



ZIMOWY PÓLMARATON GÓR STOŁOWYCH 2020

B4SPORT

Organiser: Fundacja MARATONY GÓRSKIE
Date: 2020-01-18
Place: Karlów
Distance: 21 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: OPEN KOBIET

Place	Participant	Number	Club	Category	MCat	Alpinista	Parking 7km	Bledne_Skaly 14km	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
1	TOMASIAK Natalia	1	SALOMON SUUNTO TEAM/ KW ZAKOPANE	K-30	1	TAK	00:45:26	01:21:53	02:06:11.35	02:06:15.10		6:00	10 (100%)
2	KULIK Iwona	539	KUDOWIANKA RUN	K-20	1	NIE	00:48:41	01:26:41	02:13:53.90	02:13:58.65	+00:07:43 (5.8%)	6:22	9.4 (94.0%)
3	BAŁYS Katarzyna	371		K-30	2	NIE	00:49:42	01:28:48	02:17:42.70	02:17:50.30	+00:11:35 (8.4%)	6:33	9.1 (91.0%)
4	BIHUN Natalia	486	GTRAT	K-30	3	NIE	00:49:46	01:28:50	02:20:15.05	02:20:15.05	+00:13:59 (10.0%)	6:40	9 (90.0%)
5	KRYM Katarzyna	95	NIGHT RUNNERS WROCŁAW	K-40	1	NIE	00:54:42	01:36:13	02:26:33.95	02:26:40.25	+00:20:25 (13.9%)	6:58	8.6 (86.0%)
6	MARZEC Karolina	384	DZIKIE DZIKI GORZÓW	K-40	2	NIE	00:55:54	01:38:44	02:29:04.70	02:29:14.10	+00:22:59 (15.4%)	7:05	8.5 (85.0%)
7	FERENC-SZMUC Edyta	211	KUDOWIANKA RUN	K-30	4	NIE	00:52:58	01:36:27	02:29:42.95	02:29:47.95	+00:23:32 (15.7%)	7:07	8.4 (84.0%)
8	KRUŻOLEK Monika	246	TURBOPTYSIE	K-30	5	NIE	00:56:33	01:39:25	02:30:52.45	02:31:18.40	+00:25:03 (16.6%)	7:11	8.4 (84.0%)
9	NOWACKA Marlena	428	JAN-MAR.PL	K-40	3	NIE	00:55:50	01:38:47	02:32:09.90	02:32:14.70	+00:25:59 (17.1%)	7:14	8.3 (83.0%)
10	LEŚNIAK Karolina	338	TMTEAM	K-30	6	NIE	00:58:52	01:41:08	02:33:26.20	02:34:01.70	+00:27:46 (18.0%)	7:18	8.2 (82.0%)
11	ŚMIGIELSKA Agnieszka	249		K-30	7	NIE	00:56:21	01:38:55	02:34:39.00	02:34:47.65	+00:28:32 (18.4%)	7:21	8.1 (81.0%)
12	PIECUCH Karolina	161	LACHO TEAM	K-30	8	NIE	00:59:24	01:45:03	02:38:43.05	02:39:00.80	+00:32:45 (20.6%)	7:33	7.9 (79.0%)
13	GRABOŚ Nina	320		K-40	4	NIE	01:00:21	01:45:13	02:39:01.45	02:39:14.75	+00:32:59 (20.7%)	7:34	7.9 (79.0%)
14	MALIK Agnieszka	555	AGA MALIK TEAM	K-40	5	NIE	00:55:48	01:39:37	02:38:34.35	02:39:18.25	+00:33:03 (20.7%)	7:33	7.9 (79.0%)
15	KRAWCZYK Adriana	418		K-30	9	NIE	00:53:23	01:39:11	02:39:41.55	02:39:45.05	+00:33:29 (21.0%)	7:36	7.9 (79.0%)
16	BIEŃ Magdalena	503	CHATABIEGACZA K34	K-40	6	NIE	00:59:47	01:43:31	02:42:54.00	02:42:59.75	+00:36:44 (22.5%)	7:45	7.7 (77.0%)

Place	Participant	Number	Club	Category	MCat	Alpinista	Parking 7km	Bledne_Skaly 14km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
									21km	21km			
17	RESSEL Joanna	489	BUKOWY PARK	K-30	10	NIE	01:00:08	01:45:27	02:42:48.25	02:43:04.05	+00:36:48 (22.6%)	7:45	7.7 (77.0%)
18	BEDNARZ Małgorzata	451	OTM.B	K-40	7	NIE	00:59:30	01:44:35	02:43:14.40	02:43:34.00	+00:37:18 (22.8%)	7:46	7.7 (77.0%)
19	SWIATEK Julia	494		K-30	11	NIE	01:06:09	01:49:59	02:43:13.70	02:43:41.15	+00:37:26 (22.9%)	7:46	7.7 (77.0%)
20	VONDRÁČKOVÁ Markéta	511		K-40	8	NIE	00:58:57	01:44:35	02:44:21.60	02:44:29.65	+00:38:14 (23.2%)	7:49	7.7 (77.0%)
21	ŁYSIAK Sylwia	141	ROZBIEGANY RAWICZ	K-40	9	NIE	00:59:09	01:45:53	02:44:23.05	02:44:34.50	+00:38:19 (23.3%)	7:49	7.7 (77.0%)
22	LEŚNIEWSKA Justyna	158	AKTYWNA NOWA RUDA	K-30	12	NIE	00:59:19	01:47:33	02:46:51.55	02:46:55.95	+00:40:40 (24.4%)	7:56	7.6 (76.0%)
23	DUDA Monika	531	RAZ SZCZECIN	K-40	10	NIE	01:02:54	01:50:11	02:47:01.30	02:47:17.65	+00:41:02 (24.5%)	7:57	7.5 (75.0%)
24	MARKOWSKA Karolina	345	EUROPA UBEZPIECZENIA/NOA	K-30	13	NIE	01:00:07	01:48:17	02:50:13.60	02:50:39.10	+00:44:24 (26.0%)	8:06	7.4 (74.0%)
25	PILARSKA Magdalena	391	WKTJ POZNAN	K-30	14	TAK	01:03:26	01:50:36	02:51:18.25	02:51:37.35	+00:45:22 (26.4%)	8:09	7.4 (74.0%)
26	RYMDEJKO Agnieszka	342	ULTRAKAYA TEAM	K-20	2	NIE	00:59:17	01:46:01	02:51:39.70	02:51:48.05	+00:45:32 (26.5%)	8:10	7.3 (73.0%)
27	BUKOWCZYK Paulina	133	BEZ BALASTU	K-30	15	NIE	01:02:00	01:49:57	02:53:12.15	02:53:19.00	+00:47:03 (27.2%)	8:14	7.3 (73.0%)
28	SOŁTYSIAK Marta	303		K-30	16	TAK	01:02:15	01:50:06	02:53:27.75	02:53:50.80	+00:47:35 (27.4%)	8:15	7.3 (73.0%)
29	SZNAJDER Joanna	540		K-40	11	NIE	01:01:09	01:50:04	02:54:26.60	02:54:46.50	+00:48:31 (27.8%)	8:18	7.2 (72.0%)
30	ŚWIATOWIEC Anna	108		K-40	12	NIE	01:04:22	01:52:56	02:54:17.25	02:54:47.35	+00:48:32 (27.8%)	8:17	7.2 (72.0%)
31	KASPERSKA Barbara	93	BBL GORZÓW	K-40	13	NIE	01:05:42	01:54:51	02:57:21.90	02:57:55.85	+00:51:40 (29.0%)	8:26	7.1 (71.0%)
32	CHOJNACKA Marta	156		K-30	17	NIE	01:06:53	01:56:15	02:58:27.90	02:58:49.55	+00:52:34 (29.4%)	8:29	7.1 (71.0%)
33	KUBIAK Karolina	165	EXCALIBUR	K-40	14	NIE	01:03:27	01:54:01	02:58:06.55	02:58:51.95	+00:52:36 (29.4%)	8:28	7.1 (71.0%)
34	FIGAS Joanna	407	PREDATORS WAŁBRZYCH	K-30	18	NIE	01:06:48	01:55:26	02:58:35.80	02:59:17.20	+00:53:02 (29.6%)	8:30	7.1 (71.0%)
35	PIOTROWICZ Kamila	200		K-20	3	NIE	01:02:53	01:51:17	02:58:58.10	02:59:31.55	+00:53:16 (29.7%)	8:31	7 (70.0%)
36	BIAŁOBLÓCKA Alicja	467		K-30	19	NIE	01:01:36	01:50:04	03:01:09.95	03:01:24.20	+00:55:09 (30.4%)	8:37	7 (70.0%)
37	BOĆKO Ewa	551	WATAHA	K-30	20	NIE	01:01:39	01:50:06	03:01:12.05	03:01:25.75	+00:55:10 (30.4%)	8:37	7 (70.0%)
38	KONOPKA-LULEK Agnieszka	137	RUN IS FUN	K-40	15	TAK	01:04:33	01:54:22	03:01:04.85	03:01:28.40	+00:55:13 (30.4%)	8:37	7 (70.0%)
39	WSZĘDYBYŁ Dorota	497		K-30	21	NIE	01:06:07	01:55:05	03:01:41.00	03:02:06.40	+00:55:51 (30.7%)	8:39	6.9 (69.0%)

Place	Participant	Number	Club	Category	MCat	Alpinista	Parking 7km	Bledne_Skaly 14km	Net	Czas	Gap	Pace min/km	Pace km/h
									time 21km	brutto 21km			
40	DOLSKA Sara	528		K-30	22	NIE	01:06:56	01:56:11	03:01:40.45	03:02:07.65	+00:55:52 (30.7%)	8:39	6.9 (69.0%)
41	SKRZYPIŃSKA Olga	13	CHATA BIEGACZA K34 ZAKOPANE	K-30	23	NIE	01:06:56	01:57:12	03:02:14.20	03:02:38.45	+00:56:23 (30.9%)	8:40	6.9 (69.0%)
42	OLSCHIMKE MARMUROWICZ Barbara	34	KOLOROWA DRUŻYNA NESSI	K-40	16	NIE	01:06:50	01:56:06	03:03:07.30	03:03:37.80	+00:57:22 (31.2%)	8:43	6.9 (69.0%)
43	FARION Marzena	297	THE FARIONS	K-30	24	NIE	01:06:00	01:54:56	03:03:14.45	03:04:06.40	+00:57:51 (31.4%)	8:43	6.9 (69.0%)
44	FRONCZKOWSKA Barbara	447	AKADEMICKI KLUB GÓRSKI	K-30	25	NIE	01:10:48	02:02:17	03:03:48.55	03:04:22.30	+00:58:07 (31.5%)	8:45	6.9 (69.0%)
45	FURGAŁ Dorota	17	ELLITERUNNERSCLUB.PL	K-40	17	NIE	01:07:57	01:59:45	03:04:35.15	03:04:50.85	+00:58:35 (31.7%)	8:47	6.8 (68.0%)
46	KRÓL-PIDANTY Marzena	134		K-40	18	NIE	01:06:40	01:59:20	03:04:39.25	03:05:11.55	+00:58:56 (31.8%)	8:47	6.8 (68.0%)
47	BARAN Paulina	124	RĄCZE RACICZKI	K-30	26	NIE	01:06:57	01:57:12	03:06:25.85	03:06:53.80	+01:00:38 (32.4%)	8:52	6.8 (68.0%)
48	JELENIOWSKA Barbara	389		K-30	27	NIE	01:09:11	01:57:33	03:06:29.25	03:06:56.00	+01:00:40 (32.5%)	8:52	6.8 (68.0%)
49	EMILIANÓW Agnieszka	293		K-30	28	NIE	01:07:31	02:01:08	03:08:08.10	03:08:30.90	+01:02:15 (33.0%)	8:57	6.7 (67.0%)
50	ŻERKO Klaudia	225		K-30	29	NIE	01:05:48	02:00:14	03:08:49.80	03:09:38.30	+01:03:23 (33.4%)	8:59	6.7 (67.0%)
51	MUSIAŁ Ewa	42	EBIEGI.PL	K-40	19	NIE	01:06:42	01:59:32	03:10:07.50	03:10:15.25	+01:04:00 (33.6%)	9:03	6.6 (66.0%)
52	PISOWŁODZKA Dagmara	487		K-40	20	NIE	01:09:07	02:02:34	03:09:58.55	03:10:19.45	+01:04:04 (33.7%)	9:02	6.6 (66.0%)
53	GRUDZIEN Malgorzata	255		K-30	30	NIE	01:11:45	02:04:01	03:11:02.50	03:11:51.85	+01:05:36 (34.2%)	9:05	6.6 (66.0%)
54	FEDOROWICZ Jovita	180	KOTWICA BRZEG	K-30	31	NIE	01:10:02	02:03:52	03:11:57.30	03:12:33.80	+01:06:18 (34.4%)	9:08	6.6 (66.0%)
55	LITWINOWICZ Karolina	75		K-30	32	NIE	01:09:29	02:04:05	03:12:22.25	03:12:42.85	+01:06:27 (34.5%)	9:09	6.5 (65.0%)
56	SIWEK Jagoda	288		K-20	4	NIE	01:14:44	02:06:24	03:12:05.70	03:12:49.25	+01:06:34 (34.5%)	9:08	6.6 (66.0%)
57	PAKULSKA-TOMZA Dorota	226		K-40	21	NIE	01:11:33	02:05:57	03:13:05.10	03:13:40.70	+01:07:25 (34.8%)	9:11	6.5 (65.0%)
58	URBAŃSKA Paulina	417	TRAINING LAB	K-30	33	NIE	01:10:46	02:03:33	03:13:14.20	03:14:08.75	+01:07:53 (35.0%)	9:12	6.5 (65.0%)
59	SOSZYŃSKA-PSTROKOŃSKA Joanna	427	GAZELE NA STARCIE	K-30	34	TAK	01:12:49	02:05:38	03:13:53.50	03:14:42.15	+01:08:27 (35.2%)	9:14	6.5 (65.0%)
60	ODOLCZYK Joanna	236	RĄCZE RACICZKI	K-50	1	NIE	01:12:15	02:05:09	03:16:57.00	03:17:40.70	+01:11:25 (36.1%)	9:22	6.4 (64.0%)
61	GĘBICKA Agata	126	STARGARD JA SIĘ NIE ŚCIGAM	K-30	35	NIE	01:13:07	02:09:00	03:16:57.65	03:17:42.90	+01:11:27 (36.1%)	9:22	6.4 (64.0%)

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									time 21km	brutto 21km			
62	WIŚNIEWSKA Dorota	553	BRUBECK TEAM	K-40	22	NIE	01:12:43	02:05:45	03:18:17.55	03:18:51.70	+01:12:36 (36.5%)	9:26	6.4 (64.0%)
63	LESZCZYŃSKA Weronika	415	SYBERIAN HUSKY TEAM	K-30	36	NIE	01:12:14	02:09:08	03:19:49.45	03:20:15.65	+01:14:00 (37.0%)	9:30	6.3 (63.0%)
64	PIOTROWSKA Agnieszka	38		K-30	37	NIE	01:06:07	02:06:05	03:20:01.90	03:20:17.15	+01:14:02 (37.0%)	9:31	6.3 (63.0%)
65	CIESIELSKA Nikola	15		K-30	38	NIE	01:11:38	02:11:11	03:20:01.45	03:20:17.45	+01:14:02 (37.0%)	9:31	6.3 (63.0%)
66	CZAPRAN Magdalena	333	HIRERIGHT RUNNING TEAM	K-30	39	NO	01:11:55	02:04:45	03:19:30.25	03:20:18.50	+01:14:03 (37.0%)	9:30	6.3 (63.0%)
67	MIERZEJEWSKA Aleksandra	471	TRAINING LAB	K-20	5	NIE	01:13:11	02:10:28	03:21:18.70	03:22:12.50	+01:15:57 (37.6%)	9:35	6.3 (63.0%)
68	GLINA-KRAWCZYK Małgorzata	361	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	K-40	23	NIE	01:13:52	02:11:44	03:21:44.60	03:22:27.10	+01:16:12 (37.6%)	9:36	6.2 (62.0%)
69	KOLEJ Monika	406	DZIKIE DZIKI GORZÓW	K-40	24	NIE	01:12:33	02:09:43	03:23:03.10	03:23:31.50	+01:17:16 (38.0%)	9:40	6.2 (62.0%)
70	SZUKAŁA Izabela	154		K-30	40	NO	01:13:01	02:10:30	03:23:03.50	03:23:38.25	+01:17:23 (38.0%)	9:40	6.2 (62.0%)
71	NAPIERAŁA Katarzyna	70		K-40	25	NIE	01:14:52	02:09:28	03:23:01.95	03:23:38.95	+01:17:23 (38.0%)	9:40	6.2 (62.0%)
72	NIESPODZIANA Anna	241	ROGOZIŃSKI KLUB BIEGACZA	K-30	41	NIE	01:15:02	02:13:50	03:24:07.60	03:24:41.35	+01:18:26 (38.3%)	9:43	6.2 (62.0%)
73	HOREGLAD Maria	558	NOA	K-30	42		01:13:08	02:09:48	03:24:36.70	03:25:07.40	+01:18:52 (38.5%)	9:44	6.2 (62.0%)
74	HOMA Marta	370	KŁODZKO PRZY TWIERDZA BIEGANIE	K-40	26	NIE	01:14:57	02:13:18	03:25:46.65	03:26:16.00	+01:20:00 (38.8%)	9:47	6.1 (61.0%)
75	ZAUCHA Marta	217	KŁODZKO PRZYTWIERDZA BIEGANIE	K-30	43	NIE	01:14:22	02:11:48	03:25:46.95	03:26:16.15	+01:20:01 (38.8%)	9:47	6.1 (61.0%)
76	CHRZUSZCZ Anna	263		K-30	44	NIE	01:12:36	02:08:26	03:25:44.90	03:26:18.55	+01:20:03 (38.8%)	9:47	6.1 (61.0%)
77	DOJS Aleksandra	189	NIGHT RUNNERS	K-40	27	NIE	01:17:42	02:17:29	03:26:47.20	03:27:28.05	+01:21:12 (39.1%)	9:50	6.1 (61.0%)
78	MAŚLAK Marzena	319	POZYTYWNIIE ZABIEGANI SANOK	K-40	28	NIE	01:21:49	02:14:02	03:28:23.55	03:28:53.30	+01:22:38 (39.6%)	9:55	6 (60.0%)
79	FEDYSZYN Anna	285	ŚRUNDUNIA SZCZECIN	K-30	45	NIE	01:19:17	02:16:52	03:29:19.00	03:29:47.45	+01:23:32 (39.8%)	9:58	6 (60.0%)
80	ŻAK Dominika	329	PIERDY PUSZCZY	K-30	46	NIE	01:19:15	02:16:49	03:29:18.90	03:29:47.75	+01:23:32 (39.8%)	9:58	6 (60.0%)
81	JANUS Katarzyna	292		K-40	29	NIE	01:17:45	02:13:56	03:29:15.50	03:29:50.15	+01:23:35 (39.8%)	9:57	6 (60.0%)
82	DUDEK Agnieszka	101		K-30	47	NIE	01:13:55	02:13:10	03:31:24.60	03:31:59.30	+01:25:44 (40.4%)	10:04	6 (60.0%)
83	MAKLES Wioletta	280	NOA	K-40	30	NIE	01:14:47	02:18:26	03:32:28.35	03:33:16.20	+01:27:01 (40.8%)	10:07	5.9 (59.0%)
84	HRUBÁ Hana	223	NITRO NÁCHOD	K-40	31	NIE	01:13:40	02:13:29	03:33:24.45	03:33:28.95	+01:27:13 (40.9%)	10:09	5.9 (59.0%)

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									21km	21km			
85	PETANOVÁ Jana	248	NITRO NÁCHOD	K-40	32	NIE	01:13:35	02:14:59	03:33:25.00	03:33:29.15	+01:27:14 (40.9%)	10:09	5.9 (59.0%)
86	JARACZ-PATEREK Alina	306	NOA	K-40	33	NIE	01:14:47	02:19:54	03:32:44.90	03:33:31.80	+01:27:16 (40.9%)	10:07	5.9 (59.0%)
87	PIECUCH Małgorzata	96		K-50	2	NIE	01:19:51	02:18:44	03:32:59.95	03:33:32.60	+01:27:17 (40.9%)	10:08	5.9 (59.0%)
88	KOWALSKA Małgorzata	401		K-30	48	NIE	01:13:37	02:15:43	03:33:58.30	03:34:10.45	+01:27:55 (41.1%)	10:11	5.9 (59.0%)
89	SZCZUKA Joanna	344	POLITECHNIKA POZNAŃSKA	K-20	6	NIE	01:20:14	02:15:24	03:34:21.45	03:35:08.80	+01:28:53 (41.3%)	10:12	5.9 (59.0%)
90	KOCHMAŃSKA Marta	514		K-30	49	NIE	01:12:08	02:09:17	03:35:26.60	03:35:51.85	+01:29:36 (41.5%)	10:15	5.8 (58.0%)
91	AUGUSTOWSKA Izabela	222	KB GEOTERMIA UNIEJÓW	K-40	34	NIE	01:18:50	02:18:14	03:36:10.45	03:36:22.25	+01:30:07 (41.7%)	10:17	5.8 (58.0%)
92	SZYMCZAK Katarzyna	354		K-50	3	NIE	01:17:31	02:15:12	03:35:38.65	03:36:23.10	+01:30:08 (41.7%)	10:16	5.8 (58.0%)
93	JEDYNAK-DOROSZ Izabela	465	KB MANIAC POZNAŃ	K-40	35	NIE	01:19:36	02:19:19	03:36:08.15	03:36:48.40	+01:30:33 (41.8%)	10:17	5.8 (58.0%)
94	WAŚCIŃSKA Edyta	74	PĘDZI - PARA	K-50	4	NIE	01:25:58	02:23:56	03:36:46.15	03:37:41.10	+01:31:26 (42.0%)	10:19	5.8 (58.0%)
95	PASZKE Agnieszka Regina	549		K-20	7	NIE	01:16:54	02:19:38	03:37:30.55	03:37:42.10	+01:31:27 (42.0%)	10:21	5.8 (58.0%)
96	KOPACKA Edyta	433	ADRIAN DANILEWICZ GROUP	K-30	50	NIE	01:22:59	02:23:15	03:40:06.95	03:40:06.95	+01:33:51 (42.6%)	10:28	5.7 (57.0%)
97	DAMM Beata	220	DAMMTEAMRUNNERS	K-30	51	NIE	01:20:21	02:18:42	03:40:16.40	03:40:53.95	+01:34:38 (42.8%)	10:29	5.7 (57.0%)
98	MARCINKIEWICZ Marta	113	MATNER RUNNING TEAM	K-50	5	NIE	01:20:39	02:24:55	03:41:09.65	03:41:43.40	+01:35:28 (43.1%)	10:31	5.7 (57.0%)
99	FLORCZAK Monika	408		K-30	52	NIE	01:17:28	02:18:21	03:42:25.80	03:43:02.00	+01:36:46 (43.4%)	10:35	5.7 (57.0%)
100	MASZEWSKA Agata	382		K-30	53	NIE	01:20:11	02:18:45	03:43:12.55	03:43:47.75	+01:37:32 (43.6%)	10:37	5.6 (56.0%)
101	MACHTAŁOWICZ Beata	166		K-30	54	TAK	01:21:19	02:24:11	03:43:27.10	03:43:48.60	+01:37:33 (43.6%)	10:38	5.6 (56.0%)
102	WILK Magdalena	138	TEAM ZABIEGANEDNI	K-40	36	NIE	01:10:42	02:18:41	03:43:05.40	03:43:51.10	+01:37:36 (43.6%)	10:37	5.6 (56.0%)
103	ŁAMPIKA Kinga	139	NIGHT RUNNERS WROCLAW	K-40	37	NIE	01:21:05	02:23:59	03:43:38.40	03:44:14.35	+01:37:59 (43.7%)	10:39	5.6 (56.0%)
104	BARTOSIK Kamila	121	NIGHT RUNNERS WROCLAW/#SOBASTEAM	K-40	38	NIE	01:21:08	02:24:00	03:43:38.25	03:44:14.45	+01:37:59 (43.7%)	10:38	5.6 (56.0%)
105	ZARABSKA Kamila	420		K-30	55	NIE	01:18:59	02:21:45	03:44:00.20	03:44:32.00	+01:38:16 (43.8%)	10:40	5.6 (56.0%)
105	MARCIA Oliwia	444	UKA	K-30	55	TAK	01:19:09	02:22:18	03:44:00.30	03:44:32.00	+01:38:16 (43.8%)	10:40	5.6 (56.0%)
107	BORKOWSKA Patrycja	350		K-40	39	NIE	01:21:02	02:23:55	03:43:57.15	03:44:34.35	+01:38:19 (43.8%)	10:39	5.6 (56.0%)

Place	Participant	Number	Club	Category	MCat	Alpinista	Parking 7km	Bledne_Skaly 14km	Net	Czas	Gap	Pace min/km	Pace km/h
									time 21km	brutto 21km			
108	KACIUPA Agnieszka	327	WIERZBICKI RUNNING PROJECT	K-40	40	NIE	01:21:54	02:24:25	03:45:59.90	03:46:40.90	+01:40:25 (44.3%)	10:45	5.6 (56.0%)
109	KOTECKA-CYZA Małgorzata	207	KOTWICA BRZEG	K-30	57	NIE	01:25:01	02:25:49	03:46:06.85	03:46:42.65	+01:40:27 (44.3%)	10:46	5.6 (56.0%)
110	BAGIŃSKA Paula	516		K-20	8	NIE	01:24:41	02:26:05	03:48:19.80	03:48:50.55	+01:42:35 (44.8%)	10:52	5.5 (55.0%)
111	STANISZEWSKA-DUDA Katarzyna	209	TIM JEST TIM	K-40	41	NIE	01:17:34	02:19:25	03:48:27.00	03:49:06.75	+01:42:51 (44.9%)	10:52	5.5 (55.0%)
112	NOWAK Katarzyna	446	TIM JEST TIM	K-30	58	NIE	01:24:16	02:25:05	03:48:34.20	03:49:12.00	+01:42:56 (44.9%)	10:53	5.5 (55.0%)
113	GRĘDA Elżbieta	473	TIM JEST TIM	K-40	42	NIE	01:17:30	02:19:28	03:48:38.65	03:49:20.65	+01:43:05 (45.0%)	10:53	5.5 (55.0%)
114	PŁATEK Katarzyna	456	WKURW_TEAM	K-30	59	NIE	01:23:16	02:26:15	03:50:11.85	03:50:23.05	+01:44:07 (45.2%)	10:57	5.5 (55.0%)
115	NIEDOBA Barbara	532		K-30	60	NIE	01:24:14	02:25:02	03:50:22.75	03:51:03.00	+01:44:47 (45.4%)	10:58	5.5 (55.0%)
116	CICHOMSKA Marzena	228	BIEGAM BO MUSZĘ INACZEJ SIĘ UDUSZĘ	K-30	61	NIE	01:25:48	02:31:49	03:50:25.60	03:51:03.95	+01:44:48 (45.4%)	10:58	5.5 (55.0%)
117	MALISZAK Agnieszka	347		K-30	62	NIE	01:21:20	02:30:54	03:50:43.80	03:51:17.30	+01:45:02 (45.4%)	10:59	5.5 (55.0%)
118	FRĄCZEK Iwona	365		K-30	63	NIE	01:19:22	02:20:02	03:52:37.25	03:53:24.80	+01:47:09 (45.9%)	11:04	5.4 (54.0%)
119	KOSZYKA Weronika	261	WYBIEGAĆ MARZENIA TEAM	K-20	9	NO	01:26:17	02:30:42	03:53:09.05	03:53:47.10	+01:47:32 (46.0%)	11:06	5.4 (54.0%)
120	DUDEK Mariola	205	STRZEGOMSKA DWUNASTKA	K-40	43	NIE	01:23:41	02:28:47	03:53:23.80	03:53:55.70	+01:47:40 (46.0%)	11:06	5.4 (54.0%)
121	BEDNARSKA-ZKOZIÓŁ Danuta	273	WKURW_TEAM	K-40	44	NIE	01:23:11	02:34:38	03:57:26.30	03:58:06.25	+01:51:51 (47.0%)	11:18	5.3 (53.0%)
122	BULKOWSKA Asia	509		K-40	45	NIE	01:23:30	02:35:29	03:58:37.05	03:59:14.05	+01:52:58 (47.2%)	11:21	5.3 (53.0%)
123	MICHALSKA Agnieszka	362	KŁODZKO PRZYTWIERDZA BIEGANIE	K-40	46	NIE	01:25:21	02:32:06	04:00:01.30	04:00:28.05	+01:54:12 (47.5%)	11:25	5.2 (52.0%)
124	MORAWSKA Anna	98		K-60	1	NIE	01:23:58	02:29:48	04:00:14.50	04:00:57.60	+01:54:42 (47.6%)	11:26	5.2 (52.0%)
125	SOWIŃSKA Anetta	302	BBL	K-40	47	NIE	01:21:32	02:26:48	04:00:34.95	04:01:01.05	+01:54:45 (47.6%)	11:27	5.2 (52.0%)
126	GINTER Katarzyna	210	ESKADRA KRAKÓW	K-30	64	NIE	01:25:04	02:33:40	04:01:17.20	04:01:49.85	+01:55:34 (47.8%)	11:29	5.2 (52.0%)
127	WOŁCZEK Małgorzata	215		K-30	65	NIE	01:25:37	02:32:25	04:02:16.20	04:03:05.15	+01:56:50 (48.1%)	11:32	5.2 (52.0%)
128	PAŁUCKA Marta	287	PROJEKT ULTRA	K-30	66	NIE	01:23:27	02:31:40	04:02:46.45	04:03:26.35	+01:57:11 (48.1%)	11:33	5.2 (52.0%)
129	KWAPIŃSKA Anna	60	ŚWIĘTUJĘ URODZINY DOROTKI	K-30	67	NIE	01:26:50	02:36:18	04:02:45.45	04:03:26.45	+01:57:11 (48.1%)	11:33	5.2 (52.0%)
129	CZECH Dorota	87	PRO-RUN WROCŁAW	K-40	48	NIE	01:26:51	02:36:19	04:02:45.95	04:03:26.45	+01:57:11 (48.1%)	11:33	5.2 (52.0%)

Place	Participant	Number	Club	Category	MCat	Alpinista	Parking 7km	Bledne_Skaly 14km	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
131	SZOŁTYSEK Beata	235	OCHAJO&RUN	K-40	49	NIE	01:28:13	02:37:56	04:06:40.10	04:06:58.65	+02:00:43 (48.9%)	11:44	5.1 (51.0%)
132	PISKORSKA Katarzyna Ewa	542		K-40	50	NIE	01:31:42	02:39:16	04:12:06.40	04:12:45.50	+02:06:30 (50.1%)	12:00	5 (50.0%)
133	SZYMAŃSKA Hanna	24	DAJ RADOŚĆ NIEPEŁNOSPRAWNYM	K-40	51	NO	01:28:45	02:36:52	04:12:04.25	04:12:50.05	+02:06:34 (50.1%)	12:00	5 (50.0%)
134	KUCOWSKA Anna	481	TRAINING LAB	K-30	68	NIE	01:29:40	02:43:53	04:12:36.30	04:13:30.70	+02:07:15 (50.2%)	12:01	5 (50.0%)
135	CISŁAK Anna	239		K-30	69	NIE	01:24:48	02:35:46	04:12:46.55	04:13:32.15	+02:07:17 (50.2%)	12:02	5 (50.0%)
136	PEPŁOWSKA Sylwia	91		K-40	52	NIE	01:25:46	02:35:55	04:12:49.30	04:13:32.25	+02:07:17 (50.2%)	12:02	5 (50.0%)
137	NASTAWSKA Monika	40		K-40	53	NIE	01:29:07	02:42:32	04:13:02.60	04:13:43.75	+02:07:28 (50.2%)	12:02	5 (50.0%)
138	SZCZYPEK Ola	278		K-30	70	NIE	01:28:54	02:43:13	04:17:48.10	04:18:18.70	+02:12:03 (51.1%)	12:16	4.9 (49.0%)
139	CZOCHARA Marta	164	AMATORKA	K-40	54	NIE	01:29:57	02:43:44	04:20:24.70	04:21:09.60	+02:14:54 (51.7%)	12:24	4.8 (48.0%)
140	PIELICHATA Magdalena	253		K-30	71	NIE	01:28:43	02:42:04	04:26:42.65	04:27:35.75	+02:21:20 (52.8%)	12:42	4.7 (47.0%)
141	ADAMIAK Marta	556		K-30	72		01:27:20	02:42:03	04:26:42.80	04:27:35.95	+02:21:20 (52.8%)	12:42	4.7 (47.0%)
142	FURMAN Agnieszka	6	OCHAJORUN & FRIENDS	K-30	73	NIE	01:32:04	02:47:47	04:28:16.50	04:28:42.10	+02:22:27 (53.0%)	12:46	4.7 (47.0%)
143	BASZCZYŃSKA Barbara	318	WKURW_TEAM	K-50	6	NIE	01:33:39	02:50:31	04:29:27.55	04:30:05.00	+02:23:49 (53.3%)	12:49	4.7 (47.0%)
144	ŁAGOŻNY Jolanta	355	POZYTYWNIENIE ZABIEGANI SANOK	K-30	74	NIE	01:36:50	02:50:47	04:39:17.55	04:39:47.45	+02:33:32 (54.9%)	13:18	4.5 (45.0%)
145	WIŚNIEWSKA Ewelina	174	HARDCOROWE WYCHYLYLYBYMY	K-30	75	NIE	01:40:14	03:04:41	04:51:25.10	04:51:48.85	+02:45:33 (56.7%)	13:52	4.3 (43.0%)
146	BARAŃSKA Marta	32	GORZÓW BIEGA	K-20	10	NIE	01:46:38	03:06:26	04:51:13.30	04:52:05.50	+02:45:50 (56.8%)	13:52	4.3 (43.0%)
	GAWLEWICZ Krystyna	234	GAWĘŁKI TEAM /POZYTYWNIENIE ZABIEGANI SANOK	K-40		NIE	00:51:20 DNF	01:31:44 DNF	DNF	DNF		-	- (0.0%)

Total 147 results.