

# ZŁOTY PÓŁMARATON - 21 KM

B4SPORT

**Wydarzenie:** Dolnośląski Festiwal Biegów Górskich  
**Organizator:** Fundacja MARATONY GÓRSKIE  
**Data:** 2018-07-19  
**Miejsce:** Łądek-Zdrój  
**Dystans:** 21 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN KOBIET

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	<b>TOMASIAK Natalia</b>	<b>652</b>	SALOMON SUUNTO TEAM	Senior II K - 30	1	01:00:25	<b>01:47:58.80</b>	<b>01:48:01.50</b>		5:08	11.7 (100%)
2	<b>MIERZLIKIN Natalia</b>	<b>603</b>	UKS GEPARD WARSZAWA	Senior I K - 20	1	01:04:46	<b>01:52:29.65</b>	<b>01:52:32.70</b>	+00:04:31 (4.0%)	5:21	11.2 (95.7%)
3	<b>KOWALEWSKA Elżbieta</b>	<b>12</b>		Senior II K - 30	2	01:04:07	<b>01:53:11.45</b>	<b>01:53:14.50</b>	+00:05:13 (4.6%)	5:23	11.1 (94.9%)
4	<b>DUCZMAL Dominika</b>	<b>551</b>	SPARTA ULTRA TEAM	Senior I K - 20	2	01:11:04	<b>02:01:56.85</b>	<b>02:02:00.15</b>	+00:13:58 (11.5%)	5:48	10.3 (88.0%)
5	<b>ŁYJAK Olga</b>	<b>628</b>	ATTIQ TEAM	Senior II K - 30	3	01:10:00	<b>02:05:05.60</b>	<b>02:05:07.35</b>	+00:17:05 (13.7%)	5:57	10.1 (86.3%)
6	<b>WOSZEK Marzena</b>	<b>186</b>	STOWARZYSZENIE PRZYJACIÓŁ GRUDZIC	Masters K - 40	1	01:11:42	<b>02:06:17.00</b>	<b>02:06:25.85</b>	+00:18:24 (14.6%)	6:00	10 (85.5%)
7	<b>WITEK Karolina</b>	<b>182</b>		Senior I K - 20	3	01:11:35	<b>02:08:35.45</b>	<b>02:08:45.25</b>	+00:20:43 (16.1%)	6:07	9.8 (83.8%)
8	<b>BORMANN Margrit</b>	<b>111</b>	ZADYSZKA OŚWIĘCIM	Senior II K - 30	4	01:11:25	<b>02:09:30.70</b>	<b>02:09:39.00</b>	+00:21:37 (16.7%)	6:10	9.7 (82.9%)
9	<b>KRAWCZYK Adriana</b>	<b>181</b>		Senior II K - 30	5	01:15:26	<b>02:14:12.00</b>	<b>02:14:16.25</b>	+00:26:14 (19.5%)	6:23	9.4 (80.3%)
10	<b>MARKIEWICZ Agnieszka</b>	<b>33</b>	PRORUNNING PROMOTION	Senior II K - 30	6	01:18:06	<b>02:16:01.80</b>	<b>02:16:10.30</b>	+00:28:08 (20.7%)	6:28	9.3 (79.5%)
11	<b>POTURALSKA Agata</b>	<b>533</b>	MOODBOX TEAM	Senior II K - 30	7	01:17:14	<b>02:18:20.45</b>	<b>02:18:31.70</b>	+00:30:30 (22.0%)	6:35	9.1 (77.8%)
12	<b>DROZDIK Magdalena</b>	<b>99</b>	WKB META LUBLINIEC	Senior II K - 30	8	01:18:06	<b>02:18:28.95</b>	<b>02:18:39.50</b>	+00:30:38 (22.1%)	6:35	9.1 (77.8%)
13	<b>GŁOMBIOWSKA Zuzanna</b>	<b>175</b>	BIGYELLOWFOOT ADVENTURE TEAM	Senior I K - 20	4	01:18:46	<b>02:18:42.65</b>	<b>02:18:45.70</b>	+00:30:44 (22.2%)	6:36	9.1 (77.8%)
14	<b>SZYSZKA Anna</b>	<b>415</b>		Senior I K - 20	5	01:21:43	<b>02:22:06.60</b>	<b>02:22:15.55</b>	+00:34:14 (24.1%)	6:46	8.9 (76.1%)
15	<b>NIZAR Wioletta</b>	<b>549</b>	CSC ADWENTURE ACADEMY	Masters K - 40	2	01:22:40	<b>02:23:24.75</b>	<b>02:23:35.20</b>	+00:35:33 (24.8%)	6:49	8.8 (75.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
16	<b>BOSIANEK Kamila</b>	<b>374</b>	4RUN TEAM PIŁA	Masters K - 40	3	01:22:43	<b>02:24:00.90</b>	<b>02:24:07.55</b>	+00:36:06 (25.0%)	6:51	8.7 (74.4%)
17	<b>HERBICH-SAR Violetta</b>	<b>294</b>	FUDU & CO SPORT TEAM	Masters K - 40	4	01:23:08	<b>02:23:58.95</b>	<b>02:24:27.95</b>	+00:36:26 (25.2%)	6:51	8.8 (75.2%)
18	<b>MARCINKOWSKA Eliza</b>	<b>313</b>	SZWLA	Masters K - 40	5	01:22:13	<b>02:24:20.45</b>	<b>02:24:38.75</b>	+00:36:37 (25.3%)	6:52	8.7 (74.4%)
19	<b>RYBARSKA Marta</b>	<b>3</b>	LESZ NO LIMITS RUNNERS	Senior I K - 20	6	01:20:12	<b>02:25:41.85</b>	<b>02:26:10.70</b>	+00:38:09 (26.1%)	6:56	8.6 (73.5%)
20	<b>GRABOWSKA Maja</b>	<b>275</b>		Senior I K - 20	7	01:23:16	<b>02:25:26.95</b>	<b>02:26:39.65</b>	+00:38:38 (26.3%)	6:55	8.7 (74.4%)
21	<b>JĘDRASZEK Alicja</b>	<b>632</b>	COEMI.PL	Masters K - 40	6	01:24:27	<b>02:26:04.55</b>	<b>02:27:08.50</b>	+00:39:07 (26.6%)	6:57	8.6 (73.5%)
22	<b>PIETRUSZKA Ewa</b>	<b>47</b>		Senior II K - 30	9	01:28:15	<b>02:28:39.05</b>	<b>02:29:35.05</b>	+00:41:33 (27.8%)	7:04	8.5 (72.6%)
23	<b>PIOTROWICZ Kamila</b>	<b>429</b>	KLUB GÓRSKI OLIMP	Senior I K - 20	8	01:24:01	<b>02:30:03.70</b>	<b>02:30:20.20</b>	+00:42:18 (28.1%)	7:08	8.4 (71.8%)
24	<b>NIMSZ Kamila</b>	<b>611</b>	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	10	01:28:28	<b>02:30:48.65</b>	<b>02:31:19.00</b>	+00:43:17 (28.6%)	7:10	8.4 (71.8%)
25	<b>WIŚNIEWSKA Marlena</b>	<b>416</b>	MUAY RUNNING TEAM	Senior II K - 30	11	01:29:17	<b>02:33:01.50</b>	<b>02:33:22.00</b>	+00:45:20 (29.6%)	7:17	8.2 (70.1%)
26	<b>KIRILENKO Aneta</b>	<b>442</b>		Masters K - 40	7	01:25:19	<b>02:33:22.05</b>	<b>02:33:31.95</b>	+00:45:30 (29.6%)	7:18	8.2 (70.1%)
27	<b>RATAJCZYK Iwona</b>	<b>51</b>		Senior II K - 30	12	01:28:35	<b>02:33:53.10</b>	<b>02:34:10.45</b>	+00:46:08 (29.9%)	7:19	8.2 (70.1%)
28	<b>PIĘTNIK Ewelina</b>	<b>305</b>		Senior II K - 30	13	01:27:36	<b>02:32:39.45</b>	<b>02:34:15.05</b>	+00:46:13 (30.0%)	7:16	8.3 (70.9%)
29	<b>MARZYŃSKA Barbara</b>	<b>452</b>		Weteran K - 50	1	01:27:42	<b>02:36:36.95</b>	<b>02:36:49.10</b>	+00:48:47 (31.1%)	7:27	8 (68.4%)
30	<b>IGNATOWSKA Justyna</b>	<b>483</b>	SEZONSTARTOWY.PL	Senior II K - 30	14	01:28:21	<b>02:37:36.25</b>	<b>02:38:10.10</b>	+00:50:08 (31.7%)	7:30	8 (68.4%)
31	<b>SKRZYPCZAK Hanna</b>	<b>241</b>	MIŁOŚLAW FORTUNA TEAM	Weteran K - 50	2	01:29:55	<b>02:37:08.25</b>	<b>02:38:19.60</b>	+00:50:18 (31.8%)	7:28	8 (68.4%)
32	<b>WILK Magdalena</b>	<b>585</b>	TEAM ZABIEGANE DNI	Masters K - 40	8	01:26:14	<b>02:38:33.50</b>	<b>02:39:26.85</b>	+00:51:25 (32.3%)	7:33	7.9 (67.5%)
33	<b>JASTER Anna</b>	<b>501</b>		Senior II K - 30	15	01:27:32	<b>02:39:55.20</b>	<b>02:40:04.45</b>	+00:52:02 (32.5%)	7:36	7.9 (67.5%)
34	<b>JAROSZ Jolanta</b>	<b>372</b>		Senior II K - 30	16	01:32:42	<b>02:39:25.85</b>	<b>02:41:05.75</b>	+00:53:04 (32.9%)	7:35	7.9 (67.5%)
35	<b>BOCHAN Lidia</b>	<b>645</b>		Senior II K - 30	17	01:31:44	<b>02:40:58.10</b>	<b>02:41:24.00</b>	+00:53:22 (33.1%)	7:39	7.8 (66.7%)
36	<b>JACH-BALICKA Aleksandra</b>	<b>121</b>		Senior II K - 30	18	01:32:20	<b>02:41:47.40</b>	<b>02:42:17.35</b>	+00:54:15 (33.4%)	7:42	7.8 (66.7%)
37	<b>GRABOWSKA Agnieszka</b>	<b>310</b>	CRAGMAGAZINE.PL	Senior I K - 20	9	01:29:03	<b>02:43:04.10</b>	<b>02:43:15.75</b>	+00:55:14 (33.8%)	7:45	7.7 (65.8%)
38	<b>KOZANECKA Marta</b>	<b>617</b>	KB GEOTERMIA UNIEJÓW	Senior II K - 30	19	01:27:54	<b>02:43:09.85</b>	<b>02:43:22.65</b>	+00:55:21 (33.9%)	7:46	7.7 (65.8%)

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39	<b>MACIASZCZYK Magdalena</b>	<b>487</b>	MACZAS SZCZECIN	Masters K - 40	9	01:29:26	<b>02:43:05.40</b>	<b>02:43:46.95</b>	+00:55:45 (34.0%)	7:45	7.7 (65.8%)
40	<b>GRĘDA Elżbieta</b>	<b>249</b>		Senior II K - 30	20	01:34:41	<b>02:43:27.60</b>	<b>02:43:48.95</b>	+00:55:47 (34.1%)	7:47	7.7 (65.8%)
41	<b>STRAK Izabela</b>	<b>490</b>	WIECZORNE BIEGANIE W SZCZECINIE	Masters K - 40	10	01:32:38	<b>02:43:40.85</b>	<b>02:43:54.85</b>	+00:55:53 (34.1%)	7:47	7.7 (65.8%)
42	<b>TOMCZYK Marta</b>	<b>380</b>		Senior I K - 20	10	01:34:04	<b>02:44:18.05</b>	<b>02:44:33.25</b>	+00:56:31 (34.4%)	7:49	7.7 (65.8%)
43	<b>ZAMIATOWSKA Kinga</b>	<b>126</b>	BELLA LINE BDG	Masters K - 40	11	01:29:01	<b>02:44:34.45</b>	<b>02:45:02.60</b>	+00:57:01 (34.5%)	7:50	7.7 (65.8%)
44	<b>MASIEWSKA Agata</b>	<b>665</b>		Senior II K - 30	21	01:32:28	<b>02:44:54.20</b>	<b>02:45:20.95</b>	+00:57:19 (34.7%)	7:51	7.6 (65.0%)
45	<b>CHODARCEWICZ Aleksandra</b>	<b>548</b>	NIGHT RUNNERS	Masters K - 40	12	01:35:11	<b>02:44:30.95</b>	<b>02:45:49.95</b>	+00:57:48 (34.9%)	7:50	7.7 (65.8%)
46	<b>ZYGMUNT Małgorzata</b>	<b>569</b>	ZYGI&PEMPUSZEK	Senior II K - 30	22	01:30:38	<b>02:44:40.00</b>	<b>02:46:00.95</b>	+00:57:59 (34.9%)	7:50	7.7 (65.8%)
47	<b>JASTRZĄBEK Agnieszka</b>	<b>172</b>	EVERRUN	Senior II K - 30	23	01:33:22	<b>02:45:18.60</b>	<b>02:46:19.75</b>	+00:58:18 (35.1%)	7:52	7.6 (65.0%)
48	<b>KAMIŃSKA Anna</b>	<b>580</b>		Senior I K - 20	11	01:34:52	<b>02:45:37.65</b>	<b>02:46:21.00</b>	+00:58:19 (35.1%)	7:53	7.6 (65.0%)
49	<b>PAWLAK Katarzyna</b>	<b>431</b>	KOŁO BIEGA	Senior II K - 30	24	01:31:52	<b>02:45:44.45</b>	<b>02:46:21.10</b>	+00:58:19 (35.1%)	7:53	7.6 (65.0%)
50	<b>KMITA Gabriela</b>	<b>567</b>	NOWA HUTA TEAM	Senior I K - 20	12	01:32:54	<b>02:44:57.80</b>	<b>02:46:33.90</b>	+00:58:32 (35.1%)	7:51	7.6 (65.0%)
51	<b>KOPUCZOK Justyna</b>	<b>667</b>		Senior I K - 20	13	01:35:10	<b>02:46:05.55</b>	<b>02:46:35.15</b>	+00:58:33 (35.2%)	7:54	7.6 (65.0%)
52	<b>SKELTON Sarah</b>	<b>497</b>	VEGE RUNNERS	Senior II K - 30	25	01:33:51	<b>02:46:01.35</b>	<b>02:46:40.10</b>	+00:58:38 (35.2%)	7:54	7.6 (65.0%)
53	<b>ZIĘBA Lucyna</b>	<b>48</b>	BIEGAM BO LUBIĘ GŁOGÓW	Senior II K - 30	26	01:35:27	<b>02:47:05.20</b>	<b>02:47:18.65</b>	+00:59:17 (35.4%)	7:57	7.5 (64.1%)
54	<b>PASŁAWSKA Olga</b>	<b>532</b>		Senior II K - 30	27	01:37:10	<b>02:47:47.70</b>	<b>02:48:05.20</b>	+01:00:03 (35.7%)	7:59	7.5 (64.1%)
55	<b>GLINA-KRAWCZYK Małgorzata</b>	<b>131</b>	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	Masters K - 40	13	01:36:04	<b>02:46:51.70</b>	<b>02:48:12.85</b>	+01:00:11 (35.8%)	7:56	7.6 (65.0%)
56	<b>KORDASZEWSKA Sylwia</b>	<b>264</b>	ORANGE IRON TEAM	Senior I K - 20	14	01:35:47	<b>02:47:34.40</b>	<b>02:48:36.10</b>	+01:00:34 (35.9%)	7:58	7.5 (64.1%)
57	<b>RACZYŃSKA Magdalena</b>	<b>500</b>	VEGE RUNNERS	Senior I K - 20	15	01:30:48	<b>02:47:58.95</b>	<b>02:48:37.00</b>	+01:00:35 (35.9%)	7:59	7.5 (64.1%)
58	<b>RATKOWSKA Izabela</b>	<b>216</b>		Senior I K - 20	16	01:33:00	<b>02:48:09.35</b>	<b>02:48:45.95</b>	+01:00:44 (36.0%)	8:00	7.5 (64.1%)
59	<b>TERKA Barbara</b>	<b>211</b>		Senior II K - 30	28	01:33:10	<b>02:48:36.40</b>	<b>02:49:00.50</b>	+01:00:59 (36.1%)	8:01	7.5 (64.1%)
60	<b>SZUDERA Kamila</b>	<b>157</b>	WIECZORNE BIEGANIE W SZCZECINIE	Senior II K - 30	29	01:34:52	<b>02:48:51.55</b>	<b>02:49:04.65</b>	+01:01:03 (36.1%)	8:02	7.5 (64.1%)
61	<b>HANOUSKOVÁ Ester</b>	<b>239</b>		Senior II K - 30	30	01:34:00	<b>02:48:18.30</b>	<b>02:49:26.40</b>	+01:01:24 (36.2%)	8:00	7.5 (64.1%)

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62	<b>CZAUDERNA Klaudia</b>	<b>112</b>	OCHAJORUN & FRIENDS	Masters K - 40	14	01:35:24	<b>02:47:57.50</b>	<b>02:49:28.05</b>	+01:01:26 (36.3%)	7:59	7.5 (64.1%)
63	<b>ZWĘGLIŃSKA Anna</b>	<b>368</b>	URZĄD MIASTA KĘDZIERZYN-KOŹLE	Masters K - 40	15	01:35:10	<b>02:49:03.10</b>	<b>02:49:43.60</b>	+01:01:42 (36.4%)	8:03	7.5 (64.1%)
64	<b>BIELAWA Kamila</b>	<b>315</b>	NKB CHYŻY NOWY TOMYŚL	Senior II K - 30	31	01:36:58	<b>02:48:58.00</b>	<b>02:49:59.40</b>	+01:01:57 (36.5%)	8:02	7.5 (64.1%)
65	<b>DZIWIIEC-GUZIK Justyna</b>	<b>10</b>		Masters K - 40	16	01:38:30	<b>02:49:59.05</b>	<b>02:50:39.35</b>	+01:02:37 (36.7%)	8:05	7.4 (63.2%)
66	<b>ZYŁA Katarzyna</b>	<b>40</b>	OPOLE BIEGA	Senior I K - 20	17	01:38:03	<b>02:50:15.70</b>	<b>02:51:22.05</b>	+01:03:20 (37.0%)	8:06	7.4 (63.2%)
67	<b>GARCZYŃSKA Ania</b>	<b>183</b>	FIOLETPRINT	Masters K - 40	17	01:37:33	<b>02:51:53.45</b>	<b>02:52:11.75</b>	+01:04:10 (37.3%)	8:11	7.3 (62.4%)
68	<b>CZESKA Karolina</b>	<b>566</b>	MOSINA BIEGA	Senior I K - 20	18	01:41:36	<b>02:50:55.55</b>	<b>02:52:12.20</b>	+01:04:10 (37.3%)	8:08	7.4 (63.2%)
69	<b>TUREK Magdalena</b>	<b>476</b>	CHAMPIONMAN TEAM	Senior II K - 30	32	01:38:24	<b>02:51:30.75</b>	<b>02:52:15.95</b>	+01:04:14 (37.3%)	8:10	7.3 (62.4%)
70	<b>JUSKOWIAK Alina</b>	<b>547</b>	GRUNWALD TEAM POZNAŃ	Senior II K - 30	33	01:34:09	<b>02:53:02.75</b>	<b>02:53:10.00</b>	+01:05:08 (37.6%)	8:14	7.3 (62.4%)
71	<b>PORADA Magdalena</b>	<b>173</b>		Senior II K - 30	34	01:33:14	<b>02:53:12.85</b>	<b>02:53:36.05</b>	+01:05:34 (37.8%)	8:14	7.3 (62.4%)
72	<b>LENARTOWICZ Barbara</b>	<b>321</b>		Weteran K - 50	3	01:39:39	<b>02:53:12.90</b>	<b>02:53:37.15</b>	+01:05:35 (37.8%)	8:14	7.3 (62.4%)
73	<b>BOCHENEK Gosia</b>	<b>508</b>		Senior I K - 20	19	01:42:11	<b>02:53:22.15</b>	<b>02:53:41.80</b>	+01:05:40 (37.8%)	8:15	7.3 (62.4%)
74	<b>SZARLEJ Anna</b>	<b>154</b>		Senior II K - 30	35	01:38:08	<b>02:53:32.70</b>	<b>02:53:44.25</b>	+01:05:42 (37.8%)	8:15	7.3 (62.4%)
75	<b>PLEWA Katarzyna</b>	<b>228</b>	NORDIC16	Senior II K - 30	36	01:35:29	<b>02:53:35.10</b>	<b>02:53:54.60</b>	+01:05:53 (37.9%)	8:15	7.3 (62.4%)
76	<b>MAZUR Agnieszka</b>	<b>662</b>		Senior II K - 30	37	01:42:36	<b>02:52:33.60</b>	<b>02:53:59.15</b>	+01:05:57 (37.9%)	8:13	7.3 (62.4%)
77	<b>WARDA Justyna</b>	<b>227</b>	HARDCOROWE WYCHYLYLYBYMY	Senior I K - 20	20	01:35:50	<b>02:53:54.15</b>	<b>02:54:06.95</b>	+01:06:05 (38.0%)	8:16	7.2 (61.5%)
78	<b>KOPACKA Eliza</b>	<b>97</b>	FOLLOWME - ZMIENIAMYFINANSE.PL	Senior II K - 30	38	01:41:39	<b>02:53:56.40</b>	<b>02:54:24.85</b>	+01:06:23 (38.1%)	8:16	7.2 (61.5%)
79	<b>SZULC Edyta</b>	<b>170</b>		Masters K - 40	18	01:40:45	<b>02:54:34.20</b>	<b>02:54:47.60</b>	+01:06:46 (38.2%)	8:18	7.2 (61.5%)
80	<b>ZIELIŃSKA Mirona</b>	<b>144</b>	NIGHT RUNNERS WROCŁAW	Masters K - 40	19	01:40:01	<b>02:53:28.60</b>	<b>02:54:52.35</b>	+01:06:50 (38.2%)	8:15	7.3 (62.4%)
81	<b>BAR Aleksandra</b>	<b>596</b>	GMINA STRZELCE OPOLSKIE	Masters K - 40	20	01:38:01	<b>02:54:46.45</b>	<b>02:55:00.75</b>	+01:06:59 (38.3%)	8:19	7.2 (61.5%)
82	<b>PORADA Małgorzata</b>	<b>481</b>		Masters K - 40	21	01:40:32	<b>02:54:11.25</b>	<b>02:55:05.90</b>	+01:07:04 (38.3%)	8:17	7.2 (61.5%)
83	<b>PRIGAN Anna</b>	<b>128</b>		Masters K - 40	22	01:38:44	<b>02:55:05.65</b>	<b>02:55:13.25</b>	+01:07:11 (38.3%)	8:20	7.2 (61.5%)
84	<b>NOWACKA-WOŁCZEK Jagoda</b>	<b>184</b>		Senior II K - 30	39	01:40:14	<b>02:54:43.75</b>	<b>02:55:29.10</b>	+01:07:27 (38.4%)	8:19	7.2 (61.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
85	TALARCZYK-WIECZOREK Karolina	563		Senior II K - 30	40	01:39:45	02:54:16.95	02:55:33.60	+01:07:32 (38.5%)	8:17	7.2 (61.5%)
86	KANDORA Joanna	116	MIECHOWICKA GRUPA BIEGOWA	Masters K - 40	23	01:42:50	02:54:09.75	02:55:41.60	+01:07:40 (38.5%)	8:17	7.2 (61.5%)
87	SKORUPSKA Ewa	573		Senior I K - 20	21	01:41:57	02:55:20.95	02:56:16.70	+01:08:15 (38.7%)	8:21	7.2 (61.5%)
88	DAMASIEWICZ Paula	538	SPARTA ULTRA TEAM	Senior I K - 20	22	01:41:12	02:56:13.20	02:56:28.00	+01:08:26 (38.8%)	8:23	7.1 (60.7%)
89	PIELA Katarzyna	664		Senior II K - 30	41	01:38:42	02:55:10.25	02:56:44.05	+01:08:42 (38.9%)	8:20	7.2 (61.5%)
90	ROZDZYNSKA Patrycja	462		Senior I K - 20	23	01:34:55	02:56:41.75	02:57:16.00	+01:09:14 (39.1%)	8:24	7.1 (60.7%)
91	CIPORA Katarzyna	423		Masters K - 40	24	01:42:02	02:58:35.30	02:58:52.65	+01:10:51 (39.6%)	8:30	7.1 (60.7%)
92	DOMINIAK Katarzyna	543	PSIA EDUKACJA	Masters K - 40	25	01:41:43	02:58:23.70	02:59:12.45	+01:11:10 (39.7%)	8:29	7.1 (60.7%)
93	KAPELSKA-KOBLAŃSKA Milena	62	MATNER RUNNING TEAM	Senior II K - 30	42	01:41:37	02:59:04.10	02:59:19.65	+01:11:18 (39.8%)	8:31	7 (59.8%)
94	ŁUNIEWSKA Katarzyna	26		Senior I K - 20	24	01:43:59	02:59:08.45	02:59:19.90	+01:11:18 (39.8%)	8:31	7 (59.8%)
95	ADAMIAK Marta	444	ABY DO METY!	Senior II K - 30	43	01:39:20	02:58:41.75	03:00:06.65	+01:12:05 (40.0%)	8:30	7.1 (60.7%)
96	TOBERA Alicja	381	TECZOWE MISIE	Senior II K - 30	44	01:40:08	03:00:14.85	03:00:29.85	+01:12:28 (40.2%)	8:34	7 (59.8%)
97	JÓZEFOWICZ Edyta	499	KOŚCIAN TEAM	Masters K - 40	26	01:43:10	03:01:05.85	03:01:51.15	+01:13:49 (40.6%)	8:37	7 (59.8%)
98	REJTERADA Aleksandra	286	VEGE RUNNERS	Senior II K - 30	45	01:38:58	03:01:47.70	03:01:55.65	+01:13:54 (40.6%)	8:39	6.9 (59.0%)
99	BIJAK Aleksandra	631		Senior II K - 30	46	01:41:58	03:01:12.20	03:02:10.05	+01:14:08 (40.7%)	8:37	7 (59.8%)
100	SPYCHAŁA Agnieszka	399		Masters K - 40	27	01:43:15	03:01:29.85	03:02:12.80	+01:14:11 (40.7%)	8:38	6.9 (59.0%)
101	TERLECKA Justyna	9		Senior II K - 30	47	01:42:56	03:01:14.00	03:02:14.60	+01:14:13 (40.7%)	8:37	7 (59.8%)
102	LUBAŃSKA Alicja	583	DOBIEGNĘ! BUKOWICE	Weteran K - 50	4	01:41:20	03:02:29.05	03:02:32.85	+01:14:31 (40.8%)	8:41	6.9 (59.0%)
103	SZPILAREWICZ Basia	437	RADIO WROCŁAW/ABY DO METY	Masters K - 40	28	01:35:58	03:01:50.05	03:03:12.40	+01:15:10 (41.0%)	8:39	6.9 (59.0%)
104	PAKULSKA Ewelina	564	GRAŻYŃKI OCR	Senior II K - 30	48	01:40:28	03:03:48.15	03:04:00.40	+01:15:58 (41.3%)	8:45	6.9 (59.0%)
105	WÓJCIK Kamila	627	LACHO TEAM	Masters K - 40	29	01:40:53	03:03:39.20	03:04:12.05	+01:16:10 (41.4%)	8:44	6.9 (59.0%)
106	MICHALSKA Anna	494	OBOZYBIEGOWE.PL	Weteran K - 50	5	01:46:38	03:04:11.35	03:04:13.35	+01:16:11 (41.4%)	8:46	6.8 (58.1%)
107	GIMZICKA Ewa	262		Masters K - 40	30	01:43:24	03:03:33.15	03:04:23.60	+01:16:22 (41.4%)	8:44	6.9 (59.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
108	WESOŁOWSKA Marta	330		Senior II K - 30	49	01:38:51	03:04:18.15	03:04:26.35	+01:16:24 (41.4%)	8:46	6.8 (58.1%)
109	TASZAREK Ewa	492		Masters K - 40	31	01:41:28	03:04:10.50	03:04:32.50	+01:16:31 (41.5%)	8:46	6.8 (58.1%)
110	FRĄCKOWIAK Anita	654		Senior II K - 30	50	01:44:18	03:03:42.55	03:04:38.15	+01:16:36 (41.5%)	8:44	6.9 (59.0%)
111	PIÓRKOWSKA Jolanta	54	KOŁO BIEGA	Masters K - 40	32	01:44:34	03:04:02.10	03:04:41.95	+01:16:40 (41.5%)	8:45	6.8 (58.1%)
112	WOŹNIAK Agata	640		Senior I K - 20	25	01:41:57	03:05:00.30	03:05:25.05	+01:17:23 (41.7%)	8:48	6.8 (58.1%)
113	SAMOJLUK-ŚLUSARSKA Bożena	392	DRUŻYNA TVN	Weteran K - 50	6	01:44:35	03:04:36.30	03:05:41.95	+01:17:40 (41.8%)	8:47	6.8 (58.1%)
114	FILIPIAK Beata	263	MIECHOWICKA GRUPA BIEGOWA	Masters K - 40	33	01:43:02	03:04:37.25	03:06:07.85	+01:18:06 (42.0%)	8:47	6.8 (58.1%)
115	LACH Iwona	155	NIGHT RUNNERS PYSKOWICE	Senior II K - 30	51	01:40:57	03:04:58.15	03:06:27.10	+01:18:25 (42.1%)	8:48	6.8 (58.1%)
116	JAKUBOWSKA Beata	504	BIEGAMY WE WROCŁAWIU	Senior II K - 30	52	01:43:34	03:04:45.60	03:06:31.45	+01:18:29 (42.1%)	8:47	6.8 (58.1%)
117	CZEPIEC Agata	460	MUAY RUNNING TEAM	Masters K - 40	34	01:46:05	03:06:46.60	03:07:10.20	+01:19:08 (42.3%)	8:53	6.7 (57.3%)
118	ŚLIWAK Katarzyna	324		Senior I K - 20	26	01:46:10	03:05:58.75	03:07:11.50	+01:19:10 (42.3%)	8:51	6.8 (58.1%)
119	KOWALEWSKA Kinga	624		Senior II K - 30	53	01:47:32	03:06:36.45	03:07:27.15	+01:19:25 (42.4%)	8:53	6.8 (58.1%)
120	PŁUCIENNIK Katarzyna	598		Masters K - 40	35	01:46:15	03:06:12.80	03:07:27.50	+01:19:26 (42.4%)	8:52	6.8 (58.1%)
121	WISZNIOWSKA Agata	146	NIGHT RUNNERS WROCŁAW	Senior II K - 30	54	01:48:54	03:06:33.30	03:07:57.60	+01:19:56 (42.5%)	8:53	6.8 (58.1%)
122	BAJDA Justyna	421	IZERSKA GRUPA BIEGOWA	Senior II K - 30	55	01:42:49	03:06:52.80	03:08:11.65	+01:20:10 (42.6%)	8:53	6.7 (57.3%)
123	MICHALSKA Daria	206		Senior II K - 30	56	01:41:10	03:07:07.65	03:08:19.75	+01:20:18 (42.6%)	8:54	6.7 (57.3%)
124	MRÓZ Izabela	537	WOLNE ŚLIMAKI	Senior II K - 30	57	01:47:41	03:08:09.35	03:08:51.50	+01:20:50 (42.8%)	8:57	6.7 (57.3%)
125	GOSTYŃSKA Weronika	100		Senior II K - 30	58	01:38:47	03:08:36.10	03:08:59.15	+01:20:57 (42.8%)	8:58	6.7 (57.3%)
126	SOŁDON Katarzyna	396		Senior I K - 20	27	01:38:14	03:08:33.15	03:09:07.95	+01:21:06 (42.9%)	8:58	6.7 (57.3%)
127	FLORCZAK Monika	558	KOBIETA W BIEGU/ RUN BABY	Senior I K - 20	28	01:46:16	03:08:30.70	03:09:23.05	+01:21:21 (43.0%)	8:58	6.7 (57.3%)
128	KOZŁOWSKA Iwona	78		Masters K - 40	36	01:49:59	03:09:07.25	03:09:24.10	+01:21:22 (43.0%)	9:00	6.7 (57.3%)
129	MACIEJEWSKA Aleksandra	109	NIGHT RUNNERS POZNAŃ	Senior I K - 20	29	01:46:55	03:09:06.05	03:09:39.70	+01:21:38 (43.0%)	9:00	6.7 (57.3%)
130	SOSZYŃSKA Gosia	210	CZŁAPACZE	Weteran K - 50	7	01:49:46	03:08:54.70	03:10:13.35	+01:22:11 (43.2%)	8:59	6.7 (57.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
131	<b>QUIRINI Aleksandra</b>	<b>140</b>		Senior II K - 30	59	01:41:40	<b>03:09:29.25</b>	<b>03:10:38.35</b>	+01:22:36 (43.3%)	9:01	6.6 (56.4%)
132	<b>BARAŃSKA Małgorzata</b>	<b>234</b>	BBL OPOLE	Masters K - 40	37	01:43:15	<b>03:12:15.50</b>	<b>03:13:10.00</b>	+01:25:08 (44.1%)	9:09	6.6 (56.4%)
133	<b>STRZAŁKOWSKA Urszula</b>	<b>243</b>	GYMBOX OPOLE	Senior II K - 30	60	01:41:17	<b>03:12:12.30</b>	<b>03:13:10.30</b>	+01:25:08 (44.1%)	9:09	6.6 (56.4%)
134	<b>KOTYSZ Katarzyna</b>	<b>240</b>		Weteran K - 50	8	01:42:55	<b>03:12:10.60</b>	<b>03:13:10.35</b>	+01:25:08 (44.1%)	9:09	6.6 (56.4%)
135	<b>SKORNIAK Katarzyna</b>	<b>255</b>	KATARZYNA SKORNIAK	Senior II K - 30	61	01:49:34	<b>03:12:18.40</b>	<b>03:13:10.70</b>	+01:25:09 (44.1%)	9:09	6.6 (56.4%)
136	<b>GŁĄBICA Justyna</b>	<b>130</b>		Senior II K - 30	62	01:48:29	<b>03:11:45.80</b>	<b>03:13:24.35</b>	+01:25:22 (44.1%)	9:07	6.6 (56.4%)
137	<b>RATAJCZAK Monika</b>	<b>270</b>		Senior I K - 20	30	01:54:21	<b>03:13:04.65</b>	<b>03:13:39.75</b>	+01:25:38 (44.2%)	9:11	6.5 (55.6%)
138	<b>OLCZYK Joanna</b>	<b>468</b>		Senior I K - 20	31	01:50:09	<b>03:13:42.65</b>	<b>03:14:44.95</b>	+01:26:43 (44.5%)	9:13	6.5 (55.6%)
139	<b>SATURNIEWICZ Daria</b>	<b>53</b>	NIGHT RUNNERS	Senior I K - 20	32	01:46:05	<b>03:14:19.85</b>	<b>03:14:52.70</b>	+01:26:51 (44.6%)	9:15	6.5 (55.6%)
140	<b>HANGIEL Urszula</b>	<b>594</b>	ŻWAWIE ŻÓŁWIE	Senior II K - 30	63	01:49:59	<b>03:13:33.45</b>	<b>03:15:02.85</b>	+01:27:01 (44.6%)	9:13	6.5 (55.6%)
141	<b>BARZAK Justyna</b>	<b>439</b>		Senior II K - 30	64	01:49:31	<b>03:14:43.50</b>	<b>03:15:15.95</b>	+01:27:14 (44.7%)	9:16	6.5 (55.6%)
142	<b>BARTOSIEWICZ Dorota</b>	<b>479</b>		Senior II K - 30	65	01:41:09	<b>03:15:09.10</b>	<b>03:15:21.70</b>	+01:27:20 (44.7%)	9:17	6.5 (55.6%)
143	<b>SALONI-SADOWSKA Maria</b>	<b>480</b>	SN KLASYK	Masters K - 40	38	01:47:36	<b>03:14:17.75</b>	<b>03:15:24.05</b>	+01:27:22 (44.7%)	9:15	6.5 (55.6%)
144	<b>TABACZYŃSKA Monika</b>	<b>524</b>		Senior I K - 20	33	01:44:34	<b>03:14:05.35</b>	<b>03:15:32.60</b>	+01:27:31 (44.8%)	9:14	6.5 (55.6%)
145	<b>MARCZUKIEWICZ Aleksandra</b>	<b>344</b>	WKURW_TEAM	Senior II K - 30	66	01:51:42	<b>03:14:24.30</b>	<b>03:15:39.55</b>	+01:27:38 (44.8%)	9:15	6.5 (55.6%)
146	<b>JÓŹWIAK Sonia</b>	<b>475</b>	FIZJOTERAPEUTASPORTOWY.PL	Senior I K - 20	34	01:48:41	<b>03:15:12.00</b>	<b>03:16:36.60</b>	+01:28:35 (45.1%)	9:17	6.5 (55.6%)
147	<b>SMYK Agnieszka</b>	<b>24</b>	42DOSZCZESCIA.PL	Senior I K - 20	35	01:51:43	<b>03:15:39.55</b>	<b>03:16:57.45</b>	+01:28:55 (45.2%)	9:19	6.4 (54.7%)
148	<b>WYSOCKA Agnieszka</b>	<b>198</b>		Masters K - 40	39	01:47:01	<b>03:16:07.00</b>	<b>03:17:06.55</b>	+01:29:05 (45.2%)	9:20	6.4 (54.7%)
149	<b>MACIAS Małgorzata</b>	<b>448</b>	W POGONI ZA DUCHEM	Senior II K - 30	67	01:53:04	<b>03:16:45.95</b>	<b>03:17:30.40</b>	+01:29:28 (45.3%)	9:22	6.4 (54.7%)
150	<b>KULIBERDA Sylwia</b>	<b>426</b>		Masters K - 40	40	01:50:56	<b>03:16:52.70</b>	<b>03:17:30.75</b>	+01:29:29 (45.3%)	9:22	6.4 (54.7%)
151	<b>GRĘBOWICZ Agnieszka</b>	<b>666</b>	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	68	01:49:31	<b>03:17:18.15</b>	<b>03:17:48.85</b>	+01:29:47 (45.4%)	9:23	6.4 (54.7%)
152	<b>SOKOŁOWSKA Joanna</b>	<b>634</b>		Masters K - 40	41		<b>03:17:48.00</b>	<b>03:17:49.00</b>	+01:29:47 (45.4%)	9:25	6.4 (54.7%)
153	<b>BĄCZYŃSKA Małgorzata</b>	<b>339</b>		Masters K - 40	42	01:51:17	<b>03:16:44.90</b>	<b>03:18:27.45</b>	+01:30:25 (45.6%)	9:22	6.4 (54.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
154	<b>ŁATA Katarzyna</b>	<b>418</b>		Senior II K - 30	69	01:45:58	<b>03:17:49.55</b>	<b>03:18:38.55</b>	+01:30:37 (45.6%)	9:25	6.4 (54.7%)
155	<b>DUDA-RELIGA Ewelina</b>	<b>485</b>	OZKB	Masters K - 40	43	01:50:04	<b>03:18:29.85</b>	<b>03:18:44.75</b>	+01:30:43 (45.6%)	9:27	6.3 (53.8%)
156	<b>ZUBOWICZ Monika</b>	<b>375</b>		Senior II K - 30	70	01:49:35	<b>03:18:00.25</b>	<b>03:19:36.20</b>	+01:31:34 (45.9%)	9:25	6.4 (54.7%)
157	<b>DOMINIAK-KLESZCZYŃSKA Elżbieta</b>	<b>642</b>		Weteran K - 50	9	01:54:01	<b>03:18:39.50</b>	<b>03:19:38.55</b>	+01:31:37 (45.9%)	9:27	6.3 (53.8%)
158	<b>CZYŻ Dorota</b>	<b>554</b>		Masters K - 40	44	01:50:25	<b>03:19:12.85</b>	<b>03:19:51.45</b>	+01:31:49 (45.9%)	9:29	6.3 (53.8%)
159	<b>PABICH Magdalena</b>	<b>348</b>	4RUN TEAM PIŁA	Masters K - 40	45	01:56:54	<b>03:18:51.15</b>	<b>03:20:36.55</b>	+01:32:35 (46.2%)	9:28	6.3 (53.8%)
160	<b>PRZĄDO Monika</b>	<b>436</b>		Senior II K - 30	71	01:49:36	<b>03:19:10.35</b>	<b>03:20:39.60</b>	+01:32:38 (46.2%)	9:29	6.3 (53.8%)
161	<b>ŚWISTUŃ Izolda</b>	<b>517</b>		Masters K - 40	46	01:49:54	<b>03:20:29.55</b>	<b>03:20:51.95</b>	+01:32:50 (46.2%)	9:32	6.3 (53.8%)
162	<b>SZTANDERA Berenika</b>	<b>545</b>	VEGE RUNNERS	Senior II K - 30	72	01:45:18	<b>03:19:37.00</b>	<b>03:20:54.05</b>	+01:32:52 (46.2%)	9:30	6.3 (53.8%)
163	<b>DOWNAR-ZAPOLSKA Rita</b>	<b>27</b>	@MD_RUN	Masters K - 40	47	01:53:58	<b>03:20:48.20</b>	<b>03:20:56.10</b>	+01:32:54 (46.2%)	9:33	6.3 (53.8%)
164	<b>STAWSKA Natalia</b>	<b>244</b>		Senior II K - 30	73	01:52:57	<b>03:19:48.20</b>	<b>03:21:03.65</b>	+01:33:02 (46.3%)	9:30	6.3 (53.8%)
165	<b>KWIATKOWSKA Marta</b>	<b>15</b>	BEAGLE RUNNERS TEAM	Senior II K - 30	74	01:47:15	<b>03:20:04.25</b>	<b>03:21:11.20</b>	+01:33:09 (46.3%)	9:31	6.3 (53.8%)
166	<b>POMIANOWSKA Anna</b>	<b>447</b>	GDZIETAMETA	Senior II K - 30	75	01:51:06	<b>03:20:38.55</b>	<b>03:21:14.45</b>	+01:33:12 (46.3%)	9:33	6.3 (53.8%)
167	<b>KOCZAJA Malgorzata</b>	<b>68</b>		Senior I K - 20	36	01:49:00	<b>03:21:00.85</b>	<b>03:21:20.35</b>	+01:33:18 (46.3%)	9:34	6.3 (53.8%)
168	<b>PAWEŁAS Marta</b>	<b>659</b>	POMIJALNI	Senior II K - 30	76	01:52:19	<b>03:20:46.40</b>	<b>03:21:21.50</b>	+01:33:20 (46.4%)	9:33	6.3 (53.8%)
169	<b>BARTAS Agnieszka</b>	<b>568</b>	W POGONI ZA DUCHEM	Senior II K - 30	77	01:53:15	<b>03:20:45.85</b>	<b>03:21:29.50</b>	+01:33:28 (46.4%)	9:33	6.3 (53.8%)
170	<b>SZULC Joanna</b>	<b>84</b>	ALBATROSY	Masters K - 40	48	01:55:17	<b>03:20:51.55</b>	<b>03:21:31.05</b>	+01:33:29 (46.4%)	9:33	6.3 (53.8%)
171	<b>FRANKOWICZ Magdalena</b>	<b>58</b>		Senior II K - 30	78	01:52:01	<b>03:21:10.85</b>	<b>03:22:02.45</b>	+01:34:00 (46.5%)	9:34	6.3 (53.8%)
172	<b>WASZKIEWICZ Joanna</b>	<b>135</b>	NIGHT RUNNERS	Senior II K - 30	79	01:53:35	<b>03:21:31.70</b>	<b>03:22:05.05</b>	+01:34:03 (46.5%)	9:35	6.3 (53.8%)
173	<b>SZAŁAJSKA Monika</b>	<b>74</b>		Senior I K - 20	37	01:49:20	<b>03:21:27.30</b>	<b>03:22:31.85</b>	+01:34:30 (46.7%)	9:35	6.3 (53.8%)
174	<b>STRAMOWSKA Kasia</b>	<b>329</b>		Masters K - 40	49	01:57:08	<b>03:22:31.85</b>	<b>03:23:27.10</b>	+01:35:25 (46.9%)	9:38	6.2 (53.0%)
175	<b>TALAGA Alicja</b>	<b>484</b>	OLKUSZBIEGA.PL	Senior I K - 20	38	01:49:53	<b>03:23:40.40</b>	<b>03:23:51.75</b>	+01:35:50 (47.0%)	9:41	6.2 (53.0%)
176	<b>LEWANDOWSKA Maria</b>	<b>88</b>	BIEGAM BO NIE LUBIE	Senior II K - 30	80	01:57:04	<b>03:24:10.80</b>	<b>03:24:22.75</b>	+01:36:21 (47.1%)	9:43	6.2 (53.0%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
177	<b>DRYNKORN Hanna</b>	<b>353</b>		Senior I K - 20	39	01:54:46	<b>03:23:34.15</b>	<b>03:24:47.00</b>	+01:36:45 (47.2%)	9:41	6.2 (53.0%)
178	<b>KOWALSKA Daria</b>	<b>136</b>		Senior II K - 30	81	01:57:44	<b>03:24:29.20</b>	<b>03:25:25.45</b>	+01:37:23 (47.4%)	9:44	6.2 (53.0%)
179	<b>WOJNO Małgorzata</b>	<b>64</b>	HUSARIA RACE TEAM	Senior II K - 30	82	01:46:52	<b>03:24:38.65</b>	<b>03:25:34.85</b>	+01:37:33 (47.5%)	9:44	6.2 (53.0%)
180	<b>TCHÓRZEWSKA-PIETRZYK Anna</b>	<b>110</b>		Masters K - 40	50	01:56:06	<b>03:24:33.05</b>	<b>03:25:36.40</b>	+01:37:34 (47.5%)	9:44	6.2 (53.0%)
181	<b>KAYSIEWICZ Joanna</b>	<b>290</b>		Masters K - 40	51	01:56:47	<b>03:24:04.40</b>	<b>03:25:46.20</b>	+01:37:44 (47.5%)	9:43	6.2 (53.0%)
182	<b>MUSIELAK Magdalena</b>	<b>237</b>	M&M&M&M	Senior II K - 30	83	01:48:50	<b>03:20:51.40</b>	<b>03:26:14.75</b>	+01:38:13 (47.6%)	9:33	6.3 (53.8%)
183	<b>KRZESZOWSKA Iga</b>	<b>388</b>		Senior I K - 20	40	01:45:27	<b>03:25:05.40</b>	<b>03:26:40.15</b>	+01:38:38 (47.7%)	9:46	6.1 (52.1%)
184	<b>RAJTAR Renata</b>	<b>660</b>	RONTIL	Weteran K - 50	10	01:51:21	<b>03:27:22.45</b>	<b>03:27:26.55</b>	+01:39:25 (47.9%)	9:52	6.1 (52.1%)
185	<b>CENDROWICZ Magdalena</b>	<b>503</b>	BLUEMUTEAM	Senior II K - 30	84	01:56:04	<b>03:27:10.90</b>	<b>03:28:14.20</b>	+01:40:12 (48.1%)	9:51	6.1 (52.1%)
186	<b>TRZECIAK Ewelina</b>	<b>7</b>		Masters K - 40	52	01:58:12	<b>03:28:13.05</b>	<b>03:28:28.65</b>	+01:40:27 (48.2%)	9:54	6.1 (52.1%)
187	<b>KARAMON Magdalena</b>	<b>214</b>	OPOLE BIEGA	Senior II K - 30	85	01:55:54	<b>03:27:21.45</b>	<b>03:28:30.80</b>	+01:40:29 (48.2%)	9:52	6.1 (52.1%)
188	<b>BUCHERT Mariola</b>	<b>477</b>	CHAMPIONMAN TEAM	Senior II K - 30	86	01:56:22	<b>03:28:34.00</b>	<b>03:29:19.85</b>	+01:41:18 (48.4%)	9:55	6 (51.3%)
189	<b>SALAMONIK Kasia</b>	<b>527</b>	3:33 TEAM	Senior II K - 30	87	01:53:51	<b>03:29:01.35</b>	<b>03:29:21.65</b>	+01:41:20 (48.4%)	9:57	6 (51.3%)
190	<b>SABOK- MUSZYŃSKA Katarzyna</b>	<b>440</b>	STRZELIŃSKI KLUB BIEGACZA GRANIT	Senior II K - 30	88	01:56:31	<b>03:30:20.70</b>	<b>03:30:52.45</b>	+01:42:50 (48.8%)	10:01	6 (51.3%)
191	<b>SPOZ Magdalena</b>	<b>102</b>	SZAKAL RUNNERS/WKURW_TEAM	Masters K - 40	53	01:52:17	<b>03:30:15.90</b>	<b>03:30:53.05</b>	+01:42:51 (48.8%)	10:00	6 (51.3%)
192	<b>STANOWSKA Katarzyna</b>	<b>307</b>		Masters K - 40	54	01:55:31	<b>03:30:29.30</b>	<b>03:30:54.30</b>	+01:42:52 (48.8%)	10:01	6 (51.3%)
193	<b>JANUSZEWSKA Joanna</b>	<b>387</b>	POTRZYM MI PIWO	Senior I K - 20	41	01:53:00	<b>03:29:30.10</b>	<b>03:31:04.70</b>	+01:43:03 (48.8%)	9:58	6 (51.3%)
194	<b>ZAJĄCZKOWSKA Agnieszka</b>	<b>646</b>		Senior I K - 20	42	01:53:26	<b>03:30:29.45</b>	<b>03:31:14.75</b>	+01:43:13 (48.9%)	10:01	6 (51.3%)
195	<b>PIELICHOWSKA Justyna</b>	<b>117</b>	BIEGAJĄC Z WILKAMI	Senior II K - 30	89	01:52:42	<b>03:30:22.20</b>	<b>03:31:18.40</b>	+01:43:16 (48.9%)	10:01	6 (51.3%)
196	<b>SENFLEBEN Mirosława</b>	<b>404</b>		Senior I K - 20	43	01:58:24	<b>03:30:10.85</b>	<b>03:31:21.30</b>	+01:43:19 (48.9%)	10:00	6 (51.3%)
197	<b>KURKIEWICZ-PARA Katarzyna</b>	<b>438</b>		Senior II K - 30	90	01:58:28	<b>03:30:11.05</b>	<b>03:31:21.50</b>	+01:43:20 (48.9%)	10:00	6 (51.3%)
198	<b>CZECH Dorota</b>	<b>272</b>	PRO-RUN WROCŁAW	Masters K - 40	55	01:54:29	<b>03:30:36.30</b>	<b>03:31:23.65</b>	+01:43:22 (48.9%)	10:01	6 (51.3%)
198	<b>KWAPIŃSKA Anna</b>	<b>274</b>		Senior II K - 30	91	01:54:31	<b>03:30:36.50</b>	<b>03:31:23.65</b>	+01:43:22 (48.9%)	10:01	6 (51.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
200	<b>WIERZBICKA Natalia</b>	<b>576</b>	PCH_RUN	Senior II K - 30	92	02:01:13	<b>03:31:10.20</b>	<b>03:31:26.05</b>	+01:43:24 (48.9%)	10:03	6 (51.3%)
201	<b>DEMBNA Anna</b>	<b>341</b>	TEAM WIOSKA	Senior II K - 30	93	01:58:22	<b>03:31:18.05</b>	<b>03:31:43.55</b>	+01:43:42 (49.0%)	10:03	6 (51.3%)
202	<b>ŁASEK-PIETRZAK Agnieszka</b>	<b>196</b>	WKURW_TEAM	Senior I K - 20	44	01:56:47	<b>03:30:59.30</b>	<b>03:32:18.70</b>	+01:44:17 (49.1%)	10:02	6 (51.3%)
203	<b>NOWACZYK Zuzanna</b>	<b>413</b>		Senior I K - 20	45	01:52:28	<b>03:32:00.55</b>	<b>03:32:29.05</b>	+01:44:27 (49.2%)	10:05	5.9 (50.4%)
204	<b>PIETROWICZ Weronika</b>	<b>432</b>		Senior I K - 20	46	01:52:26	<b>03:31:59.95</b>	<b>03:32:29.25</b>	+01:44:27 (49.2%)	10:05	5.9 (50.4%)
205	<b>PERKA Barbara</b>	<b>36</b>	RAJSPORT	Masters K - 40	56	01:56:57	<b>03:32:43.55</b>	<b>03:32:47.45</b>	+01:44:45 (49.2%)	10:07	5.9 (50.4%)
206	<b>AUGUSTYŃSKA Kinga</b>	<b>208</b>	LACHO TEAM	Masters K - 40	57	02:01:32	<b>03:32:36.40</b>	<b>03:33:29.85</b>	+01:45:28 (49.4%)	10:07	5.9 (50.4%)
207	<b>PUZIO Anna</b>	<b>643</b>	KB MARATOŃCZYK	Weteran K - 50	11	01:57:12	<b>03:32:12.15</b>	<b>03:33:32.30</b>	+01:45:30 (49.4%)	10:06	5.9 (50.4%)
208	<b>CIASTOWICZ- TOMCZAK Inga</b>	<b>142</b>		Masters K - 40	58	02:00:42	<b>03:32:52.15</b>	<b>03:33:34.45</b>	+01:45:32 (49.4%)	10:08	5.9 (50.4%)
209	<b>WALCZAK-WOJTKOWSKA Iwona</b>	<b>363</b>		Weteran K - 50	12	02:02:24	<b>03:32:45.50</b>	<b>03:33:46.35</b>	+01:45:44 (49.5%)	10:07	5.9 (50.4%)
210	<b>KACZMAREK Magdalena</b>	<b>106</b>	NEST TEAM	Masters K - 40	59	01:56:38	<b>03:34:23.50</b>	<b>03:35:01.35</b>	+01:46:59 (49.8%)	10:12	5.9 (50.4%)
211	<b>MARKIEWICZ Joanna Zuza</b>	<b>271</b>	KOBIETY BIEGAJĄ	Masters K - 40	60	01:54:06	<b>03:34:12.10</b>	<b>03:35:03.40</b>	+01:47:01 (49.8%)	10:12	5.9 (50.4%)
212	<b>SIENKIEWICZ Gabrysia</b>	<b>145</b>	OGARY DOLORES	Senior I K - 20	47	01:57:02	<b>03:34:43.30</b>	<b>03:36:22.70</b>	+01:48:21 (50.1%)	10:13	5.9 (50.4%)
213	<b>WÓJTOWICZ Edyta</b>	<b>6</b>	LOVELASY	Masters K - 40	61	01:58:09	<b>03:36:48.40</b>	<b>03:37:07.65</b>	+01:49:06 (50.2%)	10:19	5.8 (49.6%)
214	<b>DEMNICKA Monika</b>	<b>5</b>	GRUPA BIEGOWA UM W-WA	Senior II K - 30	94	01:49:16	<b>03:36:20.35</b>	<b>03:38:05.25</b>	+01:50:03 (50.5%)	10:18	5.8 (49.6%)
215	<b>ERENBERG Małgorzata</b>	<b>226</b>	FUDU&CO SPORT TEAM	Senior II K - 30	95	01:56:20	<b>03:38:40.35</b>	<b>03:39:08.90</b>	+01:51:07 (50.7%)	10:24	5.8 (49.6%)
216	<b>ŻARSKA Izabela</b>	<b>661</b>	FUDU&CO SPORT TEAM	Masters K - 40	62	01:56:22	<b>03:38:41.20</b>	<b>03:39:08.95</b>	+01:51:07 (50.7%)	10:24	5.8 (49.6%)
217	<b>JEŻEWSKA Sylwia</b>	<b>171</b>	DRUŻYNA SZPIKU	Masters K - 40	63	01:57:16	<b>03:38:29.40</b>	<b>03:39:12.55</b>	+01:51:11 (50.7%)	10:24	5.8 (49.6%)
218	<b>WIERZGAŁA Iwona</b>	<b>312</b>		Masters K - 40	64	01:59:18	<b>03:39:37.00</b>	<b>03:40:41.75</b>	+01:52:40 (51.1%)	10:27	5.7 (48.7%)
219	<b>FURMAN Agnieszka</b>	<b>23</b>	OCHAJORUN & FRIENDS	Senior II K - 30	96	01:59:26	<b>03:39:30.95</b>	<b>03:41:03.65</b>	+01:53:02 (51.1%)	10:27	5.7 (48.7%)
220	<b>BAKA Elzbieta</b>	<b>77</b>	FLY MEYSI	Masters K - 40	65	01:57:19	<b>03:41:26.75</b>	<b>03:42:40.35</b>	+01:54:38 (51.5%)	10:32	5.7 (48.7%)
221	<b>MATUSZCZAK-SZULC Iwona</b>	<b>188</b>		Masters K - 40	66	02:05:41	<b>03:42:16.25</b>	<b>03:42:42.55</b>	+01:54:41 (51.5%)	10:35	5.7 (48.7%)
222	<b>ZMARZLIK Marta</b>	<b>641</b>		Senior I K - 20	48	01:59:16	<b>03:42:19.90</b>	<b>03:42:45.25</b>	+01:54:43 (51.5%)	10:35	5.7 (48.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
223	<b>LECHNA Mirella</b>	<b>323</b>		Masters K - 40	67	02:04:05	<b>03:42:16.35</b>	<b>03:43:30.35</b>	+01:55:28 (51.7%)	10:35	5.7 (48.7%)
224	<b>NOWAK-KASPRZAK Anna</b>	<b>458</b>		Senior II K - 30	97	01:54:25	<b>03:22:50.35</b>	<b>03:46:28.15</b>	+01:58:26 (52.3%)	9:39	6.2 (53.0%)
225	<b>SZCZYGIEŁ Beata</b>	<b>355</b>	MAJA HANUSZEK	Masters K - 40	68	02:04:38	<b>03:45:38.25</b>	<b>03:47:13.90</b>	+01:59:12 (52.5%)	10:44	5.6 (47.9%)
226	<b>MAJDA-KONIECZNA Alicja</b>	<b>256</b>		Senior II K - 30	98	02:07:27	<b>03:47:35.80</b>	<b>03:47:57.15</b>	+01:59:55 (52.6%)	10:50	5.5 (47.0%)
227	<b>KOCIAK Magdalena</b>	<b>371</b>		Masters K - 40	69	02:04:36	<b>03:47:25.35</b>	<b>03:48:08.40</b>	+02:00:06 (52.6%)	10:49	5.5 (47.0%)
228	<b>JAGUSIAK Barbara</b>	<b>352</b>		Masters K - 40	70	02:05:33	<b>03:48:12.90</b>	<b>03:49:48.35</b>	+02:01:46 (53.0%)	10:52	5.5 (47.0%)
229	<b>KACZYŃSKA Laura</b>	<b>50</b>	KACZYŚ TEAM	Masters K - 40	71	01:59:11	<b>03:49:01.80</b>	<b>03:50:46.95</b>	+02:02:45 (53.2%)	10:54	5.5 (47.0%)
230	<b>PTAK Dorota</b>	<b>57</b>		Masters K - 40	72	02:08:38	<b>03:52:23.95</b>	<b>03:52:34.25</b>	+02:04:32 (53.6%)	11:04	5.4 (46.2%)
231	<b>ZAJĄC Agnieszka</b>	<b>279</b>		Masters K - 40	73	02:05:41	<b>03:52:21.20</b>	<b>03:52:51.45</b>	+02:04:49 (53.6%)	11:03	5.4 (46.2%)
232	<b>KARDACH Magdalena</b>	<b>509</b>	WATAHA - ŁĄCZY NAS BIEGANIE	Senior II K - 30	99	02:04:27	<b>03:51:09.35</b>	<b>03:52:52.60</b>	+02:04:51 (53.6%)	11:00	5.5 (47.0%)
233	<b>DOMINO Małgorzata</b>	<b>105</b>	RADIO WROCŁAW	Weteran K - 50	13	02:08:40	<b>03:53:50.05</b>	<b>03:54:53.95</b>	+02:06:52 (54.0%)	11:08	5.4 (46.2%)
234	<b>ROSZAK Romana</b>	<b>478</b>		Senior II K - 30	100	02:05:27	<b>03:55:31.50</b>	<b>03:55:59.45</b>	+02:07:57 (54.2%)	11:12	5.3 (45.3%)
235	<b>KOSTERA Katarzyna</b>	<b>167</b>	VEGE RUNNERS	Senior II K - 30	101	02:08:32	<b>03:55:06.20</b>	<b>03:56:22.10</b>	+02:08:20 (54.3%)	11:11	5.4 (46.2%)
236	<b>FURTACZ Anna</b>	<b>591</b>		Masters K - 40	74	02:15:04	<b>03:57:28.55</b>	<b>03:58:16.05</b>	+02:10:14 (54.7%)	11:18	5.3 (45.3%)
237	<b>WISNIEWSKA Małgorzata</b>	<b>147</b>		Senior II K - 30	102	02:15:49	<b>04:00:56.70</b>	<b>04:02:39.95</b>	+02:14:38 (55.5%)	11:28	5.2 (44.4%)
238	<b>BEDNARCZYK Joanna</b>	<b>400</b>	AXA RUNNING TEAM	Senior II K - 30	103	02:15:49	<b>04:00:56.45</b>	<b>04:02:40.20</b>	+02:14:38 (55.5%)	11:28	5.2 (44.4%)
239	<b>GAJGER Joanna</b>	<b>225</b>		Senior II K - 30	104	02:07:19	<b>04:02:58.15</b>	<b>04:03:21.15</b>	+02:15:19 (55.6%)	11:34	5.2 (44.4%)
240	<b>KUTNA Agnieszka</b>	<b>242</b>		Senior II K - 30	105	02:16:55	<b>04:08:27.85</b>	<b>04:09:53.40</b>	+02:21:51 (56.8%)	11:49	5.1 (43.6%)
241	<b>ŁEMPICKA-GROMEK Joanna</b>	<b>672</b>		Masters K - 40	75	02:13:57	<b>04:09:24.90</b>	<b>04:11:05.30</b>	+02:23:03 (57.0%)	11:52	5.1 (43.6%)
242	<b>MICHNO Anna</b>	<b>260</b>	LACHO TEAM	Masters K - 40	76	02:24:06	<b>04:13:31.00</b>	<b>04:14:29.40</b>	+02:26:27 (57.6%)	12:04	5 (42.7%)
243	<b>WINTER Małgorzata</b>	<b>150</b>		Senior II K - 30	106	02:18:38	<b>04:14:26.05</b>	<b>04:15:05.75</b>	+02:27:04 (57.7%)	12:06	5 (42.7%)
244	<b>BILSKA-MROCZKA Henryka</b>	<b>414</b>		Masters K - 40	77		<b>04:40:48.65</b>	<b>04:41:21.60</b>	+02:53:20 (61.6%)	13:22	4.5 (38.5%)
245	<b>ANDRYSZAK Karolina</b>	<b>17</b>	#TEAMFARFALLA	Masters K - 40	78	02:21:36	<b>04:43:04.80</b>	<b>04:44:49.10</b>	+02:56:47 (62.1%)	13:28	4.5 (38.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
245	<b>GORGOL Renata</b>	<b>178</b>	LP 500	Masters K - 40	79	02:22:35	<b>04:43:04.80</b>	<b>04:44:49.10</b>	+02:56:47 (62.1%)	13:28	4.5 (38.5%)
	<b>KANTOR Martyna</b>	<b>615</b>	BUFF TEAM POLSKA	Senior I K - 20		01:21:50 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>KORONA-SIERADZKA Bogusława</b>	<b>73</b>		Senior I K - 20		02:00:41 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 248 wynik(ów)