



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
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Senior II K - 30

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	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%)
3	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%)
4	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%)
5	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%)
6	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%)
7	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%)
8	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%)
9	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%)
10	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%)
11	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%)
12	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%)
13	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%)
14	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%)
15	TKACZYK-CAŁKA 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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
16	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%)
17	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%)
18	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%)
19	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%)
20	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%)
21	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%)
22	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%)
23	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%)
24	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%)
25	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%)
26	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%)
27	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%)
28	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%)
29	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%)
30	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%)
31	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%)
32	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%)
33	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%)
34	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%)
35	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%)
36	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%)
37	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%)
38	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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39	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%)
40	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%)
41	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%)
42	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%)
43	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%)
44	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%)
45	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%)
46	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%)
47	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%)
48	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%)
49	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%)
50	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%)
51	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%)
52	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%)
53	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%)
54	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%)
55	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%)
56	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%)
57	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%)
58	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%)
59	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%)
60	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%)
61	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%)

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62	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%)
63	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%)
64	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%)
65	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%)
66	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%)
67	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%)
68	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%)
69	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%)
70	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%)
71	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%)
72	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%)
73	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%)
74	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%)
75	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%)
76	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%)
77	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%)
78	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%)
79	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%)
80	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%)
81	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%)
82	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%)
83	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%)
84	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%)

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85	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%)
86	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%)
87	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%)
88	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%)
89	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%)
90	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%)
91	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%)
92	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%)
93	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%)
94	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%)
95	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%)
96	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%)
97	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%)
98	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%)
99	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%)
100	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%)
101	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%)
102	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%)
103	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%)
104	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%)
105	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%)
106	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%)
107	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
108	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%)
109	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%)
110	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%)
111	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%)
112	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%)
113	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%)
114	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%)
115	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%)
116	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%)
117	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%)
118	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%)
119	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%)
120	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%)
121	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%)
122	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%)
123	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%)
124	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%)
125	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%)
126	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%)
127	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%)
128	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%)
129	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%)
130	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	B1 10.3km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
131	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%)
132	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%)
133	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%)
134	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%)
135	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%)
136	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%)
137	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%)
138	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%)
139	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%)
	LEWANDOWSKA Anna	7013	BORKOŚTEAM	Senior II K - 30		02:45:42 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%)

Znaleziono 142 wynik(ów)