



ZIMOWY PÓLMARATON GÓR STOŁOWYCH 21 KM

B4SPORT

Event: Zimowy Półmaraton Gór Stołowych
Organiser: Fundacja Maratony Górskie
Date: 2024-01-20
Place: Karlów
Distance: 21 km

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Classification: OPEN KOBIEĆ

Place	Participant	Number	Club	Category	MCat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
1	PAPROCKA Urszula	1299		K-30	1	NIE	00:45:14	01:25:36	02:05:06.80	02:05:08.15		5:57	10.1 (100%)
2	KULIK-GAWĘDA Iwona	1478	KUDOWIANKA RUN	K-30	2	NIE	00:48:49	01:33:17	02:17:28.20	02:17:30.70	+00:12:22 (9.0%)	6:32	9.2 (91.1%)
3	KMEŤOVÁ Kristína	1313		K-30	3	NIE	00:50:13	01:37:19	02:22:46.60	02:22:48.35	+00:17:40 (12.4%)	6:47	8.8 (87.1%)
4	FERENC-SZMUC Edyta	1178	KUDOWIANKA RUN	K-30	4	NIE	00:50:55	01:39:10	02:25:55.15	02:25:57.65	+00:20:49 (14.3%)	6:56	8.6 (85.1%)
5	KRAWCZYK Adriana	1349		K-30	5	NIE	00:52:30	01:39:50	02:26:15.55	02:26:18.35	+00:21:10 (14.5%)	6:57	8.6 (85.1%)
6	GORCZYCA Maria	1254	KS HADES	K-20	1	NIE	00:55:13	01:44:53	02:30:43.70	02:30:47.45	+00:25:39 (17.0%)	7:10	8.4 (83.2%)
7	KOLANO Agnieszka	1130	BIEGAJ POD OKIEM TRENERA	K-40	1	NIE	00:56:04	01:45:46	02:34:41.10	02:34:44.80	+00:29:36 (19.1%)	7:21	8.1 (80.2%)
8	BUDREWICZ Katarzyna	1225	BUDRYSY	K-40	2	NIE	01:04:34	01:56:25	02:46:10.00	02:46:10.00	+00:41:01 (24.7%)	7:54	7.6 (75.2%)
9	SWORNOWSKA Anna	1265		K-30	6	NIE	01:05:26	01:58:51	02:47:50.15	02:48:23.55	+00:43:15 (25.7%)	7:59	7.5 (74.3%)
10	SZYMANSKA Joanna	1230		K-30	7	TAK	01:02:48	01:56:30	02:49:38.05	02:49:46.15	+00:44:38 (26.3%)	8:04	7.4 (73.3%)
11	WOŹNIAK Karolina	1358	TRAIL IS OUR WAY	K-30	8	NIE	01:02:46	01:59:11	02:50:40.75	02:50:45.40	+00:45:37 (26.7%)	8:07	7.4 (73.3%)
12	GRUDZIEN-JURKOWSKA Malgorzata	1021		K-40	3	NIE	01:04:27	01:59:50	02:54:04.90	02:54:19.00	+00:49:10 (28.2%)	8:17	7.2 (71.3%)
13	MATYBA Anna	1251		K-20	2	NIE	01:00:32	01:58:29	02:56:37.25	02:56:41.30	+00:51:33 (29.2%)	8:24	7.1 (70.3%)
14	PILARSKA Magdalena	1229	WKTJ POZNAN	K-40	4	TAK	01:06:15	02:01:14	02:57:15.45	02:58:21.00	+00:53:12 (29.8%)	8:26	7.1 (70.3%)
15	MAZUR Monika	1396		K-40	5	NIE	01:02:46	01:59:54	02:59:52.95	02:59:58.05	+00:54:49 (30.5%)	8:33	7 (69.3%)

Place	Participant	Number	Club	Category	MCat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
16	ŁUSIAK Katarzyna	1292	GOOD MOVE	K-30	9	NIE	01:04:54	02:02:29	03:00:45.55	03:00:51.40	+00:55:43 (30.8%)	8:36	7 (69.3%)
17	SMOTER Ania	1250	SMOLECKA ZADYSZKA	K-40	6	NIE	01:06:16	02:04:42	03:01:02.85	03:01:09.35	+00:56:01 (30.9%)	8:37	7 (69.3%)
18	CIBIS Anna	1242		K-30	10	NIE	01:07:27	02:03:21	03:01:48.90	03:02:23.90	+00:57:15 (31.4%)	8:39	6.9 (68.3%)
19	PUTOWSKA Beata	1181	FEHLAU RUN TEAM	K-30	11	NIE	01:08:37	02:06:54	03:02:55.15	03:03:05.45	+00:57:57 (31.7%)	8:42	6.9 (68.3%)
20	JAWORSKA Wioleta	1066		K-30	12	NIE	01:10:13	02:07:03	03:03:23.75	03:03:38.80	+00:58:30 (31.9%)	8:43	6.9 (68.3%)
21	GRZYBOWSKA Karolina	1078	LEKKOATLETYKA STAL PLESZEW	K-40	7	NIE	01:14:08	02:11:36	03:03:02.40	03:03:40.70	+00:58:32 (31.9%)	8:42	6.9 (68.3%)
22	WOJTKOWIAK Renata	1278	PIĄTKOWO NA BIEGOWO	K-50	1	NIE	01:07:26	02:08:21	03:03:49.60	03:03:56.85	+00:58:48 (32.0%)	8:45	6.9 (68.3%)
23	ZDUŃCZYK Paulina	1362	AKADEMIABIEGACZA.PL	K-30	13	NIE	01:08:25	02:09:28	03:05:49.85	03:05:54.55	+01:00:46 (32.7%)	8:50	6.8 (67.3%)
24	KARDAS Agata	1472	KALENICA JUGÓW	K-40	8	TAK	01:08:53	02:09:19	03:09:19.95	03:09:45.70	+01:04:37 (34.1%)	9:00	6.7 (66.3%)
25	MICHALSKA Marta	1484		K-30	14	NIE	01:40:10		03:09:07.75	03:10:00.40	+01:04:52 (34.1%)	9:00	6.7 (66.3%)
26	SOSNOWSKA-SMYK Joanna	1337	AUTOLIV RUN TEAM	K-40	9	NIE	01:13:50	02:13:28	03:10:23.85	03:10:44.50	+01:05:36 (34.4%)	9:03	6.6 (65.3%)
27	PIĘKOŚ Monika	1289	HUNTERS OCR TEAM	K-40	10	NIE	01:11:46	02:10:25	03:10:09.80	03:10:45.30	+01:05:37 (34.4%)	9:03	6.6 (65.3%)
28	WOJEWODA Marta	1340	ORT	K-30	15	NIE	01:11:36	02:12:14	03:11:28.35	03:11:33.60	+01:06:25 (34.7%)	9:07	6.6 (65.3%)
29	SIKORA Malwina	1377		K-20	3	NIE	01:09:20	02:12:12	03:12:39.15	03:12:55.25	+01:07:47 (35.1%)	9:10	6.5 (64.4%)
30	WOŹNIAK Gaba	1163	UPRANE.PL	K-40	11	NIE	01:10:57	02:12:13	03:13:16.30	03:13:33.30	+01:08:25 (35.3%)	9:12	6.5 (64.4%)
31	PLUTA Kinga	1284		K-20	4	NIE	01:15:35	02:14:23	03:12:45.85	03:13:37.60	+01:08:29 (35.4%)	9:10	6.5 (64.4%)
32	SZAMOCKA Paulina	1414	TRAIL IS OUR WAY	K-30	16	NIE	01:12:49	02:14:29	03:13:29.85	03:13:50.90	+01:08:42 (35.4%)	9:12	6.5 (64.4%)
33	BERG Elwira	1318		K-40	12	NIE	01:09:54	02:11:22	03:13:48.15	03:13:51.65	+01:08:43 (35.5%)	9:13	6.5 (64.4%)
34	FIAŁKOWSKA Bożena	1370	ING BANK ŚLĄSKI	K-50	2	NIE	01:16:34	02:16:40	03:13:51.35	03:14:12.20	+01:09:04 (35.6%)	9:13	6.5 (64.4%)
35	ODOLCZYK Joanna	1051		K-50	3	NIE	01:11:46	02:14:25	03:14:00.65	03:14:47.30	+01:09:39 (35.8%)	9:14	6.5 (64.4%)
36	TRZEPACZ Dorota	1238	KB LUPUS OLEŚNICA	K-50	4	NIE	01:10:13	02:11:43	03:14:21.80	03:14:52.80	+01:09:44 (35.8%)	9:15	6.5 (64.4%)
37	WIECZOREK Agnieszka	1094	NSK RUNS	K-40	13	NIE	01:13:00	02:14:03	03:15:12.90	03:15:28.45	+01:10:20 (36.0%)	9:17	6.5 (64.4%)
38	WACHOWIAK Anna	1064		K-30	17	NIE	01:14:15	02:14:57	03:15:22.75	03:15:52.60	+01:10:44 (36.1%)	9:18	6.4 (63.4%)

Place	Participant	Number	Club	Category	MCat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
39	SZEWCZYK Joanna	1464	SKARMAT TORUŃ	K-40	14	NIE	01:14:17	02:14:51	03:15:25.80	03:16:17.35	+01:11:09 (36.2%)	9:18	6.4 (63.4%)
40	GRUSZCZYŃSKA Ola	1083		K-40	15	NIE	01:14:04	02:15:08	03:18:13.35	03:18:44.60	+01:13:36 (37.0%)	9:26	6.4 (63.4%)
41	NOWAK Marta	1118		K-40	16	NIE	01:16:21	02:16:59	03:18:32.25	03:18:47.30	+01:13:39 (37.1%)	9:27	6.3 (62.4%)
42	BENTKOWSKA Magdalena	1449	DIRTY SPARROWS	K-30	18	NIE	01:14:26	02:16:44	03:18:32.30	03:18:50.70	+01:13:42 (37.1%)	9:27	6.3 (62.4%)
43	ŚLEBODA Joanna	1092	KOBIETY BIEGAJĄ	K-30	19	NIE	01:18:53	02:19:26	03:18:14.65	03:19:13.15	+01:14:05 (37.2%)	9:26	6.4 (63.4%)
44	MAKOWSKA Anna	1207		K-40	17	NIE	01:19:16	02:19:37	03:19:08.95	03:19:32.90	+01:14:24 (37.3%)	9:28	6.3 (62.4%)
45	STASIŃSKA-KOSTOWSKA Wiktoria	1445		K-20	5	NIE	01:14:00	02:17:14	03:20:11.45	03:20:39.35	+01:15:31 (37.6%)	9:31	6.3 (62.4%)
46	NAWROCKA Sylwia	1213	MAMA W BIEGU	K-50	5	NIE	01:18:22	02:21:17	03:20:05.80	03:20:52.10	+01:15:43 (37.7%)	9:31	6.3 (62.4%)
47	JÓZEFczyk Justyna	1485		K-40	18	NIE	01:16:05	02:18:59	03:20:21.05	03:20:56.00	+01:15:47 (37.7%)	9:32	6.3 (62.4%)
48	KITOWSKA Małgorzata	1474		K-40	19	NIE	01:14:27	02:18:02	03:21:51.20	03:22:01.50	+01:16:53 (38.1%)	9:36	6.2 (61.4%)
49	KUNA Aleksandra	1457	SII RUNNING TEAM	K-30	20	NIE	01:11:44	02:14:59	03:22:15.60	03:22:30.05	+01:17:21 (38.2%)	9:37	6.2 (61.4%)
50	ŁAMPIKA Kinga	1303	GOOD MOVE	K-40	20	NIE	01:15:29	02:18:53	03:22:31.45	03:22:58.50	+01:17:50 (38.3%)	9:38	6.2 (61.4%)
51	ŁAZUKA Klaudia	1371	ING BANK ŚLĄSKI	K-30	21		01:16:38	02:20:34	03:22:59.80	03:23:23.25	+01:18:15 (38.5%)	9:39	6.2 (61.4%)
52	AUGUSTOWSKA Izabela	1381	BELLAMAR TEAM	K-40	21	NIE	01:14:42	02:20:48	03:24:14.85	03:24:23.15	+01:19:15 (38.8%)	9:43	6.2 (61.4%)
53	FAFARA Agnieszka	1124	PIETRZYK RUNNING TEAM	K-40	22	NIE	01:20:06	02:20:45	03:24:46.55	03:25:15.20	+01:20:07 (39.0%)	9:45	6.2 (61.4%)
54	TARCZYŃSKA Halina	1264		K-40	23	NIE	01:19:10	02:21:22	03:24:29.50	03:25:19.70	+01:20:11 (39.1%)	9:44	6.2 (61.4%)
55	KUPKA Martyna	1226	SWAT TEAM	K-30	22	NIE	01:17:44	02:21:49	03:25:50.10	03:25:55.05	+01:20:46 (39.2%)	9:48	6.1 (60.4%)
56	SMOTER Ewa	1480		K-40	24	NIE	01:14:36	02:20:08	03:26:56.45	03:27:03.05	+01:21:54 (39.6%)	9:51	6.1 (60.4%)
57	WALCZAK Emilia	1159	KB MANIAC POZNAŃ	K-40	25	NIE	01:20:47	02:23:11	03:26:03.65	03:27:10.20	+01:22:02 (39.6%)	9:48	6.1 (60.4%)
58	KUCHTA Monika	1161	#HAPPYRUNNERS	K-40	26	NIE	01:19:50	02:21:01	03:27:04.70	03:27:35.95	+01:22:27 (39.7%)	9:51	6.1 (60.4%)
59	POTOCKA Małgorzata	1344		K-20	6	NIE	01:19:01	02:19:57	03:26:48.30	03:27:59.10	+01:22:50 (39.8%)	9:50	6.1 (60.4%)
60	WÓJKOWSKA-DURYS Monika	1156		K-40	27	NIE	01:19:45	02:19:51	03:27:30.30	03:28:01.15	+01:22:53 (39.8%)	9:52	6.1 (60.4%)
61	KOWACZ Agata	1365	SPEEDBAR	K-40	28	NIE	01:16:33	02:23:06	03:29:06.40	03:29:18.20	+01:24:10 (40.2%)	9:57	6 (59.4%)

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62	KUKOBNIKAVA Vitaliya	1389	BIEGACZE STU MOSTÓW	K-30	23	NIE	01:22:59	02:32:34	03:30:23.15	03:30:40.75	+01:25:32 (40.6%)	10:01	6 (59.4%)
63	LUBAŃSKA Alicja	1126	DTR BIEGA / MARIO TEAM	K-50	6	NIE	01:21:31	02:27:54	03:31:39.10	03:32:16.25	+01:27:08 (41.0%)	10:04	6 (59.4%)
64	SYNOWIEC-JUDA Agata	1384		K-40	29	NIE	01:19:37	02:25:47	03:31:46.65	03:32:27.20	+01:27:19 (41.1%)	10:05	5.9 (58.4%)
65	WACHOWSKA Katarzyna	1201	SMOK TRÓJGŁOWY	K-30	24	NIE	01:21:24	02:26:19	03:32:03.70	03:32:28.40	+01:27:20 (41.1%)	10:05	5.9 (58.4%)
66	KOWALSKA Małgorzata	1157		K-40	30		01:17:27	02:23:54	03:32:35.80	03:32:42.75	+01:27:34 (41.2%)	10:07	5.9 (58.4%)
67	WRZESZCZ Marta	1293	GOOD MOVE TEAM	K-30	25	NIE	01:13:47	02:23:00	03:32:57.00	03:33:06.35	+01:27:58 (41.3%)	10:08	5.9 (58.4%)
68	CZARNOTA Dorota	1150	WYBIEGAJ SIEBIE	K-40	31		01:14:56	02:23:16	03:32:59.20	03:33:08.75	+01:28:00 (41.3%)	10:08	5.9 (58.4%)
69	HOFFMANN Barbara	1281	KS HADES POZNAŃ	K-30	26	NIE	01:14:18	02:25:27	03:33:17.10	03:33:20.65	+01:28:12 (41.3%)	10:09	5.9 (58.4%)
70	PALIŃSKA Zuzanna	1210	WIELKOPOLSKI KLUB TATERNICTWA JASKINIOWEGO	K-20	7	TAK	01:17:14	02:25:48	03:33:02.90	03:33:22.10	+01:28:13 (41.4%)	10:08	5.9 (58.4%)
71	SZYDŁO Klaudia	1356		K-30	27	NIE	01:08:10	02:15:41	03:35:14.35	03:35:35.10	+01:30:26 (42.0%)	10:14	5.9 (58.4%)
72	ORZECZOWSKA Agnieszka	1053		K-40	32	NIE	01:25:20	02:29:55	03:35:37.05	03:36:52.45	+01:31:44 (42.3%)	10:16	5.8 (57.4%)
73	PABIAN Agnieszka	1331	HUNTERS OCR TEM	K-50	7	NIE	01:21:21	02:28:42	03:37:35.70	03:38:11.90	+01:33:03 (42.7%)	10:21	5.8 (57.4%)
74	BARAN Paulina	1033	OSPRO OCR	K-30	28	NIE	01:20:24	02:29:19	03:37:27.05	03:38:20.30	+01:33:12 (42.7%)	10:21	5.8 (57.4%)
75	PIECUCH Małgorzata	1101		K-60	1		01:20:07	02:29:42	03:38:14.20	03:38:33.90	+01:33:25 (42.7%)	10:23	5.8 (57.4%)
76	CZUCHAJ Anna	1363	ING BANK ŚLĄSKI	K-40	33		01:22:40	02:28:25	03:38:16.10	03:38:35.85	+01:33:27 (42.8%)	10:23	5.8 (57.4%)
77	WIĘCEK Małgorzata	1437	ING BANK ŚLĄSKI	K-40	34	NIE	01:22:44	02:27:57	03:38:19.95	03:38:36.30	+01:33:28 (42.8%)	10:23	5.8 (57.4%)
78	JURECZKO Agnieszka	1433	DZIK KOMANDO	K-40	35	NIE	01:16:30	02:26:10	03:40:03.75	03:40:10.55	+01:35:02 (43.2%)	10:28	5.7 (56.4%)
79	RUDA Kamila	1214	KURACJUSZE	K-30	29	NIE	01:18:47	02:29:00	03:40:06.80	03:40:44.30	+01:35:36 (43.3%)	10:28	5.7 (56.4%)
80	PERECZKOWSKA Agnieszka	1176		K-40	36	NIE	01:22:32	02:30:34	03:42:10.95	03:42:26.10	+01:37:17 (43.7%)	10:34	5.7 (56.4%)
81	ZIĘBA Monika	1077	NSK RUNS	K-40	37	NIE	01:16:39	02:27:44	03:42:35.90	03:43:01.15	+01:37:53 (43.9%)	10:35	5.7 (56.4%)
82	KACZMAREK Monika	1442	NKB CHYŻY NOWY TOMYŚL	K-40	38	NIE	01:25:08	02:35:09	03:43:08.95	03:43:51.70	+01:38:43 (44.1%)	10:37	5.6 (55.4%)
83	CZECH Dorota	1002	ASICS FRONTRUNNER POLAND	K-40	39	NIE	01:22:38	02:32:54	03:44:35.80	03:45:01.90	+01:39:53 (44.4%)	10:41	5.6 (55.4%)
84	STACHOWIAK Magda	1483	RUN TEAM RYDZYNA	K-30	30	NIE	01:20:59	02:30:28	03:44:41.75	03:45:02.05	+01:39:53 (44.4%)	10:41	5.6 (55.4%)

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85	KOTKO Małgorzata	1435		K-30	31	NIE	01:19:26	02:31:22	03:45:48.55	03:46:07.00	+01:40:58 (44.7%)	10:45	5.6 (55.4%)
86	STACIWO Justyna	1211	KURACJUSZE	K-40	40	NIE	01:32:42	02:32:47	03:45:40.00	03:46:20.00	+01:41:11 (44.7%)	10:44	5.6 (55.4%)
87	TYLKA Gosia	1198		K-30	32	NIE	01:28:27	02:36:24	03:45:58.05	03:47:10.40	+01:42:02 (44.9%)	10:45	5.6 (55.4%)
88	RUSNAK Iwona	1011		K-40	41	NIE	01:25:35	02:34:47	03:48:47.50	03:50:08.55	+01:45:00 (45.6%)	10:53	5.5 (54.5%)
89	KRÓL-PIDANTY Marzena	1081		K-40	42	NIE	01:29:08	02:38:54	03:49:12.40	03:50:20.95	+01:45:12 (45.7%)	10:54	5.5 (54.5%)
90	BOROŃ Izabela	1022		K-40	43	NIE	01:31:01	02:39:26	03:51:39.05	03:52:26.55	+01:47:18 (46.2%)	11:01	5.4 (53.5%)
91	ILNICKA Monika	1410	WIECZORNE BIEGANIE W OPOLU	K-30	33	NIE	01:27:30	02:39:14	03:51:49.45	03:52:42.15	+01:47:34 (46.2%)	11:02	5.4 (53.5%)
92	KOSNIEWSKA-NOWAK Joanna	1402	WIECZORNE BIEGANIE W OPOLU	K-40	44	NIE	01:27:31	02:39:17	03:51:53.90	03:52:44.60	+01:47:36 (46.2%)	11:02	5.4 (53.5%)
93	PAŁUCKA Marta	1071	PROJEKT ULTRA	K-30	34	NIE	01:30:33	02:42:18	03:53:07.95	03:54:04.15	+01:48:56 (46.5%)	11:06	5.4 (53.5%)
94	KAMIŃSKA Krystyna	1270		K-50	8	NIE	01:25:52	02:37:26	03:53:27.60	03:54:06.95	+01:48:58 (46.5%)	11:07	5.4 (53.5%)
95	PIĘKNIEWSKA Agata	1429	WKTJ	K-20	8	NIE	01:30:18	02:40:41	03:54:40.15	03:55:27.00	+01:50:18 (46.9%)	11:10	5.4 (53.5%)
96	PIERZCHAŁA Magdalena	1061	NSK RUNS	K-40	45	NIE	01:19:32	02:35:07	03:55:04.10	03:55:27.85	+01:50:19 (46.9%)	11:11	5.4 (53.5%)
97	MILEWSKA Agnieszka	1190	NIGHT RUNNERS	K-30	35	NIE	01:31:22	02:38:13	03:54:31.80	03:55:28.60	+01:50:20 (46.9%)	11:10	5.4 (53.5%)
98	POCHCIAŁ Magdalena	1257	BIEGOWE ŚRODY 20	K-30	36	NIE	01:30:04	02:43:47	03:54:39.30	03:55:45.75	+01:50:37 (46.9%)	11:10	5.4 (53.5%)
99	PIETRASZ Dagmara	1023		K-40	46	NIE	01:39:32	02:46:32	03:54:53.00	03:55:59.45	+01:50:51 (47.0%)	11:11	5.4 (53.5%)
100	MARCINIAK Agata	1286	ŁODZIANKA TEAM	K-40	47	NIE	01:36:09	02:45:02	03:55:15.90	03:56:22.00	+01:51:13 (47.1%)	11:12	5.4 (53.5%)
101	MINIAK Lidia	1233	WYBIEGAJ SIEBIE	K-40	48	NIE	01:22:40	02:39:56	03:57:21.95	03:57:34.60	+01:52:26 (47.3%)	11:18	5.3 (52.5%)
102	FIERKOWICZ Teresa	1419	ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO	K-50	9	NIE	01:27:03	02:42:01	03:56:04.55	03:57:59.70	+01:52:51 (47.4%)	11:14	5.3 (52.5%)
103	OPASKA Kasia	1308	BIEGACZE Z PRZYLESIA	K-40	49	NIE	01:28:00	02:44:16	03:59:53.15	04:00:04.55	+01:54:56 (47.9%)	11:25	5.3 (52.5%)
104	SARNA Beata	1141	WERONIKA ZIELIŃSKA-TRENER	K-50	10	NIE	01:27:57	02:45:05	03:59:43.50	04:00:07.40	+01:54:59 (47.9%)	11:24	5.3 (52.5%)
105	CHOŁUJ Małgorzata	1129		K-60	2	NIE	01:28:02	02:45:09	03:59:48.40	04:00:07.55	+01:54:59 (47.9%)	11:25	5.3 (52.5%)
106	KRZYSZKOWSKA Agnieszka	1372	ING BANK ŚLĄSKI	K-40	50	NIE	01:32:38	02:45:13	03:59:55.40	04:00:09.60	+01:55:01 (47.9%)	11:25	5.3 (52.5%)
107	KWIATKOWSKA Katarzyna	1373	ING BANK ŚLĄSKI	K-50	11	NIE	01:32:39	02:45:14	04:00:43.50	04:00:55.55	+01:55:47 (48.1%)	11:27	5.2 (51.5%)

Place	Participant	Number	Club	Category	MCat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
108	MARCZAK Ola	1252	KB HARCOWNIK JELCZ-LASKOWICE	K-30	37	NIE	01:31:04	02:47:31	04:00:51.70	04:01:34.00	+01:56:25 (48.2%)	11:28	5.2 (51.5%)
109	PEPŁOWSKA Sylwia	1016		K-40	51	NIE	01:31:09	02:42:47	04:02:16.55	04:03:00.65	+01:57:52 (48.5%)	11:32	5.2 (51.5%)
110	DOBRZYŃSKA Małgorzata	1025	SPC	K-60	3	NIE	01:29:24	02:46:54	04:04:55.05	04:05:38.50	+02:00:30 (49.1%)	11:39	5.1 (50.5%)
111	MASALSKA Anna	1314		K-50	12	NIE	01:29:35	02:46:28	04:04:48.50	04:05:42.85	+02:00:34 (49.1%)	11:39	5.1 (50.5%)
112	BIEDAK Adrianna	1195	NIGHT RUNNERS	K-30	38	NIE	01:31:23	02:46:54	04:04:50.65	04:05:46.35	+02:00:38 (49.1%)	11:39	5.1 (50.5%)
113	SUJECKA Sylwia	1121		K-40	52	NIE	01:34:45	02:52:33	04:07:18.65	04:07:53.65	+02:02:45 (49.5%)	11:46	5.1 (50.5%)
114	BANASZEWSKA Joanna	1463		K-40	53	NIE	01:30:44	02:47:06	04:07:44.70	04:08:35.10	+02:03:26 (49.7%)	11:47	5.1 (50.5%)
115	OCHOCKA Ewa	1136		K-40	54	NIE	01:25:19	02:44:14	04:08:06.75	04:08:36.95	+02:03:28 (49.7%)	11:48	5.1 (50.5%)
116	DOMBROWSKI Catherine	1259	SKS OBORNIKI	K-40	55	NIE	01:32:10	02:50:10	04:08:56.20	04:10:53.40	+02:05:45 (50.1%)	11:51	5.1 (50.5%)
117	KACZMARCZYK Anna	1003		K-30	39	TAK	01:39:03	03:03:31	04:14:11.70	04:14:47.90	+02:09:39 (50.9%)	12:06	5 (49.5%)
118	GREŃ Agata	1067	NSK RUNS	K-40	56	NIE	01:31:46	02:51:42	04:15:21.55	04:15:44.55	+02:10:36 (51.1%)	12:09	4.9 (48.5%)
119	INOROWICZ Joanna	1114		K-40	57	NIE	01:30:55	02:51:50	04:15:26.50	04:15:44.95	+02:10:36 (51.1%)	12:09	4.9 (48.5%)
120	DOROŻAŁA Natalia	1287		K-30	40	NIE	01:38:39	02:56:49	04:15:19.15	04:16:21.70	+02:11:13 (51.2%)	12:09	4.9 (48.5%)
121	MARCINKIEWICZ Marta	1267		K-50	13	NIE	01:37:43	03:00:08	04:18:59.40	04:19:32.50	+02:14:24 (51.8%)	12:19	4.9 (48.5%)
122	CICHOCKA Anna	1450		K-40	58	NIE	01:38:00	03:00:09	04:18:44.30	04:19:36.10	+02:14:27 (51.8%)	12:19	4.9 (48.5%)
123	MALICKA Katarzyna	1248		K-40	59	NIE	01:43:53	03:02:47	04:19:09.30	04:20:27.15	+02:15:19 (52.0%)	12:20	4.9 (48.5%)
124	JANKOWSKA Marzena	1273	FU FU FU TEAM	K-40	60	NIE	01:37:51	03:01:00	04:20:04.15	04:21:03.35	+02:15:55 (52.1%)	12:23	4.8 (47.5%)
125	ZAWADZKA Kinga	1166		K-40	61	NIE	01:36:44	02:59:24	04:20:21.75	04:21:50.00	+02:16:41 (52.2%)	12:23	4.8 (47.5%)
126	MANDYCZ Bożena	1018		K-50	14	TAK	01:39:30	03:05:11	04:25:36.90	04:26:15.30	+02:21:07 (53.0%)	12:38	4.7 (46.5%)
127	GRUSZKA Martyna	1212	WKTJ	K-30	41	NIE	01:38:52	03:01:09	04:25:29.00	04:26:16.65	+02:21:08 (53.0%)	12:38	4.7 (46.5%)
127	KACZMARCZYK Katarzyna	1241		K-30	41	NIE	01:38:53	03:01:11	04:25:29.30	04:26:16.65	+02:21:08 (53.0%)	12:38	4.7 (46.5%)
129	SZARPAK Anna	1068	WEEKENDOWA GRUPA BIEGOWA	K-40	62	NIE	01:39:41	03:02:18	04:25:37.65	04:26:37.00	+02:21:28 (53.1%)	12:38	4.7 (46.5%)
130	KOWAŃSKA Aleksandra	1089	WEEKENDOWA GRUPA BIEGOWA	K-40	63	NIE	01:39:31	03:02:05	04:25:28.60	04:26:38.35	+02:21:30 (53.1%)	12:38	4.7 (46.5%)

Place	Participant	Number	Club	Category	MCat	Alpinista	Parking pod Szczelińcem 7km	Błędne Skały 14km	Net time 21km	Czas brutto 21km	Gap	Pace min/km	Pace km/h
131	STĘPIEŃ Maria	1274	OPALENICKI KLUB BIEGACZA	K-60	4	NIE	01:36:03	03:03:57	04:31:25.00	04:31:51.80	+02:26:43 (54.0%)	12:55	4.6 (45.5%)
132	MAGOCSY Justyna	1249	ASICS FRONTRUNNER	K-30	43	NIE	01:49:43	03:16:11	04:43:26.40	04:44:30.10	+02:39:21 (56.0%)	13:29	4.4 (43.6%)
133	MAGOCSY Helena	1247		K-40	64	NIE	01:49:24	03:16:12	04:43:26.95	04:44:30.40	+02:39:22 (56.0%)	13:29	4.4 (43.6%)
134	KWAPIŃSKA Anna	1059		K-40	65	NIE	01:48:51	03:19:36	04:49:00.00	04:50:21.35	+02:45:13 (56.9%)	13:45	4.4 (43.6%)
135	CISŁAK Anna	1032		K-40	66	NIE	01:51:11	03:25:42	04:52:08.55	04:52:55.25	+02:47:47 (57.3%)	13:54	4.3 (42.6%)
136	STANIAK Agnieszka	1027		K-40	67	NIE	01:51:19	03:25:54	04:52:14.15	04:52:55.50	+02:47:47 (57.3%)	13:54	4.3 (42.6%)
	KLAJA Agnieszka	1172	KBŻ	K-30		NIE	01:40:48	DNF DNF	DNF	DNF		-	- (0.0%)
	PAWŁOWSKA Barbara	1432		K-30		NIE	01:45:03	DNF DNF	DNF	DNF		-	- (0.0%)
	DURZYŃSKA Bożena	1206		K-40		NIE	01:50:53	DNF DNF	DNF	DNF		-	- (0.0%)

Total 139 results.