



Wydarzenie: VII FESTIWAL BIEGU RZEŹNIKA
Organizator: Fundacja Bieg Rzeźnika
Data: 2021-05-28
Miejsce: Cisna
Dystans: 28 km

RZEŹNICZEK

B4SPORT

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: K-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
1	GŁOMBIOWSKA Zuzanna	4867	RUNPASSION.PL TEAM	K20	1	03:01:36.50		6:29	9.3 (100%)
2	WINIARCZYK-JADACH Beata	4240	TG SOKÓŁ ZAKOPANE	K40	1	03:05:46.60	+00:04:10 (2.2%)	6:38	9 (96.8%)
3	ŚLIWOWSKA Justyna	4455	KS STASZEWSKY	K20	2	03:12:01.55	+00:10:25 (5.4%)	6:51	8.7 (93.5%)
4	BIENIECKA Anna	4257	BIEG RZEŹNIKA	K40	2	03:15:42.50	+00:14:06 (7.2%)	6:59	8.6 (92.5%)
5	PACIOREK Ewa	4747		K30	1	03:18:32.90	+00:16:56 (8.5%)	7:05	8.5 (91.4%)
6	JANIK Beata	4070	RUNDOMSKO	K30	2	03:19:26.80	+00:17:50 (8.9%)	7:07	8.4 (90.3%)
7	WOJNAROWSKA Weronika	4495		K30	3	03:21:35.05	+00:19:58 (9.9%)	7:11	8.3 (89.2%)
8	HERBICH-SAR Violetta	5007	FUDU & CO.	K40	3	03:21:37.90	+00:20:01 (9.9%)	7:12	8.3 (89.2%)
9	GOSPODARCZYK Natalia	5071		K20	3	03:25:54.15	+00:24:17 (11.8%)	7:21	8.2 (88.2%)
10	GARBOWSKA Monika	4655	COMPAÑEROS ASFALT TEAM	K40	4	03:26:39.70	+00:25:03 (12.1%)	7:22	8.1 (87.1%)
11	DZIEWA Agata	4863		K30	4	03:28:52.10	+00:27:15 (13.1%)	7:27	8 (86.0%)
12	WOJTYCZKA Katarzyna	4938		K30	5	03:34:08.80	+00:32:32 (15.2%)	7:38	7.8 (83.9%)
13	DROZDEK Iwona	4858	BIEGAJĄCE DROZDKI	K50	1	03:35:46.90	+00:34:10 (15.8%)	7:42	7.8 (83.9%)
14	ADAMKIEWICZ Natalia	4611	ŁÓDŹRUNCREW/ JAKO TEAM	K30	6	03:37:18.30	+00:35:41 (16.4%)	7:45	7.7 (82.8%)
15	KOCHANOWSKA Michalina	4085		K40	5	03:41:08.00	+00:39:31 (17.9%)	7:53	7.6 (81.7%)
16	MARCULA Ewelina	4287		K30	7	03:41:32.10	+00:39:55 (18.0%)	7:54	7.6 (81.7%)
17	RZESZUTEK Wiktoria	4180		K20	4	03:42:50.85	+00:41:14 (18.5%)	7:57	7.5 (80.6%)
18	WITEK Gabriela	4241		K20	5	03:42:51.05	+00:41:14 (18.5%)	7:57	7.5 (80.6%)
19	BAWOR Dagmara	4255		K20	6	03:43:21.80	+00:41:45 (18.7%)	7:58	7.5 (80.6%)
20	SOLIŃSKA Magdalena	4320		K40	6	03:43:26.05	+00:41:49 (18.7%)	7:58	7.5 (80.6%)
21	WIERCIOCH Bożena	4829	RACE FIGHTER GOSIR DĘBE WLK.	K40	7	03:44:18.45	+00:42:41 (19.0%)	8:00	7.5 (80.6%)
22	KORZEP-CZEKALSKA Dorota	5038		K40	8	03:46:17.20	+00:44:40 (19.7%)	8:04	7.4 (79.6%)
23	GREFKOWICZ Natalia	4962		K20	7	03:46:24.20	+00:44:47 (19.8%)	8:05	7.4 (79.6%)
24	DEMKO Anna	4952	ZÓŁTYCZERWONYPANDA	K30	8	03:47:37.00	+00:46:00 (20.2%)	8:07	7.4 (79.6%)
25	PUCIŁOWSKA Natalia	4771	AKADEMIA KETTLEBELLS WARSZAWA	K30	9	03:48:11.90	+00:46:35 (20.4%)	8:08	7.4 (79.6%)
26	BARTOSIEWICZ Daria	4615	DZIKIE GRUBASY SZATANA	K30	10	03:48:49.10	+00:47:12 (20.6%)	8:10	7.3 (78.5%)
27	TUTAJ Agnieszka	4932		K20	8	03:50:14.00	+00:48:37 (21.1%)	8:13	7.3 (78.5%)
28	PAJDOSZ Katarzyna	4903	KB BIAŁA BIEGA	K30	11	03:50:28.40	+00:48:51 (21.2%)	8:13	7.3 (78.5%)
29	HOŁUBIEC Agnieszka	4470	YULO RUN TEAM SIEDLCE	K40	9	03:51:32.70	+00:49:56 (21.6%)	8:16	7.3 (78.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
30	PELA Olga	4907	SKY-TRANS	K30	12	03:52:36.05	+00:50:59 (21.9%)	8:18	7.2 (77.4%)
31	POTERA Krystyna	4310		K30	13	03:54:07.55	+00:52:31 (22.4%)	8:21	7.2 (77.4%)
32	GERSZEWSKA Marina	4361	NIEWYCHOWANI FIZYCZNIE	K20	9	03:54:32.50	+00:52:56 (22.6%)	8:22	7.2 (77.4%)
33	NAZIMEK Lilianna	4972	SUO TEMPORE	K40	10	03:54:36.25	+00:52:59 (22.6%)	8:22	7.2 (77.4%)
34	PIEKIELNA Angelika	4482	MUKS "JUNIOR" OCHĘDZYN	K30	14	03:55:01.00	+00:53:24 (22.7%)	8:23	7.1 (76.3%)
35	SZYMOWSKA Sylwia	4214	DZIKIE BORSUKI	K30	15	03:56:25.70	+00:54:49 (23.2%)	8:26	7.1 (76.3%)
36	MARKOWSKA Ewa	4478	SZAKALE BAŁUT	K40	11	03:57:31.90	+00:55:55 (23.5%)	8:28	7.1 (76.3%)
37	FLORCZAK Sylwia	4652	SZAKALE BAŁUT	K40	12	03:58:19.90	+00:56:43 (23.8%)	8:30	7 (75.3%)
38	KADZIDŁOWSKA Aleksandra	4684	EVERRUN	K40	13	03:58:30.50	+00:56:54 (23.9%)	8:31	7 (75.3%)
39	CYWIŃSKA Joanna	5082		K30	16	03:58:38.35	+00:57:01 (23.9%)	8:31	7 (75.3%)
40	KASZUBA-CZARNECKA Anna	4369		K30	17	03:58:45.05	+00:57:08 (23.9%)	8:31	7 (75.3%)
41	WÓLKIEWICZ Dorota	5009	KS STASZEWSKY	K50	2	03:59:27.95	+00:57:51 (24.2%)	8:33	7 (75.3%)
42	PERZ Emilia	4758		K30	18	04:01:56.40	+01:00:19 (24.9%)	8:38	6.9 (74.2%)
43	KARBOWSKA Karolina	4079		K20	10	04:02:36.10	+01:00:59 (25.1%)	8:39	6.9 (74.2%)
44	TOMALAK Emilia	4223		K40	14	04:04:00.55	+01:02:24 (25.6%)	8:42	6.9 (74.2%)
45	LEŚNIAK-POPIEL Marta	4720	DZIEWCZYNY Z SANOKA	K40	15	04:04:09.35	+01:02:32 (25.6%)	8:43	6.9 (74.2%)
46	DOMARADZKA- KASZUBOWICZ Wiktoria	4643	DZIEWCZYNY Z SANOKA	K30	19	04:04:13.00	+01:02:36 (25.6%)	8:43	6.9 (74.2%)
47	PERZ Marzenna	4757		K50	3	04:04:29.80	+01:02:53 (25.7%)	8:43	6.9 (74.2%)
48	CEBRAT Ewa	4635	DZIEWCZYNY Z SANOKA	K40	16	04:04:31.15	+01:02:54 (25.7%)	8:43	6.9 (74.2%)
49	BOGUMIL Sylwia	4503		K20	11	04:05:44.30	+01:04:07 (26.1%)	8:46	6.8 (73.1%)
50	SEWERYN Magdalena	4182	TEAM PAPRY	K30	20	04:06:09.45	+01:04:32 (26.2%)	8:47	6.8 (73.1%)
51	ZAJKOWSKA Ewa	4415	VEGE RUNNERS	K30	21	04:06:44.15	+01:05:07 (26.4%)	8:48	6.8 (73.1%)
52	PAWLIKOWSKA Monika	4391		K30	22	04:07:07.25	+01:05:30 (26.5%)	8:49	6.8 (73.1%)
53	BURCHARD Beata	4421		K40	17	04:07:16.90	+01:05:40 (26.6%)	8:49	6.8 (73.1%)
54	STELMACH Barbara	4196	STELMACH TEAM	K50	4	04:09:40.00	+01:08:03 (27.3%)	8:55	6.7 (72.0%)
55	GMAJ Karolina	5068		K40	18	04:09:44.15	+01:08:07 (27.3%)	8:55	6.7 (72.0%)
56	MOSKWA Monika	4739		K20	12	04:10:12.95	+01:08:36 (27.4%)	8:56	6.7 (72.0%)
57	KSIĘŻNIK Anna	4106		K40	19	04:10:19.60	+01:08:43 (27.5%)	8:56	6.7 (72.0%)
58	KUŻMA Dorota	4714		K40	20	04:10:43.15	+01:09:06 (27.6%)	8:57	6.7 (72.0%)
59	PIETRZAK Joanna	4159		K20	13	04:10:51.00	+01:09:14 (27.6%)	8:57	6.7 (72.0%)
60	STODOLAK Aleksandra	4198		K20	14	04:10:51.45	+01:09:14 (27.6%)	8:57	6.7 (72.0%)
61	LESZCZYŃSKA Katarzyna	4438		K30	23	04:11:40.90	+01:10:04 (27.8%)	8:59	6.7 (72.0%)
62	SZCZYPLIŃSKA Anna	4588	SFORA BMK	K40	21	04:12:09.90	+01:10:33 (28.0%)	9:00	6.7 (72.0%)
63	PAWELEC Krystyna	4156	DOGOŃ GRODZISK MAZOWIECKI	K60	1	04:12:25.20	+01:10:48 (28.1%)	9:00	6.7 (72.0%)
64	NOSAL Kamila	4147		K30	24	04:12:34.75	+01:10:58 (28.1%)	9:01	6.7 (72.0%)
65	MICHNO Małgorzata	4292	JAROSŁAWSKI BIEGACZ	K40	22	04:13:52.85	+01:12:16 (28.5%)	9:04	6.6 (71.0%)
66	JĘDRZEJCZYK Ula	4872	BIEGAJ POD OKIEM TRENERA	K20	15	04:14:01.20	+01:12:24 (28.5%)	9:04	6.6 (71.0%)
67	SŁAPCZYŃSKA Marta	4584		K20	16	04:14:35.25	+01:12:58 (28.7%)	9:05	6.6 (71.0%)
68	MARCINIAK Anna	4730		K40	23	04:14:57.75	+01:13:21 (28.8%)	9:06	6.6 (71.0%)
69	KOWALSKA Magdalena	4093		K30	25	04:15:03.00	+01:13:26 (28.8%)	9:06	6.6 (71.0%)
70	GRZEGÓRZEK Anna	4270		K40	24	04:15:08.15	+01:13:31 (28.8%)	9:06	6.6 (71.0%)
71	POLEWACZ Beata	4767	AKADEMIA KETTLEBELLS	K30	26	04:16:35.50	+01:14:59 (29.2%)	9:09	6.5 (69.9%)
72	KOZACZUK Maria	4279		K40	25	04:16:53.10	+01:15:16 (29.3%)	9:10	6.5 (69.9%)
73	MARGOŁA Marta	4137		K40	26	04:17:17.05	+01:15:40 (29.4%)	9:11	6.5 (69.9%)

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74	SIENKIEWICZ Joanna	4792	GS TEAM	K40	27	04:17:25.15	+01:15:48 (29.5%)	9:11	6.5 (69.9%)
75	BORKOWA Marta	4015		K30	27	04:17:36.70	+01:16:00 (29.5%)	9:12	6.5 (69.9%)
76	STAROBRAT-CIENKA Aleksandra	4924		K30	28	04:17:38.15	+01:16:01 (29.5%)	9:12	6.5 (69.9%)
77	CIECHAROWSKA Justyna	4636	RUND DE GIRARD	K30	29	04:17:39.25	+01:16:02 (29.5%)	9:12	6.5 (69.9%)
78	BOROWSKA Teresa	4016		K50	5	04:17:45.90	+01:16:09 (29.5%)	9:12	6.5 (69.9%)
79	SIKORSKA Agnieszka	4796		K30	30	04:18:10.65	+01:16:34 (29.7%)	9:13	6.5 (69.9%)
80	MIKOŁAJCZAK Barbara	4737		K40	28	04:18:13.30	+01:16:36 (29.7%)	9:13	6.5 (69.9%)
81	GLICA Monika	4662		K40	29	04:18:20.40	+01:16:43 (29.7%)	9:13	6.5 (69.9%)
82	OKRASA Malgorzata	4444		K30	31	04:18:45.30	+01:17:08 (29.8%)	9:14	6.5 (69.9%)
83	MARCINIAK Lidia	4729	SAME LAMY	K20	17	04:19:37.15	+01:18:00 (30.0%)	9:16	6.5 (69.9%)
84	SZUBERT-WALENCZAK Magdalena	5087	TEAM ZABIEGANEDNI	K40	30	04:20:24.20	+01:18:47 (30.3%)	9:18	6.5 (69.9%)
85	STEFANIUK Klaudia	4587		K30	32	04:20:26.40	+01:18:49 (30.3%)	9:18	6.5 (69.9%)
86	GODZIMIRSKA Eliza	4663	REEBOK	K40	31	04:20:42.70	+01:19:06 (30.3%)	9:18	6.4 (68.8%)
87	WIŚLIŃSKA Agnieszka	4832		K30	33	04:20:43.10	+01:19:06 (30.3%)	9:18	6.4 (68.8%)
88	DROSIO Klaudia	4645	KASZANKI	K30	34	04:21:08.30	+01:19:31 (30.5%)	9:19	6.4 (68.8%)
89	PYZEL Agnieszka	4772	KS PEGAZ	K50	6	04:21:13.50	+01:19:37 (30.5%)	9:19	6.4 (68.8%)
90	FOGT Katarzyna	4044	CB163	K30	35	04:21:51.65	+01:20:15 (30.6%)	9:21	6.4 (68.8%)
91	KOCHAŃSKA Joanna	4086		K40	32	04:22:08.65	+01:20:32 (30.7%)	9:21	6.4 (68.8%)
92	LACHCIK Iwona	4884	7 BATALION KAWALERII POWIETRZNEJ	K30	36	04:22:51.25	+01:21:14 (30.9%)	9:23	6.4 (68.8%)
93	KRZYŻANOWSKA Agnieszka	5032	KASZANKI	K30	37	04:24:16.45	+01:22:39 (31.3%)	9:26	6.4 (68.8%)
94	KUCHARSKA Aneta	4108	ROZBIEGAJMY RADOMSKO	K40	33	04:24:49.65	+01:23:13 (31.4%)	9:27	6.3 (67.7%)
95	BARSKA-OLSZEWSKA Ewa	4005	ROZBIEGAJMY RADOMSKO	K40	34	04:24:49.90	+01:23:13 (31.4%)	9:27	6.3 (67.7%)
96	CEGLEWSKA Izabela	4021		K40	35	04:25:37.40	+01:24:00 (31.6%)	9:29	6.3 (67.7%)
97	RADYK Joanna	4774	PRZEMYSKI KLUB BIEGACZA	K30	38	04:25:43.65	+01:24:07 (31.7%)	9:29	6.3 (67.7%)
98	KABALA Joanna	4075	CMKP TEAM	K40	36	04:25:51.85	+01:24:15 (31.7%)	9:29	6.3 (67.7%)
99	RUDZIARCZYK Karolina	4580	FUCHS OIL TEAM	K20	18	04:26:45.05	+01:25:08 (31.9%)	9:31	6.3 (67.7%)
100	WAŁACHOWSKA Urszula	4984	SOLINA TEAM	K30	39	04:27:45.50	+01:26:09 (32.2%)	9:33	6.3 (67.7%)
101	REGULSKA Patrycja	4173		K20	19	04:27:59.15	+01:26:22 (32.2%)	9:34	6.3 (67.7%)
102	STEBELSKA Monika	4806	QUEENS OF CHAMONIX	K40	37	04:28:03.40	+01:26:26 (32.3%)	9:34	6.3 (67.7%)
103	BOCHEN Izabela	4345		K40	38	04:28:05.15	+01:26:28 (32.3%)	9:34	6.3 (67.7%)
104	SIENIAWSKA Karolina	4318		K30	40	04:28:12.50	+01:26:36 (32.3%)	9:34	6.3 (67.7%)
105	KARPIŁOWSKA Maria	4537	VICIOUS CIRCLE	K40	39	04:28:24.15	+01:26:47 (32.3%)	9:35	6.3 (67.7%)
106	SCHMIDT-PIOTROWSKA Kamila	4181	CB163	K20	20	04:28:45.20	+01:27:08 (32.4%)	9:35	6.3 (67.7%)
107	RZEPNIEWSKA Joanna	4785	MARKOWI BIEGACZE	K40	40	04:28:48.45	+01:27:11 (32.4%)	9:36	6.3 (67.7%)
108	SZATAN Jowita	5001	KOTWICA BRZEG	K30	41	04:28:52.10	+01:27:15 (32.5%)	9:36	6.2 (66.7%)
109	WAŁDOWSKA Natalia	4408		K20	21	04:29:55.50	+01:28:19 (32.7%)	9:38	6.2 (66.7%)
110	VLADOIU Dagmara	4231		K30	42	04:30:33.65	+01:28:57 (32.9%)	9:39	6.2 (66.7%)
111	MAJSZCZYK Paulina	4131		K30	43	04:30:36.75	+01:29:00 (32.9%)	9:39	6.2 (66.7%)
112	KOSEWSKA Monika	4541	SFORA BMK	K40	41	04:31:17.75	+01:29:41 (33.1%)	9:41	6.2 (66.7%)
113	MIKULSKA Magdalena	4559		K40	42	04:31:30.55	+01:29:54 (33.1%)	9:41	6.2 (66.7%)
114	KNAPCZYK Elżbieta	4084	PĘDZĄCE ŁANIE	K40	43	04:31:38.05	+01:30:01 (33.1%)	9:42	6.2 (66.7%)
115	SKIBA Ewelina	4487		K30	44	04:31:51.75	+01:30:15 (33.2%)	9:42	6.2 (66.7%)
116	MORAWSKA Anna	4964		K60	2	04:31:58.25	+01:30:21 (33.2%)	9:42	6.2 (66.7%)
117	ANDRZEJEWSKA Monika	4459		K30	45	04:32:13.50	+01:30:37 (33.3%)	9:43	6.2 (66.7%)

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118	SUCHOCKA Yana	4327		K30	46	04:32:55.70	+01:31:19 (33.5%)	9:44	6.2 (66.7%)
119	JANOWSKA Justyna	4071	CB163 LILIOWA TEAM	K40	44	04:33:29.90	+01:31:53 (33.6%)	9:46	6.1 (65.6%)
120	TUREK Martyna	4226		K20	22	04:33:33.95	+01:31:57 (33.6%)	9:46	6.1 (65.6%)
121	SIEROCIŃSKA Monika	4794	CROSFIT SIEDLCE	K40	45	04:34:50.00	+01:33:13 (33.9%)	9:48	6.1 (65.6%)
122	JAŚKIEWICZ Martyna	4531		K20	23	04:34:54.40	+01:33:17 (33.9%)	9:49	6.1 (65.6%)
123	BIJATOWSKA Diana	4009	PĘDZĄCE ŁANIE	K30	47	04:35:45.80	+01:34:09 (34.1%)	9:50	6.1 (65.6%)
124	ROMANOWICZ Katarzyna	4450		K40	46	04:36:03.05	+01:34:26 (34.2%)	9:51	6.1 (65.6%)
125	GRUNKOWSKA Sylwia	4966		K20	24	04:36:23.35	+01:34:46 (34.3%)	9:52	6.1 (65.6%)
126	TYMA Katarzyna	4406	CB163	K30	48	04:36:30.20	+01:34:53 (34.3%)	9:52	6.1 (65.6%)
127	CZECH Dorota	4263	AFR POLAND	K40	47	04:36:40.65	+01:35:04 (34.4%)	9:52	6.1 (65.6%)
128	TOKARZ Agnieszka	4222	TEAM PAPRY	K30	49	04:36:47.80	+01:35:11 (34.4%)	9:53	6.1 (65.6%)
129	BRUSZEWSKA- GŁOMBIOWSKA Monika	4505	ULTRA ŻÓŁWIK	K20	25	04:36:59.25	+01:35:22 (34.4%)	9:53	6.1 (65.6%)
130	BILCZEWSKA Basia	4010	HEINEKEN KRAKÓW RUNNING CLUB	K30	50	04:37:55.90	+01:36:19 (34.7%)	9:55	6 (64.5%)
131	ZAKRZEWSKA Małgorzata	4245	#BIEGAMYNAOSTRO	K30	51	04:38:31.30	+01:36:54 (34.8%)	9:56	6 (64.5%)
132	LEWANDOWSKA Małgorzata	4120		K50	7	04:39:46.15	+01:38:09 (35.1%)	9:59	6 (64.5%)
133	JĘDRZEJCZAK Anna	4534		K50	8	04:40:25.35	+01:38:48 (35.2%)	10:00	6 (64.5%)
134	MASZKOWSKA Anna	4556		K40	48	04:40:35.25	+01:38:58 (35.3%)	10:01	6 (64.5%)
135	WOLGETAN Paulina	4835	WKURW_TEAM	K20	26	04:40:37.30	+01:39:00 (35.3%)	10:01	6 (64.5%)
136	DZIĘGIELEWSKA Dominika	4422		K30	52	04:40:38.60	+01:39:02 (35.3%)	10:01	6 (64.5%)
137	BIAŁEK Kamila	4499		K40	49	04:40:52.00	+01:39:15 (35.3%)	10:01	6 (64.5%)
138	FORNAL Ewelina	4047		K30	53	04:41:30.60	+01:39:54 (35.5%)	10:03	6 (64.5%)
139	DYLAĞ Katarzyna	4354		K40	50	04:41:58.15	+01:40:21 (35.6%)	10:04	6 (64.5%)
140	HOLIK Iwona	4365		K40	51	04:41:58.30	+01:40:21 (35.6%)	10:04	6 (64.5%)
141	GOŁASZEWSKA Marta	4664		K40	52	04:42:17.90	+01:40:41 (35.7%)	10:04	6 (64.5%)
142	KRÓL Iwona	4373		K40	53	04:42:29.10	+01:40:52 (35.7%)	10:05	5.9 (63.4%)
143	JURAŚ-KMIEĆ Marzena	5089	BIEGAM SOBIE	K40	54	04:42:49.70	+01:41:13 (35.8%)	10:06	5.9 (63.4%)
144	NOWAK - KASPRZAK Anna	4148		K30	54	04:43:01.45	+01:41:24 (35.8%)	10:06	5.9 (63.4%)
145	TREMPAŁA Michalina	4224	CB163	K30	55	04:43:13.40	+01:41:36 (35.9%)	10:06	5.9 (63.4%)
146	AGNIESZKA Berendt	5034		K40	55	04:43:55.90	+01:42:19 (36.0%)	10:08	5.9 (63.4%)
147	HARNIK Magdalena	4525	KOPALNIA MOCY	K30	56	04:43:58.75	+01:42:22 (36.0%)	10:08	5.9 (63.4%)
148	PRZEWORSKA Basia	4312	CZARNECKI RUN TEAM	K40	56	04:44:00.20	+01:42:23 (36.1%)	10:08	5.9 (63.4%)
149	OBARA Aneta	4300		K40	57	04:44:00.50	+01:42:24 (36.1%)	10:08	5.9 (63.4%)
150	SZCZOTKA Agata	4329		K40	58	04:44:40.15	+01:43:03 (36.2%)	10:10	5.9 (63.4%)
151	LEŚNIAKOWSKA Anna	4119	TUR TERKA ULTRA RUNNING	K40	59	04:44:59.30	+01:43:22 (36.3%)	10:10	5.9 (63.4%)
152	STAŃCZUK Dorota	4323	SLOW JOGGING SIEDLCE	K50	9	04:45:02.70	+01:43:26 (36.3%)	10:10	5.9 (63.4%)
153	ZAPĄŁOWSKA Jolanta	4341	SLOW JOGGING SIEDLCE	K60	3	04:45:03.50	+01:43:27 (36.3%)	10:10	5.9 (63.4%)
154	MRUCZYŃSKA-PIETRUCZANIS Katarzyna	4897	AKTYWNI WĘGRÓW, DEVI HIMAL TEAM	K40	60	04:45:13.90	+01:43:37 (36.3%)	10:11	5.9 (63.4%)
155	PIASECZYŃSKA-JAMBOR Agata	4759	ŻÓRAWSKI TEAM	K40	61	04:45:27.60	+01:43:51 (36.4%)	10:11	5.9 (63.4%)
156	PAWLAK Beata	4752		K40	62	04:45:27.70	+01:43:51 (36.4%)	10:11	5.9 (63.4%)
157	RÓŻAK-RUKUSZEWICZ Magdalena	4779	DZIKIE GRUBASY SZATANA	K40	63	04:45:41.85	+01:44:05 (36.4%)	10:12	5.9 (63.4%)
158	REGUŁA Katarzyna	4776	DZIKIE GRUBASY SZATANA	K30	57	04:45:42.50	+01:44:06 (36.4%)	10:12	5.9 (63.4%)
159	LATOS Joanna	4551		K40	64	04:45:49.90	+01:44:13 (36.5%)	10:12	5.9 (63.4%)
160	ŁUKASZYK Kamila	4724		K40	65	04:45:57.45	+01:44:20 (36.5%)	10:12	5.9 (63.4%)
161	BŁAŻEJCZYK Dominika	4621	RAWA SIEDLCE	K30	58	04:46:36.40	+01:44:59 (36.6%)	10:14	5.9 (63.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
162	GORSKA Malgorzata	4362		K30	59	04:46:43.05	+01:45:06 (36.7%)	10:14	5.9 (63.4%)
163	BURGS Edyta	4633		K40	66	04:46:44.60	+01:45:08 (36.7%)	10:14	5.9 (63.4%)
164	GIEŁBAGA Dorota	4660		K50	10	04:46:46.60	+01:45:10 (36.7%)	10:14	5.9 (63.4%)
165	KUKLA Mańka	4707	DZIKI GOŁOБОRZY	K30	60	04:46:55.25	+01:45:18 (36.7%)	10:14	5.9 (63.4%)
166	DRUŻKOWSKA Monika	4035		K30	61	04:48:27.15	+01:46:50 (37.0%)	10:18	5.8 (62.4%)
167	SZYMKIEWICZ Ewa	4402		K40	67	04:48:27.30	+01:46:50 (37.0%)	10:18	5.8 (62.4%)
168	TROCHA Natalia	4821	BALLS OF STEEL	K30	62	04:48:28.85	+01:46:52 (37.0%)	10:18	5.8 (62.4%)
169	PAPIERNIK Aneta	4749	MARKOWI BIEGACZE	K40	68	04:48:30.35	+01:46:53 (37.1%)	10:18	5.8 (62.4%)
170	FILIPIAK Beata	4042	MGB	K40	69	04:48:46.25	+01:47:09 (37.1%)	10:18	5.8 (62.4%)
171	PASZEK Krystyna	4155	DOGOŃ GRODZISK MAZOWIECKI	K60	4	04:48:59.60	+01:47:23 (37.2%)	10:19	5.8 (62.4%)
172	SUDOŁ Katarzyna	4202		K30	63	04:49:13.20	+01:47:36 (37.2%)	10:19	5.8 (62.4%)
173	WIŚNIEWSKA Żaneta	4833	KIJKOWE TRZEMESZNO	K20	27	04:49:24.55	+01:47:48 (37.2%)	10:20	5.8 (62.4%)
174	MĘTLAK Małgorzata	5078	GIT EKIPA!	K20	28	04:49:37.45	+01:48:00 (37.3%)	10:20	5.8 (62.4%)
175	WRÓBLEWSKA Katarzyna	5080	GIT EKIPA!	K30	64	04:49:37.85	+01:48:01 (37.3%)	10:20	5.8 (62.4%)
176	KRUCZEK Monika	4103	TEAM PAPRY	K40	70	04:49:55.45	+01:48:18 (37.4%)	10:21	5.8 (62.4%)
177	MIERZWA Natalia	4736	KOPALNIA MOCY	K30	65	04:50:06.25	+01:48:29 (37.4%)	10:21	5.8 (62.4%)
178	GEWALD Danuta	4659	TRENER24H.COM.PL	K30	66	04:50:51.65	+01:49:15 (37.6%)	10:23	5.8 (62.4%)
179	HORODYŃSKA Mirosława	4067	KOTWICA BRZEG	K40	71	04:50:55.05	+01:49:18 (37.6%)	10:23	5.8 (62.4%)
180	PALUSZKIEWICZ Karolina	4303	MAĆKOWIAK TEAM	K40	72	04:50:55.10	+01:49:18 (37.6%)	10:23	5.8 (62.4%)
181	ŁAĆKA Agata	4887	ROOKIES	K30	67	04:51:27.70	+01:49:51 (37.7%)	10:24	5.8 (62.4%)
182	CZARNY Marzena	4638	JAWORZNO ŁBC	K40	73	04:51:34.10	+01:49:57 (37.7%)	10:24	5.8 (62.4%)
183	GOŁONKA Anna	4998		K30	68	04:51:47.25	+01:50:10 (37.8%)	10:25	5.8 (62.4%)
184	STAŃSKA Sylwia	4976	DZIKI GOŁOБОRZY	K30	69	04:52:07.85	+01:50:31 (37.8%)	10:25	5.8 (62.4%)
185	OSTROWSKA Dorota	4446	YULO RUN TEAM SIEDLCE	K50	11	04:52:46.70	+01:51:10 (38.0%)	10:27	5.7 (61.3%)
186	BLADOWSKA Katarzyna	4620	RUNEDA	K40	74	04:52:54.75	+01:51:18 (38.0%)	10:27	5.7 (61.3%)
187	PALUSZKIEWICZ Dorota	4748	RUNEDA	K30	70	04:52:54.90	+01:51:18 (38.0%)	10:27	5.7 (61.3%)
188	PASLAWSKA Irma	4570		K40	75	04:53:30.25	+01:51:53 (38.1%)	10:28	5.7 (61.3%)
189	KESSLER Dominika	4989	ROZBIEGANY PIASTÓW	K30	71	04:53:58.80	+01:52:22 (38.2%)	10:29	5.7 (61.3%)
190	ŁYP Monika	4988	ROZBIEGANY PIASTÓW	K30	72	04:53:59.05	+01:52:22 (38.2%)	10:29	5.7 (61.3%)
191	LUBAŃSKA Alicja	4722		K50	12	04:54:02.30	+01:52:25 (38.2%)	10:30	5.7 (61.3%)
192	SZARKOWSKA-LUDEW Katarzyna	4328	3 T BIAŁYSTOK	K40	76	04:54:06.75	+01:52:30 (38.3%)	10:30	5.7 (61.3%)
193	OLEŃDZKA Marianna	4152	MARIANNA.FIZJO.RUN	K30	73	04:54:23.65	+01:52:47 (38.3%)	10:30	5.7 (61.3%)
194	ZANDER Agnieszka	4941	EUROFINS	K30	74	04:55:04.00	+01:53:27 (38.5%)	10:32	5.7 (61.3%)
195	ADAMCZYK Ania	4000		K40	77	04:55:27.00	+01:53:50 (38.5%)	10:33	5.7 (61.3%)
196	LE FELIC Monika	4115		K40	78	04:56:23.90	+01:54:47 (38.7%)	10:35	5.7 (61.3%)
197	MROCZEK Justyna	4895	ADIDAS RUNNERS WARSAW	K30	75	04:56:59.55	+01:55:23 (38.9%)	10:36	5.7 (61.3%)
198	MARON Agnieszka	5006	ADIDAS RUNNERS WARSAW	K40	79	04:57:00.00	+01:55:23 (38.9%)	10:36	5.7 (61.3%)
199	FASZCZA Agnieszka	4040	MARATOŃCZYK POZNAŃ	K30	76	04:57:00.75	+01:55:24 (38.9%)	10:36	5.7 (61.3%)
200	URBAŃSKA Katarzyna	4825		K30	77	04:57:17.80	+01:55:41 (38.9%)	10:37	5.7 (61.3%)
201	KOWALCZYK Justyna	4092	TEAM PAPRY	K30	78	04:57:21.40	+01:55:44 (38.9%)	10:37	5.6 (60.2%)
202	LEKS-MASZKOWSKA Ryszarda	4285	OBORYGENI	K40	80	04:58:02.05	+01:56:25 (39.1%)	10:38	5.6 (60.2%)
203	WARAKOMSKA Magda	4232		K30	79	04:59:26.25	+01:57:49 (39.4%)	10:41	5.6 (60.2%)
204	MAĆZKA Krystyna	5020	EXTREMALNE OTK NA RELAKSIE	K60	5	04:59:31.45	+01:57:54 (39.4%)	10:41	5.6 (60.2%)
205	KRZYSZTOFOWICZ Karolina	4545		K40	81	04:59:41.55	+01:58:05 (39.4%)	10:42	5.6 (60.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
206	KRUPA Ewa	4881		K20	29	05:00:01.25	+01:58:24 (39.5%)	10:42	5.6 (60.2%)
207	PRZYWŁOCKA Joanna	4578	KOPALNIA MOCY	K30	80	05:00:26.35	+01:58:49 (39.6%)	10:43	5.6 (60.2%)
208	WOJTAROWICZ Danka	4600	TRENER24H.COM.PL	K30	81	05:00:32.60	+01:58:56 (39.6%)	10:44	5.6 (60.2%)
209	GRABKA Małgorzata	4667	RMF GLADIATORS 4RT	K30	82	05:00:50.15	+01:59:13 (39.6%)	10:44	5.6 (60.2%)
210	BRZOZOWSKA-GĄSKA Anna	4630		K40	82	05:00:50.65	+01:59:14 (39.6%)	10:44	5.6 (60.2%)
211	KOTULA Weronika	4957		K30	83	05:01:14.10	+01:59:37 (39.7%)	10:45	5.6 (60.2%)
212	RYŻYŃSKA Agnieszka	4914	CHEŁM BIEGA	K40	83	05:01:19.35	+01:59:42 (39.7%)	10:45	5.6 (60.2%)
213	HAOR Klaudia	4671	BOMBEL TEAM	K20	30	05:01:46.80	+02:00:10 (39.8%)	10:46	5.6 (60.2%)
214	SZWED Karolina	4211	SUSKA GRUPA BIEGOWA	K30	84	05:02:00.55	+02:00:24 (39.9%)	10:47	5.6 (60.2%)
215	GÓRKA Jolanta	4063	SUSKA GRUPA BIEGOWA	K40	84	05:02:01.00	+02:00:24 (39.9%)	10:47	5.6 (60.2%)
216	PAWELEC Justyna	4751	TSA SANDOMIERZ	K30	85	05:02:10.10	+02:00:33 (39.9%)	10:47	5.6 (60.2%)
217	WRZOSEK Justyna	4838	TSA SANDOMIERZ	K30	86	05:02:10.30	+02:00:33 (39.9%)	10:47	5.6 (60.2%)
218	KONCA Beata	4696	KB OŻARÓW MAZOWIECKI BIEGA	K40	85	05:03:06.25	+02:01:29 (40.1%)	10:49	5.5 (59.1%)
219	DADAŚ Elżbieta	4640	BP RUNNING TEAM GLIWICE	K40	86	05:03:23.00	+02:01:46 (40.1%)	10:50	5.5 (59.1%)
220	MROCZEK Marta	4143	DZICY KONIOWE	K40	87	05:03:39.10	+02:02:02 (40.2%)	10:50	5.5 (59.1%)
221	MIŁKOWSKA Aneta	4950	DZICY KONIOWIE	K40	88	05:03:39.20	+02:02:02 (40.2%)	10:50	5.5 (59.1%)
222	DYMKOWSKA Małgorzata	4997		K40	89	05:03:41.15	+02:02:04 (40.2%)	10:50	5.5 (59.1%)
223	ZIELIŃSKA IGNASZAK Iwona	4845	HEROBOX	K40	90	05:03:48.30	+02:02:11 (40.2%)	10:51	5.5 (59.1%)
224	SYPKO-KUBICKA Katarzyna	4204	KOZŁOWICKI CROSS SIS FABRYKA ZMIAN	K40	91	05:05:36.15	+02:03:59 (40.6%)	10:54	5.5 (59.1%)
225	ZALEWSKA Agnieszka	4496		K40	92	05:07:42.50	+02:06:06 (41.0%)	10:59	5.5 (59.1%)
226	FURMAN Agnieszka	4513	OCHAJORUN & FRIENDS	K30	87	05:08:27.45	+02:06:50 (41.1%)	11:00	5.4 (58.1%)
227	BARAN Katarzyna	4851	TRENER24H.COM.PL	K30	88	05:08:40.50	+02:07:04 (41.2%)	11:01	5.4 (58.1%)
228	BEDNARSKA-KOZIOŁ Danuta	4977	KOTWICA KRZEG	K40	93	05:09:01.05	+02:07:24 (41.2%)	11:02	5.4 (58.1%)
229	PILECKA Joanna	4761		K40	94	05:09:28.10	+02:07:51 (41.3%)	11:03	5.4 (58.1%)
230	POSTÓŁ Karolina	4769	COMPANEROS ASFALT TEAM	K40	95	05:11:06.85	+02:09:30 (41.6%)	11:06	5.4 (58.1%)
231	GANDECKA Beata	4360	MIĘDZYRZECKIE GAZELE	K40	96	05:12:21.20	+02:10:44 (41.9%)	11:09	5.4 (58.1%)
232	DĄBROWSKA Edyta	5041		K30	89	05:13:26.25	+02:11:49 (42.1%)	11:11	5.4 (58.1%)
233	RĘKOSIEWICZ-TOKARZ Monika	4949	GŁOGOVIJA	K40	97	05:13:29.40	+02:11:52 (42.1%)	11:11	5.4 (58.1%)
234	BORKOWSKA Katarzyna	4624	ŁÓDŻRUNCREW	K30	90	05:13:59.95	+02:12:23 (42.2%)	11:12	5.4 (58.1%)
235	LENART Anna	4719	ŁÓDŻRUNCREW/JAKOTEAM	K30	91	05:14:00.15	+02:12:23 (42.2%)	11:12	5.4 (58.1%)
236	GDYNIA Sylwia	4658		K40	98	05:15:06.65	+02:13:30 (42.4%)	11:15	5.3 (57.0%)
237	WŁODARCZYK Teresa	4493	SPC	K50	13	05:15:20.50	+02:13:44 (42.4%)	11:15	5.3 (57.0%)
238	MODZELEWSKA Karolina	4481	SPC	K30	92	05:15:21.80	+02:13:45 (42.4%)	11:15	5.3 (57.0%)
239	DOBRZYŃSKA Małgorzata	4465	SPC	K50	14	05:15:21.95	+02:13:45 (42.4%)	11:15	5.3 (57.0%)
240	KULIKOWSKA BIAŁEK Dorota	4110	MIAMI	K30	93	05:15:33.75	+02:13:57 (42.4%)	11:16	5.3 (57.0%)
241	LASEK Agnieszka	4284	RUN, FOREST, RUN!	K30	94	05:15:59.40	+02:14:22 (42.5%)	11:17	5.3 (57.0%)
242	TERLECKA Joanna	4592	MŁODY VS STARY	K30	95	05:16:05.25	+02:14:28 (42.5%)	11:17	5.3 (57.0%)
243	LISOWSKA Monika	4123		K30	96	05:16:43.45	+02:15:06 (42.7%)	11:18	5.3 (57.0%)
244	GRZELAK Karina	4065		K40	99	05:16:43.50	+02:15:07 (42.7%)	11:18	5.3 (57.0%)
245	LEWICKA Bożena	4477	GONIMY	K60	6	05:16:57.65	+02:15:21 (42.7%)	11:19	5.3 (57.0%)
246	NALEWALSKA Justyna	4564	SERCE TYBETU, WKURW_TEAM	K30	97	05:17:06.75	+02:15:30 (42.7%)	11:19	5.3 (57.0%)
247	DOMAŃSKA Katarzyna	4033	ROZBIEGAJMY RADOMSKO	K40	100	05:17:58.70	+02:16:22 (42.9%)	11:21	5.3 (57.0%)
248	BRODAWKA Olga	4626	SZAKARON MAKARON	K30	98	05:18:10.50	+02:16:34 (42.9%)	11:21	5.3 (57.0%)
249	CZAJKA Dagmara	4350		K40	101	05:20:12.40	+02:18:35 (43.3%)	11:26	5.2 (55.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
250	MAŃCZAK Agnieszka	4554	CZERWONACKIE KIJANKI	K40	102	05:20:16.05	+02:18:39 (43.3%)	11:26	5.2 (55.9%)
251	BURMAN Beata	4506		K40	103	05:20:16.50	+02:18:40 (43.3%)	11:26	5.2 (55.9%)
252	DONIEC Katarzyna	4466	AGARUN	K40	104	05:20:27.30	+02:18:50 (43.3%)	11:26	5.2 (55.9%)
253	KRUSZEWSKA Emilia	4105		K30	99	05:20:33.60	+02:18:57 (43.3%)	11:26	5.2 (55.9%)
254	CIEŚLIK Malwina	4028	ROZBIEGAJMY RADOMSKO	K40	105	05:20:39.70	+02:19:03 (43.4%)	11:27	5.2 (55.9%)
255	ZELMANOWICZ - SZŁAPA Ewa	4843	IZBICKO W BIEGU	K40	106	05:23:11.30	+02:21:34 (43.8%)	11:32	5.2 (55.9%)
256	KOWALCZYK Anna	4278	DOGOŃ GRODZISK MAZOWIECKI , DKMS	K40	107	05:23:36.60	+02:22:00 (43.9%)	11:33	5.2 (55.9%)
257	PIETRUSZEWSKA Katarzyna	4572	ORANGE POLSKA	K40	108	05:25:18.05	+02:23:41 (44.2%)	11:37	5.2 (55.9%)
258	HERMAN Agnieszka	4526		K40	109	05:26:30.05	+02:24:53 (44.4%)	11:39	5.1 (54.8%)
259	KIJEWSKA Karolina	4372	BRYGADA KRYZYS WIEKU ŚREDNIEGO	K40	110	05:26:46.85	+02:25:10 (44.4%)	11:40	5.1 (54.8%)
260	STANKOWSKA Justyna	4803	KIJKOWE TRZEMESZNO	K40	111	05:26:49.30	+02:25:12 (44.4%)	11:40	5.1 (54.8%)
261	BUKAŁA Mariola	4019		K50	15	05:27:52.90	+02:26:16 (44.6%)	11:42	5.1 (54.8%)
262	JĘCZMINSKA Anna	4532	SAMI SWOI	K40	112	05:28:22.95	+02:26:46 (44.7%)	11:43	5.1 (54.8%)
263	BŁACHOWIAK Małgorzata	5025		K50	16	05:28:35.00	+02:26:58 (44.7%)	11:44	5.1 (54.8%)
264	ŁOCHOWSKA-PIOTROWICZ Magdalena	4128	TEAM PAPRY	K40	113	05:29:32.80	+02:27:56 (44.9%)	11:46	5.1 (54.8%)
265	SZCZEPAŃSKA Emilia	4206	AKADEMIA HOLISTYCZNA/SZYMANOWSKI TRIATHLON TEAM	K30	100	05:30:17.95	+02:28:41 (45.0%)	11:47	5.1 (54.8%)
266	MONTEWKA DE VALLE Jowita	4142	SLOW JOGGING SIEDLCE	K40	114	05:30:24.90	+02:28:48 (45.0%)	11:48	5.1 (54.8%)
267	ZIMMERMANN Milena	4847	HEROBOX	K30	101	05:30:34.80	+02:28:58 (45.1%)	11:48	5.1 (54.8%)
268	KAMIŃSKA Beata	4431	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	K50	17	05:31:16.10	+02:29:39 (45.2%)	11:49	5.1 (54.8%)
269	OCHOWIAK Klaudia	4150	ORGANIC RACE TEAM	K30	102	05:32:05.60	+02:30:29 (45.3%)	11:51	5.1 (54.8%)
270	LISIAK Karina	4122		K30	103	05:32:05.65	+02:30:29 (45.3%)	11:51	5.1 (54.8%)
271	ZADROŻNA Dorota	4959	JACK RUNNER	K40	115	05:32:41.75	+02:31:05 (45.4%)	11:52	5 (53.8%)
272	NOWAK Ania	5059		K40	116	05:32:41.90	+02:31:05 (45.4%)	11:52	5 (53.8%)
273	WIERCHOŁA Joanna	4239		K60	7	05:33:23.00	+02:31:46 (45.5%)	11:54	5 (53.8%)
274	SZOŁTYSEK Beata	5067	OCHAJO RUN & FRIENDS	K50	18	05:34:02.30	+02:32:25 (45.6%)	11:55	5 (53.8%)
275	MARCOL Dominika	5073	OTK RZEŻNIK	K20	31	05:34:02.50	+02:32:26 (45.6%)	11:55	5 (53.8%)
276	STELMACH Paulina	4807		K30	104	05:34:43.10	+02:33:06 (45.7%)	11:57	5 (53.8%)
277	MILLER-GRONIECKA Ilona	4479		K40	117	05:35:09.15	+02:33:32 (45.8%)	11:58	5 (53.8%)
278	WEILAND Emila	5085		K40	118	05:36:46.70	+02:35:10 (46.1%)	12:01	5 (53.8%)
279	WYSOCKA Edyta	4978	KADRA MOCNYCH WRAŻEŃ	K20	32	05:37:37.85	+02:36:01 (46.2%)	12:03	5 (53.8%)
280	KRUPIŃSKA Olga	4104	DANIELKI	K20	33	05:38:05.30	+02:36:28 (46.3%)	12:04	5 (53.8%)
281	WOŚKO Gabriela	4337	STG WARSZAWA	K30	105	05:38:44.00	+02:37:07 (46.4%)	12:05	5 (53.8%)
282	EJSMONT-BRZESKA Magdalena	4423		K30	106	05:40:42.50	+02:39:06 (46.7%)	12:10	4.9 (52.7%)
283	BROJAK Anna	4627	RUNEGADES BRWINÓW	K30	107	05:40:49.40	+02:39:12 (46.7%)	12:10	4.9 (52.7%)
284	WOJCIECHOWSKA Jolanta	4494	YULO RUN TEAM SIEDLCE	K40	119	05:41:23.05	+02:39:46 (46.8%)	12:11	4.9 (52.7%)
285	OBARSKA Małgorzata	4743		K60	8	05:41:55.15	+02:40:18 (46.9%)	12:12	4.9 (52.7%)
286	ULENBERG Katarzyna	4824		K30	108	05:44:24.40	+02:42:47 (47.3%)	12:18	4.9 (52.7%)
287	PAWLYTA Weronika	4754		K30	109	05:44:24.50	+02:42:48 (47.3%)	12:18	4.9 (52.7%)
288	KRZEMIŃSKA Paulina	5077	HEROBOX	K20	34	05:44:52.15	+02:43:15 (47.3%)	12:19	4.9 (52.7%)
289	ZACHAREK Ewelina	4840	HEROBOX	K40	120	05:44:55.30	+02:43:18 (47.3%)	12:19	4.9 (52.7%)
290	BUDEK Weronika	5070		K30	110	05:46:24.70	+02:44:48 (47.6%)	12:22	4.8 (51.6%)
291	STANKIEWICZ Katarzyna	4585	CZERWONACKIE KIJANKI	K40	121	05:48:45.35	+02:47:08 (47.9%)	12:27	4.8 (51.6%)
292	KWIATKOWSKA Alicja	4376	TRAIN_ME_NOW/MAŁE LWY	K30	111	05:49:05.95	+02:47:29 (48.0%)	12:28	4.8 (51.6%)
293	KRAWCZUK Sylwia	4701		K40	122	05:57:25.55	+02:55:49 (49.2%)	12:45	4.7 (50.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
294	MÓWIŃSKA Katarzyna	4563		K40	123	05:58:42.45	+02:57:05 (49.4%)	12:48	4.7 (50.5%)
295	PRZEWOSKA Anna	4948	RUN DE GIRARD	K40	124	06:00:00.85	+02:58:24 (49.6%)	12:51	4.7 (50.5%)
296	NIEĆ Melania	4901		K30	112	06:00:01.20	+02:58:24 (49.6%)	12:51	4.7 (50.5%)
297	PRĘDKA Magda	4961		K50	19	06:00:01.40	+02:58:24 (49.6%)	12:51	4.7 (50.5%)
298	KOZACZUK Katarzyna	5031	PĘDZĄCE LENIWCE	K40	125	06:00:08.25	+02:58:31 (49.6%)	12:51	4.7 (50.5%)
299	GETLER-STRZYŻOWSKA Małgorzata	5015		K40	126	06:00:08.45	+02:58:31 (49.6%)	12:51	4.7 (50.5%)
300	BOROWIEC-RÓŻYCKA Magdalena	4258	BIEGAJĄCY ŚWIDNIK	K40	127	06:00:32.00	+02:58:55 (49.6%)	12:52	4.7 (50.5%)
301	FIJAŁKOWSKA Karolina	4265		K30	113	06:00:32.15	+02:58:55 (49.6%)	12:52	4.7 (50.5%)
302	ROMANOWSKA Beata	4484	RUN VEGAN TEAM	K50	20	06:01:14.35	+02:59:37 (49.7%)	12:54	4.7 (50.5%)
303	MAŁEK-SZUBSTARSKA Marzena	4134	TEAM PAPRY	K30	114	06:03:03.85	+03:01:27 (50.0%)	12:57	4.6 (49.5%)
304	LEBUDA Sylwia	4117	TEAM PAPRY	K40	128	06:03:04.05	+03:01:27 (50.0%)	12:58	4.6 (49.5%)
305	LENC Kasia	4378		K40	129	06:04:19.35	+03:02:42 (50.2%)	13:00	4.6 (49.5%)
306	WAJMAN Katarzyna	5024	LALA Z METY	K30	115	06:08:50.65	+03:07:14 (50.8%)	13:10	4.6 (49.5%)
307	PUZIO Anna	4995	MARATOŃCZYK DĘBICA	K60	9	06:09:06.10	+03:07:29 (50.8%)	13:10	4.6 (49.5%)
308	SZELAĞ Iwona	4207		K30	116	06:10:53.00	+03:09:16 (51.0%)	13:14	4.5 (48.4%)
309	KUSMIERCZYK Ewa	5014	ROZBIEGAJMY RADOMSKO	K40	130	06:12:53.45	+03:11:16 (51.3%)	13:19	4.5 (48.4%)
310	LEHMANN Alicja	4377		K40	131	06:14:53.00	+03:13:16 (51.6%)	13:23	4.5 (48.4%)
311	BARAŃSKA Justyna	4343		K40	132	06:15:17.45	+03:13:40 (51.6%)	13:24	4.5 (48.4%)
312	ŚLUSARCZYK Karolina	4403		K30	117	06:15:18.95	+03:13:42 (51.6%)	13:24	4.5 (48.4%)
313	KUMOR Anna	4374		K30	118	06:15:25.45	+03:13:48 (51.6%)	13:24	4.5 (48.4%)
314	GASIK Wiola	4656	SŁOŃCA JURY	K40	133	06:15:49.60	+03:14:13 (51.7%)	13:25	4.5 (48.4%)
315	GONERA Ewa	4058	ROZBIEGAJMY RADOMSKO	K40	134	06:17:49.65	+03:16:13 (51.9%)	13:29	4.4 (47.3%)
316	BIAŁOKOS Anna	4617	EUROCASH	K40	135	06:18:04.65	+03:16:28 (52.0%)	13:30	4.4 (47.3%)
317	KRÓLIKOWSKA Monika	4435		K40	136	06:18:40.20	+03:17:03 (52.0%)	13:31	4.4 (47.3%)
318	GRZESZCZAK Małgorzata	4469	BIEGAMYRAZEM.PL	K40	137	06:22:08.75	+03:20:32 (52.5%)	13:38	4.4 (47.3%)
319	DANIELEWSKA Magdalena	4510		K40	138	06:22:18.70	+03:20:42 (52.5%)	13:39	4.4 (47.3%)
320	LANGNER Katarzyna	4476		K40	139	06:22:26.60	+03:20:50 (52.5%)	13:39	4.4 (47.3%)
321	HOOG Wioleta	4527		K30	119	06:23:53.45	+03:22:16 (52.7%)	13:42	4.4 (47.3%)
322	WITEK Sylwia	4599		K40	140	06:23:54.25	+03:22:17 (52.7%)	13:42	4.4 (47.3%)
323	FABJANCZYK Agnieszka	4511	GRUPAJURAPL	K40	141	06:26:52.40	+03:25:15 (53.1%)	13:49	4.3 (46.2%)
324	KOKOWSKA-SMOK Dagmara	5053	GRUPA JURA PL	K40	142	06:26:53.20	+03:25:16 (53.1%)	13:49	4.3 (46.2%)
325	SERWICKA Emilia	5054		K50	21	06:26:54.35	+03:25:17 (53.1%)	13:49	4.3 (46.2%)
326	BUJNOWSKA Sylwia	4346		K40	143	06:28:14.55	+03:26:38 (53.2%)	13:51	4.3 (46.2%)
327	HYBIŃSKA Joanna	4366		K40	144	06:28:14.90	+03:26:38 (53.2%)	13:51	4.3 (46.2%)
328	ECHAUST-NAWROCKA Karolina	4356		K30	120	06:31:34.80	+03:29:58 (53.6%)	13:59	4.3 (46.2%)
329	RAJKIEWICZ Agnieszka	5061	RGB	K40	145	06:31:41.10	+03:30:04 (53.6%)	13:59	4.3 (46.2%)
330	DWORNICKA Magdalena	5060	RGB	K40	146	06:31:42.45	+03:30:05 (53.6%)	13:59	4.3 (46.2%)
331	ILNICKA-BOROWCZYK Kinga	4068		K40	147	06:36:13.30	+03:34:36 (54.2%)	14:09	4.2 (45.2%)
332	ZIENCINA Agnieszka	4417		K40	148	06:36:58.10	+03:35:21 (54.3%)	14:10	4.2 (45.2%)
333	ORZECZOWSKA Luiza	4388		K40	149	06:36:58.40	+03:35:21 (54.3%)	14:10	4.2 (45.2%)
334	RÓZIECKA Klaudia	4393		K30	121	06:36:59.25	+03:35:22 (54.3%)	14:10	4.2 (45.2%)
335	WIDERA Aleksandra	4410		K30	122	06:37:04.80	+03:35:28 (54.3%)	14:10	4.2 (45.2%)
336	GRUSZECKA Aleksandra	4669		K40	150	06:37:35.45	+03:35:58 (54.3%)	14:11	4.2 (45.2%)
337	WEINER Aleksandra	4828	VIKINGTRENINGCENTER	K40	151	06:37:35.55	+03:35:59 (54.3%)	14:11	4.2 (45.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 28km	Różn	Tempo min/km	Tempo km/h
338	BANAŚ Katarzyna	4613	VIKING TRAINING CENTER	K40	152	06:37:35.65	+03:35:59 (54.3%)	14:11	4.2 (45.2%)
339	WASILUK Ewa	4944	ROZBIEGAJMY RADOMSKO	K40	153	06:37:50.65	+03:36:14 (54.4%)	14:12	4.2 (45.2%)
340	PRZEPIÓRA-KAŁKA Katarzyna	4168	ROZBIEGAJMY RADOMSKO	K30	123	06:39:10.55	+03:37:34 (54.5%)	14:15	4.2 (45.2%)
341	KRZYSZKOWSKA-CUDAK Anna	4946	ROZBIEGAJMY RADOMSKO	K40	154	06:39:10.95	+03:37:34 (54.5%)	14:15	4.2 (45.2%)
342	SZKAMRUK Bogusława	4454	EXTREMALNE OTK NA RELAKSIE	K60	10	06:41:36.75	+03:40:00 (54.8%)	14:20	4.2 (45.2%)
343	STANKOWSKA Marzena	4804	KIJKOWE TRZEMESZNO	K40	155	06:44:27.85	+03:42:51 (55.1%)	14:26	4.2 (45.2%)
344	NIENADOWSKA Beata	4386	ELBLĄG	K50	22	06:46:01.95	+03:44:25 (55.3%)	14:30	4.1 (44.1%)
345	SYRYJCZYK-SACZUK Joanna	4814		K40	156	06:49:07.75	+03:47:31 (55.6%)	14:36	4.1 (44.1%)
346	SIERECKA Dorota	4919	TEAM ZABIEGANEDNI // WKURW_TEAM	K40	157	06:50:25.55	+03:48:49 (55.8%)	14:39	4.1 (44.1%)
347	ARABASZ Aneta	4497		K40	158	06:51:06.90	+03:49:30 (55.8%)	14:40	4.1 (44.1%)
348	OCHAŁ Katarzyna	4301	NOCNY BÓR TEAM GŁOGÓW MŁP	K30	124	06:51:39.45	+03:50:02 (55.9%)	14:42	4.1 (44.1%)
349	MARASEK Anna	4286	SAMI SWOI	K40	159	06:51:39.60	+03:50:03 (55.9%)	14:42	4.1 (44.1%)
350	JANIK Weronika	4530		K20	35	06:53:44.00	+03:52:07 (56.1%)	14:46	4.1 (44.1%)
351	MATRASZEK Patrycja	4558	STOWARZYSZENIE PACZKA DLA BOHATERA	K30	125	06:54:06.50	+03:52:30 (56.1%)	14:47	4.1 (44.1%)
352	WLAZŁO Gabriela	5074		K20	36	06:54:48.65	+03:53:12 (56.2%)	14:48	4.1 (44.1%)
353	SZOLL Monika	4589	ULTRASY	K40	160	06:55:57.95	+03:54:21 (56.3%)	14:51	4 (43.0%)
354	TOMALAK Anna	4820		K30	126	07:03:29.20	+04:01:52 (57.1%)	15:07	4 (43.0%)
355	BYSTRZYCKA Majka	4634	12WBOT	K30	127	07:03:29.85	+04:01:53 (57.1%)	15:07	4 (43.0%)
356	NIZIO Asia	4566		K20	37	07:05:18.55	+04:03:42 (57.3%)	15:11	4 (43.0%)
357	JAROSZ Karolina	5056		K20	38	07:05:23.05	+04:03:46 (57.3%)	15:11	3.9 (41.9%)
358	SZUREK Katarzyna	5048		K30	128	07:10:46.10	+04:09:09 (57.8%)	15:23	3.9 (41.9%)
359	WOŹNICA Anna	4836	12WBOT	K30	129	07:11:02.15	+04:09:25 (57.9%)	15:23	3.9 (41.9%)
360	GIESZCZYŃSKA Magdalena	4661	12WBOT	K40	161	07:11:02.65	+04:09:26 (57.9%)	15:23	3.9 (41.9%)
361	PAWŁOWSKA Danuta	4905	WKURW_TEAM	K40	162	07:13:29.95	+04:11:53 (58.1%)	15:28	3.9 (41.9%)
362	CHRAPEK Barbara	4024	ROZBIEGAJMY RADOMSKO	K40	163	07:38:57.30	+04:37:20 (60.4%)	16:23	3.7 (39.8%)
363	LUTOSTAŃSKA Monika	4380		K40	164	07:39:10.10	+04:37:33 (60.4%)	16:23	3.7 (39.8%)
364	ZAŁĘSKA-KĘSY Monika	4974	ROZBIEGAJMY RADOMSKO	K40	165	07:45:51.40	+04:44:14 (61.0%)	16:38	3.6 (38.7%)
365	SLONECKA Agnieszka	4396		K30	130	07:53:36.40	+04:51:59 (61.7%)	16:54	3.5 (37.6%)
366	OSIŃSKA Agata	4389		K50	23	08:10:17.75	+05:08:41 (63.0%)	17:30	3.4 (36.6%)
	PASZKOWSKA Katarzyna	4390	CB163	K40		DNF		-	- (0.0%)
	KUSZ Gosia	4712		K30		DNF		-	- (0.0%)

Znaleziono 368 wynik(ów)