

ZŁOTY PÓLMARATON - 21 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2020-07-16
Miejsce: Łądek-Zdrój
Dystans: 21 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN KOBIEC

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
1	MAZEK Emilia	7352	SBRT WARSZAWA	Senior I K - 20	1	01:08:18	01:54:44.05		5:27	11 (100%)
2	BAZUŁKA Aleksandra	7529	BUFF TEAM POLAND	Senior I K - 20	2	01:08:26	01:55:46.55	+00:01:02 (0.9%)	5:30	10.9 (99.1%)
3	MINORCZYK Karina	7016	140MINUT.PL	Senior I K - 20	3	01:14:37	02:04:45.90	+00:10:01 (8.0%)	5:56	10.1 (91.8%)
4	SZULTK Magdalena	7491	ULTRA ALPACAS TEAM	Senior II K - 30	1	01:13:20	02:05:04.10	+00:10:20 (8.3%)	5:57	10.1 (91.8%)
5	PAPIÓR Jolanta	7526	WATAHA/ MKS PARASOL WROCŁAW	Senior I K - 20	4	01:13:42	02:06:02.75	+00:11:18 (9.0%)	6:00	10 (90.9%)
6	ŁUKASIEWICZ Ewa	7538	OLAWS ZŁOTORYJA	Weteran K - 50	1	01:15:58	02:06:29.65	+00:11:45 (9.3%)	6:01	10 (90.9%)
7	ZAJACZKOWSKA Anna	7440	ARKADIUSZ GARDZIELEWSKI RUNNING TEAM	Senior I K - 20	5	01:19:27	02:09:17.95	+00:14:33 (11.3%)	6:09	9.7 (88.2%)
8	KOŁECKA Patrycja	7153	BLUE SKY TRAVEL	Masters K - 40	1	01:18:04	02:10:34.30	+00:15:50 (12.1%)	6:13	9.7 (88.2%)
9	ZIELIŃSKA Weronika	7380	12TRI.PL / ASICS FRONTRUNNER POLAND	Senior II K - 30	2	01:16:42	02:11:03.05	+00:16:19 (12.5%)	6:14	9.6 (87.3%)
10	OLEJNIK Marta	7427	ARKADIUSZ GARDZIELEWSKI RUNNING TEAM	Senior I K - 20	6	01:20:20	02:14:04.55	+00:19:20 (14.4%)	6:23	9.4 (85.5%)
11	PIOTROWICZ Kamila	7533		Senior I K - 20	7	01:18:38	02:16:44.00	+00:21:59 (16.1%)	6:30	9.2 (83.6%)
12	ADAMCZYK-NOWAK Beata	7228	MIECHOWICKA GRUPA BIEGOWA	Masters K - 40	2	01:23:34	02:19:17.95	+00:24:33 (17.6%)	6:37	9 (81.8%)
13	LEŚNIAK Karolina	7425	TMTEAM	Senior II K - 30	3	01:23:10	02:20:17.65	+00:25:33 (18.2%)	6:40	9 (81.8%)
14	KUTZMANN Magdalena	7038	WKB META LUBLINIEC	Masters K - 40	3	01:24:53	02:22:51.85	+00:28:07 (19.7%)	6:48	8.8 (80.0%)
15	JAROSZUK Ania	7103		Senior II K - 30	4	01:24:57	02:24:02.90	+00:29:18 (20.4%)	6:51	8.7 (79.1%)
16	NIERADKA Anna	7172		Senior II K - 30	5	01:26:23	02:25:14.25	+00:30:30 (21.0%)	6:54	8.7 (79.1%)
17	LITWIN Monika	7270	LITEWIN	Senior II K - 30	6	01:22:40	02:25:32.15	+00:30:48 (21.2%)	6:55	8.7 (79.1%)
18	PARZYCH Katarzyna	7012	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Masters K - 40	4	01:28:19	02:26:20.95	+00:31:36 (21.6%)	6:58	8.6 (78.2%)
19	LEMIESZKA Marta	7284	FRACHT SPORT CLUB	Senior I K - 20	8	01:25:30	02:27:06.70	+00:32:22 (22.0%)	7:00	8.6 (78.2%)
20	GROCHOT Edyta	7100	#ADAMCZERWIŃSKITEAM	Masters K - 40	5	01:29:07	02:29:11.40	+00:34:27 (23.1%)	7:06	8.4 (76.4%)
21	ZDEBSKA Magdalena	7101		Senior II K - 30	7	01:27:36	02:29:24.25	+00:34:40 (23.2%)	7:06	8.4 (76.4%)
22	MIKOŁAJEWSKA Justyna	7410		Senior II K - 30	8	01:29:12	02:29:59.05	+00:35:15 (23.5%)	7:08	8.4 (76.4%)
23	PŁÓCIENNIK Patrycja	7413		Senior I K - 20	9	01:31:21	02:30:19.05	+00:35:35 (23.7%)	7:09	8.4 (76.4%)
24	KOCIMSKA Katarzyna	7466	EUROVENT ATHLETICS	Masters K - 40	6	01:29:27	02:33:30.00	+00:38:45 (25.3%)	7:18	8.2 (74.5%)
25	HNATIUK Anna	7221	MATNER RUNNING TEAM	Senior II K - 30	9	01:33:57	02:33:57.30	+00:39:13 (25.5%)	7:19	8.2 (74.5%)
26	NOGANOWICZ Agata	7346	PRO-RUN WROCŁAW	Weteran K - 50	2	01:31:55	02:34:08.40	+00:39:24 (25.6%)	7:20	8.2 (74.5%)
27	OBRZUD Katarzyna	7460		Masters K - 40	7	01:32:12	02:37:37.20	+00:42:53 (27.2%)	7:30	8 (72.7%)
28	BERG Elwira	7177		Senior II K - 30	10	01:31:16	02:37:56.90	+00:43:12 (27.4%)	7:31	8 (72.7%)
29	MOLTZAN-MAŁKOWSKA Liliana	7511		Senior I K - 20	10	01:32:20	02:38:05.25	+00:43:21 (27.4%)	7:31	8 (72.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						B1 10.3km	netto 21km			
30	KOWALCZUK Anna	7517		Masters K - 40	8	01:30:27	02:38:31.50	+00:43:47 (27.6%)	7:32	7.9 (71.8%)
31	ROGÓŻ Elżbieta	7286	PRORUNNING PROMOTION	Masters K - 40	9	01:35:36	02:38:38.60	+00:43:54 (27.7%)	7:33	7.9 (71.8%)
32	GRONEK Magdalena	7398	BIEGAMDLAZDROWIA.PL	Masters K - 40	10	01:34:38	02:38:52.60	+00:44:08 (27.8%)	7:33	7.9 (71.8%)
33	ŚLIWKA Beata	7180	OLZA CIESZYN	Masters K - 40	11	01:31:27	02:38:55.60	+00:44:11 (27.8%)	7:34	7.9 (71.8%)
34	REDKIEWICZ Agnieszka	7508	PSYCHORUN	Senior II K - 30	11	01:33:15	02:39:47.10	+00:45:03 (28.2%)	7:36	7.9 (71.8%)
35	SOWIŃSKA-JANECZEK Joanna	7028	KB MARATON TUREK	Senior II K - 30	12	01:36:58	02:41:07.10	+00:46:23 (28.8%)	7:40	7.8 (70.9%)
36	KUCIŃSKA Magdalena	7019	BASSET ROLLING TEAM	Senior II K - 30	13	01:33:41	02:41:20.05	+00:46:36 (28.9%)	7:40	7.8 (70.9%)
37	HOREJDA Sara	7114	WATAHA- ŁĄCZY NAS BIEGANIE	Senior I K - 20	11	01:38:03	02:41:35.65	+00:46:51 (29.0%)	7:41	7.8 (70.9%)
38	KINER ROMAŃCZUK Gosia	7171		Senior II K - 30	14	01:34:20	02:41:43.20	+00:46:59 (29.1%)	7:42	7.8 (70.9%)
39	CHMIELEWSKA-KOZIOŁ Magdalena	7165		Weteran K - 50	3	01:35:58	02:42:20.35	+00:47:36 (29.3%)	7:43	7.8 (70.9%)
40	DORNIAC Natalia	7081		Senior I K - 20	12	01:35:36	02:42:54.40	+00:48:10 (29.6%)	7:45	7.7 (70.0%)
41	TOMASZEWSKA Ewa	7505		Masters K - 40	12	01:38:48	02:43:03.95	+00:48:19 (29.6%)	7:45	7.7 (70.0%)
42	STĘPIEŃ Patrycja	7056		Senior I K - 20	13	01:41:12	02:43:33.75	+00:48:49 (29.9%)	7:47	7.7 (70.0%)
43	KRZESZEWSKA Dorota	7240		Masters K - 40	13	01:35:21	02:43:46.10	+00:49:02 (29.9%)	7:47	7.7 (70.0%)
44	DUTKOWIAK Aleksandra	7052	PIĄTKOWO NA BIEGOWO	Senior II K - 30	15	01:39:46	02:44:40.90	+00:49:56 (30.3%)	7:50	7.7 (70.0%)
45	KOT Klaudia	7186		Senior I K - 20	14	01:35:25	02:44:42.20	+00:49:58 (30.3%)	7:50	7.7 (70.0%)
46	MICHALAK-KLIMCZAK Lucyna	7143		Senior II K - 30	16	01:36:26	02:45:02.55	+00:50:18 (30.5%)	7:51	7.6 (69.1%)
47	WETULA Zofia	7547		Senior II K - 30	17	01:36:24	02:46:42.10	+00:51:58 (31.2%)	7:56	7.6 (69.1%)
48	ANDRZEJCZAK Anna	7192	NKB CHYŻY NOWY TOMYŚL	Senior II K - 30	18	01:39:55	02:47:10.80	+00:52:26 (31.4%)	7:57	7.5 (68.2%)
49	GLUSZKO Katarzyna	7327	MIRA TEAM	Senior II K - 30	19	01:37:35	02:47:38.80	+00:52:54 (31.6%)	7:59	7.5 (68.2%)
50	PLINIEWICZ Joanna	7362	STRONSKA GRUPA ROWEROWA	Senior II K - 30	20	01:38:14	02:48:13.05	+00:53:29 (31.8%)	8:00	7.5 (68.2%)
51	CHRZANOWSKA Olga	7509	PSYCHORUN	Senior II K - 30	21	01:41:31	02:49:24.00	+00:54:39 (32.3%)	8:04	7.4 (67.3%)
52	LENARTOWICZ Barbara	7249		Weteran K - 50	4	01:44:46	02:50:39.50	+00:55:55 (32.8%)	8:07	7.4 (67.3%)
53	DURCZEWSKA Daria	7439	PRO-RUN WROCŁAW	Masters K - 40	14	01:44:47	02:50:44.95	+00:56:00 (32.8%)	8:07	7.4 (67.3%)
54	MADEJ Weronika	7421		Senior I K - 20	15	01:43:11	02:51:59.00	+00:57:14 (33.3%)	8:11	7.3 (66.4%)
55	GĘBKA Małgorzata	7451	CRAZY RUNNERS	Senior II K - 30	22	01:44:13	02:52:08.25	+00:57:24 (33.3%)	8:11	7.3 (66.4%)
56	BRONIEWSKA Anna	7247		Weteran K - 50	5	01:41:31	02:52:35.65	+00:57:51 (33.5%)	8:13	7.3 (66.4%)
57	GIMZICKA Ewa	7303		Masters K - 40	15	01:41:38	02:52:51.80	+00:58:07 (33.6%)	8:13	7.3 (66.4%)
58	BARTKIEWICZ Halina	7009		Masters K - 40	16	01:45:19	02:52:52.00	+00:58:07 (33.6%)	8:13	7.3 (66.4%)
59	WOJCIECHOWSKA Anna	7050	PIĄTKOWO NA BIEGOWO	Masters K - 40	17	01:47:50	02:53:48.40	+00:59:04 (34.0%)	8:16	7.2 (65.5%)
60	WESOŁOWSKA Kinga	7406	#55TEAM / ASICS FRONTRUNNER POLAND	Senior I K - 20	16	01:40:50	02:54:00.05	+00:59:16 (34.1%)	8:17	7.2 (65.5%)
61	SZWED Monika	7239		Masters K - 40	18	01:44:40	02:54:04.55	+00:59:20 (34.1%)	8:17	7.2 (65.5%)
62	CZERNIAK Agnieszka	7207	PIĄTKOWO NA BIEGOWO	Masters K - 40	19	01:48:10	02:54:15.35	+00:59:31 (34.2%)	8:17	7.2 (65.5%)
63	ZINIEWICZ Małgorzata	7495		Masters K - 40	20	01:44:35	02:55:39.80	+01:00:55 (34.7%)	8:21	7.2 (65.5%)
64	GUDZ Beata	7522		Senior II K - 30	23	01:43:33	02:56:37.35	+01:01:53 (35.0%)	8:24	7.1 (64.5%)
65	VAKH Oksana	7485		Senior I K - 20	17	01:39:24	02:57:38.85	+01:02:54 (35.4%)	8:27	7.1 (64.5%)
66	KACZMAREK Dorota	7382	RADZIKI	Senior II K - 30	24	01:48:25	02:57:40.55	+01:02:56 (35.4%)	8:27	7.1 (64.5%)
67	SAMBORSKA Monika	7396	BIEGACZE W RADOMSKU	Senior II K - 30	25	01:46:45	02:57:48.55	+01:03:04 (35.5%)	8:28	7.1 (64.5%)
68	SZCZERBA Kasia	7214		Senior II K - 30	26	01:47:14	02:58:44.85	+01:04:00 (35.8%)	8:30	7 (63.6%)
69	DUSZA Izabela	7185	AZS PW	Senior I K - 20	18	01:48:46	02:58:47.35	+01:04:03 (35.8%)	8:30	7 (63.6%)
70	STUDZIŃSKA Joanna	7098		Senior II K - 30	27	01:45:09	02:59:27.30	+01:04:43 (36.1%)	8:32	7 (63.6%)
71	HAGEL Julita	7446		Senior II K - 30	28	01:42:35	03:00:04.70	+01:05:20 (36.3%)	8:34	7 (63.6%)
72	APANASEWICZ Dominika	7400		Masters K - 40	21	01:51:28	03:00:58.95	+01:06:14 (36.6%)	8:37	7 (63.6%)
73	SZUCHTA Zuzanna	7390	ADIDAS RUNNERS WARSAW	Senior II K - 30	29	01:51:50	03:01:57.30	+01:07:13 (36.9%)	8:39	6.9 (62.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas		Tempo min/km	Tempo km/h
							netto 21km	Różn		
74	SKRZĄTEK Anna	7116		Masters K - 40	22	01:51:08	03:02:11.80	+01:07:27 (37.0%)	8:40	6.9 (62.7%)
75	PERKA Barbara	7090	,ZAŁOGA GÓRSKA	Masters K - 40	23	01:46:30	03:02:50.45	+01:08:06 (37.2%)	8:42	6.9 (62.7%)
76	TKACZ-BRODACKA Natalia	7222		Senior I K - 20	19	01:44:28	03:02:54.40	+01:08:10 (37.3%)	8:42	6.9 (62.7%)
77	MICHAEL Monika	7389	ADIDAS RUNNERS WARSAW	Senior II K - 30	30	01:51:37	03:04:15.35	+01:09:31 (37.7%)	8:46	6.8 (61.8%)
78	JUREWICZ Agata	7477	VEGERUNNERS	Senior II K - 30	31	01:48:44	03:04:39.35	+01:09:55 (37.9%)	8:47	6.8 (61.8%)
79	JURASZ Aleksandra	7201		Senior II K - 30	32	01:46:23	03:05:33.20	+01:10:49 (38.2%)	8:50	6.8 (61.8%)
80	CHOŁUJ Małgorzata	7320		Weteran K - 50	6	01:49:09	03:06:14.15	+01:11:30 (38.4%)	8:52	6.8 (61.8%)
81	RĘBECKA Violetta	7041	BIEGAMDŁAZDROWIA.PL	Masters K - 40	24	01:52:57	03:06:19.15	+01:11:35 (38.4%)	8:52	6.8 (61.8%)
82	BABICA Paulina	7136	KOBIETY BIEGAJĄ	Senior II K - 30	33	01:53:52	03:09:16.05	+01:14:32 (39.4%)	9:00	6.7 (60.9%)
83	SMURA Ewa	7372		Senior II K - 30	34	01:54:04	03:09:29.45	+01:14:45 (39.5%)	9:01	6.6 (60.0%)
84	PORADA Małgorzata	7255		Masters K - 40	25	01:55:11	03:09:58.70	+01:15:14 (39.6%)	9:02	6.6 (60.0%)
85	BOJEK Beata	7064	R-TEAM RYDZYNA	Masters K - 40	26	01:55:00	03:10:06.70	+01:15:22 (39.6%)	9:03	6.6 (60.0%)
86	KUBIACZYK Malwina	7464	NIGHT RUNNERS PYSKOWICE	Senior II K - 30	35	01:52:32	03:10:12.85	+01:15:28 (39.7%)	9:03	6.6 (60.0%)
87	TABACZYŃSKA Monika	7071		Senior I K - 20	20	01:45:22	03:10:52.90	+01:16:08 (39.9%)	9:05	6.6 (60.0%)
88	LUBAŃSKA Alicja	7109		Weteran K - 50	7	01:55:38	03:11:00.00	+01:16:15 (39.9%)	9:05	6.6 (60.0%)
89	KRÓL Katarzyna	7227		Senior II K - 30	36	01:53:44	03:11:52.80	+01:17:08 (40.2%)	9:08	6.6 (60.0%)
90	MARONKA Agnieszka	7350		Masters K - 40	27	01:53:18	03:13:55.65	+01:19:11 (40.8%)	9:14	6.5 (59.1%)
91	KOZŁOWSKA Renata	7265	LADY AEROBIK NYSA	Senior II K - 30	37	01:50:43	03:14:07.00	+01:19:22 (40.9%)	9:14	6.5 (59.1%)
92	PAPIERNIAK Anna	7034		Senior II K - 30	38	01:53:52	03:14:35.90	+01:19:51 (41.0%)	9:16	6.5 (59.1%)
93	NOWICKA-BŁASZCZYK Izabela	7230		Masters K - 40	28	01:58:35	03:14:36.45	+01:19:52 (41.0%)	9:16	6.5 (59.1%)
94	FIKSA Katarzyna	7231	WOJART TEAM	Masters K - 40	29	01:58:36	03:14:44.65	+01:20:00 (41.1%)	9:16	6.5 (59.1%)
95	MARCINKOWSKA Katarzyna	7266	LADY AEROBIK NYSA	Masters K - 40	30	01:53:20	03:15:13.40	+01:20:29 (41.2%)	9:17	6.5 (59.1%)
96	SKRZYPIŃSKA Agnieszka	7315	PSI PATROL	Senior II K - 30	39	01:57:44	03:15:15.15	+01:20:31 (41.2%)	9:17	6.5 (59.1%)
97	SOSZYŃSKA Małgorzata	7542		Weteran K - 50	8	01:50:15	03:15:54.65	+01:21:10 (41.4%)	9:19	6.4 (58.2%)
98	HERMAN Barbara	7209		Senior II K - 30	40	01:51:10	03:16:34.50	+01:21:50 (41.6%)	9:21	6.4 (58.2%)
99	MARCINKIEWICZ Agnieszka	7534		Senior II K - 30	41	01:59:55	03:16:50.95	+01:22:06 (41.7%)	9:22	6.4 (58.2%)
100	KOPKA - JĘDRYCHOWSKA Monika	7253		Masters K - 40	31	01:55:02	03:17:25.30	+01:22:41 (41.9%)	9:24	6.4 (58.2%)
101	GERMAN-GIENTKOWSKA Iwona	7344		Masters K - 40	32	01:59:23	03:18:22.85	+01:23:38 (42.2%)	9:26	6.4 (58.2%)
102	GAJDECKA Adriana	7225	ORANGE	Masters K - 40	33	01:57:52	03:18:25.20	+01:23:41 (42.2%)	9:26	6.4 (58.2%)
103	CENDROWICZ Magdalena	7512	AMBASADRZYFB	Senior II K - 30	42	01:58:03	03:18:27.85	+01:23:43 (42.2%)	9:27	6.3 (57.3%)
104	WISZNIEWICZ Agnieszka	7472		Senior II K - 30	43	01:57:24	03:18:42.60	+01:23:58 (42.3%)	9:27	6.3 (57.3%)
105	SIKORSKA Karolina	7407		Senior II K - 30	44	01:58:49	03:19:05.05	+01:24:21 (42.4%)	9:28	6.3 (57.3%)
106	KOŃ Aleksandra	7149		Masters K - 40	34	01:59:36	03:19:48.00	+01:25:03 (42.6%)	9:30	6.3 (57.3%)
107	STRZELCZYK Paulina	7051	NESSI	Senior II K - 30	45	02:03:58	03:20:03.60	+01:25:19 (42.7%)	9:31	6.3 (57.3%)
108	GIDASZEWSKA Jolanta	7049	NESSI	Masters K - 40	35	02:04:11	03:20:16.25	+01:25:32 (42.7%)	9:32	6.3 (57.3%)
109	NIEWCZAS Barbara	7199		Senior II K - 30	46	01:56:22	03:20:28.40	+01:25:44 (42.8%)	9:32	6.3 (57.3%)
110	GRZELAKOWSKA Agata	7037		Weteran K - 50	9	02:01:26	03:20:59.80	+01:26:15 (42.9%)	9:34	6.3 (57.3%)
111	JÓZEFczyk Justyna	7010	PIĄTKOWO NA BIEGOWO	Masters K - 40	36	02:02:14	03:21:04.50	+01:26:20 (42.9%)	9:34	6.3 (57.3%)
112	MAĆCZAK Katarzyna	7337		Senior I K - 20	21	02:01:09	03:21:33.85	+01:26:49 (43.1%)	9:35	6.3 (57.3%)
113	HYLIŃSKA Hanna	7045		Senior II K - 30	47	01:54:29	03:21:40.50	+01:26:56 (43.1%)	9:36	6.2 (56.4%)
114	STAŃCZUK Dorota	7295	SLOW JOGGING SIEDLCE	Weteran K - 50	10	02:00:11	03:21:45.30	+01:27:01 (43.1%)	9:36	6.2 (56.4%)
115	KOZIOŁ Joanna	7158		Masters K - 40	37	02:03:32	03:23:51.40	+01:29:07 (43.7%)	9:42	6.2 (56.4%)
116	SZCZODRZYŃSKA Kasia	7473		Masters K - 40	38	02:05:39	03:24:25.05	+01:29:41 (43.9%)	9:44	6.2 (56.4%)
117	GRZYB Beata	7478	KOBIETY BIEGAJĄ	Masters K - 40	39	02:05:52	03:24:37.35	+01:29:53 (43.9%)	9:44	6.2 (56.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas		Tempo min/km	Tempo km/h
							netto 21km	Różn		
118	ŁAŻNIAK-PFAJFER Agata	7306	CARDIORUNNERS	Senior II K - 30	48	02:04:37	03:26:25.30	+01:31:41 (44.4%)	9:49	6.1 (55.5%)
119	SIKORA Agnieszka	7269		Senior II K - 30	49	01:57:12	03:26:33.60	+01:31:49 (44.5%)	9:50	6.1 (55.5%)
120	RYPUŁA Grażyna	7183	ZEN RUNNING TEAM	Weteran II K - 60	1	01:58:55	03:27:05.80	+01:32:21 (44.6%)	9:51	6.1 (55.5%)
121	RAPACZ Danuta	7205	ANMAR	Weteran II K - 60	2	02:06:54	03:27:14.10	+01:32:30 (44.6%)	9:52	6.1 (55.5%)
122	MAGDA Natasza	7091	NIGHT RUNNERS PYSKOWICE	Masters K - 40	40	01:59:46	03:27:16.25	+01:32:32 (44.6%)	9:52	6.1 (55.5%)
123	TCHÓRZEWSKA Monika	7288		Senior II K - 30	50	02:06:21	03:27:29.80	+01:32:45 (44.7%)	9:52	6.1 (55.5%)
124	KODZIS Sylwia	7200	BIEGAM W GÓRACH BARDZKICH	Senior II K - 30	51	02:06:14	03:27:38.85	+01:32:54 (44.7%)	9:53	6.1 (55.5%)
125	TCHÓRZEWSKA-PIETRZYK Anna	7287		Masters K - 40	41	02:06:34	03:27:39.80	+01:32:55 (44.7%)	9:53	6.1 (55.5%)
126	KOWALEWSKA Anna	7125	KOBIETY W BIEGU	Senior II K - 30	52	02:06:22	03:27:46.95	+01:33:02 (44.8%)	9:53	6.1 (55.5%)
127	KNOBLOCH Ewa	7441		Masters K - 40	42	02:07:15	03:27:59.20	+01:33:15 (44.8%)	9:54	6.1 (55.5%)
128	PIETRZAK Sylwia	7401	12TRI	Senior II K - 30	53	02:08:42	03:28:14.20	+01:33:30 (44.9%)	9:54	6.1 (55.5%)
129	KLAJA Agnieszka	7017		Senior II K - 30	54	02:07:31	03:28:17.85	+01:33:33 (44.9%)	9:55	6 (54.5%)
130	WIZE-ZIELONKA Karolina	7442		Masters K - 40	43	02:07:35	03:28:19.30	+01:33:35 (44.9%)	9:55	6 (54.5%)
131	MORAWSKA Anna	7189		Weteran II K - 60	3	02:02:26	03:28:53.65	+01:34:09 (45.1%)	9:56	6 (54.5%)
132	PRZESTRZELSKA-HAAS Marta	7004	BACKPACKING OKAPI TEAM	Masters K - 40	44	02:05:39	03:28:57.30	+01:34:13 (45.1%)	9:57	6 (54.5%)
133	SZCZYGIĘŁ Beata	7245		Masters K - 40	45	02:04:30	03:29:04.35	+01:34:20 (45.1%)	9:57	6 (54.5%)
134	KAYSIEWICZ Joanna	7381		Masters K - 40	46	02:05:53	03:29:35.40	+01:34:51 (45.3%)	9:58	6 (54.5%)
135	STACHURSKA Monika	7046		Weteran K - 50	11	02:05:44	03:30:23.25	+01:35:39 (45.5%)	10:01	6 (54.5%)
136	SIARKIEWICZ Jola	7073	BIEGAMDŁAZDROWIA.PL	Weteran K - 50	12	02:01:43	03:30:36.45	+01:35:52 (45.5%)	10:01	6 (54.5%)
137	NESTOROWICZ Monika	7154	KLUB BIEGACZA JURUND SZCZYTNO	Masters K - 40	47	02:09:06	03:32:57.45	+01:38:13 (46.1%)	10:08	5.9 (53.6%)
138	RUDA Kamila	7371	KURACJUSZE	Senior II K - 30	55	01:53:21	03:34:16.10	+01:39:32 (46.5%)	10:12	5.9 (53.6%)
139	URBANIAK Alina	7474	KURACJUSZE	Senior II K - 30	56	01:53:30	03:34:32.50	+01:39:48 (46.5%)	10:12	5.9 (53.6%)
140	STOMPTEL Ewelina	7151		Senior II K - 30	57	02:01:48	03:34:49.35	+01:40:05 (46.6%)	10:13	5.9 (53.6%)
141	TRELA Aniela	7275	DB LESZCZYNY	Masters K - 40	48	02:10:03	03:35:07.90	+01:40:23 (46.7%)	10:14	5.9 (53.6%)
142	SIENKIEWICZ Joanna	7140	ORGANIC RACE TEAM	Senior II K - 30	58	02:08:17	03:35:38.55	+01:40:54 (46.8%)	10:16	5.8 (52.7%)
143	GRESER Beata	7141	ORGANIC RACE TEAM	Masters K - 40	49	02:08:26	03:35:48.80	+01:41:04 (46.8%)	10:16	5.8 (52.7%)
144	SAWICKA Izabela	7022	PARKRUN	Senior II K - 30	59	02:16:38	03:36:08.45	+01:41:24 (46.9%)	10:17	5.8 (52.7%)
145	PACIA Beata	7402		Senior II K - 30	60	02:06:36	03:36:44.45	+01:42:00 (47.1%)	10:19	5.8 (52.7%)
146	HETMAŃSKA Diana	7078	LOVELASY	Senior II K - 30	61	02:16:26	03:37:30.40	+01:42:46 (47.3%)	10:21	5.8 (52.7%)
147	PALUSIŃSKA Agnieszka	7039	LOVELASY	Masters K - 40	50	02:16:33	03:37:39.70	+01:42:55 (47.3%)	10:21	5.8 (52.7%)
148	SZCZEPANIAK Sylwia	7432		Senior II K - 30	62	02:05:33	03:38:32.00	+01:43:47 (47.5%)	10:24	5.8 (52.7%)
149	KONCA Beata	7216	KB OŻARÓW MAZOWIECKI BIEGA	Masters K - 40	51	02:18:39	03:38:40.00	+01:43:55 (47.5%)	10:24	5.8 (52.7%)
150	SZCZYGIELSKA Patrycja	7274		Senior II K - 30	63	02:16:22	03:41:02.55	+01:46:18 (48.1%)	10:31	5.7 (51.8%)
151	KACZMAREK Monika	7299	PHOENIX CONTACT WIELKOPOLSKA	Masters K - 40	52	02:19:49	03:42:03.00	+01:47:18 (48.3%)	10:34	5.7 (51.8%)
152	DADAŚ Elżbieta	7007	BP RUNNING TEAM GLIWICE	Masters K - 40	53	02:19:25	03:42:04.30	+01:47:20 (48.3%)	10:34	5.7 (51.8%)
153	STASZEWSKA Aneta	7305	NIGHT RUNNERS PYSKOWICE	Masters K - 40	54	02:16:12	03:42:40.95	+01:47:56 (48.5%)	10:36	5.7 (51.8%)
154	SOBCZYK Ela	7212	KB OŻARÓW MAZOWIECKI BIEGA	Masters K - 40	55	02:20:29	03:43:26.05	+01:48:42 (48.6%)	10:38	5.6 (50.9%)
155	BARAŃSKA Małgorzata	7277	BOB OPOLE	Weteran K - 50	13	02:24:30	03:43:36.60	+01:48:52 (48.7%)	10:38	5.6 (50.9%)
156	PIJANKA Monika	7121		Masters K - 40	56	02:24:43	03:43:45.65	+01:49:01 (48.7%)	10:39	5.6 (50.9%)
157	CHOJNOWSKA Barbara	7026	PUSIA TEAM	Masters K - 40	57	02:15:17	03:44:59.05	+01:50:15 (49.0%)	10:42	5.6 (50.9%)
158	CHOJNOWSKA Dominika	7024	PUSIA TEAM	Senior I K - 20	22	02:15:18	03:45:08.55	+01:50:24 (49.0%)	10:43	5.6 (50.9%)
159	BLICHERT Anna	7507	1986	Senior II K - 30	64	02:18:50	03:46:04.85	+01:51:20 (49.3%)	10:45	5.6 (50.9%)
160	JANKOWSKA Magdalena	7487	KOŁO BIEGA	Senior II K - 30	65	02:13:36	03:46:08.05	+01:51:24 (49.3%)	10:46	5.6 (50.9%)
161	NAMYŚLAK Renata	7483	KOŁO BIEGA	Masters K - 40	58	02:13:47	03:46:17.70	+01:51:33 (49.3%)	10:46	5.6 (50.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas		Tempo min/km	Tempo km/h
							netto 21km	Różn		
162	GAJ-JURCZYK Renata	7465	STAN UMYŚŁU LEWIN BIEGA	Masters K - 40	59	02:10:31	03:49:11.75	+01:54:27 (49.9%)	10:54	5.5 (50.0%)
163	STOŁOWSKA Natalia	7258		Masters K - 40	60	02:15:46	03:49:31.85	+01:54:47 (50.0%)	10:55	5.5 (50.0%)
164	SMUG Ewelina	7061		Senior II K - 30	66	02:16:05	03:50:27.00	+01:55:42 (50.2%)	10:58	5.5 (50.0%)
165	SZALSKA Elżbieta	7532		Senior II K - 30	67	02:05:19	03:50:54.20	+01:56:10 (50.3%)	10:59	5.5 (50.0%)
166	SŁOMKA Karolina	7159		Senior I K - 20	23	02:11:57	03:51:05.20	+01:56:21 (50.4%)	11:00	5.5 (50.0%)
167	PAKUŁA Beata	7203		Masters K - 40	61	02:10:58	03:53:05.30	+01:58:21 (50.8%)	11:05	5.4 (49.1%)
168	JAGUSIAK Barbara	7358		Weteran K - 50	14	02:21:07	03:54:31.80	+01:59:47 (51.1%)	11:10	5.4 (49.1%)
169	SOSNOWSKA Barbara	7108	LACHO TEAM	Masters K - 40	62	02:23:46	03:54:41.05	+01:59:57 (51.1%)	11:10	5.4 (49.1%)
170	URBANIAK Agnieszka	7123		Masters K - 40	63	02:19:29	03:55:32.90	+02:00:48 (51.3%)	11:13	5.3 (48.2%)
171	NIEDŹWIECKA Dorota	7338	SKIPARK-WYSOWA	Weteran K - 50	15	02:20:21	03:56:56.15	+02:02:12 (51.6%)	11:16	5.3 (48.2%)
172	ŁABOWICZ Magdalena	7493		Masters K - 40	64		03:58:23.00	+02:03:38 (51.9%)	11:21	5.3 (48.2%)
173	SIEWIERA Katarzyna	7492		Masters K - 40	65	02:25:23	03:58:26.25	+02:03:42 (51.9%)	11:21	5.3 (48.2%)
174	NAGAŃSKA-PILAK Małgorzata	7035		Weteran K - 50	16	02:24:28	03:59:54.90	+02:05:10 (52.2%)	11:25	5.3 (48.2%)
175	KOSTULSKA Olga	7236	WKURW_TEAM	Senior II K - 30	68	02:20:44	03:59:58.90	+02:05:14 (52.2%)	11:25	5.3 (48.2%)
176	BASZCZYŃSKA Barbara	7386	WKURW_TEAM	Weteran K - 50	17	02:26:55	04:00:08.65	+02:05:24 (52.2%)	11:26	5.2 (47.3%)
177	JEZIERSKA Karina	7094		Masters K - 40	66	02:22:39	04:02:00.20	+02:07:16 (52.6%)	11:31	5.2 (47.3%)
178	FRANKOWSKA Ania	7470	MIECHOWICKA GRUPA BIEGOWA	Weteran K - 50	18	02:23:30	04:02:22.20	+02:07:38 (52.7%)	11:32	5.2 (47.3%)
179	MAZZARA Dominika	7459	PROGRESS	Senior II K - 30	69	02:42:51	04:04:20.80	+02:09:36 (53.0%)	11:38	5.2 (47.3%)
180	BEDNARCZYK Sylwia	7003		Masters K - 40	67	02:37:37	04:04:32.05	+02:09:48 (53.1%)	11:38	5.2 (47.3%)
181	JARCZYŃSKA Adriana	7450		Senior II K - 30	70	02:42:44	04:05:52.90	+02:11:08 (53.3%)	11:42	5.1 (46.4%)
182	KOSZYKA Weronika	7082	WYBIEGAĆ MARZENIA TEAM	Senior I K - 20	24	02:27:44	04:05:57.95	+02:11:13 (53.4%)	11:42	5.1 (46.4%)
183	WITKOWSKA Ania	7029	PARKRUN GORZÓW WIELKOPOLSKI	Senior II K - 30	71	02:28:39	04:07:37.45	+02:12:53 (53.7%)	11:47	5.1 (46.4%)
184	JUSZKO Aleksandra	7259		Senior I K - 20	25	02:24:37	04:10:22.70	+02:15:38 (54.2%)	11:55	5 (45.5%)
185	JUSZKO Monika	7235		Masters K - 40	68	02:24:47	04:10:39.70	+02:15:55 (54.2%)	11:56	5 (45.5%)
186	DOBROWOLSKA Bożena	7074	SPORTOWI EMERYCI	Weteran II K - 60	4	02:29:45	04:10:50.05	+02:16:06 (54.3%)	11:56	5 (45.5%)
187	KRUCZEK Ewa	7084	KW OPOLE	Senior II K - 30	72	02:25:25	04:11:26.60	+02:16:42 (54.4%)	11:58	5 (45.5%)
188	SCISŁOWSKA Anna	7093		Senior II K - 30	73	02:29:14	04:11:38.15	+02:16:54 (54.4%)	11:58	5 (45.5%)
189	POŁOWCZYK Dominika	7092		Senior II K - 30	74	02:29:24	04:11:48.00	+02:17:03 (54.4%)	11:59	5 (45.5%)
190	KNOSOWSKA Sylwia	7086	HEKI TEAM	Masters K - 40	69	02:30:08	04:12:05.65	+02:17:21 (54.5%)	12:00	5 (45.5%)
191	ROGIŃSKA Katarzyna	7014	WKURW_TEAM	Weteran K - 50	19	02:28:22	04:13:52.75	+02:19:08 (54.8%)	12:05	5 (45.5%)
192	ORDON Dorota	7059		Senior II K - 30	75	02:36:15	04:35:28.65	+02:40:44 (58.4%)	13:07	4.6 (41.8%)
193	KACZOROWSKA Anna	7296	SLOW JOGGING SIEDLCE	Weteran K - 50	20	02:47:02	04:45:05.85	+02:50:21 (59.8%)	13:34	4.4 (40.0%)
Przekroczony limit czasu: 05:00:00										
194	MRÓWCZYŃSKA PĘZIOŁ Ewa	7541		Masters K - 40	70	02:54:06	05:08:40.00	+03:13:55 (62.8%)	14:41	4.1 (37.3%)

Znaleziono 194 wynik(ów)