

ZŁOTY PÓLMARATON - 21 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Stowarzyszenie TKKF Kompas
Data: 2017-07-20
Miejsce: Łądek Zdrój
Dystans: 21 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN KOBIEC

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	KANTOR Martyna	2402	SALCO GARMIN TEAM	Senior I K - 20	1	01:01:24	01:49:01.55	01:49:04.15		5:11	11.6 (100%)
2	KAŻMIERCZAK Marta	2416	DREAM RUN	Senior II K - 30	1	01:10:52	02:00:02.15	02:00:12.15	+00:11:08 (9.3%)	5:42	10.5 (90.5%)
3	KROWICKA Agnieszka	2232	OLIMPIJCZYK SZCZEKOCINY	Senior II K - 30	2	01:07:42	02:00:07.55	02:00:13.30	+00:11:09 (9.3%)	5:43	10.5 (90.5%)
4	STĘPIEŃ Marta	2414		Senior II K - 30	3	01:10:07	02:01:53.00	02:02:03.70	+00:12:59 (10.6%)	5:48	10.3 (88.8%)
5	WALEŃSKA Ewa	2271	GT RAT	Masters K - 40	1	01:13:30	02:08:18.80	02:08:30.05	+00:19:25 (15.1%)	6:06	9.8 (84.5%)
6	DROŹDZIK Magdalena	2244	WKB META LUBLINIEC	Senior II K - 30	4	01:13:31	02:09:14.05	02:09:18.95	+00:20:14 (15.7%)	6:09	9.7 (83.6%)
7	IWAN Anna	2311	PODSIADŁO TEAM	Senior I K - 20	2	01:16:01	02:11:12.05	02:11:54.20	+00:22:50 (17.3%)	6:14	9.6 (82.8%)
8	SIEMIENIEC Marta	2183	1990	Senior I K - 20	3	01:20:49	02:17:01.55	02:17:46.70	+00:28:42 (20.8%)	6:31	9.2 (79.3%)
9	UBYSZ Natalia	2112	SERPENTINE RC	Senior II K - 30	5	01:22:14	02:19:02.05	02:19:38.90	+00:30:34 (21.9%)	6:37	9.1 (78.4%)
10	SWIETEK-OZDOBA Sylwia	2037	LTT	Masters K - 40	2	01:19:57	02:19:48.70	02:19:57.55	+00:30:53 (22.1%)	6:39	9 (77.6%)
11	FERCHMIN Alicja	2292	JESUS IS MY LEADER	Senior II K - 30	6	01:19:48	02:21:32.40	02:21:42.95	+00:32:38 (23.0%)	6:44	8.9 (76.7%)
12	SŁOWIKOWSKA Klaudia	2047		Senior I K - 20	4	01:21:30	02:22:21.00	02:22:27.95	+00:33:23 (23.4%)	6:46	8.9 (76.7%)
13	CZEBOTAR Barbara	2385		Masters K - 40	3	01:21:24	02:22:33.65	02:22:55.40	+00:33:51 (23.7%)	6:47	8.8 (75.9%)
14	BIERNACKA Kasia	2415	SPELEO KLUB WARSZAWSKI	Masters K - 40	4		02:22:53.65	02:22:59.80	+00:33:55 (23.7%)	6:48	8.8 (75.9%)
15	TUCHOŁKA Marta	2270	POCO LOCO ADVENTURE TEAM	Senior II K - 30	7	01:23:19	02:22:56.75	02:23:23.00	+00:34:18 (23.9%)	6:48	8.8 (75.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
16	KACZMARCZYK Urszula	2158	KARKONOSZ RUNNING TEAM / PRO RUN WROCŁAW	Senior II K - 30	8	01:21:36	02:23:15.75	02:23:44.80	+00:34:40 (24.1%)	6:49	8.8 (75.9%)
17	MIZERNY Maria	2072	PI	Senior I K - 20	5	01:23:57	02:23:30.65	02:24:06.90	+00:35:02 (24.3%)	6:50	8.8 (75.9%)
18	RYBARSKA Marta	2017		Senior I K - 20	6	01:18:42	02:25:51.60	02:26:00.80	+00:36:56 (25.3%)	6:56	8.6 (74.1%)
19	PUSTELNIK Karolina	2419	AK6	Senior II K - 30	9	01:21:07	02:26:40.30	02:27:12.80	+00:38:08 (25.9%)	6:59	8.6 (74.1%)
20	GRABIŃSKA Gizela	2206	DREAM RUN/ AZS UW	Masters K - 40	5	01:24:36	02:27:03.15	02:27:15.55	+00:38:11 (25.9%)	7:00	8.6 (74.1%)
21	MACHETA Patrycja	2068		Senior I K - 20	7	01:23:42	02:27:23.45	02:27:56.70	+00:38:52 (26.3%)	7:01	8.5 (73.3%)
22	WOJTKOWIAK Renata	2156	PIĄTKOWO NA BIEGOWO	Masters K - 40	6	01:21:16	02:28:16.25	02:28:39.05	+00:39:34 (26.6%)	7:03	8.5 (73.3%)
23	BANDUROWSKA Agnieszka	2067	KB SPOCENI NOWA SÓL	Masters K - 40	7	01:29:11	02:28:36.45	02:28:45.20	+00:39:41 (26.7%)	7:04	8.5 (73.3%)
24	ŻUREK Żaneta	2001	POKERUN	Senior II K - 30	10	01:26:28	02:28:28.50	02:28:45.80	+00:39:41 (26.7%)	7:04	8.5 (73.3%)
25	SKRZYPIEC Katarzyna	2019		Senior II K - 30	11	01:21:46	02:29:13.40	02:29:19.65	+00:40:15 (27.0%)	7:06	8.4 (72.4%)
26	KUCHARCZYK Anna	2337	WILLA SŁONECZKO TORPEDOS	Senior II K - 30	12	01:28:16	02:28:49.85	02:29:29.00	+00:40:24 (27.0%)	7:05	8.5 (73.3%)
27	BURANT Agnieszka	2065		Senior II K - 30	13	01:27:37	02:31:21.75	02:31:28.35	+00:42:24 (28.0%)	7:12	8.3 (71.6%)
28	WONKO Ewa	2400		Senior II K - 30	14	01:28:31	02:31:40.40	02:32:00.80	+00:42:56 (28.3%)	7:13	8.3 (71.6%)
29	SUSMARSKA Ewa	2384	NO WOMAN NO TRI	Senior I K - 20	8	01:27:00	02:32:53.15	02:33:24.95	+00:44:20 (28.9%)	7:16	8.2 (70.7%)
30	SKACZKOWSKA Barbara	2298	POLSKI KLUB MTB	Senior II K - 30	15	01:28:07	02:33:17.50	02:33:25.00	+00:44:20 (28.9%)	7:18	8.2 (70.7%)
31	NOWAK Barbara	2193	MARCINSWIERCTEAM	Senior II K - 30	16	01:27:05	02:33:48.30	02:34:15.35	+00:45:11 (29.3%)	7:19	8.2 (70.7%)
32	CZEKALSKA Maria	2064		Senior II K - 30	17	01:27:37	02:34:16.30	02:34:23.20	+00:45:19 (29.4%)	7:20	8.2 (70.7%)
33	ŁĄCZAK Justyna	2029		Senior II K - 30	18	01:30:14	02:35:35.20	02:35:48.20	+00:46:44 (30.0%)	7:24	8.1 (69.8%)
34	GRYCMAN Magdalena	2362	SPARTA ULTRA TEAM	Senior II K - 30	19	01:29:19	02:37:10.80	02:37:25.80	+00:48:21 (30.7%)	7:29	8 (69.0%)
35	HADZICKA Sylwia	2376		Senior II K - 30	20	01:28:04	02:36:40.05	02:37:25.85	+00:48:21 (30.7%)	7:27	8 (69.0%)
36	KWIATKOWSKA Zuzanna	2317		Masters K - 40	8	01:31:29	02:38:34.60	02:38:51.50	+00:49:47 (31.3%)	7:33	7.9 (68.1%)
37	SYNOWIEC Dorota	2211		Senior II K - 30	21	01:31:04	02:38:42.15	02:39:05.70	+00:50:01 (31.4%)	7:33	7.9 (68.1%)
38	BORUTA-KOŁODZIEJ Emilia	2314	PRO RUN WROCŁAW	Senior II K - 30	22	01:31:14	02:39:24.85	02:39:48.70	+00:50:44 (31.8%)	7:35	7.9 (68.1%)

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39	CZARNECKA Kamila	2006		Senior II K - 30	23	01:35:14	02:40:05.70	02:40:22.70	+00:51:18 (32.0%)	7:37	7.9 (68.1%)
40	MROWCA Joanna	2057		Senior I K - 20	9	01:29:15	02:40:07.40	02:40:28.70	+00:51:24 (32.0%)	7:37	7.9 (68.1%)
41	MICHALSKA Edyta	2214	ZABIEGANE ŚREPOLE	Senior II K - 30	24	01:28:50	02:39:58.70	02:40:32.00	+00:51:27 (32.1%)	7:37	7.9 (68.1%)
42	BURDAJEWICZ Magdalena	2369		Senior II K - 30	25	01:34:31	02:40:27.50	02:41:05.10	+00:52:00 (32.3%)	7:38	7.9 (68.1%)
43	GRUSZCZYŃSKA Sandra	2325	WILD FOR THE RUN / HERCOG RUNNING TEAM	Senior II K - 30	26	01:33:17	02:40:52.65	02:41:13.15	+00:52:09 (32.3%)	7:39	7.8 (67.2%)
44	LUBAŃSKA Alicja	2129		Masters K - 40	9	01:30:48	02:41:11.50	02:41:16.95	+00:52:12 (32.4%)	7:40	7.8 (67.2%)
45	PIEKIELNA Angelika	2388	WIERUNSZÓW	Senior I K - 20	10	01:31:32	02:41:51.20	02:42:00.55	+00:52:56 (32.7%)	7:42	7.8 (67.2%)
46	PLEWA Katarzyna	2082	DOBSOM	Senior II K - 30	27	01:29:44	02:42:01.25	02:42:13.35	+00:53:09 (32.8%)	7:42	7.8 (67.2%)
47	KUŁACZKOWSKA Magdalena	2221		Senior I K - 20	11	01:34:45	02:41:42.55	02:42:15.35	+00:53:11 (32.8%)	7:42	7.8 (67.2%)
48	WESOŁOWSKA Marta	2111		Senior II K - 30	28	01:34:45	02:41:46.60	02:42:19.20	+00:53:15 (32.8%)	7:42	7.8 (67.2%)
49	BULIŃSKA Iwona	2405	NIGHT RUNNERS	Senior II K - 30	29	01:32:49	02:42:37.90	02:42:46.10	+00:53:41 (33.0%)	7:44	7.7 (66.4%)
50	ASPERSKA Julia	2281		Senior II K - 30	30	01:34:02	02:43:02.75	02:43:36.25	+00:54:32 (33.3%)	7:45	7.7 (66.4%)
51	WESOŁOWSKA-KRUPA Paulina	2109		Senior II K - 30	31	01:27:15	02:43:24.80	02:43:57.15	+00:54:53 (33.5%)	7:46	7.7 (66.4%)
52	MISIAK Dorota	2285	-	Senior II K - 30	32	01:33:01	02:43:44.15	02:44:15.65	+00:55:11 (33.6%)	7:47	7.7 (66.4%)
53	DRYGAS Mariola	2331		Senior II K - 30	33	01:31:55	02:44:44.35	02:44:58.60	+00:55:54 (33.9%)	7:50	7.6 (65.5%)
54	ZYGMUNT Małgorzata	2153	ZYGI&PRZEMO	Senior II K - 30	34	01:31:40	02:45:02.45	02:45:32.45	+00:56:28 (34.1%)	7:51	7.6 (65.5%)
55	FILIPOWICZ Aleksandra	2316		Masters K - 40	10	01:36:43	02:45:09.25	02:45:34.20	+00:56:30 (34.1%)	7:51	7.6 (65.5%)
56	GARCZEWSKA-PASZKO Joanna	2069		Masters K - 40	11	01:34:54	02:46:52.75	02:47:10.65	+00:58:06 (34.8%)	7:56	7.6 (65.5%)
57	SYNORADZKA Agata	2180		Senior I K - 20	12		02:47:52.00	02:47:57.00	+00:58:52 (35.1%)	7:59	7.5 (64.7%)
58	GRZELKA Agata	2162		Senior II K - 30	35	01:39:19	02:48:14.85	02:48:30.70	+00:59:26 (35.3%)	8:00	7.5 (64.7%)
59	ZUBIK Anna	2301	JB WARSZAWA	Senior II K - 30	36	01:36:24	02:48:19.60	02:48:56.60	+00:59:52 (35.4%)	8:00	7.5 (64.7%)
60	HĄCIA Sylwia	2235		Senior I K - 20	13	01:33:38	02:48:46.45	02:49:01.90	+00:59:57 (35.5%)	8:02	7.5 (64.7%)
61	BARAŃSKA Małgorzata	2086	BBL OPOLE	Masters K - 40	12	01:38:05	02:49:13.60	02:49:41.00	+01:00:36 (35.7%)	8:03	7.4 (63.8%)

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62	GAPSKA Anna	2262		Senior I K - 20	14	01:40:15	02:49:33.50	02:49:59.55	+01:00:55 (35.8%)	8:04	7.4 (63.8%)
63	PASŁAWSKA Olga	2266	PRZEBIEGA.PL	Senior II K - 30	37	01:38:16	02:50:45.65	02:51:02.75	+01:01:58 (36.2%)	8:07	7.4 (63.8%)
64	ZAGASKA Linda	2258	WATAHA TEAM	Senior I K - 20	15	01:36:43	02:50:48.30	02:51:09.60	+01:02:05 (36.3%)	8:08	7.4 (63.8%)
65	KOSTERA Katarzyna	2026	VEGE RUNNERS	Senior II K - 30	38	01:39:49	02:50:48.25	02:51:15.40	+01:02:11 (36.3%)	8:08	7.4 (63.8%)
66	SZCZERBA Kasia	2062	FANS OF FARAWAY	Senior II K - 30	39	01:41:20	02:50:34.70	02:51:25.75	+01:02:21 (36.4%)	8:07	7.4 (63.8%)
67	KOZIEŁ Marta	2136		Senior I K - 20	16	01:40:39	02:51:41.95	02:52:22.05	+01:03:17 (36.7%)	8:10	7.3 (62.9%)
68	BANASIK Karolina	2253	WKURW_TEAM	Senior II K - 30	40	01:35:37	02:52:09.50	02:52:37.40	+01:03:33 (36.8%)	8:11	7.3 (62.9%)
69	ŚWIDEREK Kasia	2368		Masters K - 40	13	01:37:48	02:52:43.95	02:52:50.85	+01:03:46 (36.9%)	8:13	7.3 (62.9%)
70	LASKOWSKA Maja	2130	OBOZYBIEGOWE.PL	Senior II K - 30	41	01:43:05	02:53:12.90	02:53:47.65	+01:04:43 (37.2%)	8:14	7.3 (62.9%)
71	MOKRZYCKA Weronika	2379		Senior II K - 30	42	01:40:26	02:53:34.55	02:53:49.60	+01:04:45 (37.3%)	8:15	7.3 (62.9%)
72	CZERWONKA Katarzyna	2122	AZS COLLEGIUM MEDICUM UJ	Senior II K - 30	43	01:40:37	02:53:34.65	02:53:56.55	+01:04:52 (37.3%)	8:15	7.3 (62.9%)
73	KOCZAJA Malgorzata	2248		Senior I K - 20	17	01:37:38	02:55:15.15	02:55:36.15	+01:06:32 (37.9%)	8:20	7.2 (62.1%)
74	RAPACZ - TOPIŁKO Anna	2401	ODLO POLSKA	Senior II K - 30	44	01:39:58	02:55:28.60	02:55:38.90	+01:06:34 (37.9%)	8:21	7.2 (62.1%)
75	PORADA Magdalena	2184		Senior II K - 30	45	01:40:25	02:55:57.70	02:56:26.60	+01:07:22 (38.2%)	8:22	7.2 (62.1%)
76	MOŃKA Karolina	2326	SPARTA ULTRA TEAM	Senior I K - 20	18	01:39:45	02:57:10.30	02:57:25.90	+01:08:21 (38.5%)	8:26	7.1 (61.2%)
77	KOJDER Iwona	2079		Senior I K - 20	19	01:41:41	02:57:38.15	02:57:49.30	+01:08:45 (38.7%)	8:27	7.1 (61.2%)
77	PISKORZ Daria	2354	DRUŻYNA SZPIKU SITECH	Masters K - 40	14	01:44:50	02:57:01.90	02:57:49.30	+01:08:45 (38.7%)	8:25	7.1 (61.2%)
79	GRISZCZENKO Ela	2229		Senior I K - 20	20	01:40:13	02:57:21.00	02:58:02.35	+01:08:58 (38.7%)	8:26	7.1 (61.2%)
80	MILEJSKA Joanna	2087	BBL OPOLE	Masters K - 40	15	01:44:00	02:57:23.15	02:58:08.60	+01:09:04 (38.8%)	8:26	7.1 (61.2%)
81	RUTKOWSKA Hanna	2185	-	Senior I K - 20	21	01:40:43	02:58:04.55	02:58:24.60	+01:09:20 (38.9%)	8:28	7.1 (61.2%)
82	WRONA Agnieszka	2236		Senior II K - 30	46	01:40:06	02:58:07.55	02:58:43.05	+01:09:38 (39.0%)	8:28	7.1 (61.2%)
83	ŻARSKA Izabela	2307	FUDU&CO SPORT TEAM	Masters K - 40	16	01:44:33	03:01:03.90	03:01:17.50	+01:12:13 (39.8%)	8:37	7 (60.3%)
84	SOSZYŃSKA Gosia	2052	CZŁAPACZE	Weteran K - 50	1	01:44:28	03:01:10.85	03:01:48.70	+01:12:44 (40.0%)	8:37	7 (60.3%)

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85	LUBOCH Agnieszka	2108		Masters K - 40	17	01:43:23	03:02:02.00	03:02:13.85	+01:13:09 (40.1%)	8:40	6.9 (59.5%)
86	GARBOWSKA Monika	2089	NIGHT RUNNERS GLIWICE	Senior II K - 30	47	01:44:32	03:02:34.55	03:02:57.55	+01:13:53 (40.4%)	8:41	6.9 (59.5%)
87	HETKA Magdalena	2302	1991	Senior I K - 20	22	01:43:45	03:02:19.80	03:03:00.05	+01:13:55 (40.4%)	8:40	6.9 (59.5%)
88	TERZONI Karina	2339		Senior II K - 30	48	01:43:15	03:03:03.90	03:03:37.70	+01:14:33 (40.6%)	8:43	6.9 (59.5%)
89	PIELICHOWSKA Justyna	2164	BIEGAJĄC Z WILKAMI	Senior II K - 30	49	01:41:03	03:03:20.05	03:03:37.95	+01:14:33 (40.6%)	8:43	6.9 (59.5%)
90	KRZACZKOWSKA Joanna	2233		Senior II K - 30	50	01:46:12	03:03:03.70	03:03:52.80	+01:14:48 (40.7%)	8:43	6.9 (59.5%)
91	SOBAŃSKA Paulina	2040	WUEF CLUB DECATHLON SWADZIM	Senior II K - 30	51	01:43:18	03:04:13.70	03:04:30.20	+01:15:26 (40.9%)	8:46	6.8 (58.6%)
92	RYNKOWSKA Katarzyna	2177		Masters K - 40	18	01:45:19	03:05:33.25	03:05:57.65	+01:16:53 (41.3%)	8:50	6.8 (58.6%)
93	WOŹNIAK Paulina	2265	CKBABCIE	Senior II K - 30	52	01:44:06	03:05:39.45	03:06:03.15	+01:16:59 (41.4%)	8:50	6.8 (58.6%)
93	GRĘZEL-GAWRON Jolanta	2084		Masters K - 40	19	01:44:16	03:05:49.95	03:06:03.15	+01:16:59 (41.4%)	8:50	6.8 (58.6%)
95	PRZYSIWEK Magdalena	2196		Senior II K - 30	53	01:45:27	03:05:46.80	03:06:17.40	+01:17:13 (41.5%)	8:50	6.8 (58.6%)
96	MĄCZKA Krystyna	2395	OTK RZEŹNIK	Weteran II K - 60	1	01:45:05	03:06:26.70	03:06:34.20	+01:17:30 (41.5%)	8:52	6.8 (58.6%)
97	OLSZEWSKA Anna	2287		Senior II K - 30	54	01:46:08	03:05:40.40	03:06:35.05	+01:17:30 (41.5%)	8:50	6.8 (58.6%)
98	MRÓZ Izabela	2094	WOLNE ŚLIMAKI	Senior II K - 30	55	01:52:59	03:06:49.60	03:07:28.90	+01:18:24 (41.8%)	8:53	6.7 (57.8%)
99	ZARĘBA Julia	2291	NIE ZA DALEKO	Senior I K - 20	23	01:49:38	03:07:16.65	03:07:35.15	+01:18:31 (41.9%)	8:55	6.7 (57.8%)
100	ŚLEMP Bernadetta	2375		Masters K - 40	20	01:51:58	03:07:55.15	03:08:44.55	+01:19:40 (42.2%)	8:56	6.7 (57.8%)
101	MUSIELAK Magdalena	2231	M&M&M	Senior II K - 30	56	01:41:40	03:09:04.75	03:09:10.40	+01:20:06 (42.3%)	9:00	6.7 (57.8%)
102	GÓRSKA-NOWAK Tatiana	2255	AGB TORFY	Masters K - 40	21	01:47:30	03:08:50.40	03:09:18.00	+01:20:13 (42.4%)	8:59	6.7 (57.8%)
103	ŚLIWAK Katarzyna	2359		Senior I K - 20	24	01:53:26	03:09:13.50	03:09:28.40	+01:20:24 (42.4%)	9:00	6.7 (57.8%)
104	KULIBERDA Sylwia	2308		Masters K - 40	22	01:53:02	03:08:58.30	03:09:43.00	+01:20:38 (42.5%)	8:59	6.7 (57.8%)
105	NOWACZYK Zuzanna	2293		Senior I K - 20	25	01:46:41	03:09:09.20	03:09:52.20	+01:20:48 (42.6%)	9:00	6.7 (57.8%)
106	PIETROWICZ Weronika	2336	ZABIEGANI LUSÓWKO	Senior I K - 20	26	01:46:42	03:09:09.40	03:09:52.40	+01:20:48 (42.6%)	9:00	6.7 (57.8%)
107	KUCZERA Hanna	2239		Senior II K - 30	57	01:52:18	03:09:52.85	03:10:23.50	+01:21:19 (42.7%)	9:02	6.6 (56.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
108	PRIGAN Anna	2154		Senior II K - 30	58	01:53:25	03:10:53.85	03:11:08.55	+01:22:04 (42.9%)	9:05	6.6 (56.9%)
109	WITKOWSKA Maria	2009	KLUB KRÓLIKA STEFANA	Weteran II K - 60	2	01:49:46	03:10:16.35	03:11:10.05	+01:22:05 (42.9%)	9:03	6.6 (56.9%)
110	GARGAS-DZIEDZINA Joanna	2276	NIGHT RUNNERS	Senior II K - 30	59	01:51:50	03:12:14.80	03:12:22.90	+01:23:18 (43.3%)	9:09	6.6 (56.9%)
111	ŻEBRAK Anna	2033		Senior I K - 20	27	01:46:34	03:11:44.50	03:12:32.45	+01:23:28 (43.4%)	9:07	6.6 (56.9%)
112	LAZAR Joanna	2155	MIROTRANS	Senior II K - 30	60	01:51:47	03:11:44.75	03:12:34.15	+01:23:30 (43.4%)	9:07	6.6 (56.9%)
113	DUDARONEK Paulina	2217		Senior I K - 20	28	01:43:37	03:15:14.65	03:15:22.60	+01:26:18 (44.2%)	9:17	6.5 (56.0%)
114	PRĘDKA Magdalena	2045	OLA CLUB	Masters K - 40	23	01:50:23	03:14:33.85	03:15:25.15	+01:26:21 (44.2%)	9:15	6.5 (56.0%)
115	SALONI-SADOWSKA Maria	2274	OBOZYBIEGOWE.PL	Masters K - 40	24	01:51:16	03:16:26.40	03:16:50.60	+01:27:46 (44.6%)	9:21	6.4 (55.2%)
116	FLORCZAK Monika	2407	KOBIETA W BIEGU	Senior I K - 20	29	01:51:54	03:16:04.55	03:16:50.80	+01:27:46 (44.6%)	9:20	6.4 (55.2%)
117	KAŁWA Anna	2099		Senior II K - 30	61	01:48:30	03:16:43.30	03:17:29.80	+01:28:25 (44.8%)	9:22	6.4 (55.2%)
118	LESZCZYŃSKA Lidia	2002	POKERUN	Masters K - 40	25	01:52:24	03:17:35.75	03:17:52.85	+01:28:48 (44.9%)	9:24	6.4 (55.2%)
119	BARTOSIEWICZ Dorota	2202		Senior II K - 30	62	01:48:13	03:17:48.85	03:17:57.60	+01:28:53 (44.9%)	9:25	6.4 (55.2%)
120	MADAJ Jagoda	2115		Senior I K - 20	30	01:58:05	03:17:33.20	03:18:13.45	+01:29:09 (45.0%)	9:24	6.4 (55.2%)
121	PRZYBYŁ Jolanta	2028	BIEGOLOGIA.PL / EASY RUNNERS	Masters K - 40	26	01:52:09	03:18:36.80	03:18:52.95	+01:29:48 (45.2%)	9:27	6.3 (54.3%)
122	SZULC Joanna	2031	ALBATROSY	Masters K - 40	27	01:59:42	03:20:06.70	03:20:33.15	+01:31:29 (45.6%)	9:31	6.3 (54.3%)
123	KUKUŁA Patrycja	2097		Senior I K - 20	31	01:49:00	03:20:00.25	03:20:44.15	+01:31:40 (45.7%)	9:31	6.3 (54.3%)
124	WALCZAK-WOJTKOWSKA Iwona	2173		Weteran K - 50	2	01:57:55	03:23:22.40	03:23:59.40	+01:34:55 (46.5%)	9:41	6.2 (53.4%)
125	ŚWIĄTEK Karolina	2198		Senior I K - 20	32	01:57:18	03:25:57.65	03:26:36.50	+01:37:32 (47.2%)	9:48	6.1 (52.6%)
126	ŚWIĄTEK Agnieszka	2199		Senior I K - 20	33	01:57:19	03:25:58.30	03:26:36.70	+01:37:32 (47.2%)	9:48	6.1 (52.6%)
127	KOTYSZ Katarzyna	2197	BBL OPOLE	Weteran K - 50	3	01:59:29	03:28:16.65	03:29:02.75	+01:39:58 (47.8%)	9:55	6 (51.7%)
128	RYNKOWSKA Magdalena	2176		Masters K - 40	28	02:01:18	03:29:33.15	03:29:57.00	+01:40:52 (48.0%)	9:58	6 (51.7%)
129	KRAWCZAK Karolina	2263	BIEGAM BO LUBIĘ GŁOGÓW	Senior I K - 20	34	01:52:24	03:29:43.95	03:30:09.10	+01:41:04 (48.1%)	9:59	6 (51.7%)
130	KACZMAREK Agata	2034	TKD SZAKAL JEŻYCE RUNNERS	Masters K - 40	29	02:07:27	03:29:55.25	03:30:22.05	+01:41:17 (48.2%)	9:59	6 (51.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
131	MICHALSKA Małgorzata	2066	FUDU&CO. SPORT TEAM	Masters K - 40	30	01:59:58	03:31:54.00	03:32:08.30	+01:43:04 (48.6%)	10:05	5.9 (50.9%)
132	ZAGROBELNA Magdalena	2116	DRUŻYNA SZPIKU	Senior II K - 30	63	02:12:41	03:35:50.75	03:36:21.20	+01:47:17 (49.6%)	10:16	5.8 (50.0%)
133	KUCZAKOWSKA Joanna	2399	BIEGOWE MISIE	Senior II K - 30	64	01:58:33	03:36:24.55	03:36:39.75	+01:47:35 (49.7%)	10:18	5.8 (50.0%)
134	ZAJDLIC Renata	2172		Masters K - 40	31	02:10:56	03:37:10.35	03:37:30.40	+01:48:26 (49.9%)	10:20	5.8 (50.0%)
135	CHOJNOWSKA Monika	2131	BIEGAM BO LUBIĘ ZĄBKITEAM	Senior II K - 30	65	02:02:35	03:38:36.45	03:39:11.50	+01:50:07 (50.2%)	10:24	5.8 (50.0%)
136	KUKLIŃSKA Joanna	2294		Weteran K - 50	4	02:06:42	03:40:52.85	03:41:31.45	+01:52:27 (50.8%)	10:31	5.7 (49.1%)
137	ROSZAK Romana	2100	KURACJUSZE	Senior II K - 30	66	02:05:34	03:42:43.30	03:42:50.00	+01:53:45 (51.1%)	10:36	5.7 (49.1%)
138	SOSULSKA Janina	2238	ATHLETICS NYSA	Weteran K - 50	5	02:12:27	03:44:04.00	03:44:50.25	+01:55:46 (51.5%)	10:40	5.6 (48.3%)
139	POMIANOWSKA Anna	2107		Senior II K - 30	67	01:58:45	03:44:05.00	03:44:50.30	+01:55:46 (51.5%)	10:40	5.6 (48.3%)
140	SPOZ Magdalena	2039	TKD SZAKAL JEŻYCE RUNNERS	Masters K - 40	32	02:07:27	03:49:06.25	03:49:32.40	+02:00:28 (52.5%)	10:54	5.5 (47.4%)
141	KUTNA Agnieszka	2101		Senior II K - 30	68	02:12:41	03:59:15.40	03:59:44.65	+02:10:40 (54.5%)	11:23	5.3 (45.7%)
142	JUSZKO Monika	2225		Masters K - 40	33	02:09:51	04:04:48.80	04:05:20.55	+02:16:16 (55.5%)	11:39	5.1 (44.0%)
143	JUSZKO Aleksandra	2226		Senior I K - 20	35	02:09:52	04:05:06.75	04:05:38.30	+02:16:34 (55.6%)	11:40	5.1 (44.0%)
144	GORGOL Renia	2342		Masters K - 40	34	02:20:00	04:24:55.30	04:25:37.85	+02:36:33 (58.9%)	12:36	4.8 (41.4%)
145	ANDRYSZAK Karolina	2341	#TEAMFARFALLA	Masters K - 40	35	02:20:04	04:24:55.75	04:25:38.50	+02:36:34 (58.9%)	12:36	4.8 (41.4%)
	POLUS Magdalena	2141		Senior II K - 30		DNF	DNF	DNF		-	- (0.0%)

Znaleziono 146 wynik(ów)