



ZIMOWY  
PÓLMARATON  
GÓR STOŁOWYCH

Organizator:

Data:

Miejsce:

Dystans:

Stowarzyszenie TKKF Kompas

2017-01-21

Pasterka

21 km

# ZIMOWY PÓLMARATON GÓR STOŁOWYCH 2017

B4SPORT  
INTELEGENTNE ZAWODY SPORTOWE

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INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN KOBIET

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	<b>LAJN Daria</b>	<b>354</b>	UKS AZYMUT PABIANICE/ SOPOCKI KLUB TATERNICTWAJASKINIOWEGO	K-20	1	TAK	01:01:15	01:59:50	<b>02:55:56.70</b>	<b>02:56:00.25</b>		8:22	7.2 (100%)
2	<b>DEREZIŃSKA- OSIECKA Magdalena</b>	<b>5</b>	TATRA RUNNING TEAM	K-30	1	TAK	01:03:30	02:03:10	<b>03:03:28.70</b>	<b>03:03:31.00</b>	+00:07:30 (4.1%)	8:44	6.9 (95.8%)
3	<b>FRĄCZEK- BOGACKA Justyna</b>	<b>578</b>	AR TEAM	K-30	2		01:00:37	01:59:34	<b>03:03:54.95</b>	<b>03:03:54.95</b>	+00:07:54 (4.3%)	8:45	6.9 (95.8%)
4	<b>KIK Iwona</b>	<b>474</b>	KW KRAKÓW	K-30	3	TAK	01:04:47	02:05:18	<b>03:04:27.55</b>	<b>03:04:31.20</b>	+00:08:30 (4.6%)	8:47	6.8 (94.4%)
5	<b>WINIARSKA Katarzyna</b>	<b>19</b>	PRZEMYSKI KLUB BIEGACZA	K-30	4	NIE	01:03:51	02:06:04	<b>03:12:57.80</b>	<b>03:13:00.40</b>	+00:17:00 (8.8%)	9:11	6.5 (90.3%)
6	<b>KORPAL Agnieszka</b>	<b>18</b>	POCO LOCO ADVENTURE	K-30	5	NIE	01:09:54	02:14:16	<b>03:23:58.80</b>	<b>03:24:02.00</b>	+00:28:01 (13.7%)	9:42	6.2 (86.1%)
7	<b>KANTOR Martyna</b>	<b>17</b>	SALCO SPORT TEAM	K-20	2	NIE	01:00:19	02:14:00	<b>03:28:24.25</b>	<b>03:28:26.90</b>	+00:32:26 (15.6%)	9:55	6 (83.3%)
8	<b>KOŁACZKOWSKA- SZCZEŚNIAK Katarzyna</b>	<b>423</b>	SKLEPBIEGACZA.PL	K-40	1	NIE	01:15:04	02:20:09	<b>03:36:05.30</b>	<b>03:36:07.50</b>	+00:40:07 (18.6%)	10:17	5.8 (80.6%)
9	<b>KRUCZEK Monika</b>	<b>108</b>	KW KRAKÓW/LACHO TEAM	K-30	6	TAK	01:18:10	02:24:08	<b>03:37:09.00</b>	<b>03:37:19.05</b>	+00:41:18 (19.0%)	10:20	5.8 (80.6%)
10	<b>JAROSZ Anna</b>	<b>32</b>		K-20	3	NIE	01:15:03	02:23:18	<b>03:37:25.80</b>	<b>03:37:44.20</b>	+00:41:43 (19.2%)	10:21	5.8 (80.6%)
11	<b>BANAŚ Zuzanna</b>	<b>310</b>	WKW	K-20	4	TAK	01:21:56	02:31:57	<b>03:54:15.10</b>	<b>03:54:30.45</b>	+00:58:30 (24.9%)	11:09	5.4 (75.0%)
12	<b>RYBARSKA Marta</b>	<b>409</b>	RAJSPOORT ACTIVE	K-20	5	NIE	01:24:53	02:37:22	<b>03:56:53.90</b>	<b>03:57:05.15</b>	+01:01:04 (25.8%)	11:16	5.3 (73.6%)
13	<b>GWIZDAŁA Anna</b>	<b>339</b>		K-30	7	NIE	01:27:14	02:34:17	<b>03:58:57.00</b>	<b>03:59:27.40</b>	+01:03:27 (26.5%)	11:22	5.3 (73.6%)
14	<b>OGŁAZA Magdalena</b>	<b>286</b>	KOWARY BIEGAJĄ	K-30	8	NIE	01:17:22	02:31:16	<b>04:00:17.60</b>	<b>04:00:23.35</b>	+01:04:23 (26.8%)	11:26	5.2 (72.2%)
15	<b>BAŁYS Katarzyna</b>	<b>22</b>		K-30	9	NIE	01:25:29	02:37:49	<b>04:01:56.85</b>	<b>04:02:12.10</b>	+01:06:11 (27.3%)	11:31	5.2 (72.2%)
16	<b>JURA Dorota</b>	<b>485</b>		K-30	10	NIE	01:28:51	02:38:19	<b>04:01:18.85</b>	<b>04:02:14.25</b>	+01:06:14 (27.3%)	11:29	5.2 (72.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
17	<b>RYCHCIK-ZYGADŁO Edyta</b>	<b>529</b>		K-40	2	TAK	01:24:40	02:37:54	<b>04:03:49.95</b>	<b>04:03:58.20</b>	+01:07:57 (27.9%)	11:36	5.2 (72.2%)
18	<b>GORNIAK-ANTKOWIAK Agnieszka</b>	<b>139</b>		K-30	11	NIE	01:21:27	02:37:38	<b>04:06:01.45</b>	<b>04:06:05.90</b>	+01:10:05 (28.5%)	11:42	5.1 (70.8%)
19	<b>ROMAŃCZUK Monika</b>	<b>511</b>		K-30	12	NIE	01:27:00	02:42:52	<b>04:07:29.90</b>	<b>04:07:50.55</b>	+01:11:50 (29.0%)	11:47	5.1 (70.8%)
20	<b>MACIEJASZ Aleksandra</b>	<b>115</b>		K-30	13	NIE	01:24:03	02:41:21	<b>04:08:27.90</b>	<b>04:08:35.70</b>	+01:12:35 (29.2%)	11:49	5.1 (70.8%)
21	<b>PILARSKA Magdalena</b>	<b>246</b>	STR POZNAŃ/ WKTJ	K-30	14	TAK	01:30:11	02:43:17	<b>04:13:34.30</b>	<b>04:13:49.05</b>	+01:17:48 (30.7%)	12:04	5 (69.4%)
22	<b>STACHECKA Marta</b>	<b>490</b>		K-20	6	NIE	01:30:10	02:47:46	<b>04:13:54.00</b>	<b>04:14:16.35</b>	+01:18:16 (30.8%)	12:05	5 (69.4%)
23	<b>NADOLNA Ewa</b>	<b>50</b>	RZYĆ CHYŻA GZEGŻÓŁKI I CZYŻA	K-30	15	NIE	01:39:50	02:53:28	<b>04:13:57.20</b>	<b>04:14:58.70</b>	+01:18:58 (31.0%)	12:05	5 (69.4%)
24	<b>CZERNIAK Wioleta</b>	<b>396</b>	TEAM PODGÓRZYN-PODGÓRZYN GMINA PRZYJAZNA Z NATURY	K-30	16	NIE	01:32:30	02:46:18	<b>04:15:05.65</b>	<b>04:15:23.85</b>	+01:19:23 (31.1%)	12:08	4.9 (68.1%)
25	<b>GAŁECKA-PIGUŁA Anna</b>	<b>213</b>	BIEGAMDLAZDROWIA.PL	K-20	7	NIE	01:35:41	02:49:00	<b>04:14:44.85</b>	<b>04:15:27.90</b>	+01:19:27 (31.1%)	12:07	4.9 (68.1%)
26	<b>FOGIEL-PAWŁOWSKA Agnieszka</b>	<b>165</b>	LOS BIEGANEROS	K-30	17	NIE	01:32:46	02:49:59	<b>04:16:36.25</b>	<b>04:17:00.10</b>	+01:20:59 (31.5%)	12:13	4.9 (68.1%)
27	<b>KOWALCZYK Joanna</b>	<b>177</b>	BIEGANIZM / DYNAFITPL	K-30	18	NIE	01:28:44	02:49:17	<b>04:19:50.15</b>	<b>04:19:52.80</b>	+01:23:52 (32.3%)	12:22	4.8 (66.7%)
28	<b>MANDYCZ Magdalena</b>	<b>182</b>		K-30	19	NIE	01:29:03	02:47:35	<b>04:19:13.60</b>	<b>04:19:57.90</b>	+01:23:57 (32.3%)	12:20	4.9 (68.1%)
29	<b>KACZMAREK Karolina</b>	<b>410</b>	SBRT WARSZAWA POWIŚLE	K-30	20	NIE	01:38:43	02:54:23	<b>04:19:19.50</b>	<b>04:19:59.30</b>	+01:23:59 (32.3%)	12:20	4.9 (68.1%)
30	<b>DOPIERAŁA Kinga</b>	<b>322</b>	#SOBASTEAM / SKALNIK.PL	K-20	8	NIE	01:29:47	02:51:01	<b>04:22:20.80</b>	<b>04:22:48.95</b>	+01:26:48 (33.0%)	12:29	4.8 (66.7%)
31	<b>KILKOWSKA Paulina</b>	<b>92</b>	KILKOWSKI POMPY CIEPŁA	K-30	21	NIE	01:37:42	02:52:35	<b>04:22:34.25</b>	<b>04:22:53.50</b>	+01:26:53 (33.1%)	12:30	4.8 (66.7%)
32	<b>WIELICZKO Anna</b>	<b>95</b>		K-30	22	NIE	01:36:42	02:56:02	<b>04:22:27.90</b>	<b>04:22:53.80</b>	+01:26:53 (33.1%)	12:29	4.8 (66.7%)
33	<b>KURZAWA Iwona</b>	<b>527</b>		K-30	23	NIE	01:37:32	02:55:30	<b>04:25:21.45</b>	<b>04:26:18.35</b>	+01:30:18 (33.9%)	12:38	4.7 (65.3%)
34	<b>BORKOWSKA Aneta</b>	<b>117</b>	SRULTRA TEAM	K-20	9	NIE	01:40:11	02:56:46	<b>04:26:05.10</b>	<b>04:26:30.10</b>	+01:30:29 (34.0%)	12:40	4.7 (65.3%)
35	<b>WIECZOREK Katarzyna</b>	<b>433</b>	IRON TRIATHLON PLESZEW	K-20	10	NIE	01:34:25	02:52:44	<b>04:27:15.30</b>	<b>04:27:48.80</b>	+01:31:48 (34.3%)	12:43	4.7 (65.3%)
36	<b>BERNAT Jolanta</b>	<b>167</b>	STOWARZYSZENIE TENIS CENTRUM AS	K-30	24	NIE	01:34:18	02:54:52	<b>04:28:52.75</b>	<b>04:29:04.90</b>	+01:33:04 (34.6%)	12:48	4.7 (65.3%)
37	<b>STRZELCZYK Marlena</b>	<b>295</b>		K-20	11	NIE	01:37:25	02:59:18	<b>04:29:14.10</b>	<b>04:29:41.00</b>	+01:33:40 (34.7%)	12:49	4.7 (65.3%)
38	<b>MAZURCZAK Anna</b>	<b>94</b>	KW WARSZAWA	K-30	25	TAK	01:36:34	02:56:20	<b>04:29:58.25</b>	<b>04:30:24.90</b>	+01:34:24 (34.9%)	12:51	4.7 (65.3%)
39	<b>BORYCZKA Katarzyna</b>	<b>403</b>	KLUB BIEGACZA SZERSZEŃ OLEŚNICA	K-20	12	NIE	01:34:07	03:02:12	<b>04:30:42.65</b>	<b>04:31:04.50</b>	+01:35:04 (35.1%)	12:53	4.7 (65.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
40	<b>SOCHA Ewa</b>	<b>381</b>	CONCORDIA RUNNERS TEAM	K-30	26	NIE	01:35:15	02:56:46	<b>04:31:35.75</b>	<b>04:31:59.75</b>	+01:35:59 (35.3%)	12:55	4.6 (63.9%)
41	<b>KWIATKOWSKA Zuzanna</b>	<b>298</b>		K-40	3	NIE	01:34:46	02:56:17	<b>04:32:40.40</b>	<b>04:32:54.30</b>	+01:36:54 (35.5%)	12:59	4.6 (63.9%)
42	<b>MRUGALSKA Liliana</b>	<b>45</b>	NETBOX BIEGA	K-20	13	NIE	01:39:10	02:57:21	<b>04:33:38.90</b>	<b>04:33:49.55</b>	+01:37:49 (35.7%)	13:01	4.6 (63.9%)
43	<b>NIESPODZIANA Ania</b>	<b>441</b>	ROGOZIŃSKI KLUB BIEGACZA	K-30	27	NIE	01:36:02	02:56:57	<b>04:33:32.45</b>	<b>04:33:58.40</b>	+01:37:58 (35.8%)	13:01	4.6 (63.9%)
44	<b>JACHOWICZ Aleksandra</b>	<b>437</b>		K-20	14	NO	01:40:02	02:59:52	<b>04:33:32.95</b>	<b>04:34:25.00</b>	+01:38:24 (35.9%)	13:01	4.6 (63.9%)
45	<b>BURANT Agnieszka</b>	<b>256</b>		K-30	28	NIE	01:40:17	03:02:07	<b>04:33:56.85</b>	<b>04:34:47.30</b>	+01:38:47 (35.9%)	13:02	4.6 (63.9%)
46	<b>CZEKALSKA Maria</b>	<b>255</b>		K-30	29	NIE	01:40:16	03:02:07	<b>04:33:57.60</b>	<b>04:34:47.45</b>	+01:38:47 (35.9%)	13:02	4.6 (63.9%)
47	<b>JĘDRZEJOWSKA-DEC Anna</b>	<b>425</b>	PKO BANK POLSKI	K-40	4	NIE	01:34:54	02:57:06	<b>04:34:29.35</b>	<b>04:35:02.35</b>	+01:39:02 (36.0%)	13:04	4.6 (63.9%)
48	<b>MAJEWSKA Kinga</b>	<b>162</b>		K-30	30	NIE	01:37:48	03:00:17	<b>04:34:36.70</b>	<b>04:35:04.80</b>	+01:39:04 (36.0%)	13:04	4.6 (63.9%)
49	<b>BARAŃSKA Celestyna</b>	<b>575</b>	ACCENTURE	K-30	31	NIE	01:41:35	03:03:54	<b>04:34:32.50</b>	<b>04:35:15.45</b>	+01:39:15 (36.1%)	13:04	4.6 (63.9%)
50	<b>MATYJEWICZ Luiza</b>	<b>450</b>		K-40	5	NIE	01:38:44	03:03:41	<b>04:35:11.55</b>	<b>04:35:23.65</b>	+01:39:23 (36.1%)	13:06	4.6 (63.9%)
51	<b>WALCZAK NOWAK Karolina</b>	<b>48</b>		K-30	32	NIE	01:34:49	02:57:45	<b>04:35:29.55</b>	<b>04:35:43.55</b>	+01:39:43 (36.2%)	13:07	4.6 (63.9%)
52	<b>KANECKA Mariola</b>	<b>236</b>	KOWARY BIEGAJĄ	K-40	6	NIE	01:38:43	03:03:53	<b>04:35:09.65</b>	<b>04:35:44.85</b>	+01:39:44 (36.2%)	13:06	4.6 (63.9%)
53	<b>GRZEŚ Małgorzata</b>	<b>293</b>		K-20	15	NIE	01:37:48	03:02:08	<b>04:35:22.15</b>	<b>04:35:49.35</b>	+01:39:49 (36.2%)	13:06	4.6 (63.9%)
54	<b>MAJOCH Anna</b>	<b>155</b>	GVT	K-40	7	NIE	01:47:25	03:06:36	<b>04:35:50.65</b>	<b>04:35:50.65</b>	+01:39:50 (36.2%)	13:08	4.6 (63.9%)
55	<b>STAWIARSKA Katarzyna</b>	<b>418</b>	KOWARY BIEGAJĄ	K-30	33	NIE	01:38:42	03:03:54	<b>04:36:18.95</b>	<b>04:36:54.15</b>	+01:40:53 (36.4%)	13:09	4.6 (63.9%)
56	<b>NOWAK Justyna</b>	<b>53</b>	OBORYGENI	K-30	34	NIE	01:35:35	03:00:05	<b>04:37:32.90</b>	<b>04:37:58.65</b>	+01:41:58 (36.7%)	13:13	4.5 (62.5%)
57	<b>KRAUSE Ania</b>	<b>69</b>		K-30	35	NIE	01:39:09	03:03:09	<b>04:37:22.55</b>	<b>04:38:08.95</b>	+01:42:08 (36.7%)	13:12	4.5 (62.5%)
58	<b>BURDAJEWICZ Magdalena</b>	<b>172</b>	PAJĄCZEK	K-30	36	NIE	01:40:34	03:04:23	<b>04:38:17.00</b>	<b>04:38:36.95</b>	+01:42:36 (36.8%)	13:15	4.5 (62.5%)
59	<b>ŁAPCZYŃSKA Magdalena</b>	<b>229</b>	KARPACZ SPORT	K-40	8	NIE	01:32:37	02:58:08	<b>04:39:27.30</b>	<b>04:39:35.60</b>	+01:43:35 (37.0%)	13:18	4.5 (62.5%)
60	<b>PAJĄCZEK Dominika</b>	<b>28</b>		K-30	37	NIE	01:44:47	03:08:39	<b>04:39:40.20</b>	<b>04:40:00.60</b>	+01:44:00 (37.1%)	13:19	4.5 (62.5%)
61	<b>BUDNICKA Anna</b>	<b>148</b>	ULTRASRULTRA	K-30	38	NIE	01:40:13	03:04:33	<b>04:40:28.25</b>	<b>04:40:51.70</b>	+01:44:51 (37.3%)	13:21	4.5 (62.5%)
62	<b>WICHERKIEWICZ Ilona</b>	<b>480</b>	RZECZYPROSTE	K-30	39	NIE	01:37:48	03:04:36	<b>04:41:43.45</b>	<b>04:42:22.50</b>	+01:46:22 (37.7%)	13:24	4.5 (62.5%)
63	<b>SIEJA Katarzyna</b>	<b>258</b>	KRAKOWSKI KLUB TATERNICTWA JASKINIOWEGO	K-20	16	TAK	01:36:12	03:09:20	<b>04:45:39.85</b>	<b>04:46:05.40</b>	+01:50:05 (38.5%)	13:36	4.4 (61.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
64	<b>MARCINKIEWICZ Marta</b>	<b>51</b>	MATNER RUNNING TEAM	K-40	9	NIE	01:50:06	03:13:50	<b>04:45:47.85</b>	<b>04:46:36.50</b>	+01:50:36 (38.6%)	13:36	4.4 (61.1%)
65	<b>BOGUCKA Zuzanna</b>	<b>202</b>		K-20	17	NIE	01:44:48	03:09:26	<b>04:47:03.25</b>	<b>04:47:37.20</b>	+01:51:36 (38.8%)	13:40	4.4 (61.1%)
66	<b>WIADERNA Nina</b>	<b>482</b>	SBRT POWIŚLE	K-30	40	NIE	01:40:00	03:10:38	<b>04:47:42.40</b>	<b>04:48:04.60</b>	+01:52:04 (38.9%)	13:42	4.4 (61.1%)
67	<b>KITA Ewa</b>	<b>142</b>	BIEGAMDLAZDROWIA.PL	K-50	1	NIE	01:43:07	03:10:45	<b>04:47:40.55</b>	<b>04:48:07.30</b>	+01:52:07 (38.9%)	13:41	4.4 (61.1%)
68	<b>ZABŁOCKA Magdalena</b>	<b>100</b>	660847252	K-30	41	NIE	01:42:56	03:12:09	<b>04:47:20.50</b>	<b>04:48:07.75</b>	+01:52:07 (38.9%)	13:40	4.4 (61.1%)
69	<b>KUCNER Monika</b>	<b>536</b>	ALBERTS SP Z O.O.	K-40	10	TAK	01:43:04	03:09:17	<b>04:48:55.30</b>	<b>04:49:08.30</b>	+01:53:08 (39.1%)	13:45	4.4 (61.1%)
70	<b>GALEWSKA Julia</b>	<b>395</b>		K-20	18	NIE	01:38:23	03:09:53	<b>04:48:30.15</b>	<b>04:49:15.15</b>	+01:53:14 (39.2%)	13:44	4.4 (61.1%)
71	<b>WOLFF- STEFANIAK Maria</b>	<b>208</b>		K-20	19	NIE	01:35:43	03:11:59	<b>04:49:13.45</b>	<b>04:49:24.95</b>	+01:53:24 (39.2%)	13:46	4.4 (61.1%)
72	<b>PAGIEŁA Agnieszka</b>	<b>124</b>		K-20	20	NIE	01:45:18	03:18:38	<b>04:48:57.90</b>	<b>04:49:41.15</b>	+01:53:40 (39.2%)	13:45	4.4 (61.1%)
73	<b>PANEK Aleksandra</b>	<b>266</b>		K-40	11	NO	01:48:57	03:16:09	<b>04:49:22.70</b>	<b>04:50:02.50</b>	+01:54:02 (39.3%)	13:46	4.4 (61.1%)
74	<b>NASTAWSKA Monika</b>	<b>189</b>		K-40	12	NIE	01:44:33	03:13:45	<b>04:49:55.20</b>	<b>04:50:14.35</b>	+01:54:14 (39.4%)	13:48	4.3 (59.7%)
75	<b>HARĘŻŁAK Dorota</b>	<b>244</b>	4 ŁAPY PSA ŁÓDŹ	K-30	42	NIE	01:49:01	03:16:08	<b>04:51:10.35</b>	<b>04:51:38.05</b>	+01:55:37 (39.6%)	13:51	4.3 (59.7%)
76	<b>SYPNIEWSKA Hanna</b>	<b>193</b>	SPARTANIE DZIECIOM/ GOLDEN TEAM	K-60	1	NIE	01:51:30	03:18:35	<b>04:53:17.50</b>	<b>04:53:54.40</b>	+01:57:54 (40.1%)	13:58	4.3 (59.7%)
77	<b>CZERWONKA Katarzyna</b>	<b>131</b>		K-30	43	NIE	01:45:10	03:14:56	<b>04:54:07.10</b>	<b>04:54:57.55</b>	+01:58:57 (40.3%)	14:00	4.3 (59.7%)
78	<b>KACZMARCZYK Urszula</b>	<b>318</b>	PRO - RUN WROCŁAW	K-30	44	NIE	01:50:20	03:20:18	<b>04:54:47.90</b>	<b>04:55:28.75</b>	+01:59:28 (40.4%)	14:02	4.3 (59.7%)
79	<b>KACZMARCZYK Anna</b>	<b>106</b>		K-20	21	NIE	01:45:19	03:18:40	<b>04:55:34.60</b>	<b>04:56:17.55</b>	+02:00:17 (40.6%)	14:04	4.3 (59.7%)
80	<b>LUBAŃSKA Alicja</b>	<b>492</b>		K-40	13	NIE	01:43:40	03:12:08	<b>04:57:09.45</b>	<b>04:57:46.00</b>	+02:01:45 (40.9%)	14:09	4.2 (58.3%)
81	<b>KUPKA Martyna</b>	<b>130</b>	SWAT TEAM	K-30	45	NIE	02:02:11	03:32:29	<b>04:57:49.45</b>	<b>04:57:49.45</b>	+02:01:49 (40.9%)	14:10	4.2 (58.3%)
82	<b>SUJAK Małgorzata</b>	<b>333</b>	MKB DREPTAK	K-50	2	NIE	01:47:24	03:18:01	<b>04:57:22.50</b>	<b>04:57:50.90</b>	+02:01:50 (40.9%)	14:09	4.2 (58.3%)
83	<b>BARTKOWIAK Alina</b>	<b>159</b>	DZIKIE BOBRY ŚNIEGU SIĘ NIE BOJĄ	K-30	46	NO	01:43:51	03:18:39	<b>04:57:38.80</b>	<b>04:57:53.65</b>	+02:01:53 (40.9%)	14:10	4.2 (58.3%)
84	<b>GRABARCZYK Magdalena</b>	<b>496</b>		K-20	22	TAK	01:48:38	03:31:53	<b>04:57:06.70</b>	<b>04:57:55.50</b>	+02:01:55 (40.9%)	14:08	4.2 (58.3%)
85	<b>GOKIERT- SKRENTNA Justyna</b>	<b>206</b>		K-40	14	NIE	01:44:19	03:19:53	<b>04:59:21.30</b>	<b>04:59:52.05</b>	+02:03:51 (41.3%)	14:15	4.2 (58.3%)
86	<b>SZKUDLARSKA Joanna</b>	<b>164</b>	PRZED SIEBIE	K-40	15	NIE	01:47:11	03:17:30	<b>05:04:18.45</b>	<b>05:04:32.75</b>	+02:08:32 (42.2%)	14:29	4.1 (56.9%)
87	<b>ZAUCHA Marta</b>	<b>391</b>	KŁODZKO PRZYTWIERDZA BIEGANIE	K-30	47	NIE	01:47:29	03:21:17	<b>05:04:48.75</b>	<b>05:05:00.30</b>	+02:09:00 (42.3%)	14:30	4.1 (56.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
88	<b>DZIEWIATOWSKA Agnieszka</b>	<b>362</b>		K-40	16	NIE	01:44:20	03:19:54	<b>05:04:29.55</b>	<b>05:05:01.10</b>	+02:09:00 (42.3%)	14:30	4.1 (56.9%)
89	<b>BORUTA-KOŁODZIEJ Emilia</b>	<b>317</b>	PRO-RUN WROCŁAW	K-30	48	NIE	01:50:20	03:21:35	<b>05:05:46.70</b>	<b>05:06:27.65</b>	+02:10:27 (42.6%)	14:33	4.1 (56.9%)
90	<b>SŁOTA Małgorzata</b>	<b>30</b>	MZ RUNNING TEAM	K-30	49	NIE	01:52:20	03:26:27	<b>05:06:40.10</b>	<b>05:07:21.55</b>	+02:11:21 (42.7%)	14:36	4.1 (56.9%)
91	<b>MICHALAK Joanna</b>	<b>371</b>		K-40	17	NIE	01:49:58	03:23:14	<b>05:08:31.35</b>	<b>05:09:22.85</b>	+02:13:22 (43.1%)	14:41	4.1 (56.9%)
92	<b>PEPŁOWSKA Sylwia</b>	<b>98</b>		K-30	50	NIE	01:47:17	03:23:44	<b>05:10:38.25</b>	<b>05:10:57.75</b>	+02:14:57 (43.4%)	14:47	4.1 (56.9%)
93	<b>BOROŃ Izabela</b>	<b>47</b>		K-40	18	NIE	01:49:59	03:22:59	<b>05:10:08.55</b>	<b>05:10:58.45</b>	+02:14:58 (43.4%)	14:46	4.1 (56.9%)
94	<b>ZIEMKOWSKA Monika</b>	<b>415</b>		K-40	19	NIE	01:56:45	03:29:25	<b>05:11:59.70</b>	<b>05:12:26.75</b>	+02:16:26 (43.7%)	14:51	4 (55.6%)
95	<b>OLEJNIK Anna</b>	<b>285</b>		K-20	23	NIE	02:02:26	03:32:32	<b>05:14:04.35</b>	<b>05:14:04.35</b>	+02:18:04 (44.0%)	14:57	4 (55.6%)
96	<b>KACEJKO Małgorzata</b>	<b>313</b>		K-20	24	NIE	01:54:19	03:31:19	<b>05:15:38.65</b>	<b>05:16:17.05</b>	+02:20:16 (44.4%)	15:01	4 (55.6%)
97	<b>CISŁAK Anna</b>	<b>116</b>		K-30	51	NIE	01:54:15	03:35:55	<b>05:19:33.00</b>	<b>05:20:24.85</b>	+02:24:24 (45.1%)	15:13	3.9 (54.2%)
98	<b>ŚWIEŻEWSKA Klementyna</b>	<b>297</b>		K-30	52	NIE	01:54:17	03:30:52	<b>05:21:28.45</b>	<b>05:22:19.70</b>	+02:26:19 (45.4%)	15:18	3.9 (54.2%)
99	<b>LITWIN Anna</b>	<b>539</b>		K-30	53	NIE	01:48:38	03:31:57	<b>05:21:50.75</b>	<b>05:22:39.40</b>	+02:26:39 (45.5%)	15:19	3.9 (54.2%)
100	<b>BIADAŁA Paulina</b>	<b>406</b>		K-30	54	NIE	01:56:49	03:42:25	<b>05:24:26.80</b>	<b>05:25:21.45</b>	+02:29:21 (45.9%)	15:27	3.9 (54.2%)
101	<b>WŁODARCZYK Kasia</b>	<b>157</b>	SMASHING PĄPKINS	K-30	55	NIE	02:02:01	03:42:20	<b>05:30:47.40</b>	<b>05:31:33.15</b>	+02:35:32 (46.9%)	15:45	3.8 (52.8%)
102	<b>SKOREK-BILCZYŃSKA Patrycja</b>	<b>472</b>		K-30	56	NIE	02:00:41	03:46:39	<b>05:31:11.10</b>	<b>05:32:15.25</b>	+02:36:15 (47.0%)	15:46	3.8 (52.8%)
103	<b>WICIAK Katarzyna</b>	<b>408</b>		K-20	25	NIE	02:02:05	03:46:57	<b>05:39:39.55</b>	<b>05:40:24.65</b>	+02:44:24 (48.3%)	16:10	3.7 (51.4%)
	<b>TUCHOŁKA Marta</b>	<b>361</b>	POCO LOCO AT	K-30		NO	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>NADOLSKA Ania</b>	<b>374</b>		K-40		NIE	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>MAĆKOWIAK Magda</b>	<b>65</b>		K-20		TAK	01:44:56 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>KORDAŚ Katarzyna</b>	<b>458</b>		K-30		NO	01:54:19 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>SLEZAK Aneta</b>	<b>574</b>		K-30		NIE	02:09:04 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>PAWŁOWSKA Danuta</b>	<b>275</b>		K-40		NIE	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 109 wynik(ów)