

LUBRZAŃSKA DZIESIĄTKA O ZŁOTEGO NENUFARA 2023 - 27.05.2023, LUBRZA  
WYNIKI - 10KM  
OPENK

| Msc | Numer | Nazwisko              | Zespół/Miejscowość    | Ur.  | MscKtg | Ktg | Brutto  | Netto   | Km/h   | Czas/km |
|-----|-------|-----------------------|-----------------------|------|--------|-----|---------|---------|--------|---------|
| 1   | 86    | MICHNOWICZ EWELINA    | KROSNO ODRZAŃSKIE     | 1992 | 1      | K30 | 42:53   | 42:52   | 13,997 | 4:17    |
| 2   | 81    | MASTERNAK MARTA       | ÓTEAMKOTLAREK RUNNER  | 1986 | 2      | K30 | 43:34   | 43:31   | 13,788 | 4:21    |
| 3   | 54    | KOLECKA SYLWIA        | KOLECTEAM,ZBĄSZYNEK   | 1977 | 1      | K40 | 44:03   | 44:02   | 13,626 | 4:24    |
| 4   | 113   | STACHOWIAK AGNIESZKA  | BBL ŚWIEBODZIN , ŚWIE | 1996 | 1      | K20 | 44:38   | 44:35   | 13,458 | 4:27    |
| 5   | 147   | MARCINIAK DARIA       | JEDZ I TRENUJ ŚWIEBO  | 1987 | 3      | K30 | 44:42   | 44:40   | 13,433 | 4:28    |
| 6   | 133   | WOCH AGNIESZKA        | EKM ,ZIELONA GÓRA     | 1973 | 1      | K50 | 46:26   | 46:22   | 12,940 | 4:38    |
| 7   | 104   | RATAJCZAK DOROTA      | ÓTEAMKOTLAREK RUNNER  | 1977 | 2      | K40 | 46:39   | 46:35   | 12,880 | 4:39    |
| 8   | 19    | CHRUŚCIŃSKA JOANNA    | ADIENST RUNNING TEAM  | 1997 | 2      | K20 | 47:41   | 47:35   | 12,609 | 4:45    |
| 9   | 85    | MICHALAK MONIKA       | JOYSTICKTEAM/ZGZB,ZI  | 1971 | 2      | K50 | 49:33   | 49:31   | 12,117 | 4:57    |
| 10  | 118   | SZAR ANETA            | DĘBNO, MYŚLIBORSKI,   | 1977 | 3      | K40 | 50:52   | 50:50   | 11,803 | 5:05    |
| 11  | 17    | CHOLEWA IZABELA       | CYBINKA               | 1991 | 4      | K30 | 51:37   | 51:26   | 11,666 | 5:08    |
| 12  | 51    | KLUJ AGATA            | ŚWIEBODZIN            | 1996 | 3      | K20 | 51:52   | 51:47   | 11,587 | 5:10    |
| 13  | 114   | STARCZEWSKA IZABELA   | ULTRA DIABŁY TEAM LU  | 1970 | 3      | K50 | 52:56   | 52:49   | 11,360 | 5:16    |
| 14  | 49    | KANIA KASIA           | BABIMOST              | 1992 | 5      | K30 | 52:58   | 52:52   | 11,349 | 5:17    |
| 15  | 123   | SZYMKOWIAK ANNA       | ZBĄSZYNEK             | 1986 | 6      | K30 | 53:06   | 52:57   | 11,331 | 5:17    |
| 16  | 12    | BORKOWSKA ELŻBIETA    | BORKOŚ TEAM,OŁOBOK    | 1967 | 4      | K50 | 53:19   | 53:14   | 11,271 | 5:19    |
| 17  | 95    | NOWAK MAŁGORZATA      | ZBĄSZYNEK             | 1985 | 7      | K30 | 53:33   | 53:27   | 11,225 | 5:20    |
| 18  | 134   | WOCH NATALIA          | ZIELONA GÓRA          | 1998 | 4      | K20 | 53:38   | 53:24   | 11,236 | 5:20    |
| 19  | 137   | WOLSKA MAGDALENA      | ŚWIEBODZIN            | 1980 | 4      | K40 | 54:06   | 53:57   | 11,121 | 5:23    |
| 20  | 22    | CIOSEK AGNIESZKA      | SŁUBICKA AKADEMIA BI  | 1980 | 5      | K40 | 54:08   | 54:04   | 11,097 | 5:24    |
| 21  | 61    | KOWALCZYK DOROTA      | ŚWIEBODZIN            | 1975 | 6      | K40 | 54:19   | 54:11   | 11,074 | 5:25    |
| 22  | 140   | ZAPART MAŁGORZATA     | SECO RUN,ŚWIEBODZIN   | 1981 | 7      | K40 | 56:14   | 56:02   | 10,708 | 5:36    |
| 23  | 53    | KOAL INGRID           | NLLB COTTBUS,COTTBUS  | 1949 | 1      | K60 | 57:26   | 57:21   | 10,462 | 5:44    |
| 24  | 129   | TOMCZAK MARTA         | SŁAWA                 | 1985 | 8      | K30 | 58:23   | 58:10   | 10,315 | 5:49    |
| 25  | 6     | ANYSZKO ALICJA        | SZEŚCIOPALCZAŚCI,ŚWI  | 1968 | 5      | K50 | 58:35   | 58:23   | 10,277 | 5:50    |
| 26  | 84    | MENZEL ZOFIA          | ULTRA DIABŁY TEAM LU  | 1958 | 2      | K60 | 58:36   | 58:32   | 10,251 | 5:51    |
| 27  | 79    | MARGOL JOANNA         | KB WIKON NOWA SÓL,ZA  | 1990 | 9      | K30 | 1:00:15 | 1:00:08 | 9,978  | 6:00    |
| 28  | 11    | BOCZKOWSKA MAŁGORZATA | NOWY DWOREK           | 1979 | 8      | K40 | 1:00:42 | 1:00:36 | 9,901  | 6:03    |
| 29  | 62    | KOZANECKA WERONIKA    | WYBIEGAĆ MARZENIA TE  | 1993 | 10     | K30 | 1:01:29 | 1:01:18 | 9,788  | 6:07    |
| 30  | 107   | RUCIOCH MONIKA        | KOLECTEAM,ZBĄSZYNEK   | 1990 | 11     | K30 | 1:01:37 | 1:01:27 | 9,764  | 6:08    |
| 31  | 66    | KUEHNEL PEGGY         | COTTBUS               | 1971 | 6      | K50 | 1:01:48 | 1:01:39 | 9,732  | 6:09    |

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| 32  | 105   | RODAK DOROTA           | SIENIAWA             | 1986 | 12     | K30 | 1:04:01 | 1:03:47 | 9,407 | 6:22    |
| 33  | 41    | GWIAZDA WANDA          | SZPROTAWO BIEGAJ,SZP | 1955 | 3      | K60 | 1:04:05 | 1:04:01 | 9,373 | 6:24    |
| 34  | 93    | NIEWĘGŁOWSKA BERNADETA | SKĄPE                | 1969 | 7      | K50 | 1:05:19 | 1:05:07 | 9,214 | 6:30    |
| 35  | 72    | ŁADO RENATA            | DRZONKÓW             | 1964 | 8      | K50 | 1:05:54 | 1:05:54 | 9,105 | 6:35    |
| 36  | 148   | KRUCZEK MONIKA         | JEDZ I TRENUJ WIEBOD | 1977 | 9      | K40 | 1:06:22 | 1:06:10 | 9,068 | 6:37    |
| 37  | 99    | ORŁOWSKA JUSTYNA       | ŚWIEBODZIN           | 1980 | 10     | K40 | 1:07:54 | 1:07:48 | 8,850 | 6:46    |
| 38  | 117   | SZANDERSKA ANNA        | TEAM DALEKO JESZCZE? | 1987 | 13     | K30 | 1:10:01 | 1:09:59 | 8,573 | 6:59    |
| 39  | 141   | ZBOROWSKA JOANNA       | ADIANT RUNNING TEAM, | 1994 | 5      | K20 | 1:23:59 | 1:23:46 | 7,163 | 8:22    |