

Wydarzenie: Kudowski Festiwal Biegowy 2022
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2022-04-10
Miejsce: Kudowa-Zdrój
Dystans: 10 km

Klasyfikacja: OPEN KOBIET

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KULIK-GAWĘDA Iwona	4083	KUDOWIANKARUN	K-30	1	01:30:02	01:09:13.20	02:39:15.85		6:55	8.7 (100%)
2	MOCZULSKA Małgorzata	4294		K-40	1	01:25:34	01:11:59.95	02:37:34.90	+00:02:46 (3.9%)	7:11	8.3 (95.4%)
3	FLOREK Katarzyna	4244	140MINUT.PL	K-30	2	01:30:03	01:12:49.05	02:42:52.25	+00:03:35 (4.9%)	7:16	8.2 (94.3%)
4	WOSZEK Marzena	3133		K-40	2	00:00:07	01:19:12.60	01:19:20.50	+00:09:59 (12.6%)	7:55	7.6 (87.4%)
5	HOLC Katarzyna	3201	BANDA GRUDNIA	K-30	3	00:00:04	01:20:25.30	01:20:29.80	+00:11:12 (13.9%)	8:02	7.5 (86.2%)
6	DUDA Monika	4019		K-40	3	01:30:07	01:23:52.45	02:54:00.25	+00:14:39 (17.5%)	8:23	7.2 (82.8%)
7	ABRAMOWICZ Agata	3250		K-20	1	00:00:08	01:24:12.70	01:24:21.15	+00:14:59 (17.8%)	8:25	7.1 (81.6%)
8	JAROSIŃSKA Barbara	4034	TEAM BIEGANIE NA ŚNIADANIE	K-30	4	01:30:05	01:29:51.85	02:59:57.50	+00:20:38 (23.0%)	8:59	6.7 (77.0%)
9	LECH Judyta	4295	ITMBW KRAKÓW	K-20	2	01:30:06	01:29:54.20	03:00:00.40	+00:20:41 (23.0%)	8:59	6.7 (77.0%)
10	WĘGOREK Monika	4324		K-40	4	01:30:06	01:29:56.20	03:00:02.25	+00:20:43 (23.0%)	8:59	6.7 (77.0%)
11	SZYMAŃSKA Monika	4330		K-40	5	01:30:03	01:29:58.35	03:00:01.45	+00:20:45 (23.1%)	8:59	6.7 (77.0%)
12	PODOLAK Ula	4212	PRZEDWOJEWSKI TEAM	K-20	3	01:25:14	01:30:23.15	02:55:37.35	+00:21:09 (23.4%)	9:02	6.6 (75.9%)
13	PACZKOWSKA Katarzyna	3075	BIEGAJĄCE KREJZOLE	K-30	5	00:00:05	01:30:33.85	01:30:38.90	+00:21:20 (23.6%)	9:03	6.6 (75.9%)
14	DYJA Magdalena	3059	RNB TEAM POLANICA-ZDRÓJ	K-30	6	00:00:08	01:30:43.00	01:30:51.95	+00:21:29 (23.7%)	9:04	6.6 (75.9%)
15	DŁUGOSZ-SAWICKA Marta	3104	ZBÓJ TEAM	K-40	6	00:00:07	01:31:17.85	01:31:25.15	+00:22:04 (24.2%)	9:07	6.6 (75.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	RATAJCZAK Dorota	4207	TRIO FORTIS	K-40	7	01:24:05	01:31:47.20	02:55:53.10	+00:22:34 (24.6%)	9:10	6.5 (74.7%)
17	KSIEZKA Joanna	3147	STRZEGOMSKA DWUNASTKA	K-40	8	00:00:24	01:33:23.90	01:33:47.90	+00:24:10 (25.9%)	9:20	6.4 (73.6%)
18	BINIENDA Agnieszka	3215	KOBIETY WATAHY	K-40	9	00:00:09	01:34:40.85	01:34:50.00	+00:25:27 (26.9%)	9:28	6.3 (72.4%)
19	KOŻŁOWSKA Iwona	3195	LESZNO LIMITS RUNNERS	K-40	10	00:00:04	01:35:14.45	01:35:19.10	+00:26:01 (27.3%)	9:31	6.3 (72.4%)
20	MICHALSKA Magdalena	4181	SOCIOS SILESIA	K-30	7	01:30:21	01:35:20.40	03:05:42.30	+00:26:07 (27.4%)	9:32	6.3 (72.4%)
21	WOJCIECHOWSKA Dorota	4290		K-40	11	01:30:23	01:35:21.65	03:05:44.95	+00:26:08 (27.4%)	9:32	6.3 (72.4%)
22	NIMSZ Kamila	4276	CS RUNNING CLUB	K-40	12	01:30:13	01:36:09.20	03:06:22.70	+00:26:56 (28.0%)	9:36	6.2 (71.3%)
23	ZARĘBA Anna	3202		K-30	8	00:00:05	01:36:12.55	01:36:18.15	+00:26:59 (28.1%)	9:37	6.2 (71.3%)
24	MASTERNAK Marta	3145		K-30	9	00:00:07	01:36:14.30	01:36:21.70	+00:27:01 (28.1%)	9:37	6.2 (71.3%)
25	KUJACZYŃSKA Iga	4285		K-30	10	01:30:04	01:36:50.70	03:06:55.25	+00:27:37 (28.5%)	9:41	6.2 (71.3%)
26	MASZTALSKA Joanna	4209		K-20	4	01:30:04	01:37:43.90	03:07:48.60	+00:28:30 (29.2%)	9:46	6.1 (70.1%)
27	WYLEŻAŁA Marzena	4174	#BIEGIEMWLAS	K-40	13	01:30:13	01:39:23.55	03:09:36.65	+00:30:10 (30.4%)	9:56	6 (69.0%)
28	TRZEPACZ Dorota	4123	KB LUPUS OLEŚNICA	K-40	14	01:30:23	01:39:24.20	03:09:47.70	+00:30:11 (30.4%)	9:56	6 (69.0%)
29	PROSOWIECKA SMAK Katarzyna	3200		K-40	15	00:00:08	01:39:50.60	01:39:59.40	+00:30:37 (30.7%)	9:59	6 (69.0%)
30	CICHOŃ Magdalena	3199	PROFIL OPOLE	K-40	16	00:00:00	01:39:57.30	01:39:57.30	+00:30:44 (30.7%)	9:59	6 (69.0%)
31	JAKUBIAK Anna	3081	RUCHOWA AKADEMIA ZDROWIA	K-50	1	00:00:12	01:40:33.25	01:40:45.85	+00:31:20 (31.2%)	10:03	6 (69.0%)
32	LUBAŃSKA Alicja	4273		K-50	2	01:30:07	01:40:55.35	03:11:02.95	+00:31:42 (31.4%)	10:05	5.9 (67.8%)
33	ŁUSIAK Katarzyna	4297		K-30	11	01:30:17	01:41:12.20	03:11:29.50	+00:31:59 (31.6%)	10:07	5.9 (67.8%)
34	TKACZYK Katarzyna	3041		K-40	17	00:00:23	01:41:49.40	01:42:13.00	+00:32:36 (32.0%)	10:10	5.9 (67.8%)
35	RABIEGA Monika	4238	#BIEGAJLESZNO	K-40	18	01:23:28	01:41:55.05	03:05:23.45	+00:32:41 (32.1%)	10:11	5.9 (67.8%)
36	KUBIAK Karolina	3128		K-40	19	00:00:16	01:42:04.60	01:42:21.25	+00:32:51 (32.2%)	10:12	5.9 (67.8%)
37	WIETRZYŃSKA Agnieszka	4092	SZTUKA RUCHU	K-40	20	01:30:09	01:42:24.70	03:12:34.00	+00:33:11 (32.4%)	10:14	5.9 (67.8%)
38	MODZELEWSKA Anna	4336		K-20	5	01:30:08	01:42:28.25	03:12:36.45	+00:33:15 (32.4%)	10:14	5.9 (67.8%)

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39	BŁASZKIEWICZ Klaudia	4280		K-30	12	01:30:07	01:43:07.55	03:13:14.70	+00:33:54 (32.9%)	10:18	5.8 (66.7%)
40	DZIERGWA Agnieszka	4340	RNB TEAM POLANICA ZDRÓJ/ PRZEDWOJEWSKI TEAM	K-30	13	01:26:46	01:43:14.05	03:10:00.40	+00:34:00 (32.9%)	10:19	5.8 (66.7%)
41	KUJAWSKA Agnieszka	3005		K-40	21	00:00:20	01:43:25.30	01:43:45.75	+00:34:12 (33.1%)	10:20	5.8 (66.7%)
42	STACHOWIAK Emilia	4173	#BIEGIEMWLAS	K-30	14	01:30:14	01:43:35.90	03:13:50.85	+00:34:22 (33.2%)	10:21	5.8 (66.7%)
43	JACKOWIAK Agnieszka	3153	RUNNER'S POWER	K-30	15	00:00:05	01:43:36.55	01:43:42.50	+00:34:23 (33.2%)	10:21	5.8 (66.7%)
44	KUSZ Joanna	4243	CROSS STRACENĆÓW TEAM	K-30	16	01:30:08	01:43:44.05	03:13:52.85	+00:34:30 (33.3%)	10:22	5.8 (66.7%)
45	KRZYŻYK Agnieszka	3179	TRIO FORTIS	K-40	22	00:00:08	01:43:51.85	01:44:00.00	+00:34:38 (33.4%)	10:23	5.8 (66.7%)
46	KAMIŃSKA Ewelina	3103	BIEGAJĄCE KREJZOLE	K-40	23	00:00:04	01:44:22.50	01:44:26.85	+00:35:09 (33.7%)	10:26	5.7 (65.5%)
47	ŻMIJEWSKA Dominika	3122	KLUB BIEGOWY TSK ORZEŁ OSIEK	K-30	17	00:00:04	01:45:18.20	01:45:22.60	+00:36:05 (34.3%)	10:31	5.7 (65.5%)
48	BRZEŻAŃSKA Joanna	4333		K-40	24	01:30:09	01:45:33.10	03:15:42.35	+00:36:19 (34.4%)	10:33	5.7 (65.5%)
49	MRÓZ Anna	3099		K-30	18	00:00:00	01:45:37.15	01:45:37.15	+00:36:23 (34.5%)	10:33	5.7 (65.5%)
50	ERET Marzena	4206		K-40	25	01:30:03	01:45:39.25	03:15:43.10	+00:36:26 (34.5%)	10:33	5.7 (65.5%)
51	HEJNE Agnieszka	4193		K-40	26	01:30:04	01:45:40.40	03:15:44.45	+00:36:27 (34.5%)	10:34	5.7 (65.5%)
52	SKRĘTEK Monika	4151	BIEGAMDŁAZDROWIA. PL	K-50	3	01:30:20	01:46:22.75	03:16:43.05	+00:37:09 (34.9%)	10:38	5.6 (64.4%)
53	LAUBACH Anna	4198	RAAN	K-30	19	01:30:14	01:46:57.90	03:17:12.50	+00:37:44 (35.3%)	10:41	5.6 (64.4%)
54	GRUCHOT Małgorzata	3171	WIECZORNE BIEGANIE W OPOLU	K-40	27	00:00:17	01:47:02.30	01:47:20.20	+00:37:49 (35.3%)	10:42	5.6 (64.4%)
55	HERBEĆ-LABOCHA Magdalena	3156		K-40	28	00:00:25	01:47:02.55	01:47:28.45	+00:37:49 (35.3%)	10:42	5.6 (64.4%)
56	HYLIŃSKA Hanna	4076	PATORUNNERS	K-30	20	01:30:10	01:47:28.65	03:17:39.10	+00:38:15 (35.6%)	10:44	5.6 (64.4%)
57	JURASZ Aleksandra	3058		K-30	21	00:00:13	01:47:42.80	01:47:56.45	+00:38:29 (35.7%)	10:46	5.6 (64.4%)
58	BRZozowska Marlena	4293		K-40	29	01:30:17	01:47:50.20	03:18:07.90	+00:38:37 (35.8%)	10:47	5.6 (64.4%)
59	KLICH Sylwia	4156	#BIEGIEMWLAS	K-30	22	01:30:14	01:48:05.15	03:18:19.60	+00:38:51 (36.0%)	10:48	5.6 (64.4%)
60	SZYMURA Izabela	4246	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	K-40	30	01:30:07	01:48:20.90	03:18:28.05	+00:39:07 (36.1%)	10:50	5.5 (63.2%)
61	GNIZA Karolina	4302		K-20	6	01:30:05	01:48:24.45	03:18:29.45	+00:39:11 (36.1%)	10:50	5.5 (63.2%)

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62	NAWROCKA Aleksandra	3172		K-40	31	00:00:08	01:49:02.20	01:49:10.70	+00:39:49 (36.5%)	10:54	5.5 (63.2%)
63	WALKOWIAK Dominika	4135	#BIEGAJLESZNO	K-30	23	01:23:03	01:49:21.55	03:12:25.20	+00:40:08 (36.7%)	10:56	5.5 (63.2%)
64	SALAŁMACHA Izabela	3089	MAMY BIEGAMY	K-40	32	00:00:08	01:49:52.95	01:50:01.60	+00:40:39 (37.0%)	10:59	5.5 (63.2%)
65	ZIELIŃSKA Małgorzata	4136		K-50	4	01:30:08	01:49:59.75	03:20:08.70	+00:40:46 (37.1%)	10:59	5.5 (63.2%)
66	CZYŻOWICZ-GOTFRYD Agnieszka	4268	POLISH RUNNERS SQUAD	K-50	5	01:30:16	01:50:00.30	03:20:16.55	+00:40:47 (37.1%)	11:00	5.5 (63.2%)
67	BULANDA Barbara	3247	ŻUBRY BOCHNIA	K-40	33	00:00:07	01:50:05.70	01:50:13.25	+00:40:52 (37.1%)	11:00	5.5 (63.2%)
68	WOŹNA Marta	4308	RUN TEAM RYDZYNA	K-30	24	01:30:13	01:51:42.35	03:21:55.65	+00:42:29 (38.0%)	11:10	5.4 (62.1%)
69	DZIEŻA Roma	4084	RUN BYDGOSZCZ	K-50	6	01:30:14	01:51:53.40	03:22:07.55	+00:42:40 (38.1%)	11:11	5.4 (62.1%)
70	MELWIŃSKA Paulina	4091	RUN BYDGOSZCZ	K-40	34	01:30:14	01:51:54.30	03:22:08.50	+00:42:41 (38.1%)	11:11	5.4 (62.1%)
71	MAZUR Katarzyna	3067	UMLAUT	K-40	35	00:00:03	01:52:00.35	01:52:03.60	+00:42:47 (38.2%)	11:12	5.4 (62.1%)
72	KOŃ Aleksandra	4097	EKIPA LIPA	K-40	36	01:30:04	01:52:05.45	03:22:10.30	+00:42:52 (38.2%)	11:12	5.4 (62.1%)
73	KRAJEWSKA-PALUCH Ewa	3193		K-40	37	00:00:13	01:52:40.60	01:52:54.15	+00:43:27 (38.6%)	11:16	5.3 (60.9%)
74	JANOWSKA Ewa	4142		K-30	25	01:30:19	01:52:44.25	03:23:03.90	+00:43:31 (38.6%)	11:16	5.3 (60.9%)
75	WIELICZKO Dagmara	3064	ZONE RUNNERS	K-30	26	00:00:12	01:52:56.05	01:53:08.10	+00:43:42 (38.7%)	11:17	5.3 (60.9%)
76	KWIATKOWSKA Marta	4107		K-40	38	01:30:15	01:52:57.40	03:23:12.75	+00:43:44 (38.7%)	11:17	5.3 (60.9%)
77	KRÓLIKOWSKA Agnieszka	3141		K-40	39	00:00:07	01:52:58.30	01:53:05.80	+00:43:45 (38.7%)	11:17	5.3 (60.9%)
78	ŚMIECHOWSKA Małgorzata	4301		K-40	40	01:30:10	01:52:58.35	03:23:08.70	+00:43:45 (38.7%)	11:17	5.3 (60.9%)
79	JAŚKIEWICZ Katarzyna	4199		K-40	41	01:30:11	01:52:59.80	03:23:10.85	+00:43:46 (38.7%)	11:17	5.3 (60.9%)
80	KAŻMIERCZAK Anna	4230	#BIEGAJLESZNO	K-40	42	01:22:59	01:54:08.85	03:17:08.25	+00:44:55 (39.4%)	11:24	5.3 (60.9%)
81	APANOVA Ekaterina	4256		K-30	27	01:30:20	01:54:14.95	03:24:35.65	+00:45:01 (39.4%)	11:25	5.3 (60.9%)
82	CHEŁCHOWSKA Katarzyna	4078		K-30	28	01:30:05	01:54:21.20	03:24:26.85	+00:45:08 (39.5%)	11:26	5.2 (59.8%)
83	KOŁODZIEJ Marzena	4155	#BIEGIEMWLAS	K-40	43	01:30:14	01:54:22.15	03:24:36.95	+00:45:08 (39.5%)	11:26	5.2 (59.8%)
84	BIAŁA Małgorzata	3155		K-30	29	00:00:14	01:54:32.35	01:54:46.55	+00:45:19 (39.6%)	11:27	5.2 (59.8%)

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85	MAJ Magdalena	4117	GRAŻYNKI OCR	K-30	30	01:30:06	01:54:32.40	03:24:38.40	+00:45:19 (39.6%)	11:27	5.2 (59.8%)
86	WUDECKA Beata	4281		K-50	7	01:30:13	01:54:54.55	03:25:07.65	+00:45:41 (39.8%)	11:29	5.2 (59.8%)
87	KOPACZYŃSKA Beata	3216	CROSSFIT ZIELONA GÓRA	K-50	8	00:00:17	01:55:26.65	01:55:44.05	+00:46:13 (40.0%)	11:32	5.2 (59.8%)
88	GROMADZKA Justyna	3218	KOBIETY WATAHA	K-40	44	00:00:09	01:55:39.70	01:55:49.10	+00:46:26 (40.2%)	11:33	5.2 (59.8%)
89	GWORYS Katarzyna	3038	ZRYW PARZYMIECHY	K-40	45	00:00:03	01:55:42.70	01:55:46.50	+00:46:29 (40.2%)	11:34	5.2 (59.8%)
90	DOMOSŁAWSKA Joanna	4214		K-40	46	01:21:29	01:56:10.75	03:17:39.75	+00:46:57 (40.4%)	11:37	5.2 (59.8%)
91	STROMIDŁO Anna	4279	BROWAR DOMOWY HATAK	K-40	47	01:30:09	01:56:25.30	03:26:35.20	+00:47:12 (40.5%)	11:38	5.2 (59.8%)
92	BERNACKA Kinga	4318		K-30	31	01:26:02	01:56:54.00	03:22:56.20	+00:47:40 (40.8%)	11:41	5.1 (58.6%)
93	KONIECZNA Aleksandra	4317	-	K-30	32	01:26:02	01:56:56.05	03:22:58.30	+00:47:42 (40.8%)	11:41	5.1 (58.6%)
94	FANAJŁO Kasia	3144	ZIELONA GÓRO ZACZNIJ BIEGAĆ	K-30	33	00:00:07	01:57:04.80	01:57:12.10	+00:47:51 (40.9%)	11:42	5.1 (58.6%)
95	WĘGIER Agnieszka	3108	ZIELONA GÓRA ZACZNIJ BIEGAĆ	K-40	48	00:00:07	01:57:05.20	01:57:13.10	+00:47:52 (40.9%)	11:42	5.1 (58.6%)
96	BOGACKA Aneta	3109	ZGZB	K-30	34	00:00:07	01:57:17.10	01:57:24.80	+00:48:03 (41.0%)	11:43	5.1 (58.6%)
97	URBAN Alicja	4102	KACZKATEAM	K-20	7	01:30:12	01:57:49.10	03:28:01.50	+00:48:35 (41.2%)	11:46	5.1 (58.6%)
98	FLORCZAK Monika	4047		K-30	35	01:30:12	01:58:17.15	03:28:29.45	+00:49:03 (41.5%)	11:49	5.1 (58.6%)
99	DOLECKA Elżbieta	4114	NKB CHYŻY NOWY TOMYŚL	K-40	49	01:30:21	01:58:28.50	03:28:49.50	+00:49:15 (41.6%)	11:50	5.1 (58.6%)
100	MAŚLANA Katarzyna	4271		K-30	36	01:30:17	01:58:29.35	03:28:46.45	+00:49:16 (41.6%)	11:50	5.1 (58.6%)
101	KOZAK Ewa	4118	KOZAKI	K-40	50	01:30:22	01:59:32.95	03:29:55.35	+00:50:19 (42.1%)	11:57	5 (57.5%)
102	NATKANIEC Grazyna	4100	EKIPA LIPA	K-50	9	01:30:05	01:59:38.70	03:29:43.80	+00:50:25 (42.1%)	11:57	5 (57.5%)
103	SKIBA Anna	4289	KB HARCOWNIK	K-40	51	01:30:16	02:00:45.25	03:31:02.20	+00:51:32 (42.7%)	12:04	5 (57.5%)
104	KAMIŃSKA Andżelika	4177		K-40	52	01:30:18	02:01:01.00	03:31:19.70	+00:51:47 (42.8%)	12:06	5 (57.5%)
105	NOLAS Jolanta	4195	KLUB BIEGACZA HARCOWNIK	K-50	10	01:30:15	02:01:05.40	03:31:20.95	+00:51:52 (42.8%)	12:06	5 (57.5%)
106	SKRZĄTEK Anna	4137		K-40	53	01:30:12	02:01:09.45	03:31:21.75	+00:51:56 (42.9%)	12:06	5 (57.5%)
107	FRYSIAK Barbara	4222	WIELUŃ	K-50	11	01:30:04	02:01:14.55	03:31:18.90	+00:52:01 (42.9%)	12:07	4.9 (56.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
108	MAĆKOWIAK Joanna	4225		K-20	8	01:30:19	02:02:50.00	03:33:09.65	+00:53:36 (43.6%)	12:17	4.9 (56.3%)
109	JANKOWSKA Katarzyna	4215		K-40	54	01:21:29	02:02:57.00	03:24:26.05	+00:53:43 (43.7%)	12:17	4.9 (56.3%)
110	STACHOWIAK Joanna	4074		K-20	9	01:30:16	02:03:03.25	03:33:19.70	+00:53:50 (43.7%)	12:18	4.9 (56.3%)
111	OLEJNIK Ilona	4017	KRWIOBIEGANIE	K-50	12	01:30:15	02:03:25.20	03:33:40.25	+00:54:12 (43.9%)	12:20	4.9 (56.3%)
112	SKRZYŃSKA Marlena	4150	ZIELONA GÓRO ZACZNIJ BIEGAĆ	K-30	37	01:30:15	02:03:28.05	03:33:43.10	+00:54:14 (43.9%)	12:20	4.9 (56.3%)
113	MORAŃSKA Małgorzata	4125		K-30	38	01:30:19	02:03:52.20	03:34:11.85	+00:54:39 (44.1%)	12:23	4.8 (55.2%)
114	SKRZYPIŃSKA Agnieszka	4126	PSI PATROL	K-40	55	01:30:11	02:04:27.55	03:34:38.75	+00:55:14 (44.4%)	12:26	4.8 (55.2%)
115	KACZMAREK Monika	4124	NKB CHYŻY NOWY TOMYŚL	K-40	56	01:30:20	02:04:50.85	03:35:11.00	+00:55:37 (44.6%)	12:29	4.8 (55.2%)
116	KRAJEWSKA-KŁODA Katarzyna	3027	DRUŻYNA SZPIKU	K-40	57	00:00:16	02:04:51.70	02:05:08.60	+00:55:38 (44.6%)	12:29	4.8 (55.2%)
117	BARANIAK Beata	3025	DRUŻYNA SZPIKU	K-40	58	00:00:17	02:04:54.70	02:05:11.90	+00:55:41 (44.6%)	12:29	4.8 (55.2%)
118	SIARKIEWICZ Jola	4133	BIEGAMDLAZDROWIA.PL	K-60	1	01:30:20	02:04:56.75	03:35:17.45	+00:55:43 (44.6%)	12:29	4.8 (55.2%)
119	UCHEREK Kinga	4167		K-40	59	01:30:12	02:05:00.70	03:35:13.60	+00:55:47 (44.6%)	12:30	4.8 (55.2%)
120	NOWAK Monika	4233		K-40	60	01:30:23	02:05:09.25	03:35:33.05	+00:55:56 (44.7%)	12:30	4.8 (55.2%)
121	BARTOSZEWSKA Katarzyna	4269	TEAM RÓŻOWEJ PELERYNKI	K-40	61	01:30:14	02:05:10.10	03:35:24.30	+00:55:56 (44.7%)	12:31	4.8 (55.2%)
122	ŁUŻNY Agnieszka	4255	TEAM PAPRY	K-30	39	01:30:17	02:05:19.65	03:35:36.90	+00:56:06 (44.8%)	12:31	4.8 (55.2%)
123	NIEPORECKA Sylwia	4248		K-40	62	01:30:18	02:05:20.00	03:35:38.55	+00:56:06 (44.8%)	12:32	4.8 (55.2%)
124	SERWATKA Angelika	4277	KOBIETY WATAHY	K-30	40	01:30:12	02:05:28.85	03:35:41.20	+00:56:15 (44.8%)	12:32	4.8 (55.2%)
125	MAĆKOWIAK Karolina	4072	MAĆKOWIAK TEAM	K-40	63	01:30:08	02:05:43.50	03:35:52.10	+00:56:30 (44.9%)	12:34	4.8 (55.2%)
126	MARCINIAK Irmína	4035	TEAM BIEGANIE NA ŚNIADANIE	K-40	64	01:30:18	02:05:57.35	03:36:15.35	+00:56:44 (45.0%)	12:35	4.8 (55.2%)
127	RĘBECKA Violetta	4029	BIEGAMDLAZDROWIA. PL	K-40	65	01:30:21	02:05:57.55	03:36:18.60	+00:56:44 (45.0%)	12:35	4.8 (55.2%)
128	VAN KESSEL - PALUSZKIEWICZ Monika	4073	MAĆKOWIAK TEAM	K-40	66	01:30:08	02:06:05.90	03:36:14.60	+00:56:52 (45.1%)	12:36	4.8 (55.2%)
129	KONCA Beata	3095	KB OŻARÓW MAZOWIECKI BIEGA	K-40	67	00:00:21	02:06:07.80	02:06:29.60	+00:56:54 (45.1%)	12:36	4.8 (55.2%)
130	POPOWICZ Justyna	3232		K-40	68	00:00:10	02:06:18.30	02:06:28.55	+00:57:05 (45.2%)	12:37	4.8 (55.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
131	GRĘZEL-GAWRON Jolanta	4044		K-40	69	01:30:17	02:06:34.20	03:36:52.15	+00:57:21 (45.3%)	12:39	4.7 (54.0%)
132	GOŹDZICKA Iwona	4149	ZIELONA GÓRO ZACZNIJ BIEGAĆ / GB STATYSTYKA LUBUSKA	K-40	70	01:30:14	02:06:39.90	03:36:54.85	+00:57:26 (45.4%)	12:39	4.7 (54.0%)
133	BARTKIEWICZ Halina	4018		K-40	71	01:30:16	02:07:16.40	03:37:32.45	+00:58:03 (45.6%)	12:43	4.7 (54.0%)
134	POMAŁECKA Barbara	4094		K-30	41	01:30:09	02:07:20.70	03:37:30.55	+00:58:07 (45.6%)	12:44	4.7 (54.0%)
135	GÓRNA Aldona	3183	ZÓŁWICE W BIEGU	K-40	72	00:00:19	02:07:44.95	02:08:04.65	+00:58:31 (45.8%)	12:46	4.7 (54.0%)
136	DOBRZYŃSKA Joanna	4169		K-40	73	01:30:17	02:07:45.50	03:38:03.40	+00:58:32 (45.8%)	12:46	4.7 (54.0%)
137	PICHER RÓŻYŁO Joanna	4140		K-40	74	01:30:19	02:07:46.50	03:38:06.35	+00:58:33 (45.8%)	12:46	4.7 (54.0%)
138	LANGE Hanna	3181	ŻÓŁWICE W BIEGU	K-40	75	00:00:18	02:07:59.10	02:08:18.00	+00:58:45 (45.9%)	12:47	4.7 (54.0%)
139	PELCZER Agnieszka	4128	KB HARCOWNIK JELCZ-LASKOWICE	K-40	76	01:30:16	02:08:02.90	03:38:19.65	+00:58:49 (45.9%)	12:48	4.7 (54.0%)
140	SZALEWICZ Małgorzata	4037	RAZ SZCZECIN	K-50	13	01:30:10	02:08:07.15	03:38:17.75	+00:58:53 (46.0%)	12:48	4.7 (54.0%)
141	IGNASZEWSKA Marta	4160		K-40	77	01:30:12	02:08:19.40	03:38:32.00	+00:59:06 (46.1%)	12:49	4.7 (54.0%)
142	BRZEZIŃSKA Ewa	4138		K-50	14	01:30:10	02:08:20.30	03:38:30.50	+00:59:07 (46.1%)	12:50	4.7 (54.0%)
143	PIETRZAK Agnieszka	4172	BIEGAJĄCE KREJZOLE	K-40	78	01:30:13	02:08:27.80	03:38:41.30	+00:59:14 (46.1%)	12:50	4.7 (54.0%)
144	BACHURSKA Ewa	4077	KB HARCOWNIK JELCZ-LASKOWICE	K-40	79	01:25:50	02:09:18.40	03:35:08.70	+01:00:05 (46.5%)	12:55	4.6 (52.9%)
145	NOWAK Magdalena	3053	FILIP RUNNING TEAM	K-30	42	00:00:10	02:09:20.25	02:09:31.20	+01:00:07 (46.5%)	12:56	4.6 (52.9%)
146	TRAWA Małgorzata	4108	RUN TEAM RYDZYNA	K-40	80	01:22:45	02:10:06.10	03:32:51.20	+01:00:52 (46.8%)	13:00	4.6 (52.9%)
147	WIELAND Lidia	4103	RUN TEAM RYDZYNA	K-50	15	01:22:45	02:10:08.55	03:32:54.20	+01:00:55 (46.8%)	13:00	4.6 (52.9%)
148	GISZCZYŃSKA Wanda	4111	RUN TEAM RYDZYNA	K-40	81	01:22:45	02:10:14.80	03:33:00.60	+01:01:01 (46.9%)	13:01	4.6 (52.9%)
149	TRZCINA Agata	3024		K-40	82	00:00:20	02:10:38.65	02:10:58.80	+01:01:25 (47.0%)	13:03	4.6 (52.9%)
150	BEDNARSKA-KOZIOŁ Danuta	3066	WKURW_TEAM	K-40	83	00:00:06	02:10:50.20	02:10:56.70	+01:01:37 (47.1%)	13:05	4.6 (52.9%)
151	SAMULSKA Agata	4109		K-50	16	01:23:36	02:11:55.55	03:35:32.25	+01:02:42 (47.5%)	13:11	4.5 (51.7%)
152	PAWLUSIŃSKA Marzena	4057		K-40	84	01:26:12	02:14:10.80	03:40:22.95	+01:04:57 (48.4%)	13:25	4.5 (51.7%)
153	PIETRZAK Anna	4036		K-40	85	01:30:10	02:17:13.20	03:47:23.40	+01:08:00 (49.6%)	13:43	4.4 (50.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
154	CAŁKA Barbara	4065	KOBIECE BIEGANIE	K-50	17	01:30:25	02:21:22.70	03:51:48.20	+01:12:09 (51.0%)	14:08	4.2 (48.3%)
155	MANDES Anna	4304	IZABELIN NA START	K-40	86	01:13:20	02:23:25.40	03:36:45.60	+01:14:12 (51.7%)	14:20	4.2 (48.3%)
156	CHILARSKA Elżbieta	4152	KUDOWIANKA RUN	K-30	43	01:08:09	02:27:09.65	03:35:19.40	+01:17:56 (53.0%)	14:42	4.1 (47.1%)
157	DOBROWOLSKA Bożena	4104	SPORTOWI EMERYCI JELENIA GÓRA	K-60	2	01:30:16	02:33:03.60	04:03:20.20	+01:23:50 (54.8%)	15:18	3.9 (44.8%)
158	KOSTULSKA Olga	4300	WKURW_TEAM	K-30	44	01:30:14	02:36:31.20	04:06:45.75	+01:27:18 (55.8%)	15:39	3.8 (43.7%)
159	FRĄCKOWIAK Anna	4129	KB HARCOWNIK JELCZ-LASKOWICE	K-50	18	01:30:15	02:38:03.00	04:08:18.70	+01:28:49 (56.2%)	15:48	3.8 (43.7%)
160	BARAŃSKA Adrianna	4261	SOCIOS SILESIA	K-20	10	01:30:18	02:39:30.95	04:09:49.20	+01:30:17 (56.6%)	15:57	3.8 (43.7%)
DQ	ZIÓŁKOWSKA Ewelina	3254	KB HARCOWNIK JELCZ LASKOWICE	K-30		DQ	02:00:30.20 DQ	DQ		0:00	5 (57.5%)
	BAKSALARY Lidia	4180	#BIEGAJLESZNO	K-40		DNF	DNF	DNF		-	- (0.0%)
	MACHNIO Nikola	4228		K-20		DNF	DNF	DNF		-	- (0.0%)
	HAUTON Monika	3015	NIE TERAZ, POTEM	K-40		DNF	DNF	DNF		-	- (0.0%)

Znaleziono 164 wynik(ów)