



SUPERMARATON
GÓR
STOŁOWYCH

Wydarzenie: Supermaraton Gór Stołowych 2022
Organizator: Fundacja Maratony Górskie
Data: 2022-06-26
Miejsce: Kartów
Dystans: 21 km

SGS LIGHT 21KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN KOBIEC

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	GRZYWACZEWSKA Justyna	408	CITY TRAIL TEAM	K-30	1	00:47:09	01:25:20	02:18:58.95	02:19:00.70		6:37	9.1 (100%)
2	ŁUKASIEWICZ Ewa	453	OLAWS ZŁOTORYJA	K-50	1	00:50:57	01:29:44	02:30:31.80	02:30:34.45	+00:11:33 (7.7%)	7:10	8.4 (92.3%)
3	FICNER Anna	479	OLAWS ZŁOTORYJA MKS SIECHNICE	K-30	2	00:44:08	01:43:07	02:31:54.05	02:31:56.25	+00:12:55 (8.5%)	7:14	8.3 (91.2%)
4	NOWAKOWSKA Anna	437	1BLOG BYDGOSZCZ	K-30	3	00:50:35	01:33:11	02:32:52.85	02:32:54.55	+00:13:53 (9.1%)	7:16	8.2 (90.1%)
5	KORONA-SIERADZKA Bogusława	275		K-30	4	00:53:43	01:37:01	02:40:49.25	02:40:51.25	+00:21:50 (13.6%)	7:39	7.8 (85.7%)
6	MROCZEK Justyna	482		K-30	5	00:56:26	01:40:43	02:40:43.05	02:40:51.70	+00:21:51 (13.6%)	7:39	7.8 (85.7%)
7	BABIŃSKA- POPIŁKA Ewelina	4		K-30	6	00:53:25	01:40:27	02:49:27.15	02:49:28.95	+00:30:28 (18.0%)	8:04	7.4 (81.3%)
8	DYJA Magdalena	436	RNB TEAM POLANICA-ZDROJ	K-30	7	00:57:25	01:45:00	02:51:47.85	02:51:56.20	+00:32:55 (19.1%)	8:10	7.3 (80.2%)
9	KOLANKO Sylwia	161	NYSA BIEGA	K-30	8	00:57:22	01:45:49	02:54:56.10	02:54:58.00	+00:35:57 (20.5%)	8:19	7.2 (79.1%)
10	LUBISZEWSKA Daria	431		K-30	9	01:00:34	01:47:07	02:58:15.75	02:58:22.55	+00:39:21 (22.1%)	8:29	7.1 (78.0%)
11	SASIN Dominika	243	ŻELAZNA ŚWIDNICA	K-20	1	00:56:02	01:43:18	02:57:37.35	02:58:28.80	+00:39:28 (22.1%)	8:27	7.1 (78.0%)
12	ULIKOWSKA Martyna	68	ZAŁOGA GÓRSKA	K-30	10	00:58:31	01:47:50	02:59:10.25	02:59:15.40	+00:40:14 (22.5%)	8:31	7 (76.9%)
13	ZWIERZYŃSKA Agnieszka	420		K-40	1	01:02:56	01:51:22	03:02:13.75	03:02:13.75	+00:43:13 (23.7%)	8:40	6.9 (75.8%)
14	GRABOŚ Nina	481		K-40	2	01:03:04	01:54:55	03:02:10.55	03:02:15.35	+00:43:14 (23.7%)	8:40	6.9 (75.8%)
15	KARATKÓW Ewa	134	LKS ISKRA JASZKOWA	K-40	3	01:03:30	01:53:46	03:03:07.35	03:03:19.05	+00:44:18 (24.2%)	8:43	6.9 (75.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
16	NOWAK Katarzyna	317	TIM JEST TIM	K-30	11	01:06:14	01:57:29	03:05:23.55	03:05:31.90	+00:46:31 (25.1%)	8:49	6.8 (74.7%)
17	DZIARKOWSKA Edyta	337	RUNCROSS ROZGARTY	K-40	4	01:05:50	01:56:11	03:07:29.25	03:08:00.00	+00:48:59 (26.1%)	8:55	6.7 (73.6%)
18	LEŚNIEWSKA Justyna	103	AKTYWNA NOWA RUDA	K-40	5	00:58:43	01:52:13	03:08:35.15	03:08:38.30	+00:49:37 (26.3%)	8:58	6.7 (73.6%)
19	NOWAK Paulina	110		K-30	12	01:09:49	01:58:58	03:08:58.35	03:09:30.75	+00:50:30 (26.6%)	8:59	6.7 (73.6%)
20	SZTYPKA Justyna	42	WKB MARATOŃCZYK WŁOCŁAWEK	K-40	6	01:12:34	02:03:48	03:10:43.20	03:11:23.05	+00:52:22 (27.4%)	9:04	6.6 (72.5%)
21	JARZĄBEK Magdalena	206		K-30	13	01:02:36	01:55:20	03:11:50.05	03:11:55.65	+00:52:54 (27.6%)	9:08	6.6 (72.5%)
22	TRZEPACZ Dorota	381	KB LUPUS OLESNICA	K-40	7	01:05:06	01:56:10	03:12:14.70	03:12:38.95	+00:53:38 (27.8%)	9:09	6.6 (72.5%)
23	DZIADOWICZ Anna	82		K-40	8	01:06:29	01:57:04	03:12:54.45	03:13:24.40	+00:54:23 (28.1%)	9:11	6.5 (71.4%)
24	SURÓWKA Wiktoria	217	RUNNERS TEAM NYSA	K-20	2	01:11:43	02:06:02	03:13:27.40	03:13:46.65	+00:54:45 (28.3%)	9:12	6.5 (71.4%)
25	MOKRZYCKA Weronika	346		K-30	14	01:07:27	01:59:17	03:15:32.00	03:15:53.20	+00:56:52 (29.0%)	9:18	6.4 (70.3%)
26	CIEŚLIŃSKA Elżbieta	107		K-30	15	01:12:00	02:03:27	03:15:50.40	03:16:10.35	+00:57:09 (29.1%)	9:19	6.4 (70.3%)
27	PAPUGA Iwona	177	ZADYSZKA OŚWIĘCIM	K-50	2	01:10:48	02:05:21	03:17:46.70	03:17:57.90	+00:58:57 (29.8%)	9:25	6.4 (70.3%)
28	PAGACZ Joanna	362		K-40	9	01:12:57	02:05:31	03:17:28.95	03:17:58.10	+00:58:57 (29.8%)	9:24	6.4 (70.3%)
29	KOPCIUCH Anna	223	LACIE	K-40	10	01:06:54	01:57:19	03:18:51.40	03:19:17.55	+01:00:16 (30.2%)	9:28	6.3 (69.2%)
30	PAJĄK Monika	35	HERNIK TEAM	K-40	11	01:10:32	02:04:56	03:19:20.95	03:19:34.20	+01:00:33 (30.3%)	9:29	6.3 (69.2%)
31	CZAJKOWSKA Sylwia	286	#ŻÓŁTOKRÓLEWSCY	K-40	12	01:08:50	01:59:28	03:19:29.45	03:19:37.25	+01:00:36 (30.4%)	9:29	6.3 (69.2%)
32	KNAP Anna	167	NOA	K-30	16	01:16:21	02:08:07	03:20:07.35	03:20:34.75	+01:01:34 (30.7%)	9:31	6.3 (69.2%)
33	WIETRZYŃSKA Agnieszka	175	SZTUKA RUCHU	K-40	13	01:10:07	02:06:14	03:22:39.50	03:22:42.95	+01:03:42 (31.4%)	9:39	6.2 (68.1%)
34	ŚLIWIŃSKA Ewelina	342		K-40	14	01:11:27	02:06:51	03:23:01.85	03:23:11.60	+01:04:10 (31.6%)	9:40	6.2 (68.1%)
35	DROŻYŃSKA Iwona	470	LUCEKPAZUR TEAM	K-30	17	01:13:18	02:06:15	03:23:21.25	03:24:24.35	+01:05:23 (32.0%)	9:41	6.2 (68.1%)
36	SURÓWKA Franciszka	218	RUNNERS TEAM NYSA	K-60	1	01:11:44	02:06:04	03:24:07.35	03:24:25.55	+01:05:24 (32.0%)	9:43	6.2 (68.1%)
37	PIOTROWSKA Anna	444	META NADARZYN	K-50	3	01:10:48	02:07:51	03:25:44.10	03:25:50.10	+01:06:49 (32.5%)	9:47	6.1 (67.0%)
38	NOWAK Dorota	357		K-30	18	01:14:56	02:10:30	03:25:56.20	03:26:10.85	+01:07:10 (32.6%)	9:48	6.1 (67.0%)

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39	JARONIEC Małgorzata	329		K-30	19	01:14:21	02:12:20	03:26:01.10	03:26:12.55	+01:07:11 (32.6%)	9:48	6.1 (67.0%)
40	KLIM Kasia	422		K-40	15	01:11:14	02:09:58	03:26:33.85	03:26:40.75	+01:07:40 (32.7%)	9:50	6.1 (67.0%)
41	TKACZYK Katarzyna	34		K-40	16	01:14:04	02:09:28	03:26:58.00	03:27:18.30	+01:08:17 (32.9%)	9:51	6.1 (67.0%)
42	SZCZYRBA Iza	478	MIRAZ RACE TEAM	K-40	17	01:09:46	02:05:21	03:27:50.35	03:28:09.30	+01:09:08 (33.2%)	9:53	6.1 (67.0%)
43	LUBAŃSKA Alicja	9		K-50	4	01:10:08	02:07:18	03:28:10.75	03:28:15.75	+01:09:15 (33.3%)	9:54	6.1 (67.0%)
44	MOSKAL Izabella	160	TKKF MPK POZNAŃ	K-40	18	01:08:13	02:05:32	03:28:35.00	03:28:42.20	+01:09:41 (33.4%)	9:55	6 (65.9%)
45	KMIECIK Roma	406	KUDOWIANKA RUN	K-40	19	01:09:35	02:08:02	03:28:56.85	03:29:04.35	+01:10:03 (33.5%)	9:56	6 (65.9%)
46	ŁASKAWSKA Justyna	477		K-40	20	01:12:52	02:09:46	03:28:43.55	03:29:05.95	+01:10:05 (33.5%)	9:56	6 (65.9%)
47	MATYBA Anna	257		K-20	3	01:05:23	01:57:49	03:29:07.30	03:29:17.50	+01:10:16 (33.6%)	9:57	6 (65.9%)
48	MAZUR Katarzyna	237	UMLAUT	K-40	21	01:11:36	02:09:47	03:29:27.25	03:29:30.45	+01:10:29 (33.6%)	9:58	6 (65.9%)
49	ŚWIERCZEK Marta	77	JURA.PL	K-40	22	01:12:56	02:09:15	03:29:09.45	03:29:31.85	+01:10:31 (33.7%)	9:57	6 (65.9%)
50	RONKOWSKA Małgorzata	370	POLKA SPORT	K-30	20	01:14:12	02:12:42	03:29:49.20	03:30:59.90	+01:11:59 (34.1%)	9:59	6 (65.9%)
51	WYSOCKA Magdalena	285	PGB SPORTOWA PACZKA	K-40	23	01:14:04	02:10:53	03:31:28.90	03:31:36.95	+01:12:36 (34.3%)	10:04	6 (65.9%)
52	ŁAŻEWSKA Sylwia	37		K-40	24	01:07:03	02:02:11	03:31:34.65	03:31:39.15	+01:12:38 (34.3%)	10:04	6 (65.9%)
53	MOTAŁA Kacha	351	MIEJSKA KONDYCJA	K-40	25	01:12:53	02:09:20	03:31:28.55	03:31:45.75	+01:12:45 (34.4%)	10:04	6 (65.9%)
54	MAJCHRZAK Agnieszka	182	NESSI TEAM	K-40	26	01:16:46	02:11:14	03:31:34.50	03:32:20.45	+01:13:19 (34.5%)	10:04	6 (65.9%)
55	BARTMAŃSKA Mirosława	150		K-40	27	01:13:16	02:08:14	03:31:57.85	03:32:21.50	+01:13:20 (34.5%)	10:05	5.9 (64.8%)
56	NARKUN Ewa	384		K-30	21	01:13:38	02:14:06	03:32:14.45	03:32:26.85	+01:13:26 (34.6%)	10:06	5.9 (64.8%)
57	PIOTROWIAK Angelika	459	GARMIN	K-20	4	01:17:23	02:13:14	03:31:01.65	03:32:33.20	+01:13:32 (34.6%)	10:02	6 (65.9%)
58	OCZKOWICZ Beata	253	MOCNA GRUPA CEZAEA	K-30	22	01:13:55	02:11:42	03:32:13.95	03:32:38.70	+01:13:38 (34.6%)	10:06	5.9 (64.8%)
59	PUTOWSKA Małgorzata	338		K-60	2	01:19:32	02:16:55	03:32:56.10	03:33:02.45	+01:14:01 (34.7%)	10:08	5.9 (64.8%)
60	BADOWSKA Katarzyna	323		K-40	28	01:15:32	02:11:50	03:33:11.65	03:33:50.15	+01:14:49 (35.0%)	10:09	5.9 (64.8%)
61	KWIATKOWSKA Zuzanna	269	RNB TEAM POLANICA ZDRÓJ	K-40	29	01:16:08	02:13:19	03:33:55.80	03:34:46.10	+01:15:45 (35.3%)	10:11	5.9 (64.8%)

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62	KOZAK Ewa	18	KOZAKI	K-40	30	01:13:38	02:11:32	03:35:05.35	03:35:21.45	+01:16:20 (35.5%)	10:14	5.9 (64.8%)
63	MYŚLICKA-PIWKO Marta	148	MOCNA GRUPA CEZARA	K-40	31	01:17:28	02:15:10	03:35:04.75	03:35:28.40	+01:16:27 (35.5%)	10:14	5.9 (64.8%)
64	CIOCHOŃ Agnieszka	144		K-40	32	01:18:38	02:17:11	03:35:44.65	03:36:00.45	+01:16:59 (35.6%)	10:16	5.8 (63.7%)
65	GONTARZ Olga	204		K-30	23	01:21:42	02:18:57	03:34:27.05	03:36:17.95	+01:17:17 (35.7%)	10:12	5.9 (64.8%)
66	CHEŁCHOWSKA Katarzyna	1		K-30	24	01:16:16	02:14:33	03:36:24.40	03:36:44.45	+01:17:43 (35.9%)	10:18	5.8 (63.7%)
67	IWULSKA Joanna	485	MIRAZ RACE TEAM	K-40	33	01:15:04	02:17:20	03:36:58.70	03:37:15.90	+01:18:15 (36.0%)	10:19	5.8 (63.7%)
68	BÓBSKA Alicja	92		K-30	25	01:20:13	02:17:28	03:36:29.40	03:37:24.85	+01:18:24 (36.1%)	10:18	5.8 (63.7%)
69	KWIATKOWSKA Marta	187		K-40	34	01:12:56	02:09:24	03:37:41.20	03:37:57.20	+01:18:56 (36.2%)	10:21	5.8 (63.7%)
70	BIAŁEK Kamila	278	DROGA DO ULTRA	K-40	35	01:18:57	02:19:13	03:38:27.80	03:38:32.35	+01:19:31 (36.4%)	10:24	5.8 (63.7%)
71	SIEDLIK Małgorzata	205	SPORTOWA INICJATYWA	K-30	26	01:22:49	02:18:56	03:36:44.15	03:38:34.00	+01:19:33 (36.4%)	10:19	5.8 (63.7%)
72	BOJUR Renata	176		K-40	36	01:17:01	02:14:33	03:38:36.00	03:38:56.25	+01:19:55 (36.5%)	10:24	5.8 (63.7%)
73	PARTYKA Agnieszka	391	ZABIEGANEDNI	K-50	5	01:19:30	02:15:46	03:36:29.75	03:38:57.80	+01:19:57 (36.5%)	10:18	5.8 (63.7%)
74	JAŃCZAK Aleksandra	318	CBN JEŻYCE	K-20	5	01:16:42	02:14:59	03:40:10.70	03:40:28.55	+01:21:27 (36.9%)	10:29	5.7 (62.6%)
75	PAPROCKA Natalia	58		K-40	37	01:13:45	02:15:00	03:40:24.70	03:40:37.00	+01:21:36 (37.0%)	10:29	5.7 (62.6%)
76	BABICKA Sylwia	98	HARD BOX OTWOCK	K-40	38	01:20:49	02:20:16	03:40:08.20	03:40:39.30	+01:21:38 (37.0%)	10:28	5.7 (62.6%)
77	BIEŃ Katarzyna	353		K-30	27	01:22:13	02:20:03	03:40:26.70	03:41:09.00	+01:22:08 (37.1%)	10:29	5.7 (62.6%)
78	PODZEREK Iwona	19	BRIDGESTONE	K-40	39	01:23:37	02:19:36	03:40:14.60	03:42:47.30	+01:23:46 (37.6%)	10:29	5.7 (62.6%)
79	STANKIEWICZ Ilona	85	FUCK THE PESEL	K-30	28	01:21:23	02:20:44	03:42:44.00	03:43:31.60	+01:24:30 (37.8%)	10:36	5.7 (62.6%)
80	BERNAS-KUJAWIŃSKA Magdalena	38	MARCHEWKA	K-40	40	01:17:41	02:20:07	03:43:27.20	03:43:32.15	+01:24:31 (37.8%)	10:38	5.6 (61.5%)
81	JAWORSKA Magdalena	40	GB WIELKOPOLSCY BIEGACZE/TEAM KGB	K-40	41	01:24:55	02:25:20	03:42:44.45	03:44:04.85	+01:25:04 (38.0%)	10:36	5.7 (62.6%)
82	JARZĘBOWICZ Beata	272	ZADYSZKA OŚWIĘCIM	K-40	42	01:19:57	02:20:35	03:45:06.95	03:45:14.75	+01:26:14 (38.3%)	10:43	5.6 (61.5%)
83	MODERACKA Małgorzata	74		K-30	29	01:22:04	02:24:00	03:45:08.85	03:45:25.15	+01:26:24 (38.3%)	10:43	5.6 (61.5%)
84	WACHOWSKA Katarzyna	446	SMOK TRÓJGŁOWY	K-30	30	01:18:12	02:25:44	03:45:07.40	03:45:31.55	+01:26:30 (38.4%)	10:43	5.6 (61.5%)

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85	BRUCH Katarzyna	36		K-30	31	01:24:38	02:23:06	03:44:14.05	03:46:02.25	+01:27:01 (38.5%)	10:40	5.6 (61.5%)
86	BORMANN Margrit	185	ZADYSZKA OŚWIĘCIM / KS KANDAHAR	K-40	43	01:19:52	02:18:31	03:47:25.05	03:47:38.00	+01:28:37 (38.9%)	10:49	5.5 (60.4%)
87	NOWAK Marta	31	NARAMOWICE BIEGAJĄ	K-40	44	01:21:07	02:22:00	03:49:00.50	03:49:41.55	+01:30:40 (39.5%)	10:54	5.5 (60.4%)
88	PTAK Monika	125		K-40	45	01:24:43	02:26:17	03:49:42.95	03:50:31.95	+01:31:31 (39.7%)	10:56	5.5 (60.4%)
89	WOJCIECHOWSKA Dorota	394	DOGOŃ GRODZISK MAZOWIECKI	K-40	46	01:21:47	02:23:23	03:50:20.15	03:50:45.00	+01:31:44 (39.8%)	10:58	5.5 (60.4%)
90	GRZELAK Izabella	316		K-40	47	01:19:27	02:22:18	03:50:53.10	03:51:21.30	+01:32:20 (39.9%)	10:59	5.5 (60.4%)
91	BARTOSZEWSKA Katarzyna	241	TEAM RÓŻOWEJ PELERYNKI	K-40	48	01:20:39	02:24:27	03:52:10.80	03:53:01.65	+01:34:00 (40.3%)	11:03	5.4 (59.3%)
92	MATUSZEWSKA Elżbieta	262	MARATOŃCZYK WŁOCŁAWEK	K-40	49	01:22:40	02:27:05	03:52:17.80	03:53:02.10	+01:34:01 (40.3%)	11:03	5.4 (59.3%)
93	BUCZAK-MROZIŃSKA Paulina	307		K-40	50	01:25:07	02:28:18	03:51:43.30	03:53:07.15	+01:34:06 (40.4%)	11:02	5.4 (59.3%)
94	CEMPURA Małgorzata	279	KS POSNANIA	K-40	51	01:24:24	02:24:50	03:52:41.20	03:53:20.45	+01:34:19 (40.4%)	11:04	5.4 (59.3%)
94	WOJTKOWIAK Renata	282	PIĄTKOWO NA BIEGOWO	K-40	51	01:24:23	02:24:49	03:52:40.90	03:53:20.45	+01:34:19 (40.4%)	11:04	5.4 (59.3%)
96	OLEKSIEWICZ Beata	421	SZAKALE BAŁUT ŁÓDŹ	K-40	53	01:20:54	02:23:50	03:54:01.00	03:54:07.40	+01:35:06 (40.6%)	11:08	5.4 (59.3%)
97	KWIATKOWSKA Anna	65		K-40	54	01:23:54	02:26:34	03:53:48.95	03:54:32.15	+01:35:31 (40.7%)	11:08	5.4 (59.3%)
98	SOROKA Monika	330	PASTERKA PANY	K-40	55	01:23:53	02:29:41	03:54:00.85	03:54:47.80	+01:35:47 (40.8%)	11:08	5.4 (59.3%)
99	BAGIŃSKA Joanna	180	LINCOLN ELECTRIC BESTER RUN TEAM BIELAWA	K-50	6	01:21:47	02:24:32	03:53:50.45	03:55:00.05	+01:35:59 (40.8%)	11:08	5.4 (59.3%)
100	GOSK Urszula	64		K-30	32	01:24:23	02:27:40	03:54:35.55	03:55:40.20	+01:36:39 (41.0%)	11:10	5.4 (59.3%)
101	KLEPACZ Karolina	155		K-30	33	01:24:18	02:25:54	03:55:04.80	03:56:04.35	+01:37:03 (41.1%)	11:11	5.4 (59.3%)
102	ZAJĄCZKOWSKA Beata	216		K-40	56	01:24:56	02:27:40	03:55:53.95	03:56:07.55	+01:37:06 (41.1%)	11:13	5.3 (58.2%)
103	NAWROCKA Sylwia	63	MAMA W BIEGU	K-40	57	01:26:41	02:27:45	03:55:38.80	03:56:12.70	+01:37:12 (41.1%)	11:13	5.3 (58.2%)
104	GAJEWSKA-BROZYNA Kamila	484	KLUB BIEGACZA WARTA	K-30	34	01:26:28	02:31:35	03:56:01.95	03:56:59.95	+01:37:59 (41.3%)	11:14	5.3 (58.2%)
105	KOWALCZYK Aleksandra	179		K-30	35	01:25:39	02:32:21	03:57:11.75	03:58:57.05	+01:39:56 (41.8%)	11:17	5.3 (58.2%)
106	ZDUNEK Małgorzata	171		K-40	58	01:22:46	02:29:23	03:59:12.50	03:59:15.65	+01:40:14 (41.9%)	11:23	5.3 (58.2%)
107	RYPIŃSKA Magdalena	356		K-40	59	01:23:35	02:28:10	03:58:19.70	03:59:17.45	+01:40:16 (41.9%)	11:20	5.3 (58.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
108	CHWASTYK Ewa	73		K-30	36	01:24:23	02:27:39	03:58:12.05	03:59:18.30	+01:40:17 (41.9%)	11:20	5.3 (58.2%)
109	MAKIEŁA Katarzyna	409		K-40	60	01:20:03	02:26:53	03:59:08.95	03:59:20.75	+01:40:20 (41.9%)	11:23	5.3 (58.2%)
110	SKRZYPIŃSKA Agnieszka	143	PSI PATROL	K-40	61	01:23:36	02:32:28	03:59:03.25	03:59:25.65	+01:40:24 (41.9%)	11:23	5.3 (58.2%)
111	BĄCIK Aneta	287		K-40	62	01:27:33	02:32:01	03:59:07.20	04:00:22.20	+01:41:21 (42.2%)	11:23	5.3 (58.2%)
112	MORAWSKA Anna	84		K-60	3	01:22:57	02:28:46	04:01:09.85	04:01:24.05	+01:42:23 (42.4%)	11:29	5.2 (57.1%)
113	KUBUJ Karolina	371		K-20	6	01:29:33	02:33:40	04:01:02.60	04:01:37.55	+01:42:36 (42.5%)	11:28	5.2 (57.1%)
114	GULKA Olga	203		K-20	7	01:24:51	02:28:19	04:00:39.75	04:01:43.50	+01:42:42 (42.5%)	11:27	5.2 (57.1%)
115	KUSIEWICZ Agnieszka	379	PUSZCZYK BUKOWY	K-40	63	01:25:28	02:33:49	04:01:26.50	04:01:48.50	+01:42:47 (42.5%)	11:29	5.2 (57.1%)
116	FASZCZA Agnieszka	116	MARATOŃCZYK POZNAŃ	K-30	37	01:28:08	02:33:40	04:02:27.45	04:02:55.65	+01:43:54 (42.8%)	11:32	5.2 (57.1%)
117	MARCINKIEWICZ Marta	413		K-50	7	01:29:59	02:35:42	04:04:20.85	04:04:36.65	+01:45:35 (43.2%)	11:38	5.2 (57.1%)
118	WOJCIECHOWSKA Anna	192	PIĄTKOWO NA BIEGOWO	K-50	8	01:24:31	02:31:45	04:04:14.65	04:04:51.20	+01:45:50 (43.2%)	11:37	5.2 (57.1%)
119	BIEŃ Małgorzata	14		K-40	64	01:26:47	02:32:27	04:05:44.55	04:06:26.90	+01:47:26 (43.6%)	11:42	5.1 (56.0%)
120	KOCOT Magdalena	443	META NADARZYN	K-40	65	01:24:21	02:34:39	04:06:42.80	04:06:49.00	+01:47:48 (43.7%)	11:44	5.1 (56.0%)
121	BASTA Dorota	368	ZADYSZKA OŚWIĘCIM	K-50	9	01:19:53	02:20:31	04:07:57.35	04:08:08.25	+01:49:07 (44.0%)	11:48	5.1 (56.0%)
122	KACZMAREK Karolina	267	PIĄTKOWO NA BIEGOWO	K-40	66	01:27:24	02:33:52	04:07:52.15	04:08:25.65	+01:49:24 (44.0%)	11:48	5.1 (56.0%)
123	SWORNOWSKA Anna	52	NARAMOWICE BIEGAJĄ	K-40	67	01:34:25	02:40:04	04:09:28.10	04:10:12.95	+01:51:12 (44.4%)	11:52	5.1 (56.0%)
124	MAJ Magdalena	5	GRAŻYNKI OCR	K-30	38	01:27:17	02:38:17	04:10:26.10	04:10:46.45	+01:51:45 (44.6%)	11:55	5 (54.9%)
125	HULBOJ Marlena	463	AKTYWNA NOWA RUDA	K-30	39	01:28:37	02:37:23	04:11:28.30	04:11:28.30	+01:52:27 (44.7%)	11:58	5 (54.9%)
126	MORAWIEC Ilona	310	GDZIE TA META	K-20	8	01:22:38	02:29:26	04:11:26.35	04:11:48.55	+01:52:47 (44.8%)	11:58	5 (54.9%)
127	WOJCIESZAK Klaudia	24	BRAVEHEARTS LEGIONOWO	K-40	68	01:33:22	02:43:16	04:13:30.35	04:13:58.75	+01:54:58 (45.3%)	12:04	5 (54.9%)
128	WOŹNA-KACZMAREK Serafina	17	EPIC TEAM	K-30	40	01:32:04	02:39:44	04:14:05.25	04:14:31.75	+01:55:31 (45.4%)	12:05	5 (54.9%)
129	NOWAK Paulina	3	EPIC TEAM / ADIDAS RUNNERS POZNAŃ	K-30	41	01:31:57	02:39:37	04:13:58.85	04:14:32.05	+01:55:31 (45.4%)	12:05	5 (54.9%)
130	PUGOWSKA Izabela	341		K-50	10	01:25:25	02:36:01	04:16:14.50	04:16:24.25	+01:57:23 (45.8%)	12:12	4.9 (53.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
131	OCHNIO Ewa	2	DALEKA DROGA	K-40	69	01:31:36	02:42:11	04:16:48.15	04:18:05.40	+01:59:04 (46.1%)	12:13	4.9 (53.8%)
132	ZIÓŁKOWSKA Sylwia	302	STALOWOWOLSKI KLUB BIEGACZA	K-50	11	01:30:11	02:45:31	04:18:18.25	04:18:22.90	+01:59:22 (46.2%)	12:18	4.9 (53.8%)
133	KÜCHLER Małgorzata	8	JARBUD	K-40	70	01:35:12	02:44:55	04:23:20.75	04:23:40.60	+02:04:39 (47.3%)	12:32	4.8 (52.7%)
134	DANYLOVA Alina	429		K-30	42	01:30:16	02:45:30	04:26:19.25	04:27:45.75	+02:08:45 (48.1%)	12:40	4.7 (51.6%)
135	SZYCA-ŚMIESZNIK Marta	233		K-20	9	01:32:44	02:46:37	04:26:44.90	04:27:46.45	+02:08:45 (48.1%)	12:42	4.7 (51.6%)
136	KEMPISTY Anna	189	12TRI.PL	K-50	12	01:31:24	02:48:15	04:27:40.50	04:28:11.75	+02:09:11 (48.2%)	12:44	4.7 (51.6%)
137	CYKULSKA Milena	124		K-30	43	01:38:56	02:50:22	04:27:21.70	04:29:45.45	+02:10:44 (48.5%)	12:43	4.7 (51.6%)
138	MALISZAK Agnieszka	94	BBL LEGNICA	K-30	44	01:33:11	02:46:19	04:29:25.15	04:29:57.35	+02:10:56 (48.5%)	12:49	4.7 (51.6%)
139	PIETROWSKA Halik	48		K-50	13	01:31:27	02:43:26	04:30:21.00	04:30:44.05	+02:11:43 (48.7%)	12:52	4.7 (51.6%)
140	FIORENZA Roberto	27	MUD FOXES	K-20	10	01:38:55	02:50:24	04:30:09.60	04:32:31.25	+02:13:30 (49.0%)	12:51	4.7 (51.6%)
141	JĘDZURA Agnieszka	460		K-40	71	01:33:03	02:50:03	04:33:24.35	04:33:26.55	+02:14:25 (49.2%)	13:01	4.6 (50.5%)
142	BOROWIEC-RÓŻYCKA Magdalena	314	BIEGAJĄCY ŚWIDNIK	K-40	72	01:39:34	02:54:28	04:33:27.60	04:34:34.65	+02:15:33 (49.4%)	13:01	4.6 (50.5%)
143	GAŁKA Joanna	387	OSTROBIEC	K-50	14	01:29:32	02:52:46	04:36:50.40	04:36:55.25	+02:17:54 (49.8%)	13:10	4.6 (50.5%)
144	FIORENZA-GOLISZ Katarzyna	10	MUD FOXES	K-30	45	01:38:53	02:54:43	04:36:17.10	04:38:38.90	+02:19:38 (50.1%)	13:09	4.6 (50.5%)
145	STUDZIŃSKA Karina	21	OFIARY SPORTU	K-30	46	01:36:24	02:53:48	04:39:46.65	04:40:48.00	+02:21:47 (50.5%)	13:19	4.5 (49.5%)
146	BARAŃSKA Marta	442		K-30	47	01:39:06	02:56:48	04:43:19.50	04:44:21.05	+02:25:20 (51.1%)	13:29	4.4 (48.4%)
147	BANICKA Agata	312		K-30	48	01:39:08	02:56:49	04:43:20.60	04:44:21.35	+02:25:20 (51.1%)	13:29	4.4 (48.4%)
148	CHWIAŁKOWSKA Elżbieta	20		K-50	15	01:39:50	02:59:02	04:46:09.95	04:46:33.05	+02:27:32 (51.5%)	13:37	4.4 (48.4%)
149	FIJAŁKOWSKA Karolina	313		K-30	49	01:41:23	02:59:28	04:49:58.25	04:51:01.20	+02:32:00 (52.2%)	13:48	4.3 (47.3%)
150	SZCZĘSNA Anna	326		K-30	50	01:41:40	02:59:27	04:50:01.70	04:51:07.35	+02:32:06 (52.2%)	13:48	4.3 (47.3%)
151	BŁĘDOWSKA Sylwia	137	COYOTE TEAM	K-40	73	01:36:56	03:03:43	04:51:39.10	04:52:09.95	+02:33:09 (52.4%)	13:53	4.3 (47.3%)
152	KOZIARA Agnieszka	428		K-40	74	01:51:50	03:08:44	04:54:19.95	04:54:31.65	+02:35:30 (52.8%)	14:00	4.3 (47.3%)
153	MUSIALSKA Anna	265	PIĄTKOWO NA BIEGOWO	K-40	75	01:45:41	03:11:28	04:54:37.90	04:55:13.65	+02:36:12 (52.9%)	14:01	4.3 (47.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Parking 7km	Błędne Skały 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
154	MICHALAK Paulina	93	HARD BOX OTWOCK	K-30	51	01:45:50	03:07:12	04:57:49.70	04:58:39.00	+02:39:38 (53.5%)	14:10	4.2 (46.2%)
155	PASIEKA Magda	221		K-40	76	01:46:01	03:15:32	04:59:42.30	04:59:56.15	+02:40:55 (53.7%)	14:16	4.2 (46.2%)
Przekroczony limit czasu: 05:00:00												
LIM	POGORZELSKA Bogusia	151	ŻÓŁTOKRÓLEWSCY	K-40		01:46:02	03:15:22	05:00:00.90	05:00:15.05		0:00	4.2 (46.2%)
LIM	GAGASZKA Agnieszka	158	HARD BOX OTWOCK	K-30		01:46:33	03:07:56	05:02:52.95	05:02:52.95		0:00	4.2 (46.2%)
LIM	STOLARSKA Danuta	231	PARKRUN SŁODOWO WŁOCŁAWEK	K-60		01:41:19	03:12:08	05:04:40.20	05:05:36.25		0:00	4.1 (45.1%)
LIM	WALCZAK Faustyna	70		K-30		01:47:23	03:15:54	05:13:46.90	05:14:56.40		0:00	4 (44.0%)
LIM	SYGUŁA Monika	377		K-40		01:49:27	03:19:09	05:15:19.70	05:16:12.25		0:00	4 (44.0%)
LIM	DOBROWOLSKA Karolina	376		K-40		01:49:30	03:19:10	05:15:23.15	05:16:12.75		0:00	4 (44.0%)
LIM	KOZA Agnieszka	200	ZRYW PARZYMICHY	K-40		01:53:16	03:24:01	05:25:10.65	05:26:03.95		0:00	3.9 (42.9%)

Znaleziono 162 wynik(ów)