



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

CHOJNIK KARKONOSKI FESTIWAL BIEGOWY 2021  
FUNDACJA PROFIT MARATON  
2021-09-04  
Sobieszów  
29 km

# PÓLMARATON Z GÓRKĄ

B4SPORT

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: K-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 10km	Droga pod Reglami 23km	Czas netto 29km	Różn	Tempo min/km	Tempo km/h
1	<b>DUCZMAL Dominika</b>	<b>843</b>	TEAM MOUNTAIN FUEL POLSKA/SOBAS TEAM	K18	1	00:31:55	00:55:20	02:25:30	<b>03:16:03.80</b>		6:45	8.9 (100%)
2	<b>KUBIAK Jagoda</b>	<b>1047</b>		K30	1	00:35:27	01:01:05	02:36:50	<b>03:22:45.45</b>	+00:06:41 (3.3%)	6:59	8.6 (96.6%)
3	<b>BIERNACKA Katarzyna</b>	<b>938</b>	SBRT WROCŁAW	K30	2	00:33:31	00:57:39	02:34:08	<b>03:25:48.95</b>	+00:09:45 (4.7%)	7:05	8.5 (95.5%)
4	<b>PIOTROWICZ Kamila</b>	<b>775</b>		K18	2	00:37:00	01:03:39	02:40:38	<b>03:30:22.20</b>	+00:14:18 (6.8%)	7:15	8.3 (93.3%)
5	<b>KORONA-SIERADZKA Bogusława</b>	<b>882</b>		K30	3	00:36:20	01:02:41	02:40:55	<b>03:30:54.70</b>	+00:14:50 (7.0%)	7:16	8.3 (93.3%)
6	<b>HENDEL Mirela</b>	<b>1064</b>	IZBICKO W BIEGU	K18	3	00:36:06	01:01:43	02:42:12	<b>03:34:05.15</b>	+00:18:01 (8.4%)	7:22	8.1 (91.0%)
7	<b>BOROWSKA Karolina</b>	<b>811</b>	KGHM ZG RUN	K30	4	00:36:59	01:03:39	02:45:08	<b>03:39:23.30</b>	+00:23:19 (10.6%)	7:33	7.9 (88.8%)
8	<b>BOĆKO Ewa</b>	<b>931</b>		K40	1	00:37:01	01:03:16	02:47:43	<b>03:39:34.55</b>	+00:23:30 (10.7%)	7:34	7.9 (88.8%)
9	<b>KUŁAKOWSKA Małgorzata</b>	<b>748</b>	ŚWDNICKA GRUPA BIEGOWA	K30	5	00:37:22	01:03:07	02:47:50	<b>03:40:10.00</b>	+00:24:06 (10.9%)	7:35	7.9 (88.8%)
10	<b>LORENC Joanna</b>	<b>1048</b>	ENDORFINY WĄSOSZ	K30	6	00:36:45	01:02:44	02:52:24	<b>03:43:45.60</b>	+00:27:41 (12.4%)	7:42	7.8 (87.6%)
11	<b>ZDEBSKA Magdalena</b>	<b>1072</b>		K30	7	00:36:18	01:03:31	02:52:57	<b>03:50:00.80</b>	+00:33:57 (14.8%)	7:55	7.6 (85.4%)
12	<b>ADAMSKA Zofia</b>	<b>745</b>		K30	8	00:38:00	01:07:29	03:04:15	<b>04:01:18.60</b>	+00:45:14 (18.8%)	8:19	7.2 (80.9%)
13	<b>PELCZAR Joanna</b>	<b>849</b>		K18	4	00:40:10	01:09:50	03:08:08	<b>04:03:32.75</b>	+00:47:28 (19.5%)	8:23	7.1 (79.8%)
14	<b>OLEJNIK Agnieszka</b>	<b>1051</b>	ENDORFINY WĄSOSZ	K30	9	00:38:32	01:06:07	03:05:29	<b>04:04:20.40</b>	+00:48:16 (19.8%)	8:25	7.1 (79.8%)
15	<b>BERESIŃSKA Dorota</b>	<b>881</b>		K18	5	00:43:56	01:14:35	03:09:42	<b>04:07:03.60</b>	+00:50:59 (20.6%)	8:31	7 (78.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 10km	Droga pod Reglami 23km	Czas netto 29km	Różn	Tempo min/km	Tempo km/h
16	WYPYCH Dorota	767		K30	10	00:37:18	01:06:40	03:13:49	04:09:28.85	+00:53:25 (21.4%)	8:36	7 (78.7%)
17	SIKORSKA Aleksandra	1089		K30	11	00:37:12	01:04:14	02:59:51	04:10:13.30	+00:54:09 (21.6%)	8:37	7 (78.7%)
18	FARION Marzena	860		K40	2	00:42:31	01:12:18	03:09:41	04:11:07.10	+00:55:03 (21.9%)	8:39	6.9 (77.5%)
19	JAROMIRSKA-LEWIŃSKA Maja	968	RUNEDA	K40	3	00:41:58	01:10:43	03:13:35	04:13:06.05	+00:57:02 (22.5%)	8:43	6.9 (77.5%)
20	STARCZEWSKA Izabela	709	ULTRA DIABŁY TEAM LUBRZA	K50	1	00:42:10	01:12:36	03:14:22	04:14:10.85	+00:58:07 (22.9%)	8:45	6.8 (76.4%)
21	CHOJNICKA Magdalena	1059		K30	12	00:43:02	01:12:38	03:11:57	04:15:04.65	+00:59:00 (23.1%)	8:47	6.8 (76.4%)
22	BARTMAŃSKA Mirosława	788	CRAZY KILI	K40	4	00:42:09	01:11:09	03:16:18	04:15:19.70	+00:59:15 (23.2%)	8:48	6.8 (76.4%)
23	GIMZICKA Ewa	827	WANDA	K40	5	00:42:49	01:12:45	03:15:33	04:16:31.20	+01:00:27 (23.6%)	8:50	6.8 (76.4%)
24	KRZYŻANOWSKA-KORZENIOWSKA Anna Maria	958		K30	13	00:44:19	01:14:30	03:13:25	04:17:03.25	+01:00:59 (23.7%)	8:51	6.8 (76.4%)
25	KAZUBOWSKA Ola	992		K40	6	00:48:23	01:20:53	03:23:44	04:20:31.10	+01:04:27 (24.7%)	8:59	6.7 (75.3%)
26	CZAJKOWSKA Sylwia	941	ŻÓŁTOKRÓLEWSCY	K40	7	00:36:58	01:03:35	03:02:56	04:20:31.45	+01:04:27 (24.7%)	8:59	6.7 (75.3%)
27	PAWLIKOWSKA Monika	930		K30	14	00:45:04	01:16:50	03:22:39	04:20:58.35	+01:04:54 (24.9%)	8:59	6.7 (75.3%)
28	ANTOLIK Aneta	732	POWER TRAINING	K18	6	00:43:58	01:14:41	03:16:28	04:21:12.55	+01:05:08 (24.9%)	9:00	6.7 (75.3%)
29	MADEJ Anna	833	VEGE RUNNERS	K40	8	00:43:23	01:14:55	03:19:55	04:24:24.40	+01:08:20 (25.8%)	9:07	6.6 (74.2%)
30	ZDUŃCZYK Paulina	978		K30	15	00:41:59	01:14:06	03:25:38	04:24:33.55	+01:08:29 (25.9%)	9:07	6.6 (74.2%)
31	GRABOWA Paulina	831		K18	7	00:41:29	01:10:54	03:22:15	04:25:09.80	+01:09:06 (26.1%)	9:08	6.6 (74.2%)
32	KUCZYŃSKA Anetta	1083	STAJNIA CROSSFIT	K40	9	00:43:29	01:14:21	03:22:47	04:25:44.10	+01:09:40 (26.2%)	9:09	6.5 (73.0%)
33	KACZMAREK Dorota	845	RADZIKI	K30	16	00:43:29	01:13:30	03:19:55	04:28:36.20	+01:12:32 (27.0%)	9:15	6.5 (73.0%)
34	PATELSKA Katarzyna	859		K30	17	03:24:42			04:30:41.00	+01:14:37 (27.6%)	9:20	6.4 (71.9%)
35	MYŚLICKA-PIWKO Marta	791	MOCNA GRUPA CEZARA	K40	10	00:42:10	01:11:51	03:26:30	04:33:07.55	+01:17:03 (28.2%)	9:25	6.4 (71.9%)
36	STOLIŃSKA Michalina	988	RUNEDA	K18	8	00:47:24	01:19:35	03:32:08	04:34:17.40	+01:18:13 (28.5%)	9:27	6.3 (70.8%)
37	KOWALSKA Renata	864	KM TEAM	K30	18	00:46:14	01:17:04	03:31:00	04:35:05.05	+01:19:01 (28.7%)	9:29	6.3 (70.8%)
38	PALUSZKIEWICZ Dorota	956	RUNEDA	K30	19	00:47:23	01:19:33	03:32:06	04:35:45.75	+01:19:41 (28.9%)	9:30	6.3 (70.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 10km	Droga pod Reglami 23km	Czas netto 29km	Różn	Tempo min/km	Tempo km/h
39	<b>DANKOWSKA Ewelina</b>	<b>1046</b>	ENDORFINY WAŚSOSZ	K40	11	00:46:01	01:18:35	03:31:41	<b>04:38:07.55</b>	+01:22:03 (29.5%)	9:35	6.3 (70.8%)
40	<b>TYLKA Gosia</b>	<b>749</b>		K30	20	00:46:05	01:18:27	03:31:05	<b>04:38:43.90</b>	+01:22:40 (29.7%)	9:36	6.2 (69.7%)
41	<b>MATYJA Wioleta</b>	<b>786</b>	RUNNER'S POWER	K40	12	00:48:13	01:23:08	03:34:43	<b>04:38:50.15</b>	+01:22:46 (29.7%)	9:36	6.2 (69.7%)
42	<b>MENDAK Magdalena</b>	<b>789</b>		K40	13	00:46:38	01:22:08	03:33:44	<b>04:40:20.55</b>	+01:24:16 (30.1%)	9:40	6.2 (69.7%)
43	<b>GIDASZEWSKA Jolanta</b>	<b>772</b>		K40	14	00:45:46	01:18:17	03:36:37	<b>04:41:32.95</b>	+01:25:29 (30.4%)	9:42	6.2 (69.7%)
44	<b>WOSIAK Karolina</b>	<b>782</b>	NOA	K30	21	00:47:27	01:20:56	03:34:28	<b>04:42:04.80</b>	+01:26:01 (30.5%)	9:43	6.2 (69.7%)
45	<b>KARCZEWSKA Izabela</b>	<b>1055</b>		K30	22	00:49:00	01:21:39	03:36:58	<b>04:43:35.15</b>	+01:27:31 (30.9%)	9:46	6.1 (68.5%)
46	<b>WALCZAK Anna</b>	<b>773</b>		K40	15	00:46:50	01:20:45	03:41:14	<b>04:47:58.10</b>	+01:31:54 (31.9%)	9:55	6 (67.4%)
47	<b>JASKÓLSKA Katarzyna</b>	<b>928</b>	1ON1 TEAM	K30	23	00:43:37	01:15:53	03:40:07	<b>04:48:35.15</b>	+01:32:31 (32.1%)	9:57	6 (67.4%)
48	<b>DOMOSŁAWSKA Joanna</b>	<b>1031</b>		K40	16	00:44:31	01:15:02	03:39:18	<b>04:49:36.75</b>	+01:33:32 (32.3%)	9:59	6 (67.4%)
49	<b>MALICKA Małgorzata</b>	<b>704</b>		K40	17	00:46:24	01:19:47	03:42:17	<b>04:53:24.65</b>	+01:37:20 (33.2%)	10:07	5.9 (66.3%)
50	<b>JAKUBIAK Magdalena</b>	<b>724</b>		K40	18	00:47:00	01:19:48	03:42:16	<b>04:53:25.25</b>	+01:37:21 (33.2%)	10:07	5.9 (66.3%)
51	<b>ZASADA Iwona</b>	<b>711</b>		K40	19	00:47:00	01:19:47	03:42:17	<b>04:53:25.45</b>	+01:37:21 (33.2%)	10:07	5.9 (66.3%)
52	<b>GRUSZKA Anna</b>	<b>1029</b>		K40	20	00:46:29	01:17:26	03:47:13	<b>04:54:46.45</b>	+01:38:42 (33.5%)	10:09	5.9 (66.3%)
53	<b>ŻBIK Natalia</b>	<b>819</b>	SMART THERAPY	K30	24	00:48:50	01:23:26	03:50:37	<b>04:59:49.75</b>	+01:43:45 (34.6%)	10:20	5.8 (65.2%)
54	<b>MARKIEWICZ Joanna Zuza</b>	<b>805</b>	TJ	K40	21	00:47:57	01:23:06	03:50:56	<b>05:01:13.30</b>	+01:45:09 (34.9%)	10:23	5.8 (65.2%)
55	<b>ADAMSKA Karolina</b>	<b>912</b>		K18	9	00:47:22	01:21:54	03:49:36	<b>05:03:39.50</b>	+01:47:35 (35.4%)	10:28	5.7 (64.0%)
56	<b>DIUWE Marzena</b>	<b>1041</b>		K30	25	00:49:37	01:25:47	03:51:30	<b>05:04:16.95</b>	+01:48:13 (35.6%)	10:29	5.7 (64.0%)
57	<b>KOŚCIÓW Katarzyna</b>	<b>924</b>	CYKLOFRAJDA	K40	22	00:41:48	01:12:47	03:43:54	<b>05:06:40.90</b>	+01:50:37 (36.1%)	10:34	5.7 (64.0%)
58	<b>PAJĄK Monika</b>	<b>1027</b>	HERNIK TEAM	K30	26	00:46:34	01:19:43	03:54:00	<b>05:07:27.90</b>	+01:51:24 (36.2%)	10:36	5.7 (64.0%)
59	<b>MORAWSKA Anna</b>	<b>847</b>		K60	1	00:51:35	01:28:26	03:54:33	<b>05:08:36.65</b>	+01:52:32 (36.5%)	10:38	5.6 (62.9%)
60	<b>GRZEGRZÓŁKA Anna</b>	<b>792</b>	ZABIEGANI Z LEŚNEJ	K40	23	00:48:09	01:22:24	03:50:05	<b>05:10:43.75</b>	+01:54:39 (36.9%)	10:42	5.6 (62.9%)
61	<b>WACHOWSKA Alina</b>	<b>994</b>	SMOK TRÓJGŁOWY	K60	2	00:46:35	01:21:23	03:56:39	<b>05:11:44.10</b>	+01:55:40 (37.1%)	10:44	5.6 (62.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 10km	Droga pod Reglami 23km	Czas netto 29km	Różn	Tempo min/km	Tempo km/h
62	FLESZER Urszula	790		K40	24	00:51:07	01:29:28	03:57:46	<b>05:12:59.55</b>	+01:56:55 (37.4%)	10:47	5.6 (62.9%)
63	ŁADOŃSKA Agata	1012		K30	27	00:49:06	01:26:58	03:58:25	<b>05:13:15.55</b>	+01:57:11 (37.4%)	10:48	5.6 (62.9%)
64	FINKOWIAT - SZYMCZAK Katarzyna	1080	FARTY PUSZCZY	K30	28	00:49:47	01:26:04	04:00:37	<b>05:14:00.65</b>	+01:57:56 (37.6%)	10:49	5.5 (61.8%)
65	KIRKIEWICZ Lucyna	1068	ENDORFINY WĄSOSZ	K30	29	00:44:14	01:15:36	03:59:00	<b>05:15:22.05</b>	+01:59:18 (37.8%)	10:52	5.5 (61.8%)
66	BLADOWSKA Katarzyna	1034	RUNEDA	K40	25	00:47:59	01:23:01	04:00:00	<b>05:15:25.15</b>	+01:59:21 (37.8%)	10:52	5.5 (61.8%)
67	KAZUBOWSKA Małgorzata	991		K40	26	00:48:24	01:21:07	04:02:28	<b>05:16:17.60</b>	+02:00:13 (38.0%)	10:54	5.5 (61.8%)
68	RUDZIEWICZ Urszula	898		K30	30	00:46:27	01:16:57	03:57:25	<b>05:17:25.75</b>	+02:01:21 (38.2%)	10:56	5.5 (61.8%)
69	TERLECKA Justyna	776		K30	31	00:47:07	01:21:25	04:00:24	<b>05:18:16.10</b>	+02:02:12 (38.4%)	10:58	5.5 (61.8%)
70	STASIUTE Aurelija	960	#UNBREAKABLE	K30	32	00:53:24	01:32:26	04:07:16	<b>05:18:46.95</b>	+02:02:43 (38.5%)	10:59	5.5 (61.8%)
71	NOWAK Paulina	953		K30	33	00:46:39	01:20:40	04:00:01	<b>05:21:17.05</b>	+02:05:13 (39.0%)	11:04	5.4 (60.7%)
72	MALINOWSKA Zyta	705		K40	27	00:51:05	01:29:25	04:02:13	<b>05:22:20.80</b>	+02:06:17 (39.2%)	11:06	5.4 (60.7%)
73	SZCZOTKA Katarzyna	1021		K18	10	00:49:45	01:25:35	03:56:46	<b>05:23:37.45</b>	+02:07:33 (39.4%)	11:09	5.4 (60.7%)
74	TASZAREK Ewa	1069		K40	28	00:49:36	01:26:54	04:05:47	<b>05:24:39.50</b>	+02:08:35 (39.6%)	11:11	5.4 (60.7%)
75	KUMOR Weronika	976	EVERRUN	K40	29	00:46:21	01:19:50	04:10:31	<b>05:25:32.45</b>	+02:09:28 (39.8%)	11:13	5.3 (59.6%)
76	WESOŁOWSKA Iwona	975		K30	34	00:45:52	01:19:14	04:02:52	<b>05:25:35.90</b>	+02:09:32 (39.8%)	11:13	5.3 (59.6%)
77	MERUNOWICZ Iwona	739	LMKS SFORA CHOJNÓW	K40	30	00:44:49	01:17:33	03:58:51	<b>05:27:14.65</b>	+02:11:10 (40.1%)	11:17	5.3 (59.6%)
78	KAPŁON Anna	774		K40	31	00:52:13	01:31:27	04:09:27	<b>05:27:15.85</b>	+02:11:12 (40.1%)	11:17	5.3 (59.6%)
79	PRZYBYSZEWSKA Lidia	721	ULTRA DIABŁY	K40	32	00:48:28	01:23:13	04:12:22	<b>05:27:27.25</b>	+02:11:23 (40.1%)	11:17	5.3 (59.6%)
80	MRUCZYŃSKA-PIETRUCZANIS Katarzyna	750	DEVI HIMAL TEAM	K40	33	00:53:30	01:33:16	04:15:23	<b>05:28:36.55</b>	+02:12:32 (40.3%)	11:19	5.3 (59.6%)
81	ZYGMAN Marta	715		K30	35	00:52:24	01:29:22	04:14:27	<b>05:29:16.00</b>	+02:13:12 (40.5%)	11:21	5.3 (59.6%)
82	WINNICKA Edyta	741	ADIDAS RUNNERS WARSAW SŁODKIE PĄCZKI	K30	36	00:48:10	01:24:24	04:12:04	<b>05:30:15.55</b>	+02:14:11 (40.6%)	11:23	5.3 (59.6%)
83	BANACH-SKOWRONEK Joanna	752		K30	37	00:49:06	01:26:57	04:07:18	<b>05:30:18.25</b>	+02:14:14 (40.6%)	11:23	5.3 (59.6%)
84	WOJDAŁOWICZ Ewa	713		K40	34	00:50:35	01:26:15	04:13:47	<b>05:30:48.70</b>	+02:14:44 (40.7%)	11:24	5.3 (59.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 10km	Droga pod Reglami 23km	Czas netto 29km	Różn	Tempo min/km	Tempo km/h
85	<b>BANASZCZAK Dagmara</b>	<b>869</b>	ŚWIDNICKA GRUPA BIEGOWA	K30	38	00:49:39	01:27:06	04:09:45	<b>05:32:00.30</b>	+02:15:56 (40.9%)	11:26	5.2 (58.4%)
86	<b>PUSZCZYKOWSKA Małgorzata</b>	<b>703</b>		K40	35	00:51:15	01:28:11	04:09:30	<b>05:32:19.25</b>	+02:16:15 (41.0%)	11:27	5.2 (58.4%)
87	<b>SIARKIEWICZ Jola</b>	<b>806</b>	BIEGAMDLAZDROWIA.PL	K60	3	00:51:06	01:30:42	04:17:07	<b>05:34:32.95</b>	+02:18:29 (41.4%)	11:32	5.2 (58.4%)
88	<b>PYTKO Elżbieta</b>	<b>907</b>		K50	2	00:57:02	01:37:06	04:22:57	<b>05:38:24.50</b>	+02:22:20 (42.1%)	11:40	5.1 (57.3%)
89	<b>SPRINGER Marta</b>	<b>934</b>	NIGHT RUNNERS	K30	39	00:55:33	01:35:02	04:20:43	<b>05:39:36.40</b>	+02:23:32 (42.3%)	11:42	5.1 (57.3%)
90	<b>SZCZĘSNA Agata</b>	<b>967</b>		K18	11	00:54:59	01:34:30	04:19:30	<b>05:40:29.55</b>	+02:24:25 (42.4%)	11:44	5.1 (57.3%)
91	<b>BIEŃ Małgorzata</b>	<b>946</b>		K40	36	00:53:16	01:31:55	04:29:23	<b>05:48:01.25</b>	+02:31:57 (43.7%)	12:00	5 (56.2%)
92	<b>KWIATKOWSKA Kinga</b>	<b>835</b>		K30	40	00:52:17	01:28:05	04:20:17	<b>05:48:17.50</b>	+02:32:13 (43.7%)	12:00	5 (56.2%)
93	<b>JEZIERSKA Karina</b>	<b>927</b>	12TRI.PL TEAM ZABIEGANEDN I	K40	37	00:52:58	01:39:40	04:23:35	<b>05:48:18.60</b>	+02:32:14 (43.7%)	12:00	5 (56.2%)
94	<b>KOZŁOWSKA-WOYCIECHOWSKA Hanna</b>	<b>926</b>		K40	38	00:52:58	01:39:39	04:23:34	<b>05:48:18.65</b>	+02:32:14 (43.7%)	12:00	5 (56.2%)
95	<b>MIKUTANIEC Patrycja</b>	<b>760</b>		K40	39	00:53:40	01:32:24	04:25:00	<b>05:48:24.40</b>	+02:32:20 (43.7%)	12:00	5 (56.2%)
96	<b>JURKIEWICZ Paulina</b>	<b>1052</b>		K30	41	00:57:08	01:36:37	04:23:44	<b>05:49:05.10</b>	+02:33:01 (43.8%)	12:02	5 (56.2%)
97	<b>LEWICKA Bożena</b>	<b>949</b>	GONIMY	K60	4	00:53:14	01:31:45	04:34:00	<b>05:49:51.65</b>	+02:33:47 (44.0%)	12:03	5 (56.2%)
98	<b>STRYCZEK Ewa</b>	<b>768</b>	AKTYWNYWEEKEND	K30	42	00:52:51	01:32:29	04:22:00	<b>05:51:48.20</b>	+02:35:44 (44.3%)	12:07	4.9 (55.1%)
99	<b>MARKOWSKA Lidia</b>	<b>891</b>		K40	40	00:52:09	01:29:34	04:29:30	<b>05:54:41.95</b>	+02:38:38 (44.7%)	12:13	4.9 (55.1%)
100	<b>KWIATKOWSKA Marta</b>	<b>981</b>	IGI-TEAM	K30	43	00:51:44	01:29:02	04:39:28	<b>06:00:56.90</b>	+02:44:53 (45.7%)	12:26	4.8 (53.9%)
101	<b>HARASZCZUK Joanna</b>	<b>901</b>		K30	44	00:53:01	01:26:59	04:33:00	<b>06:10:27.25</b>	+02:54:23 (47.1%)	12:46	4.7 (52.8%)
102	<b>KUCA Iwona</b>	<b>766</b>	GRAŻYNY W GÓRACH	K40	41	00:58:16	01:40:32	04:43:21	<b>06:14:15.10</b>	+02:58:11 (47.6%)	12:54	4.6 (51.7%)
103	<b>MUCHA Aleksandra</b>	<b>1000</b>	CREZY TEAM	K40	42	00:57:38	01:38:24	04:53:51	<b>06:16:01.75</b>	+02:59:57 (47.9%)	12:57	4.6 (51.7%)
104	<b>KOZIOŁ Ewa</b>	<b>974</b>		K40	43	00:57:39	01:38:24	04:53:51	<b>06:16:05.30</b>	+03:00:01 (47.9%)	12:58	4.6 (51.7%)
105	<b>PERKA Barbara</b>	<b>846</b>		K40	44	00:59:13	01:44:19	04:51:51	<b>06:17:44.30</b>	+03:01:40 (48.1%)	13:01	4.6 (51.7%)
106	<b>OSZCZĘDA Marzena</b>	<b>875</b>		K40	45	00:58:41	01:41:59	04:51:04	<b>06:17:48.00</b>	+03:01:44 (48.1%)	13:01	4.6 (51.7%)
107	<b>WIŚNIEWSKA Dorota</b>	<b>794</b>		K40	46	00:58:33	01:41:50	04:51:28	<b>06:21:44.50</b>	+03:05:40 (48.6%)	13:09	4.6 (51.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Droga pod Reglami 6km	Trzy Jawory 10km	Droga pod Reglami 23km	Czas netto 29km	Różn	Tempo min/km	Tempo km/h
108	<b>HOREŻGA Dorota</b>	<b>1086</b>		K30	45	00:59:17	01:44:40	04:58:57	<b>06:25:43.60</b>	+03:09:39 (49.2%)	13:18	4.5 (50.6%)
109	<b>PASIEKA Magda</b>	<b>814</b>		K40	47	01:00:09	01:43:52	04:51:42	<b>06:28:00.85</b>	+03:11:57 (49.5%)	13:22	4.5 (50.6%)
110	<b>KSIAZKIEWICZ Elzbieta</b>	<b>710</b>		K30	46	00:58:16	01:41:37	04:59:47	<b>06:32:20.00</b>	+03:16:16 (50.0%)	13:31	4.4 (49.4%)
111	<b>MYSZYWODA Monika</b>	<b>884</b>		K30	47	01:03:12	01:48:33	05:03:48	<b>06:56:01.35</b>	+03:39:57 (52.9%)	14:20	4.2 (47.2%)
<b>Przekroczony limit czasu: 07:00:00</b>												
112	<b>RUSIELIK Irena</b>	<b>915</b>		K50	3	01:12:46	02:05:06	05:56:21	<b>07:50:53.30</b>	+04:34:49 (58.4%)	16:14	3.7 (41.6%)
113	<b>RUSIELIK Sabina</b>	<b>917</b>		K18	12	01:12:47	02:05:07	05:56:21	<b>07:50:54.00</b>	+04:34:50 (58.4%)	16:14	3.7 (41.6%)

Znaleziono 113 wynik(ów)