



ZŁOTY PÓŁMARATON - 21 KM

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

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

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Masters K - 40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Łądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	STELMACH Dominika	26		Masters K - 40	1	00:00:00	00:00:03	01:03:25	01:55:27.35	01:55:27.35		5:29	10.9 (100%)
2	LULIS Anna	7840	#SOBASTEAM	Masters K - 40	2	00:00:00	00:00:04	01:06:13	01:57:32.65	01:57:32.65	+00:02:05 (1.8%)	5:35	10.7 (98.2%)
3	MAJEWSKA Agata	7678		Masters K - 40	3	00:00:00	00:00:10	01:06:54	01:58:33.50	01:58:33.50	+00:03:06 (2.6%)	5:38	10.6 (97.2%)
4	BROK Małgorzata	7364	RUNPASSION.PL TEAM	Masters K - 40	4	00:00:00	00:00:05	01:10:41	02:05:03.10	02:05:03.10	+00:09:35 (7.7%)	5:57	10.1 (92.7%)
5	KOŁECKA Patrycja	7501	PIĄTKOWO NA BIEGOWO	Masters K - 40	5	00:00:00	00:00:06	01:12:10	02:05:05.05	02:05:05.05	+00:09:37 (7.7%)	5:57	10.1 (92.7%)
6	BOĆKO Ewa	7613		Masters K - 40	6	00:00:00	00:00:57	01:16:06	02:12:16.05	02:12:16.05	+00:16:48 (12.7%)	6:17	9.5 (87.2%)
7	JÓŹWIAK Dorota	7800	MIRAZ RACE TEAM	Masters K - 40	7	00:00:00	00:00:21	01:16:05	02:14:28.45	02:14:28.45	+00:19:01 (14.1%)	6:24	9.4 (86.2%)
8	SZYMAŃSKA Agnieszka	7975	BIEGOWY WARIAT RUNNING TEAM	Masters K - 40	8	00:00:00	00:01:04	01:20:08	02:15:25.25	02:15:25.25	+00:19:57 (14.7%)	6:26	9.3 (85.3%)
9	MAJEWSKA Ewa	7853		Masters K - 40	9	00:00:00	00:00:18	01:17:57	02:16:41.45	02:16:41.45	+00:21:14 (15.5%)	6:30	9.2 (84.4%)
10	BUINAUSKIENĖ Lina	17	BĖGIMO KLUBAS	Masters K - 40	10	00:00:00	00:00:10	01:18:43	02:19:27.40	02:19:27.40	+00:24:00 (17.2%)	6:38	9 (82.6%)
11	WÓJCIK Kamila	7999	STRONIE BIEGA	Masters K - 40	11	00:00:00	00:00:08	01:18:55	02:19:40.00	02:19:40.00	+00:24:12 (17.3%)	6:39	9 (82.6%)
12	HADUŁA Justyna	7726	CAŁA OLEŚNICA BIEGA	Masters K - 40	12	00:00:00	00:00:16	01:18:25	02:20:53.45	02:20:53.45	+00:25:26 (18.1%)	6:42	8.9 (81.7%)
13	PETROVA Katarina	7888		Masters K - 40	13	00:00:00	00:00:06	01:16:27	02:21:06.20	02:21:06.20	+00:25:38 (18.2%)	6:43	8.9 (81.7%)
14	MALIK Agnieszka	23	RNB TEAM POLANICA ZDRÓJ	Masters K - 40	14	00:00:00	00:00:08	01:21:15	02:23:20.70	02:23:20.70	+00:27:53 (19.5%)	6:49	8.8 (80.7%)
15	KAWCZYŃSKA Monika	7638	GUSTAW TEŻ BIEGA	Masters K - 40	15	00:00:00	00:00:18	01:20:47	02:24:11.15	02:24:11.15	+00:28:43 (19.9%)	6:51	8.7 (79.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Łądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
16	NAKONECZNA Anna	7140		Masters K - 40	16	00:00:00	00:00:31	01:24:30	02:28:49.00	02:28:49.00	+00:33:21 (22.4%)	7:05	8.5 (78.0%)
17	DURCZEWSKA Daria	7828	PRO-RUN	Masters K - 40	17	00:00:00	00:02:16	01:29:08	02:28:53.55	02:28:53.55	+00:33:26 (22.5%)	7:05	8.5 (78.0%)
18	BOROWSKA-NAJDEREK Paulina	7917		Masters K - 40	18	00:00:00	00:00:54	01:24:41	02:28:57.10	02:28:57.10	+00:33:29 (22.5%)	7:05	8.5 (78.0%)
19	MADEJ Anna	7223	VEGE RUNNERS	Masters K - 40	19	00:00:00	00:00:31	01:25:53	02:28:59.15	02:28:59.15	+00:33:31 (22.5%)	7:05	8.5 (78.0%)
20	MICHALAK-KLIMCZAK Lucyna	7415		Masters K - 40	20	00:00:00	00:01:20	01:25:48	02:30:18.90	02:30:18.90	+00:34:51 (23.2%)	7:09	8.4 (77.1%)
21	SYNAK Katarzyna	7255	TGV CLUB	Masters K - 40	21	00:00:00	00:01:19	01:26:33	02:32:07.55	02:32:07.55	+00:36:40 (24.1%)	7:14	8.3 (76.1%)
22	BANDUROWSKA Agnieszka	7514	KB WIKON NOWA SÓL	Masters K - 40	22	00:00:00	00:00:08	01:27:37	02:32:29.55	02:32:29.55	+00:37:02 (24.3%)	7:15	8.3 (76.1%)
23	JAMRÓZ Karina	7776	KARKONOSZ RUNNING TEAM	Masters K - 40	23	00:00:00	00:20:39	01:38:46	02:34:10.85	02:34:10.85	+00:38:43 (25.1%)	7:20	8.2 (75.2%)
24	BRUSIŁOWICZ Dagmara	7225		Masters K - 40	24	00:00:00	00:00:24	01:24:50	02:34:15.75	02:34:15.75	+00:38:48 (25.2%)	7:20	8.2 (75.2%)
25	REJEWSKA Eliza	7003		Masters K - 40	25	00:00:00	00:03:14	01:30:20	02:34:53.65	02:34:53.65	+00:39:26 (25.5%)	7:22	8.1 (74.3%)
26	KAMIŃSKA Ewelina	7825	BIEGAJĄCE KREJZOLE	Masters K - 40	26	00:00:00	00:00:37	01:27:50	02:35:45.80	02:35:45.80	+00:40:18 (25.9%)	7:25	8.1 (74.3%)
27	KŁOZA Iwona	7453	NIGHT RUNNERS PYSKOWICE	Masters K - 40	27	00:00:00	00:00:48	01:29:05	02:36:58.75	02:36:58.75	+00:41:31 (26.5%)	7:28	8 (73.4%)
28	TURAJ-KACZYŃSKA Małgorzata	7211	GUSTAW TEŻ BIEGA	Masters K - 40	28	00:00:00	00:00:17	01:28:05	02:37:15.35	02:37:15.35	+00:41:48 (26.6%)	7:29	8 (73.4%)
29	PAWLIK Katarzyna	7874		Masters K - 40	29	00:00:00	00:00:05	01:29:13	02:38:15.75	02:38:15.75	+00:42:48 (27.0%)	7:32	8 (73.4%)
30	SYDORCZYK Magdalena	7447	ENDORFINA WSCHOWA ŚLĘZAK TEAM	Masters K - 40	30	00:00:00	00:00:50	01:29:33	02:39:14.70	02:39:14.70	+00:43:47 (27.5%)	7:34	7.9 (72.5%)
31	KOŁODKO Natalia	7420	TP BIEGA	Masters K - 40	31	00:00:00	00:00:26	01:30:47	02:39:29.60	02:39:29.60	+00:44:02 (27.6%)	7:35	7.9 (72.5%)
32	PILICH-ZAREMBA Magdalena	47		Masters K - 40	32	00:00:00	00:01:32	01:32:20	02:40:00.10	02:40:00.10	+00:44:32 (27.8%)	7:37	7.9 (72.5%)
33	JANKOWIAK Paulina	7518		Masters K - 40	33	00:00:00	00:01:15	01:32:39	02:41:17.65	02:41:17.65	+00:45:50 (28.4%)	7:40	7.8 (71.6%)
34	KOWAL Agata	7562	WIELUŃ BIEGA	Masters K - 40	34	00:00:00	00:01:31	01:31:44	02:41:26.60	02:41:26.60	+00:45:59 (28.5%)	7:41	7.8 (71.6%)
35	PRZYBYLSKA Ewelina	7446	ENDORFINA WSCHOWA	Masters K - 40	35	00:00:00	00:00:51	01:33:13	02:41:52.45	02:41:52.45	+00:46:25 (28.7%)	7:42	7.8 (71.6%)
36	JASKÓLSKA Joanna	7391	ZWIADOWCY	Masters K - 40	36	00:00:00	00:01:41	01:33:24	02:42:24.40	02:42:24.40	+00:46:57 (28.9%)	7:44	7.8 (71.6%)
37	ZAMIATOWSKA Kinga	7738		Masters K - 40	37	00:00:00	00:00:20	01:29:22	02:42:52.20	02:42:52.20	+00:47:24 (29.1%)	7:45	7.7 (70.6%)
38	SARNA Jolanta	7878		Masters K - 40	38	00:00:00	00:00:48	01:30:13	02:43:07.80	02:43:07.80	+00:47:40 (29.2%)	7:46	7.7 (70.6%)

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39	GLOWCZEWSKA Lucyna	7642	RKS PILA-PODLASIE	Masters K - 40	39	00:00:00	00:01:33	01:38:24	02:43:51.95	02:43:51.95	+00:48:24 (29.5%)	7:48	7.7 (70.6%)
40	ŁĄŻEWSKA Sylwia	7065		Masters K - 40	40	00:00:00	00:01:43	01:33:26	02:43:57.30	02:43:57.30	+00:48:29 (29.6%)	7:48	7.7 (70.6%)
41	SIKOŃ Katarzyna	7824	PRO-RUN WROCŁAW/FUNTRI	Masters K - 40	41	00:00:00	00:02:23	01:33:11	02:44:08.70	02:44:08.70	+00:48:41 (29.7%)	7:48	7.7 (70.6%)
42	MARTAN Iwona	7611		Masters K - 40	42	00:00:00	00:00:20	01:33:12	02:44:16.35	02:44:16.35	+00:48:49 (29.7%)	7:49	7.7 (70.6%)
43	JAROSZUK Ania	7012		Masters K - 40	43	00:00:00	00:02:20	01:35:55	02:45:01.00	02:45:01.00	+00:49:33 (30.0%)	7:51	7.6 (69.7%)
44	SIUDAK Anna	7581		Masters K - 40	44	00:00:00	00:00:05	01:32:38	02:45:11.60	02:45:11.60	+00:49:44 (30.1%)	7:51	7.6 (69.7%)
45	PONDEL Marzena	7859		Masters K - 40	45	00:00:00	00:03:10	01:37:00	02:45:13.25	02:45:13.25	+00:49:45 (30.1%)	7:52	7.6 (69.7%)
46	REIJMERS Agnieszka	7689	LEIDEN ATLETIEK	Masters K - 40	46	00:00:00	00:00:18	01:33:10	02:46:08.75	02:46:08.75	+00:50:41 (30.5%)	7:54	7.6 (69.7%)
47	WALCZAK Anna	7114	ZABIEGANY SULECHÓW	Masters K - 40	47	00:00:00	00:00:40	01:34:08	02:46:31.80	02:46:31.80	+00:51:04 (30.7%)	7:55	7.6 (69.7%)
48	RÓŻAŃSKA Magdalena	7073		Masters K - 40	48	00:00:00	00:00:47	01:36:54	02:46:54.75	02:46:54.75	+00:51:27 (30.8%)	7:56	7.5 (68.8%)
49	OLZACKA Agata Olzacka	7117	#ZALINIĄMETYTEAM	Masters K - 40	49	00:00:00	00:02:49	01:36:56	02:47:27.15	02:47:27.15	+00:51:59 (31.1%)	7:58	7.5 (68.8%)
50	NOWACZYŃSKA Katarzyna	7206	TEAM ZABIEGANEDNI	Masters K - 40	50	00:00:00	00:02:33	01:39:42	02:48:12.05	02:48:12.05	+00:52:44 (31.4%)	8:00	7.5 (68.8%)
51	KORCZYŃSKA Alicja	7275	BIEGAM Z ROZUMEM	Masters K - 40	51	00:00:00	00:01:56	01:41:52	02:48:23.55	02:48:23.55	+00:52:56 (31.4%)	8:01	7.5 (68.8%)
52	PAPROCKA Natalia	7972		Masters K - 40	52	00:00:00	00:01:01	01:39:08	02:50:29.95	02:50:29.95	+00:55:02 (32.3%)	8:07	7.4 (67.9%)
53	BAJER Anna	7184	TARNOWO PODGÓRNE BIEGA	Masters K - 40	53	00:00:00	00:00:52	01:36:02	02:50:37.45	02:50:37.45	+00:55:10 (32.3%)	8:07	7.4 (67.9%)
54	KORALEWSKA Edyta	7094		Masters K - 40	54	00:00:00	00:00:52	01:38:54	02:51:01.45	02:51:01.45	+00:55:34 (32.5%)	8:08	7.4 (67.9%)
55	ANTOSZCZUK Aneta	7220		Masters K - 40	55	00:00:00	00:02:24	01:40:43	02:51:12.25	02:51:12.25	+00:55:44 (32.6%)	8:09	7.4 (67.9%)
56	CHMIELEWSKA Karolina	7407		Masters K - 40	56	00:00:00	00:00:28	01:36:08	02:51:15.75	02:51:15.75	+00:55:48 (32.6%)	8:09	7.4 (67.9%)
57	SZERMENT Magdalena	7121		Masters K - 40	57	00:00:00	00:01:18	01:40:53	02:51:43.85	02:51:43.85	+00:56:16 (32.8%)	8:10	7.3 (67.0%)
58	KŁOS Monika	7873		Masters K - 40	58	00:00:00	00:02:15	01:42:44	02:52:38.55	02:52:38.55	+00:57:11 (33.1%)	8:13	7.3 (67.0%)
59	DOLECKA Elżbieta	7402	NOWY TOMYŚL	Masters K - 40	59	00:00:00	00:01:17	01:38:47	02:52:43.65	02:52:43.65	+00:57:16 (33.2%)	8:13	7.3 (67.0%)
60	GAWRECKA Beata	7316	JUTROSIŃSKI KLUB BIEGACZY	Masters K - 40	60	00:00:00	00:00:37	01:40:40	02:53:32.35	02:53:32.35	+00:58:05 (33.5%)	8:15	7.3 (67.0%)
61	WOJTYŚ Monika	7257	JUTROSIŃSKI KLUB BIEGACZA	Masters K - 40	61	00:00:00	00:00:36	01:39:40	02:53:32.95	02:53:32.95	+00:58:05 (33.5%)	8:15	7.3 (67.0%)

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62	SOBAŃSKA Paulina	7974	TARNOWO PODGÓRNE BIEGA	Masters K - 40	62	00:00:00	00:00:26	01:39:42	02:53:47.45	02:53:47.45	+00:58:20 (33.6%)	8:16	7.3 (67.0%)
63	CNOTALSKA Aneta	7400		Masters K - 40	63	00:00:00	00:01:14	01:43:15	02:53:54.15	02:53:54.15	+00:58:26 (33.6%)	8:16	7.2 (66.1%)
64	SZYMURA Izabela	7362	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Masters K - 40	64	00:00:00	00:01:13	01:42:13	02:54:18.10	02:54:18.10	+00:58:50 (33.8%)	8:18	7.2 (66.1%)
65	DANILUK Marta	7142		Masters K - 40	65	00:00:00	00:00:35	01:40:31	02:54:19.10	02:54:19.10	+00:58:51 (33.8%)	8:18	7.2 (66.1%)
66	SZYMANEK Beata	7628	APTENEO RUNNING TEAM	Masters K - 40	66	00:00:00	00:01:34	01:42:15	02:55:05.00	02:55:05.00	+00:59:37 (34.1%)	8:20	7.2 (66.1%)
67	BELTER Agnieszka	7634	RKS PIŁA PODLASIE	Masters K - 40	67	00:00:00	00:01:32	01:40:45	02:56:57.45	02:56:57.45	+01:01:30 (34.8%)	8:25	7.1 (65.1%)
68	OLEJNIK Malgorzata	7752		Masters K - 40	68	00:00:00	00:00:05	01:33:01	02:57:11.15	02:57:11.15	+01:01:43 (34.8%)	8:26	7.1 (65.1%)
69	ORSZULSKA Magdalena	7216	WIECZORNE BIEGANIE.W SZCZECINIE	Masters K - 40	69	00:00:00	00:00:29	01:39:20	02:57:11.25	02:57:11.25	+01:01:43 (34.8%)	8:26	7.1 (65.1%)
70	FRANEK Aneta	7884		Masters K - 40	70	00:00:00	00:00:09	01:37:59	02:57:22.40	02:57:22.40	+01:01:55 (34.9%)	8:26	7.1 (65.1%)
71	CZEKALSKA Magdalena	7987	NARAMOWICE BIEGAJĄ	Masters K - 40	71	00:00:00	00:03:03	01:43:19	02:58:04.50	02:58:04.50	+01:02:37 (35.2%)	8:28	7.1 (65.1%)
72	TURCZYŃSKA Monika	7721	12TRI.PL	Masters K - 40	72	00:00:00	00:03:39	01:46:12	02:58:44.05	02:58:44.05	+01:03:16 (35.4%)	8:30	7 (64.2%)
73	KOŚNIEWSKA-NOWAK Joanna	7166	WIECZORNE BIEGANIE W OPOLU	Masters K - 40	73	00:00:00	00:02:52	01:43:57	02:58:48.70	02:58:48.70	+01:03:21 (35.4%)	8:30	7 (64.2%)
74	WARWAS Katarzyna	7993		Masters K - 40	74	00:00:00	00:03:04	01:43:28	02:59:35.75	02:59:35.75	+01:04:08 (35.7%)	8:33	7 (64.2%)
75	ORDYNIEC Alicja	7074	KĘSY TEAM	Masters K - 40	75	00:00:00	00:00:41	01:42:16	02:59:41.40	02:59:41.40	+01:04:14 (35.7%)	8:33	7 (64.2%)
76	GOŁEMBECKA Bogumiła	7191		Masters K - 40	76	00:00:00	00:00:08	01:38:56	02:59:52.20	02:59:52.20	+01:04:24 (35.8%)	8:33	7 (64.2%)
77	GMAJ Karolina	7425		Masters K - 40	77	00:00:00	00:02:34	01:46:04	02:59:59.65	02:59:59.65	+01:04:32 (35.9%)	8:34	7 (64.2%)
78	WRÓBEL Marzena	7334	TARNOWO PODGÓRNE BIEGA	Masters K - 40	78	00:00:00	00:00:28	01:37:38	03:00:49.75	03:00:49.75	+01:05:22 (36.2%)	8:36	7 (64.2%)
79	FAFARA Agnieszka	7300	BIEGNIĘTE ŁASKI	Masters K - 40	79	00:00:00	00:02:33	01:52:12	03:00:51.00	03:00:51.00	+01:05:23 (36.2%)	8:36	7 (64.2%)
80	BERGA Madara	7966		Masters K - 40	80	00:00:00	00:01:26	01:46:05	03:01:22.15	03:01:22.15	+01:05:54 (36.3%)	8:38	6.9 (63.3%)
81	GOŁUCH Joanna	7934		Masters K - 40	81	00:00:00	00:01:43	01:44:03	03:01:23.75	03:01:23.75	+01:05:56 (36.4%)	8:38	6.9 (63.3%)
82	GIMZICKA Ewa	7345		Masters K - 40	82	00:00:00	00:03:14	01:48:00	03:01:51.85	03:01:51.85	+01:06:24 (36.5%)	8:39	6.9 (63.3%)
83	HANUSIK-JERUZEL Zofia	7258		Masters K - 40	83	00:00:00	00:00:06	01:42:28	03:03:22.80	03:03:22.80	+01:07:55 (37.0%)	8:43	6.9 (63.3%)
84	BRZEZIŃSKA Dorota	7680		Masters K - 40	84	00:00:00	00:01:43	01:49:46	03:03:52.85	03:03:52.85	+01:08:25 (37.2%)	8:45	6.9 (63.3%)

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85	KRYCH Joanna	7327		Masters K - 40	85	00:00:00	00:01:27	01:41:00	03:05:57.05	03:05:57.05	+01:10:29 (37.9%)	8:51	6.8 (62.4%)
86	CIEKAŃSKA Joanna	7249		Masters K - 40	86	00:00:00	00:02:58	01:47:39	03:06:13.05	03:06:13.05	+01:10:45 (38.0%)	8:52	6.8 (62.4%)
87	HEJNE Agnieszka	7326		Masters K - 40	87	00:00:00	00:00:16	01:36:52	03:06:14.90	03:06:14.90	+01:10:47 (38.0%)	8:52	6.8 (62.4%)
88	JACKOWSKA Katarzyna	7683		Masters K - 40	88	00:00:00	00:01:08	01:42:12	03:07:34.15	03:07:34.15	+01:12:06 (38.4%)	8:55	6.7 (61.5%)
89	GAWĘDZKA Aneta	7629	OBORYGENI	Masters K - 40	89	00:00:00	00:02:22	01:54:57	03:08:00.95	03:08:00.95	+01:12:33 (38.6%)	8:57	6.7 (61.5%)
90	TEKIELI Ewelina	8	TEKIELI FAMILY	Masters K - 40	90	00:00:00	00:02:54	01:49:45	03:08:14.55	03:08:14.55	+01:12:47 (38.7%)	8:57	6.7 (61.5%)
91	CYBULA Ewa	7283		Masters K - 40	91	00:00:00	00:03:29	01:49:35	03:09:02.00	03:09:02.00	+01:13:34 (38.9%)	9:00	6.7 (61.5%)
92	NOWICKA-BŁASZCZYK Izabela	7606	LASKI Z LASKU (MARCELIŃSKIEGO)	Masters K - 40	92	00:00:00	00:03:22	01:53:36	03:09:08.90	03:09:08.90	+01:13:41 (39.0%)	9:00	6.7 (61.5%)
93	BARTŁOMIEJCZYK Sylwia	7866	SOCIOS SILESIA	Masters K - 40	93	00:00:00	00:01:28	01:46:53	03:09:09.45	03:09:09.45	+01:13:42 (39.0%)	9:00	6.7 (61.5%)
94	KACZMAREK Agata	7414		Masters K - 40	94	00:00:00	00:00:41	01:49:39	03:09:51.80	03:09:51.80	+01:14:24 (39.2%)	9:02	6.6 (60.6%)
95	KWIATKOWSKA Marta	7731		Masters K - 40	95	00:00:00	00:01:13	01:43:02	03:10:10.25	03:10:10.25	+01:14:42 (39.3%)	9:03	6.6 (60.6%)
96	PĘCZKOWSKA Magdalena	7432		Masters K - 40	96	00:00:00	00:02:32	01:49:33	03:10:17.15	03:10:17.15	+01:14:49 (39.3%)	9:03	6.6 (60.6%)
97	KUCHCINSKA Diana	7583		Masters K - 40	97	00:00:00	00:02:58	01:47:40	03:10:28.90	03:10:28.90	+01:15:01 (39.4%)	9:04	6.6 (60.6%)
98	SOWIŃSKA Anetta	7903		Masters K - 40	98	00:00:00	00:01:18	01:49:58	03:10:52.50	03:10:52.50	+01:15:25 (39.5%)	9:05	6.6 (60.6%)
99	KACZMAREK Monika	7122	NKB CHYŻY NOWY TOMYŚL	Masters K - 40	99	00:00:00	00:01:18	01:49:31	03:11:18.00	03:11:18.00	+01:15:50 (39.6%)	9:06	6.6 (60.6%)
100	NIEMAS Anna	7655		Masters K - 40	100	00:00:00	00:01:28	01:47:13	03:11:25.55	03:11:25.55	+01:15:58 (39.7%)	9:06	6.6 (60.6%)
101	KARPIŃSKA Katarzyna	7488	KLUCZBORSKA GRUPA BIEGOWA	Masters K - 40	101	00:00:00	00:01:24	01:47:22	03:11:33.10	03:11:33.10	+01:16:05 (39.7%)	9:07	6.6 (60.6%)
102	AUGUSTYNOWICZ Aurelia	7481		Masters K - 40	102	00:00:00	00:00:05	01:45:50	03:12:23.25	03:12:23.25	+01:16:55 (40.0%)	9:09	6.5 (59.6%)
103	POSIŁA Joanna	7648	EUROCASH/#MUZACZŁAPAKA	Masters K - 40	103	00:00:00	00:03:06	01:57:28	03:14:20.00	03:14:20.00	+01:18:52 (40.6%)	9:15	6.5 (59.6%)
104	WOŹNIAK MACIEJEWSKA Edyta	7024		Masters K - 40	104	00:00:00	00:00:23	01:51:29	03:15:07.40	03:15:07.40	+01:19:40 (40.8%)	9:17	6.5 (59.6%)
105	LEWIKOWSKA Patrycja	7409		Masters K - 40	105	00:00:00	00:03:01	01:52:00	03:15:22.35	03:15:22.35	+01:19:55 (40.9%)	9:18	6.4 (58.7%)
106	CENDROWICZ Magdalena	7707	KNEIPP TEAM	Masters K - 40	106	00:00:00	00:00:33	01:47:26	03:15:49.65	03:15:49.65	+01:20:22 (41.0%)	9:19	6.4 (58.7%)
107	PAWELCZYK Adriana	7852	BIEGAM BO NIE LUBIE	Masters K - 40	107	00:00:00	00:00:46	01:48:18	03:17:35.95	03:17:35.95	+01:22:08 (41.6%)	9:24	6.4 (58.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Łądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
108	SULIGA Wioletta	7524	AUGUSTEAM	Masters K - 40	108	00:00:00	00:00:31	01:51:32	03:18:13.05	03:18:13.05	+01:22:45 (41.8%)	9:26	6.4 (58.7%)
109	SKRZYPIŃSKA Agnieszka	7157	PSI PATROL	Masters K - 40	109	00:00:00	00:01:58	01:55:31	03:18:55.60	03:18:55.60	+01:23:28 (42.0%)	9:28	6.3 (57.8%)
110	STROMIDŁO Anna	7203	BROWAR DOMOWY HATAK	Masters K - 40	110	00:00:00	00:00:30	01:46:20	03:19:19.75	03:19:19.75	+01:23:52 (42.1%)	9:29	6.3 (57.8%)
111	PACHOLSKA Justyna	7103	GOLENIÓW	Masters K - 40	111	00:00:00	00:01:58	01:53:40	03:19:23.10	03:19:23.10	+01:23:55 (42.1%)	9:29	6.3 (57.8%)
112	JEZIERSKA Karina	7729	12TRI.PL / TEAM ZABIEGANEDNI	Masters K - 40	112	00:00:00	00:03:40	01:56:18	03:20:06.10	03:20:06.10	+01:24:38 (42.3%)	9:31	6.3 (57.8%)
113	ŁAWNICZAK Justyna	7390	JUTROSIŃSKI KLUB BIEGACZY	Masters K - 40	113	00:00:00	00:00:35	01:54:39	03:20:45.55	03:20:45.55	+01:25:18 (42.5%)	9:33	6.3 (57.8%)
114	SOBCZYK-SPYT Agata	7621		Masters K - 40	114	00:00:00	00:02:57	01:56:13	03:21:01.15	03:21:01.15	+01:25:33 (42.6%)	9:34	6.3 (57.8%)
115	GERMAN-GIENTKOWSKA Iwona	7197		Masters K - 40	115	00:00:00	00:01:45	01:55:59	03:22:32.75	03:22:32.75	+01:27:05 (43.0%)	9:38	6.2 (56.9%)
116	GRZYB Beata	7770	KOBIETY BIEGAJĄ	Masters K - 40	116	00:00:00	00:03:18	01:59:19	03:23:12.75	03:23:12.75	+01:27:45 (43.2%)	9:40	6.2 (56.9%)
117	TOMCZAK Paulina	7933		Masters K - 40	117	00:00:00	00:03:03	01:54:30	03:23:47.30	03:23:47.30	+01:28:19 (43.3%)	9:42	6.2 (56.9%)
118	OCIEPA Ewa	7366		Masters K - 40	118	00:00:00	00:02:14	01:56:21	03:23:49.55	03:23:49.55	+01:28:22 (43.4%)	9:42	6.2 (56.9%)
119	STĘPLEWSKA Małgorzata	7619		Masters K - 40	119	00:00:00	00:02:41	01:56:01	03:24:27.65	03:24:27.65	+01:29:00 (43.5%)	9:44	6.2 (56.9%)
120	KARAMON Magdalena	7148		Masters K - 40	120	00:00:00	00:01:57	01:54:02	03:25:14.10	03:25:14.10	+01:29:46 (43.7%)	9:46	6.1 (56.0%)
121	FILIPIAK Beata	5	MIECHOWICKA GRUPA BIEGOWA	Masters K - 40	121	00:00:00	00:02:30	01:53:33	03:26:55.90	03:26:55.90	+01:31:28 (44.2%)	9:51	6.1 (56.0%)
122	PLASZCZAK Bogumiła	7470	PIEKIELNIE ZGRANI	Masters K - 40	122	00:00:00	00:02:56	01:57:02	03:27:11.65	03:27:11.65	+01:31:44 (44.3%)	9:51	6.1 (56.0%)
123	WACHEL Katarzyna	7528		Masters K - 40	123	00:00:00	00:03:41	01:56:24	03:29:34.85	03:29:34.85	+01:34:07 (44.9%)	9:58	6 (55.0%)
124	GISZCZYŃSKA Wanda	7212	RUN TEAM RYDZYNA	Masters K - 40	124	00:00:00	00:01:43	01:54:54	03:30:59.20	03:30:59.20	+01:35:31 (45.3%)	10:02	6 (55.0%)
125	PIETRUSIAK Agnieszka	7515		Masters K - 40	125	00:00:00	00:03:36	01:59:28	03:31:14.95	03:31:14.95	+01:35:47 (45.3%)	10:03	6 (55.0%)
126	WOJTYLAK-OSUCH Anna	7545		Masters K - 40	126	00:00:00	00:03:36	01:59:30	03:31:17.15	03:31:17.15	+01:35:49 (45.4%)	10:03	6 (55.0%)
127	STASZEWSKA Aneta	48	NIGHT RUNNERS PYSKOWICE	Masters K - 40	127	00:00:00	00:00:47	01:55:57	03:32:33.65	03:32:33.65	+01:37:06 (45.7%)	10:07	5.9 (54.1%)
128	BIENIECKA Anna	7230	KLUB BIEGACZA SZAMOTUŁY	Masters K - 40	128	00:00:00	00:01:28	02:08:03	03:32:54.80	03:32:54.80	+01:37:27 (45.8%)	10:08	5.9 (54.1%)
129	KARŁOWSKA Olga	7593	NULL	Masters K - 40	129	00:00:00	00:02:48	01:56:57	03:33:05.15	03:33:05.15	+01:37:37 (45.8%)	10:08	5.9 (54.1%)
130	BOECKA Ola	7588		Masters K - 40	130	00:00:00	00:02:28	01:59:43	03:34:51.35	03:34:51.35	+01:39:24 (46.3%)	10:13	5.9 (54.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Łądek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
131	KOZACZUK Katarzyna	7742	PĘDZĄCE LENIWCE	Masters K - 40	131	00:00:00	00:01:08	01:58:22	03:36:12.60	03:36:12.60	+01:40:45 (46.6%)	10:17	5.8 (53.2%)
132	SPRIDZĀNE Aija	7663	VSK NOSKRIEN	Masters K - 40	132	00:00:00	00:02:57	01:59:22	03:36:13.15	03:36:13.15	+01:40:45 (46.6%)	10:17	5.8 (53.2%)
133	JASTRZĘBSKA-DEMCZAR Aneta	7146		Masters K - 40	133	00:00:00	00:01:26	02:05:01	03:36:37.15	03:36:37.15	+01:41:09 (46.7%)	10:18	5.8 (53.2%)
134	SZACHT Izabela	7245		Masters K - 40	134	00:00:00	00:03:33	02:01:17	03:37:07.55	03:37:07.55	+01:41:40 (46.8%)	10:20	5.8 (53.2%)
135	GĘÇA Małgorzata	7419	UMCS BIEGA	Masters K - 40	135	00:00:00	00:00:55	02:10:31	03:37:16.10	03:37:16.10	+01:41:48 (46.9%)	10:20	5.8 (53.2%)
136	ZIELIŃSKA Magdalena	7841		Masters K - 40	136	00:00:00	00:01:47	01:56:54	03:37:56.90	03:37:56.90	+01:42:29 (47.0%)	10:22	5.8 (53.2%)
137	BERNAT Monika	7719	KNEIPP TEAM	Masters K - 40	137	00:00:00	00:01:21	01:59:18	03:39:11.00	03:39:11.00	+01:43:43 (47.3%)	10:26	5.7 (52.3%)
138	MAGDA Natasza	7429	NIGHT RUNNERS	Masters K - 40	138	00:00:00	00:01:02	01:54:29	03:41:28.90	03:41:28.90	+01:46:01 (47.9%)	10:32	5.7 (52.3%)
139	POŁOK Monika	7388	MIRAZ RACE TEAM	Masters K - 40	139	00:00:00	00:01:53	02:07:17	03:41:31.70	03:41:31.70	+01:46:04 (47.9%)	10:32	5.7 (52.3%)
140	SZKUDLARZ Agata	7502		Masters K - 40	140	00:00:00	00:02:09	02:07:07	03:46:46.95	03:46:46.95	+01:51:19 (49.1%)	10:47	5.6 (51.4%)
141	SUTA Anna	7503		Masters K - 40	141	00:00:00	00:02:09	02:07:02	03:46:47.35	03:46:47.35	+01:51:20 (49.1%)	10:47	5.6 (51.4%)
142	BARAŁKIEWICZ - SOKAL Karolina	7009		Masters K - 40	142	00:00:00	00:02:57	02:08:58	03:48:30.25	03:48:30.25	+01:53:02 (49.5%)	10:52	5.5 (50.5%)
143	OPŁOCZYŃSKA Gosia	7706	NIGHT RUNNERS	Masters K - 40	143	00:00:00	00:00:39	02:00:25	03:49:21.40	03:49:21.40	+01:53:54 (49.7%)	10:55	5.5 (50.5%)
144	JUSZKO Monika	7500		Masters K - 40	144	00:00:00	00:00:57	02:07:21	03:50:40.75	03:50:40.75	+01:55:13 (49.9%)	10:59	5.5 (50.5%)
145	STAJER Edyta	7335		Masters K - 40	145	00:00:00	00:02:59	02:07:31	03:53:06.10	03:53:06.10	+01:57:38 (50.5%)	11:06	5.4 (49.5%)
146	URBANIAK Agnieszka	7997		Masters K - 40	146	00:00:00	00:03:38	02:18:21	03:59:13.00	03:59:13.00	+02:03:45 (51.7%)	11:23	5.3 (48.6%)
147	GOLEBIEWSKA Małgorzata	7008	RUN TEAM RYDZYNA	Masters K - 40	147	00:00:00	00:01:04	02:16:22	03:59:32.85	03:59:32.85	+02:04:05 (51.8%)	11:24	5.3 (48.6%)
148	WRONKOWSKA Katarzyna	7369		Masters K - 40	148	00:00:00	00:02:48	02:12:32	03:59:35.55	03:59:35.55	+02:04:08 (51.8%)	11:24	5.3 (48.6%)
149	KRUCZEK Ewa	7113	STAN UMYSŁU- LEWIN BIEGA	Masters K - 40	149	00:00:00	00:02:39	02:20:29	03:59:41.15	03:59:41.15	+02:04:13 (51.8%)	11:24	5.3 (48.6%)
150	KARCZEWSKA Marta	7925		Masters K - 40	150	00:00:00	00:03:44	02:18:19	04:00:07.90	04:00:07.90	+02:04:40 (51.9%)	11:26	5.2 (47.7%)
151	REGULSKA Aneta	7052	DRUŻYNA SZPIKU	Masters K - 40	151	00:00:00	00:03:31	02:14:19	04:01:11.95	04:01:11.95	+02:05:44 (52.1%)	11:29	5.2 (47.7%)
152	PYTEL Anna	7162	IZBICKO W BIEGU	Masters K - 40	152	00:00:00	00:01:00	02:17:36	04:01:13.30	04:01:13.30	+02:05:45 (52.1%)	11:29	5.2 (47.7%)
153	SZYPULSKA Katarzyna	7183	SKS CHMIELOWICE	Masters K - 40	153	00:00:00	00:01:00	02:17:48	04:01:50.45	04:01:50.45	+02:06:23 (52.3%)	11:30	5.2 (47.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start Ładek 0.01km	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
154	MIKOŁAJCZAK Magdalena	7294	HRMAX ZORY	Masters K - 40	154	00:00:00	00:03:02	02:06:27	04:07:48.90	04:07:48.90	+02:12:21 (53.4%)	11:48	5.1 (46.8%)
155	SMUG Ewelina	7418		Masters K - 40	155	00:00:00	00:02:10	02:18:16	04:11:47.45	04:11:47.45	+02:16:20 (54.1%)	11:59	5 (45.9%)
156	SZUMLAS Anna	7794	#SZUMITEAM/ ULTRAWAY TEAM	Masters K - 40	156	00:00:00	00:03:30	02:22:03	04:12:08.65	04:12:08.65	+02:16:41 (54.2%)	12:00	5 (45.9%)
157	CZYŻAK Justyna	7968		Masters K - 40	157	00:00:00	00:02:26	02:21:01	04:15:19.00	04:15:19.00	+02:19:51 (54.8%)	12:09	4.9 (45.0%)
158	CHROSTEK Dorota	7171	FRANTA GROUP	Masters K - 40	158	00:00:00	00:02:26	02:21:00	04:15:19.25	04:15:19.25	+02:19:51 (54.8%)	12:09	4.9 (45.0%)
159	JANICKA Barbara	7844	STAN UMYSŁU LEWIN BIEGA	Masters K - 40	159	00:00:00	00:02:38	02:31:37	04:29:23.65	04:29:23.65	+02:33:56 (57.1%)	12:49	4.7 (43.1%)
160	KISIEL Edyta	7001		Masters K - 40	160	00:00:00	00:00:56	02:49:01	04:46:14.85	04:46:14.85	+02:50:47 (59.7%)	13:37	4.4 (40.4%)
Przekroczony limit czasu: 05:00:00													
161	WOŹNIAK Anna	7837	KOBIETY WATAHY	Masters K - 40	161	00:00:00	00:01:45	03:01:03	05:08:14.90	05:08:14.90	+03:12:47 (62.5%)	14:40	4.1 (37.6%)
	BARTOSZEWSKA Katarzyna	7540	TEAM RÓŻOWEJ PELERYNKI	Masters K - 40		DNF	00:02:24 DNF	01:54:44 DNF	DNF	DNF		-	- (0.0%)

Znaleziono 162 wynik(ów)