



**ZIMOWY  
PÓLMARATON  
GÓR STOŁOWYCH**

# ZIMOWY PÓLMARATON GÓR STOŁOWYCH 21 KM

B4SPORT

**Wydarzenie:** Zimowy Półmaraton Gór Stołowych  
**Organizator:** Fundacja Maratony Górskie  
**Data:** 2023-01-21  
**Miejsce:** Karłów  
**Dystans:** 21 km

**B4SPORT**  
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN KOBIEC

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
1	<b>MAJEWSKA Agata</b>	<b>78</b>		K-40	1	NIE	00:53:17	01:39:16	<b>02:25:11.60</b>		6:54	8.7 (100%)
2	<b>FERENC-SZMUC Edyta</b>	<b>26</b>	KUDOWIANKA RUN	K-30	1	NIE	00:54:27	01:43:39	<b>02:32:04.70</b>	+00:06:53 (4.5%)	7:14	8.3 (95.4%)
3	<b>BOROWSKA Karolina</b>	<b>242</b>	KGHM ZG RUN	K-30	2	NIE	00:55:12	01:45:13	<b>02:34:46.95</b>	+00:09:35 (6.2%)	7:22	8.1 (93.1%)
4	<b>MARZEC Karolina</b>	<b>238</b>	DZIKIE DZIKI GORZÓW	K-40	2	NIE	00:57:31	01:47:29	<b>02:35:43.20</b>	+00:10:31 (6.8%)	7:24	8.1 (93.1%)
5	<b>GORCZYCA Maria</b>	<b>510</b>		K-20	1	NIE	01:05:11	01:54:15	<b>02:38:30.35</b>	+00:13:18 (8.4%)	7:32	7.9 (90.8%)
6	<b>KRUŻOLEK Monika</b>	<b>284</b>	TURBOPTYSIE	K-30	3	NIE	01:00:28	01:51:47	<b>02:40:42.30</b>	+00:15:30 (9.7%)	7:39	7.8 (89.7%)
7	<b>KRYM Katarzyna</b>	<b>209</b>	NIGHTRUNNERSWROCŁAW/POLISHWINGS	K-40	3	NIE	00:58:32	01:48:43	<b>02:42:32.10</b>	+00:17:20 (10.7%)	7:44	7.8 (89.7%)
8	<b>BOGUSZ Żaneta</b>	<b>536</b>	AWL	K-30	4	NIE	01:01:29	01:54:23	<b>02:43:21.85</b>	+00:18:10 (11.1%)	7:46	7.7 (88.5%)
9	<b>PAULAVA Hanna</b>	<b>475</b>	LEGENDA	K-30	5	NIE	01:00:39	01:53:32	<b>02:45:12.95</b>	+00:20:01 (12.1%)	7:52	7.6 (87.4%)
10	<b>ŚWIĄTEK Julia</b>	<b>74</b>	GVT/IMMABEE	K-40	4	NIE	01:06:11	01:58:09	<b>02:47:36.20</b>	+00:22:24 (13.4%)	7:58	7.5 (86.2%)
11	<b>SZYMANSKA Joanna</b>	<b>143</b>		K-30	6	TAK	01:04:39	01:57:17	<b>02:50:13.65</b>	+00:25:02 (14.7%)	8:06	7.4 (85.1%)
12	<b>GRADKOWSKA Gosia</b>	<b>40</b>	BIEGAMY W PODKOWIE	K-40	5	NIE	01:04:57	01:57:37	<b>02:51:03.30</b>	+00:25:51 (15.1%)	8:08	7.4 (85.1%)
13	<b>WALCZAK Adela</b>	<b>402</b>	TRAIL IS OUR WAY TEAM	K-30	7	NIE	01:06:56	02:01:12	<b>02:52:14.95</b>	+00:27:03 (15.7%)	8:12	7.3 (83.9%)
14	<b>MATYBA Anna</b>	<b>233</b>		K-20	2	NIE	01:06:58	02:00:07	<b>02:53:26.60</b>	+00:28:15 (16.3%)	8:15	7.3 (83.9%)
15	<b>DUDA Monika</b>	<b>547</b>	RAZ SZCZECIN	K-40	6	NIE	01:08:27	02:02:54	<b>02:54:32.10</b>	+00:29:20 (16.8%)	8:18	7.2 (82.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
16	<b>DZIERŻEŃSKA Monika</b>	<b>520</b>	STAJNIA BALONA	K-40	7	NIE	01:06:10	02:02:48	<b>02:55:02.55</b>	+00:29:50 (17.1%)	8:20	7.2 (82.8%)
17	<b>DĄBKIEWICZ Dominika</b>	<b>363</b>	NIGHT RUNNERS OSTRÓW WIELKOPOLSKI	K-40	8	NIE	01:09:40	02:03:31	<b>02:55:09.30</b>	+00:29:57 (17.1%)	8:20	7.2 (82.8%)
18	<b>ZDUŃCZYK Paulina</b>	<b>160</b>	AKADEMIABIEGACZA.PL	K-30	8	NIE	01:08:50	02:03:22	<b>02:55:53.90</b>	+00:30:42 (17.5%)	8:22	7.2 (82.8%)
19	<b>LEŚNIEWSKA Justyna</b>	<b>212</b>	AKTYWNA NOWA RUDA	K-40	9	NIE	01:01:33	01:59:08	<b>02:56:06.95</b>	+00:30:55 (17.6%)	8:23	7.2 (82.8%)
20	<b>PETRYŃSKA Olga</b>	<b>543</b>	BIEGAMY W PODKOWIE	K-30	9	NIE	01:08:09	02:02:31	<b>02:56:56.60</b>	+00:31:45 (17.9%)	8:25	7.1 (81.6%)
21	<b>PILARSKA Magdalena</b>	<b>115</b>	STR POZNAN/WKTJ	K-40	10	TAK	01:08:07	02:03:31	<b>02:58:59.05</b>	+00:33:47 (18.9%)	8:31	7 (80.5%)
22	<b>HACHOŁ Justyna</b>	<b>171</b>		K-40	11	NIE	01:08:56	02:05:09	<b>02:59:22.30</b>	+00:34:10 (19.1%)	8:32	7 (80.5%)
23	<b>ANDRZEJCZUK Marzena</b>	<b>546</b>	SAMA SOBIE	K-40	12	NIE	01:08:13	02:05:44	<b>03:01:07.10</b>	+00:35:55 (19.8%)	8:37	7 (80.5%)
24	<b>ZIELIŃSKA Iwona</b>	<b>527</b>		K-40	13	NIE	01:08:27	02:07:10	<b>03:01:33.55</b>	+00:36:21 (20.0%)	8:38	6.9 (79.3%)
25	<b>JAWORSKA Wioleta</b>	<b>28</b>		K-20	3	NIE	01:15:05	02:13:06	<b>03:04:35.00</b>	+00:39:23 (21.3%)	8:47	6.8 (78.2%)
26	<b>PYZIK Ewa</b>	<b>155</b>	MATNER RUNNING TEAM	K-40	14	NIE	01:16:18	02:11:03	<b>03:04:48.20</b>	+00:39:36 (21.4%)	8:48	6.8 (78.2%)
27	<b>WSZĘDYBYŁ Dorota</b>	<b>94</b>	IMMABEE/CITYZEN	K-30	10	NIE	01:12:12	02:08:58	<b>03:05:40.45</b>	+00:40:28 (21.8%)	8:50	6.8 (78.2%)
28	<b>ANNOMALIA Anna</b>	<b>503</b>	CTS CZAJA	K-30	11	NIE	01:13:45	02:11:34	<b>03:06:48.95</b>	+00:41:37 (22.3%)	8:53	6.7 (77.0%)
29	<b>RYCHCIK-ZYGADŁO Edyta</b>	<b>221</b>		K-50	1	TAK	01:10:30	02:09:36	<b>03:06:53.55</b>	+00:41:41 (22.3%)	8:53	6.7 (77.0%)
30	<b>BABIŃSKA-POPIŁKA Ewelina</b>	<b>117</b>		K-30	12	NIE	01:03:27	02:06:52	<b>03:07:43.65</b>	+00:42:32 (22.7%)	8:56	6.7 (77.0%)
31	<b>BREWKA Wanda</b>	<b>282</b>	GTRAT	K-40	15	NIE	01:14:42	02:13:57	<b>03:08:49.30</b>	+00:43:37 (23.1%)	8:59	6.7 (77.0%)
32	<b>GRAD Idalia</b>	<b>342</b>	ŁAKOMCZUSZEK	K-30	13	NIE	01:14:50	02:14:40	<b>03:08:56.75</b>	+00:43:45 (23.2%)	8:59	6.7 (77.0%)
33	<b>PRUCHNIEWSKA Agnieszka</b>	<b>345</b>		K-40	16	NIE	01:10:28	02:10:34	<b>03:09:41.05</b>	+00:44:29 (23.5%)	9:01	6.6 (75.9%)
34	<b>WESOŁEK Paula</b>	<b>38</b>	ADIDAS RUNNERS POZNAŃ	K-30	14	NIE	01:14:58	02:14:10	<b>03:09:48.90</b>	+00:44:37 (23.5%)	9:02	6.6 (75.9%)
35	<b>CIBIS Anna</b>	<b>457</b>		K-30	15	NIE	01:16:05	02:14:41	<b>03:09:53.60</b>	+00:44:42 (23.5%)	9:02	6.6 (75.9%)
36	<b>NOWAK Katarzyna</b>	<b>134</b>	TIM JEST TIM	K-40	17	NIE	01:18:43	02:15:36	<b>03:10:01.40</b>	+00:44:49 (23.6%)	9:02	6.6 (75.9%)
37	<b>SZUKAŁA Izabela</b>	<b>384</b>		K-30	16	NIE	01:11:39	02:10:44	<b>03:11:12.50</b>	+00:46:00 (24.1%)	9:06	6.6 (75.9%)
38	<b>WOLFF Maria</b>	<b>434</b>		K-30	17	NIE	01:11:57	02:13:35	<b>03:12:20.50</b>	+00:47:08 (24.5%)	9:09	6.6 (75.9%)

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39	<b>TOMIAK Paulina</b>	<b>186</b>	WOLSZTYŃSKA AKADEMIA BIEGOWA	K-30	18	NIE	01:20:07	02:15:18	<b>03:13:27.65</b>	+00:48:16 (24.9%)	9:12	6.5 (74.7%)
40	<b>DZIERŻANOWSKA Kasia</b>	<b>268</b>		K-40	18	NIE	01:13:24	02:14:45	<b>03:14:29.20</b>	+00:49:17 (25.3%)	9:15	6.5 (74.7%)
41	<b>ODOLCZYK Joanna</b>	<b>178</b>		K-50	2	NIE	01:14:02	02:14:39	<b>03:15:10.80</b>	+00:49:59 (25.6%)	9:17	6.5 (74.7%)
42	<b>NAKONECZNA Anna</b>	<b>316</b>		K-40	19	NIE	01:17:43	02:18:00	<b>03:15:54.95</b>	+00:50:43 (25.9%)	9:19	6.4 (73.6%)
43	<b>GAWEŁ Julia</b>	<b>359</b>		K-20	4	NIE	01:16:52	02:17:21	<b>03:16:12.10</b>	+00:51:00 (26.0%)	9:20	6.4 (73.6%)
44	<b>HOFFMANN Barbara</b>	<b>538</b>	KS HADES POZNAŃ	K-30	19	NIE	01:13:12	02:16:51	<b>03:16:45.70</b>	+00:51:34 (26.2%)	9:22	6.4 (73.6%)
45	<b>JURDZIAK Karolina</b>	<b>365</b>		K-40	20	NIE	01:16:00	02:16:12	<b>03:16:50.10</b>	+00:51:38 (26.2%)	9:22	6.4 (73.6%)
46	<b>JÓZEFczyk Justyna</b>	<b>474</b>		K-40	21	NIE	01:15:32	02:19:23	<b>03:18:25.70</b>	+00:53:14 (26.8%)	9:26	6.4 (73.6%)
47	<b>NAWROCKA Sylwia</b>	<b>400</b>	MAMA W BIEGU	K-40	22	NIE	01:16:16	02:18:30	<b>03:18:52.40</b>	+00:53:40 (27.0%)	9:28	6.3 (72.4%)
48	<b>WIECZOREK Agnieszka</b>	<b>119</b>	NSK RUNS	K-40	23	NIE	01:18:22	02:19:28	<b>03:19:18.40</b>	+00:54:06 (27.2%)	9:29	6.3 (72.4%)
49	<b>WETULA Zofia</b>	<b>562</b>	TATRA EXPLORE	K-30	20	TAK	01:14:16	02:16:45	<b>03:19:27.80</b>	+00:54:16 (27.2%)	9:29	6.3 (72.4%)
50	<b>KOPYCZYNSKA Aleksandra</b>	<b>355</b>		K-40	24	NIE	01:18:17	02:18:37	<b>03:19:49.25</b>	+00:54:37 (27.3%)	9:30	6.3 (72.4%)
51	<b>FLORCZAK Monika</b>	<b>146</b>		K-30	21	NIE	01:20:17	02:20:26	<b>03:19:53.80</b>	+00:54:42 (27.4%)	9:31	6.3 (72.4%)
52	<b>PTASZEK Katarzyna</b>	<b>190</b>	ZASYSZKASMOLECKA	K-50	3	NIE	01:17:51	02:18:14	<b>03:20:50.10</b>	+00:55:38 (27.7%)	9:33	6.3 (72.4%)
53	<b>KRÓL-PIDANTY Marzena</b>	<b>82</b>		K-40	25	NIE	01:18:20	02:19:24	<b>03:21:54.50</b>	+00:56:42 (28.1%)	9:36	6.2 (71.3%)
54	<b>PAWLIK Katarzyna</b>	<b>101</b>		K-40	26	NIE	01:21:41	02:22:50	<b>03:23:52.80</b>	+00:58:41 (28.8%)	9:42	6.2 (71.3%)
55	<b>STASIŃSKA-KOSTOWSKA Wiktoria</b>	<b>404</b>		K-20	5	NIE	01:18:51	02:21:01	<b>03:23:59.10</b>	+00:58:47 (28.8%)	9:42	6.2 (71.3%)
56	<b>WRZESZCZ Marta</b>	<b>189</b>	NIGHT RUNERS	K-30	22	NIE	01:23:44	02:25:54	<b>03:25:14.25</b>	+01:00:02 (29.3%)	9:46	6.1 (70.1%)
57	<b>AUGUSTOWSKA Izabela</b>	<b>349</b>	BELLAMAR ORZESZKÓW	K-40	27	NIE	01:15:04	02:20:42	<b>03:25:31.75</b>	+01:00:20 (29.4%)	9:47	6.1 (70.1%)
58	<b>DZIERGWA Agnieszka</b>	<b>560</b>	PRZEDWOJEWSKI TEAM / RNB TEAM	K-30	23	NIE	01:16:04	02:22:14	<b>03:26:18.30</b>	+01:01:06 (29.6%)	9:49	6.1 (70.1%)
59	<b>OLEJNIK Malgorzata</b>	<b>210</b>		K-40	28	NIE	01:16:12	02:21:05	<b>03:27:28.10</b>	+01:02:16 (30.0%)	9:52	6.1 (70.1%)
60	<b>MOTAŁA K</b>	<b>53</b>		K-40	29	NIE	01:22:08	02:24:36	<b>03:27:30.80</b>	+01:02:19 (30.0%)	9:52	6.1 (70.1%)
61	<b>SŁAWIŃSKA Agata</b>	<b>337</b>		K-40	30	NIE	01:18:44	02:25:26	<b>03:29:06.65</b>	+01:03:55 (30.6%)	9:57	6 (69.0%)

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62	<b>RADŁOWSKA Mariola</b>	<b>490</b>	#PROSECCOTEAM	K-30	24	NIE	01:18:45	02:22:49	<b>03:30:04.55</b>	+01:04:52 (30.9%)	10:00	6 (69.0%)
63	<b>ŻAK Dominika</b>	<b>109</b>	FARTY PUSZCZY	K-30	25	NIE	01:20:04	02:27:00	<b>03:30:17.70</b>	+01:05:06 (31.0%)	10:00	6 (69.0%)
64	<b>SOWIŃSKA Aleksandra</b>	<b>392</b>	OJ NIEFAJNIE	K-30	26	NIE	01:21:21	02:24:17	<b>03:30:38.70</b>	+01:05:27 (31.1%)	10:01	6 (69.0%)
65	<b>PIOTROWSKA Edyta</b>	<b>199</b>	BRACTWO BIEGOWE BGK	K-40	31	NIE	01:16:10	02:24:13	<b>03:31:46.55</b>	+01:06:34 (31.4%)	10:05	5.9 (67.8%)
66	<b>BIECUSZEK Marlena</b>	<b>346</b>	AKTYWNA NOWA RUDA	K-30	27	NIE	01:20:07	02:26:56	<b>03:32:41.15</b>	+01:07:29 (31.7%)	10:07	5.9 (67.8%)
67	<b>MOSTOWSKA Joanna</b>	<b>499</b>		K-40	32	NIE	01:25:15	02:30:57	<b>03:32:49.25</b>	+01:07:37 (31.8%)	10:08	5.9 (67.8%)
68	<b>STUPAK Ada</b>	<b>323</b>	KB ODRA OPOLE	K-30	28	NIE	01:26:44	02:32:28	<b>03:33:47.20</b>	+01:08:35 (32.1%)	10:10	5.9 (67.8%)
69	<b>STEPIEN Magdalena</b>	<b>86</b>	PSZCZÓŁKI	K-30	29	NIE	01:26:56	02:33:11	<b>03:33:48.85</b>	+01:08:37 (32.1%)	10:10	5.9 (67.8%)
70	<b>SZCZEPANIAK Anna</b>	<b>347</b>	AS CAMPS	K-30	30	NIE	01:16:46	02:20:54	<b>03:34:13.10</b>	+01:09:01 (32.2%)	10:12	5.9 (67.8%)
71	<b>BEKER Katarzyna</b>	<b>137</b>	HOREDUPY	K-30	31	NIE	01:22:02	02:29:38	<b>03:35:25.00</b>	+01:10:13 (32.6%)	10:15	5.8 (66.7%)
72	<b>KUMOR Weronika</b>	<b>180</b>	EVERRUN	K-40	33	NIE	01:21:27	02:28:33	<b>03:35:39.50</b>	+01:10:27 (32.7%)	10:16	5.8 (66.7%)
73	<b>HAREMZA Joanna</b>	<b>383</b>	WIELKOPOLSKI KLUB TATERNICTWA JASKINIOWEGO	K-40	34	TAK	01:19:31	02:28:29	<b>03:36:27.65</b>	+01:11:16 (32.9%)	10:18	5.8 (66.7%)
74	<b>SIKORA Agnieszka</b>	<b>147</b>	MATNER RUNNING TEAM	K-50	4	NIE	01:27:30	02:32:35	<b>03:36:32.50</b>	+01:11:20 (32.9%)	10:18	5.8 (66.7%)
75	<b>SKRZYPCZAK Anna</b>	<b>278</b>	NIAGARA	K-40	35	NIE	01:28:24	02:37:05	<b>03:36:43.40</b>	+01:11:31 (33.0%)	10:19	5.8 (66.7%)
76	<b>WALIGÓRA Aleksandra</b>	<b>183</b>	NIAGARA	K-30	32	NIE	01:28:25	02:37:04	<b>03:36:43.50</b>	+01:11:31 (33.0%)	10:19	5.8 (66.7%)
77	<b>TRZEPACZ Dorota</b>	<b>414</b>	KB LUPUS OLEŚNICA	K-50	5	NIE	01:32:54	02:36:27	<b>03:37:29.85</b>	+01:12:18 (33.2%)	10:21	5.8 (66.7%)
78	<b>OLESZEK Magdalena</b>	<b>424</b>	W POGONI ZA DUCHEM	K-30	33	TAK	01:20:10	02:25:28	<b>03:37:44.95</b>	+01:12:33 (33.3%)	10:22	5.8 (66.7%)
79	<b>CHUDA Joanna</b>	<b>357</b>		K-30	34	NIE	01:23:20	02:31:21	<b>03:38:14.15</b>	+01:13:02 (33.5%)	10:23	5.8 (66.7%)
80	<b>KORBECKA Ula</b>	<b>447</b>		K-30	35	NIE	01:14:51	02:25:04	<b>03:38:32.40</b>	+01:13:20 (33.6%)	10:24	5.8 (66.7%)
81	<b>GRZEGORZEWSKA Marlena</b>	<b>51</b>	DAISYPLESS	K-50	6	NIE	01:21:48	02:30:24	<b>03:38:41.95</b>	+01:13:30 (33.6%)	10:24	5.8 (66.7%)
82	<b>FRAŃCZEK Iwona</b>	<b>8</b>	FUNTRI	K-40	36	NIE	01:27:04	02:33:19	<b>03:38:47.00</b>	+01:13:35 (33.6%)	10:25	5.8 (66.7%)
83	<b>KACZMAREK Aleksandra</b>	<b>468</b>	KACZMAREK TEAM	K-40	37	NIE	01:23:21	02:32:13	<b>03:39:15.00</b>	+01:14:03 (33.8%)	10:26	5.7 (65.5%)
84	<b>KOLEJ Monika</b>	<b>286</b>	DZIKIE DZIKI GORZÓW	K-40	38	NIE	01:18:41	02:29:57	<b>03:39:36.30</b>	+01:14:24 (33.9%)	10:27	5.7 (65.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking pod	Błędne	Czas	Różn	Tempo	Tempo
							Szczelińcem	Skały	netto			
85	WIŚNIEWSKA Anna	445		K-30	36	TAK	01:23:31	02:31:29	<b>03:40:04.70</b>	+01:14:53 (34.0%)	10:28	5.7 (65.5%)
86	KARAŚ Magda	479		K-20	6	NIE	01:22:06	02:32:24	<b>03:40:13.90</b>	+01:15:02 (34.1%)	10:29	5.7 (65.5%)
87	WOJCIESZAK Klaudia	92	TEAM ZABIEGANEDNI	K-40	39	NIE	01:20:01	02:30:02	<b>03:40:42.60</b>	+01:15:31 (34.2%)	10:30	5.7 (65.5%)
88	OSIECKA Beata	528	KUŹNIA TRIATLONU	K-50	7	NIE	01:26:24	02:35:55	<b>03:40:56.50</b>	+01:15:44 (34.3%)	10:31	5.7 (65.5%)
89	STACIWO Justyna	488	KURACJUSZE	K-40	40	NIE	01:23:38	02:30:46	<b>03:41:10.20</b>	+01:15:58 (34.4%)	10:31	5.7 (65.5%)
90	NIGBOR-FOGEL Katarzyna	471		K-30	37	NIE	01:22:27	02:32:43	<b>03:42:39.85</b>	+01:17:28 (34.8%)	10:36	5.7 (65.5%)
91	FIGEL Monika	21	MIKI TEAM	K-40	41	NIE	01:43:51		<b>03:42:47.70</b>	+01:17:36 (34.8%)	10:36	5.7 (65.5%)
92	JAŚKIEWICZ Katarzyna	138	RAZ SZCZECIN	K-40	42	NIE	01:23:11	02:31:55	<b>03:44:42.30</b>	+01:19:30 (35.4%)	10:42	5.6 (64.4%)
93	PIECUCH Małgorzata	202		K-60	1	NIE	01:23:55	02:34:19	<b>03:45:18.10</b>	+01:20:06 (35.6%)	10:43	5.6 (64.4%)
94	ZBYSZEWSKA Izabela	519	MISJA X	K-40	43	NIE	01:27:33	02:37:14	<b>03:47:27.05</b>	+01:22:15 (36.2%)	10:49	5.5 (63.2%)
95	NIEDOBA Barbara	287	TIM JEST TIM	K-40	44	NIE	01:24:25	02:31:12	<b>03:48:18.95</b>	+01:23:07 (36.4%)	10:52	5.5 (63.2%)
96	SZERMENT Magdalena	360	MAZURTEAM	K-40	45	NIE	01:25:09	02:37:24	<b>03:49:06.45</b>	+01:23:54 (36.6%)	10:54	5.5 (63.2%)
97	BARAN Paulina	208		K-30	38	NIE	01:24:11	02:37:23	<b>03:51:51.95</b>	+01:26:40 (37.4%)	11:02	5.4 (62.1%)
98	NATKANIEC Grazyna	47	EKIPA LIPA	K-50	8	NIE	01:23:39	02:36:58	<b>03:52:29.20</b>	+01:27:17 (37.5%)	11:04	5.4 (62.1%)
99	GRUSZKA Katarzyna	48		K-30	39	NIE	01:28:22	02:38:48	<b>03:52:38.00</b>	+01:27:26 (37.6%)	11:04	5.4 (62.1%)
100	PITRACHA-MICHALAK Agata	261	TEAM MICHALAK ROGALINEK	K-40	46	NIE	01:31:13	02:45:58	<b>03:53:41.45</b>	+01:28:29 (37.9%)	11:07	5.4 (62.1%)
101	JAKIMKO Monika	87	EKIPA LIPA	K-40	47	NIE	01:25:11	02:39:58	<b>03:54:55.90</b>	+01:29:44 (38.2%)	11:11	5.4 (62.1%)
102	RATAJCZAK Karolina	205		K-30	40	NIE	01:26:31	02:40:00	<b>03:54:56.75</b>	+01:29:45 (38.2%)	11:11	5.4 (62.1%)
103	ŁASOCHA Kamila	241	OWOCBIEGA TEAM	K-40	48	NIE	01:33:38	02:46:01	<b>03:54:58.90</b>	+01:29:47 (38.2%)	11:11	5.4 (62.1%)
104	WINNICKA Magdalena	153		K-40	49	NIE	01:30:35	02:41:39	<b>03:55:53.35</b>	+01:30:41 (38.4%)	11:13	5.3 (60.9%)
105	GINTER Katarzyna	213		K-30	41	NIE	01:27:54	02:41:53	<b>03:58:08.95</b>	+01:32:57 (39.0%)	11:20	5.3 (60.9%)
106	NOWAK Marta	131	NARAMOWICE BIEGAJĄ	K-40	50	NIE	01:31:48	02:47:31	<b>03:58:35.85</b>	+01:33:24 (39.1%)	11:21	5.3 (60.9%)
107	ŁUSIAK Katarzyna	52	NIGHT RUNNERS WROCŁAW	K-30	42	NIE	01:22:43	02:41:26	<b>03:59:11.25</b>	+01:33:59 (39.3%)	11:23	5.3 (60.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
108	<b>CZEKALSKA Magdalena</b>	<b>133</b>	NARAMOWICE BIEGAJĄ	K-40	51	NIE	01:31:52	02:47:40	<b>03:59:13.55</b>	+01:34:01 (39.3%)	11:23	5.3 (60.9%)
109	<b>PAŁUCKA Marta</b>	<b>128</b>	PROJEKT ULTRA	K-30	43	NIE	01:31:44	02:45:05	<b>04:00:02.20</b>	+01:34:50 (39.5%)	11:25	5.2 (59.8%)
110	<b>KOWAŃSKA Aleksandra</b>	<b>483</b>		K-40	52	NIE	01:27:56	02:46:01	<b>04:01:58.85</b>	+01:36:47 (40.0%)	11:31	5.2 (59.8%)
111	<b>SZARPAK Anna</b>	<b>437</b>	WEEKENDOWA GRUPA BIEGOWA	K-40	53	NIE	01:28:09	02:46:17	<b>04:03:03.00</b>	+01:37:51 (40.3%)	11:34	5.2 (59.8%)
112	<b>GRÓDECKA Agata</b>	<b>182</b>	KINIA TEAM	K-40	54	NIE	01:27:51	02:46:35	<b>04:03:44.80</b>	+01:38:33 (40.4%)	11:36	5.2 (59.8%)
113	<b>GREŃ Agata</b>	<b>124</b>	NSK RUNS	K-40	55	NIE	01:27:02	02:45:29	<b>04:03:48.75</b>	+01:38:37 (40.4%)	11:36	5.2 (59.8%)
114	<b>MICHAŁKIEWICZ Monika</b>	<b>100</b>		K-30	44	NIE	01:34:22	02:51:37	<b>04:05:36.35</b>	+01:40:24 (40.9%)	11:41	5.1 (58.6%)
115	<b>PIERZCHAŁA Magdalena</b>	<b>126</b>	NSK RUNS	K-40	56	NIE	01:26:51	02:43:49	<b>04:06:08.15</b>	+01:40:56 (41.0%)	11:43	5.1 (58.6%)
116	<b>TUREK Karolina</b>	<b>299</b>		K-40	57	NIE	01:34:02	02:53:26	<b>04:09:34.00</b>	+01:44:22 (41.8%)	11:53	5 (57.5%)
117	<b>WEYNA Anna</b>	<b>172</b>	BIAŁY DOMEK BIEGA	K-40	58	NIE	01:34:02	02:53:22	<b>04:09:34.20</b>	+01:44:22 (41.8%)	11:53	5 (57.5%)
118	<b>PEPŁOWSKA Sylwia</b>	<b>49</b>		K-40	59	NIE	01:43:04	02:55:49	<b>04:09:35.25</b>	+01:44:23 (41.8%)	11:53	5 (57.5%)
119	<b>SUJECKA Sylwia</b>	<b>372</b>		K-40	60	NIE	01:33:34	02:53:02	<b>04:09:39.40</b>	+01:44:27 (41.8%)	11:53	5 (57.5%)
120	<b>PAWŁOWSKA Basia</b>	<b>373</b>		K-30	45	NIE	01:33:34	02:55:00	<b>04:09:39.70</b>	+01:44:28 (41.8%)	11:53	5 (57.5%)
121	<b>BOROŃ Izabela</b>	<b>66</b>		K-40	61	NIE	01:38:08	02:54:38	<b>04:09:49.55</b>	+01:44:37 (41.9%)	11:53	5 (57.5%)
122	<b>KONKIEWICZ Katarzyna</b>	<b>112</b>	ULTRASI Z GRODZISKA	K-20	7	NIE	01:38:17	02:55:19	<b>04:10:55.25</b>	+01:45:43 (42.1%)	11:56	5 (57.5%)
123	<b>BERNAS-KUJAWIŃSKA Magdalena</b>	<b>293</b>	HRT	K-40	62	NIE	01:31:38	02:51:25	<b>04:11:33.30</b>	+01:46:21 (42.3%)	11:58	5 (57.5%)
124	<b>MORAWSKA Anna</b>	<b>62</b>		K-60	2	NIE	01:29:24	02:50:34	<b>04:12:48.30</b>	+01:47:36 (42.6%)	12:02	5 (57.5%)
125	<b>SOBAŃSKA Paulina</b>	<b>23</b>	TARNOWO PODGÓRNE BIEGA	K-40	63	NIE	01:36:57	02:54:33	<b>04:13:43.05</b>	+01:48:31 (42.8%)	12:04	5 (57.5%)
126	<b>ZIELIŃSKA CZERBNIAK Izabela</b>	<b>30</b>	TARNOWO PODGÓRNE BIEGA	K-40	64	NIE	01:36:57	02:54:31	<b>04:13:43.35</b>	+01:48:31 (42.8%)	12:04	5 (57.5%)
127	<b>SMOTER Ania</b>	<b>279</b>	SMOLECKA ZADYSZKA	K-40	65	NIE	01:30:16	02:41:14	<b>04:13:43.70</b>	+01:48:32 (42.8%)	12:04	5 (57.5%)
128	<b>SMOTER Ewa</b>	<b>150</b>	SMOLECKA ZADYSZKA	K-40	66	NIE	01:30:22	02:41:12	<b>04:13:43.80</b>	+01:48:32 (42.8%)	12:04	5 (57.5%)
129	<b>CZECH Dorota</b>	<b>44</b>	ASICSFRONTRUNNER	K-40	67	NIE	01:25:08	02:37:34	<b>04:13:48.85</b>	+01:48:37 (42.8%)	12:05	5 (57.5%)
130	<b>KLUK Agnieszka</b>	<b>195</b>		K-40	68	NIE	01:31:37	02:54:30	<b>04:14:05.10</b>	+01:48:53 (42.9%)	12:05	5 (57.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
131	<b>CHOŁUJ Małgorzata</b>	<b>269</b>		K-50	9	NIE	01:28:32	02:39:32	<b>04:15:43.55</b>	+01:50:31 (43.2%)	12:10	4.9 (56.3%)
132	<b>BANACH-SKOWRONEK Joanna</b>	<b>420</b>	OJ NIEFAJNIE	K-30	46	NIE	01:31:59	02:54:58	<b>04:20:36.05</b>	+01:55:24 (44.3%)	12:24	4.8 (55.2%)
133	<b>SPRINGER Marta</b>	<b>206</b>	NIGHT RUNNERS	K-30	47	NIE	01:46:30	03:07:30	<b>04:21:03.85</b>	+01:55:52 (44.4%)	12:25	4.8 (55.2%)
134	<b>KLIŚ Dominika</b>	<b>302</b>		K-40	69	NIE	01:38:19	03:01:54	<b>04:23:35.90</b>	+01:58:24 (44.9%)	12:33	4.8 (55.2%)
135	<b>ŁAMPIKA Kinga</b>	<b>204</b>	NIGHT RUNNERS WROCŁAW, THE POLISH WINGS	K-40	70	NIE	01:35:34	02:54:35	<b>04:23:36.60</b>	+01:58:25 (44.9%)	12:33	4.8 (55.2%)
136	<b>BUGAJSKA-JUCHA Renata</b>	<b>226</b>	CARBO ASECURA	K-50	10	NIE	01:35:27	03:01:52	<b>04:26:39.55</b>	+02:01:27 (45.6%)	12:41	4.7 (54.0%)
137	<b>RUDA Kamila</b>	<b>274</b>	KURACJUSZE	K-30	48	NIE	01:30:32	02:54:49	<b>04:27:35.50</b>	+02:02:23 (45.7%)	12:44	4.7 (54.0%)
138	<b>BOROŃ Magda</b>	<b>54</b>		K-40	71	NIE	01:38:28	03:03:09	<b>04:29:05.80</b>	+02:03:54 (46.0%)	12:48	4.7 (54.0%)
139	<b>KLAJA Agnieszka</b>	<b>231</b>		K-30	49	NIE	01:43:56	03:09:21	<b>04:30:36.80</b>	+02:05:25 (46.3%)	12:53	4.7 (54.0%)
140	<b>CISŁAK Anna</b>	<b>129</b>		K-40	72	NIE	01:45:04	03:14:32	<b>04:37:33.15</b>	+02:12:21 (47.7%)	13:13	4.5 (51.7%)
141	<b>STANKOWSKA Dorota</b>	<b>73</b>		K-40	73	NIE	01:45:01	03:11:56	<b>04:40:28.35</b>	+02:15:16 (48.2%)	13:21	4.5 (51.7%)
142	<b>RECZEK Małgorzata</b>	<b>161</b>		K-30	50	NIE	01:52:45	03:19:34	<b>04:45:13.50</b>	+02:20:01 (49.1%)	13:34	4.4 (50.6%)
143	<b>SZYMCZAK Katarzyna</b>	<b>179</b>	POZYTYWNIENIE NAKRĘCENI	K-30	51	NIE	01:49:41	03:21:31	<b>04:46:27.25</b>	+02:21:15 (49.3%)	13:38	4.4 (50.6%)
144	<b>KORDALEWSKA Maria</b>	<b>555</b>		K-30	52	NIE	01:38:26	03:30:07	<b>04:51:24.55</b>	+02:26:12 (50.2%)	13:52	4.3 (49.4%)
<b>Przekroczony limit czasu: 05:00:00</b>												
145	<b>GRUSZKA Martyna</b>	<b>391</b>	WKTJ	K-30	53	NIE	01:39:02	03:41:10	<b>05:15:00.75</b>	+02:49:49 (53.9%)	15:00	4 (46.0%)
DNC	<b>PILZ-JEDRZEJCZYK Dominika</b>	<b>250</b>		K-30		NIE		00:50:59	<b>02:40:03.75</b>		0:00	7.9 (90.8%)
	<b>DERES Julia</b>	<b>422</b>	SILESIA VOLLEY MYSŁOWICE	K-20		NIE	01:38:13 DNF	03:36:58 DNF	<b>DNF</b>		-	- (0.0%)
	<b>KRAKOWSKA Paulina</b>	<b>423</b>	UKS GWIAZDA TARNOWSKIE GÓRY	K-20		NIE	01:38:15 DNF	03:36:59 DNF	<b>DNF</b>		-	- (0.0%)
	<b>CHMIELEWSKA Grazyna</b>	<b>328</b>		K-60		NIE	DNF	DNF	<b>DNF</b>		-	- (0.0%)
	<b>KAMIŃSKA Krystyna</b>	<b>459</b>	BIEGAMYŚŁOWICE	K-50		NIE	DNF	DNF	<b>DNF</b>		-	- (0.0%)

Znaleziono 150 wynik(ów)