



V DYCHA NA JELENI SKOK

B4SPORT

Wydarzenie: VIII FESTIWAL BIEGU RZEŹNIKA
Organizator: Fundacja Bieg Rzeźnika
Data: 2022-06-18
Miejsce: Cisna
Dystans: 11 km

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: K-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
1	KAPUSTA-SZYDŁAK Sylwia	4259		K40	1	01:03:48.10	01:03:50.10		5:48	10.3 (100%)
2	BOLECHOWSKA Dominika	4482	ALPIN SPORT	K40	2	01:08:44.30	01:08:46.00	+00:04:55 (7.2%)	6:14	9.6 (93.2%)
3	PALOWSKA Joanna	4262	GÓRAL Z MAZUR RUNNING TEAM	K30	1	01:12:56.35	01:13:05.15	+00:09:15 (12.7%)	6:37	9 (87.4%)
4	ZAJĄC Kamila	4282	WKS SZRENIAWA NOWY WIŚNICZ	K20	1	01:13:52.50	01:13:55.85	+00:10:05 (13.7%)	6:42	8.9 (86.4%)
5	KOCZUR Kamila	4304		K30	2	01:15:10.00	01:15:17.65	+00:11:27 (15.2%)	6:50	8.8 (85.4%)
6	WOJNAROWSKA Weronika	4004		K30	3	01:15:46.55	01:15:50.55	+00:12:00 (15.8%)	6:53	8.7 (84.5%)
7	BIENIECKA Anna	4468	RZEŹNIK NA RELAKSIE	K40	3	01:16:28.05	01:16:30.70	+00:12:40 (16.6%)	6:57	8.6 (83.5%)
8	HOŁOWATY Renata	4444		K30	4	01:17:25.80	01:17:29.05	+00:13:38 (17.6%)	7:02	8.5 (82.5%)
9	KOMISARCZYK Anna	4413		K30	5	01:17:28.90	01:17:32.90	+00:13:42 (17.7%)	7:02	8.5 (82.5%)
10	BARTUŚ Monika	4317		K20	2	01:17:37.60	01:17:39.95	+00:13:49 (17.8%)	7:03	8.5 (82.5%)
11	BODZIOCH Agnieszka	4083		K30	6	01:18:51.30	01:18:57.15	+00:15:07 (19.1%)	7:10	8.4 (81.6%)
12	OCHYRA Karolina	4366		K20	3	01:19:59.75	01:20:03.65	+00:16:13 (20.3%)	7:16	8.3 (80.6%)
13	RAK Alicja	4246		K30	7	01:22:59.00	01:23:13.00	+00:19:22 (23.3%)	7:32	8 (77.7%)
14	WNOROWSKA Magdalena	4315		K40	4	01:23:16.10	01:23:23.45	+00:19:33 (23.5%)	7:34	7.9 (76.7%)
15	CURZYDŁO Magdalena	4429	SANOK BIEGA	K30	8	01:23:37.15	01:23:40.55	+00:19:50 (23.7%)	7:36	7.9 (76.7%)
16	PAŚNICKA Marta	4425		K40	5	01:23:40.50	01:23:48.50	+00:19:58 (23.8%)	7:36	7.9 (76.7%)
17	GRZELAK Anna	4099	MARMUROWE DZIKI	K30	9	01:23:48.90	01:23:53.80	+00:20:03 (23.9%)	7:37	7.9 (76.7%)
18	SKROBAŃSKA Laura	4122	KANTOR RUNNING TEAM, SKROBKITEAM	K20	4	01:26:40.25	01:26:45.25	+00:22:55 (26.4%)	7:52	7.6 (73.8%)
19	SKAWIŃSKA Justyna	4417		K30	10	01:26:49.70	01:27:05.80	+00:23:15 (26.7%)	7:53	7.6 (73.8%)
20	RUS Marta	4477		K40	6	01:27:23.30	01:27:36.35	+00:23:46 (27.1%)	7:56	7.6 (73.8%)
21	KŁODZIŃSKA Barbara	4106	ULTRAMĘKI	K50	1	01:27:56.30	01:28:02.45	+00:24:12 (27.5%)	7:59	7.5 (72.8%)
22	LATUSEK Joanna	4285		K30	11	01:28:01.85	01:28:28.00	+00:24:37 (27.8%)	8:00	7.5 (72.8%)
23	CICHON Sabina	4441		K30	12	01:28:17.90	01:28:45.25	+00:24:55 (28.1%)	8:01	7.5 (72.8%)
24	ZIELIŃSKA Dorota	4188		K20	5	01:29:12.10	01:29:34.80	+00:25:44 (28.7%)	8:06	7.4 (71.8%)
25	LATUSEK Katarzyna	4332		K20	6	01:29:35.25	01:30:00.95	+00:26:10 (29.1%)	8:08	7.4 (71.8%)
26	ANTKIEWICZ Natalia	4129	TAJFUN KOLBUSZOWA	K20	7	01:31:11.40	01:31:30.05	+00:27:39 (30.2%)	8:17	7.2 (69.9%)
27	TYLIŃSKA Dagmara	4023	SŁOŃCE JURY	K30	13	01:32:23.75	01:32:43.40	+00:28:53 (31.2%)	8:23	7.1 (68.9%)
28	GARBATY Anna	4327		K30	14	01:32:31.45	01:32:45.35	+00:28:55 (31.2%)	8:24	7.1 (68.9%)
29	TWORZYDŁO Dominika	4314	RĄCZY JELEŃ	K20	8	01:33:03.05	01:33:08.90	+00:29:18 (31.5%)	8:27	7.1 (68.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
30	WILGA Ewa	4371	JOZEFIŃSKA TEAM	K30	15	01:32:35.80	01:33:09.75	+00:29:19 (31.5%)	8:25	7.1 (68.9%)
31	GŁĄB Paulina	4391		K20	9	01:33:09.50	01:33:24.50	+00:29:34 (31.7%)	8:28	7.1 (68.9%)
32	OCHEJ Joanna	4407	APTENEO TEAM	K30	16	01:33:32.70	01:33:52.90	+00:30:02 (32.0%)	8:30	7.1 (68.9%)
33	SZCZUREK Aleksandra	4293	KPU KROSNO	K20	10	01:33:59.85	01:34:11.80	+00:30:21 (32.2%)	8:32	7 (68.0%)
34	LORENC-KAPALA Katarzyna	4270	AKS POLONIA WARSZAWA	K40	7	01:34:14.05	01:34:24.80	+00:30:34 (32.4%)	8:34	7 (68.0%)
35	SIUDAK Anna	4291		K40	8	01:34:27.25	01:34:42.70	+00:30:52 (32.6%)	8:35	7 (68.0%)
36	KOZAK Beata	4218		K40	9	01:35:14.85	01:35:40.10	+00:31:50 (33.3%)	8:39	6.9 (67.0%)
37	STĘPIEŃ-MŁOT Aneta	4428		K30	17	01:35:46.95	01:35:58.45	+00:32:08 (33.5%)	8:42	6.9 (67.0%)
38	BACHURSKA Ewa	4176	KB HARCOWNIK JELCZ-LASKOWICE	K40	10	01:36:45.10	01:36:49.50	+00:32:59 (34.1%)	8:47	6.8 (66.0%)
39	WALASZEK Karolina	4208		K30	18	01:36:39.85	01:37:08.00	+00:33:17 (34.3%)	8:47	6.8 (66.0%)
40	WIERZBICKA Katarzyna	4423		K30	19	01:37:02.40	01:37:09.75	+00:33:19 (34.3%)	8:49	6.8 (66.0%)
41	WIERZBICKA Ewa	4088		K50	2	01:37:03.00	01:37:10.05	+00:33:19 (34.3%)	8:49	6.8 (66.0%)
42	PALUCH Laura	4169		K20	11	01:36:34.80	01:37:11.60	+00:33:21 (34.3%)	8:46	6.8 (66.0%)
43	RODZIEWICZ Marta	4193		K30	20	01:36:47.20	01:37:11.70	+00:33:21 (34.3%)	8:47	6.8 (66.0%)
44	DOLEGACZ Ewa	4223		K40	11	01:37:28.65	01:37:47.75	+00:33:57 (34.7%)	8:51	6.8 (66.0%)
45	WAŁASIŃSKA Ewelina	4360		K20	12	01:37:29.00	01:37:48.80	+00:33:58 (34.7%)	8:51	6.8 (66.0%)
46	CUDNA-WILK Justyna	4005		K30	21	01:37:40.60	01:37:50.10	+00:34:00 (34.8%)	8:52	6.8 (66.0%)
47	PAWELCZAK Iwona	4119		K30	22	01:38:23.85	01:38:31.90	+00:34:41 (35.2%)	8:56	6.7 (65.0%)
48	FOLTA Anita	4328		K50	3	01:38:44.40	01:38:48.70	+00:34:58 (35.4%)	8:58	6.7 (65.0%)
49	IKANOWICZ Agata	4190		K20	13	01:38:48.85	01:39:11.65	+00:35:21 (35.6%)	8:58	6.7 (65.0%)
50	MILCZAREK Aneta	4485	KUTNO BIEGA	K40	12	01:39:05.50	01:39:22.85	+00:35:32 (35.8%)	9:00	6.7 (65.0%)
51	CUDNA-GRUSZECKA Edyta	4446		K40	13	01:39:26.80	01:39:36.90	+00:35:46 (35.9%)	9:02	6.6 (64.1%)
52	KOWALIŃSKA Małgorzata	4159		K20	14	01:39:28.85	01:39:38.45	+00:35:48 (35.9%)	9:02	6.6 (64.1%)
53	OLSZEWSKA Katarzyna	4114	DZIK KOMANDO	K20	15	01:39:18.90	01:39:40.05	+00:35:49 (36.0%)	9:01	6.6 (64.1%)
54	KARLIŃSKA Małgorzata	4113	DZIK KOMANDO	K20	16	01:39:23.70	01:39:44.05	+00:35:53 (36.0%)	9:02	6.6 (64.1%)
55	MAZUR Maria	4414		K30	23	01:39:44.95	01:39:44.95	+00:35:54 (36.0%)	9:04	6.6 (64.1%)
56	SZERMENT Magdalena	4340	MAZURTEAM	K40	14	01:39:37.70	01:39:50.65	+00:36:00 (36.1%)	9:03	6.6 (64.1%)
57	NIECKARZ Renata	4118		K40	15	01:39:47.90	01:40:06.35	+00:36:16 (36.2%)	9:04	6.6 (64.1%)
58	WARYSZAK Joanna	4121	DZIK KOMANDO	K30	24	01:40:07.55	01:40:28.25	+00:36:38 (36.5%)	9:06	6.6 (64.1%)
59	STASZCZYK Anna	4263		K30	25	01:40:25.10	01:41:05.60	+00:37:15 (36.9%)	9:07	6.6 (64.1%)
60	FIGEL Małgorzata	4402	MIKITEAM	K20	17	01:40:34.70	01:41:06.30	+00:37:16 (36.9%)	9:08	6.6 (64.1%)
61	SKASZEWSKA Dominika	4191		K30	26	01:40:44.85	01:41:08.75	+00:37:18 (36.9%)	9:09	6.6 (64.1%)
62	BECHTA Katarzyna	4416	BRACTWO BIEGOWE BGK	K20	18	01:40:50.85	01:41:30.60	+00:37:40 (37.1%)	9:10	6.5 (63.1%)
63	KOŁOTUSZA Młgorzata	4094	ZASAPANI HYDRO	K40	16	01:41:45.10	01:41:49.70	+00:37:59 (37.3%)	9:15	6.5 (63.1%)
64	PARAFINIUK Sylwia	4387		K20	19	01:41:12.35	01:41:52.15	+00:38:02 (37.3%)	9:12	6.5 (63.1%)
65	UCHEREK Kinga	4098		K40	17	01:42:00.35	01:42:11.80	+00:38:21 (37.5%)	9:16	6.5 (63.1%)
66	CZARNECKA Małgorzata	4311		K30	27	01:42:17.70	01:42:34.55	+00:38:44 (37.8%)	9:17	6.5 (63.1%)
67	FRYSIAK Barbara	4017	WIELUŃ	K50	4	01:43:01.25	01:43:08.00	+00:39:17 (38.1%)	9:21	6.4 (62.1%)
68	SIARA Agnieszka	4358		K30	28	01:42:52.05	01:43:17.05	+00:39:26 (38.2%)	9:21	6.4 (62.1%)
69	TOMALA Barbara	4373		K20	20	01:42:42.90	01:43:21.45	+00:39:31 (38.2%)	9:20	6.4 (62.1%)
70	BARAŃSKA Anna	4278		K30	29	01:43:17.95	01:43:33.05	+00:39:42 (38.4%)	9:23	6.4 (62.1%)
71	SZYMANEK Beata	4408	APTENEO RUNNING TEAM	K40	18	01:43:23.25	01:43:44.45	+00:39:54 (38.5%)	9:23	6.4 (62.1%)
72	KETNER Joanna	4385		K20	21	01:43:42.50	01:43:50.50	+00:40:00 (38.5%)	9:25	6.4 (62.1%)
73	MORADEWICZ-PASZKO Ewa	4310		K30	30	01:44:01.25	01:44:11.15	+00:40:21 (38.7%)	9:27	6.3 (61.2%)

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74	BRYL Magdalena	4486	KUTNO BIEGA	K30	31	01:43:56.70	01:44:13.30	+00:40:23 (38.8%)	9:26	6.4 (62.1%)
75	PODLASIN Agnieszka	4384	KUTNO BIEGA	K30	32	01:44:04.55	01:44:20.15	+00:40:30 (38.8%)	9:27	6.3 (61.2%)
76	OPALIŃSKA Agnieszka	4380		K40	19	01:43:55.05	01:44:22.10	+00:40:32 (38.8%)	9:26	6.4 (62.1%)
77	BALICKA Magdalena	4194	BIEGACZ NOWOSOLNA	K20	22	01:43:59.25	01:44:23.10	+00:40:33 (38.8%)	9:27	6.3 (61.2%)
78	GÓRNY Kamila	4019	SŁOŃCA JURY	K40	20	01:44:08.80	01:44:29.30	+00:40:39 (38.9%)	9:28	6.3 (61.2%)
79	KACZMAREK Sandra	4253	KACZORKI	K30	33	01:44:12.20	01:44:35.60	+00:40:45 (39.0%)	9:28	6.3 (61.2%)
80	GRUSZECKA Olga	4412	TRITON KONIN	K20	23	01:44:51.65	01:45:20.80	+00:41:30 (39.4%)	9:31	6.3 (61.2%)
81	KĘDZIOR Katarzyna	4367	LEŚNA BIEGUNKA	K40	21	01:45:02.10	01:45:21.60	+00:41:31 (39.4%)	9:32	6.3 (61.2%)
82	WITCZAK Anna	4007	IRONTEAM3CITY	K40	22	01:45:17.90	01:45:22.50	+00:41:32 (39.4%)	9:34	6.3 (61.2%)
83	GANCARZ Barbara	4288		K30	34	01:45:13.25	01:45:30.60	+00:41:40 (39.5%)	9:33	6.3 (61.2%)
84	SURDEL Aleksandra	4431		K40	23	01:46:46.65	01:46:53.10	+00:43:03 (40.3%)	9:42	6.2 (60.2%)
85	JAKUBOWSKA Dagmara	4142		K40	24	01:46:34.00	01:47:07.35	+00:43:17 (40.4%)	9:41	6.2 (60.2%)
86	KUSIAK Anna	4204		K20	24	01:48:19.35	01:48:32.20	+00:44:42 (41.2%)	9:50	6.1 (59.2%)
87	SLIWINSKA Katarzyna	4241		K40	25	01:48:47.10	01:49:08.40	+00:45:18 (41.5%)	9:53	6.1 (59.2%)
88	RADYK Aleksandra	4303	PRZEMYSKI KLUB BIEGACZA	K20	25	01:49:05.35	01:49:20.80	+00:45:30 (41.6%)	9:55	6.1 (59.2%)
89	SŁOMCZEWSKA-ROGE Zuzanna	4009		K30	35	01:49:08.60	01:49:31.65	+00:45:41 (41.7%)	9:55	6 (58.3%)
90	GRUDZIŃSKA Agnieszka	4377		K40	26	01:49:29.55	01:49:43.10	+00:45:53 (41.8%)	9:57	6 (58.3%)
91	KARWACKA Joanna	4405		K40	27	01:49:35.65	01:49:54.05	+00:46:03 (41.9%)	9:57	6 (58.3%)
92	JAWORSKA Magdalena	4427	ŁÓDŹ KOCHA SPORT	K20	26	01:50:12.95	01:50:22.45	+00:46:32 (42.2%)	10:01	6 (58.3%)
93	BIENIARZ Ilona	4228		K30	36	01:50:03.15	01:50:23.95	+00:46:33 (42.2%)	10:00	6 (58.3%)
94	KUSIAK Joanna	4471		K20	27	01:50:34.00	01:50:46.70	+00:46:56 (42.4%)	10:03	6 (58.3%)
95	BERGMANN Ewa	4398		K40	28	01:50:40.70	01:50:46.85	+00:46:56 (42.4%)	10:03	6 (58.3%)
96	KUZHDEBA Bozhena	4162		K20	28	01:50:11.20	01:50:50.25	+00:47:00 (42.4%)	10:01	6 (58.3%)
97	WRÓBEL Barbara	4439	CISNA GÓRĄ	K50	5	01:50:57.95	01:51:00.80	+00:47:10 (42.5%)	10:05	5.9 (57.3%)
98	CIŻYŃSKA Katarzyna	4101		K20	29	01:50:34.60	01:51:16.20	+00:47:26 (42.6%)	10:03	6 (58.3%)
99	LESZCZYŃSKA Kinga	4320	TEAM TWEETY	K30	37	01:50:57.75	01:51:19.55	+00:47:29 (42.7%)	10:05	5.9 (57.3%)
100	SABITOV Nadia	4024		K20	30	01:51:45.05	01:51:52.60	+00:48:02 (42.9%)	10:09	5.9 (57.3%)
101	RABCZEWSKA Elżbieta	4154		K50	6	01:51:46.85	01:52:03.40	+00:48:13 (43.0%)	10:09	5.9 (57.3%)
102	HINC Aldona	4368		K30	38	01:51:46.35	01:52:14.70	+00:48:24 (43.1%)	10:09	5.9 (57.3%)
103	CIEPIELEWSKA Patrycja	4215		K20	31	01:51:57.25	01:52:25.60	+00:48:35 (43.2%)	10:10	5.9 (57.3%)
104	SKÓRSKA-BOBER Katarzyna	4174		K20	32	01:52:17.00	01:52:52.60	+00:49:02 (43.4%)	10:12	5.9 (57.3%)
105	CHILIŃSKA Edyta	4214		K30	39	01:52:31.25	01:52:53.30	+00:49:03 (43.5%)	10:13	5.9 (57.3%)
106	WNUK Małgorzata	4390		K30	40	01:52:22.05	01:53:00.30	+00:49:10 (43.5%)	10:12	5.9 (57.3%)
107	DRAGAN-PUSTELAK Aneta	4354		K40	29	01:52:42.85	01:53:05.20	+00:49:15 (43.6%)	10:14	5.9 (57.3%)
108	KNAP Elżbieta	4155		K50	7	01:52:57.70	01:53:12.90	+00:49:22 (43.6%)	10:16	5.8 (56.3%)
109	DUL Katarzyna	4011		K30	41	01:53:19.10	01:53:25.55	+00:49:35 (43.7%)	10:18	5.8 (56.3%)
110	GÓRAJ Marta	4419	YOLO ,)	K40	30	01:52:59.65	01:53:32.15	+00:49:42 (43.8%)	10:16	5.8 (56.3%)
111	LITKE Andżelika	4457	EAZYMUT.PL	K20	33	01:52:54.45	01:53:33.30	+00:49:43 (43.8%)	10:15	5.8 (56.3%)
112	FRANKOWSKA Joanna	4469	SKITUROWE BIESZCZADY	K40	31	01:53:23.65	01:53:34.40	+00:49:44 (43.8%)	10:18	5.8 (56.3%)
113	BAK - SPALIŃSKA Magdalena	4239		K30	42	01:53:19.35	01:53:38.55	+00:49:48 (43.8%)	10:18	5.8 (56.3%)
114	BORTNOWSKA-WIENCEK Matylda	4146		K30	43	01:53:42.20	01:54:12.70	+00:50:22 (44.1%)	10:20	5.8 (56.3%)
115	KUMOREK Anna	4470		K30	44	01:53:48.70	01:54:15.80	+00:50:25 (44.1%)	10:20	5.8 (56.3%)
116	DĄBROWSKA-ŚWIDER Danuta	4355		K50	8	01:53:57.35	01:54:21.65	+00:50:31 (44.2%)	10:21	5.8 (56.3%)
117	FRĄCKIEL Anna	4183		K30	45	01:54:18.70	01:54:27.30	+00:50:37 (44.2%)	10:23	5.8 (56.3%)

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118	KOZACZKIEWICZ Aneta	4351		K40	32	01:54:16.55	01:54:52.55	+00:51:02 (44.4%)	10:23	5.8 (56.3%)
119	WRÓBEL Barbara	4437	CISNA GÓRA	K20	34	01:55:33.75	01:55:36.35	+00:51:46 (44.8%)	10:30	5.7 (55.3%)
120	SAMBORSKA-SWEENEY Sylwia	4274		K40	33	01:55:34.75	01:55:42.55	+00:51:52 (44.8%)	10:30	5.7 (55.3%)
121	MANDRA Adriana	4345		K40	34	01:55:29.25	01:55:42.70	+00:51:52 (44.8%)	10:29	5.7 (55.3%)
122	ZIÓŁEK Teresa	4481	STAY INSANE	K60	1	01:55:56.20	01:56:17.35	+00:52:27 (45.1%)	10:32	5.7 (55.3%)
123	RAJCA Anna	4337	BŁĘKITNA XVII	K40	35	01:56:12.15	01:56:32.35	+00:52:42 (45.2%)	10:33	5.7 (55.3%)
123	MIZIA Marta	4338	KIZIE MIZIE	K40	35	01:56:12.75	01:56:32.35	+00:52:42 (45.2%)	10:33	5.7 (55.3%)
125	GAJDECKA Adriana	4280		K40	37	01:57:02.70	01:57:20.15	+00:53:30 (45.6%)	10:38	5.6 (54.4%)
126	HENSOLDT Arletta	4255		K30	46	01:57:33.50	01:57:33.50	+00:53:43 (45.7%)	10:41	5.6 (54.4%)
127	WOJCIECHOWSKA Weronika	4453		K30	47	01:57:27.90	01:57:45.10	+00:53:55 (45.8%)	10:40	5.6 (54.4%)
127	PÓŁTORNIAK Natalia	4454		K30	47	01:57:27.20	01:57:45.10	+00:53:55 (45.8%)	10:40	5.6 (54.4%)
129	ZAJĄC Anna	4040		K40	38	01:57:02.65	01:57:48.85	+00:53:58 (45.8%)	10:38	5.6 (54.4%)
130	ADAMCZYK-PASIEKA Małgorzata	4306		K30	49	01:57:58.10	01:58:03.30	+00:54:13 (45.9%)	10:43	5.6 (54.4%)
131	JAGODA Małgorzata	4134	FUCHS OIL TEAM	K20	35	01:57:44.45	01:58:24.25	+00:54:34 (46.1%)	10:42	5.6 (54.4%)
132	LACHCIK Małgorzata	4266		K30	50	01:58:16.55	01:58:33.70	+00:54:43 (46.2%)	10:45	5.6 (54.4%)
133	WALISZEWSKA-PLEWA Izabela	4035		K40	39	01:58:25.90	01:58:44.40	+00:54:54 (46.2%)	10:45	5.6 (54.4%)
134	OBIDZIŃSKA Katarzyna	4104		K40	40	01:59:26.95	02:00:14.05	+00:56:23 (46.9%)	10:51	5.5 (53.4%)
135	POBUDKIEWICZ Marta	4086	CAMEL BYDGOSZCZ	K30	51	02:00:08.15	02:00:14.90	+00:56:24 (46.9%)	10:55	5.5 (53.4%)
136	CZAŁPIŃSKA Joanna	4467		K40	41	01:59:48.20	02:00:21.30	+00:56:31 (47.0%)	10:53	5.5 (53.4%)
137	RAJCZAK Monika	4376		K30	52	02:00:39.70	02:01:05.70	+00:57:15 (47.3%)	10:58	5.5 (53.4%)
138	SZCZERBICKA Katarzyna	4163		K40	42	02:01:13.60	02:01:17.90	+00:57:27 (47.4%)	11:01	5.4 (52.4%)
139	GOLDA Edyta	4178		K40	43	02:01:13.95	02:01:18.05	+00:57:27 (47.4%)	11:01	5.4 (52.4%)
140	LEWANDOWSKA Anna	4343	UBEZPIECZENIA - KUP NAJLEPSZE	K30	53	02:01:19.40	02:01:25.05	+00:57:34 (47.4%)	11:01	5.4 (52.4%)
141	TYSZKA Sylwia	4449		K40	44	02:00:56.30	02:01:26.75	+00:57:36 (47.4%)	10:59	5.5 (53.4%)
142	WÓJTOWICZ Agata	4144		K30	54	02:01:03.25	02:01:36.95	+00:57:46 (47.5%)	11:00	5.5 (53.4%)
143	MROCZKA Kinga	4284		K40	45	02:01:20.85	02:01:50.25	+00:58:00 (47.6%)	11:01	5.4 (52.4%)
144	DUDKIEWICZ Anna	4321	EKO-OKNA RUNNERS	K40	46	02:01:39.25	02:02:04.05	+00:58:13 (47.7%)	11:03	5.4 (52.4%)
145	PIETRZYK Marzena	4058		K40	47	02:02:33.55	02:03:02.45	+00:59:12 (48.1%)	11:08	5.4 (52.4%)
146	SZCZYGIELSKA Patrycja	4166		K30	55	02:03:20.95	02:03:41.15	+00:59:51 (48.4%)	11:12	5.4 (52.4%)
147	BRÓDKA Natalia	4038		K30	56	02:03:17.85	02:03:43.00	+00:59:52 (48.4%)	11:12	5.4 (52.4%)
148	KULA Milena	4160		K30	57	02:04:08.70	02:04:34.50	+01:00:44 (48.8%)	11:17	5.3 (51.5%)
149	TRZCIŃSKA-LITWORA Sylwia	4281		K40	48	02:04:38.30	02:05:08.60	+01:01:18 (49.0%)	11:19	5.3 (51.5%)
150	KRÓL Pola	4092	WIRAN TEAM	K20	36	02:05:16.25	02:05:41.25	+01:01:51 (49.2%)	11:23	5.3 (51.5%)
151	ŚWIĘCH Marlena	4238		K30	58	02:05:56.00	02:06:30.35	+01:02:40 (49.5%)	11:26	5.2 (50.5%)
152	GAJEWSKA Klaudia	4067		K20	37	02:06:04.75	02:06:35.35	+01:02:45 (49.6%)	11:27	5.2 (50.5%)
153	SIEROTNIK Zuzanna	4143		K30	59	02:06:49.55	02:07:21.05	+01:03:30 (49.9%)	11:31	5.2 (50.5%)
154	SAMBORSKA-BLOK Dominika	4297		K30	60	02:07:28.35	02:07:37.30	+01:03:47 (50.0%)	11:35	5.2 (50.5%)
155	MERMER Beata	4037	SŁOŃCA JURY	K20	38	02:07:29.80	02:08:05.20	+01:04:15 (50.2%)	11:35	5.2 (50.5%)
156	PĘKALSKA Anna	4424		K50	9	02:07:33.95	02:08:06.45	+01:04:16 (50.2%)	11:35	5.2 (50.5%)
157	MAŃKA Paulina	4252		K40	49	02:07:55.95	02:08:36.65	+01:04:46 (50.4%)	11:37	5.2 (50.5%)
158	PAJĄK Anna	4336		K40	50	02:07:55.75	02:08:36.95	+01:04:46 (50.4%)	11:37	5.2 (50.5%)
159	CHOJNACKA Alina	4420		K40	51	02:08:41.75	02:09:04.40	+01:05:14 (50.5%)	11:41	5.1 (49.5%)
160	KOGUT Katarzyna	4018	SII RUNNING TEAM	K30	61	02:08:43.75	02:09:27.20	+01:05:37 (50.7%)	11:42	5.1 (49.5%)
161	OLSZEWSKA Ewa	4232	BS ŁĘCZNA	K30	62	02:09:49.55	02:10:25.15	+01:06:35 (51.1%)	11:48	5.1 (49.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
162	PIECHOWSKA Magda	4029	FABRYKA DZIKA	K30	63	02:08:28.25	02:10:26.10	+01:06:36 (51.1%)	11:40	5.1 (49.5%)
163	SŁOWIK Katarzyna	4458		K40	52	02:14:12.65	02:14:22.65	+01:10:32 (52.5%)	12:12	4.9 (47.6%)
164	TRZYNA Paula	4202		K30	64	02:14:13.20	02:14:27.90	+01:10:37 (52.5%)	12:12	4.9 (47.6%)
165	MALCHER Barbara	4187	GRUPA JURA'PL	K30	65	02:14:00.35	02:14:45.10	+01:10:55 (52.6%)	12:10	4.9 (47.6%)
166	PIASKOWSKA Ania	4073	PIASKITEAM	K40	53	02:15:24.75	02:15:34.05	+01:11:43 (52.9%)	12:18	4.9 (47.6%)
167	WOROSZYŁO Agnieszka	4442		K20	39	02:15:25.70	02:16:03.45	+01:12:13 (53.1%)	12:18	4.9 (47.6%)
168	KUBASIEWICZ Patrycja	4443		K20	40	02:15:39.40	02:16:17.95	+01:12:27 (53.2%)	12:19	4.9 (47.6%)
169	KILJAN Anna	4069		K30	66	02:16:29.30	02:16:39.70	+01:12:49 (53.3%)	12:24	4.8 (46.6%)
170	KOZŁOWSKA Jagoda	4436		K30	67	02:18:04.30	02:18:35.90	+01:14:45 (53.9%)	12:33	4.8 (46.6%)
171	MARCINIAK Barbara	4313	RANDOMNO BIEGA	K40	54	02:18:12.70	02:18:42.70	+01:14:52 (54.0%)	12:33	4.8 (46.6%)
172	DOBROWOLSKA Karolina	4112		K40	55	02:18:30.60	02:18:52.50	+01:15:02 (54.0%)	12:35	4.8 (46.6%)
173	KOŁACZYŃSKA Magdalena	4268	PIEROGI ATTAKE	K20	41	02:17:55.35	02:21:06.25	+01:17:16 (54.8%)	12:32	4.8 (46.6%)
174	URBAŃSKA Sylwia	4132		K40	56	02:23:41.95	02:24:15.60	+01:20:25 (55.8%)	13:03	4.6 (44.7%)
175	BUTRYN Agnieszka	4140		K50	10	02:26:50.05	02:27:19.85	+01:23:29 (56.7%)	13:20	4.5 (43.7%)
176	STECZKO Ania	4400		K40	57	02:26:38.05	02:27:20.30	+01:23:30 (56.7%)	13:19	4.5 (43.7%)
177	BIEGESZ Agnieszka	4149		K40	58	02:26:56.95	02:27:20.65	+01:23:30 (56.7%)	13:21	4.5 (43.7%)
178	WEINER Aleksandra	4220	VIKING	K40	59	02:26:38.75	02:27:20.75	+01:23:30 (56.7%)	13:19	4.5 (43.7%)
178	BANAŚ Katarzyna	4221		K40	59	02:26:38.70	02:27:20.75	+01:23:30 (56.7%)	13:19	4.5 (43.7%)
180	RAK Dorota	4013		K60	2	02:29:28.65	02:30:12.90	+01:26:22 (57.5%)	13:35	4.4 (42.7%)
181	NEĆKA Alicja	4015	SŁOŃCA JURY	K20	42	02:30:44.15	02:31:15.25	+01:27:25 (57.8%)	13:42	4.4 (42.7%)
182	WERYHO Maja	4339		K40	61	02:31:33.40	02:31:58.80	+01:28:08 (58.0%)	13:46	4.4 (42.7%)
183	SKWAREK Zofia	4476	AKTYWNI NA SERJO	K60	3	02:31:48.15	02:32:09.45	+01:28:19 (58.0%)	13:48	4.3 (41.7%)
184	MAJCHRZAK Lidia	4006	FIBOO TEAM	K30	68	02:31:50.20	02:32:12.75	+01:28:22 (58.1%)	13:48	4.3 (41.7%)
185	KACZMAREK Anna	4075	TRITON KONIN	K40	62	02:32:20.90	02:32:51.10	+01:29:01 (58.2%)	13:50	4.3 (41.7%)
186	ZIELIŃSKA-GOLIK Izabela	4150		K40	63	02:33:46.00	02:33:46.00	+01:29:55 (58.5%)	13:58	4.3 (41.7%)
187	MAKOWSKA Joanna	4379		K40	64	02:33:23.35	02:33:47.40	+01:29:57 (58.5%)	13:56	4.3 (41.7%)
188	WILCZYŃSKA Joanna	4386		K30	69	02:33:32.40	02:34:15.40	+01:30:25 (58.6%)	13:57	4.3 (41.7%)
189	SZCZEPANIAK Kasia	4111		K30	70	02:33:33.05	02:34:15.65	+01:30:25 (58.6%)	13:57	4.3 (41.7%)
190	DĄBROWSKA Anna	4479	MJK	K50	11	02:33:32.90	02:34:16.35	+01:30:26 (58.6%)	13:57	4.3 (41.7%)
191	DITTMAJER-SKLEPOWICZ Izabela	4043		K40	65	02:34:23.60	02:34:35.30	+01:30:45 (58.7%)	14:02	4.3 (41.7%)
192	MICHALIK Wiktoria	4032	SŁOŃCA JURY	K20	43	02:34:08.10	02:34:43.90	+01:30:53 (58.7%)	14:00	4.3 (41.7%)
193	WARDZIŃSKA Agnieszka	4095		K20	44	02:34:09.85	02:34:49.15	+01:30:59 (58.8%)	14:00	4.3 (41.7%)
194	KLIMEK Sonia	4047		K20	45	02:34:40.00	02:35:15.90	+01:31:25 (58.9%)	14:03	4.3 (41.7%)
195	GARDOCKA-KACZMARCZYK Milena	4046		K40	66	02:36:23.35	02:36:35.15	+01:32:45 (59.2%)	14:13	4.2 (40.8%)
196	NAPIERAŁA Marzena	4036		K30	71	02:37:23.10	02:37:23.10	+01:33:33 (59.4%)	14:18	4.2 (40.8%)
197	KUCZMENDA Katarzyna	4356		K40	67	02:37:37.40	02:38:00.20	+01:34:10 (59.6%)	14:19	4.2 (40.8%)
198	SZEWCZYK Anna	4093		K40	68	02:38:06.50	02:38:23.80	+01:34:33 (59.7%)	14:22	4.2 (40.8%)
199	PARLIŃSKA Aleksandra	4192		K40	69	02:38:50.85	02:39:30.60	+01:35:40 (60.0%)	14:26	4.2 (40.8%)
200	RADYK Anna	4302	PRZEMYSKI KLUB BIEGACZA	K20	46	02:39:44.50	02:40:23.50	+01:36:33 (60.2%)	14:31	4.1 (39.8%)
201	RADYK Joanna	4433	PRZEMYSKI KLUB BIEGACZA	K40	70	02:39:46.25	02:40:24.35	+01:36:34 (60.2%)	14:31	4.1 (39.8%)
202	SKÓRA Aldona	4435	GRUPA BIEGACZY SKÓRZEC BIEGA	K40	71	02:41:42.55	02:42:04.10	+01:38:14 (60.6%)	14:42	4.1 (39.8%)
203	STELMACH Małgorzata	4224	LEŻACZE ŁĄKOWI	K50	12	02:42:51.40	02:42:59.85	+01:39:09 (60.8%)	14:48	4.1 (39.8%)
204	KASZTELAN Agata	4026	SŁOŃCA JURY	K40	72	02:48:30.90	02:49:08.40	+01:45:18 (62.3%)	15:19	3.9 (37.9%)
205	BIELECKA Ewa	4028	SŁOŃCA JURY	K40	73	02:48:35.30	02:49:08.50	+01:45:18 (62.3%)	15:19	3.9 (37.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
206	MICHALIK Agnieszka	4025	SŁOŃCA JURY	K40	74	02:48:30.75	02:49:08.70	+01:45:18 (62.3%)	15:19	3.9 (37.9%)
207	KOJRUK Emilia	4050		K20	47	02:55:43.55	02:56:11.90	+01:52:21 (63.8%)	15:58	3.8 (36.9%)
208	CZARNOCKA Małgorzata	4022	GRUPA BIEGACZY SKÓRZEC BIEGA	K40	75	02:57:52.85	02:58:15.20	+01:54:25 (64.2%)	16:10	3.7 (35.9%)
Przekroczony limit czasu: 03:00:00										
209	KAWECKA Aneta	4087	SŁOŃCA JURY	K40	76	02:59:45.80	03:00:19.15	+01:56:29 (64.6%)	16:20	3.7 (35.9%)
209	URBANIEC Marta	4451		K40	76	02:59:44.85	03:00:19.15	+01:56:29 (64.6%)	16:20	3.7 (35.9%)
211	NEĆKA Ewa	4014	SŁOŃCA JURY	K40	78	02:59:45.40	03:00:19.20	+01:56:29 (64.6%)	16:20	3.7 (35.9%)

Znaleziono 211 wynik(ów)