



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dolnośląski Festiwal Biegów Górskich
Fundacja MARATONY GÓRSKIE
2022-07-14
Łądek-Zdrój
45 km

ZŁOTY MARATON - 45 KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN KOBIET

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0km	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
1	WIECZOREK Nina	5375	MOCNA GRUPA CEZARA/SBRT WROCŁAW	Senior I K - 20	1	00:00:15	01:03:37	02:15:04	03:17:24	04:19:43.55	04:19:43.55		5:46	10.4 (100%)
2	TOMASIAK Natalia	5686	SALOMON TEAM	Senior II K - 30	1	00:00:03	01:02:34	02:15:04	03:23:54	04:32:24.50	04:32:24.50	+00:12:40 (4.7%)	6:03	9.9 (95.2%)
3	BEDNARCZYK Magdalena	5534	STRZEGOMSKA DWUNASTKA	Senior II K - 30	2	00:00:14	01:04:45	02:22:17	03:29:54	04:36:09.65	04:36:09.65	+00:16:26 (6.0%)	6:08	9.8 (94.2%)
4	BIAŁOBLÓCKA Alicja	5218		Senior II K - 30	3	00:00:16	01:05:54	02:25:08	03:41:06	04:44:57.90	04:44:57.90	+00:25:14 (8.9%)	6:19	9.5 (91.3%)
5	FLOREK Katarzyna	5206	140MINUT.PL	Senior II K - 30	4	00:00:06	01:05:53	02:25:04	03:39:10	04:45:48.90	04:45:48.90	+00:26:05 (9.1%)	6:21	9.4 (90.4%)
6	SZKODA Kasia	5010	TATERNIKTEAM	Senior II K - 30	5	00:00:17	01:11:14	02:34:19	03:46:36	04:50:31.75	04:50:31.75	+00:30:48 (10.6%)	6:27	9.3 (89.4%)
7	SKRZYPCZYK Paulina	5035	TEAM FRUN / 42K PRO TEAM	Senior II K - 30	6	00:00:03	01:08:52	02:32:11	03:45:01	04:54:07.10	04:54:07.10	+00:34:23 (11.7%)	6:32	9.2 (88.5%)
8	GALLAMOVA Jekaterina	5600	SUPERVARONI	Senior II K - 30	7	00:00:28	01:12:29	02:38:59	03:54:51	05:04:13.60	05:04:13.60	+00:44:30 (14.6%)	6:45	8.9 (85.6%)
9	WOSZEK Marzena	5556	WOSZKI	Masters K - 40	1	00:00:04	01:11:48	02:38:05	03:55:09	05:05:11.70	05:05:11.70	+00:45:28 (14.9%)	6:46	8.8 (84.6%)
10	TUREK Arletta	5616		Senior II K - 30	8	00:00:06	01:13:02	02:41:33	04:03:50	05:19:04.95	05:19:04.95	+00:59:21 (18.6%)	7:05	8.5 (81.7%)
11	KORONA-SIERADZKA Bogusława	5488		Senior II K - 30	9	00:00:36	01:20:01	02:51:51	04:10:46	05:20:40.25	05:20:40.25	+01:00:56 (19.0%)	7:07	8.4 (80.8%)
12	DOMAŃ Joanna	5121	FEHLAU RUN TEAM	Masters K - 40	2	00:00:51	01:20:54	02:51:49	04:10:29	05:22:31.20	05:22:31.20	+01:02:47 (19.5%)	7:10	8.4 (80.8%)
13	FERENC-SZMUC Edyta	5321	KUDIWIANKA RUN	Senior II K - 30	10	00:00:04	01:15:43	02:48:30	04:11:17	05:25:59.55	05:25:59.55	+01:06:16 (20.3%)	7:14	8.3 (79.8%)
14	RESPONDEK Anna	5081		Senior II K - 30	11	00:01:40	01:22:41	02:53:27	04:15:51	05:28:05.40	05:28:05.40	+01:08:21 (20.8%)	7:17	8.2 (78.8%)
15	FANGOR-GRAB Agata	5529	RESHAPE RUNNERS	Senior II K - 30	12	00:00:09	01:20:28	02:54:29	04:16:55	05:30:42.45	05:30:42.45	+01:10:58 (21.5%)	7:20	8.2 (78.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0km	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
16	KACPRZYK Katarzyna	5071	KB MCKIS JAWORZNO	Senior II K - 30	13	00:00:45	01:20:14	02:52:55	04:15:37	05:31:39.05	05:31:39.05	+01:11:55 (21.7%)	7:22	8.1 (77.9%)
17	SZKOŁUDA Sabina	5389	BIEGOLAS KOSZALIN	Senior I K - 20	2	00:00:07	01:17:53	02:55:44	04:18:02	05:33:55.90	05:33:55.90	+01:14:12 (22.2%)	7:25	8.1 (77.9%)
18	KLAJA Kasia	5499		Senior II K - 30	14	00:01:53	01:21:10	02:53:04	04:16:28	05:34:30.90	05:34:30.90	+01:14:47 (22.4%)	7:26	8.1 (77.9%)
19	PACZKOWSKA Katarzyna	5045	BIEGAJĄCE KREJZOLE	Senior II K - 30	15	00:00:34	01:22:50	02:58:21	04:19:41	05:34:37.45	05:34:37.45	+01:14:53 (22.4%)	7:26	8.1 (77.9%)
20	HAJDZIONA Agata	5042	MARATOŃCZYK POZNAŃ	Senior II K - 30	16	00:00:21	01:18:42	02:52:41	04:22:38	05:37:12.40	05:37:12.40	+01:17:28 (23.0%)	7:29	8 (76.9%)
21	SPYTKOWSKA Katarzyna	5650		Senior I K - 20	3	00:00:10	01:18:03	02:52:23	04:18:08	05:38:36.55	05:38:36.55	+01:18:53 (23.3%)	7:31	8 (76.9%)
22	KURANT Elena	5501		Masters K - 40	3	00:00:14	01:22:05	02:55:03	04:19:16	05:41:06.40	05:41:06.40	+01:21:22 (23.9%)	7:34	7.9 (76.0%)
23	WIECZOREK Maria	5458	PRZEDWOJEWSKI TEAM	Senior II K - 30	17	00:00:10	01:19:01	02:50:46	04:19:08	05:41:41.15	05:41:41.15	+01:21:57 (24.0%)	7:35	7.9 (76.0%)
24	SŁOMIAN Marcelina	5566		Senior II K - 30	18	00:00:06	01:19:01	02:54:38	04:19:00	05:42:07.90	05:42:07.90	+01:22:24 (24.1%)	7:36	7.9 (76.0%)
25	ABRAMOWICZ Agata	5604		Senior I K - 20	4	00:00:54	01:18:33	02:55:03	04:24:20	05:43:29.70	05:43:29.70	+01:23:46 (24.4%)	7:37	7.9 (76.0%)
26	REDMANN Edyta	5417		Weteran K - 50	1	00:01:12	01:23:31	02:59:57	04:27:49	05:47:43.15	05:47:43.15	+01:27:59 (25.3%)	7:43	7.8 (75.0%)
27	KLEPACKA-GANCARZ Barbara	5594	RESHAPE RUNNERS	Masters K - 40	4	00:00:08	01:23:34	03:04:07	04:32:33	05:53:43.20	05:53:43.20	+01:33:59 (26.6%)	7:51	7.6 (73.1%)
28	GRZEBIELUCH Kasia	5688	LEDWOZIPIA	Masters K - 40	5	00:00:19	01:20:48	03:03:47	04:30:10	05:54:30.50	05:54:30.50	+01:34:46 (26.7%)	7:52	7.6 (73.1%)
29	BRUDNY Agnieszka	5223	PORANNY BESKID RUN	Masters K - 40	6	00:01:32	01:29:45	03:10:15	04:37:56	05:54:31.05	05:54:31.05	+01:34:47 (26.7%)	7:52	7.6 (73.1%)
30	TOMCZYK Angelika	5639		Senior II K - 30	19	00:00:08	01:23:33	03:02:54	04:32:08	05:55:25.60	05:55:25.60	+01:35:42 (26.9%)	7:53	7.6 (73.1%)
31	BARTYKOWSKA Marta	5285	PGB SPORTOWA PACZKA	Senior II K - 30	20	00:01:59	01:36:15	03:08:55	04:39:05	05:56:46.25	05:56:46.25	+01:37:02 (27.2%)	7:55	7.6 (73.1%)
32	WIZA Anna	5040		Masters K - 40	7	00:00:22	01:20:32	03:04:27	04:41:16	05:56:52.55	05:56:52.55	+01:37:09 (27.2%)	7:55	7.6 (73.1%)
33	KAJDAS Gosia	5227	CROOS STRATEŃCÓW TEAM	Masters K - 40	8	00:00:16	01:24:57	03:08:55	04:41:47	06:00:45.65	06:00:45.65	+01:41:02 (28.0%)	8:01	7.5 (72.1%)
34	WARZECHA Teresa	5618	RUNNERS TEAM NYSA	Weteran II K - 60	1	00:00:37	01:23:28	03:04:08	04:38:05	06:03:31.65	06:03:31.65	+01:43:48 (28.6%)	8:04	7.4 (71.2%)
35	BINIENDA Agnieszka	5575	KOBIETY WATAHY	Masters K - 40	9	00:00:07	01:23:38	03:05:51	04:40:56	06:03:57.85	06:03:57.85	+01:44:14 (28.6%)	8:05	7.4 (71.2%)
36	WESOŁOWSKA Kinga	5342	ASICS FRONTRUNNER POLAND	Senior I K - 20	5	00:00:39	01:22:20	03:06:17	04:39:44	06:04:48.70	06:04:48.70	+01:45:05 (28.8%)	8:06	7.4 (71.2%)
37	SIELIWONIK Anita	5205		Masters K - 40	10	00:02:18	01:33:11	03:14:19	04:44:05	06:05:59.15	06:05:59.15	+01:46:15 (29.0%)	8:07	7.4 (71.2%)
38	KALKA Katarzyna	5069	MARATOŃCZYK POZNAŃ	Senior II K - 30	21	00:00:28	01:19:46	03:03:01	04:38:51	06:06:14.70	06:06:14.70	+01:46:31 (29.1%)	8:08	7.4 (71.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0km	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
39	OSTACH Daria	5425		Masters K - 40	11	00:00:23	01:26:32	03:09:52	04:42:31	06:07:10.35	06:07:10.35	+01:47:26 (29.3%)	8:09	7.4 (71.2%)
40	MRÓWKA Małgorzata	5001		Senior II K - 30	22	00:00:18	01:23:41	03:09:09	04:43:04	06:08:42.95	06:08:42.95	+01:48:59 (29.6%)	8:11	7.3 (70.2%)
41	RATAJCZAK Dorota	5671	TRIO FORTIS	Masters K - 40	12	00:00:24	01:28:49	03:14:30	04:51:08	06:09:09.95	06:09:09.95	+01:49:26 (29.6%)	8:12	7.3 (70.2%)
42	KRÓLEWICZ Daria	5359		Senior I K - 20	6	00:01:24	01:28:31	03:11:43	04:48:17	06:10:58.25	06:10:58.25	+01:51:14 (30.0%)	8:14	7.3 (70.2%)
43	GRONOWSKA-KAROLCZAK Agnieszka	5008	MARATOŃCZYK POZNAŃ	Senior II K - 30	23	00:00:27	01:23:48	03:09:47	04:50:16	06:11:30.15	06:11:30.15	+01:51:46 (30.1%)	8:15	7.3 (70.2%)
44	TOKARZEWSKA Katarzyna	5541		Masters K - 40	13	00:01:16	01:39:02	03:21:35	04:52:50	06:13:19.60	06:13:19.60	+01:53:36 (30.4%)	8:17	7.2 (69.2%)
45	MATYSIK Marta	5286	WYZNAWCY BRONKA LIBIAŻ	Senior II K - 30	24	00:00:48	01:25:36	03:09:49	04:47:32	06:13:45.65	06:13:45.65	+01:54:02 (30.5%)	8:18	7.2 (69.2%)
46	RUDNICKA Magdalena	5451		Senior II K - 30	25	00:02:09	01:36:43	03:18:21	04:52:51	06:15:35.80	06:15:35.80	+01:55:52 (30.8%)	8:20	7.2 (69.2%)
47	OLEJNIK Agnieszka	5114	ENDORFINY WĄSOSZ	Senior II K - 30	26	00:01:02	01:28:10	03:15:50	04:51:09	06:17:37.25	06:17:37.25	+01:57:53 (31.2%)	8:23	7.2 (69.2%)
48	ZYWERT Antonina	5318		Senior I K - 20	7	00:02:30	01:37:59	03:22:25	04:52:59	06:18:43.60	06:18:43.60	+01:59:00 (31.4%)	8:24	7.1 (68.3%)
49	KUSZTELSKA Lucyna	5654	WLKP MOUNTAINS ULTRA	Masters K - 40	14	00:00:43	01:35:24	03:24:05	04:59:45	06:20:16.85	06:20:16.85	+02:00:33 (31.7%)	8:27	7.1 (68.3%)
50	STASZYŃSKA Karolina	5108	BIEGAJĄCE KREJZOLE	Masters K - 40	15	00:00:35	01:27:24	03:17:00	04:55:56	06:22:20.45	06:22:20.45	+02:02:36 (32.1%)	8:29	7.1 (68.3%)
51	WALCZAK Agnieszka	5245	PKO BANK POLSKI	Masters K - 40	16	00:00:57	01:31:56	03:17:22	04:58:47	06:24:45.50	06:24:45.50	+02:05:01 (32.5%)	8:33	7 (67.3%)
52	DUBAS Anna	5328	SPRAWDZAMY-NIERUCHOMOSCI.PL	Senior II K - 30	27	00:01:04	01:28:02	03:14:50	04:53:33	06:25:48.55	06:25:48.55	+02:06:05 (32.7%)	8:34	7 (67.3%)
53	REDKIEWICZ Agnieszka	5445	TEAM ZABIEGANEDNI	Senior II K - 30	28	00:02:28	01:33:25	03:20:07	05:00:54	06:25:58.25	06:25:58.25	+02:06:14 (32.7%)	8:34	7 (67.3%)
54	WOJCIECHOWSKA Dorota	5633		Masters K - 40	17	00:00:44	01:27:05	03:17:24	04:55:50	06:26:02.80	06:26:02.80	+02:06:19 (32.7%)	8:34	7 (67.3%)
55	RZECZYCKA Małgorzata	5033		Masters K - 40	18	00:00:32	01:29:03	03:17:17	04:58:53	06:26:12.00	06:26:12.00	+02:06:28 (32.7%)	8:34	7 (67.3%)
56	GOŁOWICZ Ania	5657		Senior II K - 30	29	00:02:40	01:37:58	03:21:42	05:00:33	06:26:19.45	06:26:19.45	+02:06:35 (32.8%)	8:35	7 (67.3%)
57	SMORAWSKA Lidia	5137	ZAKŁADKA TEAM / TARNOWO PODGÓRNE BIEGA	Senior II K - 30	30	00:01:01	01:29:35	03:17:02	04:54:26	06:27:42.15	06:27:42.15	+02:07:58 (33.0%)	8:36	7 (67.3%)
58	KRZYŻYK Agnieszka	5678	TRIO FORTIS	Masters K - 40	19	00:00:24	01:27:31	03:18:30	04:59:55	06:31:06.75	06:31:06.75	+02:11:23 (33.6%)	8:41	6.9 (66.3%)
59	WRÓBEL Małgorzata	5144	OBORYGENI	Senior II K - 30	31	00:00:49	01:33:28	03:19:47	05:09:01	06:31:38.00	06:31:38.00	+02:11:54 (33.7%)	8:42	6.9 (66.3%)
60	KAFKA Ewelina	5176	PORANNY BESKID RUN	Masters K - 40	20	00:01:32	01:34:39	03:28:04	05:09:27	06:32:49.10	06:32:49.10	+02:13:05 (33.9%)	8:43	6.9 (66.3%)
61	DALECKA Dorota	5508		Masters K - 40	21	00:02:00	01:42:23	03:33:41	05:07:02	06:33:49.05	06:33:49.05	+02:14:05 (34.0%)	8:45	6.9 (66.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0km	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
62	GŁOWACKA Renata	5189	ULTRA PIOTRKÓW	Weteran K - 50	2	00:00:41	01:29:02	03:20:32	05:06:49	06:34:28.75	06:34:28.75	+02:14:45 (34.2%)	8:45	6.8 (65.4%)
63	GIERSEWSKA Anna	5017	KB SZAMOTUŁY	Masters K - 40	22	00:01:07	01:35:06	03:29:36	05:07:13	06:36:09.40	06:36:09.40	+02:16:25 (34.4%)	8:48	6.8 (65.4%)
64	RZEPKA Aleksandra	5615		Senior II K - 30	32	00:01:15	01:28:30	03:22:13	05:02:09	06:37:35.45	06:37:35.45	+02:17:51 (34.7%)	8:50	6.8 (65.4%)
65	MOKRZYCKA Weronika	5430		Senior II K - 30	33	00:00:23	01:36:28	03:32:22	05:13:22	06:40:02.00	06:40:02.00	+02:20:18 (35.1%)	8:53	6.7 (64.4%)
66	HINC-ZARDECKA Natalia	5564	RUNEDA	Senior II K - 30	34	00:00:31	01:29:25	03:18:22	05:04:03	06:42:28.90	06:42:28.90	+02:22:45 (35.5%)	8:56	6.7 (64.4%)
67	BARTOSIEWICZ Daria	5376		Senior II K - 30	35	00:00:49	01:34:38	03:24:50	05:10:53	06:44:14.25	06:44:14.25	+02:24:30 (35.7%)	8:58	6.7 (64.4%)
68	LEONHARD Gosia	5198	W POGONI ZA DUCHEM	Masters K - 40	23	00:01:55	01:43:06	03:34:40	05:20:56	06:47:17.75	06:47:17.75	+02:27:34 (36.2%)	9:03	6.6 (63.5%)
69	RADWAŃSKA Justyna	5672		Senior II K - 30	36	00:01:02	01:42:35	03:37:14	05:24:43	06:48:34.65	06:48:34.65	+02:28:51 (36.4%)	9:04	6.6 (63.5%)
70	KRZESZEWSKA Dorota	5346		Masters K - 40	24	00:01:13	01:31:28	03:36:49	05:23:36	06:49:44.60	06:49:44.60	+02:30:01 (36.6%)	9:06	6.6 (63.5%)
71	MAZUR Anna	5015		Masters K - 40	25	00:02:19	01:41:08	03:39:01	05:28:03	06:51:54.45	06:51:54.45	+02:32:10 (36.9%)	9:09	6.6 (63.5%)
72	STROIŃSKA Iwona	5209	LESZ NO LIMITS RUNNERS	Masters K - 40	26	00:00:15	01:33:46	03:37:37	05:22:22	06:52:42.10	06:52:42.10	+02:32:58 (37.1%)	9:10	6.5 (62.5%)
73	PAPIEROWSKA Dagmara	5500	KB DĘBIEC	Senior II K - 30	37	00:01:35	01:46:43	03:49:29	05:34:40	06:52:53.75	06:52:53.75	+02:33:10 (37.1%)	9:10	6.5 (62.5%)
74	GRZĘDA Jolanta	5219	NAJLEPSZY POD SŁOŃCEM	Senior II K - 30	38	00:01:02	01:37:50	03:35:56	05:25:11	06:53:27.30	06:53:27.30	+02:33:43 (37.2%)	9:11	6.5 (62.5%)
75	LEWICKA Magdalena	5208	CAŁA OLEŚNICA BIEGA	Masters K - 40	27	00:00:23	01:35:05	03:32:26	05:25:00	06:53:33.55	06:53:33.55	+02:33:50 (37.2%)	9:11	6.5 (62.5%)
76	GRACH Aleksandra	5292		Masters K - 40	28	00:00:01	01:31:04	03:39:26	05:21:49	06:54:43.40	06:54:43.40	+02:34:59 (37.4%)	9:12	6.5 (62.5%)
77	WOJCIECHOWSKA Małgorzata	5593		Senior II K - 30	39	00:00:42	01:37:39	03:36:25	05:30:45	06:55:07.20	06:55:07.20	+02:35:23 (37.4%)	9:13	6.5 (62.5%)
78	ŁASOCHA Kamila	5592	OWOCBIEGA TEAM	Masters K - 40	29	00:00:43	01:37:42	03:39:07	05:30:46	06:55:07.30	06:55:07.30	+02:35:23 (37.4%)	9:13	6.5 (62.5%)
79	KOWALIK Dorota	5184		Masters K - 40	30	00:01:36	01:42:04	03:42:33	05:24:18	06:56:07.75	06:56:07.75	+02:36:24 (37.6%)	9:14	6.5 (62.5%)
80	GARCZYŃSKA Ania	5232		Masters K - 40	31	00:01:39	01:46:50	03:43:52	05:22:10	06:56:16.00	06:56:16.00	+02:36:32 (37.6%)	9:15	6.5 (62.5%)
81	DANKOWSKA Ewelina	5119	ENDORFINY WĄSOSZ	Masters K - 40	32	00:01:04	01:35:00	03:30:53	05:19:54	06:57:04.15	06:57:04.15	+02:37:20 (37.7%)	9:16	6.5 (62.5%)
82	JOŃCZYK Anna	5268		Senior II K - 30	40	00:01:52	01:39:35	03:31:05	05:19:37	06:57:08.00	06:57:08.00	+02:37:24 (37.7%)	9:16	6.5 (62.5%)
83	FIK - KIONA Joanna	5283	KB SZAMOTUŁY	Masters K - 40	33	00:01:06	01:29:26	03:26:31	05:28:04	06:57:31.65	06:57:31.65	+02:37:48 (37.8%)	9:16	6.5 (62.5%)
84	SZEPczyńska Anna	5329	ŻARY RUUNERS TEAM	Masters K - 40	34	00:01:17	01:34:06	03:27:25	05:34:58	06:57:57.25	06:57:57.25	+02:38:13 (37.9%)	9:17	6.5 (62.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0km	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
85	JÓZEFCZYK Justyna	5087		Masters K - 40	35	00:02:07	01:46:48	03:44:32	05:34:45	07:00:35.80	07:00:35.80	+02:40:52 (38.2%)	9:20	6.4 (61.5%)
86	KUBIAK Anna	5157	STRZEGOMSKA DWUNASTKA	Masters K - 40	36	00:01:42	01:45:30	03:44:53	05:32:03	07:01:04.60	07:01:04.60	+02:41:21 (38.3%)	9:21	6.4 (61.5%)
87	CZUBALA Beata	5247	STRZEGOMSKA DWUNASTKA	Masters K - 40	37	00:01:42	01:45:31	03:44:52	05:32:01	07:01:04.85	07:01:04.85	+02:41:21 (38.3%)	9:21	6.4 (61.5%)
88	NOWAK Katarzyna	5349	DZIKIE GRUBASY SZATANA	Senior II K - 30	41	00:00:48	01:36:47	03:30:46	05:18:54	07:01:11.05	07:01:11.05	+02:41:27 (38.3%)	9:21	6.4 (61.5%)
89	HOLIK Iwona	5570	GGG	Masters K - 40	38	00:00:58	01:42:32	03:42:43	05:28:59	07:01:41.20	07:01:41.20	+02:41:57 (38.4%)	9:22	6.4 (61.5%)
90	KUCHCINSKA Monika	5107		Masters K - 40	39	00:00:51	01:33:35	03:34:34	05:27:14	07:01:59.60	07:01:59.60	+02:42:16 (38.5%)	9:22	6.4 (61.5%)
91	MOSKAL Izabella	5528	TKKF MPK POZNAŃ	Masters K - 40	40	00:01:19	01:40:26	03:43:43	05:31:00	07:02:21.75	07:02:21.75	+02:42:38 (38.5%)	9:23	6.4 (61.5%)
92	KOSSOK-ZAWADA Marta	5259	CAŁA OLEŚNICA BIEGA	Senior II K - 30	42	00:00:24	01:39:00	03:47:17	05:34:04	07:04:02.10	07:04:02.10	+02:44:18 (38.7%)	9:25	6.4 (61.5%)
93	FLORCZAK Monika	5476		Senior II K - 30	43	00:02:25	01:42:00	03:42:58	05:34:10	07:04:13.60	07:04:13.60	+02:44:30 (38.8%)	9:25	6.4 (61.5%)
94	FELKEL Ewa	5685	PIĄTKOWO NA BIEGOWO	Masters K - 40	41	00:02:08	01:46:47	03:44:32	05:34:32	07:04:18.70	07:04:18.70	+02:44:35 (38.8%)	9:25	6.4 (61.5%)
95	BERNAS-KUJAWIŃSKA Magdalena	5623	HRT	Masters K - 40	42	00:00:29	01:35:07	03:33:59	05:32:22	07:04:21.75	07:04:21.75	+02:44:38 (38.8%)	9:25	6.4 (61.5%)
96	RÓŻAK-RUKUSZEWICZ Magdalena	5353	DZIKIE GRUBASY SZATANA	Masters K - 40	43	00:00:51	01:40:31	03:40:46	05:33:47	07:06:57.05	07:06:57.05	+02:47:13 (39.2%)	9:29	6.3 (60.6%)
97	KLIMALA Angelika	5289	CAŁA OLEŚNICA BIEGA	Masters K - 40	44	00:00:24	01:37:04	03:43:16	05:34:01	07:07:21.90	07:07:21.90	+02:47:38 (39.2%)	9:29	6.3 (60.6%)
98	KOBIERECKA Monika	5367		Masters K - 40	45	00:00:31	01:32:39	03:37:44	05:35:19	07:08:23.30	07:08:23.30	+02:48:39 (39.4%)	9:31	6.3 (60.6%)
99	CZYŻ Barbara	5194		Senior II K - 30	44	00:02:08	01:46:46	03:45:05	05:36:51	07:09:12.25	07:09:12.25	+02:49:28 (39.5%)	9:32	6.3 (60.6%)
100	JASKÓLSKA-PIETRZYK Kinga	5155	BIEGOWA KUŹNIA	Masters K - 40	46	00:02:20	01:45:05	03:47:13	05:44:52	07:09:15.20	07:09:15.20	+02:49:31 (39.5%)	9:32	6.3 (60.6%)
101	OLEJNIK Ilona	5441	ZGZB	Weteran K - 50	3	00:02:12	01:51:31	03:52:03	05:36:49	07:09:43.40	07:09:43.40	+02:49:59 (39.6%)	9:32	6.3 (60.6%)
102	SZCZODRZYŃSKA Kasia	5590		Masters K - 40	47	00:02:38	01:46:54	03:45:59	05:36:40	07:11:54.55	07:11:54.55	+02:52:11 (39.9%)	9:35	6.3 (60.6%)
103	BANASZEK Urszula	5469	NIGHT RUNNERS WROCŁAW	Masters K - 40	48	00:01:58	01:49:47	03:49:32	05:38:11	07:12:01.80	07:12:01.80	+02:52:18 (39.9%)	9:36	6.2 (59.6%)
104	JAKUBOWSKA Natasza	5173		Senior II K - 30	45	00:01:06	01:37:08	03:48:04	05:33:27	07:13:11.30	07:13:11.30	+02:53:27 (40.0%)	9:37	6.2 (59.6%)
105	TERETYKA Dorota	5558		Masters K - 40	49	00:01:34	01:46:11	03:49:29	05:41:01	07:13:22.95	07:13:22.95	+02:53:39 (40.1%)	9:37	6.2 (59.6%)
106	WALIGÓRA Aleksandra	5404	NIAGARA FITNESS KLUB KOORDYNACJI	Senior II K - 30	46	00:02:34	01:49:46	03:49:31	05:41:01	07:13:23.05	07:13:23.05	+02:53:39 (40.1%)	9:37	6.2 (59.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0km	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
107	TRZYSZCZYK Julia	5507		Senior I K - 20	8	00:02:10	01:42:06	03:39:07	05:33:30	07:13:53.65	07:13:53.65	+02:54:10 (40.1%)	9:38	6.2 (59.6%)
108	SZYSZKO Ewa	5573	MARKOWI BIEGACZE	Masters K - 40	50	00:00:29	01:42:53	03:44:05	05:38:47	07:14:43.10	07:14:43.10	+02:54:59 (40.3%)	9:39	6.2 (59.6%)
109	KOCZOROWSKA Anna	5421	TEAM ZABIEGANEDNI	Masters K - 40	51	00:02:27	01:43:53	03:41:59	05:35:30	07:15:25.60	07:15:25.60	+02:55:42 (40.4%)	9:40	6.2 (59.6%)
110	MARCINIAK Paulina	5291		Senior II K - 30	47	00:01:28	01:46:35	03:54:05	05:41:10	07:16:18.50	07:16:18.50	+02:56:34 (40.5%)	9:41	6.2 (59.6%)
111	ZACZYŃSKA Dagmara	5211	ALSTOM KATOWICE	Senior II K - 30	48	00:01:15	01:43:49	03:44:50	05:38:27	07:17:27.35	07:17:27.35	+02:57:43 (40.6%)	9:43	6.2 (59.6%)
112	FASZCZA Agnieszka	5221	MARATOŃCZYK POZNAŃ	Senior II K - 30	49	00:00:37	01:44:28	03:50:21	05:41:24	07:17:46.30	07:17:46.30	+02:58:02 (40.7%)	9:43	6.2 (59.6%)
113	POMIANOWSKA Anna	5599		Masters K - 40	52	00:01:58	01:45:22	03:51:31	05:44:49	07:18:46.85	07:18:46.85	+02:59:03 (40.8%)	9:45	6.2 (59.6%)
114	KOZAK Ewa	5129		Masters K - 40	53	00:00:44	01:35:48	03:43:07	05:45:28	07:19:23.00	07:19:23.00	+02:59:39 (40.9%)	9:45	6.1 (58.7%)
115	TOMASZYK Elżbieta	5426		Senior II K - 30	50	00:02:17	01:41:14	03:41:41	05:42:55	07:23:15.75	07:23:15.75	+03:03:32 (41.4%)	9:51	6.1 (58.7%)
116	JURASZ Aleksandra	5097		Senior II K - 30	51	00:00:26	01:34:45	03:40:09	05:34:48	07:23:55.95	07:23:55.95	+03:04:12 (41.5%)	9:51	6.1 (58.7%)
117	KURBIEL Sylwia	5472	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	Masters K - 40	54	00:00:56	01:42:31	03:53:31	05:46:14	07:24:12.70	07:24:12.70	+03:04:29 (41.5%)	9:52	6.1 (58.7%)
118	BOJARSKA Beata	5152	BW BIEGACZE WYMIATACZE	Senior II K - 30	52	00:00:16	01:43:13	03:52:23	05:44:29	07:24:27.30	07:24:27.30	+03:04:43 (41.6%)	9:52	6.1 (58.7%)
119	SAMBORSKA Anna	5620	ROSSMANN	Senior II K - 30	53	00:01:59	01:48:06	03:49:46	05:46:26	07:25:03.25	07:25:03.25	+03:05:19 (41.6%)	9:53	6.1 (58.7%)
120	OKULICZ Anita	5431	MUD FOXES	Senior II K - 30	54	00:00:21	01:40:53	03:47:14	05:51:07	07:26:06.00	07:26:06.00	+03:06:22 (41.8%)	9:54	6.1 (58.7%)
121	SZTURC Klaudia	5518	ING	Senior II K - 30	55	00:00:01	01:49:49	04:00:31	05:52:55	07:27:00.55	07:27:00.55	+03:07:17 (41.9%)	9:56	6 (57.7%)
122	MORAWSKA Anna	5084		Weteran II K - 60	2	00:01:41	01:46:00	03:56:17	05:47:38	07:27:16.95	07:27:16.95	+03:07:33 (41.9%)	9:56	6 (57.7%)
123	HUDZIAK-OWCZAREK Ewa	5448	DZIKI BRZEG DOLNY	Masters K - 40	55	00:01:00	01:41:09	03:45:37	05:47:00	07:27:38.10	07:27:38.10	+03:07:54 (42.0%)	9:56	6 (57.7%)
124	GROMADZKA Justyna	5574	KOBIETY WATAHA	Masters K - 40	56	00:00:08	01:42:41	03:51:50	05:50:10	07:28:25.60	07:28:25.60	+03:08:42 (42.1%)	9:57	6 (57.7%)
125	BEDNARCZYK Magdalena	5225	BIEGOWA KUŹNIA	Masters K - 40	57	00:02:18	01:52:10	03:59:57	05:54:44	07:28:26.15	07:28:26.15	+03:08:42 (42.1%)	9:57	6 (57.7%)
126	MROZOWSKA-KLAJNERT Agata	5520	NIE PODDAM CIĘ	Senior II K - 30	56	00:00:57	01:41:55	03:48:55	05:54:06	07:29:14.00	07:29:14.00	+03:09:30 (42.2%)	9:58	6 (57.7%)
127	LATOSIŃSKA Kamila	5690	O-SOWA BIEGA	Senior II K - 30	57	00:00:57	01:41:53	03:48:55	05:47:49	07:29:14.45	07:29:14.45	+03:09:30 (42.2%)	9:58	6 (57.7%)
128	CZECH Dorota	5334	ASICSFRONTRUNER POLAND	Masters K - 40	58	00:00:39	01:42:52	03:55:30	05:52:23	07:29:46.85	07:29:46.85	+03:10:03 (42.3%)	9:59	6 (57.7%)
129	STACHOWIAK Magda	5653	RUN TEAM RYDZYNA	Senior II K - 30	58	00:02:11	01:44:36	03:53:31	05:51:08	07:30:56.60	07:30:56.60	+03:11:13 (42.4%)	10:01	6 (57.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0km	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
130	KONIECZNY Justyna	5327	NIGHT RUNNERS PYSKOWICE	Senior II K - 30	59	00:00:53	01:44:00	03:54:22	05:52:11	07:31:25.90	07:31:25.90	+03:11:42 (42.5%)	10:01	6 (57.7%)
131	GRABOWSKA Zuzanna	5460	IZBICKO W BIEGU	Senior I K - 20	9	00:01:37	01:47:01	03:56:32	06:00:17	07:31:30.55	07:31:30.55	+03:11:47 (42.5%)	10:02	6 (57.7%)
132	BOŹKIEWICZ Patrycja	5338	PIEKIELNIE ZGRANI/ WWW.AZYLBIEGACZA.PL	Masters K - 40	59	00:00:33	01:43:00	03:55:26	05:55:31	07:34:01.35	07:34:01.35	+03:14:17 (42.8%)	10:05	5.9 (56.7%)
133	SROKA Lucyna	5578		Masters K - 40	60	00:01:05	01:43:40	03:50:32	05:52:10	07:35:28.55	07:35:28.55	+03:15:45 (43.0%)	10:07	5.9 (56.7%)
134	TASZAREK Ewa	5487		Masters K - 40	61	00:01:22	01:46:42	04:07:38	06:04:28	07:36:33.70	07:36:33.70	+03:16:50 (43.1%)	10:08	5.9 (56.7%)
135	ZARANEK Barbara	5105	KĘSY TEAM	Weteran K - 50	4	00:02:35	01:54:18	04:05:07	05:58:31	07:36:56.85	07:36:56.85	+03:17:13 (43.2%)	10:09	5.9 (56.7%)
136	JANKOWSKA Barbara	5642		Masters K - 40	62	00:01:16	02:00:22	04:25:17	06:10:07	07:37:03.00	07:37:03.00	+03:17:19 (43.2%)	10:09	5.9 (56.7%)
137	KĘDZIA Edyta	5296		Weteran K - 50	5	00:02:17	01:55:45	04:10:56	06:01:19	07:37:09.35	07:37:09.35	+03:17:25 (43.2%)	10:09	5.9 (56.7%)
138	CHUDA Joanna	5412		Senior II K - 30	60	00:01:30	01:42:24	03:48:39	06:01:12	07:39:12.80	07:39:12.80	+03:19:29 (43.4%)	10:12	5.9 (56.7%)
139	SWĘDZIOŁ Monika	5489	W POGONI ZA DUCHEM	Senior II K - 30	61	00:01:56	01:52:40	04:02:24	06:05:20	07:40:53.70	07:40:53.70	+03:21:10 (43.6%)	10:14	5.9 (56.7%)
140	LACH Agnieszka	5533		Masters K - 40	63	00:00:32	01:41:51	03:54:58	06:01:57	07:40:55.60	07:40:55.60	+03:21:12 (43.7%)	10:14	5.9 (56.7%)
141	KUBICA Anna	5313		Senior II K - 30	62	00:00:54	01:37:03	03:49:33	05:51:46	07:41:06.85	07:41:06.85	+03:21:23 (43.7%)	10:14	5.9 (56.7%)
142	GAJEWSKA Magdalena	5649		Weteran K - 50	6	00:01:47	01:53:14	04:07:29	06:06:34	07:41:46.60	07:41:46.60	+03:22:03 (43.8%)	10:15	5.8 (55.8%)
143	CZARNOTA Dorota	5273	WYBIEGAJ SIEBIE	Masters K - 40	64	00:00:45	01:37:56	03:52:53	05:48:52	07:41:48.60	07:41:48.60	+03:22:05 (43.8%)	10:15	5.8 (55.8%)
144	ZIEMBIŃSKA-BUCZYŃSKA Aleksandra	5477	COMPANIEROS ASFALT TEAM	Masters K - 40	65	00:02:33	01:52:40	04:07:29	06:08:01	07:43:51.90	07:43:51.90	+03:24:08 (44.0%)	10:18	5.8 (55.8%)
145	LEKS-MASZKOWSKA Ryszarda	5343	OBORYBENI	Masters K - 40	66	00:00:48	01:43:04	04:09:18	06:06:56	07:43:58.60	07:43:58.60	+03:24:15 (44.0%)	10:18	5.8 (55.8%)
146	GAWLE Katarzyna	5424	MARATOŃCZYK DĘBICA	Masters K - 40	67	00:00:09	01:41:45	04:01:40	06:03:58	07:45:57.20	07:45:57.20	+03:26:13 (44.3%)	10:21	5.8 (55.8%)
147	KOWALEWSKA Anna	5062		Masters K - 40	68	00:01:12	01:44:28	03:58:05	06:01:39	07:46:30.30	07:46:30.30	+03:26:46 (44.3%)	10:22	5.8 (55.8%)
148	JEDYNAK-DOROSZ Izabela	5467	KB MANIAC POZNAŃ	Masters K - 40	69	00:00:43	01:49:39	04:06:25	06:02:26	07:46:39.15	07:46:39.15	+03:26:55 (44.3%)	10:22	5.8 (55.8%)
149	MAJEROWSKA Magdalena	5595		Senior II K - 30	63	00:02:33	01:53:11	04:12:51	06:08:57	07:47:34.80	07:47:34.80	+03:27:51 (44.5%)	10:23	5.8 (55.8%)
150	SIKORSKA Agnieszka	5473		Senior II K - 30	64	00:02:36	01:55:55	04:15:08	06:10:44	07:48:48.50	07:48:48.50	+03:29:04 (44.6%)	10:25	5.8 (55.8%)
151	MARCINIAK Grażyna	5435		Senior II K - 30	65	00:01:28	01:48:15	04:03:27	06:02:48	07:49:03.85	07:49:03.85	+03:29:20 (44.6%)	10:25	5.8 (55.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0km	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
152	KALINOWSKA Patrycja	5061		Senior II K - 30	66	00:01:53	01:45:56	04:03:14	06:02:48	07:49:05.70	07:49:05.70	+03:29:22 (44.6%)	10:25	5.8 (55.8%)
153	GWORYS Katarzyna	5100	ZRYW PARZYMIECHY	Masters K - 40	70	00:00:21	01:44:49	04:00:33	06:04:37	07:49:17.75	07:49:17.75	+03:29:34 (44.7%)	10:25	5.8 (55.8%)
154	GRUCHOT Małgorzata	5461	WIECZORNE BIEGANIE W OPOLU	Masters K - 40	71	00:01:09	01:42:26	03:51:26	05:58:20	07:49:35.15	07:49:35.15	+03:29:51 (44.7%)	10:26	5.7 (54.8%)
155	PIETRZAK Agnieszka	5275	BIEGAJĄCE KREJZOLE	Masters K - 40	72	00:00:46	01:45:00	03:57:04	06:05:01	07:51:55.90	07:51:55.90	+03:32:12 (45.0%)	10:29	5.7 (54.8%)
156	AKKERMAN Berber	5405	FRYSMAN	Masters K - 40	73	00:00:42	01:42:22	03:54:43	06:05:48	07:53:13.90	07:53:13.90	+03:33:30 (45.1%)	10:30	5.7 (54.8%)
157	WYSMOLINSKA Karolina	5471		Masters K - 40	74	00:01:15	01:47:19	04:09:32	06:13:25	07:53:54.85	07:53:54.85	+03:34:11 (45.2%)	10:31	5.7 (54.8%)
158	HAGEL Julita	5103		Masters K - 40	75	00:01:15	01:44:12	04:09:00		07:54:51.00	07:54:51.00	+03:35:07 (45.3%)	10:33	5.7 (54.8%)
159	NOWICKA Katarzyna	5515		Senior II K - 30	67	00:02:11	01:41:57			08:00:13.00	08:00:13.00	+03:40:29 (45.9%)	10:40	5.6 (53.8%)
160	PIECUCH Małgorzata	5013		Weteran II K - 60	3	00:02:14	01:52:17	04:11:30	06:20:05	08:00:59.95	08:00:59.95	+03:41:16 (46.0%)	10:41	5.6 (53.8%)
161	BĄCZEK Agata	5552		Masters K - 40	76	00:02:24	01:52:38	04:10:26	06:17:14	08:01:53.40	08:01:53.40	+03:42:09 (46.1%)	10:42	5.6 (53.8%)
162	MĘTLAK Małgorzata	5634		Senior I K - 20	10	00:02:24	01:52:38	04:10:25	06:17:15	08:01:53.70	08:01:53.70	+03:42:10 (46.1%)	10:42	5.6 (53.8%)
163	MICHALIK Kamila	5239		Senior I K - 20	11	00:02:04	01:46:33	04:04:11	06:09:35	08:04:23.55	08:04:23.55	+03:44:40 (46.4%)	10:45	5.6 (53.8%)
164	BURGHARDT Renata	5395	KB HERMES	Weteran K - 50	7	00:02:21	01:54:20	04:11:48	06:20:56	08:06:47.95	08:06:47.95	+03:47:04 (46.6%)	10:49	5.5 (52.9%)
165	KORYBUT-BARSKA Anna	5123		Masters K - 40	77	00:01:13	01:50:03	04:13:31	06:19:57	08:06:58.05	08:06:58.05	+03:47:14 (46.7%)	10:49	5.5 (52.9%)
166	SZCZEPANIAK Marta	5207		Masters K - 40	78	00:01:13	01:50:06	04:13:31	06:19:57	08:07:14.35	08:07:14.35	+03:47:30 (46.7%)	10:49	5.5 (52.9%)
167	JANKOWIAK Kasia	5401	ORANGE POLSKA	Masters K - 40	79	00:01:35	01:47:58	04:08:36	06:10:40	08:08:09.65	08:08:09.65	+03:48:26 (46.8%)	10:50	5.5 (52.9%)
168	DWORZAŃSKA Anna	5348	MARATOŃCZYK POZNAŃ	Senior II K - 30	68	00:00:38	01:45:26	04:09:32	06:22:38	08:08:17.75	08:08:17.75	+03:48:34 (46.8%)	10:51	5.5 (52.9%)
169	MROZIŃSKA Renata	5378		Masters K - 40	80	00:01:03	01:49:45	04:16:38	06:24:33	08:08:29.90	08:08:29.90	+03:48:46 (46.8%)	10:51	5.5 (52.9%)
170	GRABOWIECKA Marta	5134	NULL	Masters K - 40	81	00:02:10	01:53:49	04:20:50	06:30:07	08:09:53.90	08:09:53.90	+03:50:10 (47.0%)	10:53	5.5 (52.9%)
171	BOGACKA Aneta	5150	ZIELONA GÓRO ZACZNIJ BIEGAĆ	Senior II K - 30	69	00:02:10	01:53:50	04:20:51	06:30:08	08:09:54.70	08:09:54.70	+03:50:11 (47.0%)	10:53	5.5 (52.9%)
172	BARTKIEWICZ Halina	5064		Masters K - 40	82	00:02:12	01:53:48	04:22:12	06:30:10	08:09:55.95	08:09:55.95	+03:50:12 (47.0%)	10:53	5.5 (52.9%)
173	PYZIO Magdalena	5317		Senior II K - 30	70	00:02:02	01:51:37	04:12:06	06:24:09	08:10:32.25	08:10:32.25	+03:50:48 (47.1%)	10:54	5.5 (52.9%)
174	KOŁDA Halina	5294	BORKOWSKI TEAM /PCH_RUN	Weteran II K - 60	4	00:01:15	01:55:32	04:21:18	06:29:25	08:13:12.00	08:13:12.00	+03:53:28 (47.3%)	10:57	5.5 (52.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0km	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
175	KAMIŃSKA Beata	5073		Weteran K - 50	8	00:01:12	01:46:45	04:09:40	06:34:24	08:17:50.90	08:17:50.90	+03:58:07 (47.8%)	11:03	5.4 (51.9%)
176	LEDWOCH Wioleta	5094		Senior II K - 30	71	00:01:11	01:48:55	04:21:21	06:34:25	08:18:47.30	08:18:47.30	+03:59:03 (47.9%)	11:05	5.4 (51.9%)
177	WALIŃSKA Agata	5316	WWW.SPRAWDZAMY-NIERUCHOMOSCI.PL	Senior II K - 30	72	00:02:02	01:51:41	04:12:06	06:24:09	08:21:18.20	08:21:18.20	+04:01:34 (48.2%)	11:08	5.4 (51.9%)
178	JÓZEFIAK Magdalena	5298	ASSECO ACTIVE TEAM	Weteran K - 50	9	00:01:23	01:55:34	04:21:33	06:30:06	08:21:53.15	08:21:53.15	+04:02:09 (48.3%)	11:09	5.4 (51.9%)
179	KUŹNIAK Justyna	5022	KB SZAMOTUŁY	Masters K - 40	83	00:01:08	01:55:10	04:19:40	06:28:11	08:23:15.60	08:23:15.60	+04:03:32 (48.4%)	11:11	5.4 (51.9%)
180	KUNA Kasia	5563	BIEGOWA KUŹNIA	Masters K - 40	84	00:02:23	01:59:53	04:33:14	06:38:08	08:24:29.70	08:24:29.70	+04:04:46 (48.5%)	11:12	5.4 (51.9%)
181	LEWANDOWSKA Ewa	5561		Masters K - 40	85	00:02:34	02:00:27	04:27:37	06:36:01	08:25:00.25	08:25:00.25	+04:05:16 (48.6%)	11:13	5.3 (51.0%)
182	NAWROT Katarzyna	5301	MIRAZ RACE TEAM	Senior II K - 30	73	00:00:25	01:57:07	04:28:24	06:35:09	08:27:52.00	08:27:52.00	+04:08:08 (48.9%)	11:17	5.3 (51.0%)
183	ŁUSIAK Ewa	5280	KNEIPPTEAM	Masters K - 40	86	00:02:16	01:53:57	04:18:11	06:29:38	08:31:09.85	08:31:09.85	+04:11:26 (49.2%)	11:21	5.3 (51.0%)
184	CUPIAŁ Mariola	5284	W POGONI ZA DUCHEM	Weteran K - 50	10	00:01:57	02:06:05	04:40:33	06:44:38	08:35:56.50	08:35:56.50	+04:16:12 (49.7%)	11:27	5.2 (50.0%)
185	ROSIŃSKA Agnieszka	5028	ŚWIERCZEWO RUN/ #BIEGIEMWLAS	Masters K - 40	87	00:02:15	01:58:27	04:30:50	06:41:58	08:37:06.35	08:37:06.35	+04:17:22 (49.8%)	11:29	5.2 (50.0%)
186	DRAJERCZAK Marlena	5172	MUAY RUNING TEAM	Masters K - 40	88	00:02:16	01:57:41	04:30:47	06:42:01	08:37:06.60	08:37:06.60	+04:17:23 (49.8%)	11:29	5.2 (50.0%)
187	PAKUŁA Marta	5233		Masters K - 40	89	00:00:36	01:49:43	04:29:19	06:48:07	08:47:03.55	08:47:03.55	+04:27:20 (50.7%)	11:42	5.1 (49.0%)
188	KUGLER Kamila	5354		Senior II K - 30	74	00:00:01		04:17:11		08:47:12.00	08:47:12.00	+04:27:28 (50.7%)	11:42	5.1 (49.0%)
189	WIŚNIEWSKA Dorota	5337	METAL CHERRY	Masters K - 40	90	00:01:14	02:09:53	04:43:53	06:55:18	08:49:23.65	08:49:23.65	+04:29:40 (50.9%)	11:45	5.1 (49.0%)
190	NOSKOWIAK-BAJNO Alicja	5118		Masters K - 40	91	00:01:53	02:02:20	04:43:06	07:07:22	08:50:41.45	08:50:41.45	+04:30:57 (51.1%)	11:47	5.1 (49.0%)
191	GOŹDZICKA Iwona	5141	ZIELONA GÓRO ZACZNIJ BIEGAĆ	Masters K - 40	92	00:02:11	01:57:11	04:35:24	06:59:27	08:54:48.15	08:54:48.15	+04:35:04 (51.4%)	11:53	5 (48.1%)
192	SKRZYŃSKA Marlena	5683	ZIELONA GÓRO ZACZNIJ BIEGAĆ	Senior II K - 30	75	00:02:10	01:57:12	04:35:26	06:59:30	08:54:50.60	08:54:50.60	+04:35:07 (51.4%)	11:53	5 (48.1%)
193	BARZAK Justyna	5263		Senior II K - 30	76	00:02:31	02:00:25	04:40:08	06:57:44	08:57:47.35	08:57:47.35	+04:38:03 (51.7%)	11:57	5 (48.1%)
194	SABOK-MUSZYŃSKA Katarzyna	5253		Senior II K - 30	77	00:02:31	02:00:25	04:40:09	06:57:45	08:57:47.80	08:57:47.80	+04:38:04 (51.7%)	11:57	5 (48.1%)
Przekroczony limit czasu: 09:00:00														
195	BŁASZKIEWICZ Marzena	5091	CHOŁE KLÓLIKI	Masters K - 40	93	00:01:54	02:11:44	04:56:16	07:12:56	09:06:57.30	09:06:57.30	+04:47:13 (52.5%)	12:09	4.9 (47.1%)
196	DZIĘCIELSKA Agnieszka	5016		Masters K - 40	94	00:02:17	02:09:04	04:50:44	07:08:54	09:08:00.20	09:08:00.20	+04:48:16 (52.6%)	12:10	4.9 (47.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start Łądek 0km	B1 10km	B2 22km	A15 33km	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
197	GIZELSKA Agnieszka	5589	PIĄTKOWO NA BIEGOWO	Weteran K - 50	11	00:02:13	02:12:32	05:01:52	07:25:57	09:24:33.60	09:24:33.60	+05:04:50 (54.0%)	12:32	4.8 (46.2%)
198	STAJER Małgorzata	5598		Weteran K - 50	12	00:02:13	02:14:02	05:03:08	07:25:58	09:24:34.10	09:24:34.10	+05:04:50 (54.0%)	12:32	4.8 (46.2%)
199	SCHICKENDANTZ Liselore	5579	FRYSMAN	Masters K - 40	95	00:00:41	02:15:40	05:09:47	07:31:28	09:38:18.25	09:38:18.25	+05:18:34 (55.1%)	12:51	4.7 (45.2%)
200	LEWANDOWSKA- JACKOWSKA Katarzyna	5290	NIGHT RUNNERS PYSKOWICE	Masters K - 40	96	00:00:54	02:12:08	05:30:16	07:56:59	09:57:45.95	09:57:45.95	+05:38:02 (56.6%)	13:17	4.5 (43.3%)
	GARCZEWSKA- PASZKO Joanna	5024		Weteran K - 50		00:01:36 DNF	01:55:35 DNF	05:11:33 DNF	DNF	DNF	DNF		-	- (0.0%)
	DADAŚ Elżbieta	5088	BP RUNNING TEAM GLIWICE	Masters K - 40		00:02:24 DNF	02:20:16 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	WALCZAK Agnieszka	5099		Masters K - 40		00:02:38 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 203 wynik(ów)