



# 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: 40-49

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	SZELEST Barbara	6	MORS HUBERTUS MYSŁOWICE	40-49	1	00:00:00	00:08:51	00:20:36.95	00:20:37.70		3:53	15.4
2	RENCZ Małgorzata	586	MORS HUBERTUS MYSŁOWICE	40-49	2	00:00:00	00:08:48	00:20:41.90	00:20:42.65	+00:00:04	3:54	15.4
3	ADAMCZYK-NOWAK Beata	600	MIECHOWICKA GRUPA BIEGOWA	40-49	3	00:00:02	00:09:05	00:20:51.85	00:20:54.35	+00:00:14	3:56	15.2
4	ADAMUS-KOWALSKA Justyna	10	LKS IMIELIN	40-49	4	00:00:01	00:08:54	00:21:23.70	00:21:25.15	+00:00:46	4:02	14.9
5	WODZIŃSKA Danuta	145		40-49	5	00:00:01	00:09:26	00:21:48.45	00:21:50.00	+00:01:11	4:06	14.6
6	BISKUP Anna	278	STS BIEGATON MIKOŁÓW	40-49	6	00:00:01	00:09:25	00:22:04.70	00:22:05.70	+00:01:27	4:09	14.4
7	MALEJKA Katarzyna	415	ADS MASNA	40-49	7	00:00:07	00:09:46	00:22:39.20	00:22:46.45	+00:02:02	4:16	14
8	ZĘBIK Grażyna	519	OLZA CIESZYN	40-49	8	00:00:02	00:09:54	00:23:48.00	00:23:50.85	+00:03:11	4:29	13.4
9	STĘPIEŃ-WYROBIEC Olga	446	JKŁA JAWOR JAWORZNO	40-49	9	00:00:09	00:10:06	00:23:57.10	00:24:06.50	+00:03:20	4:31	13.3
10	ANDROSZ Beata	781		40-49	10	00:00:02	00:09:59	00:23:58.95	00:24:01.30	+00:03:22	4:31	13.3
11	JURECZKO Monika	423	STS BIEGATON	40-49	11	00:00:02	00:10:11	00:23:59.15	00:24:01.75	+00:03:22	4:31	13.3
12	WYSOCKA Agnieszka	834	NESSI TEAM	40-49	12	00:00:04	00:10:05	00:24:03.10	00:24:07.30	+00:03:26	4:32	13.2
13	MENŻYK Joanna	43	MORS HUBERTUS MYSŁOWICE	40-49	13	00:00:01	00:10:14	00:24:08.80	00:24:10.55	+00:03:31	4:33	13.2
14	STANULA Karolina	958	ŻORY	40-49	14	00:00:08	00:10:50	00:24:24.30	00:24:32.70	+00:03:47	4:36	13
15	LORANC Izabela	819	NUTREND BIEGA	40-49	15	00:00:02	00:10:42	00:24:38.15	00:24:40.65	+00:04:01	4:38	12.9
16	PARZYCH Katarzyna	112	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	40-49	16	00:00:07	00:10:37	00:24:59.80	00:25:06.80	+00:04:22	4:42	12.7
17	CZYŻ Leonarda	1197	OLZA CIESZYN	40-49	17	00:00:02	00:10:44	00:25:06.15	00:25:09.05	+00:04:29	4:44	12.7
18	NIESŁAŃCZYK Małgorzata	161		40-49	18	00:00:02	00:10:30	00:25:06.65	00:25:09.55	+00:04:29	4:44	12.7
19	NOWAK Beata	1207	OLZA CIESZYN	40-49	19	00:00:03	00:10:43	00:25:14.05	00:25:17.15	+00:04:37	4:45	12.6
20	GĘBOŁYŚ Beata	1271	CHWALISZ CZY NIE CHWALISZ - LOTEJ Z NAMI	40-49	20	00:00:03	00:10:45	00:25:15.70	00:25:19.40	+00:04:38	4:46	12.6
21	DOMIN-ZBYL Agnieszka	1035		40-49	21	00:00:04	00:10:38	00:25:22.50	00:25:27.00	+00:04:45	4:47	12.5
22	PASŁAWSKA Katarzyna	105	KOBIETY NA 5 +	40-49	22	00:00:03	00:10:44	00:25:23.50	00:25:27.35	+00:04:46	4:47	12.5
23	SICH- SOSNA Agnieszka	204		40-49	23	00:00:02	00:11:02	00:25:25.25	00:25:27.90	+00:04:48	4:47	12.5
24	SICH-ŚWITAŁA Małgorzata	180		40-49	24	00:00:02	00:11:02	00:25:25.65	00:25:28.20	+00:04:48	4:47	12.5
25	HANDZLIK-STARZYK Anna	221		40-49	25	00:00:13	00:11:06	00:25:26.95	00:25:40.75	+00:04:50	4:48	12.5
26	GREENE Agnieszka	1170		40-49	26	00:00:10	00:11:00	00:25:28.60	00:25:39.45	+00:04:51	4:48	12.5
27	MANISZEWSKA Dorota	437	OLZA CIESZYN	40-49	27	00:00:05	00:10:43	00:25:32.35	00:25:37.45	+00:04:55	4:49	12.5
28	BROCZKOWSKA Sylwia	186		40-49	28	00:00:04	00:10:37	00:25:34.35	00:25:38.60	+00:04:57	4:49	12.4
29	KASPERCZYK Aleksandra	927		40-49	29	00:00:03	00:10:43	00:25:36.90	00:25:40.00	+00:04:59	4:50	12.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 5.3km	brutto 5.3km			
30	MARYNIAK Ewelina	782		40-49	30	00:00:13	00:11:07	00:25:49.05	00:26:02.20	+00:05:12	4:52	12.3
31	LORENZ Agnieszka	994	GALOPUJĄCE ŚLIMAKI	40-49	31	00:00:07	00:10:53	00:25:52.35	00:25:59.45	+00:05:15	4:52	12.3
32	SZAJBEL Joanna	1119	PARKRUN KATOWICE	40-49	32	00:00:08	00:11:03	00:25:52.35	00:26:01.20	+00:05:15	4:53	12.3
33	SZYMURA Izabela	518	DECATHLON RYBNIK & PRZYJACIELE	40-49	33	00:00:10	00:11:09	00:25:54.30	00:26:04.85	+00:05:17	4:53	12.3
34	SZWEDA Dorota	837		40-49	34	00:00:04	00:10:42	00:25:55.35	00:26:00.15	+00:05:18	4:53	12.3
35	SOŁTYSEK Barbara	117	JUSTFEELFIT TEAM	40-49	35	00:00:23	00:10:54	00:25:56.50	00:26:19.95	+00:05:19	4:53	12.3
36	HELIOSZ Agnieszka	533	INTERAKTYWNI KROSTOSZOWICE	40-49	36	00:00:02	00:10:59	00:25:56.60	00:25:58.65	+00:05:19	4:53	12.3
37	PAJESTKA Katarzyna	343		40-49	37	00:00:06	00:10:43	00:25:59.15	00:26:05.85	+00:05:22	4:54	12.2
38	KRUPOWICZ Aneta	1183		40-49	38	00:00:05	00:10:50	00:26:00.55	00:26:06.20	+00:05:23	4:54	12.2
39	PAWŁOWSKA Beata	903	RADLINIOKI W BIEGU	40-49	39	00:00:27	00:11:48	00:26:07.65	00:26:34.90	+00:05:30	4:55	12.2
40	DRACZKA-KNOPIK Monika	58	STS BIEGATON MIKOŁÓW	40-49	40	00:00:09	00:11:21	00:26:19.15	00:26:28.90	+00:05:42	4:57	12.1
41	KANDORA Joanna	468	MIECHOWICKA GRUPA BIEGOWA	40-49	41	00:00:05	00:11:03	00:26:19.30	00:26:25.20	+00:05:42	4:58	12.1
42	ZAMOJSKA Iwona	636	MIECHOWICKA GRUPA BIEGOWA	40-49	42	00:00:05	00:11:03	00:26:19.55	00:26:25.45	+00:05:42	4:58	12.1
43	DOBRY Teresa	582		40-49	43	00:00:15	00:11:07	00:26:24.85	00:26:39.90	+00:05:47	4:58	12
44	GARUS Magdalena	904		40-49	44	00:00:01	00:11:05	00:26:26.50	00:26:28.45	+00:05:49	4:59	12
45	BOJDA Brygida	567	ŚWIRYSTELA	40-49	45	00:00:09	00:11:08	00:26:32.85	00:26:42.20	+00:05:55	5:00	12
46	WACŁAWIK Ewa	203		40-49	46	00:00:33	00:11:42	00:26:36.65	00:27:10.40	+00:05:59	5:01	11.9
47	LAPMAN Anna	1263		40-49	47	00:00:09	00:11:13	00:26:37.50	00:26:47.15	+00:06:00	5:01	11.9
48	CHROBOK Józefa	391	OLZA CIESZYN	40-49	48	00:00:06	00:11:15	00:26:40.45	00:26:46.55	+00:06:03	5:01	11.9
49	NYKIEL Małgorzata	313	MIECHOWICKA GRUPA BIEGOWA	40-49	49	00:00:47	00:11:46	00:26:43.20	00:27:31.15	+00:06:06	5:02	11.9
50	ZARAŃSKA Izabela	976	MIECHOWICKA GRUPA BIEGOWA	40-49	50	00:00:04	00:11:16	00:26:44.55	00:26:48.75	+00:06:07	5:02	11.9
51	MORAWIEC Ola	951	MIECHOWICKA GRUPA BIEGOWA	40-49	51	00:00:48	00:11:41	00:26:48.10	00:27:36.10	+00:06:11	5:03	11.9
52	GÓRECKA Iwona	1022		40-49	52	00:00:52	00:11:49	00:26:48.10	00:27:40.50	+00:06:11	5:03	11.9
53	AKSAMIT Ewelina	148	MORS HUBERTUS MYSŁOWICE	40-49	53	00:00:52	00:11:58	00:26:49.50	00:27:42.20	+00:06:12	5:03	11.9
54	JANIK Iлона	1074	ŚWIRY STELA	40-49	54	00:00:10	00:11:45	00:26:52.35	00:27:02.70	+00:06:15	5:04	11.8
55	KUCZEK Katarzyna	864		40-49	55	00:00:12	00:11:20	00:26:56.40	00:27:08.45	+00:06:19	5:04	11.8
56	LEMAŃSKA KAMPA Barbara	432	STS BIEGATON MIKOŁÓW	40-49	56	00:00:09	00:11:22	00:27:07.20	00:27:16.45	+00:06:30	5:06	11.7
57	WOŹNIAK Joanna	1052		40-49	57	00:00:05	00:11:39	00:27:08.35	00:27:13.45	+00:06:31	5:07	11.7
58	ŁUKASZEWSKA Agnieszka	267	STS BIEGATON MIKOŁÓW	40-49	58	00:00:09	00:11:22	00:27:14.15	00:27:23.20	+00:06:37	5:08	11.7
59	BRODA Katarzyna	379		40-49	59	00:00:06	00:11:14	00:27:22.75	00:27:29.35	+00:06:45	5:10	11.6
60	SAGAN Izabela	1298	BANK SPÓŁDZIELCZY	40-49	60	00:00:23	00:11:31	00:27:25.10	00:27:48.85	+00:06:48	5:10	11.6
61	ZIEMIŃSKA Patrycja	1036	ŚWIRY STELA	40-49	61	00:00:09	00:11:18	00:27:30.85	00:27:40.05	+00:06:53	5:11	11.6
62	KRAUSE Sylwia	196	RADLINIOKI W BIEGU	40-49	62	00:00:26	00:11:55	00:27:37.55	00:28:03.65	+00:07:00	5:12	11.5
63	RAŹNIAK Beatka	280	KOBIETY NA 5+	40-49	63	00:00:04	00:11:55	00:27:40.80	00:27:45.55	+00:07:03	5:13	11.5
64	BINIENDA Agnieszka	239	WATAHA	40-49	64	00:00:38	00:12:34	00:27:42.05	00:28:20.75	+00:07:05	5:13	11.5
65	SZEWczyk Katarzyna	576	WIRUSY	40-49	65	00:00:11	00:11:24	00:27:42.65	00:27:53.95	+00:07:05	5:13	11.5
66	KANDORA Anna	919	CIDRY LOTAJOM	40-49	66	00:00:14	00:11:52	00:27:43.75	00:27:58.45	+00:07:06	5:13	11.5
67	WROŃSKA Magdalena	867		40-49	67	00:00:02	00:11:35	00:27:51.65	00:27:53.65	+00:07:14	5:15	11.4
68	JANICKA Sylwia	45	'DRUŻYNA KOPERNIKA'	40-49	68	00:00:23	00:11:58	00:27:52.35	00:28:15.60	+00:07:15	5:15	11.4
69	HOJKA Gabriela	1163		40-49	69	00:00:37	00:12:02	00:27:53.00	00:28:30.35	+00:07:16	5:15	11.4
70	POCIENNIK Justyna	1157	BRYKAJĄCA GRUPA BIEGOWA	40-49	70	00:00:35	00:12:25	00:27:54.70	00:28:30.45	+00:07:17	5:16	11.4
71	SZEWczyk Joanna	956		40-49	71	00:00:03	00:11:16	00:28:00.80	00:28:03.90	+00:07:23	5:16	11.4
72	NALEWAJKA Wioleta	181	KOBIETY NA 5+	40-49	72	00:00:07	00:11:08	00:28:03.55	00:28:10.75	+00:07:26	5:17	11.3
73	KIEŁKOWSKA Agnieszka	570	KOBIETY NA 5+	40-49	73	00:00:22	00:11:56	00:28:03.70	00:28:26.50	+00:07:26	5:17	11.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 5.3km	brutto 5.3km			
74	PANEK Elżbieta	728	BIELSZCZANKI BIEGAJĄ	40-49	74	00:00:01	00:11:39	00:28:03.75	00:28:05.45	+00:07:26	5:17	11.3
75	ŻYTKO Ania	86		40-49	75	00:00:15	00:11:41	00:28:04.05	00:28:19.80	+00:07:27	5:17	11.3
76	BURAKOWSKA Małgorzata	572	ZABIEGANI NAUCZYCIELE	40-49	76	00:00:08	00:11:54	00:28:04.10	00:28:12.35	+00:07:27	5:17	11.3
77	SKRZYPOSZEK Małgorzata	287		40-49	77	00:00:16	00:12:03	00:28:04.45	00:28:20.85	+00:07:27	5:17	11.3
78	GRABOWSKA Iwona	345	NESSI TEAM	40-49	78	00:00:24	00:12:14	00:28:05.65	00:28:29.80	+00:07:28	5:17	11.3
79	MAĆKÓW Agnieszka	1014		40-49	79	00:00:14	00:11:22	00:28:06.40	00:28:21.25	+00:07:29	5:18	11.3
80	GENSTY Klaudia	832	DYSTANS LUBOMIA	40-49	80	00:00:07	00:11:54	00:28:13.95	00:28:21.85	+00:07:37	5:19	11.3
81	KSEPKO Renata	1116	BIELSZCZANKI BIEGAJĄ	40-49	81	00:00:18	00:12:35	00:28:19.30	00:28:38.05	+00:07:42	5:20	11.2
82	PIOTROWSKA Anna	1149		40-49	82	00:00:11	00:12:31	00:28:20.95	00:28:32.40	+00:07:44	5:20	11.2
83	JĘDRZEJEK Michalina	158		40-49	83	00:00:03	00:11:52	00:28:23.35	00:28:26.90	+00:07:46	5:21	11.2
84	KLIMEK-KARAS Sylwia	850	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	40-49	84	00:00:04	00:12:22	00:28:26.95	00:28:31.35	+00:07:50	5:22	11.2
85	SMOLIŃSKA Iłona	134		40-49	85	00:00:49	00:12:39	00:28:37.05	00:29:26.75	+00:08:00	5:23	11.1
86	MATIASZEWSKA Małgorzata	876		40-49	86	00:00:12	00:12:17	00:28:38.70	00:28:51.20	+00:08:01	5:24	11.1
87	DĄBROWSKA Emilia	147		40-49	87	00:00:14	00:12:04	00:28:40.10	00:28:54.80	+00:08:03	5:24	11.1
88	CHYTROSZEK Eleonora	21	BWM	40-49	88	00:00:13	00:12:11	00:28:42.40	00:28:55.60	+00:08:05	5:24	11.1
89	STOCHLA Małgorzata	1110		40-49	89	00:00:12	00:12:25	00:28:47.50	00:29:00.15	+00:08:10	5:26	11
90	BRZUSKA Kasia	376	OLZA CIESZYN	40-49	90	00:00:35	00:12:26	00:28:48.95	00:29:24.10	+00:08:12	5:26	11
91	MIŚKOWIEC Agnieszka	51	KB FARTLEK	40-49	91	00:00:11	00:11:59	00:28:52.55	00:29:04.00	+00:08:15	5:26	11
92	PISKORZ Aleksandra	667	MIECHOWICKA GRUPA BIEGOWA	40-49	92	00:00:47	00:12:40	00:28:54.80	00:29:42.45	+00:08:17	5:27	11
93	GAJEWSKA Agnieszka	458	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	40-49	93	00:00:14	00:12:16	00:28:56.00	00:29:10.70	+00:08:19	5:27	11
94	PŁASKA Barbara	170	KOBIETY NA 5+	40-49	94	00:00:06	00:11:36	00:28:56.95	00:29:03.50	+00:08:20	5:27	11
95	MAKOSZ Barbara	1191	RUNTEAM PAWLOWICE	40-49	95	00:00:28	00:12:10	00:29:01.75	00:29:30.60	+00:08:24	5:28	11
96	PEŁKA Urszula	378	DECATHLON RYBNIK & PRZYJACIELE	40-49	96	00:00:11	00:12:24	00:29:04.95	00:29:15.95	+00:08:28	5:29	10.9
97	FRYDECKA Mirosława	151	DECATHLON RYBNIK & PRZYJACIELE	40-49	97	00:00:10	00:12:25	00:29:05.00	00:29:15.85	+00:08:28	5:29	10.9
98	BIELA Małgorzata	993	KOBIETY NA 5+	40-49	98	00:00:23	00:12:21	00:29:09.45	00:29:33.05	+00:08:32	5:30	10.9
99	ZYBURA Mirka	712		40-49	99	00:00:10	00:12:51	00:29:14.60	00:29:24.65	+00:08:37	5:30	10.9
100	BERNAT Katarzyna	50		40-49	100	00:00:33	00:12:05	00:29:15.70	00:29:49.30	+00:08:38	5:31	10.9
101	TOMASZEWSKA Magdalena	1013		40-49	101	00:00:11	00:13:05	00:29:15.70	00:29:27.35	+00:08:38	5:31	10.9
102	KUFIETA Ewelina	349		40-49	102	00:00:33	00:12:07	00:29:16.10	00:29:49.55	+00:08:39	5:31	10.9
103	JABŁOŃSKA Sabina	34		40-49	103	00:00:16	00:12:29	00:29:17.70	00:29:34.55	+00:08:40	5:31	10.9
104	WRUCHA Sylwia	1228		40-49	104	00:00:29	00:13:03	00:29:17.85	00:29:47.55	+00:08:40	5:31	10.9
105	KOKOT Justyna	656		40-49	105	00:00:13	00:12:08	00:29:18.75	00:29:32.70	+00:08:41	5:31	10.8
106	KRZOWSKA Ewa	131		40-49	106	00:00:14	00:12:12	00:29:19.95	00:29:34.85	+00:08:43	5:32	10.8
107	HERCHEL Marzena	320	LET'STO SUSZECKA GRUPA BIEGOWA	40-49	107	00:00:17	00:12:34	00:29:23.85	00:29:41.45	+00:08:46	5:32	10.8
108	ROZMUS-PROCNER Patrycja	800	BIELSZCZANKI BIEGAJĄ	40-49	108	00:00:18	00:12:40	00:29:24.30	00:29:42.55	+00:08:47	5:32	10.8
109	PROKOP Iwona	766	KRS TKKF JASTRZĄB RUDA ŚLĄSKA	40-49	109	00:00:16	00:12:25	00:29:28.40	00:29:44.95	+00:08:51	5:33	10.8
110	KUBISTY Anka	26		40-49	110	00:00:03	00:12:14	00:29:33.00	00:29:36.95	+00:08:56	5:34	10.8
111	SOSNA Agata	578		40-49	111	00:00:21	00:12:36	00:29:33.85	00:29:55.30	+00:08:56	5:34	10.8
112	GRANICA Dani	1026	DANI BIEGA BEZ GRANIC	40-49	112	00:00:09	00:12:12	00:29:36.05	00:29:45.25	+00:08:59	5:35	10.7
113	MALINOWSKA Aneta	655	OLZA CIESZYN	40-49	113	00:00:18	00:12:31	00:29:41.00	00:29:59.80	+00:09:04	5:36	10.7
114	BORUS Joanna	480	OLZA CIESZYN	40-49	114	00:00:17	00:13:22	00:29:45.45	00:30:03.35	+00:09:08	5:36	10.7
115	MUSIOŁ Helena	831		40-49	115	00:00:32	00:12:39	00:29:48.05	00:30:20.50	+00:09:11	5:37	10.7
116	DĄBROWSKA-KUŚNIERZ Ewelina	512	OSOBA PRYWATNA	40-49	116	00:00:47	00:13:01	00:29:55.20	00:30:42.45	+00:09:18	5:38	10.6
117	WESOŁOWSKA Katarzyna	1301	UZDROWISKO USTRÓŃ	40-49	117	00:00:21	00:13:06	00:29:56.35	00:30:18.15	+00:09:19	5:39	10.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 5.3km	brutto 5.3km			
118	JAWOREK Monika	508		40-49	118	00:00:43	00:13:33	00:29:59.60	00:30:42.85	+00:09:22	5:39	10.6
119	ADAMIAK Edyta	1255	ŚWIRY STELA	40-49	119	00:00:10	00:12:26	00:30:00.70	00:30:10.70	+00:09:23	5:39	10.6
120	OSTROWSKA Izabela	122	KOBIETY NA 5+	40-49	120	00:00:23	00:12:11	00:30:05.10	00:30:28.45	+00:09:28	5:40	10.6
121	DOBRENIUK Aurelia	1273		40-49	121	00:00:14	00:12:48	00:30:08.30	00:30:23.00	+00:09:31	5:41	10.5
122	PASZEK Ewa	1138	BIELSZCZANKI BIEGAJĄ	40-49	122	00:00:22	00:13:10	00:30:09.20	00:30:31.95	+00:09:32	5:41	10.5
123	WIECZOREK Iwona	1065		40-49	123	00:00:00	00:14:06	00:30:09.55	00:30:09.55	+00:09:32	5:41	10.5
124	RANSZ Beata	872		40-49	124	00:00:03	00:12:23	00:30:10.80	00:30:14.55	+00:09:33	5:41	10.5
125	DZIAŁKOWSKA Barbara	1083		40-49	125	00:00:24	00:13:15	00:30:13.70	00:30:38.65	+00:09:36	5:42	10.5
126	ROZMUS Marzena	669	ŚWIERCZYNIEC RUNNING	40-49	126	00:00:35	00:13:35	00:30:16.80	00:30:52.35	+00:09:39	5:42	10.5
127	ZIELOSKO Beata	970	BBL MIKOŁÓW	40-49	127	00:00:33	00:13:18	00:30:16.95	00:30:50.05	+00:09:40	5:42	10.5
128	NAWARYŃSKA Ewa	53	WAWRZINEK TEAM	40-49	128	00:00:06	00:12:56	00:30:17.15	00:30:23.55	+00:09:40	5:42	10.5
129	SZCZYGIĘŁ Anna	394		40-49	129	00:00:16	00:13:23	00:30:17.15	00:30:34.00	+00:09:40	5:43	10.5
130	GAJDAMAKIN Patrycja	635		40-49	130	00:00:17	00:13:23	00:30:18.60	00:30:35.65	+00:09:41	5:43	10.5
131	STOPYRA Agnieszka	497		40-49	131	00:00:16	00:13:18	00:30:20.25	00:30:36.25	+00:09:43	5:43	10.5
132	PIETROSZEK Władysława	270		40-49	132	00:00:05	00:12:24	00:30:20.70	00:30:26.65	+00:09:43	5:43	10.5
133	KUBICA Monika	1122	BEST FIT	40-49	133	00:00:14	00:12:42	00:30:24.75	00:30:38.95	+00:09:47	5:44	10.5
134	FECZKO Lucyna	700		40-49	134	00:00:16	00:13:08	00:30:25.05	00:30:41.20	+00:09:48	5:44	10.5
135	WERNIK Katarzyna	1018	BESTFITCLUB RYBNIK	40-49	135	00:00:14	00:12:42	00:30:25.15	00:30:39.35	+00:09:48	5:44	10.5
136	IDZIKOWSKA Elżbieta	1241		40-49	136	00:00:53	00:13:05	00:30:26.40	00:31:20.15	+00:09:49	5:44	10.4
137	SMYCZEK Joanna	758		40-49	137	00:00:34	00:13:13	00:30:26.55	00:31:01.05	+00:09:49	5:44	10.4
138	BONDARCZUK Sylwia	571	SZYBKIE ŻÓŁWIE	40-49	138	00:00:31	00:12:32	00:30:28.90	00:31:00.05	+00:09:51	5:45	10.4
139	CYWIŃSKA Elżbieta	679	ŚWIERCZYNIEC RUNNING	40-49	139	00:00:35	00:13:36	00:30:32.15	00:31:07.35	+00:09:55	5:45	10.4
140	HĄJZYK Eveline	1169	DECATHLON RYBNIK & PRZYJACIELE	40-49	140	00:00:00	00:12:40	00:30:33.65	00:30:34.55	+00:09:56	5:46	10.4
141	COFALIK Gabriela	1029	DECATHLON RYBNIK & PRZYJACIELE	40-49	141	00:00:11	00:12:29	00:30:34.05	00:30:45.45	+00:09:57	5:46	10.4
142	ZIĘTARA Agata	1045		40-49	142	00:00:22	00:13:07	00:30:35.70	00:30:58.25	+00:09:58	5:46	10.4
143	JĘDRZEJEWSKA Beata	212	WATAHA	40-49	143	00:00:36	00:13:15	00:30:35.70	00:31:11.85	+00:09:58	5:46	10.4
144	SŁUPIK Bożena	448		40-49	144	00:00:23	00:13:24	00:30:36.75	00:31:00.20	+00:09:59	5:46	10.4
145	BAJCAR Beata	611	KOBIETY NA 5+	40-49	145	00:00:08	00:12:34	00:30:37.45	00:30:46.35	+00:10:00	5:46	10.4
146	FOJCIK Asia	764	SBD ENERGETYK RYBNIK	40-49	146	00:00:40	00:13:05	00:30:40.50	00:31:20.65	+00:10:03	5:47	10.4
147	MAROSZEK Aleksandra	235		40-49	147	00:00:07	00:12:38	00:30:44.70	00:30:52.65	+00:10:07	5:48	10.3
148	GIEL Agata	1135		40-49	148	00:00:23	00:13:52	00:30:46.35	00:31:09.80	+00:10:09	5:48	10.3
149	SZTABLA Liliana	698		40-49	149	00:00:35	00:14:01	00:30:49.65	00:31:24.80	+00:10:12	5:48	10.3
150	DELEWSKA Dorota	1005	NIGHT RUNNERS ZĄBRZE	40-49	150	00:00:44	00:13:54	00:30:50.30	00:31:34.50	+00:10:13	5:49	10.3
151	CZAJKOWSKA-OCZADŁY Anna	703		40-49	151	00:00:34	00:14:01	00:30:50.65	00:31:24.95	+00:10:13	5:49	10.3
152	BETAŃSKA Aneta	292	KOBIETY NA 5+	40-49	152	00:00:21	00:13:04	00:30:53.10	00:31:14.65	+00:10:16	5:49	10.3
153	WESOŁY Agnieszka	18	MIECHOWICKA GRUPA BIEGOWA	40-49	153	00:00:51	00:13:57	00:30:53.50	00:31:44.65	+00:10:16	5:49	10.3
154	KĄŁUS Joanna	325		40-49	154	00:00:26	00:12:46	00:30:53.55	00:31:19.80	+00:10:16	5:49	10.3
155	ŁEPEK Bożena	172		40-49	155	00:00:19	00:13:18	00:30:58.30	00:31:18.05	+00:10:21	5:50	10.3
156	MAC Joann	1027		40-49	156	00:00:19	00:13:19	00:30:58.50	00:31:18.35	+00:10:21	5:50	10.3
157	BEM – POŹNIAK Iwona	757	MIECHOWICKA GRUPA BIEGOWA	40-49	157	00:00:51	00:14:15	00:31:03.30	00:31:54.55	+00:10:26	5:51	10.2
158	KOZOK Małgorzata	455	NESSI TEAM	40-49	158	00:00:10	00:12:58	00:31:03.90	00:31:14.50	+00:10:26	5:51	10.2
159	BIERZA Alina	273	FITOLKA	40-49	159	00:00:12	00:12:29	00:31:04.90	00:31:17.00	+00:10:27	5:51	10.2
160	PEPEK Aneta	490		40-49	160	00:00:16	00:13:09	00:31:11.60	00:31:28.05	+00:10:34	5:53	10.2
161	GABRUŚ Iwona	1056	PĘDZĄCE ŻÓŁWIE IMI	40-49	161	00:00:40	00:13:48	00:31:14.25	00:31:55.15	+00:10:37	5:53	10.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 5.3km	brutto 5.3km			
162	ROSGA Anna	1230		40-49	162	00:00:11	00:12:49	00:31:14.90	00:31:26.85	+00:10:37	5:53	10.2
163	BLANA Małgorzata	1260		40-49	163	00:00:11	00:12:50	00:31:14.95	00:31:26.90	+00:10:38	5:53	10.2
164	KOWAL Beata	598	MIECHOWICKA GRUPA BIEGOWA	40-49	164	00:00:50	00:14:10	00:31:16.05	00:32:06.60	+00:10:39	5:53	10.2
165	JAWORSKA Barbara	1232	BIELSZCZANKI BIEGAJĄ	40-49	165	00:00:31	00:13:10	00:31:17.90	00:31:49.00	+00:10:40	5:54	10.2
166	KASPRZYCKA -SZUBARSKA Katarzyna	708	OLZA CIESZYN	40-49	166	00:00:38	00:13:42	00:31:20.80	00:31:58.80	+00:10:43	5:54	10.1
167	ADAMUS Katarzyna	79	OLZA CIESZYN	40-49	167	00:00:37	00:13:42	00:31:21.50	00:31:59.25	+00:10:44	5:55	10.1
168	GÓRNY Jola	162	BB BIELSZCZANKI BIEGAJĄ	40-49	168	00:00:03	00:12:19	00:31:22.30	00:31:25.40	+00:10:45	5:55	10.1
169	KRZEMPEK Bogusława	80	UBS	40-49	169	00:00:18	00:13:18	00:31:23.35	00:31:42.20	+00:10:46	5:55	10.1
170	BURZYŃSKA Beata	422		40-49	170	00:00:17	00:13:09	00:31:33.30	00:31:51.00	+00:10:56	5:57	10.1
171	WOSIŃSKA Helena	954	RUNTEAM PAWŁOWICE	40-49	171	00:00:28	00:13:26	00:31:34.55	00:32:02.80	+00:10:57	5:57	10.1
172	NYKIEL Joanna	924		40-49	172	00:00:45	00:13:44	00:31:34.85	00:32:20.25	+00:10:57	5:57	10.1
173	KĘPKA Joanna	447	KOLONIE	40-49	173	00:00:20	00:13:09	00:31:37.75	00:31:57.90	+00:11:00	5:57	10.1
174	SZCZUKA Joanna	871	MIECHOWICKA GRUPA BIEGOWA	40-49	174	00:00:51	00:13:54	00:31:39.70	00:32:31.55	+00:11:02	5:58	10
175	MUSIOŁ Zuzanna	921	DYSTANS LUBOMIA	40-49	175	00:00:32	00:13:41	00:31:41.35	00:32:13.50	+00:11:04	5:58	10
176	ŻEBROWSKA Matylda	93	MORS HUBERTUS MYSŁOWICE	40-49	176	00:00:57	00:14:25	00:31:45.80	00:32:43.25	+00:11:08	5:59	10
177	GASZKA Sylwia	562		40-49	177	00:00:43	00:13:18	00:31:47.00	00:32:30.75	+00:11:10	5:59	10
178	PILCH Mirosława	1231		40-49	178	00:00:51	00:14:07	00:31:50.90	00:32:42.45	+00:11:13	6:00	10
179	GODZIC Magdalena	964		40-49	179	00:00:16	00:13:36	00:31:52.35	00:32:08.40	+00:11:15	6:00	10
180	KOZŁOWSKA Bożena	354		40-49	180	00:00:28	00:13:15	00:31:53.50	00:32:21.75	+00:11:16	6:00	10
181	WIŚNIEWSKA Mirella	441		40-49	181	00:00:18	00:13:26	00:31:54.45	00:32:13.15	+00:11:17	6:01	10
182	BAK-ŚCIERSKA Beata	514	NESSI TEAM	40-49	182	00:00:23	00:13:19	00:31:57.40	00:32:20.75	+00:11:20	6:01	10
183	PIECHOCZEK-NIEZGODA Lucyna	1171		40-49	183	00:00:36	00:13:59	00:31:58.45	00:32:35.25	+00:11:21	6:02	9.9
184	KMIECIK Izabela	844		40-49	184	00:00:14	00:13:01	00:32:02.15	00:32:16.25	+00:11:25	6:02	9.9
185	ROZMUS Ewa	383	POWOLI DO CELU	40-49	185	00:00:25	00:13:53	00:32:02.25	00:32:27.55	+00:11:25	6:02	9.9
186	WRÓBLEWSKA Joanna	1152		40-49	186	00:00:17	00:13:26	00:32:09.90	00:32:27.35	+00:11:32	6:04	9.9
187	ZACZYŃSKA-POZNIAK Jaroslawa	1126		40-49	187	00:00:35	00:13:57	00:32:11.60	00:32:46.85	+00:11:34	6:04	9.9
188	IMIOŁCZYK Izabela	737	MIECHOWICKA GRUPA BIEGOWA	40-49	188	00:00:50	00:14:09	00:32:12.75	00:33:03.05	+00:11:35	6:04	9.9
189	ZŁOCIAK Agnieszka	1216		40-49	189	00:00:25	00:13:38	00:32:13.80	00:32:39.75	+00:11:36	6:04	9.9
190	KUBAS Alina	905	KLUB BIEGACZA FARTLEK	40-49	190	00:00:35	00:14:01	00:32:15.50	00:32:51.35	+00:11:38	6:05	9.9
191	OLSZYNA Katarzyna	41		40-49	191	00:00:36		00:32:17.65	00:32:54.20	+00:11:40	6:05	9.8
192	GŁÓWCZYK Izabela	1294	KOBIETY NA 5+	40-49	192	00:00:39	00:14:24	00:32:19.35	00:32:59.30	+00:11:42	6:06	9.8
193	PAWEŁEK Barbara	1227		40-49	193	00:00:19	00:14:01	00:32:19.60	00:32:39.20	+00:11:42	6:06	9.8
194	JUCHA Monika	818		40-49	194	00:00:18	00:13:22	00:32:20.30	00:32:38.55	+00:11:43	6:06	9.8
195	KOTOWICZ Bernadetta	365		40-49	195	00:00:25	00:13:50	00:32:21.85	00:32:47.65	+00:11:44	6:06	9.8
196	SICZEK Małgorzata	424		40-49	196	00:00:25	00:13:50	00:32:21.85	00:32:47.75	+00:11:44	6:06	9.8
197	OLSZEWSKA Dorota	886	KOBIETY NA 5+	40-49	197	00:00:38	00:14:02	00:32:24.90	00:33:03.85	+00:11:47	6:06	9.8
198	PIECHACZEK Kinga	521		40-49	198	00:00:14	00:13:33	00:32:26.20	00:32:40.50	+00:11:49	6:07	9.8
199	JAROSIŃSKA Barbara	42		40-49	199	00:00:16	00:13:36	00:32:29.40	00:32:45.95	+00:11:52	6:07	9.8
200	MIKA Aneta	168	DECATHLON RYBNIK & PRZYJACIELE	40-49	200	00:00:55	00:14:02	00:32:31.15	00:33:26.90	+00:11:54	6:08	9.8
201	KORCZEWSKA Beata	634	MIECHOWICKA GRUPA BIEGOWA	40-49	201	00:00:50	00:14:15	00:32:32.65	00:33:23.00	+00:11:55	6:08	9.8
202	ROMBERG Agnieszka	177	MIECHOWICKA GRUPA BIEGOWA	40-49	202	00:00:50	00:14:12	00:32:32.90	00:33:23.55	+00:11:55	6:08	9.8
203	CZYRNEK Ewa	583	DECATHLON RYBNIK & PRZYJACIELE	40-49	203	00:00:55	00:14:24	00:32:38.60	00:33:34.05	+00:12:01	6:09	9.7
204	TROJAN Jolanta	595		40-49	204	00:00:09	00:13:57	00:32:42.10	00:32:51.85	+00:12:05	6:10	9.7
205	JANKOWSKA Bacia	784	WIRUSY	40-49	205	00:00:11	00:13:48	00:32:42.40	00:32:53.75	+00:12:05	6:10	9.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 5.3km	brutto 5.3km			
206	JASEK Wiola	541	WATAHA	40-49	206	00:00:35	00:13:44	00:32:43.20	00:33:18.45	+00:12:06	6:10	9.7
207	BARTNIK Joanna	231	STREET SPIRIT	40-49	207	00:00:29	00:14:07	00:32:43.45	00:33:12.90	+00:12:06	6:10	9.7
208	DUDEK KOMANIECKA Patrycja	621	DECATHLON RYBNIK &PRZYJACIELE	40-49	208	00:00:23	00:14:10	00:32:44.40	00:33:08.30	+00:12:07	6:10	9.7
209	BIAŁAS Joanna	1189	SPOT PSZCZYNA	40-49	209	00:00:15	00:13:41	00:33:06.20	00:33:21.70	+00:12:29	6:14	9.6
210	WOJDALSKA-ŚLEDZIŃSKA Agata	260	NESSI TEAM	40-49	210	00:00:26	00:14:11	00:33:06.70	00:33:33.40	+00:12:29	6:14	9.6
211	FRANKE Barbara	1028		40-49	211	00:00:22	00:13:18	00:33:10.50	00:33:32.95	+00:12:33	6:15	9.6
212	MATUĆ Aleksandra	324	MIECHOWICKA GRUPA BIEGOWA	40-49	212	00:00:50	00:14:15	00:33:11.50	00:34:02.05	+00:12:34	6:15	9.6
213	NOWAK Anna	536	OLZA CIESZYN	40-49	213	00:00:18	00:13:51	00:33:11.75	00:33:29.95	+00:12:34	6:15	9.6
214	GREGORCZYK Magdalena	556	STARY MŁYN MIKOŁÓW	40-49	214	00:00:14	00:13:09	00:33:12.85	00:33:27.15	+00:12:35	6:16	9.6
215	DOBOSZ Katarzyna	881	MIECHOWICKA GRUPABIEGOWA	40-49	215	00:00:47	00:14:41	00:33:14.55	00:34:02.25	+00:12:37	6:16	9.6
216	LAKSA Marlena	731	MIECHOWICKA GRUPA BIEGOWA	40-49	216	00:00:53	00:14:12	00:33:17.80	00:34:11.30	+00:12:40	6:16	9.5
217	LIDUK Violetta	873		40-49	217	00:00:12	00:13:12	00:33:19.00	00:33:31.25	+00:12:42	6:17	9.5
218	ŚLEBODA Bożena	485	MIECHOWICKA GRUPA BIEGOWA	40-49	218	00:00:46	00:14:17	00:33:24.50	00:34:10.70	+00:12:47	6:18	9.5
219	ROLA Agnieszka	1177		40-49	219	00:00:39	00:14:12	00:33:26.60	00:34:05.80	+00:12:49	6:18	9.5
220	BOŻEK Dagmara	335		40-49	220	00:00:19	00:13:31	00:33:37.90	00:33:57.75	+00:13:00	6:20	9.5
221	KMIECIAK Grażyna	852		40-49	221	00:00:32	00:13:35	00:33:42.40	00:34:14.80	+00:13:05	6:21	9.4
222	PUDA Dorota	694		40-49	222	00:00:34	00:14:23	00:33:45.05	00:34:19.55	+00:13:08	6:22	9.4
223	MICHALIK Małgorzata	577	MIECHOWICKA GRUPA BIEGOWA	40-49	223	00:00:48	00:15:23	00:33:45.20	00:34:33.55	+00:13:08	6:22	9.4
224	JORDAN Monika	224		40-49	224	00:00:12	00:13:41	00:33:46.30	00:33:58.65	+00:13:09	6:22	9.4
225	PETRYKOWSKA Elżbieta	353		40-49	225	00:00:09	00:13:33	00:33:47.60	00:33:57.30	+00:13:10	6:22	9.4
226	PICH Janeta	726		40-49	226	00:00:27	00:14:43	00:33:51.05	00:34:18.85	+00:13:14	6:23	9.4
227	WYLOTEK Barbara	1249		40-49	227	00:00:37	00:14:03	00:33:53.20	00:34:31.05	+00:13:16	6:23	9.4
228	DZIĘCIELEWSKA Sylwia	436	BYLE DO METY	40-49	228	00:00:48	00:14:33	00:33:54.95	00:34:43.80	+00:13:18	6:23	9.4
229	MYŚLIWIEC Monika	110	KOBIETY NA 5+	40-49	229	00:00:09	00:14:27	00:33:57.30	00:34:06.45	+00:13:20	6:24	9.4
230	SZEFER Sylwia	123		40-49	230	00:00:05	00:13:41	00:33:58.75	00:34:04.40	+00:13:21	6:24	9.4
231	STEFANIAK Justyna	319	POGORIA BIEGA	40-49	231	00:00:37	00:14:28	00:33:59.35	00:34:36.65	+00:13:22	6:24	9.4
232	WRÓBEL Katarzyna	965	DYCZUŚ TEAM	40-49	232	00:00:15	00:14:41	00:34:03.25	00:34:18.40	+00:13:26	6:25	9.3
233	KANIA Bożena	407	50 LAT SP5	40-49	233	00:00:09	00:13:42	00:34:03.90	00:34:13.55	+00:13:26	6:25	9.3
234	KACZOREK Anna	936	HRMAX	40-49	234	00:00:39	00:14:45	00:34:07.00	00:34:46.80	+00:13:30	6:26	9.3
235	BASEK Marta	1205	HRMAX ŻORY	40-49	235	00:00:38	00:14:45	00:34:08.00	00:34:46.65	+00:13:31	6:26	9.3
236	TOMAN Aneta	527	HRMAX ŻORY	40-49	236	00:00:38	00:14:45	00:34:08.25	00:34:47.20	+00:13:31	6:26	9.3
237	KĄŁUS Ewa	404	HRMAX ŻORY	40-49	237	00:00:38	00:14:45	00:34:08.45	00:34:46.85	+00:13:31	6:26	9.3
238	BUGLA Weronika	928	DYSTANS CLUB LUBOMIA	40-49	238	00:00:32	00:14:33	00:34:11.20	00:34:43.90	+00:13:34	6:26	9.3
239	KUCZERA-JARGOT Aldona	549		40-49	239	00:00:10	00:14:04	00:34:16.35	00:34:26.60	+00:13:39	6:27	9.3
240	DOBOSZ Ilona	114		40-49	240	00:00:10	00:14:04	00:34:17.70	00:34:28.55	+00:13:40	6:28	9.3
241	PAWLIK Małgorzata	520		40-49	241	00:00:46	00:14:36	00:34:21.95	00:35:08.65	+00:13:45	6:29	9.3
242	SURY-WOLNIEWICZ Kamila	417	KOBIETY NA 5+	40-49	242	00:00:06	00:13:51	00:34:25.75	00:34:32.60	+00:13:48	6:29	9.2
243	SZPYRA Sonia	188		40-49	243	00:00:05	00:13:58	00:34:28.35	00:34:33.85	+00:13:51	6:30	9.2
244	JACAK Marta	482		40-49	244	00:00:26	00:14:13	00:34:30.10	00:34:56.85	+00:13:53	6:30	9.2
245	SŁUPECKA Beata	476	KOBIETY NA 5+	40-49	245	00:00:21	00:14:26	00:34:34.65	00:34:56.60	+00:13:57	6:31	9.2
246	HABER Kasia	1113	MIECHOWICKA GRUPA BIEGOWA	40-49	246	00:00:48	00:14:55	00:34:35.30	00:35:24.20	+00:13:58	6:31	9.2
247	SOKÓŁ-OLEŚ Ewelina	78		40-49	247	00:00:28	00:14:36	00:34:40.35	00:35:08.40	+00:14:03	6:32	9.2
248	PRZYBYŁA Violetta	150	NESSI TEAM	40-49	248	00:00:21	00:14:23	00:34:43.10	00:35:04.10	+00:14:06	6:33	9.2
249	BIERNAT Agnieszka	1067		40-49	249	00:00:48	00:14:35	00:34:49.45	00:35:38.40	+00:14:12	6:34	9.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
								5.3km	5.3km			
250	HEKIERT Wioleta	40	MIECHOWICKA GRUPA BIEGOWA	40-49	250	00:00:48	00:15:17	00:34:52.20	00:35:41.05	+00:14:15	6:34	9.1
251	BAŁA Justyna	245	KOBIETY NA 5+	40-49	251	00:00:39	00:14:52	00:34:56.60	00:35:35.90	+00:14:19	6:35	9.1
252	NAWROCKA Agnieszka	599		40-49	252	00:00:42	00:14:43	00:34:57.05	00:35:39.95	+00:14:20	6:35	9.1
253	RAKSZAWA Izabela	66		40-49	253	00:00:09	00:13:49	00:35:03.05	00:35:12.30	+00:14:26	6:36	9.1
254	KONIECZNA Marzena	488	OLZA CIESZYN	40-49	254	00:00:17	00:14:12	00:35:05.75	00:35:23.05	+00:14:28	6:37	9.1
255	NYSZTAL Izabela	57		40-49	255	00:00:24	00:15:04	00:35:09.20	00:35:33.75	+00:14:32	6:37	9
256	BRODA Beata	663		40-49	256	00:00:57	00:14:42	00:35:09.70	00:36:06.75	+00:14:32	6:37	9
257	ADAMCZAK Renata	637		40-49	257	00:00:19	00:14:22	00:35:14.15	00:35:33.90	+00:14:37	6:38	9
258	POCHWYT Ines	269		40-49	258	00:00:37	00:14:37	00:35:25.00	00:36:02.35	+00:14:48	6:40	9
259	OLEARCZYK Joanna	814	FRELKI	40-49	259	00:00:49	00:14:59	00:35:25.20	00:36:14.40	+00:14:48	6:40	9
260	KOZDĘBA Katarzyna	97		40-49	260	00:00:29	00:13:58	00:35:25.35	00:35:54.80	+00:14:48	6:40	9
261	PODESZWA Barbara	154	KOLONIE	40-49	261	00:00:21	00:14:21	00:35:28.20	00:35:49.55	+00:14:51	6:41	9
262	ZMUDA Wioleta	807	KS M. E.T.A	40-49	262	00:00:26	00:14:11	00:35:31.60	00:35:58.20	+00:14:54	6:42	8.9
263	BLOCH Katarzyna	933	MIECHOWICKA GRUPA BIEGOWA	40-49	263	00:00:53	00:15:30	00:35:36.35	00:36:30.00	+00:14:59	6:43	8.9
264	PANEK Sylwia	515	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	40-49	264	00:00:12	00:14:55	00:35:51.20	00:36:04.15	+00:15:14	6:46	8.9
265	KROWIAK Agata	263	FARTLEK	40-49	265	00:00:22	00:14:49	00:36:00.25	00:36:23.15	+00:15:23	6:47	8.8
266	PILCH Agnieszka	1299	CZARNE FIT	40-49	266	00:00:42	00:14:36	00:36:04.40	00:36:46.65	+00:15:27	6:48	8.8
267	SZEWCUK Agnieszka	64		40-49	267	00:00:46	00:14:38	00:36:11.10	00:36:57.75	+00:15:34	6:49	8.8
268	SOSZ Ania	454		40-49	268	00:00:18	00:15:18	00:36:26.35	00:36:44.45	+00:15:49	6:52	8.7
269	KRÓL Magdalena	30		40-49	269	00:00:19	00:15:15	00:36:28.70	00:36:48.00	+00:15:51	6:53	8.7
270	DYNIA Magdalena	870		40-49	270	00:00:46	00:15:10	00:36:29.75	00:37:16.25	+00:15:52	6:53	8.7
271	PINGIELSKA Małgorzata	71	RADLINIOKI W BIEGU	40-49	271	00:00:29	00:14:58	00:36:33.75	00:37:03.30	+00:15:56	6:53	8.7
272	ŻOŁĄDEK Beata	128		40-49	272	00:00:12	00:15:29	00:36:35.95	00:36:48.20	+00:15:59	6:54	8.7
273	SERAFIN-CHWAEK Joanna	841	KOBIETY NA 5+	40-49	273	00:00:29	00:15:38	00:36:42.20	00:37:11.30	+00:16:05	6:55	8.7
274	MARUSZCZAK Justyna	232	MIECHOWICKA GRUPA BIEGOWA	40-49	274	00:00:52	00:15:25	00:36:51.65	00:37:44.45	+00:16:14	6:57	8.6
275	ŚWIDER Anna	1272		40-49	275	00:00:47	00:15:54	00:36:52.75	00:37:40.65	+00:16:15	6:57	8.6
276	STYRNOL Beata	386		40-49	276	00:00:37	00:15:49	00:37:01.25	00:37:38.90	+00:16:24	6:59	8.6
277	JANCZURA Marzena	259		40-49	277	00:00:36	00:15:51	00:37:03.00	00:37:39.15	+00:16:26	6:59	8.6
278	KLIMA Agnieszka	331	AMATOR	40-49	278	00:00:36	00:15:50	00:37:03.05	00:37:39.05	+00:16:26	6:59	8.6
279	SAWICKA Agnieszka	318	KLUB BIEGACZA FARTLEK	40-49	279	00:00:35	00:15:22	00:37:10.70	00:37:46.10	+00:16:33	7:00	8.6
280	JAROSZ Jolanta	210	MORS HUBERTUS MYSŁOWICE	40-49	280	00:00:53	00:16:00	00:37:12.90	00:38:06.75	+00:16:35	7:01	8.5
281	KACZKIEWICZ Agnieszka	31	NIGHT RUNNERS GLIWICE	40-49	281	00:00:13	00:15:05	00:37:17.30	00:37:30.45	+00:16:40	7:02	8.5
282	GRINIG Mirela	513		40-49	282	00:00:13	00:15:54	00:37:28.05	00:37:41.20	+00:16:51	7:04	8.5
283	NOWAK Ewelina	778	KOBIETY NA 5+	40-49	283	00:00:24	00:14:29	00:37:29.45	00:37:54.30	+00:16:52	7:04	8.5
284	KUBIAK Celina	306		40-49	284	00:00:39	00:15:34	00:37:41.20	00:38:20.70	+00:17:04	7:06	8.4
285	CHOMICKA Dorota	925	BIELSZCZANKI BIEGAJĄ	40-49	285	00:00:28	00:16:24	00:37:41.90	00:38:10.85	+00:17:04	7:06	8.4
286	LORENZ Wioletta	816	BIELSZCZANKI BIEGAJĄ	40-49	286	00:00:28	00:16:22	00:37:42.30	00:38:10.75	+00:17:05	7:06	8.4
287	KUDASZEWICZ DUDA Sylwia	849	MIECHOWICKA GRUPA BIEGOWA	40-49	287	00:00:41	00:16:01	00:37:43.85	00:38:25.55	+00:17:06	7:07	8.4
288	NALEPKA Katarzyna	1240	MIECHOWICKA GRUPA BIEGOWA	40-49	288	00:00:54	00:16:04	00:37:45.25	00:38:39.75	+00:17:08	7:07	8.4
289	PELACZYK Wioletta	140	KOBIETY NA 5+	40-49	289	00:00:21	00:15:00	00:37:46.60	00:38:08.25	+00:17:09	7:07	8.4
290	ZALEWSKA Barbara	47	KOBIETY 5+	40-49	290	00:00:22	00:15:34	00:37:46.65	00:38:08.65	+00:17:09	7:07	8.4
291	KAJTOCH Ewa	452	DECATHLON I PRZYJACIELE	40-49	291	00:00:00		00:38:12.00	00:38:12.00	+00:17:35	7:12	8.3
292	WISEŁKA Lucyna	310	RADLINIOKI W BIEGU	40-49	292	00:00:45	00:16:14	00:38:22.35	00:39:07.85	+00:17:45	7:14	8.3
293	JAROS Katarzyna	197		40-49	293	00:00:56	00:16:20	00:38:29.30	00:39:25.85	+00:17:52	7:15	8.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 5.3km	brutto 5.3km			
294	ŻYWICA Dorota	1156	ADS MASNA	40-49	294	00:00:08	00:15:55	00:38:39.65	00:38:48.30	+00:18:02	7:17	8.2
295	ZIEJA Iza	1133		40-49	295	00:00:55	00:15:48	00:38:47.25	00:39:43.00	+00:18:10	7:19	8.2
296	FRYSZTACKA Barbara	701		40-49	296	00:00:56	00:15:41	00:38:47.75	00:39:44.60	+00:18:10	7:19	8.2
297	ŁASTÓWKA Marzena	1079	KOBIETY NA 5+	40-49	297	00:00:31	00:16:16	00:38:59.50	00:39:31.05	+00:18:22	7:21	8.2
298	PRASAK Sabina	311	POGORIA BIEGA	40-49	298	00:00:50	00:16:37	00:39:08.30	00:39:59.25	+00:18:31	7:23	8.1
299	MALCZAK Beata	1209		40-49	299	00:00:11	00:16:22	00:39:19.10	00:39:30.65	+00:18:42	7:25	8.1
300	PŁUCHOWSKA Grażyna	890	BIELSZCZANKI BIEGAJĄ	40-49	300	00:00:15	00:15:37	00:39:29.05	00:39:45.00	+00:18:52	7:27	8.1
301	BEDNARZ Anna	285	BIEGAM BO LUBIĘ	40-49	301	00:00:39	00:15:34	00:39:34.50	00:40:13.80	+00:18:57	7:27	8
302	FOŁDA Anita	836	KOLONIE	40-49	302	00:00:36	00:16:56	00:39:54.20	00:40:30.75	+00:19:17	7:31	8
303	SPYRKA Małgorzata	846		40-49	303	00:00:19	00:16:54	00:39:59.75	00:40:19.00	+00:19:22	7:32	8
304	SZCZUCHNIAK Adriana	823		40-49	304	00:00:38	00:16:18	00:40:00.60	00:40:39.15	+00:19:23	7:33	7.9
305	STAŚKIEWICZ Monika	49		40-49	305	00:00:06	00:16:31	00:40:01.35	00:40:07.90	+00:19:24	7:33	7.9
306	KUNERT Katarzyna	402	KOLONIE	40-49	306	00:00:36	00:17:19	00:40:06.70	00:40:43.25	+00:19:29	7:34	7.9
307	BRZANA Anna	254	KOLONIE	40-49	307	00:00:36	00:16:56	00:40:06.80	00:40:43.15	+00:19:29	7:34	7.9
308	WELET Marzena	672		40-49	308	00:00:22	00:15:46	00:40:09.45	00:40:31.65	+00:19:32	7:34	7.9
309	PROCNER Dorota	658		40-49	309	00:00:21	00:15:53	00:40:09.75	00:40:31.55	+00:19:32	7:34	7.9
310	WOŹNIAK Anna	829		40-49	310	00:00:45	00:17:23	00:40:11.25	00:40:56.25	+00:19:34	7:34	7.9
311	SZATANIK Iwona	573	OLZA CIESZYN	40-49	311	00:00:48	00:16:56	00:40:11.30	00:40:59.55	+00:19:34	7:34	7.9
312	DĄBROWSKA Sylwia	1256		40-49	312	00:00:28	00:16:40	00:40:32.00	00:41:00.10	+00:19:55	7:38	7.8
313	ŁUCARZ Anna	121	NESSI TEAM	40-49	313	00:00:31	00:16:46	00:40:38.85	00:41:10.25	+00:20:01	7:40	7.8
314	JURCZYK Danuta	553	STUDIO ENERGIA FITNESS RYBNIK	40-49	314	00:00:00	00:17:10	00:40:48.00	00:40:48.00	+00:20:11	7:41	7.8
315	SZYMANEK Karina	722		40-49	315	00:00:37	00:17:25	00:40:57.85	00:41:35.70	+00:20:20	7:43	7.8
316	NOWAKOWSKA Joanna	372		40-49	316	00:00:28	00:16:40	00:40:58.30	00:41:26.85	+00:20:21	7:43	7.8
317	MAZUR Małgorzata	801	KOBIETY NA 5+	40-49	317	00:00:22	00:16:08	00:41:08.60	00:41:31.45	+00:20:31	7:45	7.7
318	SŁOTA Justyna	332	MIECHOWICKA GRUPA BIEGOWA	40-49	318	00:00:53	00:16:27	00:41:14.60	00:42:07.85	+00:20:37	7:46	7.7
319	CZARNECKA Małgorzata	75	MIECHOWICKA GRUPA BIEGOWA	40-49	319	00:00:47	00:16:22	00:41:20.70	00:42:07.95	+00:20:43	7:47	7.7
320	PISAREK Dorota	805		40-49	320	00:00:18	00:17:13	00:41:22.60	00:41:41.30	+00:20:45	7:48	7.7
321	LEKSTON Ewa	298		40-49	321	00:00:24	00:16:43	00:41:27.45	00:41:51.70	+00:20:50	7:49	7.7
322	ARENDARCZYK Anna	559	BIELSZCZANKI BIEGAJĄ	40-49	322	00:00:56	00:17:11	00:42:09.85	00:43:05.85	+00:21:32	7:57	7.5
323	MALINOWSKA Justyna	1222	KOLONIE	40-49	323	00:00:37	00:17:22	00:42:15.65	00:42:52.80	+00:21:38	7:58	7.5
324	SKOCZYKŁODA Iwona	290	KOLONIE	40-49	324	00:00:35	00:17:25	00:42:16.80	00:42:52.75	+00:21:39	7:58	7.5
325	GAJDA Aleksandra	477		40-49	325	00:00:33	00:17:50	00:42:24.10	00:42:57.50	+00:21:47	8:00	7.5
326	LORENZ Iwona	1302		40-49	326	00:00:18	00:16:56	00:42:43.55	00:43:01.80	+00:22:06	8:03	7.4
327	DUBIEL Joanna	651	DUBIEL CLUB	40-49	327	00:00:52	00:18:16	00:43:06.85	00:43:59.10	+00:22:29	8:08	7.4
328	SITARSKA Agnieszka	493	WATAHA	40-49	328	00:00:45	00:18:37	00:43:17.20	00:44:02.45	+00:22:40	8:10	7.3
329	GUZENDA Ewa	771		40-49	329	00:02:34	00:19:36	00:43:36.80	00:46:11.20	+00:22:59	8:13	7.3
330	WOJTAL Danka	770		40-49	330	00:00:58	00:17:41	00:43:48.15	00:44:46.60	+00:23:11	8:15	7.3
331	DANIKIEWICZ Wioletta	937	ROZBIEGAMY TO MIASTO - CZECHOWICE-DZIEDZICE	40-49	331	00:00:53	00:18:43	00:44:01.05	00:44:54.40	+00:23:24	8:18	7.2
332	ŚLEDŹ Anna	563	SZARE MORSY	40-49	332	00:00:41	00:18:54	00:44:50.85	00:45:32.35	+00:24:13	8:27	7.1
333	WOLNIK Ewelina	623		40-49	333	00:00:10	00:18:01	00:44:56.50	00:45:07.15	+00:24:19	8:28	7.1
334	DOMINIAK Monika	201		40-49	334	00:00:41	00:18:58	00:45:05.80	00:45:47.75	+00:24:28	8:30	7.1
335	DZIENDZIEL Renata	1087	FABRYKA FORMY ŻORY	40-49	335	00:02:36	00:20:26	00:45:25.90	00:48:02.30	+00:24:48	8:34	7
336	KROCHMALSKA Jadwiga	813	MIECHOWICKA GRUPA BIEGOWA	40-49	336	00:00:55	00:18:58	00:45:31.60	00:46:26.70	+00:24:54	8:35	7
337	BAGIŃSKA Beata	665		40-49	337	00:00:30	00:18:40	00:46:36.30	00:47:06.65	+00:25:59	8:47	6.8



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
338	<b>FERENC Sonia</b>	<b>1054</b>		40-49	338	00:02:38	00:21:30	<b>00:50:31.95</b>	<b>00:53:10.25</b>	+00:29:55	9:32	6.3

Znaleziono 338 wynik(ów)