



XI RZEŹNICZEK, CZYLI MAŁY BIEG RZEŹNIKA

B4SPORT

Wydarzenie: VIII FESTIWAL BIEGU RZEŹNIKA
Organizator: Fundacja Bieg Rzeźnika
Data: 2022-06-18
Miejsce: Cisna
Dystans: 28 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: K-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
1	PAPROCKA Urszula	3825	NOWA HUTA TEAM	K30	1		01:28:34	02:40:57.10	02:40:59.55		5:44	10.4 (100%)
2	KRAWCZYK Adriana	3909		K30	2		01:32:36	02:50:58.65	02:51:06.60	+00:10:07 (5.9%)	6:06	9.8 (94.2%)
3	SZCZĘSNA Edyta	3915	STAŃCZAK TEAM	K30	3		01:35:43	02:58:19.00	02:58:27.45	+00:17:27 (9.8%)	6:22	9.4 (90.4%)
4	WALCZAK Adela	3363	DZIK KOMANDO	K30	4		01:40:29	02:58:57.95	02:59:40.45	+00:18:40 (10.4%)	6:23	9.4 (90.4%)
5	PACIOREK Ewa	3038	MARKOWI BIEGACZE	K30	5		01:39:35	03:08:20.40	03:08:23.95	+00:27:24 (14.5%)	6:43	8.9 (85.6%)
6	SZKOŁUDA Sabina	3280	BIEGOLAS	K20	1		01:40:37	03:11:48.70	03:11:56.80	+00:30:57 (16.1%)	6:51	8.8 (84.6%)
7	KRUK Emilia	3838	DYNAFIT	K20	2		01:41:42	03:14:12.80	03:14:24.20	+00:33:24 (17.2%)	6:56	8.7 (83.7%)
8	LANGE Beata	3899	EXTREMALNI RZEŹNICY NA RELAKSIE	K40	1		01:44:58	03:15:54.35	03:16:07.10	+00:35:07 (17.9%)	6:59	8.6 (82.7%)
9	RAJCA Monika	3119	PIOTRIMONIABIEGA	K30	6		01:49:01	03:20:07.75	03:20:19.20	+00:39:19 (19.6%)	7:08	8.4 (80.8%)
10	PELA Olga	3856		K30	7		01:44:48	03:20:32.40	03:20:39.00	+00:39:39 (19.8%)	7:09	8.4 (80.8%)
11	KAPŁON Anna	3768	INFINITY-GYM	K40	2		01:48:34	03:21:30.60	03:21:36.00	+00:40:36 (20.1%)	7:11	8.3 (79.8%)
12	GOŁĘBIEWSKA Katarzyna	3910	COMFORT ZONE	K40	3		01:49:43	03:24:11.40	03:24:19.35	+00:43:19 (21.2%)	7:17	8.2 (78.8%)
13	WOJCIESZAK Katarzyna	3737	ŚCOBIEGA	K40	4		01:51:44	03:26:48.55	03:27:13.70	+00:46:14 (22.3%)	7:23	8.1 (77.9%)
14	TOJKA Barbara	3575		K20	3		01:48:38	03:28:00.75	03:28:03.80	+00:47:04 (22.6%)	7:25	8.1 (77.9%)
15	KURZ Izabela	3236		K30	8		01:52:50	03:30:28.35	03:30:32.45	+00:49:32 (23.5%)	7:31	8 (76.9%)
16	SMALEC Dominika	3867	MOCNA GRUPA CEZARA	K20	4		01:53:28	03:30:30.85	03:30:46.65	+00:49:47 (23.6%)	7:31	8 (76.9%)
17	KMIECIAK Marlena	3490		K30	9		01:49:56	03:31:05.90	03:31:16.90	+00:50:17 (23.8%)	7:32	8 (76.9%)
18	WASZCZYKOWSKA Martyna	3560		K20	5		02:04:33	03:33:09.40	03:34:23.10	+00:53:23 (24.9%)	7:36	7.9 (76.0%)
19	KRUSZYŃSKA Magdalena	3473	BIEGAMYRAZEM.PL / CHYŁOŃSKIE DZIKI	K40	5		01:52:18	03:34:28.70	03:34:39.30	+00:53:39 (25.0%)	7:39	7.8 (75.0%)
20	WITEK Gabriela	3745		K20	6		01:52:12	03:35:14.20	03:35:24.30	+00:54:24 (25.3%)	7:41	7.8 (75.0%)
21	KOZACZUK Maria	3562		K40	6		01:54:44	03:35:48.20	03:36:39.30	+00:55:39 (25.7%)	7:42	7.8 (75.0%)
22	KOT Wioleta	3863	ULTRA_LASKI	K40	7		01:56:05	03:35:26.80	03:36:47.55	+00:55:48 (25.7%)	7:41	7.8 (75.0%)
23	SADOWSKA Monika	3698		K40	8			03:35:26.90	03:36:47.70	+00:55:48 (25.7%)	7:41	7.8 (75.0%)
24	DOBROWOLSKA Agnieszka	5		K40	9	Tak	01:59:45	03:36:28.65	03:36:52.50	+00:55:52 (25.8%)	7:43	7.8 (75.0%)
25	OLĘDZKA Marianna	3797	FIZJO	K30	10			03:38:12.60	03:39:18.80	+00:58:19 (26.6%)	7:47	7.7 (74.0%)
26	HOŁUBIEC Agnieszka	3093	YULO RUN TEAM SIEDLCE	K40	10		01:58:05	03:42:36.15	03:43:09.85	+01:02:10 (27.9%)	7:57	7.5 (72.1%)
27	TADLA Izabela	3537	#NOLIMITS	K30	11		02:03:12	03:43:53.50	03:45:20.75	+01:04:21 (28.6%)	7:59	7.5 (72.1%)
28	MADEJ Anna	3396	VEGE RUNNERS	K40	11		01:58:51	03:46:33.95	03:46:47.30	+01:05:47 (29.0%)	8:05	7.4 (71.2%)
29	KŁOS Jolanta	3775		K50	1		02:04:54	03:46:38.60	03:46:47.85	+01:05:48 (29.0%)	8:05	7.4 (71.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Czas		Różn	Tempo min/km	Tempo km/h	
							Roztoki 16.2km	netto 28km				brutto 28km
30	TOCZEWSKA Anna	3663	KS STASZEWSCY	K50	2		02:02:02	03:46:32.65	03:47:17.80	+01:06:18 (29.2%)	8:05	7.4 (71.2%)
31	KUTSKO Oksana	3335		K20	7		01:54:54	03:48:31.10	03:48:34.45	+01:07:34 (29.6%)	8:09	7.4 (71.2%)
32	ŁAZOWSKA Katarzyna	3004	KOPALNIA MOCY	K30	12		02:01:02	03:48:15.15	03:49:03.30	+01:08:03 (29.7%)	8:09	7.4 (71.2%)
33	WÓŁKIEWICZ Dorota	3719		K50	3		02:06:39	03:48:28.90	03:49:03.75	+01:08:04 (29.7%)	8:09	7.4 (71.2%)
34	WASZCZYKOWSKA Magdalena	3558		K40	12		02:07:03	03:48:08.80	03:49:21.95	+01:08:22 (29.8%)	8:08	7.4 (71.2%)
35	DOMKA Anna	3080	REZERWOWE PSY	K30	13		02:05:54	03:48:11.45	03:49:44.90	+01:08:45 (29.9%)	8:08	7.4 (71.2%)
36	ZAJKOWSKA Ewa	3225	VEGE RUNNERS	K30	14		02:05:55	03:49:46.70	03:49:55.65	+01:08:56 (30.0%)	8:12	7.3 (70.2%)
37	KRZYSZTOŃ Eliza	3413	AMBITNI AMATORZY	K40	13		02:05:03	03:49:33.30	03:49:59.40	+01:08:59 (30.0%)	8:11	7.3 (70.2%)
38	CZARDYBON Laura	3056		K40	14		02:06:38	03:48:55.30	03:50:08.60	+01:09:09 (30.0%)	8:10	7.3 (70.2%)
39	BĘBEN Sandra	3767		K30	15		02:08:40	03:51:15.20	03:52:43.80	+01:11:44 (30.8%)	8:15	7.3 (70.2%)
40	DOROSZ Barbara	3052	PRZEMYSKI KLUB BIEGACZA	K40	15		02:02:16	03:51:25.00	03:52:57.20	+01:11:57 (30.9%)	8:15	7.3 (70.2%)
41	PIEJKO Joanna	3158	BŁĘKITNA XVII-TKA	K30	16		02:06:05	03:52:27.50	03:52:58.45	+01:11:58 (30.9%)	8:18	7.2 (69.2%)
42	CHYĆKO Paulina	3565	MARATOŃCZYK POZNAŃ	K20	8		02:12:02	03:51:11.30	03:53:04.05	+01:12:04 (30.9%)	8:15	7.3 (70.2%)
43	WIĘCKOWIAK Agata	3325	NOA	K30	17		02:04:43	03:53:33.35	03:53:37.10	+01:12:37 (31.1%)	8:20	7.2 (69.2%)
44	SZEWCZYK Agnieszka	3403		K30	18		01:58:17	03:53:40.30	03:54:05.90	+01:13:06 (31.2%)	8:20	7.2 (69.2%)
45	NICIEJA Anna	3904		K40	16		02:06:00	03:54:25.60	03:55:21.90	+01:14:22 (31.6%)	8:22	7.2 (69.2%)
46	BASZAK Ewa	3885		K40	17		02:07:27	03:55:23.45	03:55:42.60	+01:14:43 (31.7%)	8:24	7.1 (68.3%)
47	LEBODA Katarzyna	3110	WILD DOGS TEAM	K30	19		02:03:12	03:54:49.10	03:56:17.20	+01:15:17 (31.9%)	8:23	7.2 (69.2%)
48	BERNAKIEWICZ Aleksandra	3498		K30	20		02:06:12	03:56:18.30	03:57:45.60	+01:16:46 (32.3%)	8:26	7.1 (68.3%)
49	ROJEK Magdalena	3786		K30	21		02:08:54	03:57:55.55	03:58:52.30	+01:17:52 (32.6%)	8:29	7.1 (68.3%)
50	KADE Manuela	3451		K30	22		02:03:51	03:59:31.15	03:59:46.85	+01:18:47 (32.9%)	8:33	7 (67.3%)
51	MIECHOWICZ Małgorzata	3757		K40	18		02:07:58	04:00:45.35	04:01:15.65	+01:20:16 (33.3%)	8:35	7 (67.3%)
52	RORAT Lena	3895	CHEŁM BIEGA	K40	19		02:11:39	04:00:57.45	04:02:38.05	+01:21:38 (33.6%)	8:36	7 (67.3%)
53	BAR Aleksandra	3859	GMINA STRZELCE OPOLSKIE	K40	20		02:11:33	04:03:19.15	04:03:27.55	+01:22:28 (33.9%)	8:41	6.9 (66.3%)
54	ZAWADKA Marta	3330		K20	9		02:01:01	04:03:27.75	04:03:59.35	+01:22:59 (34.0%)	8:41	6.9 (66.3%)
55	SCHMIDT Milena	3834	HEROBOX	K20	10		02:15:35	04:03:42.55	04:04:43.30	+01:23:43 (34.2%)	8:42	6.9 (66.3%)
56	WIŚNIEWSKA Daniela	3705		K40	21		02:08:25	04:04:39.15	04:05:28.55	+01:24:29 (34.4%)	8:44	6.9 (66.3%)
57	SOBCZAK Karolina	3014		K30	23		02:08:55	04:05:45.90	04:06:30.85	+01:25:31 (34.7%)	8:46	6.8 (65.4%)
58	WASIK Marta	3145		K30	24		02:09:09	04:05:54.10	04:06:44.25	+01:25:44 (34.8%)	8:46	6.8 (65.4%)
59	ŁUGOWSKA Agnieszka	3529	CAMEL	K40	22		02:15:36	04:05:06.80	04:06:49.55	+01:25:50 (34.8%)	8:45	6.9 (66.3%)
60	DUDA Justyna	3648		K40	23		02:16:26	04:06:28.10	04:07:52.10	+01:26:52 (35.0%)	8:48	6.8 (65.4%)
61	ŁĄCKA Agata	3037	FABRYKA DZIKA	K30	25		02:15:41	04:06:20.00	04:07:53.90	+01:26:54 (35.1%)	8:47	6.8 (65.4%)
62	SANIAK Milena	3550	SII RUNNING TEAM	K30	26		02:10:18	04:06:45.30	04:08:06.40	+01:27:06 (35.1%)	8:48	6.8 (65.4%)
63	FRANKOWSKA Katarzyna	3833	PRO366	K40	24		02:15:47	04:07:28.40	04:08:07.10	+01:27:07 (35.1%)	8:50	6.8 (65.4%)
64	SKROBAŃSKA Katarzyna	3431	SKROBKITEAM	K40	25		02:11:11	04:08:09.40	04:08:35.20	+01:27:35 (35.2%)	8:51	6.8 (65.4%)
65	DOŁOMISIEWICZ Kinga	3020		K20	11			04:08:50.90	04:10:00.15	+01:29:00 (35.6%)	8:53	6.8 (65.4%)
66	WIŚNIEWSKA Katarzyna	3449	KUTERNÓŻKA	K40	26		02:09:19	04:09:02.10	04:10:13.55	+01:29:14 (35.7%)	8:53	6.7 (64.4%)
67	OŚ Łucja	3224		K30	27			04:10:06.45	04:10:27.85	+01:29:28 (35.7%)	8:55	6.7 (64.4%)
68	MUCHA Katarzyna	3610	NOA	K50	4		02:16:36	04:11:19.70	04:11:24.00	+01:30:24 (36.0%)	8:58	6.7 (64.4%)
69	URBAŃSKA Katarzyna	3044		K30	28		02:16:00	04:11:39.45	04:12:33.30	+01:31:33 (36.3%)	8:59	6.7 (64.4%)
70	KOLASA Paulina	3100		K30	29		02:13:00	04:12:24.90	04:12:40.95	+01:31:41 (36.3%)	9:00	6.7 (64.4%)
71	KĘDZIORA Alicja	3625	GSK FIT PIORUNY	K30	30		02:20:13	04:12:35.05	04:13:47.65	+01:32:48 (36.6%)	9:01	6.7 (64.4%)
72	KULETA Paulina	3389	DZIK KOMANDO	K30	31		02:17:19	04:12:51.50	04:13:59.10	+01:32:59 (36.6%)	9:01	6.6 (63.5%)
73	WÓJCIK Kamila	3884	LACHO-TEAM	K40	27		02:18:16	04:13:46.80	04:14:09.30	+01:33:09 (36.7%)	9:03	6.6 (63.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
74	KUCHCIŃSKA Monika	3480	STRASZYN BIEGA	K40	28		02:06:03	04:13:07.45	04:14:22.55	+01:33:23 (36.7%)	9:02	6.6 (63.5%)
75	BACZYŃSKA Aneta	3088	YULO RUN TEAM SIEDLCE	K40	29		02:15:00	04:14:21.35	04:15:30.00	+01:34:30 (37.0%)	9:05	6.6 (63.5%)
76	KĘDZIORA Karolina	3631		K20	12		02:20:13	04:14:21.50	04:15:34.30	+01:34:34 (37.0%)	9:05	6.6 (63.5%)
77	BRZEZIŃSKA Agnieszka	3309		K40	30		02:04:43	04:15:25.85	04:15:46.35	+01:34:46 (37.1%)	9:07	6.6 (63.5%)
78	RATKOWSKA Małgorzata	3316	THE RUNNERS ŚWIECIE	K40	31		02:13:28	04:14:49.60	04:15:48.70	+01:34:49 (37.1%)	9:06	6.6 (63.5%)
79	BRUDEREK Anna	3239	PRIMUM CURRERE	K40	32		02:17:12	04:15:16.00	04:16:00.65	+01:35:01 (37.1%)	9:07	6.6 (63.5%)
80	BOGUMIL Sylwia	3534		K20	13		02:17:36	04:15:38.60	04:16:25.10	+01:35:25 (37.2%)	9:07	6.6 (63.5%)
81	KĘDRA Agnieszka	3129	CARPATHIAN RUNNERS	K30	32		02:14:35	04:16:00.70	04:16:43.10	+01:35:43 (37.3%)	9:08	6.6 (63.5%)
82	KASZA Alicja	3468		K30	33		02:07:37	04:17:04.75	04:17:11.20	+01:36:11 (37.4%)	9:10	6.5 (62.5%)
83	SZKAMRUK Alicja	3435	EXTREMALNI RZEŹNICY NA RELAKSIE	K30	34		02:22:06	04:16:09.30	04:17:38.50	+01:36:38 (37.5%)	9:08	6.6 (63.5%)
84	BRZÓZKA Jolanta	3791	GMINA OSTRÓDA TEŻ BIEGA	K30	35		02:19:31	04:18:39.25	04:20:28.45	+01:39:28 (38.2%)	9:14	6.5 (62.5%)
85	SZOPA Urszula	3801		K40	33		02:18:01	04:21:07.10	04:21:24.00	+01:40:24 (38.4%)	9:19	6.4 (61.5%)
86	RUDNICKA-GÓRALCZYK Joanna	3212		K40	34		02:16:23	04:21:08.75	04:21:40.95	+01:40:41 (38.5%)	9:19	6.4 (61.5%)
87	ADAMSKA Karolina	3788	1ON1 TEAM	K30	36		02:17:57	04:21:12.30	04:21:42.10	+01:40:42 (38.5%)	9:19	6.4 (61.5%)
88	NOWAKOWSKA Beata	3106		K40	35		02:18:24	04:20:39.30	04:21:42.50	+01:40:42 (38.5%)	9:18	6.4 (61.5%)
89	KIERUZALSKA Małgorzata	3256		K40	36		02:11:09	04:21:05.35	04:21:42.95	+01:40:43 (38.5%)	9:19	6.4 (61.5%)
90	KRĘPACKA Monika	3054	CHEŁM BIEGA	K40	37		02:11:08	04:21:04.70	04:21:43.00	+01:40:43 (38.5%)	9:19	6.4 (61.5%)
91	MARCINIAK Paulina	3347		K30	37		02:23:18	04:22:01.20	04:22:17.70	+01:41:18 (38.6%)	9:21	6.4 (61.5%)
92	BLADOWSKA Katarzyna	3691	RUNEDA	K40	38		02:20:30	04:20:36.70	04:22:35.05	+01:41:35 (38.7%)	9:18	6.4 (61.5%)
93	WĘGRZYN Małgorzata	3454		K30	38		02:24:51	04:20:59.30	04:22:43.40	+01:41:43 (38.7%)	9:19	6.4 (61.5%)
94	WINNIK Magda	3769		K30	39		02:15:02	04:23:03.80	04:23:40.65	+01:42:41 (38.9%)	9:23	6.4 (61.5%)
95	WIŚNIEWSKA Justyna	3901		K40	39		02:24:33	04:23:54.35	04:24:09.40	+01:43:09 (39.1%)	9:25	6.4 (61.5%)
96	SOSNOWSKA Aga	3857		K30	40		02:27:04	04:22:25.05	04:24:10.40	+01:43:10 (39.1%)	9:22	6.4 (61.5%)
97	MAKOWSKA Wanda	3677		K50	5		02:18:44	04:25:04.10	04:25:25.00	+01:44:25 (39.3%)	9:28	6.3 (60.6%)
98	MASZKOWSKA Anna	3744		K40	40		02:23:53	04:25:05.35	04:25:53.35	+01:44:53 (39.5%)	9:28	6.3 (60.6%)
99	URBAŃSKA Magdalena	3727		K30	41		02:15:36	04:25:23.00	04:26:16.70	+01:45:17 (39.5%)	9:28	6.3 (60.6%)
100	KAPAŁA Monika	3099		K30	42		02:21:46	04:25:47.60	04:26:35.00	+01:45:35 (39.6%)	9:29	6.3 (60.6%)
101	BOŻKIEWICZ Patrycja	3024	PIEKIELNIE ZGRANI	K40	41		02:24:29	04:26:58.05	04:27:15.30	+01:46:15 (39.8%)	9:32	6.3 (60.6%)
102	ZACHARZYŃSKA Katarzyna	3730	ORANGE POLSKA	K30	43		02:24:41	04:27:12.25	04:27:28.15	+01:46:28 (39.8%)	9:32	6.3 (60.6%)
103	POTĘGA Justyna	3673		K40	42		02:22:41	04:28:09.35	04:28:15.95	+01:47:16 (40.0%)	9:34	6.3 (60.6%)
104	GOŁDYN Katarzyna	3241		K40	43		02:21:38	04:28:10.00	04:28:17.95	+01:47:18 (40.0%)	9:34	6.3 (60.6%)
105	MAKARZEC - SURMA Agnieszka	3107		K30	44		02:22:20	04:28:37.65	04:28:51.60	+01:47:52 (40.1%)	9:35	6.3 (60.6%)
106	TROCHA Natalia	3121	BALLS OF STEEL	K30	45		02:23:39	04:29:35.10	04:30:56.95	+01:49:57 (40.6%)	9:37	6.2 (59.6%)
107	PARA Aleksandra	3753		K30	46			04:31:29.90	04:31:57.30	+01:50:57 (40.8%)	9:41	6.2 (59.6%)
108	GODZIMIRSKA Eliza	3090	REEBOK RUN CREW	K40	44		02:19:51	04:32:33.85	04:33:13.50	+01:52:13 (41.1%)	9:44	6.2 (59.6%)
109	SIDOROWICZ Joanna	3092		K30	47		02:19:52	04:32:35.65	04:33:15.30	+01:52:15 (41.1%)	9:44	6.2 (59.6%)
110	LATOS Joanna	3654		K40	45		02:22:59	04:32:37.60	04:33:35.70	+01:52:36 (41.2%)	9:44	6.2 (59.6%)
111	GARBACZ Kamila	3696		K40	46		02:25:28	04:33:08.95	04:33:54.65	+01:52:55 (41.2%)	9:45	6.2 (59.6%)
112	KROSZKA Beata	3346	KS STASZEWSKY	K50	6		02:24:09	04:34:19.55	04:34:55.85	+01:53:56 (41.4%)	9:47	6.1 (58.7%)
113	KRUSZEWSKA Aneta	3438		K20	14		02:21:11	04:33:15.10	04:34:58.60	+01:53:59 (41.5%)	9:45	6.1 (58.7%)
114	WYSOCKA Iwona	3518	JANUSZE	K30	48		02:27:36	04:34:38.40	04:35:36.50	+01:54:36 (41.6%)	9:48	6.1 (58.7%)
115	KOŁEK-ZAJĄC Ewa	3708		K30	49		02:26:36	04:33:50.65	04:35:46.70	+01:54:47 (41.6%)	9:46	6.1 (58.7%)
116	SZCZEPANIAK Magdalena	3533		K20	15		02:28:39	04:35:10.55	04:35:51.35	+01:54:51 (41.6%)	9:49	6.1 (58.7%)
117	WIS Modesta	3500	WM TRISELF	K30	50		02:29:26	04:36:34.85	04:36:37.30	+01:55:37 (41.8%)	9:52	6.1 (58.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
118	KOMOROWSKA Monika	3384		K30	51		02:33:06	04:35:37.80	04:36:37.60	+01:55:38 (41.8%)	9:50	6.1 (58.7%)
119	JAZUKIEWICZ Ewa	3844	EAZYMUT.PL	K40	47		02:22:33	04:35:24.30	04:36:45.40	+01:55:45 (41.8%)	9:50	6.1 (58.7%)
120	SIKORSKA Agnieszka	3587		K30	52		02:34:29	04:35:08.30	04:37:00.00	+01:56:00 (41.9%)	9:49	6.1 (58.7%)
121	KUBIK Marta	3232	MARTA <3	K20	16		02:15:50	04:35:37.85	04:37:35.40	+01:56:35 (42.0%)	9:50	6.1 (58.7%)
122	GAWLIKOWSKA Agnieszka	3576		K30	53		02:22:23	04:37:41.75	04:37:44.40	+01:56:44 (42.0%)	9:55	6.1 (58.7%)
123	MAJSZCZYK Paulina	3765	HARDCOROWE WYCHYLYLYBYMY	K30	54		02:19:56	04:37:26.00	04:38:11.30	+01:57:11 (42.1%)	9:54	6.1 (58.7%)
124	GUZEK Aleksandra	3388	DZIK KOMANDO	K30	55		02:25:12	04:38:12.35	04:40:02.85	+01:59:03 (42.5%)	9:56	6 (57.7%)
125	BRZĘCZEK Izabela	3130		K50	7		02:23:07	04:40:10.65	04:40:41.85	+01:59:42 (42.6%)	10:00	6 (57.7%)
126	DUDEK Dorota	3433	DZIK KOMANDO	K40	48		02:24:42	04:40:06.35	04:41:56.90	+02:00:57 (42.9%)	10:00	6 (57.7%)
127	SZAJGIN Renata	3510	NOA	K30	56		02:27:47	04:41:55.65	04:41:59.70	+02:01:00 (42.9%)	10:04	6 (57.7%)
128	KEMPISTA Wioleta	3609		K30	57		02:34:45	04:39:56.80	04:42:16.95	+02:01:17 (43.0%)	9:59	6 (57.7%)
129	PROSIŃSKA Agata	3308	NEON TEAM	K40	49		02:26:03	04:42:31.80	04:42:52.90	+02:01:53 (43.1%)	10:05	5.9 (56.7%)
130	ZIELIŃSKA IGNASZAK Iwona	3591	HEROBOX	K50	8		02:29:38	04:41:53.80	04:42:54.20	+02:01:54 (43.1%)	10:04	6 (57.7%)
131	WĄSOWSKA Jagoda	3874	KS PEGAZ PIASECZNO	K50	9		02:31:27	04:42:22.80	04:42:55.30	+02:01:55 (43.1%)	10:05	5.9 (56.7%)
132	GÓRECKA Anna	3488	KB ORANGE POLSKA	K40	50		02:28:08	04:41:46.85	04:42:56.40	+02:01:56 (43.1%)	10:03	6 (57.7%)
133	KOISZEWSKA Izabela	3144	KLUB 42,2 LĘBORK	K40	51		02:24:50	04:42:22.00	04:43:06.35	+02:02:06 (43.1%)	10:05	5.9 (56.7%)
134	CIEŚLAK Katarzyna	3244		K30	58		02:27:47	04:41:28.60	04:43:07.80	+02:02:08 (43.1%)	10:03	6 (57.7%)
135	SURZYN Aleksandra	3371	CZWARTUNIO TEAM	K30	59		02:32:52	04:42:44.65	04:43:27.95	+02:02:28 (43.2%)	10:05	5.9 (56.7%)
136	SUCHORA Anna	3141		K50	10		02:24:31	04:43:26.60	04:43:50.85	+02:02:51 (43.3%)	10:07	5.9 (56.7%)
137	KIJEWSKA Karolina	3142		K40	52		02:29:00	04:44:09.10	04:45:42.80	+02:04:43 (43.7%)	10:08	5.9 (56.7%)
138	OKRASA Malgorzata	3427		K30	60		02:22:41	04:44:28.25	04:46:29.25	+02:05:29 (43.8%)	10:09	5.9 (56.7%)
138	LESZCZYŃSKA Katarzyna	3466		K40	53		02:30:16	04:44:27.75	04:46:29.25	+02:05:29 (43.8%)	10:09	5.9 (56.7%)
140	KULIKOWSKA BIAŁEK Dorota	3305		K30	61		02:32:37	04:46:29.35	04:48:11.40	+02:07:11 (44.1%)	10:13	5.9 (56.7%)
141	MAĆKOWIAK Karolina	3416	MAĆKOWIAK TEAM	K40	54		02:25:10	04:47:42.30	04:48:21.95	+02:07:22 (44.2%)	10:16	5.8 (55.8%)
142	ZOWADA Janina	3692		K40	55		02:21:40	04:48:44.90	04:48:51.10	+02:07:51 (44.3%)	10:18	5.8 (55.8%)
143	OSTROWSKA Dorota	3401	YULO RUN TEAM SIEDLCE	K60	1		02:35:01	04:48:13.95	04:49:23.45	+02:08:23 (44.4%)	10:17	5.8 (55.8%)
144	KIELAR Aleksandra	3070		K20	17		02:30:55	04:47:47.75	04:49:27.20	+02:08:27 (44.4%)	10:16	5.8 (55.8%)
145	POLIWKA-FILIPOWSKA Karolina	3348		K30	62		02:42:06	04:48:14.30	04:49:29.90	+02:08:30 (44.4%)	10:17	5.8 (55.8%)
146	RUCYK Justyna	3740		K40	56		02:29:18	04:49:09.85	04:50:06.25	+02:09:06 (44.5%)	10:19	5.8 (55.8%)
147	GAŁECKA Dagmara	3358		K40	57		02:43:34	04:48:23.60	04:50:07.45	+02:09:07 (44.5%)	10:17	5.8 (55.8%)
148	AUGUSTYŃSKA Kinga	3147	BŁĘKITNA XVII-TKA	K40	58		02:28:15	04:49:50.20	04:50:20.05	+02:09:20 (44.5%)	10:21	5.8 (55.8%)
149	BRELA Zuza	3031		K20	18		02:34:45	04:49:28.10	04:50:34.05	+02:09:34 (44.6%)	10:20	5.8 (55.8%)
150	BRELA Justyna	3016		K40	59		02:34:46	04:49:28.15	04:50:34.20	+02:09:34 (44.6%)	10:20	5.8 (55.8%)
151	OSOWSKA Paulina	3607		K20	19		02:25:34	04:48:58.35	04:50:36.50	+02:09:36 (44.6%)	10:19	5.8 (55.8%)
152	SMYK Kasia	3601		K20	20		02:20:51	04:48:58.20	04:50:36.70	+02:09:37 (44.6%)	10:19	5.8 (55.8%)
153	BUKAŁA Mariola	3217		K50	11		02:32:06	04:49:31.75	04:51:27.65	+02:10:28 (44.8%)	10:20	5.8 (55.8%)
154	GARCZAREK Daniela	3049		K30	63		02:32:46	04:49:27.65	04:51:35.50	+02:10:35 (44.8%)	10:20	5.8 (55.8%)
155	HANGIEL Urszula	3846	ŻWAWIE ŻÓŁWIE	K30	64		02:35:32	04:50:10.95	04:51:59.95	+02:11:00 (44.9%)	10:21	5.8 (55.8%)
156	OKAPIEC Dagmara	3368		K40	60		02:28:57	04:50:46.60	04:52:01.90	+02:11:02 (44.9%)	10:23	5.8 (55.8%)
157	PILECKA Joanna	3594		K40	61		02:28:48	04:51:42.50	04:52:16.80	+02:11:17 (44.9%)	10:25	5.8 (55.8%)
158	GRABAREK Justyna	3008		K30	65		02:32:24	04:51:52.45	04:52:45.65	+02:11:46 (45.0%)	10:25	5.8 (55.8%)
159	MIODEK Aleksandra	3339		K30	66		02:34:00	04:52:23.70	04:53:30.25	+02:12:30 (45.1%)	10:26	5.7 (54.8%)
160	RYBACZUK Ewelina	3611		K30	67		02:37:14	04:53:17.75	04:53:47.70	+02:12:48 (45.2%)	10:28	5.7 (54.8%)
161	POPEK Małgorzata	3782	FOREVER TEAM	K40	62		02:35:25	04:52:44.60	04:53:51.15	+02:12:51 (45.2%)	10:27	5.7 (54.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
162	SZYMANIK Lidia	3684		K40	63		02:41:46	04:54:09.70	04:55:03.30	+02:14:03 (45.4%)	10:30	5.7 (54.8%)
163	BURDA Monika	3352		K40	64		02:34:10	04:54:16.35	04:55:47.50	+02:14:47 (45.6%)	10:30	5.7 (54.8%)
164	PRZYTARSKA Dominika	3851		K20	21		02:35:05	04:54:50.10	04:55:51.60	+02:14:52 (45.6%)	10:31	5.7 (54.8%)
165	STELMACH Paulina	3434		K30	68		02:45:56	04:55:38.25	04:55:56.60	+02:14:57 (45.6%)	10:33	5.7 (54.8%)
166	RZEŹNICZEK Patrycja	3191	NIE PODLEGAM	K20	22		02:26:20	04:55:51.25	04:56:28.15	+02:15:28 (45.7%)	10:33	5.7 (54.8%)
167	IZDEBSKA Renata	3349		K60	2		02:34:14	04:57:09.20	04:57:54.65	+02:16:55 (46.0%)	10:36	5.7 (54.8%)
168	SZYMANIK Anna	3567		K20	23		02:40:19	04:57:18.50	04:58:11.70	+02:17:12 (46.0%)	10:37	5.7 (54.8%)
169	SZPERNAL Beata	3069		K50	12		02:29:26	04:56:59.85	04:58:18.65	+02:17:19 (46.0%)	10:36	5.7 (54.8%)
170	HEĆMAŃCZUK Katarzyna	3475	FABRYKA DZIKA	K30	69		02:30:59	04:58:21.05	04:59:59.95	+02:19:00 (46.3%)	10:39	5.6 (53.8%)
171	CIEPIELA Małgorzata	3382		K20	24		02:42:58	04:59:28.30	05:00:06.40	+02:19:06 (46.4%)	10:41	5.6 (53.8%)
172	DWORZAŃSKA Anna	3181	MARATOŃCZYK POZNAŃ	K30	70		02:31:34	04:58:33.50	05:00:26.05	+02:19:26 (46.4%)	10:39	5.6 (53.8%)
173	TARADAJ Paulina	3246	NIGHT RUNNERS	K30	71		02:39:55	05:00:35.55	05:00:57.40	+02:19:57 (46.5%)	10:44	5.6 (53.8%)
174	BRODAWKA Olga	3036	SZAKARON MAKARON	K30	72		02:42:30	04:59:43.80	05:01:22.25	+02:20:22 (46.6%)	10:42	5.6 (53.8%)
175	SZOKALAK Milena	3789		K20	25		02:33:22	04:59:53.05	05:01:29.40	+02:20:29 (46.6%)	10:42	5.6 (53.8%)
176	WARAS Barbara	3581		K30	73		02:29:16	05:01:05.95	05:01:45.85	+02:20:46 (46.6%)	10:45	5.6 (53.8%)
177	STĘPLEWSKA Małgorzata	3313		K40	65		02:35:47	05:02:08.75	05:03:08.55	+02:22:09 (46.9%)	10:47	5.6 (53.8%)
178	PIONTEK Bożena	3409	CIDRY LOTAJOM	K50	13		02:28:47	05:03:06.95	05:03:42.80	+02:22:43 (47.0%)	10:49	5.5 (52.9%)
179	NALEWALSKA Justyna	3050	SERCE TYBETU	K30	74		02:31:09	05:03:35.65	05:04:04.30	+02:23:04 (47.1%)	10:50	5.5 (52.9%)
180	PRUSZKOWSKA Katarzyna	3177	CHEŁM BIEGA	K40	66		02:41:35	05:06:27.45	05:07:02.00	+02:26:02 (47.6%)	10:56	5.5 (52.9%)
181	GAŁECKA-ZIÓŁKOWSKA Kinga	3359		K30	75		02:43:51	05:05:27.35	05:07:11.30	+02:26:11 (47.6%)	10:54	5.5 (52.9%)
182	KUCHARSKA Anna	3906		K30	76		02:48:14	05:05:51.05	05:07:34.10	+02:26:34 (47.7%)	10:55	5.5 (52.9%)
183	LEPA-ROMAN Magdalena	3013	SDORA BMK	K40	67		02:38:48	05:08:02.65	05:09:04.10	+02:28:04 (47.9%)	11:00	5.5 (52.9%)
184	BLICHARSKA Joanna	3806	ELITARNA GRUPA POD ZIMNYM MORSEM	K40	68		02:25:48	05:08:42.85	05:09:30.40	+02:28:30 (48.0%)	11:01	5.4 (51.9%)
185	BENKOWSKA Halina	3441		K40	69		02:38:02	05:07:38.90	05:09:31.95	+02:28:32 (48.0%)	10:59	5.5 (52.9%)
186	KAŁA Jola	3429	BP RUNNING TEAM	K40	70		02:38:02	05:07:56.20	05:09:48.60	+02:28:49 (48.0%)	10:59	5.5 (52.9%)
187	GALUS Agnieszka	3840	OJOS	K40	71		02:43:50	05:10:31.25	05:10:38.90	+02:29:39 (48.2%)	11:05	5.4 (51.9%)
187	LICHNOWSKA Anna	3659		K40	71		02:43:46	05:10:29.65	05:10:38.90	+02:29:39 (48.2%)	11:05	5.4 (51.9%)
189	KRZYŻANOWSKA Agnieszka	3185	KASZANKI	K30	77		02:42:23	05:09:37.70	05:10:50.30	+02:29:50 (48.2%)	11:03	5.4 (51.9%)
190	PAWĘZOWSKA Anna	3208	BIEGOWA KUŹNIA	K40	73		02:34:27	05:09:59.25	05:11:44.20	+02:30:44 (48.4%)	11:04	5.4 (51.9%)
191	OSTROWSKA Patrycja	3447	DZIK KOMANDO	K30	78		02:39:47	05:10:35.40	05:12:20.75	+02:31:21 (48.5%)	11:05	5.4 (51.9%)
192	RUDNICKA Elżbieta	3445	DZIK KOMANDO	K40	74		02:39:44	05:10:36.10	05:12:22.30	+02:31:22 (48.5%)	11:05	5.4 (51.9%)
193	STRUZIK Małgorzata	3200		K30	79		02:44:26	05:11:18.60	05:12:41.00	+02:31:41 (48.5%)	11:07	5.4 (51.9%)
194	KURAS-SMOLNIK Magdalena	3366		K40	75		02:40:30	05:11:53.40	05:13:27.40	+02:32:27 (48.6%)	11:08	5.4 (51.9%)
195	TOMCZAK Magdalena	3687		K40	76		02:43:56	05:12:32.80	05:14:19.70	+02:33:20 (48.8%)	11:09	5.4 (51.9%)
196	PEPLIŃSKA Iwona	3174		K50	14		02:38:12	05:13:39.55	05:14:54.80	+02:33:55 (48.9%)	11:12	5.4 (51.9%)
197	WIECZOREK Marta	3263		K30	80		02:39:27	05:14:41.80	05:15:03.70	+02:34:04 (48.9%)	11:14	5.3 (51.0%)
198	MAŃKA Magdalena	3167		K40	77		02:41:58	05:14:47.70	05:15:27.80	+02:34:28 (49.0%)	11:14	5.3 (51.0%)
199	SOWIŃSKA Anetta	3811		K40	78		02:48:46	05:15:49.70	05:16:20.50	+02:35:20 (49.1%)	11:16	5.3 (51.0%)
200	NIŻNIK Monika	3455		K40	79		02:44:28	05:15:42.90	05:16:48.40	+02:35:48 (49.2%)	11:16	5.3 (51.0%)
201	MINKISIEWICZ Agnieszka	3103	NIGHT RUNNERS	K30	81		02:28:47	05:18:24.20	05:18:59.70	+02:38:00 (49.5%)	11:22	5.3 (51.0%)
202	OGRODNIK Anna	3237	ZAKOCHAJ SIĘ W BIEGANIU	K30	82		02:31:50	05:17:48.90	05:19:10.85	+02:38:11 (49.6%)	11:21	5.3 (51.0%)
203	LESNIAKOWSKA Anna	3430	TUR ZAMIEINIE	K40	80		02:37:56	05:19:10.05	05:20:53.15	+02:39:53 (49.8%)	11:23	5.3 (51.0%)
204	WITEK Sylwia	3595		K40	81		02:32:43	05:20:14.60	05:21:47.10	+02:40:47 (50.0%)	11:26	5.2 (50.0%)
205	HOOG Wioleta	3597		K40	82		02:36:35	05:20:14.35	05:21:47.50	+02:40:47 (50.0%)	11:26	5.2 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
206	PALCZYNSKA Agnieszka	3504	FABRYKA DZIKA	K40	83		02:48:21	05:20:45.80	05:22:26.20	+02:41:26 (50.1%)	11:27	5.2 (50.0%)
207	KARDAS Karolina	3243	FABRYKA DZIKA	K30	83		02:49:47	05:20:46.20	05:22:26.50	+02:41:26 (50.1%)	11:27	5.2 (50.0%)
208	DAMASZKE Oriana	3097		K40	84		02:37:37	05:20:40.50	05:22:33.65	+02:41:34 (50.1%)	11:27	5.2 (50.0%)
209	MĄCZKA Krystyna	3911	EXTREMALNI RZEŹNICY NA RELAKSIE.	K60	3		02:47:11	05:21:57.10	05:22:41.20	+02:41:41 (50.1%)	11:29	5.2 (50.0%)
210	WOŹNIAK Lidia	3173	PORMAT JEDLICZE BIEGA	K50	15		02:43:26	05:24:25.50	05:24:58.90	+02:43:59 (50.5%)	11:35	5.2 (50.0%)
211	OSOWSKA Justyna	3600		K20	26		02:41:46	05:23:34.05	05:25:12.35	+02:44:12 (50.5%)	11:33	5.2 (50.0%)
212	PIETRZAK Agnieszka	3180		K40	85		02:47:59	05:24:21.55	05:25:40.15	+02:44:40 (50.6%)	11:35	5.2 (50.0%)
213	MARCINIAK Anna	3163		K40	86		02:44:09	05:25:35.90	05:27:50.15	+02:46:50 (50.9%)	11:37	5.2 (50.0%)
214	POPKOWSKA Katarzyna	3233		K30	84		02:36:54	05:26:32.70	05:28:20.80	+02:47:21 (51.0%)	11:39	5.1 (49.0%)
214	PRZYŁUCKA Agnieszka	3235		K40	87		02:36:54	05:26:32.85	05:28:20.80	+02:47:21 (51.0%)	11:39	5.1 (49.0%)
216	NOWACKA Magdalena	3074	ROZBIEGANY PIASTOW	K50	16		02:41:54	05:27:53.90	05:28:53.10	+02:47:53 (51.0%)	11:42	5.1 (49.0%)
217	TUREK Marzena	3094	ROZBIEGANY PIASTÓW	K40	88		02:41:39	05:27:53.20	05:28:53.20	+02:47:53 (51.0%)	11:42	5.1 (49.0%)
218	BAK Magdalena	3721		K40	89		02:41:31	05:27:53.35	05:28:53.35	+02:47:53 (51.0%)	11:42	5.1 (49.0%)
219	WROŃSKA Magdalena	3086	BIEGNIJ Z PROSERVICE	K30	85		02:39:39	05:27:54.35	05:28:53.40	+02:47:53 (51.0%)	11:42	5.1 (49.0%)
220	SZCZEPAŃSKA Emilia	3652	AKADEMIA HOLISTYCZNA	K30	86		02:56:00	05:28:50.80	05:29:48.00	+02:48:48 (51.2%)	11:44	5.1 (49.0%)
221	BOGUSZ Emilia	3201		K40	90		02:41:41	05:31:27.75	05:32:51.55	+02:51:52 (51.6%)	11:50	5.1 (49.0%)
222	SZYMKIEWICZ Ewa	3572		K40	91		02:50:33	05:32:21.25	05:33:08.05	+02:52:08 (51.7%)	11:52	5.1 (49.0%)
223	BUJNOWSKA Sylwia	3571		K50	17		02:51:45	05:32:21.55	05:33:08.25	+02:52:08 (51.7%)	11:52	5.1 (49.0%)
224	RYŻYŃSKA Agnieszka	3047	CHEŁM BIEGA	K40	92		02:48:13	05:31:27.65	05:33:08.65	+02:52:09 (51.7%)	11:50	5.1 (49.0%)
225	KOCOT Kornelia	3891		K40	93		02:41:51	05:32:36.25	05:34:03.15	+02:53:03 (51.8%)	11:52	5.1 (49.0%)
226	WOJTYSIAK Dorota	3153		K40	94		02:49:34	05:33:15.75	05:34:08.15	+02:53:08 (51.8%)	11:54	5 (48.1%)
226	SKOREK-BILCZYŃSKA Patrycja	3104		K40	94		02:39:31	05:33:42.45	05:34:08.15	+02:53:08 (51.8%)	11:55	5 (48.1%)
228	PUCHAŁA Agnieszka	3458		K30	87		02:38:06	05:33:20.90	05:34:10.00	+02:53:10 (51.8%)	11:54	5 (48.1%)
229	DADAŚ Elżbieta	3133	BP RUNNING TEAM GLIWICE	K40	96		02:56:50	05:37:30.90	05:39:02.50	+02:58:02 (52.5%)	12:03	5 (48.1%)
230	BŁASZCZYK Magdalena	3709		K30	88		02:55:07	05:40:01.20	05:41:21.50	+03:00:21 (52.8%)	12:08	4.9 (47.1%)
231	SWICARZ Monika	3249		K40	97		02:38:21	05:39:59.85	05:41:32.65	+03:00:33 (52.9%)	12:08	4.9 (47.1%)
232	ADAMCZEWSKA Agnieszka	3391		K40	98		02:56:31	05:42:13.00	05:42:58.30	+03:01:58 (53.1%)	12:13	4.9 (47.1%)
233	ADAMCZEWSKA Anna	3390		K40	99		02:56:30	05:42:14.80	05:42:58.40	+03:01:58 (53.1%)	12:13	4.9 (47.1%)
234	WÓDZ Anna	3081		K30	89		02:45:41	05:41:55.30	05:43:19.40	+03:02:19 (53.1%)	12:12	4.9 (47.1%)
235	MASZTALSKA Joanna	3149		K20	27		02:21:45	05:43:54.15	05:44:02.75	+03:03:03 (53.2%)	12:16	4.9 (47.1%)
236	CHMIEL Justyna	3476		K40	100		02:44:34	05:43:36.90	05:44:10.10	+03:03:10 (53.2%)	12:16	4.9 (47.1%)
237	LEWIŃSKA Aleksandra	3483		K40	101		02:45:12	05:43:36.60	05:44:10.25	+03:03:10 (53.2%)	12:16	4.9 (47.1%)
238	LARWA Katarzyna	3783		K30	90		02:54:29	05:44:23.25	05:45:24.00	+03:04:24 (53.4%)	12:17	4.9 (47.1%)
239	KILAR-HOSZOWSKA Sabina	3334	MEDUZY	K40	102			05:44:33.35	05:46:08.35	+03:05:08 (53.5%)	12:18	4.9 (47.1%)
240	RYSIAWA Joanna	3189		K40	103		02:57:50	05:47:40.50	05:48:14.75	+03:07:15 (53.8%)	12:25	4.8 (46.2%)
241	WIS Judyta	3523		K30	91		02:51:00	05:52:22.25	05:52:23.80	+03:11:24 (54.3%)	12:35	4.8 (46.2%)
242	OBARSKA Małgorzata	3192		K60	4		03:06:02	05:58:59.15	06:00:02.60	+03:19:03 (55.3%)	12:49	4.7 (45.2%)
243	MIKOŁAJCZAK Magdalena	3187	HRMAX ŻORY	K40	104		02:52:08	06:00:18.30	06:00:38.80	+03:19:39 (55.4%)	12:52	4.7 (45.2%)
244	JUSZKO Monika	3541		K40	105		03:00:23	06:07:14.40	06:08:41.00	+03:27:41 (56.3%)	13:06	4.6 (44.2%)
245	OLEĐZKA-KULIK Monika	3148	GRUPA BIEGACZY SKÓRZEC BIEGA	K40	106		02:49:45	06:08:45.00	06:09:56.65	+03:28:57 (56.5%)	13:10	4.6 (44.2%)
246	FINGAS Patrycja	3552		K30	92		03:11:46	06:12:51.95	06:14:21.45	+03:33:21 (57.0%)	13:18	4.5 (43.3%)
247	PAWŁOWSKA Danuta	3354		K40	107		03:11:29	06:20:51.00	06:20:57.90	+03:39:58 (57.7%)	13:36	4.4 (42.3%)
248	BZDAK Alicja	3655	PRESS GLASS BIEGAMY I WSPIERAMY	K50	18		03:11:25	06:20:11.30	06:21:22.10	+03:40:22 (57.8%)	13:34	4.4 (42.3%)
249	TWARDOWSKA Patrycja	3306	STOWARZYSZENIE PACZKA DLA BOHATERA	K30	93		03:12:25	06:22:12.35	06:24:00.60	+03:43:01 (58.1%)	13:39	4.4 (42.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Szlem	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
250	GASIŃSKI Agnieszka	3323	SŁOŃCA JURY	K40	108		03:23:48	06:30:34.50	06:31:59.70	+03:51:00 (58.9%)	13:56	4.3 (41.3%)
251	GASIŃSKA Oliwia	3322	SŁOŃCA JURY	K20	28		03:23:51	06:30:34.40	06:31:59.80	+03:51:00 (58.9%)	13:56	4.3 (41.3%)
252	CZECHOWSKA Izabela	3593	WWTEAM	K50	19		03:39:59	06:31:39.85	06:33:51.45	+03:52:51 (59.1%)	13:59	4.3 (41.3%)
253	JAKUBIEC Justyna	3713		K50	20		02:57:28	06:32:38.20	06:33:53.00	+03:52:53 (59.1%)	14:01	4.3 (41.3%)
254	ZACHAREK Ewelina	3809	HERO BOX	K40	109		03:13:32	06:33:39.25	06:34:42.25	+03:53:42 (59.2%)	14:03	4.3 (41.3%)
255	JANCZEWSKA Izabela	3590	HEROBOX	K40	110		03:13:32	06:33:39.00	06:34:42.30	+03:53:42 (59.2%)	14:03	4.3 (41.3%)
256	RATOWSKA Oliwia	3605	HERO BOX	K30	94		03:13:37	06:33:40.30	06:34:42.50	+03:53:42 (59.2%)	14:03	4.3 (41.3%)
257	KRZEMIŃSKA Paulina	3592	HEROBOX	K20	29		03:13:33	06:33:38.75	06:34:42.75	+03:53:43 (59.2%)	14:03	4.3 (41.3%)
258	SZKAMRUK Bogusława	3343	EXTREMALNI RZEŹNICY NA RELAKSIE	K60	5		03:12:11	06:35:39.60	06:37:05.65	+03:56:06 (59.5%)	14:07	4.2 (40.4%)
259	HERNAS-SZTRAF Aneta	3640		K40	111		03:07:43	06:36:10.35	06:37:24.65	+03:56:25 (59.5%)	14:08	4.2 (40.4%)
260	HRYNIEWICKA Monika	3126	ROZBIEGANY PIASTÓW	K30	95		03:00:23	06:46:10.10	06:47:08.65	+04:06:09 (60.5%)	14:30	4.1 (39.4%)
260	MATYJASEK Agata	3580	ROZBIEGANY PIASTÓW	K40	112		03:03:57	06:46:08.85	06:47:08.65	+04:06:09 (60.5%)	14:30	4.1 (39.4%)
262	SLONECKA Agnieszka	3268		K30	96		03:39:19	06:50:34.85	06:51:15.65	+04:10:16 (60.9%)	14:39	4.1 (39.4%)
263	MITURA Hanna	3736		K60	6		03:32:07	07:20:23.55	07:21:35.00	+04:40:35 (63.5%)	15:43	3.8 (36.5%)
264	DAWID Katarzyna	3800		K50	21		04:01:41	07:30:07.15	07:32:00.75	+04:51:01 (64.4%)	16:04	3.7 (35.6%)
265	PALUDA Ewa	3287		K40	113		03:47:30	07:37:19.10	07:38:24.30	+04:57:24 (64.9%)	16:19	3.7 (35.6%)

Znaleziono 265 wynik(ów)