

# 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: K40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
1	<b>SZYBIAK Joanna</b>	<b>5228</b>	AGONA W&M	K40	1	01:47:22	<b>03:21:04.10</b>	<b>03:21:21.70</b>		7:10	8.4 (100%)
2	<b>JASIULEWICZ Anna</b>	<b>5743</b>		K40	2	01:46:16	<b>03:23:06.15</b>	<b>03:23:17.80</b>	+00:01:56 (1.0%)	7:15	8.3 (98.8%)
3	<b>BOSIANEK Kamila</b>	<b>5811</b>	4RUNTEAM PIŁA	K40	3	01:53:56	<b>03:30:13.80</b>	<b>03:30:33.95</b>	+00:09:12 (4.4%)	7:30	8 (95.2%)
4	<b>BRUZDA Joanna</b>	<b>5419</b>		K40	4	01:54:07	<b>03:34:54.65</b>	<b>03:35:05.40</b>	+00:13:43 (6.4%)	7:40	7.8 (92.9%)
5	<b>GARCZYŃSKA Anna</b>	<b>5595</b>		K40	5	02:02:13	<b>03:44:00.85</b>	<b>03:44:08.80</b>	+00:22:47 (10.2%)	8:00	7.5 (89.3%)
6	<b>CHOMA-GACA Agnieszka</b>	<b>5494</b>	PZU SPORT TEAM	K40	6	02:03:21	<b>03:48:02.55</b>	<b>03:48:30.70</b>	+00:27:09 (11.9%)	8:08	7.4 (88.1%)
7	<b>WYSOCKA Agnieszka</b>	<b>5446</b>	WKURW_TEAM / ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	K40	7	02:02:01	<b>03:49:29.90</b>	<b>03:51:19.95</b>	+00:29:58 (13.0%)	8:11	7.3 (86.9%)
8	<b>POPŁAWSKA Katarzyna</b>	<b>5254</b>	CZARNE OWCE HIPOLITÓW	K40	8	02:02:36	<b>03:52:04.10</b>	<b>03:52:42.60</b>	+00:31:20 (13.5%)	8:17	7.2 (85.7%)
9	<b>SZNAJDER Joanna</b>	<b>5415</b>		K40	9	02:04:14	<b>03:51:50.90</b>	<b>03:53:04.80</b>	+00:31:43 (13.6%)	8:16	7.2 (85.7%)
10	<b>CUDNIK Agnieszka</b>	<b>5414</b>	KTUKOL GŁUCHOŁAZY	K40	10	02:04:17	<b>03:52:25.00</b>	<b>03:53:38.35</b>	+00:32:16 (13.8%)	8:18	7.2 (85.7%)
11	<b>KOSEWICZ Agnieszka</b>	<b>5849</b>		K40	11	02:03:52	<b>03:55:39.80</b>	<b>03:55:59.30</b>	+00:34:37 (14.7%)	8:25	7.1 (84.5%)
12	<b>DZIERŻAK Elżbieta</b>	<b>5199</b>	HUSARIA RACE TEAM	K40	12	02:09:03	<b>03:56:10.35</b>	<b>03:56:27.45</b>	+00:35:05 (14.8%)	8:26	7.1 (84.5%)
13	<b>KITOWSKA Anna</b>	<b>5242</b>		K40	13		<b>03:58:09.00</b>	<b>03:58:09.00</b>	+00:36:47 (15.4%)	8:30	7.1 (84.5%)
14	<b>TOCZEWSKA Anna</b>	<b>5953</b>		K40	14	02:01:57	<b>03:58:25.90</b>	<b>03:58:33.45</b>	+00:37:11 (15.6%)	8:30	7 (83.3%)
15	<b>KAWAŁKO Patrycja</b>	<b>5626</b>	TEAM KOPEĆ	K40	15	02:09:49	<b>03:58:23.45</b>	<b>03:59:45.85</b>	+00:38:24 (16.0%)	8:30	7 (83.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
16	<b>ROŹNIATA Iwona</b>	<b>5141</b>	KS GŁÓWNO W BIEGU	K40	16	02:10:09	<b>04:00:33.05</b>	<b>04:01:07.75</b>	+00:39:46 (16.5%)	8:35	7 (83.3%)
17	<b>SUT Iwona</b>	<b>5531</b>	KS GŁÓWNO W BIEGU	K40	17	02:04:50	<b>04:01:11.30</b>	<b>04:01:46.90</b>	+00:40:25 (16.7%)	8:36	7 (83.3%)
18	<b>CEBRAT Ewa</b>	<b>5694</b>		K40	18	02:01:44	<b>04:01:48.75</b>	<b>04:01:53.70</b>	+00:40:32 (16.8%)	8:38	6.9 (82.1%)
19	<b>BURCHARD Beata</b>	<b>5214</b>		K40	19	02:11:29	<b>04:03:09.05</b>	<b>04:03:21.45</b>	+00:41:59 (17.3%)	8:41	6.9 (82.1%)
20	<b>WÓLKIEWICZ Dorota</b>	<b>5265</b>	OX5	K40	20	02:06:11	<b>04:02:45.60</b>	<b>04:03:39.10</b>	+00:42:17 (17.4%)	8:40	6.9 (82.1%)
21	<b>SOBORSKA Sylwia</b>	<b>5129</b>	SAINT GOBAIN SQUAD	K40	21	02:07:23	<b>04:03:21.30</b>	<b>04:03:40.05</b>	+00:42:18 (17.4%)	8:41	6.9 (82.1%)
22	<b>SPUŁTOWSKA Joanna</b>	<b>5311</b>		K40	22	02:02:24	<b>04:03:41.95</b>	<b>04:04:03.75</b>	+00:42:42 (17.5%)	8:42	6.9 (82.1%)
23	<b>BRZĘCZEK Izabela</b>	<b>5352</b>		K40	23	02:09:44	<b>04:05:00.65</b>	<b>04:06:14.80</b>	+00:44:53 (18.2%)	8:45	6.9 (82.1%)
24	<b>GZULA Beata</b>	<b>5376</b>	ADIDAS RUNNERS WARSAW	K40	24	02:05:46	<b>04:06:38.30</b>	<b>04:07:05.55</b>	+00:45:43 (18.5%)	8:48	6.8 (81.0%)
25	<b>RACZYŃSKA Gosia</b>	<b>5588</b>	COCA COLA RUNNERS	K40	25	02:06:23	<b>04:09:34.65</b>	<b>04:10:05.30</b>	+00:48:43 (19.5%)	8:54	6.7 (79.8%)
26	<b>MAZUREK Katarzyna</b>	<b>5319</b>	LUBELSKIE STOWARZYSZENIE BIEGOWE	K40	26	02:10:51	<b>04:09:41.20</b>	<b>04:10:55.65</b>	+00:49:33 (19.8%)	8:55	6.7 (79.8%)
27	<b>URBANEK Małgorzata</b>	<b>5026</b>	WAPIENICKITEAM	K40	27	02:12:14	<b>04:10:41.80</b>	<b>04:11:52.95</b>	+00:50:31 (20.1%)	8:57	6.7 (79.8%)
28	<b>BOROWIEC Renata</b>	<b>5159</b>	MAMY-BIEGAMY KIELCE	K40	28	02:15:04	<b>04:12:40.25</b>	<b>04:13:03.45</b>	+00:51:41 (20.4%)	9:01	6.6 (78.6%)
29	<b>BAZIUK Aneta Zuzanna</b>	<b>5810</b>	SKŁADAKI	K40	29	02:11:53	<b>04:12:57.75</b>	<b>04:14:08.30</b>	+00:52:46 (20.8%)	9:02	6.6 (78.6%)
30	<b>MARCINKOWSKA Jadwiga</b>	<b>5470</b>		K40	30	02:12:02	<b>04:13:25.25</b>	<b>04:14:40.20</b>	+00:53:18 (20.9%)	9:03	6.6 (78.6%)
31	<b>BLIŹNIEWSKA Katarzyna</b>	<b>5538</b>	KS GŁÓWNO W BIEGU	K40	31	02:10:48	<b>04:15:23.20</b>	<b>04:15:59.70</b>	+00:54:38 (21.3%)	9:07	6.6 (78.6%)
32	<b>KRUK Małgorzata</b>	<b>5317</b>		K40	32	02:14:45	<b>04:16:33.05</b>	<b>04:16:52.95</b>	+00:55:31 (21.6%)	9:09	6.5 (77.4%)
33	<b>LECHOWSKA Katarzyna</b>	<b>5157</b>	MAMY BIEGAMY KIELCE	K40	33	02:13:25	<b>04:16:38.25</b>	<b>04:17:01.10</b>	+00:55:39 (21.7%)	9:09	6.5 (77.4%)
34	<b>JĘSIEK-BARABASZ Agnieszka</b>	<b>5914</b>	PSEUDOBIEGACZKI	K40	34	02:11:42	<b>04:15:54.90</b>	<b>04:17:03.55</b>	+00:55:41 (21.7%)	9:08	6.6 (78.6%)
35	<b>SOBICZEWSKA Iza</b>	<b>5436</b>	EKOBIEGI	K40	35	02:13:51	<b>04:16:39.40</b>	<b>04:17:19.25</b>	+00:55:57 (21.7%)	9:10	6.5 (77.4%)
36	<b>SOŁKIEWICZ Marta</b>	<b>5918</b>		K40	36	02:13:00	<b>04:17:00.75</b>	<b>04:17:37.85</b>	+00:56:16 (21.8%)	9:10	6.5 (77.4%)
37	<b>GNIADEK Gosia</b>	<b>5907</b>	DABEX-BOLT	K40	37	02:12:20	<b>04:17:25.10</b>	<b>04:18:22.30</b>	+00:57:00 (22.1%)	9:11	6.5 (77.4%)
38	<b>KACZMAREK Katarzyna</b>	<b>5090</b>	NIEPOŁOMICE BIEGAJĄ	K40	38	02:18:36	<b>04:19:13.45</b>	<b>04:19:45.20</b>	+00:58:23 (22.5%)	9:15	6.5 (77.4%)

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39	ZARĘBA Agnieszka	5816		K40	39	02:17:33	04:18:36.20	04:20:15.30	+00:58:53 (22.6%)	9:14	6.5 (77.4%)
40	KRYSTEK Ewa	5118		K40	40	02:16:15	04:18:59.20	04:20:25.70	+00:59:04 (22.7%)	9:14	6.5 (77.4%)
41	PUCHALSKA Olga	5752	PZU SPORT TEAM	K40	41	02:22:17	04:19:57.30	04:20:50.95	+00:59:29 (22.8%)	9:17	6.5 (77.4%)
42	REPLIŃSKA Edyta	5206	DOGOŃ GRODZISK MAZOWIECKI	K40	42	02:10:11	04:20:47.65	04:21:12.00	+00:59:50 (22.9%)	9:18	6.4 (76.2%)
43	BOTKIEWICZ Agnieszka	5619	WKURW_TEAM / DRUŻYNA BARTKA	K40	43	02:14:45	04:21:36.60	04:22:13.45	+01:00:51 (23.2%)	9:20	6.4 (76.2%)
44	ZIELIŃSKA Mirona	5379	NIGHT RUNNERS WROCŁAW	K40	44	02:12:23	04:20:51.25	04:22:16.35	+01:00:54 (23.2%)	9:18	6.4 (76.2%)
45	JĘDRUSZCZAK Renata	5714		K40	45	02:15:41	04:23:23.10	04:23:50.40	+01:02:28 (23.7%)	9:24	6.4 (76.2%)
46	SKIBICKA Dorota	5451	PZU SPORT TEAM	K40	46	02:13:13	04:23:20.80	04:24:14.55	+01:02:52 (23.8%)	9:24	6.4 (76.2%)
47	PRUSS Kasia	5479	WKURW_TEAM	K40	47	02:16:13	04:23:40.45	04:25:04.65	+01:03:42 (24.0%)	9:25	6.4 (76.2%)
48	NAWROCKA Natalia	5244		K40	48	02:19:15	04:24:49.25	04:25:27.30	+01:04:05 (24.1%)	9:27	6.3 (75.0%)
49	WRONKOWSKA Katarzyna	5093		K40	49	02:19:41	04:25:26.00	04:26:39.15	+01:05:17 (24.5%)	9:28	6.3 (75.0%)
50	WIDERA Karolina	5541	BRAK	K40	50	02:17:42	04:27:20.90	04:28:17.45	+01:06:55 (24.9%)	9:32	6.3 (75.0%)
51	ŁUCZAK Olga	5540		K40	51	02:16:40	04:27:21.95	04:28:17.90	+01:06:56 (24.9%)	9:32	6.3 (75.0%)
52	WÓJCIK Kamila	5878	LACHO TEAM	K40	52	02:23:40	04:27:30.40	04:28:57.35	+01:07:35 (25.1%)	9:33	6.3 (75.0%)
53	RZENNO Dagmara	5592	MIECHOWICKA GRUPA BIEGOWA	K40	53	02:20:49	04:29:38.60	04:30:24.65	+01:09:02 (25.5%)	9:37	6.2 (73.8%)
54	LATOS Joanna	5692		K40	54	02:17:53	04:29:45.25	04:31:14.15	+01:09:52 (25.8%)	9:38	6.2 (73.8%)
55	TRELA Aniela	5669	DB LESZCZYNY	K40	55	02:21:28	04:31:56.45	04:32:57.30	+01:11:35 (26.2%)	9:42	6.2 (73.8%)
56	PLEŚNIAR Lucyna	5019	RK ATHLETICS	K40	56	02:20:56	04:32:55.30	04:33:36.30	+01:12:14 (26.4%)	9:44	6.2 (73.8%)
57	NIEDŹWIECKA Kasia	5119	EKOBIEGI	K40	57	02:15:32	04:33:37.20	04:34:16.50	+01:12:54 (26.6%)	9:46	6.1 (72.6%)
58	DOMINIAK Emilia	5092	SŁYNNI KENIJCZYCY	K40	58	02:23:30	04:33:51.10	04:35:20.85	+01:13:59 (26.9%)	9:46	6.1 (72.6%)
59	PRĘDKA Magdalena	5048	OLA TEAM	K40	59	02:24:17	04:34:06.70	04:35:24.75	+01:14:03 (26.9%)	9:47	6.1 (72.6%)
60	MARCINIAK Anna	5181		K40	60	02:18:19	04:35:00.45	04:36:29.80	+01:15:08 (27.2%)	9:49	6.1 (72.6%)
61	BEDNARCZUK Joanna	5899		K40	61	02:21:57	04:36:08.75	04:36:44.20	+01:15:22 (27.2%)	9:51	6.1 (72.6%)

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62	<b>TOKARSKA Bożena</b>	<b>5339</b>		K40	62	02:24:24	<b>04:35:53.70</b>	<b>04:37:03.15</b>	+01:15:41 (27.3%)	9:51	6.1 (72.6%)
63	<b>ZYCH Anna</b>	<b>5340</b>		K40	63	02:21:33	<b>04:37:55.95</b>	<b>04:39:10.40</b>	+01:17:48 (27.9%)	9:55	6 (71.4%)
64	<b>BARCZYK Agnieszka</b>	<b>5476</b>		K40	64	02:25:54	<b>04:41:02.15</b>	<b>04:42:21.15</b>	+01:20:59 (28.7%)	10:02	6 (71.4%)
65	<b>WIĘSEK Ewelina</b>	<b>5865</b>	PKO BANK POLSKI	K40	65	02:20:51	<b>04:44:13.20</b>	<b>04:44:51.45</b>	+01:23:29 (29.3%)	10:09	5.9 (70.2%)
66	<b>JURAŚ-KMIEĆ Marzena</b>	<b>5884</b>	BIEGAM SOBIE	K40	66	02:26:00	<b>04:44:36.15</b>	<b>04:45:40.25</b>	+01:24:18 (29.5%)	10:09	5.9 (70.2%)
67	<b>SENDERECKA Dorota</b>	<b>5793</b>	TERAPIA UZALEŻNIEŃ	K40	67	02:30:08	<b>04:44:41.10</b>	<b>04:45:49.85</b>	+01:24:28 (29.6%)	10:10	5.9 (70.2%)
68	<b>SIWEK Aleksandra</b>	<b>5589</b>	COCA-COLA RUNNERS	K40	68	02:23:42	<b>04:46:59.60</b>	<b>04:47:32.05</b>	+01:26:10 (30.0%)	10:15	5.9 (70.2%)
69	<b>KOBIERECKA Monika</b>	<b>5523</b>	KS GŁOWNO W BIEGU	K40	69	02:20:58	<b>04:47:57.35</b>	<b>04:48:33.95</b>	+01:27:12 (30.2%)	10:17	5.8 (69.0%)
70	<b>WNOROWSKA Magdalena</b>	<b>5207</b>		K40	70	02:22:14	<b>04:48:37.45</b>	<b>04:48:47.40</b>	+01:27:25 (30.3%)	10:18	5.8 (69.0%)
71	<b>ŁĄCKA Ilona</b>	<b>5789</b>	BIAŁOŁĘKA JEST KOBIETĄ	K40	71	02:25:01	<b>04:49:23.30</b>	<b>04:50:01.65</b>	+01:28:39 (30.6%)	10:20	5.8 (69.0%)
72	<b>PAJĄK Karolina</b>	<b>5322</b>	PUSZCZYK BUKOWY	K40	72	02:24:47	<b>04:50:03.70</b>	<b>04:50:32.45</b>	+01:29:10 (30.7%)	10:21	5.8 (69.0%)
73	<b>KORNILAK Edyta</b>	<b>5089</b>	GRUPA BIEGACZY SKÓRZEC BIEGA	K40	73	02:23:04	<b>04:51:35.60</b>	<b>04:51:53.35</b>	+01:30:31 (31.0%)	10:24	5.8 (69.0%)
74	<b>GADOMSKA Małgorzata</b>	<b>5556</b>		K40	74	02:28:07	<b>04:50:53.20</b>	<b>04:52:00.70</b>	+01:30:39 (31.0%)	10:23	5.8 (69.0%)
75	<b>OLESIAK Małgorzata</b>	<b>5187</b>	MAMY BIEGAMY KIELCE I OKOLICE	K40	75	02:25:03	<b>04:52:04.00</b>	<b>04:52:27.95</b>	+01:31:06 (31.2%)	10:25	5.8 (69.0%)
76	<b>PRZYBYLSKA Sylwia</b>	<b>5272</b>	KOLOROWA DRUŻYNA NESSI	K40	76	02:25:42	<b>04:52:16.30</b>	<b>04:53:21.40</b>	+01:31:59 (31.4%)	10:26	5.7 (67.9%)
77	<b>ŁYSY Aleksandra</b>	<b>5698</b>	PZU SPORT TEAM	K40	77	02:25:50	<b>04:54:25.30</b>	<b>04:55:17.05</b>	+01:33:55 (31.8%)	10:30	5.7 (67.9%)
78	<b>KRAKOWSKA Katarzyna</b>	<b>5382</b>		K40	78	02:30:16	<b>04:54:29.40</b>	<b>04:55:22.90</b>	+01:34:01 (31.8%)	10:31	5.7 (67.9%)
79	<b>SITAREK Iwona</b>	<b>5721</b>	PKO BP	K40	79	02:25:57	<b>04:55:55.35</b>	<b>04:56:58.70</b>	+01:35:37 (32.2%)	10:34	5.7 (67.9%)
80	<b>LEDWOŃ Aneta</b>	<b>5792</b>	NIGHT RUNNERS GLIWICE	K40	80	02:32:38	<b>04:57:10.35</b>	<b>04:58:27.40</b>	+01:37:05 (32.5%)	10:36	5.7 (67.9%)
81	<b>KASZTELAN-HUNIA Ewa</b>	<b>5388</b>	WKURW_TEAM	K40	81	02:31:01	<b>04:59:41.95</b>	<b>05:01:26.15</b>	+01:40:04 (33.2%)	10:42	5.6 (66.7%)
82	<b>ZALEWSKA Katarzyna</b>	<b>5108</b>		K40	82	02:29:55	<b>05:02:39.15</b>	<b>05:03:20.05</b>	+01:41:58 (33.6%)	10:48	5.6 (66.7%)
83	<b>LEW Elżbieta</b>	<b>5613</b>		K40	83	02:27:18	<b>05:03:12.60</b>	<b>05:03:58.55</b>	+01:42:36 (33.8%)	10:49	5.5 (65.5%)
84	<b>NIEWDZIĘCZNA Barbara</b>	<b>5377</b>		K40	84	02:30:11	<b>05:03:27.00</b>	<b>05:04:37.60</b>	+01:43:15 (33.9%)	10:50	5.5 (65.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
85	<b>WOŁOWIEC Bożena</b>	<b>5533</b>	KS GŁOWNO W BIEGU	K40	85	02:36:09	<b>05:06:12.35</b>	<b>05:06:47.25</b>	+01:45:25 (34.4%)	10:56	5.5 (65.5%)
86	<b>TWARDOSZ Maja</b>	<b>5139</b>		K40	86	02:37:04	<b>05:06:18.35</b>	<b>05:06:55.95</b>	+01:45:34 (34.4%)	10:56	5.5 (65.5%)
87	<b>WOWK Alicja</b>	<b>5387</b>	SZWLA STARGARD	K40	87	02:41:48	<b>05:06:45.10</b>	<b>05:06:57.05</b>	+01:45:35 (34.4%)	10:57	5.5 (65.5%)
88	<b>ŻUK Agata</b>	<b>5870</b>	#RUNFOR SMILE	K40	88	02:30:47	<b>05:07:39.65</b>	<b>05:09:19.20</b>	+01:47:57 (34.9%)	10:59	5.5 (65.5%)
89	<b>WOŹNIAK Monika</b>	<b>5441</b>	LUBLIN BIEGA	K40	89	02:30:46	<b>05:07:50.85</b>	<b>05:09:30.50</b>	+01:48:08 (34.9%)	10:59	5.5 (65.5%)
90	<b>BĘDZIŃSKA Jolanta</b>	<b>5259</b>		K40	90	02:33:37	<b>05:08:58.35</b>	<b>05:09:30.80</b>	+01:48:09 (34.9%)	11:02	5.4 (64.3%)
91	<b>WOŹNIAK Kasia</b>	<b>5700</b>	ON THE MOVE	K40	91	02:33:40	<b>05:09:05.10</b>	<b>05:09:36.80</b>	+01:48:15 (35.0%)	11:02	5.4 (64.3%)
92	<b>PTAK Dorota</b>	<b>5464</b>		K40	92	02:35:54	<b>05:10:40.25</b>	<b>05:10:54.90</b>	+01:49:33 (35.2%)	11:05	5.4 (64.3%)
93	<b>RUDNICKA Agata</b>	<b>5359</b>	AKTYWNA FALA	K40	93	02:28:10	<b>05:11:16.80</b>	<b>05:12:19.75</b>	+01:50:58 (35.5%)	11:07	5.4 (64.3%)
94	<b>BAKA Elzbieta</b>	<b>5252</b>		K40	94	02:39:57	<b>05:11:08.75</b>	<b>05:12:21.70</b>	+01:51:00 (35.5%)	11:06	5.4 (64.3%)
95	<b>MIODUSZEWSKA-KORNIŁOW Agnieszka</b>	<b>5939</b>	GARMIN POLSKA	K40	95	02:39:32	<b>05:12:48.15</b>	<b>05:13:22.45</b>	+01:52:00 (35.7%)	11:10	5.4 (64.3%)
96	<b>TOMCZYK Małgorzata</b>	<b>5614</b>	ROSSBIEGANI	K40	96	02:35:24	<b>05:12:50.55</b>	<b>05:14:14.05</b>	+01:52:52 (35.9%)	11:10	5.4 (64.3%)
97	<b>KNOBLOCH Ewa</b>	<b>5203</b>		K40	97	02:33:40	<b>05:14:04.05</b>	<b>05:15:54.60</b>	+01:54:32 (36.3%)	11:13	5.3 (63.1%)
98	<b>MIODUSZEWSKA Izabela</b>	<b>5149</b>		K40	98	02:35:38	<b>05:17:11.75</b>	<b>05:18:24.55</b>	+01:57:02 (36.8%)	11:19	5.3 (63.1%)
99	<b>DUKIEWICZ Grażyna</b>	<b>5654</b>	GKT MUSTANGI	K40	99	02:41:09	<b>05:17:08.30</b>	<b>05:18:36.50</b>	+01:57:14 (36.8%)	11:19	5.3 (63.1%)
100	<b>AUGUSTYŃSKA Kinga</b>	<b>5496</b>	LACHO TEAM	K40	100	02:44:16	<b>05:18:51.00</b>	<b>05:20:18.80</b>	+01:58:57 (37.1%)	11:23	5.3 (63.1%)
101	<b>ROŹKO Ela</b>	<b>5608</b>	4ROŹKI	K40	101	02:40:45	<b>05:20:11.75</b>	<b>05:21:49.40</b>	+02:00:27 (37.4%)	11:26	5.2 (61.9%)
102	<b>LESZCZYŃSKA Małgorzata</b>	<b>5314</b>		K40	102	02:37:57	<b>05:21:24.95</b>	<b>05:22:25.15</b>	+02:01:03 (37.5%)	11:28	5.2 (61.9%)
103	<b>KACZMAREK-SROKA Anna</b>	<b>5643</b>		K40	103	02:34:15	<b>05:21:08.80</b>	<b>05:22:26.55</b>	+02:01:04 (37.6%)	11:28	5.2 (61.9%)
104	<b>DRATWICKA Agnieszka</b>	<b>5223</b>	12TRI.PL	K40	104	02:41:04	<b>05:21:29.15</b>	<b>05:22:41.35</b>	+02:01:19 (37.6%)	11:28	5.2 (61.9%)
105	<b>GASIK Wiola</b>	<b>5603</b>		K40	105	02:27:27	<b>05:22:58.50</b>	<b>05:23:44.75</b>	+02:02:23 (37.8%)	11:32	5.2 (61.9%)
106	<b>SZREITER Monika</b>	<b>5485</b>		K40	106	02:33:38	<b>05:24:23.30</b>	<b>05:24:54.10</b>	+02:03:32 (38.0%)	11:35	5.2 (61.9%)
107	<b>SOBCZAK Magdalena</b>	<b>5487</b>		K40	107	02:33:48	<b>05:24:43.65</b>	<b>05:25:16.45</b>	+02:03:54 (38.1%)	11:35	5.2 (61.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
108	<b>LUZAR Monika</b>	<b>5782</b>	MIA	K40	108	02:44:34	<b>05:25:03.75</b>	<b>05:25:38.05</b>	+02:04:16 (38.2%)	11:36	5.2 (61.9%)
109	<b>ZWIERZ Małgorzata</b>	<b>5197</b>		K40	109	02:44:00	<b>05:25:27.45</b>	<b>05:27:09.00</b>	+02:05:47 (38.4%)	11:37	5.2 (61.9%)
110	<b>UCHAŃSKA-STASIAK Justyna</b>	<b>5729</b>	CKB	K40	110	02:40:29	<b>05:25:59.80</b>	<b>05:27:23.10</b>	+02:06:01 (38.5%)	11:38	5.2 (61.9%)
111	<b>GÓRAJ Joanna</b>	<b>5728</b>	CKB TARNOBRZEG	K40	111	02:40:31	<b>05:25:59.25</b>	<b>05:27:23.20</b>	+02:06:01 (38.5%)	11:38	5.2 (61.9%)
112	<b>KRÓLIKOWSKA Katarzyna</b>	<b>5168</b>	WKURW_TEAM	K40	112	02:45:40	<b>05:25:43.60</b>	<b>05:27:24.65</b>	+02:06:02 (38.5%)	11:37	5.2 (61.9%)
113	<b>SADŁOWSKA Agnieszka</b>	<b>5355</b>	MINISTERSTWO GŁUPICH KROKÓW LEGIONOWO	K40	113	02:43:23	<b>05:26:43.60</b>	<b>05:28:22.10</b>	+02:07:00 (38.7%)	11:40	5.1 (60.7%)
114	<b>STROŃSKA Agnieszka</b>	<b>5734</b>	CKB TARNOBRZEG	K40	114	02:31:16	<b>05:28:46.60</b>	<b>05:30:10.85</b>	+02:08:49 (39.0%)	11:44	5.1 (60.7%)
115	<b>KULITA Elżbieta</b>	<b>5769</b>	BBL SANDOMIERZ	K40	115	02:31:10	<b>05:28:46.50</b>	<b>05:30:10.95</b>	+02:08:49 (39.0%)	11:44	5.1 (60.7%)
116	<b>SZCZOTKA Małgorzata</b>	<b>5649</b>		K40	116	02:42:16	<b>05:29:13.30</b>	<b>05:30:29.70</b>	+02:09:08 (39.1%)	11:45	5.1 (60.7%)
117	<b>URBAŃCZYK Ewa</b>	<b>5232</b>	MAMY RUSZAMY	K40	117	02:42:11	<b>05:34:21.00</b>	<b>05:35:33.35</b>	+02:14:11 (40.0%)	11:56	5 (59.5%)
118	<b>SOWA Sylwia</b>	<b>5757</b>	PZU SPORT TEAM	K40	118	02:37:07	<b>05:42:20.50</b>	<b>05:43:55.80</b>	+02:22:34 (41.5%)	12:13	4.9 (58.3%)
119	<b>CERANOWSKA Aga</b>	<b>5913</b>	PSEUDOBIEGACZKI	K40	119	02:54:58	<b>05:50:08.70</b>	<b>05:51:17.90</b>	+02:29:56 (42.7%)	12:30	4.8 (57.1%)
120	<b>CZAPLICKA Luiza</b>	<b>5673</b>		K40	120	02:50:49	<b>05:50:08.20</b>	<b>05:51:33.20</b>	+02:30:11 (42.7%)	12:30	4.8 (57.1%)
121	<b>KOSTRZEWA Elwira</b>	<b>5620</b>	PZU SPORT TEAM	K40	121	02:46:36	<b>05:53:19.80</b>	<b>05:54:12.35</b>	+02:32:50 (43.2%)	12:37	4.8 (57.1%)
122	<b>RŻANY Monika</b>	<b>5039</b>	ZABIEGANI MIELEC / WKURW_TEAM	K40	122	02:59:49	<b>05:53:56.90</b>	<b>05:55:41.45</b>	+02:34:19 (43.4%)	12:38	4.7 (56.0%)
123	<b>MICHNO Anna</b>	<b>5882</b>	LACHO TEAM	K40	123	03:06:53	<b>05:54:10.60</b>	<b>05:55:53.55</b>	+02:34:31 (43.4%)	12:38	4.7 (56.0%)
124	<b>SMÓLKA Edyta</b>	<b>5657</b>		K40	124	02:55:25	<b>06:03:58.20</b>	<b>06:05:31.95</b>	+02:44:10 (44.9%)	12:59	4.6 (54.8%)
125	<b>KOŚCIELSKA Agnieszka</b>	<b>5323</b>	MINISTERSTWO GŁUPICH KROKÓW LEGIONOWO	K40	125	03:02:31	<b>06:11:04.25</b>	<b>06:12:46.60</b>	+02:51:24 (46.0%)	13:15	4.5 (53.6%)
126	<b>POPIELSKA- NEMŚ Dorota</b>	<b>5509</b>		K40	126	02:59:25	<b>06:11:01.80</b>	<b>06:12:56.05</b>	+02:51:34 (46.0%)	13:15	4.5 (53.6%)
127	<b>KUNA Katarzyna</b>	<b>5065</b>	KS ALASKA	K40	127	02:59:24	<b>06:19:22.05</b>	<b>06:21:13.80</b>	+02:59:52 (47.2%)	13:32	4.4 (52.4%)
128	<b>ŚCISŁY Ola</b>	<b>5491</b>	ZWIERZAKI	K40	128	03:11:57	<b>06:20:01.65</b>	<b>06:21:22.40</b>	+03:00:00 (47.2%)	13:34	4.4 (52.4%)
129	<b>PAWŁOWSKA Danuta</b>	<b>5397</b>	WKURW_TEAM	K40	129	03:08:04	<b>06:25:35.95</b>	<b>06:25:50.85</b>	+03:04:29 (47.8%)	13:46	4.4 (52.4%)
130	<b>WILK Anna</b>	<b>5114</b>	ZABIEGANI MIELEC	K40	130	03:15:54	<b>06:30:26.35</b>	<b>06:32:11.15</b>	+03:10:49 (48.7%)	13:56	4.3 (51.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 15km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
131	<b>NOWAK Joanna</b>	<b>5584</b>		K40	131	02:54:55	<b>06:38:17.85</b>	<b>06:40:10.75</b>	+03:18:49 (49.7%)	14:13	4.2 (50.0%)
	<b>ODOLIŃSKA Agnieszka</b>	<b>5045</b>	PSZCZÓŁKOWSKI TEAM	K40		01:58:14 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>LOS Ania</b>	<b>5051</b>	TULRAM SIĘ TEAM / WKURW_TEAM / ALBATROSY	K40		03:12:02 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>SKRZYPCZAK Marta</b>	<b>5087</b>	RUN EXPERT LEJDIS	K40		03:29:48 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>OSIŃSKA Agata</b>	<b>5366</b>		K40		03:54:51 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 135 wynik(ów)