



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: OPEN KOBIEC

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	FICNER Anna	7896	MKS SIECHNICE/ OLAWS ZŁOTORYJA	Senior II K - 30	1	01:03:41	01:51:57.80	01:51:59.30		5:19	11.3 (100%)
2	WIECZOREK Nina	7869	SBG SALCO	Senior I K - 20	1	01:06:33	01:53:42.85	01:53:45.10	+00:01:45 (1.6%)	5:24	11.1 (98.2%)
3	LEWANDOWSKA Magdalena	7230	SPORT GENERATION	Senior I K - 20	2	01:08:34	01:57:34.95	01:57:38.60	+00:05:39 (4.8%)	5:35	10.7 (94.7%)
4	GÓRAL Karolina	7358		Senior II K - 30	2	01:09:41	01:58:24.65	01:58:32.70	+00:06:33 (5.5%)	5:38	10.6 (93.8%)
5	GAIK Natalia	7888		Senior I K - 20	3	01:08:04	02:01:50.85	02:02:00.85	+00:10:01 (8.2%)	5:48	10.3 (91.2%)
6	BAHRANOWSKA-KILIAN Maria	7845		Senior II K - 30	3	01:10:42	02:02:01.95	02:02:09.15	+00:10:09 (8.3%)	5:48	10.3 (91.2%)
7	MAJEWSKA Agata	7078		Masters K - 40	1	01:09:50	02:02:25.65	02:02:27.10	+00:10:27 (8.5%)	5:49	10.3 (91.2%)
8	ŚWIĄTEK Agata	7667	OSP OPALENICA	Senior II K - 30	4	01:10:11	02:06:17.55	02:06:20.70	+00:14:21 (11.4%)	6:00	10 (88.5%)
9	KAFARSKA Urszula	7422	FOR RUN	Senior II K - 30	5	01:12:32	02:08:47.25	02:09:00.20	+00:17:00 (13.2%)	6:07	9.8 (86.7%)
10	KIEŁBIK Beata	7081		Senior II K - 30	6	01:15:57	02:09:02.80	02:09:25.65	+00:17:26 (13.5%)	6:08	9.8 (86.7%)
11	PABIAŃSKA Marta	7987	NOA	Senior II K - 30	7	01:15:41	02:11:08.15	02:11:15.30	+00:19:16 (14.7%)	6:14	9.6 (85.0%)
12	SASIN Dominika	7368	ŻELAZNA ŚWIDNICA	Senior I K - 20	4	01:14:10	02:11:36.95	02:11:43.00	+00:19:43 (15.0%)	6:16	9.6 (85.0%)
13	BALUTA-MAŁECKA Edyta	7798		Senior I K - 20	5	01:13:46	02:13:08.60	02:13:29.50	+00:21:30 (16.1%)	6:20	9.5 (84.1%)
14	JURKOWSKA Dominika	7599	ENDORFINA WSCHOWA	Senior II K - 30	8	01:16:16	02:12:25.20	02:14:00.40	+00:22:01 (16.4%)	6:18	9.5 (84.1%)
15	PAPIÓR Jolanta	7957	WATAHA / KOCHAM MF	Senior I K - 20	6	01:14:36	02:13:37.80	02:14:23.95	+00:22:24 (16.7%)	6:21	9.4 (83.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
16	RYBARCZYK Weronika	7644	KW DZIABKA	Senior II K - 30	9	01:15:36	02:12:41.00	02:15:00.35	+00:23:01 (17.0%)	6:19	9.5 (84.1%)
17	KOKOTT Agnieszka	7986	AW - SZYBCIEJ - TEAM	Masters K - 40	2	01:18:02	02:14:58.80	02:15:21.65	+00:23:22 (17.3%)	6:25	9.3 (82.3%)
18	SPOLSKA Weronika	7702	SOBASTEAM	Senior II K - 30	10	01:18:51	02:15:40.90	02:15:51.60	+00:23:52 (17.6%)	6:27	9.3 (82.3%)
19	KACZMAREK Beata	7284		Senior II K - 30	11	01:20:30	02:15:26.80	02:16:00.05	+00:24:00 (17.7%)	6:26	9.3 (82.3%)
20	HISZCZYŃSKA Aleksandra	7875		Senior I K - 20	7	01:18:18	02:15:58.45	02:16:10.85	+00:24:11 (17.8%)	6:28	9.3 (82.3%)
21	ŻMIJA Liliana	7041	FSD RUN DREZDENKO	Senior II K - 30	12	01:18:38	02:17:21.70	02:17:38.95	+00:25:39 (18.6%)	6:32	9.2 (81.4%)
22	PIETROSZEK-DOMORADZKA Agata	7943	AKADEMIA WOJSK LĄDOWYCH	Senior II K - 30	13	01:18:25	02:17:35.75	02:18:35.85	+00:26:36 (19.2%)	6:33	9.2 (81.4%)
23	JAMRÓZ Karina	7658		Masters K - 40	3	01:20:12	02:19:45.20	02:20:12.25	+00:28:12 (20.1%)	6:39	9 (79.6%)
24	SŁOMIAN Marcelina	7741	HERCOG RUNNING TEAM	Senior II K - 30	14	01:21:10	02:21:21.60	02:21:27.20	+00:29:27 (20.8%)	6:43	8.9 (78.8%)
25	TKACZYK-CALKA Anna	7335	#ZALINIAMETYTEAM	Senior II K - 30	15	01:20:02	02:22:34.15	02:22:44.05	+00:30:44 (21.5%)	6:47	8.8 (77.9%)
26	BROK Małgorzata	7197		Masters K - 40	4	01:22:06	02:23:10.05	02:23:21.60	+00:31:22 (21.9%)	6:49	8.8 (77.9%)
27	SZUKALSKA Milena	7954		Senior II K - 30	16	01:22:04	02:22:40.25	02:24:17.00	+00:32:17 (22.4%)	6:47	8.8 (77.9%)
28	LITWIN Monika	7805	LITEWIN	Masters K - 40	5	01:20:41	02:24:36.75	02:24:47.85	+00:32:48 (22.7%)	6:53	8.7 (77.0%)
29	CIECIOROWSKA Aleksandra	7625	OFF-ROAD RUNNERS	Senior I K - 20	8	01:20:27	02:25:31.70	02:25:41.90	+00:33:42 (23.1%)	6:55	8.7 (77.0%)
30	JAKUBIEC Ewa	7812		Senior I K - 20	9	01:20:53	02:25:39.05	02:25:50.15	+00:33:50 (23.2%)	6:56	8.7 (77.0%)
31	WACHOWIAK Michalina	7780	EUROPA UBEZPIECZENIA	Senior II K - 30	17	01:22:37	02:24:32.15	02:27:53.45	+00:35:54 (24.3%)	6:52	8.7 (77.0%)
32	ZALEWSKA Marta	7718	GÓRAL Z MAZUR RUNNING TEAM	Senior II K - 30	18	01:24:13	02:27:44.40	02:28:02.95	+00:36:03 (24.4%)	7:02	8.5 (75.2%)
33	NIESŁONY Dominika	7419	EX TEAM	Senior I K - 20	10	01:25:08	02:27:38.70	02:28:40.35	+00:36:41 (24.7%)	7:01	8.5 (75.2%)
34	KUCZERA Natalia	7899		Senior II K - 30	19	01:24:45	02:27:41.00	02:28:50.55	+00:36:51 (24.8%)	7:01	8.5 (75.2%)
35	KACZMAREK Anna	7217		Senior II K - 30	20	01:26:46	02:27:35.80	02:30:14.85	+00:38:15 (25.5%)	7:01	8.5 (75.2%)
36	HAJDZIONA Agata	7840	MARATOŃCZYK POZNAŃ	Senior II K - 30	21	01:26:53	02:31:02.35	02:31:15.00	+00:39:15 (26.0%)	7:11	8.3 (73.5%)
37	BORKOWSKA Justyna	7677		Senior II K - 30	22	01:22:45	02:30:06.50	02:31:16.50	+00:39:17 (26.0%)	7:08	8.4 (74.3%)
38	KOZERA Katarzyna	7871	BUSHIDO	Senior II K - 30	23	01:24:39	02:30:14.65	02:31:37.10	+00:39:37 (26.1%)	7:09	8.4 (74.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
39	LIPIŃSKA Marta	7995		Senior II K - 30	24	01:26:11	02:31:50.70	02:32:20.25	+00:40:20 (26.5%)	7:13	8.3 (73.5%)
40	KOZUBEK Wiktoria	7817		Senior I K - 20	11	01:25:56	02:31:29.95	02:32:25.70	+00:40:26 (26.5%)	7:12	8.3 (73.5%)
41	SIWAK Natalia	7580		Senior II K - 30	25	01:29:08	02:31:30.75	02:34:02.80	+00:42:03 (27.3%)	7:12	8.3 (73.5%)
42	SZTYPKA Justyna	7393	WKB MARATOŃCZYK WŁOCŁAWEK	Masters K - 40	6	01:30:23	02:35:13.45	02:35:17.05	+00:43:17 (27.9%)	7:23	8.1 (71.7%)
43	BAK Agnieszka	7823	MORSY OŚNO LUBUSKIE	Masters K - 40	7	01:27:56	02:35:11.35	02:35:46.20	+00:43:46 (28.1%)	7:23	8.1 (71.7%)
44	SOBCZAK Magdalena	7998	WIELISZEW HERON TEAM	Senior II K - 30	26	01:28:01	02:35:50.35	02:36:04.30	+00:44:05 (28.2%)	7:25	8.1 (71.7%)
45	RUTKOWSKA Izabela	7080		Senior II K - 30	27	01:27:34	02:34:38.10	02:36:08.10	+00:44:08 (28.3%)	7:21	8.1 (71.7%)
46	WUJDA Karolina	7514	ŚLĘŻAK TEAM	Senior II K - 30	28	01:32:40	02:33:49.20	02:36:53.95	+00:44:54 (28.6%)	7:19	8.2 (72.6%)
47	REDMANN Edyta	7916		Weteran K - 50	1	01:29:06	02:36:55.70	02:37:18.40	+00:45:19 (28.8%)	7:28	8 (70.8%)
48	STASZCZAK Małgorzata	7155	TRI TEAM LUBAŃ	Senior II K - 30	29	01:31:02	02:37:11.10	02:37:56.45	+00:45:57 (29.1%)	7:29	8 (70.8%)
49	PIETRUCHA Jagoda	7415	TARNOWO PODGÓRNE BIEGA	Senior II K - 30	30	01:33:41	02:35:33.70	02:38:16.00	+00:46:16 (29.2%)	7:24	8.1 (71.7%)
50	WIĘCEK Maria	7940		Senior II K - 30	31	01:28:23	02:37:14.40	02:38:20.55	+00:46:21 (29.3%)	7:29	8 (70.8%)
51	DUBAS Anna	7562	SPRAWDZAMY-NIERUCHOMOSCI.PL	Senior II K - 30	32	01:28:56	02:39:56.70	02:40:03.50	+00:48:04 (30.0%)	7:36	7.9 (69.9%)
52	KOZŁEWSKA Beata	7917	GÓRYLASY	Weteran K - 50	2	01:31:15	02:40:19.25	02:40:35.60	+00:48:36 (30.3%)	7:38	7.9 (69.9%)
53	ANDRZEJCZAK Anna	7403	NKB CHYŻY NOWY TOMYŚL	Senior II K - 30	33	01:33:52	02:40:49.85	02:41:24.55	+00:49:25 (30.6%)	7:39	7.8 (69.0%)
54	ZALESKA Joanna	7722		Senior II K - 30	34	01:34:57	02:40:55.80	02:42:04.05	+00:50:04 (30.9%)	7:39	7.8 (69.0%)
55	TURCZYŃSKA Monika	7880	SEKCJA BIEGOWA OIL WARSZAWA	Weteran K - 50	3	01:30:21	02:41:59.50	02:42:35.25	+00:50:35 (31.1%)	7:42	7.8 (69.0%)
56	POLÍVKOVÁ Jana	7541	KLUB TROJČAT	Senior II K - 30	35	01:35:18	02:40:51.45	02:42:42.50	+00:50:43 (31.2%)	7:39	7.8 (69.0%)
57	NOWAK Marcin	7978	PCH_RUN	Masters K - 40	8	01:30:53	02:41:57.80	02:42:55.50	+00:50:56 (31.3%)	7:42	7.8 (69.0%)
58	KNAP Katarzyna	7303	RUN YOUR TRAIL	Senior I K - 20	12	01:33:48	02:40:40.90	02:43:20.90	+00:51:21 (31.4%)	7:39	7.8 (69.0%)
59	TOMYŚLAK Magdalena	7187	TAKE CONTROL	Senior II K - 30	36	01:29:53	02:43:34.80	02:43:41.75	+00:51:42 (31.6%)	7:47	7.7 (68.1%)
60	ŁUSIAK Katarzyna	7886	NIGHT RUNNERS WROCŁAW	Senior II K - 30	37	01:30:26	02:43:34.30	02:43:44.25	+00:51:44 (31.6%)	7:47	7.7 (68.1%)
61	PIECUCH Karolina	7469		Senior II K - 30	38	01:31:00	02:43:26.15	02:43:44.30	+00:51:45 (31.6%)	7:46	7.7 (68.1%)

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62	BANDUROWSKA Agnieszka	7901	KB WIKON NOWA SÓL	Masters K - 40	9	01:35:12	02:43:16.00	02:44:10.80	+00:52:11 (31.8%)	7:46	7.7 (68.1%)
63	WYSOKIŃSKA Justyna	7119	BBF	Senior II K - 30	39	01:30:17	02:44:23.20	02:44:28.05	+00:52:28 (31.9%)	7:49	7.7 (68.1%)
64	HALAK Aleksandra	7496		Senior I K - 20	13	01:37:16	02:44:54.30	02:48:20.85	+00:56:21 (33.5%)	7:51	7.6 (67.3%)
65	RADWAN Justyna	7608		Senior II K - 30	40	01:34:43	02:46:03.30	02:48:35.10	+00:56:35 (33.6%)	7:54	7.6 (67.3%)
66	POWIERTOWSKA Aleksandra	7693	BIEGACZE JUNIORA - RUNNERS TEAM	Masters K - 40	10	01:36:02	02:47:36.55	02:48:35.25	+00:56:35 (33.6%)	7:58	7.5 (66.4%)
67	KRUSZEWSKA Asia	7120	AR ADIDAS RUNNERS POZNAŃ	Senior II K - 30	41	01:36:12	02:48:35.35	02:48:44.60	+00:56:45 (33.6%)	8:01	7.5 (66.4%)
68	GOŹDZICKA Agnieszka	7047	STRZELECKA BIEGAJĄCA CZAROWNICA	Masters K - 40	11	01:33:57	02:48:32.95	02:48:54.75	+00:56:55 (33.7%)	8:01	7.5 (66.4%)
69	ŁUCZAK Estera	7459	CAŁA OLEŚNICA BIEGA	Senior II K - 30	42	01:34:37	02:48:45.90	02:49:22.55	+00:57:23 (33.9%)	8:02	7.5 (66.4%)
70	WIRKIJOWSKA Aneta	7548	TRENUJZNAMI.PL	Masters K - 40	12	01:39:42	02:47:58.95	02:49:37.60	+00:57:38 (34.0%)	7:59	7.5 (66.4%)
71	LIBERADZKA Joanna	7543		Senior II K - 30	43	01:37:59	02:46:19.90	02:49:52.15	+00:57:52 (34.1%)	7:55	7.6 (67.3%)
72	GRUDZIEN-JURKOWSKA Malgorzata	7990		Masters K - 40	13	01:38:22	02:47:32.20	02:49:52.20	+00:57:52 (34.1%)	7:58	7.5 (66.4%)
73	ANDRZEJEWSKA Anna	7062		Masters K - 40	14	01:33:58	02:50:25.65	02:50:40.80	+00:58:41 (34.4%)	8:06	7.4 (65.5%)
74	SIARKOWSKA Jagoda	7313	STAREFOSSLØPINNENE	Senior II K - 30	44	01:35:53	02:50:07.30	02:50:45.75	+00:58:46 (34.4%)	8:06	7.4 (65.5%)
75	OPIAŁ Michalina	7593	TS REGLE SZKLARSKA PORĘBA	Senior II K - 30	45	01:34:58	02:48:58.00	02:50:49.80	+00:58:50 (34.4%)	8:02	7.5 (66.4%)
76	RASZKOWSKA Emilia	7930	ŚLĘZAK TEAM	Senior II K - 30	46	01:38:13	02:50:16.15	02:51:00.30	+00:59:01 (34.5%)	8:06	7.4 (65.5%)
77	SPYTEK Justyna	7941	TEAM ZABIEGANEDNI	Masters K - 40	15	01:35:18	02:50:20.70	02:51:21.40	+00:59:22 (34.6%)	8:06	7.4 (65.5%)
78	CHORBOTOWICZ Justyna	7649	DZG RUNNERS ZGORZELEC	Masters K - 40	16	01:36:21	02:51:02.75	02:51:22.80	+00:59:23 (34.7%)	8:08	7.4 (65.5%)
79	DZIADOWICZ Anna	7027	ADRIAN DANILEWICZ GROUP	Masters K - 40	17	01:34:06	02:49:20.80	02:52:09.75	+01:00:10 (35.0%)	8:03	7.4 (65.5%)
80	LORENC Joanna	7979	ENDORFINY WĄSOSZ	Masters K - 40	18	01:34:59	02:51:08.30	02:52:37.20	+01:00:37 (35.1%)	8:08	7.4 (65.5%)
81	TOMASZEWSKA Paulina	7595		Senior I K - 20	14	01:34:33	02:51:15.30	02:52:43.15	+01:00:43 (35.2%)	8:09	7.4 (65.5%)
82	TRYBULEC Aleksandra	7952		Masters K - 40	19	01:39:46	02:49:58.70	02:53:35.10	+01:01:35 (35.5%)	8:05	7.4 (65.5%)
83	POCHWAŁA Justyna	7902	NATALIA TOMASIAK GÓRSKI STYL TEAM	Masters K - 40	20	01:39:23	02:52:28.50	02:53:35.55	+01:01:36 (35.5%)	8:12	7.3 (64.6%)
84	KEMPA Karolina	7794		Senior I K - 20	15	01:36:01	02:51:39.00	02:53:37.45	+01:01:38 (35.5%)	8:10	7.3 (64.6%)

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85	NYC Paulina	7839		Senior II K - 30	47	01:36:31	02:53:46.45	02:54:17.20	+01:02:17 (35.7%)	8:16	7.3 (64.6%)
86	KWISSA Małgorzata	7225		Senior II K - 30	48		02:51:43.30	02:54:22.35	+01:02:23 (35.8%)	8:10	7.3 (64.6%)
87	PATYCKA Edyta	7759	NIGHT RUNNERS PYSKOWICE	Weteran K - 50	4	01:36:02	02:54:40.60	02:55:00.60	+01:03:01 (36.0%)	8:19	7.2 (63.7%)
88	GRZENIA Natalia	1		Senior I K - 20	16	01:36:58	02:54:55.80	02:55:02.70	+01:03:03 (36.0%)	8:19	7.2 (63.7%)
89	BUJAK Magdalena	7934		Senior II K - 30	49	01:33:04	02:54:58.05	02:55:17.40	+01:03:18 (36.1%)	8:19	7.2 (63.7%)
90	KĘSY Ania	7097	KĘSY TEAM	Weteran K - 50	5	01:43:30	02:53:49.65	02:55:48.40	+01:03:49 (36.3%)	8:16	7.2 (63.7%)
91	NOWAK Marta	7477		Masters K - 40	21	01:40:42	02:55:04.05	02:56:08.40	+01:04:09 (36.4%)	8:20	7.2 (63.7%)
92	REMISZ Aleksandra	7552	MATNER RUNNING TEAM	Senior II K - 30	50	01:39:23	02:55:45.25	02:56:21.85	+01:04:22 (36.5%)	8:22	7.2 (63.7%)
93	LICHACZ Anna	7744	GT RAT	Masters K - 40	22	01:41:15	02:55:43.30	02:56:23.55	+01:04:24 (36.5%)	8:22	7.2 (63.7%)
94	CZYCZEWSKA Paulina	7269		Senior II K - 30	51	01:42:16	02:53:39.85	02:56:54.25	+01:04:54 (36.7%)	8:16	7.3 (64.6%)
95	KĘDZIORA Aleksandra	7724		Masters K - 40	23	01:41:19	02:56:27.85	02:57:07.40	+01:05:08 (36.8%)	8:24	7.1 (62.8%)
96	NOWACZYK Marta	7356		Senior II K - 30	52	01:41:16	02:56:49.60	02:57:17.55	+01:05:18 (36.8%)	8:25	7.1 (62.8%)
97	PAWEŁEK Paulina	7639		Senior II K - 30	53	01:43:31	02:54:52.90	02:57:23.10	+01:05:23 (36.9%)	8:19	7.2 (63.7%)
98	JAROSZUK Ania	7042		Masters K - 40	24	01:40:01	02:55:56.35	02:57:40.45	+01:05:41 (37.0%)	8:22	7.2 (63.7%)
99	KORCZYŃSKA Alicja	7271	BIEGAM Z ROZUMEM	Masters K - 40	25	01:42:49	02:57:14.60	02:58:47.55	+01:06:48 (37.4%)	8:26	7.1 (62.8%)
100	SYDORCZYK Magdalena	7421	ŚLĘZAK TEAM - ENDORFINA WSCHOWA	Masters K - 40	26	01:38:17	02:58:05.50	02:58:48.85	+01:06:49 (37.4%)	8:28	7.1 (62.8%)
101	ADAMCZAK Joanna	7375		Senior II K - 30	54	01:39:09	02:57:29.30	02:58:55.75	+01:06:56 (37.4%)	8:27	7.1 (62.8%)
102	HEJNE Agnieszka	7620	MISTRZOWSKI-TRENING	Masters K - 40	27	01:35:34	02:59:22.05	02:59:32.25	+01:07:32 (37.6%)	8:32	7 (61.9%)
103	SIEJEK Natalia	7793	KOBIETY BIEGAJĄ	Senior II K - 30	55	01:39:11	02:56:39.05	02:59:32.75	+01:07:33 (37.6%)	8:24	7.1 (62.8%)
104	NADOLSKA Anna	7440		Masters K - 40	28	01:43:22	02:57:30.85	02:59:36.90	+01:07:37 (37.7%)	8:27	7.1 (62.8%)
105	HERNIK Klaudia	7520		Senior II K - 30	56	01:41:15	02:57:10.10	02:59:53.55	+01:07:54 (37.7%)	8:26	7.1 (62.8%)
106	CIERPIAŁ Karolina	7669		Senior I K - 20	17	01:43:08	02:58:18.30	03:00:06.50	+01:08:07 (37.8%)	8:29	7.1 (62.8%)
107	CHMIELEWSKA Paulina	7509		Senior II K - 30	57	01:40:03	03:00:03.35	03:00:13.85	+01:08:14 (37.9%)	8:34	7 (61.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
108	SARNA Beata	7452		Weteran K - 50	6	01:42:30	02:58:37.50	03:00:15.50	+01:08:16 (37.9%)	8:30	7.1 (62.8%)
109	CHOŁUJ Małgorzata	7567		Weteran K - 50	7	01:42:30	02:58:36.85	03:00:15.80	+01:08:16 (37.9%)	8:30	7.1 (62.8%)
110	WOJTASZEK Malgorzata	7287		Masters K - 40	29	01:49:05	02:58:12.90	03:00:21.85	+01:08:22 (37.9%)	8:29	7.1 (62.8%)
111	CHMIELEWSKA Sylwia	7	BBL LEGNICA	Weteran K - 50	8	01:38:24	02:59:48.60	03:00:21.90	+01:08:22 (37.9%)	8:33	7 (61.9%)
112	MARCINKOWSKA Ewa	7804		Senior II K - 30	58	01:37:48	02:59:37.50	03:00:51.30	+01:08:52 (38.1%)	8:33	7 (61.9%)
113	PRZYBYLAK Kasia	7417	#ZALINIAMETYTEAM	Senior I K - 20	18	01:43:47	03:00:47.80	03:01:24.05	+01:09:24 (38.3%)	8:36	7 (61.9%)
114	GAWLIKOWSKA Agnieszka	7260		Senior II K - 30	59	01:36:02	03:00:16.10	03:01:26.90	+01:09:27 (38.3%)	8:35	7 (61.9%)
115	WASIELA Julia	7458		Senior I K - 20	19	01:42:14	03:00:38.45	03:01:31.50	+01:09:32 (38.3%)	8:36	7 (61.9%)
116	WOJEWÓDZKA Agnieszka	7853		Masters K - 40	30	01:42:21	03:01:48.40	03:02:46.15	+01:10:46 (38.7%)	8:39	6.9 (61.1%)
117	SZERMENT Magdalena	7891	MAZURTEAM	Masters K - 40	31	01:45:46	03:02:52.45	03:03:13.45	+01:11:14 (38.9%)	8:42	6.9 (61.1%)
118	PESZEK Katarzyna	7406	DZIKIE GRUBASY SZATANA	Masters K - 40	32	01:39:33	03:01:18.20	03:03:15.70	+01:11:16 (38.9%)	8:38	6.9 (61.1%)
119	SKIBIŃSKA Justyna	7348	PCH_RUN	Masters K - 40	33	01:43:12	03:02:34.90	03:03:25.85	+01:11:26 (38.9%)	8:41	6.9 (61.1%)
120	CHEŁCHOWSKA Katarzyna	7988		Senior II K - 30	60	01:45:07	03:03:02.00	03:03:52.90	+01:11:53 (39.1%)	8:42	6.9 (61.1%)
121	WCISŁO Emilia	7325	HTF - LUDWIK SIKORSKI	Senior II K - 30	61	01:42:09	03:03:03.15	03:04:45.35	+01:12:46 (39.4%)	8:43	6.9 (61.1%)
122	CEJBA Dominika	7814	KB SZAMOTUŁY	Senior I K - 20	20	01:42:46	03:03:08.55	03:05:27.15	+01:13:27 (39.6%)	8:43	6.9 (61.1%)
123	ZELIANKOVA Volha	7370		Senior II K - 30	62	01:48:56	03:03:03.05	03:05:58.00	+01:13:58 (39.8%)	8:43	6.9 (61.1%)
124	DUTKOWIAK Aleksandra	7697	PIĄTKOWO NA BIEGOWO	Masters K - 40	34	01:43:06	03:05:28.85	03:06:25.65	+01:14:26 (39.9%)	8:49	6.8 (60.2%)
125	BERSKÁ Lenka	28		Weteran K - 50	9	01:44:03	03:03:33.05	03:06:39.40	+01:14:40 (40.0%)	8:44	6.9 (61.1%)
126	PONDEL Marzena	7750	WILKI MIĘDZYLESIE	Masters K - 40	35	01:40:05	03:04:40.75	03:07:44.75	+01:15:45 (40.4%)	8:47	6.8 (60.2%)
127	MILLER Agnieszka	7582		Senior II K - 30	63	01:49:13	03:05:51.95	03:08:25.50	+01:16:26 (40.6%)	8:51	6.8 (60.2%)
128	MARKIEWICZ Marta	7719		Senior II K - 30	64	01:47:17	03:08:15.60	03:08:31.75	+01:16:32 (40.6%)	8:57	6.7 (59.3%)
129	STASIŃSKA-KOSTOWSKA Wiktoria	7247		Senior I K - 20	21	01:43:12	03:07:34.45	03:09:17.75	+01:17:18 (40.8%)	8:55	6.7 (59.3%)
130	NOWAK Katarzyna	7114	DZIKIE GRUBASY SZATANA	Senior II K - 30	65	01:51:13	03:09:02.65	03:10:59.40	+01:19:00 (41.4%)	9:00	6.7 (59.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
131	CZECH Dorota	7538	ASICS FRONTRUNNER POLAND	Masters K - 40	36	01:50:06	03:09:28.60	03:11:03.05	+01:19:03 (41.4%)	9:01	6.7 (59.3%)
132	BEKER Katarzyna	7360	HOREDUPY	Senior II K - 30	66	01:47:41	03:09:27.80	03:11:03.10	+01:19:03 (41.4%)	9:01	6.7 (59.3%)
133	MATAN-KLIMKIEWICZ Magdalena	7885		Masters K - 40	37	01:50:42	03:07:40.75	03:11:21.10	+01:19:21 (41.5%)	8:56	6.7 (59.3%)
134	KUBASZEWSKA Zofia	7791		Senior I K - 20	22	01:49:16	03:09:06.45	03:11:38.65	+01:19:39 (41.6%)	9:00	6.7 (59.3%)
135	LUBAŃSKA Alicja	7389	DTR BIEGA / MARIO TEAM	Weteran K - 50	10	01:40:51	03:11:30.50	03:11:45.95	+01:19:46 (41.6%)	9:07	6.6 (58.4%)
136	MAŁEK-BERNADZIKOWSKA Marta	7834		Masters K - 40	38	01:49:18	03:11:38.85	03:12:37.50	+01:20:38 (41.9%)	9:07	6.6 (58.4%)
137	POŁAWSKA Ewa	7760		Senior II K - 30	67	01:47:27	03:11:42.60	03:12:45.75	+01:20:46 (41.9%)	9:07	6.6 (58.4%)
138	SZNOBER Dorota	7016	TARNOWO PODGÓRNE BIEGA	Senior II K - 30	68	01:41:55	03:11:49.30	03:12:51.30	+01:20:52 (41.9%)	9:08	6.6 (58.4%)
139	WÓJCIK Kamila	10	LACHO TEAM	Masters K - 40	39	01:49:38	03:11:11.00	03:13:32.20	+01:21:32 (42.1%)	9:06	6.6 (58.4%)
140	KONIECZNA Krystyna	7653	KOWALEWO BIEGA	Masters K - 40	40	01:52:59	03:11:01.90	03:13:57.55	+01:21:58 (42.3%)	9:05	6.6 (58.4%)
141	PŁUDOWSKA Dominika	7578	PCH_RUN / CHTR	Senior II K - 30	69	01:39:45	03:13:36.80	03:14:30.40	+01:22:31 (42.4%)	9:13	6.5 (57.5%)
142	PISZCZEK Lidia	7903		Senior II K - 30	70	01:54:15	03:11:52.10	03:14:30.60	+01:22:31 (42.4%)	9:08	6.6 (58.4%)
143	ANDRZEJEWSKA Anna	7052		Senior II K - 30	71	01:54:17	03:11:52.70	03:14:30.75	+01:22:31 (42.4%)	9:08	6.6 (58.4%)
144	BOMBOLA Monika	7711	TARNOWO PODGÓRNE BIEGA	Masters K - 40	41	01:48:17	03:12:34.25	03:15:21.10	+01:23:21 (42.7%)	9:10	6.5 (57.5%)
145	SPACHACZ Anna	7481		Senior II K - 30	72	01:49:52	03:14:08.15	03:15:34.45	+01:23:35 (42.7%)	9:14	6.5 (57.5%)
146	LIESKE Monika	7351		Masters K - 40	42	01:50:38	03:14:39.15	03:15:46.20	+01:23:46 (42.8%)	9:16	6.5 (57.5%)
147	PASŁAWSKA Olga	7835		Masters K - 40	43	01:50:03	03:15:05.90	03:16:03.80	+01:24:04 (42.9%)	9:17	6.5 (57.5%)
148	WAŚ Magdalena	9	LACHO TEAM	Senior II K - 30	73	01:54:04	03:14:15.45	03:16:36.35	+01:24:37 (43.0%)	9:15	6.5 (57.5%)
149	OSIAL Anita	7378		Masters K - 40	44	01:50:28	03:15:17.25	03:16:46.30	+01:24:47 (43.1%)	9:17	6.5 (57.5%)
150	KOPEĆ - MARCINKOWSKA Maria	7434		Senior II K - 30	74	01:45:06	03:16:32.40	03:16:51.20	+01:24:51 (43.1%)	9:21	6.4 (56.6%)
151	GÓROWSKA-GNATOWSKA Katarzyna	7309		Senior II K - 30	75	01:52:45	03:13:28.00	03:17:02.25	+01:25:02 (43.2%)	9:12	6.5 (57.5%)
152	RADZIEJEWSKA Milena	7328		Senior I K - 20	23	01:53:17	03:15:44.45	03:17:07.40	+01:25:08 (43.2%)	9:19	6.4 (56.6%)
153	OLEJNIK Kasia	7709		Senior II K - 30	76	01:55:29	03:13:50.35	03:17:07.45	+01:25:08 (43.2%)	9:13	6.5 (57.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
154	MATUSZAK Anita	7141	MATUSZAK TEAM / TRIGYM	Masters K - 40	45	01:55:39	03:16:47.00	03:17:34.60	+01:25:35 (43.3%)	9:22	6.4 (56.6%)
155	BALCZYŃSKA Anna	7701	PIĄTKOWO NA BIEGOWO	Senior II K - 30	77	01:53:19	03:16:38.50	03:17:37.45	+01:25:38 (43.3%)	9:21	6.4 (56.6%)
156	SIUDAK Anna	7178		Masters K - 40	46	01:52:36	03:17:49.55	03:18:02.60	+01:26:03 (43.5%)	9:25	6.4 (56.6%)
157	MUSIAŁ Alicja	7909		Senior I K - 20	24	01:44:56	03:14:25.25	03:18:03.10	+01:26:03 (43.5%)	9:15	6.5 (57.5%)
158	LEKI Adriana	7777		Senior II K - 30	78	01:48:01	03:15:21.45	03:18:26.30	+01:26:27 (43.6%)	9:18	6.4 (56.6%)
159	STACHLEWSKA Joanna	7807	TARNOWO PODGÓRNE BIEGA	Senior II K - 30	79	01:48:25	03:15:59.35	03:18:42.05	+01:26:42 (43.6%)	9:19	6.4 (56.6%)
160	TOMALIK-WĘGRZYN Monika	7877	JD RUNNING TEAM	Senior II K - 30	80	01:49:50	03:17:27.80	03:18:49.35	+01:26:50 (43.7%)	9:24	6.4 (56.6%)
161	TCHÓRZEWSKA-PIETRZYK Anna	3	MOCNA GRUPA CEZARA	Masters K - 40	47	01:56:40	03:16:17.65	03:18:52.85	+01:26:53 (43.7%)	9:20	6.4 (56.6%)
162	KONIOR Agnieszka	7461		Masters K - 40	48	01:49:05	03:17:10.60	03:18:57.70	+01:26:58 (43.7%)	9:23	6.4 (56.6%)
163	NOWAK Patrycja	7136		Senior I K - 20	25	01:56:26	03:18:17.20	03:18:58.25	+01:26:58 (43.7%)	9:26	6.4 (56.6%)
164	WISZNIOWSKA Agata	29		Masters K - 40	49	01:51:23	03:17:43.55	03:19:29.10	+01:27:29 (43.9%)	9:24	6.4 (56.6%)
165	ZAWARTKA Małgorzata	7333		Senior II K - 30	81	01:47:41	03:19:27.85	03:19:33.65	+01:27:34 (43.9%)	9:29	6.3 (55.8%)
166	SPACHACZ Agnieszka	7385		Senior I K - 20	26	01:54:34	03:18:13.30	03:19:43.65	+01:27:44 (43.9%)	9:26	6.4 (56.6%)
167	MAJEWSKA Anna	7206	AKG	Senior II K - 30	82	01:51:57	03:17:41.95	03:20:09.00	+01:28:09 (44.0%)	9:24	6.4 (56.6%)
168	KASZYŃSKA Dorota	7149	PARKRUN JEZIORO SWARZĘDZKIE	Weteran K - 50	11	01:59:31	03:19:17.80	03:20:14.20	+01:28:14 (44.1%)	9:29	6.3 (55.8%)
169	JASIŃSKA Lidia	7402	STRZESZYN BIEGA	Weteran K - 50	12	01:51:04	03:19:46.15	03:20:14.25	+01:28:14 (44.1%)	9:30	6.3 (55.8%)
170	RÓŻAŃSKA Magdalena	7054		Masters K - 40	50	01:55:14	03:19:43.60	03:20:19.35	+01:28:20 (44.1%)	9:30	6.3 (55.8%)
171	GROCHAŁA Anna	7267		Senior II K - 30	83	01:49:00	03:20:13.15	03:20:27.40	+01:28:28 (44.1%)	9:32	6.3 (55.8%)
172	RADOMSKA Wiktoria	7474	RUSZ DOOPE TEAM	Senior I K - 20	27	01:53:37	03:17:27.45	03:20:37.50	+01:28:38 (44.2%)	9:24	6.4 (56.6%)
173	KROSZKA Beata	7138	TEAM ZABIEGANEDNI	Weteran K - 50	13	01:53:55	03:18:26.55	03:20:47.75	+01:28:48 (44.2%)	9:26	6.3 (55.8%)
174	MIKOŁAJCZAK Agnieszka	7281		Masters K - 40	51	01:51:51	03:20:16.20	03:20:59.70	+01:29:00 (44.3%)	9:32	6.3 (55.8%)
175	KOPEĆ Julia	7435		Senior I K - 20	28	01:54:04	03:20:52.70	03:21:11.05	+01:29:11 (44.3%)	9:33	6.3 (55.8%)
176	LISKE Dorota	7663		Weteran K - 50	14	01:52:45	03:21:00.05	03:21:23.40	+01:29:24 (44.4%)	9:34	6.3 (55.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
177	FRANCZAK Edyta	7572	DTR BIEGA/MARIO TEAM	Masters K - 40	52	01:54:37	03:20:21.25	03:21:27.50	+01:29:28 (44.4%)	9:32	6.3 (55.8%)
178	NAWROT Marta	7534	DTR BIEGA / MARIO TEAM	Masters K - 40	53	01:54:37	03:20:21.20	03:21:27.70	+01:29:28 (44.4%)	9:32	6.3 (55.8%)
179	SZYDA Magdalena	7186	MIRAZ RACE TEAM	Senior I K - 20	29	01:47:19	03:22:06.25	03:22:31.80	+01:30:32 (44.7%)	9:37	6.2 (54.9%)
180	SZMATLOCH Karolina	7466		Senior II K - 30	84	01:54:35	03:22:03.95	03:23:20.30	+01:31:21 (44.9%)	9:37	6.2 (54.9%)
181	BACHURSKA Ewa	7021	KB HARCOWNIK JELCZ- LASKOWICE	Masters K - 40	54	01:57:25	03:21:42.30	03:24:01.25	+01:32:01 (45.1%)	9:36	6.2 (54.9%)
182	FRANEK Aneta	7673		Weteran K - 50	15	01:51:43	03:24:37.15	03:24:39.25	+01:32:39 (45.3%)	9:44	6.2 (54.9%)
183	WYPIJEWSKA Martyna	7738		Senior I K - 20	30	01:52:14	03:22:35.65	03:24:41.10	+01:32:41 (45.3%)	9:38	6.2 (54.9%)
184	POKROP Agnieszka	7426	NATALIA TOMASIAK GÓRSKI STYL TEAM	Senior II K - 30	85	01:54:28	03:23:39.65	03:25:01.55	+01:33:02 (45.4%)	9:41	6.2 (54.9%)
185	KARASIŃSKA Karolina	7679		Masters K - 40	55	01:50:10	03:23:40.55	03:25:17.25	+01:33:17 (45.4%)	9:41	6.2 (54.9%)
186	PATALAS Agnieszka	7321		Masters K - 40	56	01:53:58	03:22:30.40	03:25:38.65	+01:33:39 (45.5%)	9:38	6.2 (54.9%)
187	MICHALSKA Agnieszka	7115		Senior II K - 30	86	01:53:39	03:22:18.75	03:25:41.20	+01:33:41 (45.6%)	9:38	6.2 (54.9%)
188	PAPRZYCKA Katarzyna	7310	TURBO GRAŻYNY	Senior II K - 30	87	01:53:48	03:25:13.20	03:25:46.40	+01:33:47 (45.6%)	9:46	6.1 (54.0%)
189	CZAJKA Agata	7699		Senior II K - 30	88	01:53:51	03:22:37.80	03:26:13.60	+01:34:14 (45.7%)	9:38	6.2 (54.9%)
190	SAMULSKA Agata	7075	BBLLASY BOGDANIEC / MORSY ESKIMO	Weteran K - 50	16	01:56:18	03:26:17.60	03:26:39.55	+01:34:40 (45.8%)	9:49	6.1 (54.0%)
191	KOPEĆ Kasia	7829		Masters K - 40	57	01:55:33	03:23:48.65	03:27:23.65	+01:35:24 (46.0%)	9:42	6.2 (54.9%)
192	SZYSZKA Agnieszka	7761	NIGHT RUNERS	Masters K - 40	58	01:56:00	03:26:53.35	03:28:02.60	+01:36:03 (46.2%)	9:51	6.1 (54.0%)
193	PELCZER Agnieszka	7570	KB HARCOWNIK JELCZ-LASKOWICE	Masters K - 40	59	02:01:37	03:25:25.25	03:28:17.15	+01:36:17 (46.2%)	9:46	6.1 (54.0%)
194	WENCKA Anna	7092	KĘSY TEAM	Senior II K - 30	89	01:58:21	03:26:20.15	03:28:19.90	+01:36:20 (46.2%)	9:49	6.1 (54.0%)
195	ZDUN Anita	7290	KB HARCOWNIK	Senior II K - 30	90	01:58:58	03:25:43.70	03:28:34.25	+01:36:34 (46.3%)	9:47	6.1 (54.0%)
196	KONIECZNA Anna	7413	TARNOWO PODGÓRNE BIEGA	Masters K - 40	60	01:56:27	03:25:57.30	03:28:40.45	+01:36:41 (46.3%)	9:48	6.1 (54.0%)
197	CIŻYŃSKA Katarzyna	7242		Senior I K - 20	31	01:53:53	03:26:00.65	03:28:58.10	+01:36:58 (46.4%)	9:48	6.1 (54.0%)
198	LEHISMETS Mirjam	7484	VOKA / GOLDEN CLUB	Masters K - 40	61	01:53:37	03:26:43.55	03:29:19.85	+01:37:20 (46.5%)	9:50	6.1 (54.0%)
199	ANTKOWIAK Joanna	7094	#BIEGAJLESZNO	Masters K - 40	62	02:00:37	03:28:33.40	03:29:26.20	+01:37:26 (46.5%)	9:55	6 (53.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
200	DIUWE Marzena	7819	PASTERKA PANY	Senior II K - 30	91	02:00:02	03:29:03.85	03:29:29.50	+01:37:30 (46.5%)	9:57	6 (53.1%)
201	CIENKOSZ Anna	7220	TRAIL IS OUR WAY	Senior I K - 20	32	01:58:06	03:26:36.15	03:29:32.70	+01:37:33 (46.6%)	9:50	6.1 (54.0%)
202	SZTEJKA Jolanta	7506		Masters K - 40	63	01:52:47	03:27:56.85	03:29:40.70	+01:37:41 (46.6%)	9:54	6.1 (54.0%)
203	MUSIALSKA Anna	7691	PNB	Masters K - 40	64	01:58:14	03:28:52.35	03:29:51.35	+01:37:52 (46.6%)	9:56	6 (53.1%)
204	MARTYN Olga	7218	SPINKO	Senior II K - 30	92	02:00:02	03:28:11.45	03:29:56.70	+01:37:57 (46.7%)	9:54	6.1 (54.0%)
205	SWOBODA Edyta	7236	LOVELASY	Masters K - 40	65	01:55:25	03:28:21.20	03:30:01.90	+01:38:02 (46.7%)	9:55	6 (53.1%)
206	WŁODAREK Urszula	7803	DENTALCARE	Weteran K - 50	17	01:57:29	03:28:52.80	03:30:08.15	+01:38:08 (46.7%)	9:56	6 (53.1%)
207	NOLAS Jolanta	7897	KB HARCOWNIK	Weteran K - 50	18	01:58:51	03:27:23.70	03:30:16.60	+01:38:17 (46.7%)	9:52	6.1 (54.0%)
208	PLACHIMOWICZ Natalia	7728	MOCNA GRUPA CEZARA	Masters K - 40	66	01:56:32	03:27:45.75	03:30:21.15	+01:38:21 (46.8%)	9:53	6.1 (54.0%)
209	KOŚMICKA Natalia	7089	KĘSY TEAM	Masters K - 40	67	02:02:27	03:28:31.75	03:30:29.00	+01:38:29 (46.8%)	9:55	6 (53.1%)
210	MOŃKA - PODGÓRNA Aleksandra	7999		Senior I K - 20	33	01:55:42	03:29:21.60	03:30:33.10	+01:38:33 (46.8%)	9:58	6 (53.1%)
211	JEZIEJSKA Karina	7153	TEAM ZABIEGANEDNI / 12TRI.PL	Masters K - 40	68	01:57:17	03:29:32.90	03:30:37.80	+01:38:38 (46.8%)	9:58	6 (53.1%)
212	MIEŻWIŃSKA Ewa	7594		Senior II K - 30	93	01:58:34	03:30:48.00	03:31:18.15	+01:39:18 (47.0%)	10:02	6 (53.1%)
213	JERCZYŃSKA Beata	7676		Masters K - 40	69	01:54:12	03:28:27.85	03:31:26.05	+01:39:26 (47.0%)	9:55	6 (53.1%)
214	BUDNY Joanna	7296		Masters K - 40	70	02:02:39	03:28:25.30	03:31:58.25	+01:39:58 (47.2%)	9:55	6 (53.1%)
215	MARCZAK Ola	7261	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	94	01:59:55	03:29:09.30	03:31:59.75	+01:40:00 (47.2%)	9:57	6 (53.1%)
216	OKURZAŁY Joanna	7295	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	95	01:58:41	03:29:09.55	03:31:59.90	+01:40:00 (47.2%)	9:57	6 (53.1%)
217	PILUJSKA Agnieszka	7455		Masters K - 40	71	01:53:19	03:31:02.95	03:32:02.05	+01:40:02 (47.2%)	10:02	6 (53.1%)
217	INOROWICZ Joanna	7475		Masters K - 40	71	01:55:57	03:30:54.20	03:32:02.05	+01:40:02 (47.2%)	10:02	6 (53.1%)
219	POTERALSKA Emilia	7110	KBKS RADOMSKO	Senior II K - 30	96	02:03:39	03:31:27.40	03:32:16.70	+01:40:17 (47.2%)	10:04	6 (53.1%)
220	KRILOVS Kristi	7473	VOKA	Senior II K - 30	97	01:53:38	03:29:49.10	03:32:25.15	+01:40:25 (47.3%)	9:59	6 (53.1%)
221	JASTRZĘBSKA-DEMCZAR Aneta	7098		Masters K - 40	73	01:58:07	03:30:10.65	03:32:34.75	+01:40:35 (47.3%)	10:00	6 (53.1%)
222	RYCHŁOWSKA Magdalena	7251	WIEWIÓRA TEAM	Weteran K - 50	19	02:03:11	03:31:24.85	03:32:35.25	+01:40:35 (47.3%)	10:04	6 (53.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
223	GŁÓWKA Barbara	7486		Senior II K - 30	98	02:01:30	03:29:47.85	03:32:43.80	+01:40:44 (47.4%)	9:59	6 (53.1%)
224	RUDA Kamila	7376	KURACJUSZE	Senior II K - 30	99	01:57:43	03:31:28.60	03:33:03.05	+01:41:03 (47.4%)	10:04	6 (53.1%)
225	BRONST Paulina	7981		Senior I K - 20	34	01:59:00	03:30:53.35	03:33:07.10	+01:41:07 (47.5%)	10:02	6 (53.1%)
226	KALISZUK Kinga	7188	SPS EKO-RÓŻANKA	Senior II K - 30	100	01:58:59	03:30:53.45	03:33:07.45	+01:41:08 (47.5%)	10:02	6 (53.1%)
227	SIRKO Sabina	7172		Senior II K - 30	101	01:58:40	03:30:31.55	03:33:36.35	+01:41:37 (47.6%)	10:01	6 (53.1%)
228	GARBACZ Kamila	11		Masters K - 40	74	01:58:32	03:32:20.40	03:33:45.85	+01:41:46 (47.6%)	10:06	5.9 (52.2%)
229	CHĘCIŃSKA Dorota	7076		Masters K - 40	75	01:59:15	03:31:41.15	03:33:55.75	+01:41:56 (47.7%)	10:04	6 (53.1%)
230	MIĄSKO Renata	7177	TEAM ZABIEGANEDNI / 12TRI.PL	Weteran K - 50	20	01:59:44	03:33:45.45	03:34:21.70	+01:42:22 (47.8%)	10:10	5.9 (52.2%)
231	JAŚNIKOWSKA Agnieszka	7635	GRUPA BIEGOWA " BEZGRANIC"	Masters K - 40	76	01:56:33	03:32:24.00	03:34:30.10	+01:42:30 (47.8%)	10:06	5.9 (52.2%)
232	KOZŁOWSKA Magdalena	7523		Masters K - 40	77	01:58:12	03:33:18.35	03:34:53.65	+01:42:54 (47.9%)	10:09	5.9 (52.2%)
233	BARAŃSKA Małgorzata	7239	BBL OPOLE	Weteran K - 50	21	01:58:31	03:34:12.35	03:35:16.50	+01:43:17 (48.0%)	10:12	5.9 (52.2%)
234	KOZŁOWSKA Marzena	7583	BBL LASY BOGDANIEC	Masters K - 40	78	01:54:57	03:33:03.65	03:35:37.50	+01:43:38 (48.1%)	10:08	5.9 (52.2%)
235	PACIUCH Dorota	7460		Masters K - 40	79	02:02:19	03:33:46.30	03:35:53.45	+01:43:54 (48.1%)	10:10	5.9 (52.2%)
236	DUNOWSKA Ilona	7095		Weteran K - 50	22	02:02:18	03:33:26.80	03:35:59.50	+01:44:00 (48.2%)	10:09	5.9 (52.2%)
237	FLIS Danuta	14	10 CHOSZCZAŃSKA	Weteran K - 50	23	01:52:03	03:36:05.80	03:36:11.10	+01:44:11 (48.2%)	10:17	5.8 (51.3%)
238	CZERWIŃSKA Arleta	7072		Weteran II K - 60	1	01:59:59	03:33:56.00	03:36:23.65	+01:44:24 (48.2%)	10:11	5.9 (52.2%)
239	WACHEL Katarzyna	7462		Masters K - 40	80	01:58:08	03:35:24.05	03:36:44.75	+01:44:45 (48.3%)	10:15	5.8 (51.3%)
240	WRÓBEL Marzena	7240	TARNOWO PODGÓRNE BIEGA	Weteran K - 50	24	01:56:13	03:34:18.55	03:37:08.10	+01:45:08 (48.4%)	10:12	5.9 (52.2%)
241	VOGT Natalia	7576		Senior II K - 30	102	02:00:58	03:37:21.40	03:38:13.90	+01:46:14 (48.7%)	10:21	5.8 (51.3%)
242	JARCZYŃSKA Karolina	7612	MOSINA BIEGA	Masters K - 40	81	02:00:57	03:37:20.20	03:38:14.00	+01:46:14 (48.7%)	10:20	5.8 (51.3%)
243	OSIŃSKA Beata	7549		Masters K - 40	82	02:02:37	03:36:34.25	03:39:20.40	+01:47:21 (48.9%)	10:18	5.8 (51.3%)
244	NEZHODOVÁ Pavla	27		Masters K - 40	83	02:00:45	03:36:25.65	03:39:32.85	+01:47:33 (49.0%)	10:18	5.8 (51.3%)
245	STEMPIN Sylwia	7528		Senior II K - 30	103	02:04:57	03:37:57.75	03:39:43.30	+01:47:44 (49.0%)	10:22	5.8 (51.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
246	BŁACHNIO Dorota	7191	RAZ SZCZECIN	Weteran K - 50	25	02:00:28	03:38:37.30	03:39:45.90	+01:47:46 (49.0%)	10:24	5.8 (51.3%)
247	CHECHŁACZ Hania	7739		Senior II K - 30	104	02:00:38	03:39:05.70	03:40:04.40	+01:48:05 (49.1%)	10:25	5.8 (51.3%)
248	ŚLIGOWSKA Katarzyna	7547		Senior II K - 30	105	02:02:52	03:40:09.45	03:42:08.20	+01:50:08 (49.6%)	10:29	5.7 (50.4%)
249	OKONSKA Katarzyna	7844		Senior II K - 30	106	02:01:18	03:38:46.90	03:42:25.25	+01:50:25 (49.7%)	10:25	5.8 (51.3%)
250	NOWAK - KASPRZAK Anna	7436		Senior II K - 30	107	02:01:12	03:39:17.50	03:42:47.05	+01:50:47 (49.7%)	10:26	5.7 (50.4%)
251	CLOWES Zuzanna	7795		Senior II K - 30	108	02:09:52	03:41:30.60	03:42:49.55	+01:50:50 (49.7%)	10:32	5.7 (50.4%)
252	ORDYNIEC Alicja	7194	KĘSY TEAM	Masters K - 40	84	02:04:35	03:40:53.30	03:42:59.15	+01:50:59 (49.8%)	10:31	5.7 (50.4%)
253	KACZMAREK Anna	7381		Senior II K - 30	109	02:09:09	03:42:52.30	03:43:08.35	+01:51:09 (49.8%)	10:36	5.7 (50.4%)
254	MOŚ Dorota	7683		Masters K - 40	85	02:02:03	03:40:39.50	03:43:39.05	+01:51:39 (49.9%)	10:30	5.7 (50.4%)
255	MRÓZ Izabela	7772	WOLNE ŚLIMAKI	Masters K - 40	86	02:12:42	03:43:38.10	03:44:10.90	+01:52:11 (50.0%)	10:38	5.6 (49.6%)
256	SZACHT Izabela	7028		Masters K - 40	87	02:06:32	03:44:04.80	03:44:17.75	+01:52:18 (50.1%)	10:40	5.6 (49.6%)
257	BOJARSKA Zuzanna	7196	BW BIEGACZE WYMIATACZE	Senior I K - 20	35	02:09:22	03:43:11.95	03:44:37.65	+01:52:38 (50.1%)	10:37	5.6 (49.6%)
258	ROSA Izabela	7948		Senior II K - 30	110	02:09:00	03:42:53.75	03:44:38.80	+01:52:39 (50.1%)	10:36	5.7 (50.4%)
259	DATA Izabela	7561	KUGUAR XTREME RUNNERS	Weteran K - 50	26	02:04:27	03:44:19.45	03:44:50.45	+01:52:51 (50.2%)	10:40	5.6 (49.6%)
260	HAUSMAN Magdalena	7008		Masters K - 40	88	02:10:00	03:42:27.55	03:45:13.80	+01:53:14 (50.3%)	10:35	5.7 (50.4%)
261	ZIENKIEWICZ Agnieszka	7203	WIECZORNE BIEGANIE W OPOLU	Masters K - 40	89	02:11:35	03:43:55.80	03:45:15.80	+01:53:16 (50.3%)	10:39	5.6 (49.6%)
262	HASKA Kasia	7331	WIECZORNE BIEGANIE W OPOLU	Masters K - 40	90	02:09:26	03:44:01.35	03:45:15.85	+01:53:16 (50.3%)	10:40	5.6 (49.6%)
263	SULIGA Wioletta	7544		Masters K - 40	91	02:06:27	03:45:59.15	03:46:11.55	+01:54:12 (50.5%)	10:45	5.6 (49.6%)
264	BEKAS Paulina	7199	NIGHT RUNNERS POZNAŃ	Senior II K - 30	111	02:07:43	03:43:00.45	03:46:15.70	+01:54:16 (50.5%)	10:37	5.7 (50.4%)
265	WESOŁEK Aleksandra	7383	NIGHT RUNNERS	Weteran K - 50	27	02:07:43	03:43:01.60	03:46:17.95	+01:54:18 (50.5%)	10:37	5.6 (49.6%)
266	MALANOWSKA Zuzanna	7648	KLUB INO STOWARZYSZE	Senior II K - 30	112	02:04:16	03:44:49.15	03:46:36.05	+01:54:36 (50.6%)	10:42	5.6 (49.6%)
267	HAGEL Julita	7233		Masters K - 40	92	02:02:14	03:44:43.00	03:47:51.55	+01:55:52 (50.9%)	10:42	5.6 (49.6%)
268	KORZENIOWSKA Monika	7498		Masters K - 40	93	02:02:56	03:44:30.55	03:47:57.60	+01:55:58 (50.9%)	10:41	5.6 (49.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
269	GARCZEWSKA-PASZKO Joanna	7134		Weteran K - 50	28	02:07:37	03:46:27.25	03:48:16.55	+01:56:17 (50.9%)	10:47	5.6 (49.6%)
270	WORONOWICZ-GOSIENIECKA Agnieszka	7832		Masters K - 40	94	01:59:28	03:46:27.45	03:48:29.90	+01:56:30 (51.0%)	10:47	5.6 (49.6%)
271	KOSIAREK Edyta	18		Masters K - 40	95	02:09:03	03:46:58.55	03:48:30.80	+01:56:31 (51.0%)	10:48	5.6 (49.6%)
272	SZYMCZYK Marzena	21	KB HARCOWNIK JELCZ-LASKOWICE	Masters K - 40	96	02:09:18	03:46:14.65	03:48:33.55	+01:56:34 (51.0%)	10:46	5.6 (49.6%)
273	BEDNAREK-KWIATKOWSKA Anna	7118		Masters K - 40	97	02:06:43	03:47:06.70	03:49:41.00	+01:57:41 (51.2%)	10:48	5.5 (48.7%)
273	ZIELIŃSKA Magdalena	7942		Masters K - 40	97	02:03:42	03:49:06.65	03:49:41.00	+01:57:41 (51.2%)	10:54	5.5 (48.7%)
275	ŁAWNICZAK Justyna	7122	JUTROSIŃSKI KLUB BIEGACZY	Masters K - 40	99	02:13:03	03:48:14.90	03:51:27.90	+01:59:28 (51.6%)	10:52	5.5 (48.7%)
276	RODZIŃSKA Anita	7051	PARKRUN GRUDZIĄDZ	Weteran K - 50	29	02:11:17	03:50:00.55	03:51:32.85	+01:59:33 (51.6%)	10:57	5.5 (48.7%)
277	PRIMKE Beata	7283	WIECZORNE BIEGANIE W OPOLU	Weteran K - 50	30	02:02:53	03:50:13.65	03:51:34.65	+01:59:35 (51.6%)	10:57	5.5 (48.7%)
278	NOGA Katarzyna	7070	WIECZORNE BIEGANIE W OPOLU	Masters K - 40	100	02:04:12	03:50:14.70	03:51:34.90	+01:59:35 (51.6%)	10:57	5.5 (48.7%)
279	GASIK Wioletta	7918	SŁOŃCA JURY	Masters K - 40	101	02:04:02	03:49:32.10	03:51:53.75	+01:59:54 (51.7%)	10:55	5.5 (48.7%)
280	LIS Anna	7479		Masters K - 40	102	02:02:51	03:49:43.15	03:52:16.20	+02:00:16 (51.8%)	10:56	5.5 (48.7%)
281	KARCZMARCZYK Dorota	7330		Senior II K - 30	113	02:12:18	03:51:59.05	03:52:48.35	+02:00:49 (51.9%)	11:02	5.4 (47.8%)
282	KRZESZOWSKA Iga	7416		Senior I K - 20	36	02:03:14	03:52:31.65	03:52:48.90	+02:00:49 (51.9%)	11:04	5.4 (47.8%)
283	NAGOT Aneta	7490	KUGUAR XTREME RUNNERS	Senior II K - 30	114	02:15:51	03:52:29.15	03:53:00.55	+02:01:01 (51.9%)	11:04	5.4 (47.8%)
284	MARSZAŁEK-JAROSZ Anna	7733		Senior II K - 30	115	02:09:30	03:52:00.90	03:53:14.55	+02:01:15 (52.0%)	11:02	5.4 (47.8%)
285	MAZUR-ZYCH Aleksandra	7631		Masters K - 40	103	02:03:28	03:52:48.50	03:53:39.10	+02:01:39 (52.1%)	11:05	5.4 (47.8%)
286	STRUG Agnieszka	7129		Weteran K - 50	31	02:01:12	03:51:11.35	03:53:40.50	+02:01:41 (52.1%)	11:00	5.5 (48.7%)
287	GÓRNA Małgorzata	7169		Senior II K - 30	116	02:08:02	03:51:52.60	03:54:34.10	+02:02:34 (52.3%)	11:02	5.4 (47.8%)
288	GAŁKA Marzena	7064	CAŁA OLEŚNICA BIEGA	Weteran K - 50	32	02:11:54	03:51:53.95	03:54:34.85	+02:02:35 (52.3%)	11:02	5.4 (47.8%)
289	BURA Karolina	7337	#BIEGAJLESZNO	Senior II K - 30	117	02:08:26	03:53:42.60	03:54:36.80	+02:02:37 (52.3%)	11:07	5.4 (47.8%)
290	NIEMENTOWSKA Karolina	7614		Masters K - 40	104	02:06:29	03:51:30.10	03:54:37.90	+02:02:38 (52.3%)	11:01	5.4 (47.8%)
291	HETEL Beata	7966		Senior II K - 30	118	02:11:18	03:55:11.85	03:55:52.30	+02:03:53 (52.5%)	11:11	5.4 (47.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
292	MAJCHRZAK Monika	7055	WKURW_TEAM	Weteran K - 50	33	02:12:31	03:55:37.45	03:56:06.60	+02:04:07 (52.6%)	11:13	5.3 (46.9%)
293	KUTYCKA KUREK Elżbieta	7574	CHOJRAK TEAM WROCŁAW	Masters K - 40	105	02:10:30	03:54:00.35	03:56:52.70	+02:04:53 (52.7%)	11:08	5.4 (47.8%)
294	POSIŁA Joanna	7975	EUROCASH	Masters K - 40	106	02:15:49	03:54:20.65	03:57:09.20	+02:05:09 (52.8%)	11:09	5.4 (47.8%)
295	WASILEWSKA Joanna	7007	PARKRUN GRUDZIĄDZ	Senior II K - 30	119	02:12:50	03:54:32.30	03:57:19.30	+02:05:20 (52.8%)	11:10	5.4 (47.8%)
296	CZECH Joanna	7317		Senior II K - 30	120	02:08:38	03:54:45.30	03:57:20.40	+02:05:21 (52.8%)	11:10	5.4 (47.8%)
297	PLUSKOTA Ewa	7600		Senior II K - 30	121	02:12:31	03:55:17.30	03:57:28.25	+02:05:28 (52.8%)	11:12	5.4 (47.8%)
298	DANIELEK Ewa	7274		Masters K - 40	107	02:10:08	03:55:23.40	03:58:32.70	+02:06:33 (53.1%)	11:12	5.4 (47.8%)
299	DUDEK-SIERŻĘGA Wioleta	7938		Masters K - 40	108	02:14:36	03:57:33.75	03:58:36.20	+02:06:36 (53.1%)	11:18	5.3 (46.9%)
300	LIS Ewelina	7265		Weteran K - 50	34	02:07:08	03:55:29.15	03:58:53.75	+02:06:54 (53.1%)	11:12	5.4 (47.8%)
301	LEWICKA Joanna	7915		Senior II K - 30	122	02:12:29	03:55:53.40	03:58:59.05	+02:06:59 (53.1%)	11:13	5.3 (46.9%)
302	GĄTARCZYK Marta	7399	DZIKIE GRUBASY SZATANA	Senior II K - 30	123	02:13:35	03:57:28.15	03:59:29.00	+02:07:29 (53.2%)	11:18	5.3 (46.9%)
303	PALUSIŃSKA Agnieszka	7165	LOVELASY	Masters K - 40	109	02:07:44	03:58:23.70	04:00:03.15	+02:08:03 (53.3%)	11:21	5.3 (46.9%)
304	MISIUK Marta	7152	LOVELASY	Masters K - 40	110	02:07:43	03:58:22.75	04:00:03.75	+02:08:04 (53.4%)	11:21	5.3 (46.9%)
305	HETMAŃSKA Diana	7151	LOVELASY	Masters K - 40	111	02:07:42	03:58:24.20	04:00:03.85	+02:08:04 (53.4%)	11:21	5.3 (46.9%)
306	MIKOŁAJCZYK Marta	7589	BBL LASY BOGDANIEC	Senior II K - 30	124	02:13:52	03:57:46.90	04:00:15.35	+02:08:16 (53.4%)	11:19	5.3 (46.9%)
307	ŁUCIÓW Agnieszka	7652		Masters K - 40	112	02:13:33	03:57:50.95	04:00:15.80	+02:08:16 (53.4%)	11:19	5.3 (46.9%)
308	FOGIEL Katarzyna	7200		Senior II K - 30	125	02:15:26	03:59:48.90	04:00:18.10	+02:08:18 (53.4%)	11:25	5.3 (46.9%)
309	PAWLIK Agnieszka	7065	CAŁA OLEŚNICA BIEGA	Masters K - 40	113	02:16:10	03:59:13.80	04:01:00.70	+02:09:01 (53.5%)	11:23	5.3 (46.9%)
310	ŚMIECHOWSKA Małgorzata	15		Masters K - 40	114	02:12:43	03:58:12.05	04:01:03.65	+02:09:04 (53.5%)	11:20	5.3 (46.9%)
311	GONERA Janina	7928	KB HARCOWNIK JELCZ-LASKOWICE	Weteran II K - 60	2	02:16:43	03:58:31.25	04:01:23.05	+02:09:23 (53.6%)	11:21	5.3 (46.9%)
312	WOŹNIAK Lidia	7108	PORMAT JEDLICZE BIEGA	Weteran K - 50	35	02:15:08	04:00:36.80	04:01:37.25	+02:09:37 (53.7%)	11:27	5.2 (46.0%)
313	NADOBNA Kamila	7729	STARGARD JA SIĘ NIE ŚCIGAM	Masters K - 40	115	02:14:15	03:59:47.00	04:01:54.05	+02:09:54 (53.7%)	11:25	5.3 (46.9%)
314	DOBIECKA Joanna	7873	STARGARD	Masters K - 40	116	02:14:15	03:59:47.40	04:01:54.25	+02:09:54 (53.7%)	11:25	5.3 (46.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
315	BIEŃ Katarzyna	7878		Senior II K - 30	126	02:15:22	03:58:59.95	04:02:10.90	+02:10:11 (53.8%)	11:22	5.3 (46.9%)
316	ŁUKACZ Aleksandra	7735		Masters K - 40	117	02:14:58	04:03:00.25	04:03:43.05	+02:11:43 (54.0%)	11:34	5.2 (46.0%)
317	KARNAUCH Aleksandra	7059	NULLPTR	Masters K - 40	118	02:13:06	04:02:59.55	04:03:45.20	+02:11:45 (54.1%)	11:34	5.2 (46.0%)
318	MŁODECKA Sylwia	7387	KNEIPP TEAM	Weteran K - 50	36	02:18:35	04:02:57.85	04:03:46.60	+02:11:47 (54.1%)	11:34	5.2 (46.0%)
319	CHMIELEWSKA Karolina	7339		Masters K - 40	119	02:01:42	04:03:36.65	04:03:47.00	+02:11:47 (54.1%)	11:36	5.2 (46.0%)
320	BARASIŃSKA Marta	7083		Senior II K - 30	127	02:20:59	04:02:59.10	04:04:08.05	+02:12:08 (54.1%)	11:34	5.2 (46.0%)
321	LIMAN Dorota	7865	PODLASIAKI TEAM	Masters K - 40	120	02:17:22	04:02:10.35	04:04:49.80	+02:12:50 (54.3%)	11:31	5.2 (46.0%)
322	ZAKRZEWSKA Sylwia	7090	FSD RUN DREZDENKO	Senior II K - 30	128	02:10:46	04:04:24.60	04:04:50.85	+02:12:51 (54.3%)	11:38	5.2 (46.0%)
323	ŁUSIAK Ewa	7332		Masters K - 40	121	02:15:42	04:01:14.65	04:04:55.45	+02:12:56 (54.3%)	11:29	5.2 (46.0%)
324	TOBOŁA Marta	7429		Masters K - 40	122	02:17:43	04:02:50.65	04:05:05.30	+02:13:06 (54.3%)	11:33	5.2 (46.0%)
325	MROWIŃSKA Marta	7443	SHOOTBOXER MOSINA	Masters K - 40	123	02:15:53	04:06:29.05	04:08:06.10	+02:16:06 (54.9%)	11:44	5.1 (45.1%)
325	ROSÓŁ Anna	7428		Weteran K - 50	37	02:17:01	04:06:29.10	04:08:06.10	+02:16:06 (54.9%)	11:44	5.1 (45.1%)
327	LITKE Andżelika	7963	EAZYMUT.PL	Senior II K - 30	129	02:13:23	04:06:16.10	04:08:27.95	+02:16:28 (54.9%)	11:43	5.1 (45.1%)
328	BANACH-SKOWRONEK Joanna	7029	OJ NIEFAJNIE	Senior II K - 30	130	02:15:23	04:06:56.00	04:08:43.75	+02:16:44 (55.0%)	11:45	5.1 (45.1%)
329	KOŚCIOW Dorota	7551	RAZ SZCZECIN	Weteran II K - 60	3	02:13:00	04:09:08.10	04:10:20.05	+02:18:20 (55.3%)	11:51	5.1 (45.1%)
330	SOJA-WAWRYSZEWICZ Agata	7581		Masters K - 40	124	02:21:37	04:10:00.55	04:10:47.75	+02:18:48 (55.3%)	11:54	5 (44.2%)
331	MICHALIK-KWAŚNICKA Katarzyna	7014	PRECEL RACING TEAM	Senior II K - 30	131	02:20:15	04:08:12.40	04:11:40.20	+02:19:40 (55.5%)	11:49	5.1 (45.1%)
332	SEREDYŃSKA Edyta	7984		Weteran K - 50	38	02:15:12	04:08:36.30	04:12:04.95	+02:20:05 (55.6%)	11:50	5.1 (45.1%)
333	DUTKIEWICZ-GAJOS Renata	7890		Weteran II K - 60	4	02:15:08	04:08:38.50	04:12:06.95	+02:20:07 (55.6%)	11:50	5.1 (45.1%)
334	URBANEK Karolina	7249		Masters K - 40	125	02:17:26	04:09:26.65	04:12:27.40	+02:20:28 (55.6%)	11:52	5.1 (45.1%)
335	WALIGÓRA Paulina	7996		Senior I K - 20	37	02:17:24	04:09:26.40	04:12:27.75	+02:20:28 (55.6%)	11:52	5.1 (45.1%)
336	MARKIEWICZ Jagoda	7158	KUŹNIA TALENTÓW KAMIENIEC	Senior I K - 20	38	02:17:22	04:09:25.55	04:12:27.85	+02:20:28 (55.6%)	11:52	5.1 (45.1%)
337	WIERZBICKA Natalia	7531	PCH_RUN	Masters K - 40	126	02:22:09	04:11:38.15	04:12:30.85	+02:20:31 (55.7%)	11:58	5 (44.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
338	FRĄCKOWIAK Anna	7569	KB HARCOWNIK	Weteran K - 50	39	02:19:48	04:10:54.05	04:13:46.95	+02:21:47 (55.9%)	11:56	5 (44.2%)
339	OGRODNIK Anna	7361		Masters K - 40	127	02:10:05	04:11:55.90	04:14:21.40	+02:22:22 (56.0%)	11:59	5 (44.2%)
340	JAKIMOWICZ Iza	7035	WIECZORNE BIEGANIE W OPOLU	Masters K - 40	128	02:23:28	04:13:44.00	04:15:00.05	+02:23:00 (56.1%)	12:04	5 (44.2%)
341	KAŁUSKA Magdalena	7066		Masters K - 40	129	02:23:59	04:13:52.50	04:15:54.15	+02:23:54 (56.2%)	12:05	5 (44.2%)
342	BARSZCZEWSKA Małgorzata	7706	BIEGACZE ŚWINOUJŚCIE	Masters K - 40	130	02:22:39	04:14:43.95	04:18:02.75	+02:26:03 (56.6%)	12:07	4.9 (43.4%)
343	BASTA Joanna	7084	BBL LASY BOGDANIEC, BASTA TEAM	Weteran K - 50	40	02:15:40	04:16:06.75	04:18:38.75	+02:26:39 (56.7%)	12:11	4.9 (43.4%)
344	JANICZEK Barbara	7386	WIECZORNE BIEGANIE W OPOLU	Masters K - 40	131	02:17:09	04:17:40.35	04:19:00.75	+02:27:01 (56.8%)	12:16	4.9 (43.4%)
345	KOSTULSKA Olga	7906	WKURW_TEAM	Senior II K - 30	132	02:31:07	04:18:12.95	04:20:01.95	+02:28:02 (56.9%)	12:17	4.9 (43.4%)
346	SOŁYGA Magdalena	7666		Senior II K - 30	133	02:17:03	04:17:09.05	04:20:08.00	+02:28:08 (56.9%)	12:14	4.9 (43.4%)
347	OLESZCZYK Aleksandra	7492	GRUPA BIEGOWA ENERGY KACZORY	Masters K - 40	132	02:15:10	04:16:58.05	04:20:29.40	+02:28:30 (57.0%)	12:14	4.9 (43.4%)
348	BIELECKA Arleta	7746	ENERGY KACZORY	Weteran K - 50	41	02:16:18	04:16:58.00	04:20:29.45	+02:28:30 (57.0%)	12:14	4.9 (43.4%)
349	REGULSKA Aneta	7201	DRUZYNA SZPIKU	Masters K - 40	133	02:21:31	04:19:38.80	04:20:34.65	+02:28:35 (57.0%)	12:21	4.9 (43.4%)
350	RAJZAKOWSKA Anna	7256		Weteran II K - 60	5	02:21:13	04:19:48.75	04:20:43.95	+02:28:44 (57.0%)	12:22	4.8 (42.5%)
351	CENDROWICZ Magdalena	7398	KNEIPP TEAM	Masters K - 40	134	02:19:22	04:17:17.75	04:20:58.75	+02:28:59 (57.1%)	12:15	4.9 (43.4%)
352	SIKORA Agnieszka	7268		Senior II K - 30	134	02:13:49	04:20:39.05	04:20:59.65	+02:29:00 (57.1%)	12:24	4.8 (42.5%)
353	PYRZYNA-GONCIARZ Eliza	7512	TEAM EUROCASH	Senior II K - 30	135	02:27:59	04:17:34.00	04:21:16.35	+02:29:17 (57.1%)	12:15	4.9 (43.4%)
354	WOJTKOWIAK Dorota	7451		Weteran K - 50	42	02:14:10	04:17:52.25	04:21:27.15	+02:29:27 (57.2%)	12:16	4.9 (43.4%)
355	NOWICKA Agnieszka	7038	KĘSY TEAM	Senior II K - 30	136	02:20:09	04:19:28.50	04:21:33.30	+02:29:34 (57.2%)	12:21	4.9 (43.4%)
356	NAKONECZNA Alicja	7058	KĘSY TEAM	Senior II K - 30	137	02:20:09	04:19:29.70	04:21:34.05	+02:29:34 (57.2%)	12:21	4.9 (43.4%)
357	DZIURZYŃSKA Ulka	7558	VEGE RUNNERS	Masters K - 40	135	02:18:53	04:19:00.50	04:22:37.95	+02:30:38 (57.4%)	12:20	4.9 (43.4%)
358	JUSZKO Aleksandra	7571		Senior I K - 20	39	02:25:44	04:21:00.25	04:23:10.30	+02:31:11 (57.4%)	12:25	4.8 (42.5%)
359	BUDA Małgorzata	7238		Masters K - 40	136	02:14:34	04:22:21.05	04:23:18.00	+02:31:18 (57.5%)	12:29	4.8 (42.5%)
360	HRABAŃSKA-RACZAK Beata	7343		Masters K - 40	137	02:24:52	04:21:15.65	04:23:20.35	+02:31:21 (57.5%)	12:26	4.8 (42.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
361	BABIRECKA Agnieszka	7379	FU FU FU TEAM	Masters K - 40	138	02:22:45	04:21:21.00	04:23:24.90	+02:31:25 (57.5%)	12:26	4.8 (42.5%)
362	SKOLIMOWSKA Katarzyna	7553	YRTS	Masters K - 40	139	02:32:43	04:24:06.70	04:24:20.25	+02:32:20 (57.6%)	12:34	4.8 (42.5%)
363	JUSZKO Monika	7945		Weteran K - 50	43	02:25:35	04:22:27.80	04:24:38.30	+02:32:39 (57.7%)	12:29	4.8 (42.5%)
364	WROŃSKA Sandra	7124		Senior II K - 30	138	02:23:48	04:21:43.50	04:24:55.15	+02:32:55 (57.7%)	12:27	4.8 (42.5%)
365	JASIEWICZ Karolina	7032		Senior II K - 30	139		04:25:44.65	04:28:09.85	+02:36:10 (58.2%)	12:39	4.7 (41.6%)
366	KWIATKOWSKA Monika	7800		Masters K - 40	140	02:29:44	04:27:07.15	04:28:10.05	+02:36:10 (58.2%)	12:43	4.7 (41.6%)
367	CZYŻAK Justyna	7933	MROWINOCITI	Masters K - 40	141	02:29:22	04:28:34.10	04:29:35.65	+02:37:36 (58.5%)	12:47	4.7 (41.6%)
368	CHROSTEK Dorota	7163	ZA LINIĄ METY	Masters K - 40	142	02:29:20	04:28:34.05	04:29:35.90	+02:37:36 (58.5%)	12:47	4.7 (41.6%)
369	REGEC Ewelina	7787		Masters K - 40	143	02:10:03	04:28:12.55	04:31:07.65	+02:39:08 (58.7%)	12:46	4.7 (41.6%)
370	DUBIAŁ Halina	7365	BABCIE BIEGAJĄ	Weteran II K - 60	6	02:26:43	04:31:30.70	04:34:51.35	+02:42:52 (59.3%)	12:55	4.6 (40.7%)
371	KOZAK Krystyna	7364	RUN TEAM RYDZYNA	Weteran K - 50	44	02:27:01	04:31:30.85	04:34:51.65	+02:42:52 (59.3%)	12:55	4.6 (40.7%)
372	BARAŁKIEWICZ-SOKAL Karolina	7266		Masters K - 40	144	02:30:13	04:34:01.05	04:36:57.85	+02:44:58 (59.6%)	13:02	4.6 (40.7%)
373	DROŹDŹ Dorota	7859		Weteran K - 50	45	02:21:53	04:38:30.70	04:40:28.80	+02:48:29 (60.1%)	13:15	4.5 (39.8%)
374	ZALESZCZAK Renata	7298	KB SZAMOTUŁY	Weteran K - 50	46	02:21:49	04:40:58.10	04:42:21.80	+02:50:22 (60.3%)	13:22	4.5 (39.8%)
375	JACHIM-SZUBA Magdalena	7946	SZUBA TEAM	Masters K - 40	145	02:30:29	04:50:43.65	04:54:07.35	+03:02:08 (61.9%)	13:50	4.3 (38.1%)
	DUL Karolina	7960	SBG SALCO	Senior I K - 20		01:08:58 DNF	DNF	DNF		-	- (0.0%)
	PRZYŁUSKA Mirosława	7868	RAZ SZCZECIN	Weteran II K - 60		02:38:24 DNF	DNF	DNF		-	- (0.0%)
	SZYMAŃSKA Ania	7193		Weteran K - 50		02:42:48 DNF	DNF	DNF		-	- (0.0%)
	STRZYŻOWSKA Monika	7373		Masters K - 40		02:44:56 DNF	DNF	DNF		-	- (0.0%)
	LEWANDOWSKA Anna	7013	BORKOŚTEAM	Senior II K - 30		02:45:42 DNF	DNF	DNF		-	- (0.0%)
	ZIENKIEWICZ Monika	7705		Masters K - 40		02:55:54 DNF	DNF	DNF		-	- (0.0%)
	DOMINIAK Agnieszka	7040		Masters K - 40		02:58:35 DNF	DNF	DNF		-	- (0.0%)
	SZOJDA Małgorzata	7632		Senior II K - 30		DNF	DNF	DNF		-	- (0.0%)
	WITKIEWICZ-ŁUKASZEK Sandra	7128	ŁUKASZKI TEAM	Senior II K - 30		DNF	DNF	DNF		-	- (0.0%)
	KARPIŃSKA Anna	7031	DZIKIE GRUBASY SZATANA	Masters K - 40		DNF	DNF	DNF		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
	MORKA Karolina	7167	KĘSY TEAM	Masters K - 40		DNF	DNF	DNF		-	- (0.0%)

Znaleziono 386 wynik(ów)