

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: K30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
1	GOMOŁYSEK Kinga	5855	MATNER RUNNING TEAM	K30	1	01:27:26	02:43:38.55	02:43:41.20		5:50	10.3 (100%)
2	BIENIECKA Anna	5933	OTK RZEŹNIK	K30	2	01:36:44	03:02:54.45	03:02:56.80	+00:19:15 (10.5%)	6:31	9.2 (89.3%)
3	SOLWA Ewelina	5809	4RUNTEAM	K30	3	01:39:24	03:04:31.45	03:04:50.15	+00:21:08 (11.4%)	6:35	9.1 (88.3%)
4	KOPYTOWSKA Anna	5428	ADIDAS RUNNERS WARSAW	K30	4	01:41:56	03:15:12.75	03:15:18.35	+00:31:37 (16.2%)	6:58	8.6 (83.5%)
5	GAWLEWICZ Krystyna	5235	GAWĘŁKI TEAM	K30	5	01:43:49	03:17:01.15	03:17:05.85	+00:33:24 (17.0%)	7:02	8.5 (82.5%)
6	OLCZAK Marta	5411	SZWLA STARGARD	K30	6	01:47:03	03:24:03.05	03:24:06.95	+00:40:25 (19.8%)	7:17	8.2 (79.6%)
7	CIURKA-BASTER Karolina	5024	FUNDACJA TRENUJĘ-POMAGAM	K30	7	01:51:24	03:27:49.90	03:27:56.35	+00:44:15 (21.3%)	7:25	8.1 (78.6%)
8	WÓJCIK Agnieszka	5153	DZIUBA TEAM	K30	8	01:46:50	03:28:08.50	03:28:13.75	+00:44:32 (21.4%)	7:26	8.1 (78.6%)
9	ŁODZIANA Dorota	5286	PSZCZÓŁKOWSKI TEAM	K30	9	01:53:11	03:29:30.65	03:30:01.70	+00:46:20 (22.1%)	7:28	8 (77.7%)
10	ZAGDAŃSKA Małgorzata	5486		K30	10	01:51:09	03:32:33.05	03:32:39.75	+00:48:58 (23.0%)	7:35	7.9 (76.7%)
11	SZYMANEK Anna	5017	RKATHLETICS/NAPRZÓD MŁOCINY	K30	11	01:49:03	03:33:03.45	03:33:23.60	+00:49:42 (23.3%)	7:36	7.9 (76.7%)
12	GRZĄDKA Anna	5875		K30	12	01:55:19	03:33:22.55	03:33:41.85	+00:50:00 (23.4%)	7:37	7.9 (76.7%)
13	MROTEK Katarzyna	5344	ON THE MOVE	K30	13	01:52:49	03:34:58.35	03:35:31.35	+00:51:50 (24.1%)	7:40	7.8 (75.7%)
14	KĄDZIOŁKA Beata	5799		K30	14	01:53:41	03:37:04.45	03:37:34.35	+00:53:53 (24.8%)	7:45	7.7 (74.8%)
15	JANOWSKA Kinga	5731		K30	15	02:00:49	03:37:16.60	03:38:09.30	+00:54:28 (25.0%)	7:45	7.7 (74.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
16	MARKOWSKA Karolina	5679	NOA/EUROPA UBEZPIECZENIA	K30	16	01:53:19	03:39:09.65	03:39:21.15	+00:55:39 (25.4%)	7:49	7.7 (74.8%)
17	BOSIANEK Anna	5800	SKŁADAKI PIŁA	K30	17	01:58:07	03:40:44.25	03:41:04.95	+00:57:23 (26.0%)	7:53	7.6 (73.8%)
18	BARTOSIEWICZ Daria	5403	DZIKIE GRUBASY SZATANA	K30	18	01:59:21	03:41:07.55	03:41:40.35	+00:57:59 (26.2%)	7:53	7.6 (73.8%)
19	WOJNAROWSKA Weronika	5367		K30	19	01:57:58	03:43:34.05	03:44:00.30	+01:00:19 (26.9%)	7:59	7.5 (72.8%)
20	CYMBORSKA Jolanta	5557	AKTYWNA FALA	K30	20	02:00:41	03:43:08.75	03:44:06.50	+01:00:25 (27.0%)	7:58	7.5 (72.8%)
21	PURGAL Magda	5605		K30	21	02:01:52	03:44:03.05	03:44:47.80	+01:01:06 (27.2%)	8:00	7.5 (72.8%)
22	SZNAJDER Joanna	5042		K30	22	02:01:10	03:46:25.85	03:47:06.10	+01:03:24 (27.9%)	8:05	7.4 (71.8%)
23	PES Magdalena	5219		K30	23	01:57:41	03:47:45.30	03:47:54.75	+01:04:13 (28.2%)	8:08	7.4 (71.8%)
24	STARZYŃSKA Katarzyna	5801	SKŁADAKI PIŁA	K30	24	02:01:10	03:47:08.65	03:48:17.85	+01:04:36 (28.3%)	8:06	7.4 (71.8%)
25	BIERNACKA Marta	5380	YULO RUN TEAM SIEDLCE	K30	25	02:01:33	03:48:10.10	03:48:23.90	+01:04:42 (28.3%)	8:08	7.4 (71.8%)
26	WILK Katarzyna	5766	BEFIT24	K30	26	02:02:19	03:48:38.20	03:49:21.60	+01:05:40 (28.6%)	8:09	7.3 (70.9%)
27	JEZIERSKA Justyna	5585	TRENERBIEGANIA.PL	K30	27	01:57:46	03:51:04.70	03:51:23.40	+01:07:42 (29.3%)	8:15	7.3 (70.9%)
28	HERMANOWICZ Aneta	5856	PZU SPORT TEAM	K30	28	02:02:50	03:51:54.90	03:52:41.30	+01:09:00 (29.7%)	8:16	7.2 (69.9%)
29	SZYMAŃSKA Agata	5525		K30	29	02:04:55	03:54:13.10	03:55:37.05	+01:11:55 (30.5%)	8:21	7.2 (69.9%)
30	RATAJCZAK Milena	5312		K30	30	02:01:58	03:54:44.50	03:55:49.70	+01:12:08 (30.6%)	8:23	7.2 (69.9%)
31	SKELTON Sarah	5725	VEGE RUNNERS	K30	31	02:02:26	03:57:50.95	03:58:35.00	+01:14:53 (31.4%)	8:29	7.1 (68.9%)
32	GROCHOWSKA Joanna	5805	SKŁADAKI	K30	32	02:09:04	03:57:50.35	03:58:55.75	+01:15:14 (31.5%)	8:29	7.1 (68.9%)
33	KOŁODZIEJSKA Magdalena	5606		K30	33	02:03:39	03:58:31.40	03:59:04.75	+01:15:23 (31.5%)	8:31	7 (68.0%)
34	ZAJĄCZKOWSKA Ewelina	5827		K30	34	01:58:20	03:59:17.00	03:59:42.05	+01:16:00 (31.7%)	8:32	7 (68.0%)
35	SKÓRA Aneta	5198	NIGHT RUNNERS GLIWICE	K30	35	02:04:19	03:59:46.45	03:59:53.00	+01:16:11 (31.8%)	8:33	7 (68.0%)
36	KAŁMUK Aneta	5309		K30	36	02:06:50	03:59:34.95	03:59:54.55	+01:16:13 (31.8%)	8:33	7 (68.0%)
37	BEZAK Magdalena	5934		K30	37	02:09:15	03:59:28.90	03:59:56.20	+01:16:15 (31.8%)	8:33	7 (68.0%)
38	ZAKRZEWSKA Monika	5349	SPORTOWE ŻULE	K30	38	02:07:31	03:59:40.70	04:00:23.55	+01:16:42 (31.9%)	8:33	7 (68.0%)

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39	GASIK-POWAŁKA Małgorzata	5617	KB OŻARÓW MAZOWIECKI BIEGA	K30	39	02:10:44	03:59:35.90	04:00:37.40	+01:16:56 (32.0%)	8:33	7 (68.0%)
40	PERCHALUK Magdalena	5036		K30	40	02:02:37	04:02:57.55	04:03:14.95	+01:19:33 (32.7%)	8:40	6.9 (67.0%)
41	GAJAK Anna	5829		K30	41	02:07:23	04:02:45.50	04:03:39.40	+01:19:58 (32.8%)	8:40	6.9 (67.0%)
42	GRZĘBSKA-BUJA Małgorzata	5890	GOSIA(SIĘ)BUJA	K30	42	02:12:03	04:03:16.45	04:03:53.25	+01:20:12 (32.9%)	8:41	6.9 (67.0%)
43	PIASECKA Dominika	5572	TRENER24H.COM.PL	K30	43	02:06:23	04:04:08.95	04:04:17.65	+01:20:36 (33.0%)	8:43	6.9 (67.0%)
44	SUWINSKA Marzena	5068		K30	44	02:06:18	04:04:03.85	04:04:18.65	+01:20:37 (33.0%)	8:43	6.9 (67.0%)
45	KARCZYŃSKA Monika	5873	POWER TRAINING	K30	45	02:07:58	04:03:31.15	04:04:52.65	+01:21:11 (33.2%)	8:41	6.9 (67.0%)
46	REGUŁA Katarzyna	5846		K30	46	02:09:19	04:04:32.40	04:05:06.35	+01:21:25 (33.2%)	8:44	6.9 (67.0%)
47	KARCZYŃSKA Eliza	5874	MUD GOATS	K30	47	02:08:29	04:04:33.50	04:05:55.25	+01:22:14 (33.4%)	8:44	6.9 (67.0%)
48	ŁACHACZ Irmína	5823	ARTVENRUTA	K30	48	02:02:33	04:07:30.30	04:07:41.55	+01:24:00 (33.9%)	8:50	6.8 (66.0%)
49	ROGOYSKA-WIECZOREK Marta	5689		K30	49	02:12:14	04:06:50.10	04:07:48.90	+01:24:07 (33.9%)	8:48	6.8 (66.0%)
50	BARANIAK Izabela	5908		K30	50	02:12:07	04:06:53.15	04:08:00.50	+01:24:19 (34.0%)	8:49	6.8 (66.0%)
51	WÓJCIK Magdalena	5104		K30	51	02:01:59	04:09:06.45	04:09:22.80	+01:25:41 (34.4%)	8:53	6.7 (65.0%)
52	KOWALSKA Joanna	5671		K30	52	01:53:18	04:09:17.50	04:09:31.05	+01:25:49 (34.4%)	8:54	6.7 (65.0%)
53	POCHWAŁA Justyna	5549		K30	53	02:09:54	04:09:28.45	04:10:05.85	+01:26:24 (34.6%)	8:54	6.7 (65.0%)
54	GOŁĄB Anna	5848	TRENER24H.COM	K30	54	02:11:51	04:10:07.45	04:10:07.45	+01:26:26 (34.6%)	8:55	6.7 (65.0%)
55	MILCZAREK Magdalena	5316	DRUŻYNA ORZECHA ŻYRARDÓW	K30	55	02:04:10	04:09:22.00	04:10:09.30	+01:26:28 (34.6%)	8:54	6.7 (65.0%)
56	WIĘCIELEWSKA Joanna	5772	BIGYELLOWFOOT ADVENTURE TEAM	K30	56	02:12:07	04:09:15.20	04:10:24.55	+01:26:43 (34.6%)	8:54	6.7 (65.0%)
57	GÓRECKA Aldona	5111	WRONIECKI KLUB BIEGACZA	K30	57	02:11:47	04:09:19.80	04:10:55.55	+01:27:14 (34.8%)	8:54	6.7 (65.0%)
58	BANASZEK Urszula	5498	NIGHT RUNNERS WROCŁAW	K30	58	02:12:24	04:10:40.15	04:12:05.25	+01:28:24 (35.1%)	8:57	6.7 (65.0%)
59	MATYSIAK Agnieszka	5879	KOPALNIA MOCY TARNOBRZE	K30	59	02:14:02	04:10:45.80	04:12:08.40	+01:28:27 (35.1%)	8:57	6.7 (65.0%)
60	PODWYSOCKA Dominika	5370	PRUSZCZ BIEGA	K30	60	02:10:05	04:13:08.40	04:14:14.55	+01:30:33 (35.6%)	9:02	6.6 (64.1%)
61	ZAWADZKA Anna	5843		K30	61	02:12:49	04:12:48.70	04:14:23.15	+01:30:41 (35.7%)	9:01	6.6 (64.1%)

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62	BIEDRZYCKA Marta	5852	DZIKIE GRUBASY SZATANA	K30	62	02:13:50	04:15:56.65	04:16:31.85	+01:32:50 (36.2%)	9:08	6.6 (64.1%)
63	SIECZKA Renata	5578		K30	63	02:14:43	04:16:32.45	04:16:52.85	+01:33:11 (36.3%)	9:09	6.5 (63.1%)
64	RADECKA Alicja	5708		K30	64	02:14:47	04:16:31.50	04:17:06.70	+01:33:25 (36.3%)	9:09	6.5 (63.1%)
65	WENECKA-FLIS Anna	5477		K30	65	02:13:57	04:15:49.30	04:17:26.45	+01:33:45 (36.4%)	9:08	6.6 (64.1%)
66	WISZNIOWSKA Agata	5361		K30	66	02:12:24	04:16:08.50	04:17:33.50	+01:33:52 (36.4%)	9:08	6.6 (64.1%)
67	WOJCIESZAK Klaudia	5739	BRAVEHEARTS LEGIONOWO	K30	67	02:09:16	04:16:07.10	04:17:39.25	+01:33:58 (36.5%)	9:08	6.6 (64.1%)
68	WOJTYCZKA Katarzyna	5002		K30	68	02:16:44	04:16:57.90	04:17:47.55	+01:34:06 (36.5%)	9:10	6.5 (63.1%)
69	KOLCZYŃSKA Paulina	5661	EMOTIVO.COM.PL	K30	69	02:15:18	04:17:03.35	04:18:23.75	+01:34:42 (36.7%)	9:10	6.5 (63.1%)
70	GŁUSZKO Justyna	5931	SOLINA TEAM	K30	70	02:13:42	04:18:14.95	04:18:26.60	+01:34:45 (36.7%)	9:13	6.5 (63.1%)
71	PAWIAK-KUCHAREWICZ Gabriela	5246		K30	71	02:20:06	04:17:26.90	04:18:32.30	+01:34:51 (36.7%)	9:11	6.5 (63.1%)
72	DĄBROWSKA Edyta	5270		K30	72	02:11:54	04:17:42.05	04:19:01.90	+01:35:20 (36.8%)	9:12	6.5 (63.1%)
73	PABISEK Anna	5321		K30	73	02:12:48	04:18:21.35	04:19:04.80	+01:35:23 (36.8%)	9:13	6.5 (63.1%)
74	WIECZOREK Beata	5682	DZIKIE GRUBASY SZATANA	K30	74	02:14:08	04:19:10.65	04:19:44.40	+01:36:03 (37.0%)	9:15	6.5 (63.1%)
75	LORENZ Anna	5096	#ACTEAM ADAM CZERWIŃSKI TEAM	K30	75	02:18:36	04:19:14.25	04:19:44.90	+01:36:03 (37.0%)	9:15	6.5 (63.1%)
76	SZAL Katarzyna	5031		K30	76	02:06:34	04:19:05.00	04:20:33.85	+01:36:52 (37.2%)	9:15	6.5 (63.1%)
77	KOWALEWSKA Kinga	5029		K30	77	02:20:30	04:20:16.05	04:20:39.95	+01:36:58 (37.2%)	9:17	6.5 (63.1%)
78	MIKULSKA Aneta	5895	#GO PATI	K30	78	02:19:34	04:20:02.05	04:20:53.15	+01:37:11 (37.3%)	9:17	6.5 (63.1%)
79	POKROP Agnieszka	5548		K30	79	02:16:27	04:20:48.35	04:21:26.10	+01:37:44 (37.4%)	9:18	6.4 (62.1%)
80	ŚLIWIŃSKA Alicja	5742	NIGHT RUNNERS GLIWICE	K30	80	02:09:54	04:20:38.10	04:21:54.60	+01:38:13 (37.5%)	9:18	6.4 (62.1%)
81	PAWLIKOWSKA Agnieszka	5711		K30	81	02:21:59	04:23:06.35	04:24:08.40	+01:40:27 (38.0%)	9:23	6.4 (62.1%)
82	KALINOWSKA Ewa	5847		K30	82	02:16:51	04:24:02.45	04:24:45.90	+01:41:04 (38.2%)	9:25	6.4 (62.1%)
83	DOMARADZKA- KASZUBOWICZ Wiktoria	5641		K30	83	02:15:55	04:25:13.45	04:25:18.40	+01:41:37 (38.3%)	9:28	6.3 (61.2%)
84	BAŁDA Ewelina	5308	ASICS FRONTRUNNER POLSKA	K30	84	02:11:00	04:27:21.15	04:28:02.10	+01:44:20 (38.9%)	9:32	6.3 (61.2%)

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85	KURAS-SMOLNIK Magdalena	5121		K30	85	02:18:36	04:27:43.40	04:28:41.60	+01:45:00 (39.1%)	9:33	6.3 (61.2%)
86	CHMIELEWSKA Emilia	5763		K30	86	02:18:31	04:27:20.40	04:29:11.70	+01:45:30 (39.2%)	9:32	6.3 (61.2%)
87	QUIRINI Aleksandra	5842		K30	87	02:19:59	04:29:17.75	04:30:05.50	+01:46:24 (39.4%)	9:37	6.2 (60.2%)
88	SOSNOWSKA Justyna	5365	POWER TRAINING	K30	88	02:19:41	04:29:08.15	04:30:22.20	+01:46:41 (39.5%)	9:36	6.2 (60.2%)
89	SKOŁUBON Marzenia	5945		K30	89	02:09:14	04:32:29.70	04:33:11.65	+01:49:30 (40.1%)	9:43	6.2 (60.2%)
90	CHRZUSZCZ Anna	5862		K30	90	02:21:25	04:32:00.65	04:33:16.00	+01:49:34 (40.1%)	9:42	6.2 (60.2%)
91	PAWLIK Katarzyna	5779	5F TEAM	K30	91	02:20:43	04:32:20.65	04:33:16.65	+01:49:35 (40.1%)	9:43	6.2 (60.2%)
92	JAWORSKA Katarzyna	5893		K30	92	02:23:50	04:31:41.30	04:33:19.00	+01:49:37 (40.1%)	9:42	6.2 (60.2%)
93	PARYS Marzena	5081	BIEGAJĄCE ŻABCIE	K30	93	02:17:43	04:33:03.80	04:34:17.40	+01:50:36 (40.3%)	9:45	6.2 (60.2%)
94	SERĘGA Anna	5860	WKURW_TEAM	K30	94	02:25:07	04:33:54.25	04:35:22.85	+01:51:41 (40.6%)	9:46	6.1 (59.2%)
95	NIEĆ Melania	5576		K30	95	02:24:17	04:34:06.40	04:35:24.55	+01:51:43 (40.6%)	9:47	6.1 (59.2%)
96	OKORSKA-BOMBIŃSKA Basia	5715	PKO BP SA	K30	96	02:29:19	04:34:45.25	04:35:49.40	+01:52:08 (40.7%)	9:48	6.1 (59.2%)
97	WAJMAN-GRASZA Katarzyna	5182	STEP DANCE RUN	K30	97	02:23:23	04:34:41.80	04:36:09.05	+01:52:27 (40.7%)	9:48	6.1 (59.2%)
98	STYSIŃSKA Martyna	5784		K30	98	02:20:59	04:35:57.70	04:36:40.85	+01:52:59 (40.8%)	9:51	6.1 (59.2%)
99	KOLIBABSKA Malwina	5229	HARDCOROWE WYCHYLYLYBYMY	K30	99	02:17:59	04:36:46.50	04:37:42.05	+01:54:00 (41.1%)	9:53	6.1 (59.2%)
100	KIJEWSKA- RAJ Karolina	5125		K30	100	02:18:54	04:36:49.40	04:37:46.85	+01:54:05 (41.1%)	9:53	6.1 (59.2%)
101	BROCKA Katarzyna	5655	GKT MUSTANGI	K30	101	02:25:11	04:36:38.30	04:38:05.15	+01:54:23 (41.1%)	9:52	6.1 (59.2%)
102	ŻYGADŁO Anna	5492	POWER TRAINING	K30	102	02:24:30	04:36:56.35	04:38:10.70	+01:54:29 (41.2%)	9:53	6.1 (59.2%)
103	JANICKA Katarzyna	5035	4EVERFASTER.PL	K30	103	02:15:24	04:37:51.80	04:38:53.15	+01:55:11 (41.3%)	9:55	6 (58.3%)
104	PAKULSKA Ewelina	5227	KONIUCHY	K30	104	02:18:01	04:38:51.10	04:39:44.40	+01:56:03 (41.5%)	9:57	6 (58.3%)
105	OLEJNIK Urszula	5937		K30	105	02:29:21	04:39:41.00	04:41:16.05	+01:57:34 (41.8%)	9:59	6 (58.3%)
106	JĘDZURA Agnieszka	5760		K30	106	02:21:58	04:42:41.50	04:42:48.70	+01:59:07 (42.1%)	10:05	5.9 (57.3%)
107	GRECH-BARAN Marta	5909	ROGATE TORPEDY	K30	107	02:21:43	04:42:52.60	04:42:59.70	+01:59:18 (42.2%)	10:06	5.9 (57.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
108	MYSZKIEWICZ-KURKIEWICZ Agnieszka	5601	PZU SPORT TEAM	K30	108	02:30:26	04:42:57.75	04:43:52.15	+02:00:10 (42.3%)	10:06	5.9 (57.3%)
109	ROMANOWICZ Katarzyna	5201		K30	109	02:34:00	04:43:41.50	04:43:54.20	+02:00:13 (42.3%)	10:07	5.9 (57.3%)
110	BANASIAK Karolina	5995	WKURW_TEAM	K30	110	02:17:59	04:42:51.05	04:43:57.95	+02:00:16 (42.4%)	10:06	5.9 (57.3%)
111	TERZONI Karina	5888	ROZBIEGANI	K30	111	02:25:42	04:44:01.40	04:45:31.60	+02:01:50 (42.7%)	10:08	5.9 (57.3%)
112	LEYKO-PYZIK Paulina	5341	ZABIEGANI MIELEC	K30	112	02:24:03	04:46:58.30	04:47:11.30	+02:03:30 (43.0%)	10:14	5.9 (57.3%)
113	SIĘCZYK Małgorzata	5648	BRATALBERT TEAM	K30	113	02:20:06	04:46:42.10	04:47:17.30	+02:03:36 (43.0%)	10:14	5.9 (57.3%)
114	PIELAK Agnieszka	5474	PZU SPORT TEAM	K30	114	02:22:48	04:46:32.30	04:47:19.20	+02:03:38 (43.0%)	10:14	5.9 (57.3%)
115	KOWALSKA Gabriela	5264	BIEGAJĄCY ŚWIDNIK	K30	115	02:29:40	04:48:41.05	04:50:20.40	+02:06:39 (43.6%)	10:18	5.8 (56.3%)
116	GÓRAL Marcelina	5858		K30	116	02:19:24	04:52:00.05	04:52:39.55	+02:08:58 (44.1%)	10:25	5.8 (56.3%)
117	CHOJNACKA-OZDOWSKA Izabela	5172	WAKACJE TEAM MINI	K30	117	02:25:12	04:51:50.10	04:53:07.00	+02:09:25 (44.2%)	10:25	5.8 (56.3%)
118	KAYYALI Mira	5248		K30	118	02:26:01	04:52:35.40	04:53:18.95	+02:09:37 (44.2%)	10:26	5.7 (55.3%)
119	SIWKA Monika	5276	KOLOROWA DRUŻYNA NESSI	K30	119	02:25:57	04:52:18.75	04:53:23.50	+02:09:42 (44.2%)	10:26	5.7 (55.3%)
120	POŹNIAK Aleksandra	5044	WIECZORNE BIEGANIE W SZCZECINIE	K30	120	02:32:59	04:52:32.95	04:53:35.05	+02:09:53 (44.2%)	10:26	5.7 (55.3%)
121	SARNA Agata	5318		K30	121	02:32:43	04:55:07.80	04:55:26.60	+02:11:45 (44.6%)	10:32	5.7 (55.3%)
122	POŁYS Katarzyna	5759	BEFIT24 TEAM	K30	122	02:19:22	04:55:09.85	04:55:52.40	+02:12:11 (44.7%)	10:32	5.7 (55.3%)
123	GRABAREK Justyna	5069		K30	123	02:26:01	04:55:14.40	04:55:56.05	+02:12:14 (44.7%)	10:32	5.7 (55.3%)
124	MITROFANIUK Agata	5505	YULO RUN TEAM SIEDLE	K30	124	02:32:50	04:55:55.20	04:56:12.65	+02:12:31 (44.7%)	10:34	5.7 (55.3%)
125	OTOROWSKA Aleksandra	5271		K30	125	02:33:27	04:55:55.85	04:57:01.55	+02:13:20 (44.9%)	10:34	5.7 (55.3%)
126	HYLIŃSKA Hanna	5064		K30	126	02:28:30	04:58:20.10	04:58:58.15	+02:15:16 (45.2%)	10:39	5.6 (54.4%)
127	KRZYŻANOWSKA Beata	5010	DOGONIĆ ŻÓŁWIA TEAM	K30	127	02:31:01	04:58:17.90	04:59:58.35	+02:16:17 (45.4%)	10:39	5.6 (54.4%)
128	KAŹMIERCZAK Malwina	5490	DZIKIE GRUBASY SZATANA	K30	128	02:28:41	04:59:42.25	05:00:16.85	+02:16:35 (45.5%)	10:42	5.6 (54.4%)
129	ŻAK Agnieszka	5325		K30	129	02:30:40	04:59:38.65	05:01:04.30	+02:17:23 (45.6%)	10:42	5.6 (54.4%)
130	CEDRO Katarzyna	5778		K30	130	02:24:19	05:00:32.15	05:01:28.10	+02:17:46 (45.7%)	10:44	5.6 (54.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
131	DONIEC Katarzyna	5406		K30	131	02:37:42	05:00:45.30	05:02:22.20	+02:18:41 (45.9%)	10:44	5.6 (54.4%)
132	ZIMNY Edyta	5435		K30	132	02:31:30	05:01:43.65	05:02:43.35	+02:19:02 (45.9%)	10:46	5.6 (54.4%)
133	IWANIEC Ewa	5413		K30	133	02:27:25	05:03:25.25	05:04:27.60	+02:20:46 (46.2%)	10:50	5.5 (53.4%)
134	WARMOWSKA Monika	5175	WARMA TEAM	K30	134	02:26:26	05:04:01.20	05:05:08.20	+02:21:27 (46.4%)	10:51	5.5 (53.4%)
135	STUDZIŃSKA Sylwia	5735		K30	135	02:34:28	05:05:06.85	05:05:31.55	+02:21:50 (46.4%)	10:53	5.5 (53.4%)
136	CZECH Bożena	5927		K30	136	02:24:44	05:06:06.60	05:07:55.75	+02:24:14 (46.8%)	10:55	5.5 (53.4%)
137	NOWICKA Marzena	5570	PZU SPORT TEAM	K30	137	02:37:10	05:06:24.00	05:07:57.45	+02:24:16 (46.8%)	10:56	5.5 (53.4%)
138	SKUCIŃSKA Martyna	5726		K30	138	02:30:55	05:06:47.85	05:08:19.55	+02:24:38 (46.9%)	10:57	5.5 (53.4%)
139	KUMAŃSKA Monika	5565	POWERGIRL	K30	139	02:29:34	05:06:48.55	05:08:19.65	+02:24:38 (46.9%)	10:57	5.5 (53.4%)
140	MALSKA- WYROZUMSKA Małgorzata	5315		K30	140	02:31:11	05:08:44.30	05:08:50.45	+02:25:09 (47.0%)	11:01	5.4 (52.4%)
141	PIETRUSIAK Agnieszka	5696		K30	141	02:33:28	05:08:59.80	05:09:32.15	+02:25:50 (47.1%)	11:02	5.4 (52.4%)
142	GARGAS-DZIEDZINA Joanna	5645	MUAY RUNNING TEAM	K30	142	02:30:27	05:12:44.15	05:13:26.50	+02:29:45 (47.8%)	11:10	5.4 (52.4%)
143	KULIK Katarzyna	5612	NIGHT RUNNERS GLIWICE	K30	143	02:31:51	05:12:41.35	05:13:52.70	+02:30:11 (47.9%)	11:10	5.4 (52.4%)
144	MONTEWKA Renata	5109	YULO RUN TEAM SIEDLCE	K30	144	02:22:31	05:14:21.65	05:14:38.25	+02:30:57 (48.0%)	11:13	5.3 (51.5%)
145	BARCZAK Sylwia	5025	STAY INSANE /PERFECT RUNNER LUBLIN	K30	145	02:46:58	05:19:05.85	05:19:48.45	+02:36:07 (48.8%)	11:23	5.3 (51.5%)
146	KOTLARCZYK Katarzyna	5348		K30	146	02:39:04	05:18:33.45	05:20:20.75	+02:36:39 (48.9%)	11:22	5.3 (51.5%)
147	FURMAN Agnieszka	5060	OCHAJORUN & FRIENDS	K30	147	02:35:49	05:18:49.70	05:20:38.60	+02:36:57 (49.0%)	11:23	5.3 (51.5%)
148	PLEWKA Monika	5911		K30	148	02:36:50	05:19:57.00	05:21:48.65	+02:38:07 (49.1%)	11:25	5.3 (51.5%)
149	PAPIERZ-RYKAŁA Aleksandra	5724		K30	149	02:45:20	05:20:24.70	05:22:09.10	+02:38:27 (49.2%)	11:26	5.2 (50.5%)
150	RYBKA Anna	5664		K30	150	02:36:42	05:21:08.35	05:22:25.95	+02:38:44 (49.2%)	11:28	5.2 (50.5%)
151	ZAJĄCZKOWSKA Paulina	5134	POWER TRAINING	K30	151	02:42:20	05:22:45.85	05:24:00.30	+02:40:19 (49.5%)	11:31	5.2 (50.5%)
152	PRZYBYLSKA Magdalena	5718		K30	152	02:53:35	05:28:59.40	05:30:19.30	+02:46:38 (50.4%)	11:45	5.1 (49.5%)
153	BOROWIAK Patrycja	5343	WKURW_TEAM	K30	153	02:37:59	05:29:26.60	05:30:49.95	+02:47:08 (50.5%)	11:45	5.1 (49.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
154	SZYMAŃSKA Anna	5562	12TRI.PL	K30	154	02:30:38	05:30:33.60	05:31:19.25	+02:47:38 (50.6%)	11:48	5.1 (49.5%)
155	CZAJKOWSKA Barbara	5551		K30	155	02:37:24	05:33:56.00	05:35:32.30	+02:51:51 (51.2%)	11:55	5 (48.5%)
156	MŁYNARCZYK Ania	5055		K30	156	02:46:04	05:36:02.95	05:37:21.75	+02:53:40 (51.5%)	12:00	5 (48.5%)
157	ZARCZUK Dorota	5469	PZU SPORT TEAM	K30	157	02:44:25	05:36:28.90	05:37:25.55	+02:53:44 (51.5%)	12:01	5 (48.5%)
158	SIERECKA Dorota	5144	WKURW_TEAM	K30	158	02:57:06	05:53:50.50	05:55:15.30	+03:11:34 (53.9%)	12:38	4.7 (45.6%)
159	KOPEĆ-KONTEK Monika	5148		K30	159	02:50:47	05:54:52.20	05:55:51.45	+03:12:10 (54.0%)	12:40	4.7 (45.6%)
160	PAWELEC Justyna	5402		K30	160	02:44:52	05:56:44.25	05:58:03.65	+03:14:22 (54.3%)	12:44	4.7 (45.6%)
161	WRZOSEK Justyna	5405		K30	161	02:44:54	05:56:44.45	05:58:03.95	+03:14:22 (54.3%)	12:44	4.7 (45.6%)
162	GAPIŃSKA Martyna	5290		K30	162	03:13:39	06:23:51.75	06:24:59.85	+03:41:18 (57.5%)	13:42	4.4 (42.7%)
163	BĄDZIUL Dorota	5080		K30	163	03:25:51	06:42:53.50	06:43:24.25	+03:59:43 (59.4%)	14:23	4.2 (40.8%)
164	GAC Agata	5628	ORANGE	K30	164	03:07:18	06:48:16.65	06:48:57.95	+04:05:16 (60.0%)	14:34	4.1 (39.8%)
165	KWIATKOWSKA Alicja	5174	BIGYELLOWFOOT ADVENTURE TEAM	K30	165	02:50:50	07:20:52.40	07:22:10.45	+04:38:29 (63.0%)	15:44	3.8 (36.9%)
	ZIELIŃSKA Weronika	5281	12TRI.PL / ASICSFRONTRUNNER POLSKA	K30		01:43:27 DNF	DNF	DNF		-	- (0.0%)
	ZDANOWSKA Anna	5375	RAZEM TRENUJEMY SPORT	K30		03:49:20 DNF	DNF	DNF		-	- (0.0%)

Znaleziono 167 wynik(ów)