



# ZŁOTY PÓŁMARATON - 21 KM

B4SPORT

**Wydarzenie:** Dolnośląski Festiwal Biegów Górskich  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2023-07-13  
**Miejsce:** Łądek-Zdrój  
**Dystans:** 21 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Masters K - 40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	<b>MAJEWSKA Agata</b>	<b>7078</b>		Masters K - 40	1	01:09:50	<b>02:02:25.65</b>	<b>02:02:27.10</b>		5:49	10.3 (100%)
2	<b>KOKOTT Agnieszka</b>	<b>7986</b>	AW - SZYBCIEJ - TEAM	Masters K - 40	2	01:18:02	<b>02:14:58.80</b>	<b>02:15:21.65</b>	+00:12:54 (9.5%)	6:25	9.3 (90.3%)
3	<b>JAMRÓZ Karina</b>	<b>7658</b>		Masters K - 40	3	01:20:12	<b>02:19:45.20</b>	<b>02:20:12.25</b>	+00:17:45 (12.7%)	6:39	9 (87.4%)
4	<b>BROK Małgorzata</b>	<b>7197</b>		Masters K - 40	4	01:22:06	<b>02:23:10.05</b>	<b>02:23:21.60</b>	+00:20:54 (14.6%)	6:49	8.8 (85.4%)
5	<b>LITWIN Monika</b>	<b>7805</b>	LITEWIN	Masters K - 40	5	01:20:41	<b>02:24:36.75</b>	<b>02:24:47.85</b>	+00:22:20 (15.4%)	6:53	8.7 (84.5%)
6	<b>SZTYPKA Justyna</b>	<b>7393</b>	WKB MARATOŃCZYK WŁOCŁAWEK	Masters K - 40	6	01:30:23	<b>02:35:13.45</b>	<b>02:35:17.05</b>	+00:32:49 (21.1%)	7:23	8.1 (78.6%)
7	<b>BAK Agnieszka</b>	<b>7823</b>	MORSY OŚNO LUBUSKIE	Masters K - 40	7	01:27:56	<b>02:35:11.35</b>	<b>02:35:46.20</b>	+00:33:19 (21.4%)	7:23	8.1 (78.6%)
8	<b>NOWAK Marcin</b>	<b>7978</b>	PCH_RUN	Masters K - 40	8	01:30:53	<b>02:41:57.80</b>	<b>02:42:55.50</b>	+00:40:28 (24.8%)	7:42	7.8 (75.7%)
9	<b>BANDUROWSKA Agnieszka</b>	<b>7901</b>	KB WIKON NOWA SÓL	Masters K - 40	9	01:35:12	<b>02:43:16.00</b>	<b>02:44:10.80</b>	+00:41:43 (25.4%)	7:46	7.7 (74.8%)
10	<b>POWIERTOWSKA Aleksandra</b>	<b>7693</b>	BIEGACZE JUNIORA - RUNNERS TEAM	Masters K - 40	10	01:36:02	<b>02:47:36.55</b>	<b>02:48:35.25</b>	+00:46:08 (27.4%)	7:58	7.5 (72.8%)
11	<b>GOŹDZICKA Agnieszka</b>	<b>7047</b>	STRZELECKA BIEGAJĄCA CZAROWNICA	Masters K - 40	11	01:33:57	<b>02:48:32.95</b>	<b>02:48:54.75</b>	+00:46:27 (27.5%)	8:01	7.5 (72.8%)
12	<b>WIRKIJOWSKA Aneta</b>	<b>7548</b>	TRENUJZNAMI.PL	Masters K - 40	12	01:39:42	<b>02:47:58.95</b>	<b>02:49:37.60</b>	+00:47:10 (27.8%)	7:59	7.5 (72.8%)
13	<b>GRUDZIEN-JURKOWSKA Małgorzata</b>	<b>7990</b>		Masters K - 40	13	01:38:22	<b>02:47:32.20</b>	<b>02:49:52.20</b>	+00:47:25 (27.9%)	7:58	7.5 (72.8%)
14	<b>ANDRZEJEWSKA Anna</b>	<b>7062</b>		Masters K - 40	14	01:33:58	<b>02:50:25.65</b>	<b>02:50:40.80</b>	+00:48:13 (28.3%)	8:06	7.4 (71.8%)
15	<b>SPYTEK Justyna</b>	<b>7941</b>	TEAM ZABIEGANEDNI	Masters K - 40	15	01:35:18	<b>02:50:20.70</b>	<b>02:51:21.40</b>	+00:48:54 (28.5%)	8:06	7.4 (71.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
16	<b>CHORBOTOWICZ Justyna</b>	<b>7649</b>	DZG RUNNERS ZGORZELEC	Masters K - 40	16	01:36:21	<b>02:51:02.75</b>	<b>02:51:22.80</b>	+00:48:55 (28.5%)	8:08	7.4 (71.8%)
17	<b>DZIADOWICZ Anna</b>	<b>7027</b>	ADRIAN DANILEWICZ GROUP	Masters K - 40	17	01:34:06	<b>02:49:20.80</b>	<b>02:52:09.75</b>	+00:49:42 (28.9%)	8:03	7.4 (71.8%)
18	<b>LORENC Joanna</b>	<b>7979</b>	ENDORFINY WAŚOSZ	Masters K - 40	18	01:34:59	<b>02:51:08.30</b>	<b>02:52:37.20</b>	+00:50:10 (29.1%)	8:08	7.4 (71.8%)
19	<b>TRYBULEC Aleksandra</b>	<b>7952</b>		Masters K - 40	19	01:39:46	<b>02:49:58.70</b>	<b>02:53:35.10</b>	+00:51:08 (29.5%)	8:05	7.4 (71.8%)
20	<b>POCHWAŁA Justyna</b>	<b>7902</b>	NATALIA TOMASIAK GÓRSKI STYL TEAM	Masters K - 40	20	01:39:23	<b>02:52:28.50</b>	<b>02:53:35.55</b>	+00:51:08 (29.5%)	8:12	7.3 (70.9%)
21	<b>NOWAK Marta</b>	<b>7477</b>		Masters K - 40	21	01:40:42	<b>02:55:04.05</b>	<b>02:56:08.40</b>	+00:53:41 (30.5%)	8:20	7.2 (69.9%)
22	<b>LICHACZ Anna</b>	<b>7744</b>	GT RAT	Masters K - 40	22	01:41:15	<b>02:55:43.30</b>	<b>02:56:23.55</b>	+00:53:56 (30.6%)	8:22	7.2 (69.9%)
23	<b>KĘDZIORA Aleksandra</b>	<b>7724</b>		Masters K - 40	23	01:41:19	<b>02:56:27.85</b>	<b>02:57:07.40</b>	+00:54:40 (30.9%)	8:24	7.1 (68.9%)
24	<b>JAROSZUK Ania</b>	<b>7042</b>		Masters K - 40	24	01:40:01	<b>02:55:56.35</b>	<b>02:57:40.45</b>	+00:55:13 (31.1%)	8:22	7.2 (69.9%)
25	<b>KORCZYŃSKA Alicja</b>	<b>7271</b>	BIEGAM Z ROZUMEM	Masters K - 40	25	01:42:49	<b>02:57:14.60</b>	<b>02:58:47.55</b>	+00:56:20 (31.5%)	8:26	7.1 (68.9%)
26	<b>SYDORCZYK Magdalena</b>	<b>7421</b>	ŚLĘZAK TEAM - ENDORFINA WSCHOWA	Masters K - 40	26	01:38:17	<b>02:58:05.50</b>	<b>02:58:48.85</b>	+00:56:21 (31.5%)	8:28	7.1 (68.9%)
27	<b>HEJNE Agnieszka</b>	<b>7620</b>	MISTRZOWSKI-TRENING	Masters K - 40	27	01:35:34	<b>02:59:22.05</b>	<b>02:59:32.25</b>	+00:57:05 (31.8%)	8:32	7 (68.0%)
28	<b>NADOLSKA Anna</b>	<b>7440</b>		Masters K - 40	28	01:43:22	<b>02:57:30.85</b>	<b>02:59:36.90</b>	+00:57:09 (31.8%)	8:27	7.1 (68.9%)
29	<b>WOJTASZEK Malgorzata</b>	<b>7287</b>		Masters K - 40	29	01:49:05	<b>02:58:12.90</b>	<b>03:00:21.85</b>	+00:57:54 (32.1%)	8:29	7.1 (68.9%)
30	<b>WOJEWÓDZKA Agnieszka</b>	<b>7853</b>		Masters K - 40	30	01:42:21	<b>03:01:48.40</b>	<b>03:02:46.15</b>	+01:00:19 (33.0%)	8:39	6.9 (67.0%)
31	<b>SZERMENT Magdalena</b>	<b>7891</b>	MAZURTEAM	Masters K - 40	31	01:45:46	<b>03:02:52.45</b>	<b>03:03:13.45</b>	+01:00:46 (33.2%)	8:42	6.9 (67.0%)
32	<b>PESZEK Katarzyna</b>	<b>7406</b>	DZIKIE GRUBASY SZATANA	Masters K - 40	32	01:39:33	<b>03:01:18.20</b>	<b>03:03:15.70</b>	+01:00:48 (33.2%)	8:38	6.9 (67.0%)
33	<b>SKIBIŃSKA Justyna</b>	<b>7348</b>	PCH_RUN	Masters K - 40	33	01:43:12	<b>03:02:34.90</b>	<b>03:03:25.85</b>	+01:00:58 (33.2%)	8:41	6.9 (67.0%)
34	<b>DUTKOWIAK Aleksandra</b>	<b>7697</b>	PIĄTKOWO NA BIEGOWO	Masters K - 40	34	01:43:06	<b>03:05:28.85</b>	<b>03:06:25.65</b>	+01:03:58 (34.3%)	8:49	6.8 (66.0%)
35	<b>PONDEL Marzena</b>	<b>7750</b>	WILKI MIĘDZYLESIE	Masters K - 40	35	01:40:05	<b>03:04:40.75</b>	<b>03:07:44.75</b>	+01:05:17 (34.8%)	8:47	6.8 (66.0%)
36	<b>CZECH Dorota</b>	<b>7538</b>	ASICS FRONTRUNNER POLAND	Masters K - 40	36	01:50:06	<b>03:09:28.60</b>	<b>03:11:03.05</b>	+01:08:35 (35.9%)	9:01	6.7 (65.0%)
37	<b>MATAN-KLIMKIEWICZ Magdalena</b>	<b>7885</b>		Masters K - 40	37	01:50:42	<b>03:07:40.75</b>	<b>03:11:21.10</b>	+01:08:54 (36.0%)	8:56	6.7 (65.0%)
38	<b>MAŁEK-BERNADZIKOWSKA Marta</b>	<b>7834</b>		Masters K - 40	38	01:49:18	<b>03:11:38.85</b>	<b>03:12:37.50</b>	+01:10:10 (36.4%)	9:07	6.6 (64.1%)

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							netto 21km	brutto 21km			
39	<b>WÓJCIK Kamila</b>	<b>10</b>	LACHO TEAM	Masters K - 40	39	01:49:38	<b>03:11:11.00</b>	<b>03:13:32.20</b>	+01:11:05 (36.7%)	9:06	6.6 (64.1%)
40	<b>KONIECZNA Krystyna</b>	<b>7653</b>	KOWALEWO BIEGA	Masters K - 40	40	01:52:59	<b>03:11:01.90</b>	<b>03:13:57.55</b>	+01:11:30 (36.9%)	9:05	6.6 (64.1%)
41	<b>BOMBOLA Monika</b>	<b>7711</b>	TARNOWO PODGÓRNE BIEGA	Masters K - 40	41	01:48:17	<b>03:12:34.25</b>	<b>03:15:21.10</b>	+01:12:54 (37.3%)	9:10	6.5 (63.1%)
42	<b>LIESKE Monika</b>	<b>7351</b>		Masters K - 40	42	01:50:38	<b>03:14:39.15</b>	<b>03:15:46.20</b>	+01:13:19 (37.5%)	9:16	6.5 (63.1%)
43	<b>PASŁAWSKA Olga</b>	<b>7835</b>		Masters K - 40	43	01:50:03	<b>03:15:05.90</b>	<b>03:16:03.80</b>	+01:13:36 (37.5%)	9:17	6.5 (63.1%)
44	<b>OSIAL Anita</b>	<b>7378</b>		Masters K - 40	44	01:50:28	<b>03:15:17.25</b>	<b>03:16:46.30</b>	+01:14:19 (37.8%)	9:17	6.5 (63.1%)
45	<b>MATUSZAK Anita</b>	<b>7141</b>	MATUSZAK TEAM / TRIGYM	Masters K - 40	45	01:55:39	<b>03:16:47.00</b>	<b>03:17:34.60</b>	+01:15:07 (38.0%)	9:22	6.4 (62.1%)
46	<b>SIUDAK Anna</b>	<b>7178</b>		Masters K - 40	46	01:52:36	<b>03:17:49.55</b>	<b>03:18:02.60</b>	+01:15:35 (38.2%)	9:25	6.4 (62.1%)
47	<b>TCHÓRZEWSKA-PIETRZYK Anna</b>	<b>3</b>	MOCNA GRUPA CEZARA	Masters K - 40	47	01:56:40	<b>03:16:17.65</b>	<b>03:18:52.85</b>	+01:16:25 (38.4%)	9:20	6.4 (62.1%)
48	<b>KONIOR Agnieszka</b>	<b>7461</b>		Masters K - 40	48	01:49:05	<b>03:17:10.60</b>	<b>03:18:57.70</b>	+01:16:30 (38.5%)	9:23	6.4 (62.1%)
49	<b>WISZNIOWSKA Agata</b>	<b>29</b>		Masters K - 40	49	01:51:23	<b>03:17:43.55</b>	<b>03:19:29.10</b>	+01:17:02 (38.6%)	9:24	6.4 (62.1%)
50	<b>RÓŻAŃSKA Magdalena</b>	<b>7054</b>		Masters K - 40	50	01:55:14	<b>03:19:43.60</b>	<b>03:20:19.35</b>	+01:17:52 (38.9%)	9:30	6.3 (61.2%)
51	<b>MIKOŁAJCZAK Agnieszka</b>	<b>7281</b>		Masters K - 40	51	01:51:51	<b>03:20:16.20</b>	<b>03:20:59.70</b>	+01:18:32 (39.1%)	9:32	6.3 (61.2%)
52	<b>FRANCZAK Edyta</b>	<b>7572</b>	DTR BIEGA/MARIO TEAM	Masters K - 40	52	01:54:37	<b>03:20:21.25</b>	<b>03:21:27.50</b>	+01:19:00 (39.2%)	9:32	6.3 (61.2%)
53	<b>NAWROT Marta</b>	<b>7534</b>	DTR BIEGA / MARIO TEAM	Masters K - 40	53	01:54:37	<b>03:20:21.20</b>	<b>03:21:27.70</b>	+01:19:00 (39.2%)	9:32	6.3 (61.2%)
54	<b>BACHURSKA Ewa</b>	<b>7021</b>	KB HARCOWNIK JELCZ- LASKOWICE	Masters K - 40	54	01:57:25	<b>03:21:42.30</b>	<b>03:24:01.25</b>	+01:21:34 (40.0%)	9:36	6.2 (60.2%)
55	<b>KARASIŃSKA Karolina</b>	<b>7679</b>		Masters K - 40	55	01:50:10	<b>03:23:40.55</b>	<b>03:25:17.25</b>	+01:22:50 (40.4%)	9:41	6.2 (60.2%)
56	<b>PATALAS Agnieszka</b>	<b>7321</b>		Masters K - 40	56	01:53:58	<b>03:22:30.40</b>	<b>03:25:38.65</b>	+01:23:11 (40.5%)	9:38	6.2 (60.2%)
57	<b>KOPEĆ Kasia</b>	<b>7829</b>		Masters K - 40	57	01:55:33	<b>03:23:48.65</b>	<b>03:27:23.65</b>	+01:24:56 (41.0%)	9:42	6.2 (60.2%)
58	<b>SZYSZKA Agnieszka</b>	<b>7761</b>	NIGHT RUNERS	Masters K - 40	58	01:56:00	<b>03:26:53.35</b>	<b>03:28:02.60</b>	+01:25:35 (41.1%)	9:51	6.1 (59.2%)
59	<b>PELCZER Agnieszka</b>	<b>7570</b>	KB HARCOWNIK JELCZ-LASKOWICE	Masters K - 40	59	02:01:37	<b>03:25:25.25</b>	<b>03:28:17.15</b>	+01:25:50 (41.2%)	9:46	6.1 (59.2%)
60	<b>KONIECZNA Anna</b>	<b>7413</b>	TARNOWO PODGÓRNE BIEGA	Masters K - 40	60	01:56:27	<b>03:25:57.30</b>	<b>03:28:40.45</b>	+01:26:13 (41.3%)	9:48	6.1 (59.2%)
61	<b>LEHISMETS Mirjam</b>	<b>7484</b>	VOKA / GOLDEN CLUB	Masters K - 40	61	01:53:37	<b>03:26:43.55</b>	<b>03:29:19.85</b>	+01:26:52 (41.5%)	9:50	6.1 (59.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
62	<b>ANTKOWIAK Joanna</b>	<b>7094</b>	#BIEGAJLESZNO	Masters K - 40	62	02:00:37	<b>03:28:33.40</b>	<b>03:29:26.20</b>	+01:26:59 (41.5%)	9:55	6 (58.3%)
63	<b>SZTEJKA Jolanta</b>	<b>7506</b>		Masters K - 40	63	01:52:47	<b>03:27:56.85</b>	<b>03:29:40.70</b>	+01:27:13 (41.6%)	9:54	6.1 (59.2%)
64	<b>MUSIALSKA Anna</b>	<b>7691</b>	PNB	Masters K - 40	64	01:58:14	<b>03:28:52.35</b>	<b>03:29:51.35</b>	+01:27:24 (41.6%)	9:56	6 (58.3%)
65	<b>SWOBODA Edyta</b>	<b>7236</b>	LOVELASY	Masters K - 40	65	01:55:25	<b>03:28:21.20</b>	<b>03:30:01.90</b>	+01:27:34 (41.7%)	9:55	6 (58.3%)
66	<b>PLACHIMOWICZ Natalia</b>	<b>7728</b>	MOCNA GRUPA CEZARA	Masters K - 40	66	01:56:32	<b>03:27:45.75</b>	<b>03:30:21.15</b>	+01:27:54 (41.8%)	9:53	6.1 (59.2%)
67	<b>KOŚMICKA Natalia</b>	<b>7089</b>	KĘSY TEAM	Masters K - 40	67	02:02:27	<b>03:28:31.75</b>	<b>03:30:29.00</b>	+01:28:01 (41.8%)	9:55	6 (58.3%)
68	<b>JEZIERSKA Karina</b>	<b>7153</b>	TEAM ZABIEGANEDNI / 12TRI.PL	Masters K - 40	68	01:57:17	<b>03:29:32.90</b>	<b>03:30:37.80</b>	+01:28:10 (41.9%)	9:58	6 (58.3%)
69	<b>JERCZYŃSKA Beata</b>	<b>7676</b>		Masters K - 40	69	01:54:12	<b>03:28:27.85</b>	<b>03:31:26.05</b>	+01:28:58 (42.1%)	9:55	6 (58.3%)
70	<b>BUDNY Joanna</b>	<b>7296</b>		Masters K - 40	70	02:02:39	<b>03:28:25.30</b>	<b>03:31:58.25</b>	+01:29:31 (42.2%)	9:55	6 (58.3%)
71	<b>PILUJSKA Agnieszka</b>	<b>7455</b>		Masters K - 40	71	01:53:19	<b>03:31:02.95</b>	<b>03:32:02.05</b>	+01:29:34 (42.2%)	10:02	6 (58.3%)
71	<b>INOROWICZ Joanna</b>	<b>7475</b>		Masters K - 40	71	01:55:57	<b>03:30:54.20</b>	<b>03:32:02.05</b>	+01:29:34 (42.2%)	10:02	6 (58.3%)
73	<b>JASTRZĘBSKA-DEMCZAR Aneta</b>	<b>7098</b>		Masters K - 40	73	01:58:07	<b>03:30:10.65</b>	<b>03:32:34.75</b>	+01:30:07 (42.4%)	10:00	6 (58.3%)
74	<b>GARBACZ Kamila</b>	<b>11</b>		Masters K - 40	74	01:58:32	<b>03:32:20.40</b>	<b>03:33:45.85</b>	+01:31:18 (42.7%)	10:06	5.9 (57.3%)
75	<b>CHĘCIŃSKA Dorota</b>	<b>7076</b>		Masters K - 40	75	01:59:15	<b>03:31:41.15</b>	<b>03:33:55.75</b>	+01:31:28 (42.8%)	10:04	6 (58.3%)
76	<b>JAŚNIKOWSKA Agnieszka</b>	<b>7635</b>	GRUPA BIEGOWA " BEZGRANIC"	Masters K - 40	76	01:56:33	<b>03:32:24.00</b>	<b>03:34:30.10</b>	+01:32:03 (42.9%)	10:06	5.9 (57.3%)
77	<b>KOZŁOWSKA Magdalena</b>	<b>7523</b>		Masters K - 40	77	01:58:12	<b>03:33:18.35</b>	<b>03:34:53.65</b>	+01:32:26 (43.0%)	10:09	5.9 (57.3%)
78	<b>KOZŁOWSKA Marzena</b>	<b>7583</b>	BBL LASY BOGDANIEC	Masters K - 40	78	01:54:57	<b>03:33:03.65</b>	<b>03:35:37.50</b>	+01:33:10 (43.2%)	10:08	5.9 (57.3%)
79	<b>PACIUCH Dorota</b>	<b>7460</b>		Masters K - 40	79	02:02:19	<b>03:33:46.30</b>	<b>03:35:53.45</b>	+01:33:26 (43.3%)	10:10	5.9 (57.3%)
80	<b>WACHEL Katarzyna</b>	<b>7462</b>		Masters K - 40	80	01:58:08	<b>03:35:24.05</b>	<b>03:36:44.75</b>	+01:34:17 (43.5%)	10:15	5.8 (56.3%)
81	<b>JARCZYŃSKA Karolina</b>	<b>7612</b>	MOSINA BIEGA	Masters K - 40	81	02:00:57	<b>03:37:20.20</b>	<b>03:38:14.00</b>	+01:35:46 (43.9%)	10:20	5.8 (56.3%)
82	<b>OSIŃSKA Beata</b>	<b>7549</b>		Masters K - 40	82	02:02:37	<b>03:36:34.25</b>	<b>03:39:20.40</b>	+01:36:53 (44.2%)	10:18	5.8 (56.3%)
83	<b>NEZHODOVÁ Pavla</b>	<b>27</b>		Masters K - 40	83	02:00:45	<b>03:36:25.65</b>	<b>03:39:32.85</b>	+01:37:05 (44.2%)	10:18	5.8 (56.3%)
84	<b>ORDYNIEC Alicja</b>	<b>7194</b>	KĘSY TEAM	Masters K - 40	84	02:04:35	<b>03:40:53.30</b>	<b>03:42:59.15</b>	+01:40:32 (45.1%)	10:31	5.7 (55.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
85	<b>MOŚ Dorota</b>	<b>7683</b>		Masters K - 40	85	02:02:03	<b>03:40:39.50</b>	<b>03:43:39.05</b>	+01:41:11 (45.2%)	10:30	5.7 (55.3%)
86	<b>MRÓZ Izabela</b>	<b>7772</b>	WOLNE ŚLIMAKI	Masters K - 40	86	02:12:42	<b>03:43:38.10</b>	<b>03:44:10.90</b>	+01:41:43 (45.4%)	10:38	5.6 (54.4%)
87	<b>SZACHT Izabela</b>	<b>7028</b>		Masters K - 40	87	02:06:32	<b>03:44:04.80</b>	<b>03:44:17.75</b>	+01:41:50 (45.4%)	10:40	5.6 (54.4%)
88	<b>HAUSMAN Magdalena</b>	<b>7008</b>		Masters K - 40	88	02:10:00	<b>03:42:27.55</b>	<b>03:45:13.80</b>	+01:42:46 (45.6%)	10:35	5.7 (55.3%)
89	<b>ZIENKIEWICZ Agnieszka</b>	<b>7203</b>	WIECZORNE BIEGANIE W OPOLU	Masters K - 40	89	02:11:35	<b>03:43:55.80</b>	<b>03:45:15.80</b>	+01:42:48 (45.6%)	10:39	5.6 (54.4%)
90	<b>HASKA Kasia</b>	<b>7331</b>	WIECZORNE BIEGANIE W OPOLU	Masters K - 40	90	02:09:26	<b>03:44:01.35</b>	<b>03:45:15.85</b>	+01:42:48 (45.6%)	10:40	5.6 (54.4%)
91	<b>SULIGA Wioletta</b>	<b>7544</b>		Masters K - 40	91	02:06:27	<b>03:45:59.15</b>	<b>03:46:11.55</b>	+01:43:44 (45.9%)	10:45	5.6 (54.4%)
92	<b>HAGEL Julita</b>	<b>7233</b>		Masters K - 40	92	02:02:14	<b>03:44:43.00</b>	<b>03:47:51.55</b>	+01:45:24 (46.3%)	10:42	5.6 (54.4%)
93	<b>KORZENIOWSKA Monika</b>	<b>7498</b>		Masters K - 40	93	02:02:56	<b>03:44:30.55</b>	<b>03:47:57.60</b>	+01:45:30 (46.3%)	10:41	5.6 (54.4%)
94	<b>WORONOWICZ-GOSIENIECKA Agnieszka</b>	<b>7832</b>		Masters K - 40	94	01:59:28	<b>03:46:27.45</b>	<b>03:48:29.90</b>	+01:46:02 (46.4%)	10:47	5.6 (54.4%)
95	<b>KOSIAREK Edyta</b>	<b>18</b>		Masters K - 40	95	02:09:03	<b>03:46:58.55</b>	<b>03:48:30.80</b>	+01:46:03 (46.4%)	10:48	5.6 (54.4%)
96	<b>SZYMCZYK Marzena</b>	<b>21</b>	KB HARCOWNIK JELCZ-LASKOWICE	Masters K - 40	96	02:09:18	<b>03:46:14.65</b>	<b>03:48:33.55</b>	+01:46:06 (46.4%)	10:46	5.6 (54.4%)
97	<b>BEDNAREK-KWIATKOWSKA Anna</b>	<b>7118</b>		Masters K - 40	97	02:06:43	<b>03:47:06.70</b>	<b>03:49:41.00</b>	+01:47:13 (46.7%)	10:48	5.5 (53.4%)
97	<b>ZIELIŃSKA Magdalena</b>	<b>7942</b>		Masters K - 40	97	02:03:42	<b>03:49:06.65</b>	<b>03:49:41.00</b>	+01:47:13 (46.7%)	10:54	5.5 (53.4%)
99	<b>ŁAWNICZAK Justyna</b>	<b>7122</b>	JUTROSIŃSKI KLUB BIEGACZY	Masters K - 40	99	02:13:03	<b>03:48:14.90</b>	<b>03:51:27.90</b>	+01:49:00 (47.1%)	10:52	5.5 (53.4%)
100	<b>NOGA Katarzyna</b>	<b>7070</b>	WIECZORNE BIEGANIE W OPOLU	Masters K - 40	100	02:04:12	<b>03:50:14.70</b>	<b>03:51:34.90</b>	+01:49:07 (47.1%)	10:57	5.5 (53.4%)
101	<b>GASIK Wioletta</b>	<b>7918</b>	SŁOŃCA JURY	Masters K - 40	101	02:04:02	<b>03:49:32.10</b>	<b>03:51:53.75</b>	+01:49:26 (47.2%)	10:55	5.5 (53.4%)
102	<b>LIS Anna</b>	<b>7479</b>		Masters K - 40	102	02:02:51	<b>03:49:43.15</b>	<b>03:52:16.20</b>	+01:49:49 (47.3%)	10:56	5.5 (53.4%)
103	<b>MAZUR-ZYCH Aleksandra</b>	<b>7631</b>		Masters K - 40	103	02:03:28	<b>03:52:48.50</b>	<b>03:53:39.10</b>	+01:51:12 (47.6%)	11:05	5.4 (52.4%)
104	<b>NIEMENTOWSKA Karolina</b>	<b>7614</b>		Masters K - 40	104	02:06:29	<b>03:51:30.10</b>	<b>03:54:37.90</b>	+01:52:10 (47.8%)	11:01	5.4 (52.4%)
105	<b>KUTYCKA KUREK Elżbieta</b>	<b>7574</b>	CHOJRAK TEAM WROCŁAW	Masters K - 40	105	02:10:30	<b>03:54:00.35</b>	<b>03:56:52.70</b>	+01:54:25 (48.3%)	11:08	5.4 (52.4%)
106	<b>POSIŁA Joanna</b>	<b>7975</b>	EUROCASH	Masters K - 40	106	02:15:49	<b>03:54:20.65</b>	<b>03:57:09.20</b>	+01:54:42 (48.4%)	11:09	5.4 (52.4%)
107	<b>DANIELEK Ewa</b>	<b>7274</b>		Masters K - 40	107	02:10:08	<b>03:55:23.40</b>	<b>03:58:32.70</b>	+01:56:05 (48.7%)	11:12	5.4 (52.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
108	<b>DUDEK-SIERŻĘGA Wioleta</b>	<b>7938</b>		Masters K - 40	108	02:14:36	<b>03:57:33.75</b>	<b>03:58:36.20</b>	+01:56:09 (48.7%)	11:18	5.3 (51.5%)
109	<b>PALUSIŃSKA Agnieszka</b>	<b>7165</b>	LOVELASY	Masters K - 40	109	02:07:44	<b>03:58:23.70</b>	<b>04:00:03.15</b>	+01:57:36 (49.0%)	11:21	5.3 (51.5%)
110	<b>MISIUK Marta</b>	<b>7152</b>	LOVELASY	Masters K - 40	110	02:07:43	<b>03:58:22.75</b>	<b>04:00:03.75</b>	+01:57:36 (49.0%)	11:21	5.3 (51.5%)
111	<b>HETMAŃSKA Diana</b>	<b>7151</b>	LOVELASY	Masters K - 40	111	02:07:42	<b>03:58:24.20</b>	<b>04:00:03.85</b>	+01:57:36 (49.0%)	11:21	5.3 (51.5%)
112	<b>ŁUCIÓW Agnieszka</b>	<b>7652</b>		Masters K - 40	112	02:13:33	<b>03:57:50.95</b>	<b>04:00:15.80</b>	+01:57:48 (49.0%)	11:19	5.3 (51.5%)
113	<b>PAWLIK Agnieszka</b>	<b>7065</b>	CAŁA OLEŚNICA BIEGA	Masters K - 40	113	02:16:10	<b>03:59:13.80</b>	<b>04:01:00.70</b>	+01:58:33 (49.2%)	11:23	5.3 (51.5%)
114	<b>ŚMIECHOWSKA Małgorzata</b>	<b>15</b>		Masters K - 40	114	02:12:43	<b>03:58:12.05</b>	<b>04:01:03.65</b>	+01:58:36 (49.2%)	11:20	5.3 (51.5%)
115	<b>NADOBNA Kamila</b>	<b>7729</b>	STARGARD JA SIĘ NIE ŚCIGAM	Masters K - 40	115	02:14:15	<b>03:59:47.00</b>	<b>04:01:54.05</b>	+01:59:26 (49.4%)	11:25	5.3 (51.5%)
116	<b>DOBIECKA Joanna</b>	<b>7873</b>	STARGARD	Masters K - 40	116	02:14:15	<b>03:59:47.40</b>	<b>04:01:54.25</b>	+01:59:27 (49.4%)	11:25	5.3 (51.5%)
117	<b>ŁUKACZ Aleksandra</b>	<b>7735</b>		Masters K - 40	117	02:14:58	<b>04:03:00.25</b>	<b>04:03:43.05</b>	+02:01:15 (49.8%)	11:34	5.2 (50.5%)
118	<b>KARNAUCH Aleksandra</b>	<b>7059</b>	NULLPTR	Masters K - 40	118	02:13:06	<b>04:02:59.55</b>	<b>04:03:45.20</b>	+02:01:18 (49.8%)	11:34	5.2 (50.5%)
119	<b>CHMIELEWSKA Karolina</b>	<b>7339</b>		Masters K - 40	119	02:01:42	<b>04:03:36.65</b>	<b>04:03:47.00</b>	+02:01:19 (49.8%)	11:36	5.2 (50.5%)
120	<b>LIMAN Dorota</b>	<b>7865</b>	PODLASIAKI TEAM	Masters K - 40	120	02:17:22	<b>04:02:10.35</b>	<b>04:04:49.80</b>	+02:02:22 (50.0%)	11:31	5.2 (50.5%)
121	<b>ŁUSIAK Ewa</b>	<b>7332</b>		Masters K - 40	121	02:15:42	<b>04:01:14.65</b>	<b>04:04:55.45</b>	+02:02:28 (50.0%)	11:29	5.2 (50.5%)
122	<b>TOBOŁA Marta</b>	<b>7429</b>		Masters K - 40	122	02:17:43	<b>04:02:50.65</b>	<b>04:05:05.30</b>	+02:02:38 (50.0%)	11:33	5.2 (50.5%)
123	<b>MROWIŃSKA Marta</b>	<b>7443</b>	SHOOTBOXER MOSINA	Masters K - 40	123	02:15:53	<b>04:06:29.05</b>	<b>04:08:06.10</b>	+02:05:39 (50.6%)	11:44	5.1 (49.5%)
124	<b>SOJA-WAWRYSZEWICZ Agata</b>	<b>7581</b>		Masters K - 40	124	02:21:37	<b>04:10:00.55</b>	<b>04:10:47.75</b>	+02:08:20 (51.2%)	11:54	5 (48.5%)
125	<b>URBANEK Karolina</b>	<b>7249</b>		Masters K - 40	125	02:17:26	<b>04:09:26.65</b>	<b>04:12:27.40</b>	+02:10:00 (51.5%)	11:52	5.1 (49.5%)
126	<b>WIERZBICKA Natalia</b>	<b>7531</b>	PCH_RUN	Masters K - 40	126	02:22:09	<b>04:11:38.15</b>	<b>04:12:30.85</b>	+02:10:03 (51.5%)	11:58	5 (48.5%)
127	<b>OGRODNIK Anna</b>	<b>7361</b>		Masters K - 40	127	02:10:05	<b>04:11:55.90</b>	<b>04:14:21.40</b>	+02:11:54 (51.9%)	11:59	5 (48.5%)
128	<b>JAKIMOWICZ Iza</b>	<b>7035</b>	WIECZORNE BIEGANIE W OPOLU	Masters K - 40	128	02:23:28	<b>04:13:44.00</b>	<b>04:15:00.05</b>	+02:12:32 (52.0%)	12:04	5 (48.5%)
129	<b>KAŁUSKA Magdalena</b>	<b>7066</b>		Masters K - 40	129	02:23:59	<b>04:13:52.50</b>	<b>04:15:54.15</b>	+02:13:27 (52.1%)	12:05	5 (48.5%)
130	<b>BARSZCZEWSKA Małgorzata</b>	<b>7706</b>	BIEGACZE ŚWINOUJŚCIE	Masters K - 40	130	02:22:39	<b>04:14:43.95</b>	<b>04:18:02.75</b>	+02:15:35 (52.5%)	12:07	4.9 (47.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
131	<b>JANICZEK Barbara</b>	<b>7386</b>	WIECZORNE BIEGANIE W OPOLU	Masters K - 40	131	02:17:09	<b>04:17:40.35</b>	<b>04:19:00.75</b>	+02:16:33 (52.7%)	12:16	4.9 (47.6%)
132	<b>OLESZCZYK Aleksandra</b>	<b>7492</b>	GRUPA BIEGOWA ENERGY KACZORY	Masters K - 40	132	02:15:10	<b>04:16:58.05</b>	<b>04:20:29.40</b>	+02:18:02 (53.0%)	12:14	4.9 (47.6%)
133	<b>REGULSKA Aneta</b>	<b>7201</b>	DRUZYNA SZPIKU	Masters K - 40	133	02:21:31	<b>04:19:38.80</b>	<b>04:20:34.65</b>	+02:18:07 (53.0%)	12:21	4.9 (47.6%)
134	<b>CENDROWICZ Magdalena</b>	<b>7398</b>	KNEIPP TEAM	Masters K - 40	134	02:19:22	<b>04:17:17.75</b>	<b>04:20:58.75</b>	+02:18:31 (53.1%)	12:15	4.9 (47.6%)
135	<b>DZIURZYŃSKA Ulka</b>	<b>7558</b>	VEGE RUNNERS	Masters K - 40	135	02:18:53	<b>04:19:00.50</b>	<b>04:22:37.95</b>	+02:20:10 (53.4%)	12:20	4.9 (47.6%)
136	<b>BUDA Małgorzata</b>	<b>7238</b>		Masters K - 40	136	02:14:34	<b>04:22:21.05</b>	<b>04:23:18.00</b>	+02:20:50 (53.5%)	12:29	4.8 (46.6%)
137	<b>HRABAŃSKA-RACZAK Beata</b>	<b>7343</b>		Masters K - 40	137	02:24:52	<b>04:21:15.65</b>	<b>04:23:20.35</b>	+02:20:53 (53.5%)	12:26	4.8 (46.6%)
138	<b>BABIRECKA Agnieszka</b>	<b>7379</b>	FU FU FU TEAM	Masters K - 40	138	02:22:45	<b>04:21:21.00</b>	<b>04:23:24.90</b>	+02:20:57 (53.5%)	12:26	4.8 (46.6%)
139	<b>SKOLIMOWSKA Katarzyna</b>	<b>7553</b>	YRTS	Masters K - 40	139	02:32:43	<b>04:24:06.70</b>	<b>04:24:20.25</b>	+02:21:53 (53.7%)	12:34	4.8 (46.6%)
140	<b>KWIATKOWSKA Monika</b>	<b>7800</b>		Masters K - 40	140	02:29:44	<b>04:27:07.15</b>	<b>04:28:10.05</b>	+02:25:42 (54.3%)	12:43	4.7 (45.6%)
141	<b>CZYŻAK Justyna</b>	<b>7933</b>	MROWINOCITI	Masters K - 40	141	02:29:22	<b>04:28:34.10</b>	<b>04:29:35.65</b>	+02:27:08 (54.6%)	12:47	4.7 (45.6%)
142	<b>CHROSTEK Dorota</b>	<b>7163</b>	ZA LINIĄ METY	Masters K - 40	142	02:29:20	<b>04:28:34.05</b>	<b>04:29:35.90</b>	+02:27:08 (54.6%)	12:47	4.7 (45.6%)
143	<b>REGEC Ewelina</b>	<b>7787</b>		Masters K - 40	143	02:10:03	<b>04:28:12.55</b>	<b>04:31:07.65</b>	+02:28:40 (54.8%)	12:46	4.7 (45.6%)
144	<b>BARAŁKIEWICZ-SOKAL Karolina</b>	<b>7266</b>		Masters K - 40	144	02:30:13	<b>04:34:01.05</b>	<b>04:36:57.85</b>	+02:34:30 (55.8%)	13:02	4.6 (44.7%)
145	<b>JACHIM-SZUBA Magdalena</b>	<b>7946</b>	SZUBA TEAM	Masters K - 40	145	02:30:29	<b>04:50:43.65</b>	<b>04:54:07.35</b>	+02:51:40 (58.4%)	13:50	4.3 (41.7%)
	<b>STRZYŻOWSKA Monika</b>	<b>7373</b>		Masters K - 40		02:44:56 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>ZIENKIEWICZ Monika</b>	<b>7705</b>		Masters K - 40		02:55:54 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>DOMINIAK Agnieszka</b>	<b>7040</b>		Masters K - 40		02:58:35 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>KARPIŃSKA Anna</b>	<b>7031</b>	DZIKIE GRUBASY SZATANA	Masters K - 40		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>MORKA Karolina</b>	<b>7167</b>	KĘSY TEAM	Masters K - 40		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 150 wynik(ów)