



**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

Dolnośląski Festiwal Biegów Górskich  
Fundacja MARATONY GÓRSKIE  
2021-07-15  
Łądek-Zdrój  
21 km

## ZŁOTY PÓŁMARATON - 21 KM

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Senior II K - 30

| Msc | Zawodnik                             | Numer       | Klub                        | Kategoria        | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Różn              | Tempo<br>min/km | Tempo<br>km/h |
|-----|--------------------------------------|-------------|-----------------------------|------------------|------|--------------|-----------------------|-------------------|-----------------|---------------|
| 1   | <b>TOMASIAK Natalia</b>              | <b>7883</b> | SALOMON TEAM                | Senior II K - 30 | 1    | 01:02:41     | <b>01:51:50.95</b>    |                   | 5:19            | 11.3 (100%)   |
| 2   | <b>KRAWCZYK Adriana</b>              | <b>7681</b> |                             | Senior II K - 30 | 2    | 01:08:42     | <b>02:00:15.85</b>    | +00:08:24 (7.0%)  | 5:43            | 10.5 (92.9%)  |
| 3   | <b>BEDNARCZYK Ewelina</b>            | <b>7893</b> | MOCNA GRUPA CEZARA          | Senior II K - 30 | 3    | 01:16:02     | <b>02:08:27.30</b>    | +00:16:36 (12.9%) | 6:07            | 9.8 (86.7%)   |
| 4   | <b>BUCHANIEC Katarzyna</b>           | <b>7708</b> | MIRAZ RACE TEAM             | Senior II K - 30 | 4    | 01:15:23     | <b>02:11:32.60</b>    | +00:19:41 (15.0%) | 6:15            | 9.6 (85.0%)   |
| 5   | <b>KOLANKO Sylwia</b>                | <b>7740</b> | NYSA BIEGA                  | Senior II K - 30 | 5    | 01:15:33     | <b>02:11:40.70</b>    | +00:19:49 (15.1%) | 6:16            | 9.6 (85.0%)   |
| 6   | <b>KOT Klaudia</b>                   | <b>7662</b> |                             | Senior II K - 30 | 6    | 01:15:28     | <b>02:14:03.50</b>    | +00:22:12 (16.6%) | 6:23            | 9.4 (83.2%)   |
| 7   | <b>NIERADKA Anna</b>                 | <b>7733</b> |                             | Senior II K - 30 | 7    | 01:17:50     | <b>02:19:49.30</b>    | +00:27:58 (20.0%) | 6:39            | 9 (79.6%)     |
| 8   | <b>GĘBKA Małgorzata</b>              | <b>7880</b> |                             | Senior II K - 30 | 8    | 01:21:35     | <b>02:20:07.15</b>    | +00:28:16 (20.2%) | 6:40            | 9 (79.6%)     |
| 9   | <b>KOKOTT Agnieszka</b>              | <b>7882</b> | 140MINUT.PL                 | Senior II K - 30 | 9    | 01:23:40     | <b>02:24:48.05</b>    | +00:32:57 (22.8%) | 6:53            | 8.7 (77.0%)   |
| 10  | <b>LORENC Joanna</b>                 | <b>7786</b> | ENDORFINY WĄSOSZ            | Senior II K - 30 | 10   | 01:25:06     | <b>02:26:53.75</b>    | +00:35:02 (23.9%) | 6:59            | 8.6 (76.1%)   |
| 11  | <b>SANIUK Joanna</b>                 | <b>7427</b> |                             | Senior II K - 30 | 11   | 01:25:08     | <b>02:28:31.00</b>    | +00:36:40 (24.7%) | 7:04            | 8.5 (75.2%)   |
| 12  | <b>OLEJNIK Agnieszka</b>             | <b>7413</b> | ENDORFINY WĄSOSZ            | Senior II K - 30 | 12   | 01:25:09     | <b>02:30:05.00</b>    | +00:38:14 (25.5%) | 7:08            | 8.4 (74.3%)   |
| 13  | <b>WOJTOWICZ Karolina</b>            | <b>7483</b> |                             | Senior II K - 30 | 13   | 01:25:35     | <b>02:30:48.05</b>    | +00:38:57 (25.8%) | 7:10            | 8.4 (74.3%)   |
| 14  | <b>KUMOR Dagmara</b>                 | <b>7517</b> |                             | Senior II K - 30 | 14   | 01:27:02     | <b>02:32:07.95</b>    | +00:40:17 (26.5%) | 7:14            | 8.3 (73.5%)   |
| 15  | <b>KOŁAKOWSKA-FĄŁKOWSKA Irena</b>    | <b>7774</b> |                             | Senior II K - 30 | 15   | 01:26:48     | <b>02:32:23.15</b>    | +00:40:32 (26.6%) | 7:15            | 8.3 (73.5%)   |
| 16  | <b>DEMUSZ Natalia</b>                | <b>7721</b> |                             | Senior II K - 30 | 16   | 01:25:11     | <b>02:32:24.05</b>    | +00:40:33 (26.6%) | 7:15            | 8.3 (73.5%)   |
| 17  | <b>KIJAS Maja</b>                    | <b>7886</b> |                             | Senior II K - 30 | 17   | 01:23:37     | <b>02:32:43.70</b>    | +00:40:52 (26.8%) | 7:16            | 8.3 (73.5%)   |
| 18  | <b>RUPIK Maria</b>                   | <b>7629</b> |                             | Senior II K - 30 | 18   | 01:26:41     | <b>02:32:56.35</b>    | +00:41:05 (26.9%) | 7:16            | 8.2 (72.6%)   |
| 19  | <b>KOWALSKA Roma</b>                 | <b>7627</b> | ROKIETNICA BIEGA            | Senior II K - 30 | 19   | 01:30:10     | <b>02:33:21.20</b>    | +00:41:30 (27.1%) | 7:18            | 8.2 (72.6%)   |
| 20  | <b>WIŚNIEWSKA Anna</b>               | <b>7027</b> |                             | Senior II K - 30 | 20   | 01:32:07     | <b>02:33:27.50</b>    | +00:41:36 (27.1%) | 7:18            | 8.2 (72.6%)   |
| 21  | <b>BAHR Marzena</b>                  | <b>7626</b> |                             | Senior II K - 30 | 21   | 01:26:52     | <b>02:34:02.45</b>    | +00:42:11 (27.4%) | 7:20            | 8.2 (72.6%)   |
| 22  | <b>BOCZKOWSKA Marzena</b>            | <b>7431</b> | STAN UMYSŁU LEWIN BIEGA     | Senior II K - 30 | 22   | 01:33:29     | <b>02:36:45.50</b>    | +00:44:54 (28.6%) | 7:27            | 8 (70.8%)     |
| 23  | <b>PILARSKA Olga</b>                 | <b>7799</b> | GUSTAW TEŻ BIEGA            | Senior II K - 30 | 23   | 01:25:45     | <b>02:37:05.55</b>    | +00:45:14 (28.8%) | 7:28            | 8 (70.8%)     |
| 24  | <b>SUCHOCKA Yana</b>                 | <b>7828</b> |                             | Senior II K - 30 | 24   | 01:28:32     | <b>02:37:22.75</b>    | +00:45:31 (28.9%) | 7:29            | 8 (70.8%)     |
| 25  | <b>GRONOWSKA-KAROLCZAK Agnieszka</b> | <b>7559</b> | MARATOŃCZYK POZNAŃ          | Senior II K - 30 | 25   | 01:29:42     | <b>02:38:46.15</b>    | +00:46:55 (29.6%) | 7:33            | 7.9 (69.9%)   |
| 26  | <b>SZCZEPAŃSKA-BUDA Anna</b>         | <b>7684</b> |                             | Senior II K - 30 | 26   | 01:29:55     | <b>02:39:07.00</b>    | +00:47:16 (29.7%) | 7:34            | 7.9 (69.9%)   |
| 27  | <b>BERG Elwira</b>                   | <b>7445</b> |                             | Senior II K - 30 | 27   | 01:30:03     | <b>02:39:11.40</b>    | +00:47:20 (29.7%) | 7:34            | 7.9 (69.9%)   |
| 28  | <b>DUBAS Anna</b>                    | <b>7705</b> | SPRAWDZAMY-NIERUCHOMOSCI.PL | Senior II K - 30 | 28   | 01:30:51     | <b>02:39:17.60</b>    | +00:47:26 (29.8%) | 7:35            | 7.9 (69.9%)   |
| 29  | <b>BABIŃSKA-POPIŁKA Ewelina</b>      | <b>7748</b> |                             | Senior II K - 30 | 29   | 01:27:16     | <b>02:39:21.95</b>    | +00:47:31 (29.8%) | 7:35            | 7.9 (69.9%)   |

| Msc | Zawodnik                   | Numer | Klub                     | Kategoria        | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Różn              | Tempo<br>min/km | Tempo<br>km/h |
|-----|----------------------------|-------|--------------------------|------------------|------|--------------|-----------------------|-------------------|-----------------|---------------|
| 30  | TOMYŚLAK Magdalena         | 7539  |                          | Senior II K - 30 | 30   | 01:31:05     | 02:39:32.25           | +00:47:41 (29.9%) | 7:35            | 7.9 (69.9%)   |
| 31  | WÓJCIK Katarzyna           | 7207  | FIZJOBIEGACZE SZCZECIN   | Senior II K - 30 | 31   | 01:31:37     | 02:39:33.35           | +00:47:42 (29.9%) | 7:35            | 7.9 (69.9%)   |
| 32  | WIŚNIEWSKA Anna            | 7447  |                          | Senior II K - 30 | 32   | 01:32:53     | 02:39:47.80           | +00:47:56 (30.0%) | 7:36            | 7.9 (69.9%)   |
| 33  | SZYMAŃSKA Magdalena        | 7339  |                          | Senior II K - 30 | 33   | 01:32:23     | 02:40:56.25           | +00:49:05 (30.5%) | 7:39            | 7.8 (69.0%)   |
| 34  | OLZACKA Agata              | 7021  | ZA LINIĄ METY TEAM       | Senior II K - 30 | 34   | 01:34:41     | 02:41:12.75           | +00:49:21 (30.6%) | 7:40            | 7.8 (69.0%)   |
| 35  | REDKIEWICZ Agnieszka       | 7587  | TEAM ZABIEGANE DNI       | Senior II K - 30 | 35   | 01:31:51     | 02:42:43.85           | +00:50:52 (31.3%) | 7:44            | 7.7 (68.1%)   |
| 36  | BIENIAS Anna               | 7461  |                          | Senior II K - 30 | 36   | 01:31:15     | 02:42:45.20           | +00:50:54 (31.3%) | 7:45            | 7.7 (68.1%)   |
| 37  | KSIEZKA Joanna             | 7261  | STRZEGOMSKA DWUNASTKA    | Senior II K - 30 | 37   | 01:27:07     | 02:43:02.05           | +00:51:11 (31.4%) | 7:45            | 7.7 (68.1%)   |
| 38  | KRÓLAK-DUBLAGA Dorota      | 7713  | #BIEGIWLKP               | Senior II K - 30 | 38   | 01:31:18     | 02:43:18.85           | +00:51:27 (31.5%) | 7:46            | 7.7 (68.1%)   |
| 39  | PIELA Katarzyna            | 7936  |                          | Senior II K - 30 | 39   | 01:30:42     | 02:43:36.05           | +00:51:45 (31.6%) | 7:47            | 7.7 (68.1%)   |
| 40  | DZIARNOWSKA Magda          | 7100  | MECHANIKA ZDROWIA        | Senior II K - 30 | 40   | 01:32:21     | 02:44:06.20           | +00:52:15 (31.8%) | 7:48            | 7.7 (68.1%)   |
| 41  | BUJAK Magdalena            | 7844  | NIGHT RUNNERS PYSKOWICE  | Senior II K - 30 | 41   | 01:32:50     | 02:44:53.25           | +00:53:02 (32.2%) | 7:51            | 7.6 (67.3%)   |
| 42  | KOCIUBA Katarzyna          | 7423  |                          | Senior II K - 30 | 42   | 01:34:51     | 02:44:57.80           | +00:53:06 (32.2%) | 7:51            | 7.6 (67.3%)   |
| 43  | MACHUL Ewa                 | 7524  |                          | Senior II K - 30 | 43   | 01:36:50     | 02:45:46.25           | +00:53:55 (32.5%) | 7:53            | 7.6 (67.3%)   |
| 44  | LISOWSKA Kamila            | 7913  | YNO ULTRA                | Senior II K - 30 | 44   | 01:37:55     | 02:46:43.70           | +00:54:52 (32.9%) | 7:56            | 7.6 (67.3%)   |
| 45  | KIECOŃ Maria               | 7812  |                          | Senior II K - 30 | 45   | 01:33:49     | 02:48:08.90           | +00:56:17 (33.5%) | 8:00            | 7.5 (66.4%)   |
| 46  | SZCZERBA Katarzyna         | 7025  |                          | Senior II K - 30 | 46   | 01:37:35     | 02:48:55.00           | +00:57:04 (33.8%) | 8:02            | 7.5 (66.4%)   |
| 47  | WIŚLIŃSKA Agnieszka        | 7863  |                          | Senior II K - 30 | 47   | 01:36:01     | 02:49:02.00           | +00:57:11 (33.8%) | 8:02            | 7.5 (66.4%)   |
| 48  | MATUKIN Aleksandra         | 7930  |                          | Senior II K - 30 | 48   | 01:37:13     | 02:49:41.15           | +00:57:50 (34.1%) | 8:04            | 7.4 (65.5%)   |
| 49  | SŁODKIEWICZ Dagmara        | 7715  | KNEIPTEAM                | Senior II K - 30 | 49   | 01:35:45     | 02:49:51.85           | +00:58:00 (34.2%) | 8:05            | 7.4 (65.5%)   |
| 50  | LACHOWICZ Marta            | 7140  | MAE KEAGE KYOKUSHIN TEAM | Senior II K - 30 | 50   | 01:34:29     | 02:50:06.40           | +00:58:15 (34.2%) | 8:06            | 7.4 (65.5%)   |
| 51  | OCHEJ Joanna               | 7280  | APTENEO RUNNING TEAM     | Senior II K - 30 | 51   | 01:35:34     | 02:50:14.10           | +00:58:23 (34.3%) | 8:06            | 7.4 (65.5%)   |
| 52  | POCZTAREK Ewelina          | 7743  |                          | Senior II K - 30 | 52   | 01:38:50     | 02:51:10.45           | +00:59:19 (34.7%) | 8:09            | 7.4 (65.5%)   |
| 53  | ŻARSKA Ilona               | 7719  |                          | Senior II K - 30 | 53   | 01:37:04     | 02:51:28.70           | +00:59:37 (34.8%) | 8:09            | 7.3 (64.6%)   |
| 54  | PYZIO Magdalena            | 7534  |                          | Senior II K - 30 | 54   | 01:31:52     | 02:52:11.90           | +01:00:20 (35.0%) | 8:11            | 7.3 (64.6%)   |
| 55  | BYRCZEK Daria              | 7823  |                          | Senior II K - 30 | 55   | 01:32:52     | 02:52:25.25           | +01:00:34 (35.1%) | 8:12            | 7.3 (64.6%)   |
| 56  | SZERSZEŃ Agata             | 7277  | DTR BIEGA / MARIO TEAM   | Senior II K - 30 | 56   | 01:39:57     | 02:52:34.60           | +01:00:43 (35.2%) | 8:13            | 7.3 (64.6%)   |
| 57  | KUŚWIK Beata               | 7373  |                          | Senior II K - 30 | 57   | 01:38:26     | 02:52:49.30           | +01:00:58 (35.3%) | 8:13            | 7.3 (64.6%)   |
| 58  | KOWALEWSKA Anna            | 7132  |                          | Senior II K - 30 | 58   | 01:36:05     | 02:52:53.85           | +01:01:02 (35.3%) | 8:13            | 7.3 (64.6%)   |
| 59  | KAŻMIERCZAK-MOLIK Anna     | 7026  |                          | Senior II K - 30 | 59   | 01:39:56     | 02:53:08.60           | +01:01:17 (35.4%) | 8:14            | 7.3 (64.6%)   |
| 60  | CIECHOMSKA Agata           | 7652  | HTF LUDWIK SIKORSKI      | Senior II K - 30 | 60   | 01:31:49     | 02:53:30.35           | +01:01:39 (35.5%) | 8:15            | 7.3 (64.6%)   |
| 61  | WOJAS Justyna              | 7407  | NIEPOŁOMICE BIEGAJĄ      | Senior II K - 30 | 61   | 01:38:45     | 02:53:44.85           | +01:01:53 (35.6%) | 8:16            | 7.3 (64.6%)   |
| 62  | DZIERGWA Agnieszka         | 7925  | PRZEDWOJEWSKI TEAM       | Senior II K - 30 | 62   | 01:35:46     | 02:53:54.30           | +01:02:03 (35.7%) | 8:16            | 7.2 (63.7%)   |
| 63  | MARCINKOWSKA Anita         | 7191  | POMIOTY SZATANA          | Senior II K - 30 | 63   | 01:40:18     | 02:54:09.05           | +01:02:18 (35.8%) | 8:17            | 7.2 (63.7%)   |
| 64  | ROBAKOWSKA Joanna          | 7353  | NIGHT RUNNERS            | Senior II K - 30 | 64   | 01:39:23     | 02:54:27.40           | +01:02:36 (35.9%) | 8:18            | 7.2 (63.7%)   |
| 65  | BEDNORZ Monika             | 7249  |                          | Senior II K - 30 | 65   | 01:38:26     | 02:55:53.60           | +01:04:02 (36.4%) | 8:22            | 7.2 (63.7%)   |
| 66  | ZACHARIASZ Małgorzata      | 7897  |                          | Senior II K - 30 | 66   | 01:41:29     | 02:56:37.30           | +01:04:46 (36.7%) | 8:24            | 7.1 (62.8%)   |
| 67  | KOSSOK-ZAWADA Marta        | 7141  | CAŁA OLEŚNICA BIEGA      | Senior II K - 30 | 67   | 01:44:53     | 02:56:39.90           | +01:04:48 (36.7%) | 8:24            | 7.1 (62.8%)   |
| 68  | LUBOWSKA-KUCHTA Małgorzata | 7832  | RUNPROGRESSP             | Senior II K - 30 | 68   | 01:39:56     | 02:56:53.40           | +01:05:02 (36.8%) | 8:25            | 7.1 (62.8%)   |
| 69  | LEWICKA Katarzyna          | 7484  |                          | Senior II K - 30 | 69   | 01:40:59     | 02:57:53.30           | +01:06:02 (37.1%) | 8:28            | 7.1 (62.8%)   |
| 70  | MARCINIAK Grażyna          | 7364  |                          | Senior II K - 30 | 70   | 01:42:05     | 02:59:27.00           | +01:07:36 (37.7%) | 8:32            | 7 (61.9%)     |
| 71  | STRZAŁKOWSKA Urszula       | 7688  | BBL OPOLE                | Senior II K - 30 | 71   | 01:38:12     | 02:59:50.70           | +01:07:59 (37.8%) | 8:33            | 7 (61.9%)     |
| 72  | SZPINEK Stella             | 7810  | TUTU TEAM                | Senior II K - 30 | 72   | 01:40:40     | 03:00:20.45           | +01:08:29 (38.0%) | 8:35            | 7 (61.9%)     |
| 73  | SIKORA Agnieszka           | 7395  |                          | Senior II K - 30 | 73   | 01:36:54     | 03:01:31.90           | +01:09:40 (38.4%) | 8:38            | 6.9 (61.1%)   |

| Msc | Zawodnik                       | Numer | Klub                         | Kategoria        | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Różn              | Tempo<br>min/km | Tempo<br>km/h |
|-----|--------------------------------|-------|------------------------------|------------------|------|--------------|-----------------------|-------------------|-----------------|---------------|
| 74  | ZIARNIAK Anna                  | 7192  | POMIOTY SZATANA              | Senior II K - 30 | 74   | 01:40:34     | 03:02:21.45           | +01:10:30 (38.7%) | 8:41            | 6.9 (61.1%)   |
| 75  | JURASZ Aleksandra              | 7092  |                              | Senior II K - 30 | 75   | 01:42:23     | 03:02:53.60           | +01:11:02 (38.8%) | 8:42            | 6.9 (61.1%)   |
| 76  | KOZŁOWSKA Renata               | 7859  |                              | Senior II K - 30 | 76   | 01:42:13     | 03:03:24.45           | +01:11:33 (39.0%) | 8:44            | 6.9 (61.1%)   |
| 77  | LINKIEWICZ-MANNA Eliza         | 7532  | RAZ SZCZECIN                 | Senior II K - 30 | 77   | 01:46:22     | 03:03:32.50           | +01:11:41 (39.1%) | 8:44            | 6.9 (61.1%)   |
| 78  | PIETRZAK Sylwia                | 7247  | 12TRI.PL                     | Senior II K - 30 | 78   | 01:42:25     | 03:03:32.80           | +01:11:41 (39.1%) | 8:44            | 6.9 (61.1%)   |
| 79  | DIUWE Marzena                  | 7638  | PASTERKA PANY                | Senior II K - 30 | 79   | 01:43:54     | 03:04:04.70           | +01:12:13 (39.2%) | 8:45            | 6.8 (60.2%)   |
| 80  | APANOVA Ekaterina              | 7603  |                              | Senior II K - 30 | 80   | 01:41:59     | 03:04:31.30           | +01:12:40 (39.4%) | 8:47            | 6.8 (60.2%)   |
| 81  | PYRAK Joanna                   | 7104  | AEGON RUN                    | Senior II K - 30 | 81   | 01:46:38     | 03:04:33.80           | +01:12:42 (39.4%) | 8:47            | 6.8 (60.2%)   |
| 82  | LEWANDOWSKA Maria              | 7139  | BIEGAM BO NIE LUBIE          | Senior II K - 30 | 82   | 01:44:54     | 03:05:39.85           | +01:13:48 (39.8%) | 8:50            | 6.8 (60.2%)   |
| 83  | BAŃKOWSKA Ewa                  | 7347  |                              | Senior II K - 30 | 83   | 01:41:32     | 03:05:55.10           | +01:14:04 (39.8%) | 8:51            | 6.8 (60.2%)   |
| 84  | GŁUCHOWSKA Ewelina             | 7389  |                              | Senior II K - 30 | 84   | 01:40:01     | 03:07:12.35           | +01:15:21 (40.3%) | 8:54            | 6.7 (59.3%)   |
| 85  | GŁÓWKA Barbara                 | 7392  |                              | Senior II K - 30 | 85   | 01:44:08     | 03:07:14.00           | +01:15:23 (40.3%) | 8:54            | 6.7 (59.3%)   |
| 86  | MARCINIAK Paulina              | 7371  |                              | Senior II K - 30 | 86   | 01:47:29     | 03:08:46.85           | +01:16:55 (40.8%) | 8:59            | 6.7 (59.3%)   |
| 87  | GONERA-BATOR Anna              | 7747  | KB HARCOWNIK JELCZ-LASKOWICE | Senior II K - 30 | 87   | 01:44:49     | 03:08:53.05           | +01:17:02 (40.8%) | 8:59            | 6.7 (59.3%)   |
| 88  | SOKOŁOWSKA Anna                | 7478  |                              | Senior II K - 30 | 88   | 01:42:56     | 03:10:12.70           | +01:18:21 (41.2%) | 9:03            | 6.6 (58.4%)   |
| 89  | KALINOWSKA Patrycja            | 7879  |                              | Senior II K - 30 | 89   | 01:45:54     | 03:10:16.10           | +01:18:25 (41.2%) | 9:03            | 6.6 (58.4%)   |
| 90  | GWORYS Katarzyna               | 7125  | ZRYW PARZYMIECHY             | Senior II K - 30 | 90   | 01:45:03     | 03:10:59.85           | +01:19:08 (41.4%) | 9:05            | 6.6 (58.4%)   |
| 91  | SOCHA Dorota                   | 7477  |                              | Senior II K - 30 | 91   | 01:42:59     | 03:11:44.15           | +01:19:53 (41.7%) | 9:07            | 6.6 (58.4%)   |
| 92  | STACIWO Justyna                | 7174  | KURACJUSZE                   | Senior II K - 30 | 92   | 01:43:40     | 03:12:01.00           | +01:20:10 (41.8%) | 9:08            | 6.6 (58.4%)   |
| 93  | HYLIŃSKA Hanna                 | 7064  | KOMU CZEMU                   | Senior II K - 30 | 93   | 01:44:22     | 03:12:20.30           | +01:20:29 (41.8%) | 9:09            | 6.6 (58.4%)   |
| 94  | FASZCZA Agnieszka              | 7148  | MARATOŃCZYK POZNAŃ           | Senior II K - 30 | 94   | 01:48:20     | 03:12:53.20           | +01:21:02 (42.0%) | 9:11            | 6.5 (57.5%)   |
| 95  | ŁUŻNY Agnieszka                | 7386  | MUAY RUNNING TEAM            | Senior II K - 30 | 95   | 01:48:42     | 03:15:04.35           | +01:23:13 (42.7%) | 9:17            | 6.5 (57.5%)   |
| 96  | BAKOWSKA Magdalena             | 7599  | LOCO BABKI                   | Senior II K - 30 | 96   | 01:47:58     | 03:16:19.85           | +01:24:28 (43.0%) | 9:20            | 6.4 (56.6%)   |
| 97  | KRUPIŃSKA Andżelika            | 7760  | CZERWONACKIE KIJANKI         | Senior II K - 30 | 97   | 01:46:46     | 03:17:32.00           | +01:25:41 (43.4%) | 9:24            | 6.4 (56.6%)   |
| 98  | PACIUCH Dorota                 | 7002  |                              | Senior II K - 30 | 98   | 01:45:50     | 03:18:00.20           | +01:26:09 (43.5%) | 9:25            | 6.4 (56.6%)   |
| 99  | KALIŃSKA Dorota                | 7817  | NIEMANIE                     | Senior II K - 30 | 99   | 01:48:35     | 03:18:07.80           | +01:26:16 (43.5%) | 9:26            | 6.4 (56.6%)   |
| 100 | ZAKRZEWSKA Beata               | 7119  |                              | Senior II K - 30 | 100  | 01:44:44     | 03:18:43.95           | +01:26:53 (43.7%) | 9:27            | 6.3 (55.8%)   |
| 101 | FILIPOWICZ Katarzyna           | 7422  |                              | Senior II K - 30 | 101  | 01:47:32     | 03:19:03.40           | +01:27:12 (43.8%) | 9:28            | 6.3 (55.8%)   |
| 102 | PODULKA Małgorzata             | 7798  |                              | Senior II K - 30 | 102  | 01:54:56     | 03:19:18.15           | +01:27:27 (43.9%) | 9:29            | 6.3 (55.8%)   |
| 103 | BOSY Joanna                    | 7239  |                              | Senior II K - 30 | 103  | 01:47:41     | 03:19:36.35           | +01:27:45 (44.0%) | 9:30            | 6.3 (55.8%)   |
| 104 | SADOWSKA Paula                 | 7420  | SADOSZCZAKI                  | Senior II K - 30 | 104  | 01:50:22     | 03:19:52.80           | +01:28:01 (44.0%) | 9:31            | 6.3 (55.8%)   |
| 105 | ŻERKO Klaudia                  | 7016  |                              | Senior II K - 30 | 105  | 01:47:05     | 03:20:34.80           | +01:28:43 (44.2%) | 9:33            | 6.3 (55.8%)   |
| 106 | WALIŃSKA Agata                 | 7530  |                              | Senior II K - 30 | 106  | 01:49:34     | 03:21:12.55           | +01:29:21 (44.4%) | 9:34            | 6.3 (55.8%)   |
| 107 | GÓRNA Małgorzata               | 7511  |                              | Senior II K - 30 | 107  | 01:55:26     | 03:23:02.25           | +01:31:11 (44.9%) | 9:40            | 6.2 (54.9%)   |
| 108 | NAWROT Katarzyna               | 7597  | MIRAZ RACE TEAM              | Senior II K - 30 | 108  | 01:50:22     | 03:23:06.75           | +01:31:15 (44.9%) | 9:40            | 6.2 (54.9%)   |
| 109 | ŚWIĄTEK Agnieszka              | 7090  |                              | Senior II K - 30 | 109  | 01:55:05     | 03:24:48.30           | +01:32:57 (45.4%) | 9:45            | 6.2 (54.9%)   |
| 110 | JANKOWSKA Alicja               | 7639  | GANG SŁODZIAKÓW              | Senior II K - 30 | 110  | 01:49:41     | 03:25:35.35           | +01:33:44 (45.6%) | 9:47            | 6.1 (54.0%)   |
| 111 | PLINIEWICZ Joanna              | 7617  | STRONIE BIEGA                | Senior II K - 30 | 111  | 01:47:19     | 03:27:34.80           | +01:35:43 (46.1%) | 9:53            | 6.1 (54.0%)   |
| 112 | SWARŻEŃSKA - SOKOŁOWSKA Jagoda | 7917  |                              | Senior II K - 30 | 112  |              | 03:30:26.90           | +01:38:35 (46.9%) | 10:01           | 6 (53.1%)     |
| 113 | JĘDRUCHNIEWICZ Jolanta         | 7547  | ADIDAS RUNNERS WARSAW        | Senior II K - 30 | 113  | 02:00:42     | 03:30:37.75           | +01:38:46 (46.9%) | 10:01           | 6 (53.1%)     |
| 114 | ŁASEK-PIETRZAK Agnieszka       | 7877  |                              | Senior II K - 30 | 114  | 01:49:46     | 03:31:58.45           | +01:40:07 (47.2%) | 10:05           | 5.9 (52.2%)   |
| 115 | BOROWIK Agata                  | 7160  | CAŁA OLEŚNICA BIEGA          | Senior II K - 30 | 115  | 01:54:57     | 03:32:14.70           | +01:40:23 (47.3%) | 10:06           | 5.9 (52.2%)   |
| 116 | GIL Marta                      | 7767  |                              | Senior II K - 30 | 116  | 01:54:48     | 03:32:21.60           | +01:40:30 (47.3%) | 10:06           | 5.9 (52.2%)   |
| 117 | TARASZEWSKA Paulina            | 7894  |                              | Senior II K - 30 | 117  | 01:56:36     | 03:34:00.90           | +01:42:09 (47.7%) | 10:11           | 5.9 (52.2%)   |

| Msc | Zawodnik              | Numer | Klub                       | Kategoria        | Mkat | B1<br>10.3km | Czas<br>netto<br>21km | Różn              | Tempo<br>min/km | Tempo<br>km/h |
|-----|-----------------------|-------|----------------------------|------------------|------|--------------|-----------------------|-------------------|-----------------|---------------|
| 118 | DANIELEK Ewa          | 7255  |                            | Senior II K - 30 | 118  | 01:56:36     | 03:34:04.10           | +01:42:13 (47.8%) | 10:11           | 5.9 (52.2%)   |
| 119 | WODAŁA Jolanta        | 7410  | KLUB BIEGACZA RTV EURO AGD | Senior II K - 30 | 119  | 01:54:07     | 03:34:24.20           | +01:42:33 (47.8%) | 10:12           | 5.9 (52.2%)   |
| 120 | NOWAK Magdalena       | 7028  |                            | Senior II K - 30 | 120  | 02:03:32     | 03:35:35.30           | +01:43:44 (48.1%) | 10:15           | 5.8 (51.3%)   |
| 121 | HELWICH Agnieszka     | 7467  |                            | Senior II K - 30 | 121  | 01:53:10     | 03:35:56.15           | +01:44:05 (48.2%) | 10:16           | 5.8 (51.3%)   |
| 122 | URBANIAK Alina        | 7236  | KURACJUSZE                 | Senior II K - 30 | 122  | 01:49:21     | 03:36:35.50           | +01:44:44 (48.4%) | 10:18           | 5.8 (51.3%)   |
| 123 | OGRODNIK Anna         | 7195  | ZAKOCHAJ SIE W BIEGANIU    | Senior II K - 30 | 123  | 01:59:38     | 03:36:56.65           | +01:45:05 (48.4%) | 10:19           | 5.8 (51.3%)   |
| 124 | KĘDZIORA Alicja       | 7657  | GSK FIT PIORUNY            | Senior II K - 30 | 124  | 01:58:22     | 03:37:20.40           | +01:45:29 (48.5%) | 10:20           | 5.8 (51.3%)   |
| 125 | JAKRZEWSKA Karolina   | 7818  | MAMY-BIEGAMY/LOCO BABKI    | Senior II K - 30 | 125  | 01:58:39     | 03:38:35.70           | +01:46:44 (48.8%) | 10:24           | 5.8 (51.3%)   |
| 126 | KOSIOREK Anna         | 7855  |                            | Senior II K - 30 | 126  | 02:02:53     | 03:38:39.05           | +01:46:48 (48.8%) | 10:24           | 5.8 (51.3%)   |
| 127 | BAJSAROWICZ Zuzanna   | 7375  |                            | Senior II K - 30 | 127  | 01:55:53     | 03:41:12.05           | +01:49:21 (49.4%) | 10:32           | 5.7 (50.4%)   |
| 128 | SULIGA Wioletta       | 7755  |                            | Senior II K - 30 | 128  | 02:05:09     | 03:46:26.05           | +01:54:35 (50.6%) | 10:46           | 5.6 (49.6%)   |
| 129 | RUDA Kamila           | 7101  | KURACJUSZE                 | Senior II K - 30 | 129  | 01:59:01     | 03:49:52.95           | +01:58:02 (51.3%) | 10:56           | 5.5 (48.7%)   |
| 130 | SZCZEPANSKA Karolina  | 7458  | KLUB BIEGACZA RTV EURO AGD | Senior II K - 30 | 130  | 02:09:25     | 03:51:17.20           | +01:59:26 (51.6%) | 11:00           | 5.4 (47.8%)   |
| 131 | HETEL Beata           | 7727  |                            | Senior II K - 30 | 131  | 02:09:31     | 03:51:18.50           | +01:59:27 (51.6%) | 11:00           | 5.4 (47.8%)   |
| 132 | WIETRZYŃSKA Agnieszka | 7369  | MASZ PRZEBIEGANE           | Senior II K - 30 | 132  | 01:58:10     | 03:53:02.90           | +02:01:11 (52.0%) | 11:05           | 5.4 (47.8%)   |
| 133 | TRAJDOS Agata         | 7579  |                            | Senior II K - 30 | 133  | 02:09:38     | 03:58:38.00           | +02:06:47 (53.1%) | 11:21           | 5.3 (46.9%)   |
| 134 | JĘDROWSKA Emilia      | 7709  | ULTRA RZEPIN               | Senior II K - 30 | 134  | 01:59:40     | 04:02:51.00           | +02:11:00 (53.9%) | 11:33           | 5.2 (46.0%)   |
| 135 | SAWICKA Izabela       | 7118  | PARKRUN                    | Senior II K - 30 | 135  | 02:20:48     | 04:05:10.25           | +02:13:19 (54.4%) | 11:40           | 5.1 (45.1%)   |
| 136 | KRYSZTOFIAK Marta     | 7679  |                            | Senior II K - 30 | 136  | 02:18:22     | 04:09:56.90           | +02:18:05 (55.3%) | 11:54           | 5 (44.2%)     |
| 137 | CIBOREK Ania          | 7674  |                            | Senior II K - 30 | 137  | 02:18:22     | 04:09:58.60           | +02:18:07 (55.3%) | 11:54           | 5 (44.2%)     |
| 138 | MYSZYWODA Monika      | 7043  |                            | Senior II K - 30 | 138  | 02:23:47     | 04:11:08.65           | +02:19:17 (55.5%) | 11:57           | 5 (44.2%)     |
| 139 | WINIARCZYK Iwona      | 7910  | KORNELCIA TEAM             | Senior II K - 30 | 139  | 02:25:35     | 04:17:31.30           | +02:25:40 (56.6%) | 12:15           | 4.9 (43.4%)   |
| 140 | SMUG Ewelina          | 7175  |                            | Senior II K - 30 | 140  | 02:32:07     | 04:20:10.30           | +02:28:19 (57.0%) | 12:23           | 4.8 (42.5%)   |
| 141 | MICHALIK Katarzyna    | 7031  | PRT - PRECEL RACING TEAM   | Senior II K - 30 | 141  | 02:21:19     | 04:22:35.55           | +02:30:44 (57.4%) | 12:30           | 4.8 (42.5%)   |
| 142 | OSTROWSKA Justyna     | 7251  | BZP                        | Senior II K - 30 | 142  | 02:25:44     | 04:33:37.20           | +02:41:46 (59.1%) | 13:01           | 4.6 (40.7%)   |
| 143 | JANICKA Barbara       | 7390  | STAN UMYSŁU LEWIN BIEGA    | Senior II K - 30 | 143  | 02:40:50     | 04:56:58.05           | +03:05:07 (62.3%) | 14:08           | 4.2 (37.2%)   |
| 144 | KRUCZEK Ewa           | 7233  | STAN UMYSŁU LEWIN BIEGA    | Senior II K - 30 | 144  | 02:40:52     | 04:56:58.15           | +03:05:07 (62.3%) | 14:08           | 4.2 (37.2%)   |
|     | SZPOCINSKA Sylwia     | 7147  | GT RAT                     | Senior II K - 30 |      | 01:30:03 DNF | DNF                   |                   | -               | - (0.0%)      |
|     | NIEZGODA Miłosława    | 7864  |                            | Senior II K - 30 |      | 01:37:43 DNF | DNF                   |                   | -               | - (0.0%)      |

Znaleziono 146 wynik(ów)