



ZIMOWY  
PÓLMARATON  
GÓR STOŁOWYCH

**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2019-01-19  
**Miejsce:** Karlów  
**Dystans:** 21 km

# ZIMOWY PÓLMARATON GÓR STOŁOWYCH 2019

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN KOBIEC

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	<b>TOMASIAK Natalia</b>	<b>9</b>	SALOMON SUUNTO TEAM / KW ZAKOPANE	K-30	1	TAK	00:46:00		<b>02:30:42.28</b>	<b>02:30:45.30</b>		7:10	8.4 (100%)
2	<b>KWIATKOWSKA Kinga</b>	<b>498</b>	ALPIN SPORT TEAM	K-30	2	NIE	00:54:49	01:49:51	<b>02:53:29.99</b>	<b>02:53:34.00</b>	+00:22:48 (13.1%)	8:15	7.3 (86.9%)
3	<b>SULIK Agnieszka</b>	<b>461</b>	WARSAW MASTERS TEAM	K-30	3	NIE			<b>03:11:08.30</b>	<b>03:11:08.30</b>	+00:40:23 (21.1%)	9:06	6.6 (78.6%)
4	<b>TAMBORSKA Agata</b>	<b>533</b>	DZIK KOMANDO	K-30	4	NIE	01:01:06	02:02:03	<b>03:13:09.95</b>	<b>03:13:17.05</b>	+00:42:31 (22.0%)	9:11	6.5 (77.4%)
5	<b>DROŹDZIK Magdalena</b>	<b>317</b>	WKB META LUBLINIEC	K-40	1	NIE	00:58:31	02:00:41	<b>03:13:22.49</b>	<b>03:13:33.50</b>	+00:42:48 (22.1%)	9:12	6.5 (77.4%)
6	<b>KRAWCZYK Adriana</b>	<b>142</b>		K-30	5	NIE	00:55:59	02:00:29	<b>03:15:52.69</b>	<b>03:15:57.70</b>	+00:45:12 (23.1%)	9:19	6.4 (76.2%)
7	<b>ZALEWSKA Anna</b>	<b>550</b>	BBL ZDUŃSKA WOLA	K-40	2	NIE	01:03:24	02:06:04	<b>03:17:22.69</b>	<b>03:17:31.70</b>	+00:46:46 (23.7%)	9:23	6.4 (76.2%)
8	<b>GRABOŚ Nina</b>	<b>273</b>		K-40	3	NIE	01:02:36	02:06:07	<b>03:18:30.74</b>	<b>03:18:45.75</b>	+00:48:00 (24.2%)	9:27	6.3 (75.0%)
9	<b>FERENC-SZMUC Edyta</b>	<b>381</b>		K-30	6	NIE	00:59:08	02:02:26	<b>03:20:07.74</b>	<b>03:20:16.75</b>	+00:49:31 (24.7%)	9:31	6.3 (75.0%)
10	<b>BIEŃ Magdalena</b>	<b>134</b>	SKLEPBIEGACZA	K-40	4	NIE	01:00:25	02:06:00	<b>03:20:27.29</b>	<b>03:20:33.30</b>	+00:49:48 (24.8%)	9:32	6.3 (75.0%)
11	<b>PIECUCH Karolina</b>	<b>218</b>	LACHO TEAM	K-30	7	NIE	01:01:19	02:07:33	<b>03:20:19.54</b>	<b>03:20:35.55</b>	+00:49:50 (24.8%)	9:32	6.3 (75.0%)
12	<b>KRYM Katarzyna</b>	<b>57</b>	NIGHT RUNNERS WROCŁAW	K-40	5	NIE	01:03:18	02:07:25	<b>03:22:16.52</b>	<b>03:22:38.60</b>	+00:51:53 (25.6%)	9:37	6.2 (73.8%)
13	<b>MARKOWSKA Karolina</b>	<b>413</b>	EUROPA UBEZPIECZENIA/NOA	K-30	8	NIE	01:03:32	02:10:23	<b>03:26:53.34</b>	<b>03:27:07.35</b>	+00:56:22 (27.2%)	9:51	6.1 (72.6%)
14	<b>BAŁYS Katarzyna</b>	<b>147</b>	HERCOG RUNNING TEAM	K-30	9	NO	01:03:13	02:09:51	<b>03:27:02.64</b>	<b>03:27:09.65</b>	+00:56:24 (27.2%)	9:51	6.1 (72.6%)
15	<b>MALIK Agnieszka</b>	<b>524</b>	ZUMBA BIEGA	K-40	6	NIE	01:02:41	02:07:48	<b>03:26:44.74</b>	<b>03:27:14.75</b>	+00:56:29 (27.3%)	9:50	6.1 (72.6%)
16	<b>LEBDA Małgorzata</b>	<b>7</b>		K-30	10	TAK	01:03:50	02:09:12	<b>03:27:10.89</b>	<b>03:27:37.90</b>	+00:56:52 (27.4%)	9:51	6.1 (72.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
17	<b>SZCZOTKA Katarzyna</b>	<b>58</b>		K-40	7	NIE	01:08:45	02:16:48	<b>03:31:47.44</b>	<b>03:32:14.45</b>	+01:01:29 (29.0%)	10:05	5.9 (70.2%)
18	<b>HENECZKOWSKA Anna</b>	<b>552</b>	ENDŹI Z KALENJI/KALENJI BY DECATHLON	K-20	1	NIE	01:03:35	02:08:27	<b>03:33:01.54</b>	<b>03:33:21.55</b>	+01:02:36 (29.3%)	10:08	5.9 (70.2%)
19	<b>HOTAŁA Sylwia</b>	<b>28</b>		K-30	11	NIE	01:01:30	02:12:25	<b>03:34:26.74</b>	<b>03:34:32.75</b>	+01:03:47 (29.7%)	10:12	5.9 (70.2%)
20	<b>KONDZIELNIK Magdalena</b>	<b>24</b>		K-40	8	NIE	01:08:49	02:17:16	<b>03:34:12.89</b>	<b>03:34:39.90</b>	+01:03:54 (29.8%)	10:12	5.9 (70.2%)
21	<b>LEŚNIEWSKA Justyna</b>	<b>349</b>	AKTYWNA NOWA RUDA	K-30	12	NIE	01:03:44	02:13:39	<b>03:35:06.54</b>	<b>03:35:17.55</b>	+01:04:32 (30.0%)	10:14	5.9 (70.2%)
22	<b>RAKOWSKA Magdalena</b>	<b>224</b>	DRUŻYNA TVN	K-40	9	NIE	01:07:42	02:17:26	<b>03:37:37.94</b>	<b>03:37:53.95</b>	+01:07:08 (30.8%)	10:21	5.8 (69.0%)
23	<b>GNITECKA Katarzyna</b>	<b>328</b>	EBIEGI	K-20	2	NIE	01:03:41	02:15:13	<b>03:38:47.44</b>	<b>03:38:53.45</b>	+01:08:08 (31.1%)	10:25	5.8 (69.0%)
24	<b>GAŁECKA-PIGUŁA Anna</b>	<b>353</b>	BIEGAMDLAZDROWIA.PL	K-30	13	NIE	01:08:50	02:17:35	<b>03:40:10.50</b>	<b>03:40:37.55</b>	+01:09:52 (31.7%)	10:29	5.7 (67.9%)
25	<b>ZAMBRZYCKA-ROZNER Ewa</b>	<b>79</b>		K-30	14	NO	01:10:28	02:21:23	<b>03:41:06.10</b>	<b>03:41:06.10</b>	+01:10:20 (31.8%)	10:31	5.7 (67.9%)
26	<b>KWIATEK Agnieszka</b>	<b>505</b>		K-20	3	NIE	01:03:59	02:16:45	<b>03:41:18.33</b>	<b>03:41:27.35</b>	+01:10:42 (31.9%)	10:32	5.7 (67.9%)
27	<b>WYTYKOWSKA Joanna</b>	<b>164</b>	RYSIE	K-30	15	TAK	01:14:29	02:22:30	<b>03:41:15.94</b>	<b>03:42:02.95</b>	+01:11:17 (32.1%)	10:32	5.7 (67.9%)
28	<b>PIERZCHAŁA Anna</b>	<b>410</b>	KB MCKIS JAWORZNO	K-40	10	NIE	01:08:59	02:18:44	<b>03:42:55.34</b>	<b>03:43:14.35</b>	+01:12:29 (32.5%)	10:36	5.7 (67.9%)
29	<b>NOGA Angelika</b>	<b>244</b>	KĘCKIE HARPAGANY	K-20	4	NIE	01:06:58	02:16:39	<b>03:43:40.64</b>	<b>03:43:59.65</b>	+01:13:14 (32.7%)	10:39	5.6 (66.7%)
30	<b>NIERADKA Anna</b>	<b>444</b>	JAKDOJADE	K-30	16	NIE	01:10:25	02:20:49	<b>03:43:18.40</b>	<b>03:44:07.50</b>	+01:13:22 (32.7%)	10:38	5.6 (66.7%)
31	<b>OLSCHIMKE-MARMUROWICZ Barbara</b>	<b>199</b>	KOLOROWA DRUŻYNA NESSI	K-40	11	NIE	01:15:50	02:26:21	<b>03:44:49.44</b>	<b>03:45:33.50</b>	+01:14:48 (33.2%)	10:42	5.6 (66.7%)
32	<b>PILARSKA Magdalena</b>	<b>441</b>		K-30	17	NIE	01:15:54	02:23:23	<b>03:44:57.26</b>	<b>03:45:35.35</b>	+01:14:50 (33.2%)	10:42	5.6 (66.7%)
33	<b>BUKOWCZYK Paulina</b>	<b>534</b>	BEZ BALASTU	K-30	18	NIE	01:12:37	02:23:05	<b>03:45:07.40</b>	<b>03:45:44.45</b>	+01:14:59 (33.2%)	10:43	5.6 (66.7%)
34	<b>CHRAPLEWSKA Karolina</b>	<b>312</b>	PRO366	K-30	19	NIE	01:10:09	02:23:50	<b>03:46:01.72</b>	<b>03:46:13.75</b>	+01:15:28 (33.4%)	10:45	5.6 (66.7%)
35	<b>ROZDZYNSKA Patrycja</b>	<b>321</b>		K-20	5	NIE	01:10:46	02:22:48	<b>03:46:08.50</b>	<b>03:46:35.60</b>	+01:15:50 (33.5%)	10:46	5.6 (66.7%)
36	<b>KUBIAK Karolina</b>	<b>502</b>		K-40	12	NIE	01:10:38	02:23:28	<b>03:46:10.54</b>	<b>03:46:36.55</b>	+01:15:51 (33.5%)	10:46	5.6 (66.7%)
37	<b>NOWAKOWSKA Angelina</b>	<b>19</b>	SISU OWB TEAM	K-30	20	NIE	01:08:35	02:22:31	<b>03:46:46.59</b>	<b>03:47:10.60</b>	+01:16:25 (33.6%)	10:47	5.6 (66.7%)
38	<b>MARZEC Karolina</b>	<b>270</b>	DZIKIE DZIKI GORZÓW	K-40	13	NIE	01:04:04	02:15:23	<b>03:54:12.94</b>	<b>03:54:18.95</b>	+01:23:33 (35.7%)	11:09	5.4 (64.3%)
39	<b>CZEKALSKA Maria</b>	<b>139</b>		K-30	21	NIE	01:12:18	02:28:44	<b>03:54:06.99</b>	<b>03:54:32.00</b>	+01:23:46 (35.7%)	11:08	5.4 (64.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
40	<b>WOLFF Maria</b>	<b>387</b>		K-30	22	NIE	01:07:47	02:24:52	<b>03:54:16.28</b>	<b>03:54:35.30</b>	+01:23:50 (35.7%)	11:09	5.4 (64.3%)
41	<b>HRUBÁ Hana</b>	<b>219</b>	NITRO NÁCHOD	K-40	14	NIE	01:10:04	02:25:49	<b>03:55:09.40</b>	<b>03:55:12.45</b>	+01:24:27 (35.9%)	11:11	5.4 (64.3%)
42	<b>BURANT Agnieszka</b>	<b>23</b>		K-30	23	NIE	01:12:01	02:28:46	<b>03:54:57.30</b>	<b>03:55:22.30</b>	+01:24:37 (36.0%)	11:11	5.4 (64.3%)
43	<b>ONAK Izabela</b>	<b>16</b>	OCHAJORUN & FRIENDS	K-40	15	NIE	01:16:32	02:32:00	<b>03:55:21.09</b>	<b>03:55:47.10</b>	+01:25:01 (36.1%)	11:12	5.4 (64.3%)
44	<b>ZŁOTNICKA Olga</b>	<b>364</b>	ŚWIDNICKA GRUPA BIEGOWA	K-40	16	NIE	01:15:54	02:29:39	<b>03:55:38.44</b>	<b>03:56:07.45</b>	+01:25:22 (36.2%)	11:13	5.3 (63.1%)
45	<b>SIENNICA Joanna</b>	<b>360</b>	ŚWIDNICKA GRUPA BIEGOWA	K-40	17	NIE	01:15:45	02:29:39	<b>03:55:38.54</b>	<b>03:56:07.55</b>	+01:25:22 (36.2%)	11:13	5.3 (63.1%)
46	<b>BABIŃSKA Ewelina</b>	<b>53</b>		K-30	24	NIE	01:09:39	02:25:21	<b>03:55:49.81</b>	<b>03:56:18.85</b>	+01:25:33 (36.2%)	11:13	5.3 (63.1%)
47	<b>STAJER Edyta</b>	<b>429</b>	DZIKIE BOBRY	K-30	25	NIE	01:16:13	02:29:26	<b>03:56:48.99</b>	<b>03:57:14.00</b>	+01:26:28 (36.5%)	11:16	5.3 (63.1%)
48	<b>LITWINOWICZ Karolina</b>	<b>378</b>	PARA NIE DO PARY	K-30	26	NIE	01:10:07	02:26:55	<b>03:57:22.33</b>	<b>03:57:30.35</b>	+01:26:45 (36.5%)	11:18	5.3 (63.1%)
49	<b>BARAŃSKA Aleksandra</b>	<b>554</b>		K-20	6	NIE	01:16:38	02:28:52	<b>03:56:34.34</b>	<b>03:57:35.35</b>	+01:26:50 (36.5%)	11:15	5.3 (63.1%)
50	<b>SZPILAREWICZ Barbara</b>	<b>492</b>	ABY DO METY/RADIO WROCŁAW	K-40	18	NIE	01:13:02	02:31:07	<b>03:57:04.45</b>	<b>03:57:39.50</b>	+01:26:54 (36.6%)	11:17	5.3 (63.1%)
51	<b>PAKKINEN Laura</b>	<b>17</b>		K-30	27	NO	01:17:54	02:34:00	<b>03:56:52.78</b>	<b>03:57:42.85</b>	+01:26:57 (36.6%)	11:16	5.3 (63.1%)
52	<b>GRUDZIEN Malgorzata</b>	<b>481</b>		K-30	28	NO	01:17:15	02:32:17	<b>03:57:29.19</b>	<b>03:58:12.20</b>	+01:27:26 (36.7%)	11:18	5.3 (63.1%)
53	<b>LENKOWSKA Adrianna</b>	<b>436</b>	RANO	K-20	7	NIE	01:12:34	02:29:34	<b>03:59:14.69</b>	<b>03:59:24.70</b>	+01:28:39 (37.0%)	11:23	5.3 (63.1%)
54	<b>HAREMZA Kinga</b>	<b>130</b>	NIGHT RUNNERS	K-40	19	NIE	01:12:31	02:31:34	<b>03:59:24.74</b>	<b>03:59:35.75</b>	+01:28:50 (37.1%)	11:24	5.3 (63.1%)
55	<b>RYMDEJKO Agnieszka</b>	<b>324</b>	EMITT RACE TEAM	K-20	8	NIE	01:15:41	02:29:00	<b>04:00:31.25</b>	<b>04:01:10.25</b>	+01:30:24 (37.5%)	11:27	5.2 (61.9%)
56	<b>AUGUSTOWSKA Izabela</b>	<b>374</b>	KB GEOTERMIA UNIEJÓW	K-40	20	NIE	01:13:28	02:32:10	<b>04:02:47.80</b>	<b>04:03:00.85</b>	+01:32:15 (38.0%)	11:33	5.2 (61.9%)
57	<b>PAPROCKA Natalia</b>	<b>122</b>		K-40	21	NIE	01:14:15	02:32:26	<b>04:04:30.74</b>	<b>04:05:01.75</b>	+01:34:16 (38.5%)	11:38	5.2 (61.9%)
58	<b>DOLSKA Sara</b>	<b>191</b>	MARTOMBIKE	K-30	29	NIE	01:17:50	02:38:33	<b>04:07:14.38</b>	<b>04:07:30.45</b>	+01:36:45 (39.1%)	11:46	5.1 (60.7%)
59	<b>KOCHMAŃSKA Marta</b>	<b>469</b>		K-30	30	NIE	01:14:16	02:31:13	<b>04:07:06.29</b>	<b>04:07:51.30</b>	+01:37:06 (39.2%)	11:46	5.1 (60.7%)
60	<b>SŁUŻENKO Agata</b>	<b>170</b>		K-30	31	NIE	01:16:37	02:34:32	<b>04:09:57.74</b>	<b>04:10:36.75</b>	+01:39:51 (39.8%)	11:54	5 (59.5%)
61	<b>KOZINOGA Gabriela</b>	<b>13</b>		K-40	22	NIE	01:16:33	02:34:29	<b>04:09:57.94</b>	<b>04:10:36.95</b>	+01:39:51 (39.8%)	11:54	5 (59.5%)
62	<b>KRÓL-PIDANTY Marzena</b>	<b>124</b>		K-40	23	NIE	01:17:09	02:38:38	<b>04:10:41.44</b>	<b>04:11:10.45</b>	+01:40:25 (40.0%)	11:56	5 (59.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
63	<b>STANISZEWSKA-DUDA Katarzyna</b>	<b>101</b>	TIM JEST TIM	K-40	24	NIE	01:17:14	02:38:43	<b>04:11:19.04</b>	<b>04:11:51.05</b>	+01:41:05 (40.1%)	11:58	5 (59.5%)
64	<b>NOWAK Katarzyna</b>	<b>346</b>	TIM JEST TIM	K-30	32	NIE	01:18:06	02:38:40	<b>04:11:19.29</b>	<b>04:11:51.30</b>	+01:41:06 (40.1%)	11:58	5 (59.5%)
65	<b>DUDEK Agnieszka</b>	<b>258</b>	NIGHT RUNNERS	K-30	33	NIE	01:18:29	02:40:27	<b>04:11:51.26</b>	<b>04:12:36.30</b>	+01:41:51 (40.3%)	11:59	5 (59.5%)
66	<b>CHOJNACKA Marta</b>	<b>369</b>		K-30	34	NIE	01:29:00	02:47:28	<b>04:12:03.79</b>	<b>04:12:54.80</b>	+01:42:09 (40.4%)	12:00	5 (59.5%)
67	<b>BUDKA Agata</b>	<b>416</b>	KB MCKIS JAWORZNO	K-40	25	NIE	01:15:53	02:38:15	<b>04:13:00.44</b>	<b>04:13:17.45</b>	+01:42:32 (40.5%)	12:02	5 (59.5%)
68	<b>DOBROCHOWSKA Ilona</b>	<b>308</b>	STRZEGOMSKA DWUNASTKA	K-40	26	NIE	01:13:54	02:33:34	<b>04:13:53.84</b>	<b>04:14:33.85</b>	+01:43:48 (40.8%)	12:05	5 (59.5%)
69	<b>TARCZYŃSKA Halina</b>	<b>529</b>		K-40	27	NIE	01:17:50	02:38:38	<b>04:13:56.44</b>	<b>04:14:36.45</b>	+01:43:51 (40.8%)	12:05	5 (59.5%)
70	<b>KEMPA Ewelina</b>	<b>548</b>	ASICS FRONTRUNNER POLAND	K-20	9	NIE	01:16:04	02:39:27	<b>04:15:10.39</b>	<b>04:15:35.40</b>	+01:44:50 (41.0%)	12:09	4.9 (58.3%)
71	<b>SZUKAŁA Izabela</b>	<b>475</b>		K-30	35	NIE	01:26:14	02:42:52	<b>04:15:04.94</b>	<b>04:16:01.95</b>	+01:45:16 (41.1%)	12:08	4.9 (58.3%)
72	<b>DĘBSKA Klaudyna</b>	<b>476</b>		K-30	36	NIE	01:16:43	02:38:18	<b>04:15:48.34</b>	<b>04:16:13.35</b>	+01:45:28 (41.2%)	12:10	4.9 (58.3%)
73	<b>HAREMZA Joanna</b>	<b>472</b>		K-30	37	TAK	01:26:15	02:42:55	<b>04:15:45.92</b>	<b>04:16:43.00</b>	+01:45:57 (41.3%)	12:10	4.9 (58.3%)
74	<b>GLINA-KRAWCZYK Małgorzata</b>	<b>254</b>	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	K-40	28	NO	01:19:14	02:41:12	<b>04:16:30.42</b>	<b>04:17:04.45</b>	+01:46:19 (41.4%)	12:12	4.9 (58.3%)
75	<b>MILKOWSKA Justyna</b>	<b>121</b>	DECATHLON RYBNIK & PRZYJACIELE	K-30	38	NIE	01:15:56	02:38:36	<b>04:17:05.41</b>	<b>04:17:22.50</b>	+01:46:37 (41.4%)	12:14	4.9 (58.3%)
76	<b>JANKIEWICZ Katarzyna</b>	<b>163</b>	RYSIE	K-30	39	NIE	01:22:40	02:40:03	<b>04:16:50.83</b>	<b>04:17:37.90</b>	+01:46:52 (41.5%)	12:13	4.9 (58.3%)
77	<b>KOLEJ Monika</b>	<b>485</b>	DZIKIE DZIKI GORZÓW	K-40	29	NIE	01:16:14	02:40:07	<b>04:17:17.54</b>	<b>04:17:38.55</b>	+01:46:53 (41.5%)	12:15	4.9 (58.3%)
78	<b>BARAN Paulina</b>	<b>448</b>	BUTALIONY	K-20	10	NIE	01:20:09	02:40:22	<b>04:17:32.04</b>	<b>04:18:07.05</b>	+01:47:21 (41.6%)	12:15	4.9 (58.3%)
79	<b>BAGIŃSKA Paula</b>	<b>390</b>		K-20	11	NIE	01:26:00	02:44:47	<b>04:17:42.31</b>	<b>04:18:25.35</b>	+01:47:40 (41.7%)	12:16	4.9 (58.3%)
80	<b>PASŁAWSKA Olga</b>	<b>137</b>	PRZEBIEGA.PL	K-30	40	NIE	01:16:22	02:37:08	<b>04:18:01.61</b>	<b>04:18:26.70</b>	+01:47:41 (41.7%)	12:17	4.9 (58.3%)
81	<b>PIECUCH Małgorzata</b>	<b>174</b>	PRZEWORSKA GRUPA BIEGOWA	K-50	1	NIE	01:20:54	02:45:11	<b>04:18:09.02</b>	<b>04:18:27.10</b>	+01:47:41 (41.7%)	12:17	4.9 (58.3%)
82	<b>WĘGRZYNOWSKA Ewa</b>	<b>118</b>	EBIEGI.PL	K-40	30	NIE	01:15:16	02:41:12	<b>04:19:18.02</b>	<b>04:19:28.05</b>	+01:48:42 (41.9%)	12:20	4.9 (58.3%)
83	<b>FRAŃCZEK Iwona</b>	<b>215</b>		K-30	41	NIE	01:22:56	02:43:07	<b>04:19:11.15</b>	<b>04:19:51.20</b>	+01:49:05 (42.0%)	12:20	4.9 (58.3%)
84	<b>BURDAJEWICZ Magdalena</b>	<b>348</b>		K-30	42	NIE	01:26:24	02:47:32	<b>04:20:26.49</b>	<b>04:21:11.55</b>	+01:50:26 (42.3%)	12:24	4.8 (57.1%)
85	<b>SZULECKA Kamila</b>	<b>20</b>		K-30	43	NIE	01:28:40	02:50:36	<b>04:21:48.34</b>	<b>04:22:31.35</b>	+01:51:46 (42.6%)	12:28	4.8 (57.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
86	<b>CZAPRAN Magdalena</b>	<b>231</b>	HIRERIGHT RUNNING TEAM	K-30	44	NIE	01:18:19	02:46:53	<b>04:21:58.04</b>	<b>04:22:36.05</b>	+01:51:50 (42.6%)	12:28	4.8 (57.1%)
87	<b>ZAUCHA Marta</b>	<b>86</b>	KŁODZKO PRZYTWIERDZA BIEGANIE	K-30	45	NIE	01:24:44	02:47:17	<b>04:23:36.73</b>	<b>04:24:13.75</b>	+01:53:28 (42.9%)	12:33	4.8 (57.1%)
88	<b>SARNOWSKA Joanna</b>	<b>385</b>	ULTRASARNY	K-20	12	NIE	01:26:26	02:51:18	<b>04:24:54.39</b>	<b>04:25:35.45</b>	+01:54:50 (43.2%)	12:36	4.8 (57.1%)
89	<b>OSTACH Daria</b>	<b>15</b>		K-40	31	NIE	01:26:53	02:48:35	<b>04:25:08.56</b>	<b>04:25:59.60</b>	+01:55:14 (43.3%)	12:37	4.8 (57.1%)
89	<b>PRUSIEWICZ Beata</b>	<b>59</b>	ANTONTEAM	K-50	2	NIE	01:27:14	02:48:43	<b>04:25:08.59</b>	<b>04:25:59.60</b>	+01:55:14 (43.3%)	12:37	4.8 (57.1%)
91	<b>FEDOROWICZ Jowita</b>	<b>415</b>	KOTWICA BRZEG	K-30	46	NIE	01:26:37		<b>04:25:54.34</b>	<b>04:26:30.40</b>	+01:55:45 (43.4%)	12:39	4.7 (56.0%)
92	<b>PISOWŁODZKA Dagmara</b>	<b>490</b>		K-40	32	NIE	01:21:25	02:50:35	<b>04:26:44.93</b>	<b>04:27:03.95</b>	+01:56:18 (43.6%)	12:42	4.7 (56.0%)
93	<b>MACIEJEC Dorota</b>	<b>513</b>		K-40	33	TAK	01:25:33	02:50:50	<b>04:26:48.10</b>	<b>04:27:13.20</b>	+01:56:27 (43.6%)	12:42	4.7 (56.0%)
94	<b>SZCZYPEK Ola</b>	<b>165</b>	SMT SZCZECIN	K-30	47	NIE	01:23:50	02:51:03	<b>04:26:43.67</b>	<b>04:27:20.75</b>	+01:56:35 (43.6%)	12:42	4.7 (56.0%)
95	<b>KUBÓW Agnieszka</b>	<b>284</b>	ZLB ZŁOTORYJA	K-30	48	NIE	01:29:00	02:54:10	<b>04:29:33.84</b>	<b>04:30:28.85</b>	+01:59:43 (44.3%)	12:50	4.7 (56.0%)
96	<b>PASZKE Agnieszka</b>	<b>326</b>		K-20	13	NIE	01:29:15	02:55:39	<b>04:29:48.92</b>	<b>04:30:41.00</b>	+01:59:55 (44.3%)	12:50	4.7 (56.0%)
97	<b>GĄSIOROWSKA Dorota</b>	<b>347</b>	MPK WYBIEGANIE / ŚNIĘTY SUM	K-50	3	NIE	01:32:22	02:56:15	<b>04:30:42.10</b>	<b>04:31:24.20</b>	+02:00:38 (44.5%)	12:53	4.7 (56.0%)
98	<b>JAWOROWSKA Aneta</b>	<b>280</b>	ZLB ZŁOTORYJA	K-40	34	NIE	01:29:03	02:54:44	<b>04:31:43.14</b>	<b>04:32:34.20</b>	+02:01:48 (44.7%)	12:56	4.6 (54.8%)
99	<b>WALISZEWSKA Zofia</b>	<b>309</b>		K-30	49	NIE	01:29:02	02:56:19	<b>04:31:46.74</b>	<b>04:32:36.80</b>	+02:01:51 (44.7%)	12:56	4.6 (54.8%)
100	<b>GINTER Katarzyna</b>	<b>268</b>		K-30	50	NIE	01:29:20	02:55:32	<b>04:33:15.94</b>	<b>04:34:01.95</b>	+02:03:16 (45.0%)	13:00	4.6 (54.8%)
101	<b>MICHALSKA Agnieszka</b>	<b>276</b>	KŁODZKO PRZYTWIERDZA BIEGANIE	K-40	35	NIE	01:25:23	02:50:58	<b>04:33:27.99</b>	<b>04:34:05.00</b>	+02:03:19 (45.0%)	13:01	4.6 (54.8%)
102	<b>NEUMANN Beata</b>	<b>71</b>	CENTRUM ŁĄKOWA 1	K-50	4	NIE	01:29:14	02:55:23	<b>04:34:11.58</b>	<b>04:34:56.65</b>	+02:04:11 (45.2%)	13:03	4.6 (54.8%)
103	<b>CZEKALSKA Elżbieta</b>	<b>182</b>		K-50	5	NIE	01:24:59	02:54:08	<b>04:34:34.26</b>	<b>04:34:57.35</b>	+02:04:12 (45.2%)	13:04	4.6 (54.8%)
104	<b>KARWECKA-WIELICKA Katarzyna</b>	<b>6</b>		K-40	36	TAK	01:30:02	02:55:15	<b>04:34:26.09</b>	<b>04:34:58.10</b>	+02:04:12 (45.2%)	13:04	4.6 (54.8%)
105	<b>CZOPEK Agnieszka</b>	<b>72</b>	KB MCKIS JAWORZNO	K-40	37	NIE	01:25:01	02:54:49	<b>04:34:43.99</b>	<b>04:34:59.00</b>	+02:04:13 (45.2%)	13:04	4.6 (54.8%)
106	<b>KOWALCZY-GROCHLA Agata</b>	<b>186</b>	KB MCKIS JAWORZNO	K-40	38	NIE	01:24:05	02:54:29	<b>04:34:43.14</b>	<b>04:34:59.15</b>	+02:04:13 (45.2%)	13:04	4.6 (54.8%)
107	<b>KUŚ Gabriela</b>	<b>408</b>	KB MCKIS JAWORZNO	K-40	39	NIE	01:27:24	02:54:43	<b>04:34:36.30</b>	<b>04:35:00.40</b>	+02:04:15 (45.2%)	13:04	4.6 (54.8%)
108	<b>JĘDRZEJCZAK Anna</b>	<b>407</b>	KB MCKIS JAWORZNO	K-40	40	NIE	01:27:46	02:54:50	<b>04:34:39.09</b>	<b>04:35:01.15</b>	+02:04:15 (45.2%)	13:04	4.6 (54.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
109	<b>KROENKE Barbara</b>	<b>150</b>	OBOZYBIEGOWE.PL	K-60	1	NIE	01:28:27	02:56:44	<b>04:36:05.14</b>	<b>04:36:40.15</b>	+02:05:54 (45.5%)	13:08	4.6 (54.8%)
110	<b>SITEK Anna</b>	<b>157</b>	LZS LIPA	K-30	51	NIE	01:29:39	02:54:08	<b>04:36:23.71</b>	<b>04:37:17.80</b>	+02:06:32 (45.6%)	13:09	4.6 (54.8%)
111	<b>NATKANIEC Grażyna</b>	<b>190</b>	LZS LIPA	K-50	6	NIE	01:29:40	02:54:07	<b>04:36:23.95</b>	<b>04:37:18.05</b>	+02:06:32 (45.6%)	13:09	4.6 (54.8%)
112	<b>ROSZYK Sylwia</b>	<b>256</b>	PARKRUN POZNAŃ/ ALBIONE	K-40	41	NIE	01:23:46	02:54:09	<b>04:36:55.99</b>	<b>04:37:24.00</b>	+02:06:38 (45.7%)	13:11	4.5 (53.6%)
113	<b>MARCINIAK Agata</b>	<b>518</b>	RAZEM TRENUJEMY SPORT	K-40	42	NIE	01:28:35	02:54:42	<b>04:37:05.92</b>	<b>04:37:50.00</b>	+02:07:04 (45.7%)	13:11	4.5 (53.6%)
114	<b>DOROŻAŁA Natalia</b>	<b>519</b>		K-30	52	NIE	01:29:09	02:55:03	<b>04:37:09.32</b>	<b>04:37:50.40</b>	+02:07:05 (45.7%)	13:11	4.5 (53.6%)
115	<b>CIOZDA Katarzyna</b>	<b>187</b>		K-40	43	NIE	01:29:59	03:02:22	<b>04:37:38.72</b>	<b>04:38:08.75</b>	+02:07:23 (45.8%)	13:13	4.5 (53.6%)
116	<b>CIPORA Katarzyna</b>	<b>468</b>	FOUR RUNNERS GROUP	K-40	44	NIE	01:31:40	03:01:54	<b>04:39:45.39</b>	<b>04:40:39.40</b>	+02:09:54 (46.3%)	13:19	4.5 (53.6%)
117	<b>BĄCZYK Monika</b>	<b>237</b>	MONIA GYM	K-40	45	NIE	01:23:59	02:52:36	<b>04:41:09.53</b>	<b>04:41:36.55</b>	+02:10:51 (46.5%)	13:23	4.5 (53.6%)
118	<b>FIT Olga</b>	<b>235</b>	HIRERIGHT RUNNING TEAM	K-30	53	NIE	01:33:29	03:04:03	<b>04:40:48.25</b>	<b>04:41:37.25</b>	+02:10:51 (46.5%)	13:22	4.5 (53.6%)
119	<b>ZIEMKOWSKA Monika</b>	<b>93</b>		K-40	46	NIE	01:27:40	03:00:56	<b>04:43:01.94</b>	<b>04:43:22.95</b>	+02:12:37 (46.8%)	13:28	4.5 (53.6%)
120	<b>FEDYSZYN Anna</b>	<b>208</b>	AKTYWNE PRAWOBRZEŻE SZCZECIN	K-30	54	NIE	01:29:39	03:01:54	<b>04:42:52.49</b>	<b>04:43:43.50</b>	+02:12:58 (46.9%)	13:28	4.5 (53.6%)
121	<b>SŁOTA Małgorzata</b>	<b>405</b>	TMTEAM	K-40	47	NIE	01:27:47	03:02:23	<b>04:44:34.96</b>	<b>04:45:16.05</b>	+02:14:30 (47.2%)	13:33	4.4 (52.4%)
122	<b>MARCINKIEWICZ Marta</b>	<b>406</b>	MATNER RUNNING TEAM	K-50	7	NIE	01:29:35	03:06:37	<b>04:44:27.94</b>	<b>04:45:20.95</b>	+02:14:35 (47.2%)	13:32	4.4 (52.4%)
123	<b>SIKORA Agnieszka</b>	<b>414</b>	MATNER RUNNING TEAM	K-40	48	NIE	01:30:37	03:07:57	<b>04:44:28.23</b>	<b>04:45:21.25</b>	+02:14:35 (47.2%)	13:32	4.4 (52.4%)
124	<b>MATCZUK-PISAREK Marta</b>	<b>161</b>		K-30	55	NIE	01:28:40	03:01:46	<b>04:47:22.09</b>	<b>04:47:58.10</b>	+02:17:12 (47.6%)	13:41	4.4 (52.4%)
125	<b>HANGIEL Urszula</b>	<b>167</b>	ŻWAWĘ ŻÓŁWIE	K-30	56	NIE	01:29:41	03:06:38	<b>04:47:23.14</b>	<b>04:48:01.15</b>	+02:17:15 (47.7%)	13:41	4.4 (52.4%)
126	<b>PRUCHNIEWSKA Agnieszka</b>	<b>422</b>	ROKIETNICA BIEGA	K-40	49	NIE		03:07:43	<b>04:49:53.65</b>	<b>04:49:53.65</b>	+02:19:08 (48.0%)	13:48	4.3 (51.2%)
127	<b>KACZMARCZYK Anna</b>	<b>366</b>		K-20	14	NIE	01:35:00	03:08:00	<b>04:49:25.30</b>	<b>04:50:17.35</b>	+02:19:32 (48.1%)	13:46	4.4 (52.4%)
128	<b>KURIATA Andżelika</b>	<b>33</b>		K-30	57	TAK		03:08:08	<b>04:50:45.90</b>	<b>04:50:45.90</b>	+02:20:00 (48.2%)	13:50	4.3 (51.2%)
129	<b>BIADAŁA Paulina</b>	<b>526</b>		K-30	58	NIE	01:23:54	03:00:06	<b>04:51:01.15</b>	<b>04:51:25.25</b>	+02:20:39 (48.3%)	13:51	4.3 (51.2%)
130	<b>FEDYCZKOWSKA Justyna</b>	<b>454</b>	STRZEGOMSKA DWUNASTKA	K-40	50	NIE	01:32:35	03:12:00	<b>04:57:40.29</b>	<b>04:58:23.30</b>	+02:27:38 (49.5%)	14:10	4.2 (50.0%)
131	<b>DUDEK Mariola</b>	<b>176</b>	STRZEGOMSKA DWUNASTKA	K-40	51	NIE	01:33:28	03:12:06	<b>04:57:40.78</b>	<b>04:58:23.85</b>	+02:27:38 (49.5%)	14:10	4.2 (50.0%)

Przekroczony limit czasu: 05:00:00

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
132	<b>LOSOR Agnieszka</b>	<b>486</b>		K-40	52	NIE	01:26:30	03:14:30	<b>05:04:17.01</b>	<b>05:04:36.05</b>	+02:33:50 (50.5%)	14:29	4.1 (48.8%)
133	<b>BAKA Elżbieta</b>	<b>336</b>	FLY MEYSI	K-40	53	NIE	01:39:23	03:20:59	<b>05:09:32.87</b>	<b>05:10:14.95</b>	+02:39:29 (51.4%)	14:44	4.1 (48.8%)
134	<b>KOWALCZYK Anita</b>	<b>30</b>	TEAMKRÓLAK	K-20	15	NIE	01:41:42	03:23:33	<b>05:14:21.88</b>	<b>05:15:09.90</b>	+02:44:24 (52.2%)	14:58	4 (47.6%)
135	<b>BĄDZIUL Dorota</b>	<b>36</b>		K-30	59	NIE	01:42:21	03:25:52	<b>05:15:34.34</b>	<b>05:16:23.35</b>	+02:45:38 (52.4%)	15:01	4 (47.6%)
136	<b>JĘDZURA Agnieszka</b>	<b>373</b>		K-40	54	NIE	01:43:20	03:25:51	<b>05:18:05.77</b>	<b>05:18:31.85</b>	+02:47:46 (52.7%)	15:08	4 (47.6%)
137	<b>KUCHARSKA Aneta</b>	<b>264</b>		K-40	55	NIE	01:38:55	03:28:08	<b>05:22:02.04</b>	<b>05:22:58.05</b>	+02:52:12 (53.3%)	15:20	3.9 (46.4%)
138	<b>TWARDOWSKA Ewa</b>	<b>368</b>	KB GEOTERMIA UNIEJÓW	K-30	60	NIE	01:39:25	03:27:46	<b>05:24:29.92</b>	<b>05:24:59.00</b>	+02:54:13 (53.6%)	15:27	3.9 (46.4%)
139	<b>STANKOWSKA Dorota</b>	<b>401</b>		K-40	56	NIE	01:56:52	03:50:16	<b>05:54:44.90</b>	<b>05:55:28.00</b>	+03:24:42 (57.6%)	16:53	3.6 (42.9%)
140	<b>PAWŁOWSKA Danuta</b>	<b>458</b>		K-40	57	NIE	01:49:47	03:48:59				16:21	3.7 (44.0%)

Znaleziono 140 wynik(ów)