



# KOBIETY NA 5+ :: BIEG

B4SPORT

**Wydarzenie:** "Kobiety na 5+" Jastrzębski Bieg Kobiet  
**Organizator:** Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój  
**Data:** 2019-05-26  
**Miejsce:** Jastrzębie-Zdrój  
**Dystans:** 5.3 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: 30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
1	MICHALAK Sandra	4	TRIATHLON X TEAM / FIZJO SPORT SANDRA	30-39	1	00:00:00	00:08:05	00:19:10.50	00:19:11.05		3:37	16.6
2	SUWAJ Aneta	1	AZS-AWF KATOWICE/ALPINSPO RT TEAM	30-39	2	00:00:00	00:08:34	00:19:15.10	00:19:15.85	+00:00:04	3:37	16.5
3	BIELIŃSKA Monika	1075		30-39	3	00:00:00	00:08:46	00:20:28.55	00:20:29.45	+00:01:18	3:51	15.5
4	WOJTASZEWSKA Sabina	9	KLUB BIEGNĘ BO LUBIĘ RACIBÓRZ	30-39	4	00:00:01	00:08:55	00:21:03.95	00:21:05.40	+00:01:53	3:58	15.1
5	PAWTEL Agata	8		30-39	5	00:00:01	00:09:09	00:21:38.20	00:21:39.40	+00:02:27	4:04	14.7
6	WROŃSKA Beata	857	NASZA SZKOŁA ZABRZE	30-39	6	00:00:01	00:09:23	00:21:54.75	00:21:56.00	+00:02:44	4:08	14.5
7	PIETRAS Sylwia	190	MIECHOWICKA GRUPA BIEGOWA	30-39	7	00:00:05	00:09:41	00:21:56.80	00:22:02.45	+00:02:46	4:08	14.5
8	KAJTOCH Jolanta	366	BIE RUN	30-39	8	00:00:01	00:09:49	00:22:38.50	00:22:40.45	+00:03:28	4:16	14
9	PORCZYŃSKA Patrycja	891	SPOT PSZCZYNA	30-39	9	00:00:31	00:09:58	00:22:41.90	00:23:13.75	+00:03:31	4:16	14
10	MYSLIWIEC Ela	396	DYSTANS LUBOMIA	30-39	10	00:00:01	00:09:42	00:22:42.90	00:22:44.65	+00:03:32	4:17	14
11	BODNAR Anna	670	1 LIGA TEAM	30-39	11	00:00:02	00:09:52	00:22:50.15	00:22:52.45	+00:03:39	4:18	13.9
12	KUDIO Daria	1034		30-39	12	00:00:04	00:10:05	00:23:01.30	00:23:05.95	+00:03:50	4:20	13.8
13	RYBICA Eliza	845	KRYTA PŁYWALNIA LAGUNA	30-39	13	00:00:01	00:09:31	00:23:02.75	00:23:04.20	+00:03:52	4:20	13.8
14	KRZYMIŃSKA Patrycja	342	RUN BABY POLSKA	30-39	14	00:00:00	00:10:03	00:23:06.05	00:23:07.00	+00:03:55	4:21	13.8
15	PIWISZKIS Barbara	149	KOBIETY NA 5+	30-39	15	00:00:02	00:09:39	00:23:32.55	00:23:34.55	+00:04:22	4:26	13.5
16	LEGIERSKA Natalia	972	KB MOSIR JASTRZĘBIE	30-39	16	00:00:01	00:10:24	00:23:39.00	00:23:40.50	+00:04:28	4:27	13.4
17	GLOGOWSKA-BYRTEK Kamila	986	EKOIDEA/JUSTFEELFIT	30-39	17	00:00:01	00:10:00	00:23:55.65	00:23:57.35	+00:04:45	4:30	13.3
18	KWAPISZ-BONUSIAK Dorota	456		30-39	18	00:00:04	00:10:29	00:24:00.65	00:24:05.60	+00:04:50	4:31	13.2
19	STUCHLIK Magdalena	258	AKTYWNA PSZCZYNA RUNNERS TEAM	30-39	19	00:00:02	00:10:08	00:24:03.25	00:24:05.80	+00:04:52	4:32	13.2
20	WINIARSKA Monika	738	BIEGIEM PRZEZ GÓRY	30-39	20	00:00:02	00:10:08	00:24:03.75	00:24:06.10	+00:04:53	4:32	13.2
21	LERCH Bożena	740	RUNTEAM PAWŁOWICE	30-39	21	00:00:04	00:10:23	00:24:11.85	00:24:16.35	+00:05:01	4:33	13.1
22	LECHOCKA Patrycja	1006	EKO-OKNA RUNNERS	30-39	22	00:00:08	00:10:20	00:24:12.90	00:24:21.20	+00:05:02	4:34	13.1
23	NGUYEM Dorota	322	RYBNICKA GRUPA BIEGOWA	30-39	23	00:00:07	00:10:24	00:24:26.65	00:24:34.15	+00:05:16	4:36	13
24	SOBOTKA Dominika	308	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	30-39	24	00:00:06	00:10:25	00:24:26.90	00:24:33.85	+00:05:16	4:36	13
25	JURASZEK Elzbieta	219	JUSTFEELFIT	30-39	25	00:00:07	00:10:48	00:24:34.15	00:24:41.80	+00:05:23	4:38	12.9
26	KURASZ Joanna	160	STS BIEGATON MIKOŁÓW	30-39	26	00:00:03	00:10:38	00:24:37.15	00:24:40.40	+00:05:26	4:38	12.9
27	OPALSKA Karolina	1134	NESSI TEAM	30-39	27	00:00:06	00:10:30	00:24:37.55	00:24:44.50	+00:05:27	4:38	12.9
28	OLBRYCH Monika	755	MORS HUBERTUS MYSŁOWICE	30-39	28	00:00:02	00:10:44	00:24:45.10	00:24:47.15	+00:05:34	4:40	12.8
29	KANIA Agnieszka	794		30-39	29	00:00:09	00:10:36	00:24:50.10	00:24:59.45	+00:05:39	4:41	12.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto	brutto			
30	BORKOWSKA Paulina	830		30-39	30	00:00:04	00:10:38	00:24:52.65	00:24:57.20	+00:05:42	4:41	12.8
31	KAROLAK Martyna	584	RUNTEAM PAWŁOWICE	30-39	31	00:00:13	00:10:49	00:24:55.25	00:25:08.45	+00:05:44	4:42	12.8
32	PAWELEK Paulina	555	OŚRODEK REWALIDACYJNO - WYCHOWAWCZY DLA DZIECI W JASTRZĘBIU - ZDROJU.	30-39	32	00:00:12	00:10:50	00:24:55.30	00:25:08.15	+00:05:44	4:42	12.8
33	KOPIEC Izabela	137	KOSZULKA HYNIA	30-39	33	00:00:02	00:10:45	00:25:09.00	00:25:11.35	+00:05:58	4:44	12.6
34	WOWRY Sylwia	1258	OLZA CIESZYN	30-39	34	00:00:03	00:10:45	00:25:13.70	00:25:16.80	+00:06:03	4:45	12.6
35	KONIECZNY Sandra	271	DYCZUŚ TEAM	30-39	35	00:00:04	00:10:49	00:25:15.30	00:25:19.35	+00:06:04	4:45	12.6
36	ŻAK Sonia	377	ORŁY Z KNUROWA	30-39	36	00:00:12	00:11:04	00:25:22.00	00:25:34.55	+00:06:11	4:47	12.5
37	GORZELAK Joanna	753	KOBIETY NA 5+	30-39	37	00:00:06	00:10:48	00:25:24.00	00:25:30.60	+00:06:13	4:47	12.5
38	ŁOZIŃSKA Edyta	1100	MIECHOWICKA GRUPA BIEGOWA	30-39	38	00:00:47	00:11:23	00:25:24.65	00:26:12.05	+00:06:14	4:47	12.5
39	PASTUSZKA Aleksandra	955	FIT STACJA	30-39	39	00:00:14	00:10:50	00:25:31.05	00:25:45.65	+00:06:20	4:48	12.5
40	JAKUBOWSKA Małgorzata	129		30-39	40	00:00:23	00:11:01	00:25:40.95	00:26:04.00	+00:06:30	4:50	12.4
41	OPUHLIK Aleksandra	861	AKTYWNA PSZCZYNA RUNNERS TEAM	30-39	41	00:00:02	00:11:13	00:25:59.70	00:26:02.65	+00:06:49	4:54	12.2
42	DAICZMANEK Aleksandra	309		30-39	42	00:00:08	00:11:12	00:25:59.75	00:26:08.15	+00:06:49	4:54	12.2
43	GUMULAK Anna	889	CIDRY LOTAJOM	30-39	43	00:00:13	00:11:53	00:26:15.10	00:26:28.70	+00:07:04	4:57	12.1
44	GIEDWIŁŁO Marta	173	NESSI TEAM	30-39	44	00:00:19	00:11:43	00:26:15.95	00:26:35.90	+00:07:05	4:57	12.1
45	BOROWICZ Roksana	1276	ORŁY Z KNURÓW	30-39	45	00:00:13	00:11:21	00:26:18.15	00:26:32.05	+00:07:07	4:57	12.1
46	TIEBLER Marlena	229	STS BIEGATON MIKOŁÓW	30-39	46	00:00:10	00:11:15	00:26:20.05	00:26:30.30	+00:07:09	4:58	12.1
47	GNAŚ Anna	116	KOBIETY NA 5+	30-39	47	00:00:03	00:10:57	00:26:21.00	00:26:24.85	+00:07:10	4:58	12.1
48	RAFA Asia	780		30-39	48	00:00:08	00:11:02	00:26:21.50	00:26:30.05	+00:07:11	4:58	12.1
49	DURAJ Magdalena	1223		30-39	49	00:00:02	00:10:55	00:26:22.85	00:26:25.15	+00:07:12	4:58	12.1
50	GRZEGORZEK Katarzyna	295	BIELSZCZANKI BIEGAJĄ	30-39	50	00:00:15	00:11:25	00:26:42.65	00:26:58.60	+00:07:32	5:02	11.9
51	RÓŻAK Alicja	751	RADLINIOKI W BIEGU	30-39	51	00:00:20	00:11:41	00:26:46.70	00:27:07.15	+00:07:36	5:03	11.9
52	FRANEK Agata	100		30-39	52	00:00:09	00:11:14	00:26:47.40	00:26:56.85	+00:07:36	5:03	11.9
53	STOCHNIJ Katarzyna	680		30-39	53	00:00:13	00:11:43	00:26:49.95	00:27:03.40	+00:07:39	5:03	11.9
54	SKOTNICA Karolina	897	SPOT PSZCZYNA	30-39	54	00:00:26	00:12:01	00:26:51.35	00:27:17.95	+00:07:40	5:03	11.8
55	SITKO Agnieszka	942	RADLINIOKI W BIEGU	30-39	55	00:00:21	00:11:40	00:26:53.20	00:27:14.70	+00:07:42	5:04	11.8
56	BANASZEWSKA Aleksandra	118	KS M.E.T.A	30-39	56	00:00:13	00:10:49	00:26:53.80	00:27:07.35	+00:07:43	5:04	11.8
57	HERUD Magdalena	1066	EKO-OKNA RUNNERS	30-39	57	00:00:13	00:11:03	00:26:56.15	00:27:09.80	+00:07:45	5:04	11.8
58	URBAŃCZYK Alicja	119		30-39	58	00:00:07	00:11:20	00:26:56.15	00:27:03.40	+00:07:45	5:04	11.8
59	KOMAJDA Barbara	643	OLZA CIESZYN	30-39	59	00:00:07	00:11:09	00:26:56.85	00:27:04.60	+00:07:46	5:05	11.8
60	GÓRA Marta	496		30-39	60	00:00:05	00:11:12	00:27:00.00	00:27:05.10	+00:07:49	5:05	11.8
61	MAZUR-RUBINSKA Milena	528	MIECHOWICKA GRUPA BIEGOWA	30-39	61	00:00:03	00:11:22	00:27:00.60	00:27:04.50	+00:07:50	5:05	11.8
62	KIECKA Ewelina	1024		30-39	62	00:00:20	00:11:54	00:27:06.00	00:27:26.65	+00:07:55	5:06	11.7
63	KYRCZ Barbara	1199		30-39	63	00:00:18	00:11:28	00:27:06.10	00:27:24.30	+00:07:55	5:06	11.7
64	DŁUGOSZ Patrycja	425	ADSL MASNA	30-39	64	00:00:07	00:11:10	00:27:10.30	00:27:17.65	+00:07:59	5:07	11.7
65	GWIZDAŁA Joanna	23		30-39	65	00:00:26	00:12:07	00:27:10.65	00:27:37.05	+00:08:00	5:07	11.7
66	WIECHOWSKA Sabina	469		30-39	66	00:00:03	00:11:20	00:27:15.00	00:27:18.45	+00:08:04	5:08	11.7
67	STABLA Agata	768	RADLINIOKI W BIEGU	30-39	67	00:00:13	00:11:50	00:27:28.55	00:27:41.90	+00:08:18	5:10	11.6
68	MILKOWSKA Justyna	146	DECATHLON RYBNIK & PRZYJACIELE	30-39	68	00:00:08	00:11:56	00:27:33.90	00:27:42.75	+00:08:23	5:12	11.5
69	SUKIENNIK Aleksandra	535	VIKING TRAINING CENTER	30-39	69	00:00:16	00:12:00	00:27:35.05	00:27:52.00	+00:08:24	5:12	11.5
70	BUREK Gabriela	244		30-39	70	00:00:05	00:12:04	00:27:42.90	00:27:47.90	+00:08:32	5:13	11.5
71	HERNAS Ewa	14		30-39	71	00:00:22	00:11:27	00:27:49.30	00:28:11.60	+00:08:38	5:14	11.4
72	JANICKA Alicja	208		30-39	72	00:00:11	00:11:25	00:27:50.30	00:28:02.00	+00:08:39	5:15	11.4
73	FOLTYN Bożena	1139	ZMARZŁY JEJ UDA BO BIEGAŁA W MROZIE	30-39	73	00:00:42	00:12:25	00:27:52.65	00:28:35.30	+00:08:42	5:15	11.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	2.5km	5.3km	5.3km			
74	KRZYŻOWSKA Anna	817		30-39	74	00:00:24	00:11:58	00:27:55.65	00:28:20.00	+00:08:45	5:16	11.4
75	KOWALSKA Karolina	511	MIECHOWICKA GRUPA BIEGOWA	30-39	75	00:00:28	00:11:51	00:27:58.95	00:28:27.70	+00:08:48	5:16	11.4
76	DYCZEK Klaudia	102	DYCZUŚ TEAM	30-39	76	00:00:15	00:12:07	00:28:00.65	00:28:15.75	+00:08:50	5:16	11.4
77	SITKO Dagmara	793		30-39	77	00:00:29	00:11:56	00:28:01.50	00:28:31.05	+00:08:51	5:17	11.3
78	KUŁAKOWSKA-ZAGÓRSKA Justyna	662		30-39	78	00:00:12	00:12:14	00:28:05.95	00:28:18.10	+00:08:55	5:18	11.3
79	KUTYŁA Agnieszka	686		30-39	79	00:00:11	00:12:15	00:28:06.05	00:28:17.90	+00:08:55	5:18	11.3
80	HRISTOVA Daria	920	SPOT PSZCZYNA	30-39	80	00:00:17	00:11:12	00:28:07.60	00:28:25.55	+00:08:57	5:18	11.3
81	OŚLIZŁO Justyna	1210		30-39	81	00:00:34	00:12:35	00:28:34.75	00:29:09.15	+00:09:24	5:23	11.1
82	SENDAL Jolanta	1085		30-39	82	00:00:12	00:12:25	00:28:38.15	00:28:51.05	+00:09:27	5:24	11.1
83	GRABARCZYK-TIERIENTIEW Agnieszka	675		30-39	83	00:00:23	00:12:41	00:28:38.15	00:29:01.90	+00:09:27	5:24	11.1
84	PIECHA-ŁACHAJCZYK Hania	326		30-39	84	00:00:29	00:12:56	00:28:38.45	00:29:08.20	+00:09:27	5:24	11.1
85	SZWIEC Sandra	230	ZABIEGANI NAUCZYCIELE	30-39	85	00:00:27	00:12:35	00:28:41.20	00:29:08.50	+00:09:30	5:24	11.1
86	MARCSZ Natalia	734	INTERAKTYWNI	30-39	86	00:00:08	00:11:35	00:28:42.50	00:28:50.50	+00:09:32	5:24	11.1
87	JĘDRYKA Patrycja	1238		30-39	87	00:00:07	00:11:35	00:28:42.75	00:28:50.05	+00:09:32	5:25	11.1
88	ZAŁĘCKA Monika	1285	PARKRUN KATOWICE	30-39	88	00:00:18	00:12:14	00:28:45.90	00:29:04.85	+00:09:35	5:25	11.1
89	GOLEC-CHOLEWA Aleksandra	465	JUSTFEELFIT TEAM	30-39	89	00:00:27	00:12:35	00:28:47.30	00:29:14.50	+00:09:36	5:25	11
90	LANC-BUDNIOK Magdalena	1111	OLZA CIESZYN	30-39	90	00:00:00	00:12:35	00:28:47.95	00:28:47.95	+00:09:37	5:25	11
91	POŁEDNIOK Aleksandra	249		30-39	91	00:00:04	00:11:31	00:28:48.60	00:28:53.55	+00:09:38	5:26	11
92	ŁUKASIK Aldona	185		30-39	92	00:00:45	00:12:16	00:28:53.00	00:29:38.00	+00:09:42	5:26	11
93	KOSIACKA Agnieszka	165		30-39	93	00:00:11	00:11:19	00:28:54.30	00:29:05.55	+00:09:43	5:27	11
94	CZYPIONKA Żaneta	223	NESSI TEAM	30-39	94	00:00:19	00:12:18	00:28:54.65	00:29:13.90	+00:09:44	5:27	11
95	SZENDERA-ORSZULIK Zofia	579		30-39	95	00:00:05	00:12:23	00:28:57.30	00:29:02.45	+00:09:46	5:27	11
96	GAŁĄSKA Magdalena	1198		30-39	96	00:00:19	00:12:15	00:29:00.15	00:29:19.95	+00:09:49	5:28	11
97	MAKUCH Joanna	588		30-39	97	00:00:51	00:12:37	00:29:06.15	00:29:57.20	+00:09:55	5:29	10.9
98	STRASZEWSKA Aleksandra	138	KS M.E.T.A	30-39	98	00:00:27	00:13:22	00:29:08.30	00:29:35.50	+00:09:57	5:29	10.9
99	STUDNIK Agnieszka	65		30-39	99	00:00:20	00:12:59	00:29:10.45	00:29:30.85	+00:09:59	5:30	10.9
100	NIEDZIELA Barbara	854	50 LAT SP5	30-39	100	00:00:09	00:12:24	00:29:16.30	00:29:26.15	+00:10:05	5:31	10.9
101	KUBICA Patrycja	1200		30-39	101	00:00:06	00:12:23	00:29:17.70	00:29:24.40	+00:10:07	5:31	10.9
102	JAKUBIK Edyta	19		30-39	102	00:00:40	00:12:21	00:29:20.20	00:30:00.60	+00:10:09	5:32	10.8
103	BEDKA Daria	510		30-39	103	00:00:08	00:12:25	00:29:20.55	00:29:28.90	+00:10:10	5:32	10.8
104	WIĘSEK Judyta	1030	GWARKOWE DZIEWCZYNY	30-39	104	00:00:08	00:12:25	00:29:20.90	00:29:29.50	+00:10:10	5:32	10.8
105	KRAKOWCZYK Karolina	999		30-39	105	00:00:22	00:12:54	00:29:22.10	00:29:44.85	+00:10:11	5:32	10.8
106	LISZOK Iwona	192		30-39	106	00:00:13	00:12:22	00:29:25.40	00:29:39.15	+00:10:14	5:33	10.8
107	DIEBEL Monika	88		30-39	107	00:00:09	00:12:51	00:29:29.55	00:29:39.50	+00:10:19	5:33	10.8
108	KABUT Gosia	277	RADLINIOKI W BIEGU	30-39	108	00:00:06	00:12:45	00:29:31.90	00:29:38.10	+00:10:21	5:34	10.8
109	ŻYTKO Magdalena	236	DYCZUŚ TEAM	30-39	109	00:00:14	00:12:13	00:29:32.35	00:29:46.90	+00:10:21	5:34	10.8
110	SUBIK Edyta	946		30-39	110	00:00:07	00:11:56	00:29:40.15	00:29:48.05	+00:10:29	5:36	10.7
111	NIESŁAŃCZYK Barbara	1186	BZIEGACZE	30-39	111	00:00:14	00:12:24	00:29:40.45	00:29:55.15	+00:10:29	5:36	10.7
112	KOŁAK Alicja	216		30-39	112	00:00:23	00:12:50	00:29:41.30	00:30:04.85	+00:10:30	5:36	10.7
113	FIZIA Joanna	421	NESSI TEAM	30-39	113	00:00:06	00:13:01	00:29:43.90	00:29:50.85	+00:10:33	5:36	10.7
114	WOLNY Ania	746	OLZA CIESZYN	30-39	114	00:00:17	00:13:22	00:29:46.10	00:30:03.55	+00:10:35	5:36	10.7
115	KUBALA Agnieszka	1295		30-39	115	00:00:41	00:13:28	00:29:47.10	00:30:28.15	+00:10:36	5:37	10.7
116	SIWCZYK Katarzyna	1040		30-39	116	00:00:26	00:13:05	00:29:50.25	00:30:16.65	+00:10:39	5:37	10.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Czas	Czas	Różn	Tempo min/km	Tempo km/h
						startu	2.5km	netto 5.3km	brutto 5.3km			
117	GORAUS Ania	385	ADS MASNA	30-39	117	00:00:38	00:12:44	00:29:50.50	00:30:28.55	+00:10:40	5:37	10.7
118	KUFIETA Magdalena	842		30-39	118	00:00:11	00:12:21	00:29:55.30	00:30:06.95	+00:10:44	5:38	10.6
119	KUŚ Anna	1300	UZDROWISKO USTRON	30-39	119	00:00:21	00:13:06	00:29:56.45	00:30:17.95	+00:10:45	5:38	10.6
120	SPANDEL Agnieszka	1050		30-39	120	00:00:29	00:13:58	00:29:58.50	00:30:27.95	+00:10:48	5:39	10.6
121	SZYNAL-BENSZ Magdalena	962		30-39	121	00:00:15	00:12:21	00:29:59.40	00:30:14.70	+00:10:48	5:39	10.6
122	DOLNIK Katarzyna	405		30-39	122	00:00:12	00:12:25	00:29:59.45	00:30:12.35	+00:10:48	5:39	10.6
123	WODNIAK Angela	1063	POWOLI DO CELU	30-39	123	00:00:25	00:12:56	00:29:59.75	00:30:24.75	+00:10:49	5:39	10.6
124	KANTOROWSKA Anna	301	NESSI TEAM	30-39	124	00:00:25	00:12:56	00:30:02.55	00:30:27.95	+00:10:52	5:40	10.6
125	MACIEJCZYK Karolina	619		30-39	125	00:00:17	00:12:57	00:30:02.55	00:30:20.15	+00:10:52	5:40	10.6
126	KOŻUCH Emilia	606		30-39	126	00:00:17	00:13:22	00:30:03.70	00:30:21.30	+00:10:53	5:40	10.6
127	GÓRECKA Ewelina	1104	JUSTFEELFIT	30-39	127	00:00:26	00:13:16	00:30:09.35	00:30:35.55	+00:10:58	5:41	10.5
128	MUDYN Karolina	733		30-39	128	00:00:10	00:12:08	00:30:11.55	00:30:22.10	+00:11:01	5:41	10.5
129	WALA Anna	314		30-39	129	00:00:27	00:12:57	00:30:12.00	00:30:39.75	+00:11:01	5:41	10.5
130	PRÓSZYŃSKA Agnieszka	968		30-39	130	00:00:25	00:13:02	00:30:12.60	00:30:38.15	+00:11:02	5:42	10.5
131	SZYPUŁA Ewa	1305	BIEGNĘ BYLE DOBIEC	30-39	131	00:00:41	00:13:09	00:30:12.85	00:30:54.50	+00:11:02	5:42	10.5
132	BĄKOWSKA Justyna	1275		30-39	132	00:00:46	00:13:04	00:30:14.90	00:31:01.10	+00:11:04	5:42	10.5
133	STASZEWSKA Marzena	1293	SONKOTEAM	30-39	133	00:00:34	00:12:53	00:30:16.35	00:30:50.40	+00:11:05	5:42	10.5
134	MOSKAŁA Magdalena	228		30-39	134	00:00:22	00:12:28	00:30:18.80	00:30:41.65	+00:11:08	5:43	10.5
135	GIŻYŃSKA Katarzyna	620	KOBIETY NA 5+	30-39	135	00:00:09	00:12:33	00:30:20.15	00:30:29.85	+00:11:09	5:43	10.5
136	ADAMIK Magdalena	554	KOLOROWA DRUŻYNA NESSI	30-39	136	00:00:59	00:13:25	00:30:25.15	00:31:24.35	+00:11:14	5:44	10.5
137	OGIEGŁO Dorota	802		30-39	137	00:00:31	00:12:33	00:30:29.95	00:31:00.95	+00:11:19	5:45	10.4
138	STĘCHŁY Marta	797		30-39	138	00:00:06	00:12:37	00:30:30.25	00:30:36.35	+00:11:19	5:45	10.4
139	GRYCMAN Katarzyna	360	KS M.E.T.A	30-39	139	00:00:25	00:13:25	00:30:31.40	00:30:56.70	+00:11:20	5:45	10.4
140	CAPUTA Lucyna	760	JUSTFEELFIT	30-39	140	00:00:25	00:12:53	00:30:33.15	00:30:58.65	+00:11:22	5:45	10.4
141	SZALA Beata	94	SBD ENERGETYK RYBNIK	30-39	141	00:00:40	00:13:06	00:30:40.45	00:31:20.75	+00:11:29	5:47	10.4
142	GAWĘLCZYK Marta	494	CE PROGRESS	30-39	142	00:00:48	00:13:54	00:30:42.20	00:31:30.85	+00:11:31	5:47	10.4
143	PILCH Anna	1235		30-39	143	00:00:42	00:13:55	00:30:42.90	00:31:25.10	+00:11:32	5:47	10.4
144	JĘDRUSIAK Lidia	1174		30-39	144	00:00:17	00:12:57	00:30:47.25	00:31:05.20	+00:11:36	5:48	10.3
145	CZERNIECKA Judyta	1142	DYSTANS LUBOMIA	30-39	145	00:00:32	00:13:41	00:30:48.15	00:31:20.95	+00:11:37	5:48	10.3
146	GORUS Anna	1097	NIGHT RUNNERS ZABRZE	30-39	146	00:00:44	00:13:55	00:30:50.50	00:31:34.55	+00:11:40	5:49	10.3
147	NOWOŻYŃ Joanna	1098	SPOT PSZCZYNA	30-39	147	00:00:17	00:13:07	00:30:58.40	00:31:16.25	+00:11:47	5:50	10.3
148	KUPCZEWSKA Izabela	568	ROZBIEGAMY TO MIASTO CZECHOWICE-DZIEDZICE	30-39	148	00:00:04	00:12:56	00:30:59.90	00:31:04.70	+00:11:49	5:50	10.3
149	KOSMALA-LANDZIŃSKA Ewa	252		30-39	149	00:00:30	00:13:37	00:31:00.85	00:31:30.85	+00:11:50	5:50	10.3
150	PLESZCZYŃSKA Iwona	374		30-39	150	00:00:26	00:13:22	00:31:01.00	00:31:27.90	+00:11:50	5:51	10.3
151	SIKORA Agnieszka	61	INIEMAMOCNI TRI TEAM	30-39	151	00:00:19	00:12:52	00:31:01.10	00:31:20.35	+00:11:50	5:51	10.3
152	ZACHURZOK Ewelina	1279	OLZA CIESZYN	30-39	152	00:00:06	00:12:25	00:31:02.15	00:31:08.75	+00:11:51	5:51	10.2
153	DOBRAŚ Anna	1093	MIECHOWICKA GRUPA BIEGOWA	30-39	153	00:00:51	00:14:15	00:31:02.90	00:31:54.55	+00:11:52	5:51	10.2
154	KUŹNIK Edyta	213		30-39	154	00:00:13	00:13:13	00:31:07.15	00:31:20.50	+00:11:56	5:52	10.2
155	RUMPEL Maria	390	KS M.E.T.A.	30-39	155	00:00:26	00:13:39	00:31:07.85	00:31:34.55	+00:11:57	5:52	10.2
156	KAFKA Magdalena	205	CE PROGRESS	30-39	156	00:00:48	00:13:54	00:31:08.20	00:31:57.00	+00:11:57	5:52	10.2
157	SUDLITZ Anna	959		30-39	157	00:00:13	00:13:00	00:31:13.20	00:31:26.25	+00:12:02	5:53	10.2
158	KĄŁUŻA Basia	858	BIELSZCZANKI BIEGAJĄ	30-39	158	00:00:32	00:13:09	00:31:16.70	00:31:49.10	+00:12:06	5:54	10.2
159	KWESTOROWSKA Sandra	16	KWESTORUN	30-39	159	00:00:09	00:12:49	00:31:17.05	00:31:26.30	+00:12:06	5:54	10.2
160	KOWALCZYK Zuzanna	1291	DECATHLON ŻORY	30-39	160	00:00:54	00:13:38	00:31:17.90	00:32:12.00	+00:12:07	5:54	10.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto	brutto			
161	EISLER Anna	136	NESSI TEAM	30-39	161	00:00:32	00:13:41	<b>00:31:18.10</b>	<b>00:31:50.55</b>	+00:12:07	5:54	10.2
162	WIRTH Agnieszka	863		30-39	162	00:00:22	00:13:45	<b>00:31:22.80</b>	<b>00:31:44.85</b>	+00:12:12	5:55	10.1
163	SIENKIEWICZ Gabriela	127	POWOLI DO CELU	30-39	163	00:00:25	00:13:27	<b>00:31:23.75</b>	<b>00:31:49.65</b>	+00:12:13	5:55	10.1
164	SZADY Barbara	762		30-39	164	00:00:05	00:13:01	<b>00:31:24.00</b>	<b>00:31:29.95</b>	+00:12:13	5:55	10.1
165	CHUDEK Agnieszka	939	SPOT PSZCZYNA	30-39	165	00:00:17	00:12:29	<b>00:31:25.80</b>	<b>00:31:43.45</b>	+00:12:15	5:55	10.1
166	TARGOSZ Aneta	987	OLZA CIESZYN	30-39	166	00:00:40	00:13:30	<b>00:31:30.70</b>	<b>00:32:11.05</b>	+00:12:20	5:56	10.1
167	CIOCH Emilia	853		30-39	167	00:00:25	00:13:35	<b>00:31:32.15</b>	<b>00:31:57.95</b>	+00:12:21	5:56	10.1
168	KOLONKO Zuzanna	989	DYSTANS LUBOMIA	30-39	168	00:00:32	00:13:41	<b>00:31:33.00</b>	<b>00:32:05.80</b>	+00:12:22	5:57	10.1
169	WYSZYNSKA Karina	697	DAR BUD TEAM	30-39	169	00:00:44	00:14:07	<b>00:31:33.85</b>	<b>00:32:17.85</b>	+00:12:23	5:57	10.1
170	FIGIEL Agnieszka	627		30-39	170	00:00:40	00:13:12	<b>00:31:36.00</b>	<b>00:32:16.70</b>	+00:12:25	5:57	10.1
171	SZUŚCIK Dagmara Bartosiak	348		30-39	171	00:00:30	00:13:14	<b>00:31:36.30</b>	<b>00:32:06.90</b>	+00:12:25	5:57	10.1
172	DRABIK Sylwia	1128		30-39	172	00:00:24	00:13:55	<b>00:31:37.85</b>	<b>00:32:02.65</b>	+00:12:27	5:58	10.1
173	SZOJDA Paulina	7	VIKING TRAINING CENTER	30-39	173	00:00:40	00:13:12	<b>00:31:39.30</b>	<b>00:32:19.95</b>	+00:12:28	5:58	10
174	WAWOCZNY Anita	502	KOBIETY NA 5+	30-39	174	00:00:24	00:13:48	<b>00:31:39.30</b>	<b>00:32:03.80</b>	+00:12:28	5:58	10
175	GAJ Monika	1225	DAR BUD TEAM	30-39	175	00:00:44	00:13:54	<b>00:31:40.55</b>	<b>00:32:24.90</b>	+00:12:30	5:58	10
176	SZLAUER Magdalena	879	OLZA CIESZYN	30-39	176	00:00:35	00:13:44	<b>00:31:40.85</b>	<b>00:32:16.65</b>	+00:12:30	5:58	10
177	JASNY Agata	91	ADS MASNA	30-39	177	00:00:37	00:13:13	<b>00:31:42.85</b>	<b>00:32:20.80</b>	+00:12:32	5:59	10
178	WĘGRZYN Ewa	388	SPOT PSZCZYNA, SONKO TEAM	30-39	178	00:00:20	00:13:26	<b>00:31:43.40</b>	<b>00:32:03.95</b>	+00:12:32	5:59	10
179	SPYRA Agnieszka	1184		30-39	179	00:00:24	00:13:15	<b>00:31:44.30</b>	<b>00:32:09.00</b>	+00:12:33	5:59	10
180	KANIA Sylwia	949	SPOT PSZCZYNA	30-39	180	00:00:16	00:13:31	<b>00:31:53.60</b>	<b>00:32:09.85</b>	+00:12:43	6:00	10
181	KLONOWSKA Monika	67	WAWRZINEK TEAM	30-39	181	00:00:31	00:13:48	<b>00:32:02.45</b>	<b>00:32:34.15</b>	+00:12:51	6:02	9.9
182	SOBEL Beata	24	JUSTFEELFIT	30-39	182	00:00:27	00:13:39	<b>00:32:03.25</b>	<b>00:32:30.25</b>	+00:12:52	6:02	9.9
183	GORALCZYK Agnieszka	330		30-39	183	00:00:14	00:13:59	<b>00:32:08.05</b>	<b>00:32:22.15</b>	+00:12:57	6:03	9.9
184	GŁĄB Magdalena	1237		30-39	184	00:00:24	00:13:39	<b>00:32:08.30</b>	<b>00:32:32.75</b>	+00:12:57	6:03	9.9
185	BORUTA Wioletta	1252		30-39	185	00:00:47	00:14:11	<b>00:32:11.25</b>	<b>00:32:59.05</b>	+00:13:00	6:04	9.9
186	HUBA Agnieszka	851	KOBIETY 5+	30-39	186	00:00:07	00:12:53	<b>00:32:12.45</b>	<b>00:32:19.65</b>	+00:13:01	6:04	9.9
187	TATARCZYK Justyna	340		30-39	187	00:00:17	00:13:51	<b>00:32:12.45</b>	<b>00:32:29.60</b>	+00:13:01	6:04	9.9
188	ZIELIŃSKA Anna	418	MIECHOWICKA GRUPA BIEGOWA	30-39	188	00:00:50	00:14:09	<b>00:32:12.55</b>	<b>00:33:03.15</b>	+00:13:02	6:04	9.9
189	SMAGA Ewelina	631		30-39	189	00:00:29	00:14:08	<b>00:32:13.55</b>	<b>00:32:42.75</b>	+00:13:03	6:04	9.9
190	KONIECZNY Katarzyna	716		30-39	190	00:00:28	00:13:44	<b>00:32:15.35</b>	<b>00:32:44.00</b>	+00:13:04	6:05	9.9
191	SZCZELINA Marta	1143	NESSI TEAM	30-39	191	00:00:30	00:13:23	<b>00:32:16.30</b>	<b>00:32:46.95</b>	+00:13:05	6:05	9.9
192	SĘDKOWSKA Kinga	435		30-39	192	00:00:27	00:13:29	<b>00:32:16.30</b>	<b>00:32:43.40</b>	+00:13:05	6:05	9.9
193	FREJ Anna	977	CIDRY LOTAJOM	30-39	193	00:00:14	00:13:11	<b>00:32:18.45</b>	<b>00:32:32.85</b>	+00:13:07	6:05	9.8
194	DAJKA Barbara	253		30-39	194	00:00:05	00:12:58	<b>00:32:19.25</b>	<b>00:32:24.30</b>	+00:13:08	6:05	9.8
195	TOKAREWICZ Justyna	95		30-39	195	00:00:17	00:13:37	<b>00:32:20.35</b>	<b>00:32:38.25</b>	+00:13:09	6:06	9.8
196	CHAŁCZYŃSKA Agnieszka	594	W POGONI ZA DUCHEM	30-39	196	00:00:43	00:14:21	<b>00:32:20.70</b>	<b>00:33:04.05</b>	+00:13:10	6:06	9.8
197	BUJAK Katarzyna	1090		30-39	197	00:00:18	00:13:19	<b>00:32:26.50</b>	<b>00:32:44.90</b>	+00:13:16	6:07	9.8
198	ROLNIK Joanna	1203		30-39	198	00:00:21	00:13:40	<b>00:32:30.80</b>	<b>00:32:51.80</b>	+00:13:20	6:07	9.8
199	KALETA Agnieszka	451	POWOLIDOCELU	30-39	199	00:00:25	00:13:53	<b>00:32:32.95</b>	<b>00:32:58.75</b>	+00:13:22	6:08	9.8
200	MARCINKOWSKA Magdalena	979	MIECHOWICKA GRUPA BIEGOWA	30-39	200	00:00:50	00:14:14	<b>00:32:33.55</b>	<b>00:33:23.85</b>	+00:13:23	6:08	9.8
201	BATKO Agnieszka	248		30-39	201	00:00:42	00:14:01	<b>00:32:34.40</b>	<b>00:33:16.75</b>	+00:13:23	6:08	9.8
202	SANDOMIERSKA Anita	113		30-39	202	00:00:55	00:14:02	<b>00:32:35.15</b>	<b>00:33:30.55</b>	+00:13:24	6:08	9.8
203	WROŻYNA Patrycja	1248		30-39	203	00:00:45	00:14:17	<b>00:32:36.35</b>	<b>00:33:21.45</b>	+00:13:25	6:09	9.8
204	WIENCEK Katarzyna	748	POZYTYWNE BIELSKO	30-39	204	00:00:38	00:14:07	<b>00:32:36.50</b>	<b>00:33:14.55</b>	+00:13:26	6:09	9.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas		Tempo min/km	Tempo km/h	
								netto	brutto			
205	CICHY Agnieszka	1070		30-39	205	00:00:52	00:14:07	00:32:38.40	00:33:30.50	+00:13:27	6:09	9.7
206	ĆWIĘK-ŁACH Ewa	238		30-39	206	00:00:32	00:13:22	00:32:38.85	00:33:11.30	+00:13:28	6:09	9.7
207	PIWOŃSKA Adriana	486	INTERAKTYWNI KROSTOSZOWICE	30-39	207	00:00:07	00:12:32	00:32:39.90	00:32:47.40	+00:13:29	6:09	9.7
208	WINDER Weronika	1243		30-39	208	00:00:44	00:13:55	00:32:43.25	00:33:27.90	+00:13:32	6:10	9.7
209	MULKA Ula	616		30-39	209	00:00:41	00:13:58	00:32:43.40	00:33:25.05	+00:13:32	6:10	9.7
210	CZMOK Paulina	68		30-39	210	00:00:19	00:13:58	00:32:44.60	00:33:04.15	+00:13:34	6:10	9.7
211	KAJZAR Ewa	141		30-39	211	00:00:22	00:14:11	00:32:45.70	00:33:08.25	+00:13:35	6:10	9.7
212	BOMBOR Antonina	869		30-39	212	00:00:20	00:14:02	00:32:47.80	00:33:08.65	+00:13:37	6:11	9.7
213	WANDZEL Anna	1060		30-39	213	00:00:28	00:14:00	00:32:53.65	00:33:22.60	+00:13:43	6:12	9.7
214	REYMANN Milena	1297	BANK SPÓŁDZIELNY	30-39	214	00:00:25	00:13:12	00:32:55.80	00:33:21.45	+00:13:45	6:12	9.7
215	GRABOWSKA Joanna	25	JUSTFEELFIT TEAM	30-39	215	00:00:24	00:13:56	00:32:56.70	00:33:21.40	+00:13:46	6:13	9.7
216	KAMEJSZA Olga	262	ZABIERZÓW BIEGA	30-39	216	00:00:37	00:15:06	00:32:58.45	00:33:35.70	+00:13:47	6:13	9.6
217	NOWAK Agnieszka	182		30-39	217	00:00:42	00:14:13	00:33:05.35	00:33:47.65	+00:13:54	6:14	9.6
218	KUBIS Barbara	1196	SPOT PSZCZYNA	30-39	218	00:00:15	00:13:41	00:33:06.20	00:33:22.15	+00:13:55	6:14	9.6
219	WAWOCZNA Malina	702		30-39	219	00:00:21	00:14:21	00:33:06.30	00:33:27.35	+00:13:55	6:14	9.6
220	PILCH Anna	1268	CZARNE FIT	30-39	220	00:00:42	00:14:14	00:33:08.00	00:33:50.55	+00:13:57	6:15	9.6
221	KAŁUŻNA Aleksandra	1251	DY CZUŚ TEAM	30-39	221	00:00:16	00:13:10	00:33:09.35	00:33:25.35	+00:13:58	6:15	9.6
222	KONAR Katarzyna	982		30-39	222	00:00:32	00:14:12	00:33:09.75	00:33:42.00	+00:13:59	6:15	9.6
223	SOBCZAK Magdalena	470		30-39	223	00:00:14	00:13:45	00:33:09.80	00:33:24.45	+00:13:59	6:15	9.6
224	KAMIŃSKA Agnieszka	1115		30-39	224	00:00:51	00:14:06	00:33:10.45	00:34:01.90	+00:13:59	6:15	9.6
225	LIPIŃSKA Monika	1019		30-39	225	00:00:31	00:14:18	00:33:11.10	00:33:42.35	+00:14:00	6:15	9.6
226	KOWALCZYK Basia	1099		30-39	226	00:00:52	00:14:00	00:33:21.35	00:34:13.90	+00:14:10	6:17	9.5
227	ŚNIETKA Anna	1257		30-39	227	00:00:51	00:13:59	00:33:21.80	00:34:13.25	+00:14:11	6:17	9.5
228	JANIK Izabela	1213		30-39	228	00:00:10	00:13:52	00:33:22.85	00:33:33.20	+00:14:12	6:17	9.5
229	KUBIŃSKA Aleksandra	711		30-39	229	00:00:29	00:14:17	00:33:25.95	00:33:55.10	+00:14:15	6:18	9.5
230	WÓJCIK Anna	1127		30-39	230	00:00:09	00:13:09	00:33:29.80	00:33:39.40	+00:14:19	6:19	9.5
231	BLANIK Aga	1212	RADLINIOKI W BIEGU	30-39	231	00:00:32	00:13:36	00:33:30.30	00:34:02.50	+00:14:19	6:19	9.5
232	POLOK-MIGAS Justyna	736		30-39	232	00:00:21	00:13:52	00:33:30.30	00:33:51.50	+00:14:19	6:19	9.5
233	KAJDA Zuzanna	98		30-39	233	00:00:17	00:14:34	00:33:31.40	00:33:48.50	+00:14:20	6:19	9.5
234	JUNKA Marta	1073		30-39	234	00:00:27	00:13:47	00:33:33.20	00:34:00.70	+00:14:22	6:19	9.5
235	SZTURC Klaudia	202	KB MCKIS JAWORZNO	30-39	235	00:00:45	00:14:37	00:33:33.80	00:34:19.55	+00:14:23	6:20	9.5
236	WIŚNIEWSKA Justyna	227	KOBIETY NA 5+	30-39	236	00:00:22	00:13:36	00:33:36.50	00:33:58.65	+00:14:26	6:20	9.5
237	KUJAWA Marzena	984		30-39	237	00:00:20	00:13:30	00:33:37.05	00:33:57.90	+00:14:26	6:20	9.5
238	LIPKO Izabela	27		30-39	238	00:00:19	00:13:31	00:33:37.85	00:33:57.80	+00:14:27	6:20	9.5
239	KRASIŃSKA Inga	96		30-39	239	00:00:47	00:15:10	00:33:39.20	00:34:26.25	+00:14:28	6:20	9.5
240	ZDEB Barbara	323		30-39	240	00:00:57	00:15:02	00:33:40.20	00:34:37.50	+00:14:29	6:21	9.4
241	ĆWIKLIŃSKA-SŁOWIK Magdalena	1076		30-39	241	00:00:00	00:13:38	00:33:46.65	00:33:46.65	+00:14:36	6:22	9.4
242	STAWARCZYK Anna	730	CPJ TEAM	30-39	242	00:00:27	00:14:40	00:33:51.20	00:34:18.60	+00:14:40	6:23	9.4
243	BRYCHCY Estera	36	RUNTEAM PAWŁOWICE	30-39	243	00:00:31	00:14:19	00:33:55.55	00:34:27.10	+00:14:45	6:24	9.4
244	WIECZOREK Klaudia	652		30-39	244	00:00:25	00:14:33	00:33:57.35	00:34:23.10	+00:14:46	6:24	9.4
245	AUGUŚCIK Ewelina	917		30-39	245	00:00:09	00:14:27	00:33:57.65	00:34:06.80	+00:14:47	6:24	9.4
246	SZEFER Wioleta	334		30-39	246	00:00:05	00:13:42	00:33:59.65	00:34:05.15	+00:14:49	6:24	9.4
247	LIPIŃSKA Anna	713	MIECHOWICKA GRUPA BIEGOWA	30-39	247	00:00:49	00:14:52	00:34:00.90	00:34:50.75	+00:14:50	6:25	9.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto	brutto			
248	WIDERA Elżbieta	644	HRMAX ŻORY	30-39	248	00:00:40	00:14:43	00:34:06.10	00:34:46.50	+00:14:55	6:26	9.3
249	LASKOWSKA Anna	1061		30-39	249	00:00:43	00:14:56	00:34:06.20	00:34:49.55	+00:14:55	6:26	9.3
250	FARUGA Angelina	1159		30-39	250	00:00:52	00:15:27	00:34:06.85	00:34:58.90	+00:14:56	6:26	9.3
251	PADIASEK Dominika	1303	HRMAX ŻORY / HRMAX DZIOŁSZKI	30-39	251	00:00:39	00:14:39	00:34:07.45	00:34:46.95	+00:14:56	6:26	9.3
252	SAWICKA Marta	250	KOBIETY NA 5+	30-39	252	00:00:23	00:13:30	00:34:08.45	00:34:32.30	+00:14:57	6:26	9.3
253	ŻBEL Ania	327	HRMAX ŻORY / HRMAX DZIOŁSZKI	30-39	253	00:00:38	00:14:44	00:34:08.65	00:34:46.70	+00:14:58	6:26	9.3
254	ERWIN Marta	22	OTK RZEŹNIK	30-39	254	00:00:40	00:15:12	00:34:09.25	00:34:49.95	+00:14:58	6:26	9.3
255	DRAJEWICZ Magdalena	35	WAWRZINEK TEAM	30-39	255	00:00:30	00:14:25	00:34:10.75	00:34:41.20	+00:15:00	6:26	9.3
256	GARBACZ Joanna	929		30-39	256	00:00:12	00:13:45	00:34:10.80	00:34:22.95	+00:15:00	6:26	9.3
257	OSZEK Karolina	13	WAWRZINEK TEAM	30-39	257	00:00:30	00:14:25	00:34:10.95	00:34:41.50	+00:15:00	6:26	9.3
258	GUMIELA Justyna	1012		30-39	258	00:00:51	00:14:44	00:34:11.40	00:35:03.35	+00:15:00	6:27	9.3
259	KRYSTEK Ewelina	1007	PSZCZYNA BIEGA	30-39	259	00:00:04	00:14:14	00:34:11.80	00:34:16.05	+00:15:01	6:27	9.3
260	PROKOPIUK Adriana	409	KLUB BIEGACZA FARTLEK	30-39	260	00:00:34	00:14:38	00:34:15.15	00:34:49.75	+00:15:04	6:27	9.3
261	DĄBROWSKA Agata	1094	FABRYKA FORMY ŻORY	30-39	261	00:00:46	00:15:03	00:34:16.70	00:35:02.80	+00:15:06	6:27	9.3
262	GOCMAN Natalia	166		30-39	262	00:00:32	00:14:37	00:34:20.05	00:34:53.00	+00:15:09	6:28	9.3
263	GAŚSIOR Katarzyna	198		30-39	263	00:00:29	00:13:43	00:34:22.40	00:34:52.15	+00:15:11	6:29	9.2
264	LEWANDOWSKA Anna	632		30-39	264	00:00:45	00:14:49	00:34:22.70	00:35:07.80	+00:15:12	6:29	9.3
265	WANDEL-HANUSEK Agnieszka	481		30-39	265	00:00:33	00:14:28	00:34:23.35	00:34:56.80	+00:15:12	6:29	9.2
266	GROMADZKA Justyna	29		30-39	266	00:00:38	00:13:55	00:34:23.95	00:35:02.50	+00:15:13	6:29	9.2
267	URBAŚ Monika	475		30-39	267	00:00:45	00:14:47	00:34:32.60	00:35:18.00	+00:15:22	6:31	9.2
268	STOLARCZYK Aleksandra	859	RUNTEAM PAWŁOWICE	30-39	268	00:00:32	00:14:41	00:34:38.65	00:35:10.95	+00:15:28	6:32	9.2
269	NOWAKOWSKA Agnieszka	11	SEASTER`S	30-39	269	00:00:41	00:15:11	00:34:40.00	00:35:21.25	+00:15:29	6:32	9.2
270	ZAGÓRSKA Beata	773		30-39	270	00:00:21	00:14:43	00:34:42.20	00:35:03.25	+00:15:31	6:32	9.2
271	LEPICH Katarzyna	661	MIECHOWICKA GRUPA BIEGOWA	30-39	271	00:00:49	00:14:52	00:34:42.30	00:35:32.00	+00:15:31	6:33	9.2
272	KROCZEK Magdalena	945		30-39	272	00:00:00	00:14:00	00:34:42.70	00:34:42.70	+00:15:32	6:32	9.2
273	SŁOWIK Weronika	164	NESSI TEAM	30-39	273	00:00:20	00:14:24	00:34:43.60	00:35:04.35	+00:15:33	6:33	9.2
274	WITKOWICZ Monika	792		30-39	274	00:00:29	00:15:50	00:34:43.60	00:35:13.15	+00:15:33	6:33	9.2
275	PRZYBYCIN Bożena	169	MIECHOWICKA GRUPA BIEGOWA	30-39	275	00:00:41	00:15:43	00:34:45.55	00:35:27.45	+00:15:35	6:33	9.1
276	KRUSZONA Anna	899		30-39	276	00:00:21	00:14:43	00:34:49.80	00:35:11.00	+00:15:39	6:34	9.1
277	ZIELONKA Agnieszka	506		30-39	277	00:00:16	00:15:00	00:34:50.80	00:35:07.35	+00:15:40	6:34	9.1
278	KWAŚNIEWSKA Katarzyna	910		30-39	278	00:00:28	00:14:33	00:34:52.75	00:35:21.60	+00:15:42	6:34	9.1
279	ANDROSZ Joanna	246		30-39	279	00:00:39	00:14:52	00:34:55.10	00:35:34.75	+00:15:44	6:35	9.1
280	KSEPKO Kasia	375		30-39	280	00:00:39	00:15:19	00:34:56.50	00:35:36.45	+00:15:46	6:35	9.1
281	WYRBA Dorota	1220		30-39	281	00:00:54	00:16:18	00:35:01.20	00:35:55.85	+00:15:50	6:36	9.1
282	LERCH Dorota	1246	50 LAT SP5	30-39	282	00:00:09	00:13:39	00:35:01.50	00:35:11.15	+00:15:51	6:36	9.1
283	MAZURKIEWICZ BŁASZCZYK Weronika	211	MORS HUBERTUS MYSŁOWICE	30-39	283	00:00:57	00:14:58	00:35:03.70	00:36:01.30	+00:15:53	6:36	9.1
284	TOKAREWICZ Kasia	39	ZEBRY	30-39	284	00:00:22	00:14:34	00:35:05.75	00:35:27.90	+00:15:55	6:37	9.1
285	JAFERNIK Małgorzata	46	PW RAFI	30-39	285	00:00:32	00:14:49	00:35:08.50	00:35:41.45	+00:15:58	6:37	9
286	ŚWIDERSKA Anna	416	POWOLI DO CELU	30-39	286	00:00:28	00:14:41	00:35:10.10	00:35:38.75	+00:15:59	6:38	9
287	GRZYŚKA Katarzyna	200		30-39	287	00:00:50	00:15:50	00:35:18.60	00:36:09.35	+00:16:08	6:39	9
288	HANSLIK Katarzyna	826	RUNTEAM PAWŁOWICE	30-39	288	00:00:46	00:15:51	00:35:23.30	00:36:10.15	+00:16:12	6:40	9
289	STRĘCIOK Agnieszka	1283	FRELKI	30-39	289	00:00:50	00:14:58	00:35:23.45	00:36:14.30	+00:16:12	6:40	9
290	DANEL Ewelina	500		30-39	290	00:00:30	00:14:26	00:35:24.00	00:35:54.95	+00:16:13	6:40	9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto	brutto			
291	KATRYNIOK Ewa	272	KS M. E.T.A.	30-39	291	00:00:25	00:14:12	00:35:32.95	00:35:58.10	+00:16:22	6:42	8.9
292	KOŚNIAK Beata	796	O CO BIEGA W KALETACH	30-39	292	00:00:27	00:15:25	00:35:36.15	00:36:03.30	+00:16:25	6:43	8.9
293	LAZAR Joanna	825		30-39	293	00:00:44	00:15:03	00:35:40.25	00:36:24.25	+00:16:29	6:43	8.9
294	MORGAŁA Daria	1221		30-39	294	00:00:42	00:15:19	00:35:42.75	00:36:25.30	+00:16:32	6:44	8.9
295	SERWATKA Angelika	346	WATAHA	30-39	295	00:00:37	00:14:11	00:35:43.50	00:36:20.85	+00:16:33	6:44	8.9
296	SATŁAWA-JANIEC Alicja	786		30-39	296	00:00:37	00:14:45	00:35:52.80	00:36:29.95	+00:16:42	6:46	8.9
297	MADEJSKA Magdalena	338	MORS HUBERTUS MYSŁOWICE	30-39	297	00:00:06	00:14:47	00:35:57.00	00:36:03.25	+00:16:46	6:46	8.8
298	SZWED Ania	241	MIECHOWICKA GRUPA BIEGOWA	30-39	298	00:00:49	00:15:15	00:35:58.95	00:36:48.30	+00:16:48	6:47	8.8
299	STEFAŃSKA Dorota	1281		30-39	299	00:00:17	00:15:08	00:36:05.45	00:36:23.40	+00:16:54	6:48	8.8
300	PROCNER Estera	1250	CZARNE FIT	30-39	300	00:00:42	00:15:00	00:36:06.45	00:36:49.35	+00:16:55	6:48	8.8
301	CHROBOK Natalia	373	OLZA CIESZYN	30-39	301	00:00:52	00:15:13	00:36:06.65	00:36:59.35	+00:16:56	6:48	8.8
302	JAMA Lucyna	240		30-39	302	00:00:39	00:14:59	00:36:07.70	00:36:47.45	+00:16:57	6:49	8.8
303	SŁOWIK Kora	565	POWOLI DO CELU	30-39	303	00:00:23	00:15:04	00:36:12.00	00:36:35.90	+00:17:01	6:49	8.8
304	MĘDRALA Aleksandra	735		30-39	304	00:00:30	00:15:32	00:36:12.15	00:36:42.75	+00:17:01	6:49	8.8
305	SZYNAL Magdalena	1037		30-39	305	00:00:15	00:14:26	00:36:13.50	00:36:28.70	+00:17:03	6:50	8.8
306	ZAŁUBSKA Beata	596	BIELSZCZANKI BIEGAJĄ	30-39	306	00:00:19	00:14:24	00:36:20.90	00:36:40.00	+00:17:10	6:51	8.7
307	ZMUDA Ewelina	1121		30-39	307	00:00:13	00:14:23	00:36:24.90	00:36:38.70	+00:17:14	6:52	8.7
308	BIELIŃSKA Anna	998		30-39	308	00:00:55	00:15:22	00:36:28.70	00:37:24.10	+00:17:18	6:53	8.7
309	BRANDYS Krystyna	501		30-39	309	00:00:46	00:15:10	00:36:29.75	00:37:16.25	+00:17:19	6:53	8.7
310	MODLIŃSKA Paulina	664		30-39	310	00:00:30	00:15:32	00:36:36.45	00:37:06.95	+00:17:25	6:54	8.7
311	KORALEWSKA Kinga	126		30-39	311	00:00:30	00:15:31	00:36:36.50	00:37:06.75	+00:17:26	6:54	8.7
312	GŁĄB Mariola	828		30-39	312	00:00:56	00:15:06	00:36:37.10	00:37:33.85	+00:17:26	6:54	8.7
313	PEPEK Bożena	357		30-39	313	00:00:16	00:15:02	00:36:38.35	00:36:55.30	+00:17:27	6:54	8.7
314	LAPCZYK Magdalena	288	MORSY SKOCZÓW	30-39	314	00:00:39	00:15:30	00:36:39.55	00:37:19.40	+00:17:29	6:55	8.7
315	BATKO Ania	72		30-39	315	00:00:42	00:15:51	00:36:40.45	00:37:23.00	+00:17:29	6:55	8.7
316	LIPOK Iwona	990	MIECHOWICACH GRUPA BIEGOWA	30-39	316	00:00:14	00:15:49	00:36:43.60	00:36:57.90	+00:17:33	6:55	8.7
317	KOŻDOŃ Jagoda	431	INŻYNIERIA BIEGANIA TEAM	30-39	317	00:00:23	00:15:36	00:36:45.70	00:37:08.85	+00:17:35	6:56	8.7
318	PYZIK Barbara	380	KLUB BIEGACZA FARTLEK	30-39	318	00:00:33	00:15:22	00:36:49.85	00:37:23.50	+00:17:39	6:56	8.6
319	CYFKA Agnieszka	548		30-39	319	00:00:37	00:15:59	00:36:51.10	00:37:28.20	+00:17:40	6:57	8.6
320	BRAUN Justyna	1208		30-39	320	00:00:56	00:15:00	00:36:56.15	00:37:52.90	+00:17:45	6:58	8.6
321	KOTOSKA Aneta	243		30-39	321	00:00:10	00:14:30	00:36:57.10	00:37:07.85	+00:17:46	6:58	8.6
322	KASPER Julia	1141	CROSSTRENING RACIBÓRZ	30-39	322	00:00:57	00:15:41	00:37:01.30	00:37:58.95	+00:17:50	6:59	8.6
323	ISKRA Joanna	191	CROSSTRENING RACIBÓRZ	30-39	323	00:00:57	00:15:41	00:37:01.50	00:37:58.95	+00:17:51	6:59	8.6
324	PTASIŃSKA Iwona	426		30-39	324	00:00:31	00:15:41	00:37:02.60	00:37:34.00	+00:17:52	6:59	8.6
325	SEKUŁA Marlena	587		30-39	325	00:00:43	00:15:29	00:37:08.50	00:37:52.05	+00:17:58	7:00	8.6
326	BAŁAZIŃSKA Agnieszka	142	MORS HUBERTUS MYSŁOWICE	30-39	326	00:00:55	00:16:09	00:37:11.00	00:38:06.85	+00:18:00	7:00	8.6
327	WOWRA Agata	157		30-39	327	00:00:51	00:15:59	00:37:13.05	00:38:04.70	+00:18:02	7:01	8.5
328	BOMBIK Edyta	174		30-39	328	00:00:47	00:15:54	00:37:19.25	00:38:06.60	+00:18:08	7:02	8.5
329	MŁOCEK Ewelina	1048		30-39	329	00:00:54	00:16:19	00:37:19.60	00:38:14.55	+00:18:09	7:02	8.5
330	ORDZOWIAŁA Karolina	839		30-39	330	00:00:26	00:15:34	00:37:20.75	00:37:46.85	+00:18:10	7:02	8.5
331	PALUCH Agnieszka	1069		30-39	331	00:00:27	00:15:13	00:37:23.75	00:37:51.60	+00:18:13	7:03	8.5
332	DRYNDĄ Jolanta	593		30-39	332	00:00:48	00:15:11	00:37:28.50	00:38:17.15	+00:18:18	7:04	8.5
333	BALCERAK Beata	517		30-39	333	00:00:26	00:15:34	00:37:29.15	00:37:55.40	+00:18:18	7:04	8.5
334	GÓRAL Alina	125		30-39	334	00:00:38	00:15:16	00:37:49.40	00:38:27.65	+00:18:38	7:08	8.4



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto	brutto			
335	MAŃDOK Kasia	1195		30-39	335	00:00:17	00:15:04	<b>00:37:56.35</b>	<b>00:38:13.45</b>	+00:18:45	7:09	8.4
336	KWIATOŃ Patrycja	28	RUNTEAM PAWŁOWICE	30-39	336	00:00:28	00:15:43	<b>00:38:01.15</b>	<b>00:38:29.55</b>	+00:18:50	7:10	8.4
337	WOJNAROWSKA Anna	1259		30-39	337	00:00:57	00:16:04	<b>00:38:01.25</b>	<b>00:38:58.30</b>	+00:18:50	7:10	8.4
338	BARTNICKA Barbara	542		30-39	338	00:00:27	00:15:44	<b>00:38:01.65</b>	<b>00:38:29.45</b>	+00:18:51	7:10	8.4
339	WOJCIECHOWICZ Magda	1130		30-39	339	00:00:57	00:16:04	<b>00:38:01.80</b>	<b>00:38:59.05</b>	+00:18:51	7:10	8.4
340	DAMIĘCKA Magda	660	RUNTEAM PAWŁOWICE	30-39	340	00:00:25	00:15:46	<b>00:38:03.35</b>	<b>00:38:29.25</b>	+00:18:52	7:10	8.4
341	BĄKOWSKA Anna	1032		30-39	341	00:00:51	00:16:24	<b>00:38:13.30</b>	<b>00:39:04.70</b>	+00:19:02	7:12	8.3
342	ZDUNEK Dorota	505		30-39	342	00:00:49	00:16:28	<b>00:38:16.50</b>	<b>00:39:06.45</b>	+00:19:06	7:13	8.3
343	SKWARK Aneta	1204		30-39	343	00:00:28	00:15:24	<b>00:38:17.65</b>	<b>00:38:46.60</b>	+00:19:07	7:13	8.3
344	BOBER Aneta	12		30-39	344	00:00:28	00:16:37	<b>00:38:40.15</b>	<b>00:39:08.60</b>	+00:19:29	7:17	8.2
345	NIEDŹWIEDŹ Maja	721		30-39	345	00:00:32	00:15:05	<b>00:38:42.40</b>	<b>00:39:15.35</b>	+00:19:31	7:18	8.2
346	BARON Katarzyna	835	KOSMO DENTAL TEAM	30-39	346	00:00:32	00:16:00	<b>00:38:44.60</b>	<b>00:39:16.65</b>	+00:19:34	7:18	8.2
347	SKRABARCZYK Anna	558	POWOLI DO CELU	30-39	347	00:00:26	00:15:52	<b>00:38:45.50</b>	<b>00:39:12.20</b>	+00:19:35	7:18	8.2
348	CHOLEWA Magdalena	1194		30-39	348	00:00:54	00:15:32	<b>00:38:51.10</b>	<b>00:39:45.25</b>	+00:19:40	7:19	8.2
349	NOWAK Malwina	948		30-39	349	00:00:35	00:17:17	<b>00:38:55.20</b>	<b>00:39:30.35</b>	+00:19:44	7:20	8.2
350	SARNECKA-BĘBENEK Aleksandra	1161	GB GALOPUJACE ŚLIMAKI	30-39	350	00:00:35	00:16:30	<b>00:38:58.70</b>	<b>00:39:34.65</b>	+00:19:48	7:21	8.2
351	BANASIK Dorota	523		30-39	351	00:00:20	00:15:48	<b>00:39:00.35</b>	<b>00:39:20.50</b>	+00:19:49	7:21	8.2
352	STACHERSKA Elzbieta	440	SK ČERNE PLÍČE	30-39	352	00:00:49	00:16:28	<b>00:39:08.90</b>	<b>00:39:58.75</b>	+00:19:58	7:23	8.1
353	PIETER Anna	471		30-39	353	00:00:24	00:16:36	<b>00:39:10.00</b>	<b>00:39:34.20</b>	+00:19:59	7:23	8.1
354	PIKSA Ewelina	604		30-39	354	00:00:12	00:16:29	<b>00:39:13.10</b>	<b>00:39:25.35</b>	+00:20:02	7:23	8.1
355	MACHOCZEK Aleksandra	1214		30-39	355	00:00:34	00:16:41	<b>00:39:14.35</b>	<b>00:39:48.40</b>	+00:20:03	7:24	8.1
356	SIĄKAŁA Adrianna	930		30-39	356	00:00:15	00:15:38	<b>00:39:30.00</b>	<b>00:39:45.30</b>	+00:20:19	7:27	8.1
357	ŻARSKA Katarzyna	266	KOBIETY NA 5+	30-39	357	00:00:00	00:16:47	<b>00:39:36.65</b>	<b>00:39:36.65</b>	+00:20:26	7:28	8
358	STEFANIK - KARCZEWSKA Katarzyna	286		30-39	358	00:00:41	00:17:59	<b>00:39:49.15</b>	<b>00:40:30.65</b>	+00:20:38	7:30	8
359	MACIOŃCZYK Katarzyna	410		30-39	359	00:00:24	00:16:45	<b>00:39:50.90</b>	<b>00:40:15.10</b>	+00:20:40	7:31	8
360	DARNOWSKA-HYLA Julia	957		30-39	360	00:00:16	00:16:27	<b>00:40:02.10</b>	<b>00:40:18.65</b>	+00:20:51	7:33	7.9
361	BURYAN Kamila	931		30-39	361	00:00:13	00:16:58	<b>00:40:23.60</b>	<b>00:40:37.25</b>	+00:21:13	7:37	7.9
362	TKACZ Ania	76	MORSY NA KOKSIE	30-39	362	00:00:01	00:17:28	<b>00:40:57.55</b>	<b>00:40:58.75</b>	+00:21:47	7:43	7.8
363	CAŁKA Sylwia	918	DECATHLON RYBNIK I PRZYJACIELE	30-39	363	00:00:11	00:16:44	<b>00:41:42.05</b>	<b>00:41:53.90</b>	+00:22:31	7:52	7.6
364	MAGIEREK Magdalena	645		30-39	364	00:00:42	00:17:58	<b>00:42:19.70</b>	<b>00:43:02.45</b>	+00:23:09	7:59	7.5
365	WAJMAN Katarzyna	44		30-39	365	00:00:41	00:17:59	<b>00:42:21.20</b>	<b>00:43:02.40</b>	+00:23:10	7:59	7.5
366	SZCZEGODZINSKA Kasia	601		30-39	366	00:00:55	00:17:51	<b>00:43:00.40</b>	<b>00:43:55.65</b>	+00:23:49	8:06	7.4
367	GIBAS Amanda	569	KLUB BIEGACZA FARTLEK	30-39	367	00:00:33	00:17:18	<b>00:43:18.15</b>	<b>00:43:51.75</b>	+00:24:07	8:10	7.3
368	STAROŃ Marlena	855	MORS HUBERTUS MYSŁOWICE	30-39	368	00:00:41	00:17:14	<b>00:43:19.70</b>	<b>00:44:00.75</b>	+00:24:09	8:10	7.3
369	STRZODA Barbara	222	PSZCZYNA BIEGA	30-39	369	00:02:22	00:18:42	<b>00:43:47.55</b>	<b>00:46:09.65</b>	+00:24:37	8:15	7.3
370	VAIDYAN Eliza	557		30-39	370	00:00:02	00:18:26	<b>00:44:22.40</b>	<b>00:44:25.20</b>	+00:25:11	8:22	7.2
371	KALUS Wioletta	898		30-39	371	00:00:46	00:18:53	<b>00:45:13.30</b>	<b>00:45:59.90</b>	+00:26:02	8:31	7
372	ZACHŁOD Joanna	473	MIECHOWICKA GRUPA BIEGOWA	30-39	372	00:00:54	00:18:59	<b>00:45:32.65</b>	<b>00:46:27.00</b>	+00:26:22	8:35	7
373	GÓRNICZ Patrycja	633		30-39	373	00:00:44	00:18:36	<b>00:46:07.45</b>	<b>00:46:52.15</b>	+00:26:56	8:42	6.9
374	BAZGIER Magdalena	607		30-39	374	00:00:44	00:18:36	<b>00:46:20.10</b>	<b>00:47:04.80</b>	+00:27:09	8:44	6.9
375	DYGAN Jagoda	988		30-39	375	00:00:56	00:21:52	<b>00:52:31.25</b>	<b>00:53:27.70</b>	+00:33:20	9:54	6.1