



KOBIETY NA 5+ :: BIEG

B4SPORT

Wydarzenie: "Kobiety na 5+" Jastrzębski Bieg Kobiet
Organizator: Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój
Data: 2018-05-27
Miejsce: Jastrzębie-Zdrój
Dystans: 5 km

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Najlepsza Jastrzębianka

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Zawrotka 2.5km | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------|-------|---------------------------------------|-----------|------|-------------|----------------|----------------|-----------------|-----------|--------------|------------|
| 1 | SUWAJ Aneta | 2 | AZS-AWF KATOWICE / ALPINSPO RT TEAM | 30-39 | 1 | 00:00:00 | 00:08:11 | 00:18:59.80 | 00:19:00.55 | | 3:48 | 15.8 |
| 2 | PIWISZKIS Barbara | 37 | KOBIETY NA 5+ | 30-39 | 12 | 00:00:03 | 00:09:35 | 00:23:38.90 | 00:23:42.25 | +00:04:39 | 4:43 | 12.7 |
| 3 | LERCH Bożena | 396 | RUNTEAM PAWŁOWICE | 30-39 | 16 | 00:00:06 | 00:09:50 | 00:24:07.60 | 00:24:14.25 | +00:05:07 | 4:49 | 12.4 |
| 4 | CHORCHOS Magda | 651 | | 20-29 | 13 | 00:00:00 | 00:09:44 | 00:24:13.65 | 00:24:13.65 | +00:05:13 | 4:50 | 12.4 |
| 5 | NIESŁAŃCZYK Małgorzata | 998 | | 30-39 | 22 | 00:00:07 | 00:10:17 | 00:24:46.25 | 00:24:54.20 | +00:05:46 | 4:57 | 12.1 |
| 6 | BORKOWSKA Paulina | 57 | | 30-39 | 25 | 00:00:04 | 00:10:36 | 00:24:57.25 | 00:25:02.15 | +00:05:57 | 4:59 | 12 |
| 7 | JANECKA Marta | 836 | | 16-19 | 4 | 00:00:11 | 00:10:41 | 00:25:03.40 | 00:25:15.05 | +00:06:03 | 5:00 | 12 |
| 8 | GORZELAK Joanna | 1027 | KOBIETY NA 5+ | 30-39 | 32 | 00:00:13 | 00:10:54 | 00:25:38.45 | 00:25:52.05 | +00:06:38 | 5:07 | 11.7 |
| 9 | PASŁAWSKA Katarzyna | 202 | KOBIETY NA 5 + | 40-49 | 25 | 00:00:03 | 00:10:27 | 00:25:46.50 | 00:25:49.85 | +00:06:46 | 5:09 | 11.6 |
| 10 | KAMINSKA Dorota | 689 | | 20-29 | 22 | 00:00:03 | 00:10:13 | 00:25:53.25 | 00:25:57.05 | +00:06:53 | 5:10 | 11.6 |
| 11 | GNAŚ Anna | 45 | KOBIETY NA 5 + | 30-39 | 37 | 00:00:11 | 00:10:44 | 00:25:58.30 | 00:26:09.30 | +00:06:58 | 5:11 | 11.6 |
| 12 | LERCH Ewa | 798 | RUNTEAM PAWŁOWICE | 20-29 | 24 | 00:00:07 | 00:10:32 | 00:26:02.25 | 00:26:09.85 | +00:07:02 | 5:12 | 11.5 |
| 13 | SZULIK Dominika | 969 | KB MOSIR JASTRZĘBIE | 16-19 | 7 | 00:00:08 | 00:10:59 | 00:26:04.30 | 00:26:12.70 | +00:07:04 | 5:12 | 11.5 |
| 14 | POPEK Barbara | 305 | | 40-49 | 33 | 00:00:08 | 00:10:40 | 00:26:05.95 | 00:26:14.10 | +00:07:06 | 5:13 | 11.5 |
| 15 | ZHABOTYNSKA Maryna | 940 | | 30-39 | 42 | 00:00:14 | 00:11:23 | 00:26:14.10 | 00:26:28.30 | +00:07:14 | 5:14 | 11.4 |
| 15 | WOJAK Aleksandra | 764 | | 20-29 | 28 | 00:00:07 | 00:11:37 | 00:26:20.70 | 00:26:28.30 | +00:07:20 | 5:16 | 11.4 |
| 17 | LORENZ Agnieszka | 928 | GALOPUJĄCE ŚLIMAKI | 40-49 | 38 | 00:00:08 | 00:11:07 | 00:26:28.90 | 00:26:37.30 | +00:07:29 | 5:17 | 11.3 |
| 18 | MAŃCZAK Magdalena | 1102 | | 20-29 | 29 | 00:00:14 | 00:11:23 | 00:26:32.35 | 00:26:46.50 | +00:07:32 | 5:18 | 11.3 |
| 19 | BRODA Katarzyna | 738 | | 30-39 | 47 | 00:00:10 | 00:10:49 | 00:26:40.00 | 00:26:50.50 | +00:07:40 | 5:20 | 11.3 |
| 20 | RAŻNIAK Beatka | 252 | KOBIETY 5+ | 40-49 | 40 | 00:00:09 | 00:11:16 | 00:26:40.05 | 00:26:49.85 | +00:07:40 | 5:20 | 11.3 |
| 21 | BANASZEWSKA Aleksandra | 663 | | 20-29 | 31 | 00:00:08 | 00:10:34 | 00:26:42.45 | 00:26:50.85 | +00:07:42 | 5:20 | 11.2 |
| 22 | ZAWIŚLAK-MOROZ Sylwia | 984 | BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU | 30-39 | 49 | 00:00:05 | 00:10:56 | 00:26:43.20 | 00:26:48.90 | +00:07:43 | 5:20 | 11.2 |
| 23 | SZTABLA Liliana | 65 | | 40-49 | 42 | 00:00:14 | 00:11:17 | 00:26:48.05 | 00:27:02.50 | +00:07:48 | 5:21 | 11.2 |
| 24 | SAGAN Izabela | 981 | BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU | 30-39 | 52 | 00:00:20 | 00:11:18 | 00:26:51.25 | 00:27:11.30 | +00:07:51 | 5:22 | 11.2 |
| 25 | NALEWAJKA Wioleta | 95 | KOBIETY NA 5+ | 40-49 | 45 | 00:00:13 | 00:11:39 | 00:26:56.35 | 00:27:09.45 | +00:07:56 | 5:23 | 11.1 |
| 26 | WRUCHA Sylwia | 625 | | 30-39 | 57 | 00:00:18 | 00:11:47 | 00:26:57.10 | 00:27:15.25 | +00:07:57 | 5:23 | 11.1 |
| 27 | ZIELIŃSKA Karolina | 256 | | 20-29 | 32 | 00:00:09 | 00:11:06 | 00:27:11.10 | 00:27:20.70 | +00:08:11 | 5:26 | 11 |
| 28 | GÓRA Marta | 48 | | 30-39 | 64 | 00:00:05 | 00:11:06 | 00:27:18.15 | 00:27:23.45 | +00:08:18 | 5:27 | 11 |
| 29 | PAWLIK Agata | 388 | | 20-29 | 36 | 00:00:03 | 00:10:58 | 00:27:23.75 | 00:27:27.65 | +00:08:23 | 5:28 | 10.9 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Zawrotka 2.5km | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------------------|-------------|---------------------------------------|-----------|------|-------------|----------------|--------------------|--------------------|-----------|--------------|------------|
| 30 | SIEGMUND Jolanta | 473 | KOBIETY NA 5+ | 40-49 | 55 | 00:00:10 | 00:10:46 | 00:27:32.15 | 00:27:42.40 | +00:08:32 | 5:30 | 10.9 |
| 31 | KAMIŃSKA Natalia | 563 | | 20-29 | 37 | 00:00:39 | 00:12:20 | 00:27:46.10 | 00:28:25.90 | +00:08:46 | 5:33 | 10.8 |
| 32 | MUSIAŁ Wioletta | 875 | GB GALOPUJĄCE ŚLIMAKI | 30-39 | 78 | 00:00:08 | 00:11:23 | 00:27:49.00 | 00:27:57.90 | +00:08:49 | 5:33 | 10.8 |
| 33 | BARAN Irena | 592 | SZARE MORSY | 50-59 | 8 | 00:00:18 | 00:11:37 | 00:27:50.05 | 00:28:08.55 | +00:08:50 | 5:34 | 10.8 |
| 34 | GARUS Magdalena | 1229 | KOBIETY NA 5+ | 40-49 | 64 | 00:00:02 | 00:11:33 | 00:27:54.80 | 00:27:57.25 | +00:08:55 | 5:35 | 10.7 |
| 35 | KUTYŁA Agnieszka | 794 | | 30-39 | 84 | 00:00:33 | 00:12:04 | 00:27:55.30 | 00:28:28.95 | +00:08:55 | 5:35 | 10.7 |
| 35 | KUŁAKOWSKA-ZAGÓRSKA Justyna | 795 | | 30-39 | 85 | 00:00:33 | 00:12:04 | 00:27:55.30 | 00:28:28.95 | +00:08:55 | 5:35 | 10.7 |
| 37 | BURDZIK Katarzyna | 176 | | 20-29 | 43 | 00:00:07 | 00:11:51 | 00:28:07.30 | 00:28:14.30 | +00:09:07 | 5:37 | 10.7 |
| 38 | KOBA Natalia | 1264 | | 20-29 | 45 | 00:00:20 | 00:12:07 | 00:28:26.80 | 00:28:47.40 | +00:09:27 | 5:41 | 10.5 |
| 39 | GRABARCZYK-TIERIENTIEW Agnieszka | 455 | | 30-39 | 107 | 00:00:09 | 00:11:39 | 00:28:29.55 | 00:28:38.85 | +00:09:29 | 5:41 | 10.5 |
| 40 | BIELA Małgorzata | 275 | KOBIETY NA 5+ | 40-49 | 73 | 00:00:14 | 00:11:40 | 00:28:36.85 | 00:28:51.75 | +00:09:37 | 5:43 | 10.5 |
| 41 | ZELENT Karolina | 147 | | 20-29 | 46 | 00:00:21 | 00:12:11 | 00:28:37.55 | 00:28:59.50 | +00:09:37 | 5:43 | 10.5 |
| 42 | GIBAS Amanda | 317 | FARTLECZKI | 30-39 | 112 | 00:00:25 | 00:12:31 | 00:28:43.50 | 00:29:08.75 | +00:09:43 | 5:44 | 10.4 |
| 43 | SKOTNICKA Urszula | 1205 | | 50-59 | 13 | 00:00:04 | 00:11:34 | 00:29:02.05 | 00:29:06.90 | +00:10:02 | 5:48 | 10.3 |
| 44 | GWIZDAŁA Dominika | 140 | | 20-29 | 48 | 00:00:30 | 00:12:39 | 00:29:02.15 | 00:29:32.40 | +00:10:02 | 5:48 | 10.3 |
| 45 | PORĘBSKA Karolina | 11 | | 20-29 | 49 | 00:00:06 | 00:11:14 | 00:29:06.95 | 00:29:13.75 | +00:10:07 | 5:49 | 10.3 |
| 46 | POŁEDNIOK Aleksandra | 822 | | 30-39 | 124 | 00:00:02 | 00:11:39 | 00:29:08.15 | 00:29:10.65 | +00:10:08 | 5:49 | 10.3 |
| 47 | JUSZCZYK Izabela | 459 | | 20-29 | 50 | 00:00:29 | 00:12:13 | 00:29:09.45 | 00:29:38.50 | +00:10:09 | 5:49 | 10.3 |
| 48 | GWIZDAŁA Joanna | 1214 | | 30-39 | 128 | 00:00:23 | 00:12:11 | 00:29:17.55 | 00:29:40.80 | +00:10:17 | 5:51 | 10.2 |
| 49 | HETMANIOK Agnieszka | 1226 | | 20-29 | 55 | 00:00:11 | 00:11:58 | 00:29:19.90 | 00:29:31.70 | +00:10:20 | 5:52 | 10.2 |
| 50 | STANISLAWISZYN Małgorzata | 950 | NR | 40-49 | 86 | 00:00:04 | 00:12:32 | 00:29:26.00 | 00:29:30.10 | +00:10:26 | 5:53 | 10.2 |
| 51 | FRAJHOFER Ewa | 983 | BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU | 30-39 | 132 | 00:00:00 | 00:12:10 | 00:29:31.05 | 00:29:31.05 | +00:10:31 | 5:54 | 10.2 |
| 52 | PRÓSZYŃSKA Agnieszka | 567 | | 30-39 | 135 | 00:00:27 | 00:12:53 | 00:29:34.05 | 00:30:01.25 | +00:10:34 | 5:54 | 10.1 |
| 53 | BEDKA Daria | 1237 | | 30-39 | 136 | 00:00:18 | 00:12:32 | 00:29:34.20 | 00:29:52.65 | +00:10:34 | 5:54 | 10.1 |
| 54 | JAKUBIK Edyta | 101 | | 30-39 | 142 | 00:00:21 | 00:12:13 | 00:29:38.80 | 00:30:00.05 | +00:10:39 | 5:55 | 10.1 |
| 55 | TRZCIŃSKA Joanna | 115 | KOBIETY NA 5+ | 20-29 | 60 | 00:00:20 | 00:12:19 | 00:29:41.65 | 00:30:02.35 | +00:10:41 | 5:56 | 10.1 |
| 56 | BARTOSIAK Dagmara | 1246 | | 30-39 | 145 | 00:00:36 | 00:12:36 | 00:29:50.00 | 00:30:26.40 | +00:10:50 | 5:58 | 10.1 |
| 57 | WIĘSEK Judyta | 1232 | GWARKOWE DZIEWCZYNY | 30-39 | 146 | 00:00:19 | 00:12:32 | 00:29:50.70 | 00:30:10.30 | +00:10:50 | 5:58 | 10.1 |
| 58 | GIŻYŃSKA Katarzyna | 1043 | KOBIETY NA 5+ | 30-39 | 153 | 00:00:14 | 00:12:24 | 00:30:07.15 | 00:30:21.80 | +00:11:07 | 6:01 | 10 |
| 59 | MALISZEWSKA Beata | 12 | | 30-39 | 154 | 00:00:31 | 00:12:32 | 00:30:07.70 | 00:30:38.75 | +00:11:07 | 6:01 | 10 |
| 60 | REYMANN Milena | 978 | BANK SPÓŁDZIELCZY W JASTRZĘBIU-ZDROJU | 30-39 | 155 | 00:00:35 | 00:12:37 | 00:30:07.90 | 00:30:43.05 | +00:11:08 | 6:01 | 10 |
| 61 | PIPIRO Grażyna | 397 | DRUŻYNA KOBIETY NA 5+ | 60+ | 7 | 00:00:08 | 00:12:27 | 00:30:10.90 | 00:30:19.60 | +00:11:11 | 6:02 | 9.9 |
| 62 | KOLORZ-SAJDAK Beata | 724 | | 30-39 | 158 | 00:00:39 | 00:13:15 | 00:30:16.65 | 00:30:56.60 | +00:11:16 | 6:03 | 9.9 |
| 63 | ROGAŁA Anna | 904 | | 30-39 | 159 | 00:00:24 | 00:12:33 | 00:30:22.55 | 00:30:47.25 | +00:11:22 | 6:04 | 9.9 |
| 64 | GATNER Agnieszka | 428 | | 30-39 | 160 | 00:00:36 | 00:13:29 | 00:30:25.45 | 00:31:01.75 | +00:11:25 | 6:05 | 9.9 |
| 65 | PIETROSZEK Władysława | 1052 | MATKA I CÓRKA | 40-49 | 112 | 00:00:24 | 00:13:06 | 00:30:26.35 | 00:30:50.95 | +00:11:26 | 6:05 | 9.9 |
| 66 | SZEFER Wioleta | 545 | | 30-39 | 167 | 00:00:18 | 00:12:47 | 00:30:32.65 | 00:30:51.40 | +00:11:32 | 6:06 | 9.8 |
| 67 | SZEFER Sylwia | 547 | KOBIETY 5+ | 30-39 | 169 | 00:00:18 | 00:12:47 | 00:30:33.90 | 00:30:51.90 | +00:11:34 | 6:06 | 9.8 |
| 68 | GÓRKIEWICZ Magdalena | 784 | | 20-29 | 68 | 00:00:34 | 00:13:35 | 00:30:37.80 | 00:31:11.95 | +00:11:38 | 6:07 | 9.8 |
| 69 | SKWARK Aneta | 899 | | 30-39 | 172 | 00:00:25 | 00:13:31 | 00:30:38.30 | 00:31:03.65 | +00:11:38 | 6:07 | 9.8 |
| 70 | FROSZTĘGA Katarzyna | 951 | SISTERS | 30-39 | 174 | 00:00:25 | 00:13:31 | 00:30:41.70 | 00:31:07.50 | +00:11:41 | 6:08 | 9.8 |
| 71 | BOŻEK Dagmara | 425 | | 40-49 | 116 | 00:00:12 | 00:12:30 | 00:30:45.60 | 00:30:57.70 | +00:11:45 | 6:09 | 9.8 |
| 72 | SITKO Dagmara | 830 | GWARKOWE DZIEWCZYNY | 30-39 | 179 | 00:00:19 | 00:12:54 | 00:30:50.45 | 00:31:10.15 | +00:11:50 | 6:10 | 9.7 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Zawrotka 2.5km | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------|-----------------------|-----------|------|-------------|----------------|----------------|-----------------|-----------|--------------|------------|
| 73 | WIECZOREK Klaudia | 338 | KOBIEY NA 5+ | 20-29 | 70 | 00:00:32 | 00:13:27 | 00:30:51.25 | 00:31:23.65 | +00:11:51 | 6:10 | 9.7 |
| 74 | FECZKO Monika | 1170 | | 20-29 | 71 | 00:00:16 | 00:12:33 | 00:30:55.70 | 00:31:11.75 | +00:11:55 | 6:11 | 9.7 |
| 75 | SZPYRA Sonia | 66 | | 40-49 | 122 | 00:00:07 | 00:12:42 | 00:30:59.05 | 00:31:06.50 | +00:11:59 | 6:11 | 9.7 |
| 76 | SOJKA Ania | 670 | | 20-29 | 73 | 00:00:33 | 00:14:00 | 00:31:00.45 | 00:31:33.60 | +00:12:00 | 6:12 | 9.7 |
| 77 | KUBAS Alina | 41 | KLUB BIEGACZA FARTLEK | 40-49 | 124 | 00:00:16 | 00:12:40 | 00:31:05.70 | 00:31:22.65 | +00:12:05 | 6:13 | 9.6 |
| 78 | GŁÓWCZYK Izabella | 758 | KOBIETY NA 5+ | 40-49 | 125 | 00:00:25 | 00:13:29 | 00:31:06.00 | 00:31:31.85 | +00:12:06 | 6:13 | 9.6 |
| 79 | KOSOWSKA Grażyna | 1215 | KOBIETY NA 5+ | 50-59 | 18 | 00:00:25 | 00:13:29 | 00:31:06.50 | 00:31:32.05 | +00:12:06 | 6:13 | 9.6 |
| 80 | JACAK Marta | 180 | | 30-39 | 192 | 00:00:45 | 00:13:21 | 00:31:14.50 | 00:32:00.35 | +00:12:14 | 6:15 | 9.6 |
| 81 | DARNOWSKA-HYLA Julia | 1111 | | 30-39 | 200 | 00:00:17 | 00:13:01 | 00:31:32.85 | 00:31:50.65 | +00:12:33 | 6:18 | 9.5 |
| 82 | WIŚNIEWSKA Justyna | 34 | KOBIETY NA 5+ | 30-39 | 203 | 00:00:14 | 00:12:47 | 00:31:35.50 | 00:31:49.95 | +00:12:35 | 6:19 | 9.5 |
| 83 | NIEDZIOŁKO Bożena | 72 | KOBIETY NA 5+ | 50-59 | 21 | 00:00:14 | 00:12:47 | 00:31:36.00 | 00:31:50.00 | +00:12:36 | 6:19 | 9.5 |
| 84 | PYZIK Barbara | 728 | | 30-39 | 206 | 00:00:38 | 00:13:43 | 00:31:36.70 | 00:32:15.05 | +00:12:36 | 6:19 | 9.5 |
| 85 | HUBA Agnieszka | 553 | KOBIETY NA 5+ | 30-39 | 207 | 00:00:21 | 00:12:18 | 00:31:40.60 | 00:32:01.60 | +00:12:40 | 6:20 | 9.5 |
| 86 | FECZKO Lucyna | 1166 | | 40-49 | 142 | 00:00:16 | 00:13:35 | 00:31:41.20 | 00:31:58.10 | +00:12:41 | 6:20 | 9.5 |
| 87 | HERDUŚ Lucyna | 753 | | 30-39 | 210 | 00:00:24 | 00:13:34 | 00:31:43.50 | 00:32:07.70 | +00:12:43 | 6:20 | 9.5 |
| 88 | LISZOK Iwona | 597 | | 30-39 | 212 | 00:00:16 | 00:13:20 | 00:31:44.85 | 00:32:01.45 | +00:12:45 | 6:21 | 9.4 |
| 89 | WALA Anna | 1220 | | 30-39 | 214 | 00:00:11 | 00:12:07 | 00:31:46.85 | 00:31:58.65 | +00:12:47 | 6:21 | 9.4 |
| 90 | SYLWIA Kopel | 1127 | KOBIETY NA 5+ | 40-49 | 158 | 00:00:32 | 00:13:21 | 00:31:54.60 | 00:32:26.75 | +00:12:54 | 6:22 | 9.4 |
| 91 | STOPYRA Agnieszka | 684 | BRAK | 40-49 | 163 | 00:00:16 | 00:13:03 | 00:32:00.10 | 00:32:16.65 | +00:13:00 | 6:24 | 9.4 |
| 92 | SAWICKA Marta | 47 | | 30-39 | 224 | 00:00:47 | 00:13:58 | 00:32:04.80 | 00:32:52.70 | +00:13:05 | 6:25 | 9.4 |
| 93 | PŁASKA Barbara | 62 | KOBIETY NA 5+ | 40-49 | 166 | 00:00:14 | 00:12:58 | 00:32:07.35 | 00:32:21.55 | +00:13:07 | 6:25 | 9.3 |
| 94 | GRZELAK Patrycja | 583 | KOBIETY NA 5+ | 30-39 | 227 | 00:00:16 | 00:13:24 | 00:32:15.35 | 00:32:32.15 | +00:13:15 | 6:27 | 9.3 |
| 95 | KSEPKO Kasia | 91 | | 30-39 | 229 | 00:00:34 | 00:13:54 | 00:32:17.15 | 00:32:52.00 | +00:13:17 | 6:27 | 9.3 |
| 96 | POLIWKA-FILIPOWSKA Karolina | 858 | | 20-29 | 77 | 00:00:53 | 00:14:23 | 00:32:17.95 | 00:33:11.00 | +00:13:18 | 6:27 | 9.3 |
| 97 | BAŁA Justyna | 151 | KOBIETY NA 5+ | 30-39 | 230 | 00:00:24 | 00:13:37 | 00:32:18.65 | 00:32:43.60 | +00:13:18 | 6:27 | 9.3 |
| 98 | MYŚLIWIEC Monika | 1156 | KOBIETY NA 5+ | 40-49 | 169 | 00:00:02 | 00:13:00 | 00:32:19.10 | 00:32:21.90 | +00:13:19 | 6:27 | 9.3 |
| 99 | VAIDYAN Vimala | 828 | | 20-29 | 78 | 00:00:03 | 00:13:14 | 00:32:20.05 | 00:32:23.05 | +00:13:20 | 6:28 | 9.3 |
| 100 | MIŚKOWIEC Agnieszka | 1136 | | 40-49 | 172 | 00:00:38 | 00:13:42 | 00:32:21.95 | 00:32:59.95 | +00:13:22 | 6:28 | 9.3 |
| 101 | ZIEJA Iza | 364 | | 40-49 | 175 | 00:00:05 | 00:13:33 | 00:32:29.25 | 00:32:34.50 | +00:13:29 | 6:29 | 9.2 |
| 102 | AUGUŚCIK Ewelina | 30 | | 30-39 | 238 | 00:00:19 | 00:13:21 | 00:32:36.35 | 00:32:56.05 | +00:13:36 | 6:31 | 9.2 |
| 103 | JAKACKA Agata | 1048 | | 20-29 | 82 | 00:00:49 | 00:15:18 | 00:32:37.35 | 00:33:27.05 | +00:13:37 | 6:31 | 9.2 |
| 104 | TOKAREWICZ Justyna | 936 | | 30-39 | 243 | 00:00:22 | 00:13:55 | 00:32:41.70 | 00:33:03.95 | +00:13:41 | 6:32 | 9.2 |
| 105 | MIKA Emilia | 646 | | 20-29 | 85 | 00:00:39 | 00:13:41 | 00:32:47.70 | 00:33:27.65 | +00:13:47 | 6:33 | 9.1 |
| 106 | MAZUR Aleksandra | 365 | | 30-39 | 249 | 00:00:45 | 00:15:13 | 00:32:53.35 | 00:33:38.50 | +00:13:53 | 6:34 | 9.1 |
| 107 | TATARCZYK Justyna | 481 | | 30-39 | 251 | 00:00:33 | 00:14:01 | 00:32:56.05 | 00:33:29.50 | +00:13:56 | 6:35 | 9.1 |
| 108 | SKRZYPCZAK Edyta | 877 | | 20-29 | 86 | 00:00:05 | 00:15:01 | 00:33:01.85 | 00:33:07.15 | +00:14:02 | 6:36 | 9.1 |
| 109 | KISZKA Wioletta | 897 | | 30-39 | 259 | 00:01:12 | 00:13:52 | 00:33:16.35 | 00:34:28.45 | +00:14:16 | 6:39 | 9 |
| 110 | JANOTA Monika | 434 | GB GALOPUJĄCE ŚLIMAKI | 30-39 | 264 | 00:00:26 | 00:13:50 | 00:33:21.30 | 00:33:47.35 | +00:14:21 | 6:40 | 9 |
| 111 | URBAŚ Monika | 436 | KOBIETY 5+ | 30-39 | 270 | 00:00:28 | 00:13:57 | 00:33:40.00 | 00:34:08.70 | +00:14:40 | 6:44 | 8.9 |
| 112 | KLIMCZAK Ewa | 935 | | 20-29 | 93 | 00:00:21 | 00:13:57 | 00:33:40.90 | 00:34:02.45 | +00:14:41 | 6:44 | 8.9 |
| 113 | RUTKA Magdalena | 1274 | | 20-29 | 94 | 00:00:39 | 00:13:41 | 00:33:42.15 | 00:34:21.90 | +00:14:42 | 6:44 | 8.9 |
| 113 | ZAWADA Teresa | 890 | | 50-59 | 31 | 00:00:35 | 00:14:24 | 00:33:42.15 | 00:34:17.85 | +00:14:42 | 6:44 | 8.9 |
| 115 | OSTROWSKA Izabela | 1035 | KOBIETY NA 5+ | 40-49 | 200 | 00:00:50 | 00:14:08 | 00:33:42.25 | 00:34:32.35 | +00:14:42 | 6:44 | 8.9 |
| 116 | MAZUR Małgorzata | 1109 | KOBIETY NA 5+ | 40-49 | 204 | 00:00:23 | 00:14:18 | 00:33:50.25 | 00:34:13.80 | +00:14:50 | 6:46 | 8.9 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Zawrotka 2.5km | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------|---------------------------|-----------|------|-------------|----------------|----------------|-----------------|-----------|--------------|------------|
| 117 | PAWLIK Natalia | 422 | | 20-29 | 95 | 00:00:24 | 00:13:35 | 00:33:51.95 | 00:34:16.75 | +00:14:52 | 6:46 | 8.9 |
| 118 | SERAFIN-CHWAŁEK Joanna | 1130 | KOBIETY 5+ | 40-49 | 206 | 00:00:46 | 00:14:29 | 00:33:53.65 | 00:34:40.20 | +00:14:53 | 6:46 | 8.8 |
| 119 | DZIĘCIELEWSKA Sylwia | 564 | | 40-49 | 207 | 00:00:43 | 00:13:51 | 00:33:54.05 | 00:34:37.40 | +00:14:54 | 6:46 | 8.8 |
| 120 | WĘGLEWSKA Marzena | 600 | | 40-49 | 209 | 00:00:08 | 00:13:47 | 00:34:01.20 | 00:34:09.40 | +00:15:01 | 6:48 | 8.8 |
| 121 | GÓRECKA Aleksandra | 673 | INTER ROPE TEAM | 30-39 | 275 | 00:00:40 | 00:14:34 | 00:34:01.40 | 00:34:41.70 | +00:15:01 | 6:48 | 8.8 |
| 122 | ADAMCZAK Renata | 1248 | INTER ROPE TEAM | 40-49 | 213 | 00:00:39 | 00:14:35 | 00:34:09.35 | 00:34:48.55 | +00:15:09 | 6:49 | 8.8 |
| 123 | SŁUPECKA Beata | 44 | KOBIETY NA 5+ | 40-49 | 218 | 00:00:50 | 00:14:02 | 00:34:15.10 | 00:35:05.70 | +00:15:15 | 6:51 | 8.8 |
| 124 | PEPEK Aneta | 1277 | | 30-39 | 281 | 00:00:42 | 00:14:29 | 00:34:16.10 | 00:34:58.55 | +00:15:16 | 6:51 | 8.8 |
| 125 | SAWICKA Agnieszka | 181 | | 30-39 | 288 | 00:00:46 | 00:14:40 | 00:34:30.00 | 00:35:16.60 | +00:15:30 | 6:54 | 8.7 |
| 126 | NOWAK Ewelina | 118 | KOBIETY NA 5+ | 40-49 | 224 | 00:00:48 | 00:14:33 | 00:34:32.00 | 00:35:20.50 | +00:15:32 | 6:54 | 8.7 |
| 127 | ĆWIKLIŃSKA-SŁOWIK Magdalena | 679 | | 30-39 | 290 | 00:00:28 | 00:14:27 | 00:34:33.80 | 00:35:02.60 | +00:15:34 | 6:54 | 8.7 |
| 128 | SURY-WOLNIEWICZ Kamila | 1110 | KOBIETY NA 5+ | 40-49 | 225 | 00:00:53 | 00:14:50 | 00:34:35.85 | 00:35:29.50 | +00:15:36 | 6:55 | 8.7 |
| 129 | CHARĘŻA Agnieszka | 1025 | DRUŻYNA KOBIETY NA 5+ | 30-39 | 296 | 00:00:44 | 00:14:39 | 00:34:43.05 | 00:35:27.90 | +00:15:43 | 6:56 | 8.6 |
| 130 | ROTTER Hanna | 911 | J TEAM | 50-59 | 32 | 00:00:14 | 00:13:31 | 00:34:43.60 | 00:34:58.50 | +00:15:43 | 6:56 | 8.6 |
| 131 | ROZALSKA Magdalena | 1157 | | 30-39 | 300 | 00:00:34 | 00:13:27 | 00:34:52.85 | 00:35:27.35 | +00:15:53 | 6:58 | 8.6 |
| 132 | KOWALSKA Małgorzata | 907 | | 50-59 | 33 | 00:00:41 | 00:14:30 | 00:34:56.55 | 00:35:38.20 | +00:15:56 | 6:59 | 8.6 |
| 133 | MACIOŃCZYK Katarzyna | 1278 | | 30-39 | 305 | 00:00:17 | 00:14:08 | 00:35:11.10 | 00:35:28.20 | +00:16:11 | 7:02 | 8.5 |
| 134 | WROZA Renata | 1121 | | 40-49 | 237 | 00:00:30 | 00:14:27 | 00:35:11.15 | 00:35:42.00 | +00:16:11 | 7:02 | 8.5 |
| 135 | KAŁA Anna | 1223 | | 20-29 | 105 | 00:01:08 | 00:14:10 | 00:35:16.85 | 00:36:24.85 | +00:16:17 | 7:03 | 8.5 |
| 136 | ZWIOREK Anna | 80 | MIECHOWICKA GRUPA BIEGOWA | 40-49 | 239 | 00:00:48 | 00:15:26 | 00:35:19.25 | 00:36:07.45 | +00:16:19 | 7:03 | 8.5 |
| 137 | KOZŁOWSKA Patrycja | 533 | | 30-39 | 309 | 00:00:40 | 00:14:13 | 00:35:20.75 | 00:36:01.30 | +00:16:20 | 7:04 | 8.5 |
| 138 | ROWICKA Joanna | 383 | KOBIETY NA 5+ | 50-59 | 34 | 00:00:51 | 00:15:15 | 00:35:25.35 | 00:36:16.35 | +00:16:25 | 7:05 | 8.5 |
| 139 | CHRUSZCZ Katarzyna | 919 | KOBIETY NA 5+ | 30-39 | 311 | 00:00:45 | 00:14:30 | 00:35:25.70 | 00:36:10.90 | +00:16:25 | 7:05 | 8.5 |
| 140 | SZULIK Wioletta | 676 | | 30-39 | 316 | 00:00:29 | 00:14:27 | 00:35:39.20 | 00:36:08.70 | +00:16:39 | 7:07 | 8.4 |
| 141 | PIETROSZEK Sandra | 1056 | W&S PIETROSZEK | 16-19 | 19 | 00:00:25 | 00:14:29 | 00:35:55.95 | 00:36:21.25 | +00:16:56 | 7:11 | 8.3 |
| 142 | PERKOWSKA Izabela | 831 | | 50-59 | 36 | 00:00:47 | 00:15:19 | 00:36:02.45 | 00:36:50.05 | +00:17:02 | 7:12 | 8.3 |
| 143 | PROKOPIUK Adriana | 288 | KLUB BIEGACZA FARTLEK | 30-39 | 321 | 00:00:47 | 00:14:39 | 00:36:06.40 | 00:36:53.55 | +00:17:06 | 7:13 | 8.3 |
| 144 | SZEWCZUK Agnieszka | 562 | | 40-49 | 247 | 00:00:00 | 00:14:53 | 00:36:06.80 | 00:36:06.80 | +00:17:07 | 7:13 | 8.3 |
| 145 | KORALEWSKA Kinga | 363 | | 30-39 | 324 | 00:00:43 | 00:15:31 | 00:36:15.30 | 00:36:59.20 | +00:17:15 | 7:15 | 8.3 |
| 146 | MODLIŃSKA Paulina | 1235 | | 30-39 | 325 | 00:00:43 | 00:15:31 | 00:36:15.75 | 00:36:59.00 | +00:17:15 | 7:15 | 8.3 |
| 147 | KAŁUŻA Aleksandra | 593 | KOBIETY NA 5+ | 30-39 | 327 | 00:00:21 | 00:14:28 | 00:36:21.10 | 00:36:42.50 | +00:17:21 | 7:16 | 8.3 |
| 148 | STĘPIŃSKA Patrycja | 963 | | 20-29 | 114 | 00:00:21 | 00:14:32 | 00:36:21.60 | 00:36:43.50 | +00:17:21 | 7:16 | 8.2 |
| 149 | BIL Malwina | 1063 | KOBIETY NA 5+ | 30-39 | 328 | 00:00:21 | 00:14:28 | 00:36:27.45 | 00:36:49.15 | +00:17:27 | 7:17 | 8.2 |
| 150 | DYNIA Magdalena | 82 | | 40-49 | 250 | 00:00:36 | 00:14:34 | 00:36:39.90 | 00:37:16.80 | +00:17:40 | 7:20 | 8.2 |
| 151 | SARNECKA-BĘBENEK Aleksandra | 76 | GB GALOPUJĄCE ŚLIMAKI | 30-39 | 335 | 00:00:41 | 00:15:06 | 00:36:41.95 | 00:37:23.15 | +00:17:42 | 7:20 | 8.2 |
| 152 | PARZYCH Renata | 1201 | KOBIETY NA 5+ | 60+ | 13 | 00:00:16 | 00:15:00 | 00:36:52.45 | 00:37:08.60 | +00:17:52 | 7:22 | 8.1 |
| 153 | HALAMA Karolina | 628 | | 16-19 | 20 | 00:00:22 | 00:14:25 | 00:37:03.75 | 00:37:25.95 | +00:18:03 | 7:24 | 8.1 |
| 154 | OL Klaudia | 1145 | | 40-49 | 256 | 00:00:30 | 00:14:57 | 00:37:06.00 | 00:37:36.55 | +00:18:06 | 7:25 | 8.1 |
| 155 | CZAPOROWSKI Daria | 893 | | 30-39 | 343 | 00:00:35 | 00:15:04 | 00:37:10.80 | 00:37:45.95 | +00:18:11 | 7:26 | 8.1 |
| 156 | STANO Monika | 765 | KOBIETY NA 5+ | 30-39 | 345 | 00:00:49 | 00:15:40 | 00:37:13.15 | 00:38:03.05 | +00:18:13 | 7:26 | 8.1 |
| 157 | STEFAŃSKA Dorota | 1087 | | 30-39 | 349 | 00:00:46 | 00:16:01 | 00:37:23.05 | 00:38:09.25 | +00:18:23 | 7:28 | 8 |
| 158 | PŁAZA Monika | 1186 | | 20-29 | 120 | 00:00:51 | 00:16:12 | 00:37:24.95 | 00:38:16.10 | +00:18:25 | 7:29 | 8 |
| 159 | PERKA Monika | 1249 | | 30-39 | 351 | 00:00:00 | 00:16:15 | 00:37:26.50 | 00:37:26.50 | +00:18:26 | 7:29 | 8 |
| 160 | PŁAZA Agnieszka | 1184 | | 20-29 | 122 | 00:00:51 | 00:16:12 | 00:37:29.25 | 00:38:20.45 | +00:18:29 | 7:29 | 8 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Zawrotka 2.5km | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------------|-------|-----------------------|-----------|------|-------------|----------------|----------------|-----------------|-----------|--------------|------------|
| 161 | PELACZYK Wioletta | 127 | KOBIETY NA 5+ | 40-49 | 261 | 00:00:47 | 00:14:57 | 00:37:32.20 | 00:38:19.80 | +00:18:32 | 7:30 | 8 |
| 162 | SIENKIEWICZ-MARCINOWSKA Aleksandra | 905 | | 30-39 | 352 | 00:03:02 | 00:16:01 | 00:37:33.50 | 00:40:35.80 | +00:18:33 | 7:30 | 8 |
| 163 | PTASIŃSKA Iwona | 1286 | | 30-39 | 356 | 00:00:47 | 00:16:45 | 00:37:37.35 | 00:38:24.85 | +00:18:37 | 7:31 | 8 |
| 164 | STAŚKIEWICZ Monika | 1213 | | 40-49 | 264 | 00:00:30 | 00:14:27 | 00:37:56.80 | 00:38:27.65 | +00:18:57 | 7:35 | 7.9 |
| 165 | NIKSA Anita | 1154 | | 20-29 | 123 | 00:00:13 | 00:14:52 | 00:38:03.90 | 00:38:17.50 | +00:19:04 | 7:36 | 7.9 |
| 166 | KARWOT Malwina | 845 | | 30-39 | 360 | 00:00:19 | 00:15:33 | 00:38:05.35 | 00:38:24.60 | +00:19:05 | 7:37 | 7.9 |
| 167 | MYŚLIWIEC Barbara | 27 | KOBIETY NA 5+ | 20-29 | 126 | 00:00:15 | 00:16:03 | 00:38:10.95 | 00:38:26.85 | +00:19:11 | 7:38 | 7.9 |
| 168 | CEBULA Marta | 432 | | 20-29 | 127 | 00:00:15 | 00:16:03 | 00:38:11.20 | 00:38:26.65 | +00:19:11 | 7:38 | 7.9 |
| 169 | SPYRKA Małgorzata | 787 | AMATORKA | 40-49 | 270 | 00:00:33 | 00:15:14 | 00:38:54.35 | 00:39:27.65 | +00:19:54 | 7:46 | 7.7 |
| 170 | DAMIS Daria | 1193 | - | 20-29 | 130 | 00:01:01 | 00:16:11 | 00:38:59.00 | 00:40:00.85 | +00:19:59 | 7:47 | 7.7 |
| 171 | MAGIEREK Magdalena | 1194 | | 30-39 | 365 | 00:01:02 | 00:16:11 | 00:38:59.05 | 00:40:01.10 | +00:19:59 | 7:47 | 7.7 |
| 172 | KŁAK Natalia | 1129 | | 20-29 | 131 | 00:00:50 | 00:15:37 | 00:39:03.90 | 00:39:54.10 | +00:20:04 | 7:48 | 7.7 |
| 173 | PISAREK Dorota | 211 | | 40-49 | 272 | 00:00:32 | 00:15:52 | 00:39:14.10 | 00:39:46.65 | +00:20:14 | 7:50 | 7.6 |
| 174 | KOSZEWSKA Natalia | 163 | | 20-29 | 134 | 00:00:07 | 00:14:50 | 00:39:27.95 | 00:39:35.35 | +00:20:28 | 7:53 | 7.6 |
| 175 | ZALEWSKA Barbara | 259 | KOBIETY NA 5+ | 40-49 | 276 | 00:00:17 | 00:15:28 | 00:39:32.55 | 00:39:50.25 | +00:20:32 | 7:54 | 7.6 |
| 176 | ZALEWSKA Wiola | 826 | KOBIETY NA 5+ | 20-29 | 135 | 00:00:16 | 00:15:57 | 00:39:33.05 | 00:39:49.95 | +00:20:33 | 7:54 | 7.6 |
| 177 | WOWRA Agata | 53 | | 30-39 | 371 | 00:00:48 | 00:16:41 | 00:39:53.90 | 00:40:42.70 | +00:20:54 | 7:58 | 7.5 |
| 178 | GŁADOSZ Renata | 504 | | 30-39 | 372 | 00:00:48 | 00:16:40 | 00:39:53.95 | 00:40:42.75 | +00:20:54 | 7:58 | 7.5 |
| 179 | SZYMAŃSKA Katarzyna | 412 | | 20-29 | 136 | 00:00:54 | 00:17:10 | 00:39:54.20 | 00:40:48.85 | +00:20:54 | 7:58 | 7.5 |
| 180 | SZCZEPANIK Marta | 731 | | 30-39 | 376 | 00:00:57 | 00:16:58 | 00:40:06.60 | 00:41:04.05 | +00:21:06 | 8:01 | 7.5 |
| 181 | ŻARSKA Katarzyna | 485 | KOBIETY NA 5+ | 30-39 | 378 | 00:00:53 | 00:16:44 | 00:40:08.05 | 00:41:01.10 | +00:21:08 | 8:01 | 7.5 |
| 182 | ZIEJA Martyna | 569 | | 20-29 | 140 | 00:00:05 | 00:16:26 | 00:40:31.85 | 00:40:37.10 | +00:21:32 | 8:06 | 7.4 |
| 183 | BŁASZCZYK Agnieszka | 1054 | | 30-39 | 380 | 00:00:49 | 00:16:55 | 00:40:34.10 | 00:41:24.00 | +00:21:34 | 8:07 | 7.4 |
| 184 | PODŁUSKA Monika | 90 | | 40-49 | 286 | 00:00:48 | 00:16:52 | 00:40:55.55 | 00:41:43.80 | +00:21:55 | 8:11 | 7.3 |
| 185 | VAIDYAN Grażyna | 827 | | 50-59 | 42 | 00:00:02 | 00:15:52 | 00:41:05.20 | 00:41:07.75 | +00:22:05 | 8:13 | 7.3 |
| 186 | ORKOWSKA- TLĄTKA Edyta | 1004 | | 30-39 | 382 | 00:01:25 | 00:16:51 | 00:41:11.80 | 00:42:37.50 | +00:22:12 | 8:14 | 7.3 |
| 187 | PAWLIK Kasia | 470 | FIZJOFRELKI | 40-49 | 287 | 00:00:54 | 00:17:47 | 00:41:17.65 | 00:42:11.80 | +00:22:17 | 8:15 | 7.3 |
| 188 | GOŁĘBIEWSKA Katarzyna | 1150 | | 40-49 | 291 | 00:00:53 | 00:16:58 | 00:41:29.65 | 00:42:22.70 | +00:22:29 | 8:17 | 7.2 |
| 189 | KIEŁKOWSKA Ewelina | 1078 | | 30-39 | 384 | 00:00:51 | 00:16:13 | 00:41:33.90 | 00:42:25.60 | +00:22:34 | 8:18 | 7.2 |
| 190 | WOJTAL Danuta | 855 | | 40-49 | 296 | 00:00:45 | 00:17:42 | 00:42:04.25 | 00:42:49.75 | +00:23:04 | 8:24 | 7.1 |
| 191 | RODZIEWICZ Agnieszka | 1173 | | 30-39 | 388 | 00:00:50 | 00:17:16 | 00:42:13.60 | 00:43:04.50 | +00:23:13 | 8:26 | 7.1 |
| 192 | RYBICA Eliza | 1061 | | 30-39 | 397 | 00:00:55 | 00:19:04 | 00:42:53.45 | 00:43:49.25 | +00:23:53 | 8:34 | 7 |
| 193 | BAZGIER Magdalena | 1065 | | 30-39 | 399 | 00:01:02 | 00:17:02 | 00:43:20.95 | 00:44:23.40 | +00:24:21 | 8:40 | 6.9 |
| 194 | SEKUŁA Marlena | 276 | | 30-39 | 402 | 00:00:55 | 00:17:08 | 00:43:26.40 | 00:44:21.60 | +00:24:26 | 8:41 | 6.9 |
| 195 | MUSIAŁ Paulina | 913 | | 20-29 | 146 | 00:00:41 | 00:18:17 | 00:43:26.60 | 00:44:07.95 | +00:24:26 | 8:41 | 6.9 |
| 196 | SZCZEPANIK Aleksandra | 1141 | KOBIETY NA 5+ | 30-39 | 410 | 00:00:52 | 00:18:54 | 00:45:12.05 | 00:46:04.40 | +00:26:12 | 9:02 | 6.6 |
| 197 | PARZYCH Agnieszka | 1176 | | 30-39 | 412 | 00:00:51 | 00:20:34 | 00:47:12.75 | 00:48:04.25 | +00:28:12 | 9:26 | 6.4 |
| 198 | WAGNER Natalia | 813 | | 30-39 | 413 | 00:00:51 | 00:20:34 | 00:47:13.15 | 00:48:04.45 | +00:28:13 | 9:26 | 6.4 |
| 199 | KWAPISZ-BONUSIAK Dorota | 490 | | 20-29 | 149 | 00:00:51 | 00:20:33 | 00:47:13.30 | 00:48:04.60 | +00:28:13 | 9:26 | 6.4 |
| 200 | BAGIŃSKA Beata | 1244 | | 40-49 | 312 | 00:00:52 | 00:19:50 | 00:48:36.80 | 00:49:29.05 | +00:29:37 | 9:43 | 6.2 |
| 201 | FERENC Sonia | 1252 | ASWC | 30-39 | 418 | 00:03:09 | 00:22:53 | 00:52:45.15 | 00:55:54.35 | +00:33:45 | 10:33 | 5.7 |
| 202 | BAGIŃSKA Paulina | 1238 | | 20-29 | 152 | 00:00:52 | 00:19:50 | | | +00:11:39 | 7:56 | 7.6 |
| 203 | REDLIN-KASELA Roksana | 595 | DRUŻYNA KOBIETY NA 5+ | 20-29 | 153 | 00:00:32 | | | | | | |

Znaleziono 203 wynik(ów)