



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

VII PÓŁMARATON GLIWICKI  
Fundacja Bieg Rzeźnika  
2021-10-17  
Gliwice  
21.1 km

# VII PÓŁMARATON GLIWICKI

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K Open

| Msc | Zawodnik                  | Numer      | Klub                                  | Kategoria | Mkat | Czas startu | 2.5km    | 7.2km    | 11.9km   | 16.6km   | Czas netto 21.1km  | Czas brutto 21.1km | Różn              | Tempo min/km | Tempo km/h   |
|-----|---------------------------|------------|---------------------------------------|-----------|------|-------------|----------|----------|----------|----------|--------------------|--------------------|-------------------|--------------|--------------|
| 1   | <b>GRIMAN Joanna</b>      | <b>149</b> | MOJŻYSZ TEAM/ERIGO                    | K-40      | 1    | 00:00:03    | 00:10:03 | 00:28:17 | 00:47:24 | 01:06:12 | <b>01:24:05.85</b> | <b>01:24:09.50</b> |                   | 3:59         | 15.1 (100%)  |
| 2   | <b>SMITH Kelli</b>        | <b>635</b> |                                       | K-30      | 1    | 00:00:03    | 00:10:24 | 00:29:19 | 00:48:56 | 01:08:17 | <b>01:26:26.80</b> | <b>01:26:30.15</b> | +00:02:20 (2.7%)  | 4:05         | 14.6 (96.7%) |
| 3   | <b>JANOWSKA Michalina</b> | <b>182</b> | MOJŻYSZ TEAM / JEJKOWICE BIEGAJĄ      | K-30      | 2    | 00:00:04    | 00:10:51 | 00:30:05 | 00:49:34 | 01:08:33 | <b>01:27:05.55</b> | <b>01:27:09.65</b> | +00:02:59 (3.4%)  | 4:07         | 14.5 (96.0%) |
| 4   | <b>BROL Dominika</b>      | <b>48</b>  |                                       | K-30      | 3    | 00:00:06    | 00:11:01 | 00:30:54 | 00:51:03 | 01:10:44 | <b>01:29:08.50</b> | <b>01:29:15.45</b> | +00:05:02 (5.7%)  | 4:13         | 14.2 (94.0%) |
| 5   | <b>BAÑBOR Aleksandra</b>  | <b>11</b>  | EX TEAM                               | K-20      | 1    | 00:00:03    | 00:11:02 | 00:30:58 | 00:51:17 | 01:11:15 | <b>01:29:45.30</b> | <b>01:29:48.65</b> | +00:05:39 (6.3%)  | 4:15         | 14.1 (93.4%) |
| 6   | <b>WYLEŻAŁEK Alina</b>    | <b>528</b> |                                       | K-30      | 4    | 00:00:10    | 00:11:19 | 00:31:24 | 00:51:53 | 01:12:07 | <b>01:31:27.50</b> | <b>01:31:37.60</b> | +00:07:21 (8.0%)  | 4:20         | 13.8 (91.4%) |
| 7   | <b>KONIECZNA Anna</b>     | <b>236</b> |                                       | K-20      | 2    | 00:00:08    | 00:11:04 | 00:31:37 | 00:52:41 | 01:13:21 | <b>01:32:34.95</b> | <b>01:32:43.20</b> | +00:08:29 (9.2%)  | 4:23         | 13.7 (90.7%) |
| 8   | <b>SZEWCZYK Urszula</b>   | <b>474</b> | GREEN BELT RUNNER TEAM                | K-40      | 2    | 00:00:11    | 00:11:34 | 00:33:18 | 00:55:25 | 01:17:33 | <b>01:38:44.25</b> | <b>01:38:55.25</b> | +00:14:38 (14.8%) | 4:40         | 12.8 (84.8%) |
| 9   | <b>BINIENDA Agnieszka</b> | <b>32</b>  | KOBIETY WATAHY                        | K-40      | 3    | 00:00:25    | 00:11:56 | 00:33:41 | 00:55:40 | 01:17:59 | <b>01:39:31.55</b> | <b>01:39:56.80</b> | +00:15:25 (15.5%) | 4:42         | 12.7 (84.1%) |
| 10  | <b>LECHOCKA Patrycja</b>  | <b>278</b> | INŻYNIERIA BIEGANIA/ EKO-OKNA RUNNERS | K-30      | 5    | 00:00:13    | 00:11:56 | 00:33:53 | 00:56:13 | 01:18:44 | <b>01:40:11.70</b> | <b>01:40:25.40</b> | +00:16:05 (16.1%) | 4:44         | 12.6 (83.4%) |
| 11  | <b>NOREK-CISZAK Beata</b> | <b>353</b> | LAKE RUNNERS TYCHY                    | K-40      | 4    | 00:00:19    | 00:12:37 | 00:35:14 | 00:58:06 | 01:20:51 | <b>01:42:10.65</b> | <b>01:42:29.85</b> | +00:18:04 (17.7%) | 4:50         | 12.4 (82.1%) |
| 12  | <b>POWROŻNA Mariola</b>   | <b>397</b> | NIGHT RUNNERS ŚLĄSK                   | K-40      | 5    | 00:00:20    | 00:12:32 | 00:34:52 | 00:57:48 | 01:20:54 | <b>01:43:33.60</b> | <b>01:43:54.25</b> | +00:19:27 (18.8%) | 4:54         | 12.2 (80.8%) |
| 13  | <b>BOBROWSKA Małgosia</b> | <b>602</b> | ROZWADZA PŁYWANIE                     | K-40      | 6    | 00:00:19    | 00:12:32 | 00:35:16 | 00:58:08 | 01:21:24 | <b>01:43:51.55</b> | <b>01:44:11.10</b> | +00:19:45 (19.0%) | 4:55         | 12.2 (80.8%) |
| 14  | <b>RUSAKOWICZ Sylwia</b>  | <b>415</b> | GARAGEGYM KRAPKOWICE                  | K-40      | 7    | 00:00:19    | 00:12:33 | 00:35:15 | 00:58:08 | 01:21:35 | <b>01:44:18.20</b> | <b>01:44:37.75</b> | +00:20:12 (19.4%) | 4:56         | 12.1 (80.1%) |

| Msc | Zawodnik                         | Numer      | Klub                              | Kategoria | Mkat | Czas     |          |          |          |          | Czas netto<br>21.1km | Czas brutto<br>21.1km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|----------------------------------|------------|-----------------------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
|     |                                  |            |                                   |           |      | startu   | 2.5km    | 7.2km    | 11.9km   | 16.6km   |                      |                       |                      |                 |                 |
| 15  | <b>BUJAK<br/>Magdalena</b>       | <b>58</b>  | NIGHT RUNNERS PYSKOWICE / KP LABS | K-30      | 6    | 00:00:29 | 00:12:57 | 00:35:23 | 00:58:43 | 01:22:14 | <b>01:45:06.30</b>   | <b>01:45:36.25</b>    | +00:21:00<br>(20.0%) | 4:58            | 12<br>(79.5%)   |
| 16  | <b>KOMÓR Kinga</b>               | <b>235</b> |                                   | K-20      | 3    | 00:00:27 | 00:12:25 | 00:35:08 | 00:58:55 | 01:23:08 | <b>01:45:29.50</b>   | <b>01:45:56.70</b>    | +00:21:23<br>(20.3%) | 4:59            | 12<br>(79.5%)   |
| 17  | <b>KASPRZAK<br/>Martyna</b>      | <b>214</b> | GREEN BELT RUNNER TEAM            | K-30      | 7    | 00:00:37 | 00:13:50 | 00:37:46 | 01:01:37 | 01:24:41 | <b>01:46:16.05</b>   | <b>01:46:53.55</b>    | +00:22:10<br>(20.9%) | 5:02            | 11.9<br>(78.8%) |
| 18  | <b>OLEŚ-ZDECHLIK<br/>Beata</b>   | <b>365</b> |                                   | K-30      | 8    | 00:00:24 | 00:13:11 | 00:36:55 | 01:01:43 | 01:26:13 | <b>01:49:11.45</b>   | <b>01:49:36.40</b>    | +00:25:05<br>(23.0%) | 5:10            | 11.6<br>(76.8%) |
| 19  | <b>BLASZKE Beata</b>             | <b>34</b>  | PACEMAKER                         | K-40      | 8    | 00:00:21 | 00:13:22 | 00:37:58 | 01:02:37 | 01:27:01 | <b>01:49:30.60</b>   | <b>01:49:52.15</b>    | +00:25:24<br>(23.2%) | 5:11            | 11.6<br>(76.8%) |
| 20  | <b>JANOWSKA<br/>Karolina</b>     | <b>183</b> | KB ORLY Z KNUROW                  | K-20      | 4    | 00:00:33 | 00:12:19 | 00:35:08 | 01:00:03 | 01:25:22 | <b>01:49:52.60</b>   | <b>01:50:26.20</b>    | +00:25:46<br>(23.5%) | 5:12            | 11.5<br>(76.2%) |
| 21  | <b>WRÓBLEWSKA<br/>Ewa</b>        | <b>526</b> |                                   | K-50      | 1    | 00:00:28 | 00:13:45 | 00:37:34 | 01:02:06 | 01:27:04 | <b>01:50:37.35</b>   | <b>01:51:05.40</b>    | +00:26:31<br>(24.0%) | 5:14            | 11.4<br>(75.5%) |
| 22  | <b>PIETRZYK<br/>Aleksandra</b>   | <b>384</b> | LAKE RUNNERS TYCHY                | K-40      | 9    | 00:00:32 | 00:13:19 | 00:37:11 | 01:01:55 | 01:26:54 | <b>01:51:29.15</b>   | <b>01:52:01.15</b>    | +00:27:23<br>(24.6%) | 5:17            | 11.4<br>(75.5%) |
| 23  | <b>NIŻNIKIEWICZ<br/>Elżbieta</b> | <b>351</b> |                                   | K-40      | 10   | 00:00:37 | 00:13:27 | 00:38:00 | 01:03:12 | 01:28:12 | <b>01:51:43.45</b>   | <b>01:52:20.95</b>    | +00:27:37<br>(24.7%) | 5:17            | 11.3<br>(74.8%) |
| 24  | <b>BROZYNA<br/>Magdalena</b>     | <b>621</b> | CO JA TU ROBIE?                   | K-30      | 9    | 00:00:30 | 00:13:57 | 00:37:21 | 01:01:32 | 01:26:40 | <b>01:51:46.00</b>   | <b>01:52:16.45</b>    | +00:27:40<br>(24.8%) | 5:17            | 11.3<br>(74.8%) |
| 25  | <b>GRACH<br/>Aleksandra</b>      | <b>148</b> |                                   | K-40      | 11   | 00:00:23 | 00:13:23 | 00:37:56 | 01:02:56 | 01:28:09 | <b>01:51:54.50</b>   | <b>01:52:18.25</b>    | +00:27:48<br>(24.9%) | 5:18            | 11.3<br>(74.8%) |
| 26  | <b>CZARDYBON<br/>Laura</b>       | <b>84</b>  |                                   | K-40      | 12   | 00:00:33 | 00:13:33 | 00:38:02 | 01:03:21 | 01:28:11 | <b>01:52:01.30</b>   | <b>01:52:35.15</b>    | +00:27:55<br>(24.9%) | 5:18            | 11.3<br>(74.8%) |
| 27  | <b>PISULA Beata</b>              | <b>389</b> |                                   | K-50      | 2    | 00:00:38 | 00:13:42 | 00:37:48 | 01:02:40 | 01:28:02 | <b>01:52:10.15</b>   | <b>01:52:49.00</b>    | +00:28:04<br>(25.0%) | 5:18            | 11.3<br>(74.8%) |
| 28  | <b>KAMSKA<br/>Małgorzata</b>     | <b>206</b> | GAMBAZ TEAM                       | K-30      | 10   | 00:00:45 | 00:13:49 | 00:37:54 | 01:03:20 | 01:28:49 | <b>01:53:11.00</b>   | <b>01:53:56.40</b>    | +00:29:05<br>(25.7%) | 5:21            | 11.2<br>(74.2%) |
| 29  | <b>CABAŃSKA<br/>Dorota</b>       | <b>62</b>  |                                   | K-40      | 13   | 00:00:35 | 00:13:38 | 00:37:47 | 01:03:01 | 01:28:38 | <b>01:53:17.80</b>   | <b>01:53:53.45</b>    | +00:29:11<br>(25.8%) | 5:22            | 11.2<br>(74.2%) |
| 30  | <b>GOŹDZIŃSKA<br/>Magdalena</b>  | <b>143</b> |                                   | K-40      | 14   | 00:00:24 | 00:13:28 | 00:37:57 | 01:02:45 | 01:27:55 | <b>01:54:02.65</b>   | <b>01:54:27.00</b>    | +00:29:56<br>(26.3%) | 5:24            | 11.1<br>(73.5%) |
| 31  | <b>ZACHARIASZ<br/>Agnieszka</b>  | <b>530</b> |                                   | K-30      | 11   | 00:00:14 | 00:13:28 | 00:38:05 | 01:02:57 | 01:28:49 | <b>01:54:03.65</b>   | <b>01:54:18.20</b>    | +00:29:57<br>(26.3%) | 5:24            | 11.1<br>(73.5%) |
| 32  | <b>RYZIŃSKA Aneta</b>            | <b>422</b> |                                   | K-40      | 15   | 00:00:36 | 00:13:51 | 00:38:30 | 01:04:09 | 01:29:44 | <b>01:54:35.15</b>   | <b>01:55:11.50</b>    | +00:30:29<br>(26.6%) | 5:25            | 11<br>(72.8%)   |
| 33  | <b>NOWAK<br/>Katarzyna</b>       | <b>356</b> |                                   | K-20      | 5    | 00:00:47 | 00:14:29 | 00:39:11 | 01:04:43 | 01:30:46 | <b>01:54:50.60</b>   | <b>01:55:38.10</b>    | +00:30:44<br>(26.8%) | 5:26            | 11<br>(72.8%)   |
| 34  | <b>MARCINIAK<br/>Paulina</b>     | <b>309</b> |                                   | K-30      | 12   | 00:00:39 | 00:14:21 | 00:39:26 | 01:04:56 | 01:30:28 | <b>01:55:10.55</b>   | <b>01:55:50.20</b>    | +00:31:04<br>(27.0%) | 5:27            | 11<br>(72.8%)   |
| 35  | <b>MUSIAŁ Bożena</b>             | <b>340</b> |                                   | K-40      | 16   | 00:00:13 | 00:14:06 | 00:39:28 | 01:05:20 | 01:31:14 | <b>01:55:25.65</b>   | <b>01:55:39.00</b>    | +00:31:19<br>(27.1%) | 5:28            | 11<br>(72.8%)   |
| 36  | <b>SKUPIEŃ Iza</b>               | <b>449</b> | ALBATROSY                         | K-40      | 17   | 00:00:34 | 00:14:57 | 00:42:09 | 01:08:21 | 01:32:56 | <b>01:56:01.05</b>   | <b>01:56:35.40</b>    | +00:31:55<br>(27.5%) | 5:29            | 10.9<br>(72.2%) |
| 37  | <b>CHROBASIK<br/>Monika</b>      | <b>71</b>  |                                   | K-40      | 18   | 00:00:30 | 00:13:58 | 00:39:09 | 01:04:57 | 01:31:10 | <b>01:56:08.85</b>   | <b>01:56:39.60</b>    | +00:32:03<br>(27.6%) | 5:30            | 10.9<br>(72.2%) |

| Msc | Zawodnik                          | Numer      | Klub                | Kategoria | Mkat | Czas     |          |          |          |          | Czas netto<br>21.1km | Czas brutto<br>21.1km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|-----------------------------------|------------|---------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
|     |                                   |            |                     |           |      | startu   | 2.5km    | 7.2km    | 11.9km   | 16.6km   |                      |                       |                      |                 |                 |
| 38  | <b>LEDWOŃ Aneta</b>               | <b>279</b> |                     | K-40      | 19   | 00:00:23 | 00:13:29 | 00:38:43 | 01:05:16 | 01:31:17 | <b>01:56:10.00</b>   | <b>01:56:33.35</b>    | +00:32:04<br>(27.6%) | 5:30            | 10.9<br>(72.2%) |
| 39  | <b>KOZIELSKA Magdalena</b>        | <b>250</b> |                     | K-20      | 6    | 00:00:32 | 00:14:12 | 00:40:07 | 01:06:26 | 01:32:21 | <b>01:56:14.20</b>   | <b>01:56:46.60</b>    | +00:32:08<br>(27.6%) | 5:30            | 10.9<br>(72.2%) |
| 40  | <b>SIEKIERKA Karolina</b>         | <b>436</b> |                     | K-40      | 20   | 00:00:45 | 00:14:18 | 00:39:53 | 01:06:20 | 01:32:21 | <b>01:56:15.20</b>   | <b>01:57:00.65</b>    | +00:32:09<br>(27.7%) | 5:30            | 10.9<br>(72.2%) |
| 41  | <b>CIOK Anna</b>                  | <b>76</b>  |                     | K-40      | 21   | 00:00:50 | 00:14:12 | 00:39:22 | 01:05:06 | 01:31:35 | <b>01:56:29.95</b>   | <b>01:57:20.00</b>    | +00:32:24<br>(27.8%) | 5:31            | 10.9<br>(72.2%) |
| 42  | <b>PALMOWSKA Agnieszka</b>        | <b>378</b> | PHD RUNNERS         | K-30      | 13   | 00:00:42 | 00:14:16 | 00:40:02 | 01:06:52 | 01:32:57 | <b>01:56:48.50</b>   | <b>01:57:30.95</b>    | +00:32:42<br>(28.0%) | 5:32            | 10.8<br>(71.5%) |
| 43  | <b>MUSIOŁ Helena</b>              | <b>342</b> |                     | K-40      | 22   | 00:00:35 | 00:13:55 | 00:39:26 | 01:06:05 | 01:32:02 | <b>01:57:05.00</b>   | <b>01:57:40.45</b>    | +00:32:59<br>(28.2%) | 5:32            | 10.8<br>(71.5%) |
| 44  | <b>BASIAGA Anita</b>              | <b>609</b> |                     | K-20      | 7    | 00:00:40 | 00:14:53 | 00:41:15 | 01:07:49 | 01:33:22 | <b>01:57:08.65</b>   | <b>01:57:49.15</b>    | +00:33:02<br>(28.2%) | 5:33            | 10.8<br>(71.5%) |
| 45  | <b>KWIATKOWSKA Katarzyna</b>      | <b>270</b> |                     | K-40      | 23   | 00:00:25 | 00:13:48 | 00:38:57 | 01:05:19 | 01:31:56 | <b>01:57:13.50</b>   | <b>01:57:39.30</b>    | +00:33:07<br>(28.3%) | 5:33            | 10.8<br>(71.5%) |
| 46  | <b>SZELAĞ Monika</b>              | <b>632</b> |                     | K-20      | 8    | 00:00:56 | 00:15:34 | 00:42:05 | 01:07:56 | 01:32:40 | <b>01:57:26.30</b>   | <b>01:58:23.15</b>    | +00:33:20<br>(28.4%) | 5:33            | 10.8<br>(71.5%) |
| 47  | <b>POPIEL-KRUK Aleksandra</b>     | <b>396</b> |                     | K-40      | 24   | 00:00:34 | 00:14:56 | 00:42:09 | 01:08:57 | 01:34:43 | <b>01:58:18.15</b>   | <b>01:58:53.00</b>    | +00:34:12<br>(28.9%) | 5:36            | 10.7<br>(70.9%) |
| 48  | <b>REWIUK-KOCUR Anna</b>          | <b>409</b> |                     | K-40      | 25   | 00:01:22 | 00:14:28 | 00:39:28 | 01:05:57 | 01:32:21 | <b>01:58:22.55</b>   | <b>01:59:45.10</b>    | +00:34:16<br>(29.0%) | 5:36            | 10.7<br>(70.9%) |
| 49  | <b>STRZELCZYK Grażyna</b>         | <b>469</b> |                     | K-40      | 26   | 00:00:50 | 00:14:21 | 00:39:24 | 01:06:16 | 01:33:14 | <b>01:58:43.90</b>   | <b>01:59:34.05</b>    | +00:34:38<br>(29.2%) | 5:37            | 10.7<br>(70.9%) |
| 50  | <b>ROWINSKA Ewa</b>               | <b>410</b> |                     | K-30      | 14   | 00:00:41 | 00:14:32 | 00:39:53 | 01:06:35 | 01:33:07 | <b>01:59:00.55</b>   | <b>01:59:41.65</b>    | +00:34:54<br>(29.3%) | 5:38            | 10.6<br>(70.2%) |
| 51  | <b>KULCZYK Anna</b>               | <b>263</b> |                     | K-30      | 15   | 00:00:36 | 00:13:57 | 00:39:22 | 01:06:07 | 01:33:23 | <b>01:59:24.90</b>   | <b>02:00:01.55</b>    | +00:35:19<br>(29.6%) | 5:39            | 10.6<br>(70.2%) |
| 52  | <b>RYNIO Jessica</b>              | <b>418</b> |                     | K-20      | 9    | 00:00:23 | 00:13:59 | 00:40:05 | 01:07:05 | 01:34:00 | <b>01:59:37.00</b>   | <b>02:00:00.05</b>    | +00:35:31<br>(29.7%) | 5:40            | 10.6<br>(70.2%) |
| 53  | <b>MIECZNIKOWSKA Agnieszka</b>    | <b>328</b> |                     | K-40      | 27   | 00:00:43 | 00:14:08 | 00:40:00 | 01:07:08 | 01:34:12 | <b>01:59:43.70</b>   | <b>02:00:26.70</b>    | +00:35:37<br>(29.8%) | 5:40            | 10.6<br>(70.2%) |
| 54  | <b>KASPEREK Magdalena</b>         | <b>211</b> |                     | K-40      | 28   | 00:00:35 | 00:14:04 | 00:40:06 | 01:07:10 | 01:34:24 | <b>02:00:20.50</b>   | <b>02:00:56.15</b>    | +00:36:14<br>(30.1%) | 5:42            | 10.5<br>(69.5%) |
| 55  | <b>SKOREK-BILCZYŃSKA Patrycja</b> | <b>446</b> |                     | K-40      | 29   | 00:00:40 | 00:14:32 | 00:40:16 | 01:07:27 | 01:34:52 | <b>02:00:21.55</b>   | <b>02:01:01.60</b>    | +00:36:15<br>(30.1%) | 5:42            | 10.5<br>(69.5%) |
| 56  | <b>KRZYSZKOWSKA Agnieszka</b>     | <b>258</b> |                     | K-40      | 30   | 00:00:29 | 00:14:22 | 00:40:27 | 01:07:18 | 01:34:29 | <b>02:00:26.75</b>   | <b>02:00:56.10</b>    | +00:36:20<br>(30.2%) | 5:42            | 10.5<br>(69.5%) |
| 57  | <b>LASKOWSKA Katarzyna</b>        | <b>273</b> | PACEMAKER           | K-40      | 31   | 00:00:35 | 00:14:56 | 00:42:09 | 01:08:56 | 01:35:40 | <b>02:00:48.85</b>   | <b>02:01:24.50</b>    | +00:36:43<br>(30.4%) | 5:43            | 10.5<br>(69.5%) |
| 58  | <b>ŚCIBISZ Marta</b>              | <b>480</b> | TKKF SATURN CZELADZ | K-40      | 32   | 00:00:24 | 00:14:19 | 00:40:17 | 01:07:40 | 01:34:47 | <b>02:00:59.70</b>   | <b>02:01:24.10</b>    | +00:36:53<br>(30.5%) | 5:44            | 10.5<br>(69.5%) |
| 59  | <b>MICHALSKA Bogna</b>            | <b>325</b> |                     | K-30      | 16   | 00:00:54 | 00:15:39 | 00:42:36 | 01:10:18 | 01:37:57 | <b>02:02:32.85</b>   | <b>02:03:27.40</b>    | +00:38:27<br>(31.4%) | 5:48            | 10.3<br>(68.2%) |
| 60  | <b>SAWICKA Anna</b>               | <b>589</b> |                     | K-20      | 10   | 00:01:01 | 00:15:31 | 00:42:06 | 01:09:37 | 01:37:29 | <b>02:02:39.20</b>   | <b>02:03:40.20</b>    | +00:38:33<br>(31.4%) | 5:48            | 10.3<br>(68.2%) |

| Msc | Zawodnik                         | Numer      | Klub               | Kategoria | Mkat | Czas     |          |          |          |          | Czas netto<br>21.1km | Czas brutto<br>21.1km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|----------------------------------|------------|--------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
|     |                                  |            |                    |           |      | startu   | 2.5km    | 7.2km    | 11.9km   | 16.6km   |                      |                       |                      |                 |                 |
| 61  | <b>JĘDRZEJEWSKA Beata</b>        | <b>193</b> | MIRAZ RACE TEAM    | K-40      | 33   | 00:00:24 | 00:14:07 | 00:40:19 | 01:07:49 | 01:35:55 | <b>02:02:39.45</b>   | <b>02:03:04.20</b>    | +00:38:33<br>(31.4%) | 5:48            | 10.3<br>(68.2%) |
| 62  | <b>BRZOZOWSKA Katarzyna</b>      | <b>592</b> |                    | K-40      | 34   | 00:01:01 | 00:16:47 | 00:44:32 | 01:12:00 | 01:38:38 | <b>02:02:52.85</b>   | <b>02:03:54.00</b>    | +00:38:47<br>(31.6%) | 5:49            | 10.3<br>(68.2%) |
| 63  | <b>WYCISK Dagmara</b>            | <b>527</b> |                    | K-30      | 17   | 00:00:49 | 00:14:47 | 00:41:52 | 01:09:11 | 01:37:09 | <b>02:03:36.20</b>   | <b>02:04:25.25</b>    | +00:39:30<br>(32.0%) | 5:51            | 10.2<br>(67.5%) |
| 64  | <b>JURETKO Agata</b>             | <b>198</b> |                    | K-20      | 11   | 00:00:50 | 00:14:25 | 00:40:27 | 01:07:07 | 01:35:26 | <b>02:03:36.65</b>   | <b>02:04:26.95</b>    | +00:39:30<br>(32.0%) | 5:51            | 10.2<br>(67.5%) |
| 65  | <b>MYNARSKA Ligia</b>            | <b>600</b> | DALEKO JESZCZE?    | K-40      | 35   | 00:00:52 | 00:15:24 | 00:42:05 | 01:09:21 | 01:37:19 | <b>02:04:03.75</b>   | <b>02:04:55.85</b>    | +00:39:57<br>(32.2%) | 5:52            | 10.2<br>(67.5%) |
| 66  | <b>JANUSZ Agnieszka</b>          | <b>583</b> | TAURON TEAM        | K-40      | 36   | 00:00:26 | 00:15:01 | 00:41:58 | 01:09:23 | 01:37:56 | <b>02:04:06.25</b>   | <b>02:04:33.05</b>    | +00:40:00<br>(32.2%) | 5:52            | 10.2<br>(67.5%) |
| 67  | <b>ZAWISZA Beata</b>             | <b>540</b> |                    | K-50      | 3    | 00:00:41 | 00:14:55 | 00:41:58 | 01:09:27 | 01:37:16 | <b>02:04:20.25</b>   | <b>02:05:01.40</b>    | +00:40:14<br>(32.4%) | 5:53            | 10.2<br>(67.5%) |
| 68  | <b>MAJEWSKA Gizela</b>           | <b>577</b> | NRP                | K-50      | 4    | 00:00:50 | 00:14:45 | 00:41:11 | 01:08:44 | 01:37:02 | <b>02:04:35.80</b>   | <b>02:05:25.90</b>    | +00:40:29<br>(32.5%) | 5:54            | 10.2<br>(67.5%) |
| 69  | <b>MERDA Wiktoria</b>            | <b>322</b> |                    | K-20      | 12   | 00:00:47 | 00:14:58 | 00:42:31 | 01:10:51 | 01:38:49 | <b>02:05:03.05</b>   | <b>02:05:50.05</b>    | +00:40:57<br>(32.7%) | 5:55            | 10.1<br>(66.9%) |
| 70  | <b>SZYMAŃSKA Magdalena</b>       | <b>599</b> |                    | K-30      | 18   | 00:00:58 | 00:14:58 | 00:41:54 | 01:10:00 | 01:37:57 | <b>02:05:18.50</b>   | <b>02:06:17.45</b>    | +00:41:12<br>(32.9%) | 5:56            | 10.1<br>(66.9%) |
| 71  | <b>BARWICKA-BŁASZCZYK Joanna</b> | <b>14</b>  |                    | K-40      | 37   | 00:00:39 | 00:15:10 | 00:42:40 | 01:10:52 | 01:38:44 | <b>02:05:28.80</b>   | <b>02:06:08.50</b>    | +00:41:22<br>(33.0%) | 5:56            | 10.1<br>(66.9%) |
| 72  | <b>BIAŁASIK Monika</b>           | <b>27</b>  |                    | K-30      | 19   | 00:01:03 | 00:15:36 | 00:44:03 | 01:12:34 | 01:41:08 | <b>02:06:11.40</b>   | <b>02:07:15.20</b>    | +00:42:05<br>(33.4%) | 5:58            | 10<br>(66.2%)   |
| 73  | <b>MAŃKA Zofia</b>               | <b>305</b> |                    | K-20      | 13   | 00:01:04 | 00:15:53 | 00:44:31 | 01:14:16 | 01:41:53 | <b>02:06:21.15</b>   | <b>02:07:26.10</b>    | +00:42:15<br>(33.4%) | 5:59            | 10<br>(66.2%)   |
| 74  | <b>TYRKA Anna</b>                | <b>490</b> |                    | K-40      | 38   | 00:01:00 | 00:15:37 | 00:43:58 | 01:12:19 | 01:40:08 | <b>02:06:22.30</b>   | <b>02:07:22.55</b>    | +00:42:16<br>(33.5%) | 5:59            | 10<br>(66.2%)   |
| 75  | <b>KRAŃSKA Sandra</b>            | <b>253</b> |                    | K-30      | 20   | 00:00:51 | 00:14:45 | 00:42:12 | 01:10:04 | 01:38:27 | <b>02:06:32.80</b>   | <b>02:07:24.75</b>    | +00:42:26<br>(33.5%) | 5:59            | 10<br>(66.2%)   |
| 76  | <b>BUGAJ Katarzyna</b>           | <b>56</b>  | LAKE RUNNERS       | K-40      | 39   | 00:00:47 | 00:15:36 | 00:42:56 | 01:11:35 | 01:40:18 | <b>02:06:40.30</b>   | <b>02:07:27.35</b>    | +00:42:34<br>(33.6%) | 6:00            | 10<br>(66.2%)   |
| 77  | <b>KIDABIONEK Olga</b>           | <b>222</b> |                    | K-30      | 21   | 00:00:42 | 00:15:04 | 00:42:09 | 01:10:34 | 01:39:15 | <b>02:06:46.10</b>   | <b>02:07:28.60</b>    | +00:42:40<br>(33.7%) | 6:00            | 10<br>(66.2%)   |
| 78  | <b>LATA Monika</b>               | <b>275</b> |                    | K-40      | 40   | 00:01:02 | 00:16:22 | 00:44:11 | 01:12:28 | 01:40:50 | <b>02:06:56.50</b>   | <b>02:07:58.55</b>    | +00:42:50<br>(33.8%) | 6:00            | 10<br>(66.2%)   |
| 79  | <b>DYGOŃ Małgorzata</b>          | <b>99</b>  | BIEGAJ Z TRENERAMI | K-40      | 41   | 00:00:49 | 00:15:23 | 00:43:02 | 01:11:55 | 01:40:22 | <b>02:07:31.30</b>   | <b>02:08:20.85</b>    | +00:43:25<br>(34.1%) | 6:02            | 9.9<br>(65.6%)  |
| 80  | <b>STAWSKA Joanna</b>            | <b>464</b> | BIEGAJ Z TRENERAMI | K-50      | 5    | 00:00:48 | 00:15:23 | 00:43:04 | 01:11:57 | 01:40:22 | <b>02:07:32.25</b>   | <b>02:08:20.80</b>    | +00:43:26<br>(34.1%) | 6:02            | 9.9<br>(65.6%)  |
| 81  | <b>ZWOLIŃSKA Katarzyna</b>       | <b>642</b> | HURAGAN LIGOTA     | K-40      | 42   | 00:00:48 | 00:16:46 | 00:43:57 | 01:12:43 | 01:41:19 | <b>02:07:50.60</b>   | <b>02:08:39.15</b>    | +00:43:44<br>(34.2%) | 6:03            | 9.9<br>(65.6%)  |
| 82  | <b>ŁATAK - SKRABUT Basia</b>     | <b>284</b> | PACEMAKER          | K-40      | 43   | 00:00:43 | 00:15:49 | 00:44:23 | 01:12:54 | 01:41:29 | <b>02:08:34.05</b>   | <b>02:09:17.60</b>    | +00:44:28<br>(34.6%) | 6:05            | 9.8<br>(64.9%)  |

| Msc | Zawodnik                         | Numer      | Klub                             | Kategoria | Mkat | Czas     |          |          |          |          | Czas netto<br>21.1km | Czas brutto<br>21.1km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------------------|------------|----------------------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|----------------|
|     |                                  |            |                                  |           |      | startu   | 2.5km    | 7.2km    | 11.9km   | 16.6km   |                      |                       |                      |                 |                |
| 83  | <b>KILAR-HOSZOWSKA Sabina</b>    | <b>225</b> | MEDUZY                           | K-30      | 22   | 00:00:53 | 00:15:32 | 00:43:25 | 01:12:14 | 01:41:10 | <b>02:08:40.55</b>   | <b>02:09:34.30</b>    | +00:44:34<br>(34.6%) | 6:05            | 9.8<br>(64.9%) |
| 84  | <b>MARYNIAK-KOLINSKI Mariola</b> | <b>314</b> |                                  | K-40      | 44   | 00:16:52 | 00:14:59 | 00:43:02 | 01:12:07 | 01:40:52 | <b>02:09:14.05</b>   | <b>02:26:06.50</b>    | +00:45:08<br>(34.9%) | 6:07            | 9.8<br>(64.9%) |
| 85  | <b>WÓJCIK Józefa</b>             | <b>524</b> | GCE GLIWICE                      | K-50      | 6    | 00:00:51 | 00:15:03 | 00:42:15 | 01:11:19 | 01:40:57 | <b>02:09:25.15</b>   | <b>02:10:16.25</b>    | +00:45:19<br>(35.0%) | 6:08            | 9.8<br>(64.9%) |
| 86  | <b>WHITE Ashley</b>              | <b>508</b> | KLUB BIEGACZA FARTLEK            | K-40      | 45   | 00:00:59 | 00:15:42 | 00:44:23 | 01:13:49 | 01:42:41 | <b>02:09:43.75</b>   | <b>02:10:43.25</b>    | +00:45:37<br>(35.2%) | 6:08            | 9.8<br>(64.9%) |
| 87  | <b>ŻYGLOWICZ Sylwia</b>          | <b>555</b> |                                  | K-30      | 23   | 00:01:01 | 00:15:47 | 00:44:11 | 01:13:04 | 01:43:13 | <b>02:11:03.50</b>   | <b>02:12:05.10</b>    | +00:46:57<br>(35.8%) | 6:12            | 9.7<br>(64.2%) |
| 88  | <b>CETERA Kamila</b>             | <b>65</b>  |                                  | K-40      | 46   | 00:00:44 | 00:15:49 | 00:44:24 | 01:13:08 | 01:42:04 | <b>02:11:12.50</b>   | <b>02:11:56.65</b>    | +00:47:06<br>(35.9%) | 6:13            | 9.6<br>(63.6%) |
| 89  | <b>GLADKOWSKA Małgorzata</b>     | <b>134</b> |                                  | K-30      | 24   | 00:00:30 | 00:14:54 | 00:42:30 | 01:12:10 | 01:43:07 | <b>02:11:14.20</b>   | <b>02:11:45.05</b>    | +00:47:08<br>(35.9%) | 6:13            | 9.6<br>(63.6%) |
| 90  | <b>ONOPIUK Natalia</b>           | <b>366</b> |                                  | K-30      | 25   | 00:01:03 | 00:15:35 | 00:44:04 | 01:12:35 | 01:42:03 | <b>02:11:46.60</b>   | <b>02:12:50.45</b>    | +00:47:40<br>(36.2%) | 6:14            | 9.6<br>(63.6%) |
| 91  | <b>WOSIAK Katarzyna</b>          | <b>521</b> |                                  | K-30      | 26   | 00:00:18 | 00:14:45 | 00:41:34 | 01:10:17 | 01:40:51 | <b>02:11:51.35</b>   | <b>02:12:10.10</b>    | +00:47:45<br>(36.2%) | 6:14            | 9.6<br>(63.6%) |
| 92  | <b>WILCZEK Małgorzata</b>        | <b>513</b> |                                  | K-30      | 27   | 00:00:51 | 00:15:57 | 00:44:30 | 01:14:24 | 01:44:16 | <b>02:11:53.50</b>   | <b>02:12:44.60</b>    | +00:47:47<br>(36.2%) | 6:15            | 9.6<br>(63.6%) |
| 93  | <b>BAJOR Agnieszka</b>           | <b>10</b>  |                                  | K-30      | 28   | 00:01:03 | 00:15:41 | 00:43:56 | 01:12:49 | 01:42:19 | <b>02:12:19.10</b>   | <b>02:13:22.20</b>    | +00:48:13<br>(36.4%) | 6:16            | 9.6<br>(63.6%) |
| 94  | <b>BUCHAL Katarzyna</b>          | <b>53</b>  |                                  | K-50      | 7    | 00:00:27 | 00:15:44 | 00:44:23 | 01:14:30 | 01:44:28 | <b>02:13:04.15</b>   | <b>02:13:31.35</b>    | +00:48:58<br>(36.8%) | 6:18            | 9.5<br>(62.9%) |
| 95  | <b>OGAZA Małgorzata</b>          | <b>364</b> |                                  | K-40      | 47   | 00:01:03 | 00:15:38 | 00:44:05 | 01:13:49 | 01:44:20 | <b>02:13:26.45</b>   | <b>02:14:29.90</b>    | +00:49:20<br>(37.0%) | 6:19            | 9.5<br>(62.9%) |
| 96  | <b>SKOPOWSKA Klaudia</b>         | <b>445</b> | SREBRNI BIEGACZE TARNOWSKIE GÓRY | K-50      | 8    | 00:01:03 | 00:16:04 | 00:44:55 | 01:14:42 | 01:44:21 | <b>02:13:47.50</b>   | <b>02:14:51.05</b>    | +00:49:41<br>(37.1%) | 6:20            | 9.5<br>(62.9%) |
| 97  | <b>MENDLA Anna</b>               | <b>320</b> |                                  | K-30      | 29   | 00:00:44 | 00:15:12 | 00:43:26 | 01:13:12 | 01:43:43 | <b>02:13:58.00</b>   | <b>02:14:42.45</b>    | +00:49:52<br>(37.2%) | 6:20            | 9.5<br>(62.9%) |
| 98  | <b>BATEJKO Beata</b>             | <b>16</b>  | SPORT WSPIERAMY NAUKOWO          | K-40      | 48   | 00:00:54 | 00:15:46 | 00:44:48 | 01:14:28 | 01:44:32 | <b>02:14:16.00</b>   | <b>02:15:10.85</b>    | +00:50:10<br>(37.4%) | 6:21            | 9.4<br>(62.3%) |
| 99  | <b>WLACH Anna</b>                | <b>516</b> | PACEMAKER                        | K-40      | 49   | 00:00:51 | 00:15:48 | 00:44:50 | 01:14:39 | 01:44:33 | <b>02:14:20.25</b>   | <b>02:15:11.75</b>    | +00:50:14<br>(37.4%) | 6:21            | 9.4<br>(62.3%) |
| 100 | <b>FRUK Natalia</b>              | <b>113</b> |                                  | K-30      | 30   | 00:00:47 | 00:16:19 | 00:46:24 | 01:16:34 | 01:46:37 | <b>02:14:24.10</b>   | <b>02:15:11.65</b>    | +00:50:18<br>(37.4%) | 6:22            | 9.4<br>(62.3%) |
| 101 | <b>ZAWIŁA Agnieszka</b>          | <b>539</b> |                                  | K-30      | 31   | 00:01:08 | 00:16:14 | 00:44:30 | 01:14:16 | 01:44:28 | <b>02:14:34.65</b>   | <b>02:15:43.55</b>    | +00:50:28<br>(37.5%) | 6:22            | 9.4<br>(62.3%) |
| 102 | <b>LISZKA Ela</b>                | <b>282</b> | PACEMAKER                        | K-40      | 50   | 00:00:51 | 00:15:49 | 00:44:50 | 01:14:40 | 01:44:41 | <b>02:14:43.50</b>   | <b>02:15:35.30</b>    | +00:50:37<br>(37.6%) | 6:23            | 9.4<br>(62.3%) |
| 103 | <b>HEINRICH Żaneta</b>           | <b>165</b> |                                  | K-20      | 14   | 00:01:03 | 00:15:36 | 00:44:06 | 01:13:19 | 01:44:22 | <b>02:14:48.75</b>   | <b>02:15:51.95</b>    | +00:50:42<br>(37.6%) | 6:23            | 9.4<br>(62.3%) |
| 104 | <b>GROMADZKA Justyna</b>         | <b>151</b> | KOBIETY WATAHY                   | K-30      | 32   | 00:00:41 | 00:14:55 | 00:42:59 | 01:12:54 | 01:44:08 | <b>02:15:41.90</b>   | <b>02:16:23.20</b>    | +00:51:36<br>(38.0%) | 6:25            | 9.3<br>(61.6%) |

| Msc | Zawodnik                         | Numer      | Klub                 | Kategoria | Mkat | Czas     |          |          |          |          | Czas netto<br>21.1km | Czas brutto<br>21.1km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|----------------------------------|------------|----------------------|-----------|------|----------|----------|----------|----------|----------|----------------------|-----------------------|----------------------|-----------------|-----------------|
|     |                                  |            |                      |           |      | startu   | 2.5km    | 7.2km    | 11.9km   | 16.6km   |                      |                       |                      |                 |                 |
| 105 | <b>KLEPCZYŃSKA Sabina</b>        | <b>228</b> |                      | K-40      | 51   | 00:00:53 | 00:15:48 | 00:44:50 | 01:14:39 | 01:45:28 | <b>02:15:55.25</b>   | <b>02:16:48.40</b>    | +00:51:49<br>(38.1%) | 6:26            | 9.3<br>(61.6%)  |
| 106 | <b>KUZMYNSKA Kateryna</b>        | <b>619</b> |                      | K-30      | 33   | 00:00:24 | 00:15:11 | 00:43:31 | 01:14:22 | 01:46:19 | <b>02:16:57.70</b>   | <b>02:17:21.95</b>    | +00:52:51<br>(38.6%) | 6:29            | 9.2<br>(60.9%)  |
| 107 | <b>WOJDANOWSKA Małgorzata</b>    | <b>517</b> | LECYMY DURŚ          | K-30      | 34   | 00:01:04 | 00:15:38 | 00:43:33 | 01:14:53 | 01:47:39 | <b>02:17:22.85</b>   | <b>02:18:27.25</b>    | +00:53:17<br>(38.8%) | 6:30            | 9.2<br>(60.9%)  |
| 108 | <b>KOKOT Justyna</b>             | <b>572</b> |                      | K-40      | 52   | 00:01:06 | 00:15:46 | 00:44:42 | 01:15:36 | 01:47:05 | <b>02:17:48.65</b>   | <b>02:18:55.60</b>    | +00:53:42<br>(39.0%) | 6:31            | 9.2<br>(60.9%)  |
| 109 | <b>BLAUT-KUBANEK Anna</b>        | <b>35</b>  |                      | K-40      | 53   | 00:00:46 | 00:15:46 | 00:44:25 | 01:14:44 | 01:46:13 | <b>02:18:05.35</b>   | <b>02:18:51.35</b>    | +00:53:59<br>(39.1%) | 6:32            | 9.2<br>(60.9%)  |
| 110 | <b>GARBACZ Asia</b>              | <b>123</b> |                      | K-30      | 35   | 00:00:54 | 00:15:50 | 00:45:13 | 01:16:32 | 01:48:29 | <b>02:19:22.85</b>   | <b>02:20:17.25</b>    | +00:55:17<br>(39.7%) | 6:36            | 9.1<br>(60.3%)  |
| 111 | <b>NIEDBALSKA Sandra</b>         | <b>345</b> |                      | K-30      | 36   | 00:00:52 | 00:15:50 | 00:45:25 | 01:17:04 | 01:49:02 | <b>02:19:56.50</b>   | <b>02:20:48.65</b>    | +00:55:50<br>(39.9%) | 6:37            | 9<br>(59.6%)    |
| 112 | <b>ŚWIDEREK Aleksandra</b>       | <b>481</b> |                      | K-30      | 37   | 00:00:55 | 00:17:28 | 00:48:44 | 01:21:29 | 01:53:24 | <b>02:23:09.40</b>   | <b>02:24:05.05</b>    | +00:59:03<br>(41.3%) | 6:47            | 8.8<br>(58.3%)  |
| 112 | <b>PIECHOWICZ-KUROWSKA Agata</b> | <b>382</b> |                      | K-30      | 37   | 00:00:55 | 00:17:28 | 00:48:45 | 01:21:30 | 01:53:24 | <b>02:23:09.40</b>   | <b>02:24:05.05</b>    | +00:59:03<br>(41.3%) | 6:47            | 8.8<br>(58.3%)  |
| 114 | <b>KARNIA Agnieszka</b>          | <b>209</b> |                      | K-30      | 39   | 00:00:55 | 00:17:28 | 00:48:44 | 01:21:29 | 01:53:24 | <b>02:23:09.65</b>   | <b>02:24:05.45</b>    | +00:59:03<br>(41.3%) | 6:47            | 8.8<br>(58.3%)  |
| 115 | <b>SKRZĄTEK Katarzyna</b>        | <b>448</b> |                      | K-20      | 15   | 00:00:52 | 00:16:02 | 00:45:28 | 01:17:45 | 01:51:36 | <b>02:23:14.50</b>   | <b>02:24:06.60</b>    | +00:59:08<br>(41.3%) | 6:47            | 8.8<br>(58.3%)  |
| 116 | <b>SITKO Dagmara</b>             | <b>440</b> |                      | K-30      | 40   | 00:01:13 | 00:17:24 | 00:49:48 | 01:22:54 | 01:56:19 | <b>02:26:18.65</b>   | <b>02:27:32.25</b>    | +01:02:12<br>(42.5%) | 6:56            | 8.7<br>(57.6%)  |
| 117 | <b>MIGDAŁ Iwona</b>              | <b>330</b> | SLOW JOGGING GLIWICE | K-40      | 54   | 00:01:00 | 00:16:36 | 00:47:30 | 01:20:33 | 01:54:27 | <b>02:26:38.10</b>   | <b>02:27:38.25</b>    | +01:02:32<br>(42.6%) | 6:56            | 8.6<br>(57.0%)  |
| 118 | <b>CIUK Iwona</b>                | <b>618</b> | BIEGAJ Z TRENERAMI!  | K-50      | 9    | 00:00:50 | 00:16:41 | 00:47:57 | 01:21:19 | 01:55:00 | <b>02:27:52.80</b>   | <b>02:28:43.50</b>    | +01:03:46<br>(43.1%) | 7:00            | 8.6<br>(57.0%)  |
| 119 | <b>JASIŃSKA Klaudia</b>          | <b>187</b> | AKTYWNI SUCHA GÓRA   | K-40      | 55   | 00:01:10 | 00:16:48 | 00:47:24 | 01:20:24 | 01:54:17 | <b>02:28:21.90</b>   | <b>02:29:32.20</b>    | +01:04:16<br>(43.3%) | 7:01            | 8.5<br>(56.3%)  |
| 120 | <b>POGORZELSKA-KLIKS Agata</b>   | <b>394</b> |                      | K-40      | 56   | 00:01:08 | 00:17:28 | 00:49:53 | 01:23:13 | 01:56:32 | <b>02:28:49.80</b>   | <b>02:29:57.95</b>    | +01:04:43<br>(43.5%) | 7:03            | 8.5<br>(56.3%)  |
| 121 | <b>JUNGA Joanna</b>              | <b>629</b> |                      | K-20      | 16   | 00:01:15 | 00:17:47 | 00:50:27 | 01:23:09 | 01:57:10 | <b>02:29:06.95</b>   | <b>02:30:22.00</b>    | +01:05:01<br>(43.6%) | 7:03            | 8.5<br>(56.3%)  |
| 122 | <b>KRUKOWSKA Monika</b>          | <b>256</b> |                      | K-30      | 41   | 00:00:33 | 00:16:47 | 00:49:08 | 01:24:33 | 01:58:12 | <b>02:33:49.40</b>   | <b>02:34:23.25</b>    | +01:09:43<br>(45.3%) | 7:17            | 8.2<br>(54.3%)  |
| 123 | <b>BRODA Zuzanna</b>             | <b>43</b>  |                      | K-20      | 17   | 00:01:09 | 00:18:46 | 00:50:49 | 01:28:05 | 02:01:35 | <b>02:37:29.80</b>   | <b>02:38:39.05</b>    | +01:13:23<br>(46.6%) | 7:27            | 8<br>(53.0%)    |
| 124 | <b>BRODA Hanna</b>               | <b>44</b>  | #FLOWBEZBARIER       | K-30      | 42   | 00:01:24 | 00:21:04 | 00:53:48 | 01:29:54 | 02:06:09 | <b>02:44:13.15</b>   | <b>02:45:37.25</b>    | +01:20:07<br>(48.8%) | 7:46            | 7.7<br>(51.0%)  |
| 125 | <b>KASPRZYK Agnieszka</b>        | <b>215</b> |                      | K-30      | 43   | 00:00:31 | 00:17:37 | 00:52:58 | 01:28:11 | 02:06:26 | <b>02:47:23.75</b>   | <b>02:47:54.95</b>    | +01:23:17<br>(49.8%) | 7:55            | 7.6<br>(50.3%)  |
| 126 | <b>GŁĄB Mariola</b>              | <b>136</b> |                      | K-30      | 44   | 00:00:57 | 00:17:46 | 00:52:47 | 01:31:03 | 02:10:47 | <b>02:48:56.15</b>   | <b>02:49:53.80</b>    | +01:24:50<br>(50.2%) | 8:00            | 7.5<br>(49.7%)  |
| 127 | <b>KOŁODZIEJCZYK Monika</b>      | <b>234</b> | JURA TEAM            | K-30      | 45   | 00:00:32 | 00:13:57 | 00:38:13 |          |          |                      |                       | +00:09:56            | 5:18            | 11.3<br>(74.8%) |

| Msc | Zawodnik               | Numer      | Klub       | Kategoria | Mkat | Czas startu | 2.5km    | 7.2km | 11.9km | 16.6km | Czas netto 21.1km | Czas brutto 21.1km | Różn | Tempo min/km | Tempo km/h  |
|-----|------------------------|------------|------------|-----------|------|-------------|----------|-------|--------|--------|-------------------|--------------------|------|--------------|-------------|
| 128 | <b>GRABA Katarzyna</b> | <b>146</b> | TURBORÓWKA | K-20      | 18   | 00:00:00    | 01:17:01 |       |        |        |                   |                    | +    | 30:48        | 1.9 (12.6%) |

Znaleziono 128 wynik(ów)