



# KOBIETY NA 5+ :: BIEG

B4SPORT

**Wydarzenie:** "Kobiety na 5+" Jastrzębski Bieg Kobiet 2021  
**Organizator:** Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój  
**Data:** 2021-09-19  
**Miejsce:** Jastrzębie-Zdrój  
**Dystans:** 5 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: 30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>MICHALAK Sandra</b>	<b>501</b>	FIZJO SPORT SANDRA - TRENUJ Z SANDRA	30-39	1	Fizjo Sport Sandra - trenuj z Sandra	00:08:45	<b>00:17:47.65</b>		3:33	16.9
2	<b>SUWAJ Aneta</b>	<b>1</b>	FIZJO SPORT SANDRA - TRENUJ Z SANDRA	30-39	2	Fizjo Sport Sandra - trenuj z Sandra	00:09:19	<b>00:18:36.60</b>	+00:00:48	3:43	16.1
3	<b>STUHLIK Magdalena</b>	<b>29</b>	AKTYWNA PSZCZYNA RUNNERS TEAM	30-39	3		00:09:30	<b>00:19:08.10</b>	+00:01:20	3:49	15.7
4	<b>KUBIAK Izabela</b>	<b>475</b>		30-39	4		00:09:44	<b>00:19:37.40</b>	+00:01:49	3:55	15.3
5	<b>BIELIŃSKA Monika</b>	<b>20</b>	FIZJO SPORT SANDRA - TRENUJ Z SANDRĄ	30-39	5	Fizjo Sport Sandra - trenuj z Sandra	00:10:18	<b>00:20:34.05</b>	+00:02:46	4:06	14.6
6	<b>JANKO Anna</b>	<b>830</b>	HRMAX ŻORY	30-39	6	HRmax Dziołszki	00:10:43	<b>00:21:27.50</b>	+00:03:39	4:17	14
7	<b>KUDIO Daria</b>	<b>30</b>		30-39	7		00:10:44	<b>00:21:32.60</b>	+00:03:44	4:18	13.9
8	<b>OPUCHLIK Aleksandra</b>	<b>62</b>	AKTYWNA PSZCZYNA RUNNERS TEAM	30-39	8		00:10:55	<b>00:21:39.40</b>	+00:03:51	4:19	13.9
9	<b>BIĄŁOŃCZYK Joanna</b>	<b>66</b>		30-39	9	Byle do mety	00:11:06	<b>00:21:52.95</b>	+00:04:05	4:22	13.7
10	<b>JURASZEK Elzbieta</b>	<b>46</b>	JUSTFELFIT	30-39	10	JustFeelFit TEAM	00:11:09	<b>00:22:10.80</b>	+00:04:23	4:26	13.5
11	<b>LEGIERSKA Natalia</b>	<b>476</b>	TL ATHLETICS JASTRZĘBIE	30-39	11		00:11:05	<b>00:22:34.20</b>	+00:04:46	4:30	13.3
12	<b>MENDLA Agata</b>	<b>464</b>	FORMA WODZISŁAW	30-39	12	Forma Wodzisław	00:11:14	<b>00:22:39.80</b>	+00:04:52	4:31	13.2
13	<b>KRZYMIŃSKA Patrycja</b>	<b>726</b>	RB ACTIV KNEIPP	30-39	13		00:11:48	<b>00:23:06.50</b>	+00:05:18	4:37	13
14	<b>SKORUPA Magdalena</b>	<b>375</b>		30-39	14		00:11:36	<b>00:23:51.30</b>	+00:06:03	4:46	12.6
15	<b>LERCH Bożena</b>	<b>64</b>		30-39	15	RUNTEAM Pawłowice	00:12:07	<b>00:24:34.05</b>	+00:06:46	4:54	12.2
16	<b>NGUYEN Dorota</b>	<b>43</b>	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	30-39	16		00:12:17	<b>00:24:39.20</b>	+00:06:51	4:55	12.2
17	<b>FRANEK Agata</b>	<b>101</b>		30-39	17		00:12:10	<b>00:24:44.65</b>	+00:06:57	4:56	12.1
18	<b>SZŁAPA Urszula</b>	<b>192</b>	SPOT PSZCZYNA	30-39	18	Spot Pszczyna	00:12:13	<b>00:24:46.90</b>	+00:06:59	4:57	12.1
19	<b>KUFKA Judyta</b>	<b>153</b>		30-39	19		00:12:30	<b>00:24:56.10</b>	+00:07:08	4:59	12
20	<b>SMOLORZ Anna</b>	<b>217</b>		30-39	20		00:12:44	<b>00:24:56.80</b>	+00:07:09	4:59	12
21	<b>KURBIEL Sylwia</b>	<b>5021</b>	SIEMIANOWICE I PRZYJACIELE BIEGAJĄ	30-39	21		00:12:17	<b>00:24:57.85</b>	+00:07:10	4:59	12
22	<b>TIEBLER Marlena</b>	<b>161</b>	STS BIEGATON MIKOŁÓW	30-39	22	STS Biegaton Mikołów	00:12:35	<b>00:25:09.85</b>	+00:07:22	5:01	11.9
23	<b>WICHER Sabina</b>	<b>243</b>	MONSUN SPORT	30-39	23		00:12:53	<b>00:25:18.15</b>	+00:07:30	5:03	11.9
24	<b>AUGUŚCIK Ewelina</b>	<b>648</b>	KOBIETY NA 5+	30-39	24	Kobiety na 5+	00:12:40	<b>00:25:23.20</b>	+00:07:35	5:04	11.8
25	<b>BĄK Marzena</b>	<b>920</b>		30-39	25		00:12:41	<b>00:25:26.00</b>	+00:07:38	5:05	11.8
26	<b>KRAKOWCZYK Karolina</b>	<b>927</b>	INTERAKTYWNI KROSTOSZOWECE	30-39	26	InterAktywni	00:12:57	<b>00:25:27.60</b>	+00:07:39	5:05	11.8
27	<b>GAJDA Magdalena</b>	<b>77</b>		30-39	27		00:12:57	<b>00:25:31.70</b>	+00:07:44	5:06	11.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka	Czas		Tempo min/km	Tempo km/h
							2.5km	netto 5km	Różn		
28	<b>MARCZYŃSKA Izabela</b>	<b>113</b>		30-39	28		00:12:40	<b>00:25:38.50</b>	+00:07:50	5:07	11.7
29	<b>BIZOŃ Monika</b>	<b>181</b>	DYSTANS LUBOMIA	30-39	29	Dystans Lubomia	00:12:45	<b>00:25:41.75</b>	+00:07:54	5:08	11.7
30	<b>KOPIEC Estera</b>	<b>861</b>		30-39	30		00:12:49	<b>00:25:42.95</b>	+00:07:55	5:08	11.7
31	<b>KOTOWICZ Anna</b>	<b>143</b>		30-39	31		00:12:59	<b>00:25:46.10</b>	+00:07:58	5:09	11.6
32	<b>SOBINA Roksana</b>	<b>47</b>	KLUB BIEGACZA FARTLEK	30-39	32	Klub Biegacza Fartlek	00:12:57	<b>00:25:49.30</b>	+00:08:01	5:09	11.6
33	<b>LERCH Maria</b>	<b>156</b>	RUNTEAM PAWŁOWICE	30-39	33	RUNTEAM Pawłowice	00:12:48	<b>00:25:50.20</b>	+00:08:02	5:10	11.6
34	<b>WIECHOWSKA Sabina</b>	<b>159</b>	MONSUN SPORT	30-39	34		00:12:56	<b>00:26:00.80</b>	+00:08:13	5:12	11.5
35	<b>PUKAS-STĘCLIK Karolina</b>	<b>222</b>		30-39	35		00:13:06	<b>00:26:06.65</b>	+00:08:19	5:13	11.5
36	<b>ZAKRZEWSKA Sabina</b>	<b>505</b>		30-39	36		00:12:49	<b>00:26:13.05</b>	+00:08:25	5:14	11.4
37	<b>KAPŁON Magdalena</b>	<b>255</b>	WNNICZEK TEAM	30-39	37		00:13:06	<b>00:26:24.25</b>	+00:08:36	5:16	11.4
38	<b>BARTOSZEK Izabela</b>	<b>625</b>	RUNTEAM PAWŁOWICE	30-39	38	RUNTEAM Pawłowice	00:13:39	<b>00:26:44.25</b>	+00:08:56	5:20	11.2
39	<b>BANAŚ Wioleta</b>	<b>304</b>	OPEL FIJAŁKOWSKI	30-39	39	Opel Fijałkowski	00:12:55	<b>00:26:52.05</b>	+00:09:04	5:22	11.2
40	<b>JĘDRYKA Patrycja</b>	<b>196</b>	GALOPUJĄCE ŚLIMAKI	30-39	40		00:13:10	<b>00:26:55.30</b>	+00:09:07	5:23	11.1
41	<b>WSZOŁEK Karolina</b>	<b>522</b>	FIZJO SPORT SANDRA - TRENUJ Z SANDRĄ	30-39	41	Fizjo Sport Sandra - trenuj z Sandra	00:13:23	<b>00:26:57.20</b>	+00:09:09	5:23	11.1
42	<b>GWIZDAŁA Joanna</b>	<b>105</b>		30-39	42		00:13:18	<b>00:26:59.40</b>	+00:09:11	5:23	11.1
43	<b>BARCIEWICZ Kinga</b>	<b>744</b>		30-39	43		00:13:30	<b>00:26:59.45</b>	+00:09:11	5:23	11.1
44	<b>BANASZEWSKA Aleksandra</b>	<b>420</b>		30-39	44		00:13:24	<b>00:27:10.85</b>	+00:09:23	5:26	11
45	<b>FIZIA Joanna</b>	<b>251</b>		30-39	45	Kolorowa Drużyna Nessi	00:13:51	<b>00:27:16.50</b>	+00:09:28	5:27	11
46	<b>PYZIK Barbara</b>	<b>234</b>	KLUB BIEGACZA FARTLEK	30-39	46		00:13:26	<b>00:27:17.55</b>	+00:09:29	5:27	11
47	<b>SOKÓŁ-PISZCZEK Agnieszka</b>	<b>316</b>		30-39	47		00:13:47	<b>00:27:19.35</b>	+00:09:31	5:27	11
48	<b>MADALIŃSKA Karolina</b>	<b>909</b>		30-39	48		00:13:48	<b>00:27:21.20</b>	+00:09:33	5:28	11
49	<b>NOWAK Magdalena</b>	<b>766</b>	NESSI TIME ŻORY	30-39	49	Nessi Time Żory	00:13:48	<b>00:27:23.50</b>	+00:09:35	5:28	11
50	<b>PASTUSIAK Janina</b>	<b>855</b>		30-39	50		00:14:01	<b>00:27:24.55</b>	+00:09:36	5:28	10.9
51	<b>DOMAŃSKA Joanna</b>	<b>83</b>		30-39	51		00:13:21	<b>00:27:26.85</b>	+00:09:39	5:29	10.9
52	<b>KANTOROWSKA Anna</b>	<b>41</b>	POWOLI DO CELU	30-39	52	PoWoli do Celu	00:13:28	<b>00:27:38.40</b>	+00:09:50	5:31	10.9
53	<b>WODNIAK Angela</b>	<b>147</b>	POWOLI DO CELU	30-39	53	PoWoli do Celu	00:13:35	<b>00:27:38.90</b>	+00:09:51	5:31	10.9
54	<b>PIEKAR Adriana</b>	<b>339</b>		30-39	54		00:13:34	<b>00:27:43.10</b>	+00:09:55	5:32	10.8
55	<b>DYJACH Dominika</b>	<b>194</b>		30-39	55		00:14:06	<b>00:27:44.70</b>	+00:09:57	5:32	10.8
56	<b>TARGOSZ Aneta</b>	<b>252</b>	OLZA CIESZYN	30-39	56	Olza Cieszyn	00:13:51	<b>00:27:46.95</b>	+00:09:59	5:33	10.8
57	<b>BAKOWSKA Justyna</b>	<b>372</b>		30-39	57		00:14:03	<b>00:27:48.00</b>	+00:10:00	5:33	10.8
58	<b>TRYBAŁA Danuta</b>	<b>903</b>	WATAHA	30-39	58		00:14:12	<b>00:27:54.45</b>	+00:10:06	5:34	10.8
59	<b>BOBER Alicja</b>	<b>340</b>		30-39	59		00:13:40	<b>00:27:55.05</b>	+00:10:07	5:35	10.7
60	<b>MARSZAŁKOWSKA Daria</b>	<b>622</b>		30-39	60		00:14:15	<b>00:27:57.55</b>	+00:10:09	5:35	10.7
61	<b>JABŁOŃSKA-ŚLAZIŃSKA Anna</b>	<b>913</b>		30-39	61		00:14:10	<b>00:28:04.50</b>	+00:10:16	5:36	10.7
62	<b>TYTKO-HAŁADA Małgorzata</b>	<b>268</b>		30-39	62		00:13:53	<b>00:28:06.95</b>	+00:10:19	5:37	10.7
63	<b>KCZ Karina</b>	<b>73</b>		30-39	63		00:13:56	<b>00:28:08.90</b>	+00:10:21	5:37	10.7
64	<b>GROMADZKA Justyna</b>	<b>686</b>	KOBIETY WATAHY	30-39	64		00:13:58	<b>00:28:11.55</b>	+00:10:23	5:38	10.6
65	<b>GÓRA Marta</b>	<b>383</b>		30-39	65		00:14:11	<b>00:28:12.20</b>	+00:10:24	5:38	10.6
66	<b>PAŁYS Agata</b>	<b>651</b>		30-39	66		00:13:52	<b>00:28:24.25</b>	+00:10:36	5:40	10.6
67	<b>ORŁOWSKA Joanna</b>	<b>773</b>		30-39	67	BB Bielszczanki Biegają	00:14:30	<b>00:28:32.00</b>	+00:10:44	5:42	10.5
68	<b>REJBICZ Weronika</b>	<b>520</b>		30-39	68		00:14:16	<b>00:28:36.00</b>	+00:10:48	5:43	10.5
69	<b>KOSIACKA Agnieszka</b>	<b>826</b>		30-39	69		00:14:13	<b>00:28:42.25</b>	+00:10:54	5:44	10.5
70	<b>MAZUR Aleksandra</b>	<b>728</b>		30-39	70		00:14:38	<b>00:28:43.25</b>	+00:10:55	5:44	10.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
71	KAMIŃSKA Agnieszka	471		30-39	71		00:14:28	<b>00:28:47.30</b>	+00:10:59	5:45	10.4
72	KURIATA Katarzyna	273		30-39	72		00:15:27	<b>00:28:49.30</b>	+00:11:01	5:45	10.4
73	BORKOWSKA- HERDA Anna	112		30-39	73		00:13:38	<b>00:28:49.45</b>	+00:11:01	5:45	10.4
74	DROBIAK Kornelia	292		30-39	74		00:14:06	<b>00:28:49.75</b>	+00:11:02	5:45	10.4
75	OLSCHIMKE Kasia	699	META	30-39	75		00:14:44	<b>00:28:55.50</b>	+00:11:07	5:47	10.4
76	SOBCZAK Magdalena	928		30-39	76		00:14:36	<b>00:29:11.00</b>	+00:11:23	5:50	10.3
77	SZEFER Wioleta	229		30-39	77		00:14:17	<b>00:29:11.70</b>	+00:11:24	5:50	10.3
78	SŁOWIŃSKA Joanna	512	RUNTEAM PAWŁOWICE	30-39	78	RUNTEAM Pawłowice	00:14:31	<b>00:29:11.80</b>	+00:11:24	5:50	10.3
79	BUREK Gabriela	559	RUNTEAM PAWŁOWICE	30-39	79	RUNTEAM Pawłowice	00:12:58	<b>00:29:12.15</b>	+00:11:24	5:50	10.3
80	CHROMIK Krystyna	461	KOBIETY NA 5+	30-39	80	Kobiety na 5+	00:14:35	<b>00:29:13.35</b>	+00:11:25	5:50	10.3
81	SPYRKA Monika	53	KLUB BIEGACZA FARTLEK	30-39	81	Klub Biegacza Fartlek	00:14:20	<b>00:29:20.95</b>	+00:11:33	5:52	10.2
82	SZALA Beata	88	SEBET TRUCHTING TEAM	30-39	82		00:14:50	<b>00:29:24.90</b>	+00:11:37	5:52	10.2
83	MĘDRALA Ola	709		30-39	83		00:14:37	<b>00:29:31.20</b>	+00:11:43	5:54	10.2
84	PARCHAŃSKA Iwona	206		30-39	84		00:14:53	<b>00:29:35.50</b>	+00:11:47	5:55	10.1
85	MACIOŃCZYK Katarzyna	621		30-39	85		00:14:34	<b>00:29:39.45</b>	+00:11:51	5:55	10.1
86	GŁĄB Magdalena	485		30-39	86		00:14:17	<b>00:29:40.95</b>	+00:11:53	5:56	10.1
87	SKOCZYŃSKA Malgorzata	1091		30-39	87		00:14:45	<b>00:29:41.15</b>	+00:11:53	5:56	10.1
88	BRANDYS Krystyna	547		30-39	88		00:14:36	<b>00:29:50.15</b>	+00:12:02	5:58	10.1
89	SITKO Dagmara	398		30-39	89		00:14:46	<b>00:29:54.80</b>	+00:12:07	5:58	10
90	KURPANEK Milena	5025		30-39	90		00:15:07	<b>00:29:58.05</b>	+00:12:10	5:59	10
91	MATUSZCZYK Renata	300	BANK SPÓŁDZIELCZY W JASTRZĘBIU ZDROJU	30-39	91	Bank Spółdzielczy w Jastrzębiu Zdroju	00:14:36	<b>00:29:59.90</b>	+00:12:12	5:59	10
92	PAŁASZ Marta	729		30-39	92		00:14:46	<b>00:30:07.60</b>	+00:12:19	6:01	10
93	GÓRECKA Ewelina	391	JUSTFEELFIT	30-39	93	JustFeelFit TEAM	00:14:58	<b>00:30:09.75</b>	+00:12:22	6:01	10
94	SOJKA Anna	106		30-39	94		00:14:52	<b>00:30:10.65</b>	+00:12:23	6:02	9.9
95	MOSKAŁA Magdalena	351		30-39	95		00:15:24	<b>00:30:14.75</b>	+00:12:27	6:02	9.9
96	KAFARA Joanna	905	WATAHA	30-39	96		00:15:41	<b>00:30:15.20</b>	+00:12:27	6:03	9.9
97	BALCAR Elżbieta	556		30-39	97		00:14:25	<b>00:30:17.40</b>	+00:12:29	6:03	9.9
98	MATUSIAK Paulina	376		30-39	98		00:14:44	<b>00:30:19.65</b>	+00:12:32	6:03	9.9
99	GĄSIOR Katarzyna	629		30-39	99		00:15:16	<b>00:30:28.80</b>	+00:12:41	6:05	9.8
100	KUBALA Agnieszka	324		30-39	100		00:15:30	<b>00:30:31.60</b>	+00:12:43	6:06	9.8
101	PTASIŃSKA Iwona	701		30-39	101		00:15:49	<b>00:30:33.45</b>	+00:12:45	6:06	9.8
102	TRZCIŃSKA Joanna	271	KOBIETY NA 5+	30-39	102	Kobiety na 5+	00:14:42	<b>00:30:35.20</b>	+00:12:47	6:07	9.8
103	HUBA Agnieszka	264	KOBIETY NA 5+	30-39	103	Kobiety na 5+	00:14:41	<b>00:30:35.30</b>	+00:12:47	6:07	9.8
104	JASKÓŁA Izabela	794		30-39	104		00:14:44	<b>00:30:36.75</b>	+00:12:49	6:07	9.8
105	LASKOWSKA Anna	434		30-39	105		00:15:38	<b>00:30:39.40</b>	+00:12:51	6:07	9.8
106	KURCBART Magdalena	531		30-39	106		00:14:55	<b>00:30:43.10</b>	+00:12:55	6:08	9.8
107	KUŹNIK Edyta	370		30-39	107		00:15:42	<b>00:30:57.45</b>	+00:13:09	6:11	9.7
108	SKROBOL Paulina	586	SUSZECKA GRUPA BIEGOWA LET'S GO	30-39	108		00:15:11	<b>00:31:05.95</b>	+00:13:18	6:13	9.7
109	STRZAŁKA - LECH Magdalena	305	OPEL FIJAŁKOWSKI	30-39	109	Opel Fijałkowski	00:15:09	<b>00:31:07.20</b>	+00:13:19	6:13	9.6
110	LISZOK Iwona	309		30-39	110		00:15:26	<b>00:31:09.55</b>	+00:13:21	6:13	9.6
111	OLEJEK Anna	741		30-39	111		00:15:12	<b>00:31:11.75</b>	+00:13:24	6:14	9.6
112	KUJAWA Marzena	259		30-39	112		00:15:27	<b>00:31:15.95</b>	+00:13:28	6:15	9.6
113	SIENKIEWICZ Gabriela	545	PO WOLI DO CELU	30-39	113	PoWoliDoCelu	00:15:46	<b>00:31:32.80</b>	+00:13:45	6:18	9.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka	Czas		Tempo min/km	Tempo km/h
							2.5km	netto 5km	Różn		
114	BALICKA Magdalena	441		30-39	114		00:15:33	<b>00:31:38.75</b>	+00:13:51	6:19	9.5
115	SZLAUR Ewelina	664		30-39	115		00:15:56	<b>00:31:42.30</b>	+00:13:54	6:20	9.5
116	URBAŚ Monika	532	KOBIETY NA 5 +	30-39	116	Kobiety na 5+	00:15:52	<b>00:31:46.50</b>	+00:13:58	6:21	9.4
117	DREWNIAK Magdalena	346	JUSTFELLFIT	30-39	117	JustFeelFit	00:16:29	<b>00:31:49.45</b>	+00:14:01	6:21	9.4
118	WOWRA Agnieszka	665		30-39	118		00:15:56	<b>00:31:53.20</b>	+00:14:05	6:22	9.4
119	KUKLA Agata	929	POWOLI DO CELU	30-39	119		00:16:26	<b>00:32:08.20</b>	+00:14:20	6:25	9.3
120	MIŚ Ela	863	JUSTFEELFIT	30-39	120	JustFeelFit TEAM	00:16:30	<b>00:32:09.00</b>	+00:14:21	6:25	9.3
121	DRANICZAREK Anna	792		30-39	121		00:16:02	<b>00:32:09.15</b>	+00:14:21	6:25	9.3
122	JAKUBIK Edyta	266		30-39	122		00:16:12	<b>00:32:12.30</b>	+00:14:24	6:26	9.3
123	PEPEK Bożena	681		30-39	123		00:15:50	<b>00:32:18.45</b>	+00:14:30	6:27	9.3
124	ZDUNEK Dorota	576		30-39	124		00:16:07	<b>00:32:28.35</b>	+00:14:40	6:29	9.2
125	KOZŁOWSKA Patrycja	780		30-39	125	Byle do mety	00:15:53	<b>00:32:31.00</b>	+00:14:43	6:30	9.2
126	CZERWIŃSKA Klaudyna	301	OPEL FIJAŁKOWSKI	30-39	126	Opel Fijałkowski	00:16:47	<b>00:32:35.25</b>	+00:14:47	6:31	9.2
127	ZAGÓRSKA Beata	355		30-39	127		00:16:11	<b>00:32:43.60</b>	+00:14:55	6:32	9.2
128	LIPIŃSKA Monika	404	BIEGIEM PRZEZ GÓRY	30-39	128		00:16:08	<b>00:32:49.85</b>	+00:15:02	6:33	9.1
129	SŁOWIK Kornelia	453	KOLOROWA DRUŻYNA NESSI	30-39	129	Kolorowa Drużyna Nessi	00:16:15	<b>00:32:54.80</b>	+00:15:07	6:34	9.1
130	SZYNAL Magdalena	511		30-39	130		00:15:48	<b>00:32:59.05</b>	+00:15:11	6:35	9.1
131	KSEPKO Katarzyna	405		30-39	131		00:16:15	<b>00:33:12.50</b>	+00:15:24	6:38	9
132	POŁĘDNIOK Aleksandra	152		30-39	132		00:16:10	<b>00:33:19.55</b>	+00:15:31	6:39	9
133	DROZDZIOK Elżbieta	908	WATAHA	30-39	133		00:16:59	<b>00:33:20.05</b>	+00:15:32	6:40	9
134	TYRYTKO Sylwia	602	WATAHA	30-39	134		00:16:59	<b>00:33:20.15</b>	+00:15:32	6:40	9
135	GARUS Angelika	278		30-39	135		00:16:10	<b>00:33:21.70</b>	+00:15:34	6:40	9
136	CICHY Agnieszka	435		30-39	136		00:16:25	<b>00:33:33.85</b>	+00:15:46	6:42	8.9
137	KOWALCZYK Basia	598		30-39	137		00:16:27	<b>00:33:35.25</b>	+00:15:47	6:43	8.9
138	GROSIK Marta	673		30-39	138		00:16:33	<b>00:33:43.95</b>	+00:15:56	6:44	8.9
139	HRYNKIEWICZ Katarzyna	644		30-39	139		00:16:39	<b>00:33:52.55</b>	+00:16:04	6:46	8.9
140	ZMUDA Ewelina	538		30-39	140		00:16:38	<b>00:33:56.70</b>	+00:16:09	6:47	8.8
141	STANO Monika	678		30-39	141		00:17:15	<b>00:33:58.15</b>	+00:16:10	6:47	8.8
142	WAWOCZNY Anita	487	KOBIETY NA 5 +	30-39	142	Kobiety na 5+	00:17:00	<b>00:33:58.90</b>	+00:16:11	6:47	8.8
143	BATKO Agnieszka	544		30-39	143		00:17:19	<b>00:34:09.30</b>	+00:16:21	6:49	8.8
144	ŚLEDZIEWSKA Agata	693		30-39	144		00:17:00	<b>00:34:15.80</b>	+00:16:28	6:51	8.8
145	ZIELONKA Agnieszka	253		30-39	145	Cioteczki	00:17:15	<b>00:34:38.60</b>	+00:16:50	6:55	8.7
146	DAMIĘCKA Magda	462	RUNTEAM	30-39	146	RUNTEAM Pawłowice	00:17:30	<b>00:34:48.50</b>	+00:17:00	6:57	8.6
147	SUDLITZ Anna	449	FORTUNA TEAM	30-39	147		00:18:12	<b>00:34:56.45</b>	+00:17:08	6:59	8.6
148	KWAŚNIEWSKA Kasia	593		30-39	148		00:16:43	<b>00:34:57.85</b>	+00:17:10	6:59	8.6
149	KACZMARCZYK-ZIELIŃSKA Magdalena	468	RUNTEAM PAWŁOWICE	30-39	149	RUNTEAM Pawłowice	00:17:10	<b>00:35:00.40</b>	+00:17:12	7:00	8.6
150	ROJEK Wioleta	845		30-39	150		00:17:16	<b>00:35:11.25</b>	+00:17:23	7:02	8.5
151	BALCERAK Beata	348		30-39	151		00:17:04	<b>00:35:15.75</b>	+00:17:28	7:03	8.5
152	DUDA Magdalena	652		30-39	152		00:17:04	<b>00:35:15.90</b>	+00:17:28	7:03	8.5
153	LEPICH Katarzyna	380	MIECHOWICKA GRUPA BIEGOWA	30-39	153	Miechowicka Grupa Biegowa	00:16:55	<b>00:35:21.10</b>	+00:17:33	7:04	8.5
154	GŁĄB Mariola	669		30-39	154		00:17:11	<b>00:35:24.50</b>	+00:17:36	7:04	8.5
155	BAJER Marzena	775	DYSTANS LUBOMIA	30-39	155	Dystans Lubomia	00:18:00	<b>00:35:29.50</b>	+00:17:41	7:05	8.5
156	GIBAS Amanda	478	KLUB BIEGACZA FARTLEK	30-39	156	Klub Biegacza Fartlek	00:17:34	<b>00:35:55.60</b>	+00:18:07	7:11	8.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Zawrotka 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
157	<b>ŚLEZIONA Katarzyna</b>	<b>270</b>		30-39	157		00:17:23	<b>00:36:06.15</b>	+00:18:18	7:13	8.3
158	<b>ZIELONKA Dorota</b>	<b>275</b>		30-39	158	Cioteczki	00:17:53	<b>00:36:42.75</b>	+00:18:55	7:20	8.2
159	<b>KOŹDOŃ Jagoda</b>	<b>543</b>		30-39	159		00:18:31	<b>00:36:44.55</b>	+00:18:56	7:20	8.2
160	<b>SIREK Izabela</b>	<b>635</b>	OLZA CIESZYN	30-39	160	Olza Cieszyn	00:17:47	<b>00:36:44.80</b>	+00:18:57	7:20	8.2
161	<b>DAMIS Daria</b>	<b>668</b>		30-39	161		00:18:13	<b>00:36:56.80</b>	+00:19:09	7:23	8.1
162	<b>KROCZEK Magdalena</b>	<b>451</b>	FORTUNA TEAM	30-39	162		00:18:19	<b>00:37:02.95</b>	+00:19:15	7:24	8.1
163	<b>ŚCIĘGAJ Joanna</b>	<b>430</b>		30-39	163		00:18:03	<b>00:37:10.70</b>	+00:19:23	7:26	8.1
164	<b>SZOJDA Paulina</b>	<b>799</b>	VIKING TRAINING CENTER/BIEGNĘ BYLE DOBIEC	30-39	164		00:18:13	<b>00:37:15.30</b>	+00:19:27	7:27	8.1
165	<b>JUTKA Kasia</b>	<b>891</b>		30-39	165		00:18:13	<b>00:37:15.55</b>	+00:19:27	7:27	8.1
166	<b>STEFANIK Katarzyna</b>	<b>343</b>		30-39	166		00:18:16	<b>00:37:23.00</b>	+00:19:35	7:28	8
167	<b>LEKI Grażyna</b>	<b>774</b>		30-39	167		00:18:16	<b>00:37:24.20</b>	+00:19:36	7:28	8
168	<b>MAGIEREK Magdalena</b>	<b>618</b>		30-39	168		00:18:16	<b>00:37:24.45</b>	+00:19:36	7:28	8
169	<b>PIERZCHAŁA Magdalena</b>	<b>263</b>	MORS HUBERTUS MYSŁOWICE	30-39	169	MORS Hubertus Mysłowice	00:18:12	<b>00:37:42.00</b>	+00:19:54	7:32	8
170	<b>MAGIERA Barbara</b>	<b>517</b>		30-39	170	PoWoliDoCelu	00:19:17	<b>00:38:09.70</b>	+00:20:22	7:37	7.9
171	<b>KALETA Agnieszka</b>	<b>186</b>	POWOLI DO CELU	30-39	171	PoWoliDoCelu	00:19:16	<b>00:38:09.75</b>	+00:20:22	7:37	7.9
172	<b>ŚWIDERSKA Anna</b>	<b>513</b>	POWOLI DO CELU	30-39	172	PoWoli do Celu	00:19:17	<b>00:38:26.20</b>	+00:20:38	7:41	7.8
173	<b>BAZGIER Magdalena</b>	<b>768</b>		30-39	173		00:19:25	<b>00:39:38.00</b>	+00:21:50	7:55	7.6
174	<b>ISKRA Joanna</b>	<b>548</b>		30-39	174		00:19:28	<b>00:39:38.65</b>	+00:21:51	7:55	7.6
175	<b>TOMCZYK Anna</b>	<b>750</b>		30-39	175		00:20:25	<b>00:40:58.80</b>	+00:23:11	8:11	7.3
176	<b>BURYAN Kamila</b>	<b>645</b>		30-39	176		00:20:21	<b>00:41:07.45</b>	+00:23:19	8:13	7.3
177	<b>SZCZEPANIK Aleksandra</b>	<b>526</b>	KLUB BIEGACZA FARTLEK	30-39	177	Klub Biegacza Fartlek	00:20:08	<b>00:41:21.95</b>	+00:23:34	8:16	7.3
178	<b>BOBER Aneta</b>	<b>676</b>		30-39	178		00:20:24	<b>00:41:41.05</b>	+00:23:53	8:20	7.2
179	<b>KUBICIUS Zofia</b>	<b>689</b>	OLZA CIESZYN	30-39	179	Olza Cieszyn	00:21:04	<b>00:42:41.15</b>	+00:24:53	8:32	7
180	<b>BŁASZCZYK Marta</b>	<b>776</b>		30-39	180		00:19:49	<b>00:42:55.80</b>	+00:25:08	8:35	7
181	<b>SZCZEGODZIŃSKA Katarzyna</b>	<b>381</b>		30-39	181		00:21:50	<b>00:44:18.15</b>	+00:26:30	8:51	6.8
182	<b>BARTNICKA Barbara</b>	<b>649</b>	RUNTEAM PAWŁOWICE	30-39	182	RUNTEAM Pawłowice	00:22:56	<b>00:46:21.20</b>	+00:28:33	9:16	6.5
183	<b>SZYMAŃSKA Magdalena</b>	<b>647</b>		30-39	183		00:22:58	<b>00:46:22.00</b>	+00:28:34	9:16	6.5
184	<b>KWIATON Patrycja</b>	<b>630</b>	RUNTEAM PAWŁOWICE	30-39	184	RUNTEAM Pawłowice	00:22:58	<b>00:46:22.65</b>	+00:28:35	9:16	6.5

Znaleziono 184 wynik(ów)