

ZŁOTY MARATON - 45 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2020-07-16
Miejsce: Łądek-Zdrój
Dystans: 45 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN KOBIET

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
1	GOMOŁYSEK Kinga	5433	KARKONOSZ RUNNING TEAM	Senior II K - 30	1	01:09:16	02:28:10	03:31:58	04:33:02.15		6:04	9.9 (100%)
2	MARKIEWICZ Agnieszka	5041	PRORUNNING PROMOTION	Senior II K - 30	2	01:15:22	02:39:29	03:47:51	04:51:57.00	+00:18:54 (6.5%)	6:29	9.2 (92.9%)
3	SUSMANEK Joanna	5358	EY RUN4FUN	Senior II K - 30	3	01:23:52	02:55:56	04:09:15	05:14:32.55	+00:41:30 (13.2%)	6:59	8.6 (86.9%)
4	ZDZIECHOWICZ Natalia	5012	AZS UJ	Senior I K - 20	1	01:23:56	02:50:17	04:10:53	05:31:24.35	+00:58:22 (17.6%)	7:21	8.1 (81.8%)
5	FERENC-SZMUC Edyta	5282	KUDOWIANKA RUN	Senior II K - 30	4	01:25:36	02:56:41	04:16:41	05:35:02.50	+01:02:00 (18.5%)	7:26	8.1 (81.8%)
6	CICHOŃ Magdalena	5458		Masters K - 40	1	01:29:46	03:05:04	04:22:09	05:35:11.85	+01:02:09 (18.5%)	7:26	8.1 (81.8%)
7	ZYCH Katarzyna	5003	BONNIE & CLYDE	Masters K - 40	2	01:24:04	03:01:39	04:22:02	05:41:14.55	+01:08:12 (20.0%)	7:34	7.9 (79.8%)
8	STRAUCHOLD Anna	5169	PRO RUN WROCŁAW	Masters K - 40	3	01:26:42	03:03:08	04:26:29	05:44:03.00	+01:11:00 (20.6%)	7:38	7.8 (78.8%)
9	RÓLKA Mariola	5471	BRACIA PIETRZAK RUNNING TEAM	Masters K - 40	4	01:27:57	03:09:25	04:36:38	05:52:43.75	+01:19:41 (22.6%)	7:50	7.7 (77.8%)
10	BEDNARZ Marta	5385	ADIDAS WARSAW RUNNERS	Senior II K - 30	5	01:27:37	03:10:21	04:35:56	05:57:30.85	+01:24:28 (23.6%)	7:56	7.6 (76.8%)
11	ABRAMOWICZ Agata	5304		Senior I K - 20	2	01:26:13	03:07:25	04:35:30	05:57:49.55	+01:24:47 (23.7%)	7:57	7.5 (75.8%)
12	HŁASKO Ania	5284		Senior I K - 20	3	01:29:13	03:08:24	04:39:01	06:05:21.70	+01:32:19 (25.3%)	8:07	7.4 (74.7%)
13	WARZECHA Teresa	5367	RUNNERS TEAM NYSA	Weteran K - 50	1	01:33:39	03:15:28	04:44:20	06:07:58.20	+01:34:56 (25.8%)	8:10	7.3 (73.7%)
14	OSMOLAK Agnieszka	5210	PRO-RUN WROCŁAW	Senior II K - 30	6	01:33:46	03:17:17	04:46:04	06:10:17.85	+01:37:15 (26.3%)	8:13	7.3 (73.7%)
15	GONCERZEWICZ Anna	5350	BASSET ROLLING TEAM/STARE BABICE BIEGAJA	Senior II K - 30	7	01:40:19	03:23:40	04:47:54	06:11:26.50	+01:38:24 (26.5%)	8:15	7.3 (73.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Tempo min/km	Tempo km/h
						B1 10km	B2 22km	A15 33km	netto 45km	Różn		
16	DRAGANEK Ewelina	5202		Senior II K - 30	8	01:30:35	03:13:54	04:45:07	06:12:46.00	+01:39:43 (26.8%)	8:17	7.2 (72.7%)
17	WIERZBICKA Beata	5240	EBIEGI.PL	Senior II K - 30	9	01:37:39	03:27:47	04:56:45	06:13:21.35	+01:40:19 (26.9%)	8:17	7.2 (72.7%)
18	ZŁOTNICKA Olga	5118		Masters K - 40	5	01:37:04	03:25:05	04:55:11	06:18:15.75	+01:45:13 (27.8%)	8:24	7.1 (71.7%)
19	SIENNICA Joanna	5097		Masters K - 40	6	01:37:16	03:25:15	04:55:23	06:18:25.80	+01:45:23 (27.9%)	8:24	7.1 (71.7%)
20	FRONCZKOWSKA Barbara	5281		Senior II K - 30	10	01:38:23	03:25:09	04:55:14	06:19:38.20	+01:46:36 (28.1%)	8:26	7.1 (71.7%)
21	GÓRECKA Milena	5165	PANDA TEAM	Senior II K - 30	11	01:44:34	03:36:13	05:07:07	06:25:06.85	+01:52:04 (29.1%)	8:33	7 (70.7%)
22	KUJAWSKA Agnieszka	5098		Masters K - 40	7	01:36:03	03:26:37	04:58:18	06:27:34.65	+01:54:32 (29.6%)	8:36	7 (70.7%)
23	HENECZKOWSKA Anna	5263	BORN TO RUN	Senior I K - 20	4	01:26:26	03:08:21	04:51:26	06:28:11.15	+01:55:09 (29.7%)	8:37	7 (70.7%)
24	PSZENICZNA Joanna	5013	VEGE RUNNERS	Senior II K - 30	12	01:39:34	03:32:22	05:03:52	06:31:53.55	+01:58:51 (30.3%)	8:42	6.9 (69.7%)
25	DZIUBEK Monika	5236	W POGONI ZA DUCHEM	Masters K - 40	8	01:40:17	03:31:34	05:07:05	06:32:28.05	+01:59:25 (30.4%)	8:43	6.9 (69.7%)
26	ŚWIATOWIEC Anna	5062		Masters K - 40	9	01:41:50	03:32:07	05:05:50	06:34:30.60	+02:01:28 (30.8%)	8:46	6.8 (68.7%)
27	OLESIŃSKA Martyna	5506	W POGONI ZA DUCHEM	Senior II K - 30	13	01:40:08	03:31:31	05:09:34	06:39:00.05	+02:05:57 (31.6%)	8:52	6.8 (68.7%)
28	KOLAJ Ewelina	5515		Senior II K - 30	14	01:44:02	03:40:22	05:15:43	06:40:26.55	+02:07:24 (31.8%)	8:53	6.7 (67.7%)
29	ZALEWSKA Agata	5379	KLUB BIEGACZA BOLESŁAWIEC	Senior II K - 30	15	01:40:46	03:33:02	05:08:27	06:40:29.70	+02:07:27 (31.8%)	8:54	6.7 (67.7%)
30	SZAWARA-ZIÓŁKOWSKA Ewelina	5448	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	16	01:36:10	03:29:02	05:10:44	06:40:49.65	+02:07:47 (31.9%)	8:54	6.7 (67.7%)
31	SKRZYPCZAK Hanna	5090	BROWAR FORTUNA	Weteran K - 50	2	01:38:33	03:36:05	05:10:25	06:40:54.30	+02:07:52 (31.9%)	8:54	6.7 (67.7%)
32	KORBANEK Emilia	5508	GRUNWALD TEAM POZNAŃ	Masters K - 40	10	01:44:50	03:42:22	05:14:54	06:41:34.45	+02:08:32 (32.0%)	8:55	6.7 (67.7%)
33	PĘKALA Kamila	5336	WKURW_TEAM	Senior I K - 20	5	01:45:14	03:38:43	05:13:32	06:43:04.10	+02:10:01 (32.3%)	8:57	6.7 (67.7%)
34	KOPIEC Izabela	5305	INTER ROPE TEAM	Senior II K - 30	17	01:37:01	03:36:28	05:16:21	06:43:22.15	+02:10:20 (32.3%)	8:57	6.7 (67.7%)
35	PAWLUK Anna	5376		Senior II K - 30	18	01:40:37	03:40:59	05:15:26	06:44:53.45	+02:11:51 (32.6%)	8:59	6.7 (67.7%)
36	ROSZYK Magdalena	5043	DRUŻYNA SZPIKU	Masters K - 40	11	01:48:56	03:42:19	05:18:56	06:44:58.60	+02:11:56 (32.6%)	8:59	6.7 (67.7%)
37	SARNOWSKA Karolina	5266	PRORUNNING PROMOTION	Masters K - 40	12	01:39:08	03:33:38	05:17:33	06:46:27.50	+02:13:25 (32.8%)	9:01	6.6 (66.7%)
38	MOSKAL Izabella	5154	TKKF MPK POZNAŃ	Masters K - 40	13	01:39:20	03:36:37	05:16:41	06:48:48.70	+02:15:46 (33.2%)	9:05	6.6 (66.7%)

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						B1 10km	B2 22km	A15 33km	netto 45km	Różn		
39	KOZICZAK Katarzyna	5377		Senior II K - 30	19	01:49:56	03:43:32	05:22:30	06:52:56.90	+02:19:54 (33.9%)	9:10	6.5 (65.7%)
40	ŚWIĘTONIOWSKA Justyna	5017	SPARTAN TRAINING GROUP RZESZÓW	Senior II K - 30	20	01:48:53	03:43:18	05:21:01	06:52:57.75	+02:19:55 (33.9%)	9:10	6.5 (65.7%)
41	ŻELAZOWSKA Ola	5246	PRO-RUN WROCLAW	Senior II K - 30	21	01:43:05	03:39:02	05:15:05	06:55:48.45	+02:22:46 (34.3%)	9:14	6.5 (65.7%)
42	LACHOWICZ Marta	5109	NIGHT RUNNERS WROCLAW	Senior II K - 30	22	01:40:18	03:35:11	05:19:42	06:56:04.10	+02:23:01 (34.4%)	9:14	6.5 (65.7%)
43	KRZYZIŃSKA Sylwia	5481	DOGOŃ GRODZISK MAZOWIECKI	Masters K - 40	14	01:45:30	03:49:42	05:29:49	06:57:03.85	+02:24:01 (34.5%)	9:16	6.5 (65.7%)
44	SUCHANEK Aleksandra	5214	NIGHT RUNNERS PYSKOWICE	Senior II K - 30	23	01:52:32	03:46:32	05:28:40	06:57:15.55	+02:24:13 (34.6%)	9:16	6.5 (65.7%)
45	LIBERACKA-KOPYTEK Ewa	5046		Masters K - 40	15	01:40:16	03:31:17	05:17:11	06:57:29.00	+02:24:26 (34.6%)	9:16	6.5 (65.7%)
46	WIECZOREK Elżbieta	5178	POMIDOROWA ALTERNATYWA	Masters K - 40	16	01:46:23	03:43:49	05:31:10	06:58:46.25	+02:25:44 (34.8%)	9:18	6.4 (64.6%)
47	LEONARSKA Małgorzata	5291	ZDEZORIENTOWANI	Senior II K - 30	24	01:47:54	03:42:35	05:26:35	07:00:06.50	+02:27:04 (35.0%)	9:20	6.4 (64.6%)
48	ŻELAZNY Agnieszka	5032	GORLICKA GRUPA BIEGOWA	Masters K - 40	17	01:38:12	03:35:55	05:22:11	07:00:22.45	+02:27:20 (35.0%)	9:20	6.4 (64.6%)
49	FLORCZAK Monika	5024	RB ACTIVE	Senior II K - 30	25	01:46:38	03:44:46	05:29:28	07:04:52.45	+02:31:50 (35.7%)	9:26	6.4 (64.6%)
50	RZEPKA Aleksandra	5344	WKURW_TEAM	Senior I K - 20	6	01:45:42	03:44:53	05:34:51	07:09:13.60	+02:36:11 (36.4%)	9:32	6.3 (63.6%)
51	ZIELIŃSKA Mirona	5113		Masters K - 40	18	01:53:40	03:51:45	05:31:05	07:09:28.05	+02:36:25 (36.4%)	9:32	6.3 (63.6%)
52	PAWLIK Joanna	5094	KS PRETORIUM POZNAŃ	Senior II K - 30	26	01:51:19	03:53:20	05:38:10	07:11:25.35	+02:38:23 (36.7%)	9:35	6.3 (63.6%)
53	BORUTA-KOŁODZIEJ Emilia	5441	PRO-RUN WROCLAW	Senior II K - 30	27	01:41:22	03:40:08	05:27:48	07:12:40.80	+02:39:38 (36.9%)	9:36	6.2 (62.6%)
54	URBANIK Zuzanna	5446		Masters K - 40	19	01:36:19	03:41:48	05:37:07	07:12:56.75	+02:39:54 (36.9%)	9:37	6.2 (62.6%)
55	BOROWICZ Paulina	5393	QUAY POZNAŃ	Masters K - 40	20	01:47:34	03:51:02	05:40:45	07:15:34.15	+02:42:32 (37.3%)	9:40	6.2 (62.6%)
56	WÓJCIK Kamila	5510	LACHO TEAM	Masters K - 40	21	01:54:17	04:07:16	05:49:25	07:16:15.00	+02:43:12 (37.4%)	9:41	6.2 (62.6%)
57	CZECH Dorota	5104	PRO-RUN WROCLAW	Masters K - 40	22	01:47:29	03:51:56	05:39:11	07:16:59.25	+02:43:57 (37.5%)	9:42	6.2 (62.6%)
58	POGORZELSKA Alina	5223	DB LESZCZYNY	Weteran K - 50	3	01:56:38	04:05:32	05:50:23	07:17:27.70	+02:44:25 (37.6%)	9:43	6.2 (62.6%)
59	HRYCIUK Katarzyna	5122	EKOBIEGI	Masters K - 40	23	01:49:02	03:51:40	05:39:11	07:18:47.50	+02:45:45 (37.8%)	9:45	6.2 (62.6%)
60	ŁASKAWSKA Justyna	5504		Masters K - 40	24	01:39:23	03:44:05	05:32:11	07:20:03.25	+02:47:01 (38.0%)	9:46	6.1 (61.6%)
61	JAWORSKA Katarzyna	5248		Masters K - 40	25	01:49:24	04:00:06	05:45:53	07:21:18.75	+02:48:16 (38.1%)	9:48	6.1 (61.6%)

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62	MARCINKOWSKA Anita	5259		Senior II K - 30	28	01:45:42	03:51:41	05:34:06	07:22:32.00	+02:49:29 (38.3%)	9:50	6.1 (61.6%)
63	ADAMSKA Agnieszka	5319	AKTYWNY OSTRZESZÓW	Masters K - 40	26	01:57:12	04:00:04	05:52:00	07:25:46.45	+02:52:44 (38.8%)	9:54	6.1 (61.6%)
64	DWORNIK Małgorzata	5010	WARCZĄCE SZPRYCHY	Senior II K - 30	29	01:48:54	03:47:38	05:37:19	07:28:45.25	+02:55:43 (39.2%)	9:58	6 (60.6%)
65	PIECUCH Małgorzata	5031		Weteran K - 50	4	01:53:14	04:01:27	05:52:00	07:28:57.05	+02:55:54 (39.2%)	9:58	6 (60.6%)
66	ŁATKOWSKA Monika	5288	GRUPA BIEGOWA CHTMO	Masters K - 40	27	01:51:38	03:58:24	05:52:31	07:30:13.60	+02:57:11 (39.4%)	10:00	6 (60.6%)
67	KAPELSKA-KOBLAŃSKA Milena	5134	MATNER RUNNING TEAM	Masters K - 40	28	01:50:24	03:50:49	05:47:45	07:31:07.75	+02:58:05 (39.5%)	10:01	6 (60.6%)
68	JAWORSKA Magdalena	5088	GB WIELKOPOLSCY BIEGACZE/TEAM KGB	Masters K - 40	29	01:46:50	03:55:54	05:50:13	07:31:23.50	+02:58:21 (39.5%)	10:01	6 (60.6%)
69	SZYSZKO Ewa	5085	MARKOWI BIEGACZE	Masters K - 40	30	01:54:07	04:05:04	05:59:10	07:32:36.50	+02:59:34 (39.7%)	10:03	6 (60.6%)
70	LACH Agnieszka	5326		Masters K - 40	31	01:44:55	03:51:13	05:49:14	07:32:37.25	+02:59:35 (39.7%)	10:03	6 (60.6%)
71	WILK Magdalena	5445	ULTRAPOŚLADACH/TEAM ZABIEGANEDNI	Masters K - 40	32	01:43:55	03:53:11	05:54:17	07:33:02.00	+02:59:59 (39.7%)	10:04	6 (60.6%)
72	KAMINSKA Magdalena	5152		Senior II K - 30	30	01:50:04	04:02:08	05:53:10	07:33:26.45	+03:00:24 (39.8%)	10:04	6 (60.6%)
73	GRECH-BARAN Marta	5402		Senior II K - 30	31	01:50:18	04:01:42	05:50:25	07:34:19.40	+03:01:17 (39.9%)	10:05	5.9 (59.6%)
74	CZARNY Anna	5227		Masters K - 40	33	01:56:45	04:06:19	05:56:17	07:35:19.30	+03:02:17 (40.0%)	10:07	5.9 (59.6%)
75	BAIER-JASTRZĄBEK Marta	5076	OBORNICKI KLUB LEEKOATLETYCZNY	Masters K - 40	34	01:57:20	04:02:10	05:58:35	07:35:28.40	+03:02:26 (40.1%)	10:07	5.9 (59.6%)
76	NIEDŹWIECKA Kasia	5492	EKOBIEGI	Weteran K - 50	5	01:52:13	04:08:39	06:00:13	07:37:29.55	+03:04:27 (40.3%)	10:09	5.9 (59.6%)
77	RUNOWICZ Magdalena	5056		Masters K - 40	35	01:52:34	03:56:38	05:44:38	07:37:37.35	+03:04:35 (40.3%)	10:10	5.9 (59.6%)
78	LEWICKA Magdalena	5095	OBORNICKI KLUB LEEKOATLETYCZNY	Senior II K - 30	32	01:57:02	04:02:01	05:58:07	07:37:43.35	+03:04:41 (40.3%)	10:10	5.9 (59.6%)
79	GRĘZEL-GAWRON Jolanta	5329	J.G JOLANTA GRĘZEL-GAWRON	Masters K - 40	36	01:51:43	04:06:31	05:56:52	07:42:23.15	+03:09:21 (41.0%)	10:16	5.8 (58.6%)
80	JANOWSKA Ula	5093		Masters K - 40	37	01:48:36	03:58:00	05:41:39	07:45:15.10	+03:12:12 (41.3%)	10:20	5.8 (58.6%)
81	BORC Marzanna	5120	AKADEMIA BIEGANIA GRUDZIĄDZ.	Weteran K - 50	6	01:48:46	03:58:11	05:41:49	07:45:24.55	+03:12:22 (41.3%)	10:20	5.8 (58.6%)
82	IGNASZEWSKA Marta	5015	DRUŻYNA SZPIKU	Masters K - 40	38	01:48:43	04:01:33	06:06:25	07:48:31.60	+03:15:29 (41.7%)	10:24	5.8 (58.6%)
83	HANGIEL Urszula	5399	ŻWAWĘ ŻÓŁWIE	Senior II K - 30	33	02:02:52	04:22:14	06:11:13	07:49:49.90	+03:16:47 (41.9%)	10:26	5.7 (57.6%)
84	GMAJ Karolina	5127		Masters K - 40	39	01:51:34	04:09:36	06:04:15	07:49:57.90	+03:16:55 (41.9%)	10:26	5.7 (57.6%)

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									netto 45km	Różn		
85	SZYMAŃSKA Dominika	5334	POMYKACZE	Senior I K - 20	7	01:53:33	04:11:27	06:04:03	07:50:45.80	+03:17:43 (42.0%)	10:27	5.7 (57.6%)
86	PAWLIK-NIEDZIELA Sandra	5195	BIEGOWA KUŹNIA	Senior II K - 30	34	01:53:43	04:11:39	06:04:13	07:50:56.05	+03:17:53 (42.0%)	10:27	5.7 (57.6%)
87	SKIBICKA Dorota	5355	PZU SPORT TEAM	Masters K - 40	40	01:52:03	04:09:34	06:08:34	07:51:13.55	+03:18:11 (42.1%)	10:28	5.7 (57.6%)
88	GAJEWSKA Agnieszka	5035	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Masters K - 40	41	01:52:06	04:04:25	06:09:21	07:53:14.20	+03:20:12 (42.3%)	10:31	5.7 (57.6%)
89	KOWALSKA Małgorzata	5296		Masters K - 40	42	02:06:16	04:20:00	06:09:25	07:54:05.35	+03:21:03 (42.4%)	10:32	5.7 (57.6%)
90	GRĘBOWICZ Agnieszka	5234		Senior II K - 30	35	02:06:26	04:20:10	06:09:35	07:54:15.35	+03:21:13 (42.4%)	10:32	5.7 (57.6%)
91	GŁĄBICA Justyna	5231		Masters K - 40	43	01:48:57	04:20:49	06:26:31	07:56:18.80	+03:23:16 (42.7%)	10:35	5.7 (57.6%)
92	WAŚCIŃSKA Edyta	5362	PĘDZI - PARA	Weteran K - 50	7	01:58:59	04:14:11	06:07:57	07:57:05.55	+03:24:03 (42.8%)	10:36	5.7 (57.6%)
93	BAGIŃSKA Paulina	5374		Masters K - 40	44	01:36:59	03:48:17	05:54:59	07:57:12.30	+03:24:10 (42.8%)	10:36	5.7 (57.6%)
94	POMIANOWSKA Anna	5386		Masters K - 40	45	01:58:22	04:14:31	06:12:12	07:59:09.55	+03:26:07 (43.0%)	10:38	5.6 (56.6%)
95	MAJCHRZAK Monika	5044	WKURW_TEAM	Masters K - 40	46	01:59:46	04:19:09	06:14:51	08:01:23.90	+03:28:21 (43.3%)	10:41	5.6 (56.6%)
96	WIELICZKO Dagmara	5064		Senior II K - 30	36	01:56:51	04:14:13	06:21:37	08:04:23.10	+03:31:20 (43.6%)	10:45	5.6 (56.6%)
97	KALINOWSKA Katarzyna	5463		Senior II K - 30	37	01:53:34	04:09:59	06:13:08	08:06:01.65	+03:32:59 (43.8%)	10:48	5.6 (56.6%)
98	RZYWUCKA Jolanta	5198	4 RUN TEAM PIŁA	Masters K - 40	47	02:09:47	04:24:04	06:18:21	08:06:55.10	+03:33:52 (43.9%)	10:49	5.5 (55.6%)
99	KRAJEWSKA-KŁODA Katarzyna	5058	DRUŻYNA SZPIKU	Masters K - 40	48	02:11:42	04:40:00	06:38:03	08:14:39.05	+03:41:36 (44.8%)	10:59	5.5 (55.6%)
100	BARANIAK Beata	5176	DRUŻYNA SZPIKU	Masters K - 40	49	02:11:52	04:40:07	06:38:15	08:14:49.25	+03:41:47 (44.8%)	10:59	5.5 (55.6%)
101	ZASŁAWSKA Katarzyna	5494	ZAKOCHAJ SIĘ W BIEGANIU	Weteran K - 50	8	01:50:36	04:10:42	06:17:54	08:16:33.55	+03:43:31 (45.0%)	11:02	5.4 (54.5%)
102	TRZECIAK Ewelina	5283		Masters K - 40	50	02:00:02	04:31:53	06:34:23	08:16:34.85	+03:43:32 (45.0%)	11:02	5.4 (54.5%)
103	MAŁGORZATA Modelska	5338		Senior II K - 30	38	02:06:14	04:27:35	06:29:35	08:16:56.35	+03:43:54 (45.1%)	11:02	5.4 (54.5%)
104	FOJCIK Katarzyna	5254	PIERUNSKIE CANGÓRY	Senior I K - 20	8	01:51:25	04:15:04	06:18:54	08:17:22.05	+03:44:19 (45.1%)	11:03	5.4 (54.5%)
105	BĘDZIŃSKA Jolanta	5279		Masters K - 40	51	02:06:16	04:35:04	06:32:19	08:18:10.95	+03:45:08 (45.2%)	11:04	5.4 (54.5%)
106	PIETRUSIAK Agnieszka	5278		Senior II K - 30	39	02:06:25	04:35:13	06:32:27	08:18:22.05	+03:45:19 (45.2%)	11:04	5.4 (54.5%)
107	KUKLA-KOWALSKA Alicja	5114		Masters K - 40	52	01:58:52	04:23:39	06:28:27	08:18:34.65	+03:45:32 (45.2%)	11:04	5.4 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
108	STAWSKA-KISIAŁA Natalia	5220	LACHO TEAM	Senior II K - 30	40	02:16:41	04:40:35	06:36:16	08:18:47.85	+03:45:45 (45.3%)	11:05	5.4 (54.5%)
109	SOBAŃSKA Paulina	5124	TARNOWO PODGÓRNE BIEGA	Senior II K - 30	41	02:06:17	04:31:58	06:32:58	08:20:05.25	+03:47:03 (45.4%)	11:06	5.4 (54.5%)
110	ZIELIŃSKA CZERBNIAK Izabela	5200	TARNOWO PODGÓRNA BIEGA	Masters K - 40	53	02:06:27	04:32:07	06:33:07	08:20:14.10	+03:47:11 (45.4%)	11:06	5.4 (54.5%)
111	SZULC Joanna	5082	WYBIEGANIA MPK	Masters K - 40	54	02:05:04	04:33:26	06:34:53	08:24:36.40	+03:51:34 (45.9%)	11:12	5.4 (54.5%)
112	MRUCZYŃSKA-PIETRUCZANIS Katarzyna	5071	WKURW_TEAM / AKTYWNI WĘGRÓW	Masters K - 40	55	02:03:47	04:29:56	06:31:54	08:25:26.60	+03:52:24 (46.0%)	11:13	5.3 (53.5%)
113	LATOS Joanna	5180		Masters K - 40	56	02:11:24	04:37:40	06:37:28	08:25:41.60	+03:52:39 (46.0%)	11:14	5.3 (53.5%)
114	KIEŁCZYŃSKA Katarzyna	5036	OVER 40 TEAM	Masters K - 40	57	01:55:48	04:29:51	06:36:42	08:25:43.60	+03:52:41 (46.0%)	11:14	5.3 (53.5%)
115	ROMAN Ewelina	5161	MONIA GYM	Senior II K - 30	42	02:00:03	04:18:40	06:24:59	08:25:47.15	+03:52:45 (46.0%)	11:14	5.3 (53.5%)
116	BĄCZYK Monika	5160	MONIA GYM	Masters K - 40	58	02:00:04	04:18:41	06:25:03	08:25:47.60	+03:52:45 (46.0%)	11:14	5.3 (53.5%)
117	ADAMIAK Marta	5526		Senior II K - 30	43	01:56:35	04:23:52	06:33:33	08:28:29.55	+03:55:27 (46.3%)	11:18	5.3 (53.5%)
118	LEWANDOWSKA Ewa	5110		Masters K - 40	59	02:01:46	04:19:22	06:26:44	08:32:11.45	+03:59:09 (46.7%)	11:22	5.3 (53.5%)
119	KATA Aleksandra	5299		Senior II K - 30	44	02:02:10	04:25:30	06:23:42	08:33:13.95	+04:00:11 (46.8%)	11:24	5.3 (53.5%)
120	BIELECKA Iwona	5072	PRO-RUN WROCLAW	Senior II K - 30	45	02:02:20	04:25:40	06:24:43	08:33:23.80	+04:00:21 (46.8%)	11:24	5.3 (53.5%)
121	BARZAK Justyna	5256		Senior II K - 30	46	01:58:24	04:40:35	06:52:36	08:40:55.55	+04:07:53 (47.6%)	11:34	5.2 (52.5%)
122	GÓRNA Aldona	5101	ŻÓŁWICE W BIEGU	Masters K - 40	60	02:00:37	04:38:53	06:42:51	08:43:34.30	+04:10:32 (47.9%)	11:38	5.2 (52.5%)
123	LANGE Hanna	5102	ŻÓŁWICE W BIEGU	Masters K - 40	61	02:00:47	04:39:05	06:43:00	08:43:45.45	+04:10:43 (47.9%)	11:38	5.2 (52.5%)
124	FRANKENBERG Małgorzata	5482	BIEGACZ NOWOSOLNA	Weteran II K - 60	1	02:14:49	04:55:14	07:04:30	08:45:31.70	+04:12:29 (48.0%)	11:40	5.1 (51.5%)
125	TARASZEWSKA Paulina	5129		Senior II K - 30	47	01:59:35	04:29:25	06:33:42	08:46:15.15	+04:13:13 (48.1%)	11:41	5.1 (51.5%)
126	KOZŁOWSKA Joanna	5356		Weteran K - 50	9	02:09:31	04:30:32	06:31:15	08:56:35.35	+04:23:33 (49.1%)	11:55	5 (50.5%)
127	REGULSKA Aneta	5059	DRUŻYNA SZPIKU	Senior II K - 30	48	02:24:28	05:07:28	07:22:19	09:28:50.30	+04:55:48 (52.0%)	12:38	4.7 (47.5%)
128	RAJCAKOWSKA Anna	5253		Weteran K - 50	10	02:24:38	05:07:40	07:22:31	09:30:18.60	+04:57:16 (52.1%)	12:40	4.7 (47.5%)
129	MOSKWA Martyna	5209	MASZ PRZEBIEGANE	Senior I K - 20	9	02:17:07	05:03:24	07:17:02	09:34:40.70	+05:01:38 (52.5%)	12:46	4.7 (47.5%)
130	WIETRZYŃSKA Agnieszka	5208	MASZ PRZEBIEGANE	Senior II K - 30	49	02:17:17	05:03:33	07:17:11	09:34:51.75	+05:01:49 (52.5%)	12:46	4.7 (47.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
131	WOŁCZEK Małgorzata	5157		Senior II K - 30	50	02:30:59	05:22:58	07:46:43	09:40:56.75	+05:07:54 (53.0%)	12:54	4.6 (46.5%)
132	WAŁECKA Agnieszka	5381	3W	Masters K - 40	62	02:31:09	05:23:07	07:46:47	09:41:03.45	+05:08:01 (53.0%)	12:54	4.6 (46.5%)
133	JAWORSKA-NIZIOŁ Magdalena	5136		Senior II K - 30	51	02:18:38	05:52:02	07:48:03	09:45:52.70	+05:12:50 (53.4%)	13:01	4.6 (46.5%)
134	FORMELA Justyna	5411		Masters K - 40	63	02:12:51	05:07:55	07:29:51	09:48:39.95	+05:15:37 (53.6%)	13:04	4.6 (46.5%)
135	LESZCZYŃSKA-DOMINIAK Elżbieta	5473	LASY WAWERSKIE	Weteran II K - 60	2	02:16:36	05:02:18	07:35:39	10:03:39.35	+05:30:37 (54.8%)	13:24	4.5 (45.5%)
136	MAKAREWICZ Sylwia	5520		Masters K - 40	64	02:14:19	04:56:33	07:26:12	10:09:58.70	+05:36:56 (55.2%)	13:33	4.4 (44.4%)
Przekroczony limit czasu: 10:45:00												
137	PAWŁOWSKA Danuta	5369		Masters K - 40	65	02:41:15	05:52:22	08:33:57	11:36:25.10	+07:03:22 (60.8%)	15:28	3.9 (39.4%)
	MALECKA-LEŃ Patrycja	5440	STAJNIA BALONA	Senior II K - 30		01:20:59 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 138 wynik(ów)