



# ZIMNA POŁÓWKA | TWT 21KM

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

**Event:** Turbacz Winter Trail  
**Organiser:** Fundacja Rozwoju Sportu i Promocji Obronności  
"MURAWA"  
**Date:** 2023-02-11  
**Place:** Nowy Targ  
**Distance:** 21.1 km

Classification: Masters Kobiet

Place	Participant	Number	Club	Category	MCat	Turbacz 14km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
1	<b>RYNKIEWICZ Agnieszka</b>	<b>285</b>	GORĄCY POTOK TEAM	Masters Kobiet	1	02:04:40	<b>02:45:52.30</b>	<b>02:45:56.35</b>		7:51	7.6 (100%)
2	<b>GÓRALIK Sylwia</b>	<b>158</b>		Masters Kobiet	2	02:02:22	<b>02:46:11.20</b>	<b>02:46:12.90</b>	+00:00:16 (0.2%)	7:52	7.6 (100%)
3	<b>PIĄTEK Beata</b>	<b>1014</b>		Masters Kobiet	3	02:09:01	<b>02:52:40.70</b>	<b>02:52:44.60</b>	+00:06:48 (3.9%)	8:10	7.3 (96.1%)
4	<b>KURANT Elena</b>	<b>209</b>		Masters Kobiet	4	02:16:43	<b>03:04:58.95</b>	<b>03:05:09.85</b>	+00:19:13 (10.4%)	8:45	6.8 (89.5%)
5	<b>FLAGA Iwona</b>	<b>143</b>	LOS PANTALONES ROJOS	Masters Kobiet	5	02:16:42	<b>03:09:41.55</b>	<b>03:09:48.85</b>	+00:23:52 (12.6%)	8:59	6.7 (88.2%)
6	<b>BIELEC Kinga</b>	<b>108</b>	BEFIT24TEAM	Masters Kobiet	6	02:29:03	<b>03:22:32.95</b>	<b>03:22:41.10</b>	+00:36:44 (18.1%)	9:35	6.3 (82.9%)
7	<b>ZET Luli</b>	<b>348</b>		Masters Kobiet	7	02:28:14	<b>03:22:36.35</b>	<b>03:22:55.30</b>	+00:36:58 (18.2%)	9:36	6.2 (81.6%)
8	<b>DASZKOWSKA Olga</b>	<b>133</b>		Masters Kobiet	8		<b>03:27:57.40</b>	<b>03:28:10.00</b>	+00:42:13 (20.3%)	9:51	6.1 (80.3%)
9	<b>FORNALIK Barbara</b>	<b>146</b>	UKLEJNA	Masters Kobiet	9	02:31:21	<b>03:29:11.60</b>	<b>03:29:14.60</b>	+00:43:18 (20.7%)	9:54	6.1 (80.3%)
10	<b>KOWALSKA Dorota</b>	<b>198</b>	KB PARANTELA	Masters Kobiet	10	02:32:12	<b>03:30:15.30</b>	<b>03:30:19.45</b>	+00:44:23 (21.1%)	9:57	6 (78.9%)
11	<b>JANEK Weronika</b>	<b>171</b>		Masters Kobiet	11	02:36:34	<b>03:32:19.85</b>	<b>03:32:30.20</b>	+00:46:33 (21.9%)	10:03	6 (78.9%)
12	<b>SMOROŃ Barbara</b>	<b>298</b>		Masters Kobiet	12	02:34:43	<b>03:31:41.90</b>	<b>03:33:05.95</b>	+00:47:09 (22.1%)	10:01	6 (78.9%)
13	<b>CZERWIEC Jola</b>	<b>132</b>		Masters Kobiet	13	02:38:26	<b>03:39:06.15</b>	<b>03:39:08.45</b>	+00:53:12 (24.3%)	10:23	5.8 (76.3%)
14	<b>KURAS Olga</b>	<b>210</b>	NUNEK SPITFIRE	Masters Kobiet	14	02:40:16	<b>03:39:12.20</b>	<b>03:39:25.55</b>	+00:53:29 (24.4%)	10:23	5.8 (76.3%)

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							time 21.1km	brutto 21.1km			
15	<b>KOBA Ania</b>	<b>191</b>	ROZBIEGANE MICHAŁOWICE	Masters Kobiet	15	02:38:02	<b>03:39:12.40</b>	<b>03:39:31.05</b>	+00:53:34 (24.4%)	10:23	5.8 (76.3%)
16	<b>RĄB Agnieszka</b>	<b>281</b>		Masters Kobiet	16	02:42:45	<b>03:41:21.35</b>	<b>03:41:49.35</b>	+00:55:53 (25.2%)	10:29	5.7 (75.0%)
17	<b>OSTASZEWSKA Marta</b>	<b>253</b>	ROZBIEGANE MICHAŁOWICE	Masters Kobiet	17	02:46:10	<b>03:46:53.15</b>	<b>03:47:15.05</b>	+01:01:18 (27.0%)	10:45	5.6 (73.7%)
18	<b>STEPKOWSKA Berta</b>	<b>307</b>	UMCS_BIEGA/ ROBERT MROZEK TRI TEAM	Masters Kobiet	18	02:43:55	<b>03:46:51.95</b>	<b>03:47:15.35</b>	+01:01:19 (27.0%)	10:45	5.6 (73.7%)
19	<b>PIĘTKA Marzena</b>	<b>265</b>	SUNFIT STUDIO	Masters Kobiet	19	02:40:36	<b>03:48:39.25</b>	<b>03:48:44.30</b>	+01:02:47 (27.5%)	10:50	5.5 (72.4%)
20	<b>PIOTROWICZ Małgorzata</b>	<b>266</b>	INFINITY-GYM	Masters Kobiet	20	02:47:52	<b>03:48:42.00</b>	<b>03:48:51.65</b>	+01:02:55 (27.5%)	10:50	5.5 (72.4%)
21	<b>KRAJEWSKA Bernadeta</b>	<b>200</b>		Masters Kobiet	21	02:46:21	<b>03:49:30.75</b>	<b>03:49:39.00</b>	+01:03:42 (27.7%)	10:52	5.5 (72.4%)
22	<b>TARADAJ Paulina</b>	<b>320</b>	LACHO TEAM	Masters Kobiet	22	02:47:02	<b>03:51:47.80</b>	<b>03:51:58.55</b>	+01:06:02 (28.5%)	10:59	5.5 (72.4%)
23	<b>WIKŁACZ Aneta</b>	<b>333</b>	ACTIVA24 ANETA WIKŁACZ	Masters Kobiet	23	02:46:11	<b>03:51:41.70</b>	<b>03:52:01.45</b>	+01:06:05 (28.5%)	10:58	5.5 (72.4%)
24	<b>KĘDZIORA Marta</b>	<b>184</b>	ŻUBRY RACE TEAM	Masters Kobiet	24	02:50:45	<b>03:52:30.45</b>	<b>03:52:43.35</b>	+01:06:47 (28.7%)	11:01	5.4 (71.1%)
25	<b>SZKOŁA-ŚNIEŻEK Agnieszka</b>	<b>315</b>	ULTRA TRAIL® MAŁOPOLSKA	Masters Kobiet	25	02:50:04	<b>03:53:15.40</b>	<b>03:53:31.00</b>	+01:07:34 (28.9%)	11:03	5.4 (71.1%)
26	<b>KUCZYŃSKA Magdalena</b>	<b>204</b>		Masters Kobiet	26	02:45:47	<b>03:54:38.70</b>	<b>03:54:59.85</b>	+01:09:03 (29.4%)	11:07	5.4 (71.1%)
27	<b>DUDEK Joanna</b>	<b>136</b>		Masters Kobiet	27	02:54:27	<b>03:56:29.30</b>	<b>03:56:38.95</b>	+01:10:42 (29.9%)	11:12	5.4 (71.1%)
28	<b>PIEJKO Joanna</b>	<b>261</b>	BŁĘKITNA XVII-TKA	Masters Kobiet	28	02:52:04	<b>03:58:24.90</b>	<b>03:58:38.05</b>	+01:12:41 (30.5%)	11:17	5.3 (69.7%)
29	<b>WIŚNIEWSKA Justyna</b>	<b>334</b>		Masters Kobiet	29	02:55:46	<b>04:01:52.50</b>	<b>04:02:03.70</b>	+01:16:07 (31.4%)	11:27	5.2 (68.4%)
30	<b>PIOTROWSKA Edyta</b>	<b>267</b>	BRACTWO BIEGOWE BGK	Masters Kobiet	30	02:52:25	<b>04:02:31.25</b>	<b>04:02:54.50</b>	+01:16:58 (31.7%)	11:29	5.2 (68.4%)
31	<b>RAMUS-BLACHUTA Katarzyna</b>	<b>279</b>		Masters Kobiet	31	02:51:37	<b>04:03:42.95</b>	<b>04:03:46.15</b>	+01:17:49 (31.9%)	11:32	5.2 (68.4%)
32	<b>KOZANECKA Joanna</b>	<b>199</b>	LUBONIOWKA TEAM	Masters Kobiet	32	02:56:35	<b>04:05:05.95</b>	<b>04:05:30.80</b>	+01:19:34 (32.4%)	11:36	5.2 (68.4%)
33	<b>CYBULSKA Dominika</b>	<b>128</b>	WYDOLNOŚĆ.PL	Masters Kobiet	33	02:54:27	<b>04:06:26.95</b>	<b>04:06:51.50</b>	+01:20:55 (32.8%)	11:40	5.1 (67.1%)
34	<b>PUPEK Anna</b>	<b>276</b>		Masters Kobiet	34	02:57:38	<b>04:06:44.70</b>	<b>04:06:57.80</b>	+01:21:01 (32.8%)	11:41	5.1 (67.1%)
35	<b>ŁUKASIEWICZ-ŁUSZCZEK Katarzyna</b>	<b>1002</b>		Masters Kobiet	35	02:56:29	<b>04:07:52.20</b>	<b>04:08:00.35</b>	+01:22:04 (33.1%)	11:44	5.1 (67.1%)
36	<b>CINAL Agnieszka</b>	<b>125</b>		Masters Kobiet	36	03:00:59	<b>04:10:22.20</b>	<b>04:10:39.50</b>	+01:24:43 (33.8%)	11:51	5.1 (67.1%)
37	<b>TARGOSZ Justyna</b>	<b>322</b>	UNICORN BB	Masters Kobiet	37	02:59:07	<b>04:10:27.80</b>	<b>04:10:47.15</b>	+01:24:50 (33.8%)	11:52	5.1 (67.1%)

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38	<b>PUDZISZ Katarzyna</b>	<b>275</b>		Masters Kobiet	38	03:00:26	<b>04:12:24.55</b>	<b>04:12:37.70</b>	+01:26:41 (34.3%)	11:57	5 (65.8%)
39	<b>PIĘKOŚ Monika</b>	<b>263</b>	HUNTERS OCR TEAM	Masters Kobiet	39	03:01:09	<b>04:12:32.75</b>	<b>04:12:41.50</b>	+01:26:45 (34.3%)	11:58	5 (65.8%)
40	<b>GRĘBOWSKA Dagmara</b>	<b>160</b>		Masters Kobiet	40	03:03:28	<b>04:17:02.20</b>	<b>04:17:11.25</b>	+01:31:14 (35.5%)	12:10	4.9 (64.5%)
41	<b>KŁOZIK Agnieszka</b>	<b>190</b>	4A	Masters Kobiet	41	03:10:41	<b>04:22:58.90</b>	<b>04:23:08.15</b>	+01:37:11 (36.9%)	12:27	4.8 (63.2%)
42	<b>LACH- PAPCIAK Katarzyna</b>	<b>211</b>	FORGE YOUR FUTURE /BIEGAMDLAZDROWIA.PL	Masters Kobiet	42	03:11:20	<b>04:22:48.50</b>	<b>04:23:08.70</b>	+01:37:12 (36.9%)	12:27	4.8 (63.2%)
43	<b>JANIK Anna</b>	<b>173</b>		Masters Kobiet	43		<b>04:24:31.50</b>	<b>04:24:31.50</b>	+01:38:35 (37.3%)	12:32	4.8 (63.2%)
44	<b>WOJTAL Marta</b>	<b>337</b>	CIDRY LOTAJOM	Masters Kobiet	44	03:13:07	<b>04:26:45.65</b>	<b>04:27:00.80</b>	+01:41:04 (37.9%)	12:38	4.7 (61.8%)
45	<b>WYSZKOWSKA Marzena</b>	<b>342</b>	BANANA TEAM	Masters Kobiet	45	03:11:03	<b>04:26:39.85</b>	<b>04:27:04.10</b>	+01:41:07 (37.9%)	12:38	4.7 (61.8%)
46	<b>KAŻMIERCZAK Aleksandra</b>	<b>183</b>	SKORUPA SPORT	Masters Kobiet	46	03:07:03	<b>04:27:33.50</b>	<b>04:27:43.45</b>	+01:41:47 (38.0%)	12:40	4.7 (61.8%)
47	<b>RĘKOSIEWICZ-TOKARZ Monika</b>	<b>282</b>	STOWARZYSZENIE BIEGNIJ Z POMOCĄ	Masters Kobiet	47	03:11:59	<b>04:29:54.65</b>	<b>04:30:09.30</b>	+01:44:12 (38.6%)	12:47	4.7 (61.8%)
48	<b>ŁAPA Aleksandra</b>	<b>223</b>	4A	Masters Kobiet	48	03:20:54	<b>04:32:13.90</b>	<b>04:32:24.15</b>	+01:46:27 (39.1%)	12:54	4.7 (61.8%)
49	<b>SŁOTWIŃSKA Sylwia</b>	<b>297</b>	UMCS BIEGA/WYDOLNOSC.PL	Masters Kobiet	49	03:20:36	<b>04:32:09.60</b>	<b>04:32:34.00</b>	+01:46:37 (39.1%)	12:53	4.7 (61.8%)
50	<b>CEBO Agnieszka</b>	<b>117</b>		Masters Kobiet	50	03:25:13	<b>04:38:37.05</b>	<b>04:38:43.65</b>	+01:52:47 (40.5%)	13:12	4.5 (59.2%)
51	<b>SZMATŁOCH Iwona</b>	<b>317</b>	ŚLĄSK RUNNERS	Masters Kobiet	51	03:28:57	<b>04:40:00.05</b>	<b>04:40:07.55</b>	+01:54:11 (40.8%)	13:16	4.5 (59.2%)
52	<b>MISZCZAK Katarzyna</b>	<b>241</b>	MIRAZ RACE TEAM	Masters Kobiet	52	03:29:00	<b>04:43:16.05</b>	<b>04:43:21.25</b>	+01:57:24 (41.4%)	13:25	4.5 (59.2%)
53	<b>DZIURZYŃSKA UIka</b>	<b>141</b>	VEGE RUNNERS	Masters Kobiet	53	03:37:07	<b>04:55:28.40</b>	<b>04:55:49.40</b>	+02:09:53 (43.9%)	14:00	4.3 (56.6%)
54	<b>WALCZYŃSKA Katarzyna</b>	<b>330</b>		Masters Kobiet	54	03:30:00	<b>04:55:37.15</b>	<b>04:56:01.40</b>	+02:10:05 (43.9%)	14:00	4.3 (56.6%)
55	<b>MIŁEK Katarzyna</b>	<b>240</b>		Masters Kobiet	55	03:38:08	<b>05:09:16.25</b>	<b>05:09:35.70</b>	+02:23:39 (46.4%)	14:39	4.1 (53.9%)
56	<b>TYMBOROWSKA -WIEDRO Małgorzata</b>	<b>327</b>	WKURW_TEAM	Masters Kobiet	56		<b>05:12:56.55</b>	<b>05:13:02.25</b>	+02:27:05 (47.0%)	14:49	4 (52.6%)
<b>Przekroczony limit czasu: 05:30:00</b>											
57	<b>MICHALAK Magdalena</b>	<b>237</b>	ULTRA WAY TEAM	Masters Kobiet	57	04:21:27	<b>05:53:13.05</b>	<b>05:53:21.60</b>	+03:07:25 (53.0%)	16:44	3.6 (47.4%)
58	<b>POLOK Monika</b>	<b>270</b>	MIRAZ RACE TEAM	Masters Kobiet	58	04:21:32	<b>05:55:26.60</b>	<b>05:55:32.05</b>	+03:09:35 (53.3%)	16:50	3.6 (47.4%)

Total 58 results.