

**Wydarzenie:** UltraKotlina  
**Organizator:** Fundacja Przejście Kotliny  
**Data:** 2023-10-07  
**Miejsce:** Szklarska Poręba  
**Dystans:** 34 km

Klasyfikacja: Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
1	<b>DUL Karolina</b>	<b>277</b>	SBG SALCO	K20	1	01:04:30	02:06:00	<b>02:52:20.75</b>	<b>02:52:20.75</b>		5:04	11.8 (100%)
2	<b>BONIEC-RZEPSKA Gabriela</b>	<b>205</b>	AW - SZYBCIEJ -TEAM	K30	1	01:11:58	02:23:02	<b>03:13:54.05</b>	<b>03:13:54.05</b>	+00:21:33 (11.1%)	5:42	10.5 (89.0%)
3	<b>IWAŃCIÓW Katarzyna</b>	<b>203</b>	TERVEL MOUNTAIN RUNNING	K30	2	01:12:32	02:23:04	<b>03:15:06.65</b>	<b>03:15:06.65</b>	+00:22:45 (11.7%)	5:44	10.5 (89.0%)
4	<b>RYBARCZYK Weronika</b>	<b>190</b>	KW DZIABKA	K30	3	01:13:31	02:24:24	<b>03:18:57.55</b>	<b>03:19:07.70</b>	+00:26:46 (13.4%)	5:51	10.3 (87.3%)
5	<b>IDCZAK Agnieszka</b>	<b>264</b>	FITNESS PIEKARY LEGNICA	K30	4	01:14:20	02:28:13	<b>03:23:03.50</b>	<b>03:23:07.85</b>	+00:30:47 (15.2%)	5:58	10 (84.7%)
6	<b>JAMRÓZ Karina</b>	<b>195</b>		K40	1	01:15:08	02:29:24	<b>03:24:49.80</b>	<b>03:24:49.80</b>	+00:32:29 (15.9%)	6:01	10 (84.7%)
7	<b>KUBIAK Jagoda</b>	<b>256</b>		K30	5	01:15:41	02:29:36	<b>03:24:56.85</b>	<b>03:24:56.85</b>	+00:32:36 (15.9%)	6:01	10 (84.7%)
8	<b>JASZCZAK Bogna</b>	<b>62</b>		K20	2	01:17:01	02:32:51	<b>03:32:24.60</b>	<b>03:32:30.75</b>	+00:40:10 (18.9%)	6:14	9.6 (81.4%)
9	<b>DRAGANEK Ewelina</b>	<b>157</b>		K40	2	01:19:06	02:36:52	<b>03:35:10.10</b>	<b>03:35:23.45</b>	+00:43:02 (20.0%)	6:19	9.5 (80.5%)
10	<b>KURPIEWSKA Anna</b>	<b>135</b>	GT RAT	K40	3	01:20:55	02:42:35	<b>03:41:44.15</b>	<b>03:42:01.25</b>	+00:49:40 (22.4%)	6:31	9.2 (78.0%)
11	<b>ONISZCZUK Agnieszka</b>	<b>142</b>		K20	3	01:21:40	02:43:20	<b>03:43:24.95</b>	<b>03:43:33.75</b>	+00:51:13 (22.9%)	6:34	9.1 (77.1%)
12	<b>ŁUKASIEWICZ Ewelina</b>	<b>231</b>		K20	4	01:20:35	02:42:16	<b>03:45:33.25</b>	<b>03:45:33.25</b>	+00:53:12 (23.6%)	6:38	9 (76.3%)
13	<b>CZAPLIKA Izabela</b>	<b>138</b>	GOPR KARKONOSZE	K40	4	01:21:07	02:45:12	<b>03:49:39.55</b>	<b>03:49:56.80</b>	+00:57:36 (25.0%)	6:45	8.9 (75.4%)
14	<b>MACHNICKA Wiktoria</b>	<b>297</b>		K20	5	01:21:47	02:49:23	<b>03:51:50.30</b>	<b>03:52:12.25</b>	+00:59:51 (25.8%)	6:49	8.8 (74.6%)
15	<b>OWCZAREK Izabela</b>	<b>292</b>	SLEZAKTEAM	K40	5	01:21:55	02:46:02	<b>03:53:02.90</b>	<b>03:53:07.10</b>	+01:00:46 (26.1%)	6:51	8.8 (74.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
16	<b>BEHRA Natalia</b>	<b>204</b>		K30	6	01:19:30	02:46:19	<b>03:58:47.75</b>	<b>03:58:47.75</b>	+01:06:27 (27.8%)	7:01	8.5 (72.0%)
17	<b>MAJDER Klaudia</b>	<b>217</b>	CAŁA OLEŚNICA BIEGA	K30	7	01:21:41	02:46:56	<b>03:58:59.80</b>	<b>03:59:04.65</b>	+01:06:43 (27.9%)	7:01	8.5 (72.0%)
18	<b>KOŚCIELNIAK Oliwia</b>	<b>60</b>		K20	6	01:27:55	02:54:22	<b>03:58:53.10</b>	<b>03:59:18.40</b>	+01:06:57 (28.0%)	7:01	8.5 (72.0%)
19	<b>SKIBIŃSKA Aldona</b>	<b>208</b>		K50	1	01:25:07	02:53:43	<b>04:05:34.55</b>	<b>04:05:39.05</b>	+01:13:18 (29.8%)	7:13	8.3 (70.3%)
20	<b>ŁOWICKA Maja</b>	<b>236</b>	AKTYWNI RAZEM	K30	8	01:25:52	02:58:26	<b>04:06:57.45</b>	<b>04:06:57.45</b>	+01:14:36 (30.2%)	7:15	8.3 (70.3%)
21	<b>JODŁOWSKA Ewa</b>	<b>123</b>	BBC KROSNO ODRZANSKIE	K40	6	01:31:51	02:58:52	<b>04:07:05.90</b>	<b>04:07:05.90</b>	+01:14:45 (30.3%)	7:16	8.3 (70.3%)
22	<b>TUCZYŃSKA Barbara</b>	<b>38</b>	ACTIVE TEAM BEZ BALASTU	K40	7	01:26:58	02:54:11	<b>04:07:13.60</b>	<b>04:07:37.75</b>	+01:15:17 (30.4%)	7:16	8.3 (70.3%)
23	<b>KROSZCZYŃSKA Jowita</b>	<b>79</b>		K20	7	01:30:00	02:59:18	<b>04:09:26.85</b>	<b>04:09:31.40</b>	+01:17:10 (30.9%)	7:20	8.2 (69.5%)
24	<b>MICHALAK-KLIMCZAK Lucyna</b>	<b>298</b>		K40	8	01:29:33	02:59:51	<b>04:12:35.55</b>	<b>04:12:57.80</b>	+01:20:37 (31.9%)	7:25	8.1 (68.6%)
25	<b>CZAJKA Elżbieta</b>	<b>185</b>	CEBULA TEAM	K30	9	01:29:52	03:00:52	<b>04:13:32.15</b>	<b>04:13:46.55</b>	+01:21:25 (32.1%)	7:27	8 (67.8%)
26	<b>HEJNE Agnieszka</b>	<b>84</b>	MISTRZOWSKITRENING	K40	9	01:27:32	03:00:53	<b>04:14:41.75</b>	<b>04:14:41.75</b>	+01:22:21 (32.3%)	7:29	8 (67.8%)
27	<b>KRUSZEWSKA Asia</b>	<b>68</b>	AR ADIDAS RUNNERS POZNAŃ	K30	10		03:00:49	<b>04:15:26.10</b>	<b>04:15:50.00</b>	+01:23:29 (32.6%)	7:30	8 (67.8%)
28	<b>JACIUK Dagmara</b>	<b>247</b>		K40	10	01:30:54	03:01:59	<b>04:16:09.10</b>	<b>04:16:09.10</b>	+01:23:48 (32.7%)	7:32	8 (67.8%)
29	<b>BALCERZAK Aleksandra</b>	<b>193</b>	UKL ÓSEMKA	K30	11	01:30:47	03:02:13	<b>04:21:51.40</b>	<b>04:21:51.40</b>	+01:29:30 (34.2%)	7:42	7.8 (66.1%)
30	<b>HORZELA Beata</b>	<b>41</b>	BETA-TRANS BIS	K30	12	01:33:35	03:07:18	<b>04:22:10.60</b>	<b>04:22:10.60</b>	+01:29:49 (34.3%)	7:42	7.8 (66.1%)
31	<b>PŁUSA Aneta</b>	<b>153</b>	BBC KROSNO ODRZAŃSKIE	K40	11	01:32:08	03:07:35	<b>04:22:04.95</b>	<b>04:22:17.00</b>	+01:29:56 (34.3%)	7:42	7.8 (66.1%)
32	<b>WÓJCIK Monika</b>	<b>260</b>	RUNPROGRESS	K40	12	01:30:38	03:04:31	<b>04:22:48.00</b>	<b>04:22:53.20</b>	+01:30:32 (34.4%)	7:43	7.8 (66.1%)
33	<b>NARKUN Ewa</b>	<b>305</b>		K40	13	01:34:15	03:08:34	<b>04:22:54.30</b>	<b>04:22:54.30</b>	+01:30:33 (34.4%)	7:43	7.8 (66.1%)
34	<b>FILIPOWSKA Teresa</b>	<b>209</b>		K50	2	01:32:05	03:05:45	<b>04:22:58.15</b>	<b>04:23:06.00</b>	+01:30:45 (34.5%)	7:44	7.8 (66.1%)
35	<b>BAKSALARY Lidia</b>	<b>20</b>	BIEGAJ LESZNO	K50	3		03:12:27	<b>04:24:02.70</b>	<b>04:24:05.55</b>	+01:31:44 (34.7%)	7:45	7.7 (65.3%)
36	<b>KAŻMIERCZAK Anna</b>	<b>85</b>	#BIEGAJLESZNO	K40	14	01:32:11	03:07:31	<b>04:24:45.25</b>	<b>04:24:51.80</b>	+01:32:31 (34.9%)	7:47	7.7 (65.3%)
37	<b>JANKOWIAK Paulina</b>	<b>166</b>	SOKÓŁ WŁOSZAKOWICE	K40	15	01:31:58	03:09:07	<b>04:24:52.25</b>	<b>04:24:58.25</b>	+01:32:37 (35.0%)	7:47	7.7 (65.3%)
38	<b>KACZOROWSKA Dorota</b>	<b>159</b>		K40	16	01:36:49	03:10:49	<b>04:27:09.50</b>	<b>04:27:09.50</b>	+01:34:48 (35.5%)	7:51	7.6 (64.4%)

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39	<b>WIETRZYŃSKA Agnieszka</b>	<b>2</b>		K50	4	01:33:02	03:11:59	<b>04:33:10.60</b>	<b>04:33:17.55</b>	+01:40:56 (36.9%)	8:02	7.5 (63.6%)
40	<b>CZYCZEWSKA Paulina</b>	<b>119</b>		K30	13	01:40:47	03:15:51	<b>04:33:14.55</b>	<b>04:33:30.85</b>	+01:41:10 (37.0%)	8:02	7.5 (63.6%)
41	<b>MARCINKOWSKA Martyna</b>	<b>265</b>	MM RUN TEAM	K30	14	01:39:25	03:16:26	<b>04:35:02.25</b>	<b>04:35:15.10</b>	+01:42:54 (37.4%)	8:05	7.4 (62.7%)
42	<b>ANTKOWIAK-BRONOWICKA Agnieszka</b>	<b>45</b>	DRUŻYNA SZPIKU	K40	17	01:39:15	03:17:53	<b>04:38:14.75</b>	<b>04:38:43.40</b>	+01:46:22 (38.2%)	8:11	7.3 (61.9%)
43	<b>BARTMAŃSKA Mirosława</b>	<b>186</b>	MOCNA GRUPA CEZARA	K40	18	01:31:56	03:09:20	<b>04:40:56.00</b>	<b>04:41:06.60</b>	+01:48:45 (38.7%)	8:15	7.3 (61.9%)
44	<b>KLAJA Karolina</b>	<b>180</b>		K30	15	01:35:56	03:19:54	<b>04:41:36.50</b>	<b>04:41:50.15</b>	+01:49:29 (38.8%)	8:16	7.2 (61.0%)
45	<b>SYNOWIEC-JUDA Agata</b>	<b>288</b>		K40	19	01:42:05	03:23:52	<b>04:41:53.80</b>	<b>04:42:11.05</b>	+01:49:50 (38.9%)	8:17	7.2 (61.0%)
46	<b>SKUBISZ Marta</b>	<b>258</b>	RURKI ALPINE CLUB	K30	16	01:41:05	03:21:20	<b>04:42:07.40</b>	<b>04:42:21.70</b>	+01:50:00 (39.0%)	8:17	7.2 (61.0%)
47	<b>RONKOWSKA Małgorzata</b>	<b>289</b>		K30	17	01:42:01	03:23:53	<b>04:42:09.40</b>	<b>04:42:28.75</b>	+01:50:08 (39.0%)	8:17	7.2 (61.0%)
48	<b>MICHALIK Kamila</b>	<b>129</b>		K20	8	01:37:30	03:20:26	<b>04:43:54.75</b>	<b>04:43:54.75</b>	+01:51:34 (39.3%)	8:21	7.2 (61.0%)
49	<b>PILUJSKA Agnieszka</b>	<b>80</b>		K40	20	01:37:20	03:19:09	<b>04:45:35.90</b>	<b>04:45:49.45</b>	+01:53:28 (39.7%)	8:23	7.1 (60.2%)
50	<b>SAKRAJDA Justyna</b>	<b>270</b>		K30	18	01:39:44	03:19:44	<b>04:45:34.75</b>	<b>04:46:01.60</b>	+01:53:40 (39.7%)	8:23	7.1 (60.2%)
51	<b>OLEJNICZAK Agnieszka</b>	<b>178</b>		K40	21	01:40:44	03:22:35	<b>04:46:25.85</b>	<b>04:46:25.85</b>	+01:54:05 (39.8%)	8:25	7.1 (60.2%)
52	<b>MIŁOSZEWSKA Katarzyna</b>	<b>64</b>	IZERY BOGATYNIA	K40	22	01:37:04	03:18:02	<b>04:46:37.40</b>	<b>04:46:46.55</b>	+01:54:25 (39.9%)	8:25	7.1 (60.2%)
53	<b>GRZEGRZÓŁKA Anna</b>	<b>291</b>		K40	23	01:36:59	03:18:08	<b>04:46:37.80</b>	<b>04:46:46.65</b>	+01:54:25 (39.9%)	8:25	7.1 (60.2%)
54	<b>PALKIJ Aleksandra</b>	<b>4</b>	KS FORREST LIMANOWA	K30	19	01:32:59	03:16:28	<b>04:47:42.40</b>	<b>04:47:42.40</b>	+01:55:21 (40.1%)	8:27	7.1 (60.2%)
55	<b>WOJCIK Magdalena</b>	<b>77</b>		K30	20	01:39:38	03:18:52	<b>04:49:04.25</b>	<b>04:49:24.35</b>	+01:57:03 (40.4%)	8:30	7.1 (60.2%)
56	<b>PIOTROWICZ Marta</b>	<b>248</b>		K20	9	01:37:10	03:19:18	<b>04:50:06.05</b>	<b>04:50:28.60</b>	+01:58:07 (40.7%)	8:31	7 (59.3%)
57	<b>WYSOCKA Katarzyna</b>	<b>1</b>		K40	24	01:36:51	03:24:12	<b>04:50:37.60</b>	<b>04:50:45.90</b>	+01:58:25 (40.7%)	8:32	7 (59.3%)
58	<b>LIPNICKA Joanna</b>	<b>200</b>		K30	21	01:36:07	03:22:49	<b>04:50:32.10</b>	<b>04:50:45.95</b>	+01:58:25 (40.7%)	8:32	7 (59.3%)
59	<b>GNATOWICZ-CZARNOŁĘSKA Beata</b>	<b>167</b>	ZAKOCHAJ SIĘ W BIEGANIU	K50	5	01:39:10	03:26:55	<b>04:51:51.05</b>	<b>04:52:11.90</b>	+01:59:51 (41.0%)	8:35	7 (59.3%)
60	<b>GRZYWINSKA Anna</b>	<b>240</b>		K40	25	01:39:49	03:25:04	<b>04:57:05.20</b>	<b>04:57:32.95</b>	+02:05:12 (42.1%)	8:44	6.9 (58.5%)
61	<b>SZMEL Ewa</b>	<b>307</b>	BIEGAMDŁAZDROWIA	K60+	1	01:44:51	03:32:48	<b>04:57:59.55</b>	<b>04:58:22.20</b>	+02:06:01 (42.2%)	8:45	6.8 (57.6%)

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62	<b>TRZCIŃSKA Jolanta</b>	<b>156</b>	ROCK BALANCING ICE	K40	26	01:40:28	03:29:52	<b>04:59:37.95</b>	<b>04:59:37.95</b>	+02:07:17 (42.5%)	8:48	6.8 (57.6%)
63	<b>TERLECKA Justyna</b>	<b>8</b>		K40	27	01:32:26	03:27:56	<b>05:01:17.20</b>	<b>05:01:17.20</b>	+02:08:56 (42.8%)	8:51	6.8 (57.6%)
64	<b>SAKRAJDA Beata</b>	<b>271</b>		K30	22	01:41:04	03:29:14	<b>05:02:38.70</b>	<b>05:03:04.80</b>	+02:10:44 (43.1%)	8:54	6.7 (56.8%)
65	<b>MATECKA Barbara</b>	<b>179</b>	AKTYWNI RAZEM	K40	28	01:42:46	03:33:05	<b>05:04:17.50</b>	<b>05:04:32.70</b>	+02:12:11 (43.4%)	8:56	6.7 (56.8%)
66	<b>HARAJ Honorata</b>	<b>73</b>	AKTYWNI RAZEM	K40	29	01:42:49	03:33:09	<b>05:04:17.40</b>	<b>05:04:32.90</b>	+02:12:12 (43.4%)	8:56	6.7 (56.8%)
67	<b>SENETRA Malgorzata</b>	<b>183</b>	ROCK BALANCING ICE	K40	30	01:43:41	03:30:35	<b>05:06:34.80</b>	<b>05:06:39.75</b>	+02:14:19 (43.8%)	9:01	6.7 (56.8%)
68	<b>JAŹDŹEWSKA Julita</b>	<b>59</b>		K40	31	01:42:10	03:31:50	<b>05:09:33.55</b>	<b>05:09:39.40</b>	+02:17:18 (44.3%)	9:06	6.6 (55.9%)
69	<b>MATUSEWICZ Patrycja</b>	<b>102</b>		K40	32	01:42:55	03:32:37	<b>05:09:31.30</b>	<b>05:09:39.55</b>	+02:17:18 (44.3%)	9:06	6.6 (55.9%)
70	<b>STRZELCZYK Paulina</b>	<b>237</b>		K30	23	01:42:33	03:37:58	<b>05:10:35.70</b>	<b>05:10:43.45</b>	+02:18:22 (44.5%)	9:08	6.6 (55.9%)
71	<b>GIDASZEWSKA Jolanta</b>	<b>32</b>	LESZNO GRONOWO	K40	33	01:42:29	03:38:03	<b>05:10:36.50</b>	<b>05:10:43.50</b>	+02:18:22 (44.5%)	9:08	6.6 (55.9%)
72	<b>HAUZER Natalia</b>	<b>148</b>	UCIEKAJĄCY RODZICE	K30	24	01:45:50	03:38:05	<b>05:10:49.15</b>	<b>05:10:56.30</b>	+02:18:35 (44.6%)	9:08	6.6 (55.9%)
73	<b>GOŁOS Paulina</b>	<b>147</b>	UCIEKAJĄCY RODZICE	K30	25	01:46:03	03:38:16	<b>05:10:49.10</b>	<b>05:10:56.35</b>	+02:18:35 (44.6%)	9:08	6.6 (55.9%)
74	<b>WIRA Barbara</b>	<b>133</b>		K40	34	01:49:24	03:37:34	<b>05:10:41.05</b>	<b>05:11:03.30</b>	+02:18:42 (44.6%)	9:08	6.6 (55.9%)
75	<b>OCZKOWICZ Beata</b>	<b>221</b>	MOCNA GRUPA CEZARA	K30	26	01:40:44	03:38:20	<b>05:12:18.10</b>	<b>05:12:29.60</b>	+02:20:08 (44.8%)	9:11	6.5 (55.1%)
76	<b>GÓRALCZYK Magdalena</b>	<b>293</b>		K30	27	01:44:23	03:37:07	<b>05:16:14.85</b>	<b>05:16:23.10</b>	+02:24:02 (45.5%)	9:18	6.5 (55.1%)
77	<b>WIECZOREK Ewa</b>	<b>100</b>		K40	35	01:43:07	03:35:55	<b>05:18:43.10</b>	<b>05:19:06.45</b>	+02:26:45 (46.0%)	9:22	6.4 (54.2%)
78	<b>GIGOŃ Barbara</b>	<b>155</b>	ROCK BALANCING ICE	K50	6	01:56:46	03:55:31	<b>05:27:52.05</b>	<b>05:27:52.05</b>	+02:35:31 (47.4%)	9:38	6.2 (52.5%)
79	<b>ZAZULA Marlena</b>	<b>242</b>		K60+	2	01:49:09	03:46:31	<b>05:28:08.10</b>	<b>05:28:31.25</b>	+02:36:10 (47.5%)	9:39	6.2 (52.5%)
80	<b>SUT Iwona</b>	<b>176</b>		K40	36	01:40:31	03:56:38	<b>05:36:22.80</b>	<b>05:36:39.95</b>	+02:44:19 (48.8%)	9:53	6.1 (51.7%)
81	<b>MARKIEWICZ Jagoda</b>	<b>117</b>		K20	10	01:55:36	03:59:41	<b>05:40:25.65</b>	<b>05:40:54.80</b>	+02:48:34 (49.4%)	10:00	6 (50.8%)
82	<b>GARCON Joanna</b>	<b>126</b>	KUŹNIA TALENTÓW KAMIENIEC	K30	28	01:55:40	03:59:46	<b>05:40:26.60</b>	<b>05:40:54.95</b>	+02:48:34 (49.4%)	10:00	6 (50.8%)
83	<b>STANOWSKA Katarzyna</b>	<b>268</b>		K50	7	01:57:44	04:01:33	<b>05:41:59.50</b>	<b>05:42:20.40</b>	+02:49:59 (49.7%)	10:03	6 (50.8%)
84	<b>MODRZEJEWSKA Anna</b>	<b>295</b>		K40	37	02:00:22	04:08:03	<b>05:51:15.25</b>	<b>05:51:15.25</b>	+02:58:54 (50.9%)	10:19	5.8 (49.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Zakręt Śmierci 12km	Jakuszyce 24km	Czas netto 34km	Czas brutto 34km	Różn	Tempo min/km	Tempo km/h
85	<b>SOBIERALSKA Magdalena</b>	<b>66</b>		K30	29	01:57:44	04:08:18	<b>05:55:33.10</b>	<b>05:55:59.95</b>	+03:03:39 (51.6%)	10:27	5.7 (48.3%)
<b>Przekroczony limit czasu: 06:00:00</b>												
86	<b>FLAK Monika</b>	<b>154</b>	ROCK BALANCING ICE	K30	30	02:04:50	04:43:03	<b>06:52:48.20</b>	<b>06:52:48.20</b>	+04:00:27 (58.2%)	12:08	4.9 (41.5%)
	<b>APOLINARSKA Natalia</b>	<b>46</b>	APOLLO	K30		01:22:24 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	-(0.0%)

Znaleziono 87 wynik(ów)