



# XII RZEŹNICZEK, CZYLI MAŁY BIEG RZEŹNIKA

B4SPORT

**Wydarzenie:** IX FESTIWAL BIEGU RZEŹNIKA  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2023-06-10  
**Miejsce:** Cisna  
**Dystans:** 28 km

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: K-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
1	<b>GÓROWSKA Iwona</b>	<b>3595</b>	GOPR BIESZCZADY	K30	1	01:30:35	<b>02:44:42.55</b>	<b>02:44:46.55</b>		5:52	10.2 (100%)
2	<b>GÓRALIK Sylwia</b>	<b>3630</b>	KS AZS AWF KRAKÓW	K40	1	01:33:28	<b>02:58:28.60</b>	<b>02:58:30.45</b>	+00:13:43 (7.7%)	6:22	9.4 (92.2%)
3	<b>BOCHENEK Magdalena</b>	<b>3704</b>	G.O.A.T. TEAM MICHAŁOWICE	K30	2	01:36:02	<b>03:02:50.20</b>	<b>03:02:52.40</b>	+00:18:05 (9.9%)	6:31	9.2 (90.2%)
4	<b>ROMANIUK Agnieszka</b>	<b>3515</b>		K20	1	01:37:10	<b>03:09:41.25</b>	<b>03:09:43.30</b>	+00:24:56 (13.1%)	6:46	8.9 (87.3%)
5	<b>DŁUGOSZ-STĘPNIAK Agnieszka</b>	<b>3524</b>	STAY INSANE	K30	3	01:41:53	<b>03:09:54.85</b>	<b>03:09:57.30</b>	+00:25:10 (13.3%)	6:46	8.8 (86.3%)
6	<b>PABIAŃSKA Marta</b>	<b>3286</b>	NOA	K30	4	01:47:04	<b>03:14:27.00</b>	<b>03:14:30.15</b>	+00:29:43 (15.3%)	6:56	8.6 (84.3%)
7	<b>SYCHNIAK Agnieszka</b>	<b>3795</b>		K40	2	01:43:20	<b>03:20:40.20</b>	<b>03:20:40.20</b>	+00:35:53 (17.9%)	7:10	8.4 (82.4%)
8	<b>RAJCA Monika</b>	<b>3663</b>	PIMPAKI BIEGAJĄ	K30	5	01:49:37	<b>03:27:10.70</b>	<b>03:27:20.30</b>	+00:42:33 (20.5%)	7:23	8.1 (79.4%)
9	<b>FATER-DĘBSKA Agata</b>	<b>3086</b>		K40	3	01:53:02	<b>03:35:54.95</b>	<b>03:36:17.10</b>	+00:51:30 (23.8%)	7:42	7.8 (76.5%)
10	<b>MRÓWKA Małgorzata</b>	<b>3265</b>		K30	6	01:57:04	<b>03:36:37.40</b>	<b>03:36:46.80</b>	+00:52:00 (24.0%)	7:44	7.8 (76.5%)
11	<b>SIWAK Natalia</b>	<b>3372</b>		K30	7	02:02:09	<b>03:37:33.10</b>	<b>03:38:54.50</b>	+00:54:07 (24.7%)	7:46	7.7 (75.5%)
12	<b>KOWALSKA Magda</b>	<b>3672</b>		K40	4	02:02:00	<b>03:38:37.70</b>	<b>03:39:09.70</b>	+00:54:23 (24.8%)	7:48	7.7 (75.5%)
13	<b>KOPIEC Izabela</b>	<b>3509</b>		K40	5	01:58:07	<b>03:40:56.90</b>	<b>03:42:03.65</b>	+00:57:17 (25.8%)	7:53	7.6 (74.5%)
14	<b>LEWANDOWSKA Magdalena</b>	<b>3608</b>		K30	8	02:02:35	<b>03:42:44.70</b>	<b>03:44:31.30</b>	+00:59:44 (26.6%)	7:57	7.5 (73.5%)
15	<b>PACIOREK Ewa</b>	<b>3717</b>	KOBIETA BIEGA. EWA PACIOREK	K30	9	01:55:46	<b>03:45:15.20</b>	<b>03:45:18.05</b>	+01:00:31 (26.9%)	8:02	7.5 (73.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
16	<b>SZEWczyk Agnieszka</b>	<b>3687</b>		K30	10	01:55:03	<b>03:48:42.20</b>	<b>03:48:49.60</b>	+01:04:03 (28.0%)	8:10	7.3 (71.6%)
17	<b>KOZACZUK Maria</b>	<b>3331</b>		K40	6	01:56:53	<b>03:49:23.40</b>	<b>03:50:03.55</b>	+01:05:17 (28.4%)	8:11	7.3 (71.6%)
18	<b>OWCZAREK Katarzyna</b>	<b>3544</b>		K30	11	02:00:16	<b>03:52:12.45</b>	<b>03:53:42.50</b>	+01:08:55 (29.5%)	8:17	7.2 (70.6%)
19	<b>MAZUR Maria</b>	<b>3070</b>		K30	12	02:04:36	<b>03:53:54.45</b>	<b>03:54:56.55</b>	+01:10:10 (29.9%)	8:21	7.2 (70.6%)
20	<b>TAPEREK Marta</b>	<b>3633</b>		K30	13	01:59:57	<b>03:56:19.65</b>	<b>03:57:45.80</b>	+01:12:59 (30.7%)	8:26	7.1 (69.6%)
21	<b>SIWEK Julianna</b>	<b>3095</b>	WKURW_TEAM	K20	2	02:01:57	<b>03:58:33.75</b>	<b>03:59:38.60</b>	+01:14:52 (31.2%)	8:31	7 (68.6%)
22	<b>KRAWCZYK Nicole</b>	<b>3537</b>		K30	14	02:04:31	<b>03:59:42.45</b>	<b>04:00:16.80</b>	+01:15:30 (31.4%)	8:33	7 (68.6%)
23	<b>WOSINSKA Magdalena</b>	<b>3571</b>	#DZIEWCZYNY_MINISTRY	K40	7	02:05:13	<b>03:59:21.00</b>	<b>04:00:17.50</b>	+01:15:30 (31.4%)	8:32	7 (68.6%)
24	<b>ZAREMBA Monika</b>	<b>3411</b>	WIELUŃ BIEGA	K20	3	02:06:36	<b>04:00:21.50</b>	<b>04:00:58.10</b>	+01:16:11 (31.6%)	8:35	7 (68.6%)
25	<b>JURKIEWICZ Aldona</b>	<b>3205</b>	ROZBIEGANY SUSZ	K40	8	02:08:41	<b>04:00:00.50</b>	<b>04:01:07.20</b>	+01:16:20 (31.7%)	8:34	7 (68.6%)
26	<b>MARCZEWSKA Agata</b>	<b>3193</b>		K40	9	02:07:18	<b>04:00:33.30</b>	<b>04:01:37.70</b>	+01:16:51 (31.8%)	8:35	7 (68.6%)
27	<b>ŁĄCKA Agata</b>	<b>3021</b>	FABRYKA DZIKA	K30	15	02:06:12	<b>04:02:24.25</b>	<b>04:02:46.10</b>	+01:17:59 (32.1%)	8:39	6.9 (67.6%)
28	<b>ŁAPIŃSKA Agnieszka</b>	<b>3317</b>		K20	4		<b>04:03:55.75</b>	<b>04:05:15.45</b>	+01:20:28 (32.8%)	8:42	6.9 (67.6%)
29	<b>JAŻWIECKA Anita</b>	<b>3735</b>	MUAY RUNNING TEAM	K30	16	02:05:30	<b>04:05:12.65</b>	<b>04:05:39.15</b>	+01:20:52 (32.9%)	8:45	6.9 (67.6%)
30	<b>KURAS Olga</b>	<b>3085</b>	NUNEK SPITFIRE	K30	17	02:08:22	<b>04:05:19.90</b>	<b>04:06:18.10</b>	+01:21:31 (33.1%)	8:45	6.8 (66.7%)
31	<b>KUTSKO Oksana</b>	<b>3683</b>		K20	5	01:59:57	<b>04:08:26.80</b>	<b>04:08:29.70</b>	+01:23:43 (33.7%)	8:52	6.8 (66.7%)
32	<b>OLĘDZKA Marianna</b>	<b>3380</b>	FIZJO	K30	18	02:13:37	<b>04:08:54.10</b>	<b>04:09:23.75</b>	+01:24:37 (33.9%)	8:53	6.7 (65.7%)
33	<b>SZOPINSKA Justyna</b>	<b>3269</b>	LUKS SEROCK	K30	19	02:16:06	<b>04:11:13.65</b>	<b>04:11:32.75</b>	+01:26:46 (34.5%)	8:58	6.7 (65.7%)
34	<b>MICHALAK-KLIMCZAK Lucyna</b>	<b>3348</b>		K40	10	02:08:43	<b>04:10:58.05</b>	<b>04:12:17.60</b>	+01:27:31 (34.7%)	8:57	6.7 (65.7%)
35	<b>HELIOSZ Joanna</b>	<b>3615</b>	SILESIA MARATHON CLUB	K40	11	02:19:21	<b>04:12:36.30</b>	<b>04:14:08.85</b>	+01:29:22 (35.2%)	9:01	6.7 (65.7%)
36	<b>BAŁCZEWSKA Ewelina</b>	<b>3121</b>		K30	20	02:15:41	<b>04:14:20.20</b>	<b>04:14:29.10</b>	+01:29:42 (35.3%)	9:05	6.6 (64.7%)
37	<b>CZYTRZYŃSKA Alicja</b>	<b>3459</b>		K20	6	02:02:05	<b>04:13:49.80</b>	<b>04:15:19.90</b>	+01:30:33 (35.5%)	9:03	6.6 (64.7%)
38	<b>DYBOWSKA Małgorzata</b>	<b>3396</b>		K40	12	02:13:40	<b>04:13:37.95</b>	<b>04:15:22.75</b>	+01:30:36 (35.5%)	9:03	6.6 (64.7%)

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39	<b>SIENKIEWICZ Magda</b>	<b>3529</b>		K20	7	02:09:27	<b>04:15:12.45</b>	<b>04:16:15.95</b>	+01:31:29 (35.7%)	9:06	6.6 (64.7%)
40	<b>BRUDEREK Anna</b>	<b>3409</b>	PRIMUM CURRERE	K40	13	02:14:36	<b>04:17:01.50</b>	<b>04:17:45.15</b>	+01:32:58 (36.1%)	9:10	6.5 (63.7%)
41	<b>MAĆKOWIAK Joanna</b>	<b>3656</b>		K20	8	02:09:35	<b>04:18:43.95</b>	<b>04:19:12.10</b>	+01:34:25 (36.4%)	9:14	6.5 (63.7%)
42	<b>MILCZAREK Kinga</b>	<b>3151</b>		K30	21	02:12:59	<b>04:18:24.30</b>	<b>04:19:16.10</b>	+01:34:29 (36.4%)	9:13	6.5 (63.7%)
43	<b>CHOMA Julia</b>	<b>3376</b>		K20	9	02:24:24	<b>04:17:52.30</b>	<b>04:19:16.80</b>	+01:34:30 (36.4%)	9:12	6.5 (63.7%)
44	<b>POPCZYK Ewelina</b>	<b>3310</b>	HEALTHY BODY ŻELAZNY&ŻELAZNY	K40	14	02:22:23	<b>04:19:19.60</b>	<b>04:20:26.10</b>	+01:35:39 (36.7%)	9:15	6.5 (63.7%)
45	<b>DZIADOSZ Roma</b>	<b>3456</b>		K40	15	02:10:51	<b>04:20:15.55</b>	<b>04:20:41.70</b>	+01:35:55 (36.8%)	9:17	6.5 (63.7%)
46	<b>ŚWIERŻEWSKA Sylwia</b>	<b>3366</b>	HEŃTEAM	K40	16	02:23:18	<b>04:21:09.80</b>	<b>04:21:39.30</b>	+01:36:52 (37.0%)	9:19	6.4 (62.7%)
47	<b>WYRZYKOWSKA Katarzyna</b>	<b>3373</b>	SKAWINA BIEGA	K30	22	02:14:49	<b>04:21:36.85</b>	<b>04:22:00.10</b>	+01:37:13 (37.1%)	9:20	6.4 (62.7%)
48	<b>JAGNIESZCZAK Zuzanna</b>	<b>3201</b>	TEAM PARSZCZYŃSKICH	K30	23	02:14:16	<b>04:22:32.80</b>	<b>04:22:40.35</b>	+01:37:53 (37.3%)	9:22	6.4 (62.7%)
49	<b>WILK Wiktoria</b>	<b>11</b>	SARNI TĘTENT	K30	24	02:19:55	<b>04:22:36.95</b>	<b>04:22:53.30</b>	+01:38:06 (37.3%)	9:22	6.4 (62.7%)
50	<b>KISZA Anna</b>	<b>3304</b>		K30	25	02:16:18	<b>04:21:56.85</b>	<b>04:23:28.05</b>	+01:38:41 (37.5%)	9:21	6.4 (62.7%)
51	<b>KOŁOTUSZA Małgorzata</b>	<b>3435</b>	ZASAPANI HYDRO	K40	17	02:16:35	<b>04:23:06.70</b>	<b>04:23:40.05</b>	+01:38:53 (37.5%)	9:23	6.4 (62.7%)
52	<b>CANLI Inessa</b>	<b>3171</b>		K30	26	02:13:47	<b>04:26:06.65</b>	<b>04:26:14.95</b>	+01:41:28 (38.1%)	9:30	6.3 (61.8%)
53	<b>KOZIOŁ Ela</b>	<b>3699</b>		K30	27	02:16:47	<b>04:26:19.95</b>	<b>04:26:47.60</b>	+01:42:01 (38.2%)	9:30	6.3 (61.8%)
54	<b>WILCZEK Małgorzata</b>	<b>3094</b>	RAJSPORT ACTIVE	K30	28	02:19:02	<b>04:26:40.35</b>	<b>04:27:00.85</b>	+01:42:14 (38.3%)	9:31	6.3 (61.8%)
55	<b>SIEJAKOWSKA Michalina</b>	<b>3371</b>	SZKOŁA TENISA ZIEMNEGO AKA TENIS	K20	10	02:31:42	<b>04:26:23.55</b>	<b>04:27:39.10</b>	+01:42:52 (38.4%)	9:30	6.3 (61.8%)
56	<b>OLESIŃSKA Joanna</b>	<b>3226</b>	DRUŻYNA JEDYNKI	K40	18	02:13:30	<b>04:29:04.15</b>	<b>04:29:14.45</b>	+01:44:27 (38.8%)	9:36	6.2 (60.8%)
57	<b>MODZELEWSKA Paulina</b>	<b>3422</b>	KLUB G4 W SIEDLCACH	K30	29	02:16:22	<b>04:29:57.80</b>	<b>04:30:31.50</b>	+01:45:44 (39.1%)	9:38	6.2 (60.8%)
58	<b>ROJEWSKA Aga</b>	<b>3056</b>		K30	30	02:12:22	<b>04:29:32.15</b>	<b>04:30:38.60</b>	+01:45:52 (39.1%)	9:37	6.2 (60.8%)
59	<b>ŻÓRAŃSKA Magdalena</b>	<b>3578</b>		K40	19	02:21:01	<b>04:30:34.60</b>	<b>04:30:47.15</b>	+01:46:00 (39.1%)	9:39	6.2 (60.8%)
60	<b>IVANOVA Alina</b>	<b>3001</b>		K30	31	02:26:42	<b>04:31:51.25</b>	<b>04:32:40.50</b>	+01:47:53 (39.6%)	9:42	6.2 (60.8%)
61	<b>MICHALAK Ela</b>	<b>3662</b>		K40	20	02:24:37	<b>04:31:19.60</b>	<b>04:32:40.65</b>	+01:47:54 (39.6%)	9:41	6.2 (60.8%)

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62	<b>DZIEWA Agata</b>	<b>3626</b>	LUBELSKA GRUPA TRIATHLONU	K30	32	02:29:01	<b>04:33:29.30</b>	<b>04:33:48.30</b>	+01:49:01 (39.8%)	9:46	6.1 (59.8%)
63	<b>SIDOROWICZ Joanna</b>	<b>3388</b>		K30	33	02:21:23	<b>04:33:50.70</b>	<b>04:34:28.75</b>	+01:49:42 (40.0%)	9:46	6.1 (59.8%)
64	<b>ZEGAR Barbara</b>	<b>3661</b>		K50	1	02:24:37	<b>04:33:32.75</b>	<b>04:34:53.50</b>	+01:50:06 (40.1%)	9:46	6.1 (59.8%)
65	<b>PAWEŁCZUK Katarzyna</b>	<b>3326</b>		K40	21	02:22:55	<b>04:34:57.25</b>	<b>04:36:15.70</b>	+01:51:29 (40.4%)	9:49	6.1 (59.8%)
66	<b>PAWELEC Krystyna</b>	<b>3628</b>	DOGOŃ GRODZISK MAZOWIECKI	K60	1	02:28:49	<b>04:35:19.25</b>	<b>04:36:32.50</b>	+01:51:45 (40.4%)	9:49	6.1 (59.8%)
67	<b>SIKORA Amelia</b>	<b>3623</b>	FUNDACJA EUROPEJSKIE FORUM NAUKI I BIZNESU	K20	11	02:24:03	<b>04:37:05.95</b>	<b>04:38:05.60</b>	+01:53:19 (40.7%)	9:53	6.1 (59.8%)
68	<b>GAŁKA Renata</b>	<b>3263</b>	KROMECCZEK TEAM	K50	2	02:29:54	<b>04:37:20.90</b>	<b>04:38:51.15</b>	+01:54:04 (40.9%)	9:54	6.1 (59.8%)
69	<b>PAWLIKOWSKA Monika</b>	<b>3593</b>		K40	22	02:24:51	<b>04:37:50.60</b>	<b>04:39:10.80</b>	+01:54:24 (41.0%)	9:55	6 (58.8%)
70	<b>KAŻMIERSKA Monika</b>	<b>3031</b>	KB KROKUS KWIATKOWICE	K40	23	02:25:10	<b>04:38:47.30</b>	<b>04:39:26.90</b>	+01:54:40 (41.0%)	9:57	6 (58.8%)
71	<b>WITUSIK Weronika</b>	<b>3800</b>	OTK RZEŹNIK	K20	12	02:24:28	<b>04:37:46.25</b>	<b>04:39:27.50</b>	+01:54:40 (41.0%)	9:55	6 (58.8%)
72	<b>KOSSAK Magda</b>	<b>3329</b>	MAGDA KOSSAK	K30	34	02:25:45	<b>04:39:33.40</b>	<b>04:39:33.40</b>	+01:54:46 (41.1%)	9:59	6 (58.8%)
73	<b>KOWALSKA Agnieszka</b>	<b>3730</b>	KOMANDOSI	K20	13	02:22:46	<b>04:39:34.00</b>	<b>04:39:39.50</b>	+01:54:52 (41.1%)	9:59	6 (58.8%)
74	<b>MARCINIAK Agata</b>	<b>3108</b>	ŁODZIANKA TEAM	K40	24	02:21:54	<b>04:38:36.80</b>	<b>04:39:48.15</b>	+01:55:01 (41.1%)	9:57	6 (58.8%)
75	<b>PYREK Iwona</b>	<b>3033</b>		K40	25	02:22:21	<b>04:39:40.60</b>	<b>04:39:54.10</b>	+01:55:07 (41.1%)	9:59	6 (58.8%)
76	<b>BRYSZEWSKA Marta</b>	<b>3452</b>		K40	26	02:23:31	<b>04:38:15.35</b>	<b>04:40:00.05</b>	+01:55:13 (41.2%)	9:56	6 (58.8%)
77	<b>WRÓBLEWSKA Olga</b>	<b>3604</b>	VEGE RUNNERS	K40	27	02:29:13	<b>04:39:16.95</b>	<b>04:41:08.15</b>	+01:56:21 (41.4%)	9:58	6 (58.8%)
78	<b>MAJSZCZYK Paulina</b>	<b>3692</b>	HARDCOROWE WYCHYLYLYBYMY	K30	35	02:25:55	<b>04:42:13.85</b>	<b>04:43:21.45</b>	+01:58:34 (41.8%)	10:04	6 (58.8%)
79	<b>KURCZUK-SAMODULSKA Agnieszka</b>	<b>3364</b>	HEŃTEAM	K30	36	02:23:18	<b>04:43:03.15</b>	<b>04:43:32.20</b>	+01:58:45 (41.9%)	10:06	5.9 (57.8%)
80	<b>KOZAK Agnieszka</b>	<b>3025</b>		K30	37	02:21:24	<b>04:43:01.20</b>	<b>04:43:46.80</b>	+01:59:00 (41.9%)	10:06	5.9 (57.8%)
81	<b>SZCZEPAŃSKA Kinga</b>	<b>3499</b>		K30	38	02:17:14	<b>04:43:59.40</b>	<b>04:44:13.70</b>	+01:59:27 (42.0%)	10:08	5.9 (57.8%)
82	<b>SIKORSKA Agnieszka</b>	<b>3419</b>		K40	28	02:28:45	<b>04:43:36.00</b>	<b>04:44:40.55</b>	+01:59:54 (42.1%)	10:07	5.9 (57.8%)
83	<b>WRONISZ Katarzyna</b>	<b>3354</b>	MARBELLA LUBARTÓW	K30	39	02:21:57	<b>04:44:00.65</b>	<b>04:45:36.55</b>	+02:00:50 (42.3%)	10:08	5.9 (57.8%)
84	<b>MIDZIERSKA Joanna</b>	<b>3356</b>	MARBELLA LUBARTÓW	K30	40	02:21:58	<b>04:44:01.65</b>	<b>04:45:37.10</b>	+02:00:50 (42.3%)	10:08	5.9 (57.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
85	<b>PAUSZEK Marlena</b>	<b>3732</b>	LUCKY TEAM	K50	3	02:38:30	<b>04:45:21.50</b>	<b>04:46:29.40</b>	+02:01:42 (42.5%)	10:11	5.9 (57.8%)
86	<b>TROCHA Natalia</b>	<b>3618</b>	BALLS OF STEEL	K30	41	02:21:05	<b>04:45:37.90</b>	<b>04:46:30.95</b>	+02:01:44 (42.5%)	10:12	5.9 (57.8%)
87	<b>JAROS Magdalena</b>	<b>3543</b>	BIEBRZAKI	K30	42	02:24:19	<b>04:46:17.50</b>	<b>04:47:40.10</b>	+02:02:53 (42.7%)	10:13	5.9 (57.8%)
88	<b>PILECKA Joanna</b>	<b>3365</b>		K40	29	02:25:18	<b>04:48:23.90</b>	<b>04:48:49.90</b>	+02:04:03 (43.0%)	10:17	5.8 (56.9%)
89	<b>DOLEGACZ Ewa</b>	<b>3646</b>		K40	30	02:22:12	<b>04:48:39.80</b>	<b>04:49:40.55</b>	+02:04:54 (43.1%)	10:18	5.8 (56.9%)
90	<b>FINGAS Patrycja</b>	<b>3589</b>		K30	43	02:29:51	<b>04:48:13.85</b>	<b>04:49:54.80</b>	+02:05:08 (43.2%)	10:17	5.8 (56.9%)
91	<b>GAŁAJDA Monika</b>	<b>3490</b>	RADLINIOKI/KAJ TA META	K40	31	02:21:46	<b>04:49:48.60</b>	<b>04:50:01.80</b>	+02:05:15 (43.2%)	10:21	5.8 (56.9%)
92	<b>BODIO-ZIÓŁKOWSKA Ewa</b>	<b>3237</b>	SPORTOWA MARCHEWKA	K40	32	02:24:12	<b>04:49:08.85</b>	<b>04:50:05.25</b>	+02:05:18 (43.2%)	10:19	5.8 (56.9%)
93	<b>MIRKOWSKA Monika</b>	<b>3223</b>		K30	44	02:33:27	<b>04:48:38.40</b>	<b>04:50:06.30</b>	+02:05:19 (43.2%)	10:18	5.8 (56.9%)
94	<b>KALISZ Katarzyna</b>	<b>3132</b>		K40	33	02:37:41	<b>04:49:16.60</b>	<b>04:50:08.90</b>	+02:05:22 (43.2%)	10:19	5.8 (56.9%)
95	<b>BYSTRZYCKA Dorota</b>	<b>3090</b>	RAJSPORT ACTIVE	K40	34	02:27:50	<b>04:49:57.80</b>	<b>04:50:18.40</b>	+02:05:31 (43.2%)	10:21	5.8 (56.9%)
96	<b>GÓRSKA-GAŁKA Iwona</b>	<b>3203</b>	TOM-INSTAL TEAM	K40	35	02:28:00	<b>04:50:12.75</b>	<b>04:50:18.95</b>	+02:05:32 (43.2%)	10:21	5.8 (56.9%)
97	<b>JARZYNA Agnieszka</b>	<b>3136</b>		K40	36	02:30:45	<b>04:51:47.00</b>	<b>04:52:02.90</b>	+02:07:16 (43.6%)	10:25	5.8 (56.9%)
98	<b>MAŁOWIEJSKA Alicja</b>	<b>3397</b>		K30	45	02:23:32	<b>04:50:25.60</b>	<b>04:52:10.40</b>	+02:07:23 (43.6%)	10:22	5.8 (56.9%)
99	<b>PAWLAK Dagmara</b>	<b>3386</b>		K40	37	02:34:22	<b>04:54:46.95</b>	<b>04:55:24.45</b>	+02:10:37 (44.2%)	10:31	5.7 (55.9%)
100	<b>OKRASA Malgorzata</b>	<b>3655</b>		K40	38	02:32:01	<b>04:54:55.30</b>	<b>04:55:50.45</b>	+02:11:03 (44.3%)	10:31	5.7 (55.9%)
101	<b>RUTKOWSKA Ewelina</b>	<b>3504</b>		K40	39	02:27:11	<b>04:54:11.95</b>	<b>04:55:51.95</b>	+02:11:05 (44.3%)	10:30	5.7 (55.9%)
102	<b>DORDZIK Małgorzata</b>	<b>3123</b>		K60	2	02:33:38	<b>04:54:23.85</b>	<b>04:56:08.35</b>	+02:11:21 (44.4%)	10:30	5.7 (55.9%)
103	<b>SUCHORA Anna</b>	<b>3149</b>		K50	4	02:38:35	<b>04:54:58.15</b>	<b>04:56:19.80</b>	+02:11:33 (44.4%)	10:32	5.7 (55.9%)
104	<b>IZDEBSKA Renata</b>	<b>3192</b>		K60	3	02:34:34	<b>04:57:55.15</b>	<b>04:59:19.40</b>	+02:14:32 (45.0%)	10:38	5.6 (54.9%)
105	<b>GŁĘBOCKA Magda</b>	<b>3636</b>		K30	46	02:33:49	<b>04:58:43.00</b>	<b>04:59:22.35</b>	+02:14:35 (45.0%)	10:40	5.6 (54.9%)
106	<b>SWISTAK Karolina</b>	<b>3619</b>		K40	40	02:29:29	<b>05:00:42.40</b>	<b>05:01:11.90</b>	+02:16:25 (45.3%)	10:44	5.6 (54.9%)
107	<b>KOZIOŁ Joanna</b>	<b>3349</b>		K40	41	02:27:45	<b>05:01:33.15</b>	<b>05:02:05.10</b>	+02:17:18 (45.5%)	10:46	5.6 (54.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
108	<b>RĄCZKA</b> Elżbieta	<b>3650</b>		K50	5	02:47:19	<b>05:04:08.60</b>	<b>05:04:49.40</b>	+02:20:02 (45.9%)	10:51	5.5 (53.9%)
109	<b>SIKORSKA</b> Izabela	<b>3200</b>	MIĘDZYRZECKIE GAZELE	K40	42	02:38:21	<b>05:04:00.95</b>	<b>05:05:17.15</b>	+02:20:30 (46.0%)	10:51	5.5 (53.9%)
110	<b>DRUSZCZ</b> Andżelika	<b>3344</b>		K30	47	02:30:48	<b>05:04:25.20</b>	<b>05:05:22.25</b>	+02:20:35 (46.0%)	10:52	5.5 (53.9%)
111	<b>SUŁAWA</b> Patrycja	<b>3133</b>		K40	43	02:37:49	<b>05:05:19.55</b>	<b>05:06:11.55</b>	+02:21:25 (46.2%)	10:54	5.5 (53.9%)
112	<b>BIJATOWSKA</b> Diana	<b>3501</b>		K40	44	02:44:04	<b>05:06:05.65</b>	<b>05:06:14.25</b>	+02:21:27 (46.2%)	10:55	5.5 (53.9%)
113	<b>RONKOWSKA</b> Małgorzata	<b>3555</b>	POLKA SPORT	K30	48	02:47:22	<b>05:06:02.45</b>	<b>05:06:42.05</b>	+02:21:55 (46.3%)	10:55	5.5 (53.9%)
114	<b>KOPCZYŃSKA</b> Misia	<b>3391</b>	DZIKUR CREW	K50	6	02:28:15	<b>05:06:38.05</b>	<b>05:07:31.60</b>	+02:22:45 (46.4%)	10:57	5.5 (53.9%)
115	<b>LENART</b> Wioleta	<b>3721</b>		K30	49	02:37:34	<b>05:07:46.85</b>	<b>05:08:14.10</b>	+02:23:27 (46.5%)	10:59	5.5 (53.9%)
116	<b>DZIEWA</b> Magdalena	<b>3641</b>		K60	4	02:32:56	<b>05:08:29.10</b>	<b>05:08:48.90</b>	+02:24:02 (46.6%)	11:01	5.4 (52.9%)
117	<b>KIJEWSKA</b> Karolina	<b>3245</b>		K40	45	02:39:17	<b>05:07:18.95</b>	<b>05:08:50.00</b>	+02:24:03 (46.6%)	10:58	5.5 (53.9%)
118	<b>RONDUDA</b> Małgorzata	<b>3250</b>	TKS DZIK JEST DZIKI	K50	7	02:34:57	<b>05:07:43.40</b>	<b>05:08:51.70</b>	+02:24:05 (46.7%)	10:59	5.5 (53.9%)
119	<b>KLAJA</b> Agnieszka	<b>3506</b>		K30	50	02:45:29	<b>05:08:43.40</b>	<b>05:10:07.90</b>	+02:25:21 (46.9%)	11:01	5.4 (52.9%)
120	<b>MIODEK</b> Aleksandra	<b>3614</b>		K30	51	02:42:47	<b>05:09:40.10</b>	<b>05:10:55.50</b>	+02:26:08 (47.0%)	11:03	5.4 (52.9%)
121	<b>NAĆ</b> Marzanna	<b>3020</b>	ROZBIEGANE DZIAŁDOWO	K40	46	02:43:23	<b>05:09:49.50</b>	<b>05:11:21.65</b>	+02:26:35 (47.1%)	11:03	5.4 (52.9%)
122	<b>SZCZUREK</b> Aleksandra	<b>3449</b>		K20	14	02:27:57	<b>05:11:09.05</b>	<b>05:11:32.60</b>	+02:26:46 (47.1%)	11:06	5.4 (52.9%)
123	<b>WIECZOREK</b> Magdalena	<b>3546</b>	WIECZORKI3	K40	47	02:50:16	<b>05:11:09.75</b>	<b>05:12:04.60</b>	+02:27:18 (47.2%)	11:06	5.4 (52.9%)
124	<b>DŁUGOSZ</b> Karolina	<b>3084</b>	WKURW_TEAM	K30	52	02:36:29	<b>05:11:43.50</b>	<b>05:12:51.10</b>	+02:28:04 (47.3%)	11:07	5.4 (52.9%)
125	<b>CHYTRZYŃSKA</b> Marta	<b>3262</b>	KROMECZEK TEAM	K40	48	02:40:48	<b>05:11:29.05</b>	<b>05:12:59.90</b>	+02:28:13 (47.4%)	11:07	5.4 (52.9%)
126	<b>BOGUSZ</b> Emilia	<b>3673</b>		K40	49	02:49:45	<b>05:13:06.10</b>	<b>05:13:47.90</b>	+02:29:01 (47.5%)	11:10	5.4 (52.9%)
127	<b>KNAPCZYK</b> Elżbieta	<b>3689</b>		K40	50	02:43:39	<b>05:13:58.70</b>	<b>05:14:06.05</b>	+02:29:19 (47.5%)	11:12	5.4 (52.9%)
128	<b>ULENBERG</b> Katarzyna	<b>3052</b>		K30	53	02:36:09	<b>05:13:54.30</b>	<b>05:15:05.60</b>	+02:30:19 (47.7%)	11:12	5.4 (52.9%)
129	<b>PAWLYTA</b> Weronika	<b>3048</b>		K30	54	02:36:10	<b>05:13:56.10</b>	<b>05:15:07.20</b>	+02:30:20 (47.7%)	11:12	5.4 (52.9%)
130	<b>TRACZ</b> Agnieszka	<b>3734</b>		K30	55	02:49:38	<b>05:15:54.70</b>	<b>05:17:18.00</b>	+02:32:31 (48.1%)	11:16	5.3 (52.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
131	LICHNOWSKA Anna	3429		K40	51	02:49:47	05:17:24.75	05:17:31.00	+02:32:44 (48.1%)	11:20	5.3 (52.0%)
132	JANOWSKA Ewa	3431		K30	56	02:35:38	05:17:08.30	05:17:57.60	+02:33:11 (48.2%)	11:19	5.3 (52.0%)
133	STĘPIEŃ Renata	3273	BBL KIELCE	K60	5	02:31:09	05:17:31.00	05:18:50.40	+02:34:03 (48.3%)	11:20	5.3 (52.0%)
134	RYKAŁA Katarzyna	3378		K40	52	02:45:04	05:19:13.10	05:20:34.15	+02:35:47 (48.6%)	11:24	5.3 (52.0%)
135	ZADORSKA Zofia	3188		K60	6	02:32:01	05:19:25.00	05:20:49.10	+02:36:02 (48.6%)	11:24	5.3 (52.0%)
136	PASZEK Krystyna	3627	WOLNI BIEGACZE SLOW JOGGING GRODZISK MAZ.	K60	7	02:44:51	05:20:22.40	05:21:35.40	+02:36:48 (48.8%)	11:26	5.2 (51.0%)
137	GÓRNA Małgorzata	3178		K30	57	02:40:42	05:20:05.95	05:21:44.65	+02:36:58 (48.8%)	11:25	5.2 (51.0%)
138	ZIÓŁEK Teresa	3738		K60	8	02:53:38	05:21:08.85	05:22:13.60	+02:37:27 (48.9%)	11:28	5.2 (51.0%)
139	NYŻNYK Monika	3166	KAMPIRUNTEAM	K40	53	02:40:46	05:22:21.80	05:22:43.40	+02:37:56 (48.9%)	11:30	5.2 (51.0%)
140	KOPIEC Iwona	3153		K50	8	02:48:32	05:21:59.15	05:22:48.85	+02:38:02 (49.0%)	11:29	5.2 (51.0%)
141	RYŻYŃSKA Agnieszka	3560	CHEŁM BIEGA	K40	54	02:48:06	05:21:50.15	05:23:22.40	+02:38:35 (49.0%)	11:29	5.2 (51.0%)
142	DRGAS Małgorzata	3271	WARTKIE PIERONY	K30	58	02:48:00	05:23:16.30	05:24:05.60	+02:39:19 (49.2%)	11:32	5.2 (51.0%)
143	ADAMUS Anna	3297	WARTKIE PIERONY	K40	55	02:48:26	05:23:16.15	05:24:05.70	+02:39:19 (49.2%)	11:32	5.2 (51.0%)
144	RYCHLEWSKA Katarzyna	3740	TRICLUB	K50	9	02:47:23	05:23:56.90	05:24:37.90	+02:39:51 (49.2%)	11:34	5.2 (51.0%)
145	SIERADZKA Maria	3008	KRECIK DRAPIE	K30	59	02:49:31	05:24:23.80	05:25:42.30	+02:40:55 (49.4%)	11:35	5.2 (51.0%)
146	PAJSZCZYK Blanka	3007	KRECIK DRAPIE	K30	60	02:49:29	05:24:23.90	05:25:42.70	+02:40:56 (49.4%)	11:35	5.2 (51.0%)
147	CIEŚLAK Katarzyna	3092		K30	61	02:43:26	05:24:51.80	05:26:34.05	+02:41:47 (49.5%)	11:36	5.2 (51.0%)
148	GODLEWSKA Izabella	3596	GANG ŚWIETLIKÓW	K20	15	02:48:45	05:26:44.55	05:27:38.70	+02:42:52 (49.7%)	11:40	5.1 (50.0%)
149	GODLEWSKA Anna	3611	GANG ŚWIETLIKÓW	K30	62	02:48:47	05:26:44.60	05:27:38.90	+02:42:52 (49.7%)	11:40	5.1 (50.0%)
150	CHOJNOWSKA Barbara	3158		K50	10	02:47:45	05:27:15.50	05:28:23.80	+02:43:37 (49.8%)	11:41	5.1 (50.0%)
151	KUKLEWSKA Ewa	3472	OJOS	K60	9	02:51:24	05:31:08.20	05:31:15.45	+02:46:28 (50.3%)	11:49	5.1 (50.0%)
152	KARLIŃSKA Katarzyna	3577	#DRADURAFITSME	K40	56	02:39:24	05:32:03.55	05:32:11.60	+02:47:25 (50.4%)	11:51	5.1 (50.0%)
153	ADAMCZEWSKA Agnieszka	3325		K40	57	02:55:46	05:31:02.10	05:32:23.45	+02:47:36 (50.4%)	11:49	5.1 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
154	<b>ADAMCZEWSKA Anna</b>	<b>3324</b>		K50	11	02:55:47	<b>05:31:03.05</b>	<b>05:32:23.50</b>	+02:47:36 (50.4%)	11:49	5.1 (50.0%)
155	<b>WŁODARCZYK Teresa</b>	<b>3719</b>	SPC	K50	12	02:51:20	<b>05:31:07.25</b>	<b>05:32:35.70</b>	+02:47:49 (50.5%)	11:49	5.1 (50.0%)
156	<b>WITEK Sylwia</b>	<b>3496</b>		K40	58	02:51:55	<b>05:31:08.60</b>	<b>05:32:44.65</b>	+02:47:58 (50.5%)	11:49	5.1 (50.0%)
157	<b>DANIELEWSKA Magdalena</b>	<b>3497</b>		K40	59	02:55:54	<b>05:31:10.40</b>	<b>05:32:46.20</b>	+02:47:59 (50.5%)	11:49	5.1 (50.0%)
158	<b>RAKOCZY Anna</b>	<b>3580</b>		K40	60	02:48:06	<b>05:32:03.95</b>	<b>05:33:10.40</b>	+02:48:23 (50.5%)	11:51	5.1 (50.0%)
159	<b>MAĆZKA Krystyna</b>	<b>3698</b>	EXREMALNI RZEŹNICY NA RELAKSE	K60	10	02:57:18	<b>05:32:12.40</b>	<b>05:33:38.70</b>	+02:48:52 (50.6%)	11:51	5.1 (50.0%)
159	<b>JĘDRZEJOWSKA - DEC Anna</b>	<b>3799</b>	OTK RZEŹNIK	K40	61	02:57:13	<b>05:32:11.55</b>	<b>05:33:38.70</b>	+02:48:52 (50.6%)	11:51	5.1 (50.0%)
161	<b>GALUS Agnieszka</b>	<b>3455</b>	OJOS	K40	62	02:49:25	<b>05:34:14.45</b>	<b>05:34:20.90</b>	+02:49:34 (50.7%)	11:56	5 (49.0%)
162	<b>WARAS Barbara</b>	<b>3083</b>		K30	63	02:48:45	<b>05:34:03.30</b>	<b>05:35:04.35</b>	+02:50:17 (50.8%)	11:55	5 (49.0%)
163	<b>SZOPA Małgorzata</b>	<b>3368</b>	ULTRA WAY TEAM/ RUNEDA	K40	63	02:50:24	<b>05:35:22.05</b>	<b>05:35:29.55</b>	+02:50:43 (50.9%)	11:58	5 (49.0%)
164	<b>BONAWENTURSKA Anna</b>	<b>3302</b>	ORANGE POLSKA	K30	64	03:14:30	<b>05:33:37.15</b>	<b>05:35:34.60</b>	+02:50:48 (50.9%)	11:54	5 (49.0%)
165	<b>DŁUŻNIEWSKA Izabela</b>	<b>3530</b>		K40	64	02:49:57	<b>05:34:53.85</b>	<b>05:35:47.10</b>	+02:51:00 (50.9%)	11:57	5 (49.0%)
166	<b>KÜCHLER Małgorzata</b>	<b>3179</b>	JARBUD	K40	65	02:50:25	<b>05:36:34.45</b>	<b>05:36:42.50</b>	+02:51:55 (51.1%)	12:01	5 (49.0%)
167	<b>JUSZKO Aleksandra</b>	<b>3648</b>		K20	16	02:51:45	<b>05:36:03.00</b>	<b>05:37:16.70</b>	+02:52:30 (51.1%)	12:00	5 (49.0%)
168	<b>OCHNIO Aleksandra</b>	<b>3175</b>		K30	65	02:55:55	<b>05:35:46.75</b>	<b>05:37:34.50</b>	+02:52:47 (51.2%)	11:59	5 (49.0%)
169	<b>WŁODAWIEC Asia</b>	<b>3426</b>		K20	17	02:49:26	<b>05:37:24.15</b>	<b>05:39:10.60</b>	+02:54:24 (51.4%)	12:03	5 (49.0%)
170	<b>KĘSKA-WŁODAWIEC Edyta</b>	<b>3383</b>		K50	13	02:49:24	<b>05:37:23.65</b>	<b>05:39:10.70</b>	+02:54:24 (51.4%)	12:02	5 (49.0%)
171	<b>PRZEPIÓRA Iwona</b>	<b>3272</b>	BBL KIELCE	K50	14	02:55:33	<b>05:38:24.75</b>	<b>05:39:44.70</b>	+02:54:58 (51.5%)	12:05	5 (49.0%)
172	<b>HEĆMAŃCZUK Katarzyna</b>	<b>3332</b>	FABRYKA DZIKA	K30	66	02:58:35	<b>05:40:37.95</b>	<b>05:41:00.80</b>	+02:56:14 (51.7%)	12:09	4.9 (48.0%)
173	<b>HAWRYŁAK Paulina</b>	<b>3018</b>		K20	18	02:51:47	<b>05:40:05.80</b>	<b>05:41:43.15</b>	+02:56:56 (51.8%)	12:08	4.9 (48.0%)
174	<b>RATOWSKA Oliwia</b>	<b>3135</b>	HERO BOX	K30	67	02:56:19	<b>05:40:17.00</b>	<b>05:41:54.30</b>	+02:57:07 (51.8%)	12:09	4.9 (48.0%)
175	<b>ZIELIŃSKA IGNASZAK Iwona</b>	<b>3483</b>	HEROBOX	K50	15	02:56:20	<b>05:40:16.90</b>	<b>05:41:54.35</b>	+02:57:07 (51.8%)	12:09	4.9 (48.0%)
176	<b>CEDRO Katarzyna</b>	<b>3335</b>		K30	68	02:50:22	<b>05:41:45.35</b>	<b>05:42:16.05</b>	+02:57:29 (51.9%)	12:12	4.9 (48.0%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
177	<b>PIEKARSKA Justyna</b>	<b>3146</b>	ROZBIEGAJMY RADOMSKO	K30	69	02:55:32	<b>05:46:24.20</b>	<b>05:46:49.00</b>	+03:02:02 (52.5%)	12:22	4.8 (47.1%)
178	<b>TRZYNA Paula</b>	<b>3567</b>	POLSKIE TOWARZYSTWO STWARDNIENIA ROZSIANEGO	K30	70	02:52:59	<b>05:46:28.50</b>	<b>05:47:22.35</b>	+03:02:35 (52.6%)	12:22	4.8 (47.1%)
179	<b>KNAP Elżbieta</b>	<b>3119</b>	GACEK TEAM	K30	71	02:52:54	<b>05:47:40.80</b>	<b>05:48:08.35</b>	+03:03:21 (52.7%)	12:25	4.8 (47.1%)
180	<b>SMAGA Aleksandra</b>	<b>3266</b>		K30	72	02:56:25	<b>05:48:05.10</b>	<b>05:48:18.10</b>	+03:03:31 (52.7%)	12:25	4.8 (47.1%)
181	<b>LACHCIK Małgorzata</b>	<b>3341</b>		K30	73	02:51:53	<b>05:48:02.25</b>	<b>05:49:40.80</b>	+03:04:54 (52.9%)	12:25	4.8 (47.1%)
182	<b>SZPERNAL Beata</b>	<b>3047</b>		K50	16	02:49:13	<b>05:49:29.15</b>	<b>05:50:10.95</b>	+03:05:24 (52.9%)	12:28	4.8 (47.1%)
183	<b>RUDNICKA Krystyna</b>	<b>3401</b>	BRAK	K50	17	02:55:39	<b>05:48:57.35</b>	<b>05:50:43.60</b>	+03:05:57 (53.0%)	12:27	4.8 (47.1%)
184	<b>FAYFER Dorota</b>	<b>3340</b>	KAT CROSS	K40	66	02:48:44	<b>05:50:33.60</b>	<b>05:51:48.60</b>	+03:07:02 (53.2%)	12:31	4.8 (47.1%)
185	<b>KRAWCZYK Magdalena</b>	<b>3003</b>		K30	74	02:48:45	<b>05:50:34.00</b>	<b>05:51:48.65</b>	+03:07:02 (53.2%)	12:31	4.8 (47.1%)
186	<b>BARSZCZEWSKA Marta</b>	<b>3017</b>	BIEGOWY WARIAT RUNNING TEAM	K30	75	02:49:55	<b>05:54:48.95</b>	<b>05:54:54.45</b>	+03:10:07 (53.6%)	12:40	4.7 (46.1%)
187	<b>LORENC-KRUSZYŃSKA Sylwia</b>	<b>3586</b>	FORDONRUNNERS	K40	67	02:55:15	<b>05:55:00.00</b>	<b>05:56:38.90</b>	+03:11:52 (53.8%)	12:40	4.7 (46.1%)
188	<b>BRONISZ Anna</b>	<b>3306</b>	ROZBIEGANY SULEJÓWEK	K40	68	02:55:10	<b>05:55:32.55</b>	<b>05:57:18.55</b>	+03:12:32 (53.9%)	12:41	4.7 (46.1%)
189	<b>KILJAN Anna</b>	<b>3186</b>		K30	76	03:06:45	<b>05:59:59.60</b>	<b>06:00:49.15</b>	+03:16:02 (54.3%)	12:51	4.7 (46.1%)
190	<b>LESISZ Katarzyna</b>	<b>3408</b>	WARTKIE PIERONY	K40	69	02:42:57	<b>06:00:35.40</b>	<b>06:01:22.90</b>	+03:16:36 (54.4%)	12:52	4.7 (46.1%)
191	<b>KURASZ Julia</b>	<b>3410</b>		K20	19	02:44:19	<b>06:01:13.45</b>	<b>06:02:01.20</b>	+03:17:14 (54.5%)	12:54	4.7 (46.1%)
192	<b>KARDAS Karolina</b>	<b>3172</b>	FABRYKA DZIKA	K30	77	02:57:15	<b>06:00:27.85</b>	<b>06:02:10.95</b>	+03:17:24 (54.5%)	12:52	4.7 (46.1%)
193	<b>KOTAŃSKA Magdalena</b>	<b>3406</b>	STANWEX II	K30	78	02:53:07	<b>06:03:18.20</b>	<b>06:04:37.50</b>	+03:19:50 (54.8%)	12:58	4.6 (45.1%)
194	<b>DZIĘCIELSKA Agnieszka</b>	<b>3039</b>		K40	70	02:58:02	<b>06:10:47.70</b>	<b>06:12:27.30</b>	+03:27:40 (55.8%)	13:14	4.5 (44.1%)
195	<b>ZARAŃSKA Izabela</b>	<b>3416</b>	MIECHOWICKA GRUPA BIEGOWA	K50	18	02:56:15	<b>06:15:03.45</b>	<b>06:15:36.25</b>	+03:30:49 (56.1%)	13:23	4.5 (44.1%)
196	<b>FRANKOWSKA Ania</b>	<b>3413</b>	MIECHOWICKA GRUPA BIEGOWA	K50	19	02:56:16	<b>06:15:02.80</b>	<b>06:15:36.60</b>	+03:30:50 (56.1%)	13:23	4.5 (44.1%)
197	<b>ŁABNO Magda</b>	<b>3022</b>		K30	79	02:58:06	<b>06:16:55.30</b>	<b>06:18:00.30</b>	+03:33:13 (56.4%)	13:27	4.5 (44.1%)
198	<b>DZIURZYŃSKA Urszula</b>	<b>3138</b>	VEGE RUNNERS	K40	71	02:56:51	<b>06:17:54.10</b>	<b>06:18:46.80</b>	+03:34:00 (56.5%)	13:29	4.4 (43.1%)
199	<b>PIETRZAK Agnieszka</b>	<b>3089</b>		K40	72	02:59:43	<b>06:20:26.10</b>	<b>06:21:43.20</b>	+03:36:56 (56.8%)	13:35	4.4 (43.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
200	<b>RÓLKA Kamila</b>	<b>3043</b>		K40	73	02:55:48	<b>06:20:15.95</b>	<b>06:21:44.35</b>	+03:36:57 (56.8%)	13:34	4.4 (43.1%)
201	<b>RADYK Anna</b>	<b>3484</b>	JUMPING STARS TEAM PRZEMYSŁ	K20	20	02:57:58	<b>06:23:36.35</b>	<b>06:25:06.30</b>	+03:40:19 (57.2%)	13:42	4.4 (43.1%)
202	<b>MERKLINGHAUS-KOBER Monika</b>	<b>3014</b>	SPEED FEET '16	K40	74	03:09:18	<b>06:28:10.35</b>	<b>06:29:47.60</b>	+03:45:01 (57.7%)	13:51	4.3 (42.2%)
203	<b>SZKAMRUK Alicja</b>	<b>4</b>	EXTREMALNI RZEŹNICY NA RELAKSIE	K30	80	02:48:57	<b>06:30:45.90</b>	<b>06:31:47.90</b>	+03:47:01 (57.9%)	13:57	4.3 (42.2%)
204	<b>SZUMIŃSKA Irena</b>	<b>3152</b>	TRITON KONIN	K60	11	03:02:55	<b>06:46:29.50</b>	<b>06:47:38.95</b>	+04:02:52 (59.6%)	14:31	4.1 (40.2%)
205	<b>MALINOWSKA-BŁASZCZAK Monika</b>	<b>3042</b>	ORANGE POLSKA	K30	81	03:05:58	<b>06:50:12.15</b>	<b>06:51:09.15</b>	+04:06:22 (59.9%)	14:39	4.1 (40.2%)
206	<b>BISZCZAK Dominika</b>	<b>3079</b>		K30	82	03:05:15	<b>06:50:12.35</b>	<b>06:51:09.25</b>	+04:06:22 (59.9%)	14:39	4.1 (40.2%)
207	<b>SYGUŁA Katarzyna</b>	<b>3534</b>		K50	20	03:12:10	<b>06:50:57.60</b>	<b>06:52:19.60</b>	+04:07:33 (60.0%)	14:40	4.1 (40.2%)
208	<b>STRUMIŃSKA Gosia</b>	<b>3130</b>		K60	12	03:02:57	<b>06:57:54.35</b>	<b>06:59:34.80</b>	+04:14:48 (60.7%)	14:55	4 (39.2%)
209	<b>OBARSKA Małgorzata</b>	<b>3073</b>		K60	13	03:31:43	<b>06:59:56.35</b>	<b>07:00:43.55</b>	+04:15:57 (60.8%)	14:59	4 (39.2%)
210	<b>TWARDOWSKA Patrycja</b>	<b>3077</b>	STOWARZYSZENIE PACZKA DLA BOHATERA	K30	83	03:41:29	<b>07:18:32.90</b>	<b>07:19:37.45</b>	+04:34:50 (62.5%)	15:39	3.8 (37.3%)
211	<b>LEMAŃSKA Sylwia</b>	<b>3214</b>		K40	75	03:58:08	<b>07:57:56.85</b>	<b>07:58:05.10</b>	+05:13:18 (65.5%)	17:04	3.5 (34.3%)
212	<b>ZIOBRO Aśka</b>	<b>3122</b>		K40	76	03:58:11	<b>07:57:57.10</b>	<b>07:58:05.15</b>	+05:13:18 (65.5%)	17:04	3.5 (34.3%)
	<b>DROBIK Magdalena</b>	<b>3549</b>		K40		04:15:13 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>LITKE Andżelika</b>	<b>3665</b>	EAZYMUT.PL	K30		DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>PÓŁTORAK Kasia</b>	<b>3558</b>	POLKA SPORT	K40		DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 215 wynik(ów)