

VIII CROSS ZIELONOGÓRSKI PARSZYWA 12 - 24.06.2018, ZIELONA GÓRA
WYNIKI - 12KM - OPENK

Str: 1

| Msce | StNr | Nazwisko i imię | Klub/Miasto | Rok | MscKat | Kateg | Brutto | Netto | Km/H | Czas/Km |
|------|------|---------------------------|----------------------|------|--------|-------|---------|---------|--------|---------|
| 1 | 419 | JACKIEWICZ MONIKA | RAZ SZCZECIN,ROŻENTA | 1992 | 1e | K20 | 49:16 | 49:14 | 14,624 | 4:06 |
| 2 | 380 | NOWAK SANDRA | TEAM MARYSIĄK,ZIELON | 1990 | 2e | K20 | 49:39 | 49:37 | 14,511 | 4:08 |
| 3 | 245 | PERON ANITA | ZIELONA GÓRA | 1987 | 1e | K30 | 56:06 | 56:02 | 12,849 | 4:40 |
| 4 | 293 | GÓRSKA AGNIESZKA | ZARY | 1980 | 2e | K30 | 56:07 | 55:52 | 12,888 | 4:40 |
| 5 | 283 | MICHNOWICZ EWELINA | HUSARIA RACE TEAM,GU | 1992 | 3e | K20 | 56:50 | 56:48 | 12,676 | 4:44 |
| 6 | 295 | RESPONDEK ANNA | ZIELONA GÓRA | 1983 | 3e | K30 | 57:21 | 57:17 | 12,569 | 4:46 |
| 7 | 218 | LASKOWSKA DOROTA | ZARY | 1986 | 4e | K30 | 57:36 | 57:31 | 12,518 | 4:48 |
| 8 | 255 | JURCZAK KAROLINA | BIEGAMY WE WTORKI | 1994 | 4e | K20 | 57:50 | 57:47 | 12,460 | 4:49 |
| 9 | 330 | WOCH AGNIESZKA | BRACTWO BIEGACZY ZIE | 1973 | 1e | K40 | 58:03 | 58:01 | 12,410 | 4:50 |
| 10 | 375 | ZABAWSKA WIOLA | KB WIKON NOWA SÓL 2 | 1985 | 5e | K30 | 58:08 | 58:05 | 12,396 | 4:50 |
| 11 | 123 | MALINOWSKA-NGUYEN KATARZ | ZARY | 1977 | 2e | K40 | 59:27 | 59:19 | 12,138 | 4:57 |
| 12 | 116 | BLISKOWSKA ANNA | PARSZYWYCH 12 | 1977 | 3e | K40 | 1:00:02 | 59:58 | 12,007 | 5:00 |
| 13 | 228 | TOMOŃSKA-MALINOWSKA JOANN | CIGACICE | 1980 | 6e | K30 | 1:00:21 | 1:00:19 | 11,937 | 5:01 |
| 14 | 91 | MICHALAK MONIKA | ZIELONA GÓRO ZACZNIJ | 1971 | 4e | K40 | 1:00:42 | 1:00:33 | 11,891 | 5:03 |
| 15 | 311 | RATAJCZAK MAŁGORZATA | ZIELONA GÓRA | 1985 | 7e | K30 | 1:01:06 | 1:01:03 | 11,794 | 5:05 |
| 16 | 404 | WRZESZCZ EDYTA | BIEGAJAC Z WILKAMI,I | 1976 | 5e | K40 | 1:01:14 | 1:01:05 | 11,787 | 5:06 |
| 17 | 169 | BANDUROWSKA AGNIESZKA | KB WIKON NOWA SÓL | 1976 | 6e | K40 | 1:02:08 | 1:02:06 | 11,594 | 5:10 |
| 18 | 17 | SMARZEWSKA JUSTYNA | PARSZYWYCH 12 | 1978 | 7e | K40 | 1:02:23 | 1:02:09 | 11,585 | 5:11 |
| 19 | 402 | SANIUK JOANNA | ZARY | 1985 | 8e | K30 | 1:02:53 | 1:02:41 | 11,486 | 5:14 |
| 20 | 137 | EMILIANÓW AGNIESZKA | ZIELONA GÓRA | 1987 | 9e | K30 | 1:03:16 | 1:03:09 | 11,401 | 5:16 |
| 21 | 274 | BORKOWSKA BOŻENA | SULMA SULECHÓW,SULEC | 1968 | 1e | K50 | 1:03:34 | 1:03:28 | 11,345 | 5:17 |
| 22 | 44 | LIPKA ANNA | ZIELONA GÓRA | 1972 | 8e | K40 | 1:04:00 | 1:03:50 | 11,279 | 5:20 |
| 23 | 365 | ZASADA IWONA | BIEGAMY WE WTORKI | 1978 | 9e | K40 | 1:04:05 | 1:04:02 | 11,244 | 5:20 |
| 24 | 350 | BENDOWSKA WIOLETA | ORANGE GYM ,NOWA SÓL | 1977 | 10e | K40 | 1:04:17 | 1:04:04 | 11,238 | 5:21 |
| 25 | 71 | ŚLUSARCZYK EWA | FA(S)T & FURIOUS,ZIE | 1978 | 11e | K40 | 1:04:19 | 1:04:10 | 11,221 | 5:21 |
| 26 | 191 | WIERZBICKA ANNA | BYTNICA | 1984 | 10e | K30 | 1:04:53 | 1:04:45 | 11,120 | 5:24 |
| 27 | 160 | TALKOWSKA ALEKSANDRA | KB WIKON NOWA SÓL | 1983 | 11e | K30 | 1:04:58 | 1:04:54 | 11,094 | 5:24 |
| 28 | 424 | GRUDZIŃSKA MAŁGORZATA | ZIELONA GÓRA | 1984 | 12e | K30 | 1:06:18 | 1:05:56 | 10,920 | 5:31 |
| 29 | 90 | KARNICKA MAŁGORZATA | ZIELONA GÓRO ZACZNIJ | 1969 | 12e | K40 | 1:06:22 | 1:06:12 | 10,876 | 5:31 |
| 30 | 367 | DZIKOWSKA ILONA | ZIELONA GÓRA | 1986 | 13e | K30 | 1:06:30 | 1:06:27 | 10,835 | 5:32 |
| 31 | 318 | RZEPA SYLWIA | ZIELONA GÓRA | 1979 | 14e | K30 | 1:06:45 | 1:06:30 | 10,827 | 5:33 |
| 32 | 411 | DRYWA EWELINA | ZIELONA GÓRA | 1986 | 15e | K30 | 1:07:21 | 1:06:51 | 10,770 | 5:36 |
| 33 | 238 | CIEŚLIK KAROLINA | KB WIKON NOWA SÓL 2 | 1985 | 16e | K30 | 1:07:29 | 1:07:11 | 10,717 | 5:37 |
| 34 | 271 | KRZYŻYK AGNIESZKA | TRIO FORTIS,ZIELONA | 1980 | 17e | K30 | 1:07:42 | 1:07:29 | 10,669 | 5:38 |
| 35 | 387 | KORSAK MAŁGORZATA | ZIELONA GÓRA | 1971 | 13e | K40 | 1:07:59 | 1:07:52 | 10,609 | 5:39 |
| 36 | 260 | WITKIEWICZ ELŻBIETA | NOWOSOLSKA GRUPA BIE | 1966 | 2e | K50 | 1:08:00 | 1:07:49 | 10,617 | 5:40 |
| 37 | 347 | SKORUPSKA SYLWIA | PLOTY | 1972 | 14e | K40 | 1:08:01 | 1:07:34 | 10,656 | 5:40 |
| 38 | 384 | BRATKO NATALIA | ZIELONA GÓRA | 1989 | 5e | K20 | 1:08:28 | 1:08:24 | 10,526 | 5:42 |
| 39 | 7 | KRZYWIECKA BEATA | BIEGAMY WE WTORKI | 1968 | 3e | K50 | 1:08:37 | 1:08:20 | 10,537 | 5:43 |
| 40 | 219 | POGODA CZESŁAWA | ZGZB,ZIELONA GÓRA | 1985 | 18e | K30 | 1:08:37 | 1:08:21 | 10,534 | 5:43 |
| 41 | 393 | WIETECZA KATARZYNA | PARSZYWYCH 12 | 1995 | 6e | K20 | 1:09:14 | 1:09:03 | 10,427 | 5:46 |
| 42 | 246 | PŁOTAŁA ALICJA | ZIELONA GÓRA | 1972 | 15e | K40 | 1:09:22 | 1:09:09 | 10,412 | 5:46 |
| 43 | 276 | STOJECKA NATALIA | ZIELONA GÓRA | 1993 | 7e | K20 | 1:09:23 | 1:08:54 | 10,450 | 5:46 |
| 44 | 179 | WALCZAK ANNA | SGB,SULECHÓW | 1980 | 19e | K30 | 1:09:39 | 1:09:23 | 10,377 | 5:48 |
| 45 | 158 | RATAJCZAK MARLENA | KB WIKON NOWA SÓL | 1978 | 16e | K40 | 1:09:54 | 1:09:47 | 10,318 | 5:49 |
| 46 | 14 | CZERSKA JADWIGA | ZARY | 1957 | 1e | K60 | 1:09:56 | 1:09:36 | 10,345 | 5:49 |
| 47 | 156 | KOWALEWSKA MARTA | KB WIKON NOWA SÓL | 1981 | 20e | K30 | 1:09:59 | 1:09:48 | 10,315 | 5:49 |
| 48 | 314 | MIAŁKOWSKA-KOPCIUCH MELAN | ZIELONA GÓRA | 1977 | 17e | K40 | 1:10:00 | 1:09:37 | 10,342 | 5:50 |
| 49 | 119 | JANKOWIAK AGNIESZKA | KB WIKON NOWA SÓL 2 | 1975 | 18e | K40 | 1:10:03 | 1:09:50 | 10,310 | 5:50 |
| 50 | 251 | DĄBROWSKA DOROTA | LUG TEAM,ZIELONA GÓR | 1983 | 21e | K30 | 1:10:18 | 1:10:02 | 10,281 | 5:51 |

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|------|------|---------------------------|----------------------|------|--------|-------|---------|---------|--------|---------|
| 51 | 6 | BIELAWSKA-STOPEŃ BEATA | ZIELONA GÓRA | 1979 | 22e | K30 | 1:10:18 | 1:10:05 | 10,273 | 5:51 |
| 52 | 370 | KURPAS MARTA | KOZUCHÓW | 1992 | 8e | K20 | 1:10:33 | 1:10:07 | 10,269 | 5:52 |
| 53 | 449 | KRAWCZYK MARTYNA | WILD SKUNK,ZIELONA G | 1986 | 23e | K30 | 1:10:59 | 1:10:51 | 10,162 | 5:54 |
| 54 | 47 | MICHALSKA DARIA | BOHAR PALETY RUNNERS | 1982 | 24e | K30 | 1:11:02 | 1:10:42 | 10,184 | 5:55 |
| 55 | 360 | KORBECKA-RYGIEL AGNIESZKA | KB WIKON NOWA SÓL 2 | 1973 | 19e | K40 | 1:11:06 | 1:10:53 | 10,158 | 5:55 |
| 56 | 92 | NAWOJSKA JOANNA | ZGZB,ZIELONA GÓRA | 1962 | 4e | K50 | 1:11:20 | 1:11:10 | 10,117 | 5:56 |
| 57 | 155 | KOWALCZYK-HETNAR MARTA | KB WIKON NOWA SÓL 2 | 1976 | 20e | K40 | 1:11:27 | 1:11:15 | 10,105 | 5:57 |
| 58 | 220 | SZARECKA MAGDALENA | ZIELONA GÓRA | 1989 | 9e | K20 | 1:11:45 | 1:11:13 | 10,110 | 5:58 |
| 59 | 96 | RUDA JÓZEFA | ZARY | 1956 | 2e | K60 | 1:11:46 | 1:11:25 | 10,082 | 5:58 |
| 60 | 173 | JASIŃSKA MARTA | KB WIKON NOWA SÓL | 1982 | 25e | K30 | 1:11:54 | 1:11:43 | 10,040 | 5:59 |
| 61 | 186 | CABAŁA MAŁGORZATA | NOWOSOLSKA GRUPA BIE | 1984 | 26e | K30 | 1:12:22 | 1:11:52 | 10,019 | 6:01 |
| 62 | 40 | KULCZYK HANNA | ZIELONA GÓRA | 1981 | 27e | K30 | 1:12:27 | 1:11:57 | 10,007 | 6:02 |
| 63 | 82 | WÓJCIK BASIA | ÓSEMKI ,ZIELONA GÓRA | 1979 | 28e | K30 | 1:12:50 | 1:12:39 | 9,911 | 6:04 |
| 64 | 146 | ŻOK MAŁGORZATA | ZIELONA GÓRA | 1977 | 21e | K40 | 1:12:52 | 1:12:33 | 9,924 | 6:04 |
| 65 | 124 | NIEWIEROWSKA MAŁGORZATA | KB WIKON NOWA SÓL 2 | 1972 | 22e | K40 | 1:12:57 | 1:12:45 | 9,897 | 6:04 |
| 66 | 244 | OLEJNIK ILONA | BIEGAMY WE WTORKI | 1968 | 5e | K50 | 1:13:11 | 1:12:55 | 9,874 | 6:05 |
| 67 | 125 | NOWAK ANNA | NOWA SÓL | 1989 | 10e | K20 | 1:13:51 | 1:13:22 | 9,814 | 6:09 |
| 68 | 343 | DOBRYCHŁOP EWA | ZIELONA GÓRA | 1982 | 29e | K30 | 1:13:54 | 1:13:35 | 9,785 | 6:09 |
| 69 | 133 | WOZOWCZYK-LESZKO ELA | POLSKA,ZIELONA GÓRA | 1965 | 6e | K50 | 1:13:59 | 1:13:34 | 9,787 | 6:09 |
| 70 | 34 | KORNILUK IZABELA | ZIELONA GÓRA - LEZYC | 1973 | 23e | K40 | 1:13:59 | 1:13:34 | 9,787 | 6:09 |
| 71 | 109 | NOWOROLNIK IRENA | SYMPATYCY ZGZB,ZIELO | 1980 | 30e | K30 | 1:14:32 | 1:14:07 | 9,714 | 6:12 |
| 72 | 368 | KOSTRZEWSKA AGATA | GUBIN | 1984 | 31e | K30 | 1:14:40 | 1:14:19 | 9,688 | 6:13 |
| 73 | 310 | SZUMIGRAJ EWA | STOWARZYSZENIE NOWE | 1974 | 24e | K40 | 1:14:49 | 1:14:27 | 9,671 | 6:14 |
| 74 | 26 | JANICKA-TOMIAK ELIZA | SULECHÓW | 1973 | 25e | K40 | 1:14:51 | 1:14:24 | 9,677 | 6:14 |
| 75 | 200 | LATOS JOANNA | ZIELONA GÓRA | 1973 | 26e | K40 | 1:15:07 | 1:14:49 | 9,624 | 6:15 |
| 76 | 342 | CICHA KLAUDIA | BIEGAMY WE WTORKI | 1993 | 11e | K20 | 1:15:13 | 1:14:56 | 9,609 | 6:16 |
| 77 | 37 | KOZŁOWSKA PATRYCJA | GUAPA TEAM,ZIELONA G | 1977 | 27e | K40 | 1:15:15 | 1:14:57 | 9,606 | 6:16 |
| 78 | 272 | SEMKŁO ANNA | SULECHÓW | 1973 | 28e | K40 | 1:15:19 | 1:15:05 | 9,589 | 6:16 |
| 79 | 50 | MOSKWA MAGDALENA | RUN FOR FUN,LUBSKO | 1980 | 32e | K30 | 1:15:46 | 1:15:21 | 9,555 | 6:18 |
| 80 | 43 | KUŹNIK SYLWIA | ZIELONA GÓRA | 1972 | 29e | K40 | 1:15:59 | 1:15:44 | 9,507 | 6:19 |
| 81 | 138 | GWIAZDA WANDA | SZPROTAWA | 1955 | 3e | K60 | 1:16:10 | 1:16:02 | 9,470 | 6:20 |
| 82 | 60 | RADKOWSKA EWA | ZIELONA GÓRA | 1966 | 7e | K50 | 1:16:14 | 1:16:08 | 9,457 | 6:21 |
| 83 | 110 | OLSZEWSKA EWA | WROCLAW | 1985 | 33e | K30 | 1:16:50 | 1:16:17 | 9,438 | 6:24 |
| 84 | 115 | ADAMCZAK SYLWIA | ZIELONA GORA | 1979 | 34e | K30 | 1:16:54 | 1:16:32 | 9,408 | 6:24 |
| 85 | 236 | WÓŹNIAK - GERAK ANITA | NOWOGRÓD BOBRZANSKI | 1983 | 35e | K30 | 1:17:23 | 1:17:09 | 9,332 | 6:26 |
| 86 | 435 | CZERKAWSKA BEATA | BRACIAK TRANSZIELONA | 1983 | 36e | K30 | 1:17:47 | 1:17:18 | 9,314 | 6:28 |
| 87 | 189 | GAWĘŁ MAGDALENA | ZIELONA GÓRA | 1979 | 37e | K30 | 1:18:11 | 1:17:45 | 9,260 | 6:30 |
| 88 | 403 | SOBOLEWSKA MONIKA | BIEGAJAC Z WILKAMI,G | 1976 | 30e | K40 | 1:18:19 | 1:18:11 | 9,209 | 6:31 |
| 89 | 313 | BOCZAR BEATA | GREEN TEAM | 1965 | 8e | K50 | 1:18:57 | 1:18:34 | 9,164 | 6:34 |
| 90 | 53 | NIEPOROWSKA BEATA | NIE DOTYCZY,ZIELONA | 1963 | 9e | K50 | 1:19:27 | 1:19:05 | 9,104 | 6:37 |
| 91 | 140 | MROZIUK MONIKA | BOHAR PALETY RUNNERS | 1986 | 38e | K30 | 1:19:36 | 1:19:28 | 9,060 | 6:38 |
| 92 | 329 | HOFFMAN MAGDALENA | SWIETOSZÓW | 1987 | 39e | K30 | 1:19:44 | 1:19:26 | 9,064 | 6:38 |
| 93 | 254 | MADOŃ MAGDALENA | LUG TEAM,ZIELONA GÓR | 1987 | 40e | K30 | 1:20:01 | 1:19:32 | 9,053 | 6:40 |
| 94 | 15 | CZYŻ ALEKSANDRA | VEGE RUNNERS,ZIELONA | 1980 | 41e | K30 | 1:20:05 | 1:19:40 | 9,038 | 6:40 |
| 95 | 30 | JUNCEWICZ MARTA | ZIELONA GÓRA | 1990 | 12e | K20 | 1:20:16 | 1:19:53 | 9,013 | 6:41 |
| 96 | 215 | RZAŚA AGNIESZKA | ZAGAN | 1978 | 31e | K40 | 1:22:44 | 1:22:26 | 8,734 | 6:53 |
| 97 | 345 | LEŚKO KAROLINA | BOBROWICE | 1988 | 42e | K30 | 1:23:30 | 1:23:14 | 8,650 | 6:57 |
| 98 | 2 | ADAMSKA MAGDALENA | ZIELONA GÓRA | 1977 | 32e | K40 | 1:23:35 | 1:23:07 | 8,663 | 6:57 |
| 99 | 171 | GÓRALCZYK MAGDALENA | ZIELONA GÓRA | 1986 | 43e | K30 | 1:23:50 | 1:23:34 | 8,616 | 6:59 |
| 100 | 400 | PIELICHOWSKA JUSTYNA | BIEGAJAC Z WILKAMI,I | 1976 | 33e | K40 | 1:25:08 | 1:25:00 | 8,471 | 7:05 |

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Str: 3

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|------|------|----------------------|----------------------|------|--------|-------|---------|---------|-------|---------|
| 101 | 280 | GANCARZ EWA | PARKRUN,MIROSTOWICE | 1977 | 34e | K40 | 1:26:37 | 1:26:11 | 8,354 | 7:13 |
| 102 | 324 | PLADER ALINA | ZIELONA GORA | 1948 | 4e | K60 | 1:28:01 | 1:27:10 | 8,260 | 7:20 |
| 103 | 147 | BRYZKOWSKA AGNIESZKA | DRUZYNA GAZETY,ZIELO | 1979 | 44e | K30 | 1:28:30 | 1:28:02 | 8,179 | 7:22 |
| 104 | 13 | CHRUSTEK EWA | ZIELONA GÓRA | 1968 | 10e | K50 | 1:28:31 | 1:28:31 | 8,134 | 7:22 |
| 105 | 204 | ROŚ-BRZEZIŃSKA EWA | PARKRUN ZARY,ZARY | 1963 | 11e | K50 | 1:30:23 | 1:30:00 | 8,000 | 7:31 |
| 106 | 51 | NAWLICKA KAMILA | BIEGAMY WE WTORKI | 1978 | 35e | K40 | 1:31:57 | 1:31:27 | 7,873 | 7:39 |
| 107 | 127 | POSACKA EWELINA | ZIELONA GÓRA | 1979 | 45e | K30 | 1:35:16 | 1:34:57 | 7,583 | 7:56 |