



ZIMOWY
PÓLMARATON
GÓR STOŁOWYCH

Wydarzenie: Zimowy Półmaraton Gór Stołowych
Organizator: Fundacja Maratony Górskie
Data: 2022-01-22
Miejsce: Kartów
Dystans: 21 km

ZIMOWY PÓLMARATON GÓR STOŁOWYCH 21 KM

B4SPORT

B4SPORT
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN KOBIET

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking 7km	Bledne_Skaly 14km	Kara/ bonifikata	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
1	PIĄTEK Karolina	388		K-30	1	NIE	00:50:54	01:41:24		02:30:08.20		7:08	8.4 (100%)
2	BIAŁEK Beata	30	KB HERMES	K-40	1	NIE		01:47:17		02:37:53.25	+00:07:45 (4.9%)	7:31	8 (95.2%)
3	BAŁYS Katarzyna	17	HERCOG RUNNING TEAM	K-30	2	NO	00:52:49	01:46:20		02:38:11.70	+00:08:03 (5.1%)	7:31	8 (95.2%)
4	DUCZMAL Dominika	109	140 MINUT	K-20	1	NIE	00:54:13	01:48:18		02:38:44.70	+00:08:36 (5.4%)	7:33	7.9 (94.0%)
5	MIŚTAK Jola	330		K-30	3	NIE	00:57:55	01:50:47		02:39:12.65	+00:09:04 (5.7%)	7:34	7.9 (94.0%)
6	BERNAT Katarzyna	28	BIEGOWA ŚWIDNICA	K-50	1	NIE	00:54:27	01:48:53		02:39:27.65	+00:09:19 (5.8%)	7:35	7.9 (94.0%)
7	KRAWCZYK Adriana	242		K-30	4	NIE	00:55:13	01:50:57		02:42:19.65	+00:12:11 (7.5%)	7:43	7.8 (92.9%)
8	HAJDA Justyna	158	MAFIA TEAM LUBLINIEC	K-20	2	NIE	00:58:11	01:56:44		02:46:24.15	+00:16:15 (9.8%)	7:55	7.6 (90.5%)
9	LEŚNIAK Karolina	276	FUNTRI	K-30	5	NIE	00:58:08	01:55:28		02:46:27.20	+00:16:19 (9.8%)	7:55	7.6 (90.5%)
10	PERZ Emilia	584		K-30	6		01:06:42	02:00:15		02:47:57.10	+00:17:48 (10.6%)	7:59	7.5 (89.3%)
11	CZERNIK Judyta	94	42K PRO TEAM	K-30	7	NIE	00:57:12	01:55:26		02:49:04.15	+00:18:55 (11.2%)	8:03	7.5 (89.3%)
12	KRUŻOŁEK Monika	249	TURBOPTYSIE	K-30	8	NIE	00:59:42	01:57:23		02:49:47.65	+00:19:39 (11.6%)	8:05	7.4 (88.1%)
13	KRAWCZYK Karolina	243	INOV-8 TEAM	K-30	9	NIE	00:58:17	01:56:38		02:50:32.75	+00:20:24 (12.0%)	8:07	7.4 (88.1%)
14	KOLANKO Sylwia	215	NYSA BIEGA	K-30	10	NIE	00:58:16	01:56:17		02:50:52.25	+00:20:44 (12.1%)	8:08	7.4 (88.1%)
15	MAJEWSKA Agata	304		K-40	2	NIE	00:58:41	01:56:36		02:52:26.05	+00:22:17 (12.9%)	8:12	7.3 (86.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking		Bledne_Skaly		Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
							7km	14km	14km	14km		netto 21km	Różn		
16	KRYM Katarzyna	250	HERCOGRUNNINGTEAM/NIGHT RUNNERS WROCLAW	K-40	3	NIE	01:00:52					02:52:57.20	+00:22:49 (13.2%)	8:14	7.3 (86.9%)
17	CHOJNACKA Marta	77		K-30	11	NIE	01:01:54	02:01:27				02:53:10.95	+00:23:02 (13.3%)	8:14	7.3 (86.9%)
18	WICHA Małgorzata	535	WKS WAWEL	K-30	12	NIE	00:59:43	01:58:53				02:53:21.35	+00:23:13 (13.4%)	8:15	7.3 (86.9%)
19	FERENC-SZMUC Edyta	119	KUDOWIANKA RUN	K-30	13	NIE	00:58:53	01:59:58				02:54:08.95	+00:24:00 (13.8%)	8:17	7.2 (85.7%)
20	TUNDAK Zuzanna	510		K-30	14	NIE	00:59:43	01:58:17				02:54:40.40	+00:24:32 (14.0%)	8:19	7.2 (85.7%)
21	ZAMBRZYCKA-ROZNER Ewa	581		K-30	15	NIE	01:01:31	02:00:52				02:55:17.85	+00:25:09 (14.4%)	8:20	7.2 (85.7%)
22	GNITECKA Katarzyna	139	KUDOWIANKA RUN	K-30	16	NIE	01:00:57	02:00:28				02:55:34.05	+00:25:25 (14.5%)	8:21	7.2 (85.7%)
23	SZYMBORSKA Monika	489		K-40	4	NIE	00:58:30	01:59:24				02:55:36.85	+00:25:28 (14.5%)	8:21	7.2 (85.7%)
24	BIEŃ Magdalena	37		K-40	5		01:01:30	02:04:30				03:01:15.80	+00:31:07 (17.2%)	8:37	7 (83.3%)
25	PIECUCH Karolina	391		K-30	17	NIE	01:03:22	02:06:08				03:02:34.35	+00:32:26 (17.8%)	8:41	6.9 (82.1%)
26	MOREVA Daria	334	TRAIL RUNNING SCHOOL	K-30	18	NO	01:04:30	02:08:12				03:03:55.85	+00:33:47 (18.4%)	8:45	6.9 (82.1%)
27	MARZEC Karolina	314	DZIKIE DZIKI GORZÓW	K-40	6	NIE	01:01:46	01:59:55		00:10:00		03:03:56.80	+00:33:48 (18.4%)	8:16	7.2 (85.7%)
28	KŁACZYŃSKA Danuta	211	FARTY PUSZCZY	K-40	7	NIE	01:01:44	02:01:33		00:10:00		03:06:15.85	+00:36:07 (19.4%)	8:23	7.1 (84.5%)
29	STACHURSKA Ilona	460	KUGUAR XTREME RUNNERS	K-30	19	NIE	01:01:16	02:07:40				03:07:13.75	+00:37:05 (19.8%)	8:54	6.7 (79.8%)
30	ŁOPATYŃSKA-HUBER Julita	290	KUDOWIANKA RUN	K-40	8	NIE	01:02:44	02:07:02				03:07:36.95	+00:37:28 (20.0%)	8:56	6.7 (79.8%)
31	DĄBKIEWICZ Dominika	101	NIGHT RUNNERS OSTRÓW WIELKOPOLSKI	K-40	9	NIE	01:05:49	02:08:29				03:09:09.30	+00:39:01 (20.6%)	9:00	6.7 (79.8%)
32	ŁAMPIKA Kinga	287	NIGHT RUNNERS WROCLAW	K-40	10	NIE	01:05:26	02:11:24				03:09:34.55	+00:39:26 (20.8%)	9:01	6.6 (78.6%)
33	ANDROS Agata	4	BIEGNIJ OŁAWO	K-30	20	NIE	01:08:06	02:15:25				03:12:04.60	+00:41:56 (21.8%)	9:08	6.6 (78.6%)
34	BUŁAJEWSKA-OZGA Kinga	67	BIEGNIJ OŁAWO	K-30	21	NIE	01:08:29	02:15:37				03:12:13.05	+00:42:04 (21.9%)	9:09	6.6 (78.6%)
35	KUCZKOWSKA Marta	261	EXTEAM	K-20	3	NIE	01:04:23	02:12:50				03:14:53.05	+00:44:44 (23.0%)	9:16	6.5 (77.4%)
36	BABIŃSKA-POPIŁKA Ewelina	12		K-30	22	NIE	01:00:27	02:11:11				03:15:49.20	+00:45:41 (23.3%)	9:19	6.4 (76.2%)
37	BOCHNIARZ Anna	43	BIEGNIJ OŁAWO	K-40	11	NIE	01:09:43	02:18:40				03:18:57.15	+00:48:48 (24.5%)	9:28	6.3 (75.0%)
38	WESOŁEK Paula	530		K-30	23	NIE	01:12:43	02:18:10				03:19:08.85	+00:49:00 (24.6%)	9:28	6.3 (75.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking Bledne_Skaly		Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
							7km	14km		netto 21km	Różn		
39	ZDUŃCZYK Paulina	563		K-30	24	NIE	01:11:13	02:18:48		03:21:22.35	+00:51:14 (25.4%)	9:35	6.3 (75.0%)
40	PAKULSKA-TOMZA Dorota	375		K-40	12	NIE	01:09:47	02:18:07		03:21:51.65	+00:51:43 (25.6%)	9:36	6.2 (73.8%)
41	NAPIERAŁA Katarzyna	343		K-40	13	NIE	01:13:28	02:20:57		03:21:51.80	+00:51:43 (25.6%)	9:36	6.2 (73.8%)
42	ŚWIATOWIEC Anna	495		K-50	2	NIE	01:09:40	02:22:16		03:24:48.15	+00:54:39 (26.7%)	9:45	6.2 (73.8%)
43	JASIŃSKA Magdalena	182	RĄCZE RACICZKI	K-40	14	NIE	01:10:51	02:20:42		03:24:58.65	+00:54:50 (26.8%)	9:45	6.1 (72.6%)
44	KARATKÓW Ewa	205		K-40	15	NIE	01:08:59	02:22:21		03:27:10.20	+00:57:02 (27.5%)	9:51	6.1 (72.6%)
45	DIUWE Marzena	103	PASTERKA PANY	K-30	25	NIE	01:13:26	02:24:15		03:27:34.45	+00:57:26 (27.7%)	9:53	6.1 (72.6%)
46	ODOLCZYK Joanna	363		K-50	3	NIE	01:13:30	02:23:21		03:27:50.15	+00:57:41 (27.8%)	9:53	6.1 (72.6%)
47	ORTYL Ewelina	371		K-40	16	NIE	01:09:47	02:21:18		03:28:06.80	+00:57:58 (27.9%)	9:54	6.1 (72.6%)
48	PERZ Marzena	387		K-50	4	NIE	01:16:56	02:27:54		03:28:11.15	+00:58:02 (27.9%)	9:54	6.1 (72.6%)
49	ŻAK Dominika	572	FARTY PUSZCZY	K-30	26	NIE	01:13:34	02:24:43		03:29:04.60	+00:58:56 (28.2%)	9:57	6 (71.4%)
50	ROBAKOWSKA Joanna	419	NIGHT RUNNERS OSTRÓW WIELKOPOLSKI	K-30	27	NIE	01:13:43	02:29:25		03:29:44.50	+00:59:36 (28.4%)	9:59	6 (71.4%)
51	KUBICKA Magdalena	256		K-40	17	NIE	01:11:20	02:23:39		03:29:53.50	+00:59:45 (28.5%)	9:59	6 (71.4%)
52	WOLFF Maria	546		K-30	28	NIE	01:10:10	02:25:50		03:30:56.25	+01:00:48 (28.8%)	10:02	6 (71.4%)
53	TRZEPACZ Dorota	508	KB LUPUS OLEŚNICA	K-40	18	NIE	01:09:15	02:25:54		03:31:13.20	+01:01:05 (28.9%)	10:03	6 (71.4%)
54	MATUSZEWSKI Małgorzata	318	RUNNER'S POWER ŚREM	K-40	19	NIE	01:14:04	02:27:01		03:31:56.00	+01:01:47 (29.2%)	10:05	5.9 (70.2%)
55	GERUS Anna	133		K-20	4	NIE	01:11:16	02:30:32		03:32:59.40	+01:02:51 (29.5%)	10:08	5.9 (70.2%)
56	WOSZCZAK Jolanta	548	STRZELIŃSKI KLUB BIEGACZA GRANIT	K-50	5	NIE	01:17:39	02:28:23		03:33:13.55	+01:03:05 (29.6%)	10:09	5.9 (70.2%)
57	ŻYCHSKA Anna	575		K-30	29	NIE	01:12:09	02:25:00		03:33:29.25	+01:03:21 (29.7%)	10:09	5.9 (70.2%)
58	PILZ-JEDRZEJCZYK Dominika	395		K-30	30	NIE	01:13:39	02:27:07		03:33:47.00	+01:03:38 (29.8%)	10:10	5.9 (70.2%)
59	CHRZANOWSKA Agnieszka	79		K-40	20	NIE	01:16:45	02:31:19		03:34:58.75	+01:04:50 (30.2%)	10:14	5.9 (70.2%)
60	SZAL Małgorzata	475	TENIS CENTRUM AS	K-30	31	NIE	01:13:14	02:35:42		03:36:56.20	+01:06:48 (30.8%)	10:19	5.8 (69.0%)
61	NOWAK Dorota	357		K-30	32	NIE	01:18:15	02:32:25		03:37:55.25	+01:07:47 (31.1%)	10:22	5.8 (69.0%)

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							7km	14km	21km	Różn					
62	KRAWCZYK Anna	244	NIGHT RUNNERS	K-40	21	NIE	01:13:45	02:29:17				03:38:55.20	+01:08:47 (31.4%)	10:25	5.8 (69.0%)
63	GRUSZKA Katarzyna	151		K-30	33	NIE	01:11:28	02:33:24				03:39:09.80	+01:09:01 (31.5%)	10:26	5.7 (67.9%)
64	ŚWIĄTEK Julia	497	IMMABEE / KS GVT	K-40	22	NIE	01:11:26	02:33:23				03:39:10.70	+01:09:02 (31.5%)	10:26	5.7 (67.9%)
65	CHRAPLEWSKA Karolina	78	CHATABIEGACZA K34	K-40	23		01:13:39	02:24:08	00:10:00			03:39:29.05	+01:09:20 (31.6%)	9:58	6 (71.4%)
66	FRAŃCZEK Iwona	128	FUNTRI	K-40	24	NIE	01:15:48	02:32:10				03:41:13.10	+01:11:04 (32.1%)	10:32	5.7 (67.9%)
67	NOWAK Katarzyna	355	TIM JEST TIM	K-30	34	NIE	01:18:26	02:40:26				03:41:20.45	+01:11:12 (32.2%)	10:32	5.7 (67.9%)
68	NIEDOBA Barbara	347	TIM JEST TIM	K-40	25	NIE	01:18:19	02:40:19				03:41:46.85	+01:11:38 (32.3%)	10:33	5.7 (67.9%)
69	STANISZEWSKA-DUDA Katarzyna	462	TIM JEST TIM	K-40	26	NIE	01:18:00	02:40:20				03:41:49.50	+01:11:41 (32.3%)	10:33	5.7 (67.9%)
70	KOPKA Elżbieta	226	AGB TORFY	K-40	27	NIE	01:19:51	02:34:57				03:42:18.25	+01:12:10 (32.5%)	10:35	5.7 (67.9%)
71	RYZNER Natalia	434	BIEGNIJ OŁAWO	K-30	35	NIE	01:14:14	02:30:37				03:42:21.05	+01:12:12 (32.5%)	10:35	5.7 (67.9%)
72	SZULECKA Kamila	485		K-40	28	NIE	01:19:17	02:33:08				03:42:35.95	+01:12:27 (32.6%)	10:35	5.7 (67.9%)
73	BIEDZIAK-ŁUCZAK Urszula	33	RUN4ENERGY	K-30	36	NIE	01:15:38	02:34:45				03:42:40.15	+01:12:31 (32.6%)	10:36	5.7 (67.9%)
74	STRUSIŃSKA Katarzyna	471		K-40	29	NIE	01:18:39	02:35:12				03:43:25.00	+01:13:16 (32.8%)	10:38	5.6 (66.7%)
75	SZCZUKA Joanna	481		K-20	5	NIE	01:16:47	02:33:19				03:43:26.60	+01:13:18 (32.8%)	10:38	5.6 (66.7%)
76	WALIGÓRA Aleksandra	520	NIAGARA FITNESS KLUB	K-30	37	NIE	01:20:45	02:40:00				03:43:58.20	+01:13:50 (33.0%)	10:39	5.6 (66.7%)
77	KOLEJ Monika	217	DZIKIE DZIKI GORZOW	K-40	30	NIE	01:17:17	02:37:10				03:45:56.90	+01:15:48 (33.6%)	10:45	5.6 (66.7%)
78	BARAN Paulina	19	NIE W SZCZEPIONKĘ TEAM	K-30	38	NIE	01:21:44	02:38:02				03:46:02.10	+01:15:53 (33.6%)	10:45	5.6 (66.7%)
79	KULAS Katarzyna	266		K-30	39	NIE	01:16:50	02:34:05				03:46:30.20	+01:16:22 (33.7%)	10:47	5.6 (66.7%)
80	KOŃ Aleksandra	224	EKIPA LIPA	K-40	31	NIE	01:13:40	02:34:56				03:46:54.20	+01:16:46 (33.8%)	10:48	5.6 (66.7%)
81	WEŻYK Kamila	534		K-30	40	NIE	01:21:42	02:40:14				03:47:02.70	+01:16:54 (33.9%)	10:48	5.5 (65.5%)
82	CZECH Dorota	92	ASICS FRONTRUNNER POLAND	K-40	32	NIE	01:19:09	02:36:52				03:47:03.00	+01:16:54 (33.9%)	10:48	5.5 (65.5%)
83	SZATAN Jowita	478	KOTWICA BRZEG	K-30	41	NIE	01:17:52	02:39:05				03:47:44.45	+01:17:36 (34.1%)	10:50	5.5 (65.5%)
84	CHOŁUJ Małgorzata	76		K-50	6	NIE	01:18:51	02:37:05				03:48:32.10	+01:18:23 (34.3%)	10:52	5.5 (65.5%)

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							7km	14km		netto 21km	Różn		
85	PIECUCH Małgorzata	390		K-60	1	NIE	01:21:12	02:39:23		03:48:47.00	+01:18:38 (34.4%)	10:53	5.5 (65.5%)
86	DATA Iza	99	KUGUAR XTREME RUNNERS	K-50	7	NIE	01:18:09	02:37:28		03:51:17.25	+01:21:09 (35.1%)	11:00	5.4 (64.3%)
87	ROGUT Katarzyna	420	AGB TORFY	K-50	8	NIE	01:20:00	02:41:01		03:51:28.40	+01:21:20 (35.1%)	11:01	5.4 (64.3%)
88	SZCZOTKA Katarzyna	480		K-20	6	TAK	01:20:35	02:39:16		03:51:36.45	+01:21:28 (35.2%)	11:01	5.4 (64.3%)
89	ŻYLIŃSKA Urszula	578		K-40	33	NIE	01:23:22	02:41:30		03:52:20.35	+01:22:12 (35.4%)	11:03	5.4 (64.3%)
90	FARION Marzena	115		K-40	34	NIE	01:12:01	02:35:52		03:52:29.25	+01:22:21 (35.4%)	11:04	5.4 (64.3%)
91	ZIMINSKA Joanna	569	HAPPYRUNNERS	K-50	9	NIE	01:20:06	02:41:03		03:53:20.20	+01:23:12 (35.7%)	11:06	5.4 (64.3%)
92	KRAJEWSKA Magdalena	237	AGB	K-50	10	NIE	01:20:14	02:41:04		03:54:36.50	+01:24:28 (36.0%)	11:10	5.4 (64.3%)
93	AUGUSTOWSKA Izabela	10	KB GEOTERMIA UNIEJÓW	K-40	35	NIE	01:21:16	02:46:48		03:56:34.55	+01:26:26 (36.5%)	11:15	5.3 (63.1%)
94	JURASZ Aleksandra	194		K-30	42	NIE	01:18:52	02:38:58		03:56:58.45	+01:26:50 (36.6%)	11:17	5.3 (63.1%)
95	PAŁUCKA Marta	378	PROJEKT ULTRA	K-30	43	NIE	01:24:20	02:44:51		03:57:48.75	+01:27:40 (36.9%)	11:19	5.3 (63.1%)
96	SOROKA Monika	455	PASTERKA PANY	K-40	36	NIE	01:15:41	02:37:11		03:58:12.85	+01:28:04 (37.0%)	11:20	5.3 (63.1%)
97	NEUMANN Beata	346	CENTRUM ŁĄKOWA 1	K-50	11	NIE	01:24:06	02:47:59		03:59:50.75	+01:29:42 (37.4%)	11:25	5.3 (63.1%)
98	GOSK Urszula	144		K-30	44	NIE	01:22:44	02:47:29		04:02:42.60	+01:32:34 (38.1%)	11:33	5.2 (61.9%)
99	CHWASTYK Ewa	85		K-30	45	NIE	01:22:42	02:47:29		04:02:42.70	+01:32:34 (38.1%)	11:33	5.2 (61.9%)
100	RYPIŃSKA Magdalena	433		K-40	37	NIE	01:25:02	02:51:39		04:04:32.40	+01:34:24 (38.6%)	11:38	5.2 (61.9%)
101	MORAWSKA Anna	332		K-60	2	NIE	01:21:23	02:47:42		04:05:42.30	+01:35:34 (38.9%)	11:42	5.1 (60.7%)
102	FINKOWIAT - SZYMCZAK Katarzyna	123	FARTY PUSZCZY	K-30	46	NIE	01:29:09	02:54:46		04:06:51.40	+01:36:43 (39.2%)	11:45	5.1 (60.7%)
103	KACIUPA Agnieszka	198	FARTY PUSZCZY	K-40	38	NIE	01:27:57	02:54:49		04:06:51.65	+01:36:43 (39.2%)	11:45	5.1 (60.7%)
104	JEDYNAK-DOROSZ Izabela	187	KB MANIAC POZNAŃ	K-40	39	NIE	01:27:11	02:54:04		04:07:16.70	+01:37:08 (39.3%)	11:46	5.1 (60.7%)
105	ŁUSIAK Kasia	295		K-30	47	NIE	01:25:59	03:00:06		04:07:41.70	+01:37:33 (39.4%)	11:47	5.1 (60.7%)
106	JAŚKIEWICZ Katarzyna	183		K-40	40	NIE	01:25:58	02:55:14		04:08:01.00	+01:37:52 (39.5%)	11:48	5.1 (60.7%)
107	BOROŃ Izabela	51		K-40	41	NIE	01:27:17	02:51:56		04:08:15.40	+01:38:07 (39.5%)	11:49	5.1 (60.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking		Bledne_Skaly		Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
							7km	14km	21km	Różn					
108	HORBACZ-ROSA Hanna	165		K-30	48	NIE	01:20:57	02:50:30				04:09:10.25	+01:39:02 (39.7%)	11:51	5.1 (60.7%)
109	BOSY Joanna	56		K-30	49	NIE	01:25:47	02:56:03				04:09:21.40	+01:39:13 (39.8%)	11:52	5.1 (60.7%)
110	KUMOR Weronika	267	EVERRUN	K-40	42	NIE	01:27:20	02:52:58				04:09:42.95	+01:39:34 (39.9%)	11:53	5 (59.5%)
111	KONKIEWICZ Katarzyna	221	NIAGARA	K-40	43	NIE	01:32:15	02:57:25				04:10:23.15	+01:40:14 (40.0%)	11:55	5 (59.5%)
112	NIEDZIELA Danuta	349	GOSTYŃ	K-40	44	NIE	01:28:12	02:58:51				04:12:04.90	+01:41:56 (40.4%)	12:00	5 (59.5%)
113	JĘDRZEJCZAK Anna	190		K-50	12	NIE	01:27:13	02:55:23				04:12:24.20	+01:42:16 (40.5%)	12:01	5 (59.5%)
114	KLUK Agnieszka	210		K-40	45	NIE	01:27:51	03:00:03				04:13:17.80	+01:43:09 (40.7%)	12:03	5 (59.5%)
115	WOJDAŁOWICZ Ewa	579		K-40	46	NIE	01:28:02	02:54:58				04:13:53.75	+01:43:45 (40.9%)	12:05	5 (59.5%)
116	BEDNARSKA-KOZIOŁ Danuta	26	WKURW-TEAM	K-40	47	NIE	01:25:45	02:59:11				04:14:53.20	+01:44:45 (41.1%)	12:08	4.9 (58.3%)
117	MAJEROWSKA Magdalena	303		K-30	50	NIE	01:29:38	03:00:07				04:15:19.15	+01:45:10 (41.2%)	12:09	4.9 (58.3%)
118	JAKIMKO Monika	173	EKIPA LIPA	K-40	48	NIE	01:24:57	02:57:44				04:15:21.30	+01:45:13 (41.2%)	12:09	4.9 (58.3%)
119	JAKÓBCZYK Ewelina	175		K-30	51	NIE	01:23:53	02:54:47				04:15:36.20	+01:45:28 (41.3%)	12:10	4.9 (58.3%)
120	TUREK Karolina	511	BIAŁY DOMEK BIEGA	K-40	49	NIE	01:29:25	03:00:37				04:16:53.85	+01:46:45 (41.6%)	12:13	4.9 (58.3%)
121	WEYNA Anna	532	BIAŁY DOMEK BIEGA	K-40	50	NIE	01:29:25	03:00:45				04:16:54.50	+01:46:46 (41.6%)	12:14	4.9 (58.3%)
122	MASALSKA Anna	315		K-40	51	NIE	01:25:24	02:56:03				04:17:29.95	+01:47:21 (41.7%)	12:15	4.9 (58.3%)
123	OGÓRKIEWICZ Sylwia	364		K-40	52	NIE	01:31:49	03:00:33				04:17:51.35	+01:47:43 (41.8%)	12:16	4.9 (58.3%)
124	NATKANIEC Grazyna	345		K-50	13	NIE	01:27:21	03:00:54				04:18:56.05	+01:48:47 (42.0%)	12:19	4.9 (58.3%)
125	MARCINIAK Agata	310	ŁODZIANKA TEAM	K-40	53		01:36:54	03:06:56				04:20:06.90	+01:49:58 (42.3%)	12:23	4.8 (57.1%)
126	MIECHOWIECKA Maja	327		K-30	52	NIE	01:25:51	02:58:30				04:20:40.25	+01:50:32 (42.4%)	12:24	4.8 (57.1%)
127	LENERT Ksenia	273		K-30	53	NIE	01:31:35	03:03:02				04:24:25.10	+01:54:16 (43.2%)	12:35	4.8 (57.1%)
128	SZARPAK Anna	477		K-40	54	NIE	01:32:25	03:09:21				04:25:33.00	+01:55:24 (43.5%)	12:38	4.7 (56.0%)
129	CHEŁCHOWSKA Katarzyna	74		K-30	54	NO	01:31:19	03:04:39				04:25:58.05	+01:55:49 (43.6%)	12:39	4.7 (56.0%)
130	KOWAŃSKA Aleksandra	233		K-40	55	NIE	01:32:50	03:09:25				04:28:10.70	+01:58:02 (44.0%)	12:46	4.7 (56.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking Bledne_Skaly		Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
							7km	14km		netto 21km	Różn		
131	PERKA Barbara	386		K-50	14	NIE	01:32:59	03:08:37		04:29:31.05	+01:59:22 (44.3%)	12:50	4.7 (56.0%)
132	KRZYWAK Anna	254		K-40	56	NIE	01:30:14	03:13:36		04:33:43.65	+02:03:35 (45.2%)	13:02	4.6 (54.8%)
133	PAWŁOWSKA Basia	383		K-30	55	NIE	01:34:17	03:15:10		04:37:02.45	+02:06:54 (45.8%)	13:11	4.5 (53.6%)
134	NORKOWSKA Aleksandra	351	ORANGE POLSKA	K-40	57	NIE	01:39:58	03:19:51		04:40:02.70	+02:09:54 (46.4%)	13:20	4.5 (53.6%)
135	KALBARCZYK Beata	202	ORANGE POLSKA	K-50	15	NIE	01:40:02	03:19:46		04:41:08.80	+02:11:00 (46.6%)	13:23	4.5 (53.6%)
136	GINTER Katarzyna	138		K-30	56	NIE	01:37:49	03:19:08		04:43:12.70	+02:13:04 (47.0%)	13:29	4.4 (52.4%)
137	WAWRZYNIUK Małgorzata	528		K-50	16	NIE	01:43:20	03:24:04		04:45:22.95	+02:15:14 (47.4%)	13:35	4.4 (52.4%)
138	PEPŁOWSKA Sylwia	385		K-40	58	NO	01:43:04	03:23:27		04:46:43.10	+02:16:34 (47.6%)	13:39	4.4 (52.4%)
139	CISŁAK Anna	91		K-30	57	NIE	01:43:01	03:23:29		04:46:44.15	+02:16:35 (47.6%)	13:39	4.4 (52.4%)
140	BAJZERT Magdalena	14		K-40	59	NIE	01:42:20	03:24:03		04:49:25.55	+02:19:17 (48.1%)	13:46	4.4 (52.4%)
141	OLEK-WYSOCKA Monika	368	KUGUAR XTREME RUNNERS	K-40	60	NIE	01:45:28	03:27:11		04:50:58.80	+02:20:50 (48.4%)	13:51	4.3 (51.2%)
142	FĄFARA Agnieszka	116	BIEGNIĘTE LASKI	K-40	61	NIE	01:37:26	03:21:35		04:51:18.40	+02:21:10 (48.5%)	13:52	4.3 (51.2%)
143	OCHOCKA Ewa	361		K-40	62	NIE	01:37:37	03:21:36		04:51:18.70	+02:21:10 (48.5%)	13:52	4.3 (51.2%)
144	BABIŃSKA Malwina	11		K-30	58	NIE	01:41:51	03:29:06		04:57:58.40	+02:27:50 (49.6%)	14:11	4.2 (50.0%)
145	BOROŃ-KOSIK Magda	52		K-40	63	NIE	01:39:51	03:23:33		05:01:22.75	+02:31:14 (50.2%)	14:21	4.2 (50.0%)
146	MYSZYWODA Monika	342		K-30	59	NIE	01:54:59	03:40:08		05:13:39.15	+02:43:30 (52.1%)	14:56	4 (47.6%)
147	LEŚNA Monika	275		K-30	60	NIE	01:52:32	03:38:31			+01:57:07	15:36	3.8 (45.2%)
148	WŁODARCZYK Małgorzata	542	COLOR TREND ORZECHOWO	K-40	64	NIE	01:48:41	03:43:23			+02:01:59	15:57	3.8 (45.2%)
149	BAKA Elzbieta	15	LADIESLOSTGĄSBAGAŚ	K-40	65	NIE	00:58:12				+	8:18	7.2 (85.7%)
150	BARTOSIK Kamila	23	NIGHT RUNNERS WROCŁAW	K-40	66	NO	00:59:51				+	8:33	7 (83.3%)

Znaleziono 150 wynik(ów)