



BIEGI W SZCZAWNICY

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

Biegi w Szczawnicy  
Fundacja Strefa Przygód  
2022-04-23  
Szczawnica  
43.5 km

# WIELKA PREHYBA - 43 KM

B4SPORT  
INTELEGENTNE ZAWODY SPORTOWE

**B4SPORT**  
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Schronisko na Przehybie 14.4km	Bacówka na Obidzy 24.3km	Schronisko pod Durbaszką 35.7km	Czas netto 43.5km	Czas brutto 43.5km	Różn	Tempo min/km	Tempo km/h
1	<b>KANTOR Martyna</b>	<b>1204</b>	SALOMON SUUNTO TEAM	K30	1	tak	01:28:52	02:21:14	03:27:52	<b>04:05:45.80</b>	<b>04:05:48.15</b>		5:38	10.6 (100%)
2	<b>WITOWSKA Mirosława</b>	<b>1212</b>	HOKA GARMIN TEAM	K30	2	tak	01:30:09	02:25:51	03:29:54	<b>04:09:27.85</b>	<b>04:09:30.95</b>	+00:03:42 (1.5%)	5:44	10.5 (99.1%)
3	<b>WILK Katarzyna</b>	<b>1208</b>		K30	3	tak	01:32:38	02:25:39	03:35:20	<b>04:13:32.15</b>	<b>04:13:34.95</b>	+00:07:46 (3.1%)	5:49	10.3 (97.2%)
4	<b>SOLIŃSKA Katarzyna</b>	<b>1206</b>	ON RUNNING POLSKA	K30	4	tak	01:32:58	02:26:03	03:36:13	<b>04:17:47.55</b>	<b>04:17:50.85</b>	+00:12:02 (4.7%)	5:55	10.1 (95.3%)
5	<b>TRACZ Paulina</b>	<b>1202</b>		K30	5	tak	01:32:59	02:28:12	03:41:52	<b>04:24:33.45</b>	<b>04:24:36.00</b>	+00:18:47 (7.1%)	6:04	9.9 (93.4%)
6	<b>WIECZOREK Nina</b>	<b>1803</b>	MKS SIECHNICE	K20	1	tak	01:41:32	02:40:45	03:57:41	<b>04:40:32.65</b>	<b>04:40:46.85</b>	+00:34:58 (12.5%)	6:26	9.3 (87.7%)
7	<b>BYRSA Sylwia</b>	<b>1849</b>		K20	2		01:40:08	02:40:44	03:56:15	<b>04:40:59.70</b>	<b>04:41:03.25</b>	+00:35:15 (12.5%)	6:27	9.3 (87.7%)
8	<b>MAMALA Justyna</b>	<b>1216</b>	PAMTRANS	K30	6		01:43:40	02:43:14	03:58:51	<b>04:44:29.80</b>	<b>04:44:32.90</b>	+00:38:44 (13.6%)	6:32	9.2 (86.8%)
9	<b>ŁABUZ Małgorzata</b>	<b>1588</b>		K30	7		01:42:53	02:42:10	04:01:53	<b>04:47:33.10</b>	<b>04:47:38.35</b>	+00:41:50 (14.5%)	6:36	9.1 (85.8%)
10	<b>DESSAUER Wioletta</b>	<b>1372</b>	STAY INSANE	K40	1		01:43:40	02:43:25	04:03:19	<b>04:50:02.45</b>	<b>04:50:13.90</b>	+00:44:25 (15.3%)	6:40	9 (84.9%)
11	<b>SENDEK Sylwia</b>	<b>1766</b>	INFINITY-GYM	K30	8	tak	01:47:58	02:49:04	04:08:38	<b>04:54:55.35</b>	<b>04:54:59.75</b>	+00:49:11 (16.7%)	6:46	8.8 (83.0%)
12	<b>DYGACZ Agnieszka</b>	<b>1834</b>	LHOTSE TEAM/42K PRO TEAM	K30	9	tak	01:42:35	02:44:40	04:11:40	<b>05:05:52.45</b>	<b>05:05:54.65</b>	+01:00:06 (19.6%)	7:01	8.5 (80.2%)
13	<b>PIĄTEK Joanna</b>	<b>1598</b>		K30	10		01:48:53	02:52:11	04:17:23	<b>05:06:12.10</b>	<b>05:06:17.95</b>	+01:00:29 (19.8%)	7:02	8.5 (80.2%)
14	<b>MALECKA-LEŃ Patrycja</b>	<b>1562</b>	STAJNIA BALONA	K40	2	tak	01:48:22	02:53:23	04:17:44	<b>05:06:45.30</b>	<b>05:06:47.90</b>	+01:00:59 (19.9%)	7:03	8.5 (80.2%)
15	<b>GARGAS Ewa</b>	<b>1628</b>	PRZEDWOJEWSKI_TEAM	K30	11		01:49:02	02:50:10	04:18:29	<b>05:07:40.75</b>	<b>05:07:47.35</b>	+01:01:59 (20.1%)	7:04	8.5 (80.2%)
16	<b>MILANOWSKA-ZABEL Kaja</b>	<b>1340</b>	#CODEAGAINSTCANCER	K30	12		01:51:37	02:55:52	04:20:42	<b>05:14:19.00</b>	<b>05:14:23.30</b>	+01:08:35 (21.8%)	7:13	8.3 (78.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Schronisko	Bacówka	Schronisko	Czas netto 43.5km	Czas brutto 43.5km	Różn	Tempo min/km	Tempo km/h
							na Przehybie 14.4km	na Obidzy 24.3km	pod Durbaszka 35.7km					
17	<b>PAPIERZ Marta</b>	<b>1448</b>		K20	3		01:51:17	02:57:37	04:25:42	<b>05:16:29.40</b>	<b>05:16:35.00</b>	+01:10:46 (22.4%)	7:16	8.2 (77.4%)
18	<b>MALISZEWSKA Justyna</b>	<b>1596</b>	MOTOMROKO	K20	4		01:45:28	02:50:48	04:27:52	<b>05:23:00.00</b>	<b>05:23:14.50</b>	+01:17:26 (24.0%)	7:25	8.1 (76.4%)
19	<b>BOROWICZ Monika</b>	<b>1220</b>	CKS BUDOWLANI / ZABIEGANI CZĘSTOCHOWA	K40	3	tak	01:48:52	03:00:18	04:33:23	<b>05:25:42.55</b>	<b>05:25:47.80</b>	+01:19:59 (24.6%)	7:29	8 (75.5%)
20	<b>MAGDA Katarzyna</b>	<b>1461</b>		K40	4		01:55:35	03:04:38	04:41:17	<b>05:35:22.10</b>	<b>05:35:29.00</b>	+01:29:40 (26.7%)	7:42	7.8 (73.6%)
21	<b>ANTCZAK Jolanta</b>	<b>1537</b>	SPORTOWE PUŁAWY	K30	13		01:58:49	03:10:02	04:43:58	<b>05:36:30.90</b>	<b>05:36:38.30</b>	+01:30:50 (27.0%)	7:44	7.8 (73.6%)
22	<b>KOWALSKA Katarzyna</b>	<b>1612</b>	POLSKA	K40	5		01:59:14	03:10:30	04:46:03	<b>05:36:45.90</b>	<b>05:37:22.75</b>	+01:31:34 (27.1%)	7:44	7.8 (73.6%)
23	<b>ESZNER Agnieszka</b>	<b>1717</b>		K40	6		01:56:38	03:08:33	04:42:59	<b>05:37:08.80</b>	<b>05:37:30.55</b>	+01:31:42 (27.2%)	7:45	7.7 (72.6%)
24	<b>NAGY Szilvia</b>	<b>1870</b>	ÓLOMLÁBÚAK	K40	7		02:02:58	03:16:17	04:48:32	<b>05:43:11.55</b>	<b>05:43:11.55</b>	+01:37:23 (28.4%)	7:53	7.6 (71.7%)
25	<b>BYDOŃ Agnieszka</b>	<b>1751</b>	#ADAMCZERWIŃSKITEAM	K40	8		01:58:51	03:12:03	04:46:41	<b>05:44:31.80</b>	<b>05:44:38.90</b>	+01:38:50 (28.7%)	7:55	7.6 (71.7%)
26	<b>CHMIEL Joanna</b>	<b>1544</b>		K30	14		02:00:10	03:16:02	04:52:52	<b>05:44:49.05</b>	<b>05:45:02.90</b>	+01:39:14 (28.8%)	7:55	7.6 (71.7%)
27	<b>MRUGAŁA Monika</b>	<b>1390</b>	TRAIL IS OUR WAY TEAM	K40	9		01:56:55	03:10:47	04:51:18	<b>05:47:46.75</b>	<b>05:48:19.60</b>	+01:42:31 (29.4%)	7:59	7.5 (70.8%)
28	<b>KOZERA Katarzyna</b>	<b>1595</b>	BUSHIDO	K30	15		02:01:02	03:16:11	04:54:10	<b>05:48:29.05</b>	<b>05:49:01.50</b>	+01:43:13 (29.6%)	8:00	7.5 (70.8%)
29	<b>WERENKOWICZ-WRONA Ilona</b>	<b>1655</b>	LKB RUDNIK	K40	10		02:00:38	03:12:07	04:54:17	<b>05:50:24.55</b>	<b>05:50:41.25</b>	+01:44:53 (29.9%)	8:03	7.4 (69.8%)
30	<b>BIHUN Natalia</b>	<b>1737</b>	NOA	K30	16		02:02:34	03:13:37	04:54:12	<b>05:50:59.55</b>	<b>05:51:03.45</b>	+01:45:15 (30.0%)	8:04	7.4 (69.8%)
31	<b>PŁAZIAK-KOWALSKA Magdalena</b>	<b>1618</b>	2K	K30	17		02:00:40	03:15:32	04:55:10	<b>05:54:10.95</b>	<b>05:54:40.35</b>	+01:48:52 (30.7%)	8:08	7.4 (69.8%)
32	<b>DZIERŻAK Elżbieta</b>	<b>1795</b>	WWW.TRENINGFIZJOTERAPIA.PL	K40	11		02:06:12	03:21:44	04:59:52	<b>05:54:42.30</b>	<b>05:54:52.35</b>	+01:49:04 (30.7%)	8:09	7.4 (69.8%)
33	<b>KOMAR Anna</b>	<b>1399</b>		K30	18		02:03:09	03:18:56	04:57:46	<b>05:55:01.10</b>	<b>05:55:14.05</b>	+01:49:25 (30.8%)	8:09	7.4 (69.8%)
34	<b>KLUS Anna</b>	<b>1333</b>	TRAIL IS OUR WAY TEAM	K30	19		02:03:47	03:17:36	05:00:56	<b>05:55:39.25</b>	<b>05:56:13.15</b>	+01:50:25 (31.0%)	8:10	7.3 (68.9%)
35	<b>SOBCZAK Aleksandra</b>	<b>1784</b>		K30	20		02:04:53	03:20:55	05:02:13	<b>05:56:42.10</b>	<b>05:56:54.40</b>	+01:51:06 (31.1%)	8:12	7.3 (68.9%)
36	<b>WIADERNA Nina</b>	<b>1659</b>		K30	21		02:05:06	03:18:52	04:59:41	<b>05:56:18.90</b>	<b>05:57:01.05</b>	+01:51:12 (31.2%)	8:11	7.3 (68.9%)
37	<b>JĘDRASZEK Alicja</b>	<b>1585</b>		K40	12		02:08:26	03:24:01	05:04:14	<b>05:59:23.60</b>	<b>05:59:58.50</b>	+01:54:10 (31.7%)	8:15	7.3 (68.9%)
38	<b>SPYTKOWSKA Katarzyna</b>	<b>1702</b>		K20	5		02:05:10	03:19:23	05:06:56	<b>06:02:16.95</b>	<b>06:02:36.75</b>	+01:56:48 (32.2%)	8:19	7.2 (67.9%)
39	<b>MOLASY Dorota</b>	<b>1714</b>	AKTYWNIE Z MOLKAMI	K30	22		02:08:06	03:27:00	05:08:55	<b>06:03:48.65</b>	<b>06:04:18.85</b>	+01:58:30 (32.5%)	8:21	7.2 (67.9%)
40	<b>RATKA Adriana</b>	<b>1621</b>		K30	23		02:08:50	03:26:37	05:06:32	<b>06:04:24.00</b>	<b>06:05:09.95</b>	+01:59:21 (32.7%)	8:22	7.2 (67.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Schronisko	Bacówka	Schronisko	Czas netto 43.5km	Czas brutto 43.5km	Różn	Tempo min/km	Tempo km/h
							na Przehybie 14.4km	na Obidzy 24.3km	pod Durbaszką 35.7km					
41	<b>KUJAWSKA-FREJLICH</b> Joanna	<b>1404</b>		K30	24		02:09:06	03:26:22	05:13:43	<b>06:05:38.65</b>	<b>06:05:59.25</b>	+02:00:11 (32.8%)	8:24	7.1 (67.0%)
42	<b>MAĆZKA</b> Martyna	<b>1865</b>	VEGERUNNERS	K30	25		02:03:50	03:16:15	05:04:00	<b>06:06:51.90</b>	<b>06:07:15.55</b>	+02:01:27 (33.1%)	8:26	7.1 (67.0%)
43	<b>DORENDA</b> Marta	<b>1351</b>		K30	26		02:09:58	03:27:24	05:12:21	<b>06:09:00.15</b>	<b>06:09:04.90</b>	+02:03:16 (33.4%)	8:28	7.1 (67.0%)
44	<b>SOWA-LEWANDOWSKA</b> Katarzyna	<b>1354</b>	UKS LIDER SIERCZA/TECHNIKAM/4F	K30	27	tak	02:09:28	03:25:02	05:10:21	<b>06:08:48.55</b>	<b>06:09:25.80</b>	+02:03:37 (33.5%)	8:28	7.1 (67.0%)
45	<b>SOWIŃSKA-JANEZCEK</b> Joanna	<b>1240</b>	KB MARATON TUREK	K30	28		02:05:58	03:24:49	05:11:15	<b>06:08:58.20</b>	<b>06:09:28.00</b>	+02:03:39 (33.5%)	8:28	7.1 (67.0%)
46	<b>SZEP CZYŃSKA</b> Anna	<b>1772</b>	ŻARY RUUNERS TEAM	K40	13		02:06:05	03:26:30	05:15:03	<b>06:09:43.95</b>	<b>06:10:21.10</b>	+02:04:32 (33.6%)	8:29	7.1 (67.0%)
47	<b>ŁUCJANEK</b> Justyna	<b>1326</b>	KAJA TEAM	K40	14		02:13:04	03:32:28	05:16:59	<b>06:12:02.75</b>	<b>06:12:10.25</b>	+02:06:22 (34.0%)	8:33	7 (66.0%)
48	<b>MUDY-MADER</b> Justyna	<b>1763</b>	KKS VICTORIA STALOWA WOLA	K30	29		02:12:28	03:28:01	05:13:37	<b>06:13:49.95</b>	<b>06:14:10.40</b>	+02:08:22 (34.3%)	8:35	7 (66.0%)
49	<b>MADEJ</b> Anna	<b>1401</b>	VEGE RUNNERS	K40	15		02:08:50	03:27:10	05:15:09	<b>06:16:36.10</b>	<b>06:17:11.35</b>	+02:11:23 (34.8%)	8:39	6.9 (65.1%)
50	<b>LENKOWSKA</b> Adrianna	<b>1771</b>	RANOCONCEPT	K20	6		02:11:35	03:34:56	05:18:02	<b>06:17:08.25</b>	<b>06:17:16.55</b>	+02:11:28 (34.8%)	8:40	6.9 (65.1%)
51	<b>KACPRZYK</b> Katarzyna	<b>1336</b>	SPRINTEX TEAM	K30	30		02:10:06	03:28:49	05:21:55	<b>06:19:12.30</b>	<b>06:19:31.75</b>	+02:13:43 (35.2%)	8:43	6.9 (65.1%)
52	<b>JURCZAK</b> Anna	<b>1687</b>		K20	7		02:04:41	03:26:18	05:22:14	<b>06:18:59.70</b>	<b>06:19:34.90</b>	+02:13:46 (35.2%)	8:42	6.9 (65.1%)
53	<b>KOEHLER</b> Ola	<b>1816</b>		K30	31		02:05:56	03:23:39	05:15:18	<b>06:20:00.55</b>	<b>06:20:12.10</b>	+02:14:23 (35.3%)	8:44	6.9 (65.1%)
54	<b>GRADKOWSKA</b> Gosia	<b>1246</b>		K40	16		02:05:53	03:29:01	05:23:12	<b>06:20:26.15</b>	<b>06:21:18.00</b>	+02:15:29 (35.5%)	8:44	6.9 (65.1%)
55	<b>CYRULIK</b> Justyna	<b>1244</b>	KRAKOWSKI KLUB OYAMA	K30	32		02:14:50	03:34:35	05:23:43	<b>06:21:30.35</b>	<b>06:21:57.15</b>	+02:16:09 (35.6%)	8:46	6.8 (64.2%)
56	<b>PAWLAK</b> Milena	<b>1281</b>		K30	33		02:10:27	03:36:21	05:26:00	<b>06:22:12.00</b>	<b>06:22:50.35</b>	+02:17:02 (35.8%)	8:47	6.8 (64.2%)
57	<b>PAWLAK</b> Agnieszka	<b>1394</b>		K30	34		02:10:28	03:36:23	05:26:00	<b>06:22:12.65</b>	<b>06:22:50.40</b>	+02:17:02 (35.8%)	8:47	6.8 (64.2%)
58	<b>KOPEĆ</b> Renata	<b>1505</b>	B	K40	17		02:19:28	03:40:36	05:26:07	<b>06:22:44.25</b>	<b>06:23:26.90</b>	+02:17:38 (35.9%)	8:47	6.8 (64.2%)
59	<b>BIEŃ</b> Magdalena	<b>1896</b>		K40	18		02:08:57	03:30:37	05:24:51	<b>06:24:43.05</b>	<b>06:24:54.60</b>	+02:19:06 (36.1%)	8:50	6.8 (64.2%)
60	<b>SOBCZAK</b> Magdalena	<b>1788</b>	WYBIEGAJ SIEBIE	K30	35		02:06:18	03:25:00	05:26:16	<b>06:26:50.15</b>	<b>06:27:11.60</b>	+02:21:23 (36.5%)	8:53	6.7 (63.2%)
61	<b>BOCZKOWSKA</b> Justyna	<b>1547</b>		K50	1		02:12:52	03:35:19	05:24:39	<b>06:28:40.05</b>	<b>06:29:11.40</b>	+02:23:23 (36.8%)	8:56	6.7 (63.2%)
62	<b>ZAJĄC</b> Daria	<b>1776</b>	DREAM RUN	K20	8		02:10:48	03:43:25	05:32:23	<b>06:31:34.60</b>	<b>06:31:39.55</b>	+02:25:51 (37.2%)	9:00	6.7 (63.2%)
63	<b>SKOWRON</b> Magdalena	<b>1560</b>		K40	19		02:11:58	03:35:09	05:30:04	<b>06:34:10.90</b>	<b>06:35:05.40</b>	+02:29:17 (37.8%)	9:03	6.6 (62.3%)
64	<b>LUBOWIECKA</b> Katarzyna	<b>1341</b>		K50	2		02:15:02	03:37:16	05:30:41	<b>06:35:41.05</b>	<b>06:35:50.85</b>	+02:30:02 (37.9%)	9:05	6.6 (62.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Schronisko	Bacówka	Schronisko	Czas netto 43.5km	Czas brutto 43.5km	Różn	Tempo min/km	Tempo km/h
							na Przehybie 14.4km	na Obidzy 24.3km	pod Durbaszką 35.7km					
65	<b>DROSIO Klaudia</b>	<b>1271</b>	KASZANKI	K30	36		02:17:08	03:43:48	05:42:29	<b>06:41:22.00</b>	<b>06:41:48.35</b>	+02:36:00 (38.8%)	9:13	6.5 (61.3%)
66	<b>GROMEK Edyta</b>	<b>1307</b>	SZYBCIEJ NIE DAM RADY	K30	37		02:18:22	03:43:52	05:38:49	<b>06:41:26.45</b>	<b>06:41:56.90</b>	+02:36:08 (38.8%)	9:13	6.5 (61.3%)
67	<b>PIOTROWICZ Małgorzata</b>	<b>1485</b>	INFINITY-GYM	K30	38		02:16:50	03:41:47	05:36:27	<b>06:41:48.00</b>	<b>06:42:02.40</b>	+02:36:14 (38.9%)	9:14	6.5 (61.3%)
68	<b>KUŚ Gabriela</b>	<b>1470</b>	KB MCKIS JAWORZNO	K40	20		02:18:36	03:42:27	05:40:14	<b>06:42:23.45</b>	<b>06:42:33.65</b>	+02:36:45 (38.9%)	9:15	6.5 (61.3%)
69	<b>TARADAJ Paulina</b>	<b>1689</b>	LACHO TEAM	K30	39		02:21:12	03:48:58	05:42:23	<b>06:43:30.40</b>	<b>06:44:09.05</b>	+02:38:20 (39.2%)	9:16	6.5 (61.3%)
70	<b>MILIK Dagmara</b>	<b>1889</b>		K30	40		02:10:05	03:36:50	05:41:13	<b>06:45:45.95</b>	<b>06:46:26.75</b>	+02:40:38 (39.5%)	9:19	6.4 (60.4%)
71	<b>KACZMAREK Katarzyna</b>	<b>1304</b>	#ADAMCZERWINSKITEAM	K40	21		02:21:20	03:47:49	05:45:12	<b>06:46:55.60</b>	<b>06:47:06.05</b>	+02:41:17 (39.6%)	9:21	6.4 (60.4%)
72	<b>SZYMANEK Anna</b>	<b>1496</b>	NAPRZÓD MŁOCINY	K40	22		02:15:17	03:53:47	05:47:46	<b>06:47:12.50</b>	<b>06:47:25.25</b>	+02:41:37 (39.7%)	9:21	6.4 (60.4%)
73	<b>WASIEWICZ Jolanta</b>	<b>1576</b>		K30	41		02:22:10	03:48:24	05:41:20	<b>06:49:10.15</b>	<b>06:49:17.85</b>	+02:43:29 (39.9%)	9:24	6.4 (60.4%)
74	<b>ODOLCZYK Joanna</b>	<b>1907</b>		K50	3		02:22:35	03:48:24	05:47:51	<b>06:51:16.90</b>	<b>06:52:10.25</b>	+02:46:22 (40.4%)	9:27	6.3 (59.4%)
75	<b>JAKUBISIAK Renata</b>	<b>1752</b>	BIEGAM NA TARCHOMINIE	K40	23		02:04:11	03:39:29	05:50:02	<b>06:55:02.65</b>	<b>06:55:09.90</b>	+02:49:21 (40.8%)	9:32	6.3 (59.4%)
76	<b>WAWRZYNIAK Ilona</b>	<b>1680</b>		K30	42		02:18:08	03:51:29	05:52:01	<b>06:55:16.55</b>	<b>06:55:25.60</b>	+02:49:37 (40.8%)	9:32	6.3 (59.4%)
77	<b>KUŁAKOWSKA Monika</b>	<b>1474</b>	W POGONI ZA DUCHEM	K30	43		02:20:28	03:53:49	05:57:37	<b>06:55:53.15</b>	<b>06:56:29.20</b>	+02:50:41 (41.0%)	9:33	6.3 (59.4%)
78	<b>ZABORSKA-KONKOLEWSKA Agnieszka</b>	<b>1806</b>	BROWAR FORTUNA	K40	24		02:14:31	03:47:21	05:51:40	<b>06:56:09.65</b>	<b>06:56:51.40</b>	+02:51:03 (41.0%)	9:34	6.3 (59.4%)
79	<b>KNAPIŃSKA Monika</b>	<b>1405</b>		K30	44		02:16:31	03:51:55	05:51:58	<b>06:59:38.70</b>	<b>07:00:05.65</b>	+02:54:17 (41.5%)	9:38	6.2 (58.5%)
80	<b>HOLIK Iwona</b>	<b>1557</b>		K40	25		02:23:21	03:56:13	05:57:11	<b>07:01:27.20</b>	<b>07:01:55.15</b>	+02:56:07 (41.7%)	9:41	6.2 (58.5%)
81	<b>DYŁĄG Katarzyna</b>	<b>1773</b>	GGB	K40	26		02:23:25	03:56:18	05:57:31	<b>07:01:41.60</b>	<b>07:02:08.45</b>	+02:56:20 (41.8%)	9:41	6.2 (58.5%)
82	<b>ROŻYK Magdalena</b>	<b>1823</b>	BIEGAMYRAZEM.PL	K40	27		02:36:25	04:11:14	06:00:56	<b>07:02:13.70</b>	<b>07:02:40.85</b>	+02:56:52 (41.8%)	9:42	6.2 (58.5%)
83	<b>RELUGA Magdalena</b>	<b>1358</b>		K20	9		02:28:15	04:01:49	05:57:58	<b>07:03:01.20</b>	<b>07:03:21.15</b>	+02:57:33 (41.9%)	9:43	6.2 (58.5%)
84	<b>PASIEKA Agnieszka</b>	<b>1732</b>		K40	28		02:23:58	03:56:38	05:58:25	<b>07:04:01.30</b>	<b>07:04:25.10</b>	+02:58:36 (42.1%)	9:44	6.2 (58.5%)
85	<b>WITUSIK Dorota</b>	<b>1457</b>		K40	29		02:23:57	03:56:40	05:58:24	<b>07:04:00.50</b>	<b>07:04:25.35</b>	+02:58:37 (42.1%)	9:44	6.2 (58.5%)
86	<b>KĘDZIORA Aleksandra</b>	<b>1449</b>	GT RAT	K40	30		02:28:35	04:00:37	06:00:21	<b>07:06:42.00</b>	<b>07:07:14.45</b>	+03:01:26 (42.5%)	9:48	6.1 (57.5%)
87	<b>GRAU Joanna</b>	<b>2134</b>	KWIDZYN BIEGA	K40	31		02:26:54	04:02:51	06:07:11	<b>07:10:17.25</b>	<b>07:10:41.45</b>	+03:04:53 (42.9%)	9:53	6.1 (57.5%)
88	<b>OGŁUSZKA Elżbieta</b>	<b>1857</b>	SAFEPRO USŁUGI BHP	K30	45		02:18:39	03:57:40	06:02:25	<b>07:12:19.15</b>	<b>07:12:28.85</b>	+03:06:40 (43.2%)	9:56	6 (56.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Schronisko	Bacówka	Schronisko	Czas netto 43.5km	Czas brutto 43.5km	Różn	Tempo min/km	Tempo km/h
							na Przehybie 14.4km	na Obidzy 24.3km	pod Durbaszką 35.7km					
89	<b>GRABARCZYK Ilona</b>	<b>1365</b>	UKS FILIPIDES TERESIN	K40	32	tak	02:23:26	03:49:58	05:59:42	<b>07:15:41.50</b>	<b>07:16:31.60</b>	+03:10:43 (43.7%)	10:00	6 (56.6%)
90	<b>WOJEWÓDZKA Anna</b>	<b>2247</b>	WOJEWÓDZCY TEAM	K30	46		02:21:28	04:00:58	06:09:05	<b>07:16:20.10</b>	<b>07:17:02.35</b>	+03:11:14 (43.8%)	10:01	6 (56.6%)
91	<b>KAMIŃSKA Sylwia</b>	<b>1764</b>		K30	47		02:22:32	03:54:10	06:12:01	<b>07:17:10.20</b>	<b>07:17:28.65</b>	+03:11:40 (43.8%)	10:02	6 (56.6%)
92	<b>JĘDRZEJCZAK Anna</b>	<b>1539</b>	KB MCKIS JAWORZNO	K50	4		02:26:35	04:00:18	06:08:39	<b>07:17:18.25</b>	<b>07:17:29.05</b>	+03:11:40 (43.8%)	10:03	6 (56.6%)
93	<b>TOKARSKA Bożena</b>	<b>1853</b>	#ADAMCZERWIŃSKITEAM	K40	33		02:32:35	04:05:49	06:12:06	<b>07:18:15.85</b>	<b>07:18:27.65</b>	+03:12:39 (43.9%)	10:04	6 (56.6%)
94	<b>RAFA Joanna</b>	<b>1756</b>		K40	34		02:25:58	04:01:04	06:06:34	<b>07:17:34.35</b>	<b>07:18:30.20</b>	+03:12:42 (43.9%)	10:03	6 (56.6%)
95	<b>OLCZYK Joanna</b>	<b>1410</b>		K30	48		02:31:55	04:06:21	06:12:17	<b>07:20:13.65</b>	<b>07:20:45.20</b>	+03:14:57 (44.2%)	10:07	5.9 (55.7%)
96	<b>BARTOSIAK Adrianna</b>	<b>1391</b>		K20	10		02:15:26	03:53:29	06:20:02	<b>07:21:17.00</b>	<b>07:21:33.55</b>	+03:15:45 (44.3%)	10:08	5.9 (55.7%)
97	<b>BEDNARZ Karolina</b>	<b>1758</b>	RAKOŃ WARRIORS	K30	49		02:27:05	04:04:03	06:14:07	<b>07:20:31.55</b>	<b>07:21:35.05</b>	+03:15:46 (44.3%)	10:07	5.9 (55.7%)
98	<b>NIEZNAJ Beata</b>	<b>1434</b>		K30	50		02:26:02	04:03:06	06:15:59	<b>07:23:33.45</b>	<b>07:23:45.80</b>	+03:17:57 (44.6%)	10:11	5.9 (55.7%)
99	<b>DUTKOWIAK Aleksandra</b>	<b>1350</b>	PIĄTKOWO NA BIEGOWO	K40	35		02:28:59	04:12:03	06:18:04	<b>07:26:27.35</b>	<b>07:26:59.30</b>	+03:21:11 (45.0%)	10:15	5.8 (54.7%)
99	<b>JÓZEFczyk Justyna</b>	<b>1445</b>		K40	35		02:28:56	04:12:14	06:18:06	<b>07:26:24.85</b>	<b>07:26:59.30</b>	+03:21:11 (45.0%)	10:15	5.8 (54.7%)
101	<b>BUSK Jakub</b>	<b>1571</b>	NOEV SP. Z O.O.	K30	51		02:25:37	04:01:31	06:12:32	<b>07:28:42.05</b>	<b>07:29:26.50</b>	+03:23:38 (45.3%)	10:18	5.8 (54.7%)
102	<b>SZCZODRZYŃSKA Kasia</b>	<b>1266</b>		K40	37		02:29:52	04:11:00	06:23:21	<b>07:30:52.25</b>	<b>07:31:12.20</b>	+03:25:24 (45.5%)	10:21	5.8 (54.7%)
103	<b>PĘCIAK Katarzyna</b>	<b>1469</b>		K30	52		02:26:57	04:01:53	06:18:35	<b>07:34:14.55</b>	<b>07:34:26.70</b>	+03:28:38 (45.9%)	10:26	5.7 (53.8%)
104	<b>PABIAŃCZYK Małgorzata</b>	<b>1315</b>		K40	38		02:33:12	04:08:13	06:22:54	<b>07:34:07.75</b>	<b>07:34:43.25</b>	+03:28:55 (45.9%)	10:26	5.7 (53.8%)
105	<b>JAKÓBCZYK Sylwia</b>	<b>1386</b>		K40	39		02:24:50	04:05:04	06:23:50	<b>07:37:29.40</b>	<b>07:38:11.10</b>	+03:32:22 (46.4%)	10:31	5.7 (53.8%)
106	<b>CHODUN Agnieszka</b>	<b>1345</b>		K40	40		02:28:44	04:10:16	06:23:49	<b>07:39:13.90</b>	<b>07:39:55.05</b>	+03:34:06 (46.6%)	10:33	5.7 (53.8%)
107	<b>NIEZGODA Marta</b>	<b>1710</b>		K20	11		02:34:18	04:10:36	06:29:17	<b>07:40:00.45</b>	<b>07:40:08.95</b>	+03:34:20 (46.6%)	10:34	5.7 (53.8%)
108	<b>KADZIDŁOWSKA Aleksandra</b>	<b>1368</b>		K40	41		02:30:00	04:15:29	06:29:42	<b>07:40:10.05</b>	<b>07:40:24.95</b>	+03:34:36 (46.6%)	10:34	5.7 (53.8%)
109	<b>IDZIKOWSKA-ŚLEDŹ Marta</b>	<b>1290</b>	NAPRZÓD MŁOCINY	K40	42		02:17:38	03:57:32	06:30:58	<b>07:42:45.60</b>	<b>07:42:58.50</b>	+03:37:10 (46.9%)	10:38	5.6 (52.8%)
110	<b>GAWRYLUK-KORCZAK Eliza</b>	<b>1430</b>		K30	53		02:17:41	03:57:34	06:31:00	<b>07:42:45.25</b>	<b>07:42:58.75</b>	+03:37:10 (46.9%)	10:38	5.6 (52.8%)
111	<b>WINNICKA Edyta</b>	<b>1294</b>	ADIDAS RUNNERS WARSAW SŁODKIE PĄCZKI	K30	54		02:36:33	04:14:53	06:29:55	<b>07:46:33.45</b>	<b>07:47:29.90</b>	+03:41:41 (47.4%)	10:43	5.6 (52.8%)
112	<b>SZYDŁOWSKA - DOROSZ Patrycja</b>	<b>1616</b>	TEAM ZABIEGANEDNI	K40	43		02:24:17	04:10:22	06:35:37	<b>07:47:31.15</b>	<b>07:47:52.70</b>	+03:42:04 (47.5%)	10:44	5.6 (52.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Schronisko	Bacówka	Schronisko	Czas netto 43.5km	Czas brutto 43.5km	Różn	Tempo min/km	Tempo km/h
							na Przehybie 14.4km	na Obidzy 24.3km	pod Durbaszka 35.7km					
113	<b>CIOSEK Małgorzata</b>	<b>1243</b>		K40	44		02:37:00	04:19:34	06:32:59	<b>07:47:08.90</b>	<b>07:47:56.25</b>	+03:42:08 (47.5%)	10:44	5.6 (52.8%)
114	<b>STRAŻYC Iwona</b>	<b>1262</b>	9-TKA RUNNING TEAM	K30	55		02:32:49	04:18:58	06:30:43	<b>07:47:42.30</b>	<b>07:48:06.95</b>	+03:42:18 (47.5%)	10:45	5.6 (52.8%)
115	<b>LACHCIK Iwona</b>	<b>1580</b>		K30	56		02:33:58	04:18:29	06:35:23	<b>07:49:50.35</b>	<b>07:50:30.90</b>	+03:44:42 (47.8%)	10:48	5.6 (52.8%)
116	<b>WÓJCIK Karolina</b>	<b>1672</b>		K30	57		02:36:21	04:11:08	06:30:01	<b>07:52:44.70</b>	<b>07:52:44.70</b>	+03:46:56 (48.0%)	10:52	5.5 (51.9%)
117	<b>WRONA Anna</b>	<b>1517</b>	META NADARZYN	K40	45		02:34:31	04:18:45	06:40:19	<b>07:52:03.75</b>	<b>07:52:59.45</b>	+03:47:11 (48.0%)	10:51	5.5 (51.9%)
118	<b>JOŃCZYK-ZIĘBA Ewa</b>	<b>1489</b>	MOGEOCHCE Z METANADARZYN	K50	5		02:34:32	04:18:44	06:40:19	<b>07:52:04.15</b>	<b>07:52:59.55</b>	+03:47:11 (48.0%)	10:51	5.5 (51.9%)
119	<b>WITOWSKA Aleksandra</b>	<b>1627</b>	DELOITTE ADVENTURE TEAM	K30	58		02:37:45	04:20:16	06:35:09	<b>07:53:14.45</b>	<b>07:54:02.40</b>	+03:48:14 (48.1%)	10:52	5.5 (51.9%)
120	<b>BALCERZAK Krysia</b>	<b>1324</b>	DROGA DO ULTRA / SZAKALE BAŁUT ŁÓDŹ	K40	46		02:31:23	04:16:26	06:43:23	<b>07:55:51.00</b>	<b>07:56:05.80</b>	+03:50:17 (48.4%)	10:56	5.5 (51.9%)
121	<b>MORAWSKA Anna</b>	<b>1397</b>		K60	1		02:39:39	04:20:00	06:41:43	<b>07:57:26.35</b>	<b>07:58:20.10</b>	+03:52:31 (48.6%)	10:58	5.5 (51.9%)
122	<b>PTAK Dorota</b>	<b>1667</b>	PIĄTKOWO NA BIEGOWO	K50	6		02:37:21	04:15:56	06:44:25	<b>07:58:08.45</b>	<b>07:58:43.05</b>	+03:52:54 (48.7%)	10:59	5.5 (51.9%)
123	<b>ROMANOWSKA Monika</b>	<b>1836</b>		K30	59		02:34:09	04:16:18	06:48:37	<b>07:58:24.45</b>	<b>07:59:03.65</b>	+03:53:15 (48.7%)	10:59	5.5 (51.9%)
123	<b>PROKOPCZUK Anna</b>	<b>1838</b>		K40	47		02:34:10	04:16:13	06:48:38	<b>07:58:23.25</b>	<b>07:59:03.65</b>	+03:53:15 (48.7%)	10:59	5.5 (51.9%)
125	<b>DRAB Monika</b>	<b>1841</b>		K40	48		02:34:13	04:16:24	06:48:43	<b>07:58:25.45</b>	<b>07:59:03.75</b>	+03:53:15 (48.7%)	10:59	5.5 (51.9%)
126	<b>SZTURC Klaudia</b>	<b>1500</b>	KB MCKIS JAWORZNO	K30	60		02:40:36	04:24:10	06:47:18	<b>07:59:27.15</b>	<b>07:59:36.15</b>	+03:53:48 (48.7%)	11:01	5.4 (50.9%)
127	<b>SYNOWIEC-JUDA Agata</b>	<b>1467</b>		K40	49		02:42:36	04:26:41	06:45:53	<b>08:00:18.00</b>	<b>08:00:26.15</b>	+03:54:38 (48.8%)	11:02	5.4 (50.9%)
128	<b>TURCZYŃSKA Monika</b>	<b>1579</b>	12TRI.PL	K40	50		02:37:23	04:19:13	06:37:40	<b>07:59:56.30</b>	<b>08:00:31.30</b>	+03:54:43 (48.8%)	11:01	5.4 (50.9%)
129	<b>LEWANDOWSKA Marta</b>	<b>1573</b>		K30	61		02:38:33	04:27:25	06:52:01	<b>08:00:15.30</b>	<b>08:00:52.15</b>	+03:55:04 (48.9%)	11:02	5.4 (50.9%)
130	<b>HUBNER Ilona</b>	<b>1274</b>		K40	51		02:42:07	04:33:17	06:50:47	<b>08:00:16.15</b>	<b>08:01:03.80</b>	+03:55:15 (48.9%)	11:02	5.4 (50.9%)
131	<b>NAWROT Magdalena</b>	<b>1422</b>	J U V E R U N	K40	52		02:48:05	04:27:19	06:50:14	<b>08:06:25.10</b>	<b>08:07:03.25</b>	+04:01:15 (49.5%)	11:10	5.4 (50.9%)
132	<b>TOMANEK Renata</b>	<b>1426</b>		K40	53		02:46:49	04:33:17	06:50:21	<b>08:06:42.15</b>	<b>08:07:19.65</b>	+04:01:31 (49.6%)	11:11	5.4 (50.9%)
133	<b>WRÓBEL-GŁOWACKA Honorata</b>	<b>1606</b>	ACTIVE JURA	K40	54		02:43:39	04:39:04	06:59:35	<b>08:11:18.80</b>	<b>08:12:13.05</b>	+04:06:24 (50.1%)	11:17	5.3 (50.0%)
134	<b>KUJAWA Agata</b>	<b>1699</b>		K30	62		02:31:56	04:26:42	06:58:01	<b>08:11:43.60</b>	<b>08:12:15.95</b>	+04:06:27 (50.1%)	11:18	5.3 (50.0%)
135	<b>ŚWIĘTONIOWSKA Justyna</b>	<b>1563</b>	PODIUM	K40	55		02:46:15	04:36:34	06:58:21	<b>08:11:28.85</b>	<b>08:12:16.10</b>	+04:06:27 (50.1%)	11:17	5.3 (50.0%)
136	<b>FOTYGA Agnieszka</b>	<b>1369</b>	OSTROBIEC	K50	7		02:28:53	04:19:57	06:49:51	<b>08:11:43.90</b>	<b>08:12:48.25</b>	+04:07:00 (50.1%)	11:18	5.3 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Schronisko	Bacówka	Schronisko	Czas netto 43.5km	Czas brutto 43.5km	Różn	Tempo min/km	Tempo km/h
							na Przehybie 14.4km	na Obidzy 24.3km	pod Durbaszką 35.7km					
137	<b>PIECUCH Małgorzata</b>	<b>1269</b>		K60	2		02:45:57	04:36:07	06:58:18	<b>08:12:20.35</b>	<b>08:12:49.15</b>	+04:07:01 (50.1%)	11:19	5.3 (50.0%)
138	<b>PASTUSZAK Ewa</b>	<b>1512</b>	ŁĘCZNA BIEGA	K40	56		02:23:45	04:16:02	06:57:19	<b>08:15:36.65</b>	<b>08:15:58.70</b>	+04:10:10 (50.4%)	11:23	5.3 (50.0%)
139	<b>NOWAK Katarzyna</b>	<b>1697</b>	KB WARTKO	K40	57		02:32:02	04:27:09	06:57:59	<b>08:16:45.45</b>	<b>08:17:18.55</b>	+04:11:30 (50.6%)	11:25	5.3 (50.0%)
140	<b>WIEDRO Małgorzata</b>	<b>1861</b>	WKURW-TEAM/BIEGNĘ ,ŻEBY BARTEK MÓGŁ BIEGAĆ	K40	58		02:45:08	04:35:16	07:05:54	<b>08:20:19.95</b>	<b>08:20:33.90</b>	+04:14:45 (50.9%)	11:30	5.2 (49.1%)
141	<b>JAGODZIŃSKA Paulina</b>	<b>1409</b>	ZABIEGANI MIELEC/WKURW_TEAM	K40	59		02:42:31	04:36:59	07:05:54	<b>08:23:15.75</b>	<b>08:23:37.35</b>	+04:17:49 (51.2%)	11:34	5.2 (49.1%)
142	<b>DŁUGOŁĘCKA Olga</b>	<b>1260</b>		K20	12		02:36:49	04:28:55	07:07:36	<b>08:27:11.50</b>	<b>08:27:30.40</b>	+04:21:42 (51.6%)	11:39	5.1 (48.1%)
143	<b>ŁASKAWSKA Justyna</b>	<b>1880</b>		K40	60		02:50:44	04:40:49	07:10:28	<b>08:26:45.15</b>	<b>08:27:52.50</b>	+04:22:04 (51.6%)	11:38	5.2 (49.1%)
144	<b>FURMAN Agnieszka</b>	<b>1392</b>	OCHAJORUN & FRIENDS	K30	63		02:39:53	04:32:38	07:05:04	<b>08:27:33.70</b>	<b>08:28:13.05</b>	+04:22:24 (51.6%)	11:40	5.1 (48.1%)
145	<b>NAWROT Agnieszka</b>	<b>1389</b>	ROZBIEGANY SULEJÓWEK	K40	61		02:29:01	04:15:33	07:09:06	<b>08:32:09.95</b>	<b>08:32:49.15</b>	+04:27:01 (52.1%)	11:46	5.1 (48.1%)
146	<b>KOŁACZEK Sylwia</b>	<b>1602</b>		K40	62		02:48:45	04:35:23	07:09:36	<b>08:32:17.00</b>	<b>08:32:51.30</b>	+04:27:03 (52.1%)	11:46	5.1 (48.1%)
147	<b>KOWALCZYK Katarzyna</b>	<b>1442</b>	DROGA DO ULTRA	K40	63		02:48:49	04:35:08	07:09:18	<b>08:34:17.20</b>	<b>08:35:11.10</b>	+04:29:22 (52.3%)	11:49	5.1 (48.1%)
148	<b>MODELSKA Małgorzata</b>	<b>1798</b>	AZS AWF MASTERS	K30	64		02:54:18	04:42:21	07:16:11	<b>08:35:57.70</b>	<b>08:36:15.30</b>	+04:30:27 (52.4%)	11:51	5.1 (48.1%)
149	<b>PIOTROWSKA Kamila</b>	<b>1452</b>		K30	65		02:42:11	04:39:42	07:17:44	<b>08:35:47.00</b>	<b>08:36:21.60</b>	+04:30:33 (52.4%)	11:51	5.1 (48.1%)
150	<b>JEZIERSKA Karina</b>	<b>1578</b>	12TRI.PL/TEAM ZABIEGANEDNI	K40	64		02:58:22	04:53:17	07:20:10	<b>08:36:53.65</b>	<b>08:37:29.60</b>	+04:31:41 (52.5%)	11:52	5 (47.2%)
151	<b>JUREK Magdalena</b>	<b>1611</b>		K50	8		02:50:50	04:48:46	07:21:27	<b>08:36:31.20</b>	<b>08:37:33.60</b>	+04:31:45 (52.5%)	11:52	5.1 (48.1%)
152	<b>BOGDAŁ Ewelina</b>	<b>1278</b>		K30	66		02:47:27	04:41:16	07:17:25	<b>08:40:03.60</b>	<b>08:40:22.05</b>	+04:34:33 (52.8%)	11:57	5 (47.2%)
153	<b>FRYŚ-RZEZAK Justyna</b>	<b>1787</b>	WYBIEGAJ SIEBIE	K40	65		02:52:10	04:50:05	07:30:22	<b>08:48:14.55</b>	<b>08:48:35.30</b>	+04:42:47 (53.5%)	12:08	4.9 (46.2%)
154	<b>PAZDERSKA-KIPIEL Agnieszka</b>	<b>1765</b>	LACHO TEAM/EVIL TEAM	K30	67		03:02:52	05:01:25	07:26:43	<b>08:50:52.15</b>	<b>08:51:37.45</b>	+04:45:49 (53.8%)	12:12	4.9 (46.2%)
155	<b>DUNAJ Dominika</b>	<b>1843</b>	DOMINIKA DUNAJ	K30	68		02:51:47	04:49:07	07:27:39	<b>08:55:02.55</b>	<b>08:55:50.15</b>	+04:50:02 (54.1%)	12:17	4.9 (46.2%)
<b>Przekroczony limit czasu: 09:00:00</b>														
156	<b>CIBOROWSKA Hanna</b>	<b>1283</b>	META NADARZYN	K60	3		03:06:08	05:05:25	07:40:11	<b>09:10:55.05</b>	<b>09:11:51.35</b>	+05:06:03 (55.5%)	12:39	4.7 (44.3%)
157	<b>DOMINIAK-LESZCZYŃSKA Elżbieta</b>	<b>1661</b>	LASY WAWERSKIE	K60	4		03:05:49	05:07:49	07:52:23	<b>09:22:16.00</b>	<b>09:23:24.60</b>	+05:17:36 (56.4%)	12:55	4.6 (43.4%)
158	<b>BIAŁOKOS Anna</b>	<b>1561</b>		OPEN Kobiety	1		03:46:34	05:51:36	08:39:17	<b>10:15:29.20</b>	<b>10:15:57.40</b>	+06:10:09 (60.1%)	14:08	4.2 (39.6%)
159	<b>MORACZEWSKA Aleksandra</b>	<b>1526</b>	ŁOMIANKOWSKA GRUPA BIEGOWA	K40	66		03:02:37	05:15:15	08:43:57	<b>10:25:54.55</b>	<b>10:26:55.95</b>	+06:21:07 (60.8%)	14:23	4.2 (39.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Schronisko na Przehybie 14.4km	Bacówka na Obidzy 24.3km	Schronisko pod Durbaszką 35.7km	Czas netto 43.5km	Czas brutto 43.5km	Różn	Tempo min/km	Tempo km/h
	<b>MARCINKOWSKA Jadwiga</b>	<b>1302</b>		K50			DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>LEBODA Katarzyna</b>	<b>1248</b>	WILD DOGS TEAM	K30			DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 161 wynik(ów)