



# KOBIETY NA 5+ :: NORDIC WALKING

B4SPORT

**Wydarzenie/ Event:** "Kobiety na 5+" Jastrzębski Bieg Kobiet  
**Organizator/** Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój  
**Organizer:**  
**Data/ Date:** 2018-05-27  
**Miejsce/ Place:** Jastrzębie-Zdrój  
**Dystans/ Distance:** 5NW km

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja/ Classification: Wszyscy/ Open

Msc/ Rnk	Zawodnik/ Name	Numer/ Bib	Klub/ Team	Kategoria/ Category	Mkat/ CatRnk	Czas startu/Start time	Czas netto 2.5km 5km	Czas brutto 5km	Różn/ Gap	Tempo min/km	Tempo km/h
1	ZACZYŃSKA Anna	1258		Open	1	00:00:01	00:14:11	00:33:28.95	00:33:30.70	6:41	9
2	KOŁODZIEJ Joanna	638		Open	2	00:00:01	00:14:37	00:34:58.05	00:34:59.75	+00:01:29	6:59
3	JANOSZKA Irena	457	CIDRY LOTAJOM	Open	3	00:00:02	00:15:22	00:35:45.10	00:35:48.05	+00:02:16	7:09
4	MÓL Wioletta	232	#CZELADZBIEGA	Open	4	00:00:02	00:15:23	00:35:57.60	00:36:00.50	+00:02:28	7:11
5	BIAŁAS Klaudia	1017		Open	5	00:00:02	00:15:55	00:37:08.50	00:37:11.00	+00:03:39	7:25
6	MALCZYK Anna	407		Open	6	00:00:02	00:15:58	00:37:14.70	00:37:16.95	+00:03:45	7:26
7	DRÓŹDŹ Beata	39	KOBIETY NA 5+	Open	8	00:00:04	00:16:09	00:37:49.10	00:37:53.65	+00:04:20	7:33
8	MALINOWSKA Katarzyna	458	LECYMY DURŚ	Open	7	00:00:08	00:16:19	00:37:47.60	00:37:55.70	+00:04:18	7:33
9	JACH Jolanta	136	#CZELADZBIEGA	Open	9	00:00:06	00:16:21	00:38:27.35	00:38:33.50	+00:04:58	7:41
10	GEMBALA Violetta	482		Open	10	00:00:02	00:16:26	00:38:36.45	00:38:39.10	+00:05:07	7:43
11	POLAK Katarzyna	227	SIECHODZI	Open	11	00:00:03	00:16:26	00:38:47.25	00:38:50.95	+00:05:18	7:45
12	KOKOSZEK Aleksandra	421		Open	12	00:00:05	00:16:34	00:39:14.55	00:39:20.05	+00:05:45	7:51
13	KUBERA Agnieszka	741	KUBERUN	Open	13	00:00:12	00:17:23	00:39:15.20	00:39:28.00	+00:05:46	7:51
14	TYLIKOWSKA Małgorzata	126	#CZELADZBIEGA	Open	14	00:00:04	00:16:54	00:39:32.85	00:39:37.45	+00:06:03	7:54
15	GONIWIECHA Agnieszka	725		Open	15	00:00:04	00:16:50	00:39:40.65	00:39:45.25	+00:06:11	7:56
16	BĄK Tatiana	77	BWM	Open	17	00:00:04	00:16:59	00:39:58.45	00:40:02.45	+00:06:29	7:59
17	FOJCIK Gabriela	260	RYBNICKI KLUB NORDIC WALKING	Open	16	00:00:04	00:16:59	00:39:58.10	00:40:02.50	+00:06:29	7:59

Msc/ Rnk	Zawodnik/ Name	Numer/ Bib	Klub/ Team	Kategoria/ Category	Mkat/ CatRnk	Czas		Czas		Różn/ Gap	Tempo min/km	Tempo km/h
						startu/Start time	2.5km	netto 5km	brutto 5km			
18	SZYMIK Grażyna	1172		Open	18	00:00:00	00:17:03	00:40:20.30	00:40:20.30	+00:06:51	8:04	7.4
19	TAISNER Aleksandra	1094		Open	19	00:00:05	00:17:54	00:40:37.70	00:40:42.90	+00:07:08	8:07	7.4
20	STYRC Lidia	1188	RYBNICKI KLUB NORDIC WALKING	Open	20	00:00:02	00:17:21	00:40:41.75	00:40:43.95	+00:07:12	8:08	7.4
21	CIEŚLA Edyta	607	RYBNICKI KLUB NORDIC WALKING	Open	21	00:00:05	00:17:48	00:40:45.55	00:40:50.55	+00:07:16	8:09	7.4
22	MIKOŁAJEC Bernadeta	852		Open	22	00:00:04	00:17:09	00:40:47.90	00:40:52.35	+00:07:18	8:09	7.4
23	POLITOWICZ Teresa	610		Open	23	00:00:17	00:17:41	00:40:58.45	00:41:16.30	+00:07:29	8:11	7.3
24	ADAMUS Elżbieta	870	KĘCKIE HARPAGANY	Open	24	00:00:12	00:18:21	00:41:24.05	00:41:36.35	+00:07:55	8:16	7.2
25	BONK Jolanta	155	MIECHOWICKA GRUPA BIEGOWA	Open	25	00:00:10	00:17:54	00:41:34.35	00:41:44.70	+00:08:05	8:18	7.2
26	KOZYRA Grażyna	954	GRUPA ENDORFINA	Open	26	00:00:04	00:18:27	00:41:44.95	00:41:49.35	+00:08:16	8:21	7.2
27	BŁASZCZYK-SAMSEL Kinga	423		Open	27	00:00:06	00:17:56	00:41:54.05	00:42:00.50	+00:08:25	8:22	7.2
28	DZIERŻĘGA Ewa	959	GRUPA ENDORFINA	Open	29	00:00:04	00:18:28	00:42:05.20	00:42:09.90	+00:08:36	8:25	7.1
29	KOZIK Agnieszka	820		Open	28	00:00:11	00:18:14	00:42:00.70	00:42:12.50	+00:08:31	8:24	7.1
30	WIATEREK Hanna	675		Open	30	00:00:05	00:18:42	00:42:08.05	00:42:13.20	+00:08:39	8:25	7.1
31	ZADROGA Dorota	992	GORA TEAM	Open	31	00:00:06	00:18:41	00:42:09.35	00:42:16.05	+00:08:40	8:26	7.1
32	DOMAGALSKA Krystyna	526		Open	33	00:00:04	00:18:03	00:42:22.00	00:42:26.10	+00:08:53	8:28	7.1
33	CZAPKA Aleksandra	523		Open	34	00:00:02	00:18:05	00:42:23.25	00:42:26.15	+00:08:54	8:28	7.1
34	WRZOSOK Urszula	754		Open	32	00:00:24	00:18:25	00:42:12.75	00:42:37.15	+00:08:43	8:26	7.1
35	KOŚCIELNA - WITA Paulina	1086	FORMA WODZISŁAW ŚLĄSKI	Open	37	00:00:04	00:18:31	00:42:43.05	00:42:47.65	+00:09:14	8:32	7
36	ZAWADZKA Lilianna	895	CIDRY LOTAJOM	Open	36	00:00:13	00:18:54	00:42:35.35	00:42:48.75	+00:09:06	8:31	7
37	MARĘDZIAK Magdalena	894	CIDRY LOTAJOM	Open	35	00:00:15	00:18:46	00:42:33.25	00:42:48.85	+00:09:04	8:30	7.1
38	SROCZYŃSKA Maria	632	KOBIETY NA 5+	Open	38	00:00:02	00:18:11	00:42:49.20	00:42:51.55	+00:09:20	8:33	7
39	PALETTA Małgorzata	108		Open	40	00:00:03	00:18:40	00:42:59.40	00:43:03.05	+00:09:30	8:36	7
40	HOROSZKO Barbara	717		Open	43	00:00:03	00:18:01	00:43:08.15	00:43:11.80	+00:09:39	8:37	7
41	PIOTROWSKA Krystyna	1000	RYBNICKI KLUB NORDIC WALKING	Open	39	00:00:21	00:18:34	00:42:50.50	00:43:12.15	+00:09:21	8:34	7
42	NIESTRÓJ Sylwia	460		Open	44	00:00:02	00:18:41	00:43:10.90	00:43:13.85	+00:09:41	8:38	6.9
43	MUELLER Helena	535	LECYMY DURŚ	Open	42	00:00:11	00:19:09	00:43:07.85	00:43:19.25	+00:09:38	8:37	7
44	TITTOR Kamila	548		Open	41	00:00:15	00:18:16	00:43:04.30	00:43:19.50	+00:09:35	8:36	7
45	TYCZEWSKA Paulina	949	NOWA HUTA TEAM	Open	46	00:00:05	00:18:59	00:43:14.55	00:43:20.35	+00:09:45	8:39	6.9
46	PIEKARCZYK Katarzyna	939		Open	47	00:00:00	00:18:56	00:43:20.50	00:43:20.50	+00:09:51	8:40	6.9
47	TYCZEWSKA Teresa	538		Open	45	00:00:06	00:18:21	00:43:14.55	00:43:21.25	+00:09:45	8:39	6.9
48	PIASZCZYK Kasia	468	FIZJOFRELKI	Open	49	00:00:03	00:18:37	00:43:31.00	00:43:34.65	+00:10:02	8:42	6.9
49	SPANDEL Ewa	750		Open	48	00:00:09	00:19:51	00:43:28.80	00:43:38.50	+00:09:59	8:41	6.9

Msc/ Rnk	Zawodnik/ Name	Numer/ Bib	Klub/ Team	Kategoria/ Category	Mkat/ CatRnk	Czas		Czas		Różn/ Gap	Tempo min/km	Tempo km/h
						startu/Start time	2.5km	netto 5km	brutto 5km			
50	GAST Janina	471	FIZJOFRELKI	Open	50	00:00:03	00:18:37	00:43:38.80	00:43:41.95	+00:10:09	8:43	6.9
51	ORZYSZEK Roksana	68		Open	51	00:00:03	00:19:07	00:43:44.45	00:43:47.60	+00:10:15	8:44	6.9
52	STOKŁOSA Wioletta	555		Open	52	00:00:10	00:19:01	00:43:45.35	00:43:55.65	+00:10:16	8:45	6.9
53	ANDROSZ Katarzyna	633	UKS REFLEX	Open	53	00:00:04	00:19:07	00:43:46.20	00:43:50.75	+00:10:17	8:45	6.9
54	PODESZWA Hanna	1152		Open	54	00:00:08	00:18:57	00:43:49.60	00:43:57.95	+00:10:20	8:45	6.8
55	BITOWT Izabela	1113		Open	55	00:00:03	00:19:10	00:43:56.10	00:43:59.85	+00:10:27	8:47	6.8
56	MILEWSKA Marta	132	MIECHOWICKA GRUPA BIEGOWA	Open	56	00:00:23	00:19:33	00:43:59.60	00:44:22.75	+00:10:30	8:47	6.8
57	HŁĄD Inga	499	OLZA CIESZYN	Open	57	00:00:22	00:19:04	00:43:59.75	00:44:22.10	+00:10:30	8:48	6.8
58	HŁĄD Izabella	497	OLZA CIESZYN	Open	58	00:00:20	00:19:06	00:44:00.95	00:44:21.55	+00:10:32	8:48	6.8
59	GNIAZDEK Sylwia	386		Open	59	00:00:05	00:18:42	00:44:08.65	00:44:13.85	+00:10:39	8:49	6.8
60	AKSAMIT Kazimiera	1187		Open	60	00:00:10	00:19:31	00:44:11.80	00:44:22.10	+00:10:42	8:50	6.8
61	POLACZEK Marta	399		Open	61	00:00:20	00:19:18	00:44:12.85	00:44:33.50	+00:10:43	8:50	6.8
62	ZIELIŃSKA Grażyna	1133	BOBRY WALKING	Open	62	00:00:19	00:19:19	00:44:13.40	00:44:33.35	+00:10:44	8:50	6.8
63	JANUS-SZPYRKA Jolanta	834	KOBIETY NA 5+	Open	63	00:00:16	00:19:31	00:44:13.95	00:44:30.35	+00:10:45	8:50	6.8
64	HECZKO Beata	832	OLZA CIESZYN	Open	64	00:00:21	00:19:21	00:44:19.50	00:44:40.95	+00:10:50	8:51	6.8
65	CELARY Hanna	944		Open	65	00:00:14	00:20:00	00:44:20.15	00:44:35.00	+00:10:51	8:52	6.8
66	PELJAK-WÓJCIK Katarzyna	424	#CZELADZBIEGA	Open	66	00:00:08	00:19:36	00:44:20.65	00:44:29.50	+00:10:51	8:52	6.8
67	ROMOWICZ Izabela	361		Open	67	00:00:13	00:20:05	00:44:45.60	00:44:59.35	+00:11:16	8:57	6.7
68	ŚWITA Anna	313		Open	68	00:00:10	00:18:46	00:44:46.40	00:44:57.10	+00:11:17	8:57	6.7
69	SZWARLIK Bożena	1058	KOBIETY NA 5+	Open	69	00:00:13	00:20:01	00:44:47.25	00:45:00.75	+00:11:18	8:57	6.7
70	WOLAK Krystyna	1203	KOBIETY NA 5+	Open	70	00:00:13	00:19:11	00:44:47.40	00:45:00.50	+00:11:18	8:57	6.7
71	JUROSZEK Halina	612		Open	71	00:00:18	00:19:37	00:44:50.30	00:45:09.05	+00:11:21	8:58	6.7
72	DROZD Krystyna	1200	CIDRY LOTAJOM	Open	72	00:00:12	00:19:40	00:44:55.75	00:45:08.05	+00:11:26	8:59	6.7
73	OPARCZYK Anna	757		Open	73	00:00:25	00:19:25	00:44:59.90	00:45:25.25	+00:11:30	9:00	6.7
74	KUCZERA-DUDEK Anna	550	SMOCZY GANG	Open	74	00:00:07	00:19:44	00:45:01.75	00:45:09.15	+00:11:32	9:00	6.7
75	BAC Barbara	821		Open	75	00:00:11	00:20:02	00:45:05.05	00:45:16.95	+00:11:36	9:01	6.7
76	PAJĄK Małgorzata	444	KOBIETA NA 5+	Open	76	00:00:10	00:20:03	00:45:06.45	00:45:17.30	+00:11:37	9:01	6.6
77	POPKO Agata	1208		Open	77	00:00:17	00:19:47	00:45:16.10	00:45:33.40	+00:11:47	9:03	6.6
78	KOLEK Aleksandra	1034		Open	78	00:00:15	00:20:05	00:45:19.55	00:45:34.85	+00:11:50	9:03	6.6
79	MATUSZEWSKA Małgorzata	1031		Open	79	00:00:15	00:20:06	00:45:19.80	00:45:35.10	+00:11:50	9:04	6.6
80	TUMULIK BŁACHUT Urszula	691		Open	80	00:00:09	00:19:52	00:45:20.45	00:45:29.60	+00:11:51	9:04	6.6

Msc/ Rnk	Zawodnik/ Name	Numer/ Bib	Klub/ Team	Kategoria/ Category	Mkat/ CatRnk	Czas		Czas	Różn/ Gap	Tempo min/km	Tempo km/h	
						startu/Start time	2.5km	netto 5km				brutto 5km
81	CEMPULIK-MUSZALA Monika	347		Open	81	00:00:12	00:20:27	00:45:39.85	00:45:52.55	+00:12:10	9:08	6.6
82	PAWLIK Agata	616	FIZJOFRELKI	Open	82	00:00:04	00:21:33	00:45:42.65	00:45:47.55	+00:12:13	9:08	6.6
83	DROZDOWSKA- DZIEDZIC Dorota	1088		Open	83	00:00:19	00:20:34	00:45:46.25	00:46:05.25	+00:12:17	9:09	6.6
84	ŁOJSZĄC Justyna	478	CZUBCLUB SOSNOWIEC	Open	84	00:00:03	00:19:27	00:45:47.50	00:45:51.25	+00:12:18	9:09	6.6
85	MOLITOR Sylwia	1144		Open	85	00:00:08	00:20:08	00:45:48.15	00:45:56.25	+00:12:19	9:09	6.6
86	PAPIEŻ Kaśka	1107		Open	86	00:00:20	00:20:32	00:45:49.65	00:46:09.70	+00:12:20	9:09	6.5
87	SOKOŁOWSKA Teresa	1030		Open	87	00:00:12	00:19:41	00:45:54.95	00:46:07.45	+00:12:26	9:11	6.5
88	GIERLOTKA - BUK Barbara	910	CIDRY LOTAJOM	Open	88	00:00:14	00:19:58	00:45:58.05	00:46:12.45	+00:12:29	9:11	6.5
89	NOWAK Helena	380	KOBIETY NA 5+	Open	89	00:00:14	00:20:04	00:46:06.35	00:46:20.45	+00:12:37	9:13	6.5
90	KUTA Marzena	7		Open	90	00:00:11	00:20:21	00:46:06.60	00:46:18.20	+00:12:37	9:13	6.5
91	ARTER Małgorzata	683		Open	91	00:00:05	00:20:41	00:46:07.25	00:46:12.65	+00:12:38	9:13	6.5
92	PĘCHERCZYK Anna	328		Open	92	00:00:10	00:20:22	00:46:07.45	00:46:18.15	+00:12:38	9:13	6.5
93	SKABA Katarzyna	694		Open	93	00:00:13	00:20:35	00:46:08.30	00:46:22.20	+00:12:39	9:13	6.5
94	GOCZOŁ Ewa	695		Open	94	00:00:13	00:20:35	00:46:08.70	00:46:22.30	+00:12:39	9:13	6.5
95	MATERNY Anna	186	#CZELADZBIEGA	Open	95	00:00:06	00:20:13	00:46:09.85	00:46:16.20	+00:12:40	9:14	6.5
96	PAŁACH Lucyna	584	KOBIETA NA 5+	Open	96	00:00:11	00:20:02	00:46:10.90	00:46:22.05	+00:12:41	9:14	6.5
97	PIOTROWSKA-RUP Beata	1298	#CZELADZBIEGA	Open	97	00:00:05	00:20:15	00:46:10.95	00:46:16.50	+00:12:42	9:14	6.5
98	ZDEJSZY Magdalena	38	OLZA GIESZYN	Open	98	00:00:05	00:20:02	00:46:18.30	00:46:23.70	+00:12:49	9:15	6.5
99	BLECHARZ Zuzanna	1021		Open	99	00:00:13	00:20:14	00:46:21.30	00:46:34.60	+00:12:52	9:16	6.5
100	MADEJ Danuta	924		Open	100	00:00:03	00:19:23	00:46:22.50	00:46:26.45	+00:12:53	9:16	6.5
101	BUCHTA Emilia	801		Open	101	00:00:12	00:20:15	00:46:22.65	00:46:35.55	+00:12:53	9:16	6.5
102	GAWĘLCZYK Maria	973	RYBNICKI KLUB NORDIC WALKING	Open	102	00:00:09	00:20:09	00:46:24.65	00:46:33.85	+00:12:55	9:16	6.5
103	MUSKIETORZ Violetta	773		Open	103	00:00:08	00:20:42	00:46:31.75	00:46:40.35	+00:13:02	9:18	6.4
104	WIECZOREK Agata	194		Open	104	00:00:07	00:20:43	00:46:32.40	00:46:39.75	+00:13:03	9:18	6.4
105	TRUCHAN Izabela	1060		Open	105	00:00:07	00:20:04	00:46:34.70	00:46:41.70	+00:13:05	9:18	6.4
106	CEMPULIK_ŁAKOMSKA Agnieszka	50		Open	106	00:00:00	00:20:39	00:46:36.05	00:46:36.05	+00:13:07	9:19	6.4
107	WITCZAK Agnieszka	693		Open	107	00:00:17	00:20:18	00:46:45.40	00:47:02.85	+00:13:16	9:21	6.4
108	WUWER Jolanta	957	GRUPA ENDORFINA	Open	108	00:00:16	00:20:22	00:46:45.80	00:47:02.65	+00:13:16	9:21	6.4
109	GAJDZIK Lidia	345		Open	109	00:00:18	00:20:40	00:46:46.00	00:47:04.55	+00:13:17	9:21	6.4
110	KNOPEK Hanna	955	GRUPA ENDORFINA	Open	110	00:00:17	00:20:21	00:46:46.05	00:47:03.25	+00:13:17	9:21	6.4

Msc/ Rnk	Zawodnik/ Name	Numer/ Bib	Klub/ Team	Kategoria/ Category	Mkat/ CatRnk	Czas		Czas	Czas	Różn/ Gap	Tempo min/km	Tempo km/h
						startu/Start time	2.5km	netto 5km	brutto 5km			
111	OKŁA Agnieszka	792		Open	111	00:00:18	00:20:44	00:46:58.55	00:47:16.75	+00:13:29	9:23	6.4
112	ŚWIGOŃ Beata	528	BĘDZIN TEAM	Open	112	00:00:18	00:20:11	00:46:58.65	00:47:16.80	+00:13:29	9:23	6.4
113	KUŚMIRSKA Janina	692	KLUB BIEGACZA FARTLEK	Open	113	00:00:03	00:19:55	00:46:59.05	00:47:02.55	+00:13:30	9:23	6.4
114	KUBICA Magdalena	515	AMATOR	Open	114	00:00:14	00:20:28	00:46:59.70	00:47:14.60	+00:13:30	9:24	6.4
115	KOWALEWSKA Jolanta	1089		Open	115	00:00:07	00:21:03	00:47:02.60	00:47:09.65	+00:13:33	9:24	6.4
116	PIEKARCZYK Barbara	932		Open	116	00:00:07	00:20:27	00:47:03.10	00:47:10.50	+00:13:34	9:24	6.4
117	JUSZCZAKIEWICZ Bogusia	522	FIZJOFRELKI	Open	117	00:00:04	00:20:07	00:47:06.00	00:47:10.50	+00:13:37	9:25	6.4
118	GODZIEK Antonina	430		Open	118	00:00:15	00:20:27	00:47:06.80	00:47:22.75	+00:13:37	9:25	6.4
119	SKAWIŃSKA Aneta	518	FIZJOFRELKI	Open	119	00:00:03	00:20:08	00:47:07.45	00:47:10.50	+00:13:38	9:25	6.4
120	ZALEĆKA Alicja	929	BIEGAM BO LUBIE	Open	120	00:00:06	00:20:28	00:47:08.90	00:47:15.20	+00:13:39	9:25	6.4
121	KRAWCZYK Małgorzata	581	KOBIETA NA 5+	Open	121	00:00:11	00:20:16	00:47:13.05	00:47:24.15	+00:13:44	9:26	6.4
122	FOŁDA Anita	678		Open	122	00:00:07	00:20:19	00:47:13.05	00:47:20.90	+00:13:44	9:26	6.4
123	MARIA Juranek	690		Open	123	00:00:07	00:20:19	00:47:13.20	00:47:20.45	+00:13:44	9:26	6.4
124	MANSFELD Dorota	273	SIECHODZI	Open	124	00:00:11	00:21:06	00:47:36.60	00:47:47.65	+00:14:07	9:31	6.3
125	BREGUŁA Ewa	711	SIECHODZI	Open	125	00:00:09	00:21:08	00:47:37.95	00:47:47.85	+00:14:09	9:31	6.3
126	ROŚNIAK Anna	702		Open	126	00:00:17	00:20:27	00:47:38.30	00:47:55.50	+00:14:09	9:31	6.3
127	JASONEK Maria	701		Open	127	00:00:17	00:20:27	00:47:38.45	00:47:56.40	+00:14:09	9:31	6.3
128	LASKO Julia	997		Open	128	00:00:19	00:20:39	00:47:41.60	00:48:00.80	+00:14:12	9:32	6.3
129	WLAZEŁ Magdalena	781		Open	129	00:00:10	00:20:55	00:47:56.70	00:48:06.75	+00:14:27	9:35	6.3
130	WITKOWSKA Agnieszka	495		Open	130	00:00:09	00:20:56	00:47:57.00	00:48:06.45	+00:14:28	9:35	6.3
131	DOBIECKA Iza	1074		Open	131	00:00:08	00:21:19	00:48:19.50	00:48:27.50	+00:14:50	9:39	6.2
132	STACHURA Krystyna	1171		Open	132	00:00:06	00:21:21	00:48:21.15	00:48:27.65	+00:14:52	9:40	6.2
133	TAINERT Krystyna	1167		Open	133	00:00:06	00:21:21	00:48:21.40	00:48:27.60	+00:14:52	9:40	6.2
134	PTAK Stanisława	1082		Open	134	00:00:05	00:21:22	00:48:21.90	00:48:27.30	+00:14:52	9:40	6.2
135	SZYMAŃSKA Halina	1204		Open	135	00:00:18	00:21:41	00:48:29.25	00:48:48.20	+00:15:00	9:42	6.2
136	DUDZIK Danuta	885	RYBNICKI KLUB NORDIC WALKING	Open	136	00:00:18	00:21:41	00:48:29.35	00:48:47.95	+00:15:00	9:41	6.2
137	SZAJER Jadwiga	496	RYBNICKI KLUB NORDIC WALKING	Open	137	00:00:18	00:21:41	00:48:30.20	00:48:48.20	+00:15:01	9:42	6.2
138	HORZELA Małgorzata	700		Open	138	00:00:10	00:20:42	00:48:50.25	00:49:00.45	+00:15:21	9:46	6.1
139	GAJDA Ewa	1146		Open	139	00:00:08	00:21:39	00:48:56.05	00:49:04.15	+00:15:27	9:47	6.1
140	PROSKURNICKA Aneta	1165		Open	140	00:00:07	00:21:40	00:48:56.45	00:49:04.15	+00:15:27	9:47	6.1
141	PĄŁKA Agnieszka	789		Open	141	00:00:15	00:20:47	00:49:01.95	00:49:17.20	+00:15:33	9:48	6.1
142	NOWAK Agnieszka	199	#CZELADZBIEGA	Open	142	00:00:06	00:21:19	00:49:02.90	00:49:09.55	+00:15:33	9:48	6.1

Msc/ Rnk	Zawodnik/ Name	Numer/ Bib	Klub/ Team	Kategoria/ Category	Mkat/ CatRnk	Czas		Czas	Czas	Różn/ Gap	Tempo min/km	Tempo km/h
						startu/Start time	2.5km	netto 5km	brutto 5km			
143	ANTOSIEWICZ Bogusława	74	#CZELADZBIEGA	Open	143	00:00:09	00:21:15	00:49:07.75	00:49:17.45	+00:15:38	9:49	6.1
144	BOJARSKA Dorota	1219		Open	144	00:00:11	00:21:14	00:49:11.95	00:49:23.35	+00:15:43	9:50	6.1
145	ADAMCZYK Beata	513	AMATOR	Open	145	00:00:13	00:21:48	00:49:22.45	00:49:36.35	+00:15:53	9:52	6.1
146	KOTOWICZ-GRZYŚKA Małgorzata	429		Open	146	00:00:07	00:20:59	00:49:24.20	00:49:31.55	+00:15:55	9:52	6.1
147	SZYMAŃSKA Teresa	274		Open	147	00:00:20	00:21:26	00:49:29.05	00:49:49.15	+00:16:00	9:53	6.1
148	HARAZIM Klaudia	1168		Open	148	00:00:08	00:21:39	00:49:46.55	00:49:55.35	+00:16:17	9:57	6
149	STROKA Wioletta	653		Open	149	00:00:05	00:21:32	00:49:49.00	00:49:54.65	+00:16:20	9:57	6
150	SANDOMIERSKA Anita	244		Open	150	00:00:21	00:21:38	00:49:50.65	00:50:12.60	+00:16:21	9:58	6
151	WITEK Judyta	1206	DECATHLON RYBNIK	Open	151	00:00:21	00:21:37	00:49:51.10	00:50:12.30	+00:16:22	9:58	6
152	GLIMOS Agnieszka	739		Open	152	00:00:16	00:21:47	00:49:55.85	00:50:12.40	+00:16:26	9:59	6
153	OLEJCZYK Renata	377		Open	153	00:00:08	00:22:27	00:50:18.10	00:50:26.80	+00:16:49	10:03	6
154	MENDECKA Grażyna	404		Open	154	00:00:12	00:22:42	00:50:24.60	00:50:37.40	+00:16:55	10:05	6
155	NADOLNIK Jadwiga	111	KOBIETY NA 5+	Open	155	00:00:09	00:21:55	00:50:37.20	00:50:46.90	+00:17:08	10:07	5.9
156	WIATR Dorota	591		Open	156	00:00:08	00:21:54	00:50:37.70	00:50:46.60	+00:17:08	10:07	5.9
157	KRASOWIAK Mariola	1282	MOJ STYL	Open	157	00:00:13	00:22:33	00:50:40.00	00:50:53.30	+00:17:11	10:08	5.9
158	BARAŃSKA Agata	1243	RADLINIOKI W BIEGU	Open	158	00:00:01	00:22:03	00:50:40.60	00:50:42.55	+00:17:11	10:08	5.9
159	RAJWA Iwona	966	BZIEGACZE	Open	159	00:00:07	00:22:04	00:50:44.60	00:50:51.60	+00:17:15	10:08	5.9
160	NOLBERT Aneta	172		Open	160	00:00:15	00:21:50	00:51:14.30	00:51:29.75	+00:17:45	10:14	5.9
161	GOŁDYN Bożena	230	KOBIETY 5+	Open	161	00:00:02	00:22:26	00:51:21.55	00:51:24.25	+00:17:52	10:16	5.8
162	OPALSKA Grażyna	809	KOLOROWA DRUŻYNA NESSI	Open	162	00:00:14	00:22:07	00:51:33.25	00:51:48.10	+00:18:04	10:18	5.8
163	PIECHOTA Hanka	283	MIECHOWICKA GRUPA BIEGOWA	Open	163	00:00:21	00:22:34	00:52:00.30	00:52:22.25	+00:18:31	10:24	5.8
164	PIETKUN Magdalena	602		Open	164	00:00:19	00:22:37	00:52:03.85	00:52:23.70	+00:18:34	10:24	5.8
165	FILIPIAK Ewelina	759		Open	165	00:00:16	00:22:38	00:52:19.40	00:52:35.95	+00:18:50	10:27	5.7
166	BANACH Kinga	476	FIZJOFRELKI	Open	166	00:00:06	00:22:53	00:52:36.75	00:52:43.15	+00:19:07	10:31	5.7
167	GAJEWSKA-BANACH Małgorzata	874		Open	167	00:00:06	00:22:53	00:52:37.20	00:52:43.55	+00:19:08	10:31	5.7
168	SZAL Anna	318	MYSŁOWICKI KLUB BIEGACZA NO.I	Open	168	00:00:18	00:23:14	00:52:42.35	00:53:00.80	+00:19:13	10:32	5.7
169	DYGAN Jagoda	1177		Open	169	00:00:18	00:23:05	00:52:46.50	00:53:04.50	+00:19:17	10:33	5.7
170	MONIN Dorota	796		Open	170	00:00:16	00:23:06	00:52:51.40	00:53:08.25	+00:19:22	10:34	5.7
171	LABZA Edyta	788		Open	171	00:00:15	00:23:06	00:52:52.15	00:53:07.70	+00:19:23	10:34	5.7
172	WILCZEK Weronika	52	KOBIETY NA 5+	Open	172	00:00:10	00:23:04	00:53:03.40	00:53:14.15	+00:19:34	10:36	5.7
173	KUNERT Katarzyna	677	WYMYŚLANKA	Open	173	00:00:09	00:22:44	00:53:03.50	00:53:12.90	+00:19:34	10:36	5.7

Msc/ Rnk	Zawodnik/ Name	Numer/ Bib	Klub/ Team	Kategoria/ Category	Mkat/ CatRnk	Czas startu/Start time	2.5km	Czas netto 5km	Czas brutto 5km	Różn/ Gap	Tempo min/km	Tempo km/h
174	ROBAKOWSKA Barbara	658		Open	174	00:00:09	00:22:45	00:53:04.00	00:53:13.35	+00:19:35	10:36	5.7
175	WYRWICH Angelika	131	MRS. SPORTY	Open	175	00:00:19	00:22:47	00:53:04.15	00:53:24.10	+00:19:35	10:37	5.7
176	SERWOTKA Olga	650		Open	176	00:00:02	00:22:33	00:53:10.15	00:53:12.40	+00:19:41	10:38	5.6
177	GORZAWSKA Aleksandra	920		Open	177	00:00:04	00:22:53	00:53:35.85	00:53:40.60	+00:20:06	10:43	5.6
178	TARKA Hildegarda	6		Open	178	00:00:03	00:23:20	00:53:43.40	00:53:46.85	+00:20:14	10:44	5.6
179	JASEK Jadwiga	823		Open	179	00:00:16	00:23:03	00:53:58.15	00:54:14.40	+00:20:29	10:47	5.6
180	KLIŚ Aleksandra	943	PANIĘŃSKI ADY	Open	180	00:00:16	00:23:03	00:53:58.65	00:54:15.05	+00:20:29	10:47	5.6
181	DADELA Wiola	264		Open	181	00:00:12	00:24:11	00:55:04.95	00:55:16.95	+00:21:36	11:00	5.4
182	CIEŚLIK Nina	265		Open	182	00:00:11	00:24:12	00:55:06.15	00:55:17.50	+00:21:37	11:01	5.4
183	SZKUDŁO Halina	439		Open	183	00:00:19	00:24:01	00:55:53.85	00:56:13.80	+00:22:24	11:10	5.4
184	ADAMIK Ilona	442	KOLOROWA DRUŻYNA NESSI	Open	184	00:00:19	00:23:58	00:55:54.15	00:56:13.70	+00:22:25	11:10	5.4
185	GIBOWICZ Agnieszka	346		Open	185	00:00:21	00:23:31	00:56:01.90	00:56:23.00	+00:22:32	11:12	5.4
186	KALINOWSKA Monika	343		Open	186	00:00:19	00:23:33	00:56:02.70	00:56:22.50	+00:22:33	11:12	5.4
187	SPYRA Beata	344		Open	187	00:00:20	00:23:32	00:56:02.75	00:56:23.65	+00:22:33	11:12	5.4
188	GRYGIEREK Anna	1132		Open	188	00:00:18	00:23:50	00:57:06.40	00:57:24.65	+00:23:37	11:25	5.3
189	GORCZYCKA Anna	36	MIECHOWICKA GRUPA BIEGOWA	Open	189	00:00:24	00:25:00	00:58:28.90	00:58:53.55	+00:24:59	11:41	5.1
190	MORYS Agnieszka	1085		Open	190	00:00:02	00:17:57	00:59:47.25	00:59:50.15	+00:26:18	11:57	5
191	SZENDZIELORZ Ilona	329		Open	191	00:00:00	00:17:10	00:59:49.15	00:59:49.15	+00:26:20	11:57	5
192	KABAT Barbara	1039	KOBIETY NA 5+	Open	192	00:00:08	00:25:36	01:01:03.75	01:01:12.65	+00:27:34	12:12	4.9
193	TRZCIŃSKA Bożena	572	KOBIETY NA 5+	Open	193	00:00:08	00:25:36	01:01:04.50	01:01:13.10	+00:27:35	12:13	4.9
194	CZERNECKA Juastyna	1293	MSTYLOJ	Open	194	00:00:00	00:20:12			+	8:04	7.4

Znaleziono 194 wynik(ów)