



ŻWAWĘ WIERCHY - 34 KM

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Wydarzenie: PIENINY ULTRA-TRAIL®
Organizator: Fundacja Strefa Przygód
Data: 2023-04-22
Miejsce: Szczawnica
Dystans: 33.8 km

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN Kobiety

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko na Przehybie				Czas netto 33.8km	Czas brutto 33.8km	Różn	Tempo min/km	Tempo km/h
						14.7km	Premia1 26.8km	Premia2 27.3km	33.3km					
1	TOMASIAK Natalia	1002	SALOMON SUUNTO TEAM	K30	1	01:32:44	02:36:50	02:41:17	03:12:17	03:14:00.90	03:14:03.90		5:44	10.5 (100%)
2	HALSKA Ania	1323	ANNA HALSKA COACHING	K30	2		02:42:54	02:47:22	03:18:24	03:20:03.85	03:20:07.30	+00:06:03 (3.0%)	5:55	10.1 (96.2%)
3	BEDNARCZYK Magdalena	1236	STRZEGOMSKA DWUNASTKA	K30	3	01:37:20	02:44:12	02:49:00	03:22:33	03:24:10.05	03:24:13.25	+00:10:09 (5.0%)	6:02	9.9 (94.3%)
4	KURUC Maria	1435	STAJNIAK TEAM	K20	1	01:43:08	02:54:54	02:59:54	03:35:37	03:37:13.85	03:37:24.40	+00:23:20 (10.7%)	6:25	9.3 (88.6%)
5	STAL Katarzyna	1064	KS STASZEWCY	K40	1	01:46:14	02:58:16	03:03:42	03:37:52	03:39:32.40	03:39:57.75	+00:25:53 (11.8%)	6:29	9.2 (87.6%)
6	KLAPPHOLZ Adriana	1455	BIEGIEM PRZEZ CHYBIE	K50	1	01:49:43	03:03:07	03:07:47	03:43:20	03:45:12.40	03:45:17.30	+00:31:13 (13.9%)	6:39	9 (85.7%)
7	DEJNECKA Martyna	1336		K30	4	01:49:44	03:03:55	03:08:52	03:45:30	03:47:19.65	03:47:27.15	+00:33:23 (14.7%)	6:43	8.9 (84.8%)
8	GNIEWEK Justyna	1394		K30	5	01:51:16	03:08:59	03:14:13	03:51:13	03:52:51.95	03:52:58.60	+00:38:54 (16.7%)	6:53	8.7 (82.9%)
9	MOSIOŁEK Monika	1054	NAPRZÓD MŁOCINYBIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	K30	6	01:50:37	03:12:25	03:17:54	03:58:01	03:59:45.70	03:59:51.60	+00:45:47 (19.1%)	7:05	8.5 (81.0%)
10	BRZozowska Joanna	1417	TEAM ELITA Z NIZIN	K30	7	01:52:35	03:15:21	03:20:48	03:58:46	04:00:23.80	04:00:36.30	+00:46:32 (19.3%)	7:06	8.4 (80.0%)
11	CIECIOROWSKA Aleksandra	1407	OFF-ROAD RUNNERS	K20	2	01:51:13	03:12:41	03:18:12	03:59:05	04:00:54.30	04:00:57.20	+00:46:53 (19.5%)	7:07	8.4 (80.0%)
12	REDKIEWICZ Agnieszka	1427	BLACK HAT TEAM	K40	2	01:54:18	03:17:28	03:22:49	04:01:27	04:03:29.25	04:03:46.45	+00:49:42 (20.4%)	7:12	8.3 (79.0%)
13	MARCINKOWSKA-CHOLEWA Katarzyna	1433	GÓRAL Z MAZUR RUNNING TEAM	K40	3	01:55:42		03:22:26	04:02:53	04:04:43.00	04:04:48.90	+00:50:45 (20.7%)	7:14	8.3 (79.0%)
14	CIEŚLIŃSKA Karolina	1132	STG WARSZAWA	K30	8	01:54:54	03:17:33	03:23:13	04:04:33	04:06:24.90	04:06:36.80	+00:52:32 (21.3%)	7:17	8.2 (78.1%)
15	HAJDA Justyna	1380	MAFIA TEAM LUBLINIEC	K20	3	01:55:38	03:20:05	03:25:37	04:05:48	04:07:41.75	04:07:46.40	+00:53:42 (21.7%)	7:19	8.2 (78.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko na Przehybie				Czas netto 33.8km	Czas brutto 33.8km	Różn	Tempo min/km	Tempo km/h
						14.7km	Premia1 26.8km	Premia2 27.3km	33.3km					
16	SKOCZYLAS Karolina	1034	STAY INSANE SKOCZYLIWLASY	K30	9	01:59:01	03:23:07	03:29:50	04:08:51	04:10:42.50	04:10:45.70	+00:56:41 (22.6%)	7:25	8.1 (77.1%)
17	RACHWALSKA Oliwia	1224		K30	10	02:03:54	03:30:52	03:36:29	04:15:27	04:17:19.05	04:17:48.95	+01:03:45 (24.7%)	7:36	7.9 (75.2%)
18	URBAN Iwona	1379	42K PRO TEAM	K40	4	02:07:15	03:31:17	03:36:50	04:18:03	04:19:59.85	04:20:03.80	+01:05:59 (25.4%)	7:41	7.8 (74.3%)
19	POTAPOWICZ Gabriela	1235		K30	11	02:01:33	03:29:04	03:34:48	04:18:41	04:20:38.50	04:21:06.40	+01:07:02 (25.7%)	7:42	7.8 (74.3%)
20	HARASIMOWICZ Aleksandra	1256	PRZEDWOJEWSKI TEAM	K30	12	02:01:22	03:31:04	03:37:08	04:20:02	04:21:57.60	04:22:03.40	+01:07:59 (25.9%)	7:45	7.7 (73.3%)
21	VAIČAITYTĖ Raimonda	1358	WILD SOULS	K30	13	02:08:56	03:35:24	03:40:54	04:23:52	04:25:30.20	04:25:45.75	+01:11:41 (27.0%)	7:51	7.6 (72.4%)
22	ŽAK Barbara	2164	JURA TEAM	K40	5	02:00:35	03:33:19	03:39:38	04:25:46	04:28:00.55	04:28:07.00	+01:14:03 (27.6%)	7:55	7.6 (72.4%)
23	JĘDRASZEK Alicja	1305	TRAIL IS OUR WAY	K40	6	02:07:42	03:35:42	03:42:01	04:26:05	04:28:04.20	04:28:32.60	+01:14:28 (27.7%)	7:55	7.6 (72.4%)
24	KOZERA Katarzyna	1023	BUSHIDO	K30	14	02:02:59	03:32:28	03:38:50	04:26:27	04:28:36.05	04:28:41.50	+01:14:37 (27.8%)	7:56	7.6 (72.4%)
25	HENDEL Magda	1413	AZS AWF KRAKÓW MASTERS	K20	4	02:03:36	03:35:04	03:41:37	04:27:13	04:29:17.95	04:29:26.05	+01:15:22 (28.0%)	7:58	7.5 (71.4%)
26	KOWALSKA Agnieszka	1266		K20	5	02:04:58	03:38:44	03:45:14	04:31:43	04:33:53.45	04:34:06.35	+01:20:02 (29.2%)	8:06	7.4 (70.5%)
27	ULIKOWSKA Martyna	1043	ZĄŁOGA GÓRSKA	K30	15	02:10:01	03:43:37	03:49:49	04:33:40	04:36:06.95	04:36:19.80	+01:22:15 (29.8%)	8:10	7.3 (69.5%)
28	DROSIO Klaudia	2235	KASZANKI	K30	16	02:11:23	03:44:36	03:51:13	04:35:47	04:37:51.75	04:38:05.30	+01:24:01 (30.2%)	8:13	7.3 (69.5%)
29	SURLAS Izabela	1292	PRZEDWOJEWSKI TEAM	K30	17	02:10:35	03:44:24	03:51:24	04:36:53	04:39:07.75	04:39:15.65	+01:25:11 (30.5%)	8:15	7.3 (69.5%)
30	GRZELAK Anna	1162	MARMUROWE DZIKI	K30	18	02:11:08	03:46:37	03:53:02	04:39:41	04:41:40.10	04:41:57.15	+01:27:53 (31.2%)	8:20	7.2 (68.6%)
31	PARA Aleksandra	1243	PODIUM	K30	19	02:09:32	03:47:16	03:53:22	04:40:50	04:43:05.70	04:43:39.00	+01:29:35 (31.6%)	8:22	7.2 (68.6%)
32	NIEMASZ Aleksandra	1395	100LEJKA	K30	20	02:11:28	03:48:21	03:54:33	04:41:21	04:43:32.10	04:44:02.75	+01:29:58 (31.7%)	8:23	7.2 (68.6%)
33	PIĘTKA Marta	1360		K40	7	02:04:53	03:44:50	03:51:49	04:43:07	04:45:24.50	04:45:30.15	+01:31:26 (32.0%)	8:26	7.1 (67.6%)
34	ŚWIERC Barbara	1330	MARCINSWIERTTEAM	K30	21	02:10:46	03:49:12	03:56:15	04:44:00	04:46:14.85	04:46:27.65	+01:32:23 (32.3%)	8:28	7.1 (67.6%)
35	WASIEWICZ Jolanta	2163		K30	22	02:09:29	03:48:43	03:55:34	04:44:24	04:46:22.35	04:46:35.90	+01:32:32 (32.3%)	8:28	7.1 (67.6%)
36	GONCERZEWICZ Anna	1421	ASICS FRONTRUNNER/STARE BABICE BIEGAJĄ	K40	8	02:12:12	03:50:41	03:57:10	04:45:20	04:47:21.70	04:47:46.10	+01:33:42 (32.6%)	8:30	7.1 (67.6%)
37	LASZCZYK Anna	1408		K30	23	02:08:25	03:53:12	03:59:28	04:49:17	04:51:16.45	04:51:47.35	+01:37:43 (33.5%)	8:37	7 (66.7%)
38	WICINSKA-REUS Dominika	1391	PGE OBRÓT RUN	K40	9	02:22:21	03:55:46	04:01:56	04:51:23	04:53:12.00	04:53:38.75	+01:39:34 (33.9%)	8:40	6.9 (65.7%)
39	MAKÓWKA Justyna	2166		K30	24	02:19:27	03:58:56	04:05:43	04:51:23	04:53:28.40	04:53:49.45	+01:39:45 (34.0%)	8:40	6.9 (65.7%)

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						14.7km	Premia1 26.8km	Premia2 27.3km	33.3km					
40	MARCINKOWSKA Martyna	1436		K30	25	02:20:47	04:03:15	04:09:39	04:55:19	04:57:20.60	04:57:50.50	+01:43:46 (34.8%)	8:47	6.8 (64.8%)
41	PELCZAR Joanna	1444	TRAIL IS OUR WAY TEAM	K30	26	02:11:08	03:56:53	04:03:48	04:56:01	04:58:05.70	04:58:16.70	+01:44:12 (34.9%)	8:49	6.8 (64.8%)
42	PENCONEK Agata	1020		K30	27	02:15:30	03:56:28	04:03:13	04:56:56	04:59:02.75	04:59:18.20	+01:45:14 (35.2%)	8:50	6.8 (64.8%)
43	ŁĄCZ Małgorzata	1258	.	K40	10	02:13:05	03:57:54	04:05:02	04:56:35	04:58:57.80	04:59:26.50	+01:45:22 (35.2%)	8:50	6.8 (64.8%)
44	PAUZAITE Juste	1286	WILD SOULS	K20	6	02:12:56	04:00:12	04:06:26	05:01:22	05:03:28.10	05:04:06.60	+01:50:02 (36.2%)	8:58	6.7 (63.8%)
45	WEGNER Patrycja	1007		K30	28	02:17:58	04:01:51	04:09:30	05:04:02	05:06:00.65	05:06:11.60	+01:52:07 (36.6%)	9:03	6.6 (62.9%)
46	JASEK Zofia	1091		K30	29	02:12:24	04:02:48	04:09:42	05:03:47	05:05:51.55	05:06:25.65	+01:52:21 (36.7%)	9:02	6.6 (62.9%)
47	BARANYI Zsuzsi	1306	ZSUZS RUNNING TEAM	K30	30	02:27:15	04:12:14	04:18:52	05:06:54	05:08:58.15	05:09:13.40	+01:55:09 (37.2%)	9:08	6.6 (62.9%)
48	KURAS Olga	1200	NUNEK SPITFIRE	K30	31	02:23:39	04:12:11	04:19:33	05:07:59	05:09:51.05	05:10:18.35	+01:56:14 (37.5%)	9:10	6.5 (61.9%)
49	KRAWCZYK-DANAK Marta	1234		K40	11	02:20:20	04:07:14	04:15:13	05:08:02	05:10:06.45	05:10:23.65	+01:56:19 (37.5%)	9:10	6.5 (61.9%)
50	BOJUR Renata	1298		K50	2	02:14:39	04:06:03	04:13:13	05:09:10	05:11:18.75	05:11:27.40	+01:57:23 (37.7%)	9:12	6.5 (61.9%)
51	GŁADYSZ Jadwiga	1102	ADRHA	K60	1	02:23:52	04:10:26	04:18:17	05:09:08	05:11:11.00	05:11:29.80	+01:57:25 (37.7%)	9:12	6.5 (61.9%)
52	ZACHWIEJA Katarzyna	1368		K50	3	02:18:01	04:11:26	04:18:26	05:10:39	05:12:55.90	05:13:34.20	+01:59:30 (38.1%)	9:15	6.5 (61.9%)
53	WIĘSEK Natalia	1329		K30	32	02:19:05	04:15:41	04:23:14	05:13:50	05:16:05.65	05:16:22.30	+02:02:18 (38.7%)	9:21	6.4 (61.0%)
54	BRZESKA Agata	1208	ŁOMIANKOWSKA GRUPA BIEGOWA	K40	12	02:15:46	04:11:09	04:18:48	05:15:49	05:17:55.65	05:18:29.90	+02:04:26 (39.1%)	9:24	6.4 (61.0%)
55	KUNA Aleksandra	1355		K30	33	02:16:51	04:24:34	04:31:16	05:16:38	05:18:39.30	05:19:01.25	+02:04:57 (39.2%)	9:25	6.4 (61.0%)
56	CHMIELAK Agata	1409		K30	34	02:19:47	04:22:51	04:30:06	05:19:56	05:21:44.35	05:22:14.05	+02:08:10 (39.8%)	9:31	6.3 (60.0%)
57	BIEL Kinga	1288		K30	35	02:23:57	04:20:22	04:27:56	05:25:10	05:27:32.35	05:27:56.00	+02:13:52 (40.8%)	9:41	6.2 (59.0%)
58	PĘCIAK Katarzyna	2532		K30	36	02:29:58	04:26:05	04:33:07	05:26:51	05:29:21.45	05:29:49.55	+02:15:45 (41.2%)	9:44	6.2 (59.0%)
59	WRONA Kamila	1343		K20	7	02:22:36	04:30:11	04:37:17	05:27:51	05:29:38.35	05:29:51.55	+02:15:47 (41.2%)	9:45	6.2 (59.0%)
60	OTRĘBA-SZKLARCZYK Agnieszka	1078	FURBS	K30	37	02:27:34	04:23:49	04:31:29	05:31:21	05:33:26.80	05:33:59.85	+02:19:55 (41.9%)	9:51	6.1 (58.1%)
61	HOLIK Iwona	1399	GGB	K40	13	02:31:02	04:33:48	04:41:20	05:31:54	05:34:02.05	05:34:21.70	+02:20:17 (42.0%)	9:52	6.1 (58.1%)
62	GLINKA Agnieszka	1302	BRAVEHEARTS LEGIONOWO	K40	14	02:29:28	04:30:25	04:38:33	05:32:10	05:34:33.55	05:34:58.90	+02:20:55 (42.1%)	9:53	6.1 (58.1%)

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						Przehybie 14.7km	Premia1 26.8km	Premia2 27.3km	33.3km					
63	SZUSZKIEWICZ Marzena	1154		K50	4	02:29:27	04:30:25	04:38:33	05:32:09	05:34:34.30	05:34:59.15	+02:20:55 (42.1%)	9:53	6.1 (58.1%)
64	JĘDRZEJCZYK Agnieszka	1995		K50	5	02:28:36	04:32:11	04:39:32	05:33:42	05:35:54.75	05:36:21.50	+02:22:17 (42.3%)	9:56	6 (57.1%)
65	KUTYŁA Agnieszka	1345	NIEPOŁOMICIE BIEGAJĄ	K50	6	02:31:18	04:29:15	04:37:19	05:33:46	05:36:19.35	05:36:59.85	+02:22:55 (42.4%)	9:57	6 (57.1%)
66	NAWROCKA Natalia	1031		K30	38	02:31:17	04:27:36	04:35:18	05:34:33	05:37:26.95	05:37:54.20	+02:23:50 (42.6%)	9:58	6 (57.1%)
67	MICHALCZYK Anna	1202	NAPRZÓD MŁOCINY	K40	15	02:30:18	04:30:46	04:38:56	05:35:52	05:38:10.15	05:38:21.50	+02:24:17 (42.6%)	10:00	6 (57.1%)
68	BUJNOWSKA Eliza	1250		K40	16	02:26:51	04:34:19	04:41:27	05:36:17	05:38:22.20	05:38:40.50	+02:24:36 (42.7%)	10:00	6 (57.1%)
69	ZIAJKO Zuza	1340		K40	17	02:26:49	04:34:16	04:41:26	05:36:07	05:38:21.05	05:38:40.60	+02:24:36 (42.7%)	10:00	6 (57.1%)
70	SZCZOTKA Katarzyna	1095		K20	8	02:28:06	04:24:46	04:34:13	05:36:53	05:39:27.75	05:39:48.65	+02:25:44 (42.9%)	10:02	6 (57.1%)
71	KOŁODZIEJCZYK Marta	1003	ŁĘCZNA BIEGA	K40	18	02:25:47	04:32:33	04:40:20	05:37:09	05:39:31.85	05:39:52.30	+02:25:48 (42.9%)	10:02	6 (57.1%)
71	WÓJCICKA Agnieszka	1133	ŁĘCZNA BIEGA	K40	18	02:25:46	04:32:33	04:39:25	05:37:09	05:39:31.85	05:39:52.30	+02:25:48 (42.9%)	10:02	6 (57.1%)
73	PASTUSZAK Ewa	1424	ŁĘCZNA BIEGA	K40	20	02:25:46	04:32:33	04:40:20	05:37:09	05:39:31.10	05:39:52.80	+02:25:48 (42.9%)	10:02	6 (57.1%)
74	ŻYLIŃSKA Urszula	1207		K50	7	02:31:41	04:34:03	04:41:05	05:37:22	05:39:37.05	05:40:07.05	+02:26:03 (42.9%)	10:02	6 (57.1%)
75	RADŁOWSKA Mariola	1012	#PROSECCOTEAM	K30	39	02:32:40	04:38:40	04:46:25	05:38:10	05:40:23.60	05:40:49.90	+02:26:46 (43.1%)	10:04	6 (57.1%)
76	ADAMCZAK Hanna	1171	KB SUPERMARATOŃCZYK KALISZ	K30	40	02:32:41	04:38:45	04:46:43	05:38:10	05:40:23.95	05:40:50.20	+02:26:46 (43.1%)	10:04	6 (57.1%)
77	SYPNIEWSKA-LEWANDOWSKA Aleksandra	1107	TRIDEA TEAM	K30	41	02:19:51	04:27:50	04:33:41	05:40:24	05:42:47.85	05:42:52.40	+02:28:48 (43.4%)	10:08	5.9 (56.2%)
78	FABISIAK Ewa	1321	ROZBIEGANY SULEJÓWEK	K50	8	02:32:23	04:32:48	04:40:32	05:41:58	05:44:41.25	05:44:59.25	+02:30:55 (43.7%)	10:11	5.9 (56.2%)
79	ZAJĄC Aga	1253	77CATS_ULTRA	K40	21	02:31:06	04:33:48	04:41:30	05:42:29	05:45:00.20	05:45:20.05	+02:31:16 (43.8%)	10:12	5.9 (56.2%)
80	SZCZEŚNIAK Agnieszka	1420	SB SOBOLE	K40	22	02:31:37	04:38:23	04:45:43	05:44:34	05:46:54.70	05:47:00.20	+02:32:56 (44.1%)	10:15	5.8 (55.2%)
81	BACZA Agnieszka	1128	ŁĘCZNA BIEGA	K30	42	02:38:13	04:41:35	04:49:24	05:44:36	05:46:53.45	05:47:14.85	+02:33:10 (44.1%)	10:15	5.8 (55.2%)
82	GZULA Beata	1094	TEAM PARSZCZYŃSKICH	K50	9	02:37:52	04:46:33	04:52:41	05:47:00	05:49:02.95	05:49:17.65	+02:35:13 (44.4%)	10:19	5.8 (55.2%)
83	SZALEWICZ Ewa	1184	ŁOMIANKOWSKA GRUPA BIEGOWA	K40	23	02:36:20	04:43:56	04:52:12	05:46:49	05:49:03.90	05:49:37.90	+02:35:34 (44.5%)	10:19	5.8 (55.2%)
84	RADZIWANOWSKI Agata	1402		K40	24	02:26:57	04:26:08	04:33:47	05:50:26	05:53:27.95	05:53:33.70	+02:39:29 (45.1%)	10:27	5.7 (54.3%)
85	CHOMA Grażyna	1168	PĘDZĄCELENIWCE	K40	25	02:31:49	04:44:22	04:51:58	05:50:41	05:53:05.30	05:53:41.15	+02:39:37 (45.1%)	10:26	5.7 (54.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko na				Czas netto 33.8km	Czas brutto 33.8km	Różn	Tempo min/km	Tempo km/h
						Przehybie 14.7km	Premia1 26.8km	Premia2 27.3km	33.3km					
86	KSIĄŻEK Danuta	1113		K40	26	02:46:32	04:54:49	05:00:42	05:51:50	05:54:14.65	05:54:50.25	+02:40:46 (45.3%)	10:28	5.7 (54.3%)
87	MARONKA Agnieszka	2369		K50	10	02:34:30	04:45:21	04:53:12	05:53:14	05:56:04.10	05:56:08.95	+02:42:05 (45.5%)	10:32	5.7 (54.3%)
88	BALCERZAK Krysia	1277	DROGA DO ULTRA / SZAKALE BAŁUT ŁÓDŹ	K40	27	02:37:12	04:45:07	04:52:36	05:53:54	05:56:02.65	05:56:14.95	+02:42:11 (45.5%)	10:32	5.7 (54.3%)
89	KADZIDŁOWSKA Aleksandra	1290		K40	28	02:36:56	04:45:07	04:52:28	05:53:55	05:56:02.80	05:56:15.10	+02:42:11 (45.5%)	10:32	5.7 (54.3%)
90	ZDUNEK Małgorzata	1119	#NOLIMITS	K40	29	02:36:33	04:44:10	04:53:21	05:55:54	05:58:29.25	05:59:01.65	+02:44:57 (45.9%)	10:36	5.7 (54.3%)
91	CIEŚLAK Aleksandra	1189	SKPG KRAKÓW	K20	9	02:40:20	04:49:24	04:55:55	05:56:04	05:58:41.10	05:59:17.45	+02:45:13 (46.0%)	10:36	5.7 (54.3%)
92	BREMER Helena	1197		K30	43	02:40:19	04:49:34	04:57:24	05:56:11	05:58:41.85	05:59:17.75	+02:45:13 (46.0%)	10:36	5.7 (54.3%)
93	MILCZAREK Marta	1129		K30	44	02:38:16	04:50:22	04:58:36	05:56:09	05:58:41.65	05:59:25.10	+02:45:21 (46.0%)	10:36	5.7 (54.3%)
94	SZYDŁOWSKA Agata	1216	2ROWERY.COM.PL	K40	30	02:33:52	04:44:25	04:52:21	05:59:16	06:01:56.15	06:02:34.95	+02:48:31 (46.5%)	10:42	5.6 (53.3%)
95	ZAJĄC Anna	1123		K40	31	02:31:09	04:53:20	05:01:51	05:59:35	06:02:09.85	06:02:36.80	+02:48:32 (46.5%)	10:42	5.6 (53.3%)
96	CIEPLIŃSKA Wioletta	1025	NAPRZÓD MŁOCINY	K50	11	02:36:22	04:53:35	05:00:23	06:00:37	06:03:01.90	06:03:32.20	+02:49:28 (46.6%)	10:44	5.6 (53.3%)
97	BIENIAS Joanna	1103	MIĘDZYRZECKIE GAZELE	K40	32	02:38:17	04:52:11	05:00:08	06:00:44	06:03:00.90	06:03:33.40	+02:49:29 (46.6%)	10:44	5.6 (53.3%)
97	SIKORSKA Izabela	1021	MIĘDZYRZECKIE GAZELE	K40	32	02:38:15	04:52:53	05:00:32	06:00:43	06:03:00.10	06:03:33.40	+02:49:29 (46.6%)	10:44	5.6 (53.3%)
97	GANDECKA Beata	1072	MIĘDZYRZECKIE GAZELE	K40	32	02:39:26	04:52:13	05:00:29	05:59:02	06:03:02.05	06:03:33.40	+02:49:29 (46.6%)	10:44	5.6 (53.3%)
100	ZWIERZCHOWSKA Katarzyna	1398		K40	35	02:42:31	04:53:12	05:01:26	06:02:47	06:05:03.70	06:05:29.65	+02:51:25 (46.9%)	10:48	5.6 (53.3%)
101	STARZYŃSKA Marta	1060	PERFECT RUNNER LUBLIN	K50	12	02:41:03	05:00:14	05:08:05	06:07:22	06:09:39.15	06:10:08.05	+02:56:04 (47.6%)	10:56	5.5 (52.4%)
102	SPRINGER Marta	1314	NIGHT RUNNERS	K30	45	02:54:22	05:02:26	05:11:13	06:09:03	06:11:33.10	06:12:02.60	+02:57:58 (47.8%)	10:59	5.5 (52.4%)
103	SULIGA Wioletta	1172	AUGUSTEAM	K40	36	02:51:15	05:06:47	05:15:03	06:14:09	06:16:37.90	06:16:46.25	+03:02:42 (48.5%)	11:08	5.4 (51.4%)
104	JODKO Magda	1301		K50	13	02:46:20	05:01:53	05:10:23	06:15:31	06:17:53.70	06:18:11.70	+03:04:07 (48.7%)	11:10	5.4 (51.4%)
105	HETEL Beata	1445		K30	46	02:50:07	05:05:54	05:14:12	06:16:49	06:19:22.10	06:19:54.35	+03:05:50 (48.9%)	11:13	5.3 (50.5%)
106	ZUWAŁA Anna	1009	RAGNAR TEAM	K40	37	02:50:27	05:06:50	05:14:37	06:21:26	06:24:12.40	06:24:22.45	+03:10:18 (49.5%)	11:22	5.3 (50.5%)
107	TARGOSZ Justyna	1152	UNICORN BB	K30	47	02:40:58	05:03:23	05:10:32	06:23:10	06:26:27.10	06:26:36.30	+03:12:32 (49.8%)	11:26	5.2 (49.5%)
108	MALEC Basia	1032	SPARTA LUBLIN	K60	2	02:51:37	05:21:18	05:28:15	06:32:58	06:35:44.60	06:35:59.05	+03:21:55 (51.0%)	11:42	5.1 (48.6%)
109	WARDA Agnieszka	1028	SPARTA LUBLIN	K40	38	02:59:49	05:21:19	05:29:06	06:32:54	06:35:44.95	06:35:59.70	+03:21:55 (51.0%)	11:42	5.1 (48.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Schronisko na				Czas netto 33.8km	Czas brutto 33.8km	Różn	Tempo min/km	Tempo km/h
						Przehybie 14.7km	Premia1 26.8km	Premia2 27.3km	33.3km					
110	WOROSZYŁO Monika	1229	RYKOWISKO	K40	39	02:52:16	05:18:00	05:26:46	06:40:41	06:42:52.45	06:43:20.10	+03:29:16 (51.9%)	11:55	5 (47.6%)
111	BIAŁOKOS Anna	1428		K40	40	03:09:52	05:28:25	05:38:02	06:47:06	06:49:39.55	06:50:16.70	+03:36:12 (52.7%)	12:07	5 (47.6%)
112	DOMINIAK- LESZCZYŃSKA Elżbieta	1118	LASY WAWERSKIE	K60	3	03:00:09	05:26:00	05:34:13	06:47:25	06:50:31.50	06:50:45.00	+03:36:41 (52.8%)	12:08	4.9 (46.7%)
113	DROSIO Katarzyna	1037		K40	41	03:02:28	05:38:16	05:48:00	06:48:25	06:50:53.95	06:51:19.30	+03:37:15 (52.8%)	12:09	4.9 (46.7%)
114	ZYGMUNT Monika	1191		K50	14	02:56:11	05:23:02	05:34:58	06:48:23	06:51:26.70	06:51:59.20	+03:37:55 (52.9%)	12:10	4.9 (46.7%)
115	KRÓL Natalia	1285	KITOWCY	K20	10	02:55:09	05:36:35	05:44:38	06:53:37	06:56:05.40	06:56:24.30	+03:42:20 (53.4%)	12:18	4.9 (46.7%)
116	RÓŻAŃSKA Renata	1017		K40	42	02:59:51	05:51:00	06:00:12	06:58:34	07:00:46.15	07:00:53.00	+03:46:49 (53.9%)	12:26	4.8 (45.7%)
117	FRAIS-LIGAJ Agnieszka	1264	NOLIMITS	K50	15	02:56:11	05:30:30	05:39:50	07:02:07	07:04:25.00	07:04:57.25	+03:50:53 (54.3%)	12:33	4.8 (45.7%)
118	GREC Klaudia	1440	HUSARIA RACE TEAM	K30	48	02:50:29	05:43:42	05:53:37	07:02:22	07:04:52.45	07:05:23.05	+03:51:19 (54.4%)	12:34	4.8 (45.7%)
119	KONCA Beata	1351	KB OŻARÓW MAZOWIECKI BIEGA	K40	43	03:04:14	05:48:14	05:58:46	07:07:09	07:09:44.05	07:10:16.75	+03:56:12 (54.9%)	12:42	4.7 (44.8%)
120	KAPAŁKA Bożena	1041	GROMNIK RUN TEAM	K50	16	03:10:39	05:49:06	05:58:05	07:21:04	07:24:09.45	07:24:43.80	+04:10:39 (56.4%)	13:08	4.6 (43.8%)
121	LEWANDOWSKA Monika	1035		K40	44	03:00:17	05:51:03	06:00:12	07:24:39	07:27:12.95	07:27:20.25	+04:13:16 (56.6%)	13:13	4.5 (42.9%)
122	SZWARC Anna	1255		K40	45	03:00:17	05:51:15	06:00:11	07:24:37	07:27:12.90	07:27:20.50	+04:13:16 (56.6%)	13:13	4.5 (42.9%)
123	BŁASZCZYK Magdalena	1378	KUŹNIA TRIATHLONU	K30	49	03:28:40	06:15:15	06:25:07	07:49:30	07:52:19.70	07:52:48.10	+04:38:44 (59.0%)	13:58	4.3 (41.0%)
Przekroczony limit czasu: 08:00:00														
124	ZALESKA Aneta	1179	ŁOMIANKOWSKA GRUPA BIEGOWA	K40	46	02:49:51	07:36:48	07:45:29	08:50:02	08:52:29.65	08:53:04.35	+05:39:00 (63.6%)	15:45	3.8 (36.2%)
125	WIEDRO Małgorzata	1356	WKURW-TEAM/BIEGNĘ ,ŻEBY BARTEK MÓGŁ BIEGAĆ	K40	47	03:16:43	07:24:54	07:33:46	08:53:13	08:56:27.55	08:56:35.85	+05:42:31 (63.8%)	15:52	3.8 (36.2%)
	WIECZOREK Ola	1018		K30		02:11:34 DNF	DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)

Znaleziono 126 wynik(ów)