

# V ZIMOWY MARATON BIESZCZADZKI 2019 - 44,6KM

B4SPORT

**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

Zimowy Maraton Bieszczadzki 2019  
Fundacja Bieg Rzeźnika  
2019-01-26  
Cisna  
44,6 km

**B4SPORT**  
INTELLIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k 0.1km	Roztoki 18km	Split_Mateusz 26.5km	Split_Kamyk 34.2km	Split_Mateusz 40.7km	Kara/ bonifikata	Czas netto 44.6km	Czas brutto 44.6km	Różn	Tempo min/km	Tempo km/h
1	<b>JASŁOWSKA Justyna</b>	<b>94</b>	POSMAKUJ RUN TEAM	K30	1	00:00:54	01:31:42	02:20:47	03:00:35	03:38:00		<b>03:59:19.90</b>	<b>03:59:19.90</b>		5:21	11.2 (100%)
2	<b>LANGE Beata</b>	<b>513</b>	BIŁGORAJ BIEGA	K40	1	00:01:14	01:35:54	02:26:34	03:09:21	03:49:45		<b>04:11:58.40</b>	<b>04:11:58.40</b>	+00:12:38 (5.0%)	5:38	10.6 (94.6%)
3	<b>DOMISZEWSKA Maria</b>	<b>2</b>		K50	1	00:00:40	01:33:01	02:23:09	03:08:12	03:48:40	00:02:00	<b>04:14:42.70</b>	<b>04:14:42.70</b>	+00:15:22 (6.0%)	5:39	10.6 (94.6%)
4	<b>GWIZDAK Justyna</b>	<b>577</b>	WATER TEAM	K30	2	00:01:15	01:37:08	02:30:53	03:16:21	03:57:20		<b>04:19:23.55</b>	<b>04:19:23.55</b>	+00:20:03 (7.7%)	5:48	10.3 (92.0%)
5	<b>KRYM Katarzyna</b>	<b>719</b>	HERZOG RUNNING TEAM	K40	2	00:01:30	01:42:30	02:35:48	03:18:38			<b>04:23:26.25</b>	<b>04:23:26.25</b>	+00:24:06 (9.2%)	5:54	10.2 (91.1%)
6	<b>KOMISARCZYK Anna</b>	<b>537</b>	WIECZORNE BIEGANIE W SZCZECINIE	K30	3	00:00:36	01:39:06	02:31:45	03:19:43	04:03:21		<b>04:28:03.70</b>	<b>04:28:03.70</b>	+00:28:43 (10.7%)	6:00	10 (89.3%)
7	<b>KRAWCZAK Paulina</b>	<b>144</b>	BIEGUSIEM.PL	K30	4	00:01:01	01:37:47	02:33:43	03:24:21	04:07:04		<b>04:30:28.50</b>	<b>04:30:28.50</b>	+00:31:08 (11.5%)	6:03	9.9 (88.4%)
8	<b>KOŁACKA Martyna</b>	<b>176</b>		K30	5	00:00:48	01:39:35	02:34:15	03:24:14	04:09:15		<b>04:33:40.30</b>	<b>04:33:40.30</b>	+00:34:20 (12.5%)	6:08	9.8 (87.5%)
9	<b>SIWCZUK Aleksandra</b>	<b>302</b>		K30	6	00:01:20	01:44:55	02:41:52	03:29:45	04:14:07		<b>04:37:51.05</b>	<b>04:37:51.05</b>	+00:38:31 (13.9%)	6:13	9.6 (85.7%)
10	<b>GAWLEWICZ Krystyna</b>	<b>470</b>	GAWEŁKI TEAM	K30	7	00:01:45	01:45:01	02:42:59	03:33:38	04:19:04		<b>04:43:32.25</b>	<b>04:43:32.25</b>	+00:44:12 (15.6%)	6:21	9.4 (83.9%)
11	<b>BONDARA Sylwia</b>	<b>1</b>	JACEKBIEGA RUNNING TEAM	K30	8	00:00:39	01:41:39	02:42:26	03:32:20	04:19:36		<b>04:45:53.30</b>	<b>04:45:53.30</b>	+00:46:33 (16.3%)	6:24	9.4 (83.9%)
12	<b>KRENZEL Regina</b>	<b>734</b>		K30	9	00:00:45	01:48:30	02:47:01	03:37:14	04:22:55		<b>04:48:35.95</b>	<b>04:48:35.95</b>	+00:49:16 (17.1%)	6:28	9.3 (83.0%)
13	<b>WAŁACH-BIŚTA Zuzanna</b>	<b>458</b>		K30	10	00:01:25	01:51:47	02:48:18	03:40:04	04:23:58		<b>04:49:30.20</b>	<b>04:49:30.20</b>	+00:50:10 (17.3%)	6:29	9.2 (82.1%)
14	<b>SIKORA-KOŁODZIEJ Irmina</b>	<b>601</b>	BIESY I CZORTY	K30	11	00:02:22	01:55:07	02:56:34	03:49:06	04:29:58		<b>04:52:11.40</b>	<b>04:52:11.40</b>	+00:52:51 (18.1%)	6:33	9.2 (82.1%)
15	<b>BORUSZEWSKA Beata</b>	<b>375</b>		K40	3	00:02:30	01:46:54	02:47:14	03:38:05	04:27:13		<b>04:55:56.50</b>	<b>04:55:56.50</b>	+00:56:36 (19.1%)	6:38	9 (80.4%)
16	<b>BURANDT Magdalena</b>	<b>423</b>	3LIFE TEAM	K30	12	00:01:48	01:50:36	02:53:07	03:47:47	04:35:41		<b>05:01:55.95</b>	<b>05:01:55.95</b>	+01:02:36 (20.7%)	6:46	8.9 (79.5%)
17	<b>KIEŁTYKA Agnieszka</b>	<b>284</b>		K30	13	00:00:48	01:54:53	02:56:06	03:50:02	04:37:49		<b>05:03:01.60</b>	<b>05:03:01.60</b>	+01:03:41 (21.0%)	6:47	8.8 (78.6%)
18	<b>ROŹNIATA Iwona</b>	<b>638</b>	KS GŁOWNO W BIEGU	K40	4	00:00:56	01:54:05	02:58:07	03:50:37	04:38:39		<b>05:05:14.50</b>	<b>05:05:14.50</b>	+01:05:54 (21.6%)	6:50	8.8 (78.6%)
19	<b>KSYTA Martyna</b>	<b>486</b>	X-MEN	K20	1	00:03:02	02:01:57	03:06:52	03:58:22	04:42:52		<b>05:08:37.30</b>	<b>05:08:37.30</b>	+01:09:17 (22.5%)	6:55	8.7 (77.7%)
20	<b>OLCZAK Marta</b>	<b>266</b>	SZWLA	K40	5	00:01:36	01:53:14	02:54:50	03:53:00	04:41:48		<b>05:10:33.25</b>	<b>05:10:33.25</b>	+01:11:13 (22.9%)	6:57	8.6 (76.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_2k	Roztoki	Split_Mateusz	Split_Kamyk	Split_Mateusz	Kara/	Czas	Czas	Tempo	Tempo	
						0.1km	18km	26.5km	34.2km	40.7km	bonifikata	netto	brutto			Różn
21	ŚWIEŻAWSKA-AMBROZIAK Katarzyna	388	KUTNO BIEGA	K40	6	00:01:39	01:57:06	03:02:30	03:56:16	04:42:51		05:11:21.40	05:11:21.40	+01:12:01 (23.1%)	6:58	8.6 (76.8%)
22	KIRILENKO Aneta	482		K40	7	00:00:50	01:48:20	02:54:23	03:55:35	04:43:34		05:11:32.90	05:11:32.90	+01:12:13 (23.2%)	6:59	8.6 (76.8%)
23	SIEMIĄTKOWSKA Katarzyna	455		K30	14	00:02:08	01:55:45	02:58:02	03:55:38	04:43:29		05:11:39.40	05:11:39.40	+01:12:19 (23.2%)	6:59	8.6 (76.8%)
24	KALISZ Karolina	564	WKURW_TEAM	K20	2	00:02:04	01:56:29	03:06:10	04:01:06	04:48:15		05:15:00.05	05:15:00.05	+01:15:40 (24.0%)	7:03	8.5 (75.9%)
25	ADAMCZAK Barbara	568	SMPZ 'TRAVOIS'	K30	15	00:01:11	01:54:39	03:00:56	04:03:23	04:49:30		05:15:02.40	05:15:02.40	+01:15:42 (24.0%)	7:03	8.5 (75.9%)
26	SZOT Iwona	438	WW TEAM	K40	8	00:02:54	01:59:28	03:01:14	04:03:21	04:50:33		05:17:15.70	05:17:15.70	+01:17:55 (24.6%)	7:06	8.4 (75.0%)
27	MOSTOWSKA Magdalena	752	WARSAW MASTERS TEAM	K40	9	00:01:00	01:48:44	02:50:21	03:47:25	04:45:10		05:19:46.15	05:19:46.15	+01:20:26 (25.2%)	7:10	8.4 (75.0%)
28	FOGEL Ewa	257	PTG SOKÓŁ ŚWIAT PRACY	K40	10	00:01:31	01:57:32	03:03:25	04:03:42	04:54:20		05:23:38.55	05:23:38.55	+01:24:18 (26.1%)	7:15	8.3 (74.1%)
29	CZAJA Alicja	160	RODZEŃSTWO	K40	11	00:01:15	01:53:06	03:00:38	04:02:57	04:53:06		05:26:36.25	05:26:36.25	+01:27:16 (26.7%)	7:19	8.2 (73.2%)
30	PIOTROWICZ Małgorzata	102	INFINITY GYM	K30	16	00:01:48	01:58:03	03:05:51	04:06:12	04:55:19		05:26:43.60	05:26:43.60	+01:27:23 (26.7%)	7:19	8.2 (73.2%)
31	WIERZBICKA Joanna	352		K40	12	00:02:05	01:57:52	03:10:18	04:09:37	05:01:53		05:33:03.35	05:33:03.35	+01:33:43 (28.1%)	7:28	8 (71.4%)
32	BOBER Anna	265		K30	17	00:01:34	02:05:48	03:19:09	04:19:09	05:06:21		05:34:40.85	05:34:40.85	+01:35:20 (28.5%)	7:30	8 (71.4%)
33	STOPA Agata	570	SP NR 3 RZESZÓW	K40	13	00:02:09	01:58:03	03:10:18	04:19:22	05:06:48		05:35:30.70	05:35:30.70	+01:36:10 (28.7%)	7:31	8 (71.4%)
34	SZALACHA Katarzyna	576		K30	18	00:02:37	02:04:29	03:14:26	04:20:32	05:10:48		05:40:49.25	05:40:49.25	+01:41:29 (29.8%)	7:38	7.9 (70.5%)
35	STEC Iwona	237		K20	3	00:02:23	02:04:57	03:15:10	04:17:55	05:10:15		05:44:15.10	05:44:15.10	+01:44:55 (30.5%)	7:43	7.8 (69.6%)
36	KARAŚ Sylwia	461		K20	4	00:00:57	01:59:29	03:14:37	04:21:10	05:12:44		05:44:42.55	05:44:42.55	+01:45:22 (30.6%)	7:43	7.8 (69.6%)
36	SZABŁOWSKA Iwona	731	STRASZYN ULTRA TEAM	K30	19		01:35:35	03:23:48	04:27:23	05:16:10		05:44:42.55	05:44:42.55	+01:45:22 (30.6%)	7:43	7.8 (69.6%)
38	MYŚLIŃSKA Anna	639	EKOBIEGI	K40	14	00:01:28	02:05:13	03:17:30	04:20:51	05:15:06		05:46:35.90	05:46:35.90	+01:47:16 (30.9%)	7:46	7.7 (68.8%)
39	LATO-KSIĄŻEK Karolina	459	LUBLIN BIEGA	K30	20	00:03:02	02:15:49	03:27:48	04:26:20	05:18:20		05:46:41.55	05:46:41.55	+01:47:21 (31.0%)	7:46	7.7 (68.8%)
40	ŻEBROWSKA Jolanta	702	POTRENUJEMY?	K50	2	00:00:46	02:05:35	03:21:53	04:23:39	05:15:13		05:48:29.00	05:48:29.00	+01:49:09 (31.3%)	7:48	7.7 (68.8%)
41	DOŁĘGA Anna	625	ZABIEGANA MAMA	K40	15	00:01:45	02:08:59	03:25:23	04:27:14	05:19:02		05:50:12.70	05:50:12.70	+01:50:52 (31.7%)	7:51	7.6 (67.9%)
42	SAKOWSKA Aneta	92	MARATONKA GRAJEWO	K40	16	00:01:43	02:14:51	03:27:50	04:27:07	05:22:32		05:51:13.50	05:51:13.50	+01:51:53 (31.9%)	7:52	7.6 (67.9%)
43	NAZIMEK Lilianna	173	SUO TEMPORE	K40	17	00:01:36	02:08:11	03:22:13	04:28:33	05:22:32		05:51:24.55	05:51:24.55	+01:52:04 (31.9%)	7:52	7.6 (67.9%)
44	JĘDRZEJOWSKA-DEC Anna	766		K40	18	00:02:43	02:06:08	03:21:09	04:30:21	05:24:44		05:56:17.55	05:56:17.55	+01:56:57 (32.8%)	7:59	7.5 (67.0%)
45	MYGA Anna	311	HEARTESS	K30	21	00:03:22	02:11:48	03:22:45	04:36:18	05:28:50		05:57:30.15	05:57:30.15	+01:58:10 (33.1%)	8:00	7.5 (67.0%)
46	KWAPIEŃ Karolina	605	VEGE RUNNERS	K30	22	00:02:21	02:06:39	03:23:59	04:31:53	05:25:58		05:58:22.90	05:58:22.90	+01:59:03 (33.2%)	8:02	7.5 (67.0%)
47	SWOROWSKA Izabela	463	WOLSZTYŃSKI KLUB BIEGOWY	K40	19	00:01:55	02:14:50	03:31:23	04:32:56	05:27:51		05:58:28.30	05:58:28.30	+01:59:08 (33.2%)	8:02	7.5 (67.0%)
48	BLASZKE Beata	329	NIGHT RUNNERS GLIWICE	K40	20	00:02:57	02:07:23	03:26:57	04:39:24	05:29:39		05:58:29.65	05:58:29.65	+01:59:09 (33.2%)	8:02	7.5 (67.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start 2k					Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
						0.1km	18km	26.5km	34.2km	40.7km		netto 44.6km	brutto 44.6km			
49	<b>TOCZEWSKA Anna</b>	<b>751</b>	JACEKBIEGA RUNNING TEAM	K50	3	00:02:23	02:08:55	03:24:01	04:29:16	05:27:23		<b>05:59:03.75</b>	<b>05:59:03.75</b>	+01:59:43 (33.3%)	8:03	7.5 (67.0%)
50	<b>ŁÓJ-KONIECZNA Edyta</b>	<b>96</b>	INFINITY GYM	K40	21	00:01:50	02:11:31	03:24:56	04:31:27	05:27:28		<b>06:00:40.35</b>	<b>06:00:40.35</b>	+02:01:20 (33.6%)	8:05	7.4 (66.1%)
51	<b>CHUDA Aneta</b>	<b>301</b>		K30	23	00:01:04	02:16:14	03:33:25	04:35:20	05:30:31		<b>06:00:49.75</b>	<b>06:00:49.75</b>	+02:01:29 (33.7%)	8:05	7.4 (66.1%)
52	<b>KOWALSKA Justyna</b>	<b>267</b>	MORSY OŚNO LUBUSKIE	K40	22	00:01:54	02:03:31	03:20:57	04:31:49	05:29:33		<b>06:01:51.25</b>	<b>06:01:51.25</b>	+02:02:31 (33.9%)	8:06	7.4 (66.1%)
53	<b>LEŚNIAK-POPIEL Marta</b>	<b>345</b>	POZYTYWNIIE ZABIEGANI SANOK	K40	23	00:02:40	02:12:29	03:30:21	04:37:34	05:32:44		<b>06:04:01.80</b>	<b>06:04:01.80</b>	+02:04:41 (34.3%)	8:09	7.4 (66.1%)
54	<b>KISIŃSKA Irena</b>	<b>588</b>	VISEGRAD MARATON RYTRO	K40	24	00:01:08	02:04:27	03:16:44	04:24:54	05:30:13		<b>06:04:14.65</b>	<b>06:04:14.65</b>	+02:04:54 (34.3%)	8:10	7.3 (65.2%)
55	<b>NIEMCZAK Barbara</b>	<b>616</b>	IPA PAŁAC MOSTOWSKICH	K30	24	00:02:02	02:09:33	03:27:34	04:38:12	05:32:09		<b>06:04:41.40</b>	<b>06:04:41.40</b>	+02:05:21 (34.4%)	8:10	7.3 (65.2%)
56	<b>KOPROWICZ Ewelina</b>	<b>322</b>	JAROSŁAWSKA GRUPA BIEGOWA	K30	25	00:02:03	02:12:06	03:31:47	04:41:28	05:36:18		<b>06:06:51.80</b>	<b>06:06:51.80</b>	+02:07:31 (34.8%)	8:13	7.3 (65.2%)
57	<b>GRZEGÓRZEK Anna</b>	<b>667</b>	PTG SOKÓŁ ŚWIAT PRACY	K40	25	00:03:10	02:13:11	03:34:08	04:46:59	05:38:26		<b>06:06:58.00</b>	<b>06:06:58.00</b>	+02:07:38 (34.8%)	8:13	7.3 (65.2%)
58	<b>WITKOWSKA Beata</b>	<b>156</b>		K30	26	00:03:07	02:16:00	03:38:03	04:44:00	05:37:45		<b>06:07:26.65</b>	<b>06:07:26.65</b>	+02:08:06 (34.9%)	8:14	7.3 (65.2%)
59	<b>KOCZUR Kamila</b>	<b>504</b>		K30	27	00:01:35	02:15:41	03:35:22	04:41:33	05:35:04	00:02:00	<b>06:07:29.30</b>	<b>06:07:29.30</b>	+02:08:09 (34.9%)	8:11	7.3 (65.2%)
60	<b>BAK Agata</b>	<b>125</b>	BUSHIDO CENTRUM	K30	28	00:01:23	02:22:19	03:48:02	04:46:12	05:38:31		<b>06:07:42.25</b>	<b>06:07:42.25</b>	+02:08:22 (34.9%)	8:14	7.3 (65.2%)
61	<b>PIGAN Anna</b>	<b>360</b>	B B L - JAROSŁAW	K40	26	00:02:02	02:12:18	03:32:06	04:41:32	05:37:46		<b>06:10:25.25</b>	<b>06:10:25.25</b>	+02:11:05 (35.4%)	8:18	7.2 (64.3%)
62	<b>KAMIENIARZ Maria</b>	<b>387</b>		K30	29	00:03:21	02:10:40	03:34:04	04:46:03	05:39:22		<b>06:11:23.45</b>	<b>06:11:23.45</b>	+02:12:03 (35.6%)	8:19	7.2 (64.3%)
63	<b>TREPKA Agnieszka</b>	<b>163</b>		K30	30	00:01:30	02:12:26	03:42:45	04:49:01	05:41:29		<b>06:12:13.20</b>	<b>06:12:13.20</b>	+02:12:53 (35.7%)	8:20	7.2 (64.3%)
64	<b>PAUL Viola</b>	<b>23</b>	NIGHT RUNNERS GLIWICE	K40	27	00:03:16	02:16:25	03:37:47	04:44:01	05:40:06		<b>06:13:06.80</b>	<b>06:13:06.80</b>	+02:13:46 (35.9%)	8:21	7.2 (64.3%)
65	<b>WOŁOSOWICZ Natalia</b>	<b>499</b>		K40	28	00:02:36	02:11:46	03:27:53	04:38:13	05:38:13		<b>06:13:39.75</b>	<b>06:13:39.75</b>	+02:14:19 (35.9%)	8:22	7.2 (64.3%)
66	<b>MAZURKIEWICZ Jolanta</b>	<b>490</b>	BYCHAWA RUNNER'S/NAJWIĘKSZA ARMIA ŚWIATA	K30	31	00:01:49	02:18:17	03:38:54	04:52:45	05:44:46		<b>06:15:29.25</b>	<b>06:15:29.25</b>	+02:16:09 (36.3%)	8:25	7.1 (63.4%)
67	<b>CEBRAT Ewa</b>	<b>132</b>	POZYTYWNIIE ZABIEGANI SANOK	K40	29	00:02:40	02:14:32	03:40:15	04:51:21	05:45:50		<b>06:17:05.30</b>	<b>06:17:05.30</b>	+02:17:45 (36.5%)	8:27	7.1 (63.4%)
68	<b>SZPINDA Marta</b>	<b>409</b>	BIŁGORAJ ULTRA TRAIL	K40	30	00:01:26	02:12:38	03:32:22	04:51:18	05:46:39		<b>06:17:06.80</b>	<b>06:17:06.80</b>	+02:17:46 (36.5%)	8:27	7.1 (63.4%)
69	<b>HANDERMANDER Agnieszka</b>	<b>394</b>		K30	32	00:01:49	02:13:39	03:34:01	04:46:57	05:45:56		<b>06:17:09.05</b>	<b>06:17:09.05</b>	+02:17:49 (36.5%)	8:27	7.1 (63.4%)
70	<b>PARYSZ Anna</b>	<b>646</b>	STARE BABICE BIEGAJĄ	K50	4	00:01:56	02:20:12	03:39:02	04:45:41	05:43:36		<b>06:17:48.50</b>	<b>06:17:48.50</b>	+02:18:28 (36.7%)	8:28	7.1 (63.4%)
71	<b>PAWŁOWSKA Elżbieta</b>	<b>298</b>	NOWY STYL RUNNING TEAM	K30	33	00:02:48	02:18:22	03:41:07	04:49:00	05:45:09		<b>06:18:55.55</b>	<b>06:18:55.55</b>	+02:19:35 (36.8%)	8:29	7.1 (63.4%)
72	<b>BIESZCZAD Ilona</b>	<b>296</b>		K30	34	00:02:47	02:18:17	03:41:01	04:49:00	05:45:09		<b>06:18:55.80</b>	<b>06:18:55.80</b>	+02:19:35 (36.8%)	8:29	7.1 (63.4%)
73	<b>WŁODARSKA Magdalena</b>	<b>203</b>		K40	31	00:02:12	02:19:11	03:35:28	04:50:51	05:48:48		<b>06:18:58.90</b>	<b>06:18:58.90</b>	+02:19:39 (36.8%)	8:29	7.1 (63.4%)
74	<b>KŁOSOWICZ Monika</b>	<b>671</b>		K20	5	00:02:26	02:18:28	03:43:20	04:55:21	05:52:17		<b>06:24:08.00</b>	<b>06:24:08.00</b>	+02:24:48 (37.7%)	8:36	7 (62.5%)
75	<b>SIKORSKA Agnieszka</b>	<b>649</b>	EKOBIEGI	K40	32	00:01:29	02:23:06	03:45:36	04:54:19	05:51:41		<b>06:24:19.75</b>	<b>06:24:19.75</b>	+02:24:59 (37.7%)	8:37	7 (62.5%)
76	<b>KOTOMSKA Renata</b>	<b>511</b>		K40	33	00:03:18	02:22:51	03:42:26	04:51:25	05:52:14		<b>06:27:01.95</b>	<b>06:27:01.95</b>	+02:27:42 (38.2%)	8:40	6.9 (61.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start					Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
						2k	Roztoki	Split_Mateusz	Split_Kamyk	Split_Mateusz		netto	brutto			
						0.1km	18km	26.5km	34.2km	40.7km		44.6km	44.6km			
77	<b>TUSZYŃSKA Katarzyna</b>	<b>645</b>	ESKADRA KRAKÓW	K40	34	00:01:37	02:17:08	03:44:23	04:58:48	05:56:27		<b>06:27:02.80</b>	<b>06:27:02.80</b>	+02:27:42 (38.2%)	8:40	6.9 (61.6%)
78	<b>FAJNAS Katarzyna</b>	<b>190</b>	DOGOŃ GRODZISK MAZOWIECKI / DANFOSS	K40	35	00:02:13	02:15:27	03:41:05	04:54:48	05:52:00		<b>06:28:01.40</b>	<b>06:28:01.40</b>	+02:28:41 (38.3%)	8:41	6.9 (61.6%)
79	<b>SEREMET Bożena</b>	<b>205</b>	BBL KRAKÓW	K50	5	00:03:11	02:17:39	03:38:39	04:59:26	05:57:02		<b>06:29:11.30</b>	<b>06:29:11.30</b>	+02:29:51 (38.5%)	8:43	6.9 (61.6%)
80	<b>DUBYNA Mariia</b>	<b>506</b>	MIA	K30	35	00:02:29	02:26:02	03:51:22	05:04:54	05:57:34		<b>06:29:24.90</b>	<b>06:29:24.90</b>	+02:30:05 (38.5%)	8:43	6.9 (61.6%)
81	<b>KUSZTAL Justyna</b>	<b>644</b>	KS ESKADRA KRAKÓW	K40	36	00:01:38	02:17:31	03:44:26	04:58:54	05:57:22		<b>06:29:29.35</b>	<b>06:29:29.35</b>	+02:30:09 (38.6%)	8:43	6.9 (61.6%)
82	<b>SAMBORSKA Weronika</b>	<b>62</b>	NOWY STYL GROUP RUNNING TEAM	K30	36	00:02:40	02:23:04	03:49:05	04:59:07	05:58:18		<b>06:30:59.35</b>	<b>06:30:59.35</b>	+02:31:39 (38.8%)	8:45	6.8 (60.7%)
83	<b>RÓŻYCKA Dorota</b>	<b>1170</b>	NOWY STYL GROUP RUNNING TEAM	K30	37	00:02:40	02:23:04	03:49:04	04:59:06	05:58:03		<b>06:30:59.50</b>	<b>06:30:59.50</b>	+02:31:39 (38.8%)	8:45	6.8 (60.7%)
84	<b>KRZAK Dominika</b>	<b>730</b>		K30	38	00:02:22	02:24:05	03:43:25	05:03:14	06:00:18		<b>06:32:37.60</b>	<b>06:32:37.60</b>	+02:33:17 (39.0%)	8:48	6.8 (60.7%)
85	<b>PYZEL Agnieszka</b>	<b>57</b>	KS PEGAZ	K50	6	00:02:32	02:18:39	03:48:02	05:05:13	06:03:53		<b>06:33:01.15</b>	<b>06:33:01.15</b>	+02:33:41 (39.1%)	8:48	6.8 (60.7%)
86	<b>SZEWczyk Katarzyna</b>	<b>586</b>	MONKEYS' TEAM	K40	37	00:02:15	02:20:26	03:44:27	05:00:50	05:58:16		<b>06:33:02.55</b>	<b>06:33:02.55</b>	+02:33:42 (39.1%)	8:48	6.8 (60.7%)
87	<b>SZUMNA Aleksandra</b>	<b>600</b>	MONKEYS' TEAM	K30	39	00:02:15	02:20:27	03:44:28	05:00:49	05:58:17		<b>06:33:12.35</b>	<b>06:33:12.35</b>	+02:33:52 (39.1%)	8:48	6.8 (60.7%)
88	<b>KŁOPOTOWSKA SOSNA Kaska</b>	<b>516</b>	UNLIMITED TRIATHLON TEAM	K50	7	00:01:01	02:34:10	03:57:03	05:04:26	06:03:49		<b>06:38:04.25</b>	<b>06:38:04.25</b>	+02:38:44 (39.9%)	8:55	6.7 (59.8%)
89	<b>BIERNAT Agnieszka</b>	<b>745</b>	KOSMICZNE MUMINKI	K20	6	00:01:19	02:19:14	03:42:36	04:56:57	06:00:59		<b>06:41:06.05</b>	<b>06:41:06.05</b>	+02:41:46 (40.3%)	8:59	6.7 (59.8%)
90	<b>BAŁA Bożena</b>	<b>81</b>		K30	40	00:00:58	02:14:13	03:41:17	05:05:17	06:05:18		<b>06:42:14.55</b>	<b>06:42:14.55</b>	+02:42:54 (40.5%)	9:01	6.7 (59.8%)
91	<b>NAMIOTA Urszula</b>	<b>72</b>	1960	K50	8	00:00:51	02:13:28	03:41:19	05:05:17	06:05:19		<b>06:42:15.20</b>	<b>06:42:15.20</b>	+02:42:55 (40.5%)	9:01	6.7 (59.8%)
92	<b>JAROSZ-PIWOŃSKA Aldona</b>	<b>65</b>	KS PEGAZ	K40	38	00:02:22	02:25:46	03:53:22	05:09:47	06:08:33		<b>06:42:29.80</b>	<b>06:42:29.80</b>	+02:43:09 (40.5%)	9:01	6.6 (58.9%)
93	<b>KOWALEWSKA Izabela</b>	<b>475</b>	PIASECZNO RUNNING	K30	41	00:02:22	02:25:46	03:53:20	05:09:42	06:08:35		<b>06:42:29.95</b>	<b>06:42:29.95</b>	+02:43:10 (40.5%)	9:01	6.6 (58.9%)
94	<b>ŻAK Oliwia</b>	<b>66</b>	PIASECZNO RUNNING	K30	42	00:02:21	02:25:47	03:53:23	05:09:42	06:08:34		<b>06:42:30.10</b>	<b>06:42:30.10</b>	+02:43:10 (40.5%)	9:01	6.6 (58.9%)
95	<b>LEWANDOWSKA Olga</b>	<b>541</b>		K30	43	00:02:56	02:21:34	03:49:11	05:08:44	06:09:13		<b>06:44:47.20</b>	<b>06:44:47.20</b>	+02:45:27 (40.9%)	9:04	6.6 (58.9%)
96	<b>MARONDEL Katarzyna</b>	<b>619</b>	FESTIWAL BIEGOWY	K30	44	00:02:10	02:24:52	03:48:25	05:03:06	06:09:07		<b>06:44:55.05</b>	<b>06:44:55.05</b>	+02:45:35 (40.9%)	9:04	6.6 (58.9%)
97	<b>PORĘBSKA Dorota</b>	<b>338</b>	NOWA HUTA TEAM	K40	39	00:02:28	02:18:24	03:49:14	05:16:32	06:13:29		<b>06:46:41.10</b>	<b>06:46:41.10</b>	+02:47:21 (41.2%)	9:07	6.6 (58.9%)
98	<b>KULIK Katarzyna</b>	<b>99</b>	NIGHT RUNNERS GLIWICE	K30	45	00:03:17	02:24:39	03:53:25	05:21:34	06:19:17		<b>06:52:41.95</b>	<b>06:52:41.95</b>	+02:53:22 (42.0%)	9:15	6.5 (58.0%)
99	<b>KORZENIOWSKA Joanna</b>	<b>129</b>	UMCS BIEGA	K30	46	00:02:52	02:34:27	04:02:22	05:20:38	06:19:58		<b>06:54:02.90</b>	<b>06:54:02.90</b>	+02:54:43 (42.2%)	9:16	6.5 (58.0%)
100	<b>KOWALIK Anna</b>	<b>130</b>	UMCS BIEGA	K30	47	00:02:52	02:34:30	04:02:24	05:20:39	06:20:00		<b>06:54:04.30</b>	<b>06:54:04.30</b>	+02:54:44 (42.2%)	9:17	6.5 (58.0%)
101	<b>BARTO Sylwia</b>	<b>528</b>		K40	40	00:02:31	02:33:12	04:05:24	05:19:26	06:22:03		<b>06:55:12.45</b>	<b>06:55:12.45</b>	+02:55:52 (42.4%)	9:18	6.4 (57.1%)
102	<b>DYGOŃ Małgorzata</b>	<b>33</b>		K40	41	00:03:09	02:37:02	06:23:33				<b>06:55:13.25</b>	<b>06:55:13.25</b>	+02:55:53 (42.4%)	9:18	6.4 (57.1%)
103	<b>MORAWSKA Anna</b>	<b>218</b>		K60	1	00:01:17	02:34:00	06:20:21				<b>06:56:07.35</b>	<b>06:56:07.35</b>	+02:56:47 (42.5%)	9:19	6.4 (57.1%)
104	<b>WALCZYŃSKA Karolina</b>	<b>29</b>	RUNHOGS TYCHY	K30	48	00:01:38	02:29:36	04:04:41	05:23:29	06:20:33		<b>06:56:23.55</b>	<b>06:56:23.55</b>	+02:57:03 (42.5%)	9:20	6.4 (57.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start 2k					Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h	
						0.1km	18km	26.5km	34.2km	40.7km		netto 44.6km	brutto 44.6km			Różn
105	<b>HEBDA- OLSZÓWKA Aleksandra</b>	<b>51</b>	NIGHT RUNNERS GLIWICE	K30	49	00:03:08	02:37:48	04:02:56	05:26:31	06:23:55		<b>06:56:44.35</b>	<b>06:56:44.35</b>	+02:57:24 (42.6%)	9:20	6.4 (57.1%)
106	<b>TYRANKIEWICZ Kamila</b>	<b>472</b>	JUMP&FLY, KABATY	K40	42	00:01:46	02:30:23	04:06:15	05:22:17	06:22:36		<b>06:58:55.35</b>	<b>06:58:55.35</b>	+02:59:35 (42.9%)	9:23	6.4 (57.1%)
107	<b>BOGUCKA Martyna</b>	<b>145</b>	JACEKBIEGA RUNNING TEAM	K40	43	00:03:05	02:38:12	04:03:26	05:19:40	06:23:44		<b>07:01:27.60</b>	<b>07:01:27.60</b>	+03:02:07 (43.2%)	9:26	6.3 (56.3%)
108	<b>MAJCHROWICZ Marzenna</b>	<b>252</b>		K40	44	00:03:18	02:30:36	06:24:24				<b>07:01:30.00</b>	<b>07:01:30.00</b>	+03:02:10 (43.2%)	9:27	6.3 (56.3%)
109	<b>SZYMAŃSKA Jolanta</b>	<b>59</b>		K30	50	00:01:44	02:19:28	03:48:38	05:12:30	06:17:43		<b>07:02:16.20</b>	<b>07:02:16.20</b>	+03:02:56 (43.3%)	9:28	6.3 (56.3%)
110	<b>ZAWADZKA Magdalena</b>	<b>143</b>	AKS POLONIA WARSZAWA/TEAM ZABIEGANE DNI	K30	51	00:02:31	02:30:49	04:02:29	05:20:34	06:27:54		<b>07:03:53.45</b>	<b>07:03:53.45</b>	+03:04:33 (43.5%)	9:30	6.3 (56.3%)
111	<b>PANENKA Małgorzata</b>	<b>63</b>	NIGHT RUNNERS GLIWICE	K40	45	00:03:05	02:38:13	04:03:29	05:26:46	06:27:44		<b>07:05:11.90</b>	<b>07:05:11.90</b>	+03:05:52 (43.7%)	9:31	6.3 (56.3%)
112	<b>GLINA- KRAWCZYK Małgorzata</b>	<b>439</b>	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	K40	46	00:02:57	02:29:11	04:03:09	05:23:14	06:30:12		<b>07:06:36.25</b>	<b>07:06:36.25</b>	+03:07:16 (43.9%)	9:33	6.3 (56.3%)
113	<b>MAZUR Ewelina</b>	<b>116</b>	BIEGAJ Z TRENERAMI	K40	47	00:03:10	02:37:55	06:29:10				<b>07:07:11.20</b>	<b>07:07:11.20</b>	+03:07:51 (44.0%)	9:34	6.3 (56.3%)
114	<b>DUNIEC Małgorzata</b>	<b>206</b>	DOGOŃ GRODZISK MAZOWIECKI	K30	52	00:02:03	02:30:09	06:32:03				<b>07:11:22.75</b>	<b>07:11:22.75</b>	+03:12:02 (44.5%)	9:40	6.2 (55.4%)
115	<b>ŁYSUNIAK- STRAUCH Aleksandra</b>	<b>207</b>	DOGOŃ GRODZISK MAZOWIECKI	K30	53	00:02:03	02:30:11	06:32:03				<b>07:11:22.80</b>	<b>07:11:22.80</b>	+03:12:02 (44.5%)	9:40	6.2 (55.4%)
116	<b>GALANTY Agnieszka</b>	<b>492</b>		K40	48	00:02:29	02:26:39	03:53:44	05:31:23	06:34:05		<b>07:13:48.90</b>	<b>07:13:48.90</b>	+03:14:29 (44.8%)	9:43	6.2 (55.4%)
117	<b>GÓRE CZNY Kamila</b>	<b>300</b>		K40	49	00:02:30	02:33:49	04:05:26	05:28:12	06:40:25		<b>07:22:23.50</b>	<b>07:22:23.50</b>	+03:23:03 (45.9%)	9:55	6 (53.6%)
118	<b>WÓJTOWICZ Iwona</b>	<b>232</b>	HUSARIA RACE TEAM	K40	50	00:02:33	02:31:43	04:10:12	05:41:18	06:43:17		<b>07:22:50.70</b>	<b>07:22:50.70</b>	+03:23:30 (46.0%)	9:55	6 (53.6%)
119	<b>WĄSIK Kornelia</b>	<b>662</b>	BIEGUSIEM.PL	K20	7	00:03:04	02:33:42	04:03:24	05:21:39	06:33:37		<b>07:23:50.75</b>	<b>07:23:50.75</b>	+03:24:30 (46.1%)	9:57	6 (53.6%)
120	<b>WOLF Weronika</b>	<b>303</b>	3 PODKARPACKA BRYGADA OBRONY TERYTORIALNEJ	K40	51	00:02:41	02:34:18	04:18:59	05:45:38	06:46:51		<b>07:26:25.15</b>	<b>07:26:25.15</b>	+03:27:05 (46.4%)	10:00	6 (53.6%)
121	<b>MALEC Basia</b>	<b>19</b>		K50	9	00:01:56	02:35:55	04:11:09	05:46:37	06:51:04		<b>07:29:46.15</b>	<b>07:29:46.15</b>	+03:30:26 (46.8%)	10:05	5.9 (52.7%)
122	<b>KRUSZEWSKA Emilia</b>	<b>674</b>		K30	54	00:00:46	02:39:54	04:20:40		06:55:06		<b>07:38:11.55</b>	<b>07:38:11.55</b>	+03:38:51 (47.8%)	10:16	5.8 (51.8%)
123	<b>SKRZYPSKA Iwona</b>	<b>331</b>		K40	52	00:02:13	02:35:01	04:18:17	05:48:10	06:57:39		<b>07:38:12.45</b>	<b>07:38:12.45</b>	+03:38:52 (47.8%)	10:16	5.8 (51.8%)
124	<b>WĄSOWICZ Magdalena</b>	<b>560</b>	HUSARIA RACE TEAM	K20	8	00:01:43	02:34:31	04:19:19	05:53:20	07:05:20		<b>07:48:17.90</b>	<b>07:48:17.90</b>	+03:48:58 (48.9%)	10:29	5.7 (50.9%)
125	<b>MARUT Kaśka</b>	<b>31</b>	NIGHT RUNNERS GLIWICE	K40	53	00:03:09	02:37:10	04:02:10	06:04:05	07:12:34		<b>07:57:44.25</b>	<b>07:57:44.25</b>	+03:58:24 (49.9%)	10:42	5.6 (50.0%)
	<b>OBARSKA Małgorzata</b>	<b>219</b>		K50		00:02:58 DNF	02:57:38 DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>KARWAN Barbara</b>	<b>633</b>	PLACETOTRI	K30		00:00:52 DNF	02:04:33 DNF	03:22:48 DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>SZELER Joanna</b>	<b>20</b>	SILESIA MARATHON TEAM / BIEGAJACA Z PSAMI	K40		00:02:40 DNF	03:24:30 DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>KLISZ Aga</b>	<b>18</b>		K30		00:01:56 DNF	DNF	DNF	DNF	DNF		<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 129 wynik(ów)