

JORGE CROSS - 13.04.2018, CZERWIĘSK
WYNIKI - LISTA - 13KM - K30

14-04-2018 12:44

Str: 1

| Msc | NrSt | Nazwisko | Klub/Miasto | Rok | MscKat | 6.5km | Bruto | Netto | Km/h | Tempo |
|-----|------|-------------------------|-----------------------|------|--------|-------|---------|---------|--------|-------|
| 1 | 163 | RESPONDEK ANNA | ZIELONA GORA | 1983 | 54e | 29:33 | 59:31 | 59:22 | 13,139 | 4:34 |
| 2 | 87 | KARAMARA-SMEJLIK KALINA | ZIELONA GORA | 1986 | 107e | 32:00 | 1:05:35 | 1:05:23 | 11,930 | 5:02 |
| 3 | 209 | TALKOWSKA ALEKSANDRA | KB WIKON NOWA SOL,NO | 1983 | 109e | 32:19 | 1:05:59 | 1:05:55 | 11,833 | 5:04 |
| 4 | 109 | LEHMANN ANNA | POZRUNIACY, SWIEBODZI | 1985 | 118e | 34:49 | 1:07:47 | 1:07:33 | 11,547 | 5:12 |
| 5 | 177 | RZEPA SYLWIA | ZIELONA GORA | 1979 | 123e | 33:28 | 1:08:31 | 1:08:19 | 11,417 | 5:16 |
| 6 | 102 | KRZYZYK AGNIESZKA | TRIO FORTIS,ZIELONA | 1980 | 124e | 34:10 | 1:08:35 | 1:08:25 | 11,401 | 5:16 |
| 7 | 79 | JODŁOWSKA EWA | KMB42,KROSNO ODRZ | 1980 | 127e | 33:35 | 1:09:04 | 1:08:59 | 11,307 | 5:18 |
| 8 | 188 | SEKOWSKA AGATA | ZIELONA GORA | 1988 | 129e | 33:25 | 1:09:24 | 1:09:12 | 11,272 | 5:20 |
| 9 | 81 | JOZEFIAK ANNA | ZAGANSKA GRUPA BIEGO | 1981 | 135e | 35:19 | 1:10:25 | 1:10:03 | 11,135 | 5:25 |
| 10 | 215 | WALCZAK ANNA | SULECHOW | 1980 | 143e | 36:03 | 1:12:21 | 1:12:10 | 10,808 | 5:33 |
| 11 | 235 | ZBOROWSKA AGNIESZKA | TRZEBIECHOW | 1985 | 150e | 35:56 | 1:12:47 | 1:12:19 | 10,786 | 5:35 |
| 12 | 105 | KULCZYK HANNA | ZIELONA GORA | 1981 | 157e | 36:23 | 1:13:38 | 1:13:24 | 10,627 | 5:39 |
| 13 | 35 | CIESLIK KAROLINA | WKURW_TEAM,NOWA SOL | 1985 | 159e | 36:31 | 1:13:39 | 1:13:12 | 10,656 | 5:39 |
| 14 | 16 | BIELAWSKA-STOPEN BEATA | ZIELONA GORA | 1979 | 162e | 36:49 | 1:14:17 | 1:13:57 | 10,548 | 5:42 |
| 15 | 130 | MICHALSKA DARIA | BOHAR PALETY RUNNERS | 1982 | 165e | 36:58 | 1:14:30 | 1:14:07 | 10,524 | 5:43 |
| 16 | 40 | CZYZ ALEKSANDRA | VEGE RUNNERS,ZIELONA | 1980 | 175e | 37:16 | 1:17:01 | 1:16:37 | 10,181 | 5:55 |
| 17 | 139 | NAWROCKA ALEKSANDRA | TRIO FORTIS,ZIELONA | 1980 | 176e | 36:04 | 1:17:11 | 1:17:02 | 10,125 | 5:56 |
| 18 | 31 | CEGIELSKA MAŁGORZATA | ZARY | 1981 | 180e | 38:57 | 1:18:17 | 1:17:59 | 10,002 | 6:01 |
| 19 | 43 | DELEJOWSKA MONIKA | TUPLICE | 1983 | 184e | 38:57 | 1:19:59 | 1:19:41 | 9,789 | 6:09 |
| 20 | 227 | WOZNIAK-GERAK ANITA | NOWOGROD BOBRZANSKI | 1983 | 185e | 39:36 | 1:20:06 | 1:19:46 | 9,779 | 6:09 |
| 21 | 27 | BRZYSKA KATARZYNA | ZIELONA GORA | 1988 | 189e | 39:26 | 1:23:04 | 1:22:46 | 9,424 | 6:23 |
| 22 | 125 | MAZUR KATARZYNA | UMLAUT,KROSNO ODRZAN | 1980 | 192e | 39:34 | 1:23:11 | 1:22:54 | 9,409 | 6:23 |
| 23 | 70 | HOFFMAN MAGDALENA | SWIETOSZOW | 1987 | 197e | 42:01 | 1:24:08 | 1:23:44 | 9,315 | 6:28 |
| 24 | 146 | NOWOROLNIK IRENA | SYMPATYCY ZGZB,ZIELO | 1980 | 200e | 40:08 | 1:24:19 | 1:23:51 | 9,302 | 6:29 |