



# XIII RZEŹNICZEK, CZYLI MAŁY BIEG RZEŹNIKA

B4SPORT

**Wydarzenie:** X FESTIWAL BIEGU RZEŹNIKA  
**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2024-06-01  
**Miejsce:** Cisna  
**Dystans:** 28 km

**B4SPORT**  
INTELEGNTE 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>BOCHENEK Magdalena</b>	<b>4589</b>		K30	1	01:27:24	<b>02:41:43.60</b>	<b>02:41:46.40</b>		5:46	10.4 (100%)
2	<b>GÓROWSKA Iwona</b>	<b>4444</b>	MONTIKO.PL / DYNAFIT	K30	2	01:34:18	<b>02:52:35.45</b>	<b>02:52:37.75</b>	+00:10:51 (6.3%)	6:09	9.7 (93.3%)
3	<b>GÓRALIK Sylwia</b>	<b>4667</b>	KS DALIN MYŚLENICE	K40	1		<b>02:56:58.65</b>	<b>02:57:01.60</b>	+00:15:15 (8.6%)	6:19	9.5 (91.3%)
4	<b>KOMISARCZYK Anna</b>	<b>4544</b>		K30	3	01:43:19	<b>03:09:45.70</b>	<b>03:09:49.05</b>	+00:28:02 (14.8%)	6:46	8.9 (85.6%)
5	<b>GRZĄDKOWSKA Maria</b>	<b>4480</b>		K20	1	01:43:27	<b>03:10:06.40</b>	<b>03:10:12.40</b>	+00:28:26 (14.9%)	6:47	8.8 (84.6%)
6	<b>BEDNAREK Małgorzata</b>	<b>4007</b>		K30	4	01:36:31	<b>03:15:34.70</b>	<b>03:15:43.85</b>	+00:33:57 (17.3%)	6:59	8.6 (82.7%)
7	<b>HOŁOWNIA Anna</b>	<b>4692</b>	ENDURE TEAM	K30	5	01:50:13	<b>03:19:45.15</b>	<b>03:19:52.35</b>	+00:38:05 (19.1%)	7:08	8.4 (80.8%)
8	<b>RZEPKA Maria</b>	<b>4242</b>		K30	6	01:48:10	<b>03:20:15.20</b>	<b>03:20:20.15</b>	+00:38:33 (19.2%)	7:09	8.4 (80.8%)
9	<b>KIEŁBOŃ Ewelina</b>	<b>4525</b>	PRZEWORSKA GRUPA BIEGOWA	K30	7	01:51:33	<b>03:25:19.25</b>	<b>03:25:30.75</b>	+00:43:44 (21.3%)	7:19	8.2 (78.8%)
10	<b>GÓRNA Anita</b>	<b>4594</b>	LPP TEAM	K40	2	01:50:30	<b>03:25:37.35</b>	<b>03:25:40.90</b>	+00:43:54 (21.3%)	7:20	8.2 (78.8%)
11	<b>PABICH Maria</b>	<b>4498</b>	UKS AZYMUT PABIANICE	K40	3	01:51:06	<b>03:26:51.30</b>	<b>03:27:23.30</b>	+00:45:36 (22.0%)	7:23	8.1 (77.9%)
12	<b>GRUMBIANIN Paulina</b>	<b>4584</b>	DREAM RUN/LOGWIN	K50	1	01:50:36	<b>03:27:20.20</b>	<b>03:27:25.70</b>	+00:45:39 (22.0%)	7:24	8.1 (77.9%)
13	<b>KOWALSKA Joanna</b>	<b>4230</b>	BRAK	K30	8	01:53:16	<b>03:29:12.30</b>	<b>03:29:17.75</b>	+00:47:31 (22.7%)	7:28	8 (76.9%)
14	<b>JAWORSKA Agnieszka</b>	<b>4545</b>		K40	4	01:48:59	<b>03:29:53.30</b>	<b>03:30:00.20</b>	+00:48:13 (23.0%)	7:29	8 (76.9%)
15	<b>BRZYSKA Marcelina</b>	<b>4414</b>		K30	9	01:56:01	<b>03:39:12.75</b>	<b>03:39:22.90</b>	+00:57:36 (26.3%)	7:49	7.7 (74.0%)
16	<b>ŚLUSAREK Katarzyna</b>	<b>4506</b>	SIEMIESZ-TEAM	K20	2	01:58:24	<b>03:39:15.00</b>	<b>03:39:35.55</b>	+00:57:49 (26.3%)	7:49	7.7 (74.0%)
17	<b>JUSZCZYK-SKRZYPIEC Karolina</b>	<b>4639</b>	SKLEP BIEGACZA / DYNAFIT	K20	3	02:00:51	<b>03:41:54.85</b>	<b>03:42:08.45</b>	+01:00:22 (27.2%)	7:55	7.6 (73.1%)
18	<b>KUŹMA-MAJDA Malwina</b>	<b>4394</b>	KB SOBÓTKA	K30	10	01:59:20	<b>03:42:29.05</b>	<b>03:42:39.80</b>	+01:00:53 (27.3%)	7:56	7.6 (73.1%)
19	<b>CZERNIAK Anna</b>	<b>4075</b>		K30	11	02:04:09	<b>03:42:53.90</b>	<b>03:43:29.45</b>	+01:01:43 (27.6%)	7:57	7.5 (72.1%)
20	<b>SZCZYGIEŁ Agnieszka</b>	<b>4630</b>		K30	12	01:57:55	<b>03:44:45.00</b>	<b>03:45:07.55</b>	+01:03:21 (28.1%)	8:01	7.5 (72.1%)
21	<b>SZAFRAŃSKA Emilia</b>	<b>4387</b>	TRAIL IS OUR WAY	K20	4	02:00:33	<b>03:45:07.05</b>	<b>03:45:11.70</b>	+01:03:25 (28.2%)	8:02	7.5 (72.1%)
22	<b>RORAT Lena</b>	<b>4627</b>	CHEŁM BIEGA	K40	5	02:01:15	<b>03:45:15.85</b>	<b>03:45:53.65</b>	+01:04:07 (28.4%)	8:02	7.5 (72.1%)
23	<b>PILCH-NANOWSKA Agnieszka</b>	<b>4503</b>		K40	6	02:01:21	<b>03:46:21.90</b>	<b>03:46:33.40</b>	+01:04:47 (28.6%)	8:05	7.4 (71.2%)
24	<b>KOZDROWSKA Marta</b>	<b>4112</b>		K30	13	02:03:10	<b>03:45:49.30</b>	<b>03:46:37.30</b>	+01:04:50 (28.6%)	8:03	7.4 (71.2%)
25	<b>GRYGIERCZYK Anna</b>	<b>4494</b>	AVERBIT	K40	7	01:59:02	<b>03:45:27.70</b>	<b>03:46:54.25</b>	+01:05:07 (28.7%)	8:03	7.5 (72.1%)
26	<b>BEDNARCZYK Magdalena</b>	<b>4378</b>		K40	8	02:03:06	<b>03:47:28.60</b>	<b>03:47:42.10</b>	+01:05:55 (29.0%)	8:07	7.4 (71.2%)
27	<b>STARAK Sylwia</b>	<b>4399</b>	DZIKIE DZIKI GORZÓW	K30	14	02:04:41	<b>03:47:38.25</b>	<b>03:47:52.25</b>	+01:06:05 (29.0%)	8:07	7.4 (71.2%)
28	<b>PIWOWARCZYK Magdalena</b>	<b>4370</b>		K30	15	02:03:39	<b>03:48:40.65</b>	<b>03:48:56.40</b>	+01:07:10 (29.3%)	8:10	7.3 (70.2%)
29	<b>DYŚ Małgorzata</b>	<b>4686</b>	PCTS SPORT	K40	9	02:00:56	<b>03:49:34.75</b>	<b>03:49:43.60</b>	+01:07:57 (29.6%)	8:11	7.3 (70.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
30	<b>CZARNECKA Katarzyna</b>	<b>4186</b>		K30	16	02:03:16	<b>03:51:32.45</b>	<b>03:52:05.95</b>	+01:10:19 (30.3%)	8:16	7.3 (70.2%)
31	<b>TOŁKACZ Marta</b>	<b>4462</b>		K30	17	02:06:45	<b>03:53:22.10</b>	<b>03:54:27.30</b>	+01:12:40 (31.0%)	8:20	7.2 (69.2%)
32	<b>KRASOWSKA Matylda</b>	<b>4487</b>		K30	18	02:07:03	<b>03:52:52.85</b>	<b>03:54:34.90</b>	+01:12:48 (31.0%)	8:19	7.2 (69.2%)
33	<b>KALISZ Karolina</b>	<b>4540</b>		K30	19	02:13:30	<b>03:54:14.50</b>	<b>03:55:22.40</b>	+01:13:36 (31.3%)	8:21	7.2 (69.2%)
34	<b>GRYCMAN Magda</b>	<b>4660</b>	SPARTA ULTRA TEAM	K40	10	02:04:51	<b>03:56:16.40</b>	<b>03:56:23.95</b>	+01:14:37 (31.6%)	8:26	7.1 (68.3%)
35	<b>BANET Eliza</b>	<b>4211</b>		K40	11	02:08:49	<b>03:55:43.70</b>	<b>03:56:52.20</b>	+01:15:05 (31.7%)	8:25	7.1 (68.3%)
36	<b>IWANOWICZ Magda</b>	<b>4295</b>		K40	12	02:13:03	<b>03:56:35.40</b>	<b>03:57:34.90</b>	+01:15:48 (31.9%)	8:26	7.1 (68.3%)
37	<b>STANOSZ-CHEŁKOWSKA Aneta</b>	<b>4678</b>	HARDE DZIKI	K40	13	02:06:08	<b>03:58:51.35</b>	<b>03:59:29.35</b>	+01:17:42 (32.5%)	8:31	7 (67.3%)
38	<b>CIECIOROWSKA Aleksandra</b>	<b>4654</b>	SOBAS TEAM	K20	5	02:04:34	<b>03:59:32.80</b>	<b>03:59:32.80</b>	+01:17:46 (32.5%)	8:33	7 (67.3%)
39	<b>CHROBOT Anna</b>	<b>4355</b>	NOWY STYL RUNNING TEAM	K30	20	02:10:46	<b>03:58:46.20</b>	<b>03:59:34.55</b>	+01:17:48 (32.5%)	8:31	7 (67.3%)
40	<b>NIEDŹWIEDZKA Anna</b>	<b>7025</b>	NA SZAGĘ	K40	14	02:07:48	<b>04:00:19.15</b>	<b>04:01:32.40</b>	+01:19:46 (33.0%)	8:34	7 (67.3%)
41	<b>ANTKIEWICZ Natalia</b>	<b>4663</b>	TAJFUN KOLBUSZOWA	K20	6	02:11:37	<b>04:01:21.30</b>	<b>04:02:15.90</b>	+01:20:29 (33.2%)	8:37	7 (67.3%)
42	<b>BAKUN Monika</b>	<b>4632</b>		K20	7	02:03:50	<b>04:01:59.60</b>	<b>04:02:39.05</b>	+01:20:52 (33.3%)	8:38	6.9 (66.3%)
43	<b>KLIŚ Patrycja</b>	<b>4501</b>	TOMICA COACHING	K40	15	02:09:16	<b>04:02:46.95</b>	<b>04:02:51.15</b>	+01:21:04 (33.4%)	8:40	6.9 (66.3%)
44	<b>ŁAPIŃSKA Agnieszka</b>	<b>4429</b>	AZS UW	K20	8	02:12:04	<b>04:04:29.15</b>	<b>04:04:53.05</b>	+01:23:06 (33.9%)	8:43	6.9 (66.3%)
45	<b>OLEKSIUK Julia</b>	<b>4136</b>	AZS UW	K20	9	02:12:04	<b>04:04:29.85</b>	<b>04:04:53.10</b>	+01:23:06 (33.9%)	8:43	6.9 (66.3%)
46	<b>KOZIOŁ Ela</b>	<b>4403</b>		K30	21	02:11:56	<b>04:04:38.65</b>	<b>04:05:08.30</b>	+01:23:21 (34.0%)	8:44	6.9 (66.3%)
47	<b>TARNOWSKA Katarzyna</b>	<b>4165</b>		K40	16	02:08:09	<b>04:05:50.25</b>	<b>04:06:04.80</b>	+01:24:18 (34.3%)	8:46	6.8 (65.4%)
48	<b>KRUSZEWSKA Asia</b>	<b>4175</b>	ADIDAS RUNNERS POZNAŃ	K30	22	02:12:00	<b>04:06:15.95</b>	<b>04:07:35.05</b>	+01:25:48 (34.7%)	8:47	6.8 (65.4%)
49	<b>ZBLEWSKA Barbara</b>	<b>4269</b>		K30	23	02:10:27	<b>04:07:54.20</b>	<b>04:08:02.95</b>	+01:26:16 (34.8%)	8:51	6.8 (65.4%)
50	<b>BARAŃSKA Łucja</b>	<b>4375</b>	MOCNA GRUPA CEZARA	K20	10	02:09:07	<b>04:07:52.00</b>	<b>04:08:11.05</b>	+01:26:24 (34.8%)	8:51	6.8 (65.4%)
51	<b>MICHALAK-KLIMCZAK Lucyna</b>	<b>4038</b>		K40	17	02:14:07	<b>04:06:38.10</b>	<b>04:08:23.80</b>	+01:26:37 (34.9%)	8:48	6.8 (65.4%)
52	<b>SMIERZCHAŁA Marta</b>	<b>4536</b>	PRO366	K40	18	02:18:14	<b>04:08:43.45</b>	<b>04:08:51.90</b>	+01:27:05 (35.0%)	8:52	6.8 (65.4%)
53	<b>MAJCHRZAK Katarzyna</b>	<b>4309</b>		K30	24	02:14:27	<b>04:08:11.05</b>	<b>04:09:38.25</b>	+01:27:51 (35.2%)	8:51	6.8 (65.4%)
54	<b>MITURA Wioleta</b>	<b>4350</b>		K40	19	02:13:16	<b>04:09:36.50</b>	<b>04:09:43.15</b>	+01:27:56 (35.2%)	8:54	6.7 (64.4%)
55	<b>MARKOWSKA Karolina</b>	<b>4337</b>	EUROPA UBEZPIECZENIA/NOA	K30	25	02:09:40	<b>04:10:58.25</b>	<b>04:11:04.55</b>	+01:29:18 (35.6%)	8:57	6.7 (64.4%)
56	<b>RUDNICKA-GÓRALCZYK Joanna</b>	<b>4333</b>		K50	2	02:09:41	<b>04:10:59.00</b>	<b>04:11:04.70</b>	+01:29:18 (35.6%)	8:57	6.7 (64.4%)
57	<b>HERBEĆ-LABOCHA Magdalena</b>	<b>4415</b>		K40	20	02:16:38	<b>04:10:43.10</b>	<b>04:11:07.45</b>	+01:29:21 (35.6%)	8:57	6.7 (64.4%)
58	<b>CZAPLA Ania</b>	<b>4644</b>		K20	11	02:21:16	<b>04:10:15.95</b>	<b>04:11:35.75</b>	+01:29:49 (35.7%)	8:56	6.7 (64.4%)
59	<b>PAŹDZIOR Patrycja</b>	<b>4694</b>		K30	26	02:11:29	<b>04:11:43.75</b>	<b>04:11:58.80</b>	+01:30:12 (35.8%)	8:59	6.7 (64.4%)
60	<b>BAKUN Jolanta</b>	<b>4255</b>	CHEŁM	K40	21	02:11:30	<b>04:11:50.90</b>	<b>04:12:29.75</b>	+01:30:43 (35.9%)	8:59	6.7 (64.4%)
61	<b>KAMIŃSKA Jolanta</b>	<b>4015</b>		K30	27	02:13:27	<b>04:12:31.10</b>	<b>04:13:18.35</b>	+01:31:31 (36.1%)	9:01	6.7 (64.4%)
62	<b>KOSEWSKA Dorota</b>	<b>4624</b>	BIEGIEM NA KAWĘ	K50	3	02:17:03	<b>04:12:55.15</b>	<b>04:13:21.65</b>	+01:31:35 (36.1%)	9:01	6.6 (63.5%)
63	<b>FRIEDBERG Anna</b>	<b>4009</b>		K30	28	02:12:44	<b>04:14:05.35</b>	<b>04:15:30.55</b>	+01:33:44 (36.7%)	9:04	6.6 (63.5%)
64	<b>MUCHA Katarzyna</b>	<b>4380</b>	MOCNA GRUPA CEZARA	K50	4	02:22:34	<b>04:15:10.80</b>	<b>04:15:30.65</b>	+01:33:44 (36.7%)	9:06	6.6 (63.5%)
65	<b>SMOLAK Katarzyna</b>	<b>4541</b>		K30	29	02:17:46	<b>04:13:52.20</b>	<b>04:15:40.55</b>	+01:33:54 (36.7%)	9:04	6.6 (63.5%)
66	<b>BARCZAK Anna</b>	<b>4615</b>		K40	22	02:21:54	<b>04:14:35.15</b>	<b>04:15:59.75</b>	+01:34:13 (36.8%)	9:05	6.6 (63.5%)
67	<b>WRONA Kamila</b>	<b>4213</b>	SPARTALUBLIN	K30	30	02:19:15	<b>04:15:13.40</b>	<b>04:16:04.40</b>	+01:34:18 (36.8%)	9:06	6.6 (63.5%)
68	<b>BRODECKA Monika</b>	<b>4610</b>	BIEGOLAS KOSZALIN	K30	31	02:23:14	<b>04:16:09.85</b>	<b>04:16:52.25</b>	+01:35:05 (37.0%)	9:08	6.6 (63.5%)
69	<b>KOZIOŁ Joanna</b>	<b>4219</b>		K40	23	02:16:40	<b>04:17:11.00</b>	<b>04:17:35.05</b>	+01:35:48 (37.2%)	9:11	6.5 (62.5%)
70	<b>KOSMAN Magda</b>	<b>4060</b>	SKL SUCHA BESKIDZKA	K20	12	02:11:47	<b>04:17:57.85</b>	<b>04:18:48.50</b>	+01:37:02 (37.5%)	9:12	6.5 (62.5%)
71	<b>RADGOWSKA Gabriela</b>	<b>4300</b>	RADGETRUN	K30	32	02:19:42	<b>04:17:31.65</b>	<b>04:19:02.80</b>	+01:37:16 (37.6%)	9:11	6.5 (62.5%)
72	<b>SKAWIŃSKA Justyna</b>	<b>4006</b>		K40	24	02:23:06	<b>04:19:00.65</b>	<b>04:19:35.20</b>	+01:37:48 (37.7%)	9:15	6.5 (62.5%)
73	<b>PIASZCZYŃSKA Magdalena</b>	<b>4688</b>	NEKORENTALCREW	K30	33	02:27:22	<b>04:18:07.45</b>	<b>04:19:48.55</b>	+01:38:02 (37.7%)	9:13	6.5 (62.5%)

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74	<b>BORDUN Barbara</b>	<b>4689</b>	NEKORENTALCREW	K30	34	02:27:21	<b>04:18:07.40</b>	<b>04:19:48.70</b>	+01:38:02 (37.7%)	9:13	6.5 (62.5%)
75	<b>CZUBEK Ola</b>	<b>4274</b>		K30	35	02:14:38	<b>04:18:59.00</b>	<b>04:20:20.05</b>	+01:38:33 (37.9%)	9:14	6.5 (62.5%)
76	<b>KOZŁOWSKA Renata</b>	<b>4203</b>	TT PSC RUNNING FAMILY/AKADEMIABIEGACZA.PL	K30	36	02:22:26	<b>04:20:34.05</b>	<b>04:21:05.75</b>	+01:39:19 (38.0%)	9:18	6.4 (61.5%)
77	<b>GAJEWSKA Renata</b>	<b>4641</b>	MOCNA GRUPA CEZARA	K30	37	02:20:51	<b>04:20:59.10</b>	<b>04:21:19.95</b>	+01:39:33 (38.1%)	9:19	6.4 (61.5%)
78	<b>ZIEMIŃSKA Sylwia</b>	<b>4649</b>		K20	13	02:18:45	<b>04:22:05.35</b>	<b>04:22:11.65</b>	+01:40:25 (38.3%)	9:21	6.4 (61.5%)
79	<b>PROKOP Paulina</b>	<b>4003</b>		K30	38	02:25:04	<b>04:24:38.60</b>	<b>04:25:14.05</b>	+01:43:27 (39.0%)	9:27	6.3 (60.6%)
80	<b>DRZAZGA Katarzyna</b>	<b>4557</b>		K40	25	02:21:20	<b>04:25:30.35</b>	<b>04:25:30.35</b>	+01:43:43 (39.1%)	9:28	6.3 (60.6%)
81	<b>MILCZAREK Kinga</b>	<b>4183</b>		K30	39	02:22:29	<b>04:24:56.95</b>	<b>04:25:53.90</b>	+01:44:07 (39.2%)	9:27	6.3 (60.6%)
82	<b>CZYTRZYŃSKA Alicja</b>	<b>4410</b>		K30	40	02:19:49	<b>04:25:42.10</b>	<b>04:26:01.05</b>	+01:44:14 (39.2%)	9:29	6.3 (60.6%)
83	<b>SOBIERAJ Marta</b>	<b>4412</b>	G4	K30	41	02:24:06	<b>04:26:48.60</b>	<b>04:26:56.10</b>	+01:45:09 (39.4%)	9:31	6.3 (60.6%)
84	<b>ŁOWICKA Natalia</b>	<b>4099</b>		K20	14	02:29:54	<b>04:26:34.90</b>	<b>04:27:03.40</b>	+01:45:17 (39.4%)	9:31	6.3 (60.6%)
85	<b>GAWŁOWSKA Katarzyna</b>	<b>4048</b>	RADICAL BITCHES	K30	42	02:26:00	<b>04:26:20.65</b>	<b>04:27:36.85</b>	+01:45:50 (39.5%)	9:30	6.3 (60.6%)
86	<b>KLIMEK Marta</b>	<b>4166</b>	GRZYBEKTEAM	K30	43	02:27:51	<b>04:28:48.65</b>	<b>04:29:17.75</b>	+01:47:31 (39.9%)	9:36	6.3 (60.6%)
87	<b>MAĆKOWIAK Alicja</b>	<b>4379</b>		K20	15	02:24:52	<b>04:28:59.65</b>	<b>04:30:06.20</b>	+01:48:19 (40.1%)	9:36	6.2 (59.6%)
88	<b>PILECKA Joanna</b>	<b>4302</b>		K40	26	02:24:54	<b>04:30:54.45</b>	<b>04:31:13.35</b>	+01:49:26 (40.4%)	9:40	6.2 (59.6%)
89	<b>DROBOT Marlena</b>	<b>4621</b>		K30	44	02:24:37	<b>04:33:51.20</b>	<b>04:34:24.25</b>	+01:52:37 (41.0%)	9:46	6.1 (58.7%)
90	<b>BOJARCZUK Jolanta</b>	<b>4073</b>	RUCH IZBICA	K40	27	02:08:08	<b>04:35:17.10</b>	<b>04:35:29.25</b>	+01:53:42 (41.3%)	9:49	6.1 (58.7%)
91	<b>BOJARCZUK Irena</b>	<b>4074</b>	RUCH IZBICA	K20	16	02:08:04	<b>04:35:17.85</b>	<b>04:35:29.85</b>	+01:53:43 (41.3%)	9:49	6.1 (58.7%)
92	<b>KOWALSKA Agnieszka</b>	<b>46933</b>	WBK META LUBLINIEC	K20	17	02:36:54	<b>04:35:21.00</b>	<b>04:35:49.95</b>	+01:54:03 (41.4%)	9:50	6.1 (58.7%)
93	<b>ROJEWSKA Agnieszka</b>	<b>4070</b>	#KAWAPOMAGA	K30	45	02:27:27	<b>04:34:53.45</b>	<b>04:36:06.50</b>	+01:54:20 (41.4%)	9:49	6.1 (58.7%)
94	<b>ORLIŃSKA Edyta</b>	<b>4167</b>		K30	46	02:27:49	<b>04:36:40.95</b>	<b>04:37:11.15</b>	+01:55:24 (41.6%)	9:52	6.1 (58.7%)
95	<b>GŁÓWKA Barbara</b>	<b>4657</b>		K30	47	02:36:14	<b>04:37:05.45</b>	<b>04:38:26.05</b>	+01:56:39 (41.9%)	9:53	6.1 (58.7%)
96	<b>WITULA Joanna</b>	<b>4151</b>		K40	28	02:33:05	<b>04:38:39.95</b>	<b>04:40:03.15</b>	+01:58:16 (42.2%)	9:57	6 (57.7%)
97	<b>STUSINSKA Julia</b>	<b>4234</b>		K20	18	02:25:02	<b>04:40:01.05</b>	<b>04:40:18.80</b>	+01:58:32 (42.3%)	10:00	6 (57.7%)
98	<b>DRYWA Ewelina</b>	<b>4069</b>	LEVEL-GEO TEAM	K30	48	02:28:33	<b>04:38:46.35</b>	<b>04:40:20.55</b>	+01:58:34 (42.3%)	9:57	6 (57.7%)
99	<b>WITTSTOCK Patrycja</b>	<b>4505</b>	SZANSELIZE	K30	49	02:23:22	<b>04:38:59.80</b>	<b>04:40:23.65</b>	+01:58:37 (42.3%)	9:57	6 (57.7%)
100	<b>PŁUSA Aleksandra</b>	<b>4440</b>	#NOLIMITS	K30	50	02:25:24	<b>04:40:13.05</b>	<b>04:40:25.90</b>	+01:58:39 (42.3%)	10:00	6 (57.7%)
101	<b>ZDUNEK Małgorzata</b>	<b>4149</b>	#NOLIMITS	K40	29	02:20:18	<b>04:40:13.85</b>	<b>04:40:25.95</b>	+01:58:39 (42.3%)	10:00	6 (57.7%)
102	<b>NOWODWORSKA Anna</b>	<b>4430</b>		K30	51	02:25:23	<b>04:40:58.55</b>	<b>04:41:13.30</b>	+01:59:26 (42.5%)	10:02	6 (57.7%)
103	<b>RONDUDA Małgorzata</b>	<b>4277</b>	WKS RONDUDY	K50	5	02:29:54	<b>04:40:30.55</b>	<b>04:41:50.90</b>	+02:00:04 (42.6%)	10:01	6 (57.7%)
104	<b>ZALAS Anna</b>	<b>4518</b>		K40	30	02:23:04	<b>04:43:47.50</b>	<b>04:44:11.60</b>	+02:02:25 (43.1%)	10:08	5.9 (56.7%)
105	<b>RYBKA Agnieszka</b>	<b>4272</b>	RYBENSHUTTE	K40	31	02:34:42	<b>04:43:58.70</b>	<b>04:44:50.85</b>	+02:03:04 (43.2%)	10:08	5.9 (56.7%)
106	<b>WYSMOLINSKA Karolina</b>	<b>4204</b>		K40	32	02:28:32	<b>04:44:26.80</b>	<b>04:45:08.10</b>	+02:03:21 (43.3%)	10:09	5.9 (56.7%)
107	<b>CZAJKOWSKA Dorota</b>	<b>4154</b>		K30	52	02:34:06	<b>04:45:17.55</b>	<b>04:45:58.70</b>	+02:04:12 (43.4%)	10:11	5.9 (56.7%)
108	<b>MALKA Katarzyna</b>	<b>4002</b>		K40	33	02:30:55	<b>04:47:17.25</b>	<b>04:47:24.95</b>	+02:05:38 (43.7%)	10:15	5.8 (55.8%)
109	<b>WOLIŃSKA Agnieszka</b>	<b>4419</b>	KUTNO BIEGA	K40	34	02:26:39	<b>04:48:31.60</b>	<b>04:48:57.30</b>	+02:07:10 (44.0%)	10:18	5.8 (55.8%)
110	<b>DURAJ Paulina</b>	<b>4670</b>	FABRYKA DZIKA	K40	35	02:35:10	<b>04:47:15.25</b>	<b>04:49:00.00</b>	+02:07:13 (44.0%)	10:15	5.8 (55.8%)
111	<b>GASINSKA Małgorzata</b>	<b>4063</b>		K40	36	02:40:51	<b>04:47:46.75</b>	<b>04:49:03.55</b>	+02:07:17 (44.0%)	10:16	5.8 (55.8%)
112	<b>DEMCAK Adrianna</b>	<b>4666</b>		K30	53	02:37:18	<b>04:48:04.50</b>	<b>04:49:31.95</b>	+02:07:45 (44.1%)	10:17	5.8 (55.8%)
113	<b>MICHALCZYK Anna</b>	<b>4293</b>	NAPRZÓD MŁOCINY	K40	37	02:36:15	<b>04:48:41.80</b>	<b>04:49:43.25</b>	+02:07:56 (44.2%)	10:18	5.8 (55.8%)
114	<b>WÓJCIAK Justyna</b>	<b>4174</b>		K30	54	02:35:13	<b>04:48:41.80</b>	<b>04:49:44.50</b>	+02:07:58 (44.2%)	10:18	5.8 (55.8%)
115	<b>SZABLIŃSKA Małgorzata</b>	<b>4098</b>		K30	55	02:35:12	<b>04:48:44.15</b>	<b>04:49:46.70</b>	+02:08:00 (44.2%)	10:18	5.8 (55.8%)
116	<b>PILIPCZUK Aleksandra</b>	<b>4037</b>		K30	56	02:32:09	<b>04:49:28.15</b>	<b>04:50:17.10</b>	+02:08:30 (44.3%)	10:20	5.8 (55.8%)
117	<b>DYDAK Katarzyna</b>	<b>4434</b>		K30	57	02:30:27	<b>04:50:52.75</b>	<b>04:51:36.35</b>	+02:09:49 (44.5%)	10:23	5.8 (55.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
118	<b>KĘDRA Agnieszka</b>	<b>4033</b>	CARPATHIAN RUNNERS	K30	58	02:32:02	<b>04:51:09.60</b>	<b>04:51:51.25</b>	+02:10:04 (44.6%)	10:23	5.8 (55.8%)
119	<b>PLACHIMOWICZ Natalia</b>	<b>4223</b>	MOCNA GRUPA CEZARA	K40	38	02:32:00	<b>04:51:40.80</b>	<b>04:51:59.95</b>	+02:10:13 (44.6%)	10:25	5.8 (55.8%)
120	<b>KORONKA Ada</b>	<b>4653</b>	1WBANC	K20	19	02:33:51	<b>04:51:55.90</b>	<b>04:52:02.65</b>	+02:10:16 (44.6%)	10:25	5.8 (55.8%)
121	<b>SOBIERAŃSKA Edyta</b>	<b>4173</b>	KS PRZAŚNIK	K50	6	02:28:56	<b>04:52:12.75</b>	<b>04:52:31.25</b>	+02:10:44 (44.7%)	10:26	5.7 (54.8%)
122	<b>RELSKA Dominika</b>	<b>4138</b>	TARIFA	K40	39	02:32:14	<b>04:52:09.80</b>	<b>04:52:42.40</b>	+02:10:56 (44.7%)	10:26	5.8 (55.8%)
123	<b>SZÓSTAK Joanna</b>	<b>4515</b>		K40	40	02:28:18	<b>04:52:36.85</b>	<b>04:52:58.90</b>	+02:11:12 (44.8%)	10:27	5.7 (54.8%)
124	<b>ULENBERG Katarzyna</b>	<b>4405</b>		K40	41	02:35:19	<b>04:52:47.40</b>	<b>04:53:33.85</b>	+02:11:47 (44.9%)	10:27	5.7 (54.8%)
125	<b>PAWLYTA Weronika</b>	<b>4441</b>		K30	59	02:35:16	<b>04:52:48.45</b>	<b>04:53:34.55</b>	+02:11:48 (44.9%)	10:27	5.7 (54.8%)
126	<b>ZEMŁA Dorota</b>	<b>4315</b>		K20	20	02:38:08	<b>04:52:57.00</b>	<b>04:53:48.25</b>	+02:12:01 (44.9%)	10:27	5.7 (54.8%)
127	<b>WIŚNIEWSKA Agnieszka</b>	<b>7041</b>		K40	42	02:40:41	<b>04:53:44.60</b>	<b>04:53:58.65</b>	+02:12:12 (45.0%)	10:29	5.7 (54.8%)
128	<b>RADOMSKA Wiktoria</b>	<b>4278</b>		K20	21	02:32:06	<b>04:53:40.75</b>	<b>04:55:25.70</b>	+02:13:39 (45.2%)	10:29	5.7 (54.8%)
129	<b>OLEJNIK Anna</b>	<b>4035</b>		K30	60	02:32:09	<b>04:54:47.65</b>	<b>04:55:36.45</b>	+02:13:50 (45.3%)	10:31	5.7 (54.8%)
130	<b>GURDAK Anna</b>	<b>4100</b>		K40	43	02:37:48	<b>04:55:09.35</b>	<b>04:55:40.30</b>	+02:13:53 (45.3%)	10:32	5.7 (54.8%)
131	<b>GLICA Monika</b>	<b>4450</b>		K40	44	02:37:49	<b>04:55:09.00</b>	<b>04:55:40.35</b>	+02:13:53 (45.3%)	10:32	5.7 (54.8%)
132	<b>TCHÓRZEWSKA-PIETRZYK Anna</b>	<b>4383</b>	MOCNA GRUPA CEZARA	K40	45	02:35:52	<b>04:56:41.55</b>	<b>04:57:00.70</b>	+02:15:14 (45.5%)	10:35	5.7 (54.8%)
133	<b>GODZIMIRSKA Eliza</b>	<b>4243</b>	ADIDAS RUNNERS WARSAW	K40	46	02:34:51	<b>04:55:54.45</b>	<b>04:57:20.30</b>	+02:15:33 (45.6%)	10:34	5.7 (54.8%)
134	<b>CEGLEWSKA Izabela</b>	<b>4464</b>		K40	47	02:33:03	<b>04:57:56.05</b>	<b>04:58:09.50</b>	+02:16:23 (45.7%)	10:38	5.6 (53.8%)
135	<b>CZAPSKA Jadwiga</b>	<b>4607</b>	CROSSFIT LUBLIN	K40	48	02:35:01	<b>04:57:22.45</b>	<b>04:58:41.90</b>	+02:16:55 (45.8%)	10:37	5.6 (53.8%)
136	<b>KRAJEWSKA Marta</b>	<b>4317</b>		K30	61	02:38:48	<b>05:00:00.85</b>	<b>05:01:12.35</b>	+02:19:25 (46.3%)	10:42	5.6 (53.8%)
137	<b>BUKAŁA Mariola</b>	<b>4251</b>		K50	7	02:35:28	<b>05:01:35.40</b>	<b>05:01:50.85</b>	+02:20:04 (46.4%)	10:46	5.6 (53.8%)
138	<b>CHUCHLA Małgorzata</b>	<b>4385</b>		K50	8	02:45:58	<b>05:01:36.70</b>	<b>05:02:08.25</b>	+02:20:21 (46.5%)	10:46	5.6 (53.8%)
139	<b>ZIELIŃSKA IGNASZAK Iwona</b>	<b>4192</b>	HEROBOX	K50	9	02:40:38	<b>05:02:22.60</b>	<b>05:02:44.80</b>	+02:20:58 (46.6%)	10:47	5.6 (53.8%)
140	<b>WOJCIECHOWSKA Monika</b>	<b>4067</b>	SŁUBICKA AKADEMIA BIEGOWA	K40	49	02:34:42	<b>05:02:39.95</b>	<b>05:03:42.80</b>	+02:21:56 (46.7%)	10:48	5.6 (53.8%)
141	<b>BONAWENTURSKA Anna</b>	<b>4341</b>	ORANGE POLSKA	K30	62	02:39:52	<b>05:02:46.70</b>	<b>05:03:47.20</b>	+02:22:00 (46.7%)	10:48	5.5 (52.9%)
142	<b>SOKOŁOWSKA Małgorzata</b>	<b>4104</b>	ROZCHODNIACZEK TEAM	K40	50	02:41:14	<b>05:04:40.70</b>	<b>05:04:57.90</b>	+02:23:11 (47.0%)	10:52	5.5 (52.9%)
143	<b>LICZNERSKA Magdalena</b>	<b>4236</b>	ADIDAS RUNNERS TRICITY	K30	63	02:44:12	<b>05:05:54.40</b>	<b>05:06:25.65</b>	+02:24:39 (47.2%)	10:55	5.5 (52.9%)
144	<b>KOMENDA Katarzyna</b>	<b>4563</b>	DRUŻYNA PIERŚCIENIA	K30	64	02:50:56	<b>05:06:18.95</b>	<b>05:06:30.30</b>	+02:24:43 (47.2%)	10:56	5.5 (52.9%)
145	<b>KOMENDA Weronika</b>	<b>4565</b>	DRUŻYNA PIERŚCIENIA	K20	22	02:50:57	<b>05:06:18.85</b>	<b>05:06:30.35</b>	+02:24:43 (47.2%)	10:56	5.5 (52.9%)
146	<b>ZIENTEK Aneta</b>	<b>4425</b>		K40	51	02:39:18	<b>05:06:27.70</b>	<b>05:06:37.95</b>	+02:24:51 (47.2%)	10:56	5.5 (52.9%)
147	<b>SZCZABEL Aleksandra</b>	<b>4307</b>		K20	23	02:38:24	<b>05:06:23.95</b>	<b>05:06:38.25</b>	+02:24:51 (47.2%)	10:56	5.5 (52.9%)
148	<b>SARNA Beata</b>	<b>4020</b>		K50	10	02:42:44	<b>05:06:08.55</b>	<b>05:07:34.20</b>	+02:25:47 (47.4%)	10:56	5.5 (52.9%)
149	<b>LICHNOWSKA Anna</b>	<b>4025</b>		K40	52	02:39:54	<b>05:07:28.40</b>	<b>05:07:58.95</b>	+02:26:12 (47.5%)	10:58	5.5 (52.9%)
150	<b>FORDONSKA Kamila</b>	<b>4520</b>		K40	53	02:39:42	<b>05:07:46.55</b>	<b>05:08:02.75</b>	+02:26:16 (47.5%)	10:59	5.5 (52.9%)
151	<b>SIKORSKA Agnieszka</b>	<b>4384</b>		K40	54	02:44:43	<b>05:07:04.75</b>	<b>05:09:00.05</b>	+02:27:13 (47.6%)	10:58	5.5 (52.9%)
152	<b>BULLERT Agnieszka</b>	<b>4240</b>		K30	65	02:47:02	<b>05:08:09.30</b>	<b>05:09:08.80</b>	+02:27:22 (47.7%)	11:00	5.5 (52.9%)
153	<b>BOGUSZ Emilia</b>	<b>4193</b>		K40	55	02:44:27	<b>05:08:38.00</b>	<b>05:09:39.05</b>	+02:27:52 (47.8%)	11:01	5.4 (51.9%)
154	<b>GROSS Agata</b>	<b>4043</b>	FABRYKA DZIKA	K40	56	02:49:21	<b>05:10:02.00</b>	<b>05:11:46.35</b>	+02:29:59 (48.1%)	11:04	5.4 (51.9%)
155	<b>HEĆMAŃCZUK Katarzyna</b>	<b>4056</b>	FABRYKA DZIKA	K40	57	02:49:22	<b>05:10:02.65</b>	<b>05:11:46.40</b>	+02:30:00 (48.1%)	11:04	5.4 (51.9%)
156	<b>MEGGER Iwona</b>	<b>4049</b>	IRON TEAM	K40	58	02:57:33	<b>05:10:18.90</b>	<b>05:11:51.85</b>	+02:30:05 (48.1%)	11:04	5.4 (51.9%)
157	<b>STĘPIEŃ Renata</b>	<b>4021</b>	BBL KIELCE	K60	1	02:40:36	<b>05:14:14.65</b>	<b>05:15:40.90</b>	+02:33:54 (48.8%)	11:13	5.3 (51.0%)
158	<b>OLEJNIK Karolina</b>	<b>4016</b>		K40	59	02:39:15	<b>05:15:37.70</b>	<b>05:16:27.30</b>	+02:34:40 (48.9%)	11:16	5.3 (51.0%)
159	<b>MALEC Katarzyna</b>	<b>4352</b>		K20	24	02:39:12	<b>05:15:56.50</b>	<b>05:16:36.45</b>	+02:34:50 (48.9%)	11:17	5.3 (51.0%)
160	<b>RUTKOWSKA Ewelina</b>	<b>4661</b>	DZIKI Z CYTADELI	K40	60	02:38:46	<b>05:18:22.25</b>	<b>05:18:32.65</b>	+02:36:46 (49.2%)	11:22	5.3 (51.0%)
161	<b>JUSZCZYK Małgorzata</b>	<b>4672</b>	NIEPOŁOMICE BIEGAJĄ	K40	61	02:50:05	<b>05:18:01.55</b>	<b>05:18:37.70</b>	+02:36:51 (49.2%)	11:21	5.3 (51.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
162	<b>NISKA Marta</b>	<b>4158</b>		K30	66	02:47:18	<b>05:18:38.00</b>	<b>05:20:03.65</b>	+02:38:17 (49.5%)	11:22	5.3 (51.0%)
163	<b>TRESENBERG Agata</b>	<b>4187</b>	KB WARTKO GOLINA	K40	62	02:48:32	<b>05:19:17.90</b>	<b>05:20:23.05</b>	+02:38:36 (49.5%)	11:24	5.3 (51.0%)
164	<b>WANCERZ Magdalena</b>	<b>4473</b>		K30	67	02:46:41	<b>05:20:34.70</b>	<b>05:21:58.25</b>	+02:40:11 (49.8%)	11:26	5.2 (50.0%)
165	<b>STYŚ Natalia</b>	<b>4477</b>		K30	68	02:46:41	<b>05:20:34.90</b>	<b>05:21:58.35</b>	+02:40:11 (49.8%)	11:26	5.2 (50.0%)
166	<b>HYBIŃSKA Joanna</b>	<b>4431</b>		K50	11	02:47:58	<b>05:22:40.85</b>	<b>05:22:54.20</b>	+02:41:07 (49.9%)	11:31	5.2 (50.0%)
167	<b>IZDEBSKA Renata</b>	<b>4239</b>		K60	2	02:46:35	<b>05:22:24.40</b>	<b>05:24:07.10</b>	+02:42:20 (50.1%)	11:30	5.2 (50.0%)
168	<b>NAGALSKA Martyna</b>	<b>4642</b>	EAZYMUT.PL	K30	69	02:49:13	<b>05:24:31.70</b>	<b>05:25:36.45</b>	+02:43:50 (50.3%)	11:35	5.2 (50.0%)
168	<b>JAZUKIEWICZ Ewa</b>	<b>4695</b>	EAZYMUT.PL	K50	12	02:44:41	<b>05:24:34.20</b>	<b>05:25:36.45</b>	+02:43:50 (50.3%)	11:35	5.2 (50.0%)
170	<b>LITKE Andżelika</b>	<b>4643</b>	EAZYMUT.PL	K30	70	02:49:12	<b>05:24:31.65</b>	<b>05:25:36.65</b>	+02:43:50 (50.3%)	11:35	5.2 (50.0%)
171	<b>PIENIAŻEK Agnieszka</b>	<b>4171</b>		K40	63	02:52:28	<b>05:25:21.20</b>	<b>05:25:51.10</b>	+02:44:04 (50.4%)	11:37	5.2 (50.0%)
172	<b>DEPTA Katarzyna</b>	<b>4168</b>		K30	71	02:52:31	<b>05:25:23.90</b>	<b>05:25:51.30</b>	+02:44:04 (50.4%)	11:37	5.2 (50.0%)
173	<b>STANKIEWICZ Katarzyna</b>	<b>4325</b>	AKTYWNI RAZEM	K40	64	02:38:07	<b>05:27:06.05</b>	<b>05:28:48.35</b>	+02:47:01 (50.8%)	11:40	5.1 (49.0%)
174	<b>KOŚCIELNIAK Dagmara</b>	<b>4324</b>	AKTYWNI RAZEM	K40	65	02:33:19	<b>05:27:06.00</b>	<b>05:28:48.40</b>	+02:47:02 (50.8%)	11:40	5.1 (49.0%)
175	<b>ISKRA-NOWIK Estera</b>	<b>4681</b>		K30	72	02:50:52	<b>05:31:04.30</b>	<b>05:31:19.65</b>	+02:49:33 (51.2%)	11:49	5.1 (49.0%)
176	<b>SOBAŃSKA Karina</b>	<b>4232</b>		K40	66	02:57:30	<b>05:32:24.45</b>	<b>05:32:52.95</b>	+02:51:06 (51.4%)	11:52	5.1 (49.0%)
177	<b>KLEPACKA Katarzyna</b>	<b>4090</b>		K30	73	02:57:31	<b>05:32:25.40</b>	<b>05:32:53.40</b>	+02:51:07 (51.4%)	11:52	5.1 (49.0%)
178	<b>DZIURZYŃSKA Ulka</b>	<b>4086</b>	VEGE RUNNERS	K40	67	02:55:35	<b>05:32:51.80</b>	<b>05:34:26.65</b>	+02:52:40 (51.6%)	11:53	5 (48.1%)
179	<b>PRZEPIÓRA Iwona</b>	<b>4022</b>	BBL KIELCE	K50	13	02:52:44	<b>05:35:05.05</b>	<b>05:36:30.45</b>	+02:54:44 (51.9%)	11:58	5 (48.1%)
180	<b>PIEUCH Małgorzata</b>	<b>4197</b>	WIĘCEJ NIŻ BIEG	K20	25	02:57:49	<b>05:36:42.75</b>	<b>05:37:59.50</b>	+02:56:13 (52.1%)	12:01	5 (48.1%)
181	<b>GETEK Milena</b>	<b>4453</b>	RADGETRUN	K30	74	02:51:40	<b>05:36:29.90</b>	<b>05:38:00.30</b>	+02:56:13 (52.1%)	12:01	5 (48.1%)
182	<b>JÓŻWIK Agnieszka</b>	<b>4080</b>	IRON TEAM	K40	68	02:57:30	<b>05:36:46.95</b>	<b>05:38:19.80</b>	+02:56:33 (52.2%)	12:01	5 (48.1%)
183	<b>RATOWSKA Oliwia</b>	<b>4406</b>	HERO BOX	K30	75	02:46:45	<b>05:39:57.20</b>	<b>05:40:20.60</b>	+02:58:34 (52.5%)	12:08	4.9 (47.1%)
184	<b>JANCZEWSKA Izabela</b>	<b>4408</b>	HEROBOX	K40	69	02:46:47	<b>05:39:57.60</b>	<b>05:40:21.45</b>	+02:58:35 (52.5%)	12:08	4.9 (47.1%)
185	<b>KÜCHLER Małgorzata</b>	<b>4011</b>	JARBUD	K40	70	02:50:18	<b>05:39:05.20</b>	<b>05:40:22.95</b>	+02:58:36 (52.5%)	12:06	5 (48.1%)
186	<b>JEDLIŃSKA Magdalena</b>	<b>4161</b>		K40	71	02:51:36	<b>05:42:01.05</b>	<b>05:42:28.20</b>	+03:00:41 (52.8%)	12:12	4.9 (47.1%)
187	<b>GRACZYK Dąbrowka</b>	<b>4447</b>		K20	26	02:56:02	<b>05:42:03.90</b>	<b>05:42:35.70</b>	+03:00:49 (52.8%)	12:12	4.9 (47.1%)
188	<b>MARZENA Łatwińska</b>	<b>4389</b>		K50	14	02:54:55	<b>05:44:36.25</b>	<b>05:44:56.45</b>	+03:03:10 (53.1%)	12:18	4.9 (47.1%)
189	<b>PASZKIEL Agnieszka</b>	<b>4397</b>	FAMILIA	K50	15	02:55:15	<b>05:45:44.65</b>	<b>05:46:52.30</b>	+03:05:05 (53.4%)	12:20	4.9 (47.1%)
190	<b>TOŁKACZ Mariola</b>	<b>4433</b>	MALBORK BIEGA	K60	3	02:56:04	<b>05:45:40.30</b>	<b>05:47:28.40</b>	+03:05:42 (53.4%)	12:20	4.9 (47.1%)
191	<b>NAGAŃSKA-PILAK Małgorzata</b>	<b>4041</b>		K60	4	02:53:22	<b>05:47:15.50</b>	<b>05:48:21.60</b>	+03:06:35 (53.6%)	12:24	4.8 (46.2%)
192	<b>CHYCZEWSKA Katarzyna</b>	<b>4247</b>	THORO TEAM	K40	72	02:55:03	<b>05:48:30.95</b>	<b>05:50:16.10</b>	+03:08:29 (53.8%)	12:26	4.8 (46.2%)
193	<b>WINIARSKA-BISZCZAN Anna</b>	<b>4437</b>	BIEGAMY DZISIAJ? WIERZBICA/CHEŁM BIEGA	K40	73	02:55:54	<b>05:52:05.95</b>	<b>05:52:46.55</b>	+03:11:00 (54.1%)	12:34	4.8 (46.2%)
194	<b>RYŻYŃSKA Agnieszka</b>	<b>4044</b>	CHEŁM BIEGA	K40	74	02:58:00	<b>05:52:06.20</b>	<b>05:52:46.65</b>	+03:11:00 (54.1%)	12:34	4.8 (46.2%)
195	<b>SEWERYN Joanna</b>	<b>4110</b>		K40	75	02:56:25	<b>05:54:42.85</b>	<b>05:55:16.95</b>	+03:13:30 (54.5%)	12:40	4.7 (45.2%)
196	<b>WAŚNIEWSKA Paulina</b>	<b>4188</b>		K40	76	02:55:14	<b>05:56:34.85</b>	<b>05:57:09.90</b>	+03:15:23 (54.7%)	12:44	4.7 (45.2%)
197	<b>MELLER Oliwia</b>	<b>4614</b>		K20	27	02:55:06	<b>05:58:30.65</b>	<b>06:00:00.45</b>	+03:18:14 (55.1%)	12:48	4.7 (45.2%)
198	<b>KUROŚ Klaudia</b>	<b>4574</b>		K20	28	02:55:07	<b>05:58:31.35</b>	<b>06:00:00.95</b>	+03:18:14 (55.1%)	12:48	4.7 (45.2%)
199	<b>CUDNY Paula</b>	<b>4413</b>	G4	K30	76	02:42:46	<b>06:00:10.90</b>	<b>06:00:18.50</b>	+03:18:32 (55.1%)	12:51	4.7 (45.2%)
200	<b>MOCHEREK Justyna</b>	<b>4125</b>		K40	77	03:01:17	<b>06:00:39.95</b>	<b>06:01:12.90</b>	+03:19:26 (55.2%)	12:52	4.7 (45.2%)
201	<b>UZIAŁKO Karolina</b>	<b>4484</b>		K40	78	02:56:51	<b>06:01:03.65</b>	<b>06:02:24.95</b>	+03:20:38 (55.4%)	12:53	4.7 (45.2%)
202	<b>MIŁOSZ Maria</b>	<b>4656</b>	KASZANKI	K30	77	03:09:30	<b>06:01:58.90</b>	<b>06:03:40.30</b>	+03:21:53 (55.5%)	12:55	4.6 (44.2%)
203	<b>MAZUR Katarzyna</b>	<b>4047</b>	RADICAL BITCHES	K30	78	03:00:33	<b>06:04:54.70</b>	<b>06:06:11.30</b>	+03:24:24 (55.8%)	13:01	4.6 (44.2%)
204	<b>MAGDZIARZ Paulina</b>	<b>4169</b>	ORGANIC RACE TEAM	K40	79	02:54:11	<b>06:07:58.05</b>	<b>06:07:58.05</b>	+03:26:11 (56.0%)	13:08	4.6 (44.2%)
205	<b>OCHOWIAK Klaudia</b>	<b>4170</b>	ORGANIC FITNESS	K30	79	02:52:44	<b>06:06:31.30</b>	<b>06:07:58.30</b>	+03:26:11 (56.0%)	13:05	4.6 (44.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Roztoki 16.2km	Czas netto 28km	Czas brutto 28km	Różn	Tempo min/km	Tempo km/h
206	<b>LISIAK Karina</b>	<b>4172</b>	ORGANIC FITNESS	K30	80	02:52:45	<b>06:06:31.40</b>	<b>06:07:58.75</b>	+03:26:12 (56.0%)	13:05	4.6 (44.2%)
207	<b>KASZUBA Katarzyna</b>	<b>4404</b>		K30	81	02:56:43	<b>06:07:53.20</b>	<b>06:09:32.95</b>	+03:27:46 (56.2%)	13:08	4.6 (44.2%)
208	<b>WARAS Barbara</b>	<b>4089</b>		K40	80	03:01:32	<b>06:10:08.05</b>	<b>06:11:39.20</b>	+03:29:52 (56.5%)	13:13	4.5 (43.3%)
209	<b>MARCZUK Marta</b>	<b>4024</b>	BIEGAM Z OLKIEM	K30	82	02:56:00	<b>06:19:12.50</b>	<b>06:21:01.30</b>	+03:39:14 (57.5%)	13:32	4.4 (42.3%)
210	<b>JANOWSKA Aleksandra</b>	<b>4096</b>	CEDRUS TEAM	K40	81	02:55:46	<b>06:21:09.50</b>	<b>06:21:52.00</b>	+03:40:05 (57.6%)	13:36	4.4 (42.3%)
211	<b>OBARSKA Małgorzata</b>	<b>4182</b>		K60	5	02:56:50	<b>06:26:37.70</b>	<b>06:28:02.45</b>	+03:46:16 (58.3%)	13:48	4.3 (41.3%)
212	<b>KOBYŁKA Małgorzata</b>	<b>4209</b>	SUPERMARATON KALISZ	K50	16	02:58:40	<b>06:29:24.35</b>	<b>06:30:17.15</b>	+03:48:30 (58.6%)	13:54	4.3 (41.3%)
213	<b>KOCŁĘGA Ewa</b>	<b>4131</b>		K40	82	03:01:31	<b>06:29:59.95</b>	<b>06:30:34.80</b>	+03:48:48 (58.6%)	13:55	4.3 (41.3%)
214	<b>ZARĘBA Izabela</b>	<b>4034</b>		K30	83	03:04:05	<b>06:32:29.55</b>	<b>06:32:59.10</b>	+03:51:12 (58.8%)	14:01	4.3 (41.3%)
215	<b>MISZCZUK Ewelina</b>	<b>4095</b>		K40	83	03:24:19	<b>06:41:25.90</b>	<b>06:43:11.70</b>	+04:01:25 (59.9%)	14:20	4.2 (40.4%)
216	<b>GAWORSKA Kamila</b>	<b>4335</b>		K30	84	03:09:44	<b>06:46:41.00</b>	<b>06:46:41.00</b>	+04:04:54 (60.2%)	14:31	4.1 (39.4%)
217	<b>POMASKA Kamila</b>	<b>4189</b>		K40	84	02:55:15	<b>07:02:43.65</b>	<b>07:03:18.40</b>	+04:21:32 (61.8%)	15:05	4 (38.5%)
218	<b>OSIŃSKA Agata</b>	<b>4398</b>		K50	17	03:24:12	<b>07:01:57.65</b>	<b>07:03:44.25</b>	+04:21:57 (61.8%)	15:04	4 (38.5%)
219	<b>NIEPOKÓJ Barbara</b>	<b>4699</b>		K30	85	02:57:14	<b>07:08:51.75</b>	<b>07:09:10.90</b>	+04:27:24 (62.3%)	15:18	3.9 (37.5%)
220	<b>NOWICKA Ilona</b>	<b>4532</b>	PANDUSIE	K30	86	03:28:35	<b>07:28:46.65</b>	<b>07:30:07.10</b>	+04:48:20 (64.1%)	16:01	3.7 (35.6%)
221	<b>MAJSZCZYK Paulina</b>	<b>4645</b>	HARDCOROWE WYCHYLYLYBYMY	K30	87	02:26:46			+01:00:20	9:03	6.6 (63.5%)
	<b>GRABAREK Justyna</b>	<b>4512</b>	NOSTROMO	K40		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>PASTUŁA Anna</b>	<b>4266</b>		K30		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>MIKODA Justyna</b>	<b>4132</b>		K40		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 224 wynik(ów)