

VII BIEG NIEPODLEGŁOŚCI - 11.11.2018, ŻAGAN
WYNIKI -10KM - OPEN K

Str: 1

| Msce | StNr | Nazwisko i imię | Klub/Misto | Rok | MscKat | Kateg | Miedzy | Brutto | Netto | Km/h | Czas/Km |
|------|------|---------------------------|-----------------------|------|--------|-------|--------|--------|-------|--------|---------|
| 1 | 22 | LUPA BEATA | 23 PA/KARKONOSZ RUNNI | 1990 | 1e | K16 | 17:28 | 34:56 | 34:55 | 17,184 | 3:29 |
| 2 | 24 | NOWAK SANDRA | TEAM MARYSIAK ,ZIELO | 1990 | 2e | K16 | 19:04 | 38:32 | 38:31 | 15,578 | 3:51 |
| 3 | 23 | KOWALEWSKA ELŻBIETA | EDI TEAM ZGORZELEC,Z | 1982 | 1e | K30 | 19:09 | 39:22 | 39:21 | 15,248 | 3:56 |
| 4 | 25 | KWIATKOWSKA JUSTYNA | LG NORDHEIDE,SIECIEB | 1987 | 2e | K30 | 19:39 | 40:53 | 40:52 | 14,682 | 4:05 |
| 5 | 26 | OLEKSYK WIOLETTA | RUNNERS TEAM ZARY,ZA | 1964 | 1e | K50 | 20:55 | 41:42 | 41:40 | 14,400 | 4:10 |
| 6 | 277 | KACZMARSKA ALICJA | 10BKPANC,BOLESŁAWICE | 1992 | 3e | K16 | 21:16 | 42:20 | 42:19 | 14,179 | 4:13 |
| 7 | 154 | MICHNOWICZ EWELINA | HUSARIA RACE TEAM,GU | 1992 | 4e | K16 | 21:03 | 42:42 | 42:37 | 14,079 | 4:15 |
| 8 | 30 | JANKOWSKA KAROLINA | 23 SPA,LUBAN | 1993 | 5e | K16 | 21:17 | 43:10 | 43:09 | 13,905 | 4:18 |
| 9 | 31 | SKÓRA ANASTAZJA | ZAGAN | 1992 | 6e | K16 | 21:15 | 43:30 | 43:28 | 13,804 | 4:20 |
| 10 | 288 | SAWINIEC KAROLINA | ZGORZELEC | 1982 | 3e | K30 | 21:33 | 43:47 | 43:41 | 13,735 | 4:22 |
| 11 | 27 | LACHOWSKA MONIKA | KLUB BIEGACZA BOLEAS | 1980 | 4e | K30 | 21:24 | 43:48 | 43:46 | 13,709 | 4:22 |
| 12 | 268 | SULIKOWSKA EDYTA | BRAK,GUBIN | 1975 | 1e | K40 | 21:25 | 44:05 | 44:00 | 13,636 | 4:24 |
| 13 | 203 | PRZĄDKA PAULINA | BOHAR PALETY RUNNERS | 1991 | 7e | K16 | 21:32 | 44:12 | 44:06 | 13,605 | 4:24 |
| 14 | 131 | OSTROWSKA AGNIESZKA | CHROMA ZARY,ZARY | 1983 | 5e | K30 | 21:43 | 44:17 | 44:11 | 13,580 | 4:25 |
| 15 | 278 | KOSIOR MONIKA | 10 BKPANC,SZPROTAWA | 1990 | 8e | K16 | 22:18 | 44:44 | 44:35 | 13,458 | 4:27 |
| 16 | 208 | DZIOPA-KAN ANNA | BBL ZAGAN,ZAGAN | 1976 | 2e | K40 | 21:51 | 44:54 | 44:48 | 13,393 | 4:28 |
| 17 | 206 | WÓJCIC KINGA | BBL ZAGAN,ZAGAN | 1982 | 6e | K30 | 22:24 | 45:10 | 45:03 | 13,319 | 4:30 |
| 18 | 70 | NAWROCKA EWELINA | ZARY | 1985 | 7e | K30 | 22:22 | 45:21 | 45:15 | 13,260 | 4:31 |
| 19 | 181 | RUDAK MARTA | ZAGANSKA GRUPA BIEGO | 1978 | 3e | K40 | 22:24 | 45:33 | 45:28 | 13,196 | 4:32 |
| 20 | 488 | KAMIŃSKA EWA | ZGORZELEC | 1975 | 4e | K40 | 22:27 | 45:56 | 45:43 | 13,124 | 4:34 |
| 21 | 771 | PEREMICKA MAŁGORZATA | EDITEAM ZGORZELEC ,B | 1981 | 8e | K30 | 22:43 | 46:24 | 45:52 | 13,081 | 4:35 |
| 22 | 376 | KRZEMIŃSKA-BIELAK KAMILA | ZARY | 1976 | 5e | K40 | 22:57 | 46:13 | 45:59 | 13,048 | 4:35 |
| 23 | 115 | GOŹDZIEJEWSKA NATALIA | ZAGAN | 1992 | 9e | K16 | 22:35 | 46:29 | 46:16 | 12,968 | 4:37 |
| 24 | 247 | TOROŃCZAK ELŻBIETA | LUBAN | 1984 | 9e | K30 | 22:41 | 46:31 | 46:18 | 12,959 | 4:37 |
| 25 | 191 | ROMEJKO URSZULA | BBL ZAGAN,ZAGAN | 1983 | 10e | K30 | 22:21 | 46:28 | 46:21 | 12,945 | 4:38 |
| 26 | 148 | BERNAT SYLWIA | ZARY | 1977 | 6e | K40 | 22:52 | 46:31 | 46:24 | 12,931 | 4:38 |
| 27 | 168 | STASZCZAK MAŁGORZATA | KWISA LUBAN,LUBAN | 1986 | 11e | K30 | 22:30 | 46:37 | 46:29 | 12,908 | 4:38 |
| 28 | 465 | WUJDA MARTA | ZARY | 1976 | 7e | K40 | 23:07 | 46:44 | 46:30 | 12,903 | 4:39 |
| 29 | 151 | LASKOWSKA DOROTA | ZARY | 1986 | 12e | K30 | 22:29 | 46:39 | 46:31 | 12,899 | 4:39 |
| 30 | 210 | MALINOWSKA-NGUYEN KATARZY | PARKRUN ZARY ,ZARY | 1977 | 8e | K40 | 22:27 | 46:39 | 46:33 | 12,889 | 4:39 |
| 31 | 286 | KACZMAREK KATARZYNA | TEAM DRACZYNSKI,ZIEL | 1980 | 13e | K30 | 22:49 | 46:53 | 46:46 | 12,830 | 4:40 |
| 32 | 204 | SZEPczyńska ANNA | ZARY | 1978 | 9e | K40 | 22:36 | 46:56 | 46:48 | 12,821 | 4:40 |
| 33 | 450 | KUDŁA PATRYCJA | ZAGAN | 1985 | 14e | K30 | 23:38 | 47:27 | 46:55 | 12,789 | 4:41 |
| 34 | 491 | ZIELONKA KAROLINA | ZARY | 1982 | 15e | K30 | 23:29 | 47:19 | 47:05 | 12,743 | 4:42 |
| 35 | 392 | CZEPIŃSKA JUDYTA | ZARY | 1977 | 10e | K40 | 23:27 | 47:39 | 47:24 | 12,658 | 4:44 |
| 36 | 237 | GÓRSKA AGNIESZKA | ZARY | 1980 | 16e | K30 | 23:33 | 47:41 | 47:27 | 12,645 | 4:44 |
| 37 | 197 | SANIUK JOANNA | ZARY | 1985 | 17e | K30 | 23:18 | 47:43 | 47:30 | 12,632 | 4:45 |
| 38 | 139 | STARCZEWSKA PLUTA ALICJA | ZIELONA GÓRA | 1969 | 11e | K40 | 23:17 | 48:02 | 47:53 | 12,530 | 4:47 |
| 39 | 499 | BALAWAJDER JOANNA | KACZMAREK ELECTRIC,N | 1984 | 18e | K30 | 23:29 | 48:24 | 48:03 | 12,487 | 4:48 |
| 40 | 179 | MARCINIAK AGATA | ZAGAN | 1980 | 19e | K30 | 23:44 | 48:18 | 48:08 | 12,465 | 4:48 |
| 41 | 163 | KALICZAK-SZWAJA MONIKA | SZPROTAWA | 1974 | 12e | K40 | 23:43 | 48:18 | 48:08 | 12,465 | 4:48 |
| 42 | 375 | KARNICKA IWONA | ZGORZELEC | 1973 | 13e | K40 | 23:24 | 48:32 | 48:18 | 12,422 | 4:49 |
| 43 | 415 | LICHACZ ANIA | SMOLEC | 1981 | 20e | K30 | 23:49 | 48:54 | 48:39 | 12,333 | 4:51 |
| 44 | 169 | TALKOWSKA ALEKSANDRA | KB WIKON NOWA SÓL,NO | 1983 | 21e | K30 | 23:44 | 48:49 | 48:42 | 12,320 | 4:52 |
| 45 | 304 | JODŁOWSKA EWA | KMB42,KROSNO ODRZ | 1980 | 22e | K30 | 23:48 | 49:10 | 48:53 | 12,274 | 4:53 |
| 46 | 132 | PARADIUK MARTA | DRUZYNA CHROBREGO,SZ | 1986 | 23e | K30 | 24:03 | 49:18 | 49:05 | 12,224 | 4:54 |
| 47 | 261 | BANDUROWSKA AGNIESZKA | KB SPOCENI NOWA SÓL, | 1976 | 14e | K40 | 23:57 | 49:23 | 49:11 | 12,199 | 4:55 |
| 48 | 313 | MACHŁOWIEC DOMINIKA | IŁOWA | 1980 | 24e | K30 | 24:55 | 49:48 | 49:24 | 12,146 | 4:56 |
| 49 | 441 | ŻOŁYŃSKA WIOLETTA | ZAGAN | 1977 | 15e | K40 | 24:23 | 49:55 | 49:36 | 12,097 | 4:57 |
| 50 | 380 | RAUBO EMILIA | ZGORZELEC | 1983 | 25e | K30 | 24:03 | 49:53 | 49:38 | 12,089 | 4:57 |

VII BIEG NIEPODLEGŁOŚCI - 11.11.2018, ŻAGAN
WYNIKI -10KM - OPEN K

Str: 2

| Msce | StNr | Nazwisko i imię | Klub/Misto | Rok | MscKat | Kateg | Miedzy | Brutto | Netto | Km/h | Czas/Km |
|------|------|------------------------|----------------------|------|--------|-------|--------|--------|-------|--------|---------|
| 51 | 281 | STEFAŃSKA MARIA | PRZEMYSKI KLUB BIEGA | 1979 | 26e | K30 | 24:42 | 50:02 | 49:50 | 12,040 | 4:59 |
| 52 | 316 | MICHALSKA DARIA | BOHAR PALETY RUNNERS | 1982 | 27e | K30 | 24:36 | 50:17 | 49:58 | 12,008 | 4:59 |
| 53 | 519 | NOWICKA ANNA | ACQUA SPORT,NOWA SÓL | 1968 | 2e | K50 | 24:43 | 50:28 | 50:02 | 11,992 | 5:00 |
| 54 | 356 | PUSIARSKA ANNA | DRUZYNA CHROBREGO,SZ | 1982 | 28e | K30 | 24:57 | 50:29 | 50:12 | 11,952 | 5:01 |
| 55 | 508 | MACEK BOGUSŁAWA | PRZEMYSKI KLUB BIEGA | 1964 | 3e | K50 | 25:04 | 50:32 | 50:14 | 11,944 | 5:01 |
| 56 | 482 | BANASZAK BARBARA | SWIETOSZÓW | 1997 | 10e | K16 | 25:21 | 50:40 | 50:24 | 11,905 | 5:02 |
| 57 | 547 | MIŁOSZEWSKA KATARZYNA | BOGATYNIA | 1977 | 16e | K40 | 24:41 | 50:58 | 50:26 | 11,897 | 5:02 |
| 58 | 447 | RABIEJ-OLSZEWSKA HANNA | LMKS SFORA CHOJNÓW,C | 1985 | 29e | K30 | 24:51 | 51:13 | 50:59 | 11,769 | 5:05 |
| 59 | 311 | KULCZYK HANNA | ZGZB,ZIELONA GÓRA | 1981 | 30e | K30 | 25:04 | 51:35 | 51:12 | 11,719 | 5:07 |
| 60 | 540 | KACZMAREK ALEKSANDRA | ZAGAN | 1982 | 31e | K30 | 25:16 | 52:00 | 51:33 | 11,639 | 5:09 |
| 61 | 458 | MARCHEWKA KATARZYNA | ZIELONA GÓRA | 1979 | 32e | K30 | 25:15 | 51:51 | 51:35 | 11,632 | 5:09 |
| 62 | 245 | NARKUN EWA | IŁOWA | 1983 | 33e | K30 | 25:15 | 51:49 | 51:42 | 11,605 | 5:10 |
| 63 | 420 | NAREJKO AGATA | PARKRUN,ZARY | 1964 | 4e | K50 | 25:24 | 52:05 | 51:47 | 11,587 | 5:10 |
| 64 | 321 | NOWOROLNIK IRENA | SYMPATYCY ZGZB,ZIELO | 1980 | 34e | K30 | 25:17 | 52:16 | 51:54 | 11,561 | 5:11 |
| 65 | 716 | GŁOWIŃSKA BOŻENA | BIEGAM BO LUBIE,KOZU | 1980 | 35e | K30 | 25:57 | 52:27 | 51:56 | 11,553 | 5:11 |
| 66 | 414 | KRÓL BOŻENA | KLUB BIEGACZA BOLESL | 1967 | 5e | K50 | 24:54 | 52:15 | 51:56 | 11,553 | 5:11 |
| 67 | 184 | WOJTYRA AGNIESZKA | 10BKPANC,MALOMICE | 1979 | 36e | K30 | 25:00 | 52:13 | 51:59 | 11,542 | 5:11 |
| 68 | 549 | MOSKWA MAGDALENA | RUN FOR FUN,LUBSKO | 1980 | 37e | K30 | 25:33 | 52:56 | 52:30 | 11,429 | 5:15 |
| 69 | 297 | CZERSKA JADWIGA | ZARY | 1957 | 6e | K50 | 25:27 | 52:49 | 52:31 | 11,425 | 5:15 |
| 70 | 753 | TRZUSZKOWSKA KATARZYNA | 10 BKPANC,BOLESLAWIE | 1979 | 38e | K30 | 26:34 | 53:06 | 52:35 | 11,410 | 5:15 |
| 71 | 811 | TANONA KLAUDIA | ŻARY RUNNERS TEAM,JA | 1991 | 11e | K16 | 25:54 | 53:08 | 52:49 | 11,360 | 5:16 |
| 72 | 354 | MROŹEK ALEKSANDRA | ZAGANSKIE DZIKI ,ZAG | 1982 | 39e | K30 | 25:47 | 53:07 | 52:50 | 11,356 | 5:17 |
| 73 | 495 | CIEŚLIK KAROLINA | WKURW TEAM,NOWA SÓL | 1985 | 40e | K30 | 25:37 | 53:12 | 52:51 | 11,353 | 5:17 |
| 74 | 469 | POGODA CZESŁAWA | ZGZB,ZIELONA GÓRA | 1985 | 41e | K30 | 26:30 | 53:20 | 52:55 | 11,339 | 5:17 |
| 75 | 489 | KÜHNEL PEGGY | LTSV FORST 1990,COTT | 1971 | 17e | K40 | 26:10 | 53:14 | 52:58 | 11,328 | 5:17 |
| 76 | 433 | PONIEWIERKA JOANNA | IŁOWA | 1980 | 42e | K30 | 25:40 | 53:37 | 53:20 | 11,250 | 5:20 |
| 77 | 597 | LOCH JUSTYNA | NOWOGRÓD BOBRZANSKI | 1989 | 12e | K16 | 26:12 | 53:54 | 53:26 | 11,229 | 5:20 |
| 78 | 387 | WOJDAK MAGDALENA | ZAGAN | 1987 | 43e | K30 | 26:12 | 53:52 | 53:28 | 11,222 | 5:20 |
| 79 | 464 | JERZYK ALEKSANDRA | GLUSZYCA | 1983 | 44e | K30 | 26:00 | 53:54 | 53:31 | 11,211 | 5:21 |
| 80 | 761 | MIAŻEK MARIOLA | WINSKO | 1989 | 13e | K16 | 26:44 | 54:12 | 53:38 | 11,187 | 5:21 |
| 81 | 263 | KOAL INGRID | NLLB COTTBUS,COTTBUS | 1949 | 7e | K50 | 25:57 | 53:47 | 53:39 | 11,184 | 5:21 |
| 82 | 728 | BERGSTOFF SYLWIA | PARKRUN,ZARY | 1991 | 14e | K16 | 26:48 | 54:25 | 53:55 | 11,128 | 5:23 |
| 83 | 492 | SUCHODOLSKA AGNIESZKA | PARKRUN ZARY,IŁOWA | 1975 | 18e | K40 | 26:06 | 54:18 | 54:03 | 11,101 | 5:24 |
| 84 | 767 | MARKULAK ELLA | ZARY | 1976 | 19e | K40 | 26:42 | 54:36 | 54:07 | 11,087 | 5:24 |
| 85 | 253 | WICIAK MONIKA | EDI TEAM ZGORZELEC , | 1978 | 20e | K40 | 26:46 | 54:24 | 54:11 | 11,074 | 5:25 |
| 86 | 610 | OLEKSIUK ANETA | EDI TEAM ZGORZELEC,Z | 1984 | 45e | K30 | 26:50 | 54:44 | 54:17 | 11,053 | 5:25 |
| 87 | 435 | CEGIELSKA MAŁGORZATA | ZARY | 1981 | 46e | K30 | 27:23 | 54:54 | 54:34 | 10,996 | 5:27 |
| 88 | 302 | EWERTOWSKA ANITA | ZIELONA GÓRA | 1992 | 15e | K16 | 27:04 | 55:01 | 54:36 | 10,989 | 5:27 |
| 89 | 684 | SOKOŁOWSKA KINGA | ZAGAN | 1978 | 21e | K40 | 26:26 | 55:14 | 54:49 | 10,946 | 5:28 |
| 90 | 621 | CHUCHRA BOGUSŁAWA | SZPROTAWA | 1975 | 22e | K40 | 27:34 | 55:50 | 55:24 | 10,830 | 5:32 |
| 91 | 625 | ŁOŚ-KRAWCZYK MAGDALENA | SZPROTAWA | 1979 | 47e | K30 | 27:34 | 55:50 | 55:24 | 10,830 | 5:32 |
| 92 | 305 | KAMIŃSKA MAŁGORZATA | ZARY | 1963 | 8e | K50 | 27:44 | 55:53 | 55:26 | 10,824 | 5:32 |
| 93 | 449 | DUDEK ANNA | MIROSTOWICE DOLNE | 1979 | 48e | K30 | 27:44 | 55:54 | 55:26 | 10,824 | 5:32 |
| 94 | 11 | MAZUR KATARZYNA | UMLAUT,KROSNO ODRZAN | 1980 | 49e | K30 | 27:26 | 55:28 | 55:27 | 10,821 | 5:32 |
| 95 | 1111 | DZIOPA MAŁGORZATA | LUBSKO | 1975 | 23e | K40 | 27:19 | 55:37 | 55:36 | 10,791 | 5:33 |
| 96 | 581 | RUDA JÓZEFA | ZARY | 1956 | 9e | K50 | 27:45 | 56:06 | 55:39 | 10,782 | 5:33 |
| 97 | 461 | BIELECKA ANNA | STREFA MOCY,ZAGAN | 1988 | 50e | K30 | 26:38 | 56:05 | 55:47 | 10,756 | 5:34 |
| 98 | 513 | NICPOŃ RENATA | BIEGAM POMAGAM LEGNI | 1964 | 10e | K50 | 28:08 | 56:13 | 55:50 | 10,746 | 5:35 |
| 99 | 486 | BRYKAŁSKA BOGUMIŁA | MODRZYCA | 1971 | 24e | K40 | 27:28 | 56:16 | 55:53 | 10,737 | 5:35 |
| 100 | 493 | LAMPKOWSKA ELŻBIETA | ZGORZELEC | 1986 | 51e | K30 | 27:31 | 56:28 | 55:54 | 10,733 | 5:35 |

VII BIEG NIEPODLEGŁOŚCI - 11.11.2018, ŻAGAŃ
WYNIKI -10KM - OPEN K

Str: 3

| Msce | StNr | Nazwisko i imię | Klub/Misto | Rok | MscKat | Kateg | Miedzy | Brutto | Netto | Km/h | Czas/Km |
|------|------|---------------------------|----------------------|------|--------|-------|--------|---------|---------|--------|---------|
| 101 | 378 | PTASZKIEWICZ EWA | ZIELONA GÓRA ZACZNIJ | 1971 | 25e | K40 | 27:38 | 56:20 | 55:56 | 10,727 | 5:35 |
| 102 | 661 | BOCZKOWSKA MAŁGORZATA | SWIEBODZIN | 1979 | 52e | K30 | 28:12 | 56:36 | 55:57 | 10,724 | 5:35 |
| 103 | 638 | KALIŃSKA-KOSIOREK EWA | ZGZB.ZIELONA GÓRA | 1980 | 53e | K30 | 28:00 | 56:28 | 55:58 | 10,721 | 5:35 |
| 104 | 562 | SMORAĞIEWICZ AGNIESZKA | ZAGAN | 1983 | 54e | K30 | 28:25 | 56:30 | 56:03 | 10,705 | 5:36 |
| 105 | 722 | ŚLĄCZKA-LEBIEDZIŃSKA ALEK | CROSSFIT 8K48,ZIELON | 1978 | 26e | K40 | 26:43 | 56:31 | 56:05 | 10,698 | 5:36 |
| 106 | 350 | GRELA JOANNA | NOWA SÓL | 1976 | 27e | K40 | 27:42 | 56:27 | 56:12 | 10,676 | 5:37 |
| 107 | 341 | WOJTASIK SYLWIA | NOWOSOLSKA GRUPA BIE | 1974 | 28e | K40 | 27:23 | 56:47 | 56:24 | 10,638 | 5:38 |
| 108 | 487 | MIAŻEK DARIA | NOWOSOLSKA GRUPA BIE | 1986 | 55e | K30 | 27:28 | 56:47 | 56:29 | 10,623 | 5:38 |
| 109 | 244 | JAWORSKA MARTYNA | VIKING MALOMICE,MALO | 2002 | 16e | K16 | 27:07 | 56:42 | 56:35 | 10,604 | 5:39 |
| 110 | 506 | JAŁOCHA BARBARA | PRZEMYSKI KLUB BIEGA | 1967 | 11e | K50 | 28:19 | 57:10 | 56:46 | 10,570 | 5:40 |
| 111 | 300 | DYLEWICZ WERONIKA | ZAGAN | 2000 | 17e | K16 | 28:07 | 57:14 | 56:51 | 10,554 | 5:41 |
| 112 | 490 | PILZ PAULINA | ZIELONA GÓRA | 1986 | 56e | K30 | 28:05 | 57:20 | 56:52 | 10,551 | 5:41 |
| 113 | 809 | DUDZIŃSKA ANNA | CZERWIEŃSK | 1981 | 57e | K30 | 28:07 | 57:22 | 56:54 | 10,545 | 5:41 |
| 114 | 775 | WISZNIOWSKA MAGDALENA | FITNONSTOP.PL,CHOJNÓ | 1982 | 58e | K30 | 28:34 | 57:34 | 56:54 | 10,545 | 5:41 |
| 115 | 615 | PASTERZAK ALICJA | TOMASZOWO | 1972 | 29e | K40 | 28:11 | 57:28 | 57:01 | 10,523 | 5:42 |
| 116 | 640 | PSYK BEATA | ZAGAN | 1976 | 30e | K40 | 28:06 | 57:32 | 57:05 | 10,511 | 5:42 |
| 117 | 653 | STEFAŃSKA MAGDA | ZAGAN | 1983 | 59e | K30 | 28:05 | 57:31 | 57:06 | 10,508 | 5:42 |
| 118 | 758 | MŁODZIANOWSKA-SYNOWIEC MA | WROCLAW | 1983 | 60e | K30 | 28:04 | 57:35 | 57:07 | 10,505 | 5:42 |
| 119 | 651 | DŹUMYŁO ANNA | ZARY | 1984 | 61e | K30 | 29:19 | 57:44 | 57:14 | 10,483 | 5:43 |
| 120 | 112 | CIUBA ALICJA | ZAGAN | 1998 | 18e | K16 | 28:27 | 57:53 | 57:26 | 10,447 | 5:44 |
| 121 | 360 | WĘGIER AGNIESZKA | ZIELONA GÓRO ZACZNIJ | 1980 | 62e | K30 | 27:38 | 57:51 | 57:27 | 10,444 | 5:44 |
| 122 | 388 | WOŹNIAK - GERAK ANITA | NOWOGRÓD BOBRZANSKI | 1983 | 63e | K30 | 28:02 | 57:50 | 57:30 | 10,435 | 5:45 |
| 123 | 293 | LATOS JOANNA | ZIELONA GÓRA | 1973 | 31e | K40 | 28:07 | 57:58 | 57:33 | 10,426 | 5:45 |
| 124 | 692 | MATYSIAK MAŁGORZATA | ZARY | 1978 | 32e | K40 | 28:07 | 57:59 | 57:33 | 10,426 | 5:45 |
| 125 | 411 | BOROWIEC SYLWIA | PARKRUN ZARY,ZARY | 1980 | 64e | K30 | 28:07 | 57:59 | 57:33 | 10,426 | 5:45 |
| 126 | 645 | BLINOW JOANNA | ZZO MARSZÓW,ZAGAN | 1980 | 65e | K30 | 28:18 | 58:13 | 57:41 | 10,402 | 5:46 |
| 127 | 742 | WIĘCŁAW JULIA | ZIELONA GÓRO ZACZNIJ | 1985 | 66e | K30 | 28:36 | 58:13 | 57:41 | 10,402 | 5:46 |
| 128 | 739 | RACZYŃSKA EWA | WROCLAW | 1985 | 67e | K30 | 29:10 | 58:22 | 57:48 | 10,381 | 5:46 |
| 129 | 418 | DOBRYCHŁOP EWA | ZIELONA GÓRA | 1982 | 68e | K30 | 28:08 | 58:14 | 57:49 | 10,378 | 5:46 |
| 130 | 550 | NAPIORA IRENA | ZAGAN | 1983 | 69e | K30 | 28:08 | 58:23 | 57:53 | 10,366 | 5:47 |
| 131 | 530 | CZYŻ ALEKSANDRA | VEGE RUNNERS,ZIELONA | 1980 | 70e | K30 | 28:36 | 58:31 | 57:56 | 10,357 | 5:47 |
| 132 | 308 | KUJAWKA AGNIESZKA | STARE LISICE,ILOWA | 1983 | 71e | K30 | 27:43 | 58:32 | 58:12 | 10,309 | 5:49 |
| 133 | 587 | ZIŃSKA DOROTA | DRUZYNA CHROBREGO,MA | 1984 | 72e | K30 | 28:17 | 58:43 | 58:16 | 10,297 | 5:49 |
| 134 | 658 | BRENKIEWICZ ALICJA | ZAGAN | 1988 | 73e | K30 | 29:09 | 59:04 | 58:32 | 10,251 | 5:51 |
| 135 | 676 | JANKIEWICZ KATARZYNA | ZAGAN | 1990 | 19e | K16 | 29:09 | 59:04 | 58:33 | 10,248 | 5:51 |
| 136 | 575 | LEWANDOWSKA KATARZYNA | FOREVER YOUNG,ZIELON | 1975 | 33e | K40 | 28:19 | 59:13 | 58:42 | 10,221 | 5:52 |
| 137 | 429 | KAPUŚNIAK DOROTA | KOZUCHÓW | 1976 | 34e | K40 | 28:14 | 59:22 | 58:51 | 10,195 | 5:53 |
| 138 | 373 | DREWICZ KINGA | RUNNER TEAM BYLE NIE | 1979 | 74e | K30 | 28:51 | 59:14 | 58:52 | 10,193 | 5:53 |
| 139 | 668 | KALUŻNA-SKURPEL PAULINA | NOWOSOLSKA GRUPA BIE | 1987 | 75e | K30 | 29:16 | 59:37 | 58:58 | 10,175 | 5:53 |
| 140 | 552 | NOWAK ANNA | NOWA SÓL | 1989 | 20e | K16 | 28:31 | 59:37 | 58:59 | 10,172 | 5:53 |
| 141 | 566 | SZCZEPKOWICZ ELŻBIETA | BOBROWICE | 1993 | 21e | K16 | 28:03 | 59:27 | 58:59 | 10,172 | 5:53 |
| 142 | 590 | CIESIELSKA MAŁGORZATA | NOWA SÓL | 1978 | 35e | K40 | 28:44 | 59:27 | 59:02 | 10,164 | 5:54 |
| 143 | 535 | FOLTNYIAK ALEKSANDRA | ZIELONA GÓRA | 1982 | 76e | K30 | 29:19 | 59:49 | 59:10 | 10,141 | 5:55 |
| 144 | 729 | MASSALSKA GABRIELA | PANAS TEAM ,ZAGAN | 1996 | 22e | K16 | 29:30 | 59:57 | 59:16 | 10,124 | 5:55 |
| 145 | 390 | POPIELARZ RENATA | ZIELONA GÓRO ZACZNIJ | 1971 | 36e | K40 | 29:24 | 1:00:28 | 59:51 | 10,025 | 5:59 |
| 146 | 687 | TOMCZAK MARTA | SLAWA | 1985 | 77e | K30 | 29:36 | 1:00:31 | 59:54 | 10,017 | 5:59 |
| 147 | 505 | WITCZAK MAŁGORZATA | TARNAWA KROSNIEWSKA | 1963 | 12e | K50 | 28:58 | 1:00:18 | 59:57 | 10,008 | 5:59 |
| 148 | 1706 | RUSIKIEWICZ IWONA | ZAGAN | 1973 | 37e | K40 | 29:03 | 1:00:38 | 1:00:04 | 9,989 | 6:00 |
| 149 | 529 | BRZozowska JOLANTA | SWIETOSZÓW | 1976 | 38e | K40 | 30:07 | 1:00:36 | 1:00:06 | 9,983 | 6:00 |
| 150 | 656 | DELEJOWSKA MONIKA | TUPLICE | 1983 | 78e | K30 | 29:42 | 1:00:40 | 1:00:08 | 9,978 | 6:00 |

VII BIEG NIEPODLEGŁOŚCI - 11.11.2018, ŻAGAŃ
WYNIKI -10KM - OPEN K

Str: 4

| Msce | StNr | Nazwisko i imię | Klub/Misto | Rok | MscKat | Kateg | Miedzy | Brutto | Netto | Km/h | Czas/Km |
|------|------|---------------------------|----------------------|------|--------|-------|--------|---------|---------|-------|---------|
| 151 | 229 | POCHYLSKA IWONA | ZIELONA GORA | 1972 | 39e | K40 | 28:51 | 1:00:39 | 1:00:25 | 9,931 | 6:02 |
| 152 | 667 | GRZYMAŁA KORNELIA | PSP 5,ZAGAN | 1975 | 40e | K40 | 30:05 | 1:01:11 | 1:00:31 | 9,915 | 6:03 |
| 153 | 560 | RUSIN JANINA | HARENDZIAKI,ZARY | 1965 | 13e | K50 | 29:59 | 1:01:07 | 1:00:32 | 9,912 | 6:03 |
| 154 | 655 | CHOJA-MIGUŁA EWELINA | PRZEMKÓW | 1986 | 79e | K30 | 30:13 | 1:01:17 | 1:00:37 | 9,898 | 6:03 |
| 155 | 735 | KOSZELOWSKA KAROLINA | ZAGAN | 1984 | 80e | K30 | 29:10 | 1:01:17 | 1:00:44 | 9,879 | 6:04 |
| 156 | 710 | KOWALSKA MAGDALENA | SLOW JOGGING WROCLAW | 1980 | 81e | K30 | 29:29 | 1:01:30 | 1:00:53 | 9,855 | 6:05 |
| 157 | 395 | KOWAL AGNIESZKA | RUNNER TEAM BYLE NIE | 1973 | 41e | K40 | 28:53 | 1:01:17 | 1:00:55 | 9,850 | 6:05 |
| 158 | 399 | SZCZĘSNA ANNA | OLSZYNA | 1981 | 82e | K30 | 28:45 | 1:01:21 | 1:00:57 | 9,844 | 6:05 |
| 159 | 542 | KOZIŃSKA MAŁGORZATA | KOZUCHÓW | 1981 | 83e | K30 | 29:35 | 1:01:38 | 1:00:57 | 9,844 | 6:05 |
| 160 | 460 | BAŃBURA ALICJA | ZARY | 1992 | 23e | K16 | 28:50 | 1:01:33 | 1:01:09 | 9,812 | 6:06 |
| 161 | 545 | MARCZEWSKA MARTA | ZIELONA GÓRO ZACZNIJ | 1983 | 84e | K30 | 29:43 | 1:02:04 | 1:01:27 | 9,764 | 6:08 |
| 162 | 709 | ZADOŃ AGNIESZKA | SWIETOSZOW,SWIETOSZÓ | 1982 | 85e | K30 | 30:08 | 1:02:07 | 1:01:37 | 9,738 | 6:09 |
| 163 | 750 | MAJEWSKA SANDRA | GOSTYN | 1993 | 24e | K16 | 30:12 | 1:02:07 | 1:01:38 | 9,735 | 6:09 |
| 164 | 571 | BUDASZ MIECIA | BRZEZNICA | 1982 | 86e | K30 | 29:50 | 1:02:19 | 1:01:42 | 9,724 | 6:10 |
| 165 | 579 | PAWŁOWSKA-LASEK KATARZYN | ZARY | 1981 | 87e | K30 | 29:51 | 1:02:19 | 1:01:42 | 9,724 | 6:10 |
| 166 | 534 | DUDZIK MAGDALENA | KOZUCHÓW | 1982 | 88e | K30 | 29:56 | 1:02:21 | 1:01:43 | 9,722 | 6:10 |
| 167 | 568 | ŻŁOBIŃSKA HANNA | SPORTGAS,ZIELONA GÓR | 1980 | 89e | K30 | 29:55 | 1:02:27 | 1:01:52 | 9,698 | 6:11 |
| 168 | 702 | WAŚOWSKA MILENA | OTYN | 1989 | 25e | K16 | 29:45 | 1:02:36 | 1:01:56 | 9,688 | 6:11 |
| 169 | 682 | BORKOWSKA JOANNA | PRZEMKÓW | 1976 | 42e | K40 | 29:46 | 1:02:35 | 1:01:57 | 9,685 | 6:11 |
| 170 | 477 | MIĘTEK AGNIESZKA | ZAGAN | 1980 | 90e | K30 | 28:53 | 1:02:27 | 1:02:03 | 9,670 | 6:12 |
| 171 | 607 | KONIECPOLSKA JADWIGA | ZARY | 1972 | 43e | K40 | 30:26 | 1:03:11 | 1:02:28 | 9,605 | 6:14 |
| 172 | 760 | MACHOVÁ GABRIELA | PRAHA 6 | 1973 | 44e | K40 | 30:13 | 1:03:11 | 1:02:36 | 9,585 | 6:15 |
| 173 | 689 | NOWAK MONIKA | SWIETOSZÓW | 1980 | 91e | K30 | 29:56 | 1:03:06 | 1:02:37 | 9,582 | 6:15 |
| 174 | 752 | OSZMIAŃCZUK JOANNA | ZARY TRIATHLON TEAM, | 1976 | 45e | K40 | 30:43 | 1:03:20 | 1:02:41 | 9,572 | 6:16 |
| 175 | 576 | MAĆKO RENATA | JASIEN | 1981 | 92e | K30 | 31:07 | 1:03:29 | 1:02:48 | 9,554 | 6:16 |
| 176 | 577 | MATUSZEK MAŁGORZATA | LUBSKO | 1993 | 26e | K16 | 31:08 | 1:03:30 | 1:02:50 | 9,549 | 6:17 |
| 177 | 572 | GREBOWICZ MONIKA | ZAGAN | 1981 | 93e | K30 | 30:19 | 1:03:32 | 1:02:59 | 9,526 | 6:17 |
| 178 | 546 | MIERZEJEWSKA KRYSZYNA | MALOMICE | 1977 | 46e | K40 | 31:06 | 1:03:40 | 1:03:03 | 9,516 | 6:18 |
| 179 | 636 | MAZURKIEWICZ EMILIA | ILOWA | 1986 | 94e | K30 | 30:10 | 1:03:34 | 1:03:04 | 9,514 | 6:18 |
| 180 | 765 | DMUCHOWSKA MAGDALENA | ZIELONA GÓRA | 1983 | 95e | K30 | 31:04 | 1:04:09 | 1:03:27 | 9,456 | 6:20 |
| 181 | 613 | KORNILUK IZABELA | ZIELONA GÓRA | 1973 | 47e | K40 | 31:22 | 1:04:10 | 1:03:33 | 9,441 | 6:21 |
| 182 | 531 | DĄBEK EMILIA | ZIELONA GÓRO ZACZNIJ | 1982 | 96e | K30 | 31:15 | 1:04:09 | 1:03:38 | 9,429 | 6:21 |
| 183 | 671 | WÓLSKA MARLENA | PSP 5,ZAGAN | 1967 | 14e | K50 | 31:29 | 1:04:46 | 1:04:06 | 9,360 | 6:24 |
| 184 | 643 | REWAJ KAROLINA | ZARY | 1997 | 27e | K16 | 30:40 | 1:04:58 | 1:04:17 | 9,334 | 6:25 |
| 185 | 743 | ZAWADZKA JOANNA | SAINT GOBAIN SQUAD , | 1983 | 97e | K30 | 30:45 | 1:04:55 | 1:04:27 | 9,310 | 6:26 |
| 186 | 342 | WYWIÓRKA MONIKA | ZAGAN | 1989 | 28e | K16 | 29:29 | 1:04:43 | 1:04:28 | 9,307 | 6:26 |
| 187 | 731 | KICHARD BARBARA | JASIEN | 1981 | 98e | K30 | 31:08 | 1:05:18 | 1:04:37 | 9,286 | 6:27 |
| 188 | 551 | NAWLICKA KAMILA | ZGZB,ZIELONA GÓRA | 1978 | 48e | K40 | 31:23 | 1:05:21 | 1:04:38 | 9,283 | 6:27 |
| 189 | 554 | OLEKSY EDYTA | MALOMICE | 1973 | 49e | K40 | 31:35 | 1:05:22 | 1:04:45 | 9,266 | 6:28 |
| 190 | 629 | KELM-CZEREDA ANNA | ZARY | 1985 | 99e | K30 | 32:04 | 1:05:32 | 1:04:47 | 9,262 | 6:28 |
| 191 | 699 | WICHMAN-KOZIGRODZKA KAROL | NOWA SÓL | 1980 | 100e | K30 | 32:59 | 1:04:55 | 1:04:55 | 9,243 | 6:29 |
| 192 | 573 | HAJDUK DANUTA | KROSNO ODRZANSKIE | 1974 | 50e | K40 | 32:19 | 1:05:38 | 1:04:57 | 9,238 | 6:29 |
| 193 | 801 | WIERZBIĆKA BARBARA | SZPROTAWA | 1969 | 51e | K40 | 31:34 | 1:05:37 | 1:05:00 | 9,231 | 6:30 |
| 194 | 528 | BRZEZIŃSKA MONIKA | MALOMICE | 1975 | 52e | K40 | 31:32 | 1:05:45 | 1:05:07 | 9,214 | 6:30 |
| 195 | 693 | PLICHTA MONIKA | SWIETOSZÓW | 1981 | 101e | K30 | 31:17 | 1:05:40 | 1:05:11 | 9,205 | 6:31 |
| 196 | 345 | BIAŁOBRZESKA MAGDALENA | DOBRA | 1989 | 29e | K16 | 31:10 | 1:06:11 | 1:05:29 | 9,163 | 6:32 |
| 197 | 641 | KROBSKA MONIKA | ZIELONA GÓRA | 1985 | 102e | K30 | 31:24 | 1:06:21 | 1:05:37 | 9,144 | 6:33 |
| 198 | 642 | NOWAK MAGDALENA | ZIELONA GÓRA | 1982 | 103e | K30 | 31:26 | 1:06:21 | 1:05:39 | 9,139 | 6:33 |
| 199 | 602 | BANASIAK-MACHERSKA EWA | ZIELONA GÓRA | 1978 | 53e | K40 | 31:01 | 1:06:27 | 1:05:48 | 9,119 | 6:34 |
| 200 | 559 | ROŚ-BRZEZIŃSKA EWA | PARKRUN ZARY ,ZARY | 1963 | 15e | K50 | 32:12 | 1:06:34 | 1:05:51 | 9,112 | 6:35 |

VII BIEG NIEPODLEGŁOŚCI - 11.11.2018, ŻAGAŃ
WYNIKI -10KM - OPEN K

Str: 5

| Msce | StNr | Nazwisko i imię | Klub/Misto | Rok | MscKat | Kateg | Miedzy | Brutto | Netto | Km/h | Czas/Km |
|------|------|---------------------------|----------------------|------|--------|-------|--------|---------|---------|-------|---------|
| 201 | 394 | HENNIG MARTA | 10 BRYGADA KAWALERII | 1990 | 30e | K16 | 30:16 | 1:06:28 | 1:06:05 | 9,079 | 6:36 |
| 202 | 565 | SULIK STEFANIA | MALOMICE | 1972 | 54e | K40 | 31:38 | 1:06:55 | 1:06:17 | 9,052 | 6:37 |
| 203 | 338 | TRZCIŃSKA MARTA | DURO.KSIAZ WLKP | 1974 | 55e | K40 | 32:18 | 1:07:01 | 1:06:24 | 9,036 | 6:38 |
| 204 | 762 | MOTHEJZIKOVA RADKA | CESKA LIPA | 1968 | 16e | K50 | 31:03 | 1:07:08 | 1:06:34 | 9,014 | 6:39 |
| 205 | 544 | LASKA KRZYSIA | RUNNER'S POWER ,NIES | 1977 | 56e | K40 | 32:22 | 1:07:35 | 1:06:57 | 8,962 | 6:41 |
| 206 | 603 | CZAŚTKA MARZENA | ZAGAN | 1981 | 104e | K30 | 32:09 | 1:07:42 | 1:06:59 | 8,957 | 6:41 |
| 207 | 639 | KRAWCZYK IWONA | SZPROTAWA | 1975 | 57e | K40 | 32:32 | 1:07:52 | 1:07:13 | 8,926 | 6:43 |
| 208 | 665 | ŁĄŻEWSKA ROZALIA | ZZO MARSZÓW,ZAGAN | 1980 | 105e | K30 | 32:28 | 1:07:59 | 1:07:25 | 8,900 | 6:44 |
| 209 | 662 | BRZEZIŃSKA GRAŻYNA | ZZO MARSZÓW,ZAGAN | 1980 | 106e | K30 | 32:29 | 1:07:59 | 1:07:25 | 8,900 | 6:44 |
| 210 | 664 | KAMIŃSKA JUSTYNA | ZZO MARSZÓW ,ZARY | 1976 | 58e | K40 | 32:30 | 1:07:59 | 1:07:26 | 8,898 | 6:44 |
| 211 | 367 | MUZIKA MAGDALENA | ZAGAN | 1983 | 107e | K30 | 32:55 | 1:08:23 | 1:07:49 | 8,847 | 6:46 |
| 212 | 567 | WALKÓW URSZULA | WRZESINY | 1985 | 108e | K30 | 32:38 | 1:08:30 | 1:07:54 | 8,837 | 6:47 |
| 213 | 659 | CECHOWSKA NATALIA | ZAGAN | 1986 | 109e | K30 | 32:13 | 1:08:34 | 1:08:02 | 8,819 | 6:48 |
| 214 | 681 | WASZKIEWICZ WERONIKA | ZARY | 1993 | 31e | K16 | 32:15 | 1:09:53 | 1:09:18 | 8,658 | 6:55 |
| 215 | 660 | POSCH RENATA | PSP 5,ZAGAN | 1968 | 17e | K50 | 33:48 | 1:10:49 | 1:10:09 | 8,553 | 7:00 |
| 216 | 751 | MAJEWSKA - KORNECKA MIROS | ZARY | 1972 | 59e | K40 | 33:38 | 1:11:32 | 1:11:03 | 8,445 | 7:06 |
| 217 | 672 | CZYŻ LIDIA | 3MAJ FORME LUBSKO,LU | 1969 | 60e | K40 | 33:03 | 1:11:42 | 1:11:04 | 8,443 | 7:06 |
| 218 | 548 | MLECZKO ANNA | BIELANY WROCLAWSKIE | 1982 | 110e | K30 | 33:05 | 1:11:42 | 1:11:05 | 8,441 | 7:06 |
| 219 | 666 | MALINOWSKA JADZIA | RUNNER TEAM BYLE NIE | 1984 | 111e | K30 | 33:05 | 1:11:30 | 1:11:06 | 8,439 | 7:06 |
| 220 | 688 | CHABINIAK DOMINIKA | ZAGAN | 2000 | 32e | K16 | 33:29 | 1:12:38 | 1:12:06 | 8,322 | 7:12 |
| 221 | 606 | JASTRZĄB WERONIKA | BRZEZNICA | 2000 | 33e | K16 | 33:29 | 1:12:38 | 1:12:06 | 8,322 | 7:12 |
| 222 | 593 | GOLICZKO BASIA | BYLE NIE POD GÓRKE R | 1989 | 34e | K16 | 34:25 | 1:15:09 | 1:14:35 | 8,045 | 7:27 |
| 223 | 561 | RYCZKOWSKA DOROTA | ZIELONA GÓRA | 1965 | 18e | K50 | 37:35 | 1:16:04 | 1:15:21 | 7,963 | 7:32 |
| 224 | 686 | PIOTROWSKA KAROLINA | ZIELONA GÓRO ZACZNIJ | 1991 | 35e | K16 | 36:00 | 1:16:14 | 1:15:31 | 7,945 | 7:33 |
| 225 | 633 | DUDEK EWA | MIROSTOWICE DOLNE | 1977 | 61e | K40 | 35:42 | 1:16:29 | 1:15:48 | 7,916 | 7:34 |
| 226 | 663 | BUDEK IWONA | NOWA SÓL | 1977 | 62e | K40 | 37:12 | 1:17:21 | 1:16:41 | 7,824 | 7:40 |
| 227 | 677 | MAREK BEATA | NOWA SÓL | 1978 | 63e | K40 | 37:12 | 1:17:21 | 1:16:42 | 7,823 | 7:40 |
| 228 | 744 | ŻELIŃSKA MAŁGORZATA | BOLESŁAWIEC | 1987 | 112e | K30 | 37:42 | 1:17:28 | 1:16:52 | 7,806 | 7:41 |
| 229 | 708 | KUR WERONIKA | ZAGAN | 1985 | 113e | K30 | 37:32 | 1:20:27 | 1:19:45 | 7,524 | 7:58 |
| 230 | 622 | DWORSKA MARIA | SPEJS CLUB ,ZAGAN | 1987 | 114e | K30 | 38:54 | 1:21:04 | 1:20:33 | 7,449 | 8:03 |
| 231 | 592 | DOBOSZ AGNIESZKA | ZARY | 1975 | 64e | K40 | 41:15 | 1:23:50 | 1:23:13 | 7,210 | 8:19 |
| 232 | 616 | PASTERZAK MARLENA | TOMASZOWO | 1997 | 36e | K16 | 40:31 | 1:23:51 | 1:23:20 | 7,200 | 8:20 |