



## 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: Najlepsza Jastrzębianka

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	SUWAJ Aneta	1	AZS-AWF KATOWICE/ALPINSPOORT TEAM	30-39	2	00:00:00	00:08:34	00:19:15.10	00:19:15.85		3:37	16.5
2	KANCLERZ-JANUSZEWSKA Katarzyna	676	KOBIETY NA 5+	50-59	1	00:00:01	00:09:07	00:21:06.90	00:21:08.30	+00:01:51	3:59	15.1
3	RYBICA Eliza	845	KRYTA PŁYWALNIA LAGUNA	30-39	13	00:00:01	00:09:31	00:23:02.75	00:23:04.20	+00:03:47	4:20	13.8
4	PIWISZKIS Barbara	149	KOBIETY NA 5+	30-39	15	00:00:02	00:09:39	00:23:32.55	00:23:34.55	+00:04:17	4:26	13.5
5	LEGIERSKA Natalia	972	KB MOSIR JASTRZĘBIE	30-39	16	00:00:01	00:10:24	00:23:39.00	00:23:40.50	+00:04:23	4:27	13.4
6	KWAPISZ-BONUSIAK Dorota	456		30-39	18	00:00:04	00:10:29	00:24:00.65	00:24:05.60	+00:04:45	4:31	13.2
7	LERCH Bożena	740	RUNTEAM PAWŁOWICE	30-39	21	00:00:04	00:10:23	00:24:11.85	00:24:16.35	+00:04:56	4:33	13.1
8	STANULA Karolina	958	ŻORY	40-49	14	00:00:08	00:10:50	00:24:24.30	00:24:32.70	+00:05:09	4:36	13
9	BORKOWSKA Paulina	830		30-39	30	00:00:04	00:10:38	00:24:52.65	00:24:57.20	+00:05:37	4:41	12.8
10	NIESŁAŃCZYK Małgorzata	161		40-49	18	00:00:02	00:10:30	00:25:06.65	00:25:09.55	+00:05:51	4:44	12.7
11	KUŁAKOWSKA Patrycja	108		20-29	11	00:00:03	00:10:28	00:25:07.85	00:25:10.95	+00:05:52	4:44	12.7
12	DOMIN-ZBYL Agnieszka	1035		40-49	21	00:00:04	00:10:38	00:25:22.50	00:25:27.00	+00:06:07	4:47	12.5
13	PASŁAWSKA Katarzyna	105	KOBIETY NA 5 +	40-49	22	00:00:03	00:10:44	00:25:23.50	00:25:27.35	+00:06:08	4:47	12.5
14	GORZELAK Joanna	753	KOBIETY NA 5+	30-39	37	00:00:06	00:10:48	00:25:24.00	00:25:30.60	+00:06:08	4:47	12.5
15	LEDNIEWSKA Weronika	1103		16-19	4	00:00:06	00:10:41	00:25:31.85	00:25:38.50	+00:06:16	4:49	12.5
16	LORENZ Agnieszka	994	GALOPUJĄCE ŚLIMAKI	40-49	31	00:00:07	00:10:53	00:25:52.35	00:25:59.45	+00:06:37	4:52	12.3
17	GNAŚ Anna	116	KOBIETY NA 5+	30-39	47	00:00:03	00:10:57	00:26:21.00	00:26:24.85	+00:07:05	4:58	12.1
18	LERCH Ewa	833	RUNTEAM PAWŁOWICE	20-29	19	00:00:10	00:11:12	00:26:24.50	00:26:35.05	+00:07:09	4:59	12
19	GARUS Magdalena	904		40-49	44	00:00:01	00:11:05	00:26:26.50	00:26:28.45	+00:07:11	4:59	12
20	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	+00:07:38	5:04	11.8
21	GÓRA Marta	496		30-39	60	00:00:05	00:11:12	00:27:00.00	00:27:05.10	+00:07:44	5:05	11.8
22	PYTEL Renata	960		50-59	10	00:00:05	00:11:10	00:27:10.05	00:27:15.30	+00:07:54	5:07	11.7
23	GWIZDAŁA Joanna	23		30-39	65	00:00:26	00:12:07	00:27:10.65	00:27:37.05	+00:07:55	5:07	11.7
24	BRODA Katarzyna	379		40-49	59	00:00:06	00:11:14	00:27:22.75	00:27:29.35	+00:08:07	5:10	11.6
25	SAGAN Izabela	1298	BANK SPÓŁDZIELCZY	40-49	60	00:00:23	00:11:31	00:27:25.10	00:27:48.85	+00:08:10	5:10	11.6
26	BURDZIK Katarzyna	355		20-29	25	00:00:00	00:12:13	00:27:25.75	00:27:25.75	+00:08:10	5:10	11.6
27	SPYRKA Monika	187	KLUB BIEGACZA FARTLEK	20-29	26	00:00:09	00:11:24	00:27:30.65	00:27:40.15	+00:08:15	5:11	11.6
28	SŁODZIŃSKA Magdalena	699		20-29	27	00:00:10	00:11:17	00:27:31.85	00:27:42.40	+00:08:16	5:11	11.5
29	RAŻNIAK Beatka	280	KOBIETY NA 5+	40-49	63	00:00:04	00:11:55	00:27:40.80	00:27:45.55	+00:08:25	5:13	11.5

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
30	SITKO Dagmara	793		30-39	77	00:00:29	00:11:56	00:28:01.50	00:28:31.05	+00:08:46	5:17	11.3
31	NALEWAJKA Wioleta	181	KOBIETY NA 5+	40-49	72	00:00:07	00:11:08	00:28:03.55	00:28:10.75	+00:08:48	5:17	11.3
32	KIEŁKOWSKA Agnieszka	570	KOBIETY NA 5+	40-49	73	00:00:22	00:11:56	00:28:03.70	00:28:26.50	+00:08:48	5:17	11.3
33	KUŁAKOWSKA- ZAGÓRSKA Justyna	662		30-39	78	00:00:12	00:12:14	00:28:05.95	00:28:18.10	+00:08:50	5:18	11.3
34	KUTYŁA Agnieszka	686		30-39	79	00:00:11	00:12:15	00:28:06.05	00:28:17.90	+00:08:50	5:18	11.3
35	PORĘBSKA Karolina	1148	KOBIETY NA 5+	20-29	29	00:00:03	00:11:14	00:28:06.95	00:28:10.55	+00:08:51	5:18	11.3
36	MROZEK Aleksandra	1117		20-29	31	00:00:33	00:11:55	00:28:11.55	00:28:45.40	+00:08:56	5:19	11.3
37	OŚLIZŁO Justyna	1210		30-39	81	00:00:34	00:12:35	00:28:34.75	00:29:09.15	+00:09:19	5:23	11.1
38	GRABARCZYK-TIERIENTIEW Agnieszka	675		30-39	83	00:00:23	00:12:41	00:28:38.15	00:29:01.90	+00:09:23	5:24	11.1
39	DĄBROWSKA Emilia	147		40-49	87	00:00:14	00:12:04	00:28:40.10	00:28:54.80	+00:09:25	5:24	11.1
40	JĘDRYKA Patrycja	1238		30-39	87	00:00:07	00:11:35	00:28:42.75	00:28:50.05	+00:09:27	5:25	11.1
41	ZIELIŃSKA Karolina	747		20-29	33	00:00:07	00:12:19	00:28:43.55	00:28:51.50	+00:09:28	5:25	11.1
42	MUSIAŁ Maria	877		50-59	14	00:00:24	00:12:35	00:28:45.55	00:29:10.30	+00:09:30	5:25	11.1
43	POŁEDNIOK Aleksandra	249		30-39	91	00:00:04	00:11:31	00:28:48.60	00:28:53.55	+00:09:33	5:26	11
44	MIŚKOWIEC Agnieszka	51	KB FARTLEK	40-49	91	00:00:11	00:11:59	00:28:52.55	00:29:04.00	+00:09:37	5:26	11
45	KAMIŃSKA Natalia	155		20-29	34	00:00:45	00:12:38	00:28:53.35	00:29:39.10	+00:09:38	5:27	11
46	PŁASKA Barbara	170	KOBIETY NA 5+	40-49	94	00:00:06	00:11:36	00:28:56.95	00:29:03.50	+00:09:41	5:27	11
47	SZENDERA-ORSZULIK Zofia	579		30-39	95	00:00:05	00:12:23	00:28:57.30	00:29:02.45	+00:09:42	5:27	11
48	BIELA Małgorzata	993	KOBIETY NA 5+	40-49	98	00:00:23	00:12:21	00:29:09.45	00:29:33.05	+00:09:54	5:30	10.9
49	NIEDZIELA Barbara	854	50 LAT SP5	30-39	100	00:00:09	00:12:24	00:29:16.30	00:29:26.15	+00:10:01	5:31	10.9
50	WRUCHA Sylwia	1228		40-49	104	00:00:29	00:13:03	00:29:17.85	00:29:47.55	+00:10:02	5:31	10.9
51	JAKUBIK Edyta	19		30-39	102	00:00:40	00:12:21	00:29:20.20	00:30:00.60	+00:10:05	5:32	10.8
52	BEDKA Daria	510		30-39	103	00:00:08	00:12:25	00:29:20.55	00:29:28.90	+00:10:05	5:32	10.8
53	WIĘSEK Judyta	1030	GWARKOWE DZIEWCZYNY	30-39	104	00:00:08	00:12:25	00:29:20.90	00:29:29.50	+00:10:05	5:32	10.8
54	HETMANIOK Agnieszka	289		20-29	40	00:00:29	00:12:54	00:29:23.70	00:29:52.85	+00:10:08	5:32	10.8
55	LISZOK Iwona	192		30-39	106	00:00:13	00:12:22	00:29:25.40	00:29:39.15	+00:10:10	5:33	10.8
56	NIEŚLAŃCZYK Barbara	1186	BZIEGACZE	30-39	111	00:00:14	00:12:24	00:29:40.45	00:29:55.15	+00:10:25	5:36	10.7
57	KOBA Natalia	526		20-29	45	00:00:32	00:12:56	00:29:58.15	00:30:30.15	+00:10:43	5:39	10.6
58	SZYNAL-BENSZ Magdalena	962		30-39	121	00:00:15	00:12:21	00:29:59.40	00:30:14.70	+00:10:44	5:39	10.6
59	OSTROWSKA Izabela	122	KOBIETY NA 5+	40-49	120	00:00:23	00:12:11	00:30:05.10	00:30:28.45	+00:10:50	5:40	10.6
60	RANSZ Beata	872		40-49	124	00:00:03	00:12:23	00:30:10.80	00:30:14.55	+00:10:55	5:41	10.5
61	WALA Anna	314		30-39	129	00:00:27	00:12:57	00:30:12.00	00:30:39.75	+00:10:56	5:41	10.5
62	PRÓSZYŃSKA Agnieszka	968		30-39	130	00:00:25	00:13:02	00:30:12.60	00:30:38.15	+00:10:57	5:42	10.5
63	SKOTNICKA Urszula	524		50-59	20	00:00:10	00:12:14	00:30:17.30	00:30:27.65	+00:11:02	5:42	10.5
64	GIŻYŃSKA Katarzyna	620	KOBIETY NA 5+	30-39	135	00:00:09	00:12:33	00:30:20.15	00:30:29.85	+00:11:05	5:43	10.5
65	STOPYRA Agnieszka	497		40-49	131	00:00:16	00:13:18	00:30:20.25	00:30:36.25	+00:11:05	5:43	10.5
66	PIETROSZEK Władysława	270		40-49	132	00:00:05	00:12:24	00:30:20.70	00:30:26.65	+00:11:05	5:43	10.5
67	GAJDA Magdalena	538	50 LAT SP5	20-29	49	00:00:23	00:13:32	00:30:21.90	00:30:45.75	+00:11:06	5:43	10.5
68	FECZKO Lucyna	700		40-49	134	00:00:16	00:13:08	00:30:25.05	00:30:41.20	+00:11:09	5:44	10.5
69	IDZIKOWSKA Elżbieta	1241		40-49	136	00:00:53	00:13:05	00:30:26.40	00:31:20.15	+00:11:11	5:44	10.4
70	ZIĘTARA Agata	1045		40-49	142	00:00:22	00:13:07	00:30:35.70	00:30:58.25	+00:11:20	5:46	10.4
71	JĘDRZEJEWSKA Beata	212	WATAHA	40-49	143	00:00:36	00:13:15	00:30:35.70	00:31:11.85	+00:11:20	5:46	10.4
72	JAKACKA Agata	351		20-29	52	00:00:35	00:14:33	00:30:36.35	00:31:11.80	+00:11:21	5:46	10.4
73	SZTABLA Liliana	698		40-49	149	00:00:35	00:14:01	00:30:49.65	00:31:24.80	+00:11:34	5:48	10.3

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	GAŃKO Grażyna	1286		50-59	23	00:00:17	00:13:21	00:30:51.75	00:31:09.20	+00:11:36	5:49	10.3
75	BETAŃSKA Aneta	292	KOBIETY NA 5+	40-49	152	00:00:21	00:13:04	00:30:53.10	00:31:14.65	+00:11:38	5:49	10.3
76	BARAN Irena	445	SZARE MORSY	50-59	25	00:00:20	00:13:00	00:31:03.45	00:31:24.00	+00:11:48	5:51	10.2
77	WANIEK Justyna	540		20-29	59	00:00:52	00:13:59	00:31:03.95	00:31:56.40	+00:11:48	5:51	10.2
78	PEPEK Aneta	490		40-49	160	00:00:16	00:13:09	00:31:11.60	00:31:28.05	+00:11:56	5:53	10.2
79	RUSEK Aleksandra	991		20-29	64	00:00:41	00:13:54	00:31:17.90	00:31:59.35	+00:12:02	5:54	10.2
80	JĘDRZEJAK Małgorzata	932		20-29	65	00:00:53	00:13:58	00:31:20.05	00:32:13.10	+00:12:04	5:54	10.1
81	WACHTARCZYK Dominika	581		20-29	66	00:00:34	00:14:24	00:31:22.70	00:31:56.95	+00:12:07	5:55	10.1
82	WIRTH Agnieszka	863		30-39	162	00:00:22	00:13:45	00:31:22.80	00:31:44.85	+00:12:07	5:55	10.1
83	SZCZOT Dagmara	843		16-19	8	00:00:46	00:12:45	00:31:31.40	00:32:17.60	+00:12:16	5:56	10.1
84	NYKIEL Joanna	924		40-49	172	00:00:45	00:13:44	00:31:34.85	00:32:20.25	+00:12:19	5:57	10.1
85	SZUŚCIK Dagmara Bartosiak	348		30-39	171	00:00:30	00:13:14	00:31:36.30	00:32:06.90	+00:12:21	5:57	10.1
86	WAWOCZNY Anita	502	KOBIETY NA 5+	30-39	174	00:00:24	00:13:48	00:31:39.30	00:32:03.80	+00:12:24	5:58	10
87	BORUTA Wioletta	1252		30-39	185	00:00:47	00:14:11	00:32:11.25	00:32:59.05	+00:12:56	6:04	9.9
88	TRZCIŃSKA Joanna	1102	KOBIETY NA 5+	20-29	73	00:00:07	00:12:53	00:32:11.95	00:32:19.25	+00:12:56	6:04	9.9
89	HUBA Agnieszka	851	KOBIETY 5+	30-39	186	00:00:07	00:12:53	00:32:12.45	00:32:19.65	+00:12:57	6:04	9.9
90	TATARCZYK Justyna	340		30-39	187	00:00:17	00:13:51	00:32:12.45	00:32:29.60	+00:12:57	6:04	9.9
91	JASZCZAK Małgorzata	199		20-29	74	00:00:13	00:13:52	00:32:12.75	00:32:25.75	+00:12:57	6:04	9.9
92	KUBAS Alina	905	KLUB BIEGACZA FARTLEK	40-49	190	00:00:35	00:14:01	00:32:15.50	00:32:51.35	+00:13:00	6:05	9.9
93	SĘDKOWSKA Kinga	435		30-39	192	00:00:27	00:13:29	00:32:16.30	00:32:43.40	+00:13:01	6:05	9.9
94	GŁÓWCZYK Izabela	1294	KOBIETY NA 5+	40-49	192	00:00:39	00:14:24	00:32:19.35	00:32:59.30	+00:13:04	6:06	9.8
95	KOSOWSKA Grażyna	1031	KOBIETY NA 5+	50-59	28	00:00:40	00:14:22	00:32:19.55	00:32:59.60	+00:13:04	6:05	9.8
96	TOKAREWICZ Justyna	95		30-39	195	00:00:17	00:13:37	00:32:20.35	00:32:38.25	+00:13:05	6:06	9.8
97	PIECHACZEK Kinga	521		40-49	198	00:00:14	00:13:33	00:32:26.20	00:32:40.50	+00:13:11	6:07	9.8
98	ZAWADA Teresa	674		50-59	29	00:00:15	00:13:23	00:32:27.95	00:32:43.30	+00:13:12	6:07	9.8
99	FECZKO Monika	714		20-29	78	00:00:15	00:13:10	00:32:30.80	00:32:46.55	+00:13:15	6:08	9.8
100	WROŻYNA Patrycja	1248		30-39	203	00:00:45	00:14:17	00:32:36.35	00:33:21.45	+00:13:21	6:09	9.8
101	BARTNIK Joanna	231	STREET SPIRIT	40-49	207	00:00:29	00:14:07	00:32:43.45	00:33:12.90	+00:13:28	6:10	9.7
102	PIPIRO Grażyna	657	KOBIETY 5+	60+	8	00:00:11	00:13:35	00:32:44.00	00:32:55.65	+00:13:28	6:10	9.7
103	REYMANN Milena	1297	BANK SPÓŁDZIELNY	30-39	214	00:00:25	00:13:12	00:32:55.80	00:33:21.45	+00:13:40	6:12	9.7
104	SKRZYPCZAK Edyta	1146		20-29	82	00:00:55	00:15:00	00:32:57.60	00:33:52.85	+00:13:42	6:13	9.7
105	JARCZOK Agnieszka	1049		20-29	83	00:00:03	00:13:42	00:33:00.85	00:33:04.25	+00:13:45	6:13	9.6
106	BURDZIK Weronika	1164		20-29	85	00:00:11	00:13:17	00:33:08.40	00:33:19.40	+00:13:53	6:15	9.6
107	FRANKE Barbara	1028		40-49	211	00:00:22	00:13:18	00:33:10.50	00:33:32.95	+00:13:55	6:15	9.6
108	LIPIŃSKA Monika	1019		30-39	225	00:00:31	00:14:18	00:33:11.10	00:33:42.35	+00:13:56	6:15	9.6
109	KOWALCZYK Basia	1099		30-39	226	00:00:52	00:14:00	00:33:21.35	00:34:13.90	+00:14:06	6:17	9.5
110	ŚNIETKA Anna	1257		30-39	227	00:00:51	00:13:59	00:33:21.80	00:34:13.25	+00:14:06	6:17	9.5
111	JUNKA Marta	1073		30-39	234	00:00:27	00:13:47	00:33:33.20	00:34:00.70	+00:14:18	6:19	9.5
112	WIŚNIEWSKA Justyna	227	KOBIETY NA 5+	30-39	236	00:00:22	00:13:36	00:33:36.50	00:33:58.65	+00:14:21	6:20	9.5
113	BOŻEK Dagmara	335		40-49	220	00:00:19	00:13:31	00:33:37.90	00:33:57.75	+00:14:22	6:20	9.5
114	ĆWIKLIŃSKA-SŁOWIK Magdalena	1076		30-39	241	00:00:00	00:13:38	00:33:46.65	00:33:46.65	+00:14:31	6:22	9.4
115	KOWALSKA Małgorzata	459		50-59	33	00:00:24	00:14:17	00:33:49.00	00:34:13.85	+00:14:33	6:22	9.4
116	DZIĘCIELEWSKA Sylwia	436	BYLE DO METY	40-49	228	00:00:48	00:14:33	00:33:54.95	00:34:43.80	+00:14:39	6:23	9.4
117	MYŚLIWIEC Monika	110	KOBIETY NA 5+	40-49	229	00:00:09	00:14:27	00:33:57.30	00:34:06.45	+00:14:42	6:24	9.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 5.3km	brutto 5.3km			
118	WIECZOREK Klaudia	652		30-39	244	00:00:25	00:14:33	00:33:57.35	00:34:23.10	+00:14:42	6:24	9.4
119	AUGUŚCIK Ewelina	917		30-39	245	00:00:09	00:14:27	00:33:57.65	00:34:06.80	+00:14:42	6:24	9.4
120	SZEFER Sylwia	123		40-49	230	00:00:05	00:13:41	00:33:58.75	00:34:04.40	+00:14:43	6:24	9.4
121	SZEFER Wioleta	334		30-39	246	00:00:05	00:13:42	00:33:59.65	00:34:05.15	+00:14:44	6:24	9.4
122	KANIA Bożena	407	50 LAT SP5	40-49	233	00:00:09	00:13:42	00:34:03.90	00:34:13.55	+00:14:48	6:25	9.3
123	SAWICKA Marta	250	KOBIETY NA 5+	30-39	252	00:00:23	00:13:30	00:34:08.45	00:34:32.30	+00:14:53	6:26	9.3
124	PROKOPIUK Adriana	409	KLUB BIEGACZA FARTLEK	30-39	260	00:00:34	00:14:38	00:34:15.15	00:34:49.75	+00:15:00	6:27	9.3
125	GOCMAN Natalia	166		30-39	262	00:00:32	00:14:37	00:34:20.05	00:34:53.00	+00:15:04	6:28	9.3
126	LEWANDOWSKA Anna	632		30-39	264	00:00:45	00:14:49	00:34:22.70	00:35:07.80	+00:15:07	6:29	9.3
127	SURY-WOLNIEWICZ Kamila	417	KOBIETY NA 5+	40-49	242	00:00:06	00:13:51	00:34:25.75	00:34:32.60	+00:15:10	6:29	9.2
128	SZPYRA Sonia	188		40-49	243	00:00:05	00:13:58	00:34:28.35	00:34:33.85	+00:15:13	6:30	9.2
129	JACAK Marta	482		40-49	244	00:00:26	00:14:13	00:34:30.10	00:34:56.85	+00:15:15	6:30	9.2
130	KLIMALA Julia	691		20-29	95	00:00:16	00:13:26	00:34:31.20	00:34:47.50	+00:15:16	6:30	9.2
131	PAJĄK Małgorzata	503		50-59	37	00:00:45	00:14:47	00:34:32.55	00:35:17.55	+00:15:17	6:30	9.2
132	URBAŚ Monika	475		30-39	267	00:00:45	00:14:47	00:34:32.60	00:35:18.00	+00:15:17	6:31	9.2
133	KŁAK Natalia	1185		20-29	97	00:00:35	00:14:33	00:34:33.25	00:35:08.45	+00:15:18	6:31	9.2
134	SŁUPECKA Beata	476	KOBIETY NA 5+	40-49	245	00:00:21	00:14:26	00:34:34.65	00:34:56.60	+00:15:19	6:31	9.2
135	STOLARCZYK Aleksandra	859	RUNTEAM PAWŁOWICE	30-39	268	00:00:32	00:14:41	00:34:38.65	00:35:10.95	+00:15:23	6:32	9.2
136	SOKÓŁ-OLEŚ Ewelina	78		40-49	247	00:00:28	00:14:36	00:34:40.35	00:35:08.40	+00:15:25	6:32	9.2
137	BIERNAT Agnieszka	1067		40-49	249	00:00:48	00:14:35	00:34:49.45	00:35:38.40	+00:15:34	6:34	9.1
138	KSEPKO Kasia	375		30-39	280	00:00:39	00:15:19	00:34:56.50	00:35:36.45	+00:15:41	6:35	9.1
139	BAŁA Justyna	245	KOBIETY NA 5+	40-49	251	00:00:39	00:14:52	00:34:56.60	00:35:35.90	+00:15:41	6:35	9.1
140	NYSZTAL Izabela	57		40-49	255	00:00:24	00:15:04	00:35:09.20	00:35:33.75	+00:15:54	6:37	9
141	ADAMCZAK Renata	637		40-49	257	00:00:19	00:14:22	00:35:14.15	00:35:33.90	+00:15:59	6:38	9
142	PŁAZA Agnieszka	321		20-29	108	00:00:19	00:13:59	00:35:23.60	00:35:43.15	+00:16:08	6:40	9
143	LAZAR Joanna	825		30-39	293	00:00:44	00:15:03	00:35:40.25	00:36:24.25	+00:16:25	6:43	8.9
144	SZEWCUK Agnieszka	64		40-49	267	00:00:46	00:14:38	00:36:11.10	00:36:57.75	+00:16:56	6:49	8.8
145	MĘDRALA Aleksandra	735		30-39	304	00:00:30	00:15:32	00:36:12.15	00:36:42.75	+00:16:57	6:49	8.8
146	SZYNAL Magdalena	1037		30-39	305	00:00:15	00:14:26	00:36:13.50	00:36:28.70	+00:16:58	6:50	8.8
147	ŁANUCHA Mariola	1001	KOBIETY NA 5+	50-59	44	00:00:40	00:14:34	00:36:14.10	00:36:54.40	+00:16:59	6:50	8.8
148	ROTTER Hanna	1051		50-59	45	00:00:38	00:15:23	00:36:23.35	00:37:01.60	+00:17:08	6:51	8.7
149	ZMUDA Ewelina	1121		30-39	307	00:00:13	00:14:23	00:36:24.90	00:36:38.70	+00:17:09	6:52	8.7
150	DYNIA Magdalena	870		40-49	270	00:00:46	00:15:10	00:36:29.75	00:37:16.25	+00:17:14	6:53	8.7
151	MODLIŃSKA Paulina	664		30-39	310	00:00:30	00:15:32	00:36:36.45	00:37:06.95	+00:17:21	6:54	8.7
152	KORALEWSKA Kinga	126		30-39	311	00:00:30	00:15:31	00:36:36.50	00:37:06.75	+00:17:21	6:54	8.7
153	SERAFIN-CHWAEK Joanna	841	KOBIETY NA 5+	40-49	273	00:00:29	00:15:38	00:36:42.20	00:37:11.30	+00:17:27	6:55	8.7
154	PYZIK Barbara	380	KLUB BIEGACZA FARTLEK	30-39	318	00:00:33	00:15:22	00:36:49.85	00:37:23.50	+00:17:34	6:56	8.6
155	BRAUN Justyna	1208		30-39	320	00:00:56	00:15:00	00:36:56.15	00:37:52.90	+00:17:41	6:58	8.6
156	KOTOSKA Aneta	243		30-39	321	00:00:10	00:14:30	00:36:57.10	00:37:07.85	+00:17:42	6:58	8.6
157	NIEDŹWIEDŹ Julia	727		16-19	13	00:00:28	00:15:22	00:37:02.90	00:37:30.95	+00:17:47	6:59	8.6
158	SEKUŁA Marlena	587		30-39	325	00:00:43	00:15:29	00:37:08.50	00:37:52.05	+00:17:53	7:00	8.6
159	SAWICKA Agnieszka	318	KLUB BIEGACZA FARTLEK	40-49	279	00:00:35	00:15:22	00:37:10.70	00:37:46.10	+00:17:55	7:00	8.6
160	KUBIK Anna	885		20-29	114	00:00:51	00:15:59	00:37:12.95	00:38:04.80	+00:17:57	7:01	8.5
161	WOWRA Agata	157		30-39	327	00:00:51	00:15:59	00:37:13.05	00:38:04.70	+00:17:57	7:01	8.5

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	NOWAK Ewelina	778	KOBIETY NA 5+	40-49	283	00:00:24	00:14:29	00:37:29.45	00:37:54.30	+00:18:14	7:04	8.5
163	PELACZYK Wioletta	140	KOBIETY NA 5+	40-49	289	00:00:21	00:15:00	00:37:46.60	00:38:08.25	+00:18:31	7:07	8.4
164	ZALEWSKA Barbara	47	KOBIETY 5+	40-49	290	00:00:22	00:15:34	00:37:46.65	00:38:08.65	+00:18:31	7:07	8.4
165	WOJNAROWSKA Anna	1259		30-39	337	00:00:57	00:16:04	00:38:01.25	00:38:58.30	+00:18:46	7:10	8.4
166	WOJCIECHOWICZ Magda	1130		30-39	339	00:00:57	00:16:04	00:38:01.80	00:38:59.05	+00:18:46	7:10	8.4
167	BAKOWSKA Anna	1032		30-39	341	00:00:51	00:16:24	00:38:13.30	00:39:04.70	+00:18:58	7:12	8.3
168	SKWARK Aneta	1204		30-39	343	00:00:28	00:15:24	00:38:17.65	00:38:46.60	+00:19:02	7:13	8.3
169	CEBULA Marta	689		20-29	119	00:00:08	00:15:52	00:38:22.70	00:38:31.05	+00:19:07	7:14	8.3
170	MYŚLIWIEC Seniorita	666	KOBIETY NA 5+	20-29	120	00:00:07	00:15:53	00:38:23.00	00:38:30.90	+00:19:07	7:14	8.3
171	JAROS Katarzyna	197		40-49	293	00:00:56	00:16:20	00:38:29.30	00:39:25.85	+00:19:14	7:15	8.3
172	BOBER Aneta	12		30-39	344	00:00:28	00:16:37	00:38:40.15	00:39:08.60	+00:19:25	7:17	8.2
173	NIEDŹWIEDŹ Maja	721		30-39	345	00:00:32	00:15:05	00:38:42.40	00:39:15.35	+00:19:27	7:18	8.2
174	ZIEJA Iza	1133		40-49	295	00:00:55	00:15:48	00:38:47.25	00:39:43.00	+00:19:32	7:19	8.2
175	ZIEJA Martyna	1137		20-29	123	00:00:55	00:15:48	00:38:47.95	00:39:43.00	+00:19:32	7:19	8.2
176	NOWAK Malwina	948		30-39	349	00:00:35	00:17:17	00:38:55.20	00:39:30.35	+00:19:40	7:20	8.2
177	SARNECKA-BĘBENEK Aleksandra	1161	GB GALOPUJACE ŚLIMAKI	30-39	350	00:00:35	00:16:30	00:38:58.70	00:39:34.65	+00:19:43	7:21	8.2
178	ŁASTÓWKA Marzena	1079	KOBIETY NA 5+	40-49	297	00:00:31	00:16:16	00:38:59.50	00:39:31.05	+00:19:44	7:21	8.2
179	PIETER Anna	471		30-39	353	00:00:24	00:16:36	00:39:10.00	00:39:34.20	+00:19:54	7:23	8.1
180	GRZYWACZ Anna	1033		50-59	50	00:00:06	00:16:20	00:39:24.65	00:39:31.25	+00:20:09	7:26	8.1
181	ŻARSKA Katarzyna	266	KOBIETY NA 5+	30-39	357	00:00:00	00:16:47	00:39:36.65	00:39:36.65	+00:20:21	7:28	8
182	DAMIS Daria	759		20-29	128	00:00:42	00:17:58	00:39:47.90	00:40:30.75	+00:20:32	7:30	8
183	STEFANIK - KARCZEWSKA Katarzyna	286		30-39	358	00:00:41	00:17:59	00:39:49.15	00:40:30.65	+00:20:34	7:30	8
184	SPYRKA Małgorzata	846		40-49	303	00:00:19	00:16:54	00:39:59.75	00:40:19.00	+00:20:44	7:32	8
185	SZCZUCHNIAK Adriana	823		40-49	304	00:00:38	00:16:18	00:40:00.60	00:40:39.15	+00:20:45	7:33	7.9
186	STAŚKIEWICZ Monika	49		40-49	305	00:00:06	00:16:31	00:40:01.35	00:40:07.90	+00:20:46	7:33	7.9
187	DARNOWSKA-HYLA Julia	957		30-39	360	00:00:16	00:16:27	00:40:02.10	00:40:18.65	+00:20:47	7:33	7.9
188	DĄBROWSKA Sylwia	1256		40-49	312	00:00:28	00:16:40	00:40:32.00	00:41:00.10	+00:21:16	7:38	7.8
189	NOWAKOWSKA Joanna	372		40-49	316	00:00:28	00:16:40	00:40:58.30	00:41:26.85	+00:21:43	7:43	7.8
190	MAZUR Małgorzata	801	KOBIETY NA 5+	40-49	317	00:00:22	00:16:08	00:41:08.60	00:41:31.45	+00:21:53	7:45	7.7
191	PISAREK Dorota	805		40-49	320	00:00:18	00:17:13	00:41:22.60	00:41:41.30	+00:22:07	7:48	7.7
192	PISAREK Magdalena	1004		20-29	134	00:00:18	00:16:35	00:41:22.70	00:41:41.40	+00:22:07	7:48	7.7
193	LEKSTON Ewa	298		40-49	321	00:00:24	00:16:43	00:41:27.45	00:41:51.70	+00:22:12	7:49	7.7
194	MAGIEREK Magdalena	645		30-39	364	00:00:42	00:17:58	00:42:19.70	00:43:02.45	+00:23:04	7:59	7.5
195	LORENZ Iwona	1302		40-49	326	00:00:18	00:16:56	00:42:43.55	00:43:01.80	+00:23:28	8:03	7.4
196	SPYRKA Natalia	261		20-29	137	00:00:14	00:17:18	00:43:00.00	00:43:14.85	+00:23:44	8:06	7.4
197	SZCZEGODZINSKA Kasia	601		30-39	366	00:00:55	00:17:51	00:43:00.40	00:43:55.65	+00:23:45	8:06	7.4
198	VAIDYAN Grażyna	574		60+	13	00:00:02	00:17:08	00:43:15.55	00:43:18.10	+00:24:00	8:09	7.3
199	GIBAS Amanda	569	KLUB BIEGACZA FARTLEK	30-39	367	00:00:33	00:17:18	00:43:18.15	00:43:51.75	+00:24:03	8:10	7.3
200	WOJTAL Danka	770		40-49	330	00:00:58	00:17:41	00:43:48.15	00:44:46.60	+00:24:33	8:15	7.3
201	GÓRNICZ Patrycja	633		30-39	373	00:00:44	00:18:36	00:46:07.45	00:46:52.15	+00:26:52	8:42	6.9
202	BAZGIER Magdalena	607		30-39	374	00:00:44	00:18:36	00:46:20.10	00:47:04.80	+00:27:05	8:44	6.9
203	BAGIŃSKA Paulina	561		20-29	141	00:00:30	00:18:40	00:46:36.00	00:47:06.35	+00:27:20	8:47	6.8
204	BAGIŃSKA Beata	665		40-49	337	00:00:30	00:18:40	00:46:36.30	00:47:06.65	+00:27:21	8:47	6.8
205	FERENC Sonia	1054		40-49	338	00:02:38	00:21:30	00:50:31.95	00:53:10.25	+00:31:16	9:32	6.3

Znaleziono 205 wynik(ów)