## Bieg Niepodległości 4 km
## Laskowa 07.11.2026

### Open Kobiety 4 KM

| Miejsce | Numer | Nazwisko | Imię | Rok Urodzenia | Płeć | Miasto | Klub | Wynik Netto | Wynik Brutto | Tempo | Prędkość |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 183 | Opiela | Katarzyna | 2007 | K | | | 00:20:22,70 | 00:20:27,65 | 00:05:06 | 11,77 km/h |
| 2 | 184 | Opiela | Zofia | 2010 | K | | | 00:21:16,60 | 00:21:21,55 | 00:05:19 | 11,27 km/h |
| 3 | 216 | Wardęga | Sylwia | 1993 | K | Olszanka | | 00:22:20,70 | 00:22:26,20 | 00:05:35 | 10,74 km/h |
| 4 | 292 | Orzechowska | Sylwia | 1991 | K | | | 00:23:44,25 | 00:23:49,25 | 00:05:56 | 10,11 km/h |
| 5 | 169 | Matusiak | Joanna | 1994 | K | Slopnice | | 00:24:47,10 | 00:24:59,65 | 00:06:12 | 9,68 km/h |
| 6 | 211 | Szczygieł | Gabriela | 2003 | K | | | 00:25:10,25 | 00:25:17,60 | 00:06:18 | 9,53 km/h |
| 7 | 174 | Nowak | Izabela | 1995 | K | Laskowa | | 00:25:25,25 | 00:25:32,25 | 00:06:21 | 9,44 km/h |
| 8 | 102 | Bajer-Kęsek | Katarzyna | 1986 | K | Wiśniowa | | 00:26:55,30 | 00:27:08,65 | 00:06:44 | 8,91 km/h |
| 9 | 193 | Płyś | Paulina | 1991 | K | Przenosza | | 00:27:45,65 | 00:27:54,80 | 00:06:56 | 8,64 km/h |
| 10 | 133 | Jaworska | Natalia | 2001 | K | Słopnice | | 00:27:49,65 | 00:27:56,25 | 00:06:57 | 8,62 km/h |
| 11 | 149 | Kosecka | Wiktoria | 2013 | K | | | 00:27:52,25 | 00:27:59,35 | 00:06:58 | 8,61 km/h |
| 12 | 163 | Łękawska | Krystyna | 1962 | K | | | 00:28:35,95 | 00:28:43,20 | 00:07:09 | 8,39 km/h |
| 13 | 168 | MAMALA | DANUTA | 1983 | K | | | 00:28:53,45 | 00:28:58,15 | 00:07:13 | 8,3 km/h |
| 14 | 166 | Maleta | Paulina | 2012 | K | Michałowice | | 00:28:58,30 | 00:29:15,00 | 00:07:15 | 8,28 km/h |
| 15 | 134 | Jaworska | Teresa | 1997 | K | Słopnice | | 00:29:01,65 | 00:29:08,55 | 00:07:15 | 8,26 km/h |
| 16 | 206 | Sroka-Maleta | Marta | 1977 | K | Michałowice | | 00:29:08,35 | 00:29:26,40 | 00:07:17 | 8,23 km/h |
| 17 | 157 | Kuna | Anna | 1982 | K | Limanowa | | 00:29:51,85 | 00:30:05,05 | 00:07:28 | 8,03 km/h |
| 18 | 208 | Strzępek | Aneta | 1989 | K | Kraków | | 00:30:07,90 | 00:30:22,65 | 00:07:32 | 7,96 km/h |
| 19 | 130 | Hajduk | Małgorzata | 1993 | K | Nowy Sącz | | 00:30:09,30 | 00:30:25,50 | 00:07:32 | 7,95 km/h |
| 20 | 107 | Biszkont | Joanna | 1965 | K | Świdnik | | 00:30:11,80 | 00:30:19,10 | 00:07:33 | 7,94 km/h |
| 21 | 105 | Bielak | Patrycja | 1998 | K | ódek nad Dunajc | | 00:30:25,80 | 00:30:37,15 | 00:07:36 | 7,88 km/h |
| 22 | 114 | Chrobak | Patrycja | 1989 | K | Młynne | | 00:30:30,25 | 00:30:44,05 | 00:07:38 | 7,86 km/h |
| 23 | 103 | Baran | Alicja | 1978 | K | Nowy Sącz | | 00:30:43,85 | 00:30:57,60 | 00:07:41 | 7,8 km/h |
| 24 | 195 | Prusak | Agnieszka | 1991 | K | Łososina Dolna | | 00:31:05,90 | 00:31:13,40 | 00:07:46 | 7,71 km/h |
| 25 | 221 | Zając | Angelika | 1994 | K | Skrzydlna | | 00:31:11,25 | 00:31:20,65 | 00:07:48 | 7,69 km/h |
| 26 | 287 | Krajewska | Monika | 1983 | K | 0 | | 00:31:20,00 | 00:31:28,40 | 00:07:50 | 7,65 km/h |
| 27 | 143 | Klamerus | Izabela | 1973 | K | Nowy Targ | | 00:31:31,80 | 00:31:39,85 | 00:07:53 | 7,61 km/h |
| 28 | 222 | Ziemla | Wioletta | 1998 | K | | | 00:31:40,10 | 00:31:46,20 | 00:07:55 | 7,57 km/h |
| 29 | 106 | BIERNAT | MARIA | 1977 | K | Stara Wieś | | 00:31:56,15 | 00:32:03,05 | 00:07:59 | 7,51 km/h |
| 30 | 201 | Rosiek | Aleksandra | 2001 | K | Laskowa | | 00:32:12,25 | 00:32:24,85 | 00:08:03 | 7,45 km/h |
| 31 | 200 | Rosiek | DANUTA | 1974 | K | Laskowa | | 00:32:13,40 | 00:32:25,20 | 00:08:03 | 7,44 km/h |
| 32 | 191 | Pindel | Aleksandra | 2004 | K | Limanowa | | 00:32:20,35 | 00:32:32,35 | 00:08:05 | 7,42 km/h |
| 33 | 182 | Opiela | Teresa | 2005 | K | Limanowa | | 00:32:24,20 | 00:32:34,20 | 00:08:06 | 7,4 km/h |
| 34 | 194 | Polaczek | Katarzyna | 1982 | K | Żegocina | | 00:34:02,00 | 00:34:09,10 | 00:08:30 | 7,05 km/h |
| 35 | 175 | Nowotczyńska | Katarzyna | 1988 | K | Marcinkowice | | 00:35:13,20 | 00:35:22,25 | 00:08:48 | 6,81 km/h |
| 36 | 176 | Nowotczyńska | Lidia | 2012 | K | Marcinkowice | | 00:35:13,50 | 00:35:22,25 | 00:08:48 | 6,81 km/h |
| 37 | 139 | Karwala | Ewelina | 1995 | K | Laskowa | | 00:35:23,10 | 00:35:35,50 | 00:08:51 | 6,78 km/h |
| 38 | 144 | Knurowska | Dominika | 1995 | K | Laskowa | | 00:35:24,15 | 00:35:35,50 | 00:08:51 | 6,77 km/h |
| 39 | 219 | Wiśniowska | Milena | 1999 | K | Laskowa | | 00:35:24,95 | 00:35:37,55 | 00:08:51 | 6,77 km/h |
| 40 | 122 | Chełmecka | Agnieszka | 1982 | K | Jaworzna | | 00:35:32,50 | 00:35:43,45 | 00:08:53 | 6,75 km/h |
| 41 | 288 | Pławecka | Dominika | 1998 | K | 0 | 0 | 00:36:45,05 | 00:36:51,75 | 00:09:11 | 6,53 km/h |
| 42 | 124 | Górniak-Kędzior | Ewelina | 1982 | K | Pleśna | | 00:38:00,40 | 00:38:11,10 | 00:09:30 | 6,31 km/h |
| 43 | 113 | Chełmecka-Czekaj | Barbara | 1978 | K | Nowy Wiśnicz | | 00:39:33,35 | 00:39:42,00 | 00:09:53 | 6,06 km/h |
| 44 | 135 | Jodłowska | Ewelina | 1985 | K | Bochnia | | 00:39:43,95 | 00:39:52,45 | 00:09:56 | 6,04 km/h |

## Bieg Niepodległości 4 km
## Laskowa 07.11.2026

### Open Kobiety 4 KM

| Miejsce | Numer | Nazwisko | Imię | Rok Urodzenia | Płeć | Miasto | Klub | Wynik Netto | Wynik Brutto | Tempo | Prędkość |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 45 | 109 | Buderawska | Pola | 2017 | K | Kraków | | 00:39:54,75 | 00:40:03,65 | 00:09:59 | 6,01 km/h |
| 46 | 198 | Romanowska | Katarzyna | 1979 | K | Rabka-Zdrój | | 00:39:58,35 | 00:40:05,75 | 00:10:00 | 6 km/h |
| 47 | 131 | Hebda | Aleksandra | 1993 | K | Lisia Góra | | 00:40:47,50 | 00:40:56,20 | 00:10:12 | 5,88 km/h |
| 48 | 150 | Koszyk | Gabriela | 2007 | K | Korzenna | | 00:41:35,80 | 00:41:44,95 | 00:10:24 | 5,76 km/h |
| 49 | 145 | Kołaczko | Katarzyna | 1977 | K | Kraków | | 00:42:02,80 | 00:42:13,10 | 00:10:31 | 5,7 km/h |
| 50 | 148 | Kosecka | Barbara | 1985 | K | Łososina Dolna | | 00:44:02,10 | 00:44:11,25 | 00:11:01 | 5,45 km/h |
| 51 | 126 | GRZEGORZEK | Magdalena | 1989 | K | Laskowa | | 00:44:02,40 | 00:44:11,50 | 00:11:01 | 5,44 km/h |