



**SUPERMARATON
GÓR
STOŁOWYCH**

PÓLMARATON GÓR STOŁOWYCH 2018

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie: Maraton Gór Stołowych 2018
Organizator: Fundacja Maratony Górskie
Data: 2018-07-01
Miejsce: Kartów
Dystans: 21 km

Klasyfikacja: OPEN KOBIEC

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	GOMOŁYSEK Kinga	147	MATNER RUNNING TEAM	K-30	1	00:45:41	01:26:32	02:11:13.90	02:11:16.75		6:14	9.6 (100%)
2	SWORNOWSKA Anna	454		K-20	1	00:48:41	01:30:41	02:12:20.45	02:12:20.45	+00:01:03 (0.8%)	6:18	9.5 (99.0%)
3	KOWALIK Ewelina	172	FIZJOBIEGACZE SZCZECIN	K-20	2	00:47:08	01:30:50	02:14:35.90	02:14:40.00	+00:03:23 (2.5%)	6:24	9.4 (97.9%)
4	WOSZEK Marzena	177	STOWARZYSZENIE PRZYJACIÓŁ GRUDZIC	K-40	1	00:50:13	01:33:31	02:20:12.05	02:20:26.05	+00:09:09 (6.5%)	6:40	9 (93.8%)
5	BAZAN Anna	91		K-30	2	00:52:40	01:39:01	02:25:13.30	02:25:17.40	+00:14:00 (9.6%)	6:54	8.7 (90.6%)
6	KAPLAN-RAKOWSKI Regina	444	KMF	K-40	2	00:52:18	01:38:19	02:27:53.15	02:28:04.60	+00:16:47 (11.3%)	7:02	8.5 (88.5%)
7	NADOLNA Ewa	342		K-30	3	00:55:35	01:43:47	02:31:23.15	02:31:29.50	+00:20:12 (13.3%)	7:12	8.3 (86.5%)
8	BAŁA Anna	212		K-20	3	00:50:47	01:40:40	02:32:37.95	02:32:41.00	+00:21:24 (14.0%)	7:16	8.3 (86.5%)
9	GOLON Marlena	217	RUN PASJA	K-40	3	00:54:42	01:42:12	02:33:44.15	02:33:51.40	+00:22:34 (14.7%)	7:19	8.2 (85.4%)
10	SZYSZKA Anna	389		K-20	4	00:58:03	01:44:23	02:34:33.70	02:35:07.10	+00:23:50 (15.4%)	7:21	8.2 (85.4%)
11	LEŚNIEWSKA Justyna	54	AKTYWNA NOWA RUDA	K-30	4	00:54:24	01:44:04	02:35:57.10	02:36:00.50	+00:24:43 (15.9%)	7:25	8.1 (84.4%)
12	SMARZEWSKA Justyna	100	FA(S)T&FURIOUS	K-40	4	00:57:49	01:46:49	02:38:41.60	02:39:13.55	+00:27:56 (17.6%)	7:33	7.9 (82.3%)
13	MYŚLICKA Natalia	397		K-30	5	00:56:10	01:46:56	02:39:30.25	02:39:35.55	+00:28:18 (17.7%)	7:35	7.9 (82.3%)
14	TUCHOŁKA Marta	369		K-30	6	00:55:38	01:46:41	02:39:30.75	02:39:36.80	+00:28:20 (17.8%)	7:35	7.9 (82.3%)
15	JANOWSKA Kinga	107		K-30	7	00:57:12	01:44:18	02:40:09.45	02:40:21.60	+00:29:04 (18.1%)	7:37	7.9 (82.3%)

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16	WYTYKOWSKA Joanna	126	RYSIE	K-30	8	00:57:58	01:47:47	02:40:42.55	02:40:42.55	+00:29:25 (18.3%)	7:39	7.8 (81.3%)
17	MARZEC Karolina	275	DZIKIE DZIKI GORZÓW	K-30	9	00:57:23	01:47:58	02:40:42.25	02:40:46.90	+00:29:30 (18.3%)	7:39	7.8 (81.3%)
18	KACZMARCZYK Urszula	432	KARKONOSZ RUNNING TEAM	K-30	10	00:57:43	01:47:22	02:41:06.25	02:41:27.35	+00:30:10 (18.7%)	7:40	7.8 (81.3%)
19	CAKAŁA Zuzanna	7	VOLKSWAGEN MOTOR POLSKA	K-20	5	00:58:13	01:48:36	02:41:54.75	02:42:06.05	+00:30:49 (19.0%)	7:42	7.8 (81.3%)
20	RYBARCZYK Ilona	80	HURAGAN	K-20	6	00:56:39	01:49:23	02:42:18.50	02:42:20.85	+00:31:04 (19.1%)	7:43	7.8 (81.3%)
21	GALUCH Agnieszka	306		K-30	11	00:56:04	01:47:06	02:42:12.45	02:42:22.80	+00:31:06 (19.2%)	7:43	7.8 (81.3%)
22	BIERNACKA Katarzyna	485	SPELEO-KLUB WARSZAWSKI	K-50	1	00:56:10	01:47:59	02:42:46.60	02:42:56.60	+00:31:39 (19.4%)	7:45	7.7 (80.2%)
23	MALIK Olga	415	OSTRÓW BIEGA	K-20	7	01:01:04	01:49:48	02:43:25.15	02:43:43.50	+00:32:26 (19.8%)	7:46	7.7 (80.2%)
24	CHRAPLEWSKA Karolina	243	PRO366	K-30	12	00:58:14	01:50:21	02:43:32.50	02:43:44.10	+00:32:27 (19.8%)	7:47	7.7 (80.2%)
25	CIENGIEL Hanna	297		K-30	13	00:58:30	01:51:41	02:44:29.50	02:44:45.60	+00:33:28 (20.3%)	7:49	7.7 (80.2%)
26	LASSOTA-BUJAK Mariola	437	#CZELADZBIEGA	K-40	5	01:00:44	01:52:02	02:44:35.70	02:44:48.75	+00:33:32 (20.3%)	7:50	7.7 (80.2%)
27	EWERT-KRZEMIENIEWSKA Katarzyna	209		K-30	14	00:59:42	01:51:30	02:45:59.00	02:46:12.45	+00:34:55 (21.0%)	7:54	7.6 (79.2%)
28	WAŁACH-BIŚTA Zuza	44		K-30	15	01:00:09	01:52:37	02:46:14.70	02:46:24.40	+00:35:07 (21.1%)	7:55	7.6 (79.2%)
29	KONOPKA-LULEK Agnieszka	283		K-30	16	00:58:25	01:51:44	02:46:16.65	02:46:25.75	+00:35:09 (21.1%)	7:55	7.6 (79.2%)
30	POLITYLO-ALUWIHARE Agnieszka	447		K-40	6	00:59:44	01:52:14	02:47:08.70	02:47:13.65	+00:35:56 (21.5%)	7:57	7.5 (78.1%)
31	ŚWIERCZEK Marta	458	JURA.PL	K-30	17	01:01:46	01:53:48	02:47:17.70	02:47:29.75	+00:36:13 (21.6%)	7:57	7.5 (78.1%)
32	AUGUSTYNIAK Małgorzata	465		K-40	7	00:54:32	01:49:28	02:47:29.30	02:47:32.90	+00:36:16 (21.6%)	7:58	7.5 (78.1%)
33	MRÓZ Agnieszka	197	BIAŁOSTOCKA SEKTA BIEGACZY	K-30	18	01:05:10	01:55:27	02:48:49.10	02:49:31.10	+00:38:14 (22.6%)	8:02	7.5 (78.1%)
34	TOMASZYK Elzbieta	9		K-30	19	01:02:08	01:57:18	02:49:27.60	02:50:00.45	+00:38:43 (22.8%)	8:04	7.4 (77.1%)
34	KUBACKA Irena	18	BEBS SPORT CLUB	K-20	8	01:02:23	01:57:20	02:49:27.00	02:50:00.45	+00:38:43 (22.8%)	8:04	7.4 (77.1%)
36	GNIADK GOSIA	29	DABEX - BOLT	K-40	8	01:01:56	01:57:03	02:50:53.90	02:51:13.40	+00:39:56 (23.3%)	8:08	7.4 (77.1%)
37	KOZANECKA Marta	398	KLUB BIEGACZA GEOTERMIA UNIEJÓW	K-30	20	01:00:51		02:52:14.70	02:52:26.95	+00:41:10 (23.9%)	8:12	7.3 (76.0%)
38	LESZCZYŃSKA Weronika	149	SYBERIAN HUSKY TEAM	K-30	21	01:01:27	01:57:39	02:53:26.50	02:53:34.45	+00:42:17 (24.4%)	8:15	7.3 (76.0%)

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39	GLINA-KRAWCZYK Małgorzata	240	ZĄBKOWICKA GRYPA BIEGOWA FRANKENSTEIN	K-40	9	01:03:02	01:56:56	02:53:08.55	02:53:40.60	+00:42:23 (24.4%)	8:14	7.3 (76.0%)
40	AUGUSTOWSKA Izabela	93	KB GEOTERMIA UNIEJÓW	K-40	10	01:03:10	01:58:57	02:55:55.70	02:56:07.95	+00:44:51 (25.5%)	8:22	7.2 (75.0%)
41	BUJNOWSKA Anita	48		K-20	9	01:06:39	01:59:16	02:56:33.20	02:57:11.65	+00:45:54 (25.9%)	8:24	7.1 (74.0%)
42	KUJATH Ela	294		K-30	22	01:07:20	02:01:04	02:57:24.75	02:57:58.30	+00:46:41 (26.2%)	8:26	7.1 (74.0%)
43	RETMANIAK Sylwia Ewa	354	DRUŻYNA TVN	K-30	23	01:03:45	01:53:08	02:57:36.55	02:58:22.50	+00:47:05 (26.4%)	8:27	7.1 (74.0%)
44	MÓL Wioletta	127	#CZELADZBIEGA	K-40	11	01:02:54	01:59:57	02:59:56.70	03:00:12.20	+00:48:55 (27.1%)	8:34	7 (72.9%)
45	SZCZECHOWICZ Marzena	103	JACEKBIEGA RUNNING TEAM	K-40	12	01:05:54	02:03:35	03:00:20.05	03:00:20.05	+00:49:03 (27.2%)	8:35	7 (72.9%)
46	JODKO Małgorzata	486		K-30	24	01:06:21	02:03:39	03:00:26.20	03:00:54.10	+00:49:37 (27.4%)	8:35	7 (72.9%)
47	MIZERNY Maria	41	'PI'	K-30	25	01:08:44	02:06:48	03:00:25.25	03:01:02.20	+00:49:45 (27.5%)	8:35	7 (72.9%)
48	SKORUPSKA Julia	282		K-40	13	01:08:21	02:03:37	03:00:30.60	03:01:03.35	+00:49:46 (27.5%)	8:35	7 (72.9%)
49	KOPYCZOK Justyna	158		K-20	10	01:04:50	02:00:40	03:00:56.10	03:01:15.90	+00:49:59 (27.6%)	8:36	7 (72.9%)
50	JANKIEWICZ Kasia	138	RYSIE	K-30	26	01:06:19	02:03:41	03:01:17.05	03:01:17.05	+00:50:00 (27.6%)	8:37	7 (72.9%)
51	WITKOWSKA Paulina	427		K-30	27	01:00:50	02:00:02	03:01:10.35	03:01:18.35	+00:50:01 (27.6%)	8:37	7 (72.9%)
52	WIŚNIEWSKA Barbara	88	HUSARIA RACE TEAM	K-20	11	01:04:30	02:01:33	03:02:17.05	03:02:19.40	+00:51:02 (28.0%)	8:40	6.9 (71.9%)
53	ŁĄŻEWSKA Sylwia	135		K-40	14	01:06:21	02:03:31	03:02:22.85	03:02:50.50	+00:51:33 (28.2%)	8:41	6.9 (71.9%)
54	WRONA Anna	131		K-30	28	01:06:53	02:04:11	03:02:52.35	03:03:05.75	+00:51:49 (28.3%)	8:42	6.9 (71.9%)
55	KOSIEDOWSKA Marta	238		K-30	29	01:05:30	02:01:50	03:02:48.05	03:03:06.00	+00:51:49 (28.3%)	8:42	6.9 (71.9%)
56	ULIKOWSKA Martyna	456	ZAŁOGA GÓRSKA	K-20	12	01:03:50	02:02:07	03:02:53.15	03:03:28.90	+00:52:12 (28.5%)	8:42	6.9 (71.9%)
57	BORUTA-KOŁODZIEJ Emilia	402	PRO-RUN WROCŁAW	K-30	30	01:05:31	02:03:28	03:03:08.50	03:03:29.55	+00:52:12 (28.5%)	8:43	6.9 (71.9%)
58	SZYMCZAK Ewelina	1		K-40	15	01:05:30	02:02:27	03:03:02.90	03:03:29.85	+00:52:13 (28.5%)	8:43	6.9 (71.9%)
59	JAWORSKA Magdalena	22	GB WIELKOPOLSCY BIEGACZE	K-40	16	01:05:19	02:00:45	03:03:18.85	03:04:03.45	+00:52:46 (28.7%)	8:43	6.9 (71.9%)
60	BABIŃSKA Ewelina	85		K-30	31	01:00:31	02:00:42	03:04:01.60	03:04:11.00	+00:52:54 (28.7%)	8:45	6.8 (70.8%)
61	KUCZEWSKA Eliza	249		K-30	32	01:08:28	02:08:22	03:05:47.70	03:06:05.50	+00:54:48 (29.5%)	8:50	6.8 (70.8%)

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62	MAJCHRZAK Joanna	326	TRAINING LAB	K-30	33	01:02:42	02:01:45	03:05:34.95	03:06:19.20	+00:55:02 (29.5%)	8:50	6.8 (70.8%)
63	WILK Magdalena	151		K-40	17	01:02:13	02:03:11	03:06:52.20	03:07:03.10	+00:55:46 (29.8%)	8:53	6.7 (69.8%)
64	BAJOŁEK Aleksandra	449	NIGHT RUNNERS	K-50	2	01:06:19	02:06:39	03:07:34.45	03:07:46.00	+00:56:29 (30.1%)	8:55	6.7 (69.8%)
65	KOLEJ Monika	431	DZIKIE DZIKI GORZÓW	K-40	18	01:05:40	02:04:13	03:08:40.75	03:09:02.60	+00:57:45 (30.6%)	8:59	6.7 (69.8%)
66	LEŚNIAK Magdalena	167	ZARAŻENI BÓLEM	K-20	13			03:09:33.00	03:09:33.00	+00:58:16 (30.7%)	9:01	6.6 (68.8%)
67	MACHŁAJ Sonia	376		K-30	34	01:09:32	02:08:52	03:09:50.05	03:09:50.05	+00:58:33 (30.8%)	9:02	6.6 (68.8%)
68	LUBAŃSKA Alicja	435	ZS BUKOWICE	K-50	3	01:07:00	02:07:44	03:09:47.15	03:10:02.85	+00:58:46 (30.9%)	9:02	6.6 (68.8%)
69	KACZMAREK Karolina	69		K-30	35	01:07:18	02:09:39	03:11:51.25	03:12:19.50	+01:01:02 (31.7%)	9:08	6.6 (68.8%)
70	CHRZUSZCZ Anna	255		K-30	36	01:08:46	02:11:21	03:11:53.30	03:12:20.95	+01:01:04 (31.7%)	9:08	6.6 (68.8%)
71	DZIARNOWSKA Magda	428	VEGE RUNNERS	K-30	37	01:07:01	02:09:41	03:12:11.05	03:12:39.70	+01:01:22 (31.9%)	9:09	6.6 (68.8%)
72	PASŁAWSKA Olga	241		K-30	38	01:10:21	02:07:06	03:12:20.75	03:12:42.10	+01:01:25 (31.9%)	9:09	6.6 (68.8%)
73	MAJEWSKA Anna	185	AKG ŁÓDŹ	K-20	14	01:06:22	02:08:57	03:12:42.85	03:13:10.00	+01:01:53 (32.0%)	9:10	6.5 (67.7%)
74	BINCZYCKA Aleksandra	53	NOGAMIDOGORY.PL	K-30	39	01:05:40	02:07:50	03:12:59.95	03:13:33.10	+01:02:16 (32.2%)	9:11	6.5 (67.7%)
75	GWÓZDŹ Elżbieta	115		K-30	40	01:06:02	02:07:21	03:13:47.90	03:13:56.10	+01:02:39 (32.3%)	9:13	6.5 (67.7%)
76	WŁODARCZYK Olga	392	TEAMFARFALLA	K-20	15	01:10:13	02:10:52	03:13:31.50	03:14:01.55	+01:02:44 (32.3%)	9:12	6.5 (67.7%)
77	BRZozowska Alicja	38	PKS GALOPUJĄCA SOCZEWICA	K-20	16	01:09:22	02:12:21	03:14:04.90	03:14:40.80	+01:03:24 (32.6%)	9:14	6.5 (67.7%)
78	PAJĄK Monika	299	MAMY-BIEGAMY	K-30	41	01:11:25	02:13:44	03:14:33.90	03:15:14.50	+01:03:57 (32.8%)	9:15	6.5 (67.7%)
79	LEMIESZKA Marta	170	ZARAŻENI BÓLEM	K-20	17	01:15:41	02:15:21	03:16:31.10	03:16:39.75	+01:05:23 (33.2%)	9:21	6.4 (66.7%)
80	MIKULSKA Aneta	171	#GOPATI TEAM	K-30	42	01:13:52	02:15:17	03:17:10.15	03:17:17.85	+01:06:01 (33.5%)	9:23	6.4 (66.7%)
81	PIECUCH Małgorzata	30	PRZEWORSKA GRUPA BIEGOWA	K-50	4	01:02:35	02:13:02	03:16:50.80	03:17:20.15	+01:06:03 (33.5%)	9:22	6.4 (66.7%)
82	FEDOROWICZ Jowita	484	AUTOGAZEXPERT RUNNERS TEAM	K-30	43	01:12:15	02:13:58	03:17:33.20	03:17:45.55	+01:06:28 (33.6%)	9:24	6.4 (66.7%)
83	LESZCZAK Kinga	11	REIMEIKAN AIKIDO I TROMSO	K-30	44	01:08:51	02:13:06	03:17:12.10	03:17:49.00	+01:06:32 (33.6%)	9:23	6.4 (66.7%)
84	TABISZ Marlena	446		K-40	19	01:14:17	02:13:07	03:17:38.40	03:18:07.80	+01:06:51 (33.7%)	9:24	6.4 (66.7%)

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85	GRĘZEL-GAWRON Jolanta	39		K-40	20	01:10:17	02:13:22	03:18:10.30	03:18:48.05	+01:07:31 (34.0%)	9:26	6.4 (66.7%)
86	JEDRZEJCZYK Kathy	202		K-30	45	01:11:11	02:14:47	03:19:02.30	03:19:22.25	+01:08:05 (34.2%)	9:28	6.3 (65.6%)
87	WITKOWSKA Maria	119	KLUB KRÓLIKA STEFANA	K-60	1	01:15:06	02:16:17	03:19:51.70	03:20:17.00	+01:09:00 (34.5%)	9:31	6.3 (65.6%)
88	MACKIEWICZ Magdalena	99	FIZJOBIEGACZE SZCZECIN	K-30	46	01:08:28	02:14:34	03:20:46.20	03:21:00.50	+01:09:43 (34.7%)	9:33	6.3 (65.6%)
89	CISZAK Daria	83	KOBIETY BIEGAJĄ	K-40	21	01:12:53	02:14:18	03:21:02.80	03:21:28.40	+01:10:11 (34.8%)	9:34	6.3 (65.6%)
90	DUBIŃSKA Wioletta	145	BBL ZDUŃSKA WOLA	K-40	22	01:14:48	02:16:50	03:22:22.00	03:22:22.00	+01:11:05 (35.1%)	9:38	6.2 (64.6%)
91	STUDZIŃSKA Joanna	70		K-20	18	01:10:49	02:16:39	03:24:53.30	03:25:22.05	+01:14:05 (36.1%)	9:45	6.1 (63.5%)
92	KRAWCZYK Kamila	366		K-20	19	01:13:31	02:18:30	03:25:17.30	03:25:51.30	+01:14:34 (36.2%)	9:46	6.1 (63.5%)
93	MATCZUK-PISAREK Marta	361		K-30	47	01:13:16	02:20:17	03:26:05.40	03:26:15.80	+01:14:59 (36.4%)	9:48	6.1 (63.5%)
94	KWIATKOWSKA Marta	455		K-30	48	01:14:32	02:16:42	03:25:54.20	03:26:37.55	+01:15:20 (36.5%)	9:48	6.1 (63.5%)
95	LOBO Eva	426	TAIWAN BEAST RUNNERS	K-30	49	01:09:15	02:16:41	03:27:01.80	03:27:23.75	+01:16:07 (36.7%)	9:51	6.1 (63.5%)
96	PODZEREK Iwona	441	BRIDGESTONE	K-40	23	01:14:01	02:19:57	03:26:56.90	03:27:38.50	+01:16:21 (36.8%)	9:51	6.1 (63.5%)
97	SZNABEL Alina	121	4 RUN TEAM	K-60	2	01:15:00	02:21:35	03:27:05.10	03:27:40.00	+01:16:23 (36.8%)	9:51	6.1 (63.5%)
98	KASPRZYK-KUŹNIAK Michalina	229		K-40	24	01:15:15	02:20:13	03:28:01.00	03:28:20.50	+01:17:03 (37.0%)	9:54	6.1 (63.5%)
99	DUDEK Mariola	35	STRZEGOMSKA DWUNASTKA	K-40	25	01:17:54	02:22:06	03:28:23.55	03:28:23.55	+01:17:06 (37.0%)	9:55	6 (62.5%)
100	MAJCHRZYK Dorota	52	#CZELADZBIEGA	K-40	26	01:14:36	02:18:19	03:28:27.15	03:28:58.05	+01:17:41 (37.2%)	9:55	6 (62.5%)
101	DOROTA Jola	25	RUN RUN OLESZYCE	K-40	27	01:14:30	02:18:07	03:28:45.00	03:29:00.35	+01:17:43 (37.2%)	9:56	6 (62.5%)
102	SZADURSKA Agnieszka	351		K-40	28	01:14:12	02:19:21	03:29:51.95	03:30:31.10	+01:19:14 (37.6%)	9:59	6 (62.5%)
103	SKÓRA Aleksandra	346		K-30	50	01:18:24	02:22:24	03:30:15.30	03:30:33.10	+01:19:16 (37.6%)	10:00	6 (62.5%)
104	RAZIM Agnieszka	157		K-20	20	01:14:39	02:20:44	03:30:25.30	03:31:02.95	+01:19:46 (37.8%)	10:01	6 (62.5%)
105	SCHULZE Natalia	314		K-60	3	01:11:08	02:19:48	03:32:18.85	03:32:34.50	+01:21:17 (38.2%)	10:06	5.9 (61.5%)
106	CIBORSKA Dorota	451	CROSSFIT POLNA	K-20	21	01:13:28	02:22:12	03:32:22.60	03:32:39.70	+01:21:22 (38.3%)	10:06	5.9 (61.5%)
107	CHOLEWIŃSKA Longina	192	HERNIK TEAM	K-50	5	01:13:42	02:23:22	03:32:41.80	03:33:17.70	+01:22:00 (38.5%)	10:07	5.9 (61.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
108	MISIOR Olga	180	TATUSIOWIE	K-30	51	01:16:51	02:24:57	03:33:07.45	03:33:45.90	+01:22:29 (38.6%)	10:08	5.9 (61.5%)
109	TKACZYK Elżbieta	169	KB SZERSZEŃ OLEŚNICA	K-30	52	01:17:42	02:26:55	03:34:20.60	03:34:20.60	+01:23:03 (38.8%)	10:12	5.9 (61.5%)
110	SETA Wiktoria	125	PADŁ NA RYJ TEAM	K-30	53	01:15:44	02:22:49	03:33:35.30	03:34:21.45	+01:23:04 (38.8%)	10:10	5.9 (61.5%)
111	SOBIK Paulina	288	PRO366	K-30	54	01:14:17	02:22:29	03:33:47.65	03:34:23.50	+01:23:06 (38.8%)	10:10	5.9 (61.5%)
112	BOREK Jadwiga	152	KS KOZIOŁEK KĘDZIERZYN-KOŹLE	K-30	55	01:18:23	02:23:36	03:34:35.15	03:34:48.20	+01:23:31 (38.9%)	10:13	5.9 (61.5%)
113	KAPLER-TEGOWSKA Karina	203	CZERWONAK BIEGA	K-40	29	01:17:18	02:27:35	03:34:23.80	03:35:00.30	+01:23:43 (38.9%)	10:12	5.9 (61.5%)
114	SZCZĘŚNIAK Małgorzata	195	#CZELADZBIEGA	K-40	30	01:17:36	02:24:01	03:35:01.90	03:35:20.35	+01:24:03 (39.0%)	10:14	5.9 (61.5%)
115	ROSZYK Sylwia	24	PARKRUN POZNAŃ/ ALBIONE	K-40	31	01:14:38	02:23:35	03:34:47.00	03:35:23.60	+01:24:06 (39.1%)	10:13	5.9 (61.5%)
116	FUDAŁA Anna	213		K-40	32	01:17:41	02:23:22	03:35:06.65	03:35:25.05	+01:24:08 (39.1%)	10:14	5.9 (61.5%)
117	KRUPA-SZCZĘSNY Izabela	4	#CZELADZBIEGA	K-40	33	01:17:12	02:28:55	03:34:54.65	03:35:25.45	+01:24:08 (39.1%)	10:14	5.9 (61.5%)
118	BIAŁASIK Monika	380		K-30	56	01:17:42	02:26:32	03:35:27.65	03:35:53.65	+01:24:36 (39.2%)	10:15	5.8 (60.4%)
119	HANGIEL Urszula	422	ŻWAWIE ŻÓŁWIE	K-30	57	01:16:27	02:26:52	03:35:54.15	03:35:54.15	+01:24:37 (39.2%)	10:16	5.8 (60.4%)
120	JELENIEWSKA Barbara	266		K-30	58	01:14:18	02:21:24	03:35:28.85	03:35:55.50	+01:24:38 (39.2%)	10:15	5.8 (60.4%)
121	JAMRÓZ Joanna	219	JAMERKI	K-40	34	01:15:26	02:23:32	03:37:29.60	03:37:52.35	+01:26:35 (39.7%)	10:21	5.8 (60.4%)
122	WOŹNIAK Beata	111		K-40	35	01:15:01	02:26:48	03:37:37.60	03:38:15.15	+01:26:58 (39.8%)	10:21	5.8 (60.4%)
123	RZEPKA Alicja	143	GREENBUD	K-20	22	01:14:21	02:26:44	03:38:59.25	03:39:19.35	+01:28:02 (40.1%)	10:25	5.8 (60.4%)
124	BOCZAR Beata	384	GREEN TEAM	K-50	6	01:16:39	02:27:32	03:39:36.40	03:40:00.35	+01:28:43 (40.3%)	10:27	5.7 (59.4%)
125	ŁUKASZEWICZ Joanna	385	GREEN TEAM ZIELONA GÓRA	K-40	36	01:16:02	02:27:28	03:39:36.30	03:40:00.40	+01:28:43 (40.3%)	10:27	5.7 (59.4%)
126	PAWLĘGA Katarzyna	450	WARSAW RUN CLUB	K-40	37	01:15:44	02:28:55	03:39:58.30	03:40:04.85	+01:28:48 (40.3%)	10:28	5.7 (59.4%)
127	KURIATA Andzelika	62		K-30	59	01:15:46	02:28:02	03:40:02.30	03:40:10.15	+01:28:53 (40.4%)	10:28	5.7 (59.4%)
128	RAJZER Dominika	156	BODYKINETIC	K-30	60	01:15:50	02:26:47	03:40:25.75	03:40:29.05	+01:29:12 (40.5%)	10:29	5.7 (59.4%)
129	WACHOWIAK Agata	250		K-50	7	01:14:25	02:31:04	03:42:54.45	03:43:09.10	+01:31:52 (41.2%)	10:36	5.7 (59.4%)
130	KOZŁOWSKA Anna	251		K-20	23	01:14:29	02:31:08	03:42:55.35	03:43:10.15	+01:31:53 (41.2%)	10:36	5.7 (59.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
131	CIRKO Brygida	65	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	K-40	38	01:19:52	02:33:36	03:44:37.35	03:45:02.95	+01:33:46 (41.7%)	10:41	5.6 (58.3%)
132	RODZEŃ Katarzyna	28	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	K-30	61	01:19:38	02:33:34	03:46:14.70	03:46:40.60	+01:35:23 (42.1%)	10:46	5.6 (58.3%)
133	OWCZAREK Magdalena	118	DARO TEAM	K-30	62	01:19:52	02:33:39	03:46:16.15	03:46:41.35	+01:35:24 (42.1%)	10:46	5.6 (58.3%)
134	ŁAGOWSKA Agnieszka	321		K-30	63	01:19:44	02:31:37	03:46:08.95	03:46:49.40	+01:35:32 (42.1%)	10:46	5.6 (58.3%)
135	KOŚCIELNIAK Dagmara	105	CZERWONAK BIEGA	K-40	39	01:17:15	02:30:10	03:46:14.25	03:46:51.20	+01:35:34 (42.1%)	10:46	5.6 (58.3%)
136	ŚPICA Dorota	34	RECEPTA NA ZDROWIE	K-50	8	01:17:41	02:31:39	03:47:33.20	03:47:38.60	+01:36:21 (42.3%)	10:50	5.5 (57.3%)
137	PRZYBYŁ Jolanta	410	EASY RUNNERS	K-40	40	01:21:02	02:34:14	03:48:54.55	03:49:04.25	+01:37:47 (42.7%)	10:54	5.5 (57.3%)
138	MATUSZCZAK-SZULC Iwona	184		K-40	41	01:22:01	02:33:31	03:51:36.65	03:52:13.90	+01:40:57 (43.5%)	11:01	5.4 (56.3%)
139	KOSMALA Monika	2	ROWEROWA NORKA	K-40	42	01:22:16	02:34:36	03:51:46.70	03:52:15.20	+01:40:58 (43.5%)	11:02	5.4 (56.3%)
140	TWARDOWSKA Ewa	66	KB GEOTERMIA UNIEJÓW	K-30	64	01:25:34	02:47:50	04:00:55.30	04:01:08.55	+01:49:51 (45.6%)	11:28	5.2 (54.2%)
141	SZALKOWSKA Dominika	472	ROZBIEGANY RAWICZ	K-30	65	01:22:39	02:42:18	04:06:18.35	04:06:34.60	+01:55:17 (46.8%)	11:43	5.1 (53.1%)
142	WRZOSEK Karolina	57	#CZELADZBIEGA	K-20	24	01:29:40	02:49:15	04:07:37.05	04:07:56.40	+01:56:39 (47.1%)	11:47	5.1 (53.1%)
143	BUJAK-KAPA Dorota	58	#CZELADZBIEGA	K-30	66	01:29:44	02:49:17	04:07:37.80	04:07:56.85	+01:56:40 (47.1%)	11:47	5.1 (53.1%)
144	GÓRNIAK Joanna	114		K-40	43	01:30:43	02:52:17	04:20:19.95	04:20:40.40	+02:09:23 (49.6%)	12:23	4.8 (50.0%)
145	REKAWEK Izabela	200		K-40	44	01:26:31	02:43:47	04:20:03.00	04:20:41.75	+02:09:25 (49.6%)	12:23	4.8 (50.0%)
146	KAMIŃSKA Małgorzata	67		K-30	67	01:30:37	02:50:56	04:20:00.45	04:20:42.65	+02:09:25 (49.6%)	12:22	4.8 (50.0%)
147	ŚCISŁY Ola	110	ZWIERZAKI	K-40	45	01:33:11	02:58:13	04:26:25.90	04:26:50.35	+02:15:33 (50.8%)	12:41	4.7 (49.0%)
148	SKUPIN Agata	15	KOBIETYBIEGAJA.PL	K-30	68	01:35:42	03:00:15	04:34:46.15	04:34:46.15	+02:23:29 (52.2%)	13:05	4.6 (47.9%)
149	NOJSZEWSKA-ZAJĄC Justyna	259	ZP SZPIKI DRUŻYNA SZPIKU/WKURW_TEAM	K-30	69	01:51:49	03:33:45	05:23:01.00	05:23:01.00	+03:11:44 (59.4%)	15:22	3.9 (40.6%)
150	ZAPŁATA Monika	269	ZP SZPIKI DRUŻYNA SZPIKU/WKURW_TEAM	K-30	70	01:51:49	03:33:51	05:23:05.00	05:23:05.00	+03:11:48 (59.4%)	15:23	3.9 (40.6%)

Znaleziono 150 wynik(ów)