



KOBIETY NA 5+ :: NORDIC WALKING

B4SPORT

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

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Open NW

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	ZACZYŃSKA Anna	1039	MTS DRUŻYNA SZPIKU KGHM	Open NW	1	00:00:00	00:13:51	00:32:16.65	00:32:17.40		6:05	9.9
2	KOŁODZIEJ Joanna	449	STADION ŚLĄSKI	Open NW	2	00:00:00	00:13:55	00:33:24.95	00:33:25.70	+00:01:08	6:18	9.5
3	ORZYSZEK Roksana	135		Open NW	3	00:00:00	00:14:17	00:33:27.85	00:33:28.50	+00:01:11	6:18	9.5
4	WĘŻOWICZ Ewa	178		Open NW	4	00:00:00	00:14:34	00:34:12.90	00:34:13.65	+00:01:56	6:27	9.3
5	DRÓDŹ Beata	87	KOBIETY NA 5+	Open NW	5	00:00:00	00:15:02	00:35:16.65	00:35:17.25	+00:03:00	6:39	9
6	KANIA Agnieszka	83	NESSI TEAM	Open NW	6	00:00:01	00:15:08	00:35:26.90	00:35:27.90	+00:03:10	6:41	9
7	GROS Agnieszka	382	PARKRUN KATOWICE	Open NW	7	00:00:01	00:15:26	00:36:12.65	00:36:14.20	+00:03:56	6:50	8.8
8	BASISTA Kasia	848		Open NW	8	00:00:02	00:16:15	00:37:00.00	00:37:02.15	+00:04:43	6:58	8.6
9	POLAK Katarzyna	74		Open NW	10	00:00:01	00:16:23	00:37:41.20	00:37:42.65	+00:05:24	7:06	8.4
10	LAMPART Marta	516	RYBNICKI KLUB NORDIC WALKING	Open NW	9	00:00:12	00:16:18	00:37:38.30	00:37:50.30	+00:05:21	7:06	8.4
11	KUBACKA Monika	1172		Open NW	11	00:00:08	00:16:28	00:38:06.40	00:38:14.45	+00:05:49	7:11	8.3
12	SOŁTYSIK Maria	255		Open NW	12	00:00:00	00:15:32	00:39:02.15	00:39:02.15	+00:06:45	7:21	8.1
13	MILEWSKA-GROCHOWSKA Agnieszka	214		Open NW	13	00:00:01	00:16:48	00:39:12.40	00:39:13.50	+00:06:55	7:23	8.1
14	KOKOSZEK Aleksandra	183		Open NW	14	00:00:04	00:16:54	00:39:14.25	00:39:18.40	+00:06:57	7:24	8.1
15	SŁOMKA Hanna	492	DECATHLON RYBNIK & PRZYJACIELE	Open NW	15	00:00:02	00:16:11	00:39:24.80	00:39:27.60	+00:07:08	7:26	8.1
16	MALCZYK Anna	1095	NESSI TEAM	Open NW	16	00:00:02	00:16:53	00:39:27.35	00:39:29.45	+00:07:10	7:26	8.1
17	WAJZER Lucja	791	GRUPA JURA'PL	Open NW	17	00:00:02	00:17:07	00:39:35.20	00:39:37.65	+00:07:18	7:28	8
18	MORYS Agnieszka	1016	STADION ŚLĄSKI	Open NW	18	00:00:01	00:17:10	00:39:38.55	00:39:40.30	+00:07:21	7:28	8
19	SZYMIK Grażyna	739		Open NW	19	00:00:01	00:17:06	00:39:38.60	00:39:40.55	+00:07:21	7:28	8
20	MANDRYSZ Aleksandra	462		Open NW	20	00:00:03	00:17:28	00:39:40.25	00:39:44.15	+00:07:23	7:29	8
21	SZYMURA Katarzyna	361	ZABIEGANI NAUCZYCIELE	Open NW	21	00:00:03	00:17:19	00:39:47.05	00:39:50.40	+00:07:30	7:30	8
22	WOJDANOWSKA Małgorzata	648	LECYMY DURŚ	Open NW	22	00:00:04	00:17:35	00:40:17.35	00:40:21.90	+00:08:00	7:36	7.9
23	MARĘDZIAK Magdalena	1089	CIDRY LOTAJOM	Open NW	24	00:00:06	00:17:38	00:40:33.65	00:40:40.10	+00:08:17	7:39	7.8
24	ŚLISZ Maria	827	DECATLON RYBNIK Q PRZYJACIELE	Open NW	26	00:00:03	00:17:50	00:40:39.25	00:40:42.55	+00:08:22	7:40	7.8
25	FOJCIK Gabriela	339	POLSKA	Open NW	23	00:00:10	00:17:30	00:40:33.15	00:40:43.30	+00:08:16	7:39	7.8
26	GANSINIEC Kazimiera	1108	CIDRY LOTAJOM	Open NW	25	00:00:07	00:17:49	00:40:36.45	00:40:43.85	+00:08:19	7:39	7.8
27	STANIA Alicja	1215	MIECHOWICKA GRUPA BIEGOWA	Open NW	27	00:00:03	00:17:44	00:40:41.35	00:40:45.15	+00:08:24	7:40	7.8
28	TOMAS Marzena	741	RADLINIOKI W BIEGU	Open NW	30	00:00:01	00:17:27	00:40:57.95	00:40:59.50	+00:08:41	7:43	7.8
29	SZOSTOK Natalia	534		Open NW	29	00:00:08	00:17:53	00:40:55.05	00:41:03.30	+00:08:38	7:43	7.8

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
30	STYRC Lidia	279	RYBNICKI KLUB NORDIC WALKING	Open NW	28	00:00:12	00:17:50	00:40:51.30	00:41:04.20	+00:08:34	7:42	7.8
31	MERKEL Sabina	709	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	Open NW	31	00:00:09	00:17:55	00:41:07.05	00:41:16.05	+00:08:50	7:45	7.7
32	ZADROGA Dorota	274	GORA TEAM	Open NW	32	00:00:05	00:18:02	00:41:21.35	00:41:27.05	+00:09:04	7:48	7.7
33	GRIM-NAJDA Ksenia	981	OLZA CIESZYN	Open NW	33	00:00:11	00:17:55	00:41:23.55	00:41:34.55	+00:09:06	7:48	7.7
34	NIESTRÓJ Sylwia	847	DYSTANS LUBOMIA	Open NW	36	00:00:01	00:18:09	00:42:04.80	00:42:06.10	+00:09:48	7:56	7.6
35	PAWLIK Kasia	1162	FIZJOFRELKI	Open NW	37	00:00:02	00:17:45	00:42:06.65	00:42:09.35	+00:09:50	7:56	7.6
36	GEMBALCZYK Anna	1153		Open NW	34	00:00:10	00:18:05	00:42:00.95	00:42:11.30	+00:09:44	7:55	7.6
37	WIATEREK Hanna	878	GORA TEAM	Open NW	35	00:00:06	00:18:06	00:42:04.65	00:42:11.45	+00:09:48	7:56	7.6
38	KOŚCIELNA - WITA Paulina	429	FORMA WODZISŁAW ŚLĄSKI	Open NW	40	00:00:00	00:18:00	00:42:12.90	00:42:13.80	+00:09:56	7:57	7.5
39	STACHURA Sonia	776		Open NW	38	00:00:07	00:18:41	00:42:09.95	00:42:17.10	+00:09:53	7:57	7.5
40	PĘCHERCZYK Anna	706	#CZELADZBIEGA	Open NW	39	00:00:09	00:18:14	00:42:11.05	00:42:20.95	+00:09:54	7:57	7.5
41	KOWALEWSKA Jola	799		Open NW	43	00:00:04	00:18:40	00:42:22.90	00:42:27.50	+00:10:06	7:59	7.5
42	POLITOWICZ Teresa	671		Open NW	41	00:00:10	00:18:09	00:42:18.50	00:42:29.25	+00:10:01	7:59	7.5
43	RADOMSKA Bożenna	895		Open NW	45	00:00:03	00:18:16	00:42:26.20	00:42:29.70	+00:10:09	8:00	7.5
44	MILEWSKA Marta	73	MIECHOWICKA GRUPA BIEGOWA	Open NW	42	00:00:16	00:18:23	00:42:20.35	00:42:36.55	+00:10:03	7:59	7.5
45	JOBczyk Marzena	678	RKNW	Open NW	44	00:00:16	00:17:49	00:42:25.25	00:42:41.60	+00:10:08	8:00	7.5
46	GŁUSZAK Aleksandra	1180	KOBIETY NA 5+	Open NW	46	00:00:19	00:18:42	00:42:27.10	00:42:46.20	+00:10:10	8:00	7.5
47	MATERNY Anna	329	#CZELADZBIEGA	Open NW	47	00:00:11	00:18:43	00:42:40.45	00:42:51.90	+00:10:23	8:03	7.5
48	KŁOSEK Jolanta	1282		Open NW	50	00:00:02	00:18:34	00:42:58.60	00:43:00.70	+00:10:41	8:06	7.4
49	KAWCZYŃSKA Wiesława	389	RYBNICKI KLUB NORDIC WALKING	Open NW	48	00:00:17	00:19:27	00:42:47.10	00:43:05.05	+00:10:30	8:04	7.4
50	BONK Jolanta	821	MIECHOWICKA GRUPA BIEGOWA	Open NW	51	00:00:06	00:18:41	00:43:00.90	00:43:07.55	+00:10:44	8:06	7.4
51	PANEK Agnieszka	38	TEAM PAPRY	Open NW	52	00:00:08	00:18:44	00:43:01.30	00:43:09.50	+00:10:44	8:06	7.4
52	KOJDER Maria	978		Open NW	53	00:00:05	00:18:42	00:43:04.85	00:43:10.35	+00:10:48	8:07	7.4
53	SZENDZIELORZ Ilona	944	STADION ŚLĄSKI	Open NW	54	00:00:02	00:19:03	00:43:10.30	00:43:13.05	+00:10:53	8:08	7.4
54	KLUSKA Sylwia	1175		Open NW	49	00:00:15	00:18:58	00:42:58.35	00:43:13.70	+00:10:41	8:06	7.4
55	MILKA-CHWAŁ Agata	1253	CZELADŹ BIEGA	Open NW	55	00:00:14	00:18:49	00:43:15.75	00:43:30.55	+00:10:59	8:09	7.3
56	DROZD Krystyna	908	CIDRY LOTAJOM	Open NW	57	00:00:07	00:19:16	00:43:34.95	00:43:42.45	+00:11:18	8:13	7.3
57	KĄŁUS Małgorzata	653		Open NW	59	00:00:03	00:19:12	00:43:39.90	00:43:43.40	+00:11:23	8:14	7.3
58	POLACZEK Marta	256	NESSI TEAM	Open NW	56	00:00:14	00:19:11	00:43:32.90	00:43:47.50	+00:11:16	8:13	7.3
59	PIETRUSZEWSKA Magdalena	509	MIECHOWICKA GRUPA BIEGOWA	Open NW	58	00:00:14	00:19:00	00:43:35.60	00:43:50.25	+00:11:18	8:13	7.3
60	ROMAŃSKA Katarzyna	56	#CZELADZBIEGA	Open NW	60	00:00:02	00:18:55	00:43:49.85	00:43:52.00	+00:11:33	8:16	7.3
61	PILANC Bożena	484		Open NW	61	00:00:08	00:19:55	00:43:54.00	00:44:02.25	+00:11:37	8:16	7.2
62	AKSAMIT Kazimiera	257	MORS HUBERTUS MYSŁOWICE	Open NW	65	00:00:05	00:19:03	00:44:05.60	00:44:11.05	+00:11:48	8:19	7.2
63	LAUZER Karolina	82		Open NW	66	00:00:05	00:19:23	00:44:06.50	00:44:12.35	+00:11:49	8:19	7.2
64	KOLORZ-SAJDAK Beata	1151		Open NW	64	00:00:09	00:19:15	00:44:05.30	00:44:14.35	+00:11:48	8:19	7.2
65	DUDZIK Danuta	788	RYBNICKI KLUB NORDIC WALKING	Open NW	62	00:00:16	00:19:28	00:43:59.50	00:44:16.45	+00:11:42	8:18	7.2
66	WOLNIK Jolka	124		Open NW	63	00:00:17	00:18:54	00:44:02.05	00:44:19.90	+00:11:45	8:18	7.2
67	BANACH Roksana	913		Open NW	67	00:00:06	00:18:53	00:44:17.55	00:44:24.05	+00:12:00	8:21	7.2
68	NOWAK Joanna	1077	CIDRY LOTAJOM	Open NW	68	00:00:07	00:19:16	00:44:21.35	00:44:28.45	+00:12:04	8:22	7.2
69	ZIENTEK Kasia	744	DECATHLON RYBNIK&PRZYJACIELE	Open NW	72	00:00:03	00:18:46	00:44:26.85	00:44:30.15	+00:12:10	8:23	7.2
70	MIKLIS-ŚLAGA Sylwia	640		Open NW	71	00:00:03	00:19:12	00:44:26.45	00:44:30.35	+00:12:09	8:23	7.2
71	PTAK Stanisława	754		Open NW	70	00:00:07	00:19:33	00:44:24.25	00:44:31.35	+00:12:07	8:22	7.2
72	TEINERT Krystyna	787		Open NW	75	00:00:03	00:19:37	00:44:28.00	00:44:31.40	+00:12:11	8:23	7.2
73	STACHURA Krystyna	765		Open NW	69	00:00:08	00:19:09	00:44:23.40	00:44:32.30	+00:12:06	8:22	7.2

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
74	ZIELIŃSKA Urszula	356		Open NW	74	00:00:07	00:19:29	00:44:27.90	00:44:35.30	+00:12:11	8:23	7.2
75	PIEKARCZYK Barbara	1105		Open NW	78	00:00:05	00:19:28	00:44:30.95	00:44:36.15	+00:12:14	8:23	7.1
76	WŁOCHYŃSKA Dominika	1234		Open NW	73	00:00:09	00:19:33	00:44:27.55	00:44:37.15	+00:12:10	8:23	7.2
77	SROCZYŃSKA Maria	1091	KOBIETY NA 5	Open NW	77	00:00:13	00:19:32	00:44:29.45	00:44:43.15	+00:12:12	8:23	7.1
78	SKUPLIK Aleksandra	1277	MIECHOWICKA GRUPA BIEGOWA	Open NW	76	00:00:17	00:19:40	00:44:28.20	00:44:45.75	+00:12:11	8:23	7.2
79	PALETTA Małgorzata	384		Open NW	79	00:00:13	00:19:14	00:44:40.45	00:44:54.00	+00:12:23	8:25	7.1
80	WORWA Dorota	291		Open NW	82	00:00:02	00:19:45	00:44:58.65	00:45:01.15	+00:12:42	8:29	7.1
81	ZOZWOREK Małgorzata	120		Open NW	81	00:00:05	00:19:32	00:44:55.95	00:45:01.60	+00:12:39	8:28	7.1
82	JAKUBIEC Barbara	983	OLZA CIESZYN	Open NW	80	00:00:12	00:19:48	00:44:52.75	00:45:05.50	+00:12:36	8:28	7.1
83	PRZECHRZTA Sylwia	457	NESSI TEAM	Open NW	83	00:00:10	00:19:32	00:45:00.10	00:45:10.50	+00:12:43	8:29	7.1
84	MICEK Sabina	70	NESSI TEAM	Open NW	84	00:00:10	00:19:32	00:45:00.25	00:45:10.55	+00:12:43	8:29	7.1
85	KOWALCZYK Magdalena	341	#CZELADZBIEGA	Open NW	86	00:00:11	00:19:07	00:45:09.50	00:45:20.65	+00:12:52	8:31	7
86	BURZYŃSKA Barbara	443		Open NW	85	00:00:17	00:19:47	00:45:08.35	00:45:26.30	+00:12:51	8:31	7
87	GAST Janina	916	FIZJOFRELKI	Open NW	88	00:00:05	00:19:16	00:45:28.20	00:45:33.90	+00:13:11	8:34	7
88	PĘCHERZ Joanna	487		Open NW	91	00:00:05	00:19:35	00:45:31.05	00:45:36.40	+00:13:14	8:35	7
89	WALKIEWICZ Małgorzata	840		Open NW	89	00:00:08		00:45:30.30	00:45:38.30	+00:13:13	8:35	7
90	SMOLORZ Anna	438		Open NW	87	00:00:20	00:19:40	00:45:18.55	00:45:38.80	+00:13:01	8:32	7
91	WIECZOREK Bożena	808		Open NW	90	00:00:08	00:19:49	00:45:30.60	00:45:38.80	+00:13:13	8:35	7
92	JURANEK Maria	392	KOLONIE	Open NW	94	00:00:06	00:19:41	00:45:40.85	00:45:47.25	+00:13:24	8:37	7
93	ZAŁĘCKA Alicja	1129		Open NW	95	00:00:04	00:19:29	00:45:47.00	00:45:51.90	+00:13:30	8:38	6.9
94	GÓRNY Katarzyna	1064		Open NW	93	00:00:20	00:20:21	00:45:37.10	00:45:57.15	+00:13:20	8:36	7
95	BRZOZOWSKA Ewa	54		Open NW	97	00:00:07	00:20:17	00:45:50.25	00:45:57.65	+00:13:33	8:38	6.9
96	BARĆ Barbara	460	BB TEAM	Open NW	92	00:00:24	00:19:43	00:45:35.05	00:45:59.15	+00:13:18	8:36	7
97	DYGAN Henryka	992		Open NW	96	00:00:11	00:19:56	00:45:50.15	00:46:01.35	+00:13:33	8:38	6.9
98	WITKOWSKA Agnieszka	1236	RADLINIOKI W BIEGU	Open NW	98	00:00:12	00:20:24	00:45:52.65	00:46:05.40	+00:13:36	8:39	6.9
99	TRUCHAN Izabela	530		Open NW	100	00:00:09	00:20:16	00:46:04.15	00:46:13.20	+00:13:47	8:41	6.9
100	NOWAK Helena	810		Open NW	102	00:00:12	00:20:00	00:46:06.95	00:46:19.25	+00:13:50	8:42	6.9
101	LABUS Weronika	777	RYBNICKI KLUB NORDIC WALKING	Open NW	101	00:00:16	00:19:37	00:46:04.60	00:46:20.80	+00:13:47	8:41	6.9
102	SOKOŁOWSKA Teresa	1218		Open NW	107	00:00:02	00:19:53	00:46:18.35	00:46:21.05	+00:14:01	8:44	6.9
103	MROCEK Urszula	971	RYBNICKI KLUB NORDIC WALKING	Open NW	99	00:00:17	00:19:36	00:46:04.10	00:46:21.90	+00:13:47	8:41	6.9
104	KUŚMIRSKA Janina	673		Open NW	111	00:00:06	00:19:49	00:46:23.15	00:46:29.55	+00:14:06	8:45	6.9
105	WOLAK Krystyna	226	KOBIETY NA 5+	Open NW	103	00:00:19	00:19:52	00:46:11.45	00:46:31.00	+00:13:54	8:43	6.9
106	GNIĄZDEK Sylwia	613		Open NW	110	00:00:09	00:19:52	00:46:21.75	00:46:31.30	+00:14:05	8:44	6.9
107	SKABA Katarzyna	48		Open NW	105	00:00:15	00:20:51	00:46:17.20	00:46:32.60	+00:14:00	8:43	6.9
108	POPKO Agata	1202		Open NW	104	00:00:18	00:20:10	00:46:14.70	00:46:32.75	+00:13:58	8:43	6.9
109	GOCZOŁ Ewa	84		Open NW	106	00:00:15	00:20:51	00:46:17.65	00:46:33.05	+00:14:01	8:44	6.9
110	JANIA Monika	961		Open NW	109	00:00:14	00:20:38	00:46:20.35	00:46:35.05	+00:14:03	8:44	6.9
111	OBERSKA Sylwia	1114		Open NW	108	00:00:16	00:20:13	00:46:19.50	00:46:35.60	+00:14:02	8:44	6.9
112	NOWAKOWSKA Alina	1096	RUNWDAL	Open NW	112	00:00:11	00:19:40	00:46:25.10	00:46:36.50	+00:14:08	8:45	6.9
113	DOBRYŃSKA Aldona	1088	RUNWDAL	Open NW	114	00:00:09	00:19:42	00:46:26.60	00:46:36.55	+00:14:09	8:45	6.8
114	DUDA Barbara	629	MIECHOWICKA GRUPA BIEGOWA	Open NW	113	00:00:15	00:20:14	00:46:26.05	00:46:41.30	+00:14:09	8:45	6.8
115	BRYK Katarzyna	408		Open NW	116	00:00:06	00:20:10	00:46:37.20	00:46:43.35	+00:14:20	8:47	6.8
116	LEŚNIAK Ania	1009	RADLINIOKI W BIEGU	Open NW	117	00:00:07	00:20:31	00:46:37.20	00:46:44.90	+00:14:20	8:47	6.8
117	PAŁACH Lucyna	602		Open NW	121	00:00:02	00:20:26	00:46:43.90	00:46:46.10	+00:14:27	8:49	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
118	JANIA Małgorzata	953		Open NW	115	00:00:14	00:20:38	00:46:33.80	00:46:47.95	+00:14:17	8:46	6.8
119	PRĄTNICKA Katarzyna	37		Open NW	122	00:00:08	00:20:29	00:46:44.90	00:46:53.45	+00:14:28	8:49	6.8
120	CEMPULIK-ŁAKOMSKA Agnieszka	763		Open NW	120	00:00:14	00:20:28	00:46:38.75	00:46:53.55	+00:14:22	8:48	6.8
121	KANIA Grażyna	300	DECATLON PRZYJACIELE	Open NW	124	00:00:04	00:20:15	00:46:49.30	00:46:53.85	+00:14:32	8:50	6.8
122	POJDA Ewa	690	DECATHLON RYBNIK & PRZYJACIELE	Open NW	123	00:00:09	00:20:26	00:46:48.05	00:46:57.10	+00:14:31	8:49	6.8
123	KULA Justyna	1043		Open NW	125	00:00:08	00:20:27	00:46:49.60	00:46:57.60	+00:14:32	8:50	6.8
124	KOLEK Aleksandra	1166		Open NW	118	00:00:21	00:20:46	00:46:37.35	00:46:59.20	+00:14:20	8:47	6.8
125	MATUSZEWSKA Małgorzata	1168		Open NW	119	00:00:21	00:20:46	00:46:37.50	00:46:59.25	+00:14:20	8:47	6.8
126	ŁOSZAJĆ Justyna	294	WIRUSY	Open NW	126	00:00:04	00:20:04	00:46:57.90	00:47:02.00	+00:14:41	8:51	6.8
127	WITEK Judyta	163	DECATHLON RYBNIK & PRZYJACIELE	Open NW	130	00:00:06	00:20:28	00:47:18.15	00:47:24.65	+00:15:01	8:55	6.7
128	SKIBSKA PUCHALA Malgorzata	1131	BRAK	Open NW	128	00:00:15	00:20:24	00:47:09.10	00:47:24.70	+00:14:52	8:53	6.7
129	SZAJER Jadwiga	866	RYBNICKI KLUB NORDIC WALKING	Open NW	132	00:00:06	00:20:29	00:47:18.60	00:47:25.25	+00:15:01	8:55	6.7
130	SZCZEPANIK Weronika	750	NESSI TEAM	Open NW	127	00:00:25	00:20:33	00:47:08.65	00:47:33.65	+00:14:52	8:53	6.7
131	SZCZEPANIK Maria	312		Open NW	129	00:00:24	00:20:36	00:47:10.20	00:47:34.95	+00:14:53	8:53	6.7
132	MONIN Aneta	710		Open NW	131	00:00:18	00:21:28	00:47:18.55	00:47:37.50	+00:15:01	8:55	6.7
133	ZDEJSZY Magdalena	217	OLZA CIESZYN	Open NW	135	00:00:13	00:20:34	00:47:24.50	00:47:37.55	+00:15:07	8:56	6.7
134	LABZA Edyta	626		Open NW	133	00:00:18	00:21:27	00:47:19.45	00:47:38.25	+00:15:02	8:55	6.7
135	NADOLNIK Jadwiga	1112		Open NW	138	00:00:04	00:20:46	00:47:35.10	00:47:39.50	+00:15:18	8:58	6.7
136	MICHALAK Teresa	996	BIELSZCZANKI BIEGAJA	Open NW	139	00:00:03	00:20:01	00:47:37.15	00:47:40.20	+00:15:20	8:59	6.7
137	SZWARLIK Bożena	547	KOBIETY NA 5+	Open NW	134	00:00:20	00:20:50	00:47:23.85	00:47:44.35	+00:15:07	8:56	6.7
138	CIEŚLA Edyta	685	RYBNICKI KLUB NORDIC WALKING	Open NW	137	00:00:18	00:21:21	00:47:27.65	00:47:45.70	+00:15:11	8:57	6.7
139	TRAMŚ Anna	884	RYBNICKI KLUB NORDIC WALKING	Open NW	136	00:00:19	00:21:20	00:47:27.00	00:47:46.05	+00:15:10	8:57	6.7
140	BENO-GĘSIKOWSKA Dorota	695		Open NW	140	00:00:09	00:20:38	00:47:45.40	00:47:54.75	+00:15:28	9:00	6.7
141	KASZUBA Katarzyna	507	#CZELADZBIEGA	Open NW	143	00:00:01	00:20:45	00:47:52.90	00:47:54.85	+00:15:36	9:02	6.6
142	KUCZERA-DUDEK Anna	1239		Open NW	142	00:00:04	00:20:57	00:47:51.65	00:47:55.90	+00:15:35	9:01	6.6
143	WIECZOREK Agata	420		Open NW	141	00:00:05	00:20:57	00:47:50.80	00:47:55.90	+00:15:34	9:01	6.6
144	GAWEŁCZYK Maria	806	RYBNICKI KLUB NORDIC WALKING	Open NW	144	00:00:14	00:20:48	00:47:56.65	00:48:11.15	+00:15:40	9:02	6.6
145	MENDECKA Grażyna	400		Open NW	147	00:00:08	00:21:16	00:48:08.00	00:48:16.10	+00:15:51	9:04	6.6
146	KRAWCZYK Małgorzata	589		Open NW	151	00:00:01	00:20:57	00:48:14.55	00:48:16.45	+00:15:57	9:06	6.6
147	LANGE Katarzyna	1023		Open NW	150	00:00:03	00:21:08	00:48:13.65	00:48:17.50	+00:15:57	9:06	6.6
148	WILCZEK Weronika	590		Open NW	148	00:00:05	00:20:59	00:48:12.55	00:48:17.65	+00:15:55	9:05	6.6
149	LANGE Bożena	1192		Open NW	149	00:00:04	00:21:08	00:48:13.55	00:48:17.95	+00:15:56	9:05	6.6
150	KASELA Wiktoria	725		Open NW	145	00:00:21	00:21:16	00:48:02.35	00:48:23.65	+00:15:45	9:03	6.6
151	WIECZOREK Urszula	682		Open NW	146	00:00:21	00:21:17	00:48:04.15	00:48:25.15	+00:15:47	9:04	6.6
152	KORDON Anna	1000		Open NW	152	00:00:10	00:20:54	00:48:17.05	00:48:27.45	+00:16:00	9:06	6.6
153	OKŁA Agnieszka	603		Open NW	153	00:00:19	00:21:25	00:48:18.10	00:48:37.65	+00:16:01	9:06	6.6
154	NOCULAK Paulina	798		Open NW	154	00:00:19	00:21:25	00:48:18.50	00:48:38.00	+00:16:01	9:06	6.6
155	WARCHOLIŃSKA Anna	688	EKO-OKNA RUNNERS	Open NW	155	00:00:16	00:20:56	00:48:28.70	00:48:45.35	+00:16:12	9:08	6.6
156	JOCHYMEK Monika	575		Open NW	156	00:00:20	00:21:23	00:48:34.55	00:48:54.60	+00:16:17	9:09	6.5
157	ZYCH Małgorzata	1053	50 LAT SP5	Open NW	157	00:00:20	00:21:23	00:48:34.85	00:48:54.90	+00:16:18	9:09	6.5
158	STACHA Czesława	89	RADLINIOKI W BIEGU	Open NW	160	00:00:07	00:20:55	00:48:54.85	00:49:02.15	+00:16:38	9:13	6.5
159	KIEŁKOWSKA Gabriela	1124	RADLINIOKI W BIEGU	Open NW	161	00:00:09	00:21:08	00:48:56.35	00:49:05.50	+00:16:39	9:13	6.5
160	SZŁAPA Urszula	985	SPOT PSZCZYNA	Open NW	159	00:00:21	00:21:25	00:48:54.75	00:49:15.75	+00:16:38	9:13	6.5
161	DZIĘCIOŁ Małgorzata	995	SPOT PSZCZYNA	Open NW	158	00:00:22	00:21:25	00:48:53.45	00:49:15.85	+00:16:36	9:13	6.5

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
162	KULOSA Barbara	900	DECATHLON RYBNIK I PRZYJACIELE	Open NW	162	00:00:04	00:20:55	00:49:22.95	00:49:27.90	+00:17:06	9:19	6.4
163	MONIN Dorota	641		Open NW	163	00:00:19	00:22:05	00:49:31.80	00:49:51.75	+00:17:15	9:20	6.4
164	SZYMAŃSKA Teresa	608		Open NW	164	00:00:12	00:21:36	00:49:43.65	00:49:55.65	+00:17:27	9:22	6.4
165	TOWAREK Jolanta	1144		Open NW	168	00:00:09	00:21:33	00:50:14.85	00:50:24.35	+00:17:58	9:28	6.3
166	NOWAK-TUSZYŃSKA Aneta	1217		Open NW	166	00:00:21	00:21:35	00:50:06.30	00:50:27.75	+00:17:49	9:27	6.3
167	KULCZYCKA-PRUSZYŃSKA Krystyna	350		Open NW	165	00:00:23	00:21:33	00:50:04.95	00:50:28.10	+00:17:48	9:26	6.3
168	KASELA Ewa	719		Open NW	167	00:00:22	00:21:16	00:50:08.70	00:50:31.15	+00:17:52	9:27	6.3
169	ROZBORSKA Kamila	539		Open NW	169	00:00:09	00:20:48	00:50:22.20	00:50:32.15	+00:18:05	9:30	6.3
170	DZIADEK Agata	729	DZIOŁSZKI Z TURZI	Open NW	171	00:00:09	00:21:28	00:50:24.30	00:50:34.10	+00:18:07	9:30	6.3
171	BRZEZIOK Dorota	1047	DZIOŁSZKI Z TURZI	Open NW	170	00:00:11	00:21:26	00:50:23.10	00:50:34.30	+00:18:06	9:30	6.3
172	GOŁDYN Bożena	1287		Open NW	173	00:00:02	00:22:07	00:50:40.65	00:50:42.85	+00:18:24	9:33	6.3
173	JUROSZEK Halina	696		Open NW	172	00:00:16	00:21:32	00:50:31.95	00:50:48.65	+00:18:15	9:32	6.3
174	RAMZA Ewa	106		Open NW	174	00:00:09	00:21:50	00:50:42.45	00:50:51.75	+00:18:25	9:33	6.3
175	TARKA Hildegarda	401	KOBIETY NA 5+	Open NW	175	00:00:02	00:22:00	00:50:49.60	00:50:52.50	+00:18:32	9:35	6.3
176	TRUCHAN Nikola	522		Open NW	178	00:00:10	00:21:23	00:50:55.45	00:51:05.90	+00:18:38	9:36	6.2
177	CIMAŁA Barbara	1242		Open NW	177	00:00:15	00:22:31	00:50:54.80	00:51:10.35	+00:18:38	9:36	6.2
178	PIECHA Zenona	649		Open NW	176	00:00:17	00:22:32	00:50:53.25	00:51:10.45	+00:18:36	9:36	6.2
179	ADAMIK Ilona	605	NESSI TEAM	Open NW	181	00:00:09	00:21:38	00:51:13.10	00:51:22.20	+00:18:56	9:39	6.2
180	GLIMOS Agnieszka	305		Open NW	179	00:00:22	00:22:43	00:51:11.95	00:51:34.35	+00:18:55	9:39	6.2
181	NOLBERT Aneta	296		Open NW	180	00:00:21	00:22:44	00:51:12.85	00:51:34.60	+00:18:56	9:39	6.2
182	MACHULIK Bożena	551	ZABIEGANI NAUCZYCIELE	Open NW	182	00:00:11	00:22:08	00:51:29.85	00:51:41.35	+00:19:13	9:43	6.2
183	WLAZEŁ Magdalena I Natalia	1270		Open NW	183	00:00:13	00:23:08	00:51:33.60	00:51:47.45	+00:19:16	9:43	6.2
184	RAJWA Iwona	639	BZIEGACZE	Open NW	186	00:00:03	00:23:00	00:51:46.95	00:51:50.50	+00:19:30	9:46	6.1
185	HORZELA Małgorzata	628	CUDA NA KIJACH	Open NW	184	00:00:11	00:22:29	00:51:41.65	00:51:53.00	+00:19:25	9:45	6.2
186	MENDEL Sabina	1167	ZABIEGANI NAUCZYCIELE	Open NW	185	00:00:10	00:22:09	00:51:42.60	00:51:53.20	+00:19:25	9:45	6.1
187	BARAŃSKA Agata	974	RADLINIOKI W BIEGU	Open NW	188	00:00:09	00:22:15	00:51:50.40	00:51:59.90	+00:19:33	9:46	6.1
188	UCHER Aniela	966	RYBNICKI KLUB NORDIC WALKING	Open NW	187	00:00:16	00:22:11	00:51:49.20	00:52:05.55	+00:19:32	9:46	6.1
189	KIEŁB Monika	111		Open NW	190	00:00:04	00:22:38	00:52:05.60	00:52:10.30	+00:19:48	9:49	6.1
190	PELJAK-WÓJCIK Katarzyna	215	#CZELADZBIEGA	Open NW	189	00:00:13	00:22:47	00:52:04.50	00:52:18.05	+00:19:47	9:49	6.1
191	SZABOŃ Dorota	132		Open NW	191	00:00:14	00:22:33	00:52:07.15	00:52:21.30	+00:19:50	9:50	6.1
192	NACZYŃSKA-LYP Angelika	104		Open NW	192	00:00:14	00:22:34	00:52:08.00	00:52:22.60	+00:19:51	9:50	6.1
193	NOWAK Agnieszka	184	#CZELADZBIEGA	Open NW	193	00:00:13	00:22:47	00:52:14.25	00:52:27.30	+00:19:57	9:51	6.1
194	WIATR Dorota	1046		Open NW	194	00:00:16	00:23:24	00:52:40.85	00:52:57.60	+00:20:24	9:56	6
195	MAJEWSKA Renata	1176		Open NW	196	00:00:20	00:23:26	00:53:13.80	00:53:34.15	+00:20:57	10:02	6
196	KADŁUBEK Magdalena	364	BRAK	Open NW	195	00:00:20	00:23:26	00:53:13.60	00:53:34.25	+00:20:56	10:02	6
197	GRYGIEREK Anna	315		Open NW	200	00:00:04	00:22:44	00:53:30.95	00:53:35.00	+00:21:14	10:05	5.9
198	HERUD Urszula	1178		Open NW	199	00:00:13	00:22:56	00:53:26.35	00:53:40.20	+00:21:09	10:05	5.9
199	WYRWICH Angelika	220		Open NW	197	00:00:21	00:23:16	00:53:20.00	00:53:41.95	+00:21:03	10:03	6
200	DUDA-MICHALAK Joanna	439	STOWARZYSZENIE PERSETTE	Open NW	204	00:00:11	00:20:43	00:53:32.55	00:53:43.75	+00:21:15	10:06	5.9
201	MACHERZYŃSKA Aneta	412		Open NW	206	00:00:10	00:20:44	00:53:33.10	00:53:44.05	+00:21:16	10:06	5.9
202	MICHALSKA Beata	328		Open NW	207	00:00:10	00:20:45	00:53:33.70	00:53:44.05	+00:21:17	10:06	5.9
203	MORCINEK-DYBZA Małgorzata	233	SKOCZOWIANKI	Open NW	202	00:00:11	00:20:55	00:53:32.20	00:53:44.05	+00:21:15	10:06	5.9
204	CZUDEK Inga	237	SKOCZOWIANKI	Open NW	205	00:00:11	00:20:56	00:53:32.55	00:53:44.05	+00:21:15	10:06	5.9
205	SOJKA Urszula	1002	SKOCZOWIANKI	Open NW	201	00:00:12	00:21:02	00:53:31.85	00:53:44.45	+00:21:15	10:06	5.9

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
206	JANICKA Małgorzata	896	SKOCZOWIANKI	Open NW	203	00:00:12	00:20:54	00:53:32.45	00:53:44.60	+00:21:15	10:06	5.9
207	KALINOWSKA Monika	1160		Open NW	198	00:00:23	00:23:14	00:53:23.25	00:53:46.40	+00:21:06	10:04	6
208	ROBAKOWSKA Barbara	209	KOLONIE	Open NW	208	00:00:07	00:22:26	00:54:06.75	00:54:13.80	+00:21:50	10:12	5.9
209	GORZAWSKA Aleksandra	888	GORATEAM	Open NW	211	00:00:05	00:23:27	00:54:25.20	00:54:30.65	+00:22:08	10:16	5.8
210	KUCHNIA Ania	1092	TS REGLE SZKLARSKA PORĘBA/ NESSI TEAM	Open NW	209	00:00:22	00:23:40	00:54:20.30	00:54:43.05	+00:22:03	10:15	5.9
211	OPALSKA Grażyna	1262		Open NW	210	00:00:22	00:23:40	00:54:21.10	00:54:43.50	+00:22:04	10:15	5.9
212	GIBOWICZ Agnieszka	1165		Open NW	213	00:00:22	00:23:32	00:54:47.20	00:55:10.00	+00:22:30	10:20	5.8
213	SPYRA Beata	1158		Open NW	212	00:00:24	00:23:30	00:54:46.10	00:55:10.15	+00:22:29	10:20	5.8
214	DŁUGOSZ Izabela	464		Open NW	214	00:00:20	00:24:33	00:55:11.10	00:55:31.60	+00:22:54	10:24	5.8
215	SZAL Anna	316		Open NW	215	00:00:18	00:24:36	00:55:13.65	00:55:31.80	+00:22:57	10:25	5.8
216	ŻUK Jolanta	413		Open NW	220	00:00:13	00:23:51	00:55:29.75	00:55:42.80	+00:23:13	10:28	5.7
217	GUŚCIORA Justyna	393		Open NW	221	00:00:12	00:23:49	00:55:30.95	00:55:43.05	+00:23:14	10:28	5.7
218	SZYPUŁA Barbara	472		Open NW	216	00:00:20	00:23:54	00:55:23.15	00:55:43.90	+00:23:06	10:26	5.7
219	CZARNYNOGA Beata	347		Open NW	219	00:00:18	00:23:55	00:55:25.10	00:55:43.90	+00:23:08	10:27	5.7
220	MADEJ Anna	15		Open NW	217	00:00:19	00:23:55	00:55:24.45	00:55:43.90	+00:23:07	10:27	5.7
221	BUCHAŁA Iлона	525		Open NW	218	00:00:20	00:23:54	00:55:24.60	00:55:44.95	+00:23:07	10:27	5.7
222	BIAŁOŃCZYK Joanna	1071		Open NW	223	00:00:16	00:24:58	00:57:46.35	00:58:02.75	+00:25:29	10:53	5.5
223	POKUSA Sylwia	1017		Open NW	222	00:00:19	00:24:55	00:57:44.15	00:58:03.40	+00:25:27	10:53	5.5
224	BLUCHA Janina	1206		Open NW	224	00:00:18	00:25:22	00:59:06.10	00:59:24.25	+00:26:49	11:09	5.4
225	DOBIJA Lidia	1025		Open NW	225	00:00:18	00:25:22	00:59:06.60	00:59:25.25	+00:26:49	11:09	5.4
226	STRYCHARCZYK Mirosława	1155		Open NW	226	00:00:36						

Znaleziono 226 wynik(ów)