6 (65.2%)
89	NOWICKA Katarzyna	115		K-40	30	01:08:47	02:13:14	03:25:06.85	03:25:13.20	+01:12:33 (35.4%)	10:06	5.9 (64.1%)
90	CHOJECKA Agnieszka	108		K-40	31	01:08:49	02:13:10	03:25:09.15	03:25:17.00	+01:12:36 (35.4%)	10:06	5.9 (64.1%)
91	BRZEZIŃSKA Marta	21		K-40	32	01:12:49	02:13:46	03:25:16.25	03:25:56.85	+01:13:16 (35.6%)	10:06	5.9 (64.1%)
92	STEC Aneta	8	FCMISIENIECHCE	K-30	44	01:13:34		03:26:06.25	03:26:47.00	+01:14:06 (35.8%)	10:09	5.9 (64.1%)
93	ANTKOWIAK Katarzyna	484		K-40	33	01:10:32	02:14:45	03:27:22.25	03:27:28.60	+01:14:48 (36.1%)	10:12	5.9 (64.1%)
94	BRANIEWSKA Paulina	392		K-20	16	01:06:55	02:13:13	03:27:17.50	03:27:38.05	+01:14:57 (36.1%)	10:12	5.9 (64.1%)
95	DOJS Aleksandra	511		K-30	45	01:17:06	02:20:31	03:27:56.80	03:28:33.40	+01:15:53 (36.4%)	10:14	5.9 (64.1%)
96	ODOLIŃSKA Agnieszka	34	PSZCZÓŁKOWSKI TEAM	K-40	34	01:10:13	02:16:43	03:28:04.50	03:28:41.50	+01:16:01 (36.4%)	10:14	5.9 (64.1%)
97	BUDNY Aleksandra	402		K-40	35	01:13:41	02:18:38	03:28:48.60	03:29:25.65	+01:16:45 (36.7%)	10:17	5.8 (63.0%)
98	SZCZEPAŃSKA Anna	277	CZERWONAK BIEGA	K-40	36	01:11:54	02:18:26	03:29:16.35	03:29:33.50	+01:16:53 (36.7%)	10:18	5.8 (63.0%)
99	SIANKIEWICZ Marzena	495	CZERWONAK BIEGA	K-40	37	01:08:52	02:12:44	03:29:21.25	03:29:33.80	+01:16:53 (36.7%)	10:18	5.8 (63.0%)
100	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 (36.7%)	10:18	5.8 (63.0%)
101	BAJOŁEK Aleksandra	126	NIGHT RUNNERS	K-50	2	01:09:19	02:17:06	03:29:15.85	03:29:39.40	+01:16:59 (36.7%)	10:18	5.8 (63.0%)
102	WRÓBLEWSKA Olga	349	VEGE RUNNERS	K-40	38	01:14:22	02:19:34	03:29:12.85	03:30:00.80	+01:17:20 (36.8%)	10:18	5.8 (63.0%)
103	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 (37.5%)	10:26	5.7 (62.0%)
104	PAWLAK Małgorzata	274		K-40	39	01:12:21	02:18:36	03:31:54.60	03:32:21.15	+01:19:41 (37.5%)	10:26	5.7 (62.0%)
105	RĘBECKA Violetta	52	BIEGAMDLAZDROWIA.PL	K-40	40	01:11:50	02:19:17	03:33:33.50	03:34:08.15	+01:21:28 (38.0%)	10:31	5.7 (62.0%)
106	BRYKSA Iwona	165		K-50	3	01:16:01	02:24:15	03:35:25.90	03:35:39.70	+01:22:59 (38.5%)	10:36	5.7 (62.0%)
107	PORADA Małgorzata	178		K-40	41	01:16:05	02:24:26	03:35:26.40	03:35:39.90	+01:22:59 (38.5%)	10:36	5.7 (62.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas netto 20.3km	Czas brutto 20.3km	Różn	Tempo min/km	Tempo km/h
108	TYNIEC-TYRAŁA Helena	394		K-20	17	01:15:52	02:19:55	03:35:52.60	03:36:37.05	+01:23:56 (38.8%)	10:38	5.6 (60.9%)
109	KWIATKOWSKA Marta	288		K-30	48	01:14:02	02:20:37	03:36:45.25	03:37:32.70	+01:24:52 (39.0%)	10:40	5.6 (60.9%)
110	CENDER Magdalena	406	DOGOŃ GRODZISK MAZOWIECKI	K-40	42	01:16:03	02:24:03	03:37:01.85	03:37:36.65	+01:24:56 (39.0%)	10:41	5.6 (60.9%)
111	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 (39.1%)	10:42	5.6 (60.9%)
112	BĘC Dominika	279	CB163	K-20	18	01:10:54	02:20:02	03:37:23.30	03:38:12.00	+01:25:31 (39.2%)	10:42	5.6 (60.9%)
113	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 (39.3%)	10:43	5.6 (60.9%)
114	KOZDROJ Wioletta	309	DOGOŃ GRODZISK MAZOWIECKI	K-40	43	01:17:06	02:26:13	03:38:04.10	03:38:31.35	+01:25:51 (39.3%)	10:44	5.6 (60.9%)
115	NITA Katarzyna	213	VILLAGE PUNK RUN	K-40	44	01:14:20	02:22:01	03:38:37.05	03:39:10.80	+01:26:30 (39.5%)	10:46	5.6 (60.9%)
116	JUSZCZAK Natalia	228	WRODZINIESIŁA	K-30	51	01:13:13		03:39:04.95	03:39:22.00	+01:26:41 (39.5%)	10:47	5.6 (60.9%)
117	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 (39.5%)	10:45	5.6 (60.9%)
117	BRODAWKA Olga	471		K-30	53	01:17:47	02:26:20	03:38:38.45	03:39:24.85	+01:26:44 (39.5%)	10:46	5.6 (60.9%)
119	RASZCZUK Martyna	476	POMIDOROWA ALTERNATYWA	K-30	54		02:23:14	03:39:25.00	03:39:25.00	+01:26:44 (39.5%)	10:48	5.6 (60.9%)
120	DUDEK Mariola	69	STRZEGOMSKA DWUNASTKA	K-40	45	01:17:30	02:26:51	03:38:54.30	03:39:46.30	+01:27:06 (39.6%)	10:46	5.6 (60.9%)
121	ZABOROWSKA Aleksandra	440		K-40	46	01:23:30	02:32:10	03:39:35.35	03:40:08.30	+01:27:28 (39.7%)	10:49	5.5 (59.8%)
122	PISOWŁODZKA Dagmara	552		K-40	47	01:19:46	02:28:17	03:40:55.80	03:41:16.25	+01:28:36 (40.0%)	10:53	5.5 (59.8%)
123	WOJCIECHOWSKA Anna	348	PIĄTKOWO NA BIEGOWO	K-40	48	01:11:07	02:22:22	03:40:57.70	03:41:19.05	+01:28:38 (40.1%)	10:53	5.5 (59.8%)
124	WOJCIECHOWSKA Dorota	366	DOGOŃ GRODZISK MAZOWIECKI	K-40	49	01:17:34	02:26:18	03:41:39.70	03:42:08.25	+01:29:28 (40.3%)	10:55	5.5 (59.8%)
125	BARTOSZEWSKA Justyna	533		K-20	19	01:20:39	02:26:52	03:42:41.30	03:43:32.00	+01:30:51 (40.6%)	10:58	5.5 (59.8%)
126	DRANKA-BOJAROWSKA Daria	350		K-40	50	01:13:40	02:24:57	03:43:20.50	03:43:51.00	+01:31:10 (40.7%)	11:00	5.5 (59.8%)
127	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 (40.9%)	11:00	5.4 (58.7%)
128	LE FELIC Monika	411	ADIDAS RUNNERS WARSAW	K-40	51		02:32:44	03:44:20.85	03:44:20.85	+01:31:40 (40.9%)	11:03	5.4 (58.7%)
129	SZYMCZAK Katarzyna	174		K-50	4	01:16:23	02:27:24	03:46:06.00	03:46:18.35	+01:33:38 (41.4%)	11:08	5.4 (58.7%)
130	MAJEWSKA Anna	114	AKG ŁÓDŹ	K-20	20	01:15:34	02:26:57	03:45:41.25	03:46:19.00	+01:33:38 (41.4%)	11:07	5.4 (58.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas netto 20.3km	Czas brutto 20.3km	Różn	Tempo min/km	Tempo km/h
131	ROSZYK Sylwia	41	PARKRUN POZNAŃ	K-40	52	01:14:39	02:25:07	03:46:47.65	03:47:00.80	+01:34:20 (41.6%)	11:10	5.4 (58.7%)
132	SIARKIEWICZ Jola	111	BIEGAMDLAZDROWIA.PL	K-50	5	01:20:51	02:31:57	03:47:06.35	03:47:37.50	+01:34:57 (41.7%)	11:11	5.4 (58.7%)
133	PŁUCIENNIK Katarzyna	75		K-40	53	01:21:32	02:31:57	03:49:18.25	03:50:09.15	+01:37:29 (42.4%)	11:17	5.3 (57.6%)
134	BARTOSZEWSKA Katarzyna	534		K-30	56	01:18:35	02:30:53	03:49:43.75	03:50:09.50	+01:37:29 (42.4%)	11:19	5.3 (57.6%)
135	PERKA Barbara	135	BIEG OPOLSKI	K-40	54	01:17:23	02:33:42	03:50:20.50	03:50:35.40	+01:37:55 (42.5%)	11:20	5.3 (57.6%)
136	FILIK Anna	260	#CZELADZBIEGA	K-20	21	01:20:34	02:31:22	03:51:19.70	03:52:02.65	+01:39:22 (42.8%)	11:23	5.3 (57.6%)
137	SZCZĘŚNIAK Małgorzata	334	#CZELADZBIEGA	K-40	55	01:19:21	02:31:24	03:51:20.60	03:52:03.15	+01:39:23 (42.8%)	11:23	5.3 (57.6%)
138	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 (42.9%)	11:24	5.3 (57.6%)
139	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 (42.9%)	11:25	5.2 (56.5%)
140	JAMRÓZ Joanna	51	JAMERKI	K-40	56	01:20:56	02:36:58	03:52:49.40	03:53:29.70	+01:40:49 (43.2%)	11:28	5.2 (56.5%)
141	URBAŃSKA Agnieszka	266		K-30	59	01:16:05	02:25:08	03:53:49.90	03:54:06.40	+01:41:26 (43.3%)	11:31	5.2 (56.5%)
142	STACHURSKA Monika	13	KOBYŁKI	K-40	57	01:21:17	02:34:05	03:53:32.50	03:54:27.80	+01:41:47 (43.4%)	11:30	5.2 (56.5%)
143	WĄSIK Izabela	141		K-40	58	01:21:26	02:33:22	03:55:10.15	03:55:51.55	+01:43:11 (43.8%)	11:35	5.2 (56.5%)
144	LIPSKA Iwona	10		K-40	59	01:21:27	02:34:03	03:56:02.60	03:56:42.10	+01:44:02 (44.0%)	11:37	5.2 (56.5%)
145	ŽBEL Ania	217	HRMAX ŽORY	K-30	60	01:19:19	02:34:11	03:56:15.40	03:56:42.95	+01:44:02 (44.0%)	11:38	5.2 (56.5%)
146	IDZIK Angelika	341	HUSARIA RACE TEAM	K-20	22	01:13:38	02:32:17	03:57:29.35	03:57:39.45	+01:44:59 (44.2%)	11:41	5.1 (55.4%)
147	WTULICH Diana	24		K-50	6	01:26:57	02:17:57	03:57:09.60	03:57:51.70	+01:45:11 (44.2%)	11:40	5.1 (55.4%)
148	SAWICKA Izabela	38	PARKRUN	K-30	61	01:29:12	02:42:15	03:57:57.90	03:58:47.35	+01:46:07 (44.4%)	11:43	5.1 (55.4%)
149	JACHYMSKA Zofia	479		K-20	23	01:25:45	02:41:11	03:58:46.15	03:59:25.85	+01:46:45 (44.6%)	11:45	5.1 (55.4%)
150	KAMIŃSKA Magdalena	223		K-30	62	01:21:46	02:35:40	03:58:48.65	03:59:35.65	+01:46:55 (44.6%)	11:45	5.1 (55.4%)
151	ŁAGOWSKA Agnieszka	513		K-30	63	01:21:01	02:36:03	03:59:25.15	03:59:44.50	+01:47:04 (44.7%)	11:47	5.1 (55.4%)
152	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 (45.4%)	11:56	5 (54.3%)
153	SZEWCZENKO Agnieszka	563		K-30	65	01:27:17	02:41:06	04:02:32.40	04:03:02.15	+01:50:22 (45.4%)	11:56	5 (54.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas netto 20.3km	Czas brutto 20.3km	Różn	Tempo min/km	Tempo km/h
154	MIZGAJSKA-KĘPA Katarzyna	182	DOGOŃ GRODZISK MAZOWIECKI	K-40	60	01:22:40	02:38:30	04:02:29.10	04:03:05.40	+01:50:25 (45.4%)	11:56	5 (54.3%)
155	WITKOWSKA-KOPKA Kaja	187		K-30	66	01:21:47	02:42:04	04:02:28.25	04:03:05.70	+01:50:25 (45.4%)	11:56	5 (54.3%)
156	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 (45.4%)	11:56	5 (54.3%)
157	KURIATA Andżelika	492		K-30	68	01:25:05		04:03:41.15	04:03:48.10	+01:51:08 (45.6%)	12:00	5 (54.3%)
158	WISZNIOWSKA 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 (45.8%)	12:01	5 (54.3%)
159	ŁADOŃSKA Ewa	261	PARKRUN WROCŁAW	K-60	1	01:23:55	02:43:06	04:05:44.70	04:06:04.65	+01:53:24 (46.1%)	12:06	5 (54.3%)
160	PRZYŁUSKA Mirosława	136	RAZ SZCZECIN	K-60	2	01:27:18	02:41:49	04:05:52.25	04:06:10.35	+01:53:30 (46.1%)	12:06	5 (54.3%)
161	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 (46.3%)	12:08	4.9 (53.3%)
162	LIS-MONASTYRSKA Katarzyna	233		K-30	71	01:24:44	02:44:04	04:06:53.40	04:07:23.00	+01:54:42 (46.4%)	12:09	4.9 (53.3%)
163	GÓRNIAK Joanna	205		K-40	61	01:26:43	02:42:52	04:08:29.90	04:09:07.95	+01:56:27 (46.7%)	12:14	4.9 (53.3%)
164	ORZECHOWSKA Karolina	152	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	K-30	72	01:26:01	02:45:01	04:08:55.55	04:09:18.85	+01:56:38 (46.8%)	12:15	4.9 (53.3%)
165	ZAŁUCKA Agnieszka	474		K-30	73	01:25:55	02:45:11	04:09:18.55	04:09:41.30	+01:57:01 (46.9%)	12:16	4.9 (53.3%)
166	SZYLIŃSKI Katarzyna	292	TWARDZIELE TEAM BOGATYNIA	K-40	62	01:26:08	02:47:38	04:10:28.30	04:11:04.90	+01:58:24 (47.2%)	12:20	4.9 (53.3%)
167	NASTAWSKA Monika	85		K-40	63	01:23:58	02:44:08	04:12:12.50	04:12:27.10	+01:59:47 (47.4%)	12:25	4.8 (52.2%)
168	BERNAS-KUJAWIŃSKA Magdalena	30	MAMA BIEGA	K-40	64	01:24:10	02:44:03	04:12:11.40	04:12:27.35	+01:59:47 (47.4%)	12:25	4.8 (52.2%)
169	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 (47.6%)	12:25	4.8 (52.2%)
170	KOCHMAN Iwona	522	VEGE RUNNERS	K-50	7	01:25:46	02:41:28	04:12:09.40	04:13:00.10	+02:00:20 (47.6%)	12:25	4.8 (52.2%)
171	OSZCZĘDA Marzena	105	ZARAZIĆ PASJĄ	K-40	65	01:24:24	02:46:47	04:15:16.15	04:15:49.50	+02:03:09 (48.1%)	12:34	4.8 (52.2%)
172	BARTOSIK Monika	465	#CZELADZBIEGA	K-30	75	01:29:14	02:47:40	04:16:35.55	04:17:20.20	+02:04:40 (48.4%)	12:38	4.7 (51.1%)
172	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 (48.4%)	12:38	4.7 (51.1%)
174	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 (48.4%)	12:38	4.7 (51.1%)
175	SKWAREK Sylwia	112		K-20	24	01:22:00	02:43:34	04:17:53.15	04:18:11.25	+02:05:31 (48.6%)	12:42	4.7 (51.1%)
175	WISNIEWSKA Aldona	409		K-40	66	01:22:04	02:53:53	04:18:00.00	04:18:11.25	+02:05:31 (48.6%)	12:42	4.7 (51.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 6.5km	Skaly 13.33km	Czas netto 20.3km	Czas brutto 20.3km	Różn	Tempo min/km	Tempo km/h
177	PIECUCH Małgorzata	15	PRZEWORSKA GRUPA BIEGOWA	K-50	8	01:24:28	02:39:52	04:18:58.25	04:19:46.80	+02:07:06 (48.9%)	12:45	4.7 (51.1%)
178	CHWIAŁKOWSKA Elżbieta	57		K-50	9	01:27:10	02:50:07	04:22:13.00	04:22:52.85	+02:10:12 (49.5%)	12:55	4.6 (50.0%)
179	WASZKIEWICZ Ewa	170	GANG ANIELIC	K-40	67	01:28:54	02:53:29	04:26:25.00	04:26:35.00	+02:13:54 (50.2%)	13:07	4.6 (50.0%)
180	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 (50.6%)	13:11	4.5 (48.9%)
181	SAJDYK Justyna	540		K-20	25	01:29:10	02:52:11	04:28:28.50	04:29:23.60	+02:16:43 (50.8%)	13:13	4.5 (48.9%)
182	WIŚNIEWSKA Dorota	230		K-40	68	01:34:46	03:01:35	04:29:04.35	04:29:33.35	+02:16:53 (50.8%)	13:15	4.5 (48.9%)
183	KIERZKOWSKA Aniola	206	BIAŁOSTOCKA SEKTA BIEGACZY	K-40	69	01:33:37	02:59:50	04:29:17.55	04:30:11.50	+02:17:31 (50.9%)	13:15	4.5 (48.9%)
184	WIŚNIEWSKA Magdalena	378	ZMASAKROWANI	K-30	79	01:33:33	02:56:11	04:32:43.60	04:32:55.45	+02:20:15 (51.4%)	13:26	4.5 (48.9%)
185	PIETROWSKA Hallik	47		K-50	10	01:28:22	02:54:25	04:34:51.75	04:35:31.90	+02:22:51 (51.9%)	13:32	4.4 (47.8%)
186	WROTONIAK Sylwia	373	BLIŹNIACY	K-40	70	01:33:42	03:00:03	04:37:32.15	04:37:43.45	+02:25:03 (52.2%)	13:40	4.4 (47.8%)
187	MACKIEWICZ Katarzyna	65		K-30	80	01:33:43	02:59:57	04:40:45.30	04:41:34.35	+02:28:54 (52.9%)	13:49	4.3 (46.7%)
188	SOKOŁOWSKA Anna	457	PARKRUN GORZÓW WIELKOPOLSKI	K-40	71	01:33:46	03:00:40	04:40:46.15	04:41:34.60	+02:28:54 (52.9%)	13:49	4.3 (46.7%)
189	WITKOWSKA Ania	40		K-30	81	01:33:45	03:00:33	04:40:45.85	04:41:34.70	+02:28:54 (52.9%)	13:49	4.3 (46.7%)
190	PAWLIK Anna	216	OSTRÓDA RUNNERS	K-40	72	01:17:51	02:53:14	04:54:53.30	04:55:30.60	+02:42:50 (55.1%)	14:31	4.1 (44.6%)
191	OSSOWSKA Monika	327	#TRILOSZKI	K-30	82	01:36:39	03:15:09	04:55:07.00	04:55:43.35	+02:43:03 (55.1%)	14:32	4.1 (44.6%)
Przekroczony limit czasu: 05:00:00												
192	SZUMLAS Anna	337	#SZUMITEAM	K-30	83	01:37:46	03:16:39	05:05:05.75	05:05:43.00	+02:53:02 (56.6%)	15:01	4 (43.5%)
193	KROPIDŁOWSKA Magdalena	107	OCELOTY KRUSZYN KRAJEŃSKI	K-30	84		02:21:02			+00:52:36	10:34	5.7 (62.0%)
	BAŁA Anna	345	KLUB BIEGOWY KOPYTO OLSZTYN	K-20		00:56:43 DNF	DNF	DNF	DNF		-	- (0.0%)
	NOWACKA-WOŁCZEK Jagoda	5	GRUPA BIEGOWA 'BEZ GRANIC'	K-30		DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 195 wynik(ów)