

RZEŹNICZEK 2018

B4SPORT

Wydarzenie: IV FESTIWAL BIEGU RZEŹNIKA
Organizator: Fundacja Bieg Rzeźnika
Data: 2018-06-01
Miejsce: Bieszczady
Dystans: 28 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
1	KANTOR Martyna	5923	BUFF TEAM POLSKA	K20	1	01:27:09	02:40:45.65	02:40:48.00		5:44	10.4 (100%)
2	GOMOŁYSEK Kinga	5855	MATNER RUNNING TEAM	K30	1	01:27:26	02:43:38.55	02:43:41.20	+00:02:53 (1.8%)	5:50	10.3 (99.0%)
3	BIENIECKA Anna	5933	OTK RZEŹNIK	K30	2	01:36:44	03:02:54.45	03:02:56.80	+00:22:08 (12.1%)	6:31	9.2 (88.5%)
4	SOLWA Ewelina	5809	4RUNTEAM	K30	3	01:39:24	03:04:31.45	03:04:50.15	+00:24:02 (13.0%)	6:35	9.1 (87.5%)
5	MROWCA Joanna	5173		K20	2	01:40:10	03:08:54.30	03:08:57.50	+00:28:09 (14.9%)	6:44	8.9 (85.6%)
6	KOPYTOWSKA Anna	5428	ADIDAS RUNNERS WARSAW	K30	4	01:41:56	03:15:12.75	03:15:18.35	+00:34:30 (17.7%)	6:58	8.6 (82.7%)
7	GAWLEWICZ Krystyna	5235	GAWĘŁKI TEAM	K30	5	01:43:49	03:17:01.15	03:17:05.85	+00:36:17 (18.4%)	7:02	8.5 (81.7%)
8	SZYBIAK Joanna	5228	AGONA W&M	K40	1	01:47:22	03:21:04.10	03:21:21.70	+00:40:33 (20.1%)	7:10	8.4 (80.8%)
9	JASIULEWICZ Anna	5743		K40	2	01:46:16	03:23:06.15	03:23:17.80	+00:42:29 (20.9%)	7:15	8.3 (79.8%)
10	ŁUŻYŃSKA Patrycja	5484	MKL SZCZECIN	K20	3	01:50:34	03:23:14.30	03:23:41.35	+00:42:53 (21.1%)	7:15	8.3 (79.8%)
11	OLCZAK Marta	5411	SZWLA STARGARD	K30	6	01:47:03	03:24:03.05	03:24:06.95	+00:43:18 (21.2%)	7:17	8.2 (78.8%)
12	SZYSZKA Anna	5095		K20	4	01:51:00	03:24:00.25	03:24:41.60	+00:43:53 (21.4%)	7:17	8.2 (78.8%)
13	CIURKA-BASTER Karolina	5024	FUNDACJA TRENUJĘ-POMAGAM	K30	7	01:51:24	03:27:49.90	03:27:56.35	+00:47:08 (22.7%)	7:25	8.1 (77.9%)
14	WÓJCIK Agnieszka	5153	DZIUBA TEAM	K30	8	01:46:50	03:28:08.50	03:28:13.75	+00:47:25 (22.8%)	7:26	8.1 (77.9%)
15	ŁODZIANA Dorota	5286	PSZCZÓŁKOWSKI TEAM	K30	9	01:53:11	03:29:30.65	03:30:01.70	+00:49:13 (23.4%)	7:28	8 (76.9%)

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16	BOSIANEK Kamila	5811	4RUNTEAM PIŁA	K40	3	01:53:56	03:30:13.80	03:30:33.95	+00:49:45 (23.6%)	7:30	8 (76.9%)
17	ZAGDAŃSKA Małgorzata	5486		K30	10	01:51:09	03:32:33.05	03:32:39.75	+00:51:51 (24.4%)	7:35	7.9 (76.0%)
18	SZYMANEK Anna	5017	RKATHLETICS/NAPRZÓD MŁOCINY	K30	11	01:49:03	03:33:03.45	03:33:23.60	+00:52:35 (24.6%)	7:36	7.9 (76.0%)
19	GRZĄDKA Anna	5875		K30	12	01:55:19	03:33:22.55	03:33:41.85	+00:52:53 (24.8%)	7:37	7.9 (76.0%)
20	BRUZDA Joanna	5419		K40	4	01:54:07	03:34:54.65	03:35:05.40	+00:54:17 (25.2%)	7:40	7.8 (75.0%)
21	MROTEK Katarzyna	5344	ON THE MOVE	K30	13	01:52:49	03:34:58.35	03:35:31.35	+00:54:43 (25.4%)	7:40	7.8 (75.0%)
22	KĄDZIOŁKA Beata	5799		K30	14	01:53:41	03:37:04.45	03:37:34.35	+00:56:46 (26.1%)	7:45	7.7 (74.0%)
23	JANOWSKA Kinga	5731		K30	15	02:00:49	03:37:16.60	03:38:09.30	+00:57:21 (26.3%)	7:45	7.7 (74.0%)
24	WIS Modesta	5372		K20	5	01:59:49	03:37:46.95	03:38:15.40	+00:57:27 (26.3%)	7:46	7.7 (74.0%)
25	MARKOWSKA Karolina	5679	NOA/EUROPA UBEZPIECZENIA	K30	16	01:53:19	03:39:09.65	03:39:21.15	+00:58:33 (26.7%)	7:49	7.7 (74.0%)
26	KAPAON Helena	5307	CAZO CLUB RUNNING TEAM	K20	6	01:53:57	03:39:15.80	03:39:33.10	+00:58:45 (26.8%)	7:49	7.7 (74.0%)
27	MIODUSZEWSKA Aleksandra	5795	CAZZO CLUB	K20	7	01:51:06	03:40:32.95	03:40:49.85	+01:00:01 (27.2%)	7:52	7.6 (73.1%)
28	BOSIANEK Anna	5800	SKŁADAKI PIŁA	K30	17	01:58:07	03:40:44.25	03:41:04.95	+01:00:16 (27.3%)	7:53	7.6 (73.1%)
29	BARTOSIEWICZ Daria	5403	DZIKIE GRUBASY SZATANA	K30	18	01:59:21	03:41:07.55	03:41:40.35	+01:00:52 (27.5%)	7:53	7.6 (73.1%)
30	WOJNAROWSKA Weronika	5367		K30	19	01:57:58	03:43:34.05	03:44:00.30	+01:03:12 (28.2%)	7:59	7.5 (72.1%)
31	CYMBORSKA Jolanta	5557	AKTYWNA FALA	K30	20	02:00:41	03:43:08.75	03:44:06.50	+01:03:18 (28.2%)	7:58	7.5 (72.1%)
32	GARCZYŃSKA Anna	5595		K40	5	02:02:13	03:44:00.85	03:44:08.80	+01:03:20 (28.3%)	8:00	7.5 (72.1%)
33	GŁUSZAK Nicole	5867		K20	8	02:01:33	03:44:01.40	03:44:17.05	+01:03:29 (28.3%)	8:00	7.5 (72.1%)
34	PURGAL Magda	5605		K30	21	02:01:52	03:44:03.05	03:44:47.80	+01:03:59 (28.5%)	8:00	7.5 (72.1%)
35	SZNAJDER Joanna	5042		K30	22	02:01:10	03:46:25.85	03:47:06.10	+01:06:18 (29.2%)	8:05	7.4 (71.2%)
36	PES Magdalena	5219		K30	23	01:57:41	03:47:45.30	03:47:54.75	+01:07:06 (29.4%)	8:08	7.4 (71.2%)
37	STARZYŃSKA Katarzyna	5801	SKŁADAKI PIŁA	K30	24	02:01:10	03:47:08.65	03:48:17.85	+01:07:29 (29.6%)	8:06	7.4 (71.2%)
38	BIERNACKA Marta	5380	YULO RUN TEAM SIEDLCE	K30	25	02:01:33	03:48:10.10	03:48:23.90	+01:07:35 (29.6%)	8:08	7.4 (71.2%)

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39	CHOMA-GACA Agnieszka	5494	PZU SPORT TEAM	K40	6	02:03:21	03:48:02.55	03:48:30.70	+01:07:42 (29.6%)	8:08	7.4 (71.2%)
40	WILK Katarzyna	5766	BEFIT24	K30	26	02:02:19	03:48:38.20	03:49:21.60	+01:08:33 (29.9%)	8:09	7.3 (70.2%)
41	BIENIAS Paulina	5116		K20	9	02:02:42	03:48:45.55	03:49:35.75	+01:08:47 (30.0%)	8:10	7.3 (70.2%)
42	WYSOCKA Agnieszka	5446	WKURW_TEAM / ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	K40	7	02:02:01	03:49:29.90	03:51:19.95	+01:10:31 (30.5%)	8:11	7.3 (70.2%)
43	JEZIERSKA Justyna	5585	TRENERBIEGANIA.PL	K30	27	01:57:46	03:51:04.70	03:51:23.40	+01:10:35 (30.5%)	8:15	7.3 (70.2%)
44	HERMANOWICZ Aneta	5856	PZU SPORT TEAM	K30	28	02:02:50	03:51:54.90	03:52:41.30	+01:11:53 (30.9%)	8:16	7.2 (69.2%)
45	POPŁAWSKA Katarzyna	5254	CZARNE OWCE HIPOLITÓW	K40	8	02:02:36	03:52:04.10	03:52:42.60	+01:11:54 (30.9%)	8:17	7.2 (69.2%)
46	SZNAJDER Joanna	5415		K40	9	02:04:14	03:51:50.90	03:53:04.80	+01:12:16 (31.0%)	8:16	7.2 (69.2%)
47	CUDNIK Agnieszka	5414	KTUKOL GŁUCHOŁAZY	K40	10	02:04:17	03:52:25.00	03:53:38.35	+01:12:50 (31.2%)	8:18	7.2 (69.2%)
48	SZYMAŃSKA Agata	5525		K30	29	02:04:55	03:54:13.10	03:55:37.05	+01:14:49 (31.8%)	8:21	7.2 (69.2%)
49	RATAJCZAK Milena	5312		K30	30	02:01:58	03:54:44.50	03:55:49.70	+01:15:01 (31.8%)	8:23	7.2 (69.2%)
50	KOSEWICZ Agnieszka	5849		K40	11	02:03:52	03:55:39.80	03:55:59.30	+01:15:11 (31.9%)	8:25	7.1 (68.3%)
51	DZIERŻAK Elżbieta	5199	HUSARIA RACE TEAM	K40	12	02:09:03	03:56:10.35	03:56:27.45	+01:15:39 (32.0%)	8:26	7.1 (68.3%)
52	RACZYŃSKA Magdalena	5631	VEGE RUNNERS	K20	10	02:01:48	03:56:39.65	03:56:46.90	+01:15:58 (32.1%)	8:27	7.1 (68.3%)
53	KITOWSKA Anna	5242		K40	13		03:58:09.00	03:58:09.00	+01:17:21 (32.5%)	8:30	7.1 (68.3%)
54	TOCZEWSKA Anna	5953		K40	14	02:01:57	03:58:25.90	03:58:33.45	+01:17:45 (32.6%)	8:30	7 (67.3%)
55	SKELTON Sarah	5725	VEGE RUNNERS	K30	31	02:02:26	03:57:50.95	03:58:35.00	+01:17:47 (32.6%)	8:29	7.1 (68.3%)
56	CYPRYŚ Joanna	5824		K20	11	02:04:22	03:57:16.45	03:58:38.30	+01:17:50 (32.6%)	8:28	7.1 (68.3%)
57	ŻUK Wiktoria	5871	#RUNFORSMILE	K20	12	02:04:45	03:57:16.90	03:58:38.60	+01:17:50 (32.6%)	8:28	7.1 (68.3%)
58	GROCHOWSKA Joanna	5805	SKŁADAKI	K30	32	02:09:04	03:57:50.35	03:58:55.75	+01:18:07 (32.7%)	8:29	7.1 (68.3%)
59	KOŁODZIEJSKA Magdalena	5606		K30	33	02:03:39	03:58:31.40	03:59:04.75	+01:18:16 (32.7%)	8:31	7 (67.3%)
60	SZANIAWSKA Agata	5032	RUNWOMAN.PL	K20	13	02:07:50	03:58:18.50	03:59:20.00	+01:18:32 (32.8%)	8:30	7 (67.3%)
61	ZAJĄCZKOWSKA Ewelina	5827		K30	34	01:58:20	03:59:17.00	03:59:42.05	+01:18:54 (32.9%)	8:32	7 (67.3%)

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62	KAWAŁKO Patrycja	5626	TEAM KOPEĆ	K40	15	02:09:49	03:58:23.45	03:59:45.85	+01:18:57 (32.9%)	8:30	7 (67.3%)
63	SKÓRA Aneta	5198	NIGHT RUNNERS GLIWICE	K30	35	02:04:19	03:59:46.45	03:59:53.00	+01:19:05 (33.0%)	8:33	7 (67.3%)
64	KAŁMUK Aneta	5309		K30	36	02:06:50	03:59:34.95	03:59:54.55	+01:19:06 (33.0%)	8:33	7 (67.3%)
65	BEZAK Magdalena	5934		K30	37	02:09:15	03:59:28.90	03:59:56.20	+01:19:08 (33.0%)	8:33	7 (67.3%)
66	ZAKRZEWSKA Monika	5349	SPORTOWE ŻULE	K30	38	02:07:31	03:59:40.70	04:00:23.55	+01:19:35 (33.1%)	8:33	7 (67.3%)
67	GASIK-POWAŁKA Małgorzata	5617	KB OŻARÓW MAZOWIECKI BIEGA	K30	39	02:10:44	03:59:35.90	04:00:37.40	+01:19:49 (33.2%)	8:33	7 (67.3%)
68	ROŹNIATA Iwona	5141	KS GŁOWNO W BIEGU	K40	16	02:10:09	04:00:33.05	04:01:07.75	+01:20:19 (33.3%)	8:35	7 (67.3%)
69	BANDEL Aneta	5748		K20	14	02:05:46	04:01:11.75	04:01:17.55	+01:20:29 (33.4%)	8:36	7 (67.3%)
70	SUT Iwona	5531	KS GŁOWNO W BIEGU	K40	17	02:04:50	04:01:11.30	04:01:46.90	+01:20:58 (33.5%)	8:36	7 (67.3%)
71	CEBRAT Ewa	5694		K40	18	02:01:44	04:01:48.75	04:01:53.70	+01:21:05 (33.5%)	8:38	6.9 (66.3%)
72	PERCHALUK Magdalena	5036		K30	40	02:02:37	04:02:57.55	04:03:14.95	+01:22:26 (33.9%)	8:40	6.9 (66.3%)
73	TYRAŁA Anna	5210		K20	15	02:08:46	04:02:06.55	04:03:17.40	+01:22:29 (33.9%)	8:38	6.9 (66.3%)
74	BURCHARD Beata	5214		K40	19	02:11:29	04:03:09.05	04:03:21.45	+01:22:33 (33.9%)	8:41	6.9 (66.3%)
75	WÓLKIEWICZ Dorota	5265	OX5	K40	20	02:06:11	04:02:45.60	04:03:39.10	+01:22:51 (34.0%)	8:40	6.9 (66.3%)
76	GAJAK Anna	5829		K30	41	02:07:23	04:02:45.50	04:03:39.40	+01:22:51 (34.0%)	8:40	6.9 (66.3%)
77	SOBORSKA Sylwia	5129	SAINT GOBAIN SQUAD	K40	21	02:07:23	04:03:21.30	04:03:40.05	+01:22:52 (34.0%)	8:41	6.9 (66.3%)
78	GRZĘBSKA-BUJA Małgorzata	5890	GOSIA(SIĘ)BUJA	K30	42	02:12:03	04:03:16.45	04:03:53.25	+01:23:05 (34.1%)	8:41	6.9 (66.3%)
79	ZĘGOTA Izabela	5845	ROBIMY DZISIEJ CO?!	K20	16	02:11:47	04:02:34.60	04:03:55.45	+01:23:07 (34.1%)	8:39	6.9 (66.3%)
80	SPUŁTOWSKA Joanna	5311		K40	22	02:02:24	04:03:41.95	04:04:03.75	+01:23:15 (34.1%)	8:42	6.9 (66.3%)
81	PIASECKA Dominika	5572	TRENER24H.COM.PL	K30	43	02:06:23	04:04:08.95	04:04:17.65	+01:23:29 (34.2%)	8:43	6.9 (66.3%)
82	SUWINSKA Marzena	5068		K30	44	02:06:18	04:04:03.85	04:04:18.65	+01:23:30 (34.2%)	8:43	6.9 (66.3%)
83	KARCZYŃSKA Monika	5873	POWER TRAINING	K30	45	02:07:58	04:03:31.15	04:04:52.65	+01:24:04 (34.3%)	8:41	6.9 (66.3%)
84	REGUŁA Katarzyna	5846		K30	46	02:09:19	04:04:32.40	04:05:06.35	+01:24:18 (34.4%)	8:44	6.9 (66.3%)

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85	NAROŁOCH Piotr	5950		K-Open	1	02:07:00	04:04:14.55	04:05:26.00	+01:24:38 (34.5%)	8:43	6.9 (66.3%)
86	KARCZYŃSKA Eliza	5874	MUD GOATS	K30	47	02:08:29	04:04:33.50	04:05:55.25	+01:25:07 (34.6%)	8:44	6.9 (66.3%)
87	BRZĘCZEK Izabela	5352		K40	23	02:09:44	04:05:00.65	04:06:14.80	+01:25:26 (34.7%)	8:45	6.9 (66.3%)
88	GZULA Beata	5376	ADIDAS RUNNERS WARSAW	K40	24	02:05:46	04:06:38.30	04:07:05.55	+01:26:17 (34.9%)	8:48	6.8 (65.4%)
89	ŁACHACZ Irmína	5823	ARTVENRUTA	K30	48	02:02:33	04:07:30.30	04:07:41.55	+01:26:53 (35.1%)	8:50	6.8 (65.4%)
90	ROGOYSKA-WIECZOREK Marta	5689		K30	49	02:12:14	04:06:50.10	04:07:48.90	+01:27:00 (35.1%)	8:48	6.8 (65.4%)
91	KAPAON Katarzyna	5429	CAZZO CLUB	K20	17	02:01:39	04:07:34.35	04:07:52.05	+01:27:04 (35.1%)	8:50	6.8 (65.4%)
92	KOŁAKOWSKA Olga	5957	LEZZO CLUB	K20	18	02:03:20	04:07:34.15	04:07:52.35	+01:27:04 (35.1%)	8:50	6.8 (65.4%)
93	BARANIAK Izabela	5908		K30	50	02:12:07	04:06:53.15	04:08:00.50	+01:27:12 (35.2%)	8:49	6.8 (65.4%)
94	KOJDER Iwona	5516		K20	19	02:07:23	04:08:20.45	04:08:48.25	+01:28:00 (35.4%)	8:52	6.8 (65.4%)
95	WÓJCIK Magdalena	5104		K30	51	02:01:59	04:09:06.45	04:09:22.80	+01:28:34 (35.5%)	8:53	6.7 (64.4%)
96	KOWALSKA Joanna	5671		K30	52	01:53:18	04:09:17.50	04:09:31.05	+01:28:43 (35.6%)	8:54	6.7 (64.4%)
97	RACZYŃSKA Gosia	5588	COCA COLA RUNNERS	K40	25	02:06:23	04:09:34.65	04:10:05.30	+01:29:17 (35.7%)	8:54	6.7 (64.4%)
98	POCHWAŁA Justyna	5549		K30	53	02:09:54	04:09:28.45	04:10:05.85	+01:29:17 (35.7%)	8:54	6.7 (64.4%)
99	GOŁĄB Anna	5848	TRENER24H.COM	K30	54	02:11:51	04:10:07.45	04:10:07.45	+01:29:19 (35.7%)	8:55	6.7 (64.4%)
100	MILCZAREK Magdalena	5316	DRUŻYNA ORZECHA ŻYRARDÓW	K30	55	02:04:10	04:09:22.00	04:10:09.30	+01:29:21 (35.7%)	8:54	6.7 (64.4%)
101	WIĘCIELEWSKA Joanna	5772	BIGYELLOWFOOT ADVENTURE TEAM	K30	56	02:12:07	04:09:15.20	04:10:24.55	+01:29:36 (35.8%)	8:54	6.7 (64.4%)
102	POGORZELSKA Alina	5279	DB LESZCZYNY	K50	1	02:12:36	04:09:30.55	04:10:30.90	+01:29:42 (35.8%)	8:54	6.7 (64.4%)
103	GÓRECKA Aldona	5111	WRONIECKI KLUB BIEGACZA	K30	57	02:11:47	04:09:19.80	04:10:55.55	+01:30:07 (35.9%)	8:54	6.7 (64.4%)
104	MAZUREK Katarzyna	5319	LUBELSKIE STOWARZYSZENIE BIEGOWE	K40	26	02:10:51	04:09:41.20	04:10:55.65	+01:30:07 (35.9%)	8:55	6.7 (64.4%)
105	KMITA Gabriela	5798	NOWA HUTA TEAM	K20	20	02:14:02	04:10:09.35	04:11:00.70	+01:30:12 (35.9%)	8:56	6.7 (64.4%)
106	URBANEK Małgorzata	5026	WAPIENICKITEAM	K40	27	02:12:14	04:10:41.80	04:11:52.95	+01:31:04 (36.2%)	8:57	6.7 (64.4%)
107	BOGDAŁ Ewelina	5243		K20	21	02:14:31	04:11:02.55	04:12:04.95	+01:31:16 (36.2%)	8:57	6.7 (64.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
108	BANASZEK Urszula	5498	NIGHT RUNNERS WROCLAW	K30	58	02:12:24	04:10:40.15	04:12:05.25	+01:31:17 (36.2%)	8:57	6.7 (64.4%)
109	MATYSIAK Agnieszka	5879	KOPALNIA MOCY TARNOBRZE	K30	59	02:14:02	04:10:45.80	04:12:08.40	+01:31:20 (36.2%)	8:57	6.7 (64.4%)
110	BOROWIEC Renata	5159	MAMY-BIEGAMY KIELCE	K40	28	02:15:04	04:12:40.25	04:13:03.45	+01:32:15 (36.5%)	9:01	6.6 (63.5%)
111	BAZIUK Aneta Zuzanna	5810	SKŁADAKI	K40	29	02:11:53	04:12:57.75	04:14:08.30	+01:33:20 (36.7%)	9:02	6.6 (63.5%)
112	PODWYSOCKA Dominika	5370	PRUSZCZ BIEGA	K30	60	02:10:05	04:13:08.40	04:14:14.55	+01:33:26 (36.8%)	9:02	6.6 (63.5%)
113	ZAWADZKA Anna	5843		K30	61	02:12:49	04:12:48.70	04:14:23.15	+01:33:35 (36.8%)	9:01	6.6 (63.5%)
114	ŁUNIEWSKA Katarzyna	5288	HARDCOROWE WYCHYLYLYBYMY	K20	22	02:13:06	04:13:41.55	04:14:36.70	+01:33:48 (36.8%)	9:03	6.6 (63.5%)
115	MARCINKOWSKA Jadwiga	5470		K40	30	02:12:02	04:13:25.25	04:14:40.20	+01:33:52 (36.9%)	9:03	6.6 (63.5%)
116	BLIŻNIEWSKA Katarzyna	5538	KS GŁOWNO W BIEGU	K40	31	02:10:48	04:15:23.20	04:15:59.70	+01:35:11 (37.2%)	9:07	6.6 (63.5%)
117	BIEDRZYCKA Marta	5852	DZIKIE GRUBASY SZATANA	K30	62	02:13:50	04:15:56.65	04:16:31.85	+01:35:43 (37.3%)	9:08	6.6 (63.5%)
118	SIECZKA Renata	5578		K30	63	02:14:43	04:16:32.45	04:16:52.85	+01:36:04 (37.4%)	9:09	6.5 (62.5%)
119	KRUK Malgorzata	5317		K40	32	02:14:45	04:16:33.05	04:16:52.95	+01:36:04 (37.4%)	9:09	6.5 (62.5%)
120	LECHOWSKA Katarzyna	5157	MAMY BIEGAMY KIELCE	K40	33	02:13:25	04:16:38.25	04:17:01.10	+01:36:13 (37.4%)	9:09	6.5 (62.5%)
121	JĘSIEK-BARABASZ Agnieszka	5914	PSEUDOBIEGACZKI	K40	34	02:11:42	04:15:54.90	04:17:03.55	+01:36:15 (37.4%)	9:08	6.6 (63.5%)
122	RADECKA Alicja	5708		K30	64	02:14:47	04:16:31.50	04:17:06.70	+01:36:18 (37.5%)	9:09	6.5 (62.5%)
123	SOBICZEWSKA Iza	5436	EKOBIEGI	K40	35	02:13:51	04:16:39.40	04:17:19.25	+01:36:31 (37.5%)	9:10	6.5 (62.5%)
124	WENECKA-FLIS Anna	5477		K30	65	02:13:57	04:15:49.30	04:17:26.45	+01:36:38 (37.5%)	9:08	6.6 (63.5%)
125	WISZNIOWSKA Agata	5361		K30	66	02:12:24	04:16:08.50	04:17:33.50	+01:36:45 (37.6%)	9:08	6.6 (63.5%)
126	SOŁKIEWICZ Marta	5918		K40	36	02:13:00	04:17:00.75	04:17:37.85	+01:36:49 (37.6%)	9:10	6.5 (62.5%)
127	WOJCIESZAK Klaudia	5739	BRAVEHEARTS LEGIONOWO	K30	67	02:09:16	04:16:07.10	04:17:39.25	+01:36:51 (37.6%)	9:08	6.6 (63.5%)
128	WOJTYCZKA Katarzyna	5002		K30	68	02:16:44	04:16:57.90	04:17:47.55	+01:36:59 (37.6%)	9:10	6.5 (62.5%)
129	GNIADZEK Gosia	5907	DABEX-BOLT	K40	37	02:12:20	04:17:25.10	04:18:22.30	+01:37:34 (37.8%)	9:11	6.5 (62.5%)
130	KOLCZYŃSKA Paulina	5661	EMOTIVO.COM.PL	K30	69	02:15:18	04:17:03.35	04:18:23.75	+01:37:35 (37.8%)	9:10	6.5 (62.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
131	GŁUSZKO Justyna	5931	SOLINA TEAM	K30	70	02:13:42	04:18:14.95	04:18:26.60	+01:37:38 (37.8%)	9:13	6.5 (62.5%)
132	PAWIAK-KUCHAREWICZ Gabriela	5246		K30	71	02:20:06	04:17:26.90	04:18:32.30	+01:37:44 (37.8%)	9:11	6.5 (62.5%)
133	DĄBROWSKA Edyta	5270		K30	72	02:11:54	04:17:42.05	04:19:01.90	+01:38:13 (37.9%)	9:12	6.5 (62.5%)
134	PABISEK Anna	5321		K30	73	02:12:48	04:18:21.35	04:19:04.80	+01:38:16 (37.9%)	9:13	6.5 (62.5%)
135	WIECZOREK Beata	5682	DZIKIE GRUBASY SZATANA	K30	74	02:14:08	04:19:10.65	04:19:44.40	+01:38:56 (38.1%)	9:15	6.5 (62.5%)
136	LORENZ Anna	5096	#ACTEAM ADAM CZERWIŃSKI TEAM	K30	75	02:18:36	04:19:14.25	04:19:44.90	+01:38:56 (38.1%)	9:15	6.5 (62.5%)
137	KACZMAREK Katarzyna	5090	NIEPOŁOMICE BIEGAJĄ	K40	38	02:18:36	04:19:13.45	04:19:45.20	+01:38:57 (38.1%)	9:15	6.5 (62.5%)
138	ZARĘBA Agnieszka	5816		K40	39	02:17:33	04:18:36.20	04:20:15.30	+01:39:27 (38.2%)	9:14	6.5 (62.5%)
139	KRYSTEK Ewa	5118		K40	40	02:16:15	04:18:59.20	04:20:25.70	+01:39:37 (38.3%)	9:14	6.5 (62.5%)
140	SZAL Katarzyna	5031		K30	76	02:06:34	04:19:05.00	04:20:33.85	+01:39:45 (38.3%)	9:15	6.5 (62.5%)
141	KOWALEWSKA Kinga	5029		K30	77	02:20:30	04:20:16.05	04:20:39.95	+01:39:51 (38.3%)	9:17	6.5 (62.5%)
142	PUCHALSKA Olga	5752	PZU SPORT TEAM	K40	41	02:22:17	04:19:57.30	04:20:50.95	+01:40:02 (38.4%)	9:17	6.5 (62.5%)
143	MIKULSKA Aneta	5895	#GO PATI	K30	78	02:19:34	04:20:02.05	04:20:53.15	+01:40:05 (38.4%)	9:17	6.5 (62.5%)
144	REPLIŃSKA Edyta	5206	DOGOŃ GRODZISK MAZOWIECKI	K40	42	02:10:11	04:20:47.65	04:21:12.00	+01:40:24 (38.4%)	9:18	6.4 (61.5%)
145	POKROP Agnieszka	5548		K30	79	02:16:27	04:20:48.35	04:21:26.10	+01:40:38 (38.5%)	9:18	6.4 (61.5%)
146	ŚLIWIŃSKA Alicja	5742	NIGHT RUNNERS GLIWICE	K30	80	02:09:54	04:20:38.10	04:21:54.60	+01:41:06 (38.6%)	9:18	6.4 (61.5%)
147	BOTKIEWICZ Agnieszka	5619	WKURW_TEAM / DRUŻYNA BARTKA	K40	43	02:14:45	04:21:36.60	04:22:13.45	+01:41:25 (38.7%)	9:20	6.4 (61.5%)
148	ZIELIŃSKA Mirona	5379	NIGHT RUNNERS WROCŁAW	K40	44	02:12:23	04:20:51.25	04:22:16.35	+01:41:28 (38.7%)	9:18	6.4 (61.5%)
149	KĘCKA Adrianna	5225	WQRW TEAM	K20	23	02:10:16	04:22:08.60	04:22:44.65	+01:41:56 (38.8%)	9:21	6.4 (61.5%)
150	MĄCZKA Krystyna	5932		K60	1	02:18:12	04:23:40.10	04:23:48.15	+01:43:00 (39.0%)	9:25	6.4 (61.5%)
151	JĘDRUSZCZAK Renata	5714		K40	45	02:15:41	04:23:23.10	04:23:50.40	+01:43:02 (39.1%)	9:24	6.4 (61.5%)
152	PAWLIKOWSKA Agnieszka	5711		K30	81	02:21:59	04:23:06.35	04:24:08.40	+01:43:20 (39.1%)	9:23	6.4 (61.5%)
153	SKIBICKA Dorota	5451	PZU SPORT TEAM	K40	46	02:13:13	04:23:20.80	04:24:14.55	+01:43:26 (39.1%)	9:24	6.4 (61.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
154	RZEPECKA Ewa	5713		K50	2	02:20:03	04:24:05.90	04:24:17.00	+01:43:29 (39.2%)	9:25	6.4 (61.5%)
155	KALINOWSKA Ewa	5847		K30	82	02:16:51	04:24:02.45	04:24:45.90	+01:43:57 (39.3%)	9:25	6.4 (61.5%)
156	GOMUŁKIEWICZ Monika	5818		K20	24	02:11:44	04:24:12.90	04:24:52.85	+01:44:04 (39.3%)	9:26	6.4 (61.5%)
157	PRUSS Kasia	5479	WKURW_TEAM	K40	47	02:16:13	04:23:40.45	04:25:04.65	+01:44:16 (39.3%)	9:25	6.4 (61.5%)
158	DOMARADZKA-KASZUBOWICZ Wiktoria	5641		K30	83	02:15:55	04:25:13.45	04:25:18.40	+01:44:30 (39.4%)	9:28	6.3 (60.6%)
159	NAWROCKA Natalia	5244		K40	48	02:19:15	04:24:49.25	04:25:27.30	+01:44:39 (39.4%)	9:27	6.3 (60.6%)
160	MORAWSKA Anna	5374		K60	2	02:21:59	04:25:26.55	04:25:57.55	+01:45:09 (39.5%)	9:28	6.3 (60.6%)
161	ŁUKASIK Weronika	5740		K20	25	02:19:32	04:25:34.00	04:26:13.65	+01:45:25 (39.6%)	9:29	6.3 (60.6%)
162	WRONKOWSKA Katarzyna	5093		K40	49	02:19:41	04:25:26.00	04:26:39.15	+01:45:51 (39.7%)	9:28	6.3 (60.6%)
163	BINEK Katarzyna	5067	NIGHT RUNNERS	K20	26	02:21:13	04:25:55.95	04:27:16.50	+01:46:28 (39.8%)	9:29	6.3 (60.6%)
164	WARDA Justyna	5400	HARDCOROWE WYCHYLYLYBYMY	K20	27	02:17:57	04:26:25.65	04:27:21.05	+01:46:33 (39.9%)	9:30	6.3 (60.6%)
165	BAŁDA Ewelina	5308	ASICS FRONTRUNNER POLSKA	K30	84	02:11:00	04:27:21.15	04:28:02.10	+01:47:14 (40.0%)	9:32	6.3 (60.6%)
166	WIDERA Karolina	5541	BRAK	K40	50	02:17:42	04:27:20.90	04:28:17.45	+01:47:29 (40.1%)	9:32	6.3 (60.6%)
167	ŁUCZAK Olga	5540		K40	51	02:16:40	04:27:21.95	04:28:17.90	+01:47:29 (40.1%)	9:32	6.3 (60.6%)
168	KURAS-SMOLNIK Magdalena	5121		K30	85	02:18:36	04:27:43.40	04:28:41.60	+01:47:53 (40.2%)	9:33	6.3 (60.6%)
169	MATOGA Lucyna	5273		K50	3	02:21:43	04:28:01.35	04:28:54.55	+01:48:06 (40.2%)	9:34	6.3 (60.6%)
170	WÓJCIK Kamila	5878	LACHO TEAM	K40	52	02:23:40	04:27:30.40	04:28:57.35	+01:48:09 (40.2%)	9:33	6.3 (60.6%)
171	CHMIELEWSKA Emilia	5763		K30	86	02:18:31	04:27:20.40	04:29:11.70	+01:48:23 (40.3%)	9:32	6.3 (60.6%)
172	PISZCZOŁA Maria	5775	DIRTY SPARROWS	K20	28	02:20:57	04:27:56.05	04:29:12.80	+01:48:24 (40.3%)	9:34	6.3 (60.6%)
173	QUIRINI Aleksandra	5842		K30	87	02:19:59	04:29:17.75	04:30:05.50	+01:49:17 (40.5%)	9:37	6.2 (59.6%)
174	SOSNOWSKA Justyna	5365	POWER TRAINING	K30	88	02:19:41	04:29:08.15	04:30:22.20	+01:49:34 (40.5%)	9:36	6.2 (59.6%)
175	RZENNO Dagmara	5592	MIECHOWICKA GRUPA BIEGOWA	K40	53	02:20:49	04:29:38.60	04:30:24.65	+01:49:36 (40.5%)	9:37	6.2 (59.6%)
176	LUBAŃSKA Alicja	5489		K50	4	02:11:49	04:30:45.60	04:31:00.85	+01:50:12 (40.7%)	9:40	6.2 (59.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
177	SEREDA Joanna	5777	AR	K20	29	02:12:35	04:30:41.40	04:31:07.25	+01:50:19 (40.7%)	9:40	6.2 (59.6%)
178	LATOS Joanna	5692		K40	54	02:17:53	04:29:45.25	04:31:14.15	+01:50:26 (40.7%)	9:38	6.2 (59.6%)
179	ADAMKIEWICZ Natalia	5086	K.S GŁOWNO W BIEGU	K20	30	02:16:45	04:31:31.20	04:32:46.60	+01:51:58 (41.1%)	9:41	6.2 (59.6%)
180	TRELA Aniela	5669	DB LESZCZYNY	K40	55	02:21:28	04:31:56.45	04:32:57.30	+01:52:09 (41.1%)	9:42	6.2 (59.6%)
181	SKOŁUBON Marzenia	5945		K30	89	02:09:14	04:32:29.70	04:33:11.65	+01:52:23 (41.1%)	9:43	6.2 (59.6%)
182	ZARĘBA Julia	5785	NIE ZA DALEKO / VELOCITY	K20	31	02:19:16	04:32:21.05	04:33:15.55	+01:52:27 (41.2%)	9:43	6.2 (59.6%)
183	CHRZUSZCZ Anna	5862		K30	90	02:21:25	04:32:00.65	04:33:16.00	+01:52:28 (41.2%)	9:42	6.2 (59.6%)
184	PAWLIK Katarzyna	5779	5F TEAM	K30	91	02:20:43	04:32:20.65	04:33:16.65	+01:52:28 (41.2%)	9:43	6.2 (59.6%)
185	JAWORSKA Katarzyna	5893		K30	92	02:23:50	04:31:41.30	04:33:19.00	+01:52:31 (41.2%)	9:42	6.2 (59.6%)
186	LIMANOWSKA Olga	5136	TRENER24H.COM.PL	K20	32	02:12:07	04:33:22.35	04:33:31.65	+01:52:43 (41.2%)	9:45	6.1 (58.7%)
187	PLEŚNIAR Lucyna	5019	RK ATHLETICS	K40	56	02:20:56	04:32:55.30	04:33:36.30	+01:52:48 (41.2%)	9:44	6.2 (59.6%)
188	FRANKOWSKA Anna	5294	MIECHOWICKA GRUPA BIEGOWA	K50	5	02:20:46	04:33:15.90	04:34:02.30	+01:53:14 (41.3%)	9:45	6.1 (58.7%)
189	KUKAWSKA Joanna	5014	RK ATHLETICS	K50	6	02:12:55	04:32:59.15	04:34:14.05	+01:53:26 (41.4%)	9:45	6.2 (59.6%)
190	NIEDŹWIECKA Kasia	5119	EKOBIEGI	K40	57	02:15:32	04:33:37.20	04:34:16.50	+01:53:28 (41.4%)	9:46	6.1 (58.7%)
191	PARYS Marzena	5081	BIEGAJĄCE ŻABCIE	K30	93	02:17:43	04:33:03.80	04:34:17.40	+01:53:29 (41.4%)	9:45	6.2 (59.6%)
192	DOMINIAK Emilia	5092	SŁYNNI KENIJCZYCY	K40	58	02:23:30	04:33:51.10	04:35:20.85	+01:54:32 (41.6%)	9:46	6.1 (58.7%)
193	SERĘGA Anna	5860	WKURW_TEAM	K30	94	02:25:07	04:33:54.25	04:35:22.85	+01:54:34 (41.6%)	9:46	6.1 (58.7%)
194	NIEĆ Melania	5576		K30	95	02:24:17	04:34:06.40	04:35:24.55	+01:54:36 (41.6%)	9:47	6.1 (58.7%)
195	PRĘDKA Magdalena	5048	OLA TEAM	K40	59	02:24:17	04:34:06.70	04:35:24.75	+01:54:36 (41.6%)	9:47	6.1 (58.7%)
196	MARCOL Dominika	5946	OTK RZEŹNIK	K20	33	02:10:19	04:35:23.35	04:35:37.25	+01:54:49 (41.7%)	9:50	6.1 (58.7%)
197	OKORSKA-BOMBIŃSKA Basia	5715	PKO BP SA	K30	96	02:29:19	04:34:45.25	04:35:49.40	+01:55:01 (41.7%)	9:48	6.1 (58.7%)
198	WAJMAN-GRASZA Katarzyna	5182	STEP DANCE RUN	K30	97	02:23:23	04:34:41.80	04:36:09.05	+01:55:21 (41.8%)	9:48	6.1 (58.7%)
199	MARCINIAK Anna	5181		K40	60	02:18:19	04:35:00.45	04:36:29.80	+01:55:41 (41.8%)	9:49	6.1 (58.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
200	STYSIŃSKA Martyna	5784		K30	98	02:20:59	04:35:57.70	04:36:40.85	+01:55:52 (41.9%)	9:51	6.1 (58.7%)
201	BEDNARCZUK Joanna	5899		K40	61	02:21:57	04:36:08.75	04:36:44.20	+01:55:56 (41.9%)	9:51	6.1 (58.7%)
202	TOKARSKA Bożena	5339		K40	62	02:24:24	04:35:53.70	04:37:03.15	+01:56:15 (42.0%)	9:51	6.1 (58.7%)
203	KOLIBABSKA Malwina	5229	HARDCOROWE WYCHYLYLYBYMY	K30	99	02:17:59	04:36:46.50	04:37:42.05	+01:56:54 (42.1%)	9:53	6.1 (58.7%)
204	KIJEWSKA- RAJ Karolina	5125		K30	100	02:18:54	04:36:49.40	04:37:46.85	+01:56:58 (42.1%)	9:53	6.1 (58.7%)
205	BROCKA Katarzyna	5655	GKT MUSTANGI	K30	101	02:25:11	04:36:38.30	04:38:05.15	+01:57:17 (42.2%)	9:52	6.1 (58.7%)
206	ŻYGADŁO Anna	5492	POWER TRAINING	K30	102	02:24:30	04:36:56.35	04:38:10.70	+01:57:22 (42.2%)	9:53	6.1 (58.7%)
207	STRUSZKIEWICZ Aleksandra	5887	POWER TRAINING	K20	34	02:24:08	04:36:57.40	04:38:11.35	+01:57:23 (42.2%)	9:53	6.1 (58.7%)
208	JANICKA Katarzyna	5035	4EVERFASTER.PL	K30	103	02:15:24	04:37:51.80	04:38:53.15	+01:58:05 (42.3%)	9:55	6 (57.7%)
209	ZYCH Anna	5340		K40	63	02:21:33	04:37:55.95	04:39:10.40	+01:58:22 (42.4%)	9:55	6 (57.7%)
210	PAKULSKA Ewelina	5227	KONIUCHY	K30	104	02:18:01	04:38:51.10	04:39:44.40	+01:58:56 (42.5%)	9:57	6 (57.7%)
211	OLEJNIK Urszula	5937		K30	105	02:29:21	04:39:41.00	04:41:16.05	+02:00:28 (42.8%)	9:59	6 (57.7%)
212	BARCZYK Agnieszka	5476		K40	64	02:25:54	04:41:02.15	04:42:21.15	+02:01:33 (43.0%)	10:02	6 (57.7%)
213	JĘDZURA Agnieszka	5760		K30	106	02:21:58	04:42:41.50	04:42:48.70	+02:02:00 (43.1%)	10:05	5.9 (56.7%)
214	GRECH-BARAN Marta	5909	ROGATE TORPEDY	K30	107	02:21:43	04:42:52.60	04:42:59.70	+02:02:11 (43.2%)	10:06	5.9 (56.7%)
215	MYSZKIEWICZ-KURKIEWICZ Agnieszka	5601	PZU SPORT TEAM	K30	108	02:30:26	04:42:57.75	04:43:52.15	+02:03:04 (43.4%)	10:06	5.9 (56.7%)
216	ROMANOWICZ Katarzyna	5201		K30	109	02:34:00	04:43:41.50	04:43:54.20	+02:03:06 (43.4%)	10:07	5.9 (56.7%)
217	BANASIAK Karolina	5995	WKURW_TEAM	K30	110	02:17:59	04:42:51.05	04:43:57.95	+02:03:09 (43.4%)	10:06	5.9 (56.7%)
218	WIĘSEK Ewelina	5865	PKO BANK POLSKI	K40	65	02:20:51	04:44:13.20	04:44:51.45	+02:04:03 (43.6%)	10:09	5.9 (56.7%)
219	TERZONI Karina	5888	ROZBIEGANI	K30	111	02:25:42	04:44:01.40	04:45:31.60	+02:04:43 (43.7%)	10:08	5.9 (56.7%)
220	JURAŚ-KMIEĆ Marzena	5884	BIEGAM SOBIE	K40	66	02:26:00	04:44:36.15	04:45:40.25	+02:04:52 (43.7%)	10:09	5.9 (56.7%)
221	SENDERECKA Dorota	5793	TERAPIA UZALEŻNIEŃ	K40	67	02:30:08	04:44:41.10	04:45:49.85	+02:05:01 (43.7%)	10:10	5.9 (56.7%)
222	LEYKO-PYZIK Paulina	5341	ZABIEGANI MIELEC	K30	112	02:24:03	04:46:58.30	04:47:11.30	+02:06:23 (44.0%)	10:14	5.9 (56.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
223	SIĘNCZYK Małgorzata	5648	BRATALBERT TEAM	K30	113	02:20:06	04:46:42.10	04:47:17.30	+02:06:29 (44.0%)	10:14	5.9 (56.7%)
224	PIELAK Agnieszka	5474	PZU SPORT TEAM	K30	114	02:22:48	04:46:32.30	04:47:19.20	+02:06:31 (44.0%)	10:14	5.9 (56.7%)
225	SIWEK Aleksandra	5589	COCA-COLA RUNNERS	K40	68	02:23:42	04:46:59.60	04:47:32.05	+02:06:44 (44.1%)	10:15	5.9 (56.7%)
226	KAPUSTA Anna	5124	TSA SANDOMIERZ	K20	35	02:23:47	04:46:26.90	04:47:45.50	+02:06:57 (44.1%)	10:13	5.9 (56.7%)
227	KOBIERECKA Monika	5523	KS GŁOWNO W BIEGU	K40	69	02:20:58	04:47:57.35	04:48:33.95	+02:07:45 (44.3%)	10:17	5.8 (55.8%)
228	WNOROWSKA Magdalena	5207		K40	70	02:22:14	04:48:37.45	04:48:47.40	+02:07:59 (44.3%)	10:18	5.8 (55.8%)
229	NAGAŃSKA-PILAK Małgorzata	5033		K50	7	02:30:22	04:48:14.75	04:49:54.25	+02:09:06 (44.5%)	10:17	5.8 (55.8%)
230	ŁĄCKA Ilona	5789	BIAŁOŁĘKA JEST KOBIETĄ	K40	71	02:25:01	04:49:23.30	04:50:01.65	+02:09:13 (44.6%)	10:20	5.8 (55.8%)
231	KOWALSKA Gabriela	5264	BIEGAJĄCY ŚWIDNIK	K30	115	02:29:40	04:48:41.05	04:50:20.40	+02:09:32 (44.6%)	10:18	5.8 (55.8%)
232	PAJĄK Karolina	5322	PUSZCZYK BUKOWY	K40	72	02:24:47	04:50:03.70	04:50:32.45	+02:09:44 (44.7%)	10:21	5.8 (55.8%)
233	MATYJEWICZ Klaudia	5579		K20	36	02:34:45	04:49:04.00	04:50:35.15	+02:09:47 (44.7%)	10:19	5.8 (55.8%)
234	KORNILAK Edyta	5089	GRUPA BIEGACZY SKÓRZEC BIEGA	K40	73	02:23:04	04:51:35.60	04:51:53.35	+02:11:05 (44.9%)	10:24	5.8 (55.8%)
235	GADOMSKA Małgorzata	5556		K40	74	02:28:07	04:50:53.20	04:52:00.70	+02:11:12 (44.9%)	10:23	5.8 (55.8%)
236	PIOTRKOWSKA Magda	5894		K20	37	02:35:34	04:50:21.95	04:52:01.30	+02:11:13 (44.9%)	10:22	5.8 (55.8%)
237	ZIÓŁEK Teresa	5963	STAY INSANE	K50	8	02:29:23	04:50:42.15	04:52:10.25	+02:11:22 (45.0%)	10:22	5.8 (55.8%)
238	OLESIAK Małgorzata	5187	MAMY BIEGAMY KIELCE I OKOLICE	K40	75	02:25:03	04:52:04.00	04:52:27.95	+02:11:39 (45.0%)	10:25	5.8 (55.8%)
239	GÓRAL Marcelina	5858		K30	116	02:19:24	04:52:00.05	04:52:39.55	+02:11:51 (45.1%)	10:25	5.8 (55.8%)
240	CHOJNACKA-OZDOWSKA Izabela	5172	WAKACJE TEAM MINI	K30	117	02:25:12	04:51:50.10	04:53:07.00	+02:12:19 (45.1%)	10:25	5.8 (55.8%)
241	KAYYALI Mira	5248		K30	118	02:26:01	04:52:35.40	04:53:18.95	+02:12:30 (45.2%)	10:26	5.7 (54.8%)
242	PRZYBYLSKA Sylwia	5272	KOLOROWA DRUŻYNA NESSI	K40	76	02:25:42	04:52:16.30	04:53:21.40	+02:12:33 (45.2%)	10:26	5.7 (54.8%)
243	SIWKA Monika	5276	KOLOROWA DRUŻYNA NESSI	K30	119	02:25:57	04:52:18.75	04:53:23.50	+02:12:35 (45.2%)	10:26	5.7 (54.8%)
244	POŹNIAK Aleksandra	5044	WIECZORNE BIEGANIE W SZCZECINIE	K30	120	02:32:59	04:52:32.95	04:53:35.05	+02:12:47 (45.2%)	10:26	5.7 (54.8%)
245	MODZELEWSKA Milena	5912	BIGYELLOWFOOT ADVENTURE TEAM	K20	38	02:23:13	04:53:36.00	04:54:42.40	+02:13:54 (45.4%)	10:29	5.7 (54.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
246	ŁYSY Aleksandra	5698	PZU SPORT TEAM	K40	77	02:25:50	04:54:25.30	04:55:17.05	+02:14:29 (45.5%)	10:30	5.7 (54.8%)
247	KRAKOWSKA Katarzyna	5382		K40	78	02:30:16	04:54:29.40	04:55:22.90	+02:14:34 (45.6%)	10:31	5.7 (54.8%)
248	SARNA Agata	5318		K30	121	02:32:43	04:55:07.80	04:55:26.60	+02:14:38 (45.6%)	10:32	5.7 (54.8%)
249	POŁYS Katarzyna	5759	BEFIT24 TEAM	K30	122	02:19:22	04:55:09.85	04:55:52.40	+02:15:04 (45.7%)	10:32	5.7 (54.8%)
250	GRABAREK Justyna	5069		K30	123	02:26:01	04:55:14.40	04:55:56.05	+02:15:08 (45.7%)	10:32	5.7 (54.8%)
251	MITROFANIUK Agata	5505	YULO RUN TEAM SIEDLE	K30	124	02:32:50	04:55:55.20	04:56:12.65	+02:15:24 (45.7%)	10:34	5.7 (54.8%)
252	SITAREK Iwona	5721	PKO BP	K40	79	02:25:57	04:55:55.35	04:56:58.70	+02:16:10 (45.9%)	10:34	5.7 (54.8%)
253	OTOROWSKA Aleksandra	5271		K30	125	02:33:27	04:55:55.85	04:57:01.55	+02:16:13 (45.9%)	10:34	5.7 (54.8%)
254	OZGA Malwina	5127	TONA SPRZĘTU ZERO TALENTU	K20	39	02:27:45	04:55:48.30	04:57:13.90	+02:16:25 (45.9%)	10:33	5.7 (54.8%)
255	BADZIĄGOWSKA Paulina	5677	#WPISZCOKOLWIEK	K20	40	02:34:47	04:56:38.90	04:58:18.10	+02:17:30 (46.1%)	10:35	5.7 (54.8%)
256	LEDWOŃ Aneta	5792	NIGHT RUNNERS GLIWICE	K40	80	02:32:38	04:57:10.35	04:58:27.40	+02:17:39 (46.1%)	10:36	5.7 (54.8%)
257	RADYMSKA Małgorzata	5586		K20	41	02:31:06	04:58:12.60	04:58:28.95	+02:17:40 (46.1%)	10:39	5.6 (53.8%)
258	HYLIŃSKA Hanna	5064		K30	126	02:28:30	04:58:20.10	04:58:58.15	+02:18:10 (46.2%)	10:39	5.6 (53.8%)
259	CHAMCZYK Hanna	5524		K50	9	02:29:28	04:58:07.80	04:59:40.60	+02:18:52 (46.3%)	10:38	5.6 (53.8%)
260	CHAMCZYK Aleksandra	5423		K20	42	02:29:36	04:58:08.20	04:59:40.75	+02:18:52 (46.3%)	10:38	5.6 (53.8%)
261	KRZYŻANOWSKA Beata	5010	DOGONIĆ ŻÓŁWIA TEAM	K30	127	02:31:01	04:58:17.90	04:59:58.35	+02:19:10 (46.4%)	10:39	5.6 (53.8%)
262	KAŻMIERCZAK Malwina	5490	DZIKIE GRUBASY SZATANA	K30	128	02:28:41	04:59:42.25	05:00:16.85	+02:19:28 (46.5%)	10:42	5.6 (53.8%)
263	ŻAK Agnieszka	5325		K30	129	02:30:40	04:59:38.65	05:01:04.30	+02:20:16 (46.6%)	10:42	5.6 (53.8%)
264	KASZTELAN-HUNIA Ewa	5388	WKURW_TEAM	K40	81	02:31:01	04:59:41.95	05:01:26.15	+02:20:38 (46.7%)	10:42	5.6 (53.8%)
265	SANECKA Katarzyna	5771	BEFIT24TEAM	K50	10	02:27:36	05:00:44.30	05:01:26.25	+02:20:38 (46.7%)	10:44	5.6 (53.8%)
266	CEDRO Katarzyna	5778		K30	130	02:24:19	05:00:32.15	05:01:28.10	+02:20:40 (46.7%)	10:44	5.6 (53.8%)
267	DONIEC Katarzyna	5406		K30	131	02:37:42	05:00:45.30	05:02:22.20	+02:21:34 (46.8%)	10:44	5.6 (53.8%)
268	ZIMNY Edyta	5435		K30	132	02:31:30	05:01:43.65	05:02:43.35	+02:21:55 (46.9%)	10:46	5.6 (53.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
269	RZEPECKA Justyna	5257		K20	43	02:29:35	05:01:25.45	05:03:14.90	+02:22:26 (47.0%)	10:45	5.6 (53.8%)
270	ZALEWSKA Katarzyna	5108		K40	82	02:29:55	05:02:39.15	05:03:20.05	+02:22:32 (47.0%)	10:48	5.6 (53.8%)
271	LEW Elżbieta	5613		K40	83	02:27:18	05:03:12.60	05:03:58.55	+02:23:10 (47.1%)	10:49	5.5 (52.9%)
272	IWANIEC Ewa	5413		K30	133	02:27:25	05:03:25.25	05:04:27.60	+02:23:39 (47.2%)	10:50	5.5 (52.9%)
273	NIEWDZIĘCZNA Barbara	5377		K40	84	02:30:11	05:03:27.00	05:04:37.60	+02:23:49 (47.2%)	10:50	5.5 (52.9%)
274	WARMOWSKA Monika	5175	WARMA TEAM	K30	134	02:26:26	05:04:01.20	05:05:08.20	+02:24:20 (47.3%)	10:51	5.5 (52.9%)
275	STUDZIŃSKA Sylwia	5735		K30	135	02:34:28	05:05:06.85	05:05:31.55	+02:24:43 (47.4%)	10:53	5.5 (52.9%)
276	WOŁOWIEC Bożena	5533	KS GŁOWNO W BIEGU	K40	85	02:36:09	05:06:12.35	05:06:47.25	+02:25:59 (47.6%)	10:56	5.5 (52.9%)
277	TWARDOSZ Maja	5139		K40	86	02:37:04	05:06:18.35	05:06:55.95	+02:26:07 (47.6%)	10:56	5.5 (52.9%)
278	WOWK Alicja	5387	SZWLA STARGARD	K40	87	02:41:48	05:06:45.10	05:06:57.05	+02:26:09 (47.6%)	10:57	5.5 (52.9%)
279	CZECH Bożena	5927		K30	136	02:24:44	05:06:06.60	05:07:55.75	+02:27:07 (47.8%)	10:55	5.5 (52.9%)
280	NOWICKA Marzena	5570	PZU SPORT TEAM	K30	137	02:37:10	05:06:24.00	05:07:57.45	+02:27:09 (47.8%)	10:56	5.5 (52.9%)
281	SKUCIŃSKA Martyna	5726		K30	138	02:30:55	05:06:47.85	05:08:19.55	+02:27:31 (47.8%)	10:57	5.5 (52.9%)
282	KUMAŃSKA Monika	5565	POWERGIRL	K30	139	02:29:34	05:06:48.55	05:08:19.65	+02:27:31 (47.8%)	10:57	5.5 (52.9%)
283	MACIĄG Ewelina	5599	POWERGIRL	K20	44	02:29:36	05:06:49.20	05:08:20.20	+02:27:32 (47.8%)	10:57	5.5 (52.9%)
284	MALSKA- WYROZUMSKA Małgorzata	5315		K30	140	02:31:11	05:08:44.30	05:08:50.45	+02:28:02 (47.9%)	11:01	5.4 (51.9%)
285	ŻUK Agata	5870	#RUNFOR SMILE	K40	88	02:30:47	05:07:39.65	05:09:19.20	+02:28:31 (48.0%)	10:59	5.5 (52.9%)
286	WOŹNIAK Monika	5441	LUBLIN BIEGA	K40	89	02:30:46	05:07:50.85	05:09:30.50	+02:28:42 (48.0%)	10:59	5.5 (52.9%)
287	BĘDZIŃSKA Jolanta	5259		K40	90	02:33:37	05:08:58.35	05:09:30.80	+02:28:42 (48.0%)	11:02	5.4 (51.9%)
288	PIETRUSIAK Agnieszka	5696		K30	141	02:33:28	05:08:59.80	05:09:32.15	+02:28:44 (48.1%)	11:02	5.4 (51.9%)
289	WOŹNIAK Kasia	5700	ON THE MOVE	K40	91	02:33:40	05:09:05.10	05:09:36.80	+02:28:48 (48.1%)	11:02	5.4 (51.9%)
290	PTAK Dorota	5464		K40	92	02:35:54	05:10:40.25	05:10:54.90	+02:30:06 (48.3%)	11:05	5.4 (51.9%)
291	RUDNICKA Agata	5359	AKTYWNA FALA	K40	93	02:28:10	05:11:16.80	05:12:19.75	+02:31:31 (48.5%)	11:07	5.4 (51.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
292	BAKA Elzbieta	5252		K40	94	02:39:57	05:11:08.75	05:12:21.70	+02:31:33 (48.5%)	11:06	5.4 (51.9%)
293	MIODUSZEWSKA-KORNIŁOW Agnieszka	5939	GARMIN POLSKA	K40	95	02:39:32	05:12:48.15	05:13:22.45	+02:32:34 (48.7%)	11:10	5.4 (51.9%)
294	GARGAS-DZIEDZINA Joanna	5645	MUAY RUNNING TEAM	K30	142	02:30:27	05:12:44.15	05:13:26.50	+02:32:38 (48.7%)	11:10	5.4 (51.9%)
295	KULIK Katarzyna	5612	NIGHT RUNNERS GLIWICE	K30	143	02:31:51	05:12:41.35	05:13:52.70	+02:33:04 (48.8%)	11:10	5.4 (51.9%)
296	TOMCZYK Małgorzata	5614	ROSSBIEGANI	K40	96	02:35:24	05:12:50.55	05:14:14.05	+02:33:26 (48.8%)	11:10	5.4 (51.9%)
297	MONTEWKA Renata	5109	YULO RUN TEAM SIEDLCE	K30	144	02:22:31	05:14:21.65	05:14:38.25	+02:33:50 (48.9%)	11:13	5.3 (51.0%)
298	ŚWIĘCICKA Dagmara	5194	WKURW_TEAM	K20	45	02:34:48	05:12:58.45	05:14:42.45	+02:33:54 (48.9%)	11:10	5.4 (51.9%)
299	KNOBLOCH Ewa	5203		K40	97	02:33:40	05:14:04.05	05:15:54.60	+02:35:06 (49.1%)	11:13	5.3 (51.0%)
300	MIŁOSZ Maria	5135	KASZANKI	K20	46	02:37:11	05:15:43.55	05:17:21.00	+02:36:33 (49.3%)	11:16	5.3 (51.0%)
301	MIODUSZEWSKA Izabela	5149		K40	98	02:35:38	05:17:11.75	05:18:24.55	+02:37:36 (49.5%)	11:19	5.3 (51.0%)
302	DUKIEWICZ Grażyna	5654	GKT MUSTANGI	K40	99	02:41:09	05:17:08.30	05:18:36.50	+02:37:48 (49.5%)	11:19	5.3 (51.0%)
303	PRZECH-FUS Agnieszka	5142	WW TEAM	K50	11	02:37:33	05:17:59.60	05:19:41.30	+02:38:53 (49.7%)	11:21	5.3 (51.0%)
304	BARCZAK Sylwia	5025	STAY INSANE /PERFECT RUNNER LUBLIN	K30	145	02:46:58	05:19:05.85	05:19:48.45	+02:39:00 (49.7%)	11:23	5.3 (51.0%)
305	AUGUSTYŃSKA Kinga	5496	LACHO TEAM	K40	100	02:44:16	05:18:51.00	05:20:18.80	+02:39:30 (49.8%)	11:23	5.3 (51.0%)
306	KOTLARCZYK Katarzyna	5348		K30	146	02:39:04	05:18:33.45	05:20:20.75	+02:39:32 (49.8%)	11:22	5.3 (51.0%)
307	FURMAN Agnieszka	5060	OCHAJORUN & FRIENDS	K30	147	02:35:49	05:18:49.70	05:20:38.60	+02:39:50 (49.9%)	11:23	5.3 (51.0%)
308	SZULC Dominika	5670	#WPISZCOKOLWIEK	K20	47	02:34:47	05:19:48.60	05:21:27.55	+02:40:39 (50.0%)	11:25	5.3 (51.0%)
309	PLEWKA Monika	5911		K30	148	02:36:50	05:19:57.00	05:21:48.65	+02:41:00 (50.0%)	11:25	5.3 (51.0%)
310	ROŻKO Ela	5608	4ROŻKI	K40	101	02:40:45	05:20:11.75	05:21:49.40	+02:41:01 (50.0%)	11:26	5.2 (50.0%)
311	PAPIERZ-RYKAŁA Aleksandra	5724		K30	149	02:45:20	05:20:24.70	05:22:09.10	+02:41:21 (50.1%)	11:26	5.2 (50.0%)
312	LESZCZYŃSKA Małgorzata	5314		K40	102	02:37:57	05:21:24.95	05:22:25.15	+02:41:37 (50.1%)	11:28	5.2 (50.0%)
313	RYBKA Anna	5664		K30	150	02:36:42	05:21:08.35	05:22:25.95	+02:41:37 (50.1%)	11:28	5.2 (50.0%)
314	KACZMAREK-SROKA Anna	5643		K40	103	02:34:15	05:21:08.80	05:22:26.55	+02:41:38 (50.1%)	11:28	5.2 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
315	DRATWICKA Agnieszka	5223	12TRI.PL	K40	104	02:41:04	05:21:29.15	05:22:41.35	+02:41:53 (50.2%)	11:28	5.2 (50.0%)
316	OBARSKA Małgorzata	5245		K50	12	02:49:01	05:22:17.70	05:22:50.40	+02:42:02 (50.2%)	11:30	5.2 (50.0%)
317	GASIK Wiola	5603		K40	105	02:27:27	05:22:58.50	05:23:44.75	+02:42:56 (50.3%)	11:32	5.2 (50.0%)
318	ZAJĄCZKOWSKA Paulina	5134	POWER TRAINING	K30	151	02:42:20	05:22:45.85	05:24:00.30	+02:43:12 (50.4%)	11:31	5.2 (50.0%)
319	SZREITER Monika	5485		K40	106	02:33:38	05:24:23.30	05:24:54.10	+02:44:06 (50.5%)	11:35	5.2 (50.0%)
320	SOBCZAK Magdalena	5487		K40	107	02:33:48	05:24:43.65	05:25:16.45	+02:44:28 (50.6%)	11:35	5.2 (50.0%)
321	LUZAR Monika	5782	MIA	K40	108	02:44:34	05:25:03.75	05:25:38.05	+02:44:50 (50.6%)	11:36	5.2 (50.0%)
322	ZWIERZ Małgorzata	5197		K40	109	02:44:00	05:25:27.45	05:27:09.00	+02:46:21 (50.8%)	11:37	5.2 (50.0%)
323	UCHAŃSKA-STASIAK Justyna	5729	CKB	K40	110	02:40:29	05:25:59.80	05:27:23.10	+02:46:35 (50.9%)	11:38	5.2 (50.0%)
324	GÓRAJ Joanna	5728	CKB TARNOBRZEG	K40	111	02:40:31	05:25:59.25	05:27:23.20	+02:46:35 (50.9%)	11:38	5.2 (50.0%)
325	KRÓLIKOWSKA Katarzyna	5168	WKURW_TEAM	K40	112	02:45:40	05:25:43.60	05:27:24.65	+02:46:36 (50.9%)	11:37	5.2 (50.0%)
326	SADŁOWSKA Agnieszka	5355	MINISTERSTWO GŁUPICH KROKÓW LEGIONOWO	K40	113	02:43:23	05:26:43.60	05:28:22.10	+02:47:34 (51.0%)	11:40	5.1 (49.0%)
327	STROŃSKA Agnieszka	5734	CKB TARNOBRZEG	K40	114	02:31:16	05:28:46.60	05:30:10.85	+02:49:22 (51.3%)	11:44	5.1 (49.0%)
328	KULITA Elżbieta	5769	BBL SANDOMIERZ	K40	115	02:31:10	05:28:46.50	05:30:10.95	+02:49:22 (51.3%)	11:44	5.1 (49.0%)
329	PRZYBYLSKA Magdalena	5718		K30	152	02:53:35	05:28:59.40	05:30:19.30	+02:49:31 (51.3%)	11:45	5.1 (49.0%)
330	SZCZOTKA Małgorzata	5649		K40	116	02:42:16	05:29:13.30	05:30:29.70	+02:49:41 (51.3%)	11:45	5.1 (49.0%)
331	BOROWIAK Patrycja	5343	WKURW_TEAM	K30	153	02:37:59	05:29:26.60	05:30:49.95	+02:50:01 (51.4%)	11:45	5.1 (49.0%)
332	SZYMAŃSKA Anna	5562	12TRI.PL	K30	154	02:30:38	05:30:33.60	05:31:19.25	+02:50:31 (51.5%)	11:48	5.1 (49.0%)
333	CZAJKOWSKA Barbara	5551		K30	155	02:37:24	05:33:56.00	05:35:32.30	+02:54:44 (52.1%)	11:55	5 (48.1%)
334	URBAŃCZYK Ewa	5232	MAMY RUSZAMY	K40	117	02:42:11	05:34:21.00	05:35:33.35	+02:54:45 (52.1%)	11:56	5 (48.1%)
335	MŁYNARCZYK Ania	5055		K30	156	02:46:04	05:36:02.95	05:37:21.75	+02:56:33 (52.3%)	12:00	5 (48.1%)
336	ZARCZUK Dorota	5469	PZU SPORT TEAM	K30	157	02:44:25	05:36:28.90	05:37:25.55	+02:56:37 (52.3%)	12:01	5 (48.1%)
337	ZOCHNIAK Anna	5167		K50	13	02:33:42	05:41:47.10	05:42:11.25	+03:01:23 (53.0%)	12:12	4.9 (47.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
338	SOWA Sylwia	5757	PZU SPORT TEAM	K40	118	02:37:07	05:42:20.50	05:43:55.80	+03:03:07 (53.2%)	12:13	4.9 (47.1%)
339	ROGIŃSKA Katarzyna	5204	WKURW_TEAM	K50	14	02:46:41	05:47:52.95	05:49:20.50	+03:08:32 (54.0%)	12:25	4.8 (46.2%)
340	CERANOWSKA Aga	5913	PSEUDOBIEGACZKI	K40	119	02:54:58	05:50:08.70	05:51:17.90	+03:10:29 (54.2%)	12:30	4.8 (46.2%)
341	CZAPLICKA Luiza	5673		K40	120	02:50:49	05:50:08.20	05:51:33.20	+03:10:45 (54.3%)	12:30	4.8 (46.2%)
342	KOSTRZEWA Elwira	5620	PZU SPORT TEAM	K40	121	02:46:36	05:53:19.80	05:54:12.35	+03:13:24 (54.6%)	12:37	4.8 (46.2%)
343	SIERECKA Dorota	5144	WKURW_TEAM	K30	158	02:57:06	05:53:50.50	05:55:15.30	+03:14:27 (54.7%)	12:38	4.7 (45.2%)
344	KRZYŻANOWSKA Joanna	5241		K20	48	02:52:03	05:54:00.30	05:55:39.95	+03:14:51 (54.8%)	12:38	4.7 (45.2%)
345	RŻANY Monika	5039	ZABIEGANI MIELEC / WKURW_TEAM	K40	122	02:59:49	05:53:56.90	05:55:41.45	+03:14:53 (54.8%)	12:38	4.7 (45.2%)
346	KOPEĆ-KONTEK Monika	5148		K30	159	02:50:47	05:54:52.20	05:55:51.45	+03:15:03 (54.8%)	12:40	4.7 (45.2%)
347	MICHNO Anna	5882	LACHO TEAM	K40	123	03:06:53	05:54:10.60	05:55:53.55	+03:15:05 (54.8%)	12:38	4.7 (45.2%)
348	PAWELEC Justyna	5402		K30	160	02:44:52	05:56:44.25	05:58:03.65	+03:17:15 (55.1%)	12:44	4.7 (45.2%)
349	WRZOSEK Justyna	5405		K30	161	02:44:54	05:56:44.45	05:58:03.95	+03:17:15 (55.1%)	12:44	4.7 (45.2%)
350	BORKOWSKA Ewa	5171	WKURW-TEAM	K60	3	03:03:46	05:58:28.25	05:59:08.85	+03:18:20 (55.2%)	12:48	4.7 (45.2%)
351	RACZYŃSKA Anna	5115		K50	15	02:45:25	06:00:20.60	06:00:35.55	+03:19:47 (55.4%)	12:52	4.7 (45.2%)
352	SMÓLKA Edyta	5657		K40	124	02:55:25	06:03:58.20	06:05:31.95	+03:24:43 (56.0%)	12:59	4.6 (44.2%)
353	CAI Hyaiying	5940		K20	49	03:00:12	06:08:31.00	06:09:48.35	+03:29:00 (56.5%)	13:09	4.6 (44.2%)
354	KOŚCIELSKA Agnieszka	5323	MINISTERSTWO GŁUPICH KROKÓW LEGIONOWO	K40	125	03:02:31	06:11:04.25	06:12:46.60	+03:31:58 (56.9%)	13:15	4.5 (43.3%)
355	POPIELSKA- NEMŚ Dorota	5509		K40	126	02:59:25	06:11:01.80	06:12:56.05	+03:32:08 (56.9%)	13:15	4.5 (43.3%)
356	KUNA Katarzyna	5065	KS ALASKA	K40	127	02:59:24	06:19:22.05	06:21:13.80	+03:40:25 (57.8%)	13:32	4.4 (42.3%)
357	ŚCISŁY Ola	5491	ZWIERZAKI	K40	128	03:11:57	06:20:01.65	06:21:22.40	+03:40:34 (57.8%)	13:34	4.4 (42.3%)
358	GAPIŃSKA Martyna	5290		K30	162	03:13:39	06:23:51.75	06:24:59.85	+03:44:11 (58.2%)	13:42	4.4 (42.3%)
359	PAWŁOWSKA Danuta	5397	WKURW_TEAM	K40	129	03:08:04	06:25:35.95	06:25:50.85	+03:45:02 (58.3%)	13:46	4.4 (42.3%)
360	GREGORCZYK Jadwiga	5177	WKURW_TEAM / ZABIEGANI MIELEC	K20	50	03:16:03	06:30:26.40	06:32:10.90	+03:51:22 (59.0%)	13:56	4.3 (41.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
361	WILK Anna	5114	ZABIEGANI MIELEC	K40	130	03:15:54	06:30:26.35	06:32:11.15	+03:51:23 (59.0%)	13:56	4.3 (41.3%)
362	NOWAK Joanna	5584		K40	131	02:54:55	06:38:17.85	06:40:10.75	+03:59:22 (59.8%)	14:13	4.2 (40.4%)
363	BĄDZIUL Dorota	5080		K30	163	03:25:51	06:42:53.50	06:43:24.25	+04:02:36 (60.1%)	14:23	4.2 (40.4%)
364	GAC Agata	5628	ORANGE	K30	164	03:07:18	06:48:16.65	06:48:57.95	+04:08:09 (60.7%)	14:34	4.1 (39.4%)
365	KWIATKOWSKA Alicja	5174	BIGYELLOWFOOT ADVENTURE TEAM	K30	165	02:50:50	07:20:52.40	07:22:10.45	+04:41:22 (63.6%)	15:44	3.8 (36.5%)
	ODOLIŃSKA Agnieszka	5045	PSZCZÓŁKOWSKI TEAM	K40		01:58:14 DNF	DNF	DNF		-	- (0.0%)
	ZIELIŃSKA Weronika	5281	12TRI.PL / ASICSFRONTRUNNER POLSKA	K30		01:43:27 DNF	DNF	DNF		-	- (0.0%)
	LOS Ania	5051	TULRAM SIĘ TEAM / WKURW_TEAM / ALBATROSY	K40		03:12:02 DNF	DNF	DNF		-	- (0.0%)
	SKRZYPCZAK Marta	5087	RUN EXPERT LEJDIS	K40		03:29:48 DNF	DNF	DNF		-	- (0.0%)
	SKRZYPCZAK Wiktoria	5076		K20		03:29:49 DNF	DNF	DNF		-	- (0.0%)
	ZDANOWSKA Anna	5375	RAZEM TRENUJEMY SPORT	K30		03:49:20 DNF	DNF	DNF		-	- (0.0%)
	OSIŃSKA Agata	5366		K40		03:54:51 DNF	DNF	DNF		-	- (0.0%)

Znaleziono 372 wynik(ów)