

ZŁOTY MARATON - 45 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2021-07-15
Miejsce: Łądek-Zdrój
Dystans: 45 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN KOBIEĆ

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
1	WIECZOREK Nina	5272	MOCNA GRUPA CEZARA/SBRT WROCŁAW	Senior I K - 20	1	01:12:22	02:31:06	03:37:06	04:42:00.80		6:16	9.6 (100%)
2	BIAŁOŁOCKA Alicja	5125	SOBASTEAM	Senior II K - 30	1	01:08:59	02:29:16	03:42:22	04:50:58.35	+00:08:57 (3.1%)	6:27	9.3 (96.9%)
3	ŁUKASIEWICZ Ewa	5651	OLAWS ZŁOTORYJA	Weteran K - 50	1	01:11:46	02:36:47	03:53:48	05:00:54.05	+00:18:53 (6.3%)	6:41	9 (93.8%)
4	FLOREK Katarzyna	5411		Senior II K - 30	2	01:15:43	02:39:11	03:53:31	05:03:52.10	+00:21:51 (7.2%)	6:45	8.9 (92.7%)
5	DUDEK Monika	5138	PCH SPORT TEAM	Senior II K - 30	3	01:12:28	02:40:20	03:54:45	05:05:38.00	+00:23:37 (7.7%)	6:47	8.8 (91.7%)
6	HNATIUK Anna	5345	MATNER RUNNING TEAM	Senior II K - 30	4	01:15:11	02:45:13	04:05:37	05:15:32.10	+00:33:31 (10.6%)	7:00	8.6 (89.6%)
7	KOŁECKA Patrycja	5260	PIĄTKOWO NA BIEGOWO	Masters K - 40	1	01:17:59	02:47:27	04:07:18	05:17:17.20	+00:35:16 (11.1%)	7:03	8.5 (88.5%)
8	LEŚNIAK Karolina	5485	FUNTRI	Senior II K - 30	5	01:23:17	02:57:39	04:15:53	05:25:54.20	+00:43:53 (13.5%)	7:14	8.3 (86.5%)
9	ANDRZEJEWSKA Magdalena	5720	SMYKOFSKI	Masters K - 40	2	01:12:33	02:43:07	04:06:35	05:30:41.80	+00:48:41 (14.7%)	7:20	8.2 (85.4%)
10	MOSIOŁEK Monika	5719	BIEGNĘ ŻEBY BARTEK MÓGŁ BIEGAĆ	Senior II K - 30	6	01:16:25	02:50:18	04:13:09	05:32:51.40	+00:50:50 (15.3%)	7:23	8.1 (84.4%)
11	ZIELIŃSKA Malwina	5041	ZA LINIĄ METY TEAM	Senior I K - 20	2	01:18:02	02:48:40	04:16:02	05:33:15.95	+00:51:15 (15.4%)	7:24	8.1 (84.4%)
12	KODZIK Aleksandra Kodzik	5563	#FITDZIADEK	Senior II K - 30	7	01:18:10	02:49:30	04:12:58	05:35:02.35	+00:53:01 (15.8%)	7:26	8.1 (84.4%)
13	LUTOMSKA Dorota	5437	OFIX.PL BIKE TEAM	Senior II K - 30	8	01:18:57	02:49:46	04:16:52	05:37:23.20	+00:55:22 (16.4%)	7:29	8 (83.3%)
14	ROZNEJSKA Dagmara	5615	KB SOBÓTKA	Senior II K - 30	9	01:23:37	02:59:05	04:22:38	05:38:00.40	+00:55:59 (16.6%)	7:30	8 (83.3%)
15	PTASZYŃSKA Wioletta	5149		Senior II K - 30	10	01:23:20	02:55:47	04:21:22	05:38:10.55	+00:56:09 (16.6%)	7:30	8 (83.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
16	KWIECIEŃ - LIPIŃSKA Kamila	5684	TIGERS TEAM	Masters K - 40	3	01:23:09	02:57:20	04:21:41	05:38:31.50	+00:56:30 (16.7%)	7:31	8 (83.3%)
17	DROGOSZEWSKA Magdalena	5362		Senior II K - 30	11	01:23:45	02:59:27	04:21:56	05:38:53.05	+00:56:52 (16.8%)	7:31	8 (83.3%)
18	SZOSTAK Anna	5456	OLIMPIA ZABRZE	Senior II K - 30	12	01:16:26	02:48:55	04:13:53	05:39:05.75	+00:57:04 (16.8%)	7:32	8 (83.3%)
19	ORDYŃSKA Anna	5727	SUPADUPAFLY	Senior II K - 30	13	01:28:01	03:01:00	04:22:35	05:39:44.10	+00:57:43 (17.0%)	7:32	7.9 (82.3%)
20	GROT Izabela	5565	PREDATORS WAŁBRZYCH	Senior II K - 30	14	01:19:40	02:54:12	04:20:07	05:41:02.00	+00:59:01 (17.3%)	7:34	7.9 (82.3%)
21	URBAN Iwona	5762	42K PRO TEAM	Masters K - 40	4	01:24:12	03:00:13	04:23:43	05:43:56.35	+01:01:55 (18.0%)	7:38	7.9 (82.3%)
22	LEDWOŃ Izabela	5574	CSZWS	Masters K - 40	5	01:28:52	03:05:37	04:28:06	05:45:11.80	+01:03:11 (18.3%)	7:40	7.8 (81.3%)
23	ZIOBROWSKA Anna	5305	BIEGIEM PO ZDROWIE	Senior I K - 20	3	01:18:31	02:50:25	04:17:43	05:45:18.50	+01:03:17 (18.3%)	7:40	7.8 (81.3%)
24	JABŁOŃSKA Weronika	5287		Senior I K - 20	4	01:19:23	02:53:23	04:27:29	05:48:10.65	+01:06:09 (19.0%)	7:44	7.8 (81.3%)
25	ŁUCJANEK Justyna	5228	KAJA TEAM	Masters K - 40	6	01:22:59	03:02:19	04:30:42	05:52:37.20	+01:10:36 (20.0%)	7:50	7.7 (80.2%)
26	MARCINKOWSKA Katarzyna	5587		Masters K - 40	7	01:27:03	03:11:06	04:36:50	05:56:27.60	+01:14:26 (20.9%)	7:55	7.6 (79.2%)
27	ADAMCZYK-NOWAK Beata	5058	MIECHOWICKA GRUPA BIEGOWA	Masters K - 40	8	01:28:06	03:09:33	04:38:12	05:57:27.40	+01:15:26 (21.1%)	7:56	7.6 (79.2%)
28	NAUDZIUNAS Agnieszka	5699	NATURAL BORN RUNNERS	Masters K - 40	9	01:26:14	03:10:26	04:39:52	05:59:26.10	+01:17:25 (21.5%)	7:59	7.5 (78.1%)
29	KANIEWSKA Agnieszka	5761		Masters K - 40	10	01:25:41	03:08:59	04:39:29	06:01:15.75	+01:19:14 (21.9%)	8:01	7.5 (78.1%)
30	HAJDZIONA Agata	5047	MARATOŃCZYK POZNAŃ	Senior II K - 30	15	01:27:45	03:09:53	04:45:44	06:02:54.70	+01:20:53 (22.3%)	8:03	7.4 (77.1%)
31	PIECUCH Karolina	5415		Senior II K - 30	16	01:22:11	03:02:16	04:37:41	06:03:21.20	+01:21:20 (22.4%)	8:04	7.4 (77.1%)
32	RESPONDEK Anna	5221		Senior II K - 30	17	01:19:27	03:01:13	04:41:30	06:03:37.30	+01:21:36 (22.4%)	8:04	7.4 (77.1%)
33	KĘDZIORA Magdalena	5405	STRONGFITWOMEN.PL	Senior I K - 20	5	01:24:10	03:06:50	04:41:26	06:05:34.25	+01:23:33 (22.9%)	8:07	7.4 (77.1%)
34	MICHALSKA Agnieszka	5542		Senior II K - 30	18	01:24:22	03:08:17	04:41:16	06:06:49.75	+01:24:48 (23.1%)	8:09	7.4 (77.1%)
35	DZIUBEK Monika	5220	W POGONI ZA DUCHEM	Masters K - 40	11	01:26:24	03:12:47	04:44:39	06:10:10.85	+01:28:10 (23.8%)	8:13	7.3 (76.0%)
36	WRÓBEL Małgorzata	5278	OBORYGENI	Senior II K - 30	19	01:32:51	03:14:55	04:48:30	06:13:01.55	+01:31:00 (24.4%)	8:17	7.2 (75.0%)
37	MIKOŁAJEWSKA Justyna	5390		Senior II K - 30	20	01:29:06	03:14:36	04:47:52	06:15:16.70	+01:33:15 (24.9%)	8:20	7.2 (75.0%)
38	WASZCZYKOWSKA Magdalena	5602		Masters K - 40	12	01:28:54	03:17:37	04:51:03	06:16:18.60	+01:34:17 (25.1%)	8:21	7.2 (75.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
39	SZYDŁO Klaudia	5174	BRAK	Senior II K - 30	21	01:25:37	03:04:39	04:49:54	06:18:13.05	+01:36:12 (25.4%)	8:24	7.1 (74.0%)
40	TOMCZYK Angelika	5183	RESHAPE RUNNERS	Senior II K - 30	22	01:31:22	03:20:07	04:54:24	06:18:44.60	+01:36:43 (25.5%)	8:24	7.1 (74.0%)
41	VAKH Oksana	5226	CAŁA OLEŚNICA BIEGA	Senior I K - 20	6	01:21:53	03:09:56	04:49:42	06:18:58.15	+01:36:57 (25.6%)	8:25	7.1 (74.0%)
42	BURDAJEWICZ Katarzyna	5133		Weteran K - 50	2	01:27:38	03:12:17	04:49:42	06:20:05.00	+01:38:04 (25.8%)	8:26	7.1 (74.0%)
43	STAŃCO Mariola	5343		Senior II K - 30	23	01:30:22	03:14:52	04:52:53	06:20:35.60	+01:38:34 (25.9%)	8:27	7.1 (74.0%)
44	SOWIŃSKA-JANECZEK Joanna	5080	KB MARATON TUREK	Senior II K - 30	24	01:29:40	03:16:06	04:52:41	06:20:40.55	+01:38:39 (25.9%)	8:27	7.1 (74.0%)
45	PAJDOSZ Katarzyna	5612	KB BIAŁA BIEGA	Senior II K - 30	25	01:32:46	03:22:05	05:00:12	06:26:27.95	+01:44:27 (27.0%)	8:35	7 (72.9%)
46	WOJTYCZKA Katarzyna	5751	GÓRAL Z MAZUR RUNNING TEAM	Senior II K - 30	26	01:27:27	03:14:21	04:56:09	06:26:33.10	+01:44:32 (27.0%)	8:35	7 (72.9%)
47	KOCIMSKA Katarzyna	5685	EUROVENT ATHLETICS	Masters K - 40	13	01:32:09	03:22:33	05:02:55	06:28:54.65	+01:46:53 (27.5%)	8:38	6.9 (71.9%)
48	KUJAWSKA Agnieszka	5108		Masters K - 40	14	01:32:17	03:22:13	05:00:14	06:31:16.40	+01:49:15 (27.9%)	8:41	6.9 (71.9%)
49	CZERNIAK Agnieszka	5364	PIĄTKOWO NA BIEGOWO-POZNAŃ	Masters K - 40	15	01:30:05	03:13:08	04:54:29	06:31:58.85	+01:49:58 (28.1%)	8:42	6.9 (71.9%)
50	BOMBA Alina	5591		Senior II K - 30	27	01:33:43	03:24:55	05:04:18	06:32:54.00	+01:50:53 (28.2%)	8:43	6.9 (71.9%)
51	KORDALSKA Karolina	5273	NIGHT RUNNERS PYSKOWICE	Senior I K - 20	7	01:34:13	03:25:49	05:10:14	06:33:45.05	+01:51:44 (28.4%)	8:45	6.9 (71.9%)
52	NOWAK-GÓRECKA Anna	5642		Senior II K - 30	28	01:32:12	03:20:14	05:02:00	06:38:28.65	+01:56:27 (29.2%)	8:51	6.8 (70.8%)
53	KORALEWSKA Edyta	5601		Masters K - 40	16	01:29:02	03:23:40	05:07:30	06:38:57.45	+01:56:56 (29.3%)	8:51	6.8 (70.8%)
54	KUSTRA Klaudia	5535		Senior II K - 30	29	01:30:37	03:20:30	05:04:46	06:39:38.50	+01:57:37 (29.4%)	8:52	6.8 (70.8%)
55	KUDŁA Joanna	5090		Senior II K - 30	30	01:31:21	03:25:04	05:06:23	06:40:43.15	+01:58:42 (29.6%)	8:54	6.7 (69.8%)
56	WAWRZYNIAK Lidia	5153	ZAKRĘCENI ROWEROWO	Masters K - 40	17	01:29:38	03:18:27	05:03:49	06:40:47.20	+01:58:46 (29.6%)	8:54	6.7 (69.8%)
57	HAŁAS Katarzyna	5643		Masters K - 40	18	01:31:22	03:27:08	05:14:14	06:40:55.60	+01:58:54 (29.7%)	8:54	6.7 (69.8%)
58	RABIEJ OLSZEWSKA Hanna	5208	ROZBIEGANI CHOJNÓW	Senior II K - 30	31	01:36:13	03:27:45	05:04:46	06:43:53.55	+02:01:52 (30.2%)	8:58	6.7 (69.8%)
59	HENECZKOWSKA Anna	5412	BORN TO RUN	Senior I K - 20	8	01:25:24	03:12:25	05:04:00	06:43:56.60	+02:01:55 (30.2%)	8:58	6.7 (69.8%)
60	MUSIAŁ Anna	5484	NIEPOŁOMICE BIEGAJĄ	Masters K - 40	19	01:32:47	03:24:12	05:10:11	06:44:32.55	+02:02:31 (30.3%)	8:59	6.7 (69.8%)
61	DĄBKOWSKA Monika	5296	ACIVERUNŁASK	Senior II K - 30	32	01:27:56	03:20:11	05:07:07	06:44:37.60	+02:02:36 (30.3%)	8:59	6.7 (69.8%)

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62	TRUSZKO Agnieszka	5614		Masters K - 40	20	01:35:23	03:32:56	05:27:22	06:47:01.50	+02:05:00 (30.7%)	9:02	6.6 (68.8%)
63	BARCZAK Katarzyna	5459	RUN TEAM MILEJÓW	Masters K - 40	21	01:35:22	03:35:05	05:20:33	06:47:19.45	+02:05:18 (30.8%)	9:03	6.6 (68.8%)
64	HENDZLIK Monika	5072		Masters K - 40	22	01:29:52	03:19:49	05:12:38	06:47:45.80	+02:05:45 (30.8%)	9:03	6.6 (68.8%)
65	ŻELAZOWSKA Ola	5283	PRO-RUN WROCŁAW	Senior II K - 30	33	01:30:30	03:23:33	05:12:28	06:47:54.20	+02:05:53 (30.9%)	9:03	6.6 (68.8%)
66	BRZOSKA Elżbieta	5129	NIGHT RUNNERS PYSKOWICE	Masters K - 40	23	01:37:47	03:37:20	05:17:42	06:50:43.75	+02:08:42 (31.3%)	9:07	6.6 (68.8%)
67	SZYSZKO Ewa	5621	MARKOWI BIEGACZE	Masters K - 40	24	01:37:45	03:35:10	05:19:59	06:50:53.10	+02:08:52 (31.4%)	9:07	6.6 (68.8%)
68	KOSICKA Iwona	5499	MAMY BIEGAMY	Masters K - 40	25	01:35:51	03:35:41	05:26:39	06:51:11.80	+02:09:11 (31.4%)	9:08	6.6 (68.8%)
69	ŁUSZCZYNA Agata	5163	GMINA STRZELCE OPOLSKIE	Masters K - 40	26	01:34:24	03:32:03	05:18:51	06:52:44.80	+02:10:44 (31.7%)	9:10	6.5 (67.7%)
70	OLSCHIMKE-MARMUROWICZ Barbara	5329	ZĄŁOGA GÓRSKA	Masters K - 40	27	01:35:29	03:35:11	05:21:42	06:54:13.20	+02:12:12 (31.9%)	9:12	6.5 (67.7%)
71	HACHOŁ Justyna	5017		Masters K - 40	28	01:29:55	03:28:37	05:19:35	06:55:17.50	+02:13:16 (32.1%)	9:13	6.5 (67.7%)
72	FRONCZKOWSKA Barbara	5242		Senior II K - 30	34	01:33:24	03:28:35	05:15:29	06:56:14.65	+02:14:13 (32.2%)	9:14	6.5 (67.7%)
72	KUBICKA Magdalena	5653		Masters K - 40	29	01:42:07	03:40:57	05:25:39	06:56:14.65	+02:14:13 (32.2%)	9:14	6.5 (67.7%)
74	CZUBALA Beata	5504	STRZEGOMSKA DWUNASTKA	Masters K - 40	30	01:38:30	03:42:14	05:24:57	06:57:11.65	+02:15:10 (32.4%)	9:16	6.5 (67.7%)
75	ZAJKOWSKA Ewa	5121	VEGE RUNNERS	Senior II K - 30	35	01:41:16	03:43:37	05:29:51	06:59:57.60	+02:17:56 (32.8%)	9:19	6.4 (66.7%)
76	FRĄCKOWIAK Aneta	5498	MAMY-BIEGAMY/LOCO BABKI	Senior II K - 30	36	01:35:51	03:35:42	05:26:47	07:01:22.10	+02:19:21 (33.1%)	9:21	6.4 (66.7%)
77	KAMIŃSKA Ewelina	5570		Senior II K - 30	37	01:44:46	03:41:36	05:28:23	07:02:52.25	+02:20:51 (33.3%)	9:23	6.4 (66.7%)
78	GAJ-JURCZYK Renata	5567	STAN UMYSŁU LEWIN BIEGA	Masters K - 40	31	01:42:28	03:46:51	05:32:30	07:07:18.65	+02:25:17 (34.0%)	9:29	6.3 (65.6%)
79	MOŃKA Karolina	5703	SPARTA ULTRA TEAM	Senior II K - 30	38	01:35:57	03:34:27	05:27:22	07:07:19.80	+02:25:19 (34.0%)	9:29	6.3 (65.6%)
80	KŁOZA Iwona	5111	NIGHT RUNNERS PYSKOWICE	Senior II K - 30	39	01:38:05	03:40:54	05:31:07	07:07:48.40	+02:25:47 (34.1%)	9:30	6.3 (65.6%)
81	RYPUŁA Maria	5369	ZEN RUNNING TEAM	Senior II K - 30	40	01:40:46	03:36:58	05:35:03	07:09:44.75	+02:27:43 (34.4%)	9:32	6.3 (65.6%)
82	SOŁTYSIAK Marta	5073		Senior II K - 30	41	01:29:22	03:33:45	05:28:43	07:10:14.10	+02:28:13 (34.5%)	9:33	6.3 (65.6%)
83	JAGIEŁŁO Joanna	5455	RUN TEAM MILEJÓW	Masters K - 40	32	01:35:20	03:42:29	05:30:00	07:10:19.95	+02:28:19 (34.5%)	9:33	6.3 (65.6%)
84	GORĄCZNIAK Anna	5009	KOBIETY BIEGAJĄ	Senior II K - 30	42	01:40:46	03:41:46	05:33:08	07:11:22.05	+02:29:21 (34.6%)	9:35	6.3 (65.6%)

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85	NAKONECZNA Anna	5039	SLOW NIE SLOW RUNNERS	Masters K - 40	33	01:33:43	03:33:37	05:31:09	07:11:23.60	+02:29:22 (34.6%)	9:35	6.3 (65.6%)
86	PODBIELSKA Gosia	5543		Senior II K - 30	43	01:38:52	03:39:54	05:40:59	07:13:23.15	+02:31:22 (34.9%)	9:37	6.2 (64.6%)
87	JOŃCZYK Anna	5392		Senior II K - 30	44	01:34:07	03:34:47	05:31:40	07:14:10.10	+02:32:09 (35.0%)	9:38	6.2 (64.6%)
88	RÓŻYCKA Elżbieta	5688	SOKOŁ ZAGÓRZ	Weteran K - 50	3	01:37:33	03:41:14	05:37:42	07:16:57.70	+02:34:56 (35.5%)	9:42	6.2 (64.6%)
89	MAJEWSKA Anna	5541	AKG ŁÓDŹ	Senior II K - 30	45	01:38:10	03:43:58	05:34:54	07:18:24.80	+02:36:24 (35.7%)	9:44	6.2 (64.6%)
90	JANUSZEWSKA Izabela	5316	BIEGAM U KOLESI	Senior II K - 30	46	01:40:58	03:44:09	05:35:50	07:18:36.30	+02:36:35 (35.7%)	9:44	6.2 (64.6%)
91	BALCERZAK Krysia	5409	DROGA DO ULTRA / SZAKALE BAŁUT	Masters K - 40	34	01:41:01	03:45:08	05:33:42	07:20:12.40	+02:38:11 (35.9%)	9:46	6.1 (63.5%)
92	OBRZUD Katarzyna	5344		Masters K - 40	35	01:30:22	03:42:05	05:44:49	07:22:30.75	+02:40:29 (36.3%)	9:50	6.1 (63.5%)
93	ANUSZ Roksana	5562		Senior II K - 30	47	01:35:41	03:42:43	05:43:04	07:23:53.75	+02:41:52 (36.5%)	9:51	6.1 (63.5%)
94	OLCZYK Joanna	5626		Senior II K - 30	48	01:42:45	03:52:43	05:44:15	07:24:12.70	+02:42:11 (36.5%)	9:52	6.1 (63.5%)
95	OSINSKA Marta	5444		Senior II K - 30	49	01:42:04	03:51:45	05:39:52	07:25:21.25	+02:43:20 (36.7%)	9:53	6.1 (63.5%)
96	KUBIACZYK Malwina	5079	NIGHT RUNNERS PYSKOWICE	Senior II K - 30	50	01:45:01	03:57:48	05:51:27	07:25:21.70	+02:43:20 (36.7%)	9:53	6.1 (63.5%)
97	SZUKAŁA Izabela	5445		Senior II K - 30	51	01:42:04	03:51:48	05:39:53	07:25:22.25	+02:43:21 (36.7%)	9:53	6.1 (63.5%)
98	GRĘDA Elżbieta	5181	TIM JEST TIM	Masters K - 40	36	01:42:11	03:57:50	05:55:36	07:25:28.80	+02:43:28 (36.7%)	9:53	6.1 (63.5%)
99	KUBIAK Anna	5503	STRZEGOMSKA DWUNASTKA	Masters K - 40	37	01:38:32	03:45:03	05:44:12	07:26:56.30	+02:44:55 (36.9%)	9:55	6 (62.5%)
100	MARCINKOWSKA Jadwiga	5464		Weteran K - 50	4	01:49:47	03:59:32	05:47:37	07:29:08.95	+02:47:08 (37.2%)	9:58	6 (62.5%)
101	STROIŃSKA Iwona	5744	LESZ NO LIMITS RUNNERS	Masters K - 40	38	01:35:30	03:50:48	05:50:07	07:29:57.90	+02:47:57 (37.3%)	9:59	6 (62.5%)
102	SKRZĄTEK Anna	5132		Masters K - 40	39	01:42:30	03:52:30	05:51:10	07:32:01.05	+02:50:00 (37.6%)	10:02	6 (62.5%)
103	BURLIGA Marzena	5154	BP RUNNING TEAM GLIWICE	Masters K - 40	40	01:44:49	03:52:53	05:53:14	07:33:42.00	+02:51:41 (37.8%)	10:04	6 (62.5%)
104	POMIANOWSKA Anna	5606	RĄCZELACZKI	Masters K - 40	41	01:45:19	03:59:00	05:54:36	07:35:00.55	+02:52:59 (38.0%)	10:06	5.9 (61.5%)
105	BYRDY Marta	5748		Senior I K - 20	9	01:44:01	03:51:52	05:51:46	07:35:47.55	+02:53:46 (38.1%)	10:07	5.9 (61.5%)
106	STACHOWIAK Magda	5176	RTEAM RYDZYNA	Senior II K - 30	52	01:40:14	03:54:43	05:57:42	07:37:04.50	+02:55:03 (38.3%)	10:09	5.9 (61.5%)
107	WEBER Agata	5161	VELO ŁOSIE NA SZOSIE	Masters K - 40	42	01:55:58	04:11:54	06:00:47	07:37:48.65	+02:55:47 (38.4%)	10:10	5.9 (61.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
108	WOJCIECHOWSKA Anna	5025	PIĄTKOWO NA BIEGOWO	Weteran K - 50	5	01:38:34	03:53:13	06:02:07	07:38:07.10	+02:56:06 (38.4%)	10:10	5.9 (61.5%)
109	FELKEL Ewa	5146	PIĄTKOWO NA BIEGOWO	Masters K - 40	43	01:38:36	03:53:15	06:02:07	07:38:07.85	+02:56:07 (38.4%)	10:10	5.9 (61.5%)
110	LENARTOWICZ Barbara	5631		Weteran K - 50	6	01:42:23	03:53:00	05:59:22	07:40:08.80	+02:58:08 (38.7%)	10:13	5.9 (61.5%)
111	SZWED Monika	5646		Masters K - 40	44	01:42:25	03:53:20	05:51:40	07:40:15.20	+02:58:14 (38.7%)	10:13	5.9 (61.5%)
112	SKORNIAK Katarzyna	5572	WOLNE ŚLIMAKI	Senior II K - 30	53	01:43:24	03:52:56	05:54:12	07:40:48.40	+02:58:47 (38.8%)	10:14	5.9 (61.5%)
113	PTAK Dorota	5048	PIĄTKOWO NA BIEGOWO	Masters K - 40	45	01:38:39	03:47:46	06:00:37	07:41:58.75	+02:59:57 (39.0%)	10:15	5.8 (60.4%)
114	TRZCINA Agata	5489		Masters K - 40	46	01:37:03	03:48:38	05:44:21	07:43:22.60	+03:01:21 (39.1%)	10:17	5.8 (60.4%)
115	FALENDER Anna	5640	CENTRUM FORMY 58-100	Masters K - 40	47	01:40:25	03:55:42	05:54:37	07:43:32.85	+03:01:32 (39.2%)	10:18	5.8 (60.4%)
116	PAWLAK Katarzyna	5536	KOŁO BIEGA	Masters K - 40	48	01:40:25	03:51:06	05:57:00	07:43:47.85	+03:01:47 (39.2%)	10:18	5.8 (60.4%)
117	PAUL Violetta	5743	BP RUNNING TEAM GLIWICE	Masters K - 40	49	01:51:03	04:03:33	06:01:19	07:44:32.20	+03:02:31 (39.3%)	10:19	5.8 (60.4%)
118	PIĘTNIK Ewelina	5481		Senior II K - 30	54	01:45:33	03:58:33	05:56:58	07:44:53.50	+03:02:52 (39.3%)	10:19	5.8 (60.4%)
119	NIEZNAJ Beata	5521		Senior II K - 30	55	01:42:52	03:55:01	05:57:57	07:45:21.70	+03:03:20 (39.4%)	10:20	5.8 (60.4%)
120	WALCZAK Agnieszka	5694	DOLNY ŚLĄSK	Masters K - 40	50	01:44:46	03:57:59	06:00:36	07:46:53.20	+03:04:52 (39.6%)	10:22	5.8 (60.4%)
121	HANOUSKOVÁ Ester	5277		Senior II K - 30	56	01:41:52	03:52:57	05:52:49	07:46:58.95	+03:04:58 (39.6%)	10:22	5.8 (60.4%)
122	SIKORSKA Karolina	5109	NOA	Senior II K - 30	57	01:43:04	03:53:29	05:58:14	07:49:57.00	+03:07:56 (40.0%)	10:26	5.7 (59.4%)
123	MORAWSKA Anna	5089		Weteran II K - 60	1	01:47:26	03:56:25	06:00:08	07:51:14.00	+03:09:13 (40.2%)	10:28	5.7 (59.4%)
124	KAROLAK Monika	5352	M.I.L.A.	Senior II K - 30	58	01:38:11	03:51:22	05:53:28	07:51:28.05	+03:09:27 (40.2%)	10:28	5.7 (59.4%)
125	GRABOWSKA Zuzanna	5401	IZBICKO W BIEGU	Senior I K - 20	10	01:50:21	04:03:42	06:08:28	07:54:32.40	+03:12:31 (40.6%)	10:32	5.7 (59.4%)
126	LEPOROWSKA Anetta	5704	MAŁA I NIEDŹWIEDŹ	Masters K - 40	51	01:40:43	03:57:20	06:10:31	07:54:54.80	+03:12:54 (40.6%)	10:33	5.7 (59.4%)
127	BĄCZYK Monika	5187	QCE SPARTY - MONIA GYM	Masters K - 40	52	01:44:48	04:04:33	06:06:34	07:55:11.00	+03:13:10 (40.7%)	10:33	5.7 (59.4%)
128	SIKORSKA Agnieszka	5731		Senior II K - 30	59	01:47:18	04:00:54	06:07:29	07:56:30.45	+03:14:29 (40.8%)	10:35	5.7 (59.4%)
129	SZCZODRZYŃSKA Kasia	5462		Masters K - 40	53	01:48:22	04:05:34	06:14:49	07:57:28.35	+03:15:27 (40.9%)	10:36	5.7 (59.4%)
130	GRZYB Beata	5465	KOBIETY BIEGAJĄ	Masters K - 40	54	01:48:23	04:05:33	06:06:20	07:57:32.05	+03:15:31 (40.9%)	10:36	5.7 (59.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
131	MADEJAK Sylwia	5346	KLUB BIEGACZA RTVEUROAGD	Masters K - 40	55	01:46:02	04:00:32	06:05:25	07:57:42.75	+03:15:41 (41.0%)	10:36	5.7 (59.4%)
132	NEUMANN Beata	5248	CENTRUM ŁĄKOWA 1	Weteran K - 50	7	01:49:48	04:11:11	06:11:45	07:58:11.70	+03:16:10 (41.0%)	10:37	5.6 (58.3%)
133	ŻELAZNY Agnieszka	5082	GORLICKA GRUPA BIEGOWA	Masters K - 40	56	01:37:46	03:41:58	05:44:20	07:58:28.95	+03:16:28 (41.1%)	10:37	5.6 (58.3%)
134	SADOWSKA Justyna	5063		Weteran K - 50	8	01:57:59	04:22:01	06:21:47	07:59:02.90	+03:17:02 (41.1%)	10:38	5.6 (58.3%)
135	ZAWISZA Beata	5661		Weteran K - 50	9	01:43:14	04:02:29	06:08:01	07:59:40.85	+03:17:40 (41.2%)	10:39	5.6 (58.3%)
136	JASEK Wioletta	5663	KOBIETY WATAHY	Masters K - 40	57	01:45:03	03:58:07	06:08:05	07:59:42.55	+03:17:41 (41.2%)	10:39	5.6 (58.3%)
137	CHROSTEK Dorota	5637	FRANTA GROUP	Masters K - 40	58	01:51:30	04:07:58	06:16:09	08:00:35.55	+03:18:34 (41.3%)	10:40	5.6 (58.3%)
138	HAREMZA Joanna	5448		Senior II K - 30	60	01:42:29	04:02:45	06:11:46	08:02:57.40	+03:20:56 (41.6%)	10:43	5.6 (58.3%)
139	MAJCHRZAK Monika	5040	WKURW_TEAM	Masters K - 40	59	01:46:15	04:04:58	06:14:28	08:04:42.30	+03:22:41 (41.8%)	10:46	5.6 (58.3%)
140	GRUCHOT Małgorzata	5566	WBO	Masters K - 40	60	01:34:48	03:39:33	05:43:54	08:05:41.70	+03:23:40 (41.9%)	10:47	5.6 (58.3%)
141	JĘDRZEJEWSKA Beata	5741		Masters K - 40	61	01:45:48	04:08:01	06:12:57	08:07:26.45	+03:25:25 (42.1%)	10:49	5.5 (57.3%)
142	DOJS Aleksandra	5659	NIGHT RUNNERS	Masters K - 40	62	01:50:44	04:17:41	06:22:32	08:10:06.30	+03:28:05 (42.5%)	10:53	5.5 (57.3%)
143	SOKOŁOWSKA Katarzyna	5257		Masters K - 40	63	01:45:52	04:07:27	06:14:55	08:10:20.45	+03:28:19 (42.5%)	10:53	5.5 (57.3%)
144	BINEK Katarzyna	5511	NIGHT RUNNERS	Senior II K - 30	61	01:51:07	04:12:33	06:24:56	08:10:46.30	+03:28:45 (42.5%)	10:54	5.5 (57.3%)
145	JARMUDA Justyna	5245		Senior II K - 30	62	01:48:46	04:09:51	06:21:10	08:11:41.65	+03:29:40 (42.6%)	10:55	5.5 (57.3%)
146	KWIATKOWSKA Zuzanna	5488	HERNIK TEAM	Senior I K - 20	11	01:48:25	04:09:51	06:21:12	08:11:42.35	+03:29:41 (42.6%)	10:55	5.5 (57.3%)
147	STAŃCZUK Dorota	5281	SLOW JOGGING SIEDLCE	Weteran K - 50	10	01:44:20	04:05:01	06:13:44	08:12:17.45	+03:30:16 (42.7%)	10:56	5.5 (57.3%)
148	PLEWA Katarzyna	5256		Senior II K - 30	63	01:41:57	04:03:11	06:15:00	08:12:19.90	+03:30:19 (42.7%)	10:56	5.5 (57.3%)
149	BARAŃSKA Wanda	5398		Weteran K - 50	11	01:48:40	04:15:03	06:27:50	08:15:57.35	+03:33:56 (43.1%)	11:01	5.4 (56.3%)
150	PAKUŁA Marta	5367		Masters K - 40	64	01:49:29	04:12:40	06:27:10	08:19:02.05	+03:37:01 (43.5%)	11:05	5.4 (56.3%)
151	OWCZARZAK Daria	5175		Senior II K - 30	64	01:52:59	04:18:18	06:30:35	08:19:08.70	+03:37:07 (43.5%)	11:05	5.4 (56.3%)
152	KRZOS Dominika	5354		Senior II K - 30	65	01:42:00	03:56:38	05:58:23	08:19:22.55	+03:37:21 (43.5%)	11:05	5.4 (56.3%)
153	KOTOWSKA Joanna	5312	FOREST GANG	Masters K - 40	65	01:53:07	04:12:29	06:21:01	08:20:59.65	+03:38:58 (43.7%)	11:07	5.4 (56.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
154	RÓLKA Mariola	5093	BP RUNNING TEAM	Masters K - 40	66	01:46:46	04:14:05	06:23:04	08:21:36.30	+03:39:35 (43.8%)	11:08	5.4 (56.3%)
155	KOPKA-JĘDRYCHOWSKA Monika	5375		Masters K - 40	67	01:46:02	04:11:15	06:16:40	08:21:49.20	+03:39:48 (43.8%)	11:09	5.4 (56.3%)
156	ZAJĄC Aga	5434	77CATS	Masters K - 40	68	01:52:29	04:31:49	06:25:16	08:22:36.70	+03:40:35 (43.9%)	11:10	5.4 (56.3%)
157	SZYSZKA Agnieszka	5431	NIGHT RUNNERS	Masters K - 40	69	01:46:08	04:06:16	06:19:51	08:22:54.70	+03:40:53 (43.9%)	11:10	5.4 (56.3%)
158	JERCZYŃSKA Beata	5349		Senior II K - 30	66	01:48:05	04:06:16	06:19:51	08:22:55.45	+03:40:54 (43.9%)	11:10	5.4 (56.3%)
159	LEWANDOWSKA Ewa	5598		Masters K - 40	70	01:58:40	04:20:32	06:25:48	08:23:03.80	+03:41:03 (43.9%)	11:10	5.4 (56.3%)
160	FEDOROWICZ Jowita	5675	KOTWICA BRZEG	Senior II K - 30	67	02:01:10	04:27:40	06:38:56	08:23:11.85	+03:41:11 (44.0%)	11:10	5.4 (56.3%)
161	KARAŚ Agnieszka	5014	STARE BABICE BIEGAJĄ	Masters K - 40	71	01:55:15	04:18:40	06:28:20	08:25:54.60	+03:43:53 (44.3%)	11:14	5.3 (55.2%)
162	POPCZYK Magdalena	5623	BIEGOWA KUŹNIA	Senior I K - 20	12	01:53:29	04:23:46	06:33:12	08:26:38.70	+03:44:37 (44.3%)	11:15	5.3 (55.2%)
163	GLIWICKA-WOJDAKOWSKA Aneta	5730	BIEGOWA KUŹNIA	Senior II K - 30	68	01:53:29	04:23:49	06:33:50	08:26:38.75	+03:44:37 (44.3%)	11:15	5.3 (55.2%)
164	POŚPIECH Anna	5709	BIEGOWA KUŹNIA	Senior II K - 30	69	01:53:49	04:23:46	06:34:39	08:26:39.10	+03:44:38 (44.3%)	11:15	5.3 (55.2%)
165	HAGEL Julita	5056		Senior II K - 30	70	01:45:40	04:07:21	06:22:35	08:28:41.95	+03:46:41 (44.6%)	11:18	5.3 (55.2%)
166	NOWAK-KASPRZAK Anna	5005		Senior II K - 30	71	01:48:15	04:08:18	06:24:58	08:28:59.10	+03:46:58 (44.6%)	11:18	5.3 (55.2%)
167	KNOBLOCH Ewa	5127	LEŚNE KUNY	Masters K - 40	72	01:49:17	04:17:43	06:35:57	08:30:11.85	+03:48:11 (44.7%)	11:20	5.3 (55.2%)
168	WIZE-ZIELONKA Karolina	5159	LEŚNE KUNY	Masters K - 40	73	01:49:17	04:17:43	06:35:57	08:30:12.15	+03:48:11 (44.7%)	11:20	5.3 (55.2%)
169	SZOJDA Małgorzata	5003	INŻYNIERIA BIEGANIA TEAM	Senior II K - 30	72	01:45:23	04:03:05	06:21:10	08:32:09.90	+03:50:09 (44.9%)	11:22	5.3 (55.2%)
170	SZAŁ Monika	5380	WALKA - KOSTRZYN	Weteran K - 50	12	01:51:51	04:15:03	06:34:18	08:32:13.00	+03:50:12 (44.9%)	11:22	5.3 (55.2%)
171	GÓRSKA Yvonne	5218	ORANGE POLSKA	Masters K - 40	74		04:34:49	06:50:33	08:35:18.10	+03:53:17 (45.3%)	11:27	5.2 (54.2%)
172	ZIELIŃSKA Magdalena	5674	SALMING RUNNING POLSKA	Masters K - 40	75	01:52:42	04:19:16	06:40:52	08:37:40.00	+03:55:39 (45.5%)	11:30	5.2 (54.2%)
173	CHOJNOWSKA Dominika	5008	PUSIA TEAM	Senior I K - 20	13	01:55:57	04:20:29	06:44:09	08:40:59.55	+03:58:58 (45.9%)	11:34	5.2 (54.2%)
174	CHOJNOWSKA Barbara	5029	PUSIA TEAM	Weteran K - 50	13	01:55:59	04:26:50	06:44:09	08:41:05.40	+03:59:04 (45.9%)	11:34	5.2 (54.2%)
175	CIELICA Anna	5666	SIPB	Masters K - 40	76	01:50:29	04:15:43	06:37:16	08:42:32.95	+04:00:32 (46.0%)	11:36	5.2 (54.2%)
176	DOBEK Agata	5230	PZU SPORT TEAM	Senior II K - 30	73	01:50:29	04:15:41	06:37:21	08:42:33.70	+04:00:32 (46.0%)	11:36	5.2 (54.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
177	ZASŁAWSKA Katarzyna	5729	ZAKOCHAJ SIĘ W BIEGANIU	Weteran K - 50	14	01:49:36	04:24:18	06:37:52	08:43:39.35	+04:01:38 (46.1%)	11:38	5.2 (54.2%)
178	OLBRICH Barbara	5670	MIRAZ RACE TEAM	Masters K - 40	77	01:50:15	04:27:17	06:46:35	08:44:37.60	+04:02:36 (46.2%)	11:39	5.1 (53.1%)
179	JASIUL Mariola	5270		Masters K - 40	78	01:57:16	04:26:25	06:44:49	08:46:25.30	+04:04:24 (46.4%)	11:41	5.1 (53.1%)
180	GARCZEWSKA-PASZKO Joanna	5002		Masters K - 40	79	01:49:20	04:31:38	07:04:05	08:48:44.00	+04:06:43 (46.7%)	11:44	5.1 (53.1%)
181	BOBIN Anna	5131	ZOCHU TEAM	Masters K - 40	80	01:55:39	04:21:41	06:46:13	08:49:16.50	+04:07:15 (46.7%)	11:45	5.1 (53.1%)
182	SWRWATKA Angelika	5657	KOBIETY WATAHY	Senior II K - 30	74	01:51:09	04:25:57	06:45:04	08:49:53.95	+04:07:53 (46.8%)	11:46	5.1 (53.1%)
183	JÓZEFIAK Magdalena	5323	ASSECO ACTIVE TEAM	Weteran K - 50	15	01:59:09	04:37:28	06:50:51	08:51:29.60	+04:09:28 (46.9%)	11:48	5.1 (53.1%)
184	MRÓZ Izabela	5676	WOLNE ŚLIMAKI	Senior II K - 30	75	02:02:02	04:38:12	06:45:08	09:01:33.20	+04:19:32 (47.9%)	12:02	5 (52.1%)
185	BEDNARSKA-KOZIOŁ Danuta	5023	KOTWICA BRZEG	Masters K - 40	81	02:12:58	04:56:02	07:14:23	09:11:38.35	+04:29:37 (48.9%)	12:15	4.9 (51.0%)
186	MAZUR Ewelina	5036		Masters K - 40	82	01:57:46	04:47:08	07:17:23	09:12:00.35	+04:29:59 (48.9%)	12:16	4.9 (51.0%)
187	KOŁDA Halina	5407	PCH_RUN	Weteran K - 50	16	01:54:51	04:34:14	07:08:43	09:14:38.80	+04:32:38 (49.2%)	12:19	4.9 (51.0%)
188	WAJMAN-GRASZA Katarzyna	5712	EKSTREMALNE OTK NA RELAKSIE	Senior II K - 30	76	01:59:42	04:40:15	07:10:24	09:15:01.30	+04:33:00 (49.2%)	12:20	4.9 (51.0%)
189	JÓŹWIAKOWSKA Justyna	5350		Masters K - 40	83	01:59:04	04:39:33	07:07:34	09:15:30.80	+04:33:30 (49.2%)	12:20	4.9 (51.0%)
190	GRZELA Ilona	5433	NIGHT RUNNERS	Masters K - 40	84	01:59:11	04:39:43	07:02:00	09:16:37.60	+04:34:36 (49.3%)	12:22	4.9 (51.0%)
191	STELMASZCZYK Michalina	5104		Senior I K - 20	14	01:58:50	04:49:08	07:12:14	09:28:50.05	+04:46:49 (50.4%)	12:38	4.7 (49.0%)
192	GIDEL Halina	5396	FOTOTRIO.PL	Weteran K - 50	17	02:16:46	05:04:22	07:28:45	09:39:46.10	+04:57:45 (51.4%)	12:53	4.7 (49.0%)
193	BARZAK Justyna	5381		Senior II K - 30	77	02:02:32	04:49:40	07:27:24	09:42:13.10	+05:00:12 (51.6%)	12:56	4.6 (47.9%)
194	CICHOCKA Natalia	5101	NIGHT RUNNERS PYSKOWICE	Senior II K - 30	78	01:59:33	04:58:28	07:43:51	09:45:32.20	+05:03:31 (51.8%)	13:00	4.6 (47.9%)
195	STASZEWSKA Aneta	5034	NIGHT RUNNERS PYSKOWICE	Masters K - 40	85	01:55:52	04:58:28	07:44:01	09:45:33.55	+05:03:32 (51.8%)	13:00	4.6 (47.9%)
196	KOŁACIŃSKA Ewelina	5262	LEŚNE SZYCHY	Masters K - 40	86	02:04:50	05:28:08	08:10:56	10:14:02.55	+05:32:01 (54.1%)	13:38	4.4 (45.8%)
	KATARZYNA Bałys	5766	HERCOG RUNNING TEAM	Senior II K - 30		01:11:33 DNF	02:39:35 DNF	DNF	DNF		-	- (0.0%)
	SZAWARA-ZIÓŁKOWSKA Ewelina	5677		Senior II K - 30		01:35:18 DNF	DNF	DNF	DNF		-	- (0.0%)
	PAWLIK-NIEDZIELA Sandra	5617	BIEGOWA KUŹNIA	Senior II K - 30		01:45:14 DNF	DNF	DNF	DNF		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	B2 22km	A15 33km	Czas netto 45km	Różn	Tempo min/km	Tempo km/h
	LACH Agnieszka	5700	NIEBIESKA	Masters K - 40		01:59:55 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 200 wynik(ów)