

**Organiser:** Extreme Events, Runmageddon  
**Date:** 2022-08-06  
**Place:** Ostrołęka  
**Distance:** 6 km



Classification: K30-34

Place	Participant	Number	Club	Category	MCat	Seria	Net time 6km	Czas brutto 6km	Gap	Pace min/km	Pace km/h
1	<b>LIBERADZKA Elżbieta</b>	<b>111</b>	POWER TRAINING	Elite Kobiet	1	09:50	<b>00:52:34.80</b>	<b>00:52:34.80</b>		8:45	6.8 (100%)
2	<b>GARNUSZEK Anita</b>	<b>109</b>	POWER TRAINING	Elite Kobiet	2	09:50	<b>00:58:08.30</b>	<b>00:58:08.30</b>	+00:05:33 (9.6%)	9:41	6.2 (91.2%)
3	<b>SAMOCIUK Karolina</b>	<b>113</b>	POWER TRAINING	Elite Kobiet	4	09:50	<b>01:09:59.20</b>	<b>01:09:59.20</b>	+00:17:24 (24.9%)	11:39	5.1 (75.0%)
4	<b>PREWYSZ-KWINTO Marta</b>	<b>106</b>	OBSTACLE CENTER TEAM	Elite Kobiet	5	09:50	<b>01:30:50.40</b>	<b>01:30:50.40</b>	+00:38:15 (42.1%)	15:08	4 (58.8%)
5	<b>KALINOWSKA Karolina</b>	<b>118</b>		Elite Kobiet	6	09:50	<b>01:50:19.55</b>	<b>01:50:19.55</b>	+00:57:44 (52.3%)	18:23	3.3 (48.5%)

Total 5 results.