



KOBIETY NA 5+ :: BIEG

B4SPORT
INTELEKTNE ZAWODY SPORTOWE

Wydarzenie:

Organizator:

Data:

Miejsce:

Dystans:

"Kobiety na 5+" Jastrzębski Bieg Kobiet 2022

Miejski Ośrodek Sportu i Rekreacji Jastrzębie-Zdrój

2022-05-22

Jastrzębie-Zdrój

5.3 km

B4SPORT
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: 30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
1	MICHALAK Sandra	82	TRENUN Z SANDRĄ	30-39	1	Trenuj z Sandrą		00:00:00	00:08:05	00:18:32.55	00:18:32.55		3:29	17.2
2	MENDECKA-ZEJDLER Michalina	7		30-39	2	PĘDZIMATRY		00:00:00	00:08:34	00:18:55.90	00:18:55.90	+00:00:23	3:34	16.8
3	SUWAJ Aneta	42	NIEBIESKIE DZIEWCZYNY	30-39	3	Trenuj z Sandrą	Niebieskie dziewczyny	00:00:00	00:08:35	00:19:07.60	00:19:07.60	+00:00:35	3:36	16.6
4	DYRLAGA Justyna	54	JUSTFEELFIT	30-39	4	JustFeelFit		00:00:00	00:09:12	00:20:35.60	00:20:35.60	+00:02:03	3:53	15.4
5	BIELIŃSKA Monika	25	DOROTA I MONIKA	30-39	5	PĘDZIMATRY	DOROTA I MONIKA	00:00:00	00:09:13	00:20:37.10	00:20:37.10	+00:02:04	3:53	15.4
6	DZIUK Dagmara	84	TL ATHLETICS JASTRZĘBIE	30-39	6			00:00:00	00:09:14	00:20:58.10	00:20:58.10	+00:02:25	3:57	15.2
7	REDZIK Dorota	76	DOROTA I MONIKA	30-39	7	Never Too Late	DOROTA I MONIKA	00:00:00	00:09:35	00:21:30.65	00:21:30.65	+00:02:58	4:03	14.8
8	DOMIAN Paulina	172		30-39	8			00:00:00	00:09:34	00:21:57.70	00:21:57.70	+00:03:25	4:08	14.5
9	JANKO Anna	73	HRMAX DZIOŁSZKI	30-39	9	HRmax Dziołszki		00:00:00	00:09:56	00:22:26.85	00:22:26.85	+00:03:54	4:13	14.2
10	RATAJ Barbara	155	DIABEŁKI CHARLIEGO	30-39	10	Jejkowice Biegają	Diabełki Charliego	00:00:00	00:10:00	00:23:08.60	00:23:08.60	+00:04:36	4:21	13.7
11	FANGOR-GRAB Agata	665	RESHAPE RUNNERS	30-39	11			00:00:00	00:10:06	00:23:09.45	00:23:09.45	+00:04:36	4:22	13.7
12	SUSHKO Maryna	143		30-39	12			00:00:00	00:10:17	00:23:10.05	00:23:10.05	+00:04:37	4:22	13.7
13	JURASZEK Elzbieta	37	JUSTFEELFIT	30-39	13	JustFeelFit		00:00:00	00:10:19	00:23:14.55	00:23:14.55	+00:04:42	4:23	13.7
14	KUDIO Daria	65		30-39	14	PIĘKNE I BESTIA		00:00:00	00:10:19	00:23:23.45	00:23:23.45	+00:04:50	4:24	13.6
15	OLEŚ-ZDECHLIK Beata	206		30-39	15			00:00:00	00:10:27	00:23:53.35	00:23:53.35	+00:05:20	4:30	13.3
16	PANKIEWICZ Magdalena	183	DY CZUŚ TEAM	30-39	16	Dyczuś Team		00:00:00	00:10:32	00:23:56.05	00:23:56.05	+00:05:23	4:30	13.3
17	BOGUSŁAWSKA Angelika	227	NESSI TIME ŻORY	30-39	17			00:00:00	00:10:11	00:24:13.50	00:24:13.50	+00:05:40	4:34	13.1
18	WRÓBEL Katarzyna	310	JUSTFEELFIT	30-39	18	JustFeelFit		00:00:00	00:10:40	00:24:22.55	00:24:22.55	+00:05:50	4:35	13.1
19	PILCH Natalia	22	OLZA CIESZYN	30-39	19	Olza Cieszyn		00:00:00	00:10:55	00:24:23.90	00:24:23.90	+00:05:51	4:36	13
20	ZEMŁAK Adriana	224		30-39	20			00:00:00	00:10:58	00:24:24.05	00:24:24.05	+00:05:51	4:36	13
21	GRYCMAN Marta	124	MARTA I ANITA	30-39	21		Marta i Anita	00:00:00	00:10:42	00:24:40.25	00:24:40.25	+00:06:07	4:39	12.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
22	MENDECKA Daria	9	MOSIR ŁAZISKA GÓRNE	30-39	22			00:00:00	00:10:32	00:24:40.40	00:24:40.40	+00:06:07	4:39	12.9
23	SITKO Agnieszka	299		30-39	23	Radlinioki w biegu		00:00:00	00:10:52	00:24:42.15	00:24:42.15	+00:06:09	4:39	12.9
24	MIELAŃCZYK Patrycja	212		30-39	24			00:00:00	00:10:27	00:24:45.95	00:24:45.95	+00:06:13	4:40	12.8
25	MISTEROWICZ Kinga	18	RUNSZ-TEAM	30-39	25	Niedoścignione		00:00:00	00:10:49	00:24:52.70	00:24:52.70	+00:06:20	4:41	12.8
26	MENDLA Agata	122		30-39	26	ŁAPACZKI Zachodów słońca		00:00:00	00:10:47	00:25:02.90	00:25:02.90	+00:06:30	4:43	12.7
27	KRAKOWCZYK Karolina	282	ŁAPACZKI ZACHODÓW SŁOŃCA	30-39	27	ŁAPACZKI Zachodów słońca		00:00:00	00:10:50	00:25:13.15	00:25:13.15	+00:06:40	4:45	12.6
28	PRZYŁĘCKA-HUSSAR Agnieszka	81		30-39	28			00:00:00	00:10:55	00:25:15.90	00:25:15.90	+00:06:43	4:45	12.6
29	NGUYEN Dorota	686	RYBNICKA GRUPA BIEGOWA , RADLINIOKI W BIEGU	30-39	29			00:00:00	00:11:01	00:25:20.30	00:25:20.30	+00:06:47	4:46	12.6
30	TRYBAŁA Danuta	603	WATAHA	30-39	30	WATAHA		00:00:00	00:10:55	00:25:21.05	00:25:21.05	+00:06:48	4:46	12.5
31	GNAŚ Anna	162	ALPIN SPORT HOKA ONE ONE TEAM	30-39	31		Ana do Bara	00:00:00	00:10:32	00:25:21.85	00:25:21.85	+00:06:49	4:46	12.5
32	CHORCHOS Magda	769		30-39	32			00:00:00	00:11:03	00:25:45.45	00:25:45.45	+00:07:12	4:51	12.3
33	BANAŚ Wioleta	431	OPEL FIJAŁKOWSKI	30-39	33	OPEL FIJAŁKOWSKI		00:00:00	00:11:34	00:25:47.05	00:25:47.05	+00:07:14	4:51	12.3
34	KUPCZAK Jagoda	788	JUSTFEELFIT	30-39	34	JustFeelFit		00:00:00	00:11:38	00:25:47.10	00:25:47.10	+00:07:14	4:51	12.3
35	KWAPISZ-BONUSIAK Dorota	280		30-39	35			00:00:00	00:11:10	00:25:56.40	00:25:56.40	+00:07:23	4:53	12.3
36	BREJNAK Agnieszka	219	FIT WARIATKI	30-39	36	Jejkowice Biegają	Fit Wariatki	00:00:00	00:11:13	00:25:58.15	00:25:58.15	+00:07:25	4:53	12.2
37	KANTOROWSKA Ania	101	POWOLI DO CELU	30-39	37	PoWoli do Celu		00:00:00	00:11:18	00:26:16.25	00:26:16.25	+00:07:43	4:57	12.1
38	HOŁYŃSKA-URBASIK Karolina	997	KAROLINA I ASIA	30-39	38		Karolina i Asia	00:00:00	00:11:05	00:26:23.30	00:26:23.30	+00:07:50	4:58	12.1
39	PIŃKOWSKA Angelika	85		30-39	39			00:00:00	00:12:05	00:26:36.00	00:26:36.00	+00:08:03	5:01	12
40	BARCIEWICZ Kinga	1217		30-39	40			00:00:00	00:11:08	00:26:38.00	00:26:38.00	+00:08:05	5:01	11.9
41	MAŁECKA Aleksandra	866	BBAM	30-39	41		BBAM	00:00:00	00:11:56	00:26:40.55	00:26:40.55	+00:08:08	5:01	11.9
42	WITOS-GRZYBOWSKA Renata	690	JUSTFEELFIT	30-39	42	JustFeelFit		00:00:00	00:11:27	00:26:41.70	00:26:41.70	+00:08:09	5:02	11.9
43	SZULC Marta	223	BURZA TEAM	30-39	43	Burza Team		00:00:00	00:11:21	00:26:47.70	00:26:47.70	+00:08:15	5:03	11.9
44	SOKÓŁ-PISZCZEK Agnieszka	149	NESSI TIME ŻORY	30-39	44			00:00:00	00:12:04	00:26:49.35	00:26:49.35	+00:08:16	5:03	11.9
45	PARKITA Justyna	225	BDB TEAM	30-39	45			00:00:00	00:11:45	00:26:53.85	00:26:53.85	+00:08:21	5:04	11.8
46	KONSEK Anna	746		30-39	46			00:00:00	00:11:58	00:26:59.30	00:26:59.30	+00:08:26	5:05	11.8
47	FRANEK Agata	170		30-39	47			00:00:00	00:11:20	00:27:01.15	00:27:01.15	+00:08:28	5:05	11.8
48	WODNIAK Angela	254	POWOLI DO CELU	30-39	48	PoWoli do Celu		00:00:00	00:11:30	00:27:03.35	00:27:03.35	+00:08:30	5:06	11.8
49	NENKO Jolanta	139		30-39	49			00:00:00	00:11:53	00:27:03.90	00:27:03.90	+00:08:31	5:06	11.8
50	LERCH Bożena	114		30-39	50			00:00:00	00:11:47	00:27:05.25	00:27:05.25	+00:08:32	5:06	11.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
51	HANARZ Joanna	735		30-39	51	JustFeelFit		00:00:00	00:12:12	00:27:06.45	00:27:06.45	+00:08:33	5:06	11.7
52	WANDEL-HANUSEK Agnieszka	644		30-39	52			00:00:00	00:12:23	00:27:10.25	00:27:10.25	+00:08:37	5:07	11.7
53	LERCH Maria	116		30-39	53			00:00:00	00:11:44	00:27:10.70	00:27:10.70	+00:08:38	5:07	11.7
54	LIPKO Izabela	316		30-39	54			00:00:00	00:12:55	00:27:13.00	00:27:13.00	+00:08:40	5:08	11.7
55	GANCARCZYK Karolina	305	BIEGOWE WARIATY	30-39	55			00:00:00	00:11:57	00:27:22.00	00:27:22.00	+00:08:49	5:09	11.6
56	MARSZAŁKOWSKA Daria	21		30-39	56			00:00:00	00:12:17	00:27:22.30	00:27:22.30	+00:08:49	5:09	11.6
57	GAJDA Magdalena	94	MAGDA I OLA	30-39	57		Magda i Ola	00:00:00	00:12:22	00:27:25.35	00:27:25.35	+00:08:52	5:10	11.6
58	LACHOWICZ Izabela	49	RYBNICKA GRUPA BIEGOWA PĘDZIMY RAZEM	30-39	58			00:00:00	00:12:19	00:27:28.60	00:27:28.60	+00:08:56	5:10	11.6
59	KUFKA Judyta	164		30-39	59			00:00:00	00:12:19	00:27:28.75	00:27:28.75	+00:08:56	5:10	11.6
60	PUKAS-STĘCLIK Karolina	175		30-39	60			00:00:00	00:12:32	00:27:31.60	00:27:31.60	+00:08:59	5:11	11.6
61	ZAKRZEWSKA Sabina	356		30-39	61			00:00:00		00:27:31.85	00:27:31.85	+00:08:59	5:11	11.6
62	REJBICZ Weronika	850		30-39	62			00:00:00	00:12:23	00:27:34.55	00:27:34.55	+00:09:02	5:12	11.5
63	WICHER Sabina	132	MONSUN SPORT	30-39	63			00:00:00	00:12:50	00:27:38.50	00:27:38.50	+00:09:05	5:12	11.5
64	AUGUSCIK Ewelina	325	KOBIETY NA 5+	30-39	64			00:00:00	00:11:53	00:27:42.15	00:27:42.15	+00:09:09	5:13	11.5
65	PŁAZA Monika	275	KOBIETY NA 5+	30-39	65	Kobiety na 5+		00:00:00	00:12:04	00:27:43.40	00:27:43.40	+00:09:10	5:13	11.5
66	NOWAK Magdalena	199	NESSI TIME ŻORY	30-39	66			00:00:00	00:12:14	00:27:44.25	00:27:44.25	+00:09:11	5:13	11.5
67	JĘDRYKA Patrycja	135	GB GALOPUJĄCE ŚLIMAKI	30-39	67			00:00:00	00:11:37	00:27:44.85	00:27:44.85	+00:09:12	5:13	11.5
68	PIECHA-ŁACHAJCZYK Hanna	189		30-39	68			00:00:00	00:12:46	00:27:55.85	00:27:55.85	+00:09:23	5:16	11.4
69	SZYMICZEK Paulina	290	DYSTANS LUBOMIA	30-39	69			00:00:00	00:12:33	00:28:00.60	00:28:00.60	+00:09:28	5:16	11.4
70	POLAK Sabina	511	SWIM-POL TEAM	30-39	70			00:00:00	00:12:18	00:28:01.75	00:28:01.75	+00:09:29	5:17	11.4
71	SZŁAPA Urszula	88	SPOT PSZCZYNA	30-39	71	SPOT Pszczyna		00:00:00	00:11:31	00:28:08.55	00:28:08.55	+00:09:36	5:18	11.3
72	WIERCIGROCH Mariola	166	JUSTFEELFIT	30-39	72			00:00:00	00:12:27	00:28:10.85	00:28:10.85	+00:09:38	5:18	11.3
73	CIELANGA Barbara	878	WATAHA	30-39	73	WATAHA		00:00:00	00:12:10	00:28:17.65	00:28:17.65	+00:09:45	5:20	11.2
74	GAWLAS Paulina	854		30-39	74			00:00:00	00:12:46	00:28:25.90	00:28:25.90	+00:09:53	5:21	11.2
75	MAZUR Aleksandra	738		30-39	75			00:00:00	00:12:23	00:28:34.10	00:28:34.10	+00:10:01	5:23	11.1
76	SZCZEŚNIAK Iwona	70		30-39	76			00:00:00	00:12:39	00:28:37.05	00:28:37.05	+00:10:04	5:23	11.1
77	WIECHOWSKA Sabina	583	MONSUN SPORT	30-39	77			00:00:00	00:12:27	00:28:42.00	00:28:42.00	+00:10:09	5:24	11.1
78	PILCH Anna	428	PIGUATEAM	30-39	78	PiguaTeam		00:00:00	00:13:11	00:28:46.25	00:28:46.25	+00:10:13	5:25	11.1
79	TARGOSZ Aneta	108	OLZA CIESZYN	30-39	79	Olza Cieszyn		00:00:00	00:12:39	00:28:50.30	00:28:50.30	+00:10:17	5:26	11
80	FOLTYN Bożena	107	F	30-39	80			00:00:00	00:12:58	00:28:57.00	00:28:57.00	+00:10:24	5:27	11
81	KROPKA Gabriela	138	OLZA SPORT	30-39	81	Olza Cieszyn		00:00:00	00:12:25	00:28:57.75	00:28:57.75	+00:10:25	5:27	11
82	STEFANOW Agnieszka	598		30-39	82			00:00:00	00:13:09	00:28:58.65	00:28:58.65	+00:10:26	5:27	11

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83	ZYGMA Żaneta	167		30-39	83			00:00:00	00:12:11	00:28:59.75	00:28:59.75	+00:10:27	5:28	11
84	FOJCIK Katarzyna	69	PIERUNSKIE CANGÓRY	30-39	84	PieRUNskie CanGÓRY		00:00:00	00:12:56	00:29:01.30	00:29:01.30	+00:10:28	5:28	11
85	KOPIEC Estera	785		30-39	85	PoWoli do Celu		00:00:00	00:11:54	00:29:03.45	00:29:03.45	+00:10:30	5:28	10.9
86	PIEKAR Adriana	230		30-39	86			00:00:00	00:12:43	00:29:13.95	00:29:13.95	+00:10:41	5:30	10.9
87	KALETA Agnieszka	93	POWOLI DO CELU	30-39	87	PoWoli do Celu		00:00:00	00:12:42	00:29:25.70	00:29:25.70	+00:10:53	5:33	10.8
88	KURIATA Katarzyna	286		30-39	88			00:00:00	00:13:20	00:29:27.65	00:29:27.65	+00:10:55	5:33	10.8
89	BOBER Alicja	467		30-39	89			00:00:00	00:12:42	00:29:27.90	00:29:27.90	+00:10:55	5:33	10.8
90	WITOS-PAZDAN Ewelina	684	JUSTFEELFIT	30-39	90			00:00:00	00:13:11	00:29:30.60	00:29:30.60	+00:10:58	5:33	10.8
91	GWIZDAŁA Joanna	105		30-39	91			00:00:00	00:13:03	00:29:31.30	00:29:31.30	+00:10:58	5:34	10.8
92	POLNY Daria	391		30-39	92			00:00:00	00:13:43	00:29:33.85	00:29:33.85	+00:11:01	5:34	10.8
93	PILCH Lucyna	859	PIGUA TEAM	30-39	93	PiguaTeam		00:00:00	00:13:13	00:29:49.05	00:29:49.05	+00:11:16	5:37	10.7
94	NOSAL Maria	399		30-39	94			00:00:00	00:12:58	00:29:53.00	00:29:53.00	+00:11:20	5:38	10.6
95	SZEFER Wioleta	213		30-39	95			00:00:00	00:12:46	00:29:56.10	00:29:56.10	+00:11:23	5:38	10.6
96	SERAFIN Agnieszka	374	AGNIESZKA&EWELINA	30-39	96		Agnieszka&Ewelina	00:00:00	00:13:17	00:29:58.70	00:29:58.70	+00:11:26	5:39	10.6
97	LISIECKA Magdalena	426		30-39	97			00:00:00	00:13:19	00:29:59.75	00:29:59.75	+00:11:27	5:39	10.6
98	NOWAK Justyna	713		30-39	98			00:00:00	00:13:57	00:30:00.20	00:30:00.20	+00:11:27	5:39	10.6
99	DROBIAK Kornelia	498	KOBIETY NA 5+	30-39	99			00:00:00	00:13:02	00:30:04.10	00:30:04.10	+00:11:31	5:40	10.6
99	DĄBROWSKA Katarzyna	462		30-39	100			00:00:00	00:13:48	00:30:04.10	00:30:04.10	+00:11:31	5:40	10.6
101	PALUCH Karolina	646		30-39	101			00:00:00	00:13:34	00:30:08.95	00:30:08.95	+00:11:36	5:41	10.6
102	NIESŁAŃCZYK Barbara	484		30-39	102			00:00:00	00:13:27	00:30:15.60	00:30:15.60	+00:11:43	5:42	10.5
103	KARBOWY Izabela	48	JEJKOWCE BIEGAJĄ	30-39	103	Jejkowice Biegają		00:00:00	00:14:03	00:30:18.00	00:30:18.00	+00:11:45	5:43	10.5
104	DOMAŃSKA Joanna	171		30-39	104			00:00:00	00:12:43	00:30:18.80	00:30:18.80	+00:11:46	5:43	10.5
105	HADUCH Aneta	798		30-39	105			00:00:00	00:12:55	00:30:19.00	00:30:19.00	+00:11:46	5:43	10.5
106	BANASZEWSKA Aleksandra	176		30-39	106			00:00:00	00:12:20	00:30:19.25	00:30:19.25	+00:11:46	5:43	10.5
107	MARCISZ Natalia	546		30-39	107			00:00:00	00:12:55	00:30:23.50	00:30:23.50	+00:11:50	5:43	10.5
108	KOZŁOWSKA Anna	838		30-39	108	Byle do mety		00:00:00	00:12:51	00:30:23.55	00:30:23.55	+00:11:51	5:43	10.5
108	KMIECIK Marcelina	488		30-39	109			00:00:00	00:13:39	00:30:23.55	00:30:23.55	+00:11:51	5:43	10.5
110	ZIOBRO Kamila	410	REBELION OF FREE RUNNERS	30-39	110			00:00:00		00:30:33.55	00:30:33.55	+00:12:01	5:45	10.4
111	FIZIA Joanna	190		30-39	111	Nessi Team		00:00:00	00:13:36	00:30:37.45	00:30:37.45	+00:12:04	5:46	10.4
112	EISLER Anna	899		30-39	112	JustFeelFit		00:00:00	00:14:04	00:30:38.80	00:30:38.80	+00:12:06	5:46	10.4
113	MATUSIAK Paulina	257		30-39	113			00:00:00	00:13:09	00:30:39.50	00:30:39.50	+00:12:06	5:46	10.4
114	KOTOSKA Żaneta	787		30-39	114			00:00:00	00:13:27	00:30:51.25	00:30:51.25	+00:12:18	5:49	10.3
115	WOŚ Magda	352	PIERUNSKIE CANGÓRY	30-39	115	PieRUNskie CanGÓRY		00:00:00	00:13:00	00:30:53.85	00:30:53.85	+00:12:21	5:49	10.3
116	MALISZEWSKA Beata	205		30-39	116			00:00:00	00:13:18	00:30:58.25	00:30:58.25	+00:12:25	5:50	10.3
117	KONICKA Edi	728		30-39	117			00:00:00	00:13:41	00:31:04.20	00:31:04.20	+00:12:31	5:51	10.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
118	SŁOWIŃSKA Joanna	156	RUNTEAM PAWŁOWICE	30-39	118			00:00:00	00:13:30	00:31:08.45	00:31:08.45	+00:12:35	5:52	10.2
119	HANZLIK Martyna	831		30-39	119			00:00:00	00:12:42	00:31:10.05	00:31:10.05	+00:12:37	5:52	10.2
120	KRAWCZYK Monika	817		30-39	120			00:00:00	00:13:08	00:31:13.50	00:31:13.50	+00:12:40	5:53	10.2
121	SMAGA Ewelina	354		30-39	121			00:00:00	00:14:04	00:31:14.25	00:31:14.25	+00:12:41	5:53	10.2
122	JAKIMOWICZ Patrycja	413	NESSI TEAM	30-39	122	Nessi Team		00:00:00	00:12:57	00:31:19.95	00:31:19.95	+00:12:47	5:54	10.2
123	SNOCHOWSKA Gabriela	435	SKLEP BIEGACZA RUNNING TEAM	30-39	123			00:00:00	00:14:34	00:31:29.90	00:31:29.90	+00:12:57	5:56	10.1
124	KONOPKA Magdalena	532		30-39	124			00:00:00	00:13:23	00:31:32.35	00:31:32.35	+00:12:59	5:56	10.1
125	MADALINSKA Karolina	302		30-39	125			00:00:00	00:13:19	00:31:37.40	00:31:37.40	+00:13:04	5:57	10.1
126	SITKO Dagmara	304		30-39	126			00:00:00	00:14:17	00:31:37.95	00:31:37.95	+00:13:05	5:57	10.1
127	HRYNKIEWICZ Izabela	386		30-39	127			00:00:00	00:13:41	00:31:39.25	00:31:39.25	+00:13:06	5:58	10
128	PANFIL Beata	645		30-39	128			00:00:00	00:13:11	00:31:41.50	00:31:41.50	+00:13:08	5:58	10
129	HUBA Agnieszka	244	KOBIETY NA 5+	30-39	129	Kobiety na 5+		00:00:00	00:13:25	00:31:48.15	00:31:48.15	+00:13:15	6:00	10
130	SAMUL Karolina	329	HURAGAN LIGOTA	30-39	130			00:00:00	00:14:25	00:31:49.25	00:31:49.25	+00:13:16	6:00	10
131	KUJAWA Marzena	235		30-39	131			00:00:00	00:13:55	00:31:58.45	00:31:58.45	+00:13:25	6:01	9.9
132	KAMIŃSKA Agnieszka	296		30-39	132			00:00:00	00:14:07	00:32:05.40	00:32:05.40	+00:13:32	6:03	9.9
133	JAKUBIK Edyta	442		30-39	133			00:00:00	00:13:43	00:32:22.40	00:32:22.40	+00:13:49	6:06	9.8
134	BRYCHCY Estera	446	WATAHA-ŁĄCZY NAS BIEGANIE	30-39	134			00:00:00	00:14:32	00:32:24.10	00:32:24.10	+00:13:51	6:06	9.8
135	STRZAŁKA-LECH Magdalena	887		30-39	135			00:00:00	00:13:32	00:32:26.45	00:32:26.45	+00:13:53	6:07	9.8
136	KARAŚ Daria	600		30-39	136			00:00:00	00:13:25	00:32:26.55	00:32:26.55	+00:13:54	6:07	9.8
137	JURASZEK Agnieszka	335	JUSTFEELFIT	30-39	137	JustFeelFit		00:00:00	00:14:40	00:32:26.65	00:32:26.65	+00:13:54	6:07	9.8
138	ZŁOTKOWSKA Sylwia	858	WLCZKI	30-39	138	WATAHA		00:00:00	00:13:40	00:32:29.30	00:32:29.30	+00:13:56	6:07	9.8
139	PAGIEŁA Katarzyna	545		30-39	139			00:00:00	00:14:45	00:32:31.40	00:32:31.40	+00:13:58	6:08	9.8
140	MIŚ Elżbieta	339	JUSTFEELFIT	30-39	140	JustFeelFit		00:00:00	00:14:41	00:32:31.80	00:32:31.80	+00:13:59	6:08	9.8
141	KAFARA Joanna	293	WATAHA	30-39	141			00:00:00	00:14:24	00:32:37.40	00:32:37.40	+00:14:04	6:09	9.7
142	PARCHAŃSKA-ŻUREK Iwona	100		30-39	142			00:00:00	00:14:11	00:32:38.80	00:32:38.80	+00:14:06	6:09	9.7
143	KISZKA-MAZIARCZUK Berenika	786	A I B	30-39	143	Lecymy Durś	A i B	00:00:00	00:14:51	00:32:40.75	00:32:40.75	+00:14:08	6:09	9.7
144	FARUGA Angelina	382		30-39	144			00:00:00	00:14:13	00:32:41.35	00:32:41.35	+00:14:08	6:10	9.7
145	SADOWSKA-LASYK Kamila	775		30-39	145			00:00:00	00:14:23	00:32:45.65	00:32:45.65	+00:14:13	6:10	9.7
146	GOJNY Daria	896		30-39	146			00:00:00	00:14:12	00:32:49.65	00:32:49.65	+00:14:17	6:11	9.7
147	URBAŚ Monika	319		30-39	147	Kobiety na 5+		00:00:00	00:13:52	00:32:53.80	00:32:53.80	+00:14:21	6:12	9.7
148	ALEKSA Lucyna	605	MIECHOWICKA GRUPA BIEGOWA	30-39	148	Miechowska Grupa Biegowa		00:00:00	00:14:53	00:33:04.65	00:33:04.65	+00:14:32	6:14	9.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
149	TRAWNICKA Małgosia	450		30-39	149			00:00:00	00:14:29	00:33:07.75	00:33:07.75	+00:14:35	6:14	9.6
150	KRZYŻOWSKA Marzena	519		30-39	150			00:00:00	00:14:18	00:33:09.90	00:33:09.90	+00:14:37	6:15	9.6
151	BETLEJ Dorota	541		30-39	151			00:00:00	00:14:02	00:33:21.35	00:33:21.35	+00:14:48	6:17	9.5
152	GŁĄB Magdalena	363		30-39	152			00:00:00	00:14:57	00:33:22.10	00:33:22.10	+00:14:49	6:17	9.5
153	KAMEJSZA Olga	237	ZABIERZÓW BIEGA	30-39	153			00:00:00	00:14:04	00:33:25.65	00:33:25.65	+00:14:53	6:18	9.5
154	JELITKO Ania	868		30-39	154			00:00:00	00:15:16	00:33:25.70	00:33:25.70	+00:14:53	6:18	9.5
155	GOLEC Monika	829		30-39	155			00:00:00	00:14:54	00:33:44.95	00:33:44.95	+00:15:12	6:21	9.4
156	CHRZĄSTEK Magdalena	737		30-39	156			00:00:00	00:14:22	00:33:50.60	00:33:50.60	+00:15:18	6:23	9.4
157	WOJDANOWSKA Małgorzata	397	LECYMY DURŚ	30-39	157	Lecymy Durś	Lecymy Durś	00:00:00	00:14:52	00:33:51.45	00:33:51.45	+00:15:18	6:23	9.4
158	DEPTA KLIMAS Magdalena	842		30-39	158			00:00:00	00:14:09	00:33:52.70	00:33:52.70	+00:15:20	6:23	9.4
159	KUCHARSKA Anna	792	A B	30-39	159	Lecymy Durś	A B	00:00:00	00:14:52	00:33:52.75	00:33:52.75	+00:15:20	6:23	9.4
160	GAŚSIOR Katarzyna	513		30-39	160			00:00:00	00:14:54	00:34:01.65	00:34:01.65	+00:15:29	6:25	9.3
161	KUBALA Agnieszka	174		30-39	161			00:00:00	00:14:29	00:34:02.80	00:34:02.80	+00:15:30	6:25	9.3
162	KALETA Agata	334	JUSTFEELFIT	30-39	162	JustFeelFit		00:00:00	00:14:59	00:34:08.40	00:34:08.40	+00:15:35	6:26	9.3
163	GOLEC-CHOLEWA Aleksandra	704		30-39	163			00:00:00	00:14:54	00:34:08.55	00:34:08.55	+00:15:36	6:26	9.3
164	BIAŁOŃCZYK Joanna	36		30-39	164	Byle do mety		00:00:00	00:14:25	00:34:13.70	00:34:13.70	+00:15:41	6:27	9.3
165	NOWICKA Ola	651		30-39	165			00:00:00	00:14:45	00:34:21.40	00:34:21.40	+00:15:48	6:28	9.3
166	JANIK Anna	622	WIEWÓRKI ZIMNOKRWISTE	30-39	166		Wiewiórki Zimnokrwiste	00:00:00	00:14:35	00:34:23.95	00:34:23.95	+00:15:51	6:29	9.2
167	SPYRKA Monika	587		30-39	167	Klub Biegacza Fartlek		00:00:00	00:14:48	00:34:25.80	00:34:25.80	+00:15:53	6:29	9.2
168	KAJSZTURA Weronika	836	PRZEDSZKOLE MAŁYCH BOHATERÓW	30-39	168	Przedszkole Małych Bohaterów		00:00:00	00:15:11	00:34:26.15	00:34:26.15	+00:15:53	6:29	9.2
169	ŁOSKOT Aneta	365		30-39	169			00:00:00	00:14:54	00:34:32.90	00:34:32.90	+00:16:00	6:30	9.2
170	ZMUDA Ewelina	243		30-39	170			00:00:00	00:14:26	00:34:34.90	00:34:34.90	+00:16:02	6:31	9.2
171	KUKLA Agata	262		30-39	171	PoWoli do Celu		00:00:00	00:16:03	00:34:41.55	00:34:41.55	+00:16:09	6:32	9.2
172	PAŁYS Agata	378		30-39	172			00:00:00	00:14:07	00:34:49.10	00:34:49.10	+00:16:16	6:34	9.1
173	PORĘBA Wiola	688		30-39	173			00:00:00	00:15:10	00:34:50.75	00:34:50.75	+00:16:18	6:34	9.1
174	ADAMUS-KLIMM Ewelina	762	PRZEDSZKOLE MAŁYCH BOHATERÓW	30-39	174	Przedszkole Małych Bohaterów		00:00:00	00:15:38	00:34:56.10	00:34:56.10	+00:16:23	6:35	9.1
175	DREWNIAK Magdalena	306	JUSTFEELFIT	30-39	175	JustFeelFit		00:00:00		00:35:00.85	00:35:00.85	+00:16:28	6:36	9.1
176	SPANDEL Agnieszka	806		30-39	176			00:00:00	00:15:04	00:35:01.50	00:35:01.50	+00:16:28	6:36	9.1
177	BRANDYS Krystyna	295		30-39	177			00:00:00	00:15:09	00:35:08.60	00:35:08.60	+00:16:36	6:37	9.1
178	HUDECKAY Katarzyna	807		30-39	178			00:00:00	00:15:04	00:35:10.95	00:35:10.95	+00:16:38	6:38	9
179	BYRTEK Anna	367	JUSTFEELFIT	30-39	179	JustFeelFit		00:00:00	00:15:51	00:35:12.45	00:35:12.45	+00:16:39	6:38	9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
180	KOZŁOWSKA Patrycja	578		30-39	180	Byle do mety		00:00:00	00:14:29	00:35:24.60	00:35:24.60	+00:16:52	6:40	9
181	PLATA Marlena	576		30-39	181			00:00:00	00:15:50	00:35:26.45	00:35:26.45	+00:16:53	6:41	9
182	PEPEK Bożena	260		30-39	182			00:00:00	00:15:26	00:35:35.45	00:35:35.45	+00:17:02	6:42	8.9
183	JASKÓŁA Izabela	699		30-39	183			00:00:00	00:14:23	00:35:40.45	00:35:40.45	+00:17:07	6:43	8.9
184	SURMA-MAGOŃ Gosia	447	RADLINIOKI W BIEGU	30-39	184	Radlinioki w biegu		00:00:00	00:15:18	00:35:48.75	00:35:48.75	+00:17:16	6:45	8.9
185	KOTOSKA Aneta	780		30-39	185			00:00:00	00:14:22	00:35:53.35	00:35:53.35	+00:17:20	6:46	8.9
186	SZYPUŁA Joanna	703		30-39	186			00:00:00	00:15:55	00:35:57.70	00:35:57.70	+00:17:25	6:46	8.8
187	CISŁO Katarzyna	584	POWOLI DO CELU	30-39	187	PoWoli do Celu		00:00:00	00:15:45	00:36:15.15	00:36:15.15	+00:17:42	6:50	8.8
188	BIAŁACH Małgorzata	800		30-39	188			00:00:00	00:16:40	00:36:16.60	00:36:16.60	+00:17:44	6:50	8.8
189	HERUD Magdalena	516	EKO-OKNA RUNNERS	30-39	189			00:00:00	00:15:51	00:36:22.95	00:36:22.95	+00:17:50	6:51	8.7
190	SIENKIEWICZ Gabriela	283	POWOLIDOCELU	30-39	190			00:00:00	00:15:19	00:36:24.20	00:36:24.20	+00:17:51	6:52	8.7
191	ŚLEZIONA Katarzyna	841		30-39	191			00:00:00	00:15:12	00:36:27.60	00:36:27.60	+00:17:55	6:52	8.7
192	KOŻDOŃ Jagoda	469		30-39	192			00:00:00	00:15:54	00:36:33.40	00:36:33.40	+00:18:00	6:53	8.7
193	STEFANIK Katarzyna	471		30-39	193			00:00:00	00:16:27	00:36:34.75	00:36:34.75	+00:18:02	6:53	8.7
194	KWAŚNIEWSKA Kasia	477		30-39	194			00:00:00	00:15:39	00:36:36.15	00:36:36.15	+00:18:03	6:54	8.7
195	DAMIĘCKA Magda	707	RUNTEAM PAWŁOWCE	30-39	195			00:00:00	00:15:33	00:36:37.05	00:36:37.05	+00:18:04	6:54	8.7
196	SŁOMSKA Agata	507		30-39	196			00:00:00	00:15:19	00:36:37.70	00:36:37.70	+00:18:05	6:54	8.7
197	OSTAPIUK Anna	864		30-39	197			00:00:00	00:15:18	00:36:44.20	00:36:44.20	+00:18:11	6:55	8.7
198	DAMIS Daria	444		30-39	198			00:00:00	00:16:26	00:36:46.85	00:36:46.85	+00:18:14	6:56	8.6
199	SIREK Izabela	441	OLZA CIESZYN	30-39	199	Olza Cieszyn		00:00:00	00:16:03	00:36:56.35	00:36:56.35	+00:18:23	6:58	8.6
200	SZYNAL Magdalena	503		30-39	201			00:00:00	00:16:26	00:37:12.25	00:37:12.25	+00:18:39	7:01	8.5
200	LISZOK Iwona	445		30-39	200			00:00:00	00:16:26	00:37:12.25	00:37:12.25	+00:18:39	7:01	8.5
202	KŁUSAK Halina	826		30-39	202			00:00:00	00:16:20	00:37:16.35	00:37:16.35	+00:18:43	7:01	8.5
203	ORDZOWIAŁA Karolina	692		30-39	203			00:00:00	00:15:39	00:37:23.55	00:37:23.55	+00:18:51	7:03	8.5
204	CICHY Agnieszka	297		30-39	204			00:00:00	00:15:30	00:37:29.50	00:37:29.50	+00:18:56	7:04	8.5
205	MATLOCH Sandra	700		30-39	205			00:00:00	00:16:08	00:37:30.20	00:37:30.20	+00:18:57	7:04	8.5
206	KOWALCZYK Basia	624		30-39	206			00:00:00	00:15:40	00:37:38.85	00:37:38.85	+00:19:06	7:06	8.4
207	OLEŚ Ula	750		30-39	207	Przedszkole Małych Bohaterów		00:00:00	00:16:15	00:37:46.70	00:37:46.70	+00:19:14	7:07	8.4
208	GÓRNICZ Patrycja	652		30-39	208			00:00:00	00:16:45	00:38:04.15	00:38:04.15	+00:19:31	7:10	8.4
209	PARCHAŃSKA Oliwia	790		30-39	209			00:00:00	00:16:17	00:38:11.60	00:38:11.60	+00:19:39	7:12	8.3
210	TRZCIŃSKA Joanna	461	KOBIETY NA 5+	30-39	210	Kobiety na 5+		00:00:00	00:16:25	00:38:23.15	00:38:23.15	+00:19:50	7:14	8.3
211	WAGNER Natalia	912		30-39	211			00:00:00	00:17:06	00:38:35.30	00:38:35.30	+00:20:02	7:16	8.2
212	BALCERAK Beata	689		30-39	212			00:00:00	00:15:52	00:38:59.50	00:38:59.50	+00:20:26	7:21	8.2
213	KACZOREK Małgorzata	839		30-39	213			00:00:00	00:15:35	00:39:11.30	00:39:11.30	+00:20:38	7:23	8.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Drużyna 2	Czas startu	Zawrotka 2.5km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
214	KLARENBACH Agnieszka	678		30-39	214			00:00:00	00:17:22	00:39:12.35	00:39:12.35	+00:20:39	7:23	8.1
215	LERCH-WÓJCIK Anna	884		30-39	215			00:00:00	00:17:18	00:39:16.00	00:39:16.00	+00:20:43	7:24	8.1
216	ŚNIEG Alicja	877		30-39	216			00:00:00	00:17:22	00:39:20.35	00:39:20.35	+00:20:47	7:25	8.1
217	SMOLARSKA Paulina	808		30-39	217			00:00:00	00:16:48	00:39:31.50	00:39:31.50	+00:20:58	7:27	8
218	GIBAS Amanda	485	KLUB BIEGACZA FARTLEK	30-39	218			00:00:00	00:16:59	00:39:52.15	00:39:52.15	+00:21:19	7:31	8
219	WACŁAWIK Agnieszka	531		30-39	219			00:00:00	00:17:03	00:40:04.75	00:40:04.75	+00:21:32	7:33	7.9
220	MAGIERA Barbara	563	POWOLI DO CELU	30-39	220	PoWoli do Celu		00:00:00	00:17:01	00:40:10.10	00:40:10.10	+00:21:37	7:34	7.9
221	MŁOCEK Ewelina	694		30-39	221			00:00:00	00:18:00	00:40:10.60	00:40:10.60	+00:21:38	7:34	7.9
222	ZAJĄCZKOWSKA Emilia	815	SOCJAL CORPO GROUP	30-39	222		Socjal Corpo Group	00:00:00	00:18:19	00:40:35.95	00:40:35.95	+00:22:03	7:39	7.8
223	KACZMARCZYK-ZIELIŃSKA Magdalena	497	RUNTEAM PAWŁOWICE	30-39	223			00:00:00	00:17:30	00:40:52.00	00:40:52.00	+00:22:19	7:42	7.8
224	NIERADZIK Daria	524		30-39	224			00:00:00	00:17:12	00:40:54.80	00:40:54.80	+00:22:22	7:43	7.8
225	LAZAR Joanna	768		30-39	225			00:00:00	00:17:18	00:41:21.65	00:41:21.65	+00:22:49	7:48	7.7
226	SKRABARCZYK Anna	520		30-39	226			00:00:00	00:18:25	00:42:30.05	00:42:30.05	+00:23:57	8:01	7.5
227	ŚWIDERSKA Anna	558	POWOLI DO CELU	30-39	227	PoWoli do Celu		00:00:00	00:18:25	00:42:30.45	00:42:30.45	+00:23:57	8:01	7.5
228	SPYRKA Natalia	795		30-39	228			00:00:00	00:18:05	00:42:52.30	00:42:52.30	+00:24:19	8:05	7.4
229	BOBER Aneta	556		30-39	229			00:00:00	00:18:08	00:43:00.75	00:43:00.75	+00:24:28	8:06	7.4
230	BURYAN Kamila	527		30-39	230			00:00:00	00:18:17	00:43:28.40	00:43:28.40	+00:24:55	8:12	7.3
231	BAZGIER Magdalena	661		30-39	231			00:00:00	00:18:37	00:43:39.10	00:43:39.10	+00:25:06	8:14	7.3
232	SZCZEPANIK Marta	886		30-39	232			00:00:00	00:19:01	00:44:12.70	00:44:12.70	+00:25:40	8:20	7.2
233	MAGIEREK Magdalena	588		30-39	233			00:00:00	00:20:24	00:46:38.70	00:46:38.70	+00:28:06	8:47	6.8
234	DAMIS Jessica	627		30-39	234			00:00:00	00:20:24	00:46:39.50	00:46:39.50	+00:28:06	8:48	6.8
235	WOŻNY Izabela	573		30-39	235			00:00:00	00:20:25	00:46:39.85	00:46:39.85	+00:28:07	8:48	6.8
236	PIERZCHAŁA Magdalena	590	MORS HUBERTUS MYSŁOWICE	30-39	236			00:00:00	00:24:05	00:52:47.95	00:52:47.95	+00:34:15	9:57	6
237	TRZCIŃSKA Paulina	714		30-39	237			00:00:00		00:52:59.90	00:52:59.90	+00:34:27	9:59	6
238	WARLEWSKA Angelina	894	PUSZYSTE JEST PIĘKNE	30-39	238	UZDROWSKO	Puszyste jest piękne	00:00:00	00:23:20	00:53:33.15	00:53:33.15	+00:35:00	10:06	5.9
239	KOSIACKA Agnieszka	111		30-39	239			00:00:00	00:24:51	00:54:02.10	00:54:02.10	+00:35:29	10:11	5.9

Znaleziono 239 wynik(ów)